



SEQUIM OPERATIONAL AREA 2019 Issue 2



Message from Blaine Zechenelly, Clallam County Fire District 3 Disaster Planner

As we go into the summer of 2019, I am excited about where we are today and where we are going. While our first years were spent in building numbers of personnel, we are now focused on longer range needs for a successful and sustainable program.

M does come before C! Not in our alphabet, but in response to community emergencies! Our Map Your Neighborhood Teams will most likely be the first contact residents will see after any major disaster. They will note whether homes are "OK" or in need of "HELP" and pass this information to the CERT Teams as they arrive to try to change those "HELP"s into "OK"s. We are working with a great team of MYN Facilitators to try to spread the MYN concept into all of Eastern Clallam area. Joel Ogden and Lynne Schlosser and a team of MYN Facilitators have this as a goal.

We are also working just as hard to cover the same territory with CERT Teams. One team recently went door-to-door on a Saturday in their area and signed up 6 new people to attend CERT training! I hope there will soon be a knock on more doors!

A huge goal is for both MYN and CERT to be run in the most professional way possible. To this end, we have established recognition for both with FEMA and the State of Washington. All of our instructors have completed state certified courses, as have our program managers. We continue to build a relationship with the state level CERT community.

With the huge effort of Keith Koehler from CERT 7, we now have a key informational tool called GIS mapping. Anything that might be needed relative to our geographical area is now in one place. It can track to a street address level what homes are part of a given CERT team's search area, what MYNs are in the area, and what resources and possible hazards are also in that area. We are in the process of rolling it out to Division Chiefs and latter to CERT Captians.

Our growth has made it evident that another layer of management is essential. Three Division Chiefs have been appointed. Miller Peninsula is now the responsibility of Linda Enger; John Viada has Sequim; and Charlie Meyer has Carlsborg. Their role is to provide support and guidance to the teams in their divisions, develop training and planning, and be a contact point in a major disaster.

Another technology tool was developed with the great help of Keith Koehler: an electronic library of 36 video training modules of 15, 30 and 60 minute durations. When these are combined with a physical activity, they can provide a complete and standardized set of training for our CERT teams. These cover a wide range of topics to learn from, such as wildland fires, medical, leadership, structural analysis of buildings, and more will be added next year. The Army Corps of Engineers Structural Collapse course will also be on this thumb drive. One will go to each CERT team captain in the July operations meeting

I wish all of you a great summer and hope to see you at Lavender Festival and Air Affaire in Sequim.

Preparation
through
education
is less
costly than
learning
through
tragedy

SEQUIM OPERATIONAL AREA



CITY OF
SEQUIM



Emergency Preparedness Partnership





OH MY GOODNESS!!

LOOK HOW MUCH WE'VE GROWN IN JUST 2 SHORT YEARS!

MEET OUR HARD WORKING TEAMS

CERT Team 1 - Joyce - Captain Bob Leiper - 33 strong
CERT Team 2 - Diamond Point - Captain Penny Weitendorf - 21 strong
CERT Team 3 - Carlsborg/Solmar- Captain Brian Pruiett - 49 strong
CERT Team 4 - Sunland - Captain Susan Pressman - 21 strong
CERT Team 5 - Bell Hill - Captain Don Baron - 53 strong
CERT Team 6 - Discovery Bay - Captain Kosha Long - 28 strong
CERT Team 7 - Dungeness Heights - Open Captain - Co Captain - Keith Koehler - 44 strong
CERT Team 8 - Gardiner - Captain Bob McCauley - 21 strong
CERT Team 9 - Emerald Highlands/West Dungeness Meadows - Captain Kris Ecklund - 30 strong
CERT Team 10 - East Sequim Bay - Captain Bill Brigden - 22 strong
CERT Team 11 - Summer Breeze - Captain Deb Palmer - 53 strong
CERT Team 12 - Dungeness West - Captain Barbara Slorah - 31 strong
CERT Team 13 - Agnew/Deer Park/R-Corner - Captain Don Schold - 29 strong
CERT Team 14 - N. Woodcock/Blue Ribbon - Captain Vic Entrikin - 26 strong
CERT Team 15 - Sequim Health & Rehabilitation - Captain Ed Ebling - 22 strong
RECRUITER - 1 strong JEFFERSON COUNTY - 7 NON TEAMED CERTS - 90 strong
DIVISION CHIEFS - 3

584 TOTAL TRAINED STRONG

Come visit our CERT Booth at Lavender Festival at Carrie Blake Park, July 19-21, 2019!!

