



# SEQUIM OPERATIONAL AREA *2023 Issue 18*



Each year, the Washington State Fire Fighters Association (WSFFA) formally recognizes outstanding individual firefighters for their exemplary contributions within one of four categories of service. Those four service categories are: (1) Volunteer Firefighter of the Year; (2) Volunteer Fire Officer of the Year; (3) Volunteer Emergency Medical Service (EMS) Responder of the Year; and (4) Volunteer Support Person of the Year.

The recipient of the 2023 WSFFA award for **Volunteer EMS Responder of the Year** is Blaine Zechenelly of Clallam County Fire District #3.

Blaine distinguished himself by his selfless and continued dedication to public service as an EMS Responder as demonstrated by his call volume, his positive influence as an emergency planner for the Fire District, his prompt and competent medical interactions with the public, and by the outstanding contributions he has made to public safety through his tireless leadership of Sequim's Community Emergency Response Team (CERT) Program.

As a consequence of Blaine's CERT initiatives, Fire District #3 has successfully established a cadre of over 500 citizen CERT volunteers who, during a future disaster event, would be able to safely augment our limited numbers of local First-Responders. CCFD3's unique and highly innovative CERT program actively organizes, trains, equips and sustains a continuously ready cadre of CERT volunteers who are currently providing a highly cost-effective means to improve the overall safety and security of every citizen in our local communities in Eastern Clallam County.

# Congratulations Blaine!



## CERT MEMBERS RECEIVE PRESIDENTIAL VOLUNTEER SERVICE AWARDS

Fire District #3 Chief Dan Orr presented Presidential awards to (L to R)

Linda Enger, Ernylee Chamlee, and Lynne Schlosser

Three volunteer members of Clallam County Fire District 3's Community Emergency Response Team (CERT) Program were named as Silver Service recipients of the President's Volunteer Service Award for 2022. The President's Council on Service and Civic Participation has authorized this important recognition each year for those individuals whose services to the public have made significant and positive contributions to their community and inspired others to volunteer as well.

Under the auspices of AmeriCorps and Points of Light, Fire District #3 Chief Dan Orr officially presented Presidential Volunteer Service Awards on June 9 to each of these exceptional volunteers. Each Silver Award represents 250-499 hours of uncompensated, volunteer service donated during one calendar year.

The purpose of the Fire District's CERT Program is to develop and deploy a cadre of trained citizen volunteers who would be able to safely augment our local First-Responders and help them to mitigate the initial effects of a broad ranging disaster on our affected population. At its heart, this CERT program represents a community service initiative that's primarily focused on preserving human lives and promoting public safety during times of disaster.

# Congratulations!



We are excited to announce that Assistant Chief Dan Orr has been promoted to Clallam County Fire District 3 Chief.

**Congratulations Chief!**



# SEQUIM OPERATIONAL AREA



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**CLALLAM COUNTY FIRE DISTRICT 3**  
Eastern Clallam Co. / Western Jefferson Co.



Map  
Your  
Neighborhood

## UPCOMING CERT SPECIAL EVENTS 2023

- Tues. 7/4 7:30 PM - Independence Day Fireworks at Carrie Blake Park
- Thurs. 7/20 1:00 - 3:00 PM: CERT Operations Review, KSQM
- 7/21 - 23 Sequim Lavender Festival at Carrie Blake Park
- 7/28 - 30 Hurricane Ridge Kennel Club Dog Show at Carrie Blake Park Logging Area
- Sat. 8/12 9:00 AM - 3:00 PM: Diamond Point Airport Appreciation Day - CERT 2 provides CERTS for booth
- Sat. 8/26 9:00 AM - 3:00 PM: Boys & Girls Club Back to School Fair - Drive through from High School Stadium to B&G Parking Lot to pick up free supplies
- Thurs. 10/19 1:00 - 3:00 PM: CERT Operations Review, KSQM

### CERT Academy Classes on Saturdays, 8:00 AM - 5:00 PM in Sequim:

- |                                     |                              |
|-------------------------------------|------------------------------|
| Summer Break in June, July & August | September 9, 16, 23          |
| October 14, 21, 28                  | November 11, 18 & December 2 |



**Check out our new CERT website on [CCFD3.org](http://CCFD3.org) and click on CERT PROGRAM near the upper right hand corner**



**Future CCFD3 Volunteer Firefighters  
(Thank you to Duane and Ernylee Chamlee for the vintage pedal truck)**



# Everybody Loves a Parade! Irrigation Festival 2023



Thank You Everyone Who Participated  
And Represented CCFD3 CERT!!





# Wellness During an Emergency or Disaster

## Children During Disasters - What you might not realize about “Littles”

During a disaster, children are much more vulnerable to food and water borne illnesses, dehydration and other post-disaster risks than adults. But, more importantly, children operate more on their emotional needs which can be contagious.

Adults may think they are being smart and sneaky and think they are hiding their emotions or their feelings of fear or dread by whispering or sending their children into another room or outside or using code words or “adult language”.

