



SEQUIM OPERATIONAL AREA *2023 Issue 19*



A few words from Celso Rangel State CERT Program Coordinator

Hello CERT volunteers, as we start a new year, I want to thank each of you for making the CERT program in Washington State stronger. As we move on from Covid or at least trying to I can't help but recognize the CERT teams throughout Washington. Local teams were busy with helping with Food Banks, Vaccination sites, taking seniors to get their shots, meals on wheels, no child left hungry, the list goes on and on, CERT teams were able to help and react to help local Emergency Managers and their communities that they reside in. As your State Coordinator I am honored working with all of you, the CERT volunteers have a different demeanor about them, they have a caring heart, and I can tell that all have the passion to help others.

One question I get asked often is where you see Washington CERT down the road, I often respond with I allow teams to move at their own pace and as they move forward that they prepare themselves and part of my job is to provide training opportunities for local teams. I want teams to expand their training base, by that I mean go out there and train with local teams, train with new teams and existing teams, attend the National CERT conference that has limited training opportunities, attend CERT EXPO and leadership. One thing I know for sure is that CERT Volunteers have a wealth of knowledge, and we need to figure out a way to relate that information.

Here's a spoil alert, I teach CERT Basic Course, Train-the-Trainer, Program Manager, Shelter Management, Spontaneous Volunteers, Stop the Bleed and First-Aid / adult, child, infant CPR. All courses are done in multiply languages to help better serve the English as a second language (ESL), and the underserved communities. I commend each and every one of you for being part of this exciting training opportunity. Most people don't realize that all CERT training is free, sometimes it's a simple educational opportunity to inform others. I believe that every resident in Washington deserves the opportunity to be ready, prepared and trained, to help them help themselves and their families.

I commend each one of you as you move forward in helping Washington get stronger together and I thank you for all the hard work that each and every one of you do.

Best Regards

Celso Rangel
State CERT Program Coordinator
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Sevir uno mas

**We Cannot
Stop Natural
DISASTERS
But We Can
Arm Ourselves
With Knowledge:
So Many
Lives Wouldn't
Have To Be
LOST If There
Was Enough
Disaster
PREPAREDNESS.**



**PLAYING IT
SAFE WILL
ALWAYS
END IN
DISASTER.**

Please welcome our new Clallam County Fire District 3 Fire Commissioner Mike Mingee

It is both an honor and a pleasure to be asked to serve as one of your three-member Board of Commissioners for Fire District 3. As a 40-year veteran of the Fire Service I hope to do my part in directing our Fire District to a successful future. I'm grateful to take this opportunity to share with the community what we as a Board of Commissioners for Clallam County Fire District No. 3 share as the vision for our Fire, Medical, Rescue and Disaster Response agency.

As some of you know, the traditional daily request for services from the Fire District never stops. Annual requests related to fire suppressions, injury traffic collisions, true medical emergencies, and technical rescues continue to grow. The occurrence of these requests is related to the increasing population numbers and age of our customers, as well as an increase in visitors to our Fire District. I first came to the Peninsula in 2004. I do not need to tell you how Hwy. 101 traffic has changed in the past 20 years.

While these impacts are common to all Fire / Rescue organizations, we here in Fire District 3 have come to be seen as the "Safety Valve" to when all other services cannot deliver. I believe you are all aware that our collective needs far outweigh the medical resources here in Clallam / Jefferson County. In other words, if you call 9-1-1 someone will respond, guaranteed. That is a truly great thing. However, as your Representatives we must ask what services do we sacrifice to meet all the needs? My largest concern always has been the "What If" question. For example, what if there is a fire in a home and all the firefighters are assigned to other requests. What if there is a rapidly spreading grass fire, starting to ignite structures, and all the firefighters are assigned to other requests? What if there is a child injured, but all the firefighter / paramedics are assigned to non-emergent requests? One thing I have in common with C.E.R.T. Members, we both have a "What If" mindset.

Secondly from a Logistics perspective, the Fire District is, at the end of the day, a 24/7/365 multi-million-dollar business. The size of the District and service requests requires upkeep of infrastructure. Infrastructure such as a reliable and up to date fleet that must deliver 100% of the time. Infrastructure such as fire stations and training facilities need to remain relevant and livable. I'm sure C.E.R.T. Members are familiar with our Training Center. Our Dungeness and Carlsborg Fire Stations are in need of attention. One is just suffering from old age while being located in a Tsunami inundation zone. The other has been added to numerous times and has reached it's footprint capacity.

These are issues and fortunately there exist answers. I want to congratulate past administrations for keeping the fire district clearly in the black. For supporting the creation and success of the C.E.R.T. and other Emergency Management programs.

With a new incoming Fire District Administration, I see nothing but positive change happening over the next few years. As one commissioner I'll ask the Board to have the courage to try new ideas when the current is not working. I'll do whatever I can to maintain the good sense to support and continue all the programs and delivery models that are working. At the top of that list is our C.E.R.T. which is surely an example of a program that does work, and we want to hear from you and support you.

Thank you again for all you do and will do in the future.

