

# SEQUIM OPERATIONAL AREA *2023 Issue 17*



Justine Chorley, Clallam County Emergency Management Coordinator asks:  
Are you prepared Clallam County?

Are you prepared for the next earthquake, storm, or flood? What about a multi-day power or water outage? Do you have emergency supplies at home, school, or work should you need to shelter in place? Where would you go if you could not stay in your home? As a community, our collective resiliency depends on each individual's ability to answer yes to the questions above.

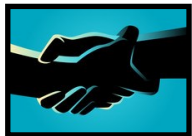
Recent events in Clallam County serve as a lesson on the importance of disaster preparedness. In November 2021, a series of atmospheric rivers passed through Clallam County. By November 15, 2021, soils reached saturation point and river levels rose, leading to mudslides and historic flooding. Two of the County's principal transportation routes, U.S. 101 and State Route 112, were closed in several locations due to the slides. The road closures isolated the communities of Clallam Bay, Sekiu, Forks, and surrounding areas resulting in delays of food and fuel deliveries. These impacts compounded when a water main broke leaving the communities of Clallam Bay and Sekiu without water.

As the waters subsided, residents began the task of cleaning out their flood damaged homes, utility companies restored water and phone service, and road crews begin clearing the roads. Telephone service was restored within five days. Water was restored within six days. Road clearing began immediately, but it took a couple of days before enough debris was cleared to allow for limited traffic to get through the closures. More than a year later, the county continues to recover.

Overall, impacts from this storm resulted in more than \$3.5 million in damages to infrastructure and homes. Individuals from more than forty households had to leave their homes at some point during and immediately after the storms. The November 2021 storms highlighted the resourcefulness of the county. Neighbor assisted neighbor, and communities assisted other communities. The storms also highlighted vulnerabilities. Within 3 days of isolation, communities started to run out of food and fuel.

As a community, our ability to help others is limited by our ability to help ourselves. Our ability to help ourselves is determined by how prepared we are. Ask yourself what you could do to "get by" without water for longer than 6 days? What could you do to "get by" without a grocery store or gas station for just a few days, a week, or a month?

When preparing your family for a possible disaster, consider the following:



**WE ARE  
ALL IN  
THIS  
TOGETHER**

- Do you have sufficient savings for an emergency? Do you have adequate insurance? The average FEMA payout is \$5K and the average SBA (Small Business Administration) loan for individuals is \$250K, which may not be enough to rebuild.
- Are you registered for emergency alerts? Advanced notification can provide you with extra time and with important information. Activate your cell phone's wireless emergency alerts and register for at least one additional emergency alert system, such as the County's CodeRed.
- Do you have a family evacuation and communications plan? Develop a plan for your family that includes how you will communicate if cell and phone lines are down and where you will meet if you are separated.
- If you had to shelter in place in your home, work, or school, do you have enough food, water, and medication? Store enough food and water for each member of the family for a minimum of 30 days. Make sure you have spare batteries, medications, and other essentials. Be sure to include your pets in your family plan and food storage.
- In case you need to evacuate, keep your gas tank close to full. Have plenty of cash on hand since long term power outages may eliminate the use of electronic systems. Make sure you have important papers (e.g., deeds, wills, birth certificates) secured and ready to go. Have a 24 hour "go bag" for your office, car, and home in case you need to leave with little advanced notice.
- Have you taken any preparedness training? The County and the various fire districts provide Community Emergency Response Team (CERT) and neighborhood preparedness training.

Even if you were not directly impacted, everyone can learn from the experiences of the November 2021 storms. The impacts illustrated how whole communities could be cut-off from critical services, supplies and from each other. It also shows how people may need to shelter in their homes or not be able to return home.

Are you prepared? Below are some additional resources to help you prepare for a disaster.

Clallam County Emergency Management  
 Website, mail-out disaster preparedness information  
 Volunteer opportunities  
 360-565-2684 or [www.clallamcountywa.gov/239/Preparedness](http://www.clallamcountywa.gov/239/Preparedness)

Washington Emergency Management Division  
 Website with information disaster preparedness  
<https://mil.wa.gov/preparedness>

FEMA  
 Web based information on preparedness before, during and after a disaster  
<https://www.ready.gov>



