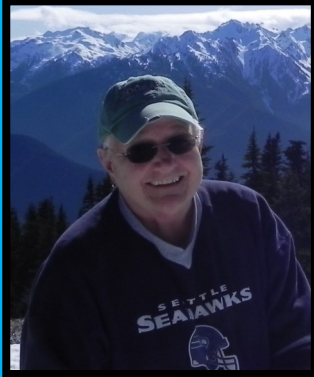


SEQUIM OPERATIONAL AREA 2020 Issue 4



Message from Linda Enger—Division Chief—Miller Peninsula

A Very Happy New Year from the CERT Miller Peninsula Division. In this first newsletter for 2020, I appreciate the opportunity to share a brief message and some pictures of Miller Peninsula Team Members in action.

I got involved with CERT in September 2016 after watching the ever-impactful “Chief Doom” Presentation. I wanted to learn how to prepare for and survive a major disaster. I also wanted to learn how to help my family and neighbors along the way. As I meet folks during CERT Training Academy, I realize that most of us became involved in CERT for very similar reasons.

I am not an EMT, nor am I a Firefighter. In fact, other than forty plus years as a Girl Scout, I have minimal first responder and survival expertise. Assisting with the CERT Training Academy has been a great experience. I have learned how to start where I am, assess my capabilities, and do the best I can with what I’ve got, all the while putting top priority on my own safety.

If other CERTs were to ask my advice, I would encourage folks to lean in to team meetings and focus on reinforcing perishable skills. If you’re not sure, or you want more practice with a skill, ask your Captain or Training Coordinator to include it on the team’s training schedule.

The choice is ours; we can prepare, or we can panic. Remember, none of us is as smart as all of us. Let’s help one another PREPARE!

I wish you all the very best for 2020!



WHAT WILL YOU DO WHEN THE LIGHTS GO OUT?

**None of
Us Is As
Smart As
All Of Us**

Miller Peninsula Division CERTs



Mickie Hodis (L)
Denis Body (R)



Pierre Amar (L)
Mickie Hodis (R)



Volunteer Victim Char Schulz on backboard
Mary Harrison (L)
Kate Higgins (R)
Becky Stinson (Top R)
Mystery CERT at top



Christie Harveson (L)
Lloyd Harveson (R)

SHELTER BOX TEAM

We have attached a very informative article on Shelter Box Team, which is a fantastic assistance to other nations in time of a disaster. Please take a read through this and perhaps it will add ideas you can incorporate into your personal preparedness. Our local Rotary Chapter supports this organization and welcomes your support as well. However, we in the U.S. are not able to request any help from Shelter Box. It is only done elsewhere as it is UK based and there are Customs issues with it in the U.S.

Miller Peninsula Division CERTs



Penny Barnett (L)
Jo Hall (R)



Cherrie Lefevers (kneeling L)
Norma Peirce (kneeling R)
Steve & Diane Ross (back)



Don Devermann on backboard
Darlene Raysack (kneeling at head)
Mickie Hodis (kneeling at elbow)
Pete Erickson (kneeling with ballcap)
Unknown CERTs at far back and far L



Don Devermann on backboard
Pete Erickson (kneeling L with ballcap)
Mickie Hodis (kneeling at shoulder)
Darlene Raysack (kneeling at head)
Judy Lynn (bent over victim)

WHY CERT & SERVE

Written by Carlsborg Division Chief
Charlie Meyer

*The earth has shaken in violent surprise
Our homes are darkened and torn
Now hear the frightened children's cries
Hear the lonely widow's moan.*

*The damage is done to wood and stone
In shambles, the world we knew
While fear, dread and uncertainty
Has crushed our confidence too.*

*Each street, each house could hide a soul
Desperate for a ray of hope
Alone, each huddles confused, in fear
Just looking for someone to help.*

*Someone, with tools and knowledge and grit
Could wade through the dusty debris
Extending a hand to those least prepared
Bringing help, and setting them free.*

*"Do unto others," says the Golden Rule
"As you would have done unto you."
Should you ever be trapped, or fallen, alone
You would hope for a rescuer too.*

*"Service to others" is really the call
To which CERT members' duty attains
May a grateful community someday know
How your life-giving devotion sustains.*

WATER



Excerpted from

www.ready.gov/water

Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency.

