



## SEQUIM OPERATIONAL AREA 2021 Issue 10



Here are some wise words from Charlie Meyer, CERT Division Chief for Carlsborg:

CERT members are often characterized as “Good Samaritans,” but effective Samaritans really need to be trained in order to provide useful help. According to one account, a Sunday school teacher was telling her class about the story of the Good Samaritan. She asked her class, “If you saw a person lying on the roadside, all wounded and bleeding, what would you do?” After some rather uncomfortable moments of hushed silence in the room, a thoughtful little girl confessed, “I think I’d throw up.”

I want to share a little bit about why a Community Emergency Response Team member would have a better answer for that teacher.

Q: What does it mean to be a part of a community? Here are six factors.

- **PRESENCE:** You are located in a community with defined borders. But location isn’t the whole story.
- **SHARED RESOURCES:** You share in a community’s supplies of water, energy, food, roadways, etc.
- **SHARED EXPERIENCES:** When we all lose electrical power, or are snowed in, we all share the stress.
- **COMMON CONCERNS:** Everyone is concerned with safety, jobs, services, taxation, healthcare, etc.
- **SOCIAL UNITY:** Communities unify when people realize they’re all huddled in the same lifeboat.
- **MUTUAL SUPPORT:** Ultimately, it’s mutual support for each other that will make community life successful.

Q: How did you decide to become a CERT member?

Perhaps you were made aware of the program by word-of-mouth; a friend in the program told you about it; or someone invited you to attend a meeting. Perhaps you saw something in your community; a parade of CERT members; a news item in the paper; or you witnessed CERTs doing things, like distributing food, or serving as vaccination volunteers. Our CCFD3 CERT program has no advertising budget. The program depends on unpaid volunteers who take it upon themselves to tell others and spread the word. Telling others is especially important now since COVID has interrupted our program’s ability to recruit and train new volunteers. Perhaps, at its root, it’s altruism; you decided that you wanted to help other people. The Boy Scout oath pledges, in part, “to help other people at all times.” The Golden Rule enjoins us to do unto others as we would have others do unto us. Whatever your reason for joining, your community is glad for your decision to serve.

Q: Are there personal benefits in being a CERT volunteer?

When telling an interested friend or neighbor about the CERT program, it might be useful to mention that CERT members: (1) will learn important insights and skills (much more than Search & Rescue) that help them to be more ready for a future disaster situation, and one can take personal comfort in that; (2) will significantly expand their circle of new friends and associates, as everyone joins in regular training activities and social events; and, (3) will obtain increased personal satisfaction because each member’s contributions to the overall CERT effort are critically needed, totally useful, and closely correspond to Maslow’s “self-actualization” criterion. In contrast to the “Lone Ranger,” there’s no such thing as a lonely CERT.

The CERT program needs your help. As we CERT members talk to our friends and neighbors about the CERT program, we need to **PROCLAIM** its intrinsic value to our Olympic Peninsula community. With a little effort, we may even be able to **PERSUADE** more people to join us in this important service.

Our training efforts need to be on-point and relevant so that we can **PRODUCE** well-populated teams to cover each operational area. And the transitional challenge of replacing those who depart the area with new entrees to the program needs to be addressed proactively so that CCFD3 can **PERSEVERE** and sustain a healthy CERT program for the foreseeable future.

# *Thank You Paula!*



As I prepare for the next chapter of my life, aka retirement, I leave with a sense of appreciation for all the wonderful residents of Sequim and the state of Washington as a whole, for their commitment to being proactive supporters of their neighbors' welfare and safety. Your involvement in many activities in your community during COVID-19 demonstrates that commitment.

I leave knowing that the CERT program will continue to grow throughout Washington because you care and you give of your time and your talents.

We are in the process of hiring for my replacement. Because, there are so many qualified people who would be able to more than fill my shoes, I know you will be well served after I am gone.

Some things to watch for in the upcoming months:

- There are plans to hold an in-person NW Citizen Corps Expo August 20-21, assuming some of the restrictions are lifted
- Virtual TTT and Program Manager classes are coming out at the end of June or in July from FEMA
- In-person National CERT Conference July 13-17 in Missouri- registration is open

Thank you again for all you do to make your community great! Stay safe and remember "You cannot control who you will be thrown into a disaster beside, so it is best to learn how to work most effectively with everyone to do "The Greatest Good For The Greatest Number".

Take care and stay well!

**Paula Towne | WA State Citizen Corps/CERT Program Coordinator**

# Welcome Bob Foster

## Sequim Operational Area, CERT Training Coordinator

Bob Foster, our newly minted CCFD3 CERT Training Coordinator, is responsible for monitoring and coordinating all CERT refresher training activities. The primary objective of a CERT Training Coordinator is to ensure that effective CERT training programs and materials are available that will usefully instill and sustain CERT members' emergency response skills. Meet Bob:



I live on the west end of the CCFD3 operational area, up in the Deer Park Road area east of Morse Creek. My area has been designated as 'Island Papa' in the event the bridges go down in a large earthquake and we are effectively cut off. Joining the CERT Team here in our fire district, was a no brainer for me.