# SEQUIM OPERATIONAL AREA



CITY OF  
**SEQUIM**



**Emergency Preparedness Partnership**



**SEQUIM ELKS LODGE**



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

*Trinity United Methodist Church*

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



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



Map  
Your  
Neighborhood

## UPCOMING CERT SPECIAL EVENTS 2023

Thurs. 4/20	1:00 - 3:00 PM: CERT Operations Review, KSQM
5/5 - 5/6	Races at Carrie Blake Park will need 10 CERTS for Saturday and another 10 for Sunday
Sat. 5/13	Noon: Irrigation Festival Parade through Downtown Sequim - line up by 11 AM
Tues. 7/4	7:30 PM - Independence Day Fireworks at Carrie Blake Park
Thurs. 7/20	1:00 - 3:00 PM: CERT Operations Review, KSQM
7/21 - 23	Sequim Lavender Festival at Carrie Blake Park
7/28 - 30	Hurricane Ridge Kennel Club Dog Show at Carrie Blake Park Logging Area
Sat. 8/12	9:00 AM - 3:00 PM: Diamond Point Airport Appreciation Day - CERT 2 provides CERTS for booth
Sat. 8/26	8:30 AM - 3:00 PM: Sequim Air Affaire - CERTS maintain a booth - need 10 CERTS
Sat. 8/26	9:00 AM - 3:00 PM: Boys & Girls Club Back to School Fair - Drive through from High School Stadium to B&G Parking Lot to pick up free supplies
Thurs. 10/19	1:00 - 3:00 PM: CERT Operations Review, KSQM

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

April 8, 15, 22

May 6, 20, 27

Summer Break in June, July & August

September 9, 16, 23

October 14, 21, 28

November 11, 18 & December 2





## Diabetic Preparedness During a Disaster

Disasters will force us into an upheaval of our normal routines causing us to have limited access to supplies and especially medicines. CERT teaches us that being prepared for an emergency is not just important to us but important for everyone. This emergency preparedness can be even more critical to those who have a chronic health condition such as diabetes. How does one maintain a 30 to 60 day supply of insulin and prevent it from going bad without refrigeration?

- The CDC says try to keep your insulin as cool as possible, but make sure not to freeze it. Insulin that has been frozen can break down and will be less effective. A cooler with ice might be an option but don't have the insulin in direct contact with ice.
- Keep your insulin away from direct heat and out of direct sunlight, which also makes it less effective.
- For up to 4 weeks, you can use insulin in opened or unopened vials that have been stored at room temperature (between 59°F and 86°F).
- Realistically, you may have to use insulin that has been stored above 86°F. If so, monitor your blood sugar regularly. If you're living in an emergency shelter, let someone in charge know if your blood sugar is too high or low, so they can get help if needed. Contact your doctor as soon as the emergency is over.
- Storing your insulin in a hole in the ground might be an option. Just be sure it's four feet or more deep, and the insulin is in a watertight container. That'll keep the bottles at around 50 F.

The package insert usually says to keep the insulin below 40 degrees Fahrenheit and to never freeze. But, if we're talking about life-or-death survival here with no other cold-storage options, I like the hole in the ground option.

Here is a link to a Patient Preparedness Plan from the Diabetic Disaster Response Coalition. This plan talks about 2-3 days worth of supplies, CERT recommends for our area 30-60 days worth of supplies.

[DDRC Preparedness Plan Long \(squarespace.com\)](#)

Contributed by Butch Zaharis, Captain CERT Team 13, CERT Academy Instructor

# Wellness During an Emergency or Disaster

## Stoicism: How This Ancient Philosophy Can Empower You to Improve Your Health and Your Life

Excerpted from an article from Lisa Egan for Ready Nutrition



When you arise in the morning, think of what a precious privilege it is to be alive— to breathe, to think, to enjoy, to love.

*Marcus Aurelius, Meditations*

There is an ancient philosophy that can help you find the strength and stamina to gracefully handle the challenges of everyday life, improve your health, and experience true happiness.

This philosophy is called Stoicism. It is an *eudaimonic* philosophy. *Eudaimonia* is a term that means *a life worth living*, often translated as “happiness” in the broad sense, or more appropriately, *flourishing*.

I’ve only recently started learning about Stoicism. I wish I’d known about it years ago. In the short period of time I’ve been studying it and applying its teachings, I’ve made significant positive changes in my life... changes in the way I think, in the way I handle setbacks and obstacles, and in the way I manage stress and anxiety.

My study of the philosophy began when I came across this quote somewhere on the Internet:

The impediment to action advances action. What stands in the way becomes the way. – *Marcus Aurelius*

How profound.

Recognizing the obstacles before you, assessing them, and preparing to overcome them... well, there’s power in that.

Every challenge we overcome makes meeting the next one with grace and determination easier because our self-confidence is strengthened.

Here is the full quote from Marcus Aurelius:

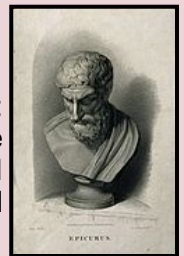


“Our actions may be impeded, but there can be no impeding our intentions or dispositions. Because we can accommodate and adapt. The mind adapts and converts to its own purposes the obstacle to our acting. The

impediment to action advances action. What stands in the way becomes the way.”

