



SEQUIM OPERATIONAL AREA *2021 Issue 8*



**Preparedness
is the only
way we can
combat a
natural
disaster**

Here are some words from Charlie Bush, Sequim City Manager.

In June of 2016, the Sequim community participated in the Cascadia Rising statewide emergency management exercise. The exercise focused on helping us prepare for a major natural disaster like a devastating earthquake.

Preparing for the exercise began the formation of the eastern Clallam County Emergency Management team. Since that event, the region continued to work together and train with monthly meetings, tabletop exercises, and a Criminal Mass Casualty Incident (CMCI) drill at the Sequim Middle School.

The preparation and training over the past few years served us well when the world and our small community were faced with the COVID-19 pandemic. The relationships that we built, the infrastructure we put in place, and the people who took action helped us adapt community-wide to a new way of life in 2020.

Members of the Sequim and Eastern Clallam County CERT Teams were essential in the response efforts and the successful opening of the Sequim Emergency Coordination Center (ECC) in support of the Clallam County Emergency Operations Center (EOC). As we entered the Guy Cole Event Center each morning, it was members of our CERT Teams who took our temperature to ensure everyone's safety and signed us in and out. Members of our CERT Teams helped to staff the functional stations of the ECC, helped with community communications through updating information on neighborhood kiosks, were involved in mask creation and distribution, and have been pivotal in the success of the Community Point of Distribution (CPOD) operations to help provide food care packages to anyone who has been impacted by the crisis.

The COVID-19 pandemic was not something we thought we would experience, but our work as a community in emergency management has helped us provide essential support to our community in a time of need.

We are a small town with limited staff in most of our organizations. Without the support of volunteers like you, we would not be able to fulfill the needs of our community.

So, thank you for your commitment to training and safety and for caring for the Sequim community.

You make a huge difference!

SEQUIM KIWANIS SELLS EMERGENCY WATER FILTER

A disaster can happen at any time. We know that our area is vulnerable to major earthquakes, landslides, wildfires, windstorms, groundwater contamination, etc. Such an event can make it hard to get potable water. Every household should have on hand at least 30 gallons of emergency water per person; or have a water filter capable of supplying that need without electricity. Stored water should be replaced every six months with fresh unless you plan to filter or purify it before use.

The Emergency-H2O Water Filter Roll-up will filter up to 10 gallons per hour and is good for 3000 gallons when properly maintained. It has three-stage filtration: A sock pre-filter; a silver-impregnated ceramic filter; and a granular activated carbon filter. In repeated laboratory tests completed by Johns Hopkins University's Bloomberg School of Public Health, these filters removed 99.99% of bacteria: "Significant levels (99.99%) of bacteria were consistently removed during multiple tests and (the filters) were amenable to repeated cleaning without appreciable loss of filter effectiveness. Due to the efficient removal of bacteria, larger-sized microorganisms such as the protozoa cryptosporidium and Giardia should also be effectively removed." They also reduced turbidity by 99.7%.

These filters are easy to store and to use for camping. Sequim Kiwanis has taken water from the fishpond at Carrie Blake Park, filtered it with this system, and found it clear and pleasant to drink.

The Kiwanis Club of Sequim-Dungeness is selling the Emergency-H2O Water Filter Roll-up as a fundraiser and to help our communities be better prepared for disaster.

They now cost \$50 each, total. Please pay with cash or check made out to "Kiwanis of Sequim". Contact any Kiwanis member or call Ted Lund at 360-477-4742.

Ted Lund tedlund@wavecable.com



2020-21 WINTER OUTLOOK

Winter of the Great Divide



FarmersAlmanac.com



Urban Disasters: Have These 20 Items On You If You Want to Make It Home

This article was written by Tess Pennington and originally published at Ready Nutrition™ on January 24th, 2015

From previous disasters, we find clarification and better ways to prepare. Urban disasters happen all the time leaving many stranded in the city. Consider for a moment what you would do if you found yourself in the midst of an emergency where you couldn't get home using your vehicle. For example, after the terror attacks in New York, the country's transportation system was shut down – including city transportation systems. Due to the destruction of this event, many commuters were left with no other option but to walk home. Another example occurred in Tokyo after a number of sizable earthquake tremors occurred, many commuters and students were stranded after railways were temporarily stopped. As a result, the majority of commuters who are unable to return home had to wait in facilities such as offices and stations until railway services resumed. Source Severe weather and car breakdowns can also be a reason for having to walk home.

Between work and commutes, most of us spend the majority of our time away from home. About 8% of workers in the USA have commutes of an hour or longer, and nearly 600,000 full-time workers endure “mega commutes” of at least an hour-and-a-half and 50 miles, according to new U.S. Census data on commuting. The national *average*, one-way daily *commute* is 25.5 minutes.