Determining Water Needs

Store at least one gallon of water per person per day for three days, for drinking and sanitation. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.

Take the following into account:

- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.

Water Tips

- **Never ration drinking water unless ordered to do so by authorities.** Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.
- **Drink water that you know is not contaminated first.** If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible, but do not become dehydrated.

Do not drink carbonated or caffeinated beverages instead of drinking water. Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water.

Water Storage

Buy commercially bottled water and store it in the sealed original container in cool, dark place.

If you must prepare your own containers of water, purchase food grade water storage containers. Before filling with chlorinated water, thoroughly clean the containers with dishwashing soap and sanitize the bottles by cleaning with a solution of 1 teaspoon of the freshest as possible pure non-scented liquid household chlorine bleach to a quart of water. Water that has not been commercially bottled should be replaced every six months.

Water Treatment

If you have used all of your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water. Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth or making ice. In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid and hepatitis. There are many ways to treat water. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth.

Boiling

Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also will improve the taste of stored water.

Chlorination

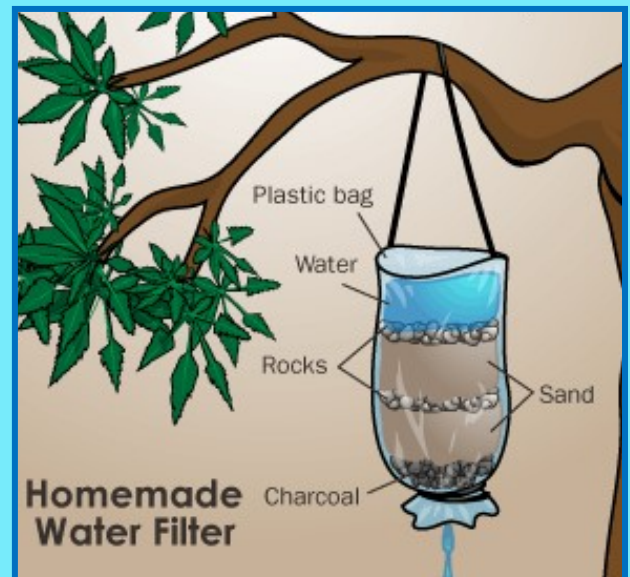
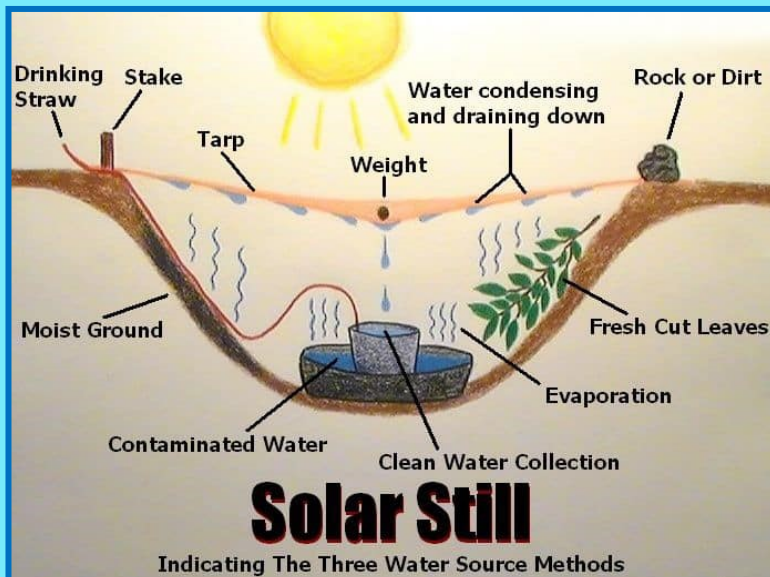
You can use pure freshest as possible non-scented household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