Epictetus wrote,

“In life our first job is this, to divide and distinguish things into two categories: externals I cannot control, but the choices I make with regard to them I do control. Where will I find good and bad? In me, in my choices.”



Stoicism teaches us to embrace problems, accept them, prepare to challenge them, and take action to overcome them.

Now, let’s explore Stoicism a bit more.

We will begin with an overview from Philosophy Basics.

Stoicism is an ancient Greek philosophy (developed by Zeno of Citium around 300 B.C.) which teaches the development of self-control and fortitude as a means of overcoming destructive emotions.

It does not seek to extinguish emotions completely, but rather seeks to transform them by a resolute Asceticism (a voluntary abstinence from worldly pleasures), which enables a person to develop clear judgment, inner calm, and freedom from suffering (which it considers the ultimate goal).

Stoicism is not just a set of beliefs or ethical claims, but rather a way of life, involving constant practice and training, and incorporating the practice of logic, Socratic dialogue and self-dialogue, contemplation of death, and a kind of meditation aimed at training one’s attention to remain in the present moment.

Please do not confuse Stoicism with *stoicism* (in the common sense of the word). Stoics do not seek to be unaffected by emotions, as philosophy professor Dr. Massimo Pigliucci explains:

...the Stoics do not seek to be impervious to emotions. Rather, they work toward improving their judgments about externals, in order to re-align their emotional spectrum, de-emphasizing unhealthy emotions and nurturing and developing healthy ones.

Stoicism is a vibrant, action-oriented, paradigm-shifting way of living. It is an ideal philosophy for those seeking the Good Life.

*Living life mindfully and deliberately.*

*Being clear about our intentions, thoughtful in our choices, simple in our desires and content in our days.*

*Resisting the expectation of being comfortable all the time...*

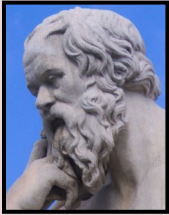
*...those are some of the goals of Stoics.*

“Food is the best test of self-control and temperance because it’s presented to us every single day and in the modern world at any hour of the day,” writes Philip Ghezlbash in The Philosophy Of Stoicism: Five Lessons from Seneca, Musonius Rufus, Marcus Aurelius, Epictetus and Zeno of Citium:

Musonius Rufus was a Roman Stoic philosopher who in his two part discourse on food said:

*“That God who made man provided him food and drink for the sake of preserving his life and not for giving him pleasure, one can see very well from this: when food is performing its real function, it does not produce pleasure for man, that is in the process of digestion and assimilation.”*

Although the pleasure of food is experienced on the tongue, it’s clear that the purpose of food is revealed when it assimilates with the body through digestion.



The lesson here is similar to what Socrates once said which is that we should eat to live rather than live to eat.

Because anxiety and fear can significantly influence our eating habits and weight loss, let’s explore how Stoicism can help us improve our mental outlook.

In the article *Stoicism, the Original Cognitive Therapy*, Jules Evans explains how Stoicism helped him overcome anxiety and panic attacks:

But what finally helped me return to health and happiness was not a lifetime of anti-depressants or expensive treatments, but a 2,000-year-old philosophy called Stoicism, which forms the basis of cognitive behavioural theory today.

This philosophy first emerged around 350 BC in Athens where the Stoic philosophers would teach (among the Stoa, or colonnades of the marketplace). Their immensely practical teachings aimed to cure the soul of emotional suffering. When we think of being stoic today, we think of stiff upper lips and emotional avoidance, but the philosophical truth is different.

Stoicism is about learning to understand and control our emotions, rather than simply stifling them. It is about learning to feel in control again, when our negative emotions seem to overpower us.

### **Quotes from Marcus Aurelius**

“You have power over your mind – not outside events. Realize this, and you will find strength.”

“Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.”

“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.”

### **Quotes from Epictetus**

“There is only one way to happiness and that is to cease worrying about things which are beyond the power or our will. ”

“Man is not worried by real problems so much as by his imagined anxieties about real problems.”

“First say to yourself what you would be, and then do what you have to do.”

“It’s not what happens to you, but how you react to it that matters.”

“The greater the difficulty, the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests. ”

### **Quotes from Seneca**

“It is a rough road that leads to the heights of greatness.”

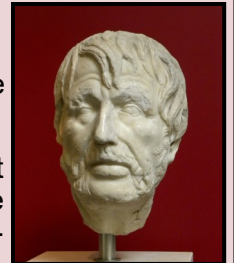
“It’s not because things are difficult that we dare not venture. It’s because we dare not venture that they are difficult.”