**Contact Cindy Zechenelly for more information about becoming part of CERT
360-504-2531 czechenelly@ccfd3.org or cindyiz@hotmail.com**

How to survive a Boil Notice



Places in Puerto Rico had been on a boil notice for over 5 1/2 MONTHS following Hurricanes Irma and Maria. Yep, you read that right. Five and a half months. That's almost 170 days without clean running water.

- Now, just think what that means to a household like yours:
-
- The water that comes out of your tap, if it does, isn't drinkable.
- When someone is thirsty, the only safe water is bottled or has been purified in some way by you.
- A recipe calls for water and, again, you have to be careful to use only what is safe to drink.
- The refrigerator ice maker has to be turned off because tainted water results in tainted ice cubes. If you want ice, you either have to buy it or make it in ice cube trays with purified water.
- Showering and bathing cannot be done in contaminated water, so what do you do, day after day after day?
- Brushing teeth will require bottled or boiled water
- Washing dishes isn't safe anymore unless you're certain the water in your dishwasher heats up to at least 170 degrees.
- Is it safe to even do laundry? With certain contaminants, it is not!
- What about water for your pets? Is it safe for them to consume

The water filter on your refrigerator or the reverse osmosis system you rely on are not enough to remove most pathogens from water.

Can you imagine this nightmare continuing, week after week? Dirty dishes, laundry, smelly kids, the hassle of having to boil every ounce of water consumed — this would get old in a matter of hours. The only way to survive is to be prepared and know exactly what to do.

In the rare town, people had to share a large generator with another town. This generator was all they had to pump large amounts of water through a filtering system. The water had to be shared with every household and then they had to wait until it was their turn for more clean water!

If this sounds crazy to you, well, that's life following a major natural disaster, but you would be surprised by how often boil orders are issued here in the U.S. and around the world. Just a very quick DuckDuckGo search for "boil notices 2018" turned up over a couple dozen in locations from Florida to Washington.



[One community has on their website](#) this statement, “Precautionary “Boil Water” notices are issued almost every week, and most of these breaks only affect small isolated areas.”

What is a boil notice?

When a municipal water provider or a health agency detect pathogens in the water, a boil notice will be issued. Those pathogens might include E. coli, Giardia, and Cryptosporidium. Lead in water is another red flag, and a water main break as well as flooding, all necessitate a boil notice.

A boil notice can last anywhere from just an hour or two to months, as we’ve seen in Puerto Rico. The best way to find out if a boil notice has been issued for your community is to visit your local municipal water company’s website and find out what their procedure is for issuing and then rescinding the notice. These might be issued via email, text message, the local media and/or the company’s website. The safest and quickest method will be either email or text. Don’t rely on the 6 o’clock news to get this information!

How do you survive a boil notice?

The best way to survive anything at all is to prepare for it. Now that you know a bit about boil notices and why they’re issued, let’s get your own household ready.

You will probably not be told exactly what is in the tainted water, so pay careful attention to exactly what you are told to do and not do with tap water. Some boil notices will specify “do not use for drinking, cooking, or ice making.” Okay, the water cannot be ingested but can be used for laundry and bathing. When a boil notice takes this a bit farther and includes laundry and bathing, you can bet the water is not even safe to touch.

Over the next week, keep a running list of how your household uses water. Does everyone take a shower or bath daily, or more often? Do you need water for how many pets? Is your home regularly filled with additional people — family, friends, or anyone else who you might need to include in your water plans? If your water was too contaminated to even touch, you’ll need a backup plan for doing laundry, cooking, staying hydrated, refilling humidifiers, and providing water for animals.

After 7 days of tracking your water usage, you may be shocked by how much water you use, but at least now you’ll have a starting point for your plan to survive a boil notice.

Your next step is to go through the list and see where you might cut corners and use less water. If everyone bathes daily, that’s a quick way to use hundreds of gallons less each week. Sponge baths, especially when a [no-rinse soap](#) is used, is the obvious substitute. [No-rinse bathing wipes](#) are a godsend during a time of water scarcity (handy to keep in the car, too).

Since the most important use of water, by far, is to remain hydrated, try to find ways to either eliminate completely or greatly reduce the water needed for all other uses. Stock up on bottled water with the intention of using that water for drinking, brushing teeth, and cooking.

Bottled water has an indefinite shelf life if the water comes from a pure source (city water, water that has been boiled then cooled, and/or water treated with bleach) and is stored in a cool and dark location. Do your research too. Example, if you compare the plastic used for Dasani bottles with the bottles of most other brands, you'll notice a huge difference in quality.

Set household rules for boil notice days

If you have kids or grandkids in the house, your life under a boil notice is going to become far more complicated. Kids are used to water being available anywhere, at any time, for drinking, recreation, water balloons, you name it! Now, in a moment, that water isn't safe for them to ingest or, possibly, to even touch.