In reality, most parents know that kids are sneakier than they are and they will hear every word you say, will pick up on any emotions you exhibit and will share them with anyone they encounter.



So what can you do?

Do what your flight attendant tells you to do...put on your oxygen mask before you put on your child's mask

By addressing your own health and safety first, you are better able to care for your child

So ask yourself: How do you cope with even a little bit of stress? How does each of your children cope with stress (hint - they are each different)? How do the other adults in your home cope with stress?

If you answer “not well”, perhaps you should revisit your coping mechanisms in order to be better able to handle a survival situation or serious emergency.

Remember; if you or others in your circle do not react well to even a little bit of stress, your negative behavior will greatly intensify an already bad situation and will consequently have profound effects on those around you or those you may encounter.

Did you know that children and teenagers can be great resources in an emergency or disaster?

Have you ever heard your child express a really radical or interesting solution to a problem and thought to yourself: “that just might work”?

We as adults must remember that children and teenagers do not have the life experience that we adults do. They have not grown cynical and negative. Children tend to look at the positive in everything and approach the world with a sense of wonderment and inquisitiveness that we adults have long forgotten.

So, what to do? The best way to help your child cope with a serious emergency or disaster is to involve them in the process. Make them feel capable, useful and needed. Value their ideas and solutions no matter how silly or far fetched they may seem.

Make sure your child has something to do that is relevant and makes a difference. A child will know if you are giving them a “stupid” chore or insignificant task that “keeps them out of the way”. By doing that, you will only reinforce the notion that your child is not valued during a stressful time and this feeling will only contribute to a child's stress and vulnerability.

We as adults know the warm fuzzy feeling of accomplishing something important and relevant. We have a desire to be needed and valued. So do kids. Maybe even more so than adults. Kids naturally WANT to help.

Some really good tasks for kids:

- Managing their own sleeping area or space.
- Caring for and managing their pet which would include feeding, grooming and cleaning up after them.
- If they can write, they can count and write down earthquake aftershocks so they can see how they diminish with time. If they would like, let them give an important status report each day about how many aftershocks happened.
- Read to or play games with the younger kids
- Sit with older adults who cannot do tasks or help them do simple tasks. Let them become a documentarian by asking the older adults to tell their stories.





- Making sure the babies in the group stay covered and help with bottle feeding.
- Help with gardening and harvesting.
- Counting and writing down the cups of water they drink and making sure they get enough.
- Walking with adults to check on neighbors and writing down what is needed.

Now, let's take a look at how a serious emergency or disaster might affect children and some solutions to help them cope.

### **Anxiousness**

You must understand that just like you, action and activity will help reduce anxiety. Give your child something to do. Give them control over something. Give them their very own flashlight or battery tent lantern so they can control their own light and space. Allow them to configure their space how they want so they are comfortable in their space.

### **Defiance and Withdrawal**

Older children might become withdrawn or defiant. They may want to take on additional "adult" responsibilities they are not quite ready for. Remember how we adults all wanted to sit at the "adult" table. Give them an "adult like" chore to do such as managing or controlling a simple something. Something important like managing wood for heat. Running messages and making deliveries. Helping younger children manage a portion of a garden by teaching them how to garden and harvest. Give them the opportunity to accompany adults on tasks such as hunting or gathering.

### **Fear of Abandonment**

Younger children may be "clingy", "needy" or generally a bother to adults when they are trying to take care of "important" things. What does that mean? It means your child needs you to pay attention to them during a serious emergency or disaster and they need to feel needed and a part of the process. Find out what they need and take the time and effort to give them what they need. Most times they simply want to know that you are there for them, that you are close by and available. Remember that children look at emergencies and disasters differently than adults. They are not capable yet of processing what is happening and do not yet understand what it all means for their future.



### **Exhibiting Younger Than Their Age Traits**



This is a very common reaction to something very bad that has happened.

It's called "regression" and should pass when things calm down.

You should not try to force your child to "act their age". Make sure you are there for them. Make them feel needed and by all means give them an age appropriate task to do. If they demand a blanket or old toy for comfort, provide it without criticism or complaint. Remember that adults sometimes regress during times of high stress too.

### **Blame Themselves or Others for the Disaster**

You may have to explain the cause of the emergency or disaster more than once so be patient. What has happened is completely foreign to a child. They do not yet comprehend that these things happen and they are not to blame. Nor is mom or dad or the neighbor or the dog down the street. Your child may think they are being punished for some perceived wrong or act. Assure them (repeatedly) that they are not to blame. If your child is old enough, explain the science. Allow them to learn, absorb and gain the relevant knowledge. Remember that kids are sponges and need (demand) knowledge input and it is your responsibility to teach them.

So, what have we learned about our "littles"?

- First and foremost, they are way more smarter than we think they are and give them credit for.
- Kids are resilient but at the same time are vulnerable.
- Kids can be a valuable source of ideas and solutions during a disaster or emergency.

So, parents and grandparents go forth and teach!



## Worse Case Scenarios - How to Survive When the Cities Burn

Excerpts included from an article by Mac Slavo, March 15, 2017

We all watched more than a few large cities in our country burn a few years ago. We all watched as citizens in Seattle were trapped in their own neighborhood, unable to move about safely.

