



## SEQUIM OPERATIONAL AREA 2020 Issue 5



Message from Joel Ogden, your Map Your Neighborhood Director, and Lynne Schlosser, your Map Your Neighborhood Coordinator

We hope that everyone is safe and healthy and taking all the necessary precautions during this COVID-19 emergency. Everyone should be aware that this emergency will definitely last longer than a brief power outage or even “snowmageddon”. So...are you prepared?

Even in a disaster or emergency, there is always a silver lining, and it usually comes in the form of a learning experience for everyone. We all soon find out if we have prepared ourselves and our home enough, and more importantly, if we have prepared correctly. For example, those of us who use a CPAP machine may discover that we have plenty of drinking water (yay) but oops, we forgot that the machine needs distilled water. So off to the store we must go.



Checking on our neighbors, especially the most vulnerable among us is the primary role of MYN. We are confident that all of our MYN neighborhood captains, hosts and leaders have put their neighborhood action plans into motion. Now is your opportunity to fine tune your plans so you are even more prepared for any future disaster or emergency.

In the meantime, we must maintain the recommended guidelines in order to flatten the curve of the COVID-19 outbreak and protect our community. Those guidelines include lots and lots of hand washing, sanitizing surfaces, coughing & sneezing into your elbow, and probably the most important of all...social distancing!!

Don't forget to clean those surfaces you may not think about; your phone, your glasses, your wallet, your purse & it's contents, jewelry & watches, your alarm clock, your electronics controllers, the salt & pepper shakers on your table, incoming mail & pkgs, light switches everywhere, change your furnace filters, etc.

And, don't forget your mental and psychological wellness during this “stay-at-home directive. Keep your mind occupied. You have plenty of time now to do all those things you've been putting off, such as; that comprehensive home inventory, spring cleaning your closets and making more preparedness spaces, learning and more learning. And try these ideas for keeping the “little gray cells” nimble and stimulated during this time; start writing your personal history, start a tough jigsaw puzzle (I can get my hands on a double sided marbles puzzle if anyone is interested!!), vow to do the Times crossword in pen, start that Victory Garden, learn and learn and learn.

We will all get through this together. Stay safe and healthy and we'll see you all on the other side! *Joel and Lynne*

**Impossible  
Is For The  
Unwilling**

**John Keats**

## Courtesy of Ken Goddard: Director, National Fish and Wildlife Forensics Laboratory.

### USEFUL INFORMATION ON VIRUSES

- a virus is not a living organism, but only a strand of RNA. covered by a protective layer of lipids (fats), that upon being absorbed by ocular, nasal and mouth mucosa cells changes the genetic code of the cells and converts them into aggressor and multiplier cells.
- Since the virus is not a living organism but rather a molecule of nucleic acid, it doesn't die but rather disintegrates on its own. The length of time it takes to disintegrate depends on temperature, humidity and the type of material where it sits.
- The virus is very fragile, the only thing that protects it is a thin external layer of fat. That's why any soap or detergent is the best remedy because suds break down grease/fats (that's why you have to suds up for 20 seconds or more in order to make a lot of suds). Once the layer of fat is dissolved, the molecule of protein falls apart and disintegrates on its own.
- HEAT melts grease, that is why it is best to use water that is at least 25 degrees centigrade (you can do your math here or just use pretty warm water) to wash your hands, clothes, etc. Besides, hot water makes more suds and that is good.
- Alcohol or any mixture of alcohol at more than 65% will dissolve any grease/fats, especially the outer fat layer of the virus.
- Any mixture of 1 part clorox and 5 parts water dissolve directly the protein, which kills it from the inside.
- Oxidized water can be used besides soap, alcohol, and clorox because peroxide dissolves the protein of the virus, but you have to use it alone and it damages the skin.
- NO BACTERIACIDE WORKS. Since the virus is not a living organism, you can't kill anything that is not alive with antibiotics, except to rapidly disintegrate its structure with everything mentioned above.
- NEVER shake clothes you have worn (or not worn) nor sheets or anything made of cloth. As long as it is stuck to a porous surface, it is inert and will disintegrate in 3 hours (cloth and porous surfaces) 4 hours (copper which is naturally anti-septic and wood because it pulls away all of the humidity and it stays stuck and disintegrates), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). Don't dust or use a duster as the molecules of the virus will float in the air for up to 3 hours and can lodge in the nose.
- The molecules of the virus are very stable in outdoor cold, air conditioning in houses and cars. It needs humidity to be stable and also darkness. Therefore, in environments that are dehumidified, dry, and with a lot of light will disintegrate it more rapidly.
- ULTRAVIOLET LIGHT on any object where it can land will disintegrate the protein of the virus. For example, it is perfect to disinfect and be able to reuse a mask. Careful as it also disintegrates the protein in the skin (collagen) and can cause big wrinkles and skin cancer.
- No virus can go through healthy skin.
- Vinegar does not work because it doesn't dissolve the protective layer of grease.
- NO FIREWATER OR VODKA work. The strongest vodka is 40% alcohol and you need at least 65%.
- LISTERINE DOES WORK! It is 65% alcohol.
- The more confined space the virus is in, the more concentrated it becomes. Open air and natural ventilation are the best.
- It is imperative to wash your hands before and after touching mucous areas, food, knobs, light switches, remote controls, cell phones, watches, computers, desks, TVs etc. And when after using the toilet.
- You need to use lotion on your dry hands, because the molecules can hide in tiny cracks. The thicker the cream, the better. Also keep your fingernails short! so the virus can't hide in there either.
- You need to use lotion on your dry hands, because the molecules can hide in tiny cracks. The thicker the cream, the better. Also keep your fingernails short! so the virus can't hide in there either.



# Clorox<sup>®</sup> Regular Bleach<sub>2</sub> with CLOROMAX<sup>™</sup>




Get ready for new Clorox<sup>®</sup> Regular Bleach<sub>2</sub> with CLOROMAX<sup>™</sup>, our new formula that packs the same whitening, dirt-fighting and disinfecting power you love and trust, plus it protects surfaces and keeps clothes whiter longer for a powerful, protecting and easier clean.

