



SEQUIM OPERATIONAL AREA 2019 Issue 1



Message from Assistant Chief Dan Orr Clallam County Fire District 3

Community Members-

Please sit back, get a cup of your favorite beverage, and enjoy this newsletter...

Welcome to our first inaugural Newsletter for the Sequim Operational Area. The hope for this newsletter is to provide you with information about what is going on in Fire District 3 and the Sequim Operational Area. One of the Fire District's mission's has been and continues to be one of "Value Added". Many of you have never had to call 911 or have never needed to use our services. That is a fantastic thing, but what can we as a Fire District do to bring "Value Added" to you, our customers?

Public Education is where we have chosen to concentrate our efforts. If the public knows what potential disasters lurk and prepares for those disasters, it creates resilience within a prepared community. We have actively taken on Map Your Neighborhood (MYN) and Community Emergency Response Teams (CERT) and have had success in building those programs. Our intentions are to create "Realists", not "Alarmists". Look forward to more information on MYN and CERT to follow.

If a Disaster strikes, the first thing we want all residents to do is to tune to KSQM FM 91.5 radio station. This will be the first place that government is going to push information out to citizens in our area. We are working to ensure that KSQM FM 91.5 will be getting the latest information to be shared with the public. For some of you, you may not have a radio in your home or the power may be out and you cannot use your radio; in this case, use the radio in your vehicle. The expectation is that KSQM FM 91.5 will be broadcasting important public information at certain intervals throughout the day.

As a community, we are very fortunate to have volunteers who are willing to give of their time and talents to make us all better prepared. These individuals have stepped forward and are making a difference in the Sequim Operational Area. We cannot begin to thank them enough for all that they do to make this community more resilient. We are also fortunate to have community partners like the City of Sequim, KSQM FM 91.5 and Sequim Health and Rehabilitation, to name a few, who work with the Fire District collectively and collaboratively towards solutions that are outside of the box and innovative.

We hope you feel more educated and connected as our neighbor after reading this letter! If you have questions, would like to volunteer, or have subjects that you would like more information on, please don't hesitate to let us know!

Dan Orr (aka: Chief Doom)
Assistant Chief, Clallam Fire District 3

It Wasn't Raining When Noah
Built the Arc



OH MY GOODNESS!!

LOOK HOW MUCH WE'VE GROWN IN JUST 2 SHORT YEARS!

MEET OUR HARD WORKING TEAMS

- CERT Team 1 - Joyce - Captain Bob Leiper - 32 strong**
- CERT Team 2 - Diamond Point - Captain Penny Weitendorf - 21 strong**
- CERT Team 3 - Carlsborg/Solmar- Captain Brian Pruiett - 48 strong**
- CERT Team 4 - Sunland - Captain Susan Pressman - 26 strong**
- CERT Team 5 - Bell Hill - Captain Don Baron - 47 strong**
- CERT Team 6 - Discovery Bay - Captain Kosha Long - 27 strong**
- CERT Team 7 - Dungeness Heights - Captain Art Dewey - 44 strong**
- CERT Team 8 - Gardiner - Captain Bob McCauley - 21 strong**
- CERT Team 9 - Emerald Highlands/West Dungeness Meadows - Captain Kris Ecklund - 20 strong**
- CERT Team 10 - East Sequim Bay - Captain Bill Brigden - 22 strong**
- CERT Team 11 - Summer Breeze - Captain Deb Palmer - 46 strong**
- CERT Team 12 - Dungeness West - Captain Joe Grider - 29 strong**
- CERT Team 13 - Unnamed - Captain Don Schold - 30 strong**
- CERT Team 14 - N. Woodcock/Blue Ribbon - Captain Vic Entrikin - 21 strong**
- CERT Team 15 - Sequim Health & Rehabilitation - 650 W. Hemlock - Captain Ed Ebling - 24 strong**
- Non-Teamed CERTS—5 strong**

460 STRONG

Watch for us in the Sequim Irrigation Parade May 11, 2019!!

