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PENINSULA EMERGENCY PREPAREDNESS 2023 GUIDE

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INTRODUCTION

By **Blaine Zechenelly**

EMT/Disaster Planner Clallam County Fire District 3

Welcome to our sixth annual Emergency Preparedness Guide. Each year we try to build upon our prior years' work on this subject and update you on the latest developments affecting our community. You can see the prior five years of this series at this link <https://ccfd3.org/community-emergency-response-teams-cert-program>, which is Clallam County Fire District 3's web page for our Community Emergency Response Teams' information.

Although we always want to focus on any possible threat to us, and we tend to prepare for the worst-case scenario in our area (Cascadia Earthquake), we know we can scale it back to any lesser events. This year's guide builds on two events that happened in 2022 and early 2023 and the "model the way forward theme" after COVID of last year in improving our own local response.

In June of 2022 the State of Washington held Cascadia Rising 2022 which is a National Level Exercise (NLE) in the Northwest Region between FEMA, Federal Agencies, the states of Oregon, California, Washington, Idaho, and British Columbia. A previous NLE exercise was held six years earlier in 2016 and focused on putting "boots on the ground" by the Washington State National Guard and full activation of the Washington State Emergency Management Division. Much was learned from that initial exercise and it drove the scientific study of the Cascadia Earthquakes by our geologists and researchers. The findings led to significant new knowledge of the effects of this event on the region and resulted in the community learning the impact would be far greater than we had anticipated.

There were high expectations across the state for the 2022 drill but due to COVID Washington State decided to convert to a scaled down tabletop level exercise rather than a true "boots on the ground" event. A few things became very clear. The state itself, outside of the Washington National Guard, was after six years no more prepared than before. Although it had better knowledge of the threat and the impact it had not advanced its capabilities, nor offered new solutions to our community of assistance or aid in our recovery.

In fact, it left one clear message for coastal areas: we are on our own for at least 30 days and possibly 60 days or more before any state level help would arrive. Leaving the Federal agencies, United States Military units and the National Guard units being the only real but limited help arriving early for us by air. Surface roads, critical to the delivery of supplies, would be shattered and the state had no real plan to get them operational. This limits food, water, shelter, communications, disaster supplies and medical attention for the community. In fact, some estimates on surface roads repairs were in a period of a year or more to repair by Washington State Department of Transportation.

The second event that we could draw conclusions from was the recent earthquakes in Turkey at magnitudes 7.8 and 7.5. These events provided additional lessons learned that can be applied in our community.

I hope you find this year's guide is of value to you and the series as a whole path forward to help you address what actions you need to take to not only survive a major disaster but have a better outcome for you and your family. ✦

AUTHORS

FOR THE PENINSULA EMERGENCY GUIDE

This year we have expanded the number of authors to broaden the expertise being brought to you, the community. Note that these are local authors who live, work and volunteer in our community and understand its needs. Here is the group for this year.

- ✦ **Blaine Zechenelly** — Clallam County Fire Protection District 3 EMT/Disaster Planner
Formerly an IBM/Hitachi MBA executive with 22 years volunteering with Emergency Services.
- ✦ **Jim Buck** — Former State Representative, West Point Army officer
Currently with Clallam County Emergency Management & Joyce Emergency Planning & Prep (JEPP)
- ✦ **Donna Buck** — Former Educator
Currently with Joyce Fire Protection District 4 & JEPP
- ✦ **Keith Koehler** — Former Electrical Engineer in the Federal Nuclear Operations environment
Currently a Sequim Operational Area CERT Deputy Division Chief
IT specialist for Clallam County Fire Protection District 3
- ✦ **Charlie Meyer** — Former Air Force Academy Officer/Pilot
Worked for the National Security Agency.
Currently a Sequim Operational Area CERT Division Chief
- ✦ **Dennis Burnett** — Former manager with U.S. National Parks
Currently serving as the Emergency Planner for the City of Sequim.
- ✦ **Andra Smith**
Currently the Executive Director for the Sequim Food Bank.

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CASCADIA RISING 2022 EARTHQUAKE EXERCISE

AFTER ACTION REPORT FROM THE STATE OF WASHINGTON

By Keith Koehler and Blaine Zechenelly
Clallam County Fire District 3

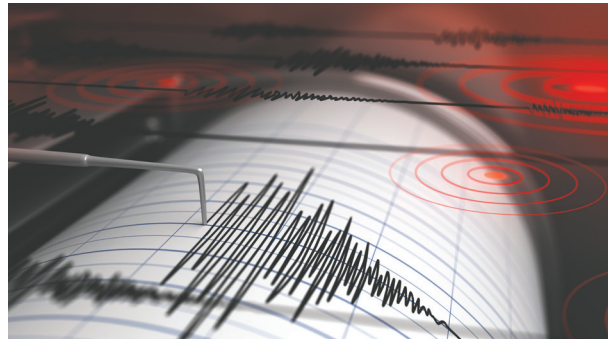
For the full details about the Washington State EMD response see the document below:

+ <https://mil.wa.gov/asset/6390e374e0f21>

The executive summary produced by the State of Washington states the following:

PURPOSE: The purpose of this Summary of Conclusions is to provide an assessment of Washington State's Cascadia Rising 2022 (CR22) National Level Exercise (NLE) focused on testing the prioritization of critical ground transportation routes and the assessment of emergency mass care service and support capabilities to impacted jurisdictions following a Cascadia Subduction Zone (CSZ) event.

ISSUE: Prioritize the reopening of critical surface transportation infrastructure along key east-to-west routes to move lifesaving and life-sustaining bulk goods and



resource support statewide.

SYNOPSIS: The Critical Transportation Table-Top Exercise (TTX) identified several issues with the movement of supplies from eastern to western WA over highways, roads, and bridges. Surface transportation infrastructure may be heavily damaged or destroyed following a CSZ event, necessitating the need for emergency repair and reopening. The exercise discovered a critical issue with a lack

of a current planning timeline for the reopening of critical surface transportation routes, specifically the key east-to-west corridors. The lack of an understanding of the potential delays in reopening these critical routes limited the ability to conduct accurate planning for the logistical movement of public and private sector bulk goods and resources, including fuel and medical supplies. In addition, the timeframes needed for emergency repair and re-opening of the highways is necessary to plan for the movement and evacuation of displaced survivors within the local jurisdictions and along the highways between eastern and western Washington. Without a re-opening and movement control plan and associated timelines as planning assumptions, decision-makers are challenged to determine the scope, scale, and duration of needed air and maritime response.