Here are a few easy to remember household rules for boil notice days:

1. Only drink water from a bottle.
2. Do not use water from any faucet.
3. Brush your teeth and wash your face using only bottled water.

Use hand sanitizer in place of soap and water.



And a few tips for making these days a little easier:

1. Use masking or packing tape to wrap around faucets and handles, disabling them. Make sure these are kid-proof!
2. Pour bottled water into familiar containers, like pitchers or a countertop water dispenser. If you have kids, this will be an easy way for them to drink safe water from sources they are already familiar with.

Stock up on those [no-rinse bathing wipes](#). Keep in mind the individually wrapped ones may stay moist longer. You can find adult sized bath wipes online too.

1. Keep bottles of water by each sink in the house.
2. Store one case of water bottles per day for each day of a possible boil notice. A case of 40 half-liter bottles will provide a little over 5 gallons of water. This is barely enough to provide 1 gallon per person per day, but if you store 7 cases of these, you'll have the minimum amount of water for 4 people for 7 days.
3. When a bottle of bleach is empty, refill it with water for an emergency water source. Be sure to label the bottle as "Drinking Water".
4. Fill an empty container of laundry soap (the large containers with a spigot) with water and use that as a source of water for hand-washing.

[Learn how to use water from your water heater](#) in a dire emergency.

1. If necessary, turn off the water coming into your house.

Have a plan to stay with friends or family outside the boil notice area.

Most people have absolutely no idea what to do in case of a water emergency or how to survive a boil notice. You don't have to be that person! Create your own water survival kit, know exactly how much water to store, get printables and downloads and create a reference notebook and be ready for any type of water emergency.

The Psychology of Tea

Reprinted from Ready Nutrition.com



If you're anything like me, and a lot of other more natural people out there, you have probably tasted your fair share of herbal teas. One of my favorites is an aromatic calming tea made with chamomile, lavender, and lemon balm. What I have found is herbal teas tend to calm the mind and soothe our stress away, and there's a science behind why herbal teas tend to be good for our overall mental health.

I'm a big coffee drinker too, and nothing beats that first sip of steaming hot coffee on a cold winter morning. But once my pot of joe runs out, I'm heating up water for a custom blend of herbal tea. It's relaxing and calming, and there's some science to back up the boost to our mental state when we drink a warm mug of tea.

WARMTH

Drinking any warm liquid has the ability to calm our nerves, lower our stress levels, and decrease blood pressure as warmth itself is associated with comfort. As warm beverages also beg to be sipped as opposed to chugged quickly, it often means the person consuming the warm drink will be sitting down, calm, possibly reading, or just enjoying the quiet. There are few days I'm not up before 5 am and the days that I am not in a hurry make a great time for me to sit in the dark and quiet with a cup of hot coffee or tea before the kids get up and fill the house with obligatory noise. This can be almost like a meditation for me, and it starts my day on a more positive and relaxed note. And many others tend to agree!

A study conducted in 2014 says that warm drinks can help us see the best in other people. An experiment conducted at the University of Colorado Boulder and published in the journal *Science* found that "participants who briefly held a cup of hot (versus iced) coffee judged a target person as having a 'warmer' personality (generous, caring)." The subjects of the study were asked to hold a hot coffee or an iced coffee belonging to another person before being introduced to them. (They had no idea that holding the drink was even part of the test.) The researchers found that based on a body of research into the significance of the insula (the part of the brain in which judgments about others are formed), and also where we process warmth, go hand in hand when judging others. So drinking warm beverages can help us all be a little "warmer" towards others.

AROMA

The scent of your favorite herbal tea can be intoxicating, and aroma plays a huge role in the human brain and the power of association. Aromatherapy, or using scents for their effects on the body and mind, has been around in different forms for thousands of years. Herbal teas often contain hundreds of active ingredients that all have scents! The herbs themselves consist of concentrated oils and when you brew a cup of tea, some of those oils drift upward in the steam creating an aroma. As you breathe in the wonderful aroma of the steam, individual scent molecules enter receptors in the cells throughout your body. This triggers many changes in your mental state. Those changes are most often distressing, soothing, calming, and relaxing.

A study from the Mie University School of Medicine found that patients with depression needed smaller doses of antidepressant medications after citrus fragrance treatment. Another study from the University of Vienna demonstrated that when the scent of orange oil was used in dental clinics, female patients exhibited decreased anxiety. The aroma of tea can be very beneficial if you're having a bad day. Brew your favorite herbal tea and just relax as you breathe in the scent and feel your stress melt away. This is indeed, important because stress has been linked to chronic health issues such as coronary heart disease.