When used as directed, the patented CLOROMAX<sup>™</sup> invisibly adheres to hard surfaces, forming a protective shield that repels stains to make cleaning quicker and easier.












Dilution and usage instructions have changed slightly for some surfaces, laundry occasions, and disinfections. Please refer to the product label for more information about Clorox<sup>®</sup> Regular Bleach<sub>2</sub> with CLOROMAX<sup>™</sup> dilutions.

	Previous Clorox <sup>®</sup> Regular Bleach <sub>1</sub>	New Clorox <sup>®</sup> Regular Bleach <sub>2</sub> with CLOROMAX <sup>™</sup>
<b>Laundry whitening</b>	No wait time prior to starting wash.	Prior to starting wash, ensure fabric has contact with bleach solution for 10 minutes.
<b>Laundry sanitizing</b>	Use ½ cup bleach in standard or HE machines	Use 2/3 cup bleach in standard machine and 1/3 cup bleach for HE machines.
<b>Sanitizing non-food contact surfaces (garbage cans and diaper pails)</b>	Use ½ cup bleach per 1 gallon water. Let stand for 5 minutes before rinsing	Use ½ cup bleach with ¾ gallon water. Let stand for 2 minutes before rinsing.
<b>Disinfecting toilet bowls</b>	Pour ¾ cup bleach into toilet bowl. Let solution stand for 10 minutes.	Pour ½ cup bleach into toilet bowl. Let solution stand for 5 minutes.
<b>Deodorizing drains</b>	Pour ¾ cup bleach into drain.	Pour ½ cup bleach into drain.
<b>Bleaching and/or whitening wooden surfaces</b>	Use ½ cup bleach per 1 gallon water.	Use ½ cup bleach per ¾ gallon water.
<b>Killing Clostridium difficile (C. diff) spores</b>	Use 1 part bleach per 8 parts water.	Use 1 part bleach per 6 parts water.
<b>To kill TB or Mycobacterium bovis</b>	Use 1 part bleach per 9 parts water.	Use 1 part bleach per 7 parts water.
<b>Emergency water disinfection</b>	Use 12 drops (or 1/8 tsp) bleach per 2 gallons water.	Use 8 drops bleach per 1 gallon water.

# APRIL 2020 - To Be Determined

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5		7	8	9	10	11
12 	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# MAY 2020 - Tentative

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Day 1 of CERT Academy 8 am Station 34 CERT Team 8 9:30-11:30am Gardiner Com Ctr CERT Team 11 1-2:30 pm KSQM
3	4 CERT Team 2 10am-noon Gardiner Com Ctr 	5	6	7 CERT Team 5 2-5pm 114 S. Sequim Ave.  CERT Team 4 6-7:00 pm The Gathering Place	8	9 11am – 2pm IRRIGATION PARADE LET'S ALL MARCH FOR CERT!! (maybe) 
10 	11	12 CERT Team 10 6-8pm Red Cedar Hall  CERT Team 12 6:30-8pm 45 Eberle Road	13	14 CERT Team 9 3-5pm KSQM 	15	16 Day 2 of CERT Academy 8 am KSQM 
17	18	19 CERT Team 13 6:30-8:30pm Agnew Comm Hall 	20 CERT Team 7 6:30-8pm 45 Eberle Road 	21 CERT Team 6 4-6 pm Radclyffe Hall CERT Team 3 6:00-8:00 pm Parkwood Clubhouse CERT Team 14 6:30-8:30 pm 190 Macleay Rd 	22	23 Day 3 of CERT Academy 8 am CCFD3 Maintenance Yard 255 Carlsborg Road 
24 <hr/> 31	25 	26	27	28 CERT 16 5-7pm KSQM 	29	30

# JUNE 2020 - Tentative

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CERT Team 2 10am-noon Gardiner Com Ctr 	2	3	4 CERT Team 5 2-5pm 114 S. Sequim Ave.  CERT Team 4 6-7:30 pm The Gathering Place	5	6 CERT Team 8 9:30-11:30am Gardiner Com Ctr  CERT Team 11 1-2:30 pm KSQM
7	8	9 CERT Team 10 6-8pm Red Cedar Hall  CERT Team 12 6:30-8pm 45 Eberle Road	10	11 CERT Team 9 3-5pm KSQM  CERT 16 5-7pm Location TBD	12	13
14 	15	16 CERT Team 13 6:30-8:30pm Agnew Comm Hall 	17 CERT Team 7 6:30-8pm 45 Eberle Road 	18 CERT Team 6 4-6 pm Radclyffe Hall CERT Team 3 6:00-8:00 pm Parkwood Clubhouse CERT Team 14 6:30-8:30 pm 190 Macleay Rd 	19	20
21 	22	23	24	25 CERT 16 5-7pm KSQM 	26	27
28	29	30				

**MARK YOUR CALENDARS NOW FOR 2020 ANNUAL CERT DRILL ON SEPTEMBER 5!!**



## Is It Time To Revive “Survival Gardens?”

With a global pandemic circling the globe and fears of food shortages, many are looking more closely at resurrecting the long-ago practice of having a survival garden.

By Sara Tipton for Ready Nutrition

It is difficult to visualize what our world's future might look like given the twists and turns of a pandemic. While many are sitting in their homes fearful of what the future may hold, it isn't difficult to see into my future. I'm planting a garden this year, pandemic or not. But the pandemic does add another layer to gardening and having one could alleviate some of the fears of a food crisis. We've all probably experienced the empty shelves at our local stores. I know I did (the vegetables and organic meats were still available.) People wiped out the rice, potatoes, flour, sugar, and junk food though. More importantly, some believe these initial empty store shelves are only the beginning and if this is a long-lasting crisis we could see more breakdowns in stores and social unrest as a result of stores not meeting the demands of the population. I don't want to imagine just how fearful people will get, so I have dried and frozen vegetables stocked up along with my husband's supply of wild game from hunting. And we planted our garden starts already.

The panicked buyers that are emptying shelves have not yet realized there is another, more sustainable option that will provide more food security than hoarding food each time they make a run to the store. They can be in control of their own food supply. You don't have to worry if you understand how to have a sustainable food supply.

