



# SEQUIM OPERATIONAL AREA 2019 Issue 3



## Message from Jim Buck

Hello, I want to congratulate you, Lynne, for your very fine newsletter. Issues 1 and 2 provided valuable information for readers about how vulnerable our county is to isolation when traffic on Highway 101 is interrupted. This can be caused by an earthquake, tsunami, forest fire, hazardous materials spill, or weather event. Whatever the cause, when the road is out the products on which we rely to survive here stop coming. Loss of electricity and communications adds to the severity of the isolation. Newsletters 1 and 2 provided information about how individuals and families can prepare for isolation. There will be instances when these preparations fail and the folks will need a temporary place to stay. The purpose of this article is to explain how the community of Joyce is preparing to take care of folks during emergencies. We hope this information will be useful for other communities. Clallam County does not currently have plans for mass sheltering of people after a catastrophic event.

**How did Joyce organize a committee to plan for a shelter?** – The Red Cross was very interested in the shelter proposal. They suggested that money could be saved if the shelter operated as a 501c3 organization. The 501c3 designation allows the shelter operators to obtain free or reduced priced supplies from the Red Cross and access to reduced price military surplus equipment. The Joyce Fire Department Auxiliary is a 501c3 organization. Members of the Auxiliary were briefed on the shelter proposal and budget. They agreed to adopt administration of the project. Joyce Emergency Planning and Prep (JEPP) was created to advise the Auxiliary about shelter preparations.



Plan to  
be a  
disaster  
survivor  
with or  
without  
govern-  
ment  
help



**Define the size of the community** - Joyce is a widely dispersed rural community of 3,000 people on Highway 112 between the Elwha and Twin Rivers. A second widely dispersed community is located to the south along Highway 101 from the Elwha River to Sol Duc Hot Springs Road. Any disaster that destroys the Elwha River Bridges or interrupts the highways creates a micro-island and isolates both communities from resupply until a ferry or replacement bridges reconnect them with Port Angeles. Clallam County Fire Protection District #4 is tasked with crossing Piedmont Road to assist people along Highway 101 if the community becomes isolated.

**How big must the shelter be?** - Many people in the Joyce Community could take 4 weeks without resupply in stride, but conditions after the CSZ quake will be beyond anything they have experienced. Homes and structures not destroyed will be damaged and require repairs before they can be safely re-occupied. A good part of the recovery effort will resemble the longest camping trip ever imagined. There are residents who will not have a safe place to stay or who cannot be safely left alone. There will also be visitors, travelers and people working on the micro-island who will not be able to return home. An emergency shelter will need to be established for these people. The population of the Joyce community is about 3,000 people. The shelter is designed to handle 10 % of these people (300) until their homes/shelters are repaired, or they can find other living arrangements, or they can be evacuated. Visitors, travelers and people working on the island can add to that number for a short time until they are evacuated.

**Where will the shelter be?** - The plan is for the shelter to be located in the least damaged wood/steel framed structure in Joyce. The Red Cross recommends 50 square feet per person in its emergency shelters. This will require about 5,000 square feet of sheltered area for each 100 people. The Joyce Bible Church is expected to be the shelter although other possible sites include mini-storage units, the Family Kitchen and the LDS Church. Safety inspections will be required after the CSZ quake as well as after each aftershock to ensure the building is safe.

**Are there standards for shelters?** Yes, shelters should meet American Red Cross standards. Information about shelter standards can be found at <https://www.training-source.org/book/export/html/452330>.

**What will the shelter need to operate?** - The Joyce shelter plan includes first aid supplies, search and rescue supplies, water and water purification equipment, a field kitchen, food, materials required to repair and maintain the shelter, sleep systems, sanitation supplies, storage materials, generators, emergency lighting systems and fuel.

**How do we store the supplies?** – This shelter will only open after an emergency. The shelter is set up using the prepositioned supplies. These supplies are “cached” in 40’ long cube steel shipping containers. They are insulated, water-proof, wind proof, earthquake proof and able to be securely locked. Supplies are stored on the floor or on shelves built in the container. Items are packaged and strapped into place to avoid damage during earthquake shaking. Electricity for heating, lighting, ventilation, dehumidifying and security is in place.

**What is in the containers? -**

**1. First aid supplies** – Trauma kits come in 100 and 500 person configurations. A 100-person kit costs \$400. A 500-person kit costs \$1,200. (See <http://www.moreprepared.com/first-responder/trauma-kits.html>.) It was decided that the 500-person kit was a better value. CCFD#4 had sufficient supplies on hand for one week. CCFD#4 decided to purchase the kit for storage in the container. This allows them to standardize the reserve kit with kits they use every day.

**2. Emergency supplies (Search and rescue items)** – These items include expendable items such as spray paint, incident tape, work gloves and supplies used by CERT teams performing search and rescue operations with CCFD#4 volunteers. CCFD#4 decided to purchase these materials for storage in the cache. This allows them to standardize the items with materials they use every day

**3. Water** – The Red Cross recommends 1 gallon of drinking water per person per day. An additional 1 gallon per day per person is required for cooking and sanitation. JEPP decided to stock 500 bottles of water to be used while the shelter is being set up. After that, drinking water will be provided from the water purification trailer.

**4. Food** – The Joyce food strategy relies on scratch cooking in a field kitchen to feed the shelter. JEPP stocks commercially packed staples such as beans, rice, pasta, freeze dried veggies and spices. These items have a 25 to 30-year shelf life. JEPP does not store freeze dried meats. Farm slaughtered meat will be purchased as needed during the emergency. The shelter will feed MREs while the kitchen is being set up. Residents with surplus freezer items will have to consume them or have them spoil. JEPP encourages the community to contribute freezer contents that will spoil before they are consumed to the shelter.

**5. Shelter supplies** – Shelter supplies include tarps, tents, tools, rope, wire, duct tape, lanterns, heaters, stoves, cots, sleeping bags and wool blankets. They also include items that might be needed to shore up walls, fix leaking roofs and cover broken windows. Note: JEPP has applied a shatter-proof film to the church windows to limit glass breakage and cleanup after a quake.



JIM BUCK and JUDY HARVEY inside the container

**6. Sanitation** – Sanitation supplies include comfort kits for personal hygiene, feminine hygiene kits, hand sanitizer, bathroom supplies, bulk cleaning supplies and items for solid waste management. Our fecal waste disposal plan relies on use of septic systems at the school and church.

**7. Fuel** – In this emergency, fuel will be limited to what is on hand in the community at the time of the event. Our shelter plan relies on propane. Diesel and mogas cannot be stored for long periods. Propane can be stored indefinitely. We have anchored all of the propane tanks in the Joyce area so they will not roll over during a quake. Several have been fitted with “wet legs” so they can refill smaller propane tanks.

