

# SEQUIM OPERATIONAL AREA 2023 Issue 16



A Message from Clallam County Fire District #3  
Chief Ben Andrews

The Role of the Sequim Operational Area (SOA)

The Clallam County Comprehensive Emergency Management (CEM) Plan identifies that in the event of a disaster or catastrophic event, the County may be broken into several isolated communities.



Based on this assumption, the County has been divided into five geographic “Operational Areas” (OAs) with the stated purpose of: “report information and coordinate local response within their assigned micro-islands to the CCEM staff.”

During a major event, the impacts, needs, and available resource in each area are going to differ. Transportation and communication barriers are going to make managing this spectrum of impacts impossible to manage completely from the County Emergency Operations Center (EOC). The intent of the Operational Areas (OAs) is to provide an innovative coordination model to support the County Emergency Management Department in serving the entire County.

The OAs are formed roughly around Fire District boundaries. The five OAs provide a manageable span of control as recommended by the National Incident Management System. The Sequim OA is roughly from Morse Creek in the West to Gardiner in the East. To maintain that span of control, each OA is composed of “Divisions” which are smaller geographical areas within the OA. Each OA is to develop a management team appropriate for their communities’ resources and needs.

The reporting function of the OA involves surveying each community to identify the situation, the needs and resources available as well as resources needed. These community surveys are reported by divisions to the OA management team. The OA management team compiles the reports of the divisions and forwards that information to the Clallam EOC. The OA works to provide the EOC a clear and current picture of what is occurring and what the resource status is. The OA communicates to the EOC what the local priorities are and intended actions to address those priorities. The EOC communicates back the OA the County’s priorities as well as what resources and support they can provide the OA.

Coordinating the local response is the other function of the OA. As each OA’s resources and needs are unique, it is only reasonable that these be managed at a local level. The basic facilities an operational area may support and manage include:

- \*Emergency Coordination Center (ECC)
- \*Air transportation
- \*Communications
- \*Points of Distribution (POD) for supplies like food, medication, etc.
- \*Marine transportation
- \*Shelters

The Sequim OA has been planning, developing, and exercising all the above. The City of Sequim, Clallam Fire District #3 and the Sequim OA CERT teams have partnered in managing, operating, or supporting these assets.

The Community Emergency Response Teams (CERT) and Map Your Neighborhood (MYN) programs have been and will continue to be pillars in the successful response to a disaster. The enabling element of these programs is a servant’s heart and a willingness to do as a volunteer, the work our community could never accomplish in their absence.

For our community, this unique model of managing our worst days has proven to be effective, efficient, and dependable. A side benefit of this has been an overwhelming building of the community in both capability and comradery. Programs, systems, models, and organizations are great, but nothing compared to the care and spirit of neighbor helping neighbor.

# SEQUIM OPERATIONAL AREA



CITY OF  
**SEQUIM**



**Emergency Preparedness Partnership**



**SEQUIM ELKS LODGE**



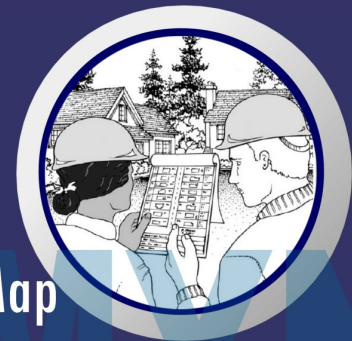
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**CLALLAM COUNTY FIRE DISTRICT 3**  
Eastern Clallam Co. / Western Jefferson Co.



**Map  
Your  
Neighborhood**

**Our last issue was so massive that there were bound to be some boo boos and omissions.  
So without further ado...let's fix that!**

Olympic Straits neighborhood - MYN Captain is Ed Watson

Tonda Vista neighborhood - MYN Captain is Brian Berardo and they are part of CERT Team 13

Solana neighborhood is now part of CERT Team 16

Greater Dungeness Heights/Brigadoon neighborhood has 3 additional MYN Co-Captains - Jonathon Jackson, Kathy Bare and Donna Campbell

Leslie Lane neighborhood in Sunland has 2 new MYN Co-Captains - Scott Miller and Rachel Anderberg - Former MYN Captain John Anzalotti is now CERT Team 4 (Sunland) Co-Captain with Susan Pressman

CERT Team 9 - team meetings are all on the 2nd Thursday of the month - odd numbered months meet at 461 Dungeness Meadows 3pm till 5 pm - even numbered months meet at KSQM 6pm till 8pm - Neighborhoods included in CERT Team 9 are Emerald Highlands, Dungeness Meadows and Rue Lavande.

Home Estates neighborhood is currently awaiting to be assigned to a CERT Team



### **MYN Neighborhoods currently awaiting their presentations**

Oxford Avenue N.  
Clasen Cove Estates  
Solmar

Lost Mountain Estates  
Dungeness Beach

Summer Breeze  
E. Sequim Bay Road

### **MYN Neighborhoods who have had presentations, lost their Captains, and are in need of someone to volunteer to lead them**

Camden Court/Mistrel  
Finn Hall Road E.

Diamond Point  
Majesty Way

Dungeness Greens

### **A Little MYN Story From The Estate Neighborhood Helmed by Dennis Burnett**

The major wind storm that blew through Friday night (November 4) gave our little neighborhood an opportunity to work together as a group.

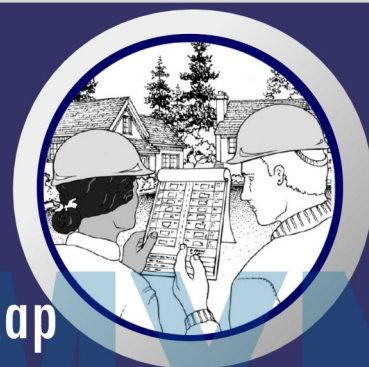
We woke up to three trees of varying sizes blown down on my street. I had a chain saw but no gas/oil mix for it. A neighbor three doors down had a can with a chain saw mixture but no working saw.