*Most Americans firmly believe its impossible to be self-sufficient, and those values are all but permanently engrained into their minds from a young age. Even people who know that organic agriculture is just as productive as industrial agriculture often think you need to have acres and acres of land to grow all of your own food. But that simply is not true. According to the Small Footprint Family, applying certain techniques and principles can get you set on the lifetime journey of potentially being able to grow all your food on as little as a quarter of an acre! Even people in most suburbs could give this a try!*

In the past, during troubled times, gardening has always become a fallback to ensure a population could care for themselves. In fact, during World War II, victory gardens became very popular.

*Wartime brings real shortages in virtually every area of the economy, especially in the area of foodstuffs. Rationing becomes the norm rather than the exception, and it is difficult for people to scrape out a bare subsistence. During WWII, the Victory garden was recommended by the U.S. Department of Agriculture in a pamphlet published in 1943. The gardens were recommended to have the following vegetables planted:*

*Spinach, Chard or Kale for greens; Cabbage; Lettuce; Tomatoes; Soy Beans; Snap Beans; Lima Beans; Peas; Asparagus; Carrots; Beets; Turnips; Parsnips; Onions; Strawberries; Raspberries; Radishes; Peppers; Onions; Pole Beans.*

That's quite a list, but it is not comprehensive and many preppers suggest these 25 seeds to start their survival gardens for added nutrition. The point to be made is that if you are able to grow food, then do it during the warm months. Potatoes can be grown inside of old tires, and there are plenty of books and resources out there that will tell you how to perform micro gardening. This is a type of gardening that allows you to maximize the minimal space and arable land that you may have.

## Sustainable food production is going to be a vital skill in a long-term emergency

Understanding what to grow, how to do it, and when to grow will put you at a greater advantage for when that time comes. Starting our garden indoors is mandatory due to the short growing season here. In fact, I let the kids help me plant the seeds when they closed the school and we've been watching them grow ever since! This is a powerful learning opportunity too, especially if you are locked down and practicing social distancing. Teach your children why we water, and how to water, and you can even lookup images online of the growth stages of certain seeds and vegetables.

HELPFUL HINT: Let your children each choose a few seeds (make sure they will actually grow well in your area) to plant. I did this, and my son is very interested in watching his cucumbers grow. He checks them every morning and tells them goodnight before bed. It's actually an endearing process to watch, plus he's learning more about being self-sustainable!

### Getting Started

Put thought into how much produce your family will need for the year. As well, take these eight things into consideration once you've decided to start your garden:

1. A survival garden should incorporate dependable and easy to grow vegetables that produce more than one harvest or bears more than one fruit per plant.
2. The vegetable varieties should be types that the family will eat. It's not worth the trouble of growing this food if your family will not eat it.
3. Grow vegetables that have high amounts of nutrition and vitamins, as well as finding varieties that possess medicinal properties. According to medical experts, green vegetables such as broccoli, Brussel sprouts, Lima beans, peas, asparagus, artichokes, cauliflower, sweet potatoes, and carrots are some of the most nutritious vegetables in the world.
4. Find varieties that grow naturally in your area. Environments where plants grow naturally mean that less time and effort will be needed in raising them.
5. The need for excessive fertilizing to produce decent-sized produce is a waste of precious resources. There are exceptions to this rule of course; such as if the fertilizer used will help the plant produce many fruits or vegetables.
6. If space is limited, plants that take up as little space as possible, but produce abundantly will make for a good investment. Furthermore, finding gardening techniques such as the Three Sisters also makes good use of space.
7. Find vegetables that can do well for storage. Vegetables such as potatoes, onions, and root crops like beets and carrots that store well can be used when the weather is too cold to grow.
8. Varieties that serve more than one purpose is also an efficient use of space and resources. Varieties such as root crops or broccoli leaves are varieties where the greens can be fed to livestock. In addition, some survivalists agree that yellow dent corn has a multi-purpose use of making grain and feeding livestock. But this crop requires a large amount of land, resources such as fertilizer, and energy to grow this plant to fruition.

All it's going to take is one or two summers for you to really know what your soil will be able to grow effectively. For example, I love broccoli and we've tried it twice, but honestly, I refuse to use pesticides and the natural solutions I've found haven't been able to eliminate the worms we get. We have chosen to avoid growing broccoli outside because of this. But if I do want some, I could always plant some indoors to enjoy.

Other things to consider are encouraging edible weeds to grow. This is difficult for some, as they want to rid their gardens of the ugly plants. But there are some weeds that have lots of nutrition and medicinal properties. For example, dandelions and mullein naturally grow in some areas, and it is easy enough to learn how to use them both for medicinal purposes.



## **Book Excerpt - Cascadia's Fault - by Jerry Thompson - Chapter 14**

On a mild spring morning just before lunch, with plenty of California sunshine and a respectable crowd lining the main drag to watch, several normally docile horses spooked as a parade ended. At first the marshals thought it was just flags snapping in the breeze that set them off, but it was more than that. They reined their mounts. A heartbeat later the humans felt it too.

The ground heaved and rumbled beneath their feet. Storefront windows began to rattle and ripple and shatter. All of northern California and much of southern Oregon shook as the edge of the continent sheared away from a down-going slab of the ocean floor. The hilly farmland and redwood forests of the Lost Coast and Cape Mendocino rumbled as the earth rolled and bucked. Lower Humboldt County was ground zero in an event that would make seismic history. The date was April 25, 1992.

Sixty miles (100 km) north of McKinleyville, Professor Lori Dengler of Humboldt State University was getting her family ready for a day of hiking at Patrick's Point State Park, on the beach a little farther up the coast. "Suddenly the ground started to jiggle a little bit," she said, "and then it started to jiggle a lot more strongly." With her very next breath the instincts of a geologist kicked in. "Fortunately by that time I had actually developed a habit of starting to count the duration of an earthquake. It's a very good habit to get into with—one, two," she recounted the beats. "And by the time we get up to about seventy-five, I knew that my plans for the day were completely shot. There was no way we were going on a picnic."