JEPP has learned a great deal since we started this project in 2015. We have documented all of our research and lessons learned. You can read more about our efforts at our website at [www.jeppgroup.org](http://www.jeppgroup.org). We are available to answer questions or provide additional information. Thanks for taking the time to learn about shelters.

Best wishes,  
Jim Buck



Joyce Emergency Management and Prep (JEPP) setting up It's MARK 99 MKT field kitchen. The kitchen is capable of feeding 300 people per day at the shelter.



CCFD2 Chief Alex Baker, Dan Harvey and Parker Stoops anchoring the fire station propane (we felt it was bad manners to have the fire house propane tanks rolling around the community in an earthquake so we fixed it.)



JEPP volunteers applying anti-shatter film to the shelter windows to prevent glass breakage during an earthquake.



The JEPP water purification trailer

# SEQUIM OPERATIONAL AREA 2019 CERT DRILL



The helicopter in the above photos is one of the Life Flight fleet now serving our area from two stations: Port Angeles and Coupeville on Whidbey Island. Being stationed close to us saves travel time when an at-risk patient needs to be flown to Seattle.

A description from Life Flight: "The Eurocopter EC135 twin-engine helicopters are popular aircraft in the air medical industry. Similar to the Agusta-Westland aircraft, the EC135 is capable of transporting a specialty team. The rear patient care compartment is separate from the pilot area. The EC135 also has an enclosed tail rotor. Life Flight Network utilizes seven EC135 helicopters, acquired through the merger with Northwest MedStar. The fleet consists of two P1s, one P2 and four P2+s. The P2+s are capable of flying under instrument flight rules, which is beneficial in the often foggy and cloudy region west of the Cascade Mountains."

# SEQUIM OPERATIONAL AREA 2019 CERT DRILL



CERT guru Cindy Zechenelly greeting participants



CCFD3 Assistant Chief Dan Orr (r) & CERT David Dearing observing the helicopter



Communications Exercise, conducted by Carlsborg Division Chief Charlie Meyer (above) and assisted by Map Your Neighborhood Director Joel Ogden (below)



“Human Response to Disaster Events”, conducted by Miller Peninsula Division Chief Linda Enger, and featuring the TEDxPortland Talk “Why We Don’t Prepare For Earthquakes”



Squad Tactics, conducted by Sequim Division Chief John Viada

# SEQUIM OPERATIONAL AREA 2019 CERT DRILL



Geographical Information Systems, conducted by Sequim Deputy Division Chief Keith Koehler (aka Mr. Wizard)



Helicopter Awareness (Etiquette) Training, conducted by CCFD3 Disaster Planner Blaine Zechenelly



Cribbing Operations (above), this year's puzzle conceived by Chief Insidious (Asst Chief Orr)

Fire Operations in a Disaster (below), conducted by CCFD3 volunteer personnel



And finally, after a long and informative day, The De-Brief. (above and below)



## PUT YOUR HANDS TOGETHER

### FOR ACCOMPLISHMENTS ABOVE AND BEYOND!!

Steve and Ann Johnson have put together this outstanding medical kit for themselves and their neighbors on Gehrke Road. They brought their kit to our Sequim Operational Area Drill on September 7th.

Carlsborg Division Chief Charlie Meyer took pictures. This kit should serve as inspiration for all MYN neighborhoods and CERT Teams. Well done Steve and Ann!!












CERT Team 13 Captain Dan Schold is happy to welcome Steve and Ann to his CERT team.






# OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 CERT Team 5 2-5pm 114 S. Sequim Ave.  CERT Team 4 6-7:30 pm The Gathering Place	4	5 CERT Team 8 9:30-1:30am Gardiner Com Ctr  CERT Team 11 1-2:30 pm KSQM
6	7 CERT Team 2 10am-noon Gardiner Com Ctr 	8 CERT Team 10 6-8pm Red Cedar Hall 	9	10 CERT Team 9 3-5pm Alternating Locations  CERT Team 1 6:30-8pm Crescent Grange	11	12
13 CERT Team 6 10am-noon 276875 Hwy 101 Community Hall 	14	15 CERT Team 13 6:30-8:30pm Agnew Comm Hall 	16 CERT Team 7 6:30-8pm 45 Eberle Road 	17 CERT Team 14 7-8:30 pm 290 Macleay Rd  CERT Team 3 7-8:30 pm Parkwood Clubhouse	18	19
20	21	22 CERT Team 12 6:30-8pm 45 Eberle Road 	23	24	25	26
27	28	29	30	31 		

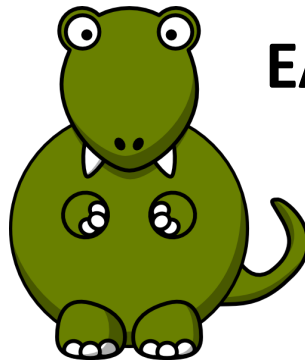
# NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 CERT Team 8 9:30-1:30am Gardiner Com Ctr  CERT Team 11 1-2:30 pm KSQM
3	4 CERT Team 2 10am-noon Gardiner Com Ctr 	5	6	7 CERT Team 5 2-5pm 114 S. Sequim Ave.  CERT Team 4 6-7:30 pm The Gathering Place	8	9
10 CERT Team 6 10am-noon 276875 Hwy 101 Community Hall 	11 	12 CERT Team 10 6-8pm Red Cedar Hall 	13	14 CERT Team 9 3-5pm Alternating Locations  CERT Team 1 6:30-8pm Crescent Grange	15	16
17	18	19 CERT Team 13 6:30-8:30pm Agnew Comm Hall 	20 CERT Team 7 6:30-8pm 45 Eberle Road 	21 CERT Team 14 7-8:30 pm 290 Macleay Rd  CERT Team 3 7-8:30 pm Parkwood Clubhouse	22	23
24	25	26 CERT Team 12 6:30-8pm 45 Eberle Road 	27	28 	29	30

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CERT Team 2 10am-noon Gardiner Com Ctr 	3	4	5 CERT Team 5 2-5pm 114 S. Sequim Ave.  CERT Team 4 6-7:30 pm The Gathering Place	6	7 CERT Team 8 9:30-1:30am Gardiner Com Ctr  CERT Team 11 No mtg this month
8	9 CERT Team 10 6-8pm Red Cedar Hall 	10	11	12 CERT Team 9 3-5pm Alternating Locations  CERT Team 1 6:30-8pm Crescent Grange	13	14
15 CERT Team 6 10am-noon 276875 Hwy 101 Community Hall 	16	17 CERT Team 13 6:30-8:30pm Agnew Comm Hall 	18 CERT Team 7 6:30-8pm 45 Eberle Road 	19 CERT Team 14 7-8:30 pm 290 Macleay Rd  CERT Team 3 No mtg this month	20	21
22	23	24 CERT Team 12 No mtg this month 	25 	26	27	28
29	30	31				

# HOW DO YOU



# EAT A DINOSAUR?

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

What to buy in:

