



SEQUIM OPERATIONAL AREA 2021 Issue 11



Please enjoy a message from our CCDF3 CERT Coordinator Cindy Zechenelly!

Volunteering

While raising our twins in San Jose, California I decided to volunteer in the school office rather than a classroom. I wanted to be able to help more of the school than just one room. Soon I found myself committing both Blaine and I to creating a full Disaster Preparedness Plan for the school of about 400. It was more than a plan on paper.

Living in California, we thought the San Andreas Fault would soon be presenting us with THE BIG ONE! We needed a lot of help from the PTA. They held an annual fundraiser and provided the money. We trained the entire staff repeatedly in CPR and First Aid and showed them that after an earthquake, a quick look inside a dusty classroom would not be sufficient. We talked the district into moving an empty CONEX box onto the property and filled it with search and rescue supplies, medical supplies, food, and water. Sound familiar? The over 680 CERTs we have trained here in wonderful Sequim will recognize we were on a practice run for Cascadia!

Then we moved to Sequim and found out there is definitely something bigger than California can dish out. OK, time to get planning again. This time would take all of my skills in organizing, anticipating, and working with many dedicated people. A lot of hard work. However, there is no down side. This may tire me out sometimes, but I keep going because all of you who live here are so worth it!!

That big city in California was growing so fast that it was not a very friendly environment anymore. Here in Sequim, there are more wonderful people who really care about this place than I could ever imagined meeting! And many of them volunteer to give back to various organizations that benefit others. For the past five years we have offered them the chance to participate and grow in the CERT organization. The only downside was the time when all had to stay tucked away during the 2020 months of COVID-19.

A large number of CERTs helped for 13 months in the Food Distribution Program and were so glad to see the need for food be satisfied. They packed many, many full and sometimes very heavy boxes into all sorts of vehicles. Then came the vaccines and an opportunity to once again help our fellow community members with getting the vaccinations into arms. CERT's experienced so much joy from being with other CERTs and helping make life safer for others! I saw many, many happy faces. I have met and worked with some of the best people ever.

I guess if I had time to write a journal, the words here would be in it. Helping others is what I love to do. If any of you feel the call to do the same, please contact me about CERT, or the Sequim Food Bank, or any of the other various volunteer organizations in our great community.

Serving others is something that will truly warm your heart. May every day bring you joy!

There are not enough words or thank you's to express the sincere gratitude everyone has for Mrs. Cindy Zechenelly for all that she does for the CERT program! All involved have seen her important contributions and the precious time she spends working with the CERT members. Her positive infectious attitude rubs off on each of us and I am grateful for her many contributions. Having a small standing army is no small task; keeping track of all of our members, and all of the paperwork that is generated is a tremendous feat.

Cindy didn't come looking for a job, but because of Blaine's involvement, she was the natural choice. My running saying is that she is destined for Sainthood for having to put up with this motley bunch.

On behalf of everyone who is involved in CERT and MYN, we send A HUGE Thank You to Cindy for all she does to make us successful.

CCFD3 Assistant Chief Dan Orr

Thank
you
Cindy
for
being
our
CERT
guru
and
leader
WE LOVE
YOU!!!



SEQUIM OPERATIONAL AREA



CITY OF
SEQUIM



Emergency Preparedness Partnership



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

Trinity United Methodist Church

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



Map
Your
Neighborhood

Hurricane Ridge Dog Show 2021

Our own CCFD3 Chief Ben Andrews and his little buddy Briggs came thiiiiissss close to Best in Show!!



DIY Fall Flavors and Smells (courtesy of the Farmers Almanac)

Pumpkin Spice

3 T ground cinnamon
2 t ground ginger
2 t ground nutmeg
1/2 t ground allspice
1 1/2 t ground cloves

Mix all ingredients together.
Store in an airtight jar or plastic bag.

Mulling Spice Mix

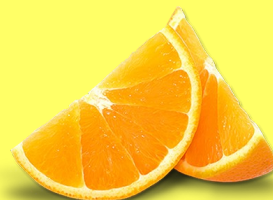
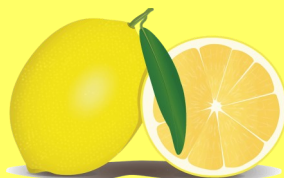
1/4 c orange peel 1/4 c lemon peel
2 T Grenadine syrup 3 sticks cinnamon
2 whole nutmegs, crushed, or 2 T ground nutmeg
6 whole cloves 1/2 t cardamon
3 T brown sugar

Sprinkle a few Ts of this mix over fresh cider before you warm it. Or store in an airtight tin or tightly closed glass jar as a gift or for later use.

Diffuser mixes

4 drops sweet orange essential oil
3 drops lemon essential oil
3 drops fir essential oil

4 drops sweet orange essential oil
2 drops sage essential oil
3 drops lime essential oil



Bungee Cords and Their Uses in Off-Grid and Survival Situations

Bungee cords can make life a lot easier: at home, out in the woods, or when a disaster strikes...you want to stock up on these guys, and know how to use them.

Excerpted from Ready Nutrition - Jeremiah Johnson - March 9, 2021

Bungee cords are one of the most useful devices ever invented by man. Their simplicity is only surpassed by the multitude of uses they can be employed for. They can make life a lot easier: at home, out in the woods, or when a disaster strikes...you want to stock up on these guys and know how to use them.