“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.”

“Difficulties strengthen the mind, as labor does the body.”

“Putting things off is the biggest waste of life: it snatches away each day as it comes, and denies us the present by promising the future. The greatest obstacle to living is expectancy, which hangs upon tomorrow, and loses today. You are arranging what lies in Fortune’s control, and abandoning what lies in yours. What are you looking at? To what goal are you straining? The whole future lies in uncertainty: live immediately.”

“To wish to be well is a part of becoming well.”





I'm the original Survival Mom and for more than 11 years, I've been helping moms worry less and enjoy their homes and families more with my commonsense prepping advice.

## IT'S ALL ABOUT THE LITTLES

Excerpted from The Survival Mom May 21, 2019 and Updated October 24, 2022

### Survival Skills Your Child Should Know & Be Able to Do ASAP!

Knowledge is something that takes time to develop, so we need to start teaching the next generation now in case, God forbid, our children are left to fend for themselves or we are injured. Even just to make your family more apt to survive, these **essential survival skills for children** help everyone learn what they should know to pull their own weight and contribute as much as possible. Food, water, and other survival basics comprise only a part of this list of kid-friendly skills.

We need to teach our children not just physical survival but mental, emotional, and spiritual survival as well. If your family learns now to be a well-oiled machine, you will be more likely to survive any type of collapse.

#### How to Use This List of Essential Survival Skills for Children

**Only you know your child's maturity and what they are capable of physically and mentally.** Every child is different, so just because Johnny or Julie down the street is serving 5-star meals that he or she killed or foraged for and then prepared over an open flame in an orange peel doesn't mean yours must.

I exaggerate for effect, but you get the point. Don't compare your child to someone else's or even one of your children to another. Nothing good comes from that except anxiety and stress for both you and your child.

Also, take into consideration their natural interests as well as local opportunities. For example, when we lived in Phoenix, going fishing wasn't all that easy of a task; we had to travel many miles to get to a decent lake. Living in Texas, my son can ride his bike to a river not more than a mile or two away and fish for hours. Your locale can help you decide which activities on this list are most feasible.

**Select one item from this list, and do a little research to figure out how to best teach the skill to your child.** You may need to learn it before teaching it! (Just because these are kid-friendly skills doesn't mean you can wing it!) Then schedule a date on the calendar to get started. Have fun!

### Essential Survival Skills for Children

1. **Grow vegetables from seeds.** This isn't the easiest skill to master.
2. **Have local edible and medicinal plant foraging skills.**
3. **Knowledge of dietary needs and how to meet them using wild plants and game** Make a fire and know fire safety



4. **Cook on an open fire**
5. **Open a can of food with and without a can opener**
6. **Be able to tell if food is too spoiled to eat**
7. **How to safely use a knife.**
8. **How to shoot a slingshot**
9. **How to hunt small game with snares, traps, and slingshot**
10. **How to fish and hunt, using a bow and gun when old enough**



11. **How to clean fish and wild game**
12. **Find water and identify if it's safe to drink**
13. **Filter and boil water to drink**
14. **Basic first aid**
15. **Basic hygiene practices**
16. **Find or build a shelter in the wilderness**



17. **How to stay warm, cool, and dry in the elements**
18. **How, why, and when to stay hidden**
19. **Self-defense** is another important survival skill everyone should know, not just kids.

20. **How to make a basic weapon and how to use it**
21. **Be able to run and walk a good distance and be in generally good shape**
22. **How to climb a tree to get away from predators, get directional bearings**
23. **How to read a map and use a compass**
24. **How to read the sky for directions, time, and approaching bad weather**
25. **Know where family and friends live** if they need to find them
26. **How to sew so they can mend clothing or any fabric and even make things such as bags or scrap quilts**
27. **How to barter and trade**
28. **How to be responsible for themselves and be aware of their surroundings at all times**
29. **Use S.T.O.P. to help them remember what to do first when they become separated from you.** Stop–Think–Observe–Plan. Note to parents: Always have a plan in place for what to do if you become separated from your children.
30. **Think outside the box and develop good problem-solving skills**
31. **Be hardworking and a self-starter, and a family helper, not a complainer!**

## Staying Safe in a Crowd—Worse Case Scenarios

Excerpted from an article by Bethanne Kim for The Survival Mom July 26, 2017



Love them or hate them, large crowds cannot always be avoided and they have inherent dangers ranging from pickpockets to riots. It's good to be prepared for those dangers and keep in mind crowd safety. You just need to use your head in order to stay ahead of the game, so to speak.