October

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

November

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

December

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

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

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

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





## 6 REASONS TO STOCKPILE BLANKETS

Reprinted from [thesurvivalmom.com](http://thesurvivalmom.com)

You should keep a small stockpile of several blankets on hand, for the following reasons:

1. Let's start with the obvious. Blankets keep us warm and in an emergency situation, sitting underneath and on top of blankets when there's no or little heat can quite literally keep us alive. Having more than enough on hand means we can care for extra people as well—the elderly neighbor, extended family and friends who come to visit.
2. Keeping a garden is an important part of the homesteading lifestyle and a late spring or early fall frost can destroy our plants quickly. Keep extra blankets in the garden shed or garage for frost protection. When the weather forecast looks ominous, toss the blankets over sensitive plants to protect them from the damaging effects of a light frost.
3. Add a pocket to one edge of a quilt and hang it from a tension rod in windows, to add an extra layer of warmth during frigid cold spells. This helps keep the cold out from drafty windows or even just large windows that get cold from sheer size. These window quilts can help keep cold out and heat in, helping us use less wood or other forms of heat energy.
4. Use them as makeshift beds. A few blankets piled on the floor add padding and a slightly more comfortable sleeping space. It's not as comfortable as a bed, but for extra guests in an emergency situation, it would be appreciated.
5. Pets and livestock occasionally need bedding beyond just wood chips or straw, and your spare blankets can be just as much a lifesaver for them as they are for humans. Keep a pile in the barn or outbuildings specifically for animal bedding. At worst, they get destroyed and can't be used again, but most likely they can be washed and re-used multiple times.
6. Receiving blankets and other cotton and wool blankets can be great scrap fabric. Hold onto these to repair thicker quilts that get torn or for piecing together larger quilts and throws. Depending on your sewing skill level, they can often be fashioned into coats, pants, pajamas, and more.



To keep your stockpiled blankets in the best possible shape, store them in plastic garbage sacks, “space bags”, or even plastic tubs to keep them from getting dirty between uses and to protect them from pests like insects and mice, especially when being kept outside. Add cedar balls or small pieces of cedar planking to ward off insects.



# CONVERSATIONS WITH A MASTER GARDENER

## Fall and Winter Gardening - Some Preparations for the Unthinkable.

Contributed by Master Gardener Bob Cain and  
Laurel Moulton, Coordinator Master Gardener Program

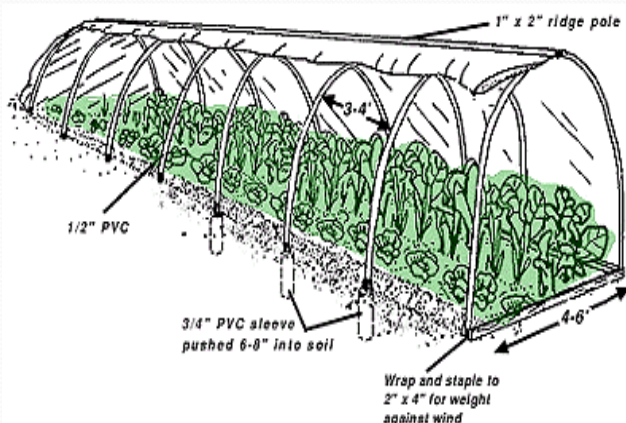
It's October and the "Big One" finally came. Were you prepared? Now that the supermarkets are closed, could you have done anything to help tide you over until help, in the way of food, becomes available? The answer is yes with some caveats!

Don't plan on learning to garden to feed your family after a disaster is upon us. Start the learning process now, so growing food is second nature (or at least not a total mystery) when the pressure is on. It takes knowledge, time and effort to grow your own food even in the best of conditions. Learning which crops grow at what time, which crops give you the best "bang for your buck", how to protect your garden from hungry wildlife, and how much you really need to grow to feed your family is a process of trial and error. Start small, and try something new or expand your garden each year.

If you are a new gardener seek out local gardeners, books, and publications to guide you. A good place to start is with the publication, EM057E *Home Vegetable Gardening in Washington* (available online <https://s3.wp.wsu.edu/uploads/sites/2071/2014/04/Home-Vegetable-Gardening-in-WA-EM057E.pdf>) . This publication contains information on choosing the best site for your garden, which crops have the highest yield per square foot, basic planting instructions for common crops, a planting calendar, and other important information. Local seed companies also have excellent planting charts for planning your year-round garden. Get connected to the garden community: Come to a WSU Master Gardener plant clinic, attend a workshop, or wander the local community gardens. Gardeners love to share their knowledge!

### Low Tunnels – A cloche by another name

- Low tunnels
  - Easy to build and customize
  - Adaptable to any size.
  - Must ventilate in warmer weather
  - Easy to move and dismantle
  - Good for crop rotation



## CONVERSATIONS WITH A MASTER GARDENER

If a disaster strikes in October, and you planted and harvested summer and fall crops, all is not lost! Ideally, you'll have squash, various fruits, and root crops such as potatoes all safely stored away for use during the emergency, always assuming your property is still in reasonable shape so you can get at them. You can learn more about tried and true methods of storing your summer and fall harvest indoors and outdoors from EB1326E *Storing Vegetables and Fruit at Home* (available online <http://pubs.cahnrs.wsu.edu/publications/wp-content/uploads/sites/2/publications/eb1326e.pdf>).

Storing summer-grown produce, and actually growing produce in your garden in the winter are two different games in our cool climate. Even with frost protection most plants stop growing or grow very slowly in the winter. Eating from your garden in the cooler months takes a combination of plants that put on growth at the end of summer and early fall, and "hold" in your garden for winter harvest; plants that grow slowly all winter; and those that start growth in the fall, pause in the coolest months, and then ripen in the early spring. Many crops you can sow for the fall and winter such as kale, cabbage, broccoli, winter radish, chard, winter spinach and lettuce will be quite happy outside and continue to grow for a few months into early winter, or even overwinter to supply you later. Using row covers or other frost protection measures helps to keep them growing. Frost protection can be provided, most basically by securing hoops or wire, electrical conduit or PVC pipes over your vegetable beds and then attaching a row cover or plastic to form a tunnel to keep the cold out.

