



SEQUIM OPERATIONAL AREA 2020 Issue 7



**Being
Prepared
Isn't
Crazy,

It's
Common
Sense**

Here are some words from Chief Ben Andrews, Clallam County Fire District 3.

"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work." - Vince Lombardi

Community Emergency Response Team (CERT). CERT is the name of a Federal FEMA program that educates volunteers about disaster preparedness for hazards that may impact their area. I would like to take the time to share with you what each of those four words mean to me when I think about CERT.

COMMUNITY

Community is both the "who" and "where" of the CERT teams. CERT is not an agency or organization. It is a community of people who have come together for the sole purpose of serving those within their neighborhood and surrounding areas. This community of people serves others by investing the time and effort to prepare, train, educate, respond and recover. This is a community demonstrating self-reliance, initiative, and a servant's heart. They are an example of what America should be striving for. People caring for and helping others in times of need, locally, not out of obligation, but rather out of kindness and generosity.

EMERGENCY RESPONSE

This is the "when" and "what" of the CERT teams. When disasters strike is the time when the CERT teams deploy. These teams are organized, trained, and equipped to provide a variety of response activities. From low risk operations like staffing the Emergency Coordination Center and distributing pandemic information door-to-door, to higher risk operations like light Search and Rescue. These teams activate when their community is facing an event or disaster that is beyond the resources of local first responders. The Fire District's estimate is that the local CERT teams have volunteered more than 2,584 hours of response and support during the 2020 COVID-19 pandemic.

TEAM

In our community "Team" is much larger than each organized group's cadre of members. The team starts with those that have committed to work together to maintain group readiness by organizing, training, practicing, and responding together. The next layer of the CERT Team is the trainers and coordinators. These team members have put in the time to take leadership positions, many earning federal level qualifications and certifications. Another layer of the team is the supporting and coordinating agencies. Clallam County Emergency Management, Clallam County Fire District No.3, the City of Sequim, and others have stepped up to support and enable the CERT teams to operate at such high levels. The local teams are fortunate for this support; unfortunately, many other CERT teams do not have the opportunity to experience this level of support. CERT teams have been the recipients of donations, grants and other assistance that has allowed them to improve capability and resiliency.

Clallam County CERT members serve their neighbors through a community of emergency responders who work as a team in order to be there when others need them the most. I am deeply appreciative of our teams; our community would not be the same without them!

Ben Andrews, Fire Chief, Clallam County Fire District No.3

The 10 Daily Habits of Prepared People

For some people, preparedness is about the big things: the well stocked retreat home, buying yet another firearm, or getting a super fancy generator. While these things can certainly be classified as preparedness endeavors, it isn't the expensive and dramatic gestures that make us truly prepared people.

The way prepared people spend their time before an emergency is the real key to survival, and this is something that no amount of money can buy. It's the small daily habits that become an innate part of our everyday lives – habits that may not even be noticeable to someone outside the lifestyle.

Real preppers, the ones you should look to for advice if you happen to be new to preparedness, are the ones who quietly conduct their daily lives with an eye towards readiness. Not only are these the qualities you should strive for yourself, but they are also the qualities that can help you to determine whether someone is the "real deal" or an arm-chair survivalist.

#1: Prepared people think beyond "Plan A"

Anytime one disaster occurs, several others are bound to follow closely in their wake. One of the most dramatic examples of this was the tsunami that followed closely on the heels of the 2011 earthquake in Japan, resulting in one of the most horrific nuclear disasters in the history of the world.

But it doesn't have to be on such an epic scale to qualify. No matter how excellent your survival plan is, if things go awry you must immediately be able to accept that monkey wrench and adapt your plan to it. Prepared people understand that even the most perfect plans can go wrong, and they are willing to abandon it and act on the fluid situation at hand.

#2: Prepared people react calmly

Panic kills. When something terrifying happens, if your reaction is to freeze or to run around like a chicken with your head cut off, you're probably going to die unless Lady Luck steps in and saves you through no action of your own.

Panic can show itself in two ways. For example, during the King Fire, a massive forest fire that burned over 97,000 acres of California wilderness, There was some very visible panic in some of the residents. When the first evacuation alert was sounded (a notice that evacuation was highly likely within the next 24 hours), one woman was seen wailing and sobbing as her husband tried to pack up their vehicle. She was rendered absolutely useless by fear.

Alternatively, panic can manifest in the inability to act. In psychology circles, completely freezing is called "tonic immobility". This is a biological impulse related to an overload of stimuli due to extreme stress. It can also show itself in as an irrational sense of calmness as the brain denies the reality that a horrible event is truly happening. In her book, The Unthinkable, Amanda Ripley wrote about the cognitive dissonance experienced by some in the World Trade Center on 9/11.

One story that stands out was the one about the people in the World Trade Center on September 11. They described the last time they saw some of their coworkers. There were many people who simply could not accept the fact that a plane had crashed into the building and that they must immediately evacuate. They gathered their belongings, tidied their desks, finished reports. They didn't feel the same sense of urgency that those who survived did, because the situation was so horrible that they just couldn't accept it. Their inability to accept the scope of the danger caused many of them to perish in a tragic incident that other people, who acted immediately, survived.

You can enhance this ability to accept events and act calmly by thinking through possibilities ahead of time and considering courses of action while your pounding heart is not pumping vast amounts of adrenaline through your veins. Prepared people know that the ability to calmly accept the event, make a speedy plan, and then act on that plan is the key to survival.

#3: Prepared people are critical thinkers

Thinking critically is an important skill. Those who passively accept everything they see on the TV news are missing the concept of propaganda. Six enormous corporations control just about everything seen on mainstream television. Through this control, they can promote their own desired agendas by putting their own spins on events. They can influence how the American people think about guns, about our nation's enemies, and about the food we eat. It's vital to think about how these corporations earn money – through advertising dollars. Will they really show the truth if it negatively affects their advertisers?

The same is true of nearly any situation. The "truth" presented is most often the "truth" that benefits the presenter. Prepared people are able to assess the information provided to them and distinguish the difference between facts and manipulations. They keep up with current events, but strive to separate the reality of the event from the opinions of the broadcasters.

#4: Prepared people carry a kit with them everywhere, every day

If you don't have a basic everyday carry kit, you can't consider yourself to be a prepared person. You should carry the basics for fire, water, and safety in vehicle or even your purse at all times. You should have an extensive emergency kit stashed away in your vehicle for times that you are far from home. Prepared people know that disasters don't usually give warnings, so it's necessary to have a few basics on hand at all times.

#5: Prepared people are MacGuyvers

People who are prepared don't rely solely on tools and preps though. They rely on a mindset that allows them to create what they need from what they have on hand. Being able to work with what you have and develop solutions is a vital skill for preppers. Prepared people are creative problem solvers who enjoy challenges to their skills.