The CR22 exercise looked closely at the severity of these impacts to damaged and degraded surface transportation infrastructure. Mitigation efforts are urgently needed to significantly improve and strengthen prioritized state, tribal,

see EARTHQUAKE on page 14

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LESSONS LEARNED FROM TURKEY & SYRIA EARTHQUAKES

By Keith Koehler
CERT and Clallam County Fire District 3 Support Services

References in this document can be found at bit.ly/3ZHAVX6

This NPR headline says a lot: *“The earthquake in Turkey and Syria offers lessons and reminders for disaster response.”*

This article came to the conclusion that there are three major issues after a major disaster like the one that struck in Turkey and Syria. These are:

1. **There are never enough search and rescue crews.**
2. **The military needs to deploy immediately.**
3. **Mitigation and prevention are critical to avoiding future disaster.**

The article goes on to say: *“In the immediate aftermath of a devastating earthquake, where someone is trapped in their collapsed home or office building and waiting for help, it’s likely that the first people to help won’t be trained professionals.”*

“The people who are going to have the most effect on the rescue is going to be your neighbors. Because they’re the ones right there, right when it happens,” Forrest Lanning told NPR. He’s an earthquake and volcano response liaison with the Federal Emergency Management Agency and a structural engineer.

This is one of the major drivers for our areas Community Emergency Response Team (CERT) Program. This program trains volunteers in each local neighborhood how to safely respond to a disaster and also how to size up the conditions after a disaster to be the most effective they can be in their search and rescue duties. The program based on the National CERT program models, trains local citizens to be the professional force multiplier that local first responder agencies need in a disaster. This CERT program does not replace the First Responder Agencies it complements them and works in concert with them to “Do the Most Good for the Most People”.

This need is amplified later in the article where it says: *“There are usually not enough search and rescue crews to save everyone.”*

Experts say the growing death tolls — more than 39,000 in Turkey and Syria — reflect how important search and rescue efforts are within the first 12 hours to two days.

The window of opportunity to save people trapped under collapsed buildings “will start to close pretty fast and by the time you get around day four or five, it’s done,” Lanning said. Another take away is that the military response needs to happen immediately.



see **TURKEY & SYRIA** on page 14



PERSONAL PREPAREDNESS FOR JEFFERSON COUNTY RESIDENTS

It *could* happen here — someday it likely *will* happen here.

“IT” could refer to any one of a number of disasters to include, an earthquake, a tsunami, or a wildfire; damaging windstorms that can cause prolonged power outages. Any of these incidents either have or could affect the Olympic Peninsula.

Creating a ‘what if’ plan that includes all members of your family is not as difficult or time-consuming as it sounds.

Make sure every member of your family knows how to get out of the house in the event of a fire. Leave the house first THEN call 911.

Decide on a reunification method/place for all family members if you must evacuate your home or if you are in separate locations at the time of a disaster. If you have young children in school, ask to see a copy of the school’s emergency plan. If you have loved ones in assisted living residences, ask for a copy of their emergency plan.

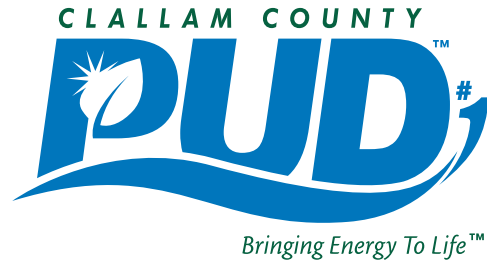
- Learn CPR and First Aid
- Plan for your pets
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Are you prepared for a real emergency?

From a power outage to a major disaster, the best thing you can do for yourself and your loved ones, is to be prepared. This can include:

Minor event (such as power outage)

- Extra batteries
- Portable radio or hand-crank radio
- Cell phone charging bank
- Generator, if needed for medical equipment
- Flashlights/light sticks
- Ice to preserve refrigerated and frozen goods
- Extra blankets

Major event (in addition to items above)

- Establish a meeting location/communication plan
- 30-day supply of potable water and non-perishable food
- First aid kit and 30-day supply of prescription medications
- Copies of important documents and cash in small bills
- Sanitation supplies
- Emergency whistle
- Clothing including leather gloves, thick-soled shoes and protective hat

Don't forget emergency supplies for your pets!

Preparedness doesn't have to be overwhelming. Make the commitment to start today, acquiring an item per month. These items make great gifts too, especially for those hard-to-shop-for loved ones! For more information and resources visit:

www.clallampud.net/emergency-planning

2023 SCHOOL SEISMIC SAFETY UPDATE

By Jim Buck
Clallam County Emergency Management and JEPP

Last year's Peninsula Preparedness Guide brought school seismic safety to your attention for the first time. The issue concerned the June 30, 2021 School Seismic Safety Project (SSSP) report that examined over 550 school buildings throughout western Washington. The report concluded that 93% of the buildings were built before science discovered the earthquake threat we know today. These buildings are not designed to survive a moderate quake like the 2001 Nisqually quake. The study states that a quake affecting any of the school buildings in the study could collapse the building resulting in death, entrapment and injury of the students and staff.



This is scary but what is more sobering is there are still over 1,900 at-risk school buildings to be examined. These include all school buildings in Sequim, all but Roosevelt in Port Angeles and some buildings at Crescent and Forks. Buildings in Neah Bay and Clallam Bay are known to be at risk from quake and tsunami. The new school at La Push meets current building code and is out of the tsunami zone.

The 2022 Legislature got off to a good start when it established SSB 5933, the School Seismic Safety Grant Program. The capital budget allocated \$100 million to begin fixing the schools. While the bill passed the house and senate unanimously, the Legislators neglected to arrange for a committee to investigate this devastating issue. There is no requirement for the legislature to receive a "state of the schools" report so there is no accurate estimate of how many schools are unsafe. That lack of knowledge means no action is being taken to develop a plan to retrofit or rebuild 2,400 school buildings in the next 25 years. No effort was made to educate senators and representatives about the dangers facing our kids.

