

Grays Harbor County Emergency Management

Preparedness on the Harbor

Volume 3, Issue 1

January-February 2017

How to Drive on
Black Ice

Looking Back at
Storms in Grays
Harbor County

GHC CERT
a Year in Review

Basic & Advanced
Moulage Training

All About Pets

- ⇒ Cold Weather Safety
- ⇒ West Coast Search Dogs
- ⇒ Go Kits for Pets

The Essentials for
Your Home Disaster
Preparedness Kit

How to Assemble an
Emergency
Roadside Kit

Contacts & Info



Techniques to Driving on Ice and Snow

By [Victoria Miller](#)—[howtodothings.com](#)

Winter driving conditions can be tricky for even the most experienced drivers. While a snow-covered road can be an obvious driving hazard, a road that just looks wet can also be deceptively slippery.

Black ice is a dangerous wintertime hazard because the icy road may not always be visible to the driver. Indeed, melted snow or ice that refreezes may still look deceptively like a dry road. And temperatures don't have to be below freezing for black ice to develop. Black ice can occur if temperature are near the freezing mark-or even a few degrees above it.

While a shiny road surface indicates an obviously wet or icy road, a road covered with black ice will look a little different. Keep an eye out for pavement that is slightly darker and a little duller looking than the rest of the road surface-this may indicate that black ice is present. Because black ice is so tricky to detect, a driver may not realize there is an icy road surface until his car begins to slide. Here are some winter driving safety tips on how to drive on black ice:

1. **As soon as your car begins to slide on black ice, take your foot off the gas pedal.** In fact, the last thing you want to do is give your car more gas. It is very important to slow down when you are driving on black ice or in any other winter road conditions.
2. **Don't slam the brakes.** While it may be a natural instinct to slam on your brakes, this will only cause your car to lose control and slide even more. Tap the brake pedal lightly instead of pushing down hard on it.
3. **Look for trouble spots ahead.** If you have an idea that there may be black ice ahead (if you see cars ahead of you sliding, for example), down shift to a lower gear before you come onto the black ice. The lower gear will force you to drive more slowly and it will give you better control of your car.
4. **If your car does begin to skid on the ice, turn the wheel in the direction of the skid.** This should help to steer your car back on the right track.
5. **Leave plenty of space between your car and the other cars on the road.** When driving on black ice road conditions, stay well behind the car in front of you (at least a couple of hundred feet) - this definitely not the time to tailgate. Even if you feel confident that you know how to drive safely on black ice, that doesn't mean the driver in front of you does. Be prepared in case other cars start to slide.
6. **Don't think you're invincible just because you drive a truck or a big sports utility vehicle.** While 4-wheel drive vehicles are great for driving in heavy snow, you're on your own when it comes to driving on black ice. In fact, 4-wheel drive vehicles have not advantage over regular cars when it comes to driving on black ice, so be sure to take the necessary safety precautions to matter what type of vehicle you are driving.



For more driving on ice safety tips visit:
<http://www.drive-safely.net/driving-on-ice/>

Looking Back at Storms in Grays Harbor County!!

Great Olympic Blowdown of January 29, 1921

This winter windstorm included sustained winds of 113 mph with gusts to 150 mph at [North Head, Washington](#) near Cape Disappointment. Gusts in Seattle were estimated around 60 mph. The storm blew down thousands of board feet of timber throughout the region. National Weather Service meteorologist [Ted Buehner](#) says evidence of the "blowdown" is visible just a short hike from Lake Quinalt Lodge on the Olympic Peninsula.
<http://mynorthwest.com/423756/history-of-big-windstorms-in-the-northwest/>
<http://www.historylink.org/File/5249>

February 28, 2001 Nisqually earthquake



Mudslide Highway 101 Washington
SR 8, west of Olympia slid away during the earthquake. pubs.usgs.gov

PHOTOS

<http://www.seattlepi.com/local/article/Nisqually-earthquake-2001-Previously-unpublished-4308036.php#photo-4250300>

A Look Back at the Nisqually Quake
<https://www.youtube.com/watch?v=PY5Rm5TGNY0>



Grays Harbor County CERT

On December 16th the first All-County CERT Christmas Awards Dinner took place. Members from all over the county attended. What a year it has been!

In the past, individuals were trained and pretty much left to their own devices without any real leadership with the exception of a few teams that again, were pretty much on their own. Heather Worley was the last certified trainer in the county, with the daunting task of recertifying all the current members and rebuilding the teams.