So, with my saw and his gas, and another six neighbors, we spent two hours bucking up the trees and clearing the roadway.

This was a wholly volunteer effort and was fun!

Editor's Note: The Estate neighborhood is a brand new MYN neighborhood. Thank you Dennis for your story!

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



Map  
Your  
Neighborhood





**When he's not leading our "parking cars" teams, inquiring minds wanted to know what makes Sequim Division Chief John Viada tick...so here's his bio!**

I started wildland firefighting and slash burning in the Spring of 1973 when I had a 6-month job with the US Forest Service. Later that year I accepted a permanent position with Washington State Department of Natural Resources (DNR). That was the beginning of a 36-year career which ended when I retired on August 31, 2009.

During my career as a Forest Technician and a forester, I fought fire on the Fireline. I worked in the Fire Control Division as a Coordinator with the responsibility to prepare and to dispatch resources to large incidents. This included people as well as equipment from the State fire cache .

As I moved into management, I was the Emergency Operations Manager for DNR. My staff and I wrote an updated Emergency Plan for the Department which became very useful when the Nisqually earthquake occurred.

My next management position was the Program Manager of the Fire Control Program which included managing the preparedness and suppression budgets for the program. As a gauge, note the DNR is mandated by the State Constitution to suppress wildfire on 12.5 million acres of non-federal forest land in the State of Washington. Naturally, since fires don't understand property boundaries, all agencies with firefighting mandates work together to meet a common goal.

My next position was Regional Manager of the DNR Northeast Region. The Northeast Region includes the 6 counties in Northeast Washington from the Cascade crest in Okanogan County, extending east to Idaho and south to the Palouse. As delegated from the Commissioner of Public Lands, the Regional Manager is responsible for carrying out all management activities that DNR is tasked to do within the boundaries of their region. That of course included fire suppression. It also included the authority to call for help from the State and inter-agency fire teams, which then required a formal written delegation of authority giving the Incident Commander direction and authority to manage an incident on State protected forest land.

With that as part of my background, and the desire to be a part of serving our community and hopefully helping others in the process, is why I appreciate the opportunity to be working as part of the CERT leadership team for Sequim Operational Area.

**New Team Chief  
for CERT-10**

Miller Peninsula Division Chief Bob McCauley is pleased to announce that CERT-10 has a new Team Chief.

John Kowalski has just been appointed chief of CERT-10 on East Sequim Bay Road.

John is taking over from Bill Brigden who is retiring from active leadership.

The Miller Peninsula Division welcomes John to the team.

We will have more about John in our next issue!



Combining form with function for a truly festive holiday idea!  
Way to go Janet Piccola,  
Bravo Squad, CERT 13!!

## UPCOMING CERT SPECIAL EVENTS 2023

Thurs. 1/19	1:00 - 3:00 PM: CERT Operations Review, KSQM
Mar 3 & 4	Sequim Sunshine Festival and Evening Fireworks at Guy Cole in Carrie Blake Park
Thurs. 4/20	1:00 - 3:00 PM: CERT Operations Review, KSQM
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 - 23T
7/14 - 16	Sequim Lavender Festival at Carrie Blake Park
Thurs. 7/20	1:00 - 3:00 PM: CERT Operations Review, KSQM
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 PM - 3:00 PM: CERT Operations Review, KSQM

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

January 14, 21, 28

February 11, 18, 25

March 11, 18, 25

April 8, 15, 22

May 6, 20, 27

Summer Break in June, July & August

September 9, 16, 23

October 7, 14, 21

November 11, 18 & December 2





## CAPTAINS' MEETINGS

By Ernylee Chamlee  
Sequim Division Deputy Chief



During breaks while working at the Dog Show Event, some of the Captains voiced a desire to get the Captains together to share ideas and learn from each other.

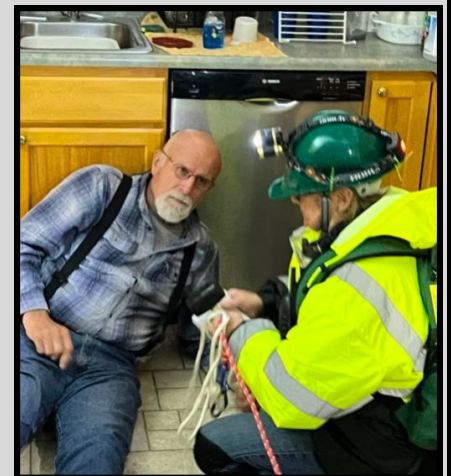
Team 1 Captain, Jedi Judy Chapman, organized the first meeting held on September 10. The Captains voiced concerns about better training guidance, the need to better publicize CERT to get more members and share things they have learned from their individual teams. They are meeting monthly.

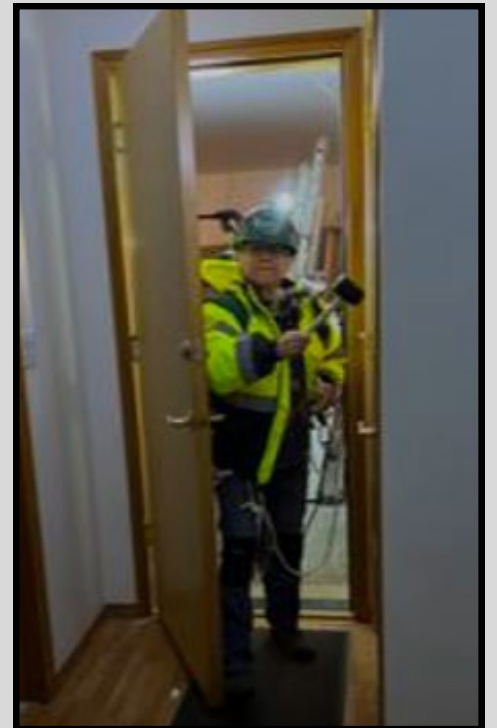
To better help the Captains with training their teams, Butch Zaharias and Ernylee Chamlee were appointed by CERT Leadership to join with our CERT Training Officer, Bob Foster, to form a training committee. They will assist the teams with training needs. Butch has attended many team meetings these last couple of months, teaching SAR and triage at the request of Team Captains trying to get their teams ready for the January Exercise at the JC Penney building. Ernylee has helped some teams too. The committee is committed to supporting our teams.