A local group, Seismic Safety for Kids (SSFK) (<https://seismicsafetyforkids.com>), decided to fill that education gap. They wrote and emailed seven authoritative briefing papers for legislators between May and September. The briefings provided legislators with the information they would have received had they attended a formal legislative committee hearing. Many legislators ignored the briefings. Those who read the briefings learned the following (All are available on request at <https://seismicsafetyforkids.com>):

1. Estimated cost to replace 67 SSSP study buildings in Washington's tsunami zone
2. Estimated cost to retrofit/replace 490 SSSP study buildings not of the tsunami zone
3. Estimated cost to evaluate 1,909 buildings not in the SSSP
4. Estimated cost to fix 1,909 buildings not in the 2017-2021 SSSP
5. Discussion of possible legislative actions to address seismic school safety
6. Discussion of how the legislature can pay the bill

ESTABLISHING EMERGENCY SHELTERS INSIDE THE SEQUIM OPERATIONAL AREA (SOA)

By Dennis Burnett
City of Sequim Emergency Management & Keith Koehler
Clallam County Fire District 3 Support Services

The concept of Emergency Shelters is to seek facilities that have sufficient space to set up dozens (50-100+) of emergency cots with a large kitchen and bathrooms to handle a large number of disaster victims. Efforts have been successful with Trinity United Methodist Church (TUMC) and Olympic Unitarian Universalist Church (OUUC) in signing agreements with Clallam County as “emergency shelters” that protect their facilities. Volunteers in these shelters are being registered as “Washington State Emergency Workers” by the “City of Sequim” which will provide liability and medical protection for those workers.

TUMC’s staff of Red Cross trained volunteers participated in a demonstration shelter during the National Level “Cascadia Rising 2022” Exercise in June of 2022. Eighty emergency cots with blankets, provided by Sequim Operational Area Emergency Management Team (SOA-EMT), were deployed during the exercise and others interested in shelter operations were invited to view this model.

OUUC is developing a cadre of volunteers to receive Red Cross training in managing an emergency shelter. When this is complete, and a storage space is identified they will be provided with emergency cots and blankets.

Sequim Community Church (SCC) is in the process of getting the agreement signed with Clallam County. Once that has occurred, we will then set up Red Cross training for their volunteers and provide them with an appropriate number of cots and blankets (Storage space at SCC has already been identified).

SOA-EMT met with St. Joseph’s Catholic Church in November 2022. They agreed in principle with the shelter concept and are in the process of seeking approval from the Seattle Archdiocese.

In February, the First Baptist Church of Sequim approached the SOA-EMT and expressed an interest in becoming an emergency shelter. Plans are underway to arrange meetings with the church to bring them on board.

In seeking additional facilities, SOA-EMT has reached out to Non Faith Based organizations such as the Elks and Masonic Lodges as well. Other Organizations and Churches are encouraged to contact the SOA-EMT if they are interested in participating in sheltering operations. Important notes if you would like to participate SOA-EMT shelters are open to all without discrimination.

One of the factors effecting sheltering operations is the acquiring of cots and blankets, to



TUMC was able to demonstrate sheltering space for 80 clients. The Trinity United Methodist Church (TUMC) at Carrie Blake was the demonstration site. This shelter was intended to be a model to encourage other organizations to join the shelter support program. When necessary, all shelters will be run by the City of Sequim under the City’s Shelter Plan. Hannah Merrill (City Parks) is Director of Shelters. The city’s goal is to establish 8-10 more of these shelters in the future to support as many as 1,000 clients. Photo credit: Charlie Meyer.

see SHELTERS on page 15

Emergency Preparedness



Tips for Medical Needs

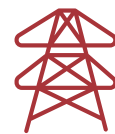
When disasters strike, those with medical needs are often hit hardest. Here are five steps to medically prepare yourself or your loved ones.



Have a backup power supply for oxygen and other electrical medical devices.



Always keep a two-week supply of medications and other medical needs on hand.



In case of a power outage, have a manually operated wheelchair available.



Identify an evacuation shelter or support system that can meet your medical needs.



If you have a service animal, make preparations for them as well.

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SEQUIM'S CERT PROGRAM

AN EMERGENCY PREPAREDNESS MODEL

By Charles Meyer
Division Chief Sequim CERT Program



By now, everyone on the Olympic Peninsula should have heard about the pending danger of a large-scale, Cascadia subduction earthquake event that, when it occurs, is expected to replicate or even exceed the severity of the quake that hit Anchorage Alaska in 1964. The scale and seriousness of this anticipated Cascadia scenario has motivated Clallam County Fire District 3 (CCFD3) emergency planners to enlist literally hundreds of local, civilian volunteers to become part of a precautionary program that significantly augments the Peninsula's very limited emergency capabilities. Beginning in 2016, this unique Community Emergency Response Team (CERT) Program initiative has developed into a highly innovative and systematic program that organizes, trains, equips and sustains a continuously ready cadre of CERT emergency volunteers. As implemented within the Sequim Operational Area (which extends from Blyn to Morse Creek in Port Angeles), this tailored program features multiple, neighborhood-based team organizations, robust command, control and communications structures, defined team operational area assignments, and also conducts monthly team training meetings. The CERT Program relies on the willingness of citizen volunteers to step forward and receive the emergency training they can then use to serve their fellow neighbors in need. As volunteers, CERTs serve without any pay or compensation, which

results in a highly cost-effective means to support and extend the effectiveness of Clallam's limited numbers of professional responders. Since it was established in 2016, the CCFD3 CERT Program has grown in scope and effectiveness such that it has now become a stand-out model that other communities on the Peninsula and elsewhere have recently expressed interest in emulating. Here are some reasons why Sequim's CERTs have proven themselves to be so useful.

CERTs operate in their own home neighborhoods.

CERTs can quickly serve their near neighbors by being first on the scene to provide a viable means to reduce or mitigate loss of life in the aftermath of a major disaster. Trained CERT volunteers will likely serve as the principal means by which citizens can remain informed about disaster assistance plans and as such can serve as an authoritative and calming presence during such emergencies. CERT volunteers can also perform secondary missions of food, water, and supply distribution, traffic control, basic first aid, etc.