#6: Prepared people live a skills based lifestyle

It isn't enough to just plan. You have to have the ability to execute that plan. And the only way to know that you have that ability is to make the skills a part of your day to day life. How many preppers do you know that stock seeds instead of food or say that they're just going to "live off the land" when it all hits the fan? While it's entirely possible to do this successfully, it takes a lot of practice and a substantial amount of time building a foundation to make this a viable plan.

But it isn't just homesteading that people mistakenly assume will be an easy survival plan. If it's part of your plan, you must work at it now. You have to practice skills like marksmanship without fail. You have to practice skills like hunting if your plan is to provide meat for your family this way. You have to practice preserving the food that you raise or acquire if you intend to eat in the winter. Prepared people practice what they plan. They focus on productive hobbies and live a skills-based lifestyle that is closely related to their SHTF plan.

#7: Prepared people are physically active

Prepared people generally work some kind of fitness into their day-to-day lives. They work a physical job, they walk or jog, they go to the gym, and they don't sit at a desk for 8 hours, only to relocate to a couch until bedtime. Keep in mind that when hauling a 60# pack through the mountains, 30 miles might as well be 300, especially if this is not the type of thing you normally do. If your last walk was through the potato chip aisle at the grocery store, bugging out on foot through the mountains or rugged terrain is probably not going to be a viable plan.

Moving more in your day to day life is a great way to gently break your body into a more active lifestyle. Just walking daily can make a world of difference to your fitness level.

#8: Prepared people require purchases to be multi-purpose

Most of us do not have unlimited storage space, and we have a lot of things we want to store. For this reason, we tend to pass on the "one-hit-wonders" unless they are truly remarkable. We have supplies that will serve more than one purpose. Our pantry basics can be used to make cleaning supplies. We stock large amounts of items like vinegar, duct tape, and baking soda. Our tools are versatile instead of narrowly specialized. Prepared people seek out high quality products that multitask and limit purchases that only serve on purpose.

#9: Prepared people are not wasteful

How far can you stretch your leftovers? What kinds of things do you reuse that others simply throw away? The ability to make one's supplies last for as long as possible isn't something that just appears overnight. If your friends think you're a "cheapskate" you've probably got this habit nailed down.

Prepared people live frugal, non-wasteful lives now, and they'll be far better suited to make things last later. One day, a situation could arise in which the supplies we have are very limited.

#10: Prepared people practice situational awareness

Over the past few years, we've heard about all sorts of incidents of mass violence, both in the US and abroad. Practicing situational awareness at all times is a habit that helps you to instinctively assess the baseline of normal for your location, and in turn, notice early on if something just isn't right. This helps you to react more quickly if a threat occurs, and often those brief seconds can be essential.

Prepared people spend time participating in activities that enhance their situational awareness.

Preparedness is not some finite goal that is achieved when you have amassed a certain amount of beans and bullets. It's something that is an ingrained part of your personality. Our habits become such a natural part of us that we don't have to think about them when we find ourselves in the midst of an emergency. The way you live your day-to-day life is the real key to survival, and this is something that no amount of money can buy.

By Failing to Prepare, You are Preparing to Fail - Benjamin Franklin

Simple Ways to Improve Your Situational Awareness

Excerpted from an article by Mac Slavo

Situational awareness is incredibly important and there's a reason preppers place such a value on it. Simply put, situational awareness is just knowing what's going on around you which is important for all of us.

Unfortunately, situational awareness is easy to lose. But if you've already been great at it, reading this should be all it takes to remind you to take that mindset seriously if for some reason you've forgotten about it. **Creating habits and changing your behavior** is the best way to make sure you remain aware at all times, even during high-stress situations. If you haven't yet tried to become more aware of what's happening around you, try these simple tips to help you out!



Identify Elements in Your Environment

Start by noticing the threats that surround you. Then expand your awareness to other non-threatening elements. This is the most basic level of situational awareness where you begin to monitor, detect, and recognize multiple situational elements. These include objects, events, people, and environmental factors. Basic situational awareness also requires you to notice the locations, conditions, and actions of the elements around you. Although this may seem daunting we all do this to some extent already. To improve situational awareness, you simply have to make it a habit to notice things even when those things are going smoothly.

Trust Your Gut

Instincts were given to animals for a reason, and as humans, **most of us have had a “gut reaction” to a situation or event.** Trusting your gut means if you're getting a bad feeling or an “off vibe” as some describe it, make a different choice. For example, if you have a bad feeling about going to the grocery store, don't force yourself to go. Wait it out until it feels right.

Continue to Challenge Yourself To Become Aware

Challenge yourself to notice things such as “time.” I don't mean what time it is, but how long something has been going on. Keep your mind updated on how long things take, even if it's menial, such as, for example, a neighbors' home renovations. Notice what's coming in and going out of their home. **(Don't do this with the goal of “busting” your neighbor, but as a way to enhance your own awareness. It should be used as a mental exercise.)** This will help keep your mind sharp for when you need to be aware of potentially dangerous events going on in public or in your surrounding area. Knowing how long things have been “off” will help you know what actions you will need to take if any.

Stay Well Rested

A lack of sleep will affect your ability to assess your environment and the fatigue will make it more difficult to respond to a situation if needed. Americans are largely sleep deprived, which decreases our situational awareness dramatically. Getting a good night's sleep and adequate rest will help keep your mind functioning in tip-top condition.

These aren't all the ways you can improve your situational awareness, but they are some of the easiest. Knowing what's going on around you and being able to assess the threats to your life or property are incredibly important skills, and in my opinion, not talked about enough. We should not learn to be aware of our surroundings to “tattle” to the police on our neighbors **but to survive in dangerous situations.**

Suggestions for Packing your Bug-Out-Bag (AKA Go-Bag)

Put items on the bottom that are rarely used or you do not intend to use at all or very seldom, such as extra clothes and extra food.

Pack your clothes in a wet-weather bag (military issue bags are good).

In the middle of your pack, put more clothes and some specialty equipment that doesn't see immediate use.

Towards the top of your pack, keep your Gore-Tex pants and jacket, as well as your sleeping bag with a Gore-Tex cover in a compression bag and then in a wet-weather bag.

Keep your basic needs in mind when packing your bug-out equipment

Food in it's various forms is packed around the outside edges. (Things you will eat.)

At the very top is your poncho and liner that you can reach and remove easily.

Over everything, you can place your ground pad and maybe a bivouac hammock in a waterproof bag.

The outside pockets should have quickly eaten food, fire starting equipment and your water supply. Stainless steel one-quart canteens are a lightweight idea. Always leave a headspace in these canteens. They can be frozen and then put right in your fire to thaw out to get to the water.