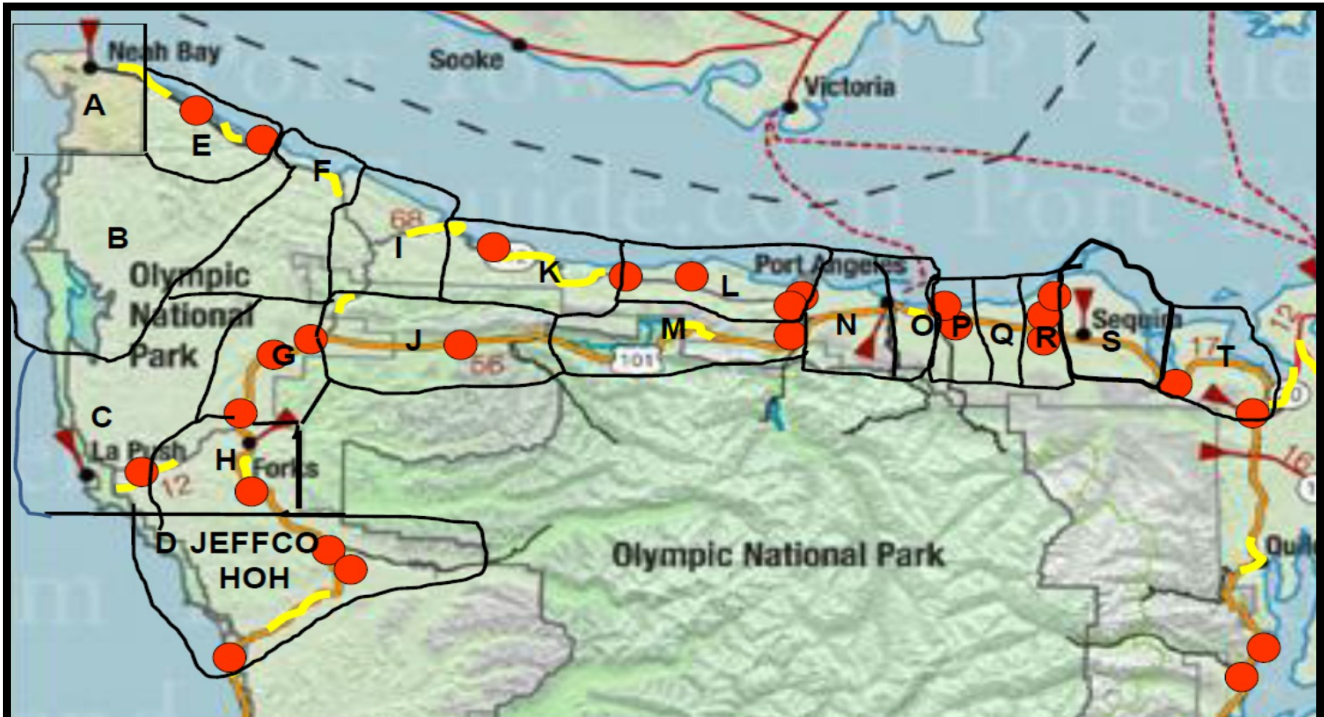
Distillation

While boiling and chlorination will kill most microbes in water, distillation will remove microbes (germs) that resist these methods, as well as heavy metals, salts and most other chemicals. Distillation involves boiling water and then collection of only the vapor that condenses. The condensed vapor will not include salt or most other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



WHAT ISLAND ARE YOU ON?

Sequim Operational Area is Islands P, Q, R, S & T



Damaged roads and bridges divide the county into at least 20 micro-islands.



2019-20 WINTER OUTLOOK

Polar Coaster Winter Ahead



FarmersAlmanac.com



New Feature: Things to Do, Learn & Buy This Quarter

TO DO

- Set 10 Preparedness Goals for 2020
- Get a Plastic Container for Loose Change - Keep it For Emergencies Only
- Make 2 Photocopies of Important Papers & Put One With Your Emergency Storage and Keep One in Your Home
- Declutter one drawer each week
- Place a flashlight with extra batteries in each room
- Order 1 or 2 Seed/Plant Catalogs & Plan Your Spring Garden
- Start or Join a Preparedness Group
- Plan to Keep Your Gas Tank at Least Half Full at all Times
- Begin a Walking Plan to Improve Your Fitness Level
- Create a Wish List of Preparedness Items You Want