CERTs augment emergency response efforts.

During times of overwhelming demand for limited First Responder resources, the addition of CERT-trained and certified volunteers offers fire commanders or sponsoring agencies a force multiplier that can be deployed and directed to great effect to benefit the entire community.

CERTs support disaster management efforts.

Elected leaders and emergency managers who must respond quickly to any wide-spread disaster event will directly benefit from the contributions of CERT-trained volunteers who can be deployed in numbers to mitigate the effects of the

disaster on human lives and property. CERT volunteers who are present on-scene can radio current status reports and damage assessments to higher authorities so that tailored responses can be set in motion more quickly.

CERTs address the highest disaster priorities.

Because our Peninsula communities are relatively isolated from the State's major population centers, our emergency planners do not expect to receive, in a major region-wide disaster, any immediate outside help or support from State and Federal agencies for many weeks following a disaster event. Stated bluntly, the whole Peninsula will

likely find itself to be completely isolated and on its own. Residents will have to look to their own, local resources to deal with such an emergency. The CCFD3 CERT Program represents an innovative and largely unique response capability, designed to assist local emergency workers in addressing the special conditions and potential disaster risks that exist on the Olympic Peninsula. More specifically, in the first week after an event, the five highest Sequim Operational Area (SOA) response priorities will be:

1. Restoring Communications, Command and Control:

CERTs all carry handheld radios that tie them into an emergency chain of

see CERT PROGRAM on page 13

When the lights go out
Large storms bring challenging conditions impacting entire regions. Be prepared with these tips!

- POWER LINE DOWN? STAY AWAY!**
Treat any power line as if it is live.
STAY AT LEAST 50 FEET AWAY!
- KEEP A 3-DAY SUPPLY OF WATER**
Store 3 gallons per person, per day.
Change water yearly.
- BATTERIES & FLASHLIGHTS**
Unopened batteries have a 7-year shelf life. Keep headlamps & flashlights on-hand.
- FUEL-UP BEFORE A STORM**
Fuel-up vehicles and generators in case they are needed.
- DON'T OPEN THE FRIDGE**
Fridges & freezers are insulated and keep cold better if unopened during outages.
- STAY INFORMED VIA MOBILE**
Follow the PUD on social media channels for latest updates.

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FOOD RESOURCES IN A DISASTER

By Andra Smith
Executive Director Sequim Food Bank

“I’ll just run down to the grocery store and get it.” How many times have you said that? But sometimes, that may not be an option.

In the event of an earthquake or disaster, our area could be cut off from food resources. During the pandemic, the Olympic Peninsula experienced supply chain disruptions in part because of the distance from the I-5 corridor.

“With COVID we learned just how fragile our food system is on the Olympic Peninsula,” says Andra Smith, Executive Director of the Sequim Food Bank.

Smith says that the Sequim Food Bank immediately shifted to emergency operations at the onset of the COVID pandemic. “We had pallets of food that we needed to get out to the community, and people needed to be fed.” They transitioned to a drive-thru distribution model at the food bank, but soon realized a larger community-wide distribution was needed. In partnership with the City of Sequim and Clallam County Fire District 3 and Community Emergency Response Teams, food bank staff and volunteers created a program of weekly food distribution at Carrie Blake Park, providing food to thousands of people.

“Providing food is an important part of emergency response, and we were pleased to develop a strong relationship with emergency agencies during our community-wide distributions,” says Smith.

Moving forward, the Sequim Food Bank will become part of the community emergency plan. “We asked, how can we help?” said Smith. With years of experience with food distribution, they are well prepared to assist.

The main limitation at this time is lack of storage. “We have the knowledge and experience, but we don’t currently have the capacity to store the food necessary to support our community for an extended period of time,” explains Smith.

The Sequim Food Bank plans to expand the facility and increase storage capacity as part of their partnership with emergency preparedness agencies. “We need to ensure that we always have enough food ready and available for our community, whether every day or in an emergency.”

According to our local Emergency Preparedness team, over 600 tractor trailers transit into our area to resupply stores and businesses with products each day. On average, the typical family has one week’s worth of food on hand and our local grocery stores stock one to three days of any one



item. Combining these resources with County food banks’ food storage, our area has approximately two weeks of food and supplies on hand, according to emergency planners. In times of a disaster, if the Hood Canal Bridge is impassable, the impact will be quickly apparent.

One way to help prepare your own household for an emergency is to store food supplies. Our local Emergency Preparedness Agencies are suggesting you store at least a 30-day supply of food for your family. Prestocking a household helps your family and also supports emergency food storage agencies like our food banks so that we can continue to serve our community in times of a disaster. A goal of our Clallam County emergency preparedness team is to have local food capacity for up to 30 days of self-sufficiency during an emergency, but you can help by starting your own food storage plan today. You can start small and build it up gradually using the suggestions in this guide. Check out the article on \$1.58 meals for creative meal planning ideas. ✦

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FEEDING TWO PEOPLE FOR \$1.58 A MEAL

By Donna Buck
Joyce Emergency Planning & Preparedness (JEPP)



Our 2019 Emergency Preparedness Guide talked about an example of how to do an emergency food stock for as low as \$1 per meal. Well, that was 2019 and now here we are 4 years later, after surviving COVID and amid a period of inflation we decided it was time to take a look at what the average family's cost would be in trying to build an emergency food supply today. What we found was that the \$1 per meal has gone up considerably, in fact 46%. A similar program today is \$1.58 per meal or \$66.30 for two individuals for seven days. This compares to \$45.31 in 2019 or \$1.08 per meal. This should not be a surprise as any consumer who shops weekly at the store clearly knows. Despite this its important to provide the community a path to creating their own food supply cache from local stores at the lowest cost price. The stores used here to do this are only examples (Walmart and \$ Store) and feel free to use others, especially when they have bargain sales which might be even less than these prices. Grocery store chains have changed in the areas of Port Angeles and Sequim over the last four years.

Here is our 2023 list at \$1.58 per meal. The meals are designed to provide on average 1,989 calories per person per day.