As she went through the Program Manager training she realized we needed a cohesive program that had the support of both fire and law as well as emergency management in our county. She also needed a team to help her. She needed a facilitator and liaison between these entities, and Stephanie Allestad filled the shoes. Clint Davis also from GHFD#8 and new team leader of North Beach CERT became the head of logistics for the county's CERT, and Kat Holman-Smith from the Ocean Shores team became the secretary.



Team GHC at NW Citizen Corp Expo at the Renton Technical College

A uniform set of guidelines and codes of conduct was established with the approval of multiple fire and police chiefs throughout the county. Four trainings took place in Grays Harbor County in 2016. Starting with Ocean Shores in March, followed by one at Elma's & Ocosta's fire departments and ending with one at the Grays Harbor College over the Veteran's Day weekend in November.

Old teams have mostly been recertified and reorganized, while new teams are being formed. Team leaders will begin meeting and coordinating to help each other with resources for disasters, trainings and support. The idea is to share the load and work together as one large team. The first meeting will take place after the Citizen Corp meeting on January 11th.

GHC CERT as a whole, has participated in two mass casualty incident trainings during the Cascadia Rising week, including one with the National Guard. A team attended and participated in the NW Citizen Corp Expo in Renton. They held their first all-county MCI in October at the Pacific Beach Naval Resort. Those who completed the training were then invited to observe the Active Shooter drill in Elma on December 4th. Also, current CERT members serve as victims for new members doing their final training practicals.

Recruiting and getting information out to the public has also been a priority this year. Members of the Ocean Shores and North Beach teams have been attending events all over the county making a Huge impact. This includes radio interviews on KOSW and KXPB. Booths have been set up at local community events as well as county events through emergency management.



On the air at KOSW

Through this outreach, other agencies, groups and local businesses have donated disaster, medical and training supplies to individual and the county CERT teams.

Some of the goals for 2017 include:

- CERT training for accommodations on the North Beach
- At least 2 more Basic CERT trainings classes in county
- Annual all-county CERT MCI
- Sheltering classes for both human & animals during disasters
- More certified CERT trainers
- Moulage training
- GHC CERT Expo in the fall
- Forming a 501(c)3

Individual CERT members continue to take trainings and classes hosted by the county and other agencies. Continuing education, training and participation is key to the success of this program.

For more information, please feel free to contact:

Heather Worley, GHC CERT Program Manager
hworley82@yahoo.com

or

Stephanie Allestad, GHC CERT Facilitator
GHFD8ChocoFireLady@gmail.com
www.GraysHarborCERT.org





Moulage



Dave Haviland KBKW News
Our Favorite Victim

On Saturday, January 21st there will be two professional Moulage classes being held at GHFD#8 in Pacific Beach. This is being hosted by Grays Harbor County CERT.

There will be a **\$10 pre-paid registration fee** for each class. This will cover handouts, all hygienic consumable supplies, beverages and light snacks.

Class 1 Basic Moulage

Check-in begins at 8:30 am with coffee provided
Class begins at 9:00am **SHARP**
Class ends at 12:30pm

This class goes into the basics on how to set up to do Moulage, how to acquire supplies and use them efficiently and safely. There will be hands on demonstrations on basic wounds and effects. This is also a refresher course and is required for the advanced class.



Class 2 Advanced Moulage

Check-in begins at 12:30pm
Class begins at 1pm **SHARP**
Class ends approximately at 5pm

Basic Moulage or equivalent is **required** for this class. Stephanie Allestad can be contacted for more details.

This hands on class will go more into using prosthetics, sculpting techniques, how to build more complex wounds and using household items to create your own. They will also show and discuss new products on the market.



Your Instructors:

Elizabeth “Buzzy” Mounce

Works with the University of Washington’s Department of Bioengineering. She was showing a rescuer a wound she had seen, he corrected her “technique” and she’s been hooked ever since. She teaches “The Art of Moulage” for such events like the Northwest Citizen Corp Expo. Specializing in prosthetics, makeup and blood based on victim’s symptoms and triage cards.

Laurell Sprague

Started her Moulage journey shortly after she went through a CERT (Community Emergency Response Team) Class in 2004. She has been doing small drills ever since, but thanks to word of mouth, she has become an in-demand Moulage Artist, so much so that she is teaching. She also has a Facebook page called “Moulage Mayhem”.

With these classes we are hoping to provide all our first responders with well trained Moulage artist for their live training scenarios. With a greater amount of artists available to draw from, we can do larger events in the county without tapping out one agency. Also with more artists, there is more time to create detailed and involved injuries for a more realistic look.

Also, those who complete the advanced course will be invited to use their skills at other training events outside of Grays Harbor County, with other agencies.