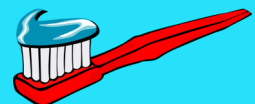
TO LEARN

- Learn How To Find Safe Drinking Water in Your Area
- Take Some of The Free FEMA Classes Online
- Learn How To Find North With the Stars
- Read About Gardening. Find Out What Grows Well in Your Area
- Learn How to Bake a Loaf of Bread From Scratch
- Read About Alternative Cooking Methods
- Learn How to Change a Tire, Use Fix-a-Flat, and Check Tire Pressure
- Track How Much Water You Use in a Week
- Know Basic Sewing Skills
- Watch a TED Talk on a Subject You Need to Learn About



TO BUY

- Buy a Fire Extinguisher and Learn How to Use It
- Add 10 Cans of Soup or Chili to Your Food Storage this Quarter
- Buy a Bottle of Bleach for Water Purification
- Buy Additional Toothbrushes, Toothpaste, Floss & Mouthwash
- Buy Bandannas for Your BOB
- Add Hand Sanitizer to All Your BOBs
- Purchase a Lightweight Packable Book about First Aid (not an e-book)
- Research and Purchase a propane camp stove
- Stock up on Toilet Paper, Kleenex & Other Personal Supplies
- Purchase a Pry Bar and Crosscut Saw



Wellness during an Emergency or Disaster

Staying Alive AND Clean: Survival Hygiene Rules To Follow January 17, 2014

Hygiene and Sanitation is an essential part in ensuring you and your family's survival in an emergency situation. Sickness and diseases will extremely lower your chances of survival if you fail to prioritize you and your family's hygiene and sanitation on a survival situation.

Hygiene and sanitation is also a major factor in ensuring your survival supplies like food and water stay clean and safe to consume. Like your water for instance, if you don't have proper hygiene and sanitation it will greatly affect your drinking water as it will get contaminated and result to diseases like dysentery, cholera, etc.

Hygiene and sanitation are easily handled in our society today because of running water, water heaters, toilets, urinals, showers, electric razors, etc; But you have to keep in mind that in a disaster or survival situation all of these basic commodities will be scarce and even not available anymore due to a power outage or even grid crash and that's when sanitation and hygiene becomes tremendously challenging. Knowing how to administer proper hygiene and sanitation during a survival situation can greatly increase your chances of survival.

Personal hygiene often gets overlooked in a survival situation since you are more focused on food, water, clothing, and shelter. You have to keep in mind that cleanliness is also a very important factor in surviving as it will help prevent infection and diseases. The cleaner you stay in a survival situation the healthier you will be therefore increasing your chances of survival.

Here are steps on how you can keep a good personal hygiene in an emergency situation:

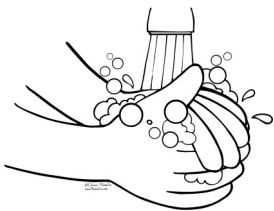
****Keep your hands clean.** Washing your hands after handling any material that may carry bacteria like carrying sticks or after going to a cat hole before handling any food or water will help prevent bacteria from getting into them.

****Keeping a hand sanitizer** is also a very good option during emergency situations.

****Keep your hair clean.** Human hair can become a lair for parasites, fleas, and bacteria which could cause infection and diseases. Keeping your hair trimmed, clean, and combed in emergency situations will help keep dangerous parasites and bacteria away.

****Keep your clothing clean.** Parasites and bacteria also infect and inhabit your clothing which could be very dangerous and fatal as our clothing basically covers our body and sensitive organs. Keeping your clothing clean will also help keep unwanted parasites and bacteria from causing skin infection and disease. Clothing should be kept clean, dry, and in good condition as much as possible to retain better insulating quality.

****Keep your teeth clean.** Take care of your mouth and teeth at least once each day to keep it clean and free from bacteria. If you don't have a tooth brush you can use a chewing stick chewing on both its ends to separate the fiber and use it to brush your teeth thoroughly. Using salt on a finger tip is also effective as well as wrapping a clean strip of cloth on your fingers to rub your teeth clean with it. A severe tooth ache or mouth infection is the last thing you want to have when surviving.