The chart on the right is an example of a survival food cache updated in 2023. It will feed two people for a week. This requires 3 meals a day for 7 days for 2 people which is 42 meals plus snacks. We did not use butter or milk with any dry mix. Liquids from cans were used to hydrate pasta. The challenge was to create an appealing, healthful menu for minimum price. The total price came to \$66.30 or \$1.58 per meal. Listed on the right side is a menu for each day with weight, calories, and price of each item. The shopping list is on page 11. +

DAY	ITEM	Weight (oz)	Calories for 2	Calories for 1	Cost for 2	Store
1	Maple & Brown Sugar Oatmeal (2)	2.74	320	160	\$0.80	Walmart
	Original Oatmeal (1)	1.37	100	50	\$0.40	Walmart
	Raisins (2)	2.00	180	90	\$0.76	Walmart
	Chicken Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Alfredo Knorr Pasta (1)	4.40	470	235	\$1.25	\$1 store
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
				1797.5	\$9.02	
2	Raisin & Spice Oatmeal (3)	4.11	450	225	\$1.20	Walmart
	Raisins (1)	1.00	90	45	\$0.37	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Mac & Cheese Family size(1)	14.50	1440	720	\$1.25	\$1 store
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Chicken Knorr Pasta (1)	5.60	600	300	\$1.25	\$1 store
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
				2342.5	\$9.78	
3	Apples & Cinnamon Oatmeal (2)	2.47	260	130	\$0.78	Walmart
	Raisins (2)	2.00	180	90	\$0.76	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Chicken Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Alfredo Knorr Pasta (1)	4.40	470	235	\$1.25	\$1 store
	Can of Tuna (2)	5.00	200	100	\$1.68	Walmart
				1840	\$9.65	
4	Cinnamon & Spice Oatmeal (3)	4.11	510	255	\$1.17	Walmart
	Raisins (2)	2.00	180	90	\$0.74	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Alfredo Knorr Pasta (1)	4.40	470	235	\$1.25	\$1 store
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Hotter & Spicier Chili Ramen Express (2)	3.00	740	370	\$0.72	Walmart
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
					1842.5	\$8.97
5	Maple & Brown Sugar Oatmeal (2)	2.47	320	160	\$0.78	Walmart
	Original Oatmeal (1)	1.37	100	50	\$0.39	Walmart
	Raisins (1)	1.00	90	45	\$0.37	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Cheddar Broccoli Knorr Pasta (1)	5.70	600	300	\$1.00	Walmart
	Can of Tuna (2)	5.00	200	100	\$1.68	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Creamy Garlic Shells Knorr Pasta	4.40	480	240	\$1.32	Walmart
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
					1892.5	\$9.91
6	Apples & Cinnamon Oatmeal (3)	2.47	260	130	\$1.17	Walmart
	Raisins (2)	2.00	180	90	\$0.74	Walmart
	Chicken Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Chunk Chicken Breast (1)	7.50	110	55	\$1.34	Walmart
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Creamy Garlic Shells Knorr Pasta	4.40	480	240	\$1.32	Walmart
	Can of Tuna (2)	5.00	200	100	\$1.68	Walmart
					1685	\$9.47
7	Raisin & Spice Oatmeal (1)	1.37	150	75	\$0.39	Walmart
	Cinnamon & Spice Oatmeal (1)	1.37	170	85	\$0.39	Walmart
	Original Oatmeal (1)	1.37	100	50	\$0.39	Walmart
	Raisins (2)	2.00	180	90	\$0.74	Walmart
	Cocoa Hot Chocolate (2)	2.76	320	160	\$0.62	Walmart
	Mac & Cheese Family size(1)	14.50	1440	720	\$1.25	\$1 store
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
	Snack, Mt. Trail Mix (2)	10.00	1400	700	\$2.50	\$1 store
	Beef Ramen Express Soup (2)	3.00	740	370	\$0.72	Walmart
	Can of Armour Vienna Bites (1)	10.00	275	137.5	\$1.25	\$1 store
				2525	\$9.50	

\$33.15 cost per person per week
\$1.58 cost per person per meal
1,989 calories per person per day

TOTAL COST **\$66.30**



WALMART SHOPPING LIST

QTY	ITEM	COST EACH	STORE	TOTAL
1	Instant Oatmeal, variety pack of 20	\$7.86	Walmart	\$7.86
1	Swiss Miss Marshmallows hot cocoa mix-8	\$2.48	Walmart	\$2.48
2	6 pk raisins	\$2.24	Walmart	\$4.48
2	Knorr Creamy Garlic Shells Knorr Pasta	\$1.32	Walmart	\$2.64

Ramen Noodle Soups

6	Chicken Ramen Express Soup (6)	\$0.36	Walmart	\$2.16
2	Beef Ramen Express Soup (2)	\$0.36	Walmart	\$0.72
2	Hotter & Spicier Chili Ramen Express (2)	\$0.36	Walmart	\$0.72

Canned Meat

5	Can of Chunk Chicken Breast	\$1.34	Walmart	\$6.70
6	Can of Tuna	\$0.84	Walmart	\$5.04

\$1 STORE SHOPPING LIST

QTY	ITEM	COST EACH	STORE	TOTAL
2	Mac & Cheese Family size	\$1.25	\$1 store	\$2.50
3	Alfredo Knorr Pasta (3)	\$1.25	\$1 store	\$3.75
1	Chicken Knorr Pasta	\$1.25	\$1 store	\$1.25
1	Cheddar Broccoli Knorr Pasta	\$1.25	\$1 store	\$1.25
6	Armour Vienna Bites	\$1.25	\$1 store	\$7.50
14	Snack, Mt. Trail Mix	\$1.25	\$1 store	\$17.50
Grand Total				\$66.30

**SHOPPING LIST
FOR TWO PEOPLE
ON \$1.58 A MEAL**



BIG BOX STORES ROLES IN A MAJOR DISASTER



By Dennis Burnett
City of Sequim Emergency Management

Efforts are underway by the Sequim Operational Area Emergency Management Team (SOA-EMT) in seeking the assistance of the communities Big Box stores in the event of a major disaster such as the Cascadia Subduction Zone earthquake.