Team 16 Captain Kyle Hall, offered his father's house for SAR practice. It started off with Blaine Zechenelly and Keith Koehler demonstrating at the location. From there, teams have used the site for various training sessions.

Since that first meeting, most teams have focused on Search and Rescue techniques as they ready for the JC Penney exercise. Team 1 participated in the exercise as a trial run for Leadership to fine tune the drill.

Here's some pictures of teams training for the exercise.







**Cindy Ericksen and Janet Crowley, CERT 13 Alpha Squad** have provided their Neighborhood Home and Outbuilding Safety Checklist for use by everyone. Thank you Cindy and Janet!

After an earthquake and aftershocks, check the external structure of your house and other buildings.

If you find any of the damage in the eight checklist items below, DO NOT ENTER OR REENTER THE BUILDING unless the Fire Department gives permission. Collapse danger is high.

1. Any part of the structure has collapsed.
2. Any part of the structure has shifted off the foundation or separated from the foundation.
3. There are sink holes or large divots close to or around the house's foundations (land shifted).
4. The structure is leaning or looks tilted from a distance, or it appears crooked or out of plumb.

Note: Blocked or stuck entrances or jammed interior doors or windows may indicate the house is out of square and too damaged to enter.

5. There are new severe cracks or openings in foundation, or mortar is separating from blocks (cement block foundations).
6. The roof has pulled away or separated from external walls or building supports.
7. The interior floors are collapsed, have separated from the wall, or feel squishy or bouncy.
8. Wide "stairstep" or "x" cracks in external walls, or "crushing" damage at the ends of walls or bottom corners (especially for brick or cement block homes).

Taking photographs is suggested to monitor changes over time and/or for insurance purposes.



Seattle, WA, March 13, 2001 -- Chimney bricks crumbled following the earthquake. Many houses in West Seattle had similar damage.





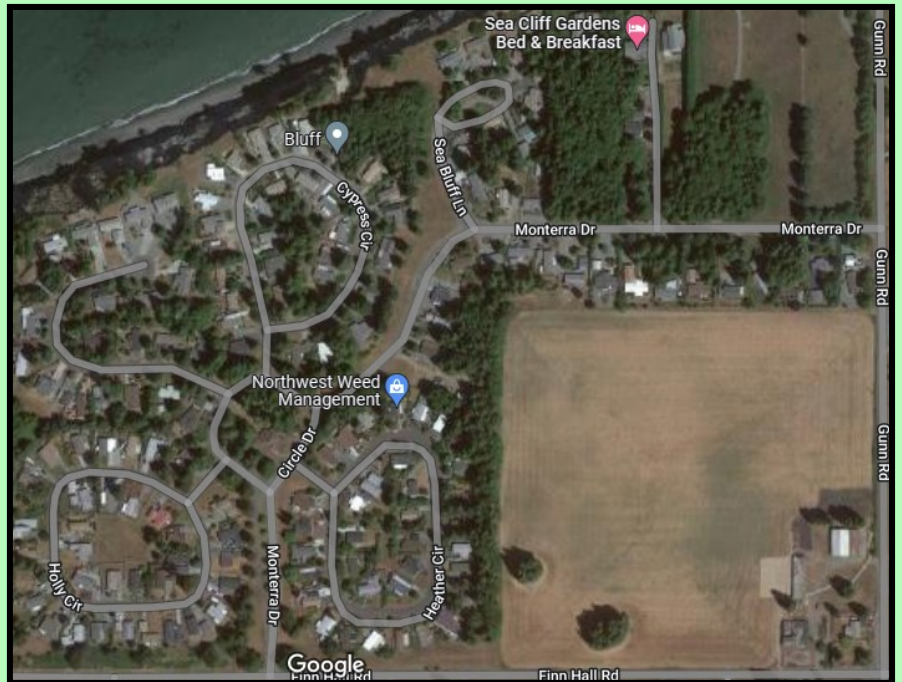
## HOW OUR CERT SQUAD COLLABORATES WITH OTHERS IN OUR HOMEOWNERS ASSOCIATION

By Dennis Blair

In the Monterra Homeowners Association (MHA) the three groups which address disaster readiness are its Board Of Directors, CERT 13's Echo Squad, and the MHA internal Emergency Preparedness Committee (EPC.)

As both Echo Squad Leader and EPC Chair, I convened a meeting of these three groups to outline who will do what in the first few days after an emergency. Map Your Neighborhood is dormant in Monterra, and was not included.

I began by explaining that Echo Squad will assist not only the MHA, but residents on several streets adjoining it as set forth in our Cascadia Rising 2022 search area. However, I noted that the focus of the meeting would be on the MHA, since the Squad would begin its mission here. I then laid out some documents for everyone to examine, like the MHA street maps developed by the EPC showing the location of large propane tanks.



The maps, a diagram made by Echo Squad after a walk-around of our clubhouse, and the MHA Phone & Address List maintained by the Board Secretary are kept in a folder for all groups to use. I also summarized the training that Echo Squad receives and the light search and rescue it will perform.

To comply with the MHA Covenants and Bylaws, we agreed that after a structural assessment of our clubhouse by Echo Squad, and after a recommendation from the Squad Leader on the soundness of the building, the MHA President will decide whether to open the clubhouse for relief activities. The fallback plan will be for the EPC to use the tarps and ropes purchased with its annual budget to erect an alternate staging area.