**Contact Cindy Zechenelly for more information about becoming part of CERT
360-504-2531 czechenelly@ccfd3.org or cindyiz@hotmail.com**

Last Chance Preparedness Shopping at Discount Stores

Duct Tape & Superglue: These are both items you should have in all of your cars, 72-hour kits and a lot in your junk drawer at home. Superglue can be used on ceramic, rubber, vinyl, plastic and in repairing cordage as well as a sanitary way to close minor wounds, and you just can't go wrong with duct tape.

Rope and bungee cords: Load up on all kinds of rope and bungee cords. Both are wind and waterproof, bungees can be used to make an emergency shelter, replace a broken belt or rope, & use to hang items. There are so many uses for these that, again, you can't go wrong with stocking up on plenty of both.

Gloves: Gloves are a prepping essential! Gardening, vinyl, nitrile, dishwashing gloves, winter gloves — every one of them is worth having on hand. You'll find gloves for almost any purpose you can imagine.

Socks of every size: When it comes to your feet, you cannot be too careful. If you aren't able to run or walk, you could be left behind to survive on your own. Socks are more versatile than you might think. They can be used as an extra layer of warmth over little babies' arms and legs. Socks can be cut and used to wrap or hold bandages and many other multiple uses.

Baby wipes & Kleenex: Keeping clean and cutting down on germs is a top priority in a disaster. When water isn't available, it is helpful to have wipes. Since they are one-use only, you'll quickly go through one package after another. During your shopping spree, go ahead and fill your cart. Those wipes won't go to waste. Most of us have thought to stock up on toilet paper, but Kleenex or facial tissue is another versatile supply you can't have enough of.

Sunblock & aloe: Sunblock in the discount stores is the same quality as name brand versions. With the tubes only being a dollar, you can stash these in all of your bags and cars. In a post-disaster world, who knows how much time you'll be spending outdoors. Sunblock is something a lot of you might not consider as essential, but you really should buy plenty. If you do end up with a sunburn, aloe is a soothing gel for sunburn relief, and it can help with rashes and itchy skin.

Bags of every kind: Bags of all kinds can help keep you organized when everything is chaotic. Trash, food storage, tote or shopping bags. Check out the construction of the bag before you buy and consider its purpose. Bags can make personal hygiene easier to dispose of, can be made into a temporary tarp or can help with debris clean up. They can become laundry baskets, filled with firewood or edible plants, or used to carry water. There are multiple uses for every kind of bag you can buy. Now is the time to really stock up.

Diapers: Disposable diapers will be found at discount stores, and they are perfect for absorbing liquid, like vomit or big spills. Disposable diapers are also great for protecting wounds, but not for actually stopping the bleeding. Keep one in the freezer to use as an ice pack or pour hot water inside for a heat pack. The shape of the diaper curves around body parts perfectly.

Tablecloths/tarps/drop cloths: These coverings will provide an instant clean surface when you need a ground cover. They can provide shelter, can be used as a makeshift stretcher, protect items from wet weather, cover a broken window or cover a leaking roof. A makeshift bedroll, bag or a protective wall for a latrine can be made from a tarp or tablecloth. Plus, they store flat and you'll be able to stack many of them on top of each other.

Hats/bandanas/umbrellas: Use any of these items as a wind, smoke or dust mask. Tie a wet bandana around your neck to keep cool, and tuck one under the back of a hat to keep the sun off of your neck. Umbrellas can be used for protection from the sun, a walking stick or for self-protection.

A manageable & lightweight go bag is your goal!

The first step to building a go bag is to know how much weight you can comfortably carry for a period of time. There's no cut-and-dried, exact weight amount that is perfect for everybody, since we all have our own unique set of physical characteristics and limitations. Let's figure out what weight is right for YOU!

Step 1: Weigh your current go bag/emergency kit with all its contents. (A luggage scale or kitchen scale is handy for these steps.)