If an emergency occurred while you were at work, would you be equipped to handle the ordeal? Have you considered what you would do if you had to walk back home? How many miles would it take for you to get home? If the average one-way commute is 25 miles, not many could make that in a single day. It could take on average 10-12 hours of straight walking at a fast pace – and that is only if you are in good shape and have no physical limitations. For the majority of us, it would be a multi-day journey to get home.

One of the biggest issues I see is preparedness experts loading up their get home bags and adding additional weight. To prepare for an urban disaster scenario, consider having a lightweight bag packed with the bare essential of gear to get home. This is *not* your fully loaded bug-out bag. The contents of a get home bag should be minimal and the items stored should be able to carry you through the duration of getting home. Keep practicality and weight of the contents in mind when putting your gear together. If you are walking long distances, you do not want to be lugging around a pack with non-essential items.

20 Must-Have Items to Add to Your Get-Home

Depending on the area you live, you may want to consider using a small messenger bag or a small hiking pack. If you live in an area where the bag wouldn't draw too much attention, consider a duffle bag or a [Maxpedition Versipak](#) type bag. These are the perfect size for this type of get-home bag and both have adequate space to add most of these lightweight items.

Basic first aid kit with moleskins included	Multi-tool	Machete
Flashlight and/or headlamp	Light sticks	Bivvy sac or Mylar blanket
Bandana or booney hat	Bic lighter or matches	Two-way radio with extra batteries
Extra cell phone charger/charged energy pack	Durable poncho	Small sewing kit
Package of hand wipes	6 energy bars or lightweight homemade MREs	
Water purifier container	Map	Compass
Small roll of duct tape	Pre-paid credit card or cash	Hiking boots with an extra pair of socks

A few additional considerations:

Put thought into how you plan on getting home. If you plan to trek home, have a path mapped out that avoids highways to travel on foot. Some have gone to the extreme of keeping a folded bicycle or collapsible walking stick in their vehicles to prepare for the possibility of trekking back home.

- If you are in a densely populated area, consider the fact that thousands of commuters will be displaced and hotel rooms will quickly run out. If you are unable to shelter in the workplace, research beforehand where the shelters will be set up (Contact your local area Red Cross chapter, they usually know) or a local park. If the disaster occurs in the late afternoon, it may be worthwhile to walk to a shelter or park, sleep there for the night and start the journey to get back home first thing in the morning.
- Keeping a weapon in your vehicle (provided you have a conceal carry permit) may also be beneficial if you feel the need for additional protection.

Emergencies happen all the time – even while we are at work. It takes a few minutes to gather these items together and create a dependable get home bag. We never know when the next emergency will hit and these 20 items could save your life.

Wellness in an Emergency or Disaster

This article was written by SARA TIPTON and was originally published at [Ready Nutrition™](#) on November 4th, 2020

HOW TO REMAIN CALM WHEN THINGS BECOME CHAOTIC

This election has already been intense. From the debates to the stories, the media has chosen to deliver. Add this to the pandemic issues and restrictions, we have a recipe for chaos! It may feel a little crazy out there, and trust me if you feel like you're living in chaos, you're not alone!

Even though things are crazy all around us, threats of more lockdowns, poverty, extreme storms, and the emotions that so many people tie to political leaders, it feels heavy out there. But now, more than ever, it's time to make sure you stay grounded. When everything appears to be imploding all around, it's important to remain in a state of peace and detachment from all we are seeing on the outside.

I am not suggesting this means you should be unaware of what's happening. You should be. It's one of the best ways to know what could need a boost as far as your preparedness goes. But to be detached, means your stress levels and emotions remain high and good through and difficult scenario. I know it's tough right now, but once you start to grab control of your own emotions and learn to let go of all of the chaos, things to get better and calm down.