The important thing is that you want everything secure. When the load shifts and becomes unbalanced, the uneven load-burden will affect your body parts.

Always take into consideration the other items you will be packing, such as extra water and medications.

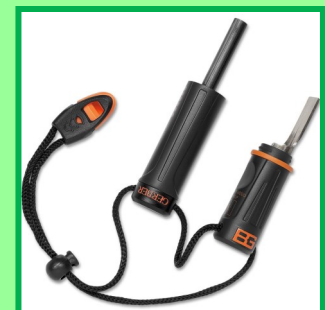
Refer back to Issue #1 to learn how to determine how much weight you can carry in your pack, then practice packing, carrying and locating items and rearranging until you have a combination you like.

A few other items to consider for your bag

Collapsible fishing pole and small fishing kit - put a few hooks, lures and some line in a small plastic box. You can always find earthworms to use as bait.

An Emergency Hand Crank Radio will help you stay up to date on what is happening. Remember to tune to 91.5 KSQM during an emergency or disaster. You should also be able to listen to NOAA.

Pack a small knife sharpener as there is nothing worse than a dull knife. Make sure you practice hand sharpening your knife BEFORE an emergency or disaster.



Wellness in an Emergency or Disaster

The Bizarre Side Effects of Fight or Flight That You May Not be Aware of

Learn the side effects of the flight or fight response now, so that they don't catch you off guard when your life depends on it.

Excerpted from an article by Joshua Krause in Ready Nutrition

There is the oft-quoted story of the woman who, after witnessing the family car slip off the jack and pin her husband (or toddler or teenage son depending on who's telling it), suddenly found the strength to lift the vehicle and save his life. For the average person, that's about the extent of their knowledge of the human body's fight or flight response, which is unfortunate. If you study the personal accounts of survival throughout history, you find that the effects of adrenaline in the human body are a little more extensive than "superhuman" strength and reflexes. Instead, what you'll find is that the side effects of adrenaline sound more like the liability disclaimer seen at the end of every pharmaceutical commercial:

"Consult your doctor before taking adrenaline. Side affects may include...loss of hearing, loss of memory, PTSD, nausea, vomiting, spontaneous defecation, anxiety, bullet time, tunnel vision..."

Yeah. Doesn't sound so superhuman anymore, does it? If adrenaline were a street drug, it would be the fiend's last resort.

Nonetheless, it's important to study the symptoms, because fear isn't really something you can practice. The kind of danger you have to be in to experience an adrenaline rush, can't be duplicated in a safe training environment (if you happen to know a way, call the Army. They have a sizable paycheck waiting for you). The best we can do is understand the symptoms, so at least we can recognize them when they occur.

So let's get down to the finer details of the fight or flight response. For starters, your reaction to a survival situation will be somewhat unpredictable. While most accounts of a traumatic incident have similarities, no two are the same. For starters, many people working in the police, fire, or medical fields have experienced numerous sensory distortions while under stress. These conditions are often grouped together under the same term: Tachypsychia.

This can include severe alterations with one's perception of time. One of the most common experiences involves seeing the world slow down around you. During a traumatic experience, your brain begins to work in overdrive. It's processing visual information at a much faster rate, but since the speed of real-time hasn't changed, it creates the illusion that everything is moving slower. If you weren't aware that you could experience the world in such a bizarre way, it could add to your stress levels, as happened to this firefighter many years ago when he arrived at the scene of a burning house.

Seeing his fellow fire fighters moving at a snails pace to stop the flames, made him feel even more anxious, frustrated and enraged. Not until he saw a neighbors home video of the incident, did he realize that his perception was wildly different from reality.

Adding to this strangeness, adrenaline may also cause you to experience time at a much faster rate, though usually after the danger has passed. Your visual faculties may lose their sense of distance and proportion. Objects that are far away may appear very close and vice versa, and tunnel vision will give you a highly focused perception of a very small area, leaving you blind to your surroundings.

All of these conditions can coalesce to create a pretty bizarre perception of reality. One of the most popular stories involving the effects of Tachypsychia, was taken from the book "On Combat" by Dave Grossman. It involves a shootout between two police officers and a suspect:

"During a violent shoot-out I looked over, drawn to the sudden mayhem, and was puzzled to see beer cans slowly floating through the air past my face. What was even more puzzling was that they had the word Federal printed on the bottom. They turned out to be the shell casings ejected by the officer who was firing next to me."

Of course, the effects of violent and traumatic incidents aren't just visual. There's some pretty puzzling effects on your hearing as well. It turns out that your ears have a protective mechanism when exposed to very loud sounds. Adding to this are the effects of auditory exclusion that are often experienced during stressful situations. Many soldiers and police officers have entered a fray believing their weapons were malfunctioning, only to find that they couldn't hear the shots. That's quite an amazing feat to consider, if you've ever taken your ear protection off at a gun range.

Traumatic experiences can also wreak havoc on your memory, causing what's known as critical incident amnesia. The sensory overload that is experienced by the brain, takes a long time to process. Much like a computer, it's going to take a longer time to download a larger file. It may take you several days before you can fully recall the incident. Or if it was particularly traumatic, your memory of the incident may become repressed, and take many months or years to recover.

As for the more physical effects, an increased pain tolerance is a pretty well known side effect of adrenaline. When you're in danger, your brain begins producing dopamine, dulling the sensation of pain. Often times people won't know they've been carrying a very severe injury until after the incident has passed.

Other affects include the loss of control of the bowels and urinary tract. This is due to your brain and nervous system dedicating all of its focus on the perceived threat, and ignoring the less important bodily functions. Unfortunately this often results in quite a bit of shame for the person who experiences this, largely as a result of cultural biases. You've probably seen it in a lot of war movies. The quaking kid who's wetting himself before the battle, is a very common movie trope, and is designed to contrast the strong heroes with the weak, inexperienced, and cowards. In reality, losing bowel control is incredibly common, and is a pretty normal response to a life or death situation, regardless of your strength of character.

And finally, after a life threatening situation has passed, most if not all people experience a kind of "burnout". After only a few minutes of extreme mental and physical intensity, the human body can collapse in exhaustion. All of the biological chemicals that were dumped by the body to help it perform are still circulating throughout, and take a long time to be reabsorbed. The body is desperate to recover from the extreme conditions it was just put through. This is probably the sole reason why, throughout the history of warfare, the "feigned retreat" has been one of the most effective tactics. Once the soldiers think they've won, they simply collapse in exhaustion, and are then dealt a devastating blow from fresh enemy troops shortly thereafter.