Wellness during an Emergency or Disaster

****Take care of your feet.** Taking care of your feet is one of the most important things you have to keep in mind when in a survival situation. Your feet may be your only means of transportation during emergencies so you need to take good care of it. Keeping your feet dry and clean and massage it at least once a day. Keeping your toe nails cut straight is also important to prevent any injuries. Always examine your feet for red, tender, blisters or hot spots so you can treat them immediately. Always check and shake your boots to remove any stones, pebbles, sticks, etc., and always check for rough spots that could cause injury.

****Get Sufficient Rest.** Getting proper rest is important to keep yourself going. Always have regular rest periods and learn to be comfortable under less than ideal conditions so you won't have a hard time getting enough rest.

****Avoiding Illness.** The dangers of contracting diseases greatly increases when you are in a survival situation, follow these simple tips for personal hygiene to maintain you and your family's health: Always purify water obtained from natural sources before consumption.

If you need to survive outdoors always establish a base away from feces and urine. It is important to dig a cat hole away from the camp and cover it immediately after using. Keep contaminated objects like your fingers, sticks, equipment, etc. from your mouth. Always wash your hands before handling food or drinking water. Always clean your mouth and teeth at least once a day. Always keep your body clean and wear clothing that could protect you from insect bites and stings. Clothing should be kept dry all the time to prevent loss of body heat. Wet clothes should be dried out immediately. If possible always get enough rest at least 7 to 8 hours a day.

Here is a list of basic personal hygiene supplies for your emergency kit:

Toilet paper	Deodorant	Toothbrush/Toothpaste	Small nail file
Razor	Cotton swab sticks	Hand sanitizer	Clean packages of hand wipes
Wet/Baby wipes	Soap	Liquid soap	Towel
Comb			

Sanitation is very important during a survival situation as it helps keep you and your group healthy and your supplies away from contaminants that will render it unconsumable. There are many important things to consider when taking care of sanitation especially when you are in a survival situation, these are some points to consider:

- **Never place a toilet area near your water source.**
- **Never assign a toilet uphill from your base or camp.**
- **Always designate your toilet away from your food storage**
- **Keep your toilet at least 100 to 200 feet away from all your resources**

Proper human waste disposal is very important when it comes to surviving outdoors to make sure that you and your family will not contract any diseases from germs and bacteria produced by wastes. You have to keep in mind that keeping healthy in a survival situation is one of the most important factors in ensuring that you will survive until rescue or help arrives.



So Let's Talk About Real Life Reactions to a Disaster or Emergency

Here are some books about ordinary people put in extraordinary situations and how they survived

I Survived; 5 Epic Disasters - For kids age 5-7 years or 2nd to 5th grade

For Grownups:

The Unthinkable, Who Survives When Disaster Strikes and Why - Amanda Ripley

33 Men, Inside the Miraculous Survival and Dramatic Rescue of the Chilean Miners -

Jonathan Franklin

Alive, The Story of the Andes Survivors - Piers Paul Read

Miracle in the Andes, 72 Days on the Mountain and My Long Trek Home - Nando Parrado