- 1. Take Time To Be Alone** – We have all probably has plenty of alone time with the quarantines and lockdowns. But being alone doesn't mean to be upset that you aren't with others. It's a time to reflect, meditate, or pray and figure out how you can live your life free from emotional conflicts. Contemplate how to become the best version of your self and what you can do to remove the fear of any outcome. Detach yourself from the expectations of others and learn to be who you are meant to be without attaching emotional responses to any outside situation.
- 2. Do Something Good For Someone Else** – There are a lot of people suffering right now. Many are living in the rips of tyranny, with their freedoms stripped away, some have been impoverished, and others have lost loved ones. If you can alleviate some of the pain of another human being, you will feel a sense of calm. It can be something small, such as paying for groceries of the person in front of you in line. It can be big, such as donating a chunk of money to a charity. It can even be as simple as volunteering at an animal shelter or nursing home.
- 3. Shift Your Perspective** – Part of learning how to be calm in the midst of life's storm means learning how to let go of our delusional ideals of perfection. We can start to make peace with the things we can neither change nor control in this life (honestly, you cannot control much outside your individual world anyway), so let go. When we let go of our need to experience that perfect outcome (such as our candidate winning an election), we allow ourselves to be who we really are, and in that route, there is true freedom of self and authentic joy.
- 4. Turn Off Your Phone & TV** – spend a few days with the TV off and don't check your phone religiously. The mainstream media often intentionally uses the most negative news and the most sensational headlines to get you to form some kind of an emotional attachment to the outcome you will perceive to be the one you "need." They provide all kinds of chaos! So avoid the fomented chaos. The truth is, you don't need the media. Honestly, I turned my TV off shortly after the lockdowns started last spring, and I have never felt freer. I have peace and I am calm. I'll get a "breaking news" story periodically on my phone since I use it as an alarm clock, but I mostly just read the headline, let it sink in, then let it go. By refusing to get attached to things that pop up on the TV or the phone, that you cannot change anyway, you won't have an emotional response that will cause stress and worry, and anxiety.
- 5. Read a Fictional Book** – Take a break from life's chaos by immersing yourself in a book that's fiction. Choose a genre you like and read just for the pleasure and enjoyment of a story unfolding. I personally love thrillers. When I feel like things are getting crazy, I feel calm knowing that I can take time to go somewhere else completely even though it's temporary and only in a book.

If you have been feeling like things outside and around you are chaotic, I hope you can find these tips helpful. Learning to look to yourself for your freedom, health, and happiness instead of putting it on other outside forces will help you detach from all outcomes and remain calm if things get even crazier in the coming weeks or months.



Why You Need To Have A GOOD (Get Out Of Dodge) Plan—Excerpted from Survival Life

Unless you've been living under a rock (or have already retreated to your get out of dodge plan), you know that 2020 has thrown some curveballs to the general public. So as we weather the storm that is 2020, now is a good time to ask: do you have a Plan B mapped out?

What Is A Get Out of Dodge Plan?

Plan B refers to a back-up plan when Plan A, or your current way of life, is not sustainable.

A good get out of dodge plan will be realistic and executable. It will remove you and your family from harm's way and include supplies for when you arrive. Plan B doesn't rely on the government or utilities because neither may be available to you in the foreseeable future.

So what will you need to consider when creating your get out of dodge plan? Be organized in your approach, and you'll find yourself well prepared to start your new life.

Decide Where You Are Going

Your main goal should be to get away from large cities and FEMA camps. You'll want to be somewhere that is remote but also somewhere you can access within a few hours' time so that travel to the location does not become a burden (or impossible).

Do not rely on air travel to reach your Plan B shelter and know more than one route to get there.

When selecting your survival shelter, consider:

- Can you live there for at least a year?
- Does it have a renewable power source (solar, wind, hydro)?
- Is the land suitable for farming?
- Can you protect the shelter?
- Can you store and secure your necessities there?

Ideally, you will keep a year's supply of food, water, medical supplies, and survival gear in your shelter so that you don't have to bring all of that with you when/if you're leaving in a hurry.

Determine When to Leave

But how do you determine that it is time to exit? This is a hard question because you don't want to leave too late when conditions have already deteriorated and there are physical roadblocks keeping you from your survival shelter. You also don't want to leave too early and live a much more difficult life than you needed to.

The main events that you should be watching for are:

- Power Grid Down
- Your Home is unsuitable to live in
- Directed by local officials
- Fire or Hazardous Materials require you to leave your home
- Transportation system needed to leave is seriously threaten



Watch for signs that your life is going to be impacted severely and for a long time. If your family's health or safety is in danger, remove them from the threat.

Pack Smart

Ideally, you've stocked your survival shelter fully, and you can quickly load up your car (make sure you practice packing your belongings efficiently and packing your vehicle quickly prior to the actual event) and leave town.

You'll want to bring:

- A Means of Hunting/Protection and Supplies
- First Aid/Medical Supplies/Prescription Medications
- Nonperishable Food
- Generator & Fuel
- Camping Gear including Sleeping Bags
- Clothing
- Tools
- Linens & Towels
- Books



72 Hour Checklist: Essential Items For A Competitive Edge

Your energy levels should be kept up until you reach your bug out location. Add some of these foods in your 72 hour Bug out Bag (BOB):

- Trail mix
- Pemmican - **Recommended Reading:** Pemmican Survival Super Food – How to Make the Ultimate MRE
- Breakfast bars
- Peanut butter
- Energy bars/Power bars
- Jerky - **Recommended Reading:** 5 Venison Jerky Recipes or Tuna
- MREs (store bought or homemade - add your favorite dried or dehydrated foods)
- Noodles

Your bug out bag should contain enough water to last you 72 hours and eight liters should be enough. Since water adds a lot of weight to your bag, and sometimes it's difficult to transport, I recommended carrying only 4 liters. Besides the water you should also have various purification or filtration methods. Make sure your bug out bag contains:

- 3-4 liters of water
- Water purifier
- Water life straw
- Canteen
- Micro filter
- Micropur tablets
- Water life bottle



During your journey you can gather water from your surroundings and save it for nighttime. You should learn and have a good knowledge about how you can find and filter water in the wild.

gather
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You may have to evacuate on foot and will need to have a proper shelter. You want to have a form of shelter that is easy to assemble and easy to carry, you have two options: you could buy a good tent or you could improvise a shelter with the items you have and depending on your skills:

- Hiker trail tent
- Emergency tent kit
- Rope or Paracord
- Tarp



Recommended Reading: How To Build A Secure Survival Shelter With A Floor From 1 Single Tarp

At some point you will need to rest. Fire will keep you warm and it will cook your food and it is crucial to have methods of creating fire that can save you time and energy. Your 72 hour BOB should contain some of these items:

- Fireplug
- Storm proof lighter and waterproof matches
- Camp stove - **Recommended Reading:** Compact Portable Wood Burning Stove for Heating and Cooking in Tents
- Keyring lighter/small mirror/old eyeglasses lens
- Body warmer

Your 72 hour BOB should have at least one source of light and a power generator. You may be traveling during nighttime and you will need to see where you are going or what are you doing. As you can imagine, life without electricity is a struggle and you will need to have or find ways to generate it.

Having lighting equipment and the means for recharging it is essential to your survival and you should consider these items for your 72 hour BOB:

- Led crank flashlight
- Cyalume light sticks
- Led solar lamp
- Extra Batteries
- Portable power generator
- Mobile phone (you can use it as a flashlight if needed)



You should make sure your BOB contains additional clothes. You should pack clothes designed for all types of weather and most importantly the ones fit for the weather you will face in your area. You should pack your clothes separately in a dry sack and seal it so they won't get wet or damaged. Consider adding these items to your BOB.



- A hat
- Water proof hiking boots and/or shoes
- Dry underwear and socks
- A poncho
- Work gloves
- Wool long sleeve shirt
- Waterproof and windproof jacket

You should pack 2-3 items of the clothes you wear the most depending on the weather from your area. There are all sorts of tutorials on the internet that will teach you how to properly pack your clothes.

Health is very very important and you need to get to your safe location in good health. Every BOB needs to contain sanitation products that will ensure you are healthy when you evacuate. If you are traveling on foot you are prone to injuries and you have to pay attention to your surroundings.

- Hand sanitizer
- First Aid Kit
- Wipes
- Sun block and Chapstick
- Environmentally Friendly Soap Bar
- Toilet paper (oh soooo important)
- Proper medicine for particular diseases
- Waste bags
- Feminine hygiene products - **Recommended Reading:** Tampon Survival Use: 10 Ways to Multipurpose a Tampon in a Survival Situation (you use what you have everyone!!)



Your safety is also priority when you travel and having any sort of protection in your 72 hour BOB will help you overcome unexpected obstacles. Carrying one or more tactical protection devices is your discretion. Consider these items to help you get to your selected location in one piece.

- Pepper Spray
- Knife
- Bow
- Crossbow
- Your Preferred Method of Protection



When it comes to personal protection, what you chose should be what you are familiar with. You need items that will help keep you and your family safe. There are a lot to choose from. Do your research ahead of time.

Your BOB should contain many of the basic items outlined above. You should also include the necessary tools you need to survive and navigate properly. Listed are some items that provide good peace of mind. Having a number of them will help give you an advantage in any survival situation.

- ID card and copies of important documents in a waterproof zip bag
- A map, compass and GPS
- A prepaid cell phone
- A bug out USB (it should contain all your survival books)
- A multi tool knife
- 50' para cord
- Duct tape
- A whistle and signal mirror
- A solar radio
- A folding saw
- Camp stove
- Glasses (it's a good idea to have a second pair)
- Can opener and a Spork
- A safety vest



When you make your 72 hour bug-out bag make sure you add items that have multi-use. You need to pack as little as possible and make it lightweight. For example, I have a knife that has also a fire starter and a whistle incorporated.

You also have to keep in mind that your 72 hour bug-out bag is designed to help you reach your destination, so the ideal scenario for evacuating should include a bug out location. You need to have a plan B when those 72 hours end.

The Year of 2020

As we end this year, I reflect back on what was accomplished and the challenges we faced. Needless to say, COVID 19 has dominated most of our actions through the year of 2020. All of you have faced and soldiered through the restrictions, inconveniences, economic impact and the threats to all of our health, for which I thank all of you.

Despite being driven by COVID 19, CERT and MYN continued to achieve. This year the CERT members deployed in their first and second disaster mission in support of COVID 19.