**Do you need it with you?** Whenever you attend large crowd gatherings, the fewer belongings you have with you, the less there is to keep track of and potentially lose. And the less weight you are carrying around for no good reason. It doesn't normally matter that I have three tubes of lipstick, four pens, etc. in my purse – but if I know I'll be walking around and carrying it for hours, I cut that down *a lot*.

You do need to keep your keys, but they don't have to be in your purse. Where can you carry them with the least possible risk of losing them? **Even if you lose everything else, if you still have your keys, you should be able to get home.** Remember that many cars have lockable glove compartments. You can leave some items locked in there while you are at the event. Unless the day is going to be really hot, I regularly leave my GPS and Kindle locked in the glove box. Sometimes I even leave my house keys there, too, but I make certain there is nothing with my home address on the key chain or anything else I leave in the car.

As you get ready to leave your home, sort through what you normally carry and reduce it to the minimum you need. Most of us have extra credit cards, reward cards, and all sorts of small things we carry every day that we can leave behind when we go to a special event. The less you carry, the less you risk losing.

**Pickpockets** Many years ago, a tour guide recommended carrying a purse with the strap running across and in front of your body, rather than just off one shoulder, and the actual bag in front of you, possibly even with your hand on it. Keeping the strap running across your body, not over one shoulder, makes it harder for a thief to grab your bag and run with it. In addition to grabbing, his experience was that some thieves cut the strap in crowded areas and stole purses that way. Keeping your bag in front of your body, with your hand on it, makes that more difficult.



Another option is a thin pouch on a neck strap that you can keep underneath your shirt. This keeps your hands free and your belongings out of sight yet easily accessible.



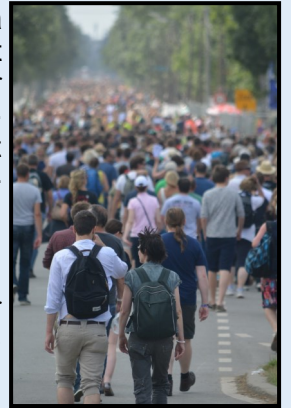
**Finally, take steps to deter thieves from literally picking your pockets.** Put your phone, camera, cash, and other valuables in front or inside pockets where you're more likely to notice someone grabbing for them. If you have pockets that zip, use and zip them. (This is more common in menswear, which is a great reason for women to own at least one man's jacket.)

Many women keep their cell phones in a back pants pocket, and many men keep their wallets there. In a large, close crowd, that phone or wallet could be snatched or fall out in an eye blink and you might not even notice. Someone could be gone with your things before you even had time to turn and look for them, and you would have no idea who it was.

### **Staying together in a crowd**

Wearing bright or unusual colors can make it easier to find one another. When my kids have on neon green or orange shirts, it is FAR easier to find them than when they wear black t-shirts with jeans. However, if things go horribly wrong, this could have the effect of making you stand out to the bad guys. Carrying a dark jacket or hoodie, you can put on over top can negate this problem.

When you arrive at your big event, before you jump into the activities, **decide on a meet-up location and make sure everyone in your group knows where it is.** It should be outside of the busy main area, but not so far that you can't get to it easily or have to completely leave the area to get there. It should also be easy to see from a distance to help everyone find their way, and it should be distinctive. A lamppost is tall, but hardly distinctive. Unless, of course, there is one lamppost that happens to be an entirely different color or style from the others.



Make a mental note of where emergency exits are located and likely paths of least resistance. If there is a good meeting spot near there, use it – but be sure it is just far enough that it won't be in the middle of the exodus if the emergency exit actually needs to be used in an emergency.

**Take a digital photo of each member of your party,** including every child, before leaving the house or just after arriving at the event, and a photo of the meeting location, as a reminder. This way, if someone turns up missing, you have a current photo to show authorities. In various jobs I've held over the years, I've been part of search teams looking for missing kids and I can tell you that many parents have trouble remembering what their children wore that day. It is far easier to find a person if the searchers know what color shirt or hat to spot. Make certain everyone has the phone numbers for everyone else in the party with a cell phone. If you are separated, this will help you re-connect.

**LEARN MORE:** Your cell phone camera can be very useful in emergencies. Read these ["50 Emergency Uses for a Cell Phone Camera"](#).

### **If you are unwell or injured**

When you arrive, take the time to find a map with all the bathrooms, water fountains, and rest areas. Out-of-the-way bathrooms often have the shortest lines, so make a special note of these.

At outdoor venues, personal experience has taught me that the Port-a-Potties about 2/3 of the way down the line are the cleanest. Many people simply go to the first available, while others go to the very last one. This leaves the ones 2/3 of the way down least used, therefore, the least stench-filled. This is particularly important if someone is nauseous.