SEQUIM OPERATIONAL AREA



CITY OF
SEQUIM



Emergency Preparedness Partnership



SEQUIM ELKS LODGE



Open hearts. Open minds. Open doors.
The people of The United Methodist Church™

Trinity United Methodist Church

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



UPCOMING CERT SPECIAL EVENTS 2023

Thurs. 10/19 1:00 - 3:00 PM: CERT Operations Review, KSQM

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



October 14, 21, 28

November 11, 18 & December 2

SAFETY FAIR and EXPO: November 4th

Preserving and protecting the safety of our citizenry continues to be the highest priority of all our First Responders. To inform every resident and visitor of the extent and depth of our commitment, Fire District #3 and its CERT Program is hosting a SAFETY FAIR and EXPO in Sequim at the Guy Cole Center at Carrie Blake Park on November 4, 2023.

The SAFETY FAIR will feature booths and displays and handouts representing over 35 different public safety entities, some of which will come from Jefferson and Kitsap Counties. The FAIR will feature fire engines and special vehicles that can be touched and appreciated up close. There will be a helicopter on display. Bring the kids. Moreover, there will be special speakers:

--Ms. Elyssa Tappero, Tsunami Program Coordinator, Washington Emergency Management Division, will speak on how to deal with the tsunami threat after a major earthquake.

--Mr. George Drake, Safety Manager, Public Utility District #1, will speak on the subject of electrical safety precautions we all can take.

--Mr. Jim Buck, former State Representative, Manager of the Joyce Emergency Planning and Preparation (JEPP) group, will speak about post-disaster survival preparations.

--Mr. Dan Orr, Chief, Fire District #3, will deliver his now-famous "Chief Doom" description of the magnitude and seriousness of the anticipated effects of a Cascadia Subduction earthquake disaster on our Olympic Peninsula communities.

And much more! This is a community event that no one should miss. Mark your calendars now. Remember, more information about our CERT Program can be found at the Clallam County Fire District #3 website, located at ccfd3.org.

**Veterans Day
November 11
Thank a Veteran.
Buy them coffee,
have a meal with
them, take an
interest in their
story.
Let's salute our
furry Veterans too!**





PUBLIC SAFETY & INFORMATION FAIR

Sponsored by CCFD3 and CERT



⇒ Are You Ready? Is Your Family Ready for a Natural Disaster? ⇐

WHEN: Saturday, Nov 4th, 2023, 9am – 5pm

WHERE: Guy Cole Convention Center,
202 N Blake Ave in Carrie Blake Park



CERT is about readiness,
people helping people,
rescuer safety..

- My Emergency Kit**
- 1-gal. bottled water per person for 3 days
 - First aid kit, medicines and supplies
 - Packaged dry & canned food for 3 days
 - Manual can opener
 - Pet food and pet carrier
 - Portable radio and flashlight
 - Spare batteries in waterproof bags
 - Extra set of car keys, cash & credit cards



Come to the Fair and discover how to prepare your family to survive an emergency. We'll have informational speakers, equipment demonstrations, educational and vendor booths, fire trucks, ambulances, police and other special vehicles for children (and the child at heart) to climb on. You'll come away with your questions answered and a clearer plan for getting your family ready for anything.



Featured Speakers:

- Ms. Elyssa Tappero, Tsunami Program Coordinator, Washington EMD; The Tsunami Threat
- Mr. George Drake, Safety Manager, Public Utility District #1; Electrical Power Safety Precautions
- Mr. Jim Buck, former State Rep., Joyce Emergency Planning and Preparation (JEPP) group; Post-Disaster Survival
- Mr. Dan Orr, Chief, Fire District #3; "Chief Doom" description of a Cascadia Subduction Earthquake Disaster

Dozens of Participating Agencies ! Come and ask questions !

- Clallam County Fire District #3 (fire engines)
 - CERT
 - City of Sequim
 - Sequim Police
 - Clallam County Sheriff
 - Life Flight (helicopter)
 - Jamestown S'Klallam Health Services
 - Washington State Emergency Mgt.
 - Jefferson County Emergency Mgt.
 - Clallam County Emergency Mgt.
 - Disaster Airlift Response Team (DART)
 - Dungeness Free Clinic
 - Sequim Food Bank
 - Red Cross
 - KSQM Radio (on-site transmission)
 - Peninsula Behavioral Health Services
 - Clallam Transit
 - Boys & Girls Club
 - YMCA
 - Habitat for Humanity
 - Department of Natural Resources
 - Map Your Neighborhood
- and more!

Introducing our CERT Training Committee



Butch Zaharis

425-361-3134

Ernylee Chamlee

951-205-0311

Bob Foster

425-361-5948

Need help at drill to teach your Team?
Something not going right in rope management?
Forgot how to triage a survivor?
Need help with our webpage?
Need help with teaching "Is The Box Broken"?
Need help planning the setup of a Medical Operation/Treatment area?

WHO YOU GONNA CALL?



LESSONS FROM THE TRAINING COMMITTEE



In the September SAR exercise, I've been witness to some struggling with triage tags. Here is an idea I use when teaching at CERT Academy.

I cut the triage tags to length, long enough to wrap around the wrist. Bind them together with duct tape and secure the tags with a carabiner. This allows me to hang from a belt loop.

When I locate a survivor, I rip off the appropriate triage color, wrap, call for rescue, and move on.

