



CAMANO PREPAREDNESS GROUP

SEPTEMBER 2025 NEWSLETTER



Board & General Meetings

Board Meetings –

1st Tuesday of the month; Vista Madrona Fire Station, 273 N. West Camano Dr. unless otherwise indicated; 1-3 pm.

General Meetings – 2nd Thursday of the month; Vista Madrona Fire Station; 7-9 pm.

This month's board meeting will be held on September 2nd, 1-3 pm at the Vista Madrona Fire Station.

Our Thursday September 11th meeting will feature Gabriel Lotto of the Pacific Northwest Seismic Network to discuss the geology of our island and what potential impact a major earthquake could have on our area. Join us for this important and informative meeting!

Upcoming Meeting Programs and Events

CPG Meetings

September 6 event – Stop the Bleed with Dr. Robert Mitchell – Camano Library, Noon – 3 pm. The cost is \$10. This course is now full. If you wish to be placed on a waiting list for possible cancellations, contact Sue Ryan, kk6sue@gmail.com.

September 11 meeting – Geology of Camano and the potential effect of earthquakes with Gabriel Lotto from Pacific Northwest Seismic Network.

October 4 event – Weather – Camano Library – Rhonda – 10 am

October 9 meeting – When the Power Goes Out; What it Takes to Restore Service with PUD.

October 31 – Halloween Party – Vista Madrona Fire Station – 5 – 7pm

November 13 meeting – Assisting our Most Vulnerable Neighbors in Times of Disaster with Rhonda Paulson.

December 11 – CPG Christmas Party at the Camano Yacht Club!

Recent Events

National Night Out

We kicked off the month of August with National Night Out, a Nationwide annual event. This year CIFR hosted the event at the Terry's Corner Fire Station with assistance from the CPG and the Mabana Flames.

The Mabana Flames hosted the food table.



CIFR provided demonstrations with the jaws of life and training in 10-minute CPR.





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One of our favorite exhibits for the event is our Rock'N'Roll House which demonstrates the shaking of a house during an earthquake.

In addition to our CPG booth, we also had a CERT booth with information about CERT training.



CIFR was available with their 10-minute CPR!



Preparedness and Safety Fair

August 23rd was our Preparedness and Safety Fair held at the Camano Commons and the Camano Library.

In addition to all of the vendor booths we also had a kids' table where Patty Crossland enjoyed setting kids up coloring with pages and stickers.



Topping off the Fair, Bill Swander and Sue Ryan provided a set of three excellent programs in the library.



CERT 3rd Quarter Workshop

Our 3rd quarter CERT workshop was conducted on August 28th as a search and rescue/triage-first aid/communications exercise at the Cama Beach cabins.





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Critical exercises such as this help individuals hone their skills in teamwork as well as in all the aspects required for assisting their neighborhoods in the event of a major disaster.



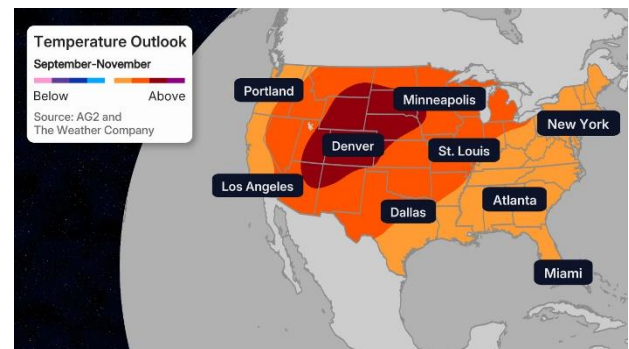
strongly encourage every neighborhood to get a minimum of two individuals CERT trained. The more who are trained, the better everyone's chances are to pull through a disaster. For more information, contact Rhonda Paulson, rspaulson.rp@gmail.com.

Camano's greatest risk for a disaster is severe weather. Understanding weather can help you become better prepared.

Information for this portion of our newsletter comes from NW Meteorologist Ted Buehner; from NOAA; from the National Weather Service; from Island County Department of Emergency Management; and from the Climate Prediction Center.

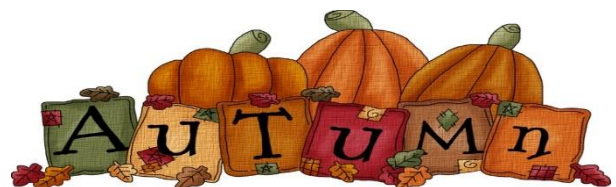
The weather outlook for the Pacific Northwest is a continuation of warm, dry conditions through September. Please note that the Level 2 Burn Ban remains in effect. With such dry conditions, we have already seen a number of fires sparked along I-5, as well as some brush fires on Camano. Don't contribute to these fires by irresponsible burning or by flicking your cigarettes out of your car window. And please avoid using weed burners!