If you begin to feel faint or unwell, let your group know immediately **and try to get out of the crowd.** Find someplace to sit down, take stock of the situation, and have some water. This is important because if someone's health suddenly takes a turn and paramedics need to be called, it can be extremely difficult for them to fight through the crowd to reach you.

Drinking water is a good idea because a lot of problems are caused or made worse by dehydration, and almost nothing is made worse by drinking some water. Staying hydrated is a great way to prevent problems. The same goes if you are injured. This could be a simple twisted ankle or minor cut or something far more serious like having a golf cart run over your foot or a rioter beat you. If you need a paramedic, try to send another adult or responsible teen for help and keep anyone younger or infirm with you. They are less likely to be distracted or get lost if they stay with you and can still help you, even with things as small as carrying your bag(s) or dialing a cell phone.



## Potential riot and crowd safety

There is no way to go to a large event and both stay at the outer edges the whole time and actually enjoy the event. If you are at the edges, then you are...at the edges. Not fully immersed and participative, and what is the point in that? Of course, if things take a turn for the worse, at the edges, with as few people as possible between you and "open territory," is exactly where you want to be. But what warning signs do you need to watch for?

**Some elements clearly make a riot more or less likely.** Crowds, alcohol, and strong feelings are all big contributors to riots. Crowds and alcohol are fairly obvious. Strong feelings can be about politics, justice/injustice, or sporting events. The cause doesn't matter, but the presence of strong feelings does.

Can you imagine a riot over Starbucks having green cups with a white logo instead of the reverse? Not easily, because it's hard to imagine anyone caring that much. If there are two groups somewhere and one group gets white cups while the other gets green, they might start a riot if one already feels like they are being treated worse, somehow.

If the crowd unexpectedly starts growing, or there is a noticeable change in police/security, those are warning signs. If the mood changes and people are becoming angry or frustrated, it is time to leave. Start making your way to the exit, or at least the edges of the crowd.

**READ MORE:** ["15 Tips for Staying Safe During Times of Civil Unrest"](#)

If you can't move away fast enough and find yourselves caught up in a demonstration or some other moving crowd, **the best thing to do is link arms and move perpendicular across the group of people.** You're not going to get very far trying to walk in the opposite direction but by cutting across the crowd, you should be able to get to a sidewalk or side street. Linking arms is far better than trying to just hold hands.



While the safest course of action would be to avoid crowded events entirely, we cannot and should not live our lives in fear. If your favorite band is playing at a local venue and you have the means to attend the show, go for it! Just take a few common sense precautions so you can be sure to enjoy the concert.

## The *Farmers' Almanac* Spring 2023 Weather Forecast Map for the United States.





## Fun and Exciting Ways to Use Vaseline for Home Preparedness

Excerpted from an article by Sara Tipton for Ready Nutrition

Vaseline is often found in medicine cabinets across the United States. But have you ever thought of adding some to your prepping gear? It actually can be useful in a survival situation and offers many benefits to those who store extra for when the "SHTF." And if you're a more natural prepper, we've got a few alternatives to Vaseline for you that are just as good, if not better!

### **What is Vaseline?**

Petroleum jelly is the generic name of Vaseline. It is a lubricant and is a byproduct of the petroleum industry. Surprisingly, Vaseline is an organic product. It was originally discovered on the bottom of oil rigs and is often used to prevent or heal dry flaky skin. Vaseline is highly-refined, triple-purified, and regarded as non-carcinogenic. Other brands may not be as pure, and many dermatologists suggest sticking with the original name brand to avoid possible contamination of cancer-causing chemicals.

Vaseline is water-repellant and not water-soluble. That means it will seal the barrier so that moisture does not leave the skin. If you've ever had such dry skin that it's cracked and bled, you know that feeling of instant gratification when you slather on an antiseptic that's also a moisture barrier such as Neosporin (which contains three antibiotic ingredients in a petroleum jelly base.) Even though it's considered safe to use, if you can access other options for your dry skin concerns, it is recommended to do so. Products containing beeswax, coconut oil, olive oil, shea butter, and/or cocoa butter seal in moisture as well and are definitely more natural if that's a concern.

### **Prepping Uses Of Vaseline**

Vaseline is an accelerant that can be used to assist in starting a fire. Vaseline (or any generic equivalent petroleum jelly, since it won't be used on the skin) is an ideal fuel when combined with cotton balls as a fire starter. According to the *Happy Prepper*, Boy Scouts and Girl Scouts have long packed cotton balls doused in Vaseline into little plastic zip bags before camping. The combination of cotton and petroleum jelly acts as tinder. Each ball will burn for about ten minutes making this option a great one to help ignite those hard to light fires! But not only that, because Vaseline is excellent at starting fires, you can make candles out of it for a little light.