In 2017, I sat in on a Jim Buck, Blaine Zechenelly and Assistant Chief Dan Orr presentation at the Port Angeles Library. They offered facts about the earthquake hazards in Clallam County, and their proposed responses to what we know about the Cascadia subduction 'Mega quake' threats and how to get ready for it, or what I fondly called the; "Three Musketeer Roadshow of Doom!... Just the facts Man".

Understand, that this is not about fear, when I heard the facts about the seismic threat as they see it and what they had developed as response plans, I was plugged in. They were 'preaching to the choir', speaking my language so to speak, I have spent years learning about the Cascadia subduction zone and it's history and danger. This is what I have been telling anyone who would listen about!

So I got really excited, these were my people, these guys were helping others to understand, prepare and be free of the fear of an event of this scope and size, right here where I live. My mantra is: "If you prepare for a for a full rip 9.0 quake here, you're ready for just about everything else".

Here, I finally met some folks who had their heads on straight about the very real dangers of this, 'to-come unprecedented event', who were taking this issue head on with very 'real world solutions' and 'can-do' attitudes about a collective comprehensive response. This is not about an "if" event! Ok, I'll say it... "I Love earthquakes", I always have. To give you a better idea about where my perspective comes from, I go back to when I was a young lad living with my family in the bush country of Alaska, the year 1964.

You see, one evening in March, it was Good Friday in fact, nearly supper time. I had just been bundled up and ushered out the door of the house to play a bit in the yard, when a 9.2 magnitude earthquake struck. Mother Earth had brought me to the ground, on my hands and knees. Oddly enough, I don't remember what we ate for supper that night. The following weeks and months after the quake I witnessed and heard some amazing things, how people came together and helped each other afterwards.

Lifelong friendships were formed, also my view of the world and I thought this was normal. This quake took everyone by surprise, we had no pre warning at all, not like we do today. From that experience and many others of the same quality, I have developed a real world view of events of this type and their impact on myself, neighbors, family, community and how to take the guess work and fear out of living through and thriving after events like this. It starts with education to understand, followed by training to meet the known challenges.

In 2018 I attended the CERT Basic course at CCFD3 and have really enjoyed the training, fellowship and support I discovered in this community since then, as our Teams grew. After a time serving as my Team Training Officer, I was asked if I would be interested in helping with getting all of our CERT Teams Training focused and consistent to better serve our community when the time comes, and when we need it the most. It really boils down to each individual being competently trained, and supported as we act to bridge the gap between the event itself and the eventual responses from our trained professionals, who will be overwhelmed.

We as citizens must bridge that gap, when an event that is so large that it threatens the very survival of our neighbor. The world was stunned in 2004 in the Indian Ocean and 2011 in Japan, the devastation that 9.0+ sea quakes brought to countless people. We must learn from those events, so when it's our turn we're ready.

These events are a glimpse into the future of our region, because it is the very nature of it. I have reason to believe that it will occur in my lifetime, but that is what I believe, not what I know. What I DO know, is that we all need to be ready for this, training is the key.

So, Thank you all for having me onboard and providing a unique opportunity to serve my community, my neighbors. Keeping future generations on the ready with an organization that organically self perpetuates through positive training and participation is my vision, that's the potential that our CERT program is here in our community. Indeed, a culture of preparedness that brings peace of mind, because that what we do.

And thank you Chief Dan Orr and Lynne Schlosser for the invite to write this.

# SEQUIM OPERATIONAL AREA



CITY OF  
SEQUIM



Emergency Preparedness Partnership



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

*Trinity United Methodist Church*

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



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



Map  
Your  
Neighborhood

## The State of Things – CERT

Well, another quarter has gone by and things continue to change. Our greatest challenge over the last year- COVID, is beginning to decline but not completely over yet. The table below shows you where we are right now.

Full Vaccination	Population
Clallam County	76,010**
Adults (18+) 82% of population (needs 2 doses)	62,556
DOH Vaccination Doses	89,875***
Federal Nursing Home Program- Est.	1,950****
Total Doses	91,825
Percentage of total population	60.4%
Herd Immunity All 60-80% (70%) Doses	106,400
Herd - Adults only (70%) Doses	87,578
Adult Only Population County Wide	73.4%

\*JFHC data

\*\*2018 Data

\*\*\*Department of Health WA 6/29/21

\*\*\*\*Avamere, Sequim Health & Rehab, Crestwood, Sherwood Assisted Living, St. Andrews Place; DiscoveryMemory Care, Dungeness Courte;

A lot of progress has been made towards herd level immunity which is generally viewed as between 60-80% of the population. Nationwide cases are now under 15,000 per day vs. 300,000 per day that we saw in January 2021.

Due to the decreases in cases, we are able to begin some of our normal life again. We just graduated our first Post-COVID CERT class on June 26th. Our next class will be held in September of this year. Spread the word on the classes for September and the rest of the fall. Teams are also now meeting again in person for their monthly training. See your Captain for time and place or contact Cindy Zechenelly.

