



# CAMANO PREPAREDNESS GROUP

## OCTOBER 2025 NEWSLETTER



### Board & General Meetings

#### Board Meetings –

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

*General Meetings – 2<sup>nd</sup> Thursday of the month; Vista Madrona Fire Station; 7-9 pm.*

This month's board meeting will be held on October 7, 1-3 pm at the Vista Madrona Fire Station.

The October 9th general meeting begins at 7 pm. The CPG will welcome the Operations Manager from Snohomish PUD to discuss issues like why our power is out so long after an event such as a vehicle hitting a pole or a wind or rainstorm, and what is required to restore power following such incidents. Join us and bring your questions!

### Calendar

#### CPG Meetings & Events

October 4 event – Weather – Camano Library – Rhonda Paulson – 10 am – What drives it and what is the relationship of weather to climate? What can barometric pressure and cloud formations tell you about what to expect? What is the prediction for the PNW for this winter? Come learn about this amazing phenomenon called weather, how it works, what changes in our climate can mean for us, and what you can do to keep yourselves safe.

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

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

November 7 event – Generators 101 with Sue Ryan – Camano Library – 7 pm.

November 13 meeting – Volcanoes in Our Backyard with Sue Ryan.

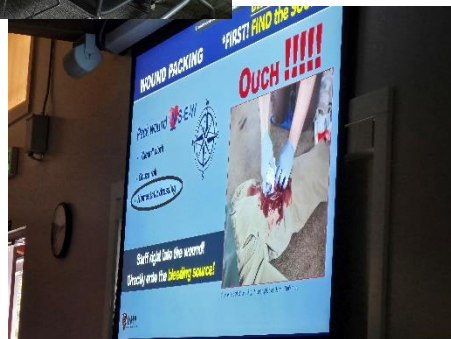
December 11 – CPG Christmas Party at the Camano Yacht Club!

\*\*\*How to Assist the Disabled has been moved to our January meeting.

### Recent Events

#### Stop the Bleed

On September 6<sup>th</sup>, Dr. Robert Mitchell from the Disaster Medicine Project, along with his wonderful young assistants provided yet another remarkable training session to a packed library meeting room. Attendees learned the proper procedure for wound packing and for applying tourniquets - measures that could help them save a life. We send our very sincere thanks to Dr. Mitchell and to everyone who attended!



Wound packing





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Applying a tourniquet



### The Seismology of our Area



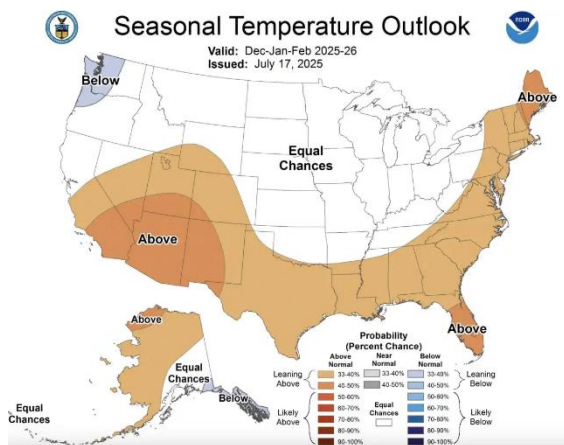
Gabriel Lotto from the Pacific Northwest Seismic Network joined us on September 11<sup>th</sup>, providing an excellent and highly informative program regarding the mechanism for earthquakes and the newest in earthquake and tsunami alerts. Earthquakes are unpredictable and could happen at any time, and we live in a seismically active area. Being prepared is not just practical, it is the responsible thing to do.

We are delighted that Gabriel is willing to return for another session next year!

### Weather

**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.



October – April is the time for our most severe windstorms. In addition, the PNW is the only region of the U.S. with a 33-40% chance of below normal temperatures for this coming winter. This could result in a deeper snowpack for areas like Mount Baker and Crystal Mountain. It is time to start preparing. Do you have enough fuel for your fireplace/wood or pellet stove and fuel for your generator? Do you have your supplies of food, water, medications, flashlights, batteries, and appropriate clothing on hand? Do you have supplies for your pets, as well? Stay warm and stay safe!

### Planning Ahead for October

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

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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

Pain reliever                      Laxative

Anti-diarrheal                      Antacid

Extra prescription meds

Red Cross or FEMA first aid kit

FEMA recommended trauma kit

Sunscreen

Batter, solar-powered, or hand crank AM/FM radio with access to NOAA

### Actions to take

Take a first aid course. Work with your neighborhood to acquire GMRS radios and learn to use them with the proper protocol and etiquette. If there is at least one person in your neighborhood who is also an amateur radio operator, you are in luck! This is the person who can get your neighborhood's status out to the proper authorities following a major disaster.

### A bit more about Halloween

The annual CIFR/CPG/Mabana Flames Community Halloween Party will again be held on October 31<sup>st</sup> at the Vista Madrona Fire Station from 5-7 pm. There will be free hotdogs, coffee, tea, cider, games for the kids, and a haunted house run by the Fire Cadets. The haunted house is a great hit every year, its spookiness tempered to the age of the kids who are going through.

This community event is always well attended and provides a safe, warm, dry place for families to enjoy a hotdog dinner and have some fun admiring

everyone's costumes – kids' and adults'! All are welcome!

Needed!!!! Donations of baked goods and candy for the event! If you can make such a contribution, please contact Rhonda Paulson – [rspaulson.rp@gmail.com](mailto:rspaulson.rp@gmail.com).

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

CPG – [www.camanopreparednessgroup.org](http://www.camanopreparednessgroup.org)

CPG Facebook –

[www.facebook.com/CamanoPreparednessGroup](https://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/](http://www.earthquakecountry.org/prepare/)

Stanwood Camano Amateur Radio Club –

[www.scarcwa.org](http://www.scarcwa.org)

Robert Mitchell, MD, FACOG – Disaster Medicine Project –

<https://www.facebook.com/DisasterMedicineProject>

US 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>







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Bill Swander, Treasurer; CERT Trainer –

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**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.  
Being prepared is being responsible.**



**Preparedness**

**A State of Mind!**