If you already have a kit, please bring it with you. If you would like a list of supplies to build or add to your kit please contact us.

You can go online to register at:

www.GraysHarborCERT.org or
Stephanie Allestad, GHC CERT Facilitator
GHFD8ChocoFireLady@gmail.com



ALL ABOUT PETS!!



Cold Weather Safety Tips

Exposure to winter's dry, cold air and chilly rain, sleet and snow can cause chapped paws and itchy, flaking skin, but these aren't the only discomforts pets can suffer. Winter walks can become downright dangerous if chemicals from ice-melting agents are licked off of bare paws. To help prevent cold weather dangers from affecting your pet's health, please heed the following advice from our experts:



- Repeatedly coming out of the cold into the dry heat of your home can cause itchy, flaking skin. **Keep your home humidified and towel dry your pet as soon as he comes inside**, paying special attention to his feet and in between the toes. Remove any snow balls from between his foot pads.
- **Never shave your dog down to the skin in winter**, as a longer coat will provide more warmth. If your dog is long-haired, simply trim him to minimize the clinging ice balls, salt crystals and de-icing chemicals that can dry his skin, and don't neglect the hair between his toes. If your dog is short-haired, consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly. For many dogs, this is regulation winter wear.
- Bring a towel on long walks to clean off stinging, irritated paws. After each walk, **wash and dry your pet's feet and stomach** to remove ice, salt and chemicals—and check for cracks in paw pads or redness between the toes.
- **Bathe your pets as little as possible during cold spells.** Washing too often can remove essential oils and increase the chance of developing dry, flaky skin. If your pooch must be bathed, ask your vet to recommend a moisturizing shampoo and/or rinse.
- Massaging **petroleum jelly** or other paw protectants into paw pads before going outside can help protect from salt and chemical agents. **Booties** provide even more coverage and can also prevent sand and salt from getting lodged between bare toes and causing irritation. Use pet-friendly ice melts whenever possible.
- Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol.
- Pets burn extra energy by trying to stay warm in wintertime. **Feeding your pet a little bit more during the cold weather months** can provide much-needed calories, and making sure she has plenty of water to drink will help keep her well-hydrated and her skin less dry.
- Make sure your companion animal has a warm place to sleep, off the floor and away from all drafts. A cozy dog or cat bed with a warm blanket or pillow is perfect.

Remember, if it's too cold for you, it's probably too cold for your pet, so keep your animals inside. If left outdoors, pets can freeze, become disoriented, lost, stolen, injured or killed. In addition, don't leave pets alone in a car during cold weather, as cars can act as refrigerators that hold in the cold and cause animals to freeze to death.

WEST COAST SEARCH DOGS (WCSD)

West Coast Search Dogs of Washington (WCSD) is a non-profit, all volunteer organization that was established in 1985. The purpose/mission of the unit is to furnish a rapid response search team to help locate lost subjects and offer aid within the limits of their training. They do this by establishing operational teams composed of trained scent discriminating Search dogs, dog handlers, and support personnel. The result is the ability to respond to mission requests from law enforcement, emergency management, fire safety officials, and parks services at local, state, and national levels.

LIKE the West Coast Search Dogs on Facebook at:

<https://www.facebook.com/West-Coast-Search-Dogs-of-Washington-449803431759051/>



Photo was taken at the Grays Harbor County Emergency Management EXPO held on September 17, 2016

GO KIT FOR PETS

(for each pet)

Waterproof backpack containing the following:

- 2 Bottles of Water
- 2 Disposable easy-open pouches of pet food
- Towel
- **Laminated Copy** of most recent pet vaccination record
- Spoon or Fork
- Pet Leash or Harness
- Pocket Sized Emergency Blanket
- **Laminated Picture** of You and your Pet (Shelters may not release lost pets without positive Identification)

DON'T FORGET



For more Pet Disaster Preparedness Tips visit ASPCA

<http://www.aspc.org/pet-care/general-pet-care/disaster-preparedness>

Download the free ASPCA mobile app for disaster preparedness tips and a personalized missing pet recovery kit at bit.ly/ASPCAapp

****The Essentials for Your Home Disaster Preparedness Kit****

(by Rachel Woods)

Washington State has recently indicated citizens should prepare to be on their own for **14 or more days** following any disaster event.

Being prepared at home is essential in the Pacific Northwest due to severe storms and frequent power outages. This is a thorough list by Rachel Woods which will help all families attain the minimum suggested supplies in the event you are impacted by power outages as a result of flooding, earthquake or severe storms. I have taken the liberty to make a few small changes to her list.