Back in Ferndale the videotape showed piles of splintered gingerbread trim, cornices, and tons of old brick that had crashed to the ground in heaps of rubble and bunting. Thirty-six homes in this Victorian tourist town were seriously damaged. A dozen others twisted off their foundations and collapsed. Forty businesses in a four-block stretch were damaged, putting 80 percent of the town's economic engine on life support.

Pipes broke, gas mains ruptured, and fires started. In nearby Petrolia, population one hundred, the bay door of the fire hall got jammed during the initial shock and was stuck in the closed position. It took several volunteer firefighters considerable time and effort to pry it open before their pumper could respond to the now out-of-control blazes. The post office, a century-old general store, and a gas station burned to the ground. Landslides and rockfalls blocked roads and railway tracks.

As the main shock died away, Lori Dengler made her way outside to begin the next phase of her research. "I lay down on the driveway so that I could feel all the aftershocks," she confessed, apparently unfazed by what this must have looked like to the neighbors. "Earthquakes are really quite delightful if you are in a completely safe place. And I have a very open driveway with no big trees around, so I just lay there for about ten minutes, sort of feeling the music of the spheres—quite literally." She could tell from the duration that the jolt had been at least magnitude 6, possibly higher, and knew it was time to get to work.

Finding the focal point and calculating the strength of the jolt would take several days but a preliminary investigation showed that a nearly horizontal fault began splitting apart six miles (9.5 km) north of Petrolia and seven miles (11 km) underground in a magnitude 7.1 rupture. Little more than twelve hours later, at forty-two minutes past midnight, another quake, magnitude 6.6, centered fifteen miles (24 km) offshore from Cape Mendocino and thirteen miles (21 km) below the surface struck the same general area, causing additional damage. Less than four hours after the second rip it happened again—another 6.6 deep-sea jolt off the Lost Coast. Three strong quakes within fifteen

## **Book Excerpt - Cascadia's Fault - Chapter 14 - continued**

hours. Ferndale, Petrolia, Honeydew, Scotia, Rio Dell—all the small towns at the southern end of Humboldt County took a beating.

The main shock was felt as far south as San Francisco, as far east as Reno and Carson City, Nevada, and across most of southern Oregon. In Sacramento, 202 miles (325 km) to the southeast, a curious thing happened. Lori Dengler did some checking and found that most people living a ground level felt almost nothing. The farther up they were in apartment blocks and condo towers, however, the stronger the motion tended to be.

“If they were in the sixteenth, seventeenth, eighteenth floor of a high-rise building, not only did they feel it—they felt it so sharply that it drove them to run down the stairs and evacuate the building,” she said. “By the time you get above the twentieth floor of some of these buildings, more than half of the folks evacuated.” The astonishing thing was that no physical damage had been done in Sacramento, yet the kind of ground motion generated by the undersea fault off Cape Mendocino was able to travel a long distance inland and cause certain tall buildings to resonate with the frequency of the shockwaves. Shades of Mexico City.

But it was Dengler's cautionary note that really caught my attention. “This was an earthquake that was a thousand times weaker than what we're talking about in terms of the amount of energy in a Cascadia earthquake.” she said. Put another way, whenever Cascadia does finally rip loose with a magnitude 9, the results will be off the scale. That's simply the difference between a magnitude 7 and magnitude 9.



# Dealing with Grief during an Emergency or Disaster

**Excerpted from materials provided by Jillian Munger, Victim/Witness Coordinator for the Clallam County Prosecuting Attorney's Office:**

## **Some thoughts about Anger, Grief & Traumatic Loss**

Death due to a sudden/traumatic death can raise a number of complex issues for the survivors.

The grief process is often very different from an expected or anticipated death.

A sudden tragic event shatters our sense of order and thrusts us into a world changed forever.

Homicide, suicide OR exceptionally tragic events can cause reactions such as Post Traumatic Stress Disorder on the part of survivors and family members.

For infants; loss may be understood as absence...particularly of a primary caregiver.

For preschoolers; death may be thought of as temporary and/or reversible. They may ask questions about death over and over again.

For grade schoolers; a clearer understanding of death develops...older kids in this age group may have an "adult" understanding of what death is.

Adolescents; understand death cognitively...but are only beginning to come to terms with it spiritually.



## **Four phases of bereavement responses:**

- Numbness that, in adults, usually lasts from a few hours to a week and may be interrupted by outbursts of extremely intense distress and anger;
- Yearning and searching for the lost figure, often lasting for months or years;
- Disorganization and despair; and
- Reorganization to a greater or lesser degree.

## **Four tasks of mourning:**

- To accept the reality of the loss;
- To work through the pain of grief;
- To adjust to an environment in which the deceased is missing; and
- To emotionally relocate the deceased and move on with life.

**TAKE TIME TO LISTEN.**

**DO NOT:**

**Interrupt**

**Give Suggestions**

**Offer Advice**

**Bring Up Your Own Problems**

**Think Ahead To Your Own Response**



# Things to Do, Learn & Buy This Quarter

## How did everyone do last quarter? Accomplish all or part of the lists?

### TO DO

Discuss with family the importance of being prepared. Make a plan and start.  
Copy important papers, put in Ziploc bag, and keep in your BOB.  
Look for a nutritional gap in your diet.  
Find the nearest amateur radio class.  
Clean out your garage. Everything needs to have a “home”.  
Find friends who want to buy in large quantity. Split the cost.  
Help a family member or friend start their preparedness journey.  
Make a meal using your food storage items only.  
Go without running water for 24 hours as a drill.  
Secure heavy furniture, mirrors and pictures to the wall.



### TO LEARN

Obtain skills to read a map and compass. Plan a short hike to test your skills.  
Learn how to build 3 types of shelters using a tarp. Practice your new skills.  
Identify poisonous plants in your area.  
Learn to swim. It could save your life.  
Learn several ways to make fire. Practice your new skills.  
Know your state & city laws on storing things—wood, rainwater, etc.  
Read about simplifying your life.  
Learn about portable toilets, homemade latrines and methods of sanitation.  
Research and make a batch of homemade laundry soap and try it out.  
Research the safe way to cut down a tree and practice if you can.