Overall, adrenaline is not to be taken lightly. It's not just some superhuman chemical that will let you hulk out on threats to your life. It carries quite a few unpleasant side effects, some of which can be quite nauseating and overwhelming. In the end though, your body does this for a very good reason. It can get pretty messy and unpleasant, but it can also save your life one day. Learn the side effects of the flight or fight response now, so that they don't catch you off guard when your life depends on it.

* * UPDATE * *

A quick follow up to Issue 2's article on the non possibility of a 10.0 magnitude Cascadia quake. The only such places in the Pacific Ring of Fire are shown in blue. These are indeed very dangerous trenches.



COVID 19- What we know now and an inside look of how we responded locally

By Blaine Zechenelly, CCFD 3 Disaster Planner

Wow, what a spring and summer for 2020. We have been dominated by the impacts of COVID-19. At this time, we remain at Phase 2 level of restrictions, which means the following:

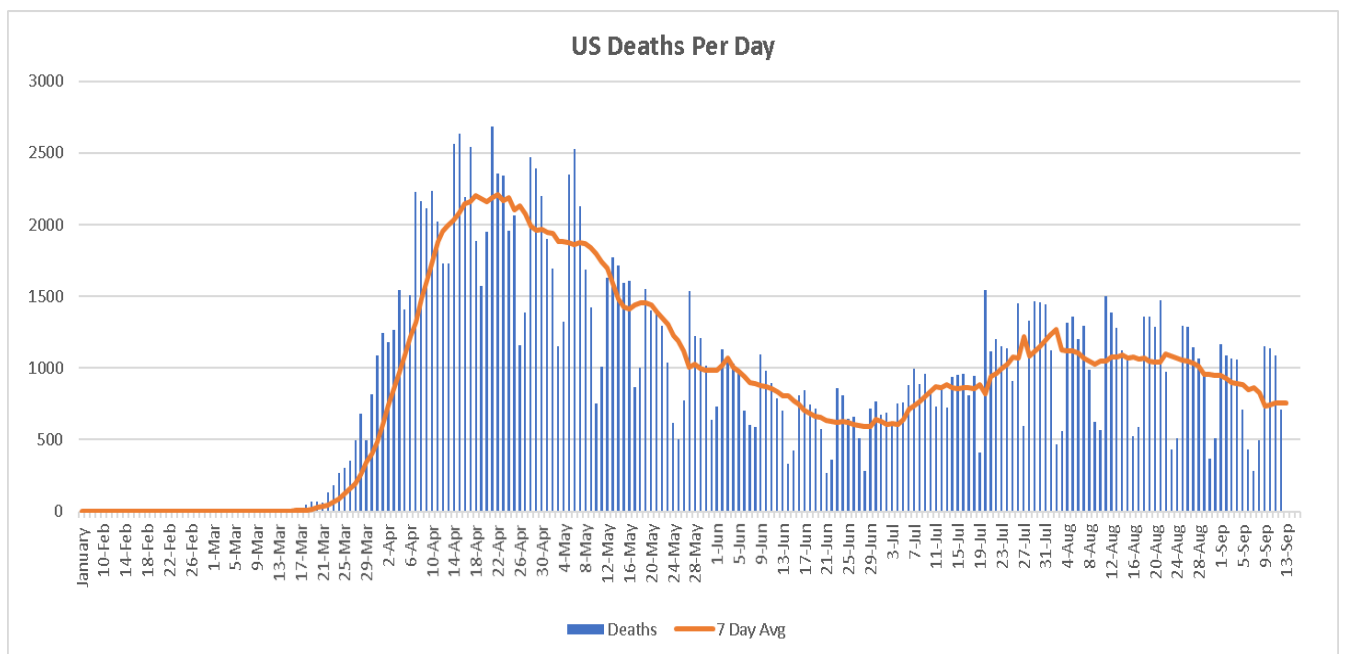
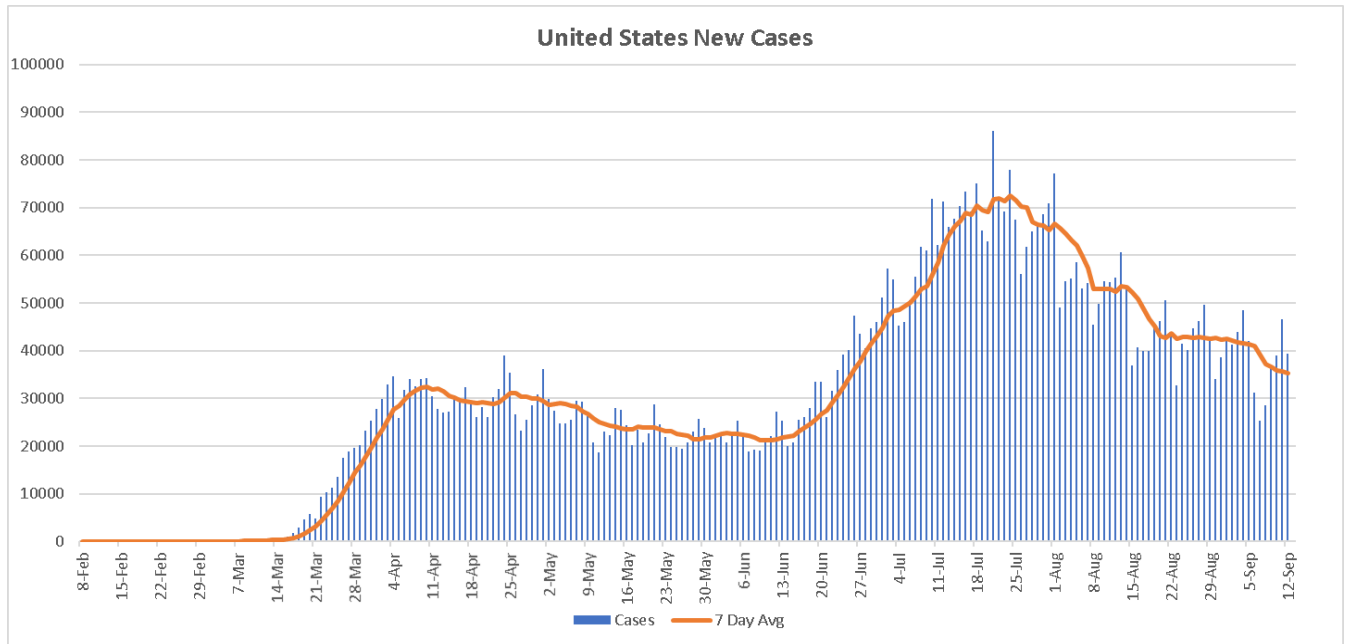
PHASE 1	PHASE 2	PHASE 3	PHASE 4
<p>HIGH-RISK POPULATIONS:</p> <ul style="list-style-type: none"> Continue to stay home <p>OUTDOOR RECREATION:</p> <ul style="list-style-type: none"> Hunting, fishing, golf, boating, hiking <p>GATHERINGS:</p> <ul style="list-style-type: none"> None Drive-in spiritual service (one household per vehicle) <p>TRAVEL:</p> <ul style="list-style-type: none"> Essential travel Limited nonessential <p>OPEN BUSINESSES:</p> <ul style="list-style-type: none"> Essential businesses Existing construction may resume Landscaping Auto, RV, boat sales Retail (curbside pick-up orders only) Car washes Pet walkers 	<p>HIGH-RISK POPULATIONS:</p> <ul style="list-style-type: none"> Continue to stay home <p>OUTDOOR RECREATION:</p> <ul style="list-style-type: none"> Activities involving fewer than 5 people outside your household (camping, beaches, etc.) <p>GATHERINGS:</p> <ul style="list-style-type: none"> With no more than 5 people outside your household per week <p>TRAVEL:</p> <ul style="list-style-type: none"> Essential travel Limited nonessential <p>OPEN BUSINESSES:</p> <ul style="list-style-type: none"> Manufacturing Additional construction phases In-home domestic services (nannies, housecleaning, etc.) Retail (in-store with restrictions) Real estate Professional services/office-based (telework strongly encouraged) Hair and nail salons/barbers Pet grooming Restaurants at less than 50% capacity, party size max of 5 	<p>HIGH-RISK POPULATIONS:</p> <ul style="list-style-type: none"> Continue to stay home <p>OUTDOOR RECREATION:</p> <ul style="list-style-type: none"> Group sports (5-50 people) Recreational facilities at less than 50% capacity (gyms, pools, etc.) Spectating professional sports (horseracing, baseball, etc.) <p>GATHERINGS:</p> <ul style="list-style-type: none"> With no more than 50 people <p>TRAVEL:</p> <ul style="list-style-type: none"> Resume nonessential travel <p>OPEN BUSINESSES:</p> <ul style="list-style-type: none"> Restaurants/taverns at less than 75% capacity, party max of 10 Bar areas inside restaurant/taverns at less than 25% capacity Movie theaters at less than 50% capacity Customer-facing government services (telework strongly encouraged) Libraries Museums All businesses except nightclubs or events larger than 50 people 	<p>HIGH-RISK POPULATIONS:</p> <ul style="list-style-type: none"> Public interactions, with social distancing <p>OUTDOOR RECREATION:</p> <ul style="list-style-type: none"> Open <p>GATHERINGS:</p> <ul style="list-style-type: none"> Gatherings with over 50 people <p>TRAVEL:</p> <ul style="list-style-type: none"> Open <p>OPEN BUSINESSES:</p> <ul style="list-style-type: none"> Nightclubs Concert venues Large sporting events Unrestricted staffing of worksites, with social distancing and good hygiene