One of the problems is that they can be “faddish” in terms of selling them. There are so many hardware and big-box stores that sell these plastic tubules with lids with what appears to be a wide variety and array of styles, that are pretty much about a third unusable, either because they are impractical or they’re junk. They have little “mini-bungee cords,” and others that have a nice plastic ball on the end instead of a hook. In a wide variety of fluorescent and highly obnoxious colors

I prefer subdued sets with hooks. They don’t have to be so sturdy as to be able to airlift cargo under a CH-47 helicopter. They need to be able to be carried with ease. One of the things I mentioned is with a field-expedient “hootch” or lean-to. In a previous article, we talked about necessary winter gear and a military issue poncho is one of those items. If you are lucky enough to have a poncho that comes with grommets on the corner, you can take five bungee cords...four on the corners, and one on the point where the hood protrudes. This latter point: tie off the hood with the drawstring, and then loop one end of the bungee cord around it, and secure the other to a tree branch, for vertical “lift” on your hootch.

Bungees (if you use the old large Alice Pack of the U.S. Army that I use) can be attached to the frame on the inside, so they sit up against your back when the rucksack is on, and then you can just take them off and use them. Bungees secure gear, such as your poncho, to the outside of your pack (if you don’t use a “butt-pack” on your LCE (Load Carrying Equipment) or vest. You can roll up that poncho, and then go around it with the bungee, and secure it to the outside of your gear to break it out if you need it.

That poncho can also be secured overtop of your gear if you want to cover your ruck after grounding it. You already know my rule that I’ll repeat here again: you should have two of everything at a minimum. The bungees can be used to secure all kinds of equipment to the outside of your rucksack, and to a vehicle if need be, from a motorcycle to a truck or car. If you live in a “Twilight Zone” state and out in the middle of nowhere as I do, you’ll come to see that every other vehicle has a broken hood or trunk. Enter the bungee cord to keep it closed. Keep a half dozen of these in your trunk in the event of an emergency or mechanical failure such as I’ve just outlined.

We just covered an article on tarps, and the buddy of the tarp is the bungee cord. They enable you to stretch out just about any length of canvas and use it as a tent. You can use one of them between two trees, and then plop a tarp or canvas over the top. Then you pull out the corners and either stake them down or bungee them off. Voila! Instant tent.

Strong bungees can be secured and stretched out to use multiple fishing lines (called “trot” lines) for survival fishing. Watch doing this normally, as you have to check with your friendly local laws in your happy State. There are some states where you can’t fish with that method, although in a survival situation, you may wish to pursue your own objectives.

You can twine them together or plait them to multiply their strength, but this should only be used as a last resort and in an emergency. They are extremely useful to moor kayaks and boats temporarily to a fixed point. The best ones I’ve used came from US Cavalry, but that one’s been down and out for years. Any suggestions? No, really: I’m asking, as I think that many of the readers will want to know if you’ve found a good source. The bungee cords should always be cleaned and maintained. The better you take care of them, the better they will serve you. Looking forward to your comments. JJ out!

Can You Run for Your Life?

A prepper's plan for getting physically fit



(Found online - not written by the newsletter editor!)

Three mornings a week I meet with a few friends to walk in the wooded area around our neighborhood. We typically walk about four miles, enjoying each other's company and getting some exercise. Thankfully, it's finally warming up and coats and wool caps are no longer required. But warmer weather also means the bees are back. For most people it's not an issue, but I'm highly allergic. One day when the bees were flying around, I mentioned that I really should start carrying my Epi-pens on our walks again.

This prompted a discussion about **what we would do if I was stung right then**. Someone would have to run to my house, get my medication, and run back to me. It got me thinking.

If one of my friends, or my husband or children, needed me to run to save their life, could I do it?

Could I run for my life? Can you run for your life?

In an emergency situation

I'm not the skinny teenager I used to be. At size 14, I'm not "too big" either. The real problem is that **I'm not as fit as I once was**. In my busy day-to-day life I can function perfectly well and accomplish what I need to without trouble. What happens, though, when there's an emergency?

Most of us have felt an adrenaline rush before, and we've all heard the story about the mom who lifted a car off her child to save him from being crushed. My first response to the question about running to save my child was, "If I had to do it for real, I could. The adrenaline and the will to do it would push me."

That might be true, but it's also an excuse.

I shouldn't be hoping that adrenaline gets me through. **I should be improving myself to guarantee success.**

Too many preppers, myself included, dismiss the fitness issue, assuming that we will simply do what we must in an emergency. What if the situation requires bugging out and walking for a dozen or more miles a day for several days?

I know what you're thinking, because it's the same thing I thought... "Oh, well, I might not be able to do it today, but if I was forced to, I could manage." The problem is, we might not be able to "manage." At best, it would result in some very uncomfortable days and nights with hurting bodies. At worst, it could mean failing to achieve an objective that could quite literally be the difference between life and death.

As a prepper, I've stored food, supplies, gadgets, and tools. I've learned new skills like building a fire, suturing a laceration, cooking with a solar oven, purifying water, and so much more. I've even made a specific effort to increase my resiliency by improving my mental and spiritual preparedness.

But what have I done to improve myself physically? Unless you count my brisk, but social, walk in the woods three times a week... nothing. That's about to change.

Physical Preparedness

I decided to jot down a few things I felt I needed to accomplish in order to call myself "physically prepared." This list is unique to me, but I hope you'll find some inspiration to make your own.

Start Running - Problem: I can't run to **save my life**.

I've completed several 5K races and multiple triathlons but I've never considered myself a "runner." I've always finished miserable and in pain and at the back of the pack after a lot of walking.

But really, whether I'm running to get help or running away from the bad guys, is the back of the pack in a survival situation where I want to be?

Solution: Three days a week, in addition to the walk with my girls, I will be training with the "Zombies, Run!" app on my phone. It combines the traditional "Couch to 5K" training plan with an immersive zombie story where the runner plays a main character. It tells you when to walk and run, and when to speed up because the zombies are about to catch you! It tracks your time and distance, and connects to an online game if you choose. Plus you can use your own music.