The clubhouse and/or the makeshift shelter will either become a Squad Treatment Zone or a Point Of Distribution for MHA residents to obtain certain supplies like the bottled water stockpiled by the EPC. The Board Vice President and an EPC member will move supplies from their secure storage area and distribute them.

We then agreed that assets like the handheld propane detectors purchased by the EPC will be shared with the Squad as it evaluates the MHA for hazardous leaks. The EPC informed everyone about the solar lighting unit and the portable propane heater in its inventory, both of which will be deployed to aid all those who work at the staging area in darkness or during cold weather.

This three-way meeting went a long way toward streamlining Monterra's emergency planning. Resources provided to Echo Squad by the MHA like its facilities, its personnel, and access to equipment paid for by the EPC enhance the Squad's ability to do its job, and I hope that other squads embedded in organized communities around the Sequim Operational Area find this article helpful as they prepare for "the big one" with their neighbors.

**Editor's Note: Sequim Operational Area thanks Dennis Blair for his continued dedication and leadership in the Monterra Community, and we fervently hope that their Map Your Neighborhood program will be able to revitalize in the near future.**

# The Anatomy of a Breakdown

Excerpted from Ready Nutrition - By Tess Pennington - 10/31/2018

When you take the time to understand how a breakdown behaves and how it progresses, only then can you truly prepare for it.

If we can all agree on one thing, it's that government and disaster organizations alike grossly underestimate how dependent the majority of the population is on them during and after a disastrous event takes place. We need not look any further than the last major disasters that have occurred to find our answers: the Haitian earthquake that occurred in 2010, Hurricane Katrina in 2005, the 2011 super tornado of Joplin, MO, and even as recently as Hurricane Sandy.



As prepared folks are well aware, when the needs of the population cannot be met in an allotted time frame, a phenomena occurs and the mindset shifts in people. They begin to act without thinking and respond to changes in their environment in an emotionally-based manner, thus leading to chaos, instability and a breakdown in our social paradigm. When you take the time to understand how a breakdown behaves and how it progresses, only then can you truly prepare for it.

## The Anatomy of a Breakdown

*This glimpse into a systemic breakdown is based on an isolated, limited disaster or event where emergency responders have been deployed. I must emphasize that all bets are off if the event is wide spread, affecting multiple tens of millions of people simultaneously.*

### Phase 1: The Warning

Although disasters such as earthquakes and tornadoes can come on so quickly that timely warnings are not always given, for the most part, governments typically provide adequate time to get a population ready in advance. Local governments even go as far as to err on the side of caution and sternly warn the citizens to evacuate.

For one reason or another, there will be a select group that stays behind. Some of these citizens are prepared and ready for what may come and may feel the need to stay to defend what is rightfully theirs but the majority of the population will not be ready for what they are about to endure. Those that are in this unprepared majority who choose to ride out the disaster do so because they are either unaware of how to fully prepare for disasters, have become complacent or numb to the heeds of warning from the local government and news media, or are overly confident.

This is the point in this cycle where herds of people go to the grocery stores frantically grabbing supplies. Most grocery stores will not be able to meet the demand of the people's need for supplies, and many could go home empty handed.

Bracing for the disaster, the prepared and unprepared will be hoping for the best outcome. What many do not realize is the hardest part of this event is soon to be upon them. Within days, the descent into the breakdown will begin.

### Phase 2: Shock and Awe (1-2 Days)

After the initial shock wears off of the disaster, many will have difficulty in coping and adapting to what has just occurred. This is also what many refer to as the normalcy bias, and is actually a coping mechanism to help us process and deal with the changes that have occurred. Many will cling to any normal thought and habit until their brain begins to accept the changes it has witnessed. As they are trying to wrap their thoughts around the severity of the disaster, their losses and what their future holds, local government leaders are scrambling for answers and trying to assess the situation, all the while dealing with their own normalcy bias issues.



At this point, the unprepared survivors will be expecting organizations and local government to step in to meet their immediate needs at any moment. The reality of the situation becomes more bleak when they realize that due to downed power lines or debris blocking roadways and access points, emergency organizations, emergency response and distribution trucks supplying food, water, fuel and other pertinent resources will be unable to get to the area.

Once the realization hits that resources are scarce and the government leaders are incapable of helping them in a timely fashion, desperate citizens will take action into their own hands.

The breakdown has begun.

### **Phase 3: The Breakdown (3-7 Days)**

Have you ever heard the saying, “We’re three days away from anarchy?” In the wake of a disaster, that’s all you have is three days to turn the crazy train around before crime, looting and chaos ensue. In reports during the aftermath of hurricane Sandy, residents from Staten Island were pleading for help from elected officials, begging for gasoline, food and clothing.

“We’re going to die! We’re going to freeze! We got 90-year-old people!” Donna Solli told visiting officials. “You don’t understand. You gotta get your trucks down here on the corner now. It’s been three days!”

1 Similar stories of looting occurred during the tornado in Joplin, MO of 2011. This time, the looting occurred from national guard soldiers patrolling the area.

2 “The night of the tornado, as emergency responders rushed from one shattered home to the next, Steve Dixon sat outside his father’s destroyed house with a baseball bat. They wouldn’t see me sitting here in my chair, I was in the dark,” he told NPR. “I’d turn my bright spotlight on them and tell them they needed to move on. Then when the police came by, I’d tell them which way they went.”

3 Multiple factors contribute to societal breakdowns including failure of adequate government response, population density, citizens taking advantage of the grid being down and overwhelmed emergency response teams.

4 For whatever reason, 3-5 days following a disaster is the bewitching hour. During this short amount of time, the population slowly becomes a powder keg full of angry, desperate citizens. A good example is the chaos that ensued in New Orleans following the absence of action from the local government or a timely effective federal response in the aftermath of Hurricane Katrina. In such troubled times, people were forced to fend for themselves and their families, by any means necessary. This timeline of Hurricane Katrina effectively illustrates “the breakdown,” and within three days, the citizens of New Orleans descended into anarchy, looting and murder.