As of September 15, the United States has had 6,708,458 cases of COVID 19 and 198,520 deaths as defined by State Health Departments and consolidated by Worldometer.com. Locally, our status is shown in this chart below from Clallam County Emergency Management.

COVID-19 in Clallam County	
Total Confirmed Cases	226
Total Hospitalizations	6
Currently Hospitalized	1
Total Deaths	1
Cases Recovered	212
Total Tests Performed	14,173
Percent Positivity of Tests	1.9%
Rate of Cases per 100,000 in the last 14 days	25
Number of days rate <75/100,000	11

Status numbers last updated: 12:37pm September 11th 2020

COVID 19 started to impact us in mid-March and continues to this day. There have been two waves as shown in the daily cases and death charts below (Source Worldometer):



What is important to remember is to keep a perspective on where we started with this event. In early March we believed, based on the limited data from China, that this disease had at least 3% mortality rate and was very contagious with no readily available course of treatment for it other than supportive care. The expectations we were told to prepare for was 2 million deaths

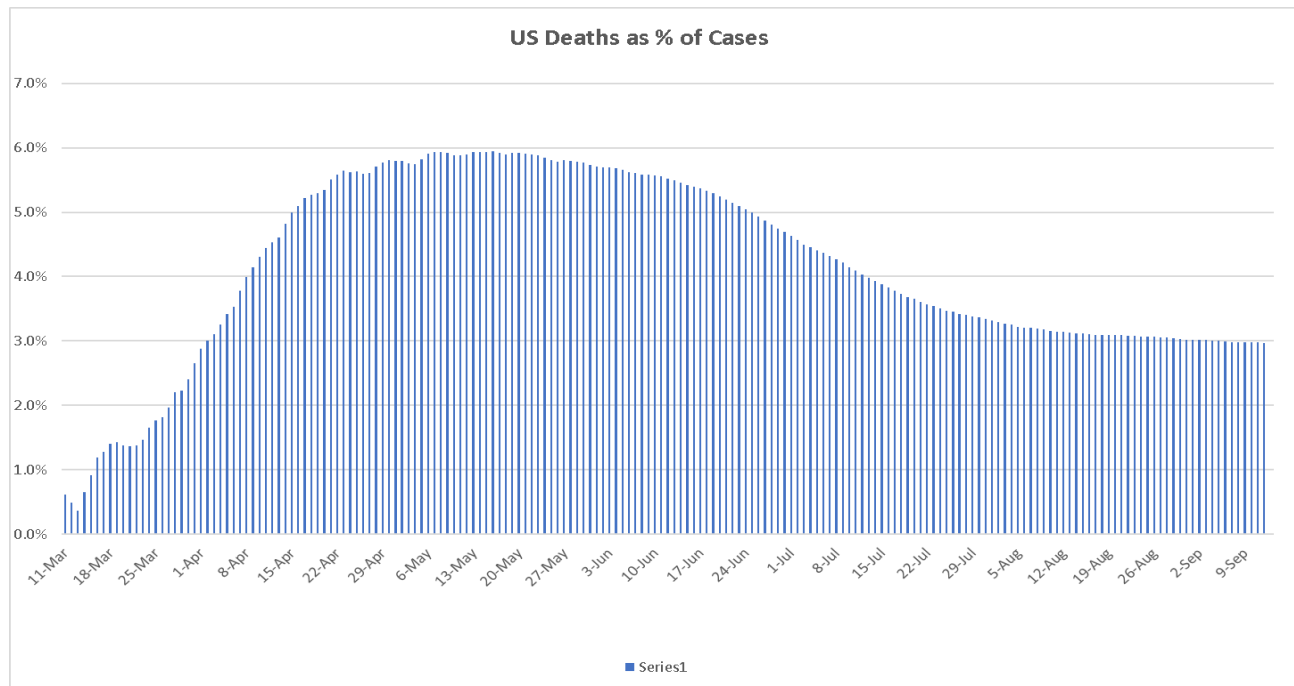
based on 57 Million infection or 17% of the population by August 1st in the United States (This is 6/10 of 1% deaths of the population of 331 million people). The assumption was based upon good supportive care from hospitals which would see approximately 5x the number of deaths as hospitalizations, or 10 million (or 1 in 6 infected). For Clallam county that meant approximately 470 deaths and 2,350 hospitalizations based upon a population of 78,000. Olympic Medical Hospital and Medical Center capacity is 67 beds and could be surged to approximately 90 beds, along with approximately 20-30 beds from Forks Hospital and you can see the problem. No one had the hospital capacity to support this event. So, as planners what do you do? Three goals emerged: 1. Rapidly develop treatments to reduce the death rates; 2. Develop a vaccine for this disease; 3. Buy time for 1 and 2 using the following.