Progress is also being made on the planning side for CERT. See our revised CERT information on the CCFD3.org webpage which now includes all the Peninsula Daily News Emergency Preparedness Guides, our CERT policy manual, CERT's new Communication Policy, and our 2020-year end report on the program.

Also stay tuned for the upcoming 2022 Cascadia Rising Exercise in June next year. All CERT units will be participating in this Northwest Region Federal Level Drill in June of 2022. More to come in your monthly CERT training meetings. We also have two upcoming events: City of Sequim's July 4th celebration and the Hurricane Ridge Dog Show. CERTs are participating in both of these events. To all of you have a great summer!

**Blaine Zechenelly**

**Jamestown S'Klallam's Farewell  
BBQ to all the Sequim  
Drive-Thru Vaccination  
Clinic Volunteers 29 April, 2021**



**Asst Chief Dan Orr was assigned to be the  
FIRE MAN at the BBQ**

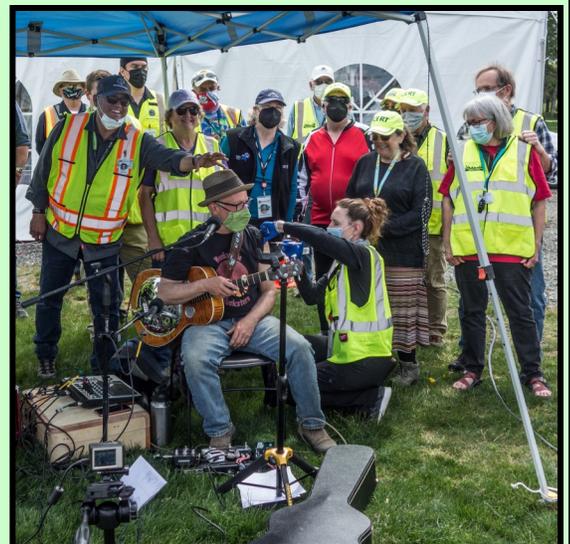


**Celebrating the LAST car through the Sequim Drive-Thru Vaccination Clinic !!**



**Cort received the 900th  
and last vaccination  
of the day.**

**Don't shoot! I'm just the  
guitar player**



# *Wellness Before an Emergency or Disaster*

## **Keep Your Head - Tips for Maintaining a Rational Perspective**

**Excerpted from Centennial Outdoors “Prepper Survival Guide” Issue 2021, Jim Cobb, Editor**

Whether it's a hurricane warning or an unexpected bill, when things go wrong, the default reaction for many people is irrational behavior. Unfortunately, that's when we most need to keep our emotions in check and to think clearly. Maintaining a rational perspective takes some effort - and practice.

### **Manage Information**

Find a strategy to tease out the reliable information while leaving the rest on the cutting room floor. Be intentional with what you consume, whether it be a beverage, food or the news. Stay focused on what's really important to you, and avoid the temptation to get wrapped up in the latest goofs, gaffs and blunders or politicians and celebrities. Part of managing information is to limit how much you view and read. Schedule specific times to read the news, be it throughout the day or in just one time block on a specific day of the week.

### **Control Expectations**

Hold on to hope, but lower your expectations. It would be awesome if your kids would remember to put away their toys as soon as they're done playing with them; however kids are prone to forgetting things, so you need to be realistic. You can absolutely hope that as they mature, they'll start remembering - but until then, you can lower your blood pressure by lowering your expectations.



### **Be Productive**

Instead of scrolling through social media, clean that closet, or mend that fence. You'll feel a sense of accomplishment and you didn't read anything to make your blood boil. Consider turning off the screens and reading a book. Fiction is great for a small escape. Biographies can often show you inspiring people who have survived insanity during their lifetimes.



### **Find Friends**

Hang out with positive people who encourage and support you. I don't mean Pollyanna types - just real people who are rational and helpful.

### **Be Grateful**

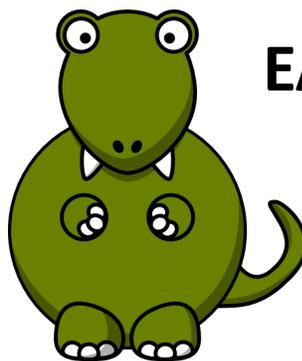
In spite of all the horrible events that endlessly flash across our screens, it *is* possible to find at least a handful of things to give thanks for every day.

### **Take a Breath**

When faced with feelings of anxiety and unease, there is often a sense of urgency, as if you have to decide right this second. Remember to take a beat. Use that moment to ground yourself by taking a breath (or 10) to help reduce your anxiety. Once you feel calmer, take time to evaluate what is happening, then brainstorm what to do next.

If you still find that you are sinking, don't hesitate to seek professional help. A good mentor or therapist can offer practical tools to manage stress.