5 If this scenario isn’t bad enough, at the end of this time frame, there will be an increase in illnesses due to cramped living quarters from emergency shelters, sanitation-related illness, compromised water sources and exposure to natural elements. In the aftermath of the Haitian earthquake, sanitation-related epidemics became a large concern for the disaster victims. In fact, the outbreak erupted into the world’s largest cholera epidemic despite a huge international mobilization still dealing with the effects of the Jan. 12, 2010, earthquake.

6 Victims from Hurricane Sandy are also beginning to see their share of illnesses. Due to the horrible weather plaguing the area, many of the evacuation shelters in Brooklyn were closed last week for sterilizing due to a vicious viral outbreak that struck.



### **Phase 4: Recovery (8-30+ Days)**

1 Despite what we want to believe, most recoveries are slow and difficult in progression and require long-term planning. On average it takes a city around 1-2 weeks after the event took place to start this phase of the cycle. Every disaster is different and the length of recovery efforts vary greatly on the nature of the incident.

1 7 years after Hurricane Katrina leveled parts of Louisiana, the state is still in the recovery phase, "We are in a process of long-term rebuilding," said Christina Stephens, Spokeswoman for the Louisiana Recovery Authority. "There is at least another 10 years of recovery."

2 Within this recovery phase, essential goods and resources will still be hard to come by, thus forcing local officials to implement the rationing of resources to ensure there is enough for the population. We are seeing this right now with the gasoline rationing in New York.

3 It could be months before the destruction caused by Hurricane Sandy is cleaned up. Damaged communities are coming to terms with the devastation that delivered an unprecedented punch to the region's economy, causing more than an estimated \$50 billion in losses and forcing hundreds of thousands to rebuild their lives.

4 Don't Be Another Statistic

5 Now that you understand what we're dealing with, there are ways you can use this information to prepare for the next event so that you will be a part of the population that is ready for what may come.

**Trust yourself.** Learn to be self-sufficient and rely on yourself. When it is all said and done, you are the only one who can care for yourself and your family the best. You will be the one who has your family's best intentions at heart. Having a stock of your family's favorite canned or dry goods, a supply of water and a simple medical kit can maintain your basic needs for a short-lived disaster. This simple preparedness supply could set you apart from the unprepared.

If you live in a highly populated area, understand that resources will diminish quickly, so preparing beforehand can circumvent this. You can always start out with the basic 10 preparedness items you will need to skirt through a disaster:

Food and alternative ways to cook food	Water	Generator
Fuel for generators, cooking stoves and mantels, charcoal for outdoor grills		
Batteries and battery charger	Emergency lighting	Ice
Medical supply	Baby formula	Sanitation supplies

Or, if you want a more comprehensive supply, take a look at [\*The Prepper's Blueprint: The Step-By-Step Guide To Help You Through Any Disaster\*](#).

**Educate yourself.** Learn from the disasters, folks! Each time there is a disaster, the same pattern occurs: the warning, shock and awe, the breakdown and recovery. Study the effects of disasters that effect your area and what items you will need to get through the event. Further, find the weak points in your preparedness supply and correct them. Supply inventories twice a year can do wonders in this area.

**Get into the mindset.** Learning what to do in the face of a disaster or how to care for your family during extended grid-down emergencies can put you well ahead of the race. The more prepared you are, the faster you are at adapting to the situation. You can learn anything as long as you research, gather and apply the information. For example, while many on the East coast were still in shock from Hurricane Sandy and were sitting in their homes panicking and watching their perishable food items go bad, those that had learned how to survive in off-grid, cold environments were well prepared for this type of disaster, and had already begun packing their perishable items in the snow to preserve them. It's that simple!

**Practice makes perfect.** Practice using your skills, your preps and prepare emergency menus based around your stored foods. The more you practice surviving an off-grid disaster, the more efficient you will be when and if that event occurs. Moreover, these skills will keep you alive! Further, to make your family or group more cohesive, cross-train members so they can compensate for the other during a disaster.

In summation, only until we see the cycle for what it is and the effects it has on society will we be able to learn from it. There is always a breakdown in some form or fashion after a disaster. If you can prepare for this, you will be able to adapt more quickly to what is going on around you.

The cycle is there and we can't look past it. Prepare accordingly and do not overlook ensuring you have your basic preps accounted for.





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.

### **3 Warning Signs it's Too Late to Prepare - Excerpted from Lisa Bedford, The Survival Mom**

Sometimes when you don't hear from me for a while, it's because I'm busy thinking. And lately, I've been thinking that, in spite of my overall optimism about life, there will be a time when it really is too late to prep.

That time could arrive at any time...Everything's the same until it isn't...

Remember two years ago when entire countries began shutting down, one by one? You couldn't get into Canada or Mexico or England. That was unthinkable and yet it happened in a matter of days.

Then there was the toilet paper shortage, no Purell, and most everyone began hiding in their homes.

When I reflect on the past 2 years, I've come to the conclusion that yes, there may very well come a time when it's too late to prepare.

### **IMPORTANT DIFFERENCE BETWEEN SURVIVAL AND PREPARING**

Now, I'm not talking about "it's too late to survive". That's a whole other animal. Some of you, I know, could SURVIVE because of your skills and location. Others have been preparing for so long that you could easily hunker down for months at a time.

SURVIVAL is really what happens in the aftermath of an event, and there are all sorts of creative ways to survive and get by, one day at a time.

Preparing is different. Preparing is taking action right now and being proactive so when a survival situation occurs, you're ready. Your preps are in place to mitigate the effects of that event.