- Limiting entry in to the United States to slow spread
- Surge hospital capacity and necessary equipment by invoking emergency production authorities in partnership with industry to increase PPE and ventilators
- Flattening the hospital demand curve with social distancing and hand washing campaign
- Implementing public health emergency measures to limit large public gatherings
- Establish testing and tracking capacity to trace and contain outbreaks
- Placing some restrictions on businesses and meetings in the community

The goal was clear: we needed to buy time and flatten the curve to avoid overwhelming our medical system.

So, how did we do. Well, we did flatten the curve, hospitals were not overwhelmed. Critical equipment was produced in amounts needed for hospitals in the spring but PPE remained challenging throughout the summer. We extended the public health emergency actions longer than we expected which has had an economic impact as severe as the Great Depression. Fortunately, we have achieved about a 50% recovery from it as of mid-September, but service industries and travel have had little share of the recovery yet. Although there have been calls to increase testing further, we have adequate testing ability to confirm suspected cases. This is the standard that has been used in every other outbreak of disease. No one in world history has tested as many individuals for any disease in so little time. As of September 15 we have tested 93 million people in the United States or 28% of the populations (Washington has tested 21% of its population). China with the largest population and the place of origination, has only tested 11.1% of its population. The infection rate for COVID is 2% of the United States population and little over 6.5 million cases to date, with only 2.9% mortality rate for those that are infected. Our original expectation for the 2 million deaths was 57 million infected or 17% of the population of 311 million in the country. In other words, only 2% of the population to date has become sick vs. 17% and 97% of those have recovered. We have also developed better treatments which now are impacting cumulative death rates as illustrated in the chart below (Source: Worldometer Data) which show the cumulative death rate as a percentage of cases has dropped from a high of 6% to 3% while cases overall have risen in the July-August timeframe. The combination of lower than expected infection through public health measures

and improved treatment has resulted in 200 thousand deaths or 10% of what the original expectation of 2 million.



COVID-19 pandemic cases and mortality by country as of 11 September 2020.^[1]

Country	Confirmed cases	Deaths	Case fatality rate	Deaths per 100,000 population
San Marino	722	42	5.8%	124.32
Peru	702,776	30,236	4.3%	94.52
Belgium	90,568	9,917	10.9%	86.82
Andorra	1,301	53	4.1%	68.83
Spain	554,143	29,699	5.4%	63.56
Bolivia	124,205	7,193	5.8%	63.36
Ecuador	113,206	10,749	9.5%	62.92
Chile	428,669	11,781	2.7%	62.90
United Kingdom	360,544	41,697	11.6%	62.71
Brazil	4,238,446	129,522	3.1%	61.83
Italy	283,180	35,587	12.6%	58.89
United States	6,396,551	191,766	3.0%	58.61
Sweden	86,194	5,843	6.8%	57.38
Mexico	652,364	69,649	10.7%	55.19
Panama	99,715	2,127	2.1%	50.92
France	392,243	30,819	7.9%	46.01
Colombia	694,664	22,275	3.2%	44.87
Ireland	30,360	1,781	5.9%	36.70
Netherlands	82,016	6,285	7.7%	36.47

1. ["Mortality Analyses". Johns Hopkins University](#)

In addition, at least three vaccines as of mid-September are in Phase 3 clinical trials, the last phase which tests the effectiveness of the vaccine and longer-term safety. (Earlier phases focus on testing for immediate side effects and general safety) It is realistic to believe that one or more may work and be available by year end. Now as I note these positive comments on progress made, please understand that we have lost about 200 thousand individuals and that it is important to realize that even one death is one too many.

Our local actions began as early as Mid-March of 2020 for COVID 19. Much of our emergency planning has been based on the worst-case scenario for our region which is the Cascadia Zone Earthquake. This resulted in a revised county plan that organized the county into five operational areas; Sequim, Port Angeles, Joyce, Clallam & Neah Bay, and Forks. Each became responsible to direct the “boots on the ground” in their areas with the County’s Emergency Management Department and its Emergency Operation Center (EOC) coordinating the requests for assistance between operational areas and obtaining additional state and federal resources for them.

From this planning effort the City of Sequim and Clallam County Fire District 3 (CCFD 3) entered into a joint agreement between themselves to establish the Sequim Operational Area (SOA) and to work jointly as the lead agencies for emergency response in Eastern Clallam County (Gardiner to Deer Park). This newly formed group in the spring of 2019 began to formally train using FEMA training resources, both city and CCFD 3 staff, allowing them to work together and operate an Emergency Coordination Center in the Transit Center next to City Hall. The SOA staffed its center with trained Fire leaders who had experience serving on major disaster and city employees, limiting the number of public volunteers. This gave the SOA the advantage of having personnel that understood the policy and procedures of both agencies and allow for quicker decision making. Using this approach, the team was able to get a year of experience in before COVID 19 happened and conduct a mass fatality shooting drill using field units at the school plus the resources of the SOA’s ECC in coordination with the Sequim School District to work out problems.