Gain Flexibility - Problem: The best marksmen are **flexible**. I'm not

I've embarked on a quest to improve my rifle marksmanship by attending [weekend long clinics](#) that teach me to shoot from prone, standing, and sitting positions. I'm at the threshold of achieving an expert "Rifleman" score but one of the things holding me back is a lack of flexibility to get my body into a stable sitting position. I'm close, but instead of being relaxed and focused on the target, my body is fighting me.

Solution: Complete a general stretching and flexibility routine several times a week. Also, since there is a specific sitting position I want to be in to shoot my rifle... I need to sit in that exact position every day. My body will begin to learn what I want it to do, muscles will form a memory, and it will become easier and easier.

Increase Strength - Problem: Strong of mind, **weak of body**

During our family's first camping trip this spring, I had to walk about a third of a mile carrying a 12-inch Lodge dutch oven that weighs about 20 pounds. As I struggled, I told myself it was hot, the path was uneven, and the thin handle was awkward. All of those things were true of course, but the reality was... it was heavy and I wasn't strong enough.

I did it because I had to at the moment, but it was proof that just because I could, didn't mean it was in any way easy. And my arms paid for it for a couple days. I imagined other times I might need strength in an emergency. Carrying a bug-out bag or my child long distances (or both – see image above). Moving debris. Wielding an axe to chop firewood.

Solution: Add strength training to my workouts. My husband regularly uses the equipment in our garage. I have **no excuse** not to join him.



Weight Loss - Problem: A 30 pound cushion

Losing weight may be the very best thing we can do for ourselves physically. There are medical reasons, of course, (heart and joint health, improve or even reverse medical conditions like high blood pressure, some forms of diabetes, etc.), but here's why we should lighten up from a preparedness perspective.

- Some preppers announce that if times get really tough, they'll just live off of their body fat. Hello, that's called **starvation!** They'll just end up feeling miserable and not be of much use to anybody. Don't look at a TEOTWAWKI event as a viable weight loss option!

- Most survival educators recommend that a bug-out bag be no more than about 30 pounds. An extra 30 pounds is just like carrying a heavy bug-out bag around all the time, but without being useful.

The next time you're at the grocery store, head down the pet food aisle. Hoist a twenty pound bag of dog food onto your shoulder and **really feel what twenty pounds feels like**. Put it back on the shelf. See how

- much lighter you feel? Imagine taking twenty pounds (or more!) off your body and not having to carry it around anymore!

The more overweight you are, the more likely you are to need medication. Some of these medications become unnecessary once the weight comes off. Dependence on medication during a TEOTWAWKI situation is its own disaster waiting to happen.

Solution: Practice a great deal more **moderation in my eating**. Add more fresh foods and remove more processed foods. Increase water consumption. This, combined with the above fitness goals will help me drop the pounds.

How will you fare? Can you run for your life?

We've all met preppers who seem to have it all together... Food and water storage, finely tuned skills, tactical plans for every scenario, and books and books worth of knowledge.

And they are in terrible physical condition.

Are you that prepper? I am. But now I have specific steps to remedy this deficiency in my preparedness plan.

If TEOTWAWKI happened tomorrow, how would you cope physically? Can you run for your life?

What can you do today that will help you be physically ready for an emergency.



Wellness During an Emergency or Disaster

What is Resilience? By Harold Cohen, Ph.D. May 16, 2016

When faced with adversity in life, how does a person cope or adapt? Why do some people seem to bounce back from tragic events or loss much more quickly than others? Why do some people seem to get “stuck” in a point in their life, without the ability to move forward?

Psychologists have long studied these issues and have come up with a label you may be familiar with: **resilience**. When faced with a tragedy, natural disaster, health concern, relationship, work or school problem, resilience is how well a person can adapt to the events in their life. A person with good resilience has the ability to bounce back more quickly and with less stress than someone whose resilience is less developed.

Everybody has resilience. It's just a question of how much and how well you put it to good use in your life. Resilience doesn't mean the person doesn't feel the intensity of the event or problem. Instead, it just means that they've found a pretty good way of dealing with it more quickly than others.

Everyone can learn to increase their resilience abilities. Like any human skill, learning greater resilience is something that you can do at any age, from any background, no matter your education or family relationships. All you need to do in order to increase your resilience is have the willingness to do so. And then seek out ways of learning more about resilience, either from search engines (and articles like this one), or with the help of a trained behavior specialist, like a psychologist.

How Do You Increase Resilience?

There are many different ways you can increase resilience. Having supportive relationships in your life with your family and friends seems to be an important foundation according to much resilience research. Good, positive relationships help a person with reassurance and encouragement when times get tough, and seem to help support a person's ability to rebound more quickly after a difficult event or problem in their life.

Relationships are not just important within the family, but outside the family too. Having a strong network of friends (and not just “Facebook friends”) is a valuable component of building better resilience. Strong social networks appear to be a key foundational building block for this skill to increase in your life.

There are other factors that can help you increase your resilience as well, including:

- Having a positive view of yourself (self image) and confidence in your strengths and abilities (self-knowledge).
- Being able to regularly make realistic plans, and then being able to regularly carry out your plans.
- Being able to effectively and in a healthy manner manage your feelings and impulses.
- Having really good communication skills (or you're actively working to improve them).
- Having really good problem solving skills (or you're actively working to improve them).

These are just a few of the areas where a person can work on in order to build better resilience.



How to Build Better Resilience

Building better resilience takes time, effort, commitment, and focus. It will not just happen to you overnight, and it won't just happen to you if you read a book about resilience, or begin work with a therapist. It's a process that will take months to learn and master. Don't be frustrated by this, because unlike your eye

color or height, resilience is not a trait but rather a skill that you can readily enhance with patience and training.

Seek out additional articles online about resilience to get your start, and keep in mind, there's lots to learn! You may benefit from seeing a therapist or psychologist, or a life coach, to help you in your journey.