The fast-acting natural sedatives like lemon balm, chamomile, lavender, catnip, and passionflower promote a deep, restful night's sleep, but are also highly effective at reducing stress and creating a soothing aroma to help some of the most overworked relax after a long hard day.

YOUR FAVORITE MUG

If you drink warm beverages on a regular occasion, you've probably got that one mug that you just always reach for. I know I do! It's a slightly larger than average and heavier mug with my favorite sports team's logo slightly raised on each side. We become used to and attached to that mug; it's weight, appearance, the feel of it as we sip from it, and the comforting way it looks sitting next to you with the steam rolling out of it. We become emotionally attached to our favorite mug and that, in and of itself, helps the relaxing effects of herbal teas take a firm hold on us as we sip our favorite warm beverages.

According to Psychology Today, part of the pull is the simple sense of personal ownership. Several studies of the endowment effect (the tendency for people to over-value their own possessions) actually looked at people's valuations of their coffee mugs. Researchers found that people ascribed greater value to a mug when they owned it. However, people are more likely to be obsessed with a favorite mug than a favorite fork, for example. One reason is that mugs are common gifts or souvenirs or keepsakes, so we often associate them with a beloved person, place, or time. And then once we start using them to put our warm and aromatic beverage in, we form attachments to the soothing way the combination of the tea and the mug make us feel.



There are many reasons to drink tea, and the calming and warmth they impart are just a small piece of the "why" behind the psychology of tea. I personally have many favorites when it comes to herbal teas, but the one I've been reaching for the most lately is accurately named Holiday Cheer. Holiday Cheer is a slightly spicy and warm smelling tea perfect for those winter days and nights snowed in by the fire. It completely embodies its name, and is perfect for those snowy days!

Books on Preparedness and Sustainability

The Prepper's Blueprint - Tess Pennington

When Technology Fails - Matthew Stein

The "Have More" Plan - Ed and Carolyn Robinson (an oldie but goodie)

Survival Mom - Lisa Bedford

Carrots Love Tomatoes - Secrets of Companion Planting - Louise Riotte

Primitive Skills and Crafts - Richard and Linda Jamison

Want to learn about Cascadia?

Full Rip 9.0 - Sandi Doughton

DO OR DO NOT, THERE IS NO TRY - YODA

LOW SODIUM IDEAS USING STORAGE FOODS AND FOODS FROM YOUR GARDEN

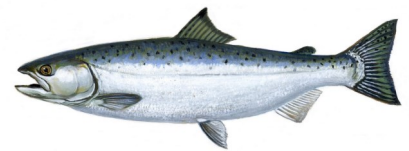
FIRST YOU NEED TO KNOW YOUR PROTEIN SODIUM LEVELS

Fruits and vegetables are naturally low in sodium, but what about proteins? For a 3-ounce serving, fish such as salmon and halibut are lowest, with about 50 to 60 milligrams. Chicken, red meat, pork and fresh turkey contain about 70 to 80 milligrams, and shellfish have about 100 to 300 milligrams of sodium.

So, you need to limit your sodium and an emergency or disaster strikes. You have your sustainable garden up and growing. Perhaps you have some chickens for meat and eggs and maybe some goats for milk. When shopping for your storage pantry, look for low or no sodium canned products. Here are just a couple low sodium ideas using what you have in your storage pantry and your garden.

Salmon Patties

Packed with protein, salmon is a versatile fish to cook on its own or in a variety of recipes. Making patties from the fish is easy to do with ingredients you probably already have in your pantry. All you need is fresh or canned salmon, dill, garlic and an egg. Feel free to add other seasonings too, such as minced onions, parsley or a pinch of red pepper. To cut down on fat, bake the patties in the oven (solar oven) rather than pan-fry them, and serve with a salad to complete this light yet filling meal.



Mallorca-Style Vegetable Bake

One of nature's tastiest dishes is roasted vegetables, and the health benefits are bountiful. Veggies are naturally low in fat and sodium and high in fiber and nutrition. For a flavor fiesta, whip up some Mallorca-style baked vegetables. Zucchini, eggplant, potatoes, garlic and tomatoes are seasoned with basil, oregano, pepper and just a pinch of salt to spice things up. They make a great side for a roasted pork loin, grilled seafood or sautéed fish. Or tuck the veggies inside a pita pocket for a hearty vegetarian sandwich.