### TO BUY

Buy lots of those small flashlights & stash them in drawers all around your home.  
Add oats and honey to your food stash this quarter. Store them properly.  
Acquire at least 20 cans of fruit this quarter.  
Purchase the best 2-way radios that you can afford, extra batteries, practice!  
Buy paracord and a utility knife for your BOB.  
Add a simple first aid kit to each vehicle.  
Stock up on heavy duty aluminum foil when it is next on sale.  
Purchase a DIY home maintenance/repair book. Use it.  
Refill all propane tanks.  
Buy a book (not an e-book) about herbs & their use for medicinal purposes.



# What Can I Say? When You're Hungry...You're Hungry

Excerpted from 2020 Farmers Almanac

We all grew up with that kid in the school who would do anything for shock value—the one who had the reputation for being the one who would “eat a bug” at recess on a dare or otherwise. Well, as it turns out, in most of the world, snacking on bugs is not only commonplace, but many species of insect are considered delicacies.

## Bugs As Protein?

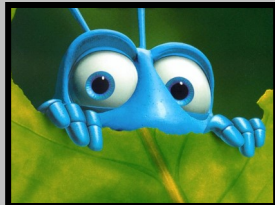
In wildcrafting or survival situations, bugs are an essential source of protein. But wildcrafters and survivalists also report that many bugs are surprisingly delicious to boot. If you've never sampled bugs as food, and are thinking of giving them a try, we recommend that you start with the cooked varieties, rather than trying to eat them raw or live.

While it's reported that many species of insects *can* be eaten raw, if it's not a question of survival, you might find eating them uncooked quite a bit more challenging.

Here is a list of edible bugs; it ranges from “delicious . . . for a bug,” to actually being quite tasty (gross-out factor aside). **Be sure you have a reliable, wild source, well away from areas likely to have been sprayed with pesticides.**

Survival experts say avoid insects with bright yellow, red or orange markings. Stick to insects that are black, brown, green, or cream/tan colored. It's also well known among bug eaters that the best flavor of this unique food source depends on what the insect has been eating before you capture it. Sometimes insects are purged before cooking, or fed fruits or other sweet treats for a few days before they are prepared.

Go ahead, we dare you to eat a bug!

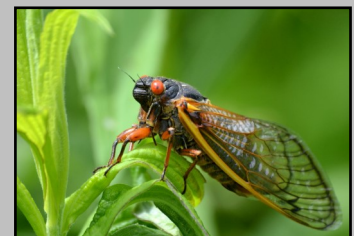


## 10 Best Edible Insects

**Crickets** - Remove the legs and dry roast, fry, or stir-fry.



**Cicadas** - Also known as “the shrimp of the land.” Delicious roasted over an open fire, or deep fried and tossed with salt and seasonings like chili powder or honey mustard.



**Mealworms** - Mealworms are the larvae of the darkling beetle. Both dried and live mealworms are readily available online. These can be roasted in the oven and salted, or marinated with ginger, garlic, and soy, and prepared in an Asian style stir-fry.

**Scorpions** - In China and Thailand, these critters are often served skewered and fried. They apparently taste similar to soft shell crab.



**June Bugs** - Fry in oil or butter with shallots.



**Grasshoppers** - Remove the legs, skewer, and roast over coals. Great brushed with teriyaki sauce while roasting.



**Ants** - Although it takes a lot of ants to make a meal, these can be roasted in a dry pan and then added as a flavoring or crunchy topping to other dishes.



**Waxworms** - These worms are the larvae of the wax moth. Raised on farms for human consumption nowadays. The flavor is somewhat like pine nuts, and they can be roasted or sautéed.

**Termites** - Forage swarming termites from rotten trees in the forest, but stay away from house termites. Roast or fry. They are said to taste like a bit like carrots.



**Pill Bugs** (sow bugs) - An insect related to lobster and shrimp. Boil or sauté briefly in butter. Bon Appetit!

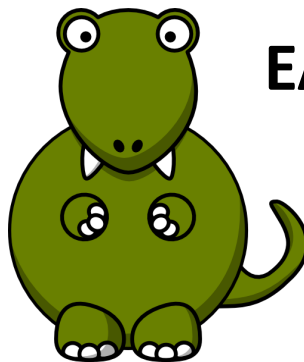


(Disclosure: Pictures added by Newsletter Editor)

Edward Higgins is a freelance writer, artist, home chef, and avid fly fisherman who lives outside of Portland, Maine. He studied at Skidmore College and Harvard University. His article *10 Best Edible Insects* appears in the [2020 Farmers' Almanac](#).



# 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:

April

Candy—Easter Clearance  
Mustard  
Cake Mix & Frosting  
Organic/Natural Foods  
Powdered/Brown Sugar  
Chocolate Chips  
Food Coloring & Dyes  
Olive Oil  
Powdered Sugar  
Spices  
Sugar

Second Hand Stores

Organic/Natural Cleaners  
Home Improvement Supplies  
Garden Supplies  
Spring Clothing  
Winter Clearance Clothing  
Sneakers  
Winter Tires  
Used Cars  
Auto Parts  
Car Care Supplies  
Snowblowers  
Sewing Machines & Fabric  
Cookware/Small Appliances  
Laptops  
Vacuum Cleaners

May

Condiments/BBQ Sauce  
Salad Dressings  
Chips  
Soda  
Bottled Water  
Coffee  
Pickles/Relish  
  
Allergy Medications  
Insect Repellent & Sunscreen  
Cat Food & Treats

Flea Markets

Party Supplies—disp. plates, cups,  
napkins & utensils  
Grill Supplies—charcoal, lighter  
fluid  
Cookware & Knives  
Mattresses  
Pet Supplies  
Pressure & Slow Cookers  
Sewing Machines  
Spring Clothing  
Last Season's Patio Furniture  
Vacuum Cleaners  
Refrigerators

June

Bottled Water  
Soda  
Condiments  
Juices  
Pickles & Relish  
Chips

Allergy Medications  
Insect Repellents

Dishes/Cookware & Knives  
Tools—around Father's Day  
Women's Undergarments  
Home Improvement Materials  
Chainsaws  
Generators  
Pressure & Slow Cookers  
Grills & Supplies  
Party Supplies  
Big Appliances  
Laptops



## Protect Your Local Pollinators With A DIY Bee Watering Station

If we want our plants to reproduce, we need to give bees all the help they can get. Bees and other pollinators are the third party gamete delivery service for millions of plant species across the globe, and especially those plants that feed our exploding population.



