



SEQUIM OPERATIONAL AREA 2022 Issue 14



I would like to introduce myself to those of you who have not met me. I am Jeff Nicholas your newest Commissioner for Clallam County Fire District #3.

I would like to thank you all for the amazing effort you all have made over the last 2 years to serve this community. So much of the local response to the COVID 19 Pandemic simply could not have happened without you. Those who stood out in the street directing traffic and those of you who lifted box after box, week after week in support of our community -- let us just say you did what many statewide experts said was impossible. The Food distribution and The Vaccination Clinic could not have happened if you were not there.

As the pandemic recedes (hopefully) into history we can take what we have learned from it and start planning for the next crisis and we never know what that will be. We plan for the Great Earthquake or Tsunami, but the next crisis may be something entirely different. Who could have seen the pandemic coming?

We have several things happening in current events that could cause that Food distribution effort to be reestablished or traffic control to become necessary. Storms and wildfires happen all the time and power goes out or roads become impassable. We just don't know what the next crisis will be, but I know that you will be ready to serve again as you did if any of these come to pass.

Keep in mind personal preparations are as important as training when it comes to disaster planning. Don't be that person that has to go to Walmart while it is being overrun to get what you should have thought about already. Don't be the one who is unable to help because you did not plan and need the most basic things to get to the next day because you did not think to have them in advance.

As you train for the Great Earthquake keep in mind that you are needed on short notice for lots of potential crises that can come at any time and the skills you have learned or have trained and the personal preparations you have made will make you a part of the solution and not part of the problem. Do that and you will truly make a difference in your community.

I personally saw what you did for the Food distribution and Vaccination Clinic. I was there every day you were, and I know the long hours you worked and the difference it made for the Sequim Area. We were so far ahead of what was happening in other areas, and this was not by chance. I also know the lousy weather and sometimes grouchy and seemingly ungrateful people you had to deal with and am very proud to be associated with you and CERT.



Preparedness is the only way we can combat a natural disaster

**Our Most "Newsy" Issue Yet!!
Check Out Everything That Has Been Happening The Past 2 Years!
We've Been Busy!**

SEQUIM OPERATIONAL AREA



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Emergency Preparedness Partnership



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The people of The United Methodist Church™

Trinity United Methodist Church

100 S. Blake Avenue, Sequim, WA ~ 360-683-5367



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



Map
Your
Neighborhood

**SEQUIM OPERATIONAL
AREA NEWS**
by **Charlie Meyer,**
Carlsborg Division Chief



OPTIONAL CERT UNIFORM FOR SEQUIM OPERATIONAL AREA:

Our Eastern Clallam County CERT Program is becoming more visible, both to the general public and to Emergency Managers at the County and State levels. To present the CERT program in the best possible light, it has recommended that official CERT presentations to the public could usefully include a more standard, uniform “look.” In our increasingly frequent public contacts, we want to convey a professional image that will serve to enhance the public’s confidence in our volunteer CERT efforts on their behalf.

CERT personnel, especially those in leadership positions, are encouraged to wear an approved (but completely optional) Eastern Clallam County CERT uniform ensemble whenever there is likely to be an official event, activity or ceremony at which there is likely to be a public interface. Examples of such events would include: working within the Emergency Coordination Center, delivering a public speech or presentation, serving as a CERT Instructor, or any special event that warrants a more official presence. On the other hand, examples of CERT functions that would NOT require a formal CERT uniform would include normal team training events, drills, field exercises and actual incident response operations.



The combined cost of the optional Dickies shirt, cargo pants and patches would be approximately \$100. Anyone interested in acquiring this CERT uniform should contact Blaine or Keith.

Fire District CERTs Receive Presidential Awards

Eight volunteers who serve on Eastern Clallam County's Community Emergency Response Team (CERT) program have been named as recipients of the President's Volunteer Service Award for 2021. The President's Council on Service and Civic Participation has authorized this important recognition each year for those individuals whose public service has made a significant and positive contribution to their community and inspired others to volunteer as well. Led by the [AmeriCorps](#) and managed in partnership with [Points of Light](#), Fire District #3 presented Volunteer Service Awards on 21 April to each of these exceptional volunteers, each of whom has contributed several hundred hours of uncompensated public service to their community during 2021:

Keith Koehler – Gold
John Viada - Silver
John Anzalotti – Silver
Butch Zaharis – Silver

Cindy Zechenelly – Gold
Judi Chapman – Silver
David Johannessohn – Silver
Blaine Zechenelly - Gold



Silver Awards represent 250-499 hours of service in one year. Gold Awards represent 500 or more hours of service in one year.