How do you add some savory flavoring without all the sodium? Actually, salt's not really necessary for seasoning because there are lots of tasty alternatives. Herbs, Spices, and oils can all add some sought-after seasoning without loading you up on salt. A little lemon juice can put pep in foods like salads, vegetables, poultry, fish and other lean meats, and garlic can also go with those, plus potatoes, soups and tomatoes.

If it's meats you're preparing, you have a whole bunch of options to choose from. Turmeric or thyme, paprika or parsley, rosemary or sage, bay leaves or basil. If you're trying to get some more vegetables in your diet, many of those will work, too, as well as summer savory, caraway seeds, chives, pimiento and dry mustard. Check out the baking aisle and browse the spice section. Pick out some potential candidates for storage to liven up your emergency pantry. Cider vinegar and red wine vinegar are options, too, and store well.

If you store spice with "onion" or "garlic" written on it, you need to be reaching for the ones that say "powder" and not "salt." Otherwise, you're accidentally adding the very sodium you were trying to avoid. Bouillons are similar -- be sure to check the labels, or make your own.



AND REMEMBER - GARDEN GROWN HERBS & SPICES DON'T HAVE SALT IN THEM!!

PUTTING TOGETHER A FIRST AID KIT THE EASY WAY

In our last issue, you learned about preparedness shopping at local discount stores. Now, let's put together some do-it-yourself first aid kits from the same stores.

Home kit: Your kit doesn't have to be huge. You can buy small sizes of just about anything. Check out www.minimus.biz.

A household first aid kit should include these items:

Adhesive tape
Antiseptic
Anesthetic spray (Bactine) or lotion (Calamine, Campho-Phenique)
Liquid antibacterial hand soap or sanitizer

4" x 4" sterile gauze pads
Rubbing alcohol
2", 3", and 4" Ace bandages
2" & 3" roller bandages
Adhesive bandages (all sizes)
Diphenhydramine (Benadryl)
Non-latex exam gloves
Antibiotic cream
Non-adhesive pads (Telfa)
Pocket mask for CPR
Pet poop bags - lightweight, rolls are small & compact. Use for disposing of contaminated materials
Safety pins (large and small)
Scissors - good surgical angled type
Triangular bandage
Tweezers & Needle

Make your own triangular bandages and fabric roller bandages from old household linens.

In case of a medical or trauma related emergency, a list of family member's medical history, medications, doctors, insurance company, and contact persons should be readily available.

Try to keep your first aid kit small and simple. Stock it with multi-use items. Almost anything that provides good visibility of contents can be used for a household first aid kit.

If your kit will be on the move, a water-resistant, drop-proof container is best.

Inexpensive nylon bags, personal kits, fanny packs, or make-up cases serve very well.

You do not need to spend a lot of money on a fancy "medical bag." Use resealable sandwich or oven bags to



Is a magnitude 10.0 earthquake possible?

As the Map Your Neighborhood Coordinator and Lead Presenter for the Sequim Operational Area, the one question asked most often at my presentations is “is a magnitude 10.0 earthquake possible”.

So I did a bit of research and am able to confidently tell folks that, yes, a magnitude 10.0 earthquake is remotely possible, but, no, not on the Cascadia Subduction Zone.

But hey, as long as we are on the subject, what would a magnitude 10.0 earthquake be like and where could it possibly happen?

A magnitude 10.0 earthquake is theoretically possible, but pretty unlikely. It would have to take place on an unusually long subduction zone

such as (see map above), the Peru-Chile Trench (3666 miles long), the Aleutian Trench (2000 miles long), or the Japan-Kamchatka-Kurile Trench (1800 miles long). In order to trigger a magnitude 10.0 earthquake, the subduction zone would have to rupture in it's entirety all at once. (Cascadia is only 800 miles long)

A magnitude 10.0 earthquake would not feel much different from a magnitude 8 or 9, but it would last much, much longer - up to 30 minutes - and would be spread over a much larger area. Plus, any tsunami associated with the earthquake would hit land while the earthquake was still going on!

The energy released by such an earthquake would have the equivalent power of about 14,950 megatons of TNT detonating. In other words, “one million Hiroshima bombs” or “more than twice the estimated yield of the world's total nuclear arsenal”.

So, let's compare all that to some historically large earthquakes. A magnitude 10.0 would be:

***5.6 times as powerful** as the largest earthquake on record - the 1960 magnitude 9.5 Valdivia earthquake (1,000 miles of the Peru-Chile Trench ruptured).

***15.8 times as powerful** as the biggest earthquake to strike an American city - the 1964 Alaska earthquake, which put the city of Anchorage, and it's then 85,000 residents, on a decade-long road to recovery.