Just like about every other living thing on our planet, bees need water, and getting that water can be troublesome for little flying creatures that taste good to birds and fishes and don't really swim well.



Bees can easily drown if there's nothing to stand on near their water source, and natural waterways hold the threat of predation.

This is old news in the world of the humble bee, but with their numbers in sharp decline, every little edge up on survival could help stave off extinction.

Fortunately, a DIY bee watering station is a very simple and cheap project that will allow you to do your part in the ongoing struggle with Colony Collapse Disorder.





Your watering station can be as simple as a shallow bowl filled with water and a few rocks. Make it a little more fancy by using colored marbles or polished stones. Get creative! The most important factor is to make sure the water level can't get high enough over the rocks or marbles that bees can drown.

So grab a few materials – you probably already have them sitting around the house – and see what you can come up with!

As you can see, it doesn't have to be complicated. An inexpensive pie tin and a few rocks from around your yard will do the job just fine.

You could also use a bowl of marbles or a self-filling pet-bowl full of rocks. Whatever you choose, a bee watering station is a simple and cheap project that will allow you to do your part in the ongoing struggle with Colony Collapse Disorder.



Bumble Bee  
Asleep in a  
Flower



Even with all our technology and the inventions that make modern life so much easier than it once was, it takes just one big natural disaster to wipe all that away and remind us that, here on Earth, we're still at the mercy of nature. "Neil deGrasse Tyson.

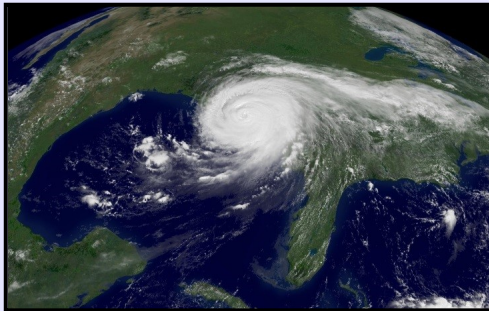
Natural Disasters are catastrophic events such as earthquakes, floods or hurricanes that cause damage and even loss of life. Disasters can strike anywhere and at any time, and have long been a source of fascination.

Enjoy these 41 earth-shaking facts about natural disasters.

## Natural Disasters Facts

### 41. Tunguska Event

On June 30, 1908, a giant explosion with the magnitude of a 5.0 earthquake shook Siberia. Witnesses described seeing a bright fireball in the sky, and it caused trees to fall, buildings to shake, and people to be knocked off their feet as far as 40 miles away. While many animals were killed in the blast, no humans lost their lives. The explosion is generally attributed to the air burst of a meteorite. It is classified as an impact event, even though no impact crater has been found. The object is thought to have disintegrated at an altitude of 3 to 6 miles rather than hit the surface of the Earth.



### 40. Humans Play a Part

Weather is the main cause of natural disasters, but human activity can play a role in how frequently they occur and in their severity. As we speed the rate of global warming hurricanes have become more common and more severe on average.

### 39. Earthquake

The Valdivia Earthquake (also known as the Great Chilean Earthquake) in 1960 is to date the most powerful earthquake ever recorded on Earth. It was rated 9.5 on the Moment Magnitude scale, and generated a tsunami that caused damage over 9,000 miles away.



### 38. Watch Out For Falling Snow!

It only takes about 5 seconds for avalanches to reach speeds of 80mph.

### 37. The Difference Between Life and Death

The survival rate for victims rescued within the first 18 minutes of an avalanche is greater than 91%. In Rescues between 19-35 minutes, survival rates drop to 35%. Dogs play a large role in locating people who are buried under the snow.



### 36. Ring of Fire

The string of volcanoes, sites of seismic activity or earthquakes around the Pacific Ocean is known as the Ring of Fire. Approximately 90% of all earthquakes occur along the ring, and it contains 75% of all active volcanoes on Earth.



### 35. Killer River

In 1931, China was besieged by devastating floods that caused the death of as many as 3.7 million people. The event, known as the Central China Floods, affected more than 51 million people, and remains the worst natural disaster in history.

### 34. Ouch That's Hot!

The molten lava spewed from the Hawaiian volcano of Kilauea reaches temperatures of 2,120 F. Lava is made of melted rock which is known as magma until it breaches the surface of the Earth.

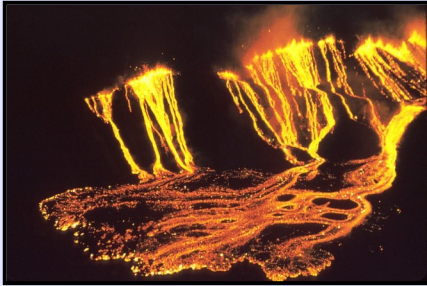


### 33. Killer Cloud

On the night of Aug 21, 1986, a low lying white cloud grew over Lake Nyos in Cameroon. The cloud was created by a release of carbon dioxide gas at the bottom of the lake, which floated across the ground and into a nearby village, where it killed around 1700 people.

### 32. Biggest Eruption Ever

The biggest volcanic eruption ever recorded was the explosion of Mount Tambora on Sumbawa Island in 1815. It ranked super colossal on the Volcanic Explosion Index, which is the second highest possible rating. The ash from the eruption column dispersed around the world and lowered global temperatures, leading to worldwide harvest failures in an event sometimes known as the Year Without a Summer in 1816.



### 31. Continuous Eruption

The Kilauea volcano in Hawaii is the most active volcano on Earth. It's been continuously erupting since January 3, 1983, recording 61 eruptions, and destroying more than 200 structures.