# HOW DO YOU



# EAT A DINOSAUR?

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

What to buy in:

July

Condiments & Dressings  
Chips  
Soda  
Bottled Water  
Baked Beans  
Ice Cream  
Canned Meats

August

Cold Cereal/Oatmeal  
Breakfast Bars  
Peanut Butter/Jelly  
Condiments  
Drink Boxes  
Lunchbox Prepackaged Food  
Pudding Cups  
Reconstitutable Meals  
Prepaid Snacks/Drink Boxes  
Vitamins  
OTC Medicines

September

Canned Fruits & Vegetables  
Soups  
Broth  
Canned Tomatoes  
Cold Cereal  
Chocolate Chips  
Cooking Oil  
Baking Supplies (Sugar, Flour, etc)  
Juice Boxes  
Nuts  
Spaghetti Sauces  
Spices  
Tomato Sauce & Soup  
Decent Wine

Insect Repellent & Sunscreen  
Grill Supplies  
Party Supplies  
Summer Apparel & Swimwear  
Mattresses  
Furniture  
Air Conditioners  
Jewelry  
Bikes/Camping Gear/Backpacks  
Garden Seeds  
Markers/Pens/Notebooks  
Thermoses  
Sports Supplies

Summer Clothes  
Summer Shoes  
Sunglasses  
Linens & Pillows  
School Supplies  
Office Supplies  
Underwear & Undershirts  
Socks  
Camping Equipment—Tents,  
Sleeping Bags  
Storage Containers  
Laptop Computers  
First Aid Supplies

Grills & Grill Supplies  
Party Supplies  
School Supplies  
Office Supplies  
Underwear & Undershirts  
Socks  
Bicycles  
Jeans  
Mattresses  
Lawn Mowers  
Laptop Computers



**SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!!**

## 24 Common And Frightening Concerns Elderly Disaster Victims Face

By Sara Tipton for Ready Nutrition– October 1, 2018

The elderly are a part of the population that is the most vulnerable during times of evacuation and emergency. They face many concerns both before a disaster strikes and immediately afterward.

The need to protect the elderly during a disaster is not going unnoticed either. “These catastrophic events have taught us we have to pay greater attention to evacuating, identifying, and ensuring the safe return of the thousands of frail older adults living on their own or in care facilities,” said AARP CEO William D. Novelli. “Much of the suffering and loss was undoubtedly preventable, and it must not be allowed to happen again,” Novelli said in a report which was written in response to photos of the elderly suffering in 2005 after Hurricane Katrina.



The statistics speak for themselves. In Louisiana in the aftermath of Hurricane Katrina, roughly 71 percent of the victims were older than age 60, and 47 percent of those were over the age of 75. Most of these victims died in their homes and communities; at least 68—some of whom were allegedly abandoned by their caretakers—were found in nursing homes. About 15 percent of Americans who are aged 50 or older say they would not be able to evacuate from their homes without assistance in the event of a natural disaster; of that 15 percent, half would require help from someone outside the household.

As a whole, 81 percent of Americans age 50 or older say they are “confident” or “very confident” in their ability to evacuate; however, 14 percent are only “somewhat confident,” and 3 percent are “not at all confident.” Those who are age 75 or older more frequently said they would need help evacuating (25 percent versus 13 percent of persons age 50–74). They are also less confident in their ability to evacuate than are their younger counterparts.

These are the 24 most common concerns the elderly face in times of disaster and emergency. Please bear in mind, not all of these may apply to your loved one specifically, but if any do, consider taking measures in your personal prepping planning to accommodate older family members if you can.

### **PART 1: Medical Conditions**

1. Many have chronic illnesses. The great majority of Medicare beneficiaries age 65 and older experience two or more chronic conditions at the same time. For example, the prevalence of arthritis increases with age. Arthritis makes it rather difficult to move quickly when leaving homes or work places or to stand in line for lengthy periods of time, let alone carry anything. Chronic illnesses can increase the risk of pneumonia 40-150 times. Not to mention, sleeping on a cold, hard, damp surface (which isn't fun for anyone, let alone the elderly) or getting up from low cots or mattresses on the floor can exacerbate chronic health problems.
2. Many have a low level of immune function and therefore, an increased risk of infectious diseases, which is a big concern at a disaster shelter or FEMA camp where these infections can reign supreme.
3. Most also take prescription medications. Fifty-one percent of persons age 65 and older take three or more prescription drugs per month. Changes in medications can result in a host of serious consequences, ranging from confusion to falling to dangerous changes in blood pressure. Many older persons who have multiple chronic conditions have complicated, individualized medication regimens that cannot be interrupted without serious, possibly fatal, complications.

4. Many are “frail.” Medical researchers and others now recognize that frailty is a syndrome that is distinct from both the normal aging process and disability. Key characteristics of frailty include; unintentional weight loss, muscle weakness, slow walking speed, exhaustion, and low physical activity. It is estimated that about 20 percent of persons age 80 or older are frail, aside from any acute and chronic conditions they may have.
5. Some also have difficulties with physical functioning, such as being able to walk two or three blocks or reach up over one’s head. In 2002, 31 percent of women 65 and older reported being unable to perform at least one of five physical activities.
6. Others use some type of assistive equipment, such as canes, wheelchairs, walkers, or medical equipment, such as oxygen.
7. Sensory impairments are also common among older adults. Close to half of men age 65 and older and nearly one-third of women reported trouble hearing in 2002. In addition, vision difficulties affect 18 percent of the older population.
8. They can have memory impairments, especially at advanced ages. Fifteen percent of men and 11 percent of women age 65 and older experienced moderate or severe memory impairment in 2002; at age 85, about one-third of both men and women experience moderate or severe memory impairment. Persons with cognitive impairments may need help in understanding the severity of the risk and in making timely decisions.
9. Some have distinct mental health needs; for example, the rate of suicide deaths is much higher for older white men than for any other age group, including teenagers.
10. The elderly experience hypothermia or hyperthermia much more quickly than an average adult.