Step 2: Next, determine how much weight you can comfortably carry. Empty your kit and weigh the bag/container on its own. Write down that weight.

Step 3: Next, weigh 2 or 3 books (heavier books, like hardcover or textbooks) and put them in your kit. Carry or wear your kit around the house or go on a short walk and pay attention to any pain points or overall discomfort. If you can carry this weight comfortably, repeat the step by weighing another book or two or three, adding them to your bag, and then carrying it around for at least 20-30 minutes. Using books for this step is easy because everyone has at least a few and you can add various sizes to arrive at a specific weight that is comfortable for you.

Step 4: How much weight can you comfortably carry?

Lightening the weight of your bag might be as easy as finding a lighter weight backpack or other container! Naturally, those lightweight, high-quality backpacks will cost more, but it may be worth it in the long run. You could find one on eBay or Craigslist. Look for brands like Osprey and Gossamer Gear, and read online reviews of "best lightweight backpacks".

Otherwise, evaluate everything in your current kit.

- Are there multi-purpose pieces of gear that can replace 2 or more items you have? A half-bar of Dr. Bronner's soap, for example, can be used to wash clothes, hair, body, and eating utensils.
- Can you find smaller or lighter-weight versions of anything?
- Is each item of vital importance? Set aside things that you absolutely, positively must have and critically evaluate what's left. You may have been told that a sewing kit, for example, is a must, but is it really? Some things fall into the category of "nice to have but not necessary".

HOW MUCH CAN YOU CARRY IN YOUR GO BAG?

**It might be less than you
think**



TWO BUCKET SYSTEM

**When the ground shakes, septic & sewer lines break!
Flush toilets should not be used.**

**Why do we need buckets in our emergency kits?
EARTHQUAKES!**



Earthquakes (and other disasters) cause severe damage to water, sewer & septic systems preventing our plumbed toilets from working properly. FEMA has determined that Washington State ranks 3rd (behind only California & Alaska) among states most susceptible to damaging earthquakes.

Recent earthquakes in New Zealand left 50,000 people without a functioning sewer system and unable to flush toilets for years. People adopted and relied on the twin-bucket toilet system during the emergency stage of the crisis.

Obsolete examples of emergency toilet substitutes include: plastic garbage bags & twist ties, or single-bucket camping toilet, or worse, trench or pit latrines. In contrast, a twin-bucket toilet system and not

The Solution? Use the **Twin Bucket Emergency Toilet!** It was adapted from the New Zealand disaster and works even for apartment dwellers. It's used following a disaster & not as normal practice.

The Twin-Bucket Toilet is: ▶ Simple to acquire ▶ Affordable (bucket, lids & a seat cost \$20 or less ▶ Safe & manageable ▶ Compact (hygiene supplies in nested bucket keeps everything together)

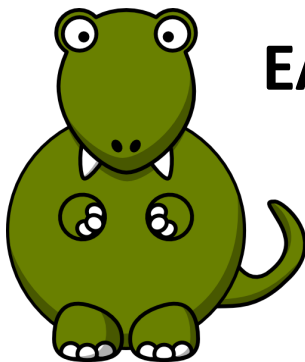
Getting Everything Together: ▶ Plastic buckets – 3.5 to 5 gallon size. Get 2 buckets to get started and add 1 more bucket per household member as needed. ▶ Lids for each bucket that close tightly & one toilet seat designed to fit on a bucket. ▶ Keep toilet paper, soap, bottled water, disposable gloves, hand sanitizer, towels or wipes, disposable diapers, & carbon material in your sanitation kit. **Hand sanitation is critical to maintaining your health!** ▶ Septic system users should decide if they are going to dump pee and poo in their septic tank (DO NOT add carbon material to poo bucket) OR store pee and poo and WAIT for disposal instructions (add carbon to poo bucket). Carbon will damage the septic system. Septic system users may dispose of pee & poo in their own septic tank if they: ▶ Can safely locate and remove the septic tank lid. Older tank lids may be concrete and too heavy to remove. ▶ Keep all children & pets away from open septic tank during dumping. ▶ Secure the septic lid immediately after dumping pee & poo.