L to R:

Keith Koehler
Butch Zaharis
CCFD3 Assistant Chief Dan Orr
(presenter)
Cindy Zechenelly
Judi Chapman
Blaine Zechenelly

Not pictured:
John Viada
John Anzalotti
David Johannessohn

Dan Orr, Clallam County Fire District 3 assistant fire chief, presented the awards from KSQM 91.5 FM's meeting room in front of CERT's leadership.

"I'd give you all awards if I could," he said.

CERT, which trains citizens to better help the fire district during major emergencies, started in the Sequim area in 2016 and currently has 16 teams with 523 members.

Last year, some of their efforts included assisting with the COVID-19 vaccination drive-thru and the Community Point of Distribution food care packages during the pandemic.

The awards are part of the President's Council on service and Civic Participation program led by AmeriCorps and Points of Light so that certified organizations can recognize volunteers. Read more at presidentialserviceawards.gov/about.



If you believe you can accomplish everything by “cramming” at the eleventh hour, by all means, don’t lift a finger now.

But, you may think twice about beginning your ark once it has already started raining.

Max Brooks

(author of World War Z)

There are preparedness lessons in that book & movie believe it or not

Program Manager Training

The CERT Program Manager Course is intended to train and prepare CERT volunteers who will be functioning as a Program Manager (PM), CERT coordinator or upper level CERT leader within a CERT program. Program Manager certification is required for FEMA's Team Leader 1 (TL1) type designation. Blaine Zechenelly and Linda Enger were previously certified as PM's.

The following individuals recently became FEMA Certified PMs:

Dan Schold	Ernylee Chamlee
Penny Weitendorf	Kyle Hall
Butch Zaharias	Bob Foster
Charlie Meyer	John Viada
Bob McCauley	Keith Koehler

Eastern Clallam County CERT now has 12 certified PM's within its CERT program, more PM's than most programs have. But we also have a big program. We currently have 523 registered members. Since 2016, our program has trained a total of 822 CERT volunteers.

CERT Citizen Corps Leadership Summit & Training Day

Held on April 9 2022 -8:00am to 5:00pm

Location: South Puget Sound Community College, 2011 Mottman Rd SW Olympia, WA 98512

FEMA Region 10 Partners, Washington Citizen Corps, and the CERT Leadership Council in Olympia met up for a day filled with valuable trainings. Interactive workshop topics include CERT and accessibility, basic moulage, traffic and crowd management, CERT and Technology, CERT for faith-based groups and using social media with CERT.

Celso Rangel's comment - Thanks to everyone who attended the WA State CERT Leadership Expo at South Puget Sound Community College in April with FEMA Region X. CERT teams learned to use technology with CERT, accessibility, disaster medical corps basics & more!

Pictured here is Celso Rangel on the left, the State CERT Coordinator for Washington.



Eastern Clallam County CERT send 11 individuals to the summit and was well represented there by the team.



April 9, 2022 CERT Leadership Conference Attendees...in Uniform

Front - L to R:

Charlie Meyer

John Viada

Lynne Schlosser

Penny Weitendorf

Ernylee Chamlee

Kyle Hall

Carlsborg Division Chief, CERT Academy Instructor

Sequim Division Chief

CERT Academy Instructor, Map Your Neighborhood Coordinator

CERT Team 2 Captain (Diamond Point)

Sequim Division Deputy Chief

CERT Team 16 Captain (Sequim East)

Back - L to R:

Blaine Zechenelly

Bob McCauley

Keith Koehler

Butch Zaharis

Bob Foster

Senior Program Manager, CERT Academy Instructor

Miller Peninsula Division Chief

Program Manager, CERT Academy Instructor

CERT Team 13 Deputy Captain, CERT Academy Instructor

CERT Training Coordinator



KEITH KOEHLER RECEIVES “SERVE WASHINGTON” RECOGNITION:

Governor Inslee’s “Serve Washington” program office has chosen to recognize Keith Koehler for his volunteer service to others. Keith’s accomplishments are described as follows:

Keith Koehler is a volunteer who has dedicated an extraordinary amount of time and effort to the important cause of preparing our community for the possibility of a major disaster event. Sequim is threatened by the prospect of a major (Cascadia Subduction R.9+) earthquake event and associated tsunami flooding that will severely interrupt and prevent our entire community’s access to power, water and food supplies for an extended period. Preparedness for such an event will be crucial to mitigate loss of life and speed our town’s recovery. Keith has been a tireless worker, assisting in the emergency planning efforts of the City of Sequim and Fire District #3, and adding his insights and personal expertise in information technologies and communications systems to greatly advance the ability of our emergency managers to handle the severe challenges that such widespread disasters will surely present.