Keep in mind too, that according to the American Psychological Association, a person's culture "might have an impact on how he or she communicates feelings and deals with adversity—for example, whether and how a person connects with significant others, including extended family members and community resources. With growing cultural diversity, the public has greater access to a number of different approaches to building resilience." This may be something to be aware of in your resilience journey.



Excerpt - Importance of Resilience - coping with crisis - Kendra Cherry - July 5, 2017

What is Resilience?

Have you ever wondered why some people seem to remain calm in the face of disaster, while others appear to come undone? People that can keep their cool have what psychologists call reliance, or an ability to cope with problems and setbacks.

Resilient people are able to utilize their skills and strengths to cope and recover from problems and challenges.

Those who lack this resilience may instead become overwhelmed by such experiences. They may dwell on problems and use unhealthy coping mechanisms to deal with life's challenges. Disappointment or failure might drive them to unhealthy, destructive, or even dangerous behaviors. These individuals are slower to recover from setbacks and may experience more psychological distress as a result.

Resilience does not eliminate stress or erase life's difficulties. People who possess this reliance don't see life through rose-colored lenses. They understand that setbacks happen and that sometimes life is hard and painful. They still experience the emotional pain, grief, and sense of loss that comes after a tragedy, but their mental outlook allows them to work through such feelings and recover.

Instead, resilience gives people the strength to tackle problems head on, overcome adversity, and move on with their lives. In the wake of traumas such as the 9/11 attacks and the Hurricane Katrina disaster, many individuals demonstrated the behaviors that typify resilience.. Not only were they able to remain strong in the face of almost unbearable loss, they were able to carry on and even offer emotional support to others affected by the same tragedies.

Even in the face of events that seem utterly unimaginable, people can marshal the strength to not just survive, but to prosper.



6 Fall Plants to Get Planted Now

Ready Nutrition - Pamela Bofferding - October 11, 2016

The weather is getting colder, but that doesn't mean your gardening plans are thwarted. There are distinct benefits to planting some things in the autumn months: the temperature is cooler, the soil is still quite warm, there is more moisture in the soil and there are more good weather days for planting (as compared to the spring when sudden thunderstorms threaten your gardening days and wet the soil too much). In addition, you can cash in on discounts at your local gardening center as they try to move the last of their merchandise before winter. The ideal time to plant in the fall ends about 6 weeks before the first frost, usually in mid-to-late October.

The following are the ideal plants to get into the ground during the fall months:

Spring Bulbs

Spring bulbs actually require a period of cold in order to bloom. Plant bulbs in the fall in order to guarantee blooms for spring. If you have issues with deer in the autumn months, try planting allium, English bluebell, dog's-tooth violet, or snowdrop bulbs.



Pansies

Pansies are ideal for planting in the autumn months because their roots thrive in the still-warm soil. You'll get to enjoy them for two seasons if you plant them in September/October. Keep the soil wet and remove spent flowers so the pansy doesn't use any effort to set its seeds. Once the soil freezes, mulch to prevent alternating freezing and thawing cycles that can eject plants from the soil.

Turfgrass

Cool-season turfgrass is most successful when soil temperature is between 50 and 65 degrees. Planting in September/October ensures that the roots will take adequate hold before the first frost, when growth slows dramatically. Cool-season turfgrass includes Kentucky bluegrass, perennial ryegrass, tall fescue, and fine fescue.

Cool Season Veggies

Many vegetables thrive in cooler months (namely broccoli Brussels sprouts, cabbage, radishes and carrots), but they must be planted by late August. Veggies that perform the best when *planted* during the fall include lettuce, spinach, and other greens with a short harvesting time such as collards and swiss chard. Another benefit of growing these vegetables is that they don't need a whole lot of space and can be crowded into smaller areas with partial shade.



Trees and Shrubs

Planting from early September to late-October offers many advantages to certain trees and shrubs. Transpiration is low and root generation is at an all-time high during these months. Typically, plants with shallow, fibrous root systems can be planted easier in the fall than those with fewer, larger roots. Trees that can be successfully planted in the autumn months include alder, crabapple, ash, buckeye, catalpa, hackberry, hawthorn, honey locust, elm, Kentucky coffee tree, linden, maple, sycamore, pines, and spruces. Most deciduous shrubs can easily be planted in fall.

Cover Crops

Even though it is Fall, it does not mean you should neglect your garden. Now is the perfect time to get your garden cleaned up and ready for the Spring. Master gardeners like to plant cover crops to help add nutrients to the soil during the winter months. Cover crops such as fall rye, crimson clover, buckwheat and others are easy to grow. Here's how they work: when they are digested by soil microorganisms they restore organic matter and nutrient levels in the soil. Because they are sown thickly, they also help to outcompete weeds. Cover crops also control erosion from heavy winter rains, and help prevent the soil from compacting over winter. Depending on your growing region, some cover crops will die during the coldest weather. The crop residue is still a valued supplement in the spring. Check with your favorite gardening website to see if they carry these organic cover crops.



Take advantage of the nice fall temperatures and get your garden growing!