If you find yourself in October without stored vegetables, and without a fall/winter garden already planted there are some tricks that you might try, although you won't be able to produce substantial calories. If you have a greenhouse which is still intact you can sow cool weather crops directly in the ground. In the case of a greenhouse with a gravel or cement floor try planting in insulated containers (soil, straw or compost piled around them) or bags of compost you may have left over from the spring. Add a couple of degrees of frost protection to your greenhouse by adding a second layer of plastic to the outside, or using floating row covers inside the greenhouse. Improvise mini greenhouses using wood and plastic against structurally sound south facing walls. Remember on bright sunny days, you'll have to be careful to vent your greenhouse so the plants don't get too hot and bolt. If you have a structurally secure area of your house, plant inside in containers near undamaged south facing windows. Salad greens,

Green Thumb Garden Tips Education series  
Sponsored by the WSU Clallam County Master  
Gardeners

\*\*\*\*\*

2<sup>nd</sup> & 4<sup>th</sup> Thursday of every month at 12 noon

\*\*\*\*\*

County commissioners meeting room of the  
Clallam County Courthouse,  
223 E. 4<sup>th</sup> Street, Port Angeles

\*\*\*\*\*

You may bring a lunch—Free & open to the public

October 10, 2019  
Table Grapes

October 24, 2019  
Greens; Tame & Wild

November 14, 2019  
Beat the Winter  
Blues with  
Houseplants

December 12, 2019  
Art in the Garden

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



## CONVERSATIONS WITH A MASTER GARDENER

short season carrots, turnips and other root crops will survive and grow slowly if it is not too cold at the time of planting.

One major issue even with a successful winter garden would be getting enough protein into your diet. Most winter vegetables contain some protein, but certainly not enough in isolation to meet the daily requirement. So, short of hunting and fishing what are your choices? Consider growing garbanzo beans, lentils, field peas, or soup beans. How about quinoa, or amaranth? Despite our maritime climate you can grow these crops successfully during our summers in most years. Start experimenting next summer to see if these are a good fit for your garden! You may find that too much garden space, or effort is required to produce a worthy amount of these crops, and it's a better bet to buy and store these staples. Early wet fall weather like we have this year, can spoil soup beans just when they're starting to dry on the vine for harvest. In addition to your stored summer/fall harvest, hopefully you have some protein rich staples in your emergency stash.

Another aspect of planning ahead is learning how to save and store seeds. Choose heirloom, or open pollinated seeds, that you have good success with in your garden. Learn about which plants need to be planted in isolation to avoid unfavorable crossing, and which ones are self-fertile. Saving seeds is relatively easy, so consider saved seed as an emergency fund in case services and seeds for sowing the next growing season are not available. Saving seed from year to year, where appropriate, is an investment in the future.

While winter and fall gardens can help bridge the gap when disaster strikes you still need to put away foodstuffs to cover the timeframe until services become more predictable. Storing summer grown crops, and preserved or dried food is going to be your major source of protein. So think ahead- learn and experiment with gardening techniques ahead of time; learn what to grow and store; buy a dehydrator, learn to can foods, store water and wait it out.

### **Books on Preparedness and Sustainability**

Gardening Month by Month in Washington & Oregon - Alison Beck & Marianne Binetti

Urban Survival Guide (Learn the Secrets of Urban Survival to Keep You Alive After Manmade Disasters, Natural Disasters, and Breakdowns in Civil Order) - David Morris

The Meals in a Jar Handbook - Stephanie Petersen

A Guide to Canning, Freezing, Curing & Smoking Meat, Fish & Game - Wilbur F. Eastman, Jr.

The Prepper's Canning Guide - Daisy Luther

The Number One Antidote to Fear is Preparation

# Wellness during an Emergency or Disaster

## Excerpt from Lisa Bedford, the Survival Mom:

Hello there,

I'll never forget the email I received from Janice\*. I had just written an article about how to get out of your house in a hurry when there's a flood or some other crisis.

Janice wrote, "Lisa, I have a 22-year-old son who is autistic. Everything in his life has to be highly structured, and he can't handle anything that changes his routine. He weighs about 70 pounds more than me, and I'm afraid that if our house caught on fire, there's no way I could ever get him out."

We exchanged a couple of emails and talked about how she could consult with her son's doctor, begin adding very small variations to his schedule, and even if a change in medications. I'm no doctor, but I am very good at problem-solving and coming up with multiple, possible solutions.

I was thinking about Janice today as I welcomed yet another few members into Survival Mom Sisterhood. Without giving away any identifying information, my new members include:

Bethanne with a 7-year-old autistic son  
Carolyn, who uses a scooter to get around  
Paula, who is 71 years old with a 75-year-old husband  
Pamela, who lives with her daughter and handicapped grandson  
Susan, with an adult daughter who needs constant medical care

When you or a loved one has some sort of special need, then you are even more aware if an emergency happens, you are already at a disadvantage.

Your bug out bag or emergency kit needs to be equipped differently. Your transportation plans need to accommodate a handicapped person. You have to take into consideration things like prescription medications, special dietary needs, a wheelchair or walker, or maybe medical equipment.

"Bugging out" may be out of the question, so you want to make sure your home is completely ready for any and every type of crisis.

## Excerpted from an email received from Jillian Munger, Victim Witness Coordinator for the Clallam County Prosecuting Attorney's Office:

Her email pertained to those affected by crime such as a homicide, but can be applied in any emergency or disaster.

### **The Best Things to Say to Someone in Grief**

1. I am so sorry for your loss.
2. I wish I had the right words, just know I care.
3. I don't know how you feel, but I am here to help in any way I can.
4. You and your loved one will be in my thoughts and prayers.
5. My favorite memory of your loved one is...
6. Give a hug instead of saying something.
7. We all need help at times like this, I am here for you.
8. Saying nothing, just be with the person.

### **The Worst Things to Say to Someone in Grief**

1. At least she lived a long life, many people die young.
2. He is in a better place.
3. She brought this on herself.
4. There is a reason for everything.
5. You can have another child still.
6. She was such a good person God wanted her to be with him.
7. I know how you feel.
8. She did what she came here to do and it was her time to go.
9. Be strong.



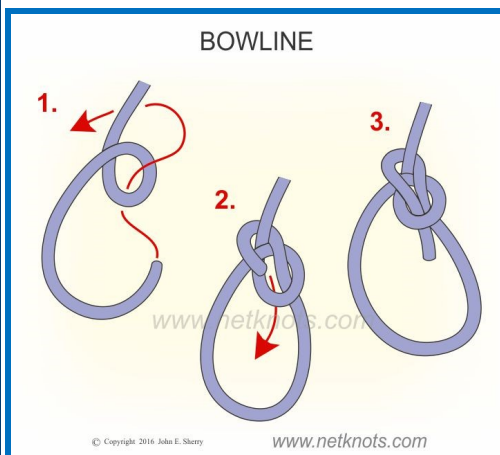
## TOP 10 ROPE KNOTS - REPRINTED FROM NETKNOTS.COM

While there are literally thousands of knots, in reality a person can probably get by with about ten good knots committed to memory. Even in this day of straps with buckles and bungee cord, knot tying is still a key outdoor skill that at a minimum can make your life easier and at times could even save a life in a survival situation requiring first aid or rescue work. The knots in this top ten knots section make for a good selection that should cover most situations.

### BOWLINE

**How to tie the Bowline Knot.** One of the most useful knots you can know. The Bowline forms a secure loop that will not jam and is easy to tie and untie. The Bowline is most commonly used for forming a fixed loop, large or small at the end of a line. Tried and tested over centuries, this knot is reliable, strong and stable. Even after severe tension is applied it is easy to untie. However, because it does untie so easily it should not be trusted in a life or death situation such as mountain climbing. It is said to retain 60% of the strength of the line in which it is tied.