Here are the warning signs I've come up with to signal that it's too late to prepare. Signs that it's now time to hunker down with whatever you have and wherever you are, connect with close friends and relatives, and prepare to weather whatever comes.

#### **Warning sign #1: You don't have easy access to your money.**

- Long lines at the bank, people lining up early in the day to make transactions
- Limited bank hours
- ATMs run out of cash.
- Banks limiting withdrawal amounts.
- New government regulations that limit cash withdrawals or other types of transactions
- You can no longer make the purchases you would like in order to prep.

#### **Warning sign #2: It's more difficult or impossible to easily travel.**

- Government regulates gas purchases, set mileage allotments
- Gas prices become so expensive as to effectively limit travel
- Checkpoints between states or even counties to ensure regulations are enforced
- "Movement is life," Brad Pitt's character says in World War Z. When freedom of movement becomes nearly impossible, so does survival.
- Getting to a bug out location is no longer possible due to these measures.

### Warning sign #3: Ordinary purchases are more difficult to make

- Increased number of empty store shelves
- More competition for goods and services
- Prices skyrocket until even the basics are no longer affordable
- Limits on purchases set by retailers or by government entities
- A black market develops
- You can no longer stock up on even the basics due to shortages and regulations.

As you can see, these 3 warning signs signal an end to getting prepared easily or quickly.

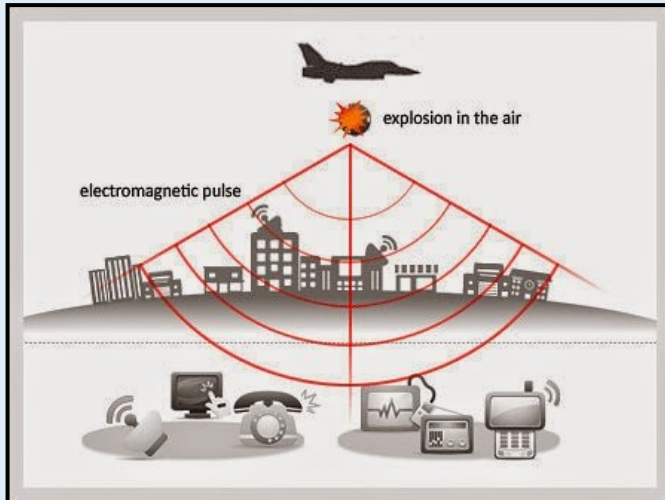
"Everything's the same until it isn't."

I have no crystal ball to say whether any of these warning signs will happen or, if they do, when that might be. But, all 3 signs are very easy to imagine. No longer are they in the realm of crazy conspiracy theories. We've all see too many of those theories turn out to be 100% true.

I hope this gives you food for thought and helps you refine your own preparedness plans.

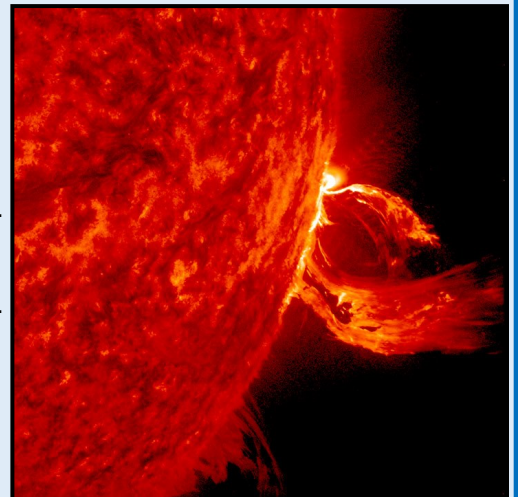


## ELECTROMAGNETIC PULSE



An electromagnetic pulse is no longer just a fantasy of the paranoid. With the proliferation of nuclear weapons among many countries, the ability of an enemy state or non-state terrorist group to inflict an electromagnetic pulse on at least part of the United States is a genuine threat.

**While not having the effect of collapsing buildings like an earthquake, damage to infrastructure in every aspect of our lives would be even more complete:** Collapse of the electrical grid and interruption of control of the generation of power, pipelines, water systems, and traffic control systems for both road and air would paralyze our society.



Note from The Survival Mom: A Coronal Mass Ejection (CME) is another event that has the potential to take out the power grid. However, differences between the CME and the EMP mean that for a CME, there would be some warning and some electronic devices that survive.



## 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!!**

# *Wellness During an Emergency or Disaster*

## How to Comfort Someone Who Has Just Lost Everything

Excerpted from The Survival Mom by Lisa Bedford

Everything was lost. Ruined by tainted floodwater, with no hope of salvage.



I drove by my friend's beautiful home that Hurricane Harvey ravaged and stared at what was left, piled high outside on his front yard. It wasn't my own personal loss. Yet, I felt very deep sorrow all the same.

I wasn't there when a convoy of dump trucks arrived to unceremoniously load up ruined carpet, furniture, flooring, toys, and mementos and drive away, as though the remnants of the secure home that once stood there were nothing more than common trash.

Those remnants did have meaning. Every piece told a story. Now here I was, wondering what to say and **how to comfort this family who lost it all.**

I asked some of the victims of Harvey's wrath what words and actions comforted them and which caused pain and distress. Here is what they told me:

### The Don'ts of How to Comfort Someone

- **DON'T say, "It could be worse."** In the middle of a dire loss, it's hard to see how it could possibly get any worse.
- **DON'T say, "It was just stuff."** Ultimately, that is true. Our loved ones may be safe and sound, but that pile of debris represented things both tangible and intangible. Things like security, love, and memories. And how do you replace Grandma's hand-crocheted baby blanket, a wedding dress meant to pass on to the next generation, or a treasured collection? You can't. It's easy to say, "It was just stuff," when it wasn't your stuff!
- **DON'T say, "This will make you strong."** How do you know? An event that makes one person strong may completely destroy another.
- **DON'T say, "Call if you need something," and then just walk away.** When your friend has lost everything significant to her, she needs a hug and some of your time, just to chat or cry.