Our local response to the COVID19 pandemic began as early as Mid-March of 2020, but the capabilities that enabled our response were put in place at least a year earlier. In March of 2016 Clallam County was organized into five emergency operations areas; Sequim, Port Angeles, Joyce, North Coast (Clallam & Neah Bay), and Forks. Each area is responsible for directing emergency responses within its own respective area. In September of the same year (2016) we began developing a CERT program in the Sequim Emergency Operations Area led by Clallam County Fire District 3, our sponsoring agency.

Within the Sequim Operations Area, the City of Sequim and Clallam County Fire District 3 (CCFD 3) entered into a joint agreement in 2019 in which the two organizations mutually agreed to establish the Sequim Operational Area (SOA) and to work jointly as lead agencies for localized emergency response actions in Eastern Clallam County (Gardiner to Deer Park). Because this collaborative effort had already been established, the SOA team was able to accumulate a full year of cooperative experience prior to the sudden emergence of COVID 19.

When the pandemic hit the Peninsula, the Sequim Operational Area activated its Emergency Coordination Center (ECC) and operated it continuously from mid-March to mid-June and on an as needed basis thereafter. During this time, the ECC was relocated from the transit center to the Guy Cole facility at Carrie Blake Park and it is ready to reopen quickly if needed. During its time of activation, the ECC developed a number of detailed plans to address both immediate issues and matters which would also have relevance in future disasters. See this video on the Sequim ECC at this link: [033020 Sequim ECC update.mp4 - Google Drive](#)

Volunteer Response to Local COVID 19 Pandemic Emergency by CERTs and VIPS:

Two of our volunteer groups distinguished themselves well during the COVID 19 events of 2020: Sequim Police Department Volunteers in Police Service (VIPS) and our Community Emergency Response Teams (CERTs). Over 110 CERTS and 6 VIPS participated in the COVID 19 response. They have been recognized both at the State level in the Governor's Office and at the Federal FEMA Region 10 level for their work. Despite their regular interactions with the public, none of our VIPS/CERTs became COVID positive from serving. This is a testament to the safety measures we implemented.

Our volunteers supported the following key activities:

- COVID-19 presentation which shared CDC and Mayo clinic recommendations on how best to protect oneself from the virus.
- CERT volunteers distributed over 5,000 COVID-19 informational flyers to all the businesses within our own operational areas. They also supported Port Angeles' request for flyer distribution in that area as well.
- Three thousand copies of a second flyer directing citizens to use 211 rather than 911 to seek information

- CERT 2 established a phone bank team to make calls from their homes to gather data and contacts from key service groups, churches, business groups and agencies on what their emergency response capabilities could be if needed.
- CERTs having learned that Harbor Freight was willing to donate Personal Protective Equipment to hard pressed hospitals, quickly coordinated a surprise delivery of PPE for the Olympic Medical Center’s Hospital (OMC).
- CERTs staff the Message Center every day when the ECC is open. CERTs also provide the service of daily cleaning and disinfecting of work surfaces.
- The Public Information Officers craft official communications for the public. CERTs were assigned to assist in posting COVID or other urgent information on the kiosks placed throughout the city of Sequim. CERTs would physically drive to information kiosks around the community on a regular basis and post the information for the PIOs. See Video Link on Social Distancing <https://www.facebook.com/sequimwagov/videos/864440507405534/>
- CERTs have also been assisting in COVID planning and updating outbreak tracking, the modeling of the disease, and updating daily status in our county and other surrounding counties.
- CERTs provided essential IT support in the ECC, including printer maintenance, networking and PC support.
- CERTs also staffed our donations center at Sequim’s Greywolf Elementary School which received over 10,000 donated supplies of hand-made masks, gloves, gowns, and other personal protective materials.. See them in action in this video link. <https://www.facebook.com/sequimwagov/videos/530226301011934/>
- In addition, CERTs worked with local community volunteer partners to assist the City of Sequim and Clallam County Fire District 3 in addressing urgent local needs for cloth masks within our immediate operational area as part of the Mask Challenge Campaign. See the Mask Challenge story in this video link. <https://www.facebook.com/sequimwagov/videos/558769355075660/>

Our proudest moment was the monumental effort by our CERTs to feed the community. With extensive volunteer participation, CERT was able to operate a busy CPOD for 22 weeks located at Sequim Middle/Senior High Schools, and at Trinity United Methodist Church/Guy Cole Event Center in Carrie Blake Park. CERT volunteers serviced 3,514 cars, representing 6,091 families, and delivered 13,159 boxes of food or the equivalent of over 300 tons of food. This effort continues today using other community volunteers who have stepped up to release CERTs to rest and become available for the next mission.