Butch Z.

425-361-3134

Academy Instructor, CERT-13 Captain
Division Chief, Training Committee



New Traffic Flow at Greywolf Elementary School



The Sequim School District and Fire District #3 have collaborated to establish a new traffic flow at GREYWOLF Elementary School. Between 6 and 13 September, the new traffic patterns were facilitated by volunteer members of the Community Emergency Response Team (CERT) program sponsored by Fire District #3.



As most of our local citizens are very much aware, the morning and afternoon traffic congestion issues at Greywolf have been challenging to say the least. Heavy bus traffic, drop-offs and pick-ups, and pedestrian road crossings have seriously conflicted with thru-traffic loads. This has long been an ongoing and precarious public safety situation for both drivers and students.

This cooperative, mutual aid effort among the Sequim School District, Fire District #3, and Greywolf Elementary School staff put into effect new traffic flow solutions to address these safety concerns. To implement this flow, and "educate" our local drivers to the new traffic situation, our Fire District deployed dozens of volunteer members of its Community Emergency Response Team (CERT) program. These CERT volunteers set up barriers and stanchions and stood watch to guide those many cars and trucks into and through the new flow pattern. They also assisted with pedestrian crossings. The effect of these improvements has been to provide safer egress and ingress of student drop-offs, school buses and pedestrians while expediting through traffic past the school.

Our CERT members have received expressions of appreciation from Ms. Jennifer Lopez (Greywolf Principal), Mr. Larry Jeffryes (School Board Member), and various school bus drivers and local citizens who gratefully recognized the immediate improvement in traffic flow.

This illustrates how interagency collaboration, mutual aid, and voluntary community service, can make a positive difference in the quality of life in our beautiful community.



CERT Search & Rescue Exercises at Station #32

September was a busy month at Fire Station #32 near R-Corner on Hwy 101.

Our CERT Program hosted Search & Rescue training exercises for each of our Community Emergency Response Teams (CERT), organized by our Training Committee (Ernylee Chamlee, Butch Zaharias and Bob Foster.)

These S&R drills continued through the entire month of September 2023 which has given each team a chance to try out their Search and Rescue skills and learn how to refine their team effectiveness.

The purpose of these exercises is to prepare our teams to perform their respective missions in the event of a real calamity.

Eastern Clallam County's CERT Program exists to develop and deploy a standing cadre of trained citizen volunteers who would be able to safely assist First-Responders in secondary roles during the aftermath of a broad ranging disaster on our peninsula.

We use training opportunities such as this to improve our effectiveness in responding to such an event.



Community Emergency Response Team (CERT) Practicing their Search & Rescue Skills



CERT Leadership Conference: September 2023

Our Sequim Operational Area (SOA) CERT Program was well represented on 15 September as 14 members of our leadership team attended a State-wide CERT Leadership Conference at Edmonds College.

The Conference was hosted by Mr. Celso Rangel, who is the director of CERT operations for the State of Washington. Also in attendance was Ilyssa Plumer, Community Preparedness Officer for FEMA Region #10 in the Department of Homeland Security. Both Mr. Rangel and Ms. Plumer conveyed their perspectives on the current state of the CERT programs in Washington State. Our SOA presence was quite apparent.

Our official CERT uniforms showed our unified esprit d'corps.



FEMA



Sequim Operational Area members attending:

Blaine Zechenelly
Charlie Meyer
John Viada
Donna Stoffel
Kyle Hall
Dave Evans
Jim Hufnagel

Keith Koehler
Butch Zaharis
Ernylee Chamlee
Linda Enger
John Anzalotti
John Kowalski
Lynne Schlosser

M1-A63 SHOULDER FIRED WOOF



SHOWN HERE WITHOUT THE
OPTIONAL MUZZLE SUPPRESSOR



IN THIS PICTURE IS ONE OF THE BEST
AND THE BRIGHTEST OF THE AIR FORCE.

AND ON THE RIGHT IS A PILOT

Worse Case Scenarios - Situational Awareness - How to See Danger Before it Sees You

Excerpted from an article by Bethanne Kim, February 2, 2022

We often think of **situational awareness** and connect it to a James Bond or Jason Bourne movie. Those are perfect for a Friday night, a bowl of popcorn, and a cold drink. But what about real life? What about your life? After all, you're not a highly trained spy trying to save the world from international villains with constant vigilance. Do you still need to be situationally aware? You bet you do. Your life and the lives of the people you love may depend on it.

What is situational awareness?

Situational awareness is just a fancy way of saying you know what is going on around you, the possible implications, and what actions you might need to take if you feel threatened. Many refer to it as keeping your head on a swivel, always looking around to see what's what. From traffic controllers to first responders, to parents at the park or the bus stop with their kids, to the concertgoers, to the businesswoman walking through a parking garage at night, situational awareness is critical to safety.

It's just as critical in familiar locations as it is in foreign ones, in crowds at public events, or in a hotel room when we're on vacation or traveling for work. It's going to be especially important if your home is your car for a season, or a protest becomes violent. And now, with the warp-speed advent of ChatGTP, its successor, GPT4, and others on the horizon, our ability to be situationally aware in a whole different realm is crucial.



Why is situational awareness important?