Popular Plants That Deer Do Not Like To Eat

Annuals

Snapdragon
Asparagus Fern
Wax Begonia
Elephant Ear
Angel's Trumpet
Sweet Alyssum
Tobacco
Purple Fountain Grass
Dusty Miller

Woody Perennial

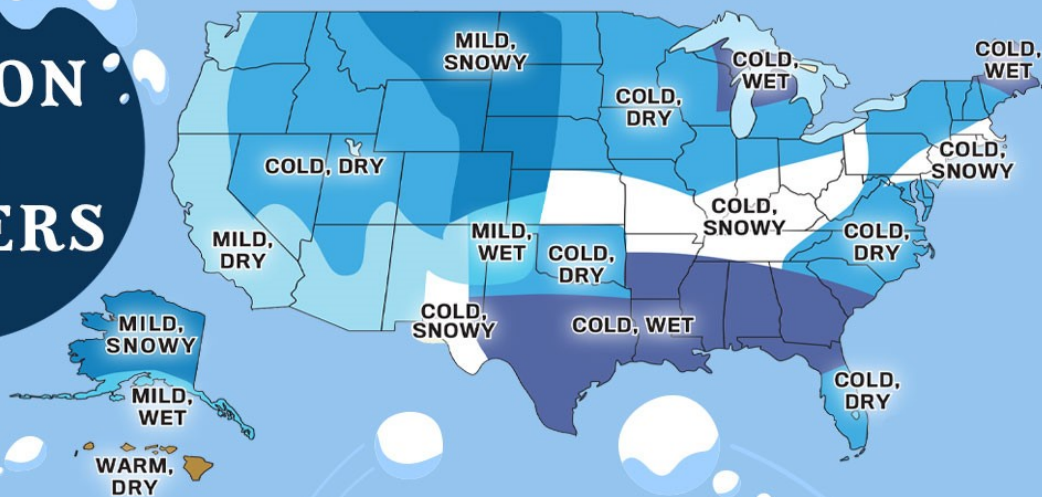
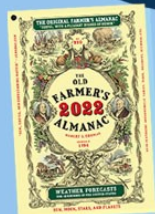
Japanese Barberry
Butterfly Bush
Boxwood
Japanese Cedar
Creeping Juniper
Northern Bayberry
Tree Peony
Norway Spruce
Colorado Blue Spruce

Herbaceous Perennial

Anise-Hyssop
Garlic Chives
Wormwood
Milkweed
Bleeding Heart
Lenten Rose
Horehound
Mint
Catnip
Oregano
Rhubarb
Thyme
Chives
White Sage
Butterfly Weed
Foxglove
Snowdrops
Lavender
Lemon Balm
Daffodil
Mullein
Marjoram
Feverfew
Cattail

2021-2022 WINTER WEATHER FORECAST

SEASON
OF
SHIVERS



2021 Green Thumb Garden Tip Series



Thursdays at the Clallam County Courthouse Commissioner's Room at 12pm. (223 E. 4th Street, Port Angeles) Series via Zoom until further notice

October 14 - Rare Fruits for Cold Winter Areas - *Bruce Pape—Master Gardener*

October 28 - Invasive Fruit Flies, Stink Bugs and Hornets: Where Are They Now? - Laurel Moulton - Master Gardener

November 11 - Deer in My Yard - A Love/Hate Relationship - Shelley Ament and Matt Blankenship - WA DFW

December 9 - Tool Talk - Taking Care of Your Garden Tools - Keith Dekker - Master Gardener

When the Trucks Stop Delivering, 'The System' Will Collapse

Ready Nutrition - Tess Pennington 1/5/2017

Collectively speaking, most Americans take for granted the system in place to deliver essential supplies to their area. "The system," an underlying infrastructure that keeps goods, services and commerce in America flowing creates a sense of normalcy and order. Food, water, gasoline and medications are just a few of the items restocked weekly in order for our dependent society to maintain a steady flow. What many fail to grasp is just how fragile the system is and just how quickly it can collapse.

Our transportation systems are one of the weakest links in the system. Mac Slavo explains:

A 2012 report prepared for legislators and business leaders by the American Trucking Association highlights just how critical our just-in-time inventory and delivery systems are, and assesses the impact on the general population in the event of an emergency or incident of national significance that disrupts the truck transportation systems which are responsible for carrying some ten billion tons of commodities and supplies across the United States each year.

A shutdown of truck operations as a result of elevated threat levels, terrorist attacks, or pandemics would, according to the report, have "a swift and devastating impact on the food, healthcare, transportation, waste removal, retail, manufacturing, and financial sectors."

So too would events such as an EMP attack or a coordinated cyber-attack that could shut down global positioning systems and the computers responsible for inventory control.

The report goes on to explain that **consumer fear and panic will exacerbate shortages**. News of a truck stoppage—whether on the local level, state or regional level, or nationwide—will spur hoarding and drastic increases in consumer purchases of essential goods. Shortages will materialize quickly and could lead to civil unrest.

What the following graphic will demonstrate is just how quickly the descent will be. **When the trucks in America stop, all commerce and delivery stops with it.**

To avoid falling into this recipe for disaster, use the information presented in this graphic as a guideline to being self-reliant. Listed within the graphic are critical supplies that will disappear off the shelves at the first signs of this disaster.

These are the items you want to stock up on before the trucks stop delivering.

IF TRUCKS STOPPED:



DELIVERY OF MEDICAL SUPPLIES TO THE AFFECTED AREA WILL CEASE.

HOSPITALS WILL RUN OUT OF BASIC SUPPLIES.

SERVICE STATIONS WILL BEGIN TO RUN OUT OF FUEL.

MANUFACTURERS USING JUST-IN-TIME MANUFACTURING WILL DEVELOP COMPONENT SHORTAGES.

U.S. MAIL AND OTHER PACKAGE DELIVERY WILL CEASE. WITHIN ONE DAY, FOOD SHORTAGES WILL BEGIN TO DEVELOP.

AUTOMOBILE FUEL AVAILABILITY AND DELIVERY WILL DWINDLE, LEADING TO SKYROCKETING PRICES AND LONG LINES AT GAS PUMPS.



FOOD SHORTAGES WILL ESCALATE, ESPECIALLY IN THE FACE OF HORDING AND CONSUMER PANIC.

SUPPLIES OF ESSENTIALS, SUCH AS BOTTLED WATER, POWDERED MILK, AND CANNED MEAT AT MAJOR RETAILERS WILL DISAPPEAR.