Pictures from AG2 and The Weather Company



Our CERT Trainers' Team learned as much if not more from this exercise than the participants. We will use the knowledge gained to create new workshops.

The next CERT Basic Training will be held on October 24-26th at the Vista Madrona Fire Station. We





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We Should Be Prepared For How Long!?

Once upon a time, the recommendation was for individual households to be prepared for seven to ten days. That's an excellent beginning and should get people through most severe weather conditions. However, it is no longer considered sufficient for the event of a major disaster. Now, the recommendation for those of us living on Camano is for a minimum of a month, preferably two months. If you question the reason behind this, consider just how easily we could be isolated from the mainland and add to that the fact that, not being a major population center, we are not at the top of the list for receiving outside assistance.

As you prepare your household supplies, we also recommend that you add a little more than what you expect to need. This will allow you to assist a neighbor, should their home be so damaged as to make their supplies inaccessible. If everyone plans and prepares in such a manner, our entire community will be stronger and more resilient.

In addition to food and water supplies, each household should also keep first aid supplies on hand, and not the ones you buy at the store. For the most part, they contain little more than a thousand and one band aids in different sizes. Follow our monthly Planning Ahead column and it will assist you in purchasing those items that are most useful.



Another important consideration is the fact that, in those first few minutes and hours following a disaster you are most likely to encounter serious injuries for which trauma supplies might be required. Work with your neighborhood to build a store of such supplies. They should include materials for splinting and materials for serious bleeds including tourniquets. Take first aid and Stop the Bleed courses to learn how to properly use these materials.

We all hope that no such occasion arises in our lifetime, but the risk exists for it to happen at any time.. Prepared households and prepared neighborhoods are the key to surviving.

Planning Ahead for September

For those who are new to this newsletter, this segment allows for an ongoing look at spreading the cost of preparedness supplies over a year rather than trying to acquire everything all at once. Also included are measures you can take to prepare for any emergency/disaster. For those who have been receiving our newsletter, it provides the opportunity to review and update your supplies and plans.

Items to locate or purchase

- Pet carriers and leashes in case evacuation is necessary
- Extra pet food, water, and pet supplies
- Pet IDs and photos (it is good to have a photo of you with the pet)
- Pet vaccination records
- Pet-safe deicer in preparation for the colder months
- Fuel for generators, fireplaces, and/or woodstoves

Actions to take

Keep all pet vaccinations up to date and store the records with the pet photos along with your disaster supplies. Pets can become traumatized in times of



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disaster and may escape. Having them microchipped and wearing tags, as well as having proper vaccination records and photos can help you be reunited.

Make sure your generator, fireplace, or woodstove functions properly. Pay attention to severe weather warnings and have sufficient fuel on hand to get through power outages.

Take a CERT course and learn what items are needed for a CERT Go-Pack. This will carry you through from the steps covered in Neighborhood Ready to assisting your family and your neighborhood in the hours and days following a disaster.

Useful Websites: *Should any of these links fail to work, try doing a copy and paste to your browser.

CPG – www.camanopreparednessgroup.org CPG
Facebook – www.facebook.com/CamanoPreparednessGroup FEMA
– <https://training.fema.gov/is/> CIFR –
<https://camanofire.com>
ICDEM (Island County Dept. of Emergency Management) –
<https://www.islandcountywa.gov/170/Departmentof-Emergency-Management> Earthquake
Country Alliance –
www.earthquakecountry.org/prepare/
Stanwood Camano Amateur Radio Club –
www.scarcwa.org
Robert Mitchell, MD, FACOG – Disaster Medicine Project –
<https://www.facebook.com/DisasterMedicineProjectUS>
Coast Guard –
<https://uscgboating.org/mobile/> How to
make a Crisco Emergency Light –
<https://youtube.com/watch?v=xnNHM4OLkvE>
Disability Related Preparedness Resources –
**Google: Inclusive Preparedness Resources |
American Red Cross WSDOT –
<https://wsdot.com/travel/real-time/map>

CPG Contacts:

Rhonda Paulson, President; Camano Neighborhood Ready Coordinator; CERT Trainer –

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Sue Ryan, VP; Program Director –

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Bill Swander, Board member; CERT Trainer –

bswander44@gmail.com



We will never be Disaster Proof, but we can be Disaster Ready!

Remember – preparedness is not a mindset of doom and gloom. It is your security in times of recover from a crisis.

Preparedness

A State of Mind!