We all know the major scenarios.

But will you know what to do when the real thing happens to you?

First and foremost, you need the basics: the ability to bug-out and survive for at least three days with food, water, fire starters, emergency shelter, etc. You also need the necessities to stay in place for at least two weeks. But that's just for starters.

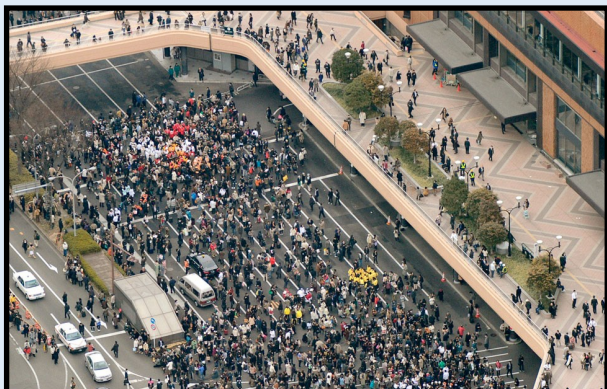
You need to have a Plan B and so much more. It means thinking ahead to the many pitfalls that could end your survival bid. Take yourself down the path you would go time, and time over again. Think it through until you find the flaws in your thinking. Know before you go, and avoid situations before you even get into them.

Get rid of fantasy and unrealistic notions, and figure out a realistic strategy for long term survival, particularly in case of prolonged collapse or disaster.

What will you do when the cities begin to burn? Will a great exodus push millions from the populated regions of the world into the more rural areas where food and greens are plentiful?

Will you stay behind and shelter in place or be one of the first to leave? Expanding your personal experience, and spending time getting ready for all eventualities may be your best tool in the box.

When the world turns to heck, you may feel completely out of your element. But having a prepared mindset can steady any crisis. Across the ages, in every survival story, a disaster of some sort plays a prominent role. Sometimes the part is played by the government, sometimes it is played by Mother Nature, and other times, the role is taken on by a random mishap. If we have learned one thing studying the history of disasters, it is this: those who are prepared have a better chance at survival than those who are not.



**WHAT  
WOULD  
YOU  
DO?**





# When the Dog Food Runs Out, This is What To Feed Your Pet

Referenced from an article in Ready Nutrition by Sara Tipton

So you think you stored enough pet food in with your emergency supplies, sometimes the emergency can last longer than you expected and you run out of pet food. Now, what do you do?

Stay calm, and make sure you understand your dog's dietary requirements. They can eat some of the same things people eat and thrive on it. But, remember, just like people, avoid excess sodium and fat, which can cause excessive thirst and tummy trouble. Aim to give your dog a balance of lean protein and complex carbohydrates while taking into consideration any allergies or special dietary needs your dog may have.

So what exactly should a dog eat if there's no more kibble left? Here's what your pets can and can't eat in an emergency:

**Some of the "approved human foods"** that your dog can eat are peanut butter, cooked chicken, cheese, carrots, yogurt that does not contain artificial sweeteners or added sugars, salmon, pumpkin, scrambled eggs, cooked green beans, apple slices, and oatmeal. You can give them some bacon grease too, but don't overdo it or they can end up with an upset belly.



**Some of the foods you will want to refrain from giving to your dog** (these are toxic human foods) are chocolate, onions, grapes, raisins, yeast dough, artificial sweeteners, macadamia nuts, avocados, alcohol, or coffee.

*\*As with children, remember to try the above-suggested people foods in small amounts. If your dog experiences any sort of reaction, immediately consult a veterinarian and stop feeding him those foods.*

*\*\*Before giving your dog any people food, do your research to make sure it's safe! Consult a veterinarian if you need too.*

Beyond what they can eat, you want to make sure you are giving your dog the right ratios of fats and protein. Dogs can eat carbohydrates, and their digestive system has evolved to do so, however, if you choose to feed a dog carbs for energy, try to cook complex carbs. It's easier on their digestion.



Because of the dietary needs of dogs, both their tooth structure and intestinal tract have become adapted to an omnivorous diet. This means that, under normal circumstances, dogs can meet their nutritional needs by eating a combination of plant and animal foods. The source of the proteins and fats is less important than the quality and digestibility of these essential components of the dog's diet. Dogs can thrive if they are fed a properly balanced vegetarian diet. However, an all-meat diet would be unbalanced and would not meet all of a dog's nutritional requirements.



### ***\*CATS AND DOGS REQUIRE DIFFERENT DIETS!***

Cats don't need much as far as grains or vegetables go when it comes to their diet. When a cat in the wild catches a mouse or a bird, they generally eat it, bones, organs and all. They receive a small amount of vegetables and grains, based on the stomach contents of their prey. Cats are obligate carnivores and require a lot of meat in their diet to live a long and healthy life while dogs, like humans, are omnivores. **It is NEVER a good idea to feed cats a vegetarian or vegan diet.**

A cat is simply unable to safely eat a vegan diet. Even with synthetic supplementation of the required amino acids found only in animal meat, producing a cat food that is complete and fills all of the nutritional needs of a cat is difficult (and dangerous) without adding meat to the diet. This is why they are referred to as *obligate* carnivores and require meat in their diet. More so than dogs, cats are willing to eat raw meat.