#### **Bowline Knot Tying Instructions**



- Lay the rope across your left hand with the free end hanging down. Form a small loop in the line in your hand.
- Bring the free end up to and pass through the eye from the under side (the rabbit comes out of the hole).
- Wrap the line around the standing line and back down through the loop (around the tree and back down the hole).
- Tighten the knot by pulling on free end while holding standing line.

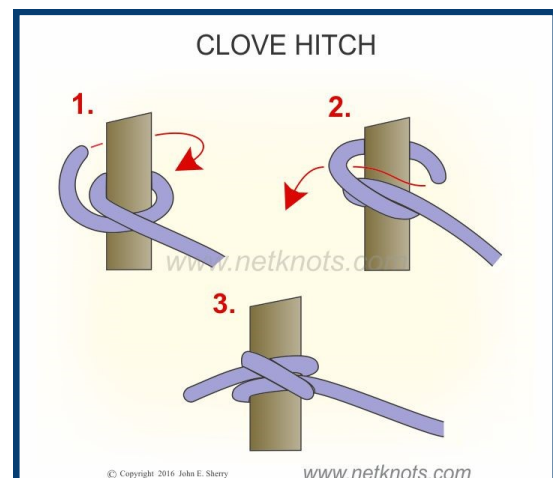
### CLOVE HITCH

**How to tie the Clove Hitch.** A simple all-purpose hitch. Easy to tie and untie. A useful and easy to tie knot, the Clove Hitch is a good binding knot. However, as a hitch it should be used with caution because it can slip or come undone if the object it is tied to rotates or if constant pressure is not maintained on the line.

#### **Clove Hitch Knot Tying Instructions**

1. Wrap the free end of a rope around a post.
2. Crossover itself and around the post again.
3. Slip working end under last wrap.

Pull tight.

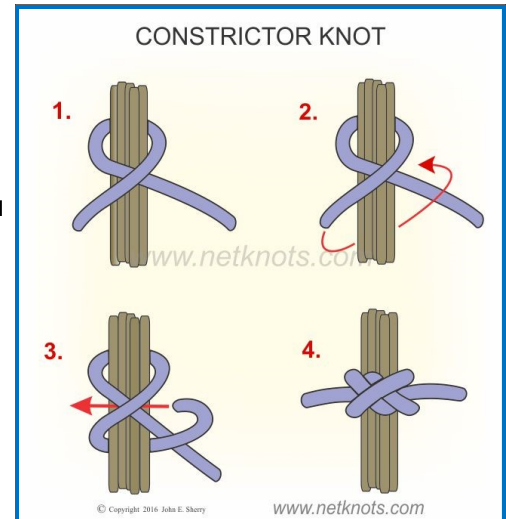


## CONSTRUCTOR KNOT

**How to tie the Constrictor Knot.** A useful knot to tie up loose materials or the ends of bags. Simple to tie, it grips itself and will not work loose. Also known as the Miller's Knot this knot is useful for securing the end of a sack or bundles of items. The knot stays tied and grips itself so well that it is often impossible to untie.

### Constrictor Knot Tying Instructions

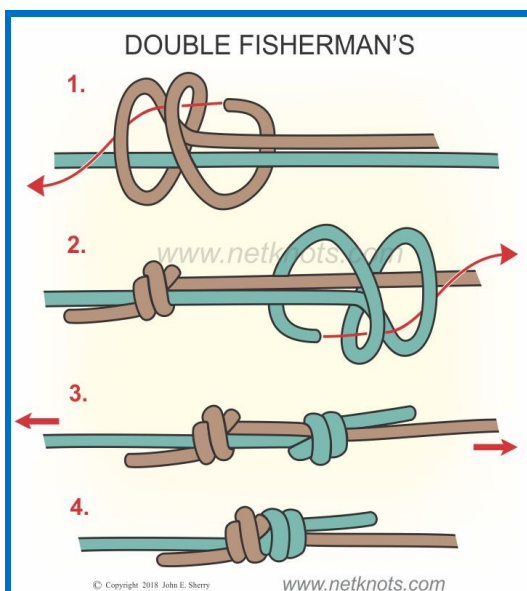
1. Starting in front of the objects, make one wrap from right to left around the object(s) to be bound and cross over in the front.
2. Wrap around the object again.
3. Feed the working end back under the two wraps making sure you first cross over the standing line.
4. Pull both ends to tighten up the knot.



## DOUBLE FISHERMAN'S KNOT

**How to tie the Double Fisherman's Knot.** This knot securely ties two ropes together or can be used to fasten the ends of a rope or cord to make a closed loop or sling. Rarely used in fishing, the Double Fisherman's Knot is essentially two knots that slide together when tightened to form the finished knot. Mountain climbers also use just one side of the knot to tie a backup knot with the working end of the primary knot. When tied in short lengths of rope, this knot can secure rope "grab handles" to kayaks and canoes.

### Double Fisherman's Knot Tying Instructions



- Lay the ends of two lines parallel to each other.
- Coil the free end of one rope twice around the second rope and pass it back through the inside of the coils.

Repeat with second rope in opposite direction.

Pull free ends to tighten knots, then standing lines to slide knots together.

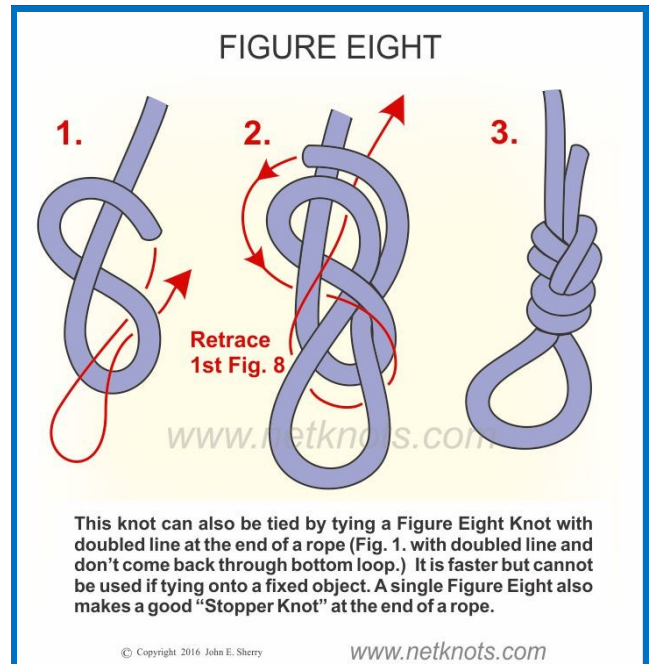
## FIGURE EIGHT KNOT

**How to tie the Figure Eight Knot.** The figure eight follow through is one of the strongest knots. It forms a secure, non-slip loop at the end of a rope. Also known as the Flemish Bend, this is the most widely used tie-in knot by mountain climbers. The reason is that it is strong, secure and easy to visually inspect.