## **PART 2: Sociodemographic Characteristics**

1. The elderly have lower literacy levels than the general adult population, which can present difficulties in understanding directions and can complicate or slow communications for every one.
2. They may not speak English if they are immigrants age 65 and older and may need the help of a translator or bilingual family member.
3. Some live alone. As age increases and widowhood rates rise, the percentage of the population living alone increases sharply. Half of the people age 85 or older lived alone in 2002.
4. Those that live in rural or remote areas, especially over the age of 75 may experience prolonged isolation after flooding or other disasters.
5. Many are unable to drive, which makes an evacuation more difficult.
6. Many rely on the help of informal caregivers, such as family and friends, for assistance with the tasks of daily living. More than 90 percent of persons 65 and older with disabilities who receive assistance receive informal care; nearly two-thirds rely solely on informal caregivers.



### Part 3: PSYCHOSOCIAL CHARACTERISTICS

1. Some of the elderly can be reluctant to accept any public assistance; sometimes it's because of the perceived stigma and the belief that if they accept assistance, someone else who may need it more will have to go without it.
2. Many are dependent on others for financial assistance.
3. Some may fear the loss of their independence or being institutionalized, which may affect their behavior.
4. They could experience "transfer trauma" that can result in illness or even death after being moved from nursing homes. Also, some older persons may regard the need to rebuild homes and life patterns or undertake complex procedures for applying for aid, as too formidable, leading to inaction and potential depression.
5. The elderly sometimes experience multiple losses in short spans of time (e.g., spouse, friends, home, income, physical abilities), whose cumulative effect can heighten the risk of illness or death and make recovery more difficult.
6. They can be "invisible" to relief workers or emergency personnel. Relief organizations often fail to see or understand the needs and contributions of older people during disasters. The research has identified an almost universal lack of consultation.
7. Older people fight a losing battle in the competition for resources. In the chaos of emergencies, older people are physically less able to struggle for food or to travel far to find what they need. Many have spoken of using valuable energy to reach central relief points only to arrive too late and find little or nothing left.
8. They are targeted by con artists and fraudulent contractors who seek to financially exploit victims after a disaster.

All of these concerns should be kept in mind especially if you've got an older family member who will need your help in the event a disaster strikes. Use these concerns as a guide so your loved one isn't left on their own.



### 2021 Green Thumb Garden Tip Series

Thursdays at the Clallam County Courthouse Commissioner's Room at 12pm.  
(223 E. 4th Street, Port Angeles) Series via Zoom until further notice

July 8 - How We Garden - Vonnie Voris - author of *How We Garden*

July 22 - Worms and Caterpillars: Identifying Juvenile Forms of Butterflies, Moths and Flies in Your Garden - Laurel Moulton - Master Gardener

August 12 - Identifying Eggs and Juvenile Forms of Beetles and other Insects - Laurel Moulton - Master Gardener

August 26 - Soil Amendments: Where Do They Come From and Are They Sustainable—Muriel Nesbitt - Master Gardener

September 9 - Fungal Dominant Composting in The Time of Climate Change - Al Cairo - Master Gardener

September 23 - The First Years of Your Orchard - Bruce Pape - Master Gardener

## How To Make Your Own Seed Bank

By Sara Tipton for Ready Nutrition - May 26, 2020



Saving seeds from the garden is something that has been done since the very first farmers began cultivating their own food sources. Having a seed bank will ensure you have all the seeds you want in one spot! Whether you are preparing for the long-term future or want to store your favorite seed varieties for the next season, here are some storage tips to practice in order to keep your seeds as fresh as possible.

Seed banks are collections of seeds that are stored for long-term future use. You can use a seed bank for long-term preparedness, to store in your bug out bags, or just to store until the next growing season. There are many reasons why we should store seeds, but ultimately, it is a lifeline for when we need to count on having food the most – such as the current unsteady times we are all living through.

### What types of seeds should you save?

Ideally, those who are looking for a long-term survival plan prefer to store **open-pollinated seeds** that will produce seeds you can use the next growing season. As well, it could also be good to store some seeds that are disease-resistant varieties as a back-up. Store seeds from your favorite vegetables, fruits, and grains.

As well, it would be a good idea to store native perennial flowers to help attract beneficial pollinators. Siberian Wallflowers, poppies, lavender, lemon balm, and purple coneflower (echinacea) are all great options for this I personally have all of these planted around my greenhouse. Some of these can also be used in teas and as medicinal herbs or for rounding out your garden.