The good news is that there are homemade dog food recipes that are simple and nutritious. Actually, these are more nutritionally dense than store-bought kibble, and therefore, your dog will not need as much food during the day. The added benefit is that you could also save some money by making dog food yourself!

### **Some recipes for dogs:**

#### **Turkey Delight**

- 1/2 lb ground turkey
  - 1 small sweet potato
  - 1 cup of rice (brown rice has more nutrition than white rice)
  - 2 cups chicken broth or water
  - 1 lb baby carrots
  - 2 eggs, slightly beaten
1. Cook all ground meat until fully cooked.
  2. Add sweet potatoes, rice, carrots, and chicken broth or water.
  3. Cook on medium heat for 30 minutes.
  4. Cook scrambled eggs and add them to the pot.
  5. Stir thoroughly until combined.



After cooking, allow to cool and put the mixture into storage containers. This freezes very well.

#### **Ground Beef Dinner**

- 1 1/2 cups brown rice
  - 3 cups baby spinach, chopped
  - 1/2 cup peas, canned or frozen
  - 1 lb. ground beef
  - 2 carrots, shredded
1. In a large saucepan of 3 cups water, cook rice according to package instructions; set aside.
  2. Cook ground beef over medium heat until browned, about 3-5 minutes, making sure to crumble the beef as it cooks.
  3. Stir in vegetables and brown rice until the spinach has wilted and the mixture is heated through about 3-5 minutes.

After cooking, allow to cool and put the mixture into storage containers. This freezes very well.



## Unusual Meals That Kept People Alive During the Great Depression Era

Hard times call for ingenious ways to be creative with food. Americans today should be proud of our ancestors for making it through the financial hardship of the Great Depression and coming out stronger.

**“Hoover Stew** was inspired by President Herbert Hoover and was an early version of today’s meal of macaroni and hot dogs. This dish was made with stewed tomatoes, diced hot dogs and canned corn or beans. With it’s affordability and meager ingredients, it was a staple in the soup kitchens of the 1930s.

**Dandelion Salad** - During the Great Depression, fresh produce was expensive so people turned to the land to survive. Edible plants like dandelions were the basis for many meals and was dressed with lemon juice, olive oil & some salt. It could be combined with an affordable protein like bacon or egg. Reminder that foraging needs to be done in areas not treated with pesticides.

**The Everything Meal**” also known as the “Garbage Plate” came to be when many had to pool their resources. It was a mash-up of macaroni salad, home fries, baked beans & sausage or cheeseburger topped with beef chili, white onions, mustard & ketchup or hot sauce. “Garbage Plate” is still served in restaurants and diners, notably in New York.

**“Desperation Pie”** aka vinegar pie made the rounds in the 1930s when people were forced to make substitutions. This was a cost effective version of lemon meringue pie where vinegar provided the tartness. It was prepared using apple cider vinegar, unsalted butter, flour, brown sugar, ground cinnamon, ground nutmeg, eggs, salt & water.

**Prunes** were one of the cheapest fruits available during the Depression. Common desserts that could be made were Prune Pudding, Prune Whip, etc and could be made with simple ingredients like sugar & cornstarch with boiled or fried prunes. To show solidarity with those that were struggling with daily survival during that period, America’s home economist - Eleanor Roosevelt - made sure the dish was served to White House guests.

**Cabbage & Dumplings** was a hearty and simple dish that was nutritious despite ingredient scarcity. It was filling and sort of tasty and featured cabbage & onions fried in a cast iron with homemade egg and flour dumplings.

**Peanut Butter & Pickle Sandwiches** is a comfort food that was featured in many cookbooks in the 1940s and was a cheap lunch counter staple at the time. Cravings anyone?

**“Creamed Chip Beef on Toast”** was nicknamed SOS (your choice!), was inexpensive and a go to source of protein during the Great Depression. The U.S. Army served it in the late 19th century before it made its way into Depression era kitchens. It was a mixture of dried beef in a sauce of butter, flour & milk and was served over toast.

**Amish Cold Milk Soup** is still a staple in Amish homes today. It is a simple combination of milk, bananas and sugar served cold in a bowl.

**YOUR EDITOR INHERITED SOME COOKBOOKS FROM THE 1920s AND FOUND A RECIPE!**

### Prune Whip - Uncooked - 1925

1/2 cup prune pulp    1 egg white    1/3 cup sugar    1/3 cup chopped walnuts    1 teaspoon vanilla

Rub cooked pitted prunes through a coarse sieve. Place pulp in a deep bowl, add unbeaten egg white and sugar. Beat with whip egg beater until of the consistency of whipped cream. Fold in nuts and vanilla. Pile in sherbet cups, serve very cold. This may also be used as a filling for cream puffs or sponge cakes. Will serve six persons. This is a light fluffy dessert which may be served at the end of a heavy meal.