Vaseline is also an effective lubricant that will prevent rust. It can be used to lubricate bike chains and garden tools and can provide the proper friction for skateboard wheels. But it can also be used to grease keyholes to help make sure locks and keys work smoothly. It can help prevent battery corrosion and ensure your zippers will slide smoothly – imagine for a moment that your bug-out bag's zipper has gotten stuck! Just a dab of Vaseline could loosen up and help it glide better.

Vaseline does have medicinal uses too. It helps stitches heal by providing that moisture barrier discussed earlier, and can protect exposed skin from wind burn. And it really does work to soothe the discomfort of incredibly dry skin. In fact, soldiers use Vaseline Gauze to help treat wounds in the field. (Vaseline Gauze could also be used as firestarter too!)

\*NEVER Apply Vaseline on the inside of the nose!

If you have no alternative, Vaseline has infinite cosmetic value, so in a SHTF situation, it's important to note. It can be used as a lip balm to moisturize the lips and offer a soothing sensation to skin that is dry and flaky, even cracked, after being exposed to the elements for an extended amount of time. It can be used to help heal dry and cracked feet and creates a seal against harmful bacteria for minor cuts and scrapes.

## Homesteading

- Petroleum jelly can be used for tinder, lightly coated on a cotton ball.
- Lure Trout – smearing Vaseline on small pieces of sponges and hooking them onto fish hooks will trick the fish into thinking the sponge coated Vaseline is fish eggs.
- Lubricates tools and protects them from rusting.
- Rub some Vaseline on the wheels of wagons to keep them lubricated and protect them from rust.
- Protects leather and softens it.
- Rub Vaseline around candle holders and the wax will not stick to them.
- Petrolatum is a useful material when incorporated into candle wax formulas. The petrolatum softens the overall blend, allows the candle to incorporate additional fragrance oil, and facilitates adhesion to the sidewall of glass.
- Use it as a lubricant on your sailboat's spinnaker pole.



## Personal

- Vaseline is an effective moisturizer.
- It is used as a key ingredient for conditioners of ethnic hair.
- It is used in pomades to help users sculpt their hair.
- Removes makeup.

## Medicinal

- When petroleum jelly is applied under the eyes and can be used to prevent dirt or sand from irritating the eye.
- Applying Vaseline to lips to help to protect them from chapping.
- Vaseline helps to prevent windburn by creating a barrier on top of the skin to protect it from the wind.
- Put it on scrapes and cuts to use as a barrier to keep moisture out.
- Make your own vapor rub using Vaseline and combining essential oils such as eucalyptus and mint oil.
- It lubricates psoriasis and eczema prone skin to help get rid of the dry patches.
- When applied thick to the scalp, it eliminates lice by smothering them.
- It helps to heal burns and moisturizes the skin.
- When placed under the nose, Vaseline can help minimize allergies by trapping pollen before it enters the nostrils.
- It helps heal poison ivy lesions.





### Do You Live In Washington?

If someone in a Home Depot store offers you assistance and they don't work there, you live in Washington.

If you've worn shorts, sandals and a parka at the same time, you live in Washington.

If you've had a lengthy telephone conversation with someone who dialed the wrong number, you live in Washington.

If you measure distance in hours, you live in Washington.

If you know what "the mountain is out" means, you live in Washington.

If you can drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you live in Central, Southern or Eastern Washington.

If you design your kid's Halloween costume to fit over 2 layers of clothes or under a raincoat, you live in Washington.

If driving is better in the winter because the potholes are filled with snow and ice, you live in Washington.

If you know all 4 seasons: almost winter, winter, still winter, and road construction, you live in Washington.

If you know more than 10 ways to order coffee, you live in Washington.

If you know more people who own boats than air conditioners, you live in Washington.

If you consider that if it has no snow or has not recently erupted, it is not a real mountain, you live in Washington.

If you know how to pronounce Sequim, Puyallup, Abiqua, Issaquah, Oregon, Umpqua, Yakima, Willamette, Sekiu, and Gonzaga, you live in Washington.

And finally, if you think people who use umbrellas are either wimps or tourists, you live in Washington.