- **DON'T say, "It's a blessing in disguise."** Yikes! When your home and its belongings are destroyed, it may take weeks or months for your friend to be able to look beyond that loss and see a silver lining.

- **DON'T say, "Did you have insurance?" or "Did you have flood insurance?"** As they say, hindsight is 20/20 and you'd better believe your sweet friend is already feeling enough guilt — guilt for not increasing her insurance limits, guilt for not buying additional flood insurance, guilt that she didn't think to prepare for something like this. Please just be there for her with comforting words, a cup of coffee, and a listening ear.

- **DON'T say, "Other people have lost so much more."** Really? Does that make her loss easier to bear?

- **DON'T say, "We are so blessed this didn't happen to us!"** I do love to watch for life's many blessings and be grateful for them, but this isn't what to say to a victim of a hurricane, fire, or some other calamity. It implies that they were cursed. You got the blessing, they got the curse. Nope. That's not how it works. In our case when our home didn't flood, all I could say was, "We were fortunate and so very grateful."

- **DON'T say, "You didn't really like your flooring/couch/furniture/etc. anyway."** That may be true, but so much more was lost than that. Now the family has to cope with being homeless for a time. They now face monumental struggles with bureaucracy and finances, and may never truly recover. Right now, an ugly couch or worn carpet is the very least of their problems.



- **DON'T say, "You should have..."** You should have tried to salvage more. You should have tried to move everything upstairs. You should have parked your car a few blocks away. You should have bought a house in a safer neighborhood. Most moms already live under a cloud of guilt. They don't need any more piled on. They made the best decisions they knew how to make at the time.

- **DON'T make light of the situation.** Some of us try to bring humor into difficult situations and often it does help, but take your cue from your friend. If she is deeply suffering, she probably won't appreciate a clever joke or pun right now.

- **DON'T say, "Well, at least you're alive!"** If the crisis is big enough, the sorrow deep enough, your friend just might be wishing she wasn't.

- **DON'T say, "I wonder how this will affect our property values now."** Could you possibly be more shallow?

So often when we feel uncomfortable, the first words out of our mouths may not be the most comforting to others. By now you may be wondering, what should I say and do for someone who has lost everything? We'll look at that next.

### The Do's of How to Comfort Someone

- **DO put your money where your mouth is.** If their home is destroyed, show up in work clothes, boots, and work gloves and show your love by helping rip out carpet, move furniture, and pack boxes.

- **DO offer to watch their kids** while the home is being gutted and through the whole process. Children are already traumatized and emotions will be running high. Being able to work, grieve, rant and rage without the kids witnessing every moment is a blessing in itself.



- **DO bring cleaning supplies,** mops, buckets, brooms, face masks, bleach, and mold remover.



- **DO round up other strong bodies** and arrive with a complete work crew.

- **DO fill ice chests** with ice, cold drinks, and snacks.

- **DO set up a schedule to provide dinners.**

- **DO give gift cards and even cash to help with immediate needs.** Gift cards for Home Depot, Lowe's, restaurants, Walmart, etc. are appreciated.

- **DO say, "I'm sorry."** It's not difficult to learn how to comfort someone.

- **DO offer to run errands,** go grocery shopping, or transport kids.

- **DO offer a hug, a prayer, some time together over coffee,** and DO spend most of the time listening.

- **DO be reliable.** Please don't promise to help and then be a no-show.

- 

- **DO become an advocate for your friend.** Let others know her current needs, add her name and address to local churches that are sending out work crews, meals, and supplies.

- **DO offer to take a shift of supervising clean-out crews and hired workers,** especially if your friend must return to work. Walking that line between being desperately needed at home so the recovery and restoration can continue and desperately needing to earn an income is a difficult one.

- **DO expect your friend to be emotional** and sometimes, unpredictably so. Have a few tissues on hand if or when she just needs to have a good cry.

- **DO extend your home as a quiet, cool, clean refuge** in the midst of her chaos. It may be for just a few hours or much longer, if that is necessary.

- **DO offer to do some legwork for her,** such as researching FEMA procedures, vetting restoration and construction companies, asking for referrals, and so on.



As you can see there are many ways you can comfort and help those who have experienced tragedy. There's one more thing you can do, though, that helps grieving people.

### **A Final Thought: Remember the Grieving Process**

Grieving doesn't only occur when we lose a loved one. It occurs in other cases of loss also, such as the loss of a home and possessions. Nor is it a linear process with a set timeframe for when it's complete. Grief is a process that each person, even those who experience the same loss, goes through in a way unique to them. Understanding the grieving process equips you to provide better comfort and care to those experiencing loss.

With a little thoughtfulness and intentionality, you can more effectively comfort and support someone who has lost everything.

## **20 USES FOR MINT TINS**

**Excerpted from Ready Nutrition by Sara Tipton**

Mint tins come in a rectangular or circular container and are the perfect pocket-sized storable container to have around, and if you are an Altoid fan, you may have a lot of these sitting around. Rather than throwing those tins away, why not find some ways to upcycle and reuse them.

We recently wrote an article on how to make a [quick emergency candle](#) using a mint tin and wanted to expand more on the uses of these pocket-sized containers as they would be perfect for bug-out bag storage or for around the home.

Mint tins are especially handy if you have something pointy, sharp, and small you need to carry around. Things like fishing hooks, razor blades, and needles are great to put in metal tins because they won't poke through and stab you.

Here are 20 ways you can reuse a mint tin:

**Fishing kit** – add some fishing line, a sinker or tow, and a few hooks and you have a compact fishing kit small enough to toss in a bug out bag or vehicle survival kit.

**Survival kit** – [Click here to watch a video](#) showing how to make a survival kit out of an old Altoid tin!

**First aid kit** – a few bandaids, some antiseptic wipes, and few aspirins are just a few suggestions for things that can go into a tin first aid kit.