According to the FBI website, there were 538,203 violent-crime incidents in 2020. This is an estimated statistic based on data from 85% of the country's law enforcement agencies. How many of these incidents might have been avoided if individuals had been assessing their environment while out and about? How many people would today be safer if they had been looking around, highly aware, and not immersed in their smartphones? Please understand. This is not victim-shaming. Victims don't deserve what happened to them.



In the eyes of a perpetrator, however, if you're walking with your head down as you're fumbling in your purse for your car keys or checking your email, You're a much better mark than if you stride to your vehicle, scanning the area, keys at the ready. If you were the bad guy looking for an easy opportunity, who would you choose? Muggers and other ne'er do wells like to choose victims who look timid, afraid, or unaware of their surroundings. Those who are surveying their environment appear to be none of those things.

Body language plays a big role, and we must be mindful of what we are saying via our posture, stride, facial expression, and even our eye contact. We must also be aware of the information we share that we may not realize we're sharing. It's not so much who YOU tell. You can tell trusted friends all kinds of personal information. The problem is who THEY tell.

Entirely too many people are rather oblivious to the world around them. Either their eyes are glued to their phones or they are just lost in thought, sort of drifting through their day. Given the earbuds that are often in place as well, these people may as well be blind and deaf. In other words, they are easy targets.

Exercising situational awareness, on the other hand, gives off an air of confidence. **And by lifting your head and watching the world around you, you're in a much better position to not only detect and avoid possible threats but react to them quickly and efficiently.**

In other words, we do sometimes have some control over whether we're in the wrong place at the wrong time. And we do have control over our response when something threatening, dangerous, or deadly begins to play out. The level of control we have, or at least that we have control over having, comes through incorporating three levels of situational awareness.

What are the 3 levels of awareness? - The three levels are Perceiving, Comprehending or understanding, and Predicting.

Level 1: Perceiving

Where are you right now? Home? Work? Car? Maybe the grocery store or the park? Are you alone? With kids? Hanging out with friends? Stop reading this and look around you, then come back. Okay, who did you see? What is the person's or people's appearance and behavior? What is your environment? Where are the entrances and exits to your location? What do you hear? Smell? Feel? What is happening?

The first level is all about recognizing the important details. You're basing future decisions, perhaps the very near future, upon the information you collect. And now that you've gathered it, you must process it, which takes us to the next level. A key point to Level 1 is that it's so easy to teach to children. Turn this into a game by asking questions like, "How many people are in the lobby?", "What color shirt is the doctor wearing?", or "How many trucks are in the parking lot?" Kids love to be quizzed, and while this might seem to be a game to them, they are actually learning and practicing important observation skills.

Level 2: Comprehending or Understanding

You're not gathering information just so you can impress your friends with your powers of observation. Once you've observed your surroundings and the people in them, what does all that information mean? You must interpret the data and decide what it means and whether or not any of it poses a possible danger.

For example, is the man near the playground passing the time while his kid is playing, or is he loitering looking for an opportunity—a child with a distracted parent? Hopefully, your observations reveal he's here with one of the children on the playground. Perhaps he's a helicopter parent who is hovering.



This interpretation will lead your predictions of what might happen in a different direction than if you judge the person to be a potential predator.

Level 3: Predicting

Because of your judgment about the man and your conclusion about his behavior, you'll predict, or anticipate, the possible outcomes and possible actions you'll take. This thought process positions you to have the best chance of achieving the most favorable outcome if, indeed, there's a potential and realistic threat.

It's important to remember that these levels are also not 1-2-3 and done; in dynamic situations, new information emerges which must be incorporated into the framework. It's more of an iterative process.

How do you develop or improve your situational awareness?

It's just a matter of routine. There's a word for that: automaticity. Wikipedia defines it as, "the ability to do things without occupying the mind with the low-level details required, allowing it to become an automatic response pattern or habit." After a while, though, all of it becomes second nature, right? It just takes some time and some practice to develop the appropriate habits.

The same can be said about situational awareness. To become more situationally aware, we need to develop the right habits, and practice them purposefully.

Practice these 6 behaviors to develop a mindset of being aware

Since this is learned behavior, anyone can improve their situational awareness. To do so, intentionally and persistently practice the following:

1. **Be aware of your surroundings**
2. **Notice other people — their body language, eye contact, posture, stride**
3. **Identify entry and exit points**
4. **Practice prediction**
5. **Stay vigilant**
6. **Trust yourself**



A higher level of situational awareness can be developed, improved upon, and practiced by anyone with the will and discipline to do so. That includes kids. Teach them to be attentive to current and future situations by playing the 'What if...?' game with them and also some ways to defend themselves. What factors influence how situationally aware you are at any given moment? The mindset of perceiving, comprehending, and predicting is negatively impacted by certain conditions, such as: **Fatigue, Stress, Biases/attitudes, Distractions**

Even people who are proficient in the habits of situational awareness must be wary of the influence of these factors. What are some clues that you've lost situational awareness? Any condition that diminishes your level of situational awareness increases the risk of inadequate decision-making, and therefore, mistakes. Some of these include:

Confusion – That is, do you feel uncertain or uneasy?

Ambiguous information – Are you receiving conflicting information from multiple sources?

