



CAMANO PREPAREDNESS GROUP

NOVEMBER 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.

***Membership

Beginning in January of 2026, the CPG will be initiating a membership fee of \$5 per person per year. This fee will help to cover our ongoing administrative costs. We ask all previous members as well as any who wish to become members to go to our website – camanopreparednessgroup.org – where you can complete the membership form. You may also fill it out pay the fee at any of our meetings. No one is required to become a member in order to attend our meetings or events. Having a membership, however, will help us continue to provide our programs.

This month's board meeting will be held on November 4, 1-3 pm at the Vista Madrona Fire Station.

The November 13th general meeting begins at 7 pm. Sue Ryan will provide her remarkable program – Volcanoes in Our Backyard. Learn about the mechanisms that drive volcanic activity, the differences in the types of volcanoes, which ones may pose a threat to us, and how great a threat that may be.



Calendar

CPG Meetings & Events

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! This is a fun potluck social event. The CPG will provide the main dish (brisket), coffee, and tea. There will also be at least one drawing for a give-away item. Alcohol is permitted – BYOB!

5-6 pm – Social Hour

6-7 pm - Dinner

Please RSVP to Rhonda Paulson – rspaulson.rp@gmail.com by December 5th so we now how much meat to purchase.

CERT Calendar

January 30 – February 1, 2026 – CERT Train the Trainer Course – Central Whidbey Fire and Rescue Station in Coupeville - [WA EMD](#)

February 11 – Camano CERT Workshop – Documentation and Communication (a critical practice regarding what information needs to be collected, where does it go, and how does it get there?) – 6-8 pm; Vista Madrona Fire Station

March 4 – Camano CERT Workshop – Stop the Bleed (review and hands-on practice!) – 6-8 pm; Vista Madrona Fire Station

***For workshops, please register at rspaulson.rp@gmail.com



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April 10-12 – CERT Basic Training – Vista
Madrona Fire Station (For more information,
contact Rhonda Paulson, rspaulson.rp@gmail.com)

Gerity, Bob Snead, and Chris Rankin for their
assistance in various units, and to Patty Crossland
for her remarkable work in creating our “casualties”
for the final exam!

Recent Events

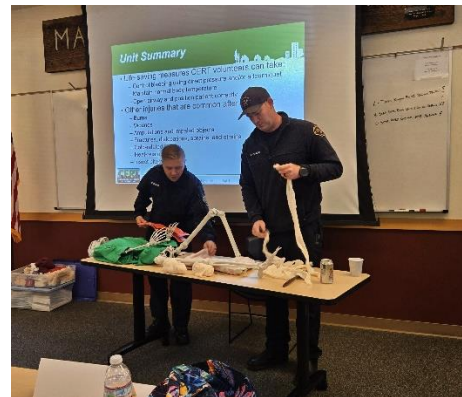
October 9th Meeting



On October 9th, we welcomed Jeff Roberts
and Aaron Swaney from PUD. These two
gentlemen provided us with a much better
understanding of the continuing efforts of the utility
district, the work being done to mitigate power
outages, and what it takes to restore power when the
lights go out due to accidents or storms. They
reminded us that storm season is upon us and it
behooves us all to be prepared for those inevitable
outages.

October 24-26 – CERT Basic Training

This October was the Camano CERT
Trainers' Team's seventh session and was the largest
to date with nineteen participants. Our sincere
thanks to CIFR for providing the instruction and
demonstrations in disaster first aid, splinting, fire
suppression and fire and utility safety, and cribbing
and leveraging. And our sincere thanks to Mike



Learning
disaster first
aid from the
best!

Practicing splinting



Head-to-toe assessment for injuries – though I
believe this fellow is beyond anything we can do for
him!



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Practicing head-to-toe



Learning rescue lifts and carries

Practicing fire suppression



Halloween

Our very sincere thanks to all the volunteers who helped make this year's Community Halloween Party another spooktacular success! The Fire Cadets once again did a magnificent job with the haunted house. The Cadets and CIFR personnel provided and set out decorations. The Mabana Flames and CPG oversaw kitchen duty, all the goodies, the kids' table, and the games. We also extend our delighted thanks to all who came! We always love seeing so many wonderful costumes and so enjoy the kids' excited faces! Here is just a sample!

Cribbing and leveraging





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Disaster Communications

When All Else Fails Communications

A neighborhood radio network is a great way to support each other when the phones stop working. And if that neighborhood has access to a licensed and trained amateur radio operator, they may be able to communicate information to a regional Emergency Operation Center (EOC). Information such as damage assessments can help to ensure that their neighborhood receives appropriate attention during the response. Communities might also receive information back about what is going on in the area and possibly be able to transmit status reports to friends and family. The Stanwood Camano Amateur Radio Club has partnered with the CPG to provide Amateur Radio Operators for just this purpose. Contact the CPG if your neighborhood is interested!

73, Fred Laun - N7KRN



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.

Here we are, back in the fall/winter storm season and already experiencing winds and rain. NOAA has upgraded their fall/winter predictions to a 71% chance of a weak La Niña. The impact of this weather pattern will be greatest during the winter months. This could mean more precipitation than normal for October through December. Predictions of below normal temperatures have also come from NOAA. Be prepared!

Planning Ahead for November

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

Hand sanitizer	Survival straw
Disinfectant	First aid scissors
Tweezers	Thermometer
Petroleum jelly	2 tongue depressors



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Actions to take

Take a Stop the Bleed Course. Carry first aid kits with you in your car.

Learn about GMRS radios and how they can help your neighborhood. For information, contact Bob Snead, bob@twocranks.com.

Survey from Island County Department of Emergency Management

The ICDEM has asked that we share their Hazard Mitigation Survey with you. Please take a few minutes to go to the following link and take the survey.

<https://www.islandcountywa.gov/170/Department-of-Emergency-Management>

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/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>

CPG Contacts:

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

rspaulson.rp@gmail.com

Sue Ryan, VP; Program Director –

kk6sue@gmail.com

Bill Swander, Treasurer; 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 recovery from a crisis. Being prepared is being responsible.

Preparedness

A State of Mind!