**Jump drive holder** – you can put your jump drives in a tin and toss the tin in a junk drawer to keep them all together and organized.

**Make a flashlight** – That's right! You can make a flashlight using a mint tin. [Check it out by clicking here!](#)

**Solar power charger** – Harness the power of the sun and charge your cellular phone. Here's a [DIY video](#) you can make!

**Firestarter Holder** – For a fire on the go, stow away a cigarette lighter, matches, magnesium fire starter, and some small tinder. You could also put Vaseline soaked cotton balls, which make great firestarter, in a tin.

**Sewing kit** – you can use a sewing kit for on-the-go or use, like tossing it in your purse, or you can put it in a bug out bag. It can also be used to store extra buttons.



**Mini-game kit** – Stow away a pack of cards, dice, or some small blank pieces of paper for kids to draw on. A few worn down crayons may also fit well.

**Mini art kit**– This can help keep kids preoccupied. Add a small tin full of pieces of paper, sticks, miniature markers, or crayons. Here is a fun idea: [click this link to learn how to make a travel pallet of watercolors](#).

**Prayer Tin** – Add some squares of paper and a small pencil and write down a prayer or wish and add it back to tin to reflect on later. If you meditate, you can write a word such as “gratitude” on a piece of paper and take it with you.

**Pillbox**– Store your daily medication in the tin for a quick grab and go. You could also put a week’s worth of medication in a tin and easily toss this in a bug out bag or vehicle survival kit. This way, you know you have your medication if you have to bug out or need to get into your vehicle kit.

**DIY Mint Tin Camping Stove** – get the details here: <https://makezine.com/projects/mint-tin-multi-fuel-backpacking-stove/>

**Teabag Holder** – carry your favorite tea blends with you while you are away from home.

**Aromatherapy travel kit** – Get all the details by [clicking on this expertly written article](#).

**Homemade salves or balms** – if you make your own lotion, salves, or balms (I do!) these tins can be awesome little things to store those in! Here are some of our favorite salve for sore muscles: [DIY Warming Muscle Salve to Soothe Sore Muscles](#). You can also make some bug repellent! [DIY: Repel Bugs Naturally with this Homemade Bug Balm](#)

**Survival seed kit** – Use an empty tea bag and fill it with your favorite heirloom seed varieties and stow it in your bug out bag. You can start over and grow food anywhere!

**Seasoning kit** – Add your favorite seasonings to a mini plastic bag to have on hand when you need it the most. This can be a great homemade gift, useful for campers, or can be, once again, tossed into a bug out bag.

**Personal needs storage** – Use a mint tin to store feminine needs, shaving supplies, or dental care

**Razorblade holder** – we actually have razor blades in a tin in our junk drawer. This prevents cuts if the blades lost their covers.



# 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:

January

Chocolate (Christmas clearance)  
Soda  
Oatmeal  
Diet Foods  
Soups & Chili  
Crackers  
Chips  
Condiments

Anything from Thrift Stores

Vitamins & Supplements  
Beauty Products  
Cold Medicines  
Health Products  
Pain Relief

Linens/Bedding/Towels  
Winter Clothes  
Toys on Clearance  
Bicycles & Sporting Goods  
Christmas Wrap/Cards/Decs  
Sneakers  
Motorcycles/Road Bikes/Helmets  
Cookware  
Gas Grills  
Sewing Machines  
Water Filters  
Air Conditioners  
Furniture/Carpeting/Flooring  
Digital Cameras, TV & Electronics  
Fitness Equipment  
Large Appliances

February

Canned Fruits & Vegetables  
Chocolate (post Valentine's Day)  
Oatmeal  
Pancake Mix/Syrup  
Raman  
Supplements  
Wine  
Canned Salmon & Tuna

Vitamins & Supplements  
Aspirin  
Dental Care Products  
(toothpaste, toothbrushes,  
mouthwash, floss)

Motorcycles  
Boats  
Gas Grills  
Candles  
Mattresses  
Linens/Bedding/Towels  
Air Conditioners  
Tools  
Appliances  
Furniture  
Housewares  
Cameras

March

Baking Supplies  
Frozen Anything  
Corned Beef

Cleaners

Luggage  
Sewing Machines  
Boats  
Grills  
Road Bikes & Helmets  
Winter Coats & Boots  
Winter Sporting Equipment & Apparel  
Televisions  
Running Shoes  
Digital Cameras  
Gardening Tools

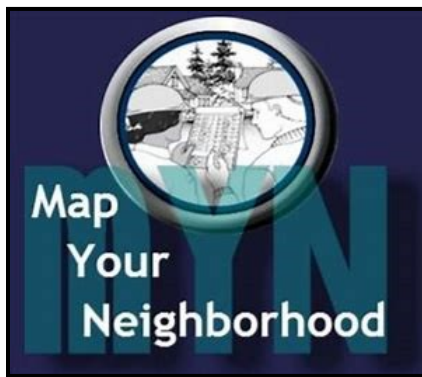




# REMEMBER: WHEN DISASTER STRIKES, THE TIME TO PREPARE HAS PASSED.



For information about upcoming 2023 CERT Classes:  
Contact Cindy Zechenelly at 360-504-2531  
or [cindyiz@hotmail.com](mailto:cindyiz@hotmail.com).  
January & February slots are filling up quick!



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: Justine Chorley, Clallam County Emergency Operations Center Coordinator**

**It's All About the Littles**

**Excerpts and Ideas From The Cache Planning Guide**

**Fun & Exciting Ways to Use Vaseline for Home Preparedness**

**How to Train Your Body to Act Instinctively for Self Defense**

**Wellness - Stoicism - How This Ancient Philosophy Can Empower You**

**15 Survival Adventures Everyone Should Read**

**AND LOTS MORE!!!**