The Sequim Operation Area (SOA) is the area between West Discovery Bay on the east and Morse Creek on the West, the Strait of Juan de Fuca on the North and the Olympic National Park and Forest systems on the South. This area comprises approximately 142 Square Miles. If you are a resident inside this area the SOA-EMT is here for you, and you are part of the approximately 40,000 people and 17,000 residential units inside our area. If you are not inside the SOA, please contact your areas EMT from the information in the back of the insert to find out more of your areas plans. There is a total of Five Operational Areas inside the distribution area of this insert, they are: Sequim Operational Area, Port Angeles Operational Area, Joyce Operational Area, North Coast Operational Area and finally the West End Operational Area.

An initial meeting of the SOA Big Box stores was held in June of 2022 during the National Disaster Exercise "Cascadia Rising 2022" with the Sequim area Walmart, Safeway, Sequim Co-Op, Coastal and QFC participating. At that time, there was agreement in principle with the SOA-EMT proposal which has been successful in other disaster-prone areas. They agreed that the Big Box stores would lock the doors of their

facilities, making them easier to secure in the disaster environment with limited law enforcement personnel. Then the existing stock within the stores would be distributed by SOA-EMT team using the Big Box stores designated internal team and the Sequim Food Bank to manage and pick up the items needed from those Big Box facilities.

The SOA-EMT would then distribute those items to the area requesting them via the best available transportation method thereby meeting the needs of residents in the requesting area. Some of these methods could be Distribution directly from the Sequim Food bank Truck or Van, Using the Sequim School Districts and/or the Clallam County Transit districts buses to bring the items into the requesting area. Remember that fuel to operate this transportation equipment is in short supply during a disaster and that the method that makes the best use of that resource will be the one used. To that end residents will be asked to pickup there supplies from a local distribution point within their area.

The SOA-EMT is continuing to pursue and finalize agreements with these Big Box stores and others.

Other Big Box stores inside the SOA not yet on board are being approached and requested to become part of this solution in the case of major disaster.

If you are outside of the SOA this is a model of a system that could be used by your Operational Area and we would ask that you work with your Operational Area in pursuit of that end. Also, some of the Operational Areas do not have Big Box stores inside their region so a different approach should and would be used for them. +

EMERGENCY MANAGEMENT CONTACTS

CLALLAM COUNTY

Clallam County Emergency Management (CCEM)
223 E. Fourth St. Ste. 12, Port Angeles
▶ **RON CAMERON**
360-417-2570
rcameron@clallamcountywa.gov

Community Emergency Response Team (CERT)
FOR WESTERN CLALLAM COUNTY & PORT ANGELES,
WEST OF DEER PARK
▶ **JUSTINE CHORLEY**
360-417-2525
justine.chorly@clallamcountywa.gov

JEFFERSON COUNTY

Jefferson County Department of Emergency Management
CERT & MYN FOR JEFFERSON (EXCEPT GARDINER & WEST DISCOVERY BAY)
81 Elkins Road, Port Hadlock
360-385-9368 • jcdem@co.jefferson.wa.us
▶ **WILLIE BENCE**
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jcdem@co.jefferson.wa.us

JOYCE

JOYCE Emergency Planning & Preparedness (JEPP)
jeppgroup.org • facebook.com/JEPPgroup
▶ **JIM BUCK**
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SEQUIM OPERATIONAL AREA FIRE & RESCUE

Clallam County Fire District 3
For questions regarding insert materials or for group presentations, contact us.
323 N. Fifth St., Sequim
▶ **DAN ORR**
360-683-4242, ext. 114, dorr@ccfd3.org
▶ **BLAINE ZECHENELLY**
bzechenelly@ccfd3.org

Community Emergency Response Team (CERT)
FOR EASTERN CLALLAM COUNTY, GARDINER
& WEST DISCOVERY BAY
▶ **CINDY ZECHENELLY**
czechenelly@ccfd3.org

CERT PROGRAM from page 8

command that enables them to respond to direction and report their operational progress relative to the disaster conditions. The CERT Program also deploys portable radio transmitters at its local Incident Command Posts to ensure that operational progress reports can reach the Emergency Coordination Center in Sequim.

2. Rapid Response to Life Safety issues:



CERTs are trained to conduct Search and Rescue operations as they pass through the affected neighborhoods, seeking to assist survivors and render immediate first aid as needed. This capability was put to the test during last summer's CASCADIA 2022 exercise. CERTs walked through each of their assigned operational areas over the course of four days.

3. Comprehensive Damage Assessment and Reporting:

CERTs will provide "ground truth" reports based on their personal observations of what they have found in their assigned neighborhoods. CERT reporting can also be facilitated by collaborative interactions with known "Map Your Neighborhood" contacts.

4. Restoring supply lifelines (reopening roadways and transportation corridors):

CERTs will likely be employed to help guide and marshal emergency traffic corridors as motor vehicle movements will need to be carefully controlled. CERT members recently proved themselves to be instrumental in guiding the large numbers

of emergency vehicles and cars associated with the Fallen Fighter Captain Cate memorial event in January 2023.

5. Organizing Mass Care and Sheltering facilities:



Plans are underway to establish emergency shelter locations for persons whose homes have become uninhabitable. While shelter operations themselves are not a CERT responsibility, CERTs will likely support the shelters and their local communities by assisting with the distribution of food and water in the days and weeks following the disaster. In fact, our CERT members have already proven their useful Mass Care capabilities in some of the following ways:

- CERTs have recently conducted Mass Care support by teaming with the Sequim Food Bank and the Feed America Program to support a needed food distribution mission. During each of two Special Holiday Distribution Days in 2022, CERT volunteers distributed over 800 family meal boxes on November 19 and 815 Boxes on December 17. In 2021, CERT volunteers distributed over one million pounds of food to needy families in our local area.

- CERT teams have also been designated, trained and certified to serve as ground support personnel for Disaster Airlift Response Team (DART) flight operations. As part of last summer's CASCADIA 2022 exercise, CERT members and DART pilots exercised the DART emergency airlift capability. Trained CERT volunteers practiced unloading the foodstuffs delivered by aircraft and then conveying it to waiting Sequim Food Bank personnel. Light aircraft may one day

provide a lifeline for emergency deliveries of medicine and other essential items during a major disaster situation, and CERT will be there and ready to help.