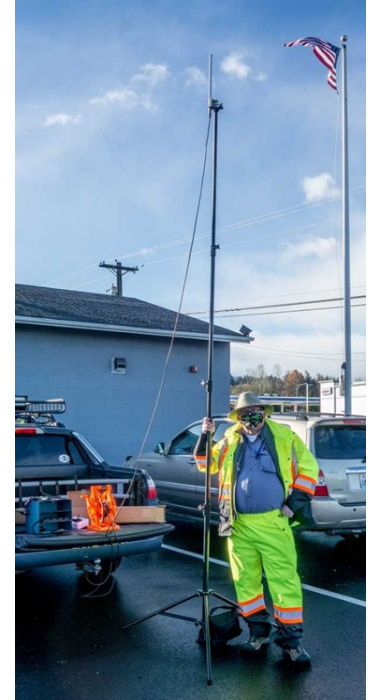


CERT volunteers loaded thousands of boxes of food into needy families’ vehicles over a five-month period in 2020.

CERT Objectives for 2020

Despite the restrictions placed on us we were able to achieve one of our key objectives for the CERT program in 2020 which was an effective communication system. Over the last six months we have worked on developing, testing and implementing a CERT based radio communication plan and system that ensures any CERT on any street, in any division in the Sequim Operational area can with their hand-held radio convey a message to the Emergency Coordination Center.

This was achieved by using three components, the RT 628 1-Watt radio that every CERT has using FRS Channel 5 with no license required; RT-27 2-watt radio or its equivalent that all squad leaders are getting if they don't already have using FRS Channel 6 with no license; and 18 Midland MXT-105 base stations, one of which or its equivalent is going to every team and division chief using FRS Channel 7 which will require a license. A note here to "Map Your Neighborhoods" or MYN you may be using the above channels for your local communications we ask that you change your plans to another channel. New FCC rules give you 22 channels to use today at 2 watts of power or less. Feel free to use any one of those other channels in an emergency. We currently have tested over 8,000 data points and have mapped them in our GIS software. In the 1st Quarter of 2021, we will be publishing the CERT Communication Plan for Sequim Operational Area and posting it on the Clallam County Fire District 3 Website under CERT. This plan is a subset of the Sequim Operational Area's Communication Plan Covering Fire, Law Enforcement, Public Works & Transportation, CERTs and External Sequim Operational Area's Communications.



Base Station

The Future 2021

The first half of 2021 will be very difficult for all of us. Early projections indicate the COVID will double from current cumulative levels by April 1st of 2021 despite vaccines (IHME Models- University of Washington). Yes you heard me right! All of the cases and deaths we had in 2020 will be incurred in the first 90 days of 2021. Why you say? 1. We are having 200,000 plus new cases each day with more virulent strain now showing up in the U.S. 2. We are in many parts of the U.S. reaching hospital capacity (California has) 3. For most of the United States we lack the large-scale mass vaccinations capability at a local level to deliver it into people's arms fast enough. New York Times recent article noted that as of December 28th 10 million vaccines had been allocated to states, 3.2M delivered and 0.8M had been given or 27% of what had been sent had actually been used to vaccinate people. All indications show that vaccine volumes will continue to flow in weekly from the manufacturers. The challenge will be giving them to people. You will see shortly across the media platforms stories about this issue as normal methods of delivery through doctor offices, clinics and traditional care settings will take most of the year to vaccinate the public. Therefore, you should expect the lockdown to continue through at least the summer of 2021, barring any exceptional vaccine efforts. This is not lost on our local leaders and they are discussing how to solve this in the county and the state.

Given the future, we see CERT needs to find innovative ways to reach out to you and keep you engaged. To do this we will be hosting Zoom team meeting in January with each CERT team. The first zoom meeting will cover the new communication plan. You will learn here that for the first time we will be opening up two new channels for CERT use. FRS 5 will remain the tactical channel used in street level searches in the neighborhoods. FRS 6 will be assigned to squad leaders to use with their captains (or in event of no captain

their division chief or their deputy). FRS 7 will be used by captains, division chiefs and the ECC for communications.

As we move into the following months in 2021 team meetings and training on zoom will cover other topics until COVID 19 is under control. Keith Koehler, our technical CERT specialist, is arranging and will be hosting 100 persons capable zoom meetings to support each team. This should go a long way towards re-establishing monthly trainings. It is also possible that CERTs may be called upon to support vaccination efforts in 2021 but this is still in the early planning stages.

I will end on this note. The work in 2020 by our CERT units was nationally recognized by both the State of Washington and FEMA Region 10 and you should all be proud of that accomplishment. Few CERT programs achieve that and our keynote feature writer City Manager Charlie Bush along with Fire Chief Ben Andrews are keenly aware and appreciative of your efforts. As always, I cannot say thank you enough.