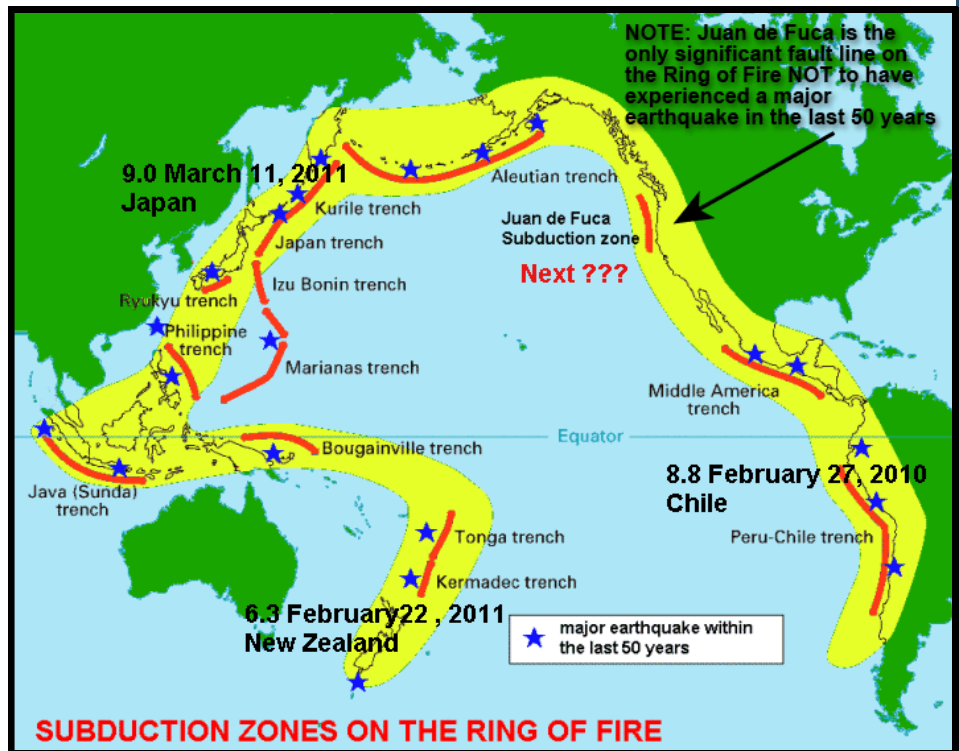
***22.4 times as powerful** as the 2004 Indian Ocean earthquake that triggered a tsunami that killed an estimated 250,000 people.

***31.6 times as powerful** as the devastating 2011 Tohoku, Japan earthquake.

***1,995 times as powerful** as the infamous 1906 San Francisco earthquake, and











***89,125 times as powerful** as the 1994 Northridge earthquake, the last major earthquake to strike Los Angeles, which cost upwards of \$64 billion in today's currency.

So now you know! *Lynne Schlosser*, MYN Coordinator/Lead Presenter for Sequim Operational Area.



Prepare for the unknown by studying how others in the past have coped with the unforeseeable and the unpredictable - General George S. Patton











JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 CERT Team 2 10am-noon Gardiner Com Ctr</p> 	2	3	<p>4 CERT Team 5 2-5pm 502 Still Road, Ste 203</p> <p>CERT Team 4 6-7:30 pm The Gathering Place</p> 	5	<p>6 CERT Team 8 9:30-1:30am Gardiner Com Ctr</p> <p>CERT Team 11 1-2:30 pm The Fifth Avenue</p> 
7	8	<p>9 CERT Team 10 6-8pm Red Cedar Hall</p> 	10	<p>11 CERT Team 9 2-3:30pm Alternating Locations</p>  <p>CERT Team 1 6:30-8pm Crescent Grange</p>	12	13
<p>14 CERT Team 6 10am-noon 276875 Hwy 101 Community Hall</p> 	15	<p>16 CERT Team 13 6:30-8:30pm Agnew Comm Hall</p> 	<p>17 Map Your Neighborhood The Lodge 5:30p</p> <p>CERT Team 7 6:30-8pm 45 Eberle Road</p> 	<p>18 CERT Teams 3 & 14 7-8:30 pm 290 Macleay Rd</p> 	<p>19 Lavender Festival Carrie Blake Park 9am to 7pm</p> 	<p>20 Lavender Festival Carrie Blake Park 9am to 7pm</p> 
<p>21 Lavender Festival Carrie Blake Park 9am to 5pm</p> 	<p>22 CERT Team 12 6:30-8pm 45 Eberle Road</p> 	23	24	25	26	27
28	29	30	31			