ATMS WILL RUN OUT OF CASH AND BANKS WILL BE UNABLE TO PROCESS TRANSACTIONS.

SERVICE STATIONS WILL COMPLETELY RUN OUT OF FUEL.

GARBAGE WILL START PILING UP IN URBAN AND SUBURBAN AREAS.

CONTAINER SHIPS WILL SIT IDLE IN PORTS AND RAIL TRANSPORT WILL BE DISRUPTED, EVENTUALLY COMING TO A STANDSTILL.



AUTOMOBILE TRAVEL WILL CEASE DUE TO THE LACK OF FUEL.

HOSPITALS WILL BEGIN TO EXHAUST OXYGEN SUPPLIES.



CLEAN WATER SUPPLY WILL BEGIN TO RUN DRY.



THE NATION'S CLEAN WATER SUPPLY WILL BE EXHAUSTED.



NATIONAL
TRUCK
DRIVER
APPRECIATION WEEK

CDL LIFE NEWS
TRUCKING NEWS & ENTERTAINMENT

TRUCKINGINFO.COM REPORTS MORE THAN 6.8 MILLION PEOPLE WORK IN THE TRUCKING INDUSTRY
ACCORDING TO A 2006 AMERICAN TRANSPORTATION ASSOCIATION STUDY, MORE THAN 70%, OR \$671 BILLION WORTH OF OUR GOODS ARE TRANSPORTED BY TRUCKS
REDALERT.COM COMPILED THE ATA'S INFORMATION TO CREATE THIS LIST

Many items such as powdered milk and canned meat are versatile supplies that can be used for short-term and long-lasting disasters. When I wrote *The Prepper's Blueprint: The Step-By-Step Guide To Help You Through Any Disaster*, I emphasized the importance of having a well-rounded preparedness plan that encompasses many different types of emergency scenarios. This essential survival guide stresses how important it is to have plans and supplies in place in order to be better prepared for the disasters that are on the horizon.

Create a food pantry

Creating a food supply is very beneficial to your budget. It is an investment into your future livelihood. One thing analysts and financial pundits agree on is that, in general, commodities will continue to rise. When others are buying foods at inflated prices, you will be consuming your investment when it was purchased at a lower price. Using a combination of shelf stable foods, you can create a well-rounded food supply to depend on when an emergency arises.

Store water

We need water to survive – and our preps should reflect this important need. An aspect that I love the most about preppers is that we love to have back ups for our back ups. Having a short-term water supply that you regularly rotate into your kitchen will ensure you have a freshwater source to turn to during a short lived emergency. As well, having filtration systems and portable water purification tools will ensure you can purify water for longer term purposes.

Attain needed supplies

If you are dependent on certain medications or supplies you need for your daily living, make sure you have enough to see you through a short-term disaster. The more supplied you are, the less you will have to leave your home during the emergency. As well, look into natural alternatives for medications.

Preserve your wealth

Choose hard assets (dry goods, precious metals, land, livestock, skills, etc.) for long term investments so they will hold their intrinsic value over time. Holding these types of investments will insulate you from inflation and other economic issues. Further, by tying your money up in assets it will help you avoid spending the money, thus furthering your cause of self-reliant living.

Become a neo-pioneer!

Carve a path in life where you are no longer dependent on consuming at stores to live. Garden and grow your own food, raise livestock, learn skills to live self-reliantly, barter for goods and services.

The previous pages' graphic is a reminder of how fast our population can breakdown and quickly spiral into a disaster of epic proportions. But surviving during this type of scenario is possible by simply preparing for it ahead of time.

**Remember:
When Disaster Strikes,
The Time To Prepare
Is Past.**

A burglar breaks into a house at night. He shines his flashlight around looking for anything to steal. Out of the darkness he hears a voice: "Jesus is watching you."

"What?" the burglar says, "who's there?"

The voice comes out of the darkness: "Jesus is watching you."



The burglar, not sure what to think, shines the flashlight around until he finds the source.

A parrot.

"Did you say that?" snarls the burglar.

"Yes," replies the parrot. "I was just warning you that Jesus is watching."

"Warning me? Who are you to warn me?"

"I'm Moses," says the parrot.

"Moses?" laughs the burglar. "What kind of people name their parrot Moses?"

"The same kind of people who name their 150-lb Rottweiler Jesus."

The Fall & Winter Prepper Checklist: 9 Things To Get Your Home Prepped for Disasters

Ready Nutrition - Jeremiah Johnson - October 1, 2018

Now that summer is coming to a close, it's important to take advantage of the break and get your home prepped for fall and winter weather. Doing so now will keep you prepped for cold weather emergencies. Here's a great prepper's checklist to get those to-do's crossed off your list!

1. Wood Supply

In years past, I've emphasized this continually. Now is the time (if fire season precludes use of chainsaws) to cut your wood and to assure your wood supply is ready and accessible. This is both for winter and as a prep: if everything goes down the tubes tomorrow, you will find that the nice fire becomes a necessary fire to heat the home and to cook food. Make sure you have a supply that you can put the majority of the wood, and an area that is readily accessible. Make certain your wood is off of the ground and that it is protected: either under a roof (as in a woodshed) or under a tarp. Cut it all now, and do a sound estimate on your rate of consumption under adverse conditions (loss of power, or SHTF scenario). Don't forget fire starting materials and a good supply of newspaper: since the latter contains no "news" it's perfect for burning and can be stored in your woodshed. Ensure chainsaws, axes, splitters, and other tools are in good working order and ready to use. And don't forget about new box of matches!