Blaine Zechenelly
Clallam County Fire District 3
EMT/Disaster Planner



HOMEMADE MREs

Excerpted from an article written by Tess Pennington & originally published at Ready Nutrition™ October 2nd, 2012

Meal planning for emergencies can be simplified if we adopted the same principles as the U.S. Military for making MREs. The meals are pre-planned, they are conveniently sealed and stored away for a later date. Granted, the lifespan of homemade MREs will not be comparable to the 10 year lifespan of government issued MRE's, but they have a few advantages of their own. For one, making your own MREs is less expensive and they have fewer preservatives, thus causing fewer intestinal back ups. And, of course the most important advantage is they taste better.

If you have certain food allergies or other dietary requirements, it would make more sense to make your own rather than gamble on an allergy flare up. With the homemade versions, you also have the benefit of having a re-usable bag, which can be used for carrying water, or being used to boil other foods.

What You'll Find With Pre-Assembled MREs

As this site notes, MREs manufactured since 2005 are of equal quality and caloric value as military MREs. They now average about 1,222 calories per meal. The typical MRE entrée has crackers (pilot bread), spread to put on the crackers, a side dish, dessert or snack, powdered beverage and an accessory pack with matches, gum, instant coffee, creamer, sugar, salt, moist towelette and toilet paper. All of these contents are packed into a sealed heavy plastic bag. You can easily create a similar version by vacuum sealing your items or sealing them in a Mylar bag. With a little searching you can find most shelf stable foods in single serve packets. Minimus.biz and Amazon are great sources.

Keep Nutrition in Mind

As with all emergency food supplies, you want to keep some basics in mind with the foods you decide to store. Find foods that are just add water meals or no cook meals to help you conserve your emergency supplies.

- Shelf life (at least 6 months-1 year)
- Calorie content (1200-2000 calories)
- Nutritional needs
- Protein content
- Heating and preparation
- Cost

When you assemble your MREs, remember to make your meals calorie dense with lots of protein and healthy carbohydrates (preferably whole grains). Here is an easy equation to follow when packing your foods up:

Protein + Carbohydrate + Fruit/Vegetable + Sweet snack + 4 ounce water pouch = 1,200 calories

Remember to purchase foods that are shelf stable and have a longer shelf life. Further, save those plastic utensil packages and condiments from your take out orders. In no time you will have an ample supply of them to use toward your homemade MREs. Purchasing these foods in bulk can save you some money in the long run.

As mentioned previously, homemade MREs will not have a comparable shelf life to their commercial counterparts. But if you are resupplying your food pantry, you could easily rotate these in as meals. Some MRE food suggestions are below.

Breakfast

Instant oatmeal packs
Granola bar
Single servings of cereal
Cheese and cracker packs
Unsalt-

Lunch

Ramen noodles
Power bar
Single serve peanut/almond butter & jelly
Unsalt-

Dinner

Singles packed meat (tuna, salmon, chicken, Spam)
Beef Jerky
Precooked rice or quinoa package
Instant soup or make your own



Snacks

Single servings of cookies
Applesauce squeeze pack

Fruit roll ups or dried fruit snacks
Trail mix packs

Pudding packs

Beverages

4-ounce water pouches

Instant coffee

Electrolyte drink pouch

Juice Boxes

Instant fruit drink mixes

Instant tea

Various condiments & Supplies

Salt/pepper
Moist wipes

Sugar
Vitamin packet

Honey
Hard candy

Bouillon packet
Cutlery set

Pack It and Stack It

Add meals to a vacuum sealed bag or Mylar bag. Flatten your assembled MRE's as much as possible (without damaging the packaging) and seal them thoroughly. Ensure that you label the contents along with the packing date to stay organized. It would also be proactive to list the best by date.

Making your own emergency meals is a convenient way to store a balanced amount of shelf stable foods for a rainy day. Keep the above suggestions in mind when you are planning your homemade MREs and you will have your emergency meals ready in no time.



READING SUGGESTIONS FOR THIS QUARTER

The Dark Secrets of SHTF Survival: The Brutal Truth About Violence, Death and Mayhem You Must Know to Survive - Selco Begovic

The Disaster Preparedness Handbook: A Guide for Families - Dr. Arthur T. Bradley

Survival Theory: A Preparedness Guide - Jonathan Hollerman

15 Items That Should Be In Your Vehicle In The Winter

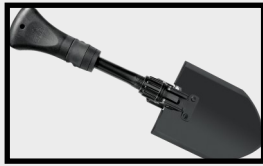
This article was originally written by Tess Pennington and published at Ready Nutrition™ on January 4th, 2014

Winter brings about erratic weather patterns and chances are that we may be caught in them while we are driving. Blizzards, black ice, and whiteout conditions are just a few of dangers of driving during winter.

Emergencies typically come when we least expect them, and preparing for them is the best way to ensure your safety. Having an emergency kit in our vehicles is a beginning protocol to vehicle preparedness but during times of extreme weather, you need to go a step further.