### 30. Tornado Alley

Tornado Alley is located in the American Plains states and is one of two regions in the U.S. that record a disproportionate number of tornadoes. Most of the 1000 tornadoes that hit the U.S on an annual basis occur in this region.



### 29. Just an Enormous Thunder Storm

Super Cells, which are essentially enormous thunder storms, create the conditions that produce tornadoes. First there must be a wind shear, or a a difference in wind speed or direction, which create a spinning tube of wind. The updrafts and down drafts that are common in super cell storms then pull these tubes into a vertical position creating a tornado.



### 28. Most Powerful Winds on Earth

Tornadoes can record winds of up to 300mph, which is twice as fast as hurricanes. On May 3, 1999, radar reported a tornado with wind speeds as fast as 302mph.



### 27. Billion Dollar Disasters

Since 1980, the U.S. has suffered 208 weather-related disasters where damages exceeded 1 billion dollars. In the first part of 2017, there have been five such weather and climate disasters across the United States.

### 26. Unpredictable, Highly Destructive.

Of all natural disasters, earthquakes are both the most unpredictable and the most destructive. While scientists have a pretty good idea of where earthquakes will hit, there are still no scientific methods of predicting exactly when they will happen.



## 25. Nuclear Meltdown

In 2011, a 9.0 magnitude earthquake off the coast of Japan caused a deadly 23-foot tsunami in the country's north. The tsunami disabled the power supply and cooling of three nuclear reactors in the Fukushima plant, triggering a nuclear accident.

## 24. The Day the Earth Sped Up

The Japanese earthquake also amplified the rotation speed of Earth, shortening the length of a day by 1.8 microseconds.



## 23. Backwards Flowing River

In 1812, a series of earthquakes near Missouri caused the soil beneath the Mississippi river to rise and temporarily caused the river to flow backwards. Some Muskogee people thought that the cause was a river god called the Tie Snake, twisting under the ground.

## 22. San Francisco and Los Angeles Will Meet (But Not For a While)

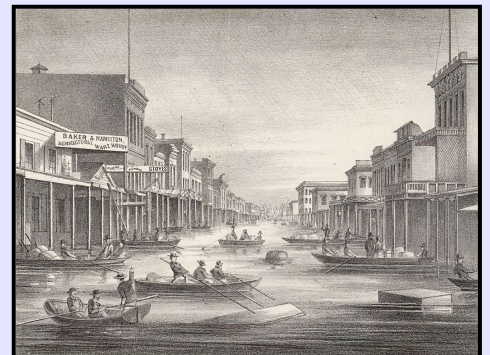
As the two sides of the San Andreas Fault slip past one another, San Francisco moves towards Los Angeles at a rate of about 2 inches per year. In several million years, the two cities will meet.

## 21. Animal Anticipation.

Some Scientists believe that some animals are able to feel vibrations in the earth before an Earthquake. Dogs, birds and elephants have all been said to flee or retreat an area right before a disaster hits.

## 20. Once Every 200 Years

In 1861, a massive 43-day storm put Southern California underwater for six months. Geologic research shows that epic storms of "biblical proportions" have occurred in the region roughly every 200 years for the last 2000 years, and researchers say that California may be due for another big one soon.



## 19. When the Dam Breaks

The Banqiao dam was built on the Ru River in China in the 1950s as part of a program aimed at controlling the Huang He (Yellow River). It was constructed to withstand massive floods, expected to occur only once a millennium. Sadly, in 1975 Typhoon Nina hit with such intensity the dam collapsed causing unprecedented flooding and destruction downstream.



## 18. Sinkhole Alley

The state of Florida sits on an unbroken bed of Limestone which makes sinkholes a common problem- especially in Central Florida. It's called "sinkhole alley", and 2/3 of sinkhole insurance claims come from this area.



### 17. The Great Blue Hole

The Great Blue Hole of Belize is a large underwater sinkhole near the center of Lighthouse Reef. It originally formed as a limestone cave during the last glacial period, but as the ocean began to rise, the cave system flooded and eventually collapsed. In 1971, Jacques Cousteau made the site famous by declaring it one of the top ten best diving site in the world.

### 16. I Know a Big Sinkhole that Swallowed a House

The largest natural sinkhole ever witnessed occurred in May 1981 in Winter Park, Florida. The sinkhole grew to a width of 350 feet, and a depth of 75 feet, taking with it a 3-bedroom house, a car dealership, 5 Porsches, parts of two separate streets, and the town's Olympic-sized swimming pool.



### 15. It's Getting Windy Out Here

A storm is considered a tropical depression when wind speeds are less than 39 mph. When the wind speed exceeds 39 mph, the tropical depression is upgraded to a tropical storm. When wind speeds reach 74 mph (119kph), a tropical storm becomes a hurricane.

### 14. Can't Cross the Equator

No hurricane has ever crossed the equator because of a property of physics known as the Coriolis effect. The Coriolis effect is the force that creates the spin in the hurricane. Hurricanes spin counterclockwise in the Northern hemisphere and clockwise in the South. The same effect also causes hurricanes to move away from the equator as they grow.

### 13. The Naming of a Hurricane

To make communication about storms easier, the World Meteorological Organization develops a list of names for tropical storms that are used in alphabetical order. If the storm becomes a hurricane, the name is retained. Names can be repeated after a period of 6 years, but names of especially severe storms like Katrina are retired.

### 12. Different Names Around the World

Depending where in the world they're located, hurricanes have different names. The name hurricane is given to systems that develop over the Atlantic or the eastern Pacific Oceans. In the western North Pacific and Philippines, these systems are called "typhoons" while in the Indian and South Pacific Ocean, they are called "cyclones".

### 11. Typhoon John

Typhoon John formed during the 1994 Pacific hurricane season, and is both the longest-lasting and second-farthest traveling typhoon ever observed. It followed an 8,000-mile path and lasted 31 days in total. It was also one of the few number of tropical cyclones to ever be designated as both a hurricane and a typhoon.



## 10. The Carrington Event

In 1859, the planet recorded the largest solar storm on record. A solar storm is caused by the outer layer of the Sun ejecting a massive quantity of charged particles, or radiation, towards the Earth. The Carrington Event, named for the British Astronomer Richard Carrington, caused geometric disturbances that damaged telegraph systems around the world. The storm passed within a few days, but were the event to occur today, it could disrupt telecommunications and cause trillions of dollars in damage.