Specifically, Keith has contributed in these important ways. First, he designed a low-cost, highly effective radio communications architecture for eastern Clallam County that can be used by hundreds of volunteer members of our cadres of Community Emergency Response Teams (CERTs). In any widespread disaster event in which normal cellular phone communications are predicted to be unavailable, the ability to communicate among First Responder personnel is a critical factor in any emergency operation, and Keith’s radio architecture has proven to be a stellar alternative that will ensure that our needed command-and-control links will be in place to help preserve the lives of many disaster victims.

But secondly, in order to prove the concept of his communications architecture, Keith planned, organized and executed a systematic, radio hear-ability survey covering our entire 120 square mile operational area, involving all of eastern Clallam County. Using mobile radios in the General Mobile Radio Service (GMRS) category, transmitting no greater than 5 watts of power, Keith conducted over two thousand radio-to-radio checks; his documentation proved that CERT operations in all the affected neighborhoods in our region could remain in constant radio contact with emergency managers located in the Sequim Emergency Coordination Center and the Clallam County Emergency Operations Center.

Keith achieved this impressive and low-cost radio connectivity by designing a portable, emergency transmission mast that placed a high gain antenna atop a 13 foot tall (photographic lighting) tripod stand. By deploying fewer than a dozen of these masts, hundreds of CERT members assigned to Fire District #3 can convey important information using just their handheld radios in near real time to any other location within our operational area.

Keith’s selfless dedication to the service of our community, comprising hundreds of volunteered hours of his time, has materially improved the operational capabilities of our First Responders and significantly enhanced eastern Clallam County’s overall disaster preparedness so that more people in need can be found, assisted and saved in times of widespread disaster. Keith’s contributions will benefit us all for years to come.

For more information from “Serve Washington” go to this web page:

https://servewashington.galaxydigital.com/blog/display/volunteer-story-project--keith-koehler-east-clallam-county-cert/?blog_id=20205



TYPING POLICY EXPLAINED:

Eastern Clallam County CERT has begun to implement FEMA's new guidance regarding National Qualification Standards for CERT participants. These standards resemble those typically used for First Responders nationwide. Although no one in CERT is required or mandated to pursue "type" certifications, here are some of the reasons why it makes sense to incorporate FEMA's guidance within our local CERT program.

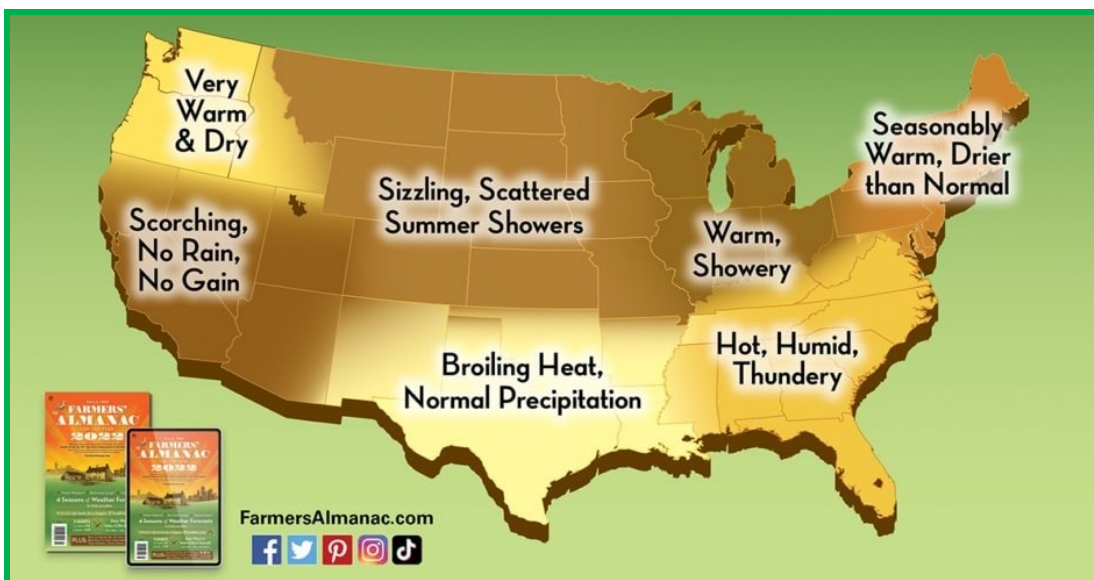
First of all, the safety of every CERT member is our number one priority. To ensure that our members are properly trained and are actually maintaining verifiable competence in the tasks to which they'll be assigned, Eastern Clallam County CERT is seeking to establish a training and qualification environment that validates our confidence in their readiness to respond whenever they're needed. Well-trained members are safer members.