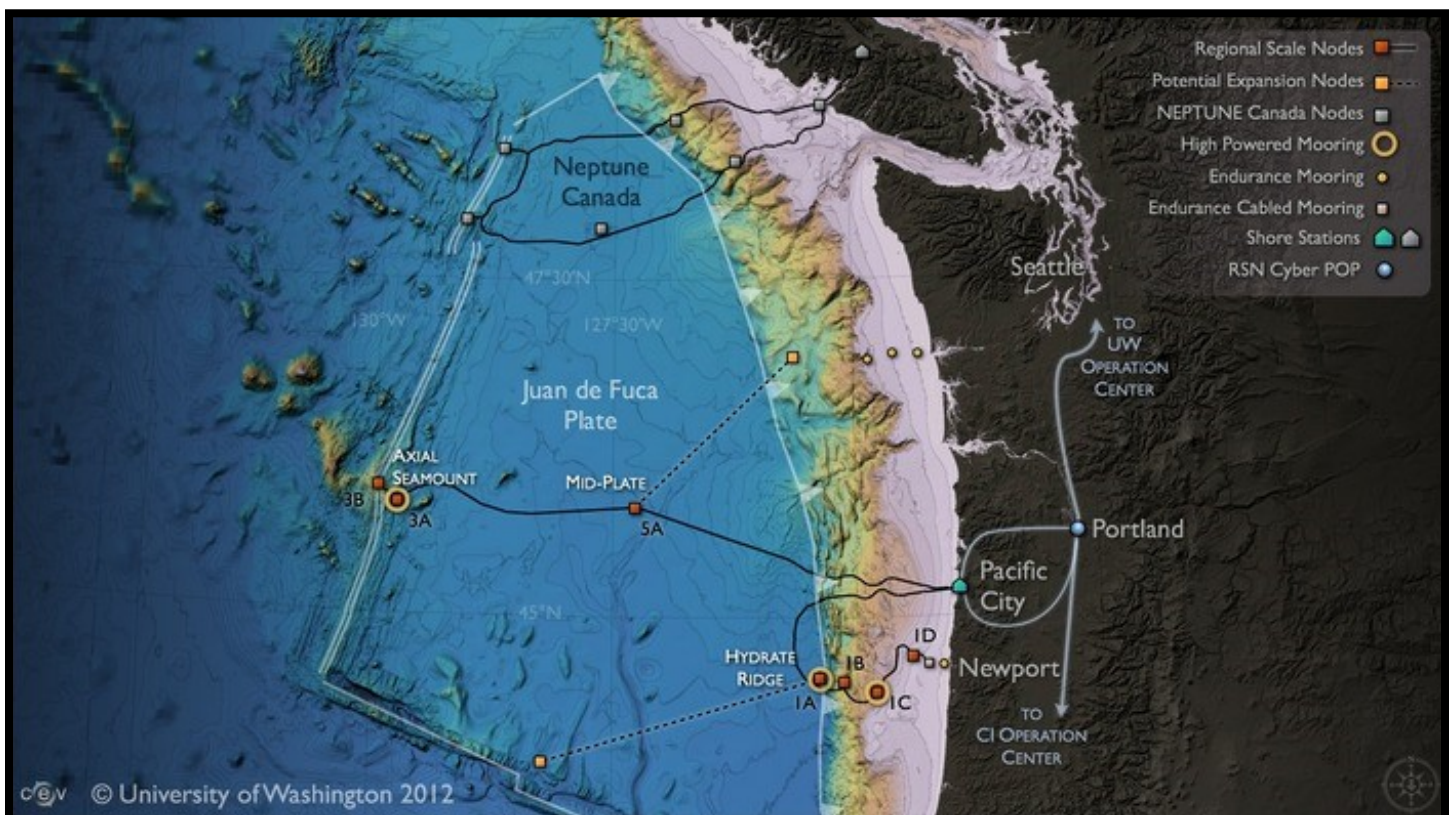
I Had to Survive, How a Plane Crash in the Andes Inspired my Calling to Save Lives -

Dr. Roberto Canessa

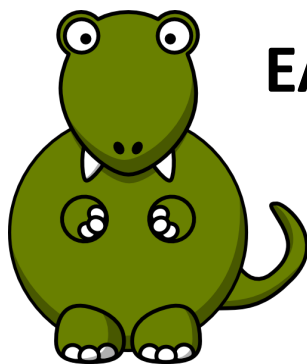
In the Words of Dr. Roberto Canessa:

“What Would You Do When All The Odds Are Stacked Against You?”

Just a Quick Visual Reminder of our Companion to the West



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

February

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

March

Baking Supplies
Frozen Anything
Corned Beef

Vitamins & Supplements
Beauty Products
Cold Medicines
Health Products
Pain Relief