The county made the decision to activate its EOC in conjunction with the State of Washington opening their EOC and a request by County Public Health for assistance. The leadership of SOA (City of Sequim and CCFD 3) evaluated their situation in light of the data being provided on the impact of COVID and made the decision to open the SOA’s ECC and staff it even though we were not yet impacted by COVID 19, as it would be wise to use this time to develop detailed plans and working relationships. For better understanding of SOA and EEC see this Video Link: <https://drive.google.com/file/d/1yyq9lVGlc9plzsPvDot2BscogwEPPJvP/view?usp=sharing>

With the decision to activate the SOA's ECC it was realized that the current transit center would not allow a level of social distancing needed for COVID and operations were moved to Guy Cole. The center was operated from Mid-March to Mid-June and is ready to open again if needed should COVID 19 overwhelm our resources. During this time the Center developed the detailed plans to address the following items many of which could be used in other disasters:



- Liaisons who reached out to key groups and established working relationships and contacts including
 - Chamber of Commerce
 - Hotels
 - Medical Facilities
 - Churches
 - Day Care
 - Big Box Stores
- Hospital Surge Plan using hotels & medical facilities here in Sequim in lieu of OMC Port Angeles
- DMORT (Deceased Body Plan)
- Feeding Plan working with Sequim School District
- Community Points of Distribution of Supplies (CPODs) Video Link:
<https://drive.google.com/file/d/12OVID6-CWvZ-65tfjBpaRlmyU1Aq7H-/view?usp=sharing>
- Sheltering plans with RVs and Trailer and where
- Detailed Tracking of COVID 19 progression, trends and model of the disease
- Drive Through Testing or Vaccination Plans
- Shelter Intake, Operations and Support Processes
- Educating the community about COVID 19
- Coordinating donations for the county in our area
- Working to ensure community shortfalls were met
- Supporting businesses to stay open where possible

The above represents a list of many things that were worked on each day. Another important event was the Sequim Operational Area (SOA) achieved the first Delegation of Authority in the history of this County. This was a new concept for the county where they had to actually delegate a legal and financial authority to an operational area to act on their behalf, necessary if you are going to cut the chaos of an event and empower the area to work on the behalf of the citizens. A second delegation of authority was also done to the SOA to authorize agencies in our area the ability to distribute Federal and State received food to the citizens here via COVID Care Food Package CPOD. These actions help cement the practices into our standard response for a disaster.

None of this happens without “the real boots on the ground” that gets things done. Two of our volunteer groups distinguished themselves well during the COVID 19 events this summer: Sequim Police Department Volunteers in Police Service (VIPs) and our Community Emergency Response Teams (CERTs). They have been recognized both at the State level in the Governor’s Office and at the Federal FEMA Region 10 level for their work. Both are vetted and integrated units in our emergency plans. Over 110 CERTs and 6 VIPs participated in the COVID 19 response. It should be noted none of our VIPs/CERTs became as of this writing COVID positive from serving. This is a testament to safety measures we imposed on their actions. Specifically, they supported the following key activities by either running or performing support of:

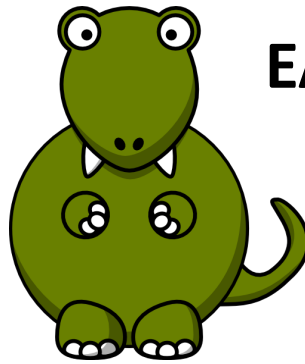
- Message Center for the SOA’s ECC daily for the 3 months it was open
- Front Door Security, Check-in and Temperature checks for Guy Cole ECC
- Donation Center at Greywolf Elementary School daily for over 8 weeks
- Provide the Public Information Officer of the ECC with a staff that updated daily multiple Message Boards located strategically throughout the community
- Staffed Phone Banks to obtain contacts, information, capabilities, and status of medical facilities, nursing homes, churches, day care, stores, service business, etc.
- CERT developed COVID 19 education package which we distributed to Map Your Neighborhood and CERT teams.
- Distributed Flyers on COVID 19 to businesses and community centers in Sequim and Port Angeles (CCFD 3’s CERT 1st and 2nd deployment mission as a group under a live state authorized event)
- Finally, for 15 weeks (as of 9/9) operated CPOD at Sequim Middle/Senior High Schools, now currently at Trinity United Methodist Church/Guy Cole Event Center in Carrie Blake Park. Servicing 3,514 cars, 6,091 families and delivering 13,159 boxes of food. The CPOD still has 3 more weeks to go at the time of this writing, so the number will be even higher than this.
- For all but the first of these 15 weeks, Peninsula Behavioral Health volunteered time at the CPOD to listen to and counsel anyone coming through the food line for free. The COVID-19 period has been especially stressful for many people.

Thank you! We could not have gotten things done without you.

Communication has been a challenge for everyone during this COVID event, so I am hoping you find this information of value to you. Rest assured our goal is to do the right thing and we know we have a lot more to do to achieve disaster ready community. But, together we can.

Blaine Zechenelly, Clallam County Fire District 3 – Disaster Planner

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

Disposable Baking Pans
Aluminum Foil & Plastic Wrap
Cookware
Toys
Tools
Batteries
Winter Coats & Clothes
Motorcycles
Sewing Machines
Water Filters
Chain Saws
Generators
Pressure Cookers
Party Supplies
Air Conditioners
Gas Grills



Things to Do, Learn & Buy This Quarter

How did everyone do last 3 quarters? Accomplish all or part of the lists?

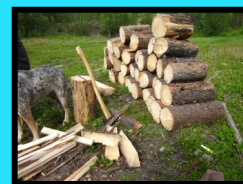
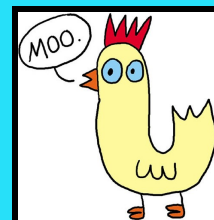
TO DO

- Declutter one closet each weekend this quarter
- Make a batch of soup without a recipe using what you have on hand
- Complete a home inventory and place a copy in your emergency binder
- Put together emergency kits for your pets (carrier, pads, travel bowls, food, toys)
- Check the locks on all the doors and windows in your home
- Turn off the grid. Purposely spend a weekend without electricity or gadgets
- Create a plan for alternative housing
- Inspect and repair gutters and roof
- Put a smoke alarm in every bedroom. Alarms over 10 years old, replace!
- Design, set up and practice a "safe room" in your home



TO LEARN

- Have the proper tools and skills to sharpen a knife. Practice
- Consider learning or improving a 2nd language
- Learn how to drive in snowy, stormy, and icy weather
- Read a book (not an e-book) or articles about food storage
- Learn about animals you can raise for food where you live—chickens, rabbits
- Read about communication during emergencies/make a family communication tree
- Learn about and make an emergency toilet
- Read about alternative methods of washing clothes without electricity
- Learn how to preserve eggs, milk and cheese, and preserve one
- Learn how to split and stack firewood



TO BUY

- Research and buy an alternative food item, such as freeze dried, dehydrated, etc
- Buy 10# of dry pinto beans and learn how to cook with them
- Buy 20 cans of various meats, salmon, stews, spam & tuna
- Create and buy components for a dental first aid kit
- Purchase 1 gallon of white vinegar
- Buy a battery powered radio and extra batteries
- Have a "get me home" kit in all vehicles
- Make sure you have jumper cables, tools, electrical/duct tape, water for all vehicles
- Buy or create a portable sewing kit. Research a hand held portable sewing machine
- Purchase Potassium Iodide for all kits



Several MYN participants have asked about alternative food storage items. So after a bit of research, have come up with a couple ideas utilizing unconventional storage items. Try & enjoy!