Every CERT volunteer will, over time, naturally encounter new information and experiences that build up and increase their overall competence, skills and confidence. To reflect those accumulated skills, a system of task-book acknowledgments can be used to record or document each member's progress, accomplishments and capabilities. On-line training is also available to augment each member's learning process. When his/her task-book is completed, the member is "typed" as qualified to work or lead at that higher level of responsibility.

Finally, if a major disaster in a neighboring state or county results in requests for additional volunteers, the FEMA "typing" designation is a way to communicate a volunteer's qualifications to an Incident Commander as a means to scope the kinds of assignments such a volunteer might receive.

Here within the Sequim Operational Area, our CERT volunteers who presently serve in leadership positions in our program will retain and continue in their current positions while they work to complete their respective qualification requirements.

Changes can be difficult at times, but this approach offers each of us a way to focus our individual efforts to increase our personal competence and confidence in the tasks that we have volunteered to perform on behalf of the citizens in our local communities who, one day, might well be depending on us to do the right things in the right way.



Summer

**In Other
Words...
Normal**

**Are You
Prepared?**

LET'S PAUSE & COMPARE FOR A MOMENT



The November 15, 2021 storm that hit western Washington had a significant effect on the Olympic Peninsula, closing US 101 and State Routes 112, 113 and 110 in multiple locations due to a massive landslide and region-wide flooding. WSDOT maintenance crews from nearby areas worked around-the-clock to reopen dozens of sites, but the Clallam Bay slide required more extensive design and hydraulic work. To keep goods and people moving, WSDOT established a temporary detour route using Eagle Crest Way (a private road) around the slide on Dec. 3, 2021.

Washington State Department of Transportation crews reopened State Route 112 at 6 p.m. Monday, March 21 near Clallam Bay to two-way travel. Because of the landslide that broke the highway, State Route 112 remained closed to through-traffic for a total of 127 days (or 4 months, 7 days.) The roadway repairs cost \$1.3 million to complete.

In addition, crews had to work overtime to remove additional slide debris that fell in March 2022. And crews had to make even more repairs, beginning in early May, to install a new culvert across the bottom of the slide to convey surface water under the road. After installing the new culvert, crews had to finish paving the eastbound lane and making additional repairs to Eagle Crest Way. (Eagle Crest Way has since been returned to the private property owners and is now closed to the traveling public.)

The area is still under active monitoring, because the highway settled an additional six inches in the eastbound lane following paving.



This complicated repair project at the Clallam Bay site required over four months of work, performed with full access to crews, equipment, fuel, and funds in a non-emergency environment. Consider the enormous challenges the transportation authorities will have to solve when, in the aftermath of a major earthquake and tsunami disaster, the roads will be broken in many dozens of locations and there will be virtually no crews, equipment, fuel or available funds to effect the repairs.



The Daughters of the American Revolution (DAR) Distinguished Citizen Medal is awarded to emergency first responders; active duty military and veterans of the United States Armed Forces; and citizens who have contributed to the defense and security of the community, state, or nation in an exceptional manner.

www.dar.org/national-society/education/medals

In May during their annual meeting, the Michael Trebert Chapter of the “Daughters of the American Revolution” were able to present the prestigious Distinguished Citizen of the Year medal to someone in the community.

Presentation of the medal requires approval of their submitted recommendation, including a detail summary of the service this individual has provided to the community to the National Society of DAR.

DAR was pleased to announce that Blaine Zechenelly earned this honor for his work in CERT, COVID Vaccination and Food Distribution, and for his service as a first responder.

This was the first time that the Olympic chapter has had a winner of this prestigious award.



New CERT Team 1

CERT Team 1 is one of our new teams to join the family.

CERT 1 Captain is Judi Chapman.

CERT 1 is located on 3rd Avenue South, Happy Valley Area and the top/backside of Bell Hill.

They meet monthly at KSQM. Obviously, they like “boonie” hats.



New CERT Team 6

New CERT Team 6 is located in the Palo Alto/Louella Road area and is part of Sequim Division under John Viada.

Their team Captain is Linda Enger and they meet at the Jamestown Training Center. (Our thanks to the Jamestown tribe for the use of the facility)

L to R:

Linda Enger
Mary Harrison
Nancy Foro
Janice Leiceister
Michele Davenport
Jeff Foro
Darla Thompson
Mylo Hauptli
Lorraine Eckard



Unavailable for Photo:

Chris Eckard
Peter Jepsen
Cindy Smith

Anne Schutz
Mikel Schutz
Cherie Stockwell

Richard Stockwell
John Worl

Random Thoughts to Tickle Your Fancy

A cold seat in a public restroom is unpleasant. A warm seat in a public restroom is worse.

Apparently RSVP'ing to a wedding invitation "Maybe next time," isn't the correct response.

Don't irritate old people. The older we get, the less "Life in prison" is a deterrent.