## Survival Adventures and Stories Everyone Should Read

**Alive** - The Story of the Andes Survivors  
Piers Paul Read

There's also a fantastic new ABC documentary on the Andes survivors called "**Prisoners of the Snow**" - Showcasing the indomitable human spirit and proof that you can survive in the absolute harshest of conditions.



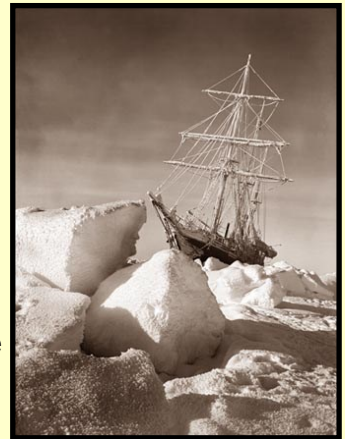
**The Indifferent Stars Above** - The Harrowing Saga of the Donner Party  
Daniel James Brown

**Endurance** - Shackleton's Incredible Voyage  
Alfred Lansing

**The Worst Hard Time** - The Untold Story of Those Who Survived the Great American Dust Bowl  
Timothy Egan

**The River of Doubt** - Theodore Roosevelt's Darkest Journey  
Candace Millard

**A Crack in The Edge of The World** - America and the Great California Earthquake of 1906  
Simon Winchester



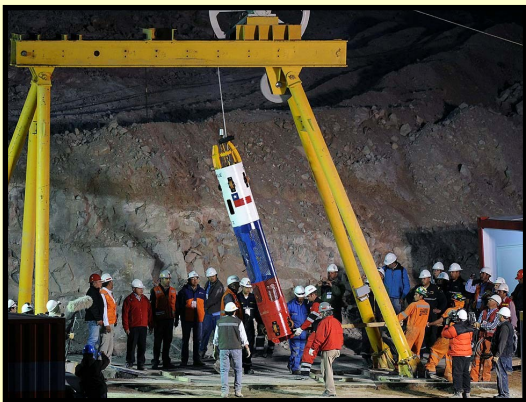
**The Year Without Summer** - 1816 and the Volcano That Darkened the World & Changed History  
William K. Klingaman & Nicholas P. Klingaman

**The Brendan Voyage** - Across the Atlantic in a Leather Boat  
Tim Severin

**Five Days at Memorial** - Life and Death in a Storm-Ravaged Hospital  
Sheri Fink

**Krakatoa** - The Day the World Exploded: August 27, 1883  
Simon Winchester

**Island of the Lost** - An Extraordinary Story of Survival at the Edge of the World  
Joan Druett



**33 Men** - Inside the Miraculous Survival and Dramatic Rescue of the Chilean Miners  
Jonathan Franklin

**The Stable Boy of Auschwitz** - A Heart Breaking True Story of Courage and Survival  
Henry Oster

**Rooftop Terror** - True Hurricane Katrina Story, American Couple Learns How to Survive a Natural Disaster  
Joseph E. Bellande III

### ALSO CONSIDER:

**One Second After** by William R. Forstchen - a fictional but realistic account of society's struggle to survive following an EMP attack affecting most of the world.



## **Basic Survival Guidelines**

**Manage your Resources** - Have a good workable inventory of all of your resources, know your capabilities and skills as well as your vulnerabilities and those of your companions or neighbors. Know and understand that in a disaster or major emergency, modern conveniences and methods will not be available, possibly for a very long time.

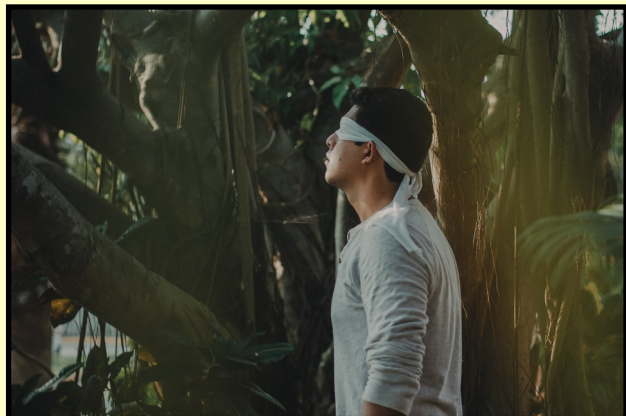
**Practice Vigilance** - Learn about and practice situational awareness. Identify and mitigate household dangers, work dangers and neighborhood dangers. Be aware of and understand what is happening. Train all your senses to become attuned to what is going on around you. Learn to trust your intuition or “sixth sense”. Try putting on a blindfold and spending time just listening to everything around you, especially in nature (have a buddy with you when you do this). Know the sounds of different kinds of dangers such as gunshots (they are different than firecrackers), a propane leak, a structural failure, an angry mob, a dangerous animal, an approaching wildfire or flood waters, etc.