How long do seeds last? As far as how long seeds will last, that is entirely up to the storage method you use. Seeds will store for longer if it is in a climate-controlled environment. Temperature and humidity fluctuations can affect seed health.

If seeds are stored properly, some can last indefinitely. That said, with some seeds that are high in oil content, their germination rates can lower after a few years. Typically, larger seeds like beans, peas, and corn will last the longest. If you keep your seeds dry and cool, you can expect many of them to last longer than the time periods indicated here:

1 year	Sweet Corn, Parsnips, Spinach (1 season)
2 years	Bush/Pole Beans, Beets, Parsley, Peas, Peppers, Swiss Chard
2-3 years	Leeks, Onions
3 years	Carrots, Cucumbers, Lettuce, Melons, Oriental Greens, Rutabagas, Tomatoes
3-4 years	Squashes
3-5 years	Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Kohlrabi, Collard, Kale
4 years	Radishes

We recommend you purchase non-GMO heirloom seeds. As stated above, heirloom seeds will be able to be planted and saved year after year dropping their initial cost to almost \$0!

Check for germination rates of your seeds. Here's a trick to check the germination rates for your seeds:

- Place 10 seeds on a damp (not soaking wet) paper towel
- Fold the damp paper towel over and place in a labeled plastic sandwich bag
- Mark date, variety, the normal time to germination, and age of seed on the baggie
- Place in a warm spot for a few days.
- Check for germination every few days and replenish moisture if needed
- If seeds do not sprout within their required germination time, give them a few more days
- Seeds that do not germinate are most likely not viable
- Check temperature, moisture, and other conditions for problems with germination
- If 10 out of 10 seeds germinate, you have a 100% germination rate
- Varieties that have less than a 50% germination rate should be replaced



### **How to make a seed bank**

Store your seeds properly. Seeds store best in low oxygen, low humidity, and low-temperature environments. As well, use an airtight container. We like to use Mylar bags as these will keep out light, moisture, and insects. But, you can always use a kraft envelope or Mason jar with a lid if you are in a pinch.

Mylar bag method – Label your bag along with the year it was sealed and any planting instructions. Add seeds and seal with a flattening iron or mylar bag sealer. Add sealed packets into a larger container (gallon-size plastic bag, an empty plastic container, etc.). Add a silica gel back or oxygen absorber to reduce the moisture inside the container. Store in a cool, dark area.

Paper envelope method – This was a method that my grandfather used when he stored his seeds. This is a good storage method for short-term seed storage (1 year or less). Using a paper envelope, label the seed variety, year, and any additional growing instructions and store in a larger container or zip-lock bag. Freezing isn't necessary for short-term storage, but you can refrigerate seeds, provided they are sufficiently dry.

Mason jar – Storing dried seeds in a Mason jar is another way to store seeds. A benefit to this is you can periodically check the jarred seeds to ensure there is no moisture or condensation in the jar.

### **Using your seed bank**

If you have frozen your seeds, it is important to protect the frozen seeds as much as possible. When you are ready to use your survival seed bank, follow these instructions:

- Remove survival seed bank from refrigerator or freezer
- Set the container on a counter out of direct sunlight and allow the seed packets to come to room temperature
- Open container and remove only the seeds that you will be using
- Place new oxygen absorbing packet and/or silica gel packet in the container if possible
- Close container tightly and return to cold storage
- If you remove the container from cold storage and open it right away, condensation may form on the seeds. The moisture can initiate germination, which is bad. So allow the entire container and contents to warm up to room temperature, then remove only the seeds you will be using.

Collecting and storing seeds from the garden is a low-cost way to ensure you have all of your favorite seeds ready for planting when you need it most. Whether you are concerned about economic instability or are an avid gardener looking for ways to have plenty of your favorite seed varieties creating a seed bank is the way to go.

# Hardtack - The Modern Version vs. Traditional Version

By Sara Tipton for [Ready Nutrition](#), March 18, 2021

Hardtack is a staple in most prepper pantries. The good news is that it is still an excellent option for preparedness, and there's a newer more modern version that may be a better choice for you and your family.

Generally speaking, hardtack is a hard biscuit made of flour, water, and salt. This is the traditional recipe but you can also add some herbs and spices to help out with flavor if desired. Adding any ingredients above and beyond the simple list will decrease the life of your hardtack, so bear that in mind if you decide to try the modern version. But the traditional hardtack will be good forever as long as it's kept dry. You cannot beat that!



Both modern and traditional hardtack is cooked until it is devoid of moisture.

But what about modern hardtack? Personally, I think it's better. It doesn't feel like you're chowing down on cardboard. But again, watch the shelf life. But here's an example of some modern hardtack that's really easy to make. The nutritional yeast adds a nice "cheese-like" flavor and has been a staple in our dairy-free home for over a year now. This recipe can also be made in the oven without a dehydrator, so it's perfect for those who don't have one yet.