Have you ever listened to someone for a minute and thought "Their cornbread isn't done in the middle."

"You will hit every cone on the highway before I let you merge in front of me because you saw that sign 2 miles ago like I did."

I really don't mind getting older, but my body is taking it badly.

I miss the 90's when bread was still good for you and no one knew what kale was.

Do you ever get up in the morning, look in the mirror and think "That can't be accurate."

I want to be 14 again and ruin my life differently. I have new ideas.

As I watch this new generation try to rewrite our history, one thing I'm sure of....it will be misspelled and have no punctuation.

I told my wife I wanted to be cremated. She made me an appointment for Tuesday.

Editor's Favorite: Picked up a hitchhiker. He asked if I wasn't afraid he might be a serial killer? I told him the odds of two serial killers being in the same car was extremely unlikely.

1st Shelter Class for Sequim Operational Area

Trinity United Methodist Church (TUMC) hosted the very first team training for Sequim Operational Area as Shelter Team #1.

This group will operate an 80–85-person shelter under the supervision of the City of Sequim at their location.

All members were trained in the approach used by Red Cross which will form the basis for operations of City Shelters. This is the first of 8 or more planned shelters by the city with a demonstration of this shelter featured as part of the Cascadia Rising exercise that took place the week of June 14th.

Other churches and their pastors were invited to see what has been accomplished at TUMC and were encouraged to join the effort by developing a team at their church.



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Trinity United Methodist Church

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Cascadia Rising 2022 – Shelter Operations at Trinity United Methodist Church

As part of the Cascadia Rising Exercise the Sequim Operational Area (SOA) Shelter Team #1 stood up their first city run shelter with City recruited volunteers. Pastors from a variety of churches were invited to see if they too would be interested in being a shelter for the community in a disaster. The results were that two churches showed strong interest in doing so and soon began the process of completing the paperwork required and being approved.

The shelters operate under the City of Sequim's direction through the Parks and Recreation department. Although American Red Cross traditionally is thought of as the shelter leader, the fact that they cannot bring national resources into the area during Cascadia and are limited to less than 20 volunteers in the county drove the effort by the City of Sequim to lead the shelter effort for the SOA.



Three events have happened that has allowed this shelter process to occur:

1. Clallam County via the Clallam County Emergency Management Division (EMD) agreed to a hold harmless agreement for any facility that provided the use of their place for a shelter;
2. Shelter workers will be registered as State of Washington Emergency Workers to provide them liability coverage and medical coverage; and
3. A group of Eastern Clallam CERTs and Jefferson County volunteers drove to Umatilla, Oregon to the Red Cross Northwest Strategic Stockpile and procured 1000 cots and blankets that had been deemed surplus by them. This last effort was challenging as it entailed bringing 15 tons of materials in two 26' long trucks and one pickup truck with a 12' foot trailer and driving over 300 miles back in order to secure the materials necessary to run a shelter program. The value of the items was over \$110,000 at cost of truck rental and fuel (less \$1500). This resulted in Jefferson County getting 200 cots with blankets, Joyce getting 100 cots with blankets, and the SOA receiving of over 700 cots and blankets to run SOA shelters. Prior to these 800 new cots (Joyce + SOA) there were only 400 cots in the whole county with 200 in Joyce and another 200 in Red Cross possession scatter throughout the county.



Top L: Dan Schold

Bottom L: Charlie Meyer

Center R: Blaine Zechenelly & Red Cross Volunteer

Bottom R: Jim Stoffer, Blaine Zechenelly, Charlie Meyer, Dave Evans, Keith Koehler



L to R: Dave Evans, Dan Schold, Blaine Zechenelly, 2 Red Cross Volunteers, Mike Sanborn





Aircraft Training DART

On April 23 DART (Disaster Airlift Response Team) working with CERT began training CERT Teams 2, 3, and 14 on supporting air delivery operations to our three key airports (Diamond Point; Sequim Valley Airport, and Blue-Ribbon Farms). DART are volunteer private pilots who fly their own aircraft in an emergency to deliver critically needed supplies.



Cascadia Rising 2022 – Search and Rescue CERTs in the Neighborhoods

As part of the Cascadia Rising 2022 exercise the week of June 13, 16 CERT teams and their associated squads walked their neighborhoods for a period of 4 hours each day for 4 days.

The exercise had several objectives:

1. To test the ability of squads to communicate from any street in the Sequim Operational Area (SOA) to their team captain, then to their island's division incident command post and then the SOA's headquarters (EEC);
2. To allow CERTs to see the homes and features in their area of responsibility so that they would be familiar with it;
3. To determine if units could actually cover the area assigned to them in a 16-hour period; and
4. Enhanced their ability to operate as a team and see the hazards involved in working this problem (traffic for example).'