The knot can also be tied by tying a Figure Eight Knot with doubled line at the end of a rope (Step 1, but don't come back through the bottom loop). It is faster but cannot be used if tying into a fixed object, so it is good to learn to tie this knot as the "Figure Eight Follow Through". A single Figure Eight also makes a good "Stopper Knot" at the end of a rope (Step 1 with the single line but don't come back up through the bottom loop).

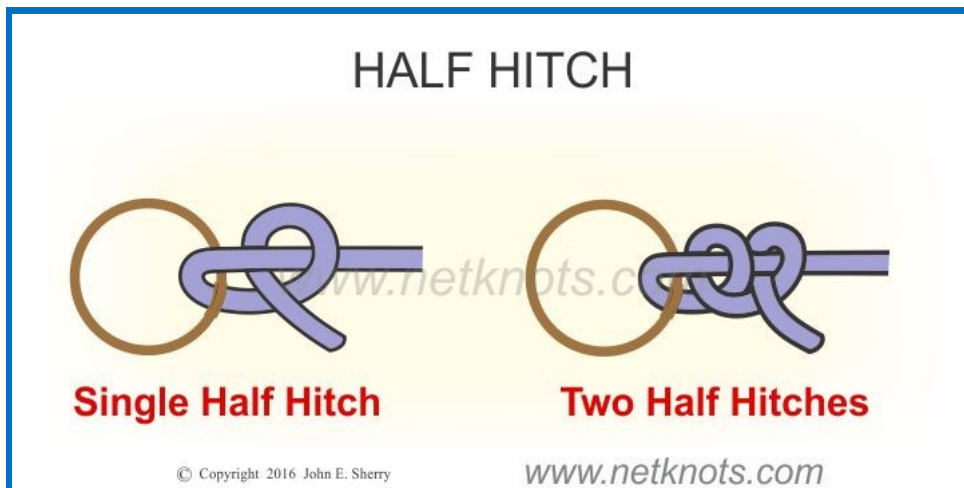
### Figure Eight Knot Tying Instructions

- Tie a single eight in the rope two feet from its end. Pass the free end through any tie-in point if desired.
- Retrace the original eight with the free end leaving a loop at the bottom of the desired size.
- Pull all four strands of rope to cinch down the knot.



## HALF HITCH

**How to tie the Half Hitch Knot.** Although the half hitch is knot in its own right, it is rarely used alone as it is unsafe when used alone. Two half hitches can be use to tie a rope to a tree, boat or any object. It is often used in a supporting role, for example to increase the security of a primary knot.



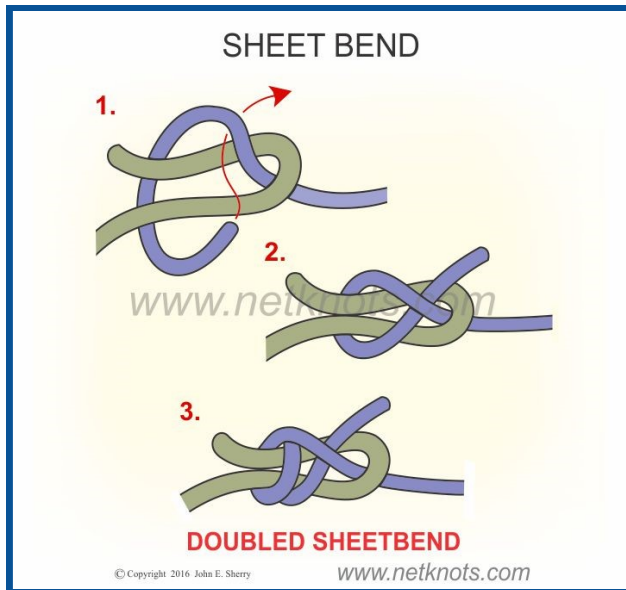
### Half Hitch Knot Tying Instructions

Pass the end of a rope around the object and tie an overhand knot.

For the Two Half Hitches, repeat with a second overhand knot in the same direction.

## SHEET BEND

**How to tie the Sheet Bend Knot.** The Sheet Bend is a useful knot for tying two ropes together, even when rope sizes and materials differ greatly. It is suitable for most non-critical applications. It is important that the tag (free) ends of both ropes of the sheet bend be on the same side of the finished knot. For more security use the doubled version (Becket Bend) which is the same as the single version but with an extra coil around the standing loop. The Sheet Bend also goes by the name of Weaver's Knot when employed in yarn or twine. It is commonly used for joining threads that have parted in a loom or as a permanent knot tied in small material



### Sheet Bend aka Weaver's Knot Tying Instructions

- Form a loop in the end of one rope. Pass the free end of the rope to be joined under the opening of the loop, around both parts of the first rope and back under itself.
- Pull all four ends to tighten.

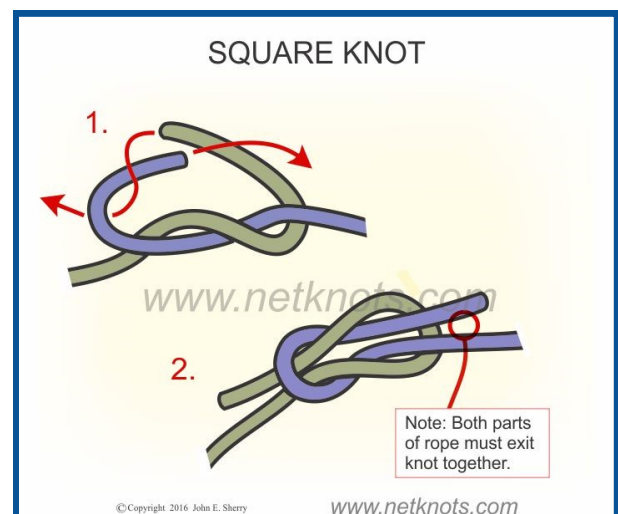
Two wraps around both parts of the first rope make a Doubled Sheet Bend.

## SQUARE KNOT

**How to tie the Square Knot.** The Reef Knot or Square Knot is quick and easy to tie; it is a good knot for securing non-critical items. Not to be trusted to join two ropes together. This knot was used for centuries by sailors for reefing sails, hence the name Reef Knot, and tying things aboard ship. It is important that this knot should not be used as a bend (for tying two ropes together). It is unsafe and can come apart. Be sure to form the square knot and avoid tying a **granny knot**, by making sure that both parts of the rope, the standing line and the free end, exit the knot together.

### Square Knot | Reef Knot Tying Instructions

- Tie two over hand knots. First, right over left and twist.  
Then left over right and twist.  
Make sure both parts of the rope exit the knot together!