Focalization or tunnel vision – Has your focus narrowed to a very few things or one thing, and you have lost sight of the big picture?

Will situational awareness prevent terrible things from happening to you?

The sad truth is that sometimes you can't see the danger until it is too late. Imagine the horror of being in a place like Charlie Hebdo, the Twin Towers, or the Route 91 Harvest music festival in Las Vegas. Any signs of danger were possibly visible to those outside, not inside, if at all. Nonetheless, some people were better situated to survive than others.

Consider the account of one man who was able to escape from terrorists in a crowded Paris concert hall while the gunmen reloaded. First of all, he had the presence of mind to act while they were reloading.

Secondly, he had a seat that was near the front of the theater – near an exit door. He helped at least one injured person escape with him. Some of his friends managed to find a small room in the building to hide in.

Their quick thinking and action may have saved their lives. So while it may not keep bad things from happening, situational awareness can affect the outcome. How situationally aware are you? How attentive to your surroundings do you think you are?

Keep track of your progress in real life with this simple exercise:

1. With a friend, go somewhere with a lot of people, like a park or a mall.
2. Take a few minutes to observe what is going on around you.
3. Then, have your friend ask you questions about what you saw, heard, smelled, and possibly felt.
4. Repeat this under different circumstances, such as going to a quieter place.
5. Keep practicing until it becomes second nature.

You could even do this exercise as you walk your dog. What do you discover about the area in which you live, that you'd never noticed before?



What Situational Awareness Is Not

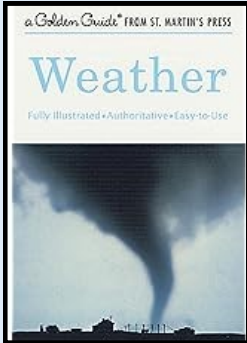
To be clear, the idea here is not to behave as though every trip to the post office is a dangerous mission deep behind enemy lines. Rather, it is just to keep your eyes focused on what's around you, instead of watching for the latest Facebook status updates or Tik Tok video. We live in a beautiful world. And while it's not the world of spies and espionage, for most of us anyway, it still has its dangers. Learning about and practicing situational awareness is a skill we should all practice and use in our daily lives because if something bad happens, it can help you survive.

6 Old-Fashioned Ways to Predict the Weather

Excerpted from an article by Jeremiah Johnson for Ready Nutrition

How important it is to forecast for bugging out, for your retreat location, and for your operations in a survival scenario? There is no foolproof method to determine the weather, as it is constantly changing with the introduction of many variables. You can, however, utilize certain clues in your surroundings as well as arm yourself with knowledge of how the weather works and how to determine changes that are significant for you.

In some of these cases, depending on your location, determining the weather can be a matter of life or death. Here in the Rocky Mountains, you need to know when the snowstorms are coming in, as well as the arctic storms and the serious drops in temperature. If you're in the outdoors or at home here, you are subject to the temperature and the amount of precipitation and must adjust accordingly either with protective clothing, cessation of travel, or increased measures to protect and heat your home.



◀ First, pick yourself up some kind of reference material on the weather. Keep it simple and perhaps pocket-sized. I really like the old "Golden Guides" by Herbert S. Zim on a multitude of subjects ranging from weather to fossils. They're pocket guides that you can slip into a Ziploc bag that give you information at your fingertips. Always work from low-tech to high-tech. Your Garmin or your internet dependent cell phone are paperweights without power.

Cloud reading - This is a great way to determine the changing weather patterns that help you forecast ahead of time. Usually, you can figure out what is going on about 12-18 hours out, or longer. When clouds clump, the weather will dump. An increase in cloud size and thickness usually mean the weather is heading south. Know your types of clouds, as follows:

Cirrus - long, high swirls, usually indicators of fairly good weather.

Cumulus - these are the puffed-up "cotton-ball" types of clouds. When gray (especially in the morning) usually herald a rainstorm. When they form an "anvil" with a flattened bottom, they have changed/denigrated into **Cumulonimbus** clouds, and this means heavy rain with electrical discharges (lightning), and sometimes hail.

Stratus - these have no true top or base, and are unformed layers. These clouds are usually precursors to activity within 24-48 hours, with their graying and massing being late indicators that they are ready to dump some rain or precipitation on you.

The faster the cloud movements across the sky, the greater the change in the wind velocity, usually followed by a change in barometric pressure. Factors such as temperature, humidity, and wind are heavily affected and influenced by the sun. Air rises in the mornings and falls at night. The ground is heated up, and the heat rises, as the cooler air stays closer to the earth when the sun departs. Terrain is a major part of this, as mountains will block or impede air flow, and valleys will hold on to moisture and cold air a lot more readily. Elevation is another big factor, as the temperature of the air decreases by 5.5 degrees for every thousand feet of elevation.





There are some tools you can pick up to help you. An **anemometer** measures wind speed. It is a four-tined device shaped akin to an “x” with equal parts with cups attached to the ends. As the wind blows, the anemometer measures the speed of the wind. The person recording should continuously note steady wind speed as opposed to gusts, that occur less frequently.