**Learn How to Slow Down** - Remember that in a major disaster or emergency, ***everything*** will take longer to do. Travel will take longer. Cooking will take longer. Communication will take longer. You will not be able to instantly order what you need online and have it delivered the next day. Start practicing now how to slow down. Take your time. Practice patience. Meditate. Slowing down and remaining calm will be the keys to your survival.

**Realize it May be a Whole New World** - Dwelling on what happened will not do you any good. Accepting your situation and “getting on with it” will be what you need to do. Accept that life as you knew it is now in the past and your world is different requiring different methods and skills. Know that surprises may happen that require you to improvise and adapt. Needs may change. Know that everyday items such as duct tape can be used for multiple improvisations. Learn creativity. Vow to be a team player and a good neighbor.

**Plan Ahead & Prepare for the Unknown** - Our ancestors’ lives depended on preparedness. Food preserved in the fall gave them something to eat in the winter and spring. Wood cut and stacked during the summer months provided heat in colder months, and food for livestock and the family needed to constantly be stored up. Life was more unpredictable for them. Disease could come and take out their livestock or family in a matter of hours. Injury required more time to heal, and death was more of a possibility. Previous generations buried more babies than anyone should ever have to. With every pregnancy, they knew there was a chance that their baby might not survive. So in their mind, they mentally prepared for a possible burial. For some ancestors, one snowstorm could keep them homebound for weeks. We may not need a winter’s supply of hay for livestock, but being prepared and having a backup is wise.

And while we’re thinking about it, having additional light sources, additional food, water and medical supplies, fuel, and money set aside is a good idea. Check your life, health, and other insurance plans. Maintain your physical, mental, and emotional health. Set money aside for a rainy day, because it rains in all of our lives at one time or another.



**Clallam County CERT Program  
Unit 5-Light Search and Rescue – Buddy System  
Standard Operating Procedure 6.3 Light Search and Rescue**

TRAINING UPDATE BULLETIN # 2023-2

DATE: March 26, 2023



Sequim Operational Area  
Clallam County, Washington

Training Topic: 2.2.1 CERT ACCIDENT/INJURY REPORTING

Training Topic: Search and Rescue – The "Buddy System". Allowing only 1 rescuer to enter the building when squad staffing is limited.

**SAFETY:** Sequim Operational Area CERT Policy is that all CERT members work in pairs. This is for the safety of the CERT members. Should one be injured, the other can help him/her out or ask for help.

**Background:** "Use a Buddy System". A Search and Rescue Squad includes a Squad Leader, 2 searchers (one lead searcher and one rope handler), and 2 rescuers. There must be a minimum of 5 people. Squads may have more than 5 members, but not less. When entering a building, CERT members will work in two.

" Safety Considerations for Search Operations

- **Existing Training:** CERT Basic Training - Unit 5A: Light Search and Rescue Operations, "Make rescuer safety your primary concern.
- Use a buddy system."

It is also taught on CERT BASIC TRAINING POWERPOINT 3. Unit 5A LSAR Washington V3, and CLALLAM COUNTY FIRE DISTRICT 3 Community Emergency Response Team (CERT) 15 Minute Series – Search Rope Training.

**Up-to-Date Training:** There is ONE EXCEPTION to the safety rule of the "Buddy System" "2 in – 2 out". If there is a lone rescuer outside a building who can see a victim close to the door of the building and only needs assistance to walk out of the building, with the permission of the Squad Leader, who is also acting as the Safety Officer, the one rescuer can attach to the main line, enter the building, and usher the person out of the building. This must be done quickly, and they must be in full view of the Squad Leader at all times.

References:

CERT Basic Training Participant Manual- CERT Unit 7: Light Search & Rescue Operations, "Specific Safety Considerations" and "Search Methodology" "Use the buddy system."

Approved:



Sequim Operational Area  
Clallam County, Washington

Blaine Zechenelly  
CERT Senior Program Manager, CCFD3



**MOMMMMMM...  
A Little Help Here!!**

**STRIVE TO BE  
HELPFUL TO THOSE  
WHO NEED YOU**



**6000 SEARCH AND RESCUE: A Victim That Can Walk is Green**  
TRAINING UPDATE BULLETIN # 2023-4.

DATE:



Sequim Operational Area  
Clallam County, Washington

Training Topic: Search and Rescue: If a survivor can walk, they are green.

**SAFETY:** In an earthquake situation, our goal is to get in and out of a structure as quickly as possible due to the possibilities of aftershocks and CERT members being injured or trapped.

**Background:** When searchers find a survivor, they need to do a quick triage of the victim, using 30-2-Can Do.

**Existing Training:** When searchers enter a building they call out, "Search and Rescue," "If you can hear my voice, come to the sound of my voice." If a survivor is able to walk to searchers, they are considered "green." The searchers should observe breathing and ask them questions such as - what happen, what's your names, are you hurt, are there other people in building. The searchers are assessing "Can Do" of the victim. If the survivor is not injured and can walk, they are a green. They are tagged "green." Searchers radio the Squad Leader that they are sending out a green survivor following the safety rope and give his/her name. The Squad Leader will watch for the survivor and verify their name when they come out.