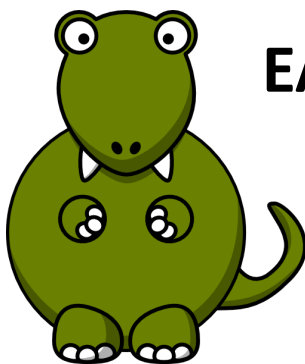
AUGUST 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 CERT Team 5 2-5pm 502 Still Road, Ste 203</p>  <p>CERT Team 4 6-7:30 pm The Gathering Place</p>	2	<p>3 CERT Team 8 9:30-1:30am Gardiner Com Ctr</p>  <p>CERT Team 11 1-2:30 pm The Fifth Avenue</p>
4	<p>5 CERT Team 2 10am-noon Gardiner Com Ctr</p> 	6	7	<p>8 CERT Team 9 3-5pm Alternating Locations</p>  <p>CERT Team 1 6:30-8pm Crescent Grange</p>	9	<p>10 Diamond Point Airport Appreciation Day 9am-3pm</p> 
<p>11 CERT Team 6 10am-noon 276875 Hwy 101 Community Hall</p> 	12	<p>13 CERT Team 10 6-8pm Red Cedar Hall</p> 	14	<p>15 Map Your Neighborhood 5:30pm KSQM Meeting Room</p> <p>CERT Teams 3 & 14 7-8:30 pm 290 Macleay Rd</p>	16	17
18	19	<p>20 CERT Team 13 6:30-8:30pm Agnew Comm Hall</p> 	<p>21 CERT Team 7 6:30-8pm 45 Eberle Road</p> 	22	23	<p>24 Air Affaire Sequim Valley Airport</p> 
<p>25 Air Affaire Sequim Valley Airport</p> 	<p>26 CERT Team 12 6:30-8pm 45 Eberle Road</p> 	27	28	29	30	31

SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CERT Team 2 10am-noon Gardiner Com Ctr 	3	4	5 CERT Team 5 2-5pm 502 Still Road, Ste 203  CERT Team 4 6-7:30 pm The Gathering Place	6	7 CERT Team 8 9:30-1:30am Gardiner Com Ctr  CERT Team 11 1-2:30 pm The Fifth Avenue
8	9 CERT Team 10 6-8pm Red Cedar Hall 	10	11	12 CERT Team 9 2-3:30pm Alternating Locations  CERT Team 1 6:30-8pm Crescent Grange	13	14
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22	23 CERT Team 12 6:30-8pm 45 Eberle Road 	24	25	26	27	28
29	30					

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

August

Cold Cereal
Breakfast Bars
Peanut Butter
Jelly
Drink Boxes
Lunchbox Prepackaged Food
Pudding Cups

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

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

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

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!!



Food for Survival

Growing food for survival is an important thought when it comes to preparedness. This Section will continue to give you resources to educate and prepare yourself.

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Best Foods to Grow for Survival



Knowing the best foods to grow for survival is important when it comes to preparedness. If there is ever a collapse scenario food won't be readily available on store shelves. You will be forced to rely on the emergency food stockpile that you have built.

If that collapse scenario is a long-term recovery event then you will eventually run out of that food in your stockpile. That is unless you have a huge room to store many years' worth of food supply. In most cases, you are not able to afford that type of supply.

So that will leave you with two options. You can either scavenge food or grow your own. If you are Billy Badass you may be able to bully others of their food and supplies. However, many of us don't have that type of heart. I typically prefer to avoid conflict at all costs.

With that being said, the best option at that point is to grow your own food. Fortunately, I was raised with the responsibility to tend to our family garden. But many people do not have the experience or know how to grow a garden.

Learning How to Garden Now is Important

If you attempt to learn in a collapse scenario it can cost your life. That is why it is important to know the best foods to grow for survival. From there you will want to practice growing a garden so when the time comes you can easily grow one.

While you are eating your stockpile is when you should begin growing your survival garden. That way by the time you run out of the food you will already have a supply that you can eat. On top of that, if you grow enough you can use what you don't eat as bartering items.

Having a survival garden is not only important for collapse scenarios but also economic and personal financial crisis. During the Great Depression, many people were dependent upon their gardens to survive. That was also a different time. Many people in those days knew how to grow a garden.

Learn What to Grow

What you can grow is dependent upon where you live, the amount of sun you receive and your soil type. You should be aware of what foods can be grown during certain seasons. For example, a lot of foods cannot be grown during the harsh winter months. That is why it would be important to grow food that can be stored during those months.

Having a survival garden is uniquely different from a regular garden. **Simply put, a survival garden is designed to produce enough crops to permit you and your family to live on the harvest alone.** Regular gardens these days are grown sometimes to be sold or paired with foods that can be bought at stores. When deciding the best foods to grow for survival you will want to consider in some important aspects.