Another good tool is a barometer, that measures the change in air pressure. You may have to search a little to find a good one that is not computerized. Mine was made in West Germany (yeah, it’s that old!) with a little needle you can adjust to mark where the air pressure is, and then (with time’s passage) to see whether the pressure is rising or falling. I stress once again, pick up a model with glass and brass and the needles...no batteries required.

A good sturdy thermometer is also a useful tool to have. Most are cheaply made pieces of junk. There are good ones to be found in scientific supply companies. Anything made in Germany or Japan are usually top-flight. Compact, sturdy, and legible are the qualities you’re looking for.

Let’s also explore some other methods to forecast what will occur that are indicators of the natural world. Here’s a few:

Mosquitoes, No-see-um’s, and Black Flies - These guys really bug you, no pun intended, to their maximum potential about 12 hours before a major storm...and they’ll hightail away about an hour before the storm hits. Yes, it works. You don’t know when it’s coming, but they do, and by watching them...you’ll know.



The Cricket - Yes, they’re a pain in the backside when you’re trying to sleep, but you can determine the temperature from them. The number of chirps by a cricket over 14 seconds, you add the number 40 to it. Say the cricket chirps 40 times in 14 seconds, then add 40 to that, and the temperature is 80 degrees Fahrenheit. This is accurate to within 1-2 degrees most of the time.

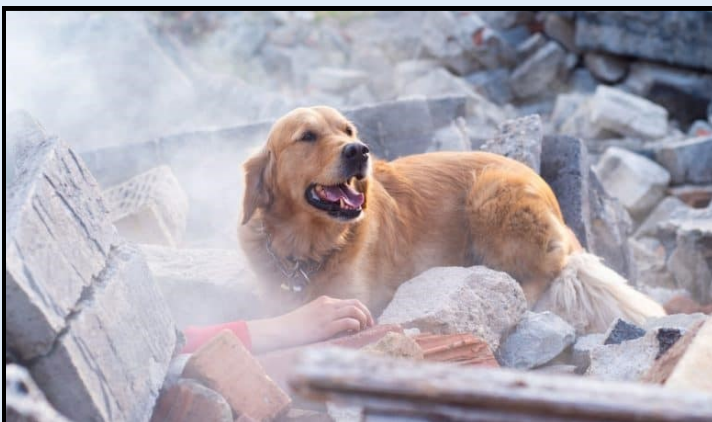
Your Campfire - If the campfire’s smoke is sort of akin to a fog...close to the ground and oozing away toward the rest of the woods? This indicates the potential for rain, because there is a low-pressure system in your area. If the smoke rises straight into the air, it’s high-pressure that is in your area, and the weather will most likely be good.

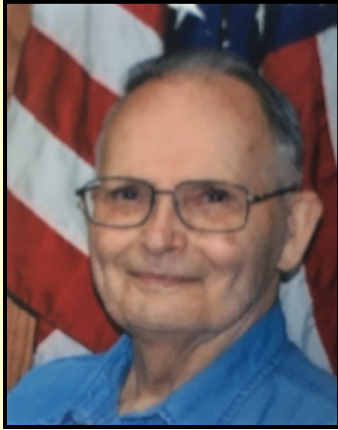


Frogs - In the spring and summertime, the increased sounds of frogs singing indicates an increased humidity...just prior to the weather heading south. As the low-pressure system moves in, the humidity in the air increases and allows these guys to stay out of the water longer (they breathe through their skin).

Animals and Birds - Sense the approach of storms and (with the former) usually seek shelter out of open areas, or (with the latter) fly to a safer position, such as a tree branch or a niche in the rocks or cliffs.

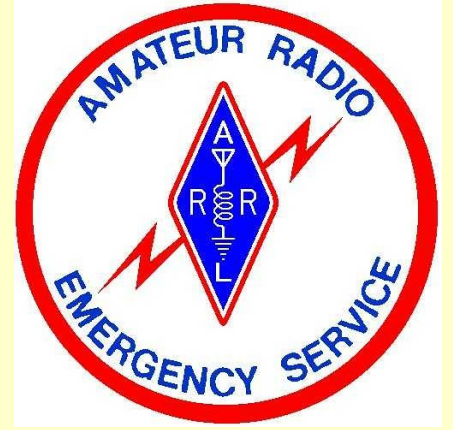
Whether you’re in a field environment in a backpacking or camping mode, or just trying to figure out whether you can repair the shingles on your barn before the rain hits, it is important to gauge what you see and compare it to what will be.





What is ARES?

Contributed by
Dale Fiorillo
K7MPZ
CERT Team Radio Hub
National Traffic System Advisor



ARES stands for Amateur Radio Emergency Service.

Also known as HAMS, we provide the skilled operators and equipment to get messages sent and received. HAMS have been doing this for many years, privately, in the military, and in support of many public agencies.

Every State has a different approach to managing disasters, because every State has different kinds of disasters. Be it flood, fire, or an earthquake, the demands will be different. Some requirements have proven to be common to all kinds of disasters. Two very important ones are a system of unified management (NIMS) and a communication system that can send and receive digital paper messages (Winlink).

Clallam County is nationally recognized as a leader in being prepared to handle a serious event, but if the event is so big that it requires outside help, then FEMA can integrate with our leadership seamlessly to assist with what we need.