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

Cleaners















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

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















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







JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 CERT Team 4 6-7:30 pm The Gathering Place 	3	4 CERT Team 8 9:30-1:30am Gardiner Com Ctr  CERT Team 11 1-2:30 pm KSQM
5	6 CERT Team 2 10am-noon Gardiner Com Ctr  MYN Sunland 5:30 pm Gathering Place	7	8	9 CERT Team 5 2-5pm 114 S. Sequim Ave. CERT Team 9 3-5pm Alternating Locations 	10	11 Day 1 of CERT Academy 8 am KSQM 
12	13	14 CERT Team 10 6-8pm Red Cedar Hall  MYN Golden Fields 6 pm 73 Golden Fields Lane	15 CERT Team 7 6:30-8pm 45 Eberle Road 	16 CERT Team 6 4-6 pm 276875 Hwy 101 CERT Team 3 6-8 pm Parkwood Clubhouse CERT Team 14 7-8:30 pm 290 Macleay Rd 	17	18 Day 2 of CERT Academy 8 am KSQM 
19	20 	21 CERT Team 13 6:30-8:30pm Agnew Comm Hall 	22	23	24	25 Day 3 of CERT Academy 8 am CCFD3 Maintenance Yard 255 Carlsborg Road 
26	27	28 CERT Team 12 6:30-8pm 45 Eberle Road 	29	30	31	

FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					ALSO on February 1 MYN 10 am 73 Cobb Circle	1 CERT Team 8 9:30-1:30am Gardiner Com Ctr  CERT Team 11 1-2:30 pm KSQM
2	3 CERT Team 2 10am-noon Gardiner Com Ctr 	4	5	6 CERT Team 5 2-5pm 114 S. Sequim Ave.  CERT Team 4 6-7:30 pm The Gathering Place	7	8 Day 1 of CERT Academy 8 am KSQM 
9	10	11 CERT Team 10 6-8pm Red Cedar Hall 	12	13 CERT Team 9 3-5pm Alternating Locations 	14 	15 Day 2 of CERT Academy 8 am KSQM  MYN Time TBD Dungeness Community Church
16	17 	18 CERT Team 13 6:30-8:30pm Agnew Comm Hall 	19 CERT Team 7 6:30-8pm 45 Eberle Road 	20 CERT Team 6 4-6 pm 276875 Hwy 101 CERT Team 3 6-8 pm Parkwood Clubhouse CERT Team 14 7-8:30 pm 290 Macleay Rd 	21	22 Day 3 of CERT Academy 8 am CCFD3 Maintenance Yard 255 Carlsborg Road 
23	24	25 CERT Team 12 6:30-8pm 45 Eberle Road 	26	27	28	29

MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CERT Team 2 10am-noon Gardiner Com Ctr 	3	4	5 CERT Team 5 2-5pm 114 S. Sequim Ave.  CERT Team 4 6-7:30 pm The Gathering Place	6	7 CERT Team 8 9:30-1:30am Gardiner Com Ctr  CERT Team 11 1-2:30 pm KSQM
8	9	10 CERT Team 10 6-8pm Red Cedar Hall 	11	12 CERT Team 9 3-5pm Alternating Locations 	13	14 Day 1 of CERT Academy 8 am KSQM 
15	16	17 CERT Team 13 6:30-8:30pm Agnew Comm Hall  	18 CERT Team 7 6:30-8pm 45 Eberle Road 	19 CERT Team 6 4-6 pm 276875 Hwy 101 CERT Team 3 6-8 pm Parkwood Clubhouse CERT Team 14 7-8:30 pm 290 Macleay Rd 	20	21 Day 2 of CERT Academy 8 am KSQM 
22	23	24 CERT Team 12 6:30-8pm 45 Eberle Road 	25	26	27	28 Day 3 of CERT Academy 8 am CCFD3 Maintenance Yard 255 Carlsborg Road 
29	30	31				

MARK YOUR CALENDARS NOW FOR 2020 ANNUAL CERT DRILL ON SEPTEMBER 5!!

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?

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



Upcoming CERT Classes:

Sequim Operational Area classes will resume January 2020.

For all information, contact Cindy Zechenelly at 360-504-2531 or cindyiz@hotmail.com or czechenelly@ccfd3.org.



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

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

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

Coming up in our next issue!

A message from Map Your Neighborhood Director Joel Ogden

A Report from Emerald Highlands

BOBs - Home, Car, Work - What's in your Everyday Carry?

Meals In a Jar for Storage

Springtime Conversations with a Master Gardener

Did You Know?

AND LOTS LOTS MORE!!!