If the searcher has any doubt, i.e., the victim says he dizzy, I passed out, I feel sick, the searcher will request rescuers to help the survivor out.

All survivors that do not come to the sound of the searchers voice, will be triaged.

Up-to-Date Training:

References:

Approved:



Sequim Operational Area  
Clallam County, Washington

Blaine Zechenelly  
CERT Senior Program Manager, CCFD3



# Clallam County CERT Program Unit 6-SAR "Survivor" replaces "Victim." Standard Operating Procedure

TRAINING UPDATE BULLETIN # 2023-5

DATE: March 17, 2023



Sequim Operational Area  
Clallam County, Washington

**Training Topic:** Victim No Longer Used. Survivor is the term for people in structures unless deceased.

**SAFETY:** Safety is CERT's number 1 priority. This is a terminology change only.

**Background:** FEMA and State of Washington have changed the term "Victim" to "Survivor." We will follow the national standard.

**Existing Training:** All existing training used the term "Victim."

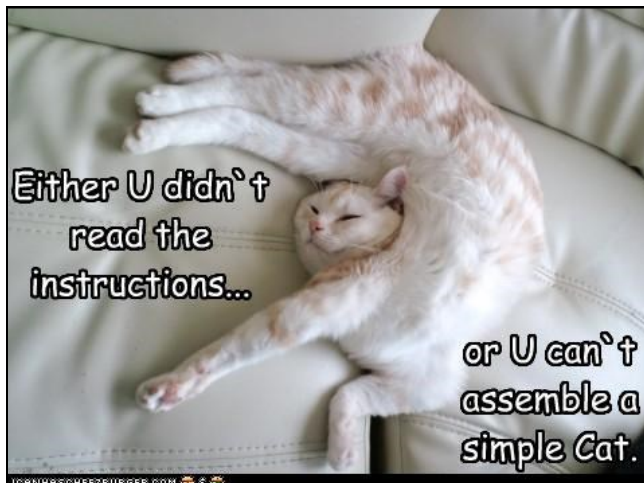
**Up-to-Date Training:** All training needs to be changed and members should start using the term, "Survivor." "Survivor" will be added to Academy curriculum.

**Approved:**



Sequim Operational Area  
Clallam County, Washington

Blaine Zechenelly  
CERT Senior Program Manager, CCFD3



## Weird Laws Still on the Books in Washington State

- It is illegal to destroy beer bottles without consent
- It is illegal to harass Bigfoot
- No person may walk about in public if he or she knowingly has a cold
- You may not attach vending machines to utility poles without prior consent from the utility company, unless it is mounted 12 feet up the pole
- It is illegal to have more than two flushing toilets in your house
- Lollipops are banned in Washington State
- It is illegal to buy meat of any kind or a mattress on Sunday
- It is illegal to sleep in an outhouse without the owner's permission

And finally...

- It is illegal to curse in Maryland
- It is illegal to drive a camel on the highway in Nevada
- In Tennessee & Kentucky, it is illegal to hold public office if you have been in a duel
- You have to get a permit to modify the weather in Colorado
- In Switzerland, it is illegal to hike in the nude
- In Alabama it's illegal to drive blindfolded
- It is illegal to ride a horse more than 10 mph in Indiana
- In Montana, it's illegal to give a rat as a gift and it is illegal to have a sheep in the cab of your truck without a chaperone (sorry...this east sider couldn't resist a wee jab)



## The *Farmers' Almanac* Summer 2023 Weather Forecast Map for the United States.







Map  
Your  
Neighborhood

Organized MYN neighborhoods now number 57 and are spread across all of Sequim Operational Area!

We have several neighborhoods who have had their presentations, but lost their Captains and are in need of someone to step up and continue the leadership role. Those neighborhoods are: Camden Court/Mistrel, Diamond Point, Dungeness Greens, Majesty Way, and Oakwood Drive

The following neighborhoods are awaiting their presentations: Clasen Cove Estates, Dungeness Beach, Lost Mountain, Oxford Avenue, Sequim Bay Heights and Solmar.

## Ideas for MYN Neighborhood Committees

- First Aid / Medical
- Sanitation
- Shelter and Feeding the Neighborhood
- Housing – Short and Long Term
- Reunification – Comfort Crew
- Fatality Management
- Fuel and Fire Management
- Animal Response and Control
- Security
- Drone Squad / Transportation
- Inventory & Resource Management



Do you have a special skill or interest that would be valuable to your neighborhood in an emergency or disaster? Put it to use in an organized MYN neighborhood.

### Upcoming Special MYN activities:

**Captain's Meeting to discuss Cascadia Rising results, review, compare and contrast Neighborhood Plans, as well as exchange ideas and problem solve.**  
**Saturday, July 8th, 10:00 am KSQM meeting room**

**Can't Say it Enough - September is National Preparedness Month**

**Book Your Refresher Presentation or Planning Meeting Now!**

Contact MYN Coordinator Lynne Schlosser at [lyne5977@live.com](mailto:lyne5977@live.com)

# HOW DO YOU



# EAT A DINOSAUR?

The same way you prepare for an emergency or disaster: 1 bite at a time!!

