



CAMANO PREPAREDNESS GROUP

AUGUST 2026 NEWSLETTER



***Membership

Why become a CPG member? Your \$5 annual membership fee helps cover our administrative costs, gives you a voice in any votes that take place at our general meetings (including voting for officers), and allows us the opportunity to note those individuals with strengths and skills that could be of tremendous support to our team and our community.

Board & General Meetings

Board Meetings –

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

General Meetings – 2nd Thursday of the month; Vista Madrona Fire Station; 7-9 pm. All general meetings are open to the public and are free.

***** Meetings and events will be cancelled any time the Stanwood-Camano School District closes due to severe weather.*****

The August 4th board meeting has been bumped to August 5th due to the time needed for preparations and participation in National Night Out on the 4th. The time for the August 5th meeting is 1 pm and the location remains the Vista Madrona Fire Station



For our August 13th 7 pm General Meeting, we welcome Life Flight, an emergency medical transport service that provides helicopter, fixed-wing, and ground ambulance transport with ICU-level care. As part of their presentation, Life Flight will conduct a landing drill with one of their airlift helicopters on the hill backing the Vista Madrona Fire Station.

Calendar

CPG Meetings & Events

August 4 – National Night Out – This year's event will be held at Station #3, Terry's Corner, 525 East North Camano Dr; 5-7pm. The evening will offer informational booths and hands-on activities, including:

- Fire extinguisher station – Learn how to safely use an extinguisher (using water extinguishers)
- CPR station – Learn hands-only CPR
- Basic First-Aid station – learn how to splint, bandage, etc.

There will also be a Food Truck selling Tacos!!!!

Come enjoy some tacos and meet some of our remarkable first responders and others in our community who work to keep our community safe. * See flyer at end of newsletter.

August 13 – Life Flight to tell us about their medical air transport service – 7 pm- Vista Madrona Fire Station.

August 22 – Stop the Bleed! Once again we are delighted to announce that Dr. Robert Mitchell from the Disaster Medicine Project will be at the Camano Library to provide this invaluable training. By understanding how to stop serious bleeds, you can save a life.

Instruction includes applying direct pressure and hands-on time for learning to pack a wound and correctly apply a tourniquet. The course runs from 1-3 pm. Cost - \$10.

To register, contact Sue Ryan, kk6sue@gmail.com.



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September 10 –Taking Cues from the Weather and A Look at What’s Happening with El Niño – Rhonda Paulson – 7 pm – Vista Madrona Fire Station.

September 12 – Camano 101 – Camano Community Center - Get the answers. Meet your neighbors. Love where you live. In addition to information booths, there will be demonstrations and hands-on activities. *See flyer at the end of newsletter.

September 26 – Earthquakes and NW Faults/ What’s in Your Kit? This will be a presentation of two programs and will be held at the Camano Library, 1 pm – Sue Ryan and Bill Swander.

Heat Stroke), which involves using a tarp to create a cold-water immersion-like environment.



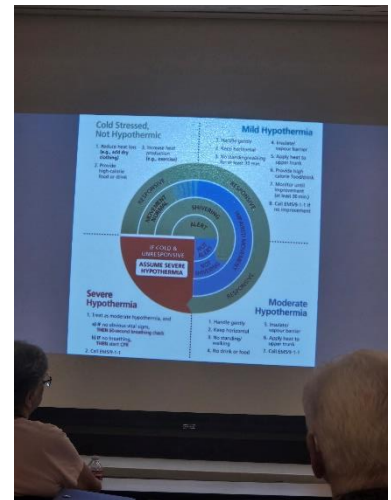
CERT Calendar

August 12 – CERT Workshop Communications 201 – Vista Madrona Fire Station – 6-8 pm.

October 16-18 - CERT Basic Training – Vista Madrona Fire Station. To register, contact Rhonda Paulson – rspaulson.rp@gmail.com.

