



CAMANO PREPAREDNESS GROUP JULY 2025 NEWSLETTER



Board & General Meetings

Board Meetings –

1st Tuesday of the month; Vista Madrona Fire Station unless otherwise indicated; 1-3 pm.

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

The Tuesday, July 1st board meeting will be held at 1 pm, at the Vista Madrona Fire Station, 273 N West Camano Dr.

***Please note that the August board meeting will be held on Wednesday, August 6th, 1 pm, at the Vista Madrona Fire Station.

Thursday, July 10th will feature Fire Chief Jason Allen. Chief Allen will discuss the upcoming fire levy, progress on Mabana, and other CIFR events.

Upcoming Meeting Programs and Events

CPG Meetings

July 10 – EMS Levy with Fire Chief Jason Allen.

August 14 – Pulse Point with ICOM911 Executive Director Sofia Kohfield.

September 11 – Geology of Camano and the Effect of Earthquakes with Gabriel Lotto from Pacific Northwest Seismic Network.

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

November 13 – Assisting Our Most Vulnerable Neighbors in times of Disaster – Rhonda Paulson

December 11 – CPG Christmas Party!!! To be held at the Camano Yacht Club.

Events

July 12 – Cyber Terrorism – James Province – Camano Library – 10 am.

August 5 – National Night Out – Terry's Corner Fire Station #3, 525 E North Camano Dr. – 6-8 pm. Join us for an evening of fun with free snacks, tons of information offered by local organizations, and the opportunity to meet our amazing firefighters, and check out their rigs!

August 23 – Preparedness & Safety Fair – Camano Commons and Camano Library – 10 am to 4 pm. Programs will be in the library: 10 am – Bill Swander with Preparedness State of Mind; 12:30 Sue Ryan with Earthquakes and NW Faults; 2:30pm – Bill Swander with Water Purification and Storage.

September 6 – Stop the Bleed – Dr. Rober Mitchell - Camano Library – Noon-3 pm. The cost is \$10. This course is has less than a handful of openings left. Contact Sue Ryan, kk6sue@gmail.com if you wish to register.

Making Plans - Weather

Camano's greatest risk concerning disasters 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

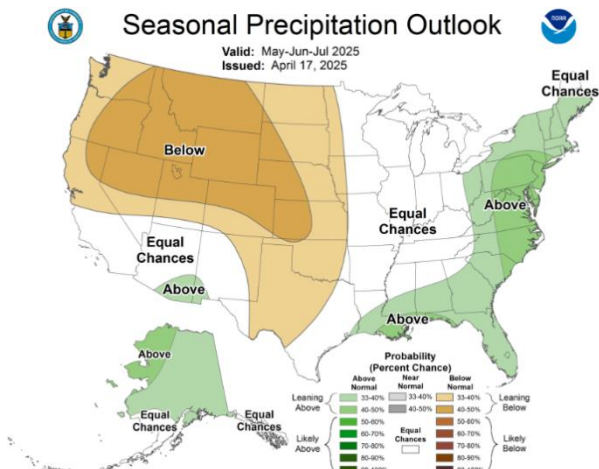
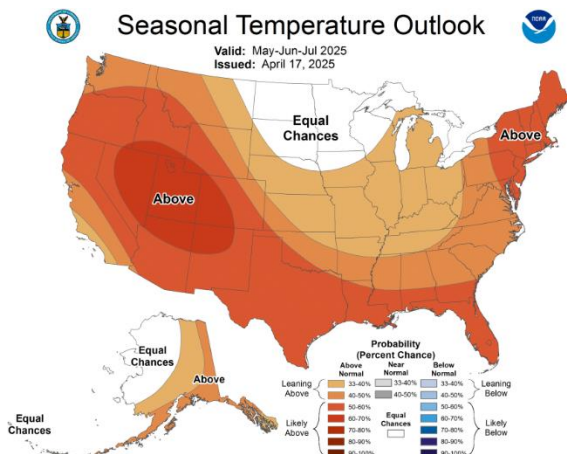


CAMANO PREPAREDNESS GROUP JULY 2025 NEWSLETTER



Service; from the Weather Channel; and from Island County Dept. of Emergency Management, and the Climate Prediction Center.

According to the Climate Prediction Center, La Niña is finished – for now. While Southeastern Oregon, Nevada, Utah, Colorado, Arizona, and New Mexico are setting at a 60% - 70% chance of hotter than normal weather through the remainder of this summer, Washington is not far behind, at least for the beginning of summer. As was stated in last month's newsletter, this increases the risk of wildfires.



Please be aware that the Island County Sheriff's Office has set a Type 1 burn ban for outdoor burning of natural debris. This burn ban went into effect on June 20th. With a Type 1 ban, you may still use barbecues, outdoor grills or smokers, propane-fueled firepits, and have charcoal or seasoned firewood campfires in sturdy firepits that are smaller than three feet in diameter. The ban means no burning of natural debris or brush piles. Also be aware that the prediction for increasing numbers of wildfires means the likelihood of another very smokey summer, which can pose a serious health risk. Smoke irritates your eyes, nose, throat, and lungs, can cause coughing and wheezing, and can make it hard to breathe. Reduce your exposure to wildfire smoke. Stay indoors if authorities advise doing so. Keep your pets and children indoors. Keep windows and doors closed and use a portable air cleaner. Avoid burning anything such as candles, gas, propane, incense, or wood indoors. Do not smoke, use a stove for cooking, or vacuum. If you must go outside, wear a mask. N95 masks provide minimal protection. A respirator is best.