- 3 cups White Flour
- 1.5 cups Sweet Sorghum Flour
- 9 Rounded Tbsp Nutritional Yeast
- ½ Cup Refined Coconut Oil
- 3 Tbsp Iodized Salt
- 1.5 cups of water

Preheat your oven to 375°F. Add all of the dry ingredients to your bowl. The amount of water you need can vary a bit. I add a ½ cup at a time and work it in. Knead the dough. The end consistency you are going for is just pliable enough to be smooth and worked with a rolling pin. Roll out the dough until it is approximately 1 inch thick. Cut the dough into square biscuit/cracker shapes. Poke holes in the dough. Bake it in the oven for 30 to 40 minutes. Allow the hardtack to cool completely before storing it for long-term use.

Remember, traditional hardtack can be made the same way with only 4.5 cups white flour, 3 Tbsp salt, and 1 1/2 cups of water. The modern hardtack will have more caloric benefits with the additional coconut oil as well, so if you need something more filling and hearty, it would be a good idea to try it out.

## STORAGE

Proper storage is vital for every single food in your prepper pantry! Hardtack is no different.

The most important things to remember when it comes to storing hardtack are to keep it moisture-free and protect it from insects, rodents, and other pests. I suggest using a vacuum sealer to remove all the air from the bag after your hardtack is cooled off and set up solid. You could even vacuum seal the hardtack in those bags with an oxygen absorber. Store the hardtack in a plastic tote with a tight lid and it will stay good indefinitely. We use food-safe buckets with twist on/off lids because they are both easy to get into and easy to seal up for the long haul.

## How To Eat

My suggestion is to toss hardtack into a soup. Let it soak up some of the moisture. If you don't do this, it'll be difficult to get through. This is a food that you can actually hurt your teeth and/or mouth if you don't take care when eating it. Soaking it in a beverage or a broth is definitely going to make consumption so much easier!

# Things to Do, Learn & Buy This Quarter

## TO DO

- Do the 5 minute sit and think in each room of your house (contact Lynne for details)
- Declutter family room/den
- Cook a pot of soup in a solar oven
- Choose 3 survival skills to teach your kids/grandkids this summer
- Gather and store important photos in a water/fireproof safe
- Check out yard/garage sales for prep items and survival gear
- Eliminate a bad eating habit
- Check for and seal attic air leaks
- Go thru your bug out bags - add winter clothes and gear
- Check and update your pet's prep bag



## TO LEARN

- Find alternative routes out of town
- Learn how to manage stress and then practice it
- Learn about and plant 4 medicinal herbs in your garden
- Practice backing up a trailer or large vehicle
- Learn how to treat a bee sting
- Teach family members where and how to shut off utilities
- Read about all the things you can do with powdered milk
- Read Boy Scout or Girl Scout handbooks to learn a new skill
- Learn how to vacuum seal using canning jars
- Learn what to do if you are stranded in your car in cold weather



## TO BUY

- Buy extra sugar and store properly
- Put bungee cords in your BOB, garage and car
- Purchase a supply of diapers, wipes, cloth diapers - even if you don't have little ones, these items can still be helpful
- Buy 10# of cornmeal and store properly
- Stock up on dish and clothes soap
- Buy a variety of crackers, pretzels, jerky and trail mix
- Purchase extra cold, cough, flu and other OTC medicines
- Research and buy some shelf stable milk - test it out too
- Make sure you have enough firewood and tinder for the winter
- Stock up on prepping supplies from discount stores



**JULY 2021**

Day	Date	From	To	What	Where
Thur	7/1	2:00	5:00 pm	CERT Team 5 Mtg.	Bank-114 S Sequim Ave.
Thur	7/1	6:00	7:30 pm	CERT Team 4 Mtg.	KSQM.
Sat	7/1	9:30	11:30 am	CERT 8 Team Mtg.	980 Old Gardiner Rd.
Sun	7/4	7:30 pm		Fireworks Celebration	Carrie Blake Park
Mon	7/7	5:30	7:00 pm	CERT Team 8 Mtg.	Gardiner Community Center
					Topic: Communications
Thurs	7/8	3:00	5:00 pm	CERT Team 9 Mtg.	Dungeness Meadows Clubhouse
Sat	7/10	11 am	1:00 pm	CERT 5 ZULU Squad Mtg.	144 Maple Creek Lane
Sat	7/10	12:30	2:30 pm	CERT Team 11 Mtg.	Carrie Blake Park
					OR KSQM if poor weather.
Tues	7/13	6:00	8:00 pm	CERT Team 10 Mtg	TBD
Thurs	7/15:	6:00	8:00 pm	CERT Team 3 Mtg.	KSQM
Thurs	7/15:	6:30	8:30 pm	CERT Team 14 Mtg.	Sequim Grange.
Sat	7/17	11 am	1:00 pm	CERT 5 ZULU Squad Mtg.	144 Maple Creek Lane
Tues	7/20	6:30	8:30 pm	CERT Team 13 Mtg.	Agnew Community Hall
					Topic: 360 + Marking Structures
Wed	7/21	6:30	8:00 pm	CERT Team 7 Mtg	Dungeness Community Church
Thur	7/22	5:00	7:00 pm	CERT Team 16 Mtg.	KSQM
Th/Sun	7/30-8/1			Hurricane Ridge Dog Show	Logging Area and TUMC