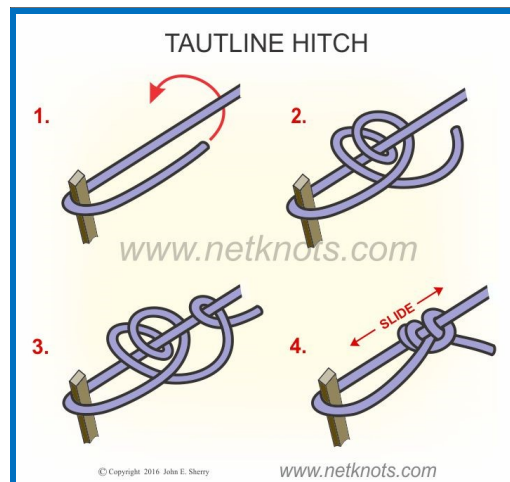
## TAUTLINE HITCH

**How to tie the Tautline Hitch Knot.** This knot can be slipped to tighten or loosen a line, then holds fast under load. Useful for lines that may need adjustment. The Tautline Hitch is essentially a [Rolling Hitch](#) tied on the standing part of a tight line after it has been secured around an object. Campers like to use this knot to secure tent guy lines because the hitch slides freely, yet jams under load, making adjustments to the line easy.

This is the knot that the Boy Scouts of America recommends for an adjustable sliding knot. An alternative way of finishing the knot is to reverse the direction of the [Half Hitch](#) (step 3), which Clifford Ashley states will eliminate much of the torsion that might cause the knot to twist. However, the [Midshipman's Hitch](#) is in fact a more secure knot to use for this purpose, although it is not quite as easy to adjust.

### Tautline Hitch Knot Tying Instructions

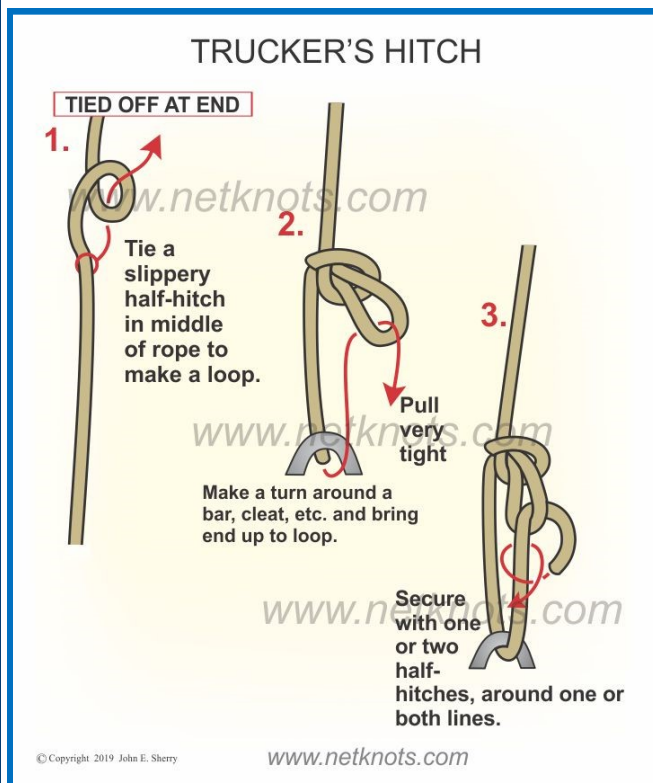
1. Make a turn around a post or other object several feet from the free end.
2. Coil the free end twice around the standing line working back toward the post.
3. Make one additional coil around the standing line on the outside of the coils just made.  
Tighten the knot and slide it on the standing line to adjust tension.



## TRUCKER'S HITCH

**How to tie the Trucker's Hitch Knot.** Use the Trucker's Hitch to cinch down a load. This combination of knots allows a line to be pulled very tight. Probably the most useful hitch there is, the Trucker's Hitch allows a line to be pulled tight as a guitar string and secured. It is used by truckers to secure heavy loads in place and works equally well tying canoes and other objects to the tops of cars. Once the line

is pulled to the desired tension using the pulley effect of the loop in the middle of the line, the knot is secured with a couple half hitches around one or both lines.



### Trucker's Hitch Knot Tying Instructions

1. Tie one end of rope to fixed object such as car bumper. About mid way on the rope tie a slippery half hitch to form a loop in the middle of the line. Be sure the loop part is formed with the slack part of the rope or it will tighten down on itself under pressure.
2. Make a wrap around another fixed point opposite the tie-in point and feed free end through the loop.
3. Using the loop as a pulley, pull down with the free end as tight as you can and secure the knot with two half hitches around one or both lines.

Clallam County is not self contained. Everything we buy has been brought here by truck. In a worst case scenario, emergency or disaster, we must rely on what we have.

Canned goods are great but fresh fruits and vegetables are also necessary for our health. Our Map Your Neighborhood Groups are encouraged to begin a community garden in neighborhoods.

Groups would have fresh food year round, even in the winter. The following article was written by Tessa Pennington and reprinted from [readynutrition.com](http://readynutrition.com):

## **Can A Home Garden Produce Enough Food To Live On?**



Have you ever wondered why you should [start your own garden](#) when food is readily available at grocery stores? What about those who would love to be self-sufficient to the point of living off the food they can grow on their own land? The simple answer is yes, this is possible, but it will take hard work and dedication. Most Americans firmly believe its impossible to be self-sufficient, and those values are all but permanently engrained into their minds from a young age. Even people who know that [organic agriculture is just as productive](#) as industrial agriculture often think you need to have acres and acres of land to grow all of your own food. But that simply is not true. [According to the Small Footprint Family](#), applying certain techniques and principles can get you set on the lifetime journey of potentially being able to grow all your food on as little as a quarter of an acre! Even people in most suburbs could give this a try!

Obviously, how much food you need and can grow will depend on a variety of factors, space being just one of them. You will also need to take into consideration the size of your family and how much food they actually require. A large man will eat quite a bit more than a 5-year-old girl, however, that girl will also grow to consume more. These are a few factors to keep in mind when beginning to consider self-sufficiency. You should also consider the climate in which you live.

In the 1970s, [research by John Jeavons and the Ecology Action Organization found that 4000 square feet](#) (about 370 square meters) of growing space was enough land area to sustain one person on a vegetarian diet for a year, with about another 4000 square feet (370 square meters) for access paths and storage. The math works out to a garden plot around 80 feet x 100 feet (24m x 30m). But that is only the beginning.



After determining if you have enough space (calculate more for a larger family) you should also calculate how many pounds of each vegetable you consume as a family in one week. This will give you an idea of what you should be trying to grow. For example, if you eat 5 lbs (about 2kg) of potatoes each week as a family, that's 20 lbs (9kg) a month and 240 lbs (109kg) a year. You'll need to grow at least 240 lbs, plus a little more to make up for any loss of plant to disease, pests, and other often unforeseeable problems.