Although the CCFD3 CERT Program is locally significant within the Sequim Operational Area, the CERT concept itself is nationally understood to be a valuable emergency asset. During a recent interview with National Public Radio, Mr. Forrest M. Lanning, a FEMA Earthquake Disaster Advisor (<https://www.endapt.org>) made the following statements about the utility and importance of the CERT Program in general:

"In the immediate aftermath of a devastating earthquake, where someone is trapped in their collapsed home or office building and waiting for help, it's likely that the first people to help won't be trained professionals [such as firefighters, police or guardsmen]. The people who are going to have the most effect on the rescue are going to be your neighbors, because they're the ones right there, right when it happens," says Lanning. **"Knowing the importance of quick, local aid, the Community Emergency Response Team [CERT program] was developed in the U.S. It's a FEMA program that trains volunteers across all 50 states with basic disaster response skills. It teaches people what to do after a major earthquake, where to get water after an emergency, how to check on immobile neighbors, and how to search damaged buildings."**

The Model is being expanded in our county. The Joyce Operational Area (Joyce and Lake Sutherland) have established their own working 30-person unit in conjunction with Joyce Fire District 4, which is formally part of their emergency



plan. Similarly, Peninsula Community College, a state agency has also trained some of its employees to respond on campus in Port Angeles and the City of Port Angeles actively considering to start a program for their area through their Fire Department.

Our local CERT volunteer responses to disaster situations are being organized to save lives, protect property, preserve the environment, and then help to restore the social fabric of our Peninsula communities. CERT members are your friends, neighbors, co-workers, and trained professionals who have chosen to volunteer their valuable time and resources to make a positive difference in our local community. They have completed the FEMA-sponsored, three-day CERT training program which has prepared them to respond to possible emergency situations in our immediate area. When certified and deployed as Washington State Emergency Workers, CERT volunteers serve by augmenting and providing critical mission support to our very limited numbers of professional First Responder personnel. CERT members may also be called upon to assist with non-emergency activities that help to improve the safety and well-being of everyone here on the Olympic Peninsula. ✚

**Perhaps you would like to join us?
More information can be obtained at ccfd3.org
or email at czechenelly@ccfd3.org**

EARTHQUAKE from page 4

and local surface transportation corridors, and routes for the delivery of bulk goods and resource support statewide. The lack of additional mitigation funding directly impacts the ability to improve surface transportation repair and restoration planning and does not afford state officials the ability to establish an effective timeline for re-opening prioritized state corridors; specifically, the key east-to-west corridors, and alternate local jurisdictional routes. In addition, the mitigation of airports, along with the transportation routes to and from airports, is coordinate, and control the movement of people self-evacuating and the delivery of bulk goods and resources along limited prioritized surface transportation routes will significantly impact life safety and life sustainment operations. Furthermore, the inability to effectively communicate and coordinate the delivery of fuel, food, water, and medical supplies significantly degrades the state's ability to provide for the healthcare community and the needs of mass care service and support for sheltering, hydrating, and feeding displaced survivors and people with Access and Functional Needs (AFN). Finally, the significantly damaged and degraded communications infrastructure significantly delays state and local officials' ability to begin damage assessments and individual and public assistance recovery operations.

We understand what is being said here but in March of 2019 there was a report from "The Regional Resiliency Assessment Program (RRAP)" for the Washington State Transportation Systems that gives us a pretty clear picture of the conditions of the transportation system after the CSZ event. The Full Report can be found here: <https://mil.wa.gov/asset/5d8ba2a03a1b7>. It can be stated that this report misses some issues, but that data is also available from other sources. For example, the RRAP did not include

landslide data in its assessments but the Washington State Department of Natural Resources (DNR) has historic and current data on the landslides throughout the state so this is reliable data to aid in planning and mitigation efforts. It is most reasonable to conclude that an area of historic landslides will slide under the conditions that a CSZ event would cause.

Other issues brought forward by the state's report were:

- ▶ Prioritize funding to mitigate critical communications infrastructure to maintain emergency response coordination capabilities and provide emergency public information statewide.

- ▶ Prioritize the study of critical aerial, maritime, and rail transportation infrastructure to plan for and move lifesaving and life-sustaining bulk goods and resource support statewide.

- ▶ Establish comprehensive mass care service and support plans, agreements, and resource support requirements for emergency sheltering, hydration (drinking water), and food/nutrition to support impacted and supporting communities, and people with Access and Functional Needs (AFN).

We would agree with the issue in number 1 above - communications is always a major problem when planning responses in a post disaster environment. For issues in number 2 above we would point you towards the RRAP report referred to above which highlights much of what the priority needs to be in roads. The lack of rail and maritime planning is an area of need especially for the Cascades for rail and the Coast for maritime. As for issues in number 3 its clear that little at the state level has progressed in planning since 2016 for mass care other than what may have been

done locally.

In general, the conclusions from the exercise report were that more time, funding and planning along with supporting studies are needed. We would say that there are some places where this may be true but that the scope of those needs would be somewhat smaller than the report's conclusions state. Even inside the report itself if you look at "Appendix B: Relevant Plans, Reports, and Supporting Material" you will find a plethora of documents providing an abundance of data and plans about how to respond to this CSZ event as well as other disasters.

We would suggest that maybe it is time to put all that information together and start enabling the local areas to plan by:

- ▶ Providing them with the information about what the state's capabilities are and what support can the state can give these local communities. For example, discussing what has changed at the state level since the 2016 drill in order to assist local communities with aspects other than awareness and individual local actions to prepare.

- ▶ Explaining what state resources are available to these local communities inside their area of control.

- ▶ Explaining what state resources can be pre-staged so that a rapid response to a CSZ event can be made by the local community.

If one reads the reports and then fills in the data between the lines, it is clear that for us here on the Olympic Peninsula we are on our own for a substantial amount of time after a CSZ event. To that end it is up to us to have the plans and responses in place prior to this event if we are to have any hope of truly helping our community. At this time, we should not expect state resources to be of significant aid to us in the early stages of a major disaster. +

TURKEY & SYRIA from page 5

Deploy the military immediately.

Simpson with the University at Buffalo said she wishes each time disaster strikes there would be an immediate mobilization of rescue crews and military. That's not always the case, and it wasn't in Turkey and Syria, she said.