Here are 2 ideas from Meals in a Jar by Stephanie Petersen

Sausage Gravy and Biscuit Dumplings - 5-10 years shelf life! Serves 4-6 people

Jar ingredients: 1 cup Honeyville freeze-dried sausage 1/2 cup Honeyville instant nonfat dry milk
1/2 cup Honeyville cream cheese powder 1 Tbsp Honeyville dehydrated onion
1 tsp Chef Tess All-Purpose seasoning 1/8 tsp black pepper
1/4 cup Honeyville all-purpose flour

Bag ingredients: 1 cup Honeyville all-purpose flour 1 tsp baking soda
2 tbsp Honeyville buttermilk powder 1/4 tsp salt

Jar Directions: Layer jar ingredients in a wide-mouthed quart-sized jar, shaking the dry powder ingredients into bulkier items. In a zip-sealable bag, add all bag ingredients. Squeeze air out of bag, twist it sealed, and place on top of the jar ingredients. Top jar with an oxygen packet for longer-term storage, cover with a new canning lid, and hand tighten the metal ring.

Cooking Directions: Remove oxygen packet and discard. In a 12 inch deep skillet with a lid, combine the jar ingredients with 3 cups of hot water and bring to a simmer. Cook on medium heat for 10-12 minutes, stirring occasionally. In a medium bowl, combine the bag ingredients with 1/3 cup of cold water. Stir just till combined. Drop this biscuit batter into the gravy in the skillet in 5-6 equal mounds of dough. Cover skillet and reduce heat to a low simmer. Cook for 10-12 minutes until biscuits are cooked through.

Cajun Red Beans, Sausage, and Rice - 5-10 years shelf life! Serves 4-6 people

Jar ingredients: 1/2 cup Honeyville freeze-dried sausage or sausage TVP
1 1/2 tsp dehydrated minced garlic 1/2 tsp pepper
2 tsp hot sauce powder 1/2 tsp thyme
1 tsp smoked paprika 1/4 tsp dry rubbed sage
1/4 tsp hickory smoke powder 1/3 cup Honeyville dehydrated onion
1/2 cup Honeyville freeze-dried bell peppers 1/4 cup dehydrated celery
1 cup Honeyville quick-cook red beans 1 tsp MSG-free chicken boullion

Bag ingredients: 1 cup Honeyville long-grain rice 1 tsp salt

Jar Directions: Layer jar ingredients in a wide-mouthed quart-sized jar, shaking the dry powder ingredients into the bulkier items. In a zip-sealable bag, add the bag ingredients. Squeeze out the air, zip seal, and place bag in jar. Top with an oxygen packet for longer-term storage, cover with a new canning lid, and hand tighten the metal ring.

Cooking Directions: Remove oxygen packet and discard. In a quart-sized saucepan, add 2 cups of water and the contents of the bag. Bring to a boil and then simmer, covered on low for 20 minutes. In a separate pot, combine the remaining jar ingredients with 4 cups of water and simmer until the beans are tender, about 20-25 minutes. Serve over the rice.

So, one of my MYN hosts suggested...how about adding a bit of humor to the newsletter

You know who you are! This quarterly fluff piece is just for you!

What do you call groups of animals?

A Harem of Seals
A Scurry of Squirrels
A Streak of Tigers
A Drove of Oxen
A Clowder of Cats
A Cackle of Hyenas
An Embarrassment of Pandas
A Conspiracy of Lemurs
A Shrewdness of Apes
A Parade of Elephants
A Rhumba of Rattlesnakes
A Bank of Komodo Dragons
A Knot of Toads
A Muster of Peacocks
A Quiver of Cobras
A Flamboyance of Flamingos
A Charm of Hummingbirds
An Audience of Squid
A Consortium of Crab or Octopi
A Shiver of Sharks
A Business of Ferrets
An Array of Hedgehogs
A Blessing of Narwhals
A Convocation of Eagles

A Squadron of Pelicans
A Crash of Rhinos
A Gang of Buffalo or Elk
A Gaze of Raccoons
A Thunder of Hippos
A Mob of Cattle
A Brace of Ducks
An Aurora of Polar Bears
A Prickle of Porcupines
A Coalition of Cheetahs
A Leap of Leopards
A Battery of Barracudas
A Gaggle of Geese
A Parliament of Owls
An Intrusion of Cockroaches
A Congregation of Alligators
A Squabble of Seagulls (makes sense)
A Wisdom of Wombats
A Skulk of Foxes
A Cauldron of Bats
A Tower of Giraffes
A Prowl of Jaguars
A Raft of Otters
A Committee of Vultures

And my personal favorite?
A Murder of Crows

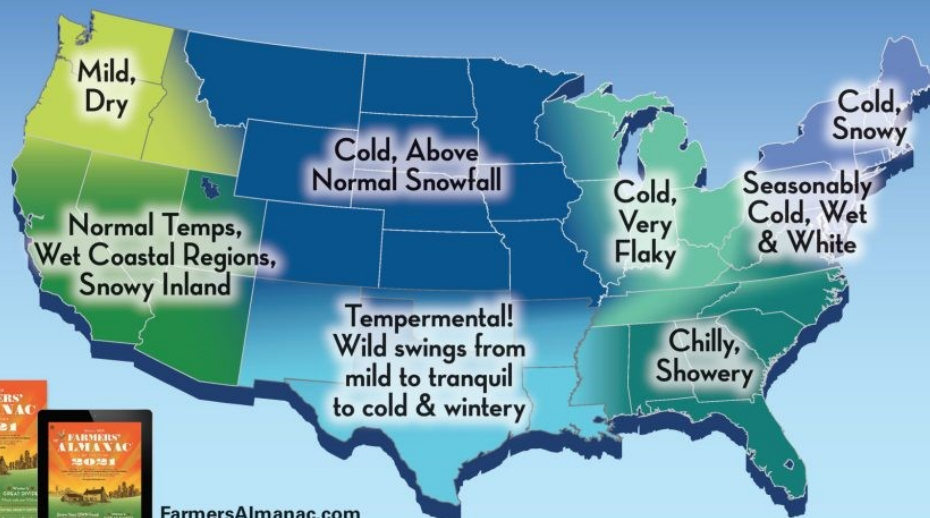


You're Welcome!!



2020-21 WINTER OUTLOOK

Winter of the Great Divide



FarmersAlmanac.com



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?

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

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 or 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 lynn5977@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 lynn5977@live.com and we’ll share in our next issue!

Coming up in our next issue!

A message from Sequim City Manager Charlie Bush

The Ultimate 72 Hour Kit

20 Items to Have If You Are Caught in an Urban Disaster

The G.O.O.D. Survival Manual

Make Your Own MREs!

AND LOTS LOTS MORE!!!