**** In the Pacific Northwest, 14+ days of citizen preparedness is suggested ****

An **ALL HAZARD ALERT WEATHER RADIO** is essential for every household and business. They can be obtained at many hardware stores as well as Target and Walmart for between \$25-\$50

FOOD AND WATER

A fourteen day supply of food & water, per person, when no refrigeration or cooking is available:

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Easy open cans or pouches of Tuna, Beans, Meat, Vienna Sausages, etc.
- Canned Juice
- Candy/Gum
- Water (1 gallon/4 liters per person per day)
- Remember your pets need food and water also

BEDDING AND CLOTHING

- Change of Clothing (shirts, pants, socks, jackets, etc.)
- Cloth Sheet
- Undergarments
- Plastic Sheet
- Rain Coat/Poncho
- Knit Gloves
- Blankets and Emergency Heat Blankets

FUEL AND LIGHT

- Battery Lighting (flashlights, lamps)
- Candles
- Extra Batteries
- Lighter
- Water Proof Matches
- Flares

EQUIPMENT

- Can Opener
- Pen and Paper
- Dishes/Utensils
- Axe
- Shovel
- Pocket Knife

- AM/FM Radio (with extra batteries)
- Rope

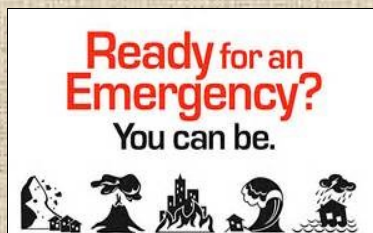
PERSONAL SUPPLIES

- First Aid Supplies
- Toiletries (roll of toilet paper, feminine hygiene, folding brush, etc.)
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc.)
- Medication (acetaminophen, Ibuprofen, children's medication, etc.)
- Prescription Medication (1 week supply is suggested)

PERSONAL DOCUMENTS AND MONEY

Family Information with phone numbers and addresses of relatives and friends (preferably in another state)

- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts)
- Vaccination Papers for your pets
- Pictures of all members of your family including pictures of you and your pets.
- Insurance Policies
- Cash (minimum suggested is \$25 per person with bill sizes no larger than \$10, \$5 & \$1)
- Credit Card/Debit Card
- Prepaid Phone Card



WikiHow to Assemble an Emergency Roadside Kit

Traveling in unpredictable winter weather can be more dangerous than driving during the summer due to unexpected snow storms that reduce visibility and ice that makes roads slippery. It's important to be prepared in the event of a car accident or being stranded due to inclement weather. Learn how to assemble an emergency roadside kit for winter so you're always prepared in case of a winter driving emergency.

1. Store everything together

Pack your winter emergency roadside kit in a duffel bag that fits in your car's trunk or back seat. Keeping all your supplies together will enable you to act quickly in the event of an emergency and prevent necessary items from getting misplaced or lost under seats.



2. Start with a first aid kit

A first aid kit is a fundamental element of a roadside emergency kit. You can purchase a ready-made first aid kit, which will include many important supplies, or assemble your own. Your winter roadside emergency kit should include bandages, gauze, tape antiseptic solution, ibuprofen, butterfly closures, alcohol, burn ointment, tweezers, scissors, and vinyl or latex gloves.

3. Keep a well-stocked tool kit

Include a portable tool kit in your car for any roadside repairs. Your tool kit should include a screwdriver, vice grips, wrench, hammer, car jack, duct tape, and jumper cables. Also carry a small folding knife that can be used for cutting duct tape to do repairs or for cutting clothing off to treat injuries, if needed.

4. Stay Warm

Regulating your body temperature and avoiding hypothermia in a winter emergency is crucial, so keep items in your winter roadside kit that can help you stay warm and dry if you get stuck in inclement winter weather. Pack extra pairs of gloves and socks along with an extra hat so you can change if yours get wet while changing a tire. Store at least two blankets in your kit or in your trunk include a chemical hand warmers and a mylar blanket, which looks like a thin piece of aluminum foil, but works with your body heat to keep your temperature consistent.

5. Include flashlights

Your kit should include multiple flashlights to help you see after dark and also to help you be seen and flag down passing cars or police. Pack plenty of extra batteries for the flashlights and keep them in their original packaging so they retain their integrity.

6. Care for your car

Pack flares and reflective hazard triangles to place around your car and keep it visible to other motorists during a snowstorm. These help police or tow truck drivers see you better in a storm.

7. Stock nonperishable food

Keep plenty of bottled water and nonperishable, nutritious food items, like energy or protein bars, in