Warmer temperatures also increase the risk of heat-related illnesses. Prevention is best. Avoid heavy work or exercise during the hottest part of the day. Stay cool and stay hydrated. Understand the difference between and the dangers of heat exhaustion and heat stroke.

Heat exhaustion is brought about by an excessive loss of water and salt, generally from sweating. Symptoms include heavy sweating; weakness; faint or dizziness; cool, pale, clammy skin; nausea; vomiting; headache; rapid and weak pulse; and muscle cramps. Treatment for heat exhaustion is to move to a cooler location, drink water (small amounts at a time), take a cool shower, or use a cold compress.



CAMANO PREPAREDNESS GROUP JULY 2025 NEWSLETTER



Heat stroke occurs when the body can no longer control its temperature, leading to body temperatures above 104°F. Heat stroke can develop quickly if heat exhaustion is not promptly addressed. Symptoms of heat stroke include throbbing headache; no sweating; nausea; vomiting; rapid and strong pulse; hot and dry skin; confusion; altered mental state; and loss of consciousness. Treatment for heat stroke is to move the victim to a cooler location and seek emergency medical care immediately. Heat stroke can kill.

From CIFR:

Chief Allen will share information about the upcoming EMS levy renewal and answer questions at two Q&A sessions in July. The first is set for Wednesday, July 16, from 6:30-7:30 p.m. at the Mabana Station (3651 South Camano Dr.) The second is on Wednesday, July 23, from 6:30-7:30 p.m. at the Terry's Corner Station (525 E. North Camano Dr.)

New Fireworks Regulations

The use of Independence Day fireworks in Island County is now restricted to July 3rd between 9 am and 11 pm, and July 4th between 9 am and midnight. All mortar fireworks are now banned in the county. The following is from Ordinance No. C87-23; "Mortar fireworks means any shell designed for use with a container that includes a lift charge, a time fuse, a burst charge, and stars/effects, that in combination is designed to lift the shell out of the container, ignite the burst charge in the air,

and cause the effects of noise and/or light. These are commonly referred to as mortar shells, festival balls, canisters, ball shells, reloadable shells, and onion balls."

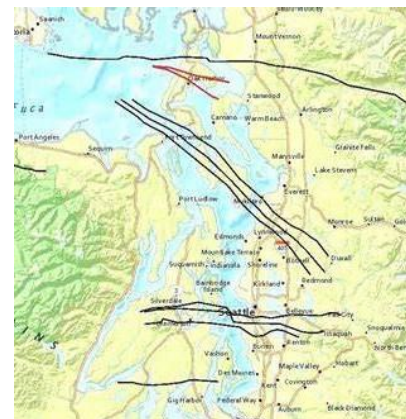
Despite our cooler temperatures and recent rain, our area is woefully behind in precipitation. Please abide by the regulations and use permissible fireworks with safety in mind. Have a water source on hand. Do not hold a lighted firework in your hand. Do not aim fireworks, lit or unlit, at others or at property. Never attempt to re-light a "dud". Do not use fireworks while impaired by drugs or alcohol. Never allow young children to handle fireworks and carefully supervise older children. Never light fireworks indoors.

Properly prepare and be safe! Let us experience a July 4th with zero fires and zero injuries!

Is Your Neighborhood Ready?

Whis is this important?

1) Disasters happen and we are not immune! While weather is our most frequent issue, it is not the only potential for a truly major event. As you can see from this map, our area is riddled with faults. And these don't even include the Cascadia Fault.





CAMANO PREPAREDNESS GROUP JULY 2025 NEWSLETTER



2) None of us is a Swiss Army Knife! It is impossible for any one individual to be capable of accomplishing all things. And in a disaster, there will be a wide variety of skills and resources needed.

3 Studies have shown that groups working together through a disaster perform more effectively. Studies have also shown that efforts are more successful if woven into the social fabric of the community. Getting to know your neighbors builds both friendships and trust and encourages a sharing of resources and knowledge. This is a major benefit even in the best of times. In a disaster, such trust and sharing can save lives.

Our Neighborhood Ready program can help you organize and begin the process of establishing critical plans of action. The program is free and we will bring all the information to your neighborhood. To set up a time, contact Rhonda Paulson, rspaulson.rp@gmail.com.

Planning Ahead for July

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

2 gallons water 2 cans meat

3 cans vegetables 2 cans fruit

Dry cereal

Special snacks for special dietary needs

3 cans read-to-eat soup, spaghetti, chili, etc.

Actions to take:

Secure water heater and all top-heavy furniture. Put together an extra or an old pair of eyeglasses and an eyeglass repair kit to add to your supplies. Review your homeowners'/renters' insurance policies. Get to know those who are most vulnerable in your neighborhood and learn ways to assist them during 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>



CAMANO PREPAREDNESS GROUP JULY 2025 NEWSLETTER



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:

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Preparedness

A State of Mind!



**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.