The results were as follows:

1. We were able to talk successfully across the whole SOA;
2. No one was hurt in doing so;
3. Of the 266 FEMA search and rescue grids in our SOA, the squads covered over 200 of them in 3.5 days or 75% of the land mass of 142 square miles. After adjusting for areas where little or no individuals live that were not searched, this covered well over 85% of the population for the SOA; and
4. The ability to complete this in 14 hours indicates that in the case of a "real" event there is a reasonable belief that, with rescue operations extracting people in buildings where needed, the entire operation could be successfully cleared in the SOA in a 7-day timeframe where survivors would be remain viable.



CERT Team 13
working their area
in Agnew





Talking To People



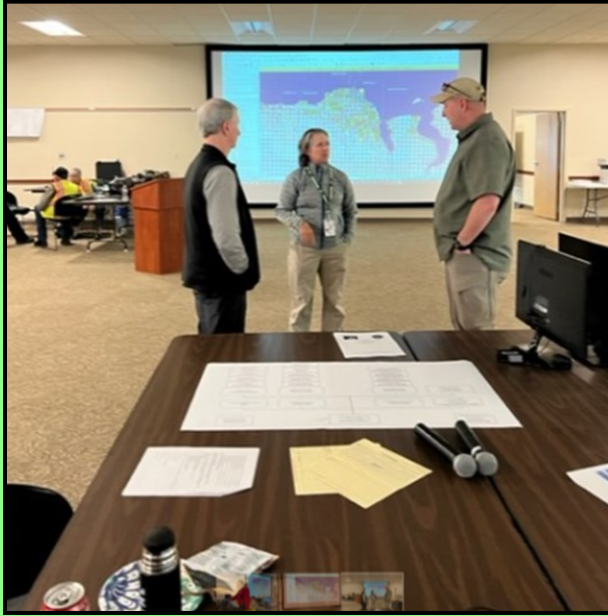
Okay sign in a neighborhood. This is part of the Map Your Neighborhood Program letting CERTs know that they are okay. Neighborhoods who have reported participating were Lazy J/Gerhke Road, Oak Street, Royal Loop, Dungeness Heights. Should have more results in next issue plus some interesting reports.

CERT Radio Base station in the field. Shown here is CERT 16 station where the Team Captain broadcasted from out to the Micro-Island Incident Command Post (ICP) which in turn relayed to SOA's headquarters.

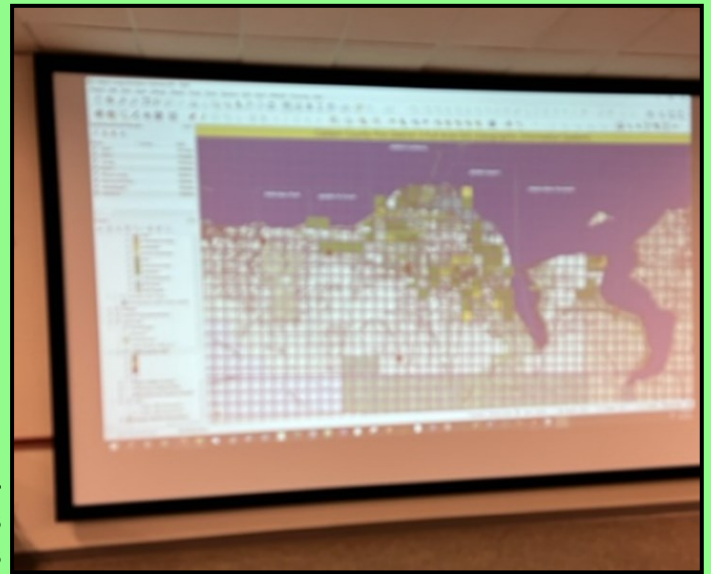
Cascadia Rising 2022 – Emergency Coordination Center (ECC)

The Emergency Coordination Center is the headquarters for the Sequim Operational Area (SOA). It covers a 142 square mile area running from Morse Creek to West Discovery Bay in Jefferson County from the park to the water.

As part of the CR 22 exercise the SOA was stood up as an operational test. The headquarters is staffed by City of Sequim employees and Clallam County Fire District 3 personnel. At any one time the headquarters will have 40-80 personnel in it. The headquarters is located at the Guy Cole Community Center in Carrie Blake Park but access to the facility is strictly regulated to authorized staff and it is not open to the public. Shown below are pictures of it in operation.



Shown here is the unified command desk with Sequim Police Chief Sheri Crain (middle) who is the Incident Commander or IC in the ECC for the day (Operational Shift as it is often described as). Also, in the background is the big screen informational map that is constantly updated with key information in the operational area.