2. Chimney, Roof, and House "Integrity"

Don't procrastinate, and have that chimney swept out now, or do it yourself. It's easier if you have a stovepipe rather than a chimney: then you need the appropriate-diameter brush and the detachable rods. Creosote fires can burn down the whole house. You can pick up the rods and brush at a hardware store or order them online and have them sent to you. Read more about how to properly clean your chimney here. Make sure your roof is cleared of debris and your rain gutters are cleared and in working order. House "integrity" refers to closing up any kinds of gaps, cracks, or holes in the foundation or body that leave room for heat loss and entry of cold air. This is best accomplished with spray-in foam, silicone caulk, and weatherization with heavy plastic and foam molding.

3. "Twice on the Pipes"

[To paraphrase Tony Orlando and Dawn] check to make sure all of your pipes are well insulated, especially those exposed to the freezing temperatures. The foam-type with the slit/slotted aperture is good; make sure to close the aperture with duct tape, as the glue on the edges is usually lacking. Once again, blow-in foam in an aerosol can works really well in those tight spaces where there isn't much room to cram in insulation. It's only about \$8 per can and goes a long way. Protect your outlets for hoses with foam outlet covers. Make sure your drain the water out of all your garden and utility hoses before the freezing weather sets in.

4. Shift the Food Supply

For your perishables, now will be a good time to fill up that freezer with frozen food, as you will soon have freezing temperatures to sustain them if you should lose power. Hunting wild game is a great way to fill the freezer with tasty protein sources. I once wrote that anything needing cooking you should do prior to freezing. Then you freeze it after it is cooked. Your item is then ready to go...just warm it up.

5. Personal Gear and Clothing



Get those winter clothes out of storage and ready to use. This includes changing out the light sleeping bag of the summer with the extreme cold weather bag and Gore-Tex cover. Pull that Gore-Tex "Gumby" suit out of the storage! Ensure all of your thermal underwear is serviceable and ready to go. Remember: dress in layers, and plan on dressing in layers. It is easier to "peel" off a layer if need be than remove the whole "space suit" and then be cold underneath. Boots and footgear need to be cleaned and serviceable. Almost time to switch off from summer hikers to winter boots with Thinsulate.

6. Stored Goods and Prepper Supplies

Ensure that all of your perishables and canned goods and supplies are protected from the cold and from alternate freezing-thawing cycles. Long ago I recommended "wide-mouth" Mason jars, as they can usually stand up to the rigors of a freeze. Ensure that medications that cannot be frozen *will* not be frozen. This is a good time to conduct an inventory and make sure your FIFO (First-in, First-out) lists are up to date. Also be sure that there are adequate measures to control vermin, such as rats and mice that will enter the house as the temperatures drop. The cat (as you know) is my preferred measure of choice, but if you do not have one, you'll have to plan accordingly with traps and other deterrents. Regularly checking your supplies (yes, even once every day!) will help in this department. Also, if you have a cat? Make sure he can go in where the supplies are kept.

7. Emergency Equipment

This means all of your alarms, night vision devices, family communication devices (such as CBs and Motorolas), scanners, radios, emergency signaling devices, and first aid gear are accounted for and in working order. Some time back I wrote a piece on the importance of taking an inventory for accountability and serviceability on your equipment. This piece needs to be applied here. Check all of your battery compartments for any signs of rust or leakage, and actually test the device. A thermal sight does no good if the batteries are either dead or leaking into the chamber. Ensure all of your family members know where this equipment is and how to use it.

8. Snow Removal

This may seem minor until you're in a snowstorm and have to get out of the house because of some emergency. Have the high-tech (the snow blower) as well as the low-tech (the shovel) ready and in good working order. Have plenty of ice melt, salt, and sand prior to an Arctic Ragnarök moving into your neighborhood. On a side note, if you have an ample supply of snow, you can harvest the clean snow for an emergency water supply.

9. "I'm Your Vehicle, Ba-by!"

As Tom Jones once crooned, only the reverse is true here. It won't take you anywhere you want to go...unless it is serviced and in good mechanical working order. Load up the trunk or back bed with supplies for emergencies, such as food, blankets, emergency gear, and what is needed. Don't let yourself down by allowing your vehicles to be in disrepair. Take care of this stuff now, before the winter sets in.

These are the basics to get the "creative juices" flowing in your mind. Of course there are many more items that could be listed; however, these are basics and not intended to be comprehensive. The best time to start on them is now. Don't put off doing these tasks, as they are important to accomplish before the cold, wet weather sets in. An ounce of prevention over a pound of cure any day. JJ out!

READY NUTRITION.com - 52 WEEKS TO PREPAREDNESS **New Year's Resolution - Make 2022 the year you get it all together!!**

LAYER 1 - Short Term (0 to 90 Days)

Week 1 of 52: Short Term Emergency Food Supply (List 1)

Week 2 of 52: Hardware List

Week 3 of 52: Emergency Medical Supply (List 1)

Week 4 of 52: Communications

Week 5 of 52: Pet Care

Week 6 of 52: Evacuation Preparedness

Week 7 of 52: Basic Home Security

Week 8 of 52: Emergency Sanitation

Week 9 of 52: Emergency Medical Supply (List 2)

Week 10 of 52: Dental Preparedness (List 1)

Week 11 of 52: Short Term Food Supply (List 2)

Week 12 of 52: Financial Preparedness

Week 13 of 52: Spiritual Preparedness

Week 14 of 52: Mental Preparedness

Week 15 of 52: Emergency Medical Supply (List 3)

Week 16 of 52: Survival Tools

Week 17 of 52: Water Preparedness

LAYER 2 - Extended Disasters Over 90 Days)

Week 18 of 52: Emergency Food Preservation

Week 19 of 52: Food Storage Tools

Week 20 of 52: 1 Month Supply of Food

Week 21 of 52: Emergency Fuel Supply

Week 22 of 52: Hardware Tools (List 2)