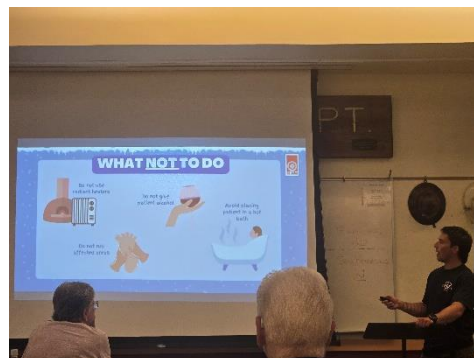
November 7 – First ever major CIFR/CERT/ Neighborhood Earthquake Drill. Watch for more information.

November 18 – CERT Workshop Cribbing and Leveraging – Vista Madrona Fire Station – 6-8 pm.



Recent Events

On July 9th we had the great good fortune of Paramedic Chris Easter’s presentation regarding Hypo- and Hyperthermia. For those of you who think you have a handle on the symptoms and treatment for each of these – as I did prior to my first hearing Chris’ program – there is so much more to these conditions! Chris did a magnificent job of breaking down the stages and discussed the proper course of action for each stage. He also discussed the TACO (Tarp-Assisted Cooling for



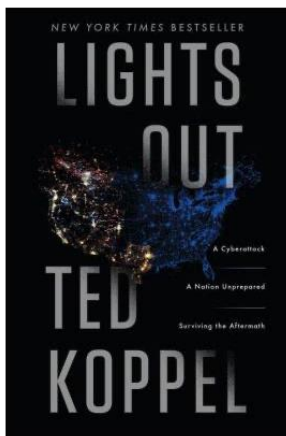


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The following was presented in the South Whidbey Prepares Newsletter. My thanks to Terra Anderson, the key mover and shaker for the South Whidbey Prepares community and author of the newsletter, for allowing us to use this in our newsletter.



Book Review: **LIGHTS OUT, Ted Koppel**

For most of the disasters I've imagined, I've always assumed the power would be back within a month.

Between generators and neighbors helping neighbors, a month seems manageable.

It's really just a very long camping trip...right?

Truth be told, I've even imagined it might be a tiny bit romantic. Candlelight. Evening conversations. No email. And I'd probably get more sleep because reading after dark would be a challenge anyway. 😊

Then I picked up a book at our library: Lights Out: A Cyberattack, A Nation Unprepared, Surviving the Aftermath by veteran journalist Ted Koppel. I thought

I was bringing home some light summer reading. (*Spoiler alert: I was not.*)

Koppel argues that our national power grid is vulnerable to either a sophisticated cyberattack or an electromagnetic pulse (EMP) event. It's a sobering premise. Over 288 pages, he explores the possibility—he would say the likelihood—through interviews with experts, evidence, warnings, and possible solutions.

Like many of you, I've never imagined South Whidbey as a likely target for terrorism. Who would bother? But that's not really the point. If the national power grid went down, we'd feel the effects whether anything happened here or not.

That was the real eye-opener for me. Our lives are woven together with electricity in ways I rarely stop

to appreciate. No lights is the obvious one. But also no internet, limited communication if any, no telehealth, limited fuel, interrupted supply chains, wells that depend on electric pumps, and ferry operations that become much more complicated. Suddenly my "extended camping trip" didn't seem quite so cozy.

The good news? We don't have to solve the nation's electrical grid. We simply need to become a little more resilient right here at home. That's exactly what South Whidbey Prepares is all about.

If you're looking for a thought-provoking read, I highly recommend Lights Out. It didn't give me nightmares, but it certainly stretched my imagination—and reminded me why being prepared - together - is such a worthwhile investment. —

Terra Anderson

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.

Given that the forecasting for the PNW for the past few months has not exactly been spot on, here's a go at it for August. According to easeweather.com, we are predicted to have temps in or near 80, which is pretty close to normal for us. Precipitation is also expected to be about normal. On average, we experience about seven days of rain for this month with a total of about 1.45". The National Weather Service appears to agree regarding the temperature but predicts lower than average precipitation.