**I MAY NOT HAVE  
LOST ALL MY  
MARBLES YET,  
BUT THERE'S A  
SMALL HOLE  
IN THE BAG  
SOMEWHERE**

# 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:

April

Easter candy clearance  
Mustard  
Cake mixes/Frosting  
Organic/Natural Foods  
Brown Sugar  
Chocolate Chips  
Food coloring & dyes  
Olive Oil  
Powdered Sugar  
Spices  
Sugar

Second Hand Stores

Winter Tires  
Cookware  
Auto Parts  
Car Care Supplies  
Sneakers  
Organic/Natural Cleaners  
Home Improvement Supplies  
Garden Supplies  
Spring Clothing  
Snowblowers  
Sewing Machines  
Slow Cookers  
Laptops  
Vacuum Cleaners

May

BBQ Sauce  
Salad Dressings  
Chips  
Soda  
Bottled Water  
Allergy Medications  
Cat Food & Treats  
Coffee  
Pickles & Relish

Anything at Flea Markets

Insect Repellent/Sunscreen  
Party Supplies - Disp plates,  
cups, napkins &  
utensils  
Grill Supplies - Charcoal,  
Lighter Fluid  
Cookware & Knives  
Mattresses  
Pet Supplies  
Pressure Cookers  
Sewing Machines  
Slow Cookers  
Clearance Spring Clothing  
Patio Furniture - Last Season  
Refrigerators

June

Soda  
Bottled Water  
Allergy Medications  
Condiments  
Juices  
Pickles & Relish  
Chips  
Dairy & Eggs  
Hotdogs & Buns

First Aid Supplies

Insect Repellents/Sunscreen  
Dishes  
Tools - Around Father's Day  
Women's Undergarments  
Home Improvement Materials  
Cookware & Knives  
Chainsaws  
Generators  
Pressure Cookers  
Slow Cookers  
Grills & Supplies  
Party Supplies  
Garden/Irrigation Supplies  
Garden Tools







Map  
Your  
Neighborhood

Organized MYN neighborhoods now number 57 and are spread across all of Sequim Operational Area!

We have several neighborhoods who have had their presentations, but lost their Captains and are in need of someone to step up and continue the leadership role. Those neighborhoods are: Camden Court/Mistrel, Diamond Point, Dungeness Greens, Majesty Way, and Oakwood Drive

The following neighborhoods are awaiting their presentations: Clasen Cove Estates, Dungeness Beach, Lost Mountain, Oxford Avenue, Sequim Bay Heights and Solmar.

## Ideas for MYN Neighborhood Committees

- First Aid / Medical
- Sanitation
- Shelter and Feeding the Neighborhood
- Housing – Short and Long Term
- Reunification – Comfort Crew
- Fatality Management
- Fuel and Fire Management
- Animal Response and Control
- Security
- Drone Squad / Transportation
- Inventory & Resource Management



Do you have a special skill or interest that would be valuable to your neighborhood in an emergency or disaster? Put it to use in an organized MYN neighborhood.

### Upcoming Special MYN activities:

**Field Trip to Joyce to have a tour of (JEPP) Joyce Emergency Preparedness Program as well as a question and answer session with Jim Buck, Sequim Operational Area's premier Cascadia expert (looking at June)**

**Captain's Meeting to discuss Cascadia Rising results, review, compare and contrast Neighborhood Plans, as well as exchange ideas and problem solve.**

**Saturday, July 8th, 10:00 am KSQM meeting room**

**Please RSVP to Lynne by June 30th.**

Contact MYN Coordinator Lynne Schlosser at [lynne5977@live.com](mailto:lynne5977@live.com)

## MYN BINGO

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

**Attention all Map your Neighborhoods. This game is just for you!**

**It's time to show off and let everyone know how you are doing!**

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

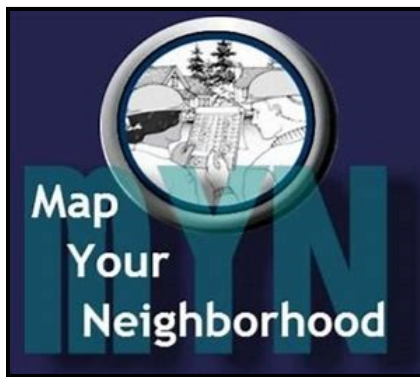
**Assistant Chief Orr is really really itching to give away the prize!**

**The winning neighborhood will be featured in a future newsletter!!**

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



For information about upcoming 2023 CERT Classes:  
Contact Cindy Zechenelly at 360-504-2531  
or [cindyiz@hotmail.com](mailto:cindyiz@hotmail.com).



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. Meetings are scheduled weekdays and weekends. Over 1900 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: To be Determined (suggestions welcome)**

**Wellness During a Disaster and The Littles**

**Principles of Survival**

**How to Start a Fire With Wet Wood**

**When the Dog Food Runs Out, This is What to Feed your Pet**

**Survival Adventures**

**What to Learn, Buy and Do is Back!**

**AND LOTS MORE!!!**