Prepare for being stranded during winter conditions and have items in your car to reflect that. One way to ensure that you have preparations for all bouts of extreme weather is it change items in your kit to reflect the seasonal changes. Those that live in northern climates will find themselves dealing with winter-related issues with their vehicles more so than in southern climates, but we should all prepare for emergencies in our vehicles. Some of these supplies may save your life.

- | | | |
|--|------------------------------------|---------------------------------|
| Collapsible shovel | Windshield scraper and small broom | Flashlight |
| Battery powered radio with extra batteries | Food and water for 3 days | First aid kit with pocket knife |
| Extra winter layers-hats, socks, & mittens | Any necessary medications | Blanket(s) and/or bivvy bags |
| Tow chain or paracord | Road salt | Snow Chains & Emergency Flares |
| Fluorescent distress flag, brightly colored rag, or ribbon | | Booster cables |



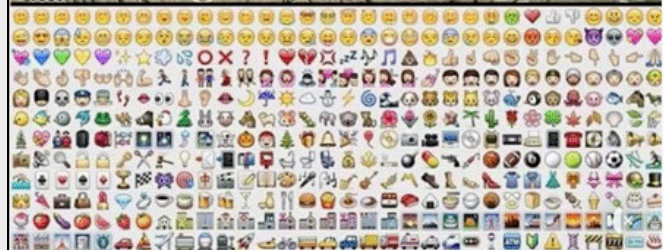
We depend on our vehicles to safely get us to our destinations, but we must take care of the engine and other components of the care in order for it to work when we need it to. That said, before the winter sets in, use these tips to check your vehicle to ensure it is primed to withstand the bouts of cold weather. This will ensure that when winter comes around your car will be ready.

And another day in quarantine, somebody was feeling creative or maybe just losing their mind



Wife and I went to the store with our mask on, got home took off mask, and brought home the wrong wife...pay attention people!!!

4000 years later and we're back to the same language... 🤔 😂



Things to Do, Learn & Buy This Quarter

How did everyone do last 4 quarters? Accomplish all or part of the lists?

TO DO



Make arrangements to have your Will done.

Clean out from under all the sinks in your home.

Stash \$100 in small bills in a hidden cache in your home and emergency BOB (Bug out Bag)



Have your home secured to the foundation.

Declutter your master bedroom.

Get rid of DVDs you don't watch and CDs you don't listen to.

Double what you make for dinner and freeze for another day.

Access the security of all your doors and windows.

Create a schedule to check your food storage for insect and rodent damage.

Have a extra pair of glasses in your BOB.

TO LEARN

Learn how to spot and treat hypothermia.

Study how to spot and treat frostbite.

Read about the different types of laundry detergent/stain remover you can make. Learn about composting, find a location & start your compost pile or purchase a composter.



Check your city or county's website for emergency preparedness information.

Learn about alternative housing, RV, tent, etc.

Learn how to make different kinds of homemade biscuits.



Read about how to dehydrate food and research the best food dehydrator for you.

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

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
Digital Cameras
TV & Electronics
Fitness Equipment

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

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



MYN BINGO

First Community Drill Completed	All residents know how to access water in their water heater	All Propane tanks are strapped down	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 Bug Out or Prep Bag for each person	Every resident has PPE: helmet, gloves, sturdy shoes, etc.	FREE	HAM Radio operator in group	Skills List Completed & Distributed
Primary & secondary Gathering Place selected	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	All homes equipped with basic first aid supplies	All hot water tanks strapped or attached to dwelling

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

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

HOW IS EVERYBODY DOING? DO WE HAVE A WINNER YET?

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

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



Upcoming CERT Academy: Due to the COVID-19 restrictions, Sequim Operational Area classes will resume when it is safe to gather once again. For all information, contact Cindy Zechenelly at 360-504-2531 or cindyiz@hotmail.com or czechenelly@ccfd3.org.



Get to know your neighbors! Learn how to prepare your neighborhood for a major emergency or disaster. When it is safe to gather again, meetings are scheduled weekdays, nights and weekends. Over 1300 trained so far!! For all information, contact Lynne Schlosser at lynne5977@live.com.

MYN is in the process of setting up Zoom MYN training

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

Share your COVID-19 “stay-at-home” experiences and any pointers or ideas! Email to Lynne Schlosser at lynne5977@live.com and we’ll share in our next issue!

Coming up in our next issue!

A message from Clallam County Fire District 3 -

♦ Fire Commissioner Steve Chinn

21 Survival Uses for those Pesky Plastic Grocery Bags

Situational Awareness - Do You Remember These Terrorist Attacks?

The Big Big Big Spring Declutter List

5 Ways to Store Meat Without a Refrigerator