**AUGUST 2021**

Mon, 8/2	10 am	Noon		CERT Team 2 Mtg.	Gardiner Community Center.
Mon, 8/2	6:30	8:00 pm		CERT Team 12 Mtg.	Dungeness Community Church
Weds, 8/4	5:30	7:00 pm		CERT Team 8 Mrg.	Gardiner Community Center
Thur., 8/5	2:00	5:00 pm		CERT Team 5 Mtg.	144 Maple Creek Lane
Thur, 8/5	6:00	7:30 pm		CERT Team 4 Mtg.	TBD
Sat., 8/7	12:30	2:30 pm		CERT Team 11 Mtg.	KSQM
Tues., 8/10	6:00	8:00 pm		CERT Team 10 Mtg	TBD
Thurs, 8/12	6:00	8:00 pm		CERT 9 Team Mtg	KSQM
Sat., 8/14				Diamond Pt. Airshow	
Sat., 8/14	11 am	1:00 pm		CERT 5 ZULU Squad Mtg.	144 Maple Creek Lane
Tues., 8/17	6:30	8:30 pm		CERT Team 13 Mtg.	Agnew Community Hall
Wed., 8/18	6:30	8:00 pm		CERT Team 7 Mtg	Dungeness Community Church
Thurs., 8/19	6:00	8:00 pm		CERT Team 3 Mtg.	KSQM
Thurs., 8/19	6:30	8:30 pm		CERT Team 14 Mtg.	Sequim Grange.
Thur, 8/26	5:00	7:00 pm		CERT Team 16 Mtg.	KSQM
					Topic: Wood Framed Houses

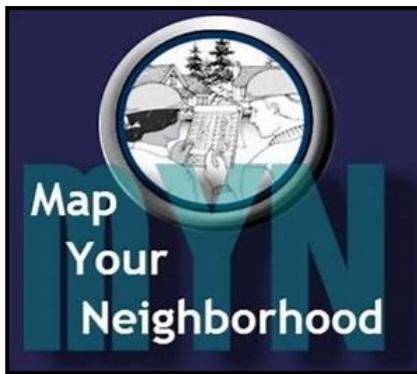
**SEPTEMBER 2021**

Weds, 9/1	5:30	7:00 pm		CERT Team 8 Mtg.	980 Old Gardiner Road
Thurs, 9/2	2:00	5:00 pm		CERT Team 5 Mtg.	144 Maple Creek Lane
Thurs, 9/2	6:00	7:30 pm		CERT Team 4 Mtg.	TBD
Sat, 9/4	12:30	2:30 pm		CERT Team 11 Mtg.	KSQM
Mon, 9/6	10 am	12:00 pm		CERT Team 2 Mtg.	Gardiner Community Center
Mon, 9/6	6:30	8:00 pm		CERT Team 12 Mtg.	Dungeness Community Church
Thurs, 9/9	3:00	5:00 pm		CERT Team 9 Mtg.	KSQM
Sat., 9/11	11 am	1:00 pm		CERT 5 ZULU Squad Mtg.	144 Maple Creek Lane
Sat, 9/11	8 am	5:00 pm		CERT ACADEMY DAY 1	KSQM
Tues, 9/14	6:00	8:00 pm		CERT Team 10 Mtg.	TBD
Weds, 9/15	6:30	8:00 pm		CERT Team 7 Mtg.	Dungeness Community Church
Thurs, 9/16	6:00	8:00 pm		CERT Team 3 Mtg.	KSQM
Thurs, 9/16	6:30	8:30 pm		CERT Team 14 Mtg.	Sequim Grange
Sat, 9/18	8 am	5:00 pm		CERT ACADEMY DAY 2	KSQM
Tues, 9/21	6:30	8:30 pm		CERT Team 13 Mtg.	Agnew Community Hall
Thurs, 9/23	5:00	7:00 pm		CERT Team 16 Mtg.	KSQM
Sat., 9/25	8 am	5:00 pm		CERT ACADEMY DAY 3	Carlsborg Maintenance Center

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



For information about upcoming 2021-2022 CERT Classes:  
Contact Cindy Zechenelly at 360-504-2531  
or [cindyiz@hotmail.com](mailto:cindyiz@hotmail.com) or [czechenelly@ccfd3.org](mailto:czechenelly@ccfd3.org).



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. Meetings are scheduled weekdays, nights and weekends. Over 1300 trained so far!! For all information, contact Lynne Schlosser at [lynne5977@live.com](mailto:lynne5977@live.com).

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

**Have an idea for a future article? Want to contribute an article?**

**Email to Lynne Schlosser at [lynne5977@live.com](mailto:lynne5977@live.com)**

**Coming up in our next issue!**

**A message from CERT Coordinator Cindy Zechenelly**

**No Yard? No Problem? You Can Still Grow Food!**

**When the Trucks Stop Delivering, the System Will Collapse**

**What is Resilience and Why is It Important?**

**Can You Run For Your Life?**

**Jeremiah Johnson Talks Bungee Cords**

**A Preparedness Guide for Women - Part 1**

**AND LOTS LOTS MORE!!!**