The No-Mix Principle: When separating pee & poo, the twin-bucket toilet reduces disease risk & odor and makes the contents of each bucket easier to handle. Urine has almost no health risk. With extra buckets & lids, you can store pee while waiting for disposal instructions or pour it in your septic tank. The poo bucket contains most of the pathogens. Poo needs to be contained until it is treated but doesn't take up much space. Each of us produce only 4-10 oz daily. It takes approximately a week for 2 people to fill a 5 gallon bucket with poo & carbon material. With extra buckets & lids, you can store poo or dump it in your septic tank.

Using the Twin-Bucket Toilet System:

1. Mark the twin bucket "pee" and "poo" (or #1 and #2, or urine & feces, or yellow and brown).
2. Put the buckets in a private space.
3. The set can be moved from one to the other. After use, remove the seat from the bucket and cover with a lid that closes well.
4. Try not to mix pee & poo. This is important although it's understandable that there will be mistakes. The pee is the component that produces the bad smell when the two mix.
5. After using the pee bucket, you can put the toilet paper in the poo bucket.
6. After using the poo bucket: Close tightly with lid for future dump in your septic tank OR add carbon material after each use for moisture and odor control and WAIT for public disposal instructions.

HOW DO YOU



EAT A DINOSAUR?

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

What to buy in:

April

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

Second Hand Stores

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

May

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

Anything at Flea Markets

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

June

Soda
Bottled Water
Allergy Medications
Condiments
Juices
Pickles & Relish
Chips

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



Green
Thumb
Garden Tips
Education series

Sponsored by the
WSU Clallam County
Master Gardeners

2nd & 4th Thursday
of every month at 12 noon

County commissioners meeting
room of the Clallam County
Courthouse,

223 E. 4th Street

Port Angeles

You may bring a lunch
Free & open to the public



April 11, 2019
Bamboo & Other Ornamental Grasses
April 25, 2019
Integrated Pest Management

May 9, 2019
Rain Gardens
May 23, 2019
Composting

June 13, 2019
Weed Show & Tell
June 27, 2019
Growing Rhubarb

July 11, 2019
Hardy Succulents
July 25, 2019
Water Features for the Garden

August 8, 2019
Permaculture
August 22, 2019
Storing the Harvest

September 12, 2019
Cover Crops
September 26, 2019
Seed Saving & Exchange

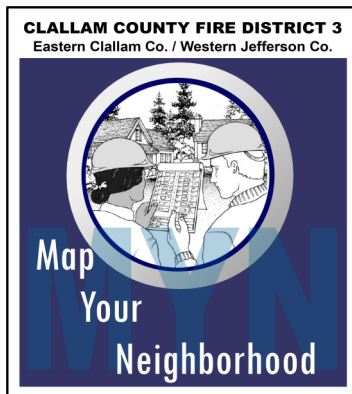
October 10, 2019
Table Grapes
October 24, 2019
Greens: Tame & Wild

November 14, 2019
Beat the Winter Blues with Houseplants
December 12, 2019
Art in the Garden

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



Upcoming 2019 CERT Classes: May, 4, 18 & 25, Parade May 11, September 14, 21 & 28, October 12, 19 & 26, November 9, 16 & 23. 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. Meeting scheduled weekdays, night and weekends.

For all information, contact Lynne Schlosser at 360-582-6011 or 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 Blaine Zechenelly

Meet one of your hard working CERT teams

30 Day Supply Lists

How to Survive a Boil Notice

DIY First Aid Kit that doesn't Have to Break your Budget

7 Days of Low Sodium Meals

The Psychology of Tea

AND LOTS LOTS MORE!!!