So what does ARES do in Clallam County? Our biggest responsibility is twofold: First is to equip and man outposts called ECCs (Emergency Communication Centers), where field data is collected for action by local service agencies such as fire and police. Second is to communicate the status of our ECC to Clallam County EOC (Emergency Operations Center) at the Courthouse, who will communicate our situation to the State EOC.

To do this, ARES is a volunteer service to the Sheriff's Department and we must be vetted to allow access to fire stations and county buildings for training and exercises.

So, is ARES for you? We have many radio related activities. We provide communications to many sports activities. There are weekly drills at the ECCs. There are weekly nets (a repeater net and a simplex net) to keep you and your equipment operational.

If you are interested in ARES, contact Clallam County ARES: Glenn Beach at monkeygr3@yahoo.com.



It's That Time Again - 9 Things To Get Your Home Prepped for Disasters In Fall and Winter

Wood Supply

Now is the time (if fire season precludes use of chainsaws) to cut your wood and to assure your wood supply is ready and accessible. This is both for winter and as a prep: if everything goes down the tubes tomorrow, you will find that the nice fire becomes a necessary fire to heat the home and to cook food.

Make sure you have a space where you can put the majority of the wood, and an area that is readily accessible. Make certain your wood is off of the ground and that it is protected: either under a roof (as in a woodshed) or under a tarp. Cut it all now, and do a sound estimate on your rate of consumption under adverse conditions (loss of power, or SHTF scenario).



Don't forget fire starting materials and a good supply of newspaper. It's perfect for burning and can be stored in your woodshed. Ensure chainsaws, axes, splitters, and other tools are in good working order and ready to use. And don't forget about a new box of matches and an alternate method of fire starting!



Chimney, Roof, and House "Integrity"

Don't procrastinate. Have that chimney swept out now, or do it yourself. It's easier if you have a stovepipe rather than a chimney: then you need the appropriate-diameter brush and the detachable rods. Creosote fires can burn down the whole house. You can pick up the rods and brush at a hardware store or online.

Make sure your roof is cleared of debris and your rain gutters are cleared and in working order. House "integrity" refers to closing up any kinds of gaps, cracks, or holes in the foundation or body that leave room for heat loss and entry of cold air. This is best accomplished with spray-in foam, silicone caulk, and weatherization with heavy plastic and foam molding.

Twice on the Pipes

Check to make sure all of your pipes are well insulated, especially those exposed to the freezing temperatures. The foam-type with the slit/slotted aperture is good; make sure to close the aperture with duct tape, as the glue on the edges is usually lacking. Once again, blow-in foam in an aerosol can works really well in those tight spaces where there isn't much room to cram in insulation. It's only about \$8 per can and goes a long way. Protect your outlets for hoses with foam outlet covers. Make sure you drain the water out of all your garden and utility hoses before the freezing weather sets in.



Shift the Food Supply

For your perishables, now will be a good time to fill up that freezer with frozen food, as you will soon have freezing temperatures to sustain them if you should lose power. Hunting wild game is a great way to fill the freezer with tasty protein sources. Anything needing cooking you should do prior to freezing. Then you freeze it after it is cooked. Your item is then ready to go...just warm it up.



Personal Gear and Clothing

Get those winter clothes out of storage and ready to use. This includes changing out the light sleeping bag of the summer with the extreme cold weather bag and Gore-Tex cover. Pull that Gore-Tex “Gumby” suit out of the storage! Ensure all of your thermal underwear is serviceable and ready to go. Remember: dress in layers, and plan on dressing in layers. It is easier to “peel” off a layer if need be than remove the whole “space suit” and then be cold underneath.

Boots and footgear need to be cleaned and serviceable. Almost time to switch off from summer hikers to winter boots with Thinsulate.



Stored Goods and Prepper Supplies

Ensure that all of your perishables and canned goods and supplies are protected from the cold and from alternate freezing-thawing cycles. Recommended are “wide-mouth” Mason jars, as they can usually stand up to the rigors of a freeze. Ensure that medications that cannot be frozen *will* not be frozen. This is a good time to conduct an inventory and make sure your FIFO (First-in, First-out) lists are up to date.



Also be sure that there are adequate measures to control vermin, such as rats and mice that will enter the house as the temperatures drop. The cat (as you know) is a good measure of choice, but if you do not have one, you’ll have to plan accordingly with traps and other deterrents. Regularly checking your supplies (yes, even once every day!) will help in this department. Also, if you have a cat? Make sure it can go in where the supplies are kept.

Emergency Equipment

This means all of your alarms, night vision devices, family communication devices (such as CBs and Motorolas), scanners, radios, emergency signaling devices, and first aid gear are accounted for and in working order. Take an inventory for accountability and serviceability on your equipment. Check all of your battery compartments for any signs of rust or leakage, and actually test the device. A thermal sight does no good if the batteries are either dead or leaking into the chamber. Ensure all of your family members know where this equipment is and how to use it.

Snow Removal

This may seem minor until you’re in a snowstorm and have to get out of the house because of some emergency. Have the high-tech (the snow blower) as well as the low-tech (the shovel) ready and in good working order. Have plenty of ice melt, salt, and sand prior to an Arctic Ragnarok moving into your neighborhood. On a side note, if you have an ample supply of snow, you can harvest the clean snow for an emergency water supply.