## 9. Ice Storm of 1998

The Ice Storm of 1998 was one of the largest natural disasters in Canadian History. Quebec, Ontario, and some north-eastern states were struck by the storm. Multiple layers of freezing rain caked everything with thick, heavy ice, causing tremendous damage. The storm was blamed for 35 deaths, and millions of people were without power for weeks.



## 8. Covered in Glaze

Another name for ice storms are Glaze Storms, because the landscape becomes covered with a smooth, transparent layer of ice called a glaze. The glaze is so heavy that it can split trees, down power lines, and shut down entire cities with damage.

## 7. Destructive Walls of Water

As Tsunami waves approach the shore, the ocean floor creates friction. This causes the waves to slow down and build up from behind, creating a more cohesive wall of water. The sea floor also forces the wall of water upwards from the depths, creating the wave's incredible height.

## 6. Sailors Don't Notice Them

On the surface of the open ocean, a Tsunami wave may be less than a foot tall, and are usually not noticed by sailors. This is because the wave is contained within the depths of the ocean.

## 5. Faster than a speeding bullet

Tsunamis move across the sea at a speed of up to 500 mph, which is about as fast as a jet plane. Moving at that pace, they can cross the Pacific Ocean in less than a day without much energy loss.



#### 4. Wave Train

A Tsunami is not actually a single wave, but is a series of waves known as a “wave train”. Many people have described Tsunamis as sounding like a freight train.



#### 3. The Fire Triangle

More than 100,000 wildfires occur in the United States each year. Natural Wildfires occur when lightning strikes dry/dead wood or plants creating a spark, and wind and air make the fire spread. Because of the water shortages, wildfires have been particularly common in recent years.

#### 2. Super Volcano

If the Yellowstone Caldera (super volcano) were to erupt again, effect would be so devastating that it could cause global temperatures to plummet which would lead to famine. The most devastating effect would be the wind-flung ash. Everything within 500 miles surrounding Yellowstone might be covered in over 4 inches of ash. The fallout would include short-term destruction of Midwest agriculture, and rivers and streams would be clogged by gray muck. It may also cause difficult breathing for people and wildlife living in the Pacific Northwest. The next super eruption is likely to spew vast quantities of gases such as sulfur dioxide, which forms a sulfur aerosol that absorbs sunlight and reflects some of it back to space. The resulting climate cooling could last up to a decade. The temporary climate shift could alter rainfall patterns, and, along with severe frosts, cause widespread crop losses and famine.

## 1. One Person Displaced Every Second

Since 2008, it's estimated that 26.4 million people have been displaced from their homes by natural disasters, which is the equivalent of about 1 person per second.



Green Thumb

Garden Tips

Education series

Sponsored by the

WSU Clallam County

Master Gardeners

\*\*\*\*\*

2<sup>nd</sup> & 4<sup>th</sup> Thursday

of every month at

12 noon

\*\*\*\*\*

County commissioners

meeting room of the

Clallam County

Courthouse,

223 E. 4<sup>th</sup> Street

Port Angeles

\*\*\*\*\*

You may bring a lunch

Free & open to the  
public



April 23, 2020 (TBD)

Worm Composting

May 14, 2020

Growing Legumes for Fresh

Eating and Storage

May 28, 2020

Growing Tomatoes

Successfully in the Pacific

Northwest

June 11, 2020

Native Pollinators: Making

Your Garden Your Home

June 25, 2020

Simple Drip Irrigation

July 9, 2020

Phosphorus

July 23, 2020

Attracting Bees, Birds and

Butterflies

August 13, 2020

To Till or Not to Till

August 27, 2020

Honey Bee Keeping

**EMERGENCY**  
**PREPAREDNESS**  
**IS A TEAM**  
**SPORT**

# MYN BINGO

First Community Drill Completed	All residents know how to access water in their water heater	All Propane tanks are strapped down	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 Bug Out or Prep Bag for each person	Every resident has PPE: helmet, gloves, sturdy shoes, etc.	FREE	HAM Radio operator in group	Skills List Completed & Distributed
Primary & secondary Gathering Place selected	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	All homes equipped with basic first aid supplies	All hot water tanks strapped or attached to dwelling

Attention all Map your Neighborhood groups. You've had your presentations. It's time to show off and let everyone know how you are doing!

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

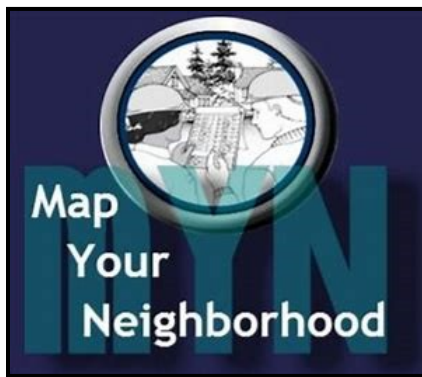
**HOW IS EVERYBODY DOING?**

**DO WE HAVE A WINNER YET?**

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



Upcoming CERT Academy: Due to the COVID-19 restrictions, Sequim Operational Area classes will resume when it is safe to gather once again. For all information, contact Cindy Zechenelly at 360-504-2531 or [cindyiz@hotmail.com](mailto:cindyiz@hotmail.com) or [czechenelly@ccfd3.org](mailto:czechenelly@ccfd3.org).



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. When it is safe to gather again, meetings are scheduled weekdays, nights and weekends. Over 1300 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!!!

**Share your COVID-19 “stay-at-home” experiences and any pointers or ideas! Email to Lynne Schlosser at [lynne5977@live.com](mailto:lynne5977@live.com) and we’ll share in our next issue!**

**Coming up in our next issue!**

**A message from CERT Academy Director Pat Baxter  
Preparing your Pets for Emergencies and Assembling a Pet Kit  
How to Efficiently Pack a Bug-Out-Bag  
Situational Awareness  
What is Switchel?**

**AND LOTS LOTS MORE!!!**