4 Important Aspects of Best Foods to Grow for Survival

1. Big yield crops

If you have a family then there will be many mouths to feed. You also may be limited to the amount of land that you have for growing food. Therefore, you will want to grow foods that produce big yields with a small area. Another bonus of having foods that produce big yields is that the leftovers can be used for bartering.

2. Crops that can be easily stored

As I mentioned before, a lot of foods cannot survive harsh summer or winter climates. Therefore, you will want to grow foods that can be stored during those months. There are a few options when it comes to preservation. You will want foods that can either be dehydrated, [freeze-dried](#) or canned. You will also want to look for foods that have long shelf lives.

3. Crops that are perennials

A perennial is a plant that lives for more than two years. Typically plants can only be grown annually. Once they are harvested they die and need to be replanted.

With perennials, they can be picked off of the plant and it will regrow another one. **Some of the perennials mentioned below may not grow perennially in all locations.** If you live in extreme summer or winter climates then they may not be able to survive. You will want to research your temperate zone to know for sure.

4. Cold weather crops

Having plants that can grow in colder temperatures will extend your survivability. That is because you are not able to grow or harvest many foods during the winter. The winter months can be deadly if you haven't stored up enough food beforehand. By being able to grow food during winter months ensures that you will have some sort of food that will keep you fed.

So the previous points are important aspects to look for when considering the best foods to grow for survival. Now that we have discussed those I am going to provide my list of what I consider to be the best foods. Not all the foods will meet every criterion. However, I will mention the important aspects regarding survival under each.

Best Foods to Grow for Survival

Beans

- Beans are high in protein, vitamins, and minerals
- Packed with calories that will provide you with energy
- Perennials, so that can be eaten straight off of the plant
- Extremely long shelf life when dried
- Provide the soil with nitrogen that other plants need to grow
- High yield plants

Corn

- Long shelf life when dried
- Harvesting is easy and doesn't need threshing
- Don't need much room to grow

Squash

- Doesn't need to be dried to have a long shelf life
- Can be stored in a cool, dark place for up to 6 months
- Having a cellar or basement would be a great place to store
- Big yield production
- The downside is that they need a reasonable amount of space to grow

Potatoes

- Easy to grow in a range of different climates and soil types
- High in carbohydrates that will provide you a lot of energy
- Rich in Vitamin C, calcium and minerals
- Immune to cold fronts
- Can be grown without a lot of irrigation
- Can be stored for several months without the need of processing or electricity

- Don't need a lot of space to grow. A 10-foot row spaced 12-18 inches apart can yield up to 30 pounds of potatoes

Carrots

- Can be stored through the winter months
- Should be stored in cool places like a refrigerator or root cellar
- The downside is that you will need sandy, well-draining soil to grow them

Cabbage

- Easy to grow the plant
- High in nutrition
- Perennial

Kale

- Can be grown in late fall or early winter
- High Yield
- Can be dried and froze to store for longer amounts of time

Garlic

- It will leave your breath kicking but provides a delicious flavor to foods
- Highly nutritional and medicinal (works as antibiotic and antiviral)
- Boosts immune system works as an antioxidant and reduces high blood pressure along with cholesterol
- High Yield

Herbs

- Easy to grow indoors with small potters and placed on window seals
- Many different types including:
 - Rosemary
 - Thyme
 - Basil
 - Bay leaves
 - Parsley
 - Mint
 - Onion
 - Ginger
 - Chives
 - Oregano



- Big yield
- Shelf life can be extended by drying them out
- Perennials

Tomatoes

- Easy to grow
- Can be mixed with a lot of meals
- Big yield
- Easy to be canned for storage purposes
- The downside is that they do need a reasonable amount of space to grow

Before Getting Started

Now you should keep in mind that not all of these foods will be easy to grow in a lot of locations. This is due to the climate and soil types. A good resource to use to know what plants to grow is [The Old Farmer's Almanac](#).

There are many other foods that can be grown for survival. However, these would be my recommendations for the best foods to grow for survival. Finding good seeds to plant can be tricky. I recommend picking up some survival seeds from [Open Seed Vault](#).



Open Seed Vault provides variety packs with instructions for each vegetable. They claim that they provide enough seeds to plant over an acre of food. I don't have an acre of land to test but they have the best reviews that I have found.

Conclusion

Altogether these would be my recommendations for the best foods to grow for survival. There are many more people who are more knowledgeable and skilled in this area than me. So if you have any feedback or suggestions then leave it below. Your feedback helps the community prepare the smart way now so that we can thrive later.

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



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