Week 23 of 52: External Security Preparedness

Week 24 of 52: Water Preparedness (List 2)

Week 25 of 52: Dental Preparedness (List 2)

Week 26 of 52: Emergency Sanitation (List 2)

Week 27 of 52: Emergency Light Preparedness

Week 28 of 52: Pandemic Preparedness

Week 29 of 52: Charity

Week 30 of 52: Nutrition and Exercise

Week 31 of 52: Inventory Management

Week 32 of 52: 1 Month Supply of Food (List 2)

Week 33 of 52: Essential Fats and Oils

Week 34 of 52: Essential Legumes

Week 35 of 52: Surviving with Carbohydrates

Week 36 of 52: SHTF Sugars

Week 37 of 52: Essential Baking Needs

LAYER 3 - Long Term Sustainable Lifestyle

Week 38 of 52: Emergency Communication

Week 39 of 52: Alternative Power Sources

Week 40 of 52: Cold Weather Preparedness

Week 41 of 52: Self-Reliant Skills

Week 42 of 52: Characteristics of an Ideal Retreat

Week 43 of 52: Livestock and Gardening

Week 44 of 52: Collapse Investing: Money and Wealth Preservation During Times of Uncertainty and Instability

Week 45 of 52: Long-Term Food and Water Needs

Week 46 of 52: Survival Caches

Week 47 of 52: Emergency Medical Supply (List 4)

Week 48 of 52: Essential Tools (List 4)

Week 49 of 52: Nuclear and EMP Preparedness

Week 50 of 52: Bartering the Community

Week 51 of 52: Home Defense

Week 52 of 52: Long-Term Security and Defense

Week 53 and Beyond: The Preparedness Lifestyle

Things to Do, Learn & Buy This Quarter

TO DO

- Review Family Emergency Plan and make any necessary changes
- Ask your employer about their Emergency/Disaster plans - ask for a copy
- Declutter and organize your kitchen drawers - discard anything not used or needed
- Check condition of all bicycles, motorcycles, 3 and 4 wheelers
- Live only off your stored food for 3 days - adjust your storage plan as needed
- Secure/hide valuables in your home
- Look for space for storage of prep items in your attic, basement & garage
- If not already, strap your hot water heater to the wall studs
- Get all of your winter tools and equipment ready
- Inventory, update and restock each emergency kit in your vehicles



TO LEARN

- Practice hooking up the proper hose and obtaining water from your hot water heater
- Read about the different ways to stock up on prescription medications
- Learn about and make a DIY solar oven and cook a meal
- Learn how to set a trap for small animals, how to dress and prepare them to eat
- Research how to escape a building using bedsheets
- Journal the food you eat for a week. What changes need to be made to your storage plan?
- Learn about Resilience
- Read about the many uses of white vinegar and apple cider vinegar
- Learn about/treat Seasonal Affective Disorder
- Research different generators. Save for & buy one that works for your situation

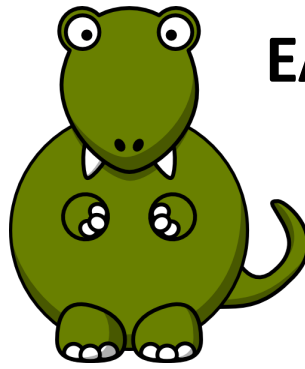


TO BUY

- Buy a gallon of honey, learn about all it's uses, and try some for yourself
- Put together a first aid kit for work
- Inventory and purchase fresh camping gear if needed
- Make sure you have enough preparedness items for those family with special needs
- Purchase at least four 5 gallon water containers
- Stock up your vehicles with extra hats, scarves, socks and gloves
- Check post holiday sales for food storage and preparedness items
- Stock up on flashlights and extra batteries
- Purchase extra soap, shampoo, conditioner & other hair care products this quarter
- Duct tape, duct tape, duct tape and more duct tape



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:

October

Canned Fruits & Vegetables
Dried Fruits - Raisins, Apricots
& Cranberries
Soups
Broth
Pet Food
Spices
Sugar & Flour

November

Baking Supplies - Flour, Sugar,
Yeast, Chocolate Chips,
Condensed Milk, Oil
Pie Filling
Spices
Nuts & Dried Fruits
Candy - Halloween Clearance
Soups & Broths
Coffee & Tea
Spaghetti Sauces
Canned Fruits & Vegetables

December

Baking Supplies
Pie Filling
Spices
Nuts & Dried Fruits
Broth
Crackers
Cream Soups
Canned Green Beans
Sodas

Winter Tires
Car Care Supplies
Jeans
Fall Fashion
Camping Gear
Sports Equipment
Grills
Bicycles
Big Appliances
Cookware

Aluminum Foil
Plastic Wrap
Disposable Baking Pans
Cookware & Knives
Tools
Pressure Cookers
Food Storage Containers

Disposable Baking Pans
Aluminum Foil & Plastic Wrap
Cookware
Toys
Tools
Batteries
Winter Coats & Clothes
Motorcycles
Sewing Machines
Water Filters
Chain Saws
Generators
Pressure Cookers
Party Supplies
Air Conditioners
Gas Grills

Horses



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



For information about upcoming 2021-2022 CERT Classes:
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 are 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!!!

Have an idea for a future article? Want to contribute an article?

Email to Lynne Schlosser at lynne5977@live.com

Coming up in our next issue!

A message from Sequim Police Chief Sheri Crain

No Yard, No Problem, You Can Still Grow Food

MYN Neighborhoods Getting Ready for Cascadia Rising 2022!

A Preparedness Guide for Women, Part 1 (ran out of room in this issue)

Spring Companion Planting - Time to Map Out The Garden

5 Reasons to Store Vinegar

Wellness - Happiness– What It Is, Why It's Important, How To Cultivate It

AND LOTS MORE!!!