The National Weather Service indicates that El Niño is now well established and continues to



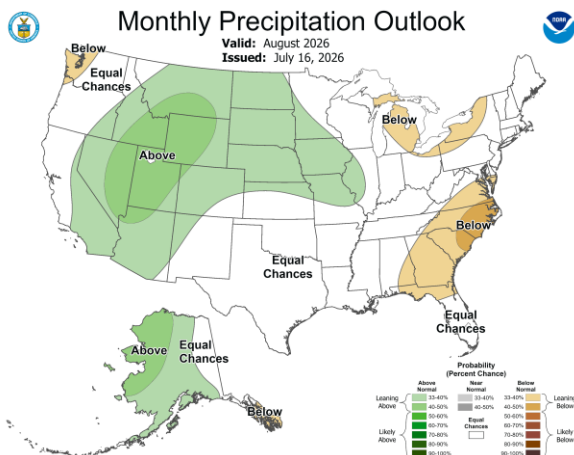
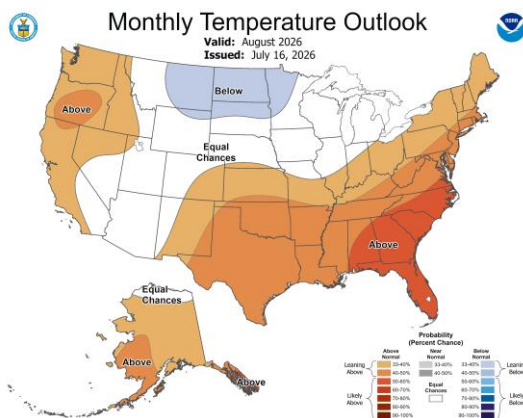
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strengthen. Oregon Public Broadcasting declares this to be one of the strongest we have ever had, making it a super El Nino. Apparently there have been only three such conditions since 1980. While El Nino conditions generally bring warmer and drier conditions, during a super El Nino, it seems to do the opposite, bringing more rain and mountain snowpack through the winter. Bottom line – we can only wait and see what happens.

Maps from the NWS.



Planning Ahead for August

For those of you who are new to our newsletter, this segment allows for an ongoing look at spreading the cost of preparedness 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 your supplies and your plans.

Items to locate or purchase

- 1-2 packages freeze-dried vegetables
- 1-2 packages freeze-dried fruit
- 2 packages freeze-dried meat
- 1 large can of juice 1 box high-energy snacks
- Dried fruits and nuts
- Package of favorite spices in small, sealable bags
- Comfort foods (candy bars, cookies, etc.)

Actions to take:

. Make sure all food items are labeled with expiration/best used by dates. Store them such that they can be rotated, with older items brought to the front as newer ones are purchased. Make an inventory of all supplies. If items are used, be sure to replace or replenish them.

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



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4639/3226 pixel; 15.4/10.7 inch; 39.2 / 27 centimeter

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 –
[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

Just So You Know

The following are our CIFR stations:

Camano Island Fire Station #1 has been retired for several years and is now part of the Camano City Schoolhouse Foundation.

Fire Station #2 – Country Club – 1326 Elger Bay Road

Fire Station #3 – Terry Corner – 525 N. E. Camano Dr.

Fire Station #4 – Vista Madrona – 273 N. West Camano Dr.

Fire Station #5 – Mabana – 3651 S. Camano Dr.

CIFR Administration Building – 811 N. Sunrise Blvd.

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!



Summer



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CAMANO ISLAND

**NATIONAL
NIGHT OUT**

TUESDAY, AUG. 4

5 TO 7 P.M.

TERRY'S CORNER FIRE STATION



HOSTED BY CAMANO ISLAND FIRE & RESCUE



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FREE COMMUNITY FAIR

CAMANO 101:

Get the answers. Meet your neighbors. Love where you live.

Saturday, Sept 12, 2026 · 10 am – 1 pm · Camano Center



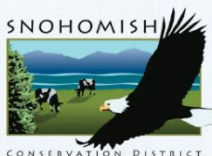
LEARN MORE:
bit.ly/camano-101



**Bring your island questions
& leave with answers!**



- Protect the shoreline you love
- Prepare for the next windstorm
- Find rides, food, & aging-in-place help
- Discover where to volunteer



WSU EXTENSION
Island County