Although this picture is not crystal clear you can see the FEMA search grids the command is monitoring. Grids shown in green have had Search and Rescue operations conducted in them and have been cleared. Areas that are yellow have achieved 50% clearance.

The Incident Commander is constantly updated on status of activities through the operational area.

Shown here is Assistant Chief Dan Orr from Clallam County Fire District 3 and the CERT Administrative Desk in the ECC located next to planning section.



SEQUIM OPERATIONAL AREA



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Emergency Preparedness Partnership

The Irrigation Parade Happened This Year!



This year CERT was featured as the key essential workers in the COVID effort and led the Grand Parade through downtown.



Your Editor Has Temporarily Run Out Of Things to Do, Learn & Buy This Quarter So This Section Will Feature A Message From Butch Zaharis, CERT Team 13 Deputy Captain and CERT Academy First Aid Instructor



When was your last Tetanus booster? And why should I be concerned? Lockjaw may be a more familiar term than tetanus. Lockjaw causes a person's neck and jaw muscles to lock, making it hard to open the mouth and swallow. If left untreated, this can lead to difficulty breathing, seizures and death.

Tetanus is a vaccine preventable disease caused from infected wounds commonly occurring in disaster affected areas. Earthquakes, floods or fires force the evacuation of the injury prone individual that increases their susceptibility to lacerations, abrasions, punctures and burns.

These open wounds become an excellent source of infections by a bacteria readily found in soil, dust and manure named Clostridium tetani. During a natural disaster, "a history of injury is recorded in more than 70% of patients presenting with tetanus.

The majority of patients are inadequately immunized against tetanus, particularly the elderly population". What are the current vaccine recommendations? Tetanus vaccines assist the body in producing antibodies aiding our immune system to fight against the toxins (that causes painful muscle contractions) produced from this Tetanus causing bacteria.

The Centers for Disease Control and Prevention (CDC) recommends; "Tetanus vaccines for people of all ages. These vaccines protect over 95% of people from this disease for approximately 10 years." If you're having difficulty remembering when you had your last Tetanus booster, it may be time for one.

Check with your doctor and/or pharmacist "where do I get my Tetanus Booster and does Medicare pay for it? Nearly every pharmacy in our area gives a tetanus Booster. Medicare Part B pays for several vaccines to help prevent disease. This includes the tetanus vaccination. Check with your Pharmacy.

Conclusion. Why wait for a disaster to question your booster needs, "Git-r-Done" today.



You might be a “Survivalist” if...a somewhat tongue in cheek list...You all know who you are!!



- *You have a cookbook all about Spam
- *You start panicking when you are down to 50 rolls of toilet paper (Guilty!)
- *You consider your extra large HAM radio antenna as “broadband”
- *Your dog has more emergency rations than 95% of the U.S. population
- *You welcome a “mild” El Niño storm because you know it will fill your cistern

- *You can recognize the sound of a generator from 4 blocks away, but you can also tell the brand, horse power, and kilowatts per hour that it is putting out.
- *You stock up on kerosene and firewood in 102° summer heat
- *Your to-do list includes changing the batteries on the seismic ground sensors surrounding your home
- *You have a key fob that asks “What Would John Wayne Do?”
- *You can’t put your groceries in the trunk of your car because it is already jam packed full with emergency kits, first aid supplies and fully stocked BOBs
- *You have backup plans for your backup plans
- *You save dryer lint to make fire starters
- *You’ve ever served MREs at a dinner party
- *You have better items in your storage than you have for everyday
- *You have rain barrels at each corner of your house although you have a city water hookup, and a Big Berkey to purify the water
- *You know that you have 56 gallons of extra drinking water in the hot water tank and your 2 toilet tanks

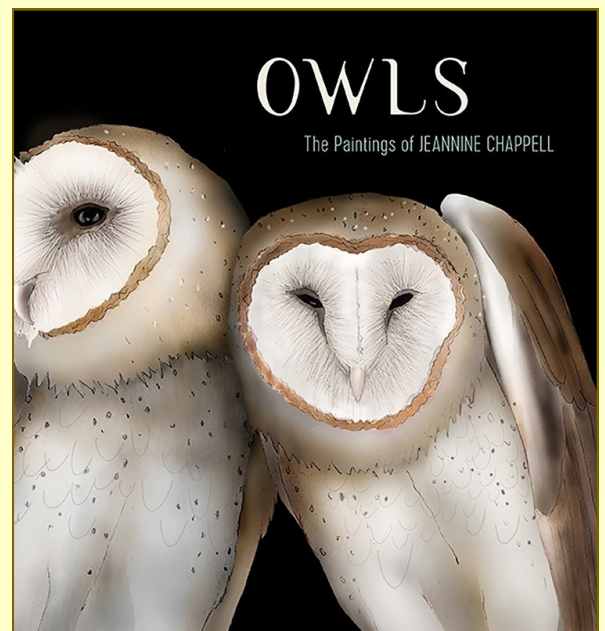
LET’S SUPPORT ONE OF OUR OWN!!