Your Vehicle

Your vehicle won’t take you anywhere you want to go...unless it is serviced and in good mechanical working order. Load up the trunk or back bed with supplies for emergencies, such as food, blankets, emergency gear, and what is needed. Don’t let yourself down by allowing your vehicles to be in disrepair. Take care of this stuff now, before the winter sets in.



These are the basics to get the “creative juices” flowing in your mind. Of course there are many more items that could be listed; however, these are basics and not intended to be comprehensive. The best time to start on them is now. Don’t put off doing these tasks, as they are important to accomplish before the cold, wet weather sets in. An ounce of prevention over a pound of cure any day.

Homemade Elderberry Syrup

Elderberry Syrup

- 2/3 cup black elderberries
 - 3- 1/2 cups of water
 - 2 tablespoons fresh or dried ginger root
 - 1 teaspoon cinnamon powder
 - 1/2 teaspoon cloves or clove powder
 - 2 lemon or orange slices
 - 1 cup raw honey
1. Pour water into medium saucepan and add elderberries, ginger, cinnamon, cloves, and citrus slices and bring to a boil. Then, cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half.
 2. Remove from heat and let mixture cool enough to be handled. Pour through a strainer into a glass jar or bowl.
 3. Discard the elderberries (or compost them!) and let the liquid cool to lukewarm. When it is no longer hot, add 1 cup of honey and stir well.
 4. When honey is well mixed into the elderberry mixture, pour the syrup into a pint sized mason jar or 16 ounce glass bottle of some kind.
 5. Ta Da! You just made homemade elderberry syrup! Store in the fridge and take daily for its immune boosting properties. Some sources recommend taking only during the week and not on the weekends to boost immunity.



Standard dose is 1/2 tsp to 1 tsp for kids and 1/2 Tbsp to 1 Tbsp for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.

Elderberry Benefits

- antioxidant, diaphoretic, diuretic, laxative, immune-boosting, anti-inflammatory
- Treat coughs, colds, flu, bacterial infections, viral infections, tonsillitis, lower cholesterol, improved vision, and heart health.



5 MORE WEIRD LAWS STILL ON THE BOOKS

In Arizona, it's illegal for a donkey to sleep in a bathtub, though it's OK for them to stand in one.

In Connecticut, a pickle must be able to bounce.

In Kent, England, a woman cannot marry the same man four times.

In New York, slippers are banned after 10 pm.

In Vermont, it's illegal for women to wear false teeth without their husband's approval.



The *Farmers' Almanac* Winter 2023/2024 Weather Forecast Map for the United States.



2023-24 WINTER OUTLOOK

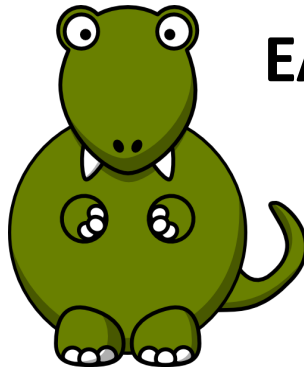
The BRRR is Back!



FarmersAlmanac.com



HOW DO YOU



EAT A DINOSAUR?

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

What to buy in:

October

Canned Fruits & Vegetables
Dried Fruits - Raisins, Apricots
& Cranberries
Soups
Broth
Pet Food
Spices
Sugar & Flour

November

Baking Supplies - Flour, Sugar,
Yeast, Chocolate Chips,
Condensed Milk, Oil
Pie Filling
Spices
Nuts & Dried Fruits
Candy - Halloween Clearance
Soups & Broths
Coffee & Tea
Spaghetti Sauces
Canned Fruits & Vegetables

December

Baking Supplies
Pie Filling
Spices
Nuts & Dried Fruits
Broth
Crackers
Cream Soups
Canned Green Beans
Sodas

Winter Tires
Car Care Supplies
Jeans
Fall Fashion
Camping Gear
Sports Equipment
Grills
Bicycles
Big Appliances
Cookware

Aluminum Foil
Plastic Wrap
Disposable Baking Pans
Cookware & Knives
Tools
Pressure Cookers
Food Storage Containers
Motorcycles

Disposable Baking Pans
Aluminum Foil & Plastic Wrap
Cookware
Toys
Tools
Batteries
Winter Coats & Clothes

Sewing Machines
Water Filters
Chain Saws
Generators
Pressure Cookers
Party Supplies
Air Conditioners
Gas Grills

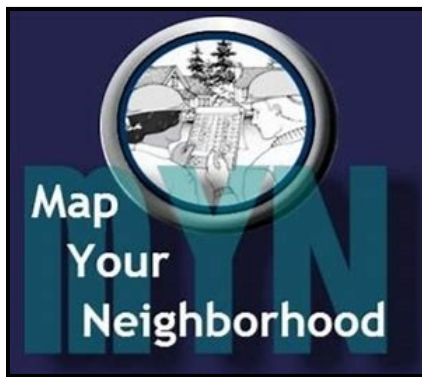
Horses



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



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



Get to know your neighbors! Learn how to prepare
your neighborhood for a major emergency or disaster.
Over 2000 trained so far!! For all information, contact
Lynne Schlosser at lynne5977@live.com.

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