"The single, biggest failure point in emergency response is failure to pick up on the fact that this is an emergency," Simpson said. The instinct is to wait to get more information.

"With emergencies, all of them, including the aftermath of an earthquake, you're not in Kansas anymore," she said. "These are not normal conditions and so one of the traps that we fall into is, 'Oh God, what's the best thing to do at this moment?' Stop it with 'best.' It's all good. Let's get moving."

In many areas around the world, including Turkey, the military is best equipped to operate in a disaster-transformed landscape and to open airstrips to get aid in quickly, she said.

One of the biggest takeaways from this article is summed up as:

Mitigation and prevention are critical to avoiding future disaster.

"While search and rescue operations are critical, research is very clear that mitigation and prevention are the most effective when it comes to minimizing disaster losses," Davis with the U.S. Geological Survey said.

What is lost when the work isn't done to cut risks to homes and civilians in earthquake-prone regions has been made clear in Turkey.

Lanning said this latest disaster hammers home how important it is for global communities in earthquake-prone areas to strengthen infrastructure to withstand a disaster like the one in Turkey and Syria

When we compare what happens in large earthquakes in areas that are hardened and prepared, i.e. Japan and California, we see that the level of devastation that occurred in Turkey and Syria does not need to happen. Proper design and planning can and does limit the impact and devastation of a large-scale earthquake. +

SHELTERS from page 7

that end the SOA-EMT has acquired both cots and blankets for approximately 800 beds.

Red Cross surplus Umatilla COT Acquisition

To support our need for increased sheltering capability on the Olympic Peninsula, CERT volunteers helped retrieve unused, still packaged, surplus cots and blankets that Red Cross had stored for about 20 years in old Army bunkers located in Umatilla, Oregon. In cooperation with Joyce and Jefferson County emergency managers, the SOA-EMT was able to procure from Red Cross about 1100 cots and blankets worth over \$110,000 of which 800 Cots and Blankets system came to Sequim for just the price of fuel and truck rentals. This was a great acquisition for the Sequim Operational Area.



Two 24' trucks were rented to haul the load. Photo credit: Charlie Meyer

In the Joyce Operational Area, the Joyce Emergency Preparedness Partnership



Volunteers loaded, drove, and unloaded the trucks. Photo credit: Charlie Meyer.

(JEPP) has established a shelter at the Joyce Bible Church for what is now 300 beds with the addition of 100 Cots and Blankets system from the Umatilla acquisition above.

Also, in Jefferson County their sheltering capacity was increased by 200 Beds from the Umatilla acquisition above.

In the West End Operational Area, their Emergency Management Team has set up the Forks High School as a shelter, which includes a generator for the facility.

In the Port Angeles Operational Area,

their Emergency Management Team has set up the Vern Burton Community Center as a shelter. This facility is estimated to house approximately 100 to 200 persons in the shelter configuration. At this time this is a traditional Red Cross staffed facility.

Other operational areas are invited to use this model to establish sheltering capacity in their areas.

The new reality for major disasters like Cascadia is that the ability to bring in outside help is greatly reduced as the

transportation systems in and out of the area will be severely damaged. Also newer models for disaster response require that teams from all over the USA and world have to be brought into the area to provide the resources to staff and execute emergency services. For shelters this is a major issue, the need starts on day one of the disaster and waiting days to weeks to set up a shelter is simply not acceptable to those inside the disaster affected area. ✚



Both trucks were filled to their capacity. Photo credit: Charlie Meyer.

SCHOOL SEISMIC from page 6

In a White Paper showing the history of legislative measures for dealing with unsafe schools, SSFK asked the 2023 Legislative to make life-safety of students and staff the top budget priority. It requested legislation to:

- **Require all schools to report their condition to the Office of Superintendent of Public (OSPI) Instruction by June 30, 2024.**
- **Require OSPI to provide the legislature with an annual report to the public on the condition of all schools in the state.**
- **Call for the legislature to fund completion of the engineering study of the 1,900 school buildings not included in the 2017-2021 report.**
- **Call for the legislature to fully fund SSB5933 efforts to relocate or provide vertical evacuation for all 67 school buildings in Washington's tsunami zones.**
- **Call for a legislative committee to investigate school seismic safety needs and prepare the legislation required to complete seismic retrofit/replacement of all at-risk schools in Washington by 2045.**
- **Require school districts to secure non-structural components and keep emergency exits clear.**
- **Encourage school districts to install ShakeAlert.**

Senator Schoesler and Representative Chapman (our representative) sponsored bills

that achieved some of these tasks. Both bills died on committee. The legislative session will continue until mid-April. There may be some provision in the Capital Budget to continue funding provisions of last year's SSB 5933 work. This means another year will pass with no legislative action to investigate a life-threatening problem we've known about since 1986.

On a more positive note, the School Seismic Safety Grant Program requires school districts to have a FEMA approved Hazard Mitigation Plan before they can apply for grants. Small school districts do not have the personnel, experience, time or money to write the plans. However, people at Joyce Emergency Planning and Prep and SSFK know how to write the plans. Volunteers worked with Crescent School District from last May to November to produce a free hazard mitigation plan. The plan went through a rigorous public process during the summer and was approved by FEMA in November. The approval qualifies Crescent School District to apply for state and federal grants for the next 5 years.

SSFK is working with Cape Flattery School District to complete their free plan and public process. It should be done by fall. Similar draft plans have been written for the Sequim and Quilcene School Districts.

Continued effort by our community will be needed if we want our schools to achieve a level of safety for our kids in disaster. Share your thoughts on this with your representative and encourage them to make this a priority. ✚

Are you ready for an emergency?

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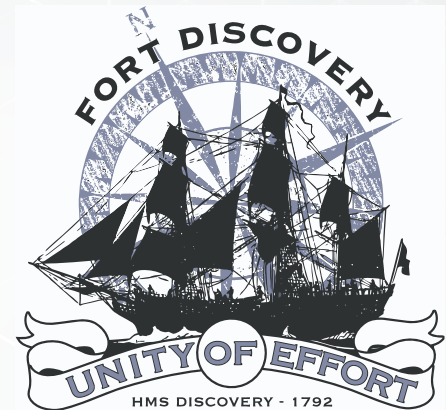
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