Dear friends --

The book of my owl paintings will be released next month, after being postponed for two years due to the pandemic. I just received my advance copy, and I am very pleased -- with the images, the text (I wrote about each owl as well as my process in photographing the owls and then creating the paintings), and the design of the book by the publisher, Pomegranate.com.

I hope you will check it out -- go here to be notified of the actual release date:

<https://www.pomegranate.com/products/owls-the-paintings-of-jeannine-chappell>



SUGGESTED READING AND REFERENCE LIST - Part 2

Survival Mom - How to Prepare Your Family for Everyday Disasters and Worst Case Scenarios
Lisa Bedford

The Survival Medicine Handbook – A Guide for When Help is Not on the Way
Joseph Alton and Amy Alton

Prepper's Instruction Manual - 50 Steps to Prepare for any Disaster
Dr. Arthur T Bradley

Knots – An Illustrated Practical Guide to the Essential Knot Types and Their Uses
Andrew Adamides

57 Scientifically Proven Survival Foods to Stockpile - How to Maximize Your Health With Everyday Shelf Stable Grocery Store Foods, Bulk Foods, And Superfoods
Damian Brindle

Food Storage - Preserving Meat, Dairy, and Eggs
Susan Gregersen

Anything Storey's Country Wisdom

Pacific Northwest Foraging - 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts (Regional Foraging Series)
Douglas Deur

Carrots Love Tomatoes - Secrets of Companion Planting for Successful Gardening
Louise Riotte

The Backyard Homestead - Produce all the food you need on just a quarter acre!
Carleen Madigan

40 Projects for Building Your Backyard Homestead - A Hands on, Step by Step Sustainable Living Guide (Creative Homeowner) Includes Fences, Coops, Sheds, Wind & Solar Power, Rooftop & Vertical Gardening
David Toht

The Weekend Homesteader - A Twelve Month Guide to Self Sufficiency
Anna Hess

Deerproofing Your Yard and Garden
Rhonda Massingham Hart and Jim Wilson

Vertical Vegetables & Fruit - Creative Gardening Techniques for Growing Up in Small Spaces
Rhonda Massingham Hart

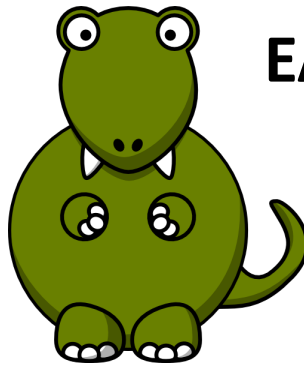
The Year Round Vegetable Gardener - How to Grow Your Own Food 365 Days a Year, No Matter Where You Live
Niki Jabbour

Field Guide to Urban Gardening - How to Grow Plants, No Matter Where You Live: Raised Beds, Vertical Gardening, Indoor Edibles, Balconies and Rooftops, Hydroponics
Kevin Espiritu

Bug Out - The Complete Plan for Escaping a Catastrophic Disaster Before It's Too Late
Scott B. Williams

53 Essential Bug Out Bag Supplies - How to Build a Suburban "Go Bag" You Can Rely Upon
Damian Brindle

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!!

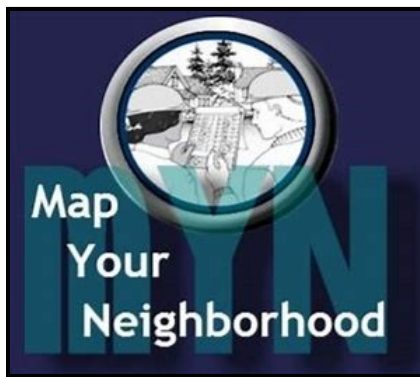


REMEMBER: WHEN DISASTER STRIKES, THE TIME TO PREPARE HAS PASSED.



For information about upcoming 2022 CERT Classes:
Contact Cindy Zechenelly at 360-504-2531
or cindyiz@hotmail.com.

Academy starts up again in September!!



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. Meetings are scheduled weekdays, nights and weekends. Over 1800 trained so far!! For all information, contact Lynne Schlosser at 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

Coming up in our next issue!

A message from our new Sequim City Manager, Matthew Huish

Wellness - The Basis For Survival - It's All In The Attitude

3 Warning Signs That It's Too Late To Prepare

A Preparedness Guide for Women Part 3

The Anatomy of a Breakdown

20 Innovative Uses for Mint Tins

Suggested Reading and Reference List - Part 3

AND LOTS MORE!!!