\*Another helpful tip to keep in mind: There is no sense in wasting good garden space growing onions if no one in your family likes them. Plant what you eat and the reward for doing so will be greater.

You should also try to plant early, mid, and late varieties of your crops. This will provide a steady flow of produce spread throughout the growing season even if yours is shorter. It can also help to reduce losses due to pests and diseases as your plants will be in different stages of growth at different times. [For example, GoVeg.com suggests](#) if you've decided on growing potatoes you could choose 3 different varieties – one each of first early, second early, and maincrop varieties. Many other crops have seasonal varieties too, including peas, beans, apples, onions, and corn. You'll also want to replant as you harvest your first early potatoes in June. You could then plant, for example, a quick growing crop such as some beets and still have enough time to harvest them as well.

You could also employ [the use of greenhouses](#), cold frames, or a hoop house to add an extra few weeks at the start and end of the growing season. In cooler climates, this will ensure you are much more successful with tender crops like tomatoes, cucumbers, and melons. They will also help to protect your crops from unseasonal weather such as wet summers and from some pests such as birds, small mammals, and deer (although an effective fence to keep deer out is still recommended). It's always an added and welcome bonus to be able to harvest fresh produce early in the season!

Another important thing to keep in mind is just because you may not have the knowledge or skillset yet to master a self-sufficient garden, that is not a reason to give up. [Growing your own food](#) doesn't have to be about being totally self-sufficient, as that is going to have to come in time and with often several seasons of practice. Whether you have a few containers by your back door or have a 2 acre plot of land you can use, you'll be able to add fresh ingredients to your meals, reduce your grocery bills, and maybe even discover a love for nature and gardening along the way! Another great side effect of growing even small amounts of your own food is that [children often learn early how to eat better and stay healthier](#) as they grow into adults. Getting your kids involved at a young age will spike their curiosity, as they love to eat the foods they have helped nurture and grow.

\*Helpful Hint: grow snap peas along a fence just for your kids. They are easy to grow and withstand a frost quite well. Help your kids plant the seeds and water them. Show them how the peas look when they are ready to eat. Allow them to eat their peas off the plants whenever they would like as a healthy snack. My children love this and they go out on their own to weed their snap peas and taste the fruits of their labor all summer. It's very rewarding for a rather small cost.





## Hearty Hunter's Stew

**TOTAL TIME:** Prep: 25 min. Cook: 2 hours 50 min.

All the ingredients can come from your stocked pantry, your garden & greenhouse, and your yard.

Will feed a crowd.

### Ingredients

- 2 pounds boneless venison or beef chuck roast, cut in 1-inch cubes
- 2 tablespoons canola oil
- 4-1/4 cups water, divided
- 1/2 cup tomato juice
- 2 medium onions, cut in wedges
- 2 celery ribs, sliced
- 1 teaspoon Worcestershire sauce
- 2 bay leaves
- 2 to 3 teaspoons salt
- 1/2 teaspoon pepper
- 6 medium carrots, quartered
- 1 large rutabaga, peeled and cubed
- 6 medium potatoes, peeled and quartered
- 1 cup peas
- 1 tablespoon cornstarch

### Directions

1. In a Dutch oven, brown meat in oil over medium heat. Add 4 cups water and scrape to loosen any browned drippings from pan. Add the tomato juice, onions, celery, Worcestershire sauce, bay leaves, salt and pepper. Bring to a boil. Reduce heat; cover and cook for 2 hours, stirring occasionally.
2. Discard bay leaves; add the carrots, rutabaga and potatoes. Cover and cook for 40-60 minutes.
3. Stir in the peas; cook for 10 minutes. Combine cornstarch and remaining water until smooth; stir into stew. Bring to a boil. Cook and stir for 2 minutes or until thickened.

### Nutrition Facts

1 cup: 351 calories, 7g fat (2g saturated fat), 96mg cholesterol, 778mg sodium, 42g carbohydrate (14g sugars, 7g fiber), 31g protein.

# MYN BINGO

<b>First Community Drill Completed</b>	<b>All residents know how to access water in their water heater</b>	<b>All Propane tanks are strapped down</b>	<b>All homes have and maintain 30 days of toilet paper</b>	<b>Contact List Completed &amp; Distributed</b>
<b>All homes have at least one fire extinguisher</b>	<b>All residents have/know how to use personal water filtration system</b>	<b>Alternate sanitation method in place for community</b>	<b>All homes have 30 days of food and water</b>	<b>Everyone's main water shut off located and marked</b>
<b>All homes have a Bug Out or Prep Bag for each person</b>	<b>Every resident has PPE: helmet, gloves, sturdy shoes, etc.</b>	<b>FREE</b>	<b>HAM Radio operator in group</b>	<b>Skills List Completed &amp; Distributed</b>
<b>Primary &amp; secondary Gathering Place selected</b>	<b>All homes have completed 5 min sit &amp; think in each room &amp; taken appropriate safety measures</b>	<b>All community members have reviewed &amp; discussed lessons from Puerto Rico</b>	<b>Neighborhood Map Completed &amp; Distributed</b>	<b>100% PARTICIPATION YAY!!</b>
<b>Equipment List Completed &amp; Distributed</b>	<b>Every home equipped with non-electric can opener</b>	<b>Primary &amp; secondary Care Center selected</b>	<b>All homes equipped with basic first aid supplies</b>	<b>All hot water tanks strapped or attached to dwelling</b>

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

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

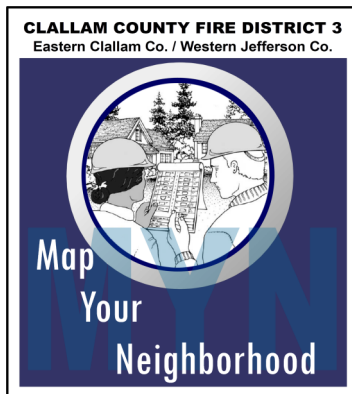
# REMEMBER: WHEN DISASTER STRIKES, THE TIME TO PREPARE HAS PASSED.



Upcoming CERT Classes:

Sequim Operational Area classes will resume January 2020.

For all information, contact Cindy Zechenelly at 360-504-2531 or [cindyiz@hotmail.com](mailto:cindyiz@hotmail.com) or [czechenelly@ccfd3.org](mailto:czechenelly@ccfd3.org).



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. Meetings 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!!!

**Do you have a super tough stumper question for our experts?  
Email it to Lynne Schlosser at [lynne5977@live.com](mailto:lynne5977@live.com) and we'll  
have your answer in our next issue!**

**Coming up in our next issue!**

**A message from Miller Peninsula Division Chief Linda Enger  
Shelter Box Team**

**Staying Clean in a Disaster**

**What Island Are You On?**

**Water, Water, Water, Water, Water, Water...Yes, It's that Important!**

**More Conversations with a Master Gardener**

**AND LOTS LOTS MORE!!!**