What to buy in:

July

Condiments & Dressings  
Chips  
Soda  
Bottled Water  
Baked Beans  
Ice Cream  
Canned Meats

August

Cold Cereal/Oatmeal  
Breakfast Bars  
Peanut Butter/Jelly  
Condiments  
Drink Boxes  
Lunchbox Prepackaged Food  
Pudding Cups  
Reconstitutable Meals  
Prepaid Snacks/Drink Boxes  
Vitamins  
OTC Medicines

September

Canned Fruits & Vegetables  
Soups  
Broth  
Canned Tomatoes  
Cold Cereal  
Chocolate Chips  
Cooking Oil  
Baking Supplies (Sugar, Flour, etc)  
Juice Boxes  
Nuts  
Spaghetti Sauces  
Spices  
Tomato Sauce & Soup  
Decent Wine

Insect Repellent & Sunscreen  
Grill Supplies  
Party Supplies  
Summer Apparel & Swimwear  
Mattresses  
Furniture  
Air Conditioners  
Jewelry  
Bikes/Camping Gear/Backpacks  
Garden Seeds  
Markers/Pens/Notebooks  
Thermoses  
Sports Supplies

Summer Clothes  
Summer Shoes  
Sunglasses  
Linens & Pillows  
School Supplies  
Office Supplies  
Underwear & Undershirts  
Socks  
Camping Equipment—Tents,  
Sleeping Bags  
Storage Containers  
Laptop Computers  
First Aid Supplies

Grills & Grill Supplies  
Party Supplies  
School Supplies  
Office Supplies  
Underwear & Undershirts  
Socks  
Bicycles  
Jeans  
Mattresses  
Lawn Mowers  
Laptop Computers

**SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!!**





## MYN BINGO

First Community Drill Completed	All residents know how to access water in their water heater	All Propane tanks are strapped down & have flexible hosing	All homes have and maintain 30 days of toilet paper	Contact List completed & distributed
All homes have at least one fire extinguisher	All residents have/ know how to use personal water filtration system	Alternate sanitation method in place for community	All homes have 30 days of food and water	Everyone's main water shut off located and marked
All homes have a Prep Bag for each person and vehicle	Every resident has PPE: helmet, gloves, sturdy shoes, etc.	Neighborhood Action Plan completed & distributed	HAM Radio operator in group	Skills List completed & distributed
Primary & Secondary Gathering Place selected and mapped	All homes have completed 5 min sit & think in each room & taken appropriate safety measures	All community members have reviewed & discussed lessons from Puerto Rico	Neighborhood Map completed & distributed	100% PARTICIPATION YAY!!
Equipment List completed & distributed	Every home equipped with non-electric can opener	Primary & Secondary Care Center selected and mapped	All homes equipped with basic first aid supplies	All hot water tanks strapped or attached to dwelling

**Attention all Map your Neighborhoods. This game is just for you!**

**It's time to show off and let everyone know how you are doing!**

**Be the first neighborhood to complete every block and CCFD3 Assistant Chief Orr will personally deliver something special to your community in appreciation for all your hard work.**

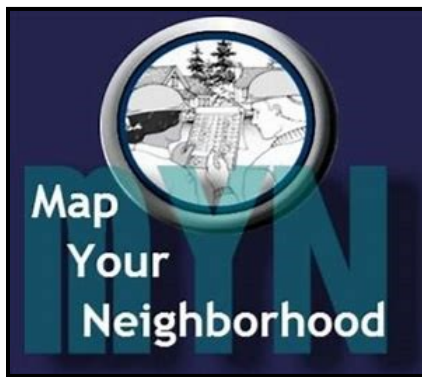
**Assistant Chief Orr is really really itching to give away the prize!**

**The winning neighborhood will be featured in a future newsletter!!**

# REMEMBER: WHEN DISASTER STRIKES, THE TIME TO PREPARE HAS PASSED.



For information about upcoming 2023 CERT Classes:  
Contact Cindy Zechenelly at 360-504-2531  
or [cindyiz@hotmail.com](mailto:cindyiz@hotmail.com).



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. Meetings are scheduled weekdays and weekends. Over 1900 trained so far!! For all information, contact Lynne Schlosser at [lynne5977@live.com](mailto:lynne5977@live.com).

Our immense thanks to KSQM 91.5 FM for their support!!!

**Have an idea for a future article? Want to contribute an article?**

**Email to Lynne Schlosser at [lynne5977@live.com](mailto:lynne5977@live.com)**

**Coming up in our next issue!**

**A Message From: Let Us Know Who You Would Like to Hear From!**

**Introducing The CERT Training Committee**

**How to Stay Sane When You're All Alone in a Survival Situation**

**Situational Awareness - How to See Danger Before It Sees You**

**Principles of Self Sufficiency Everyone Can Embrace Today**

**Homemade Elderberry Syrup**

**9 Old-Fashioned Ways to Predict the Weather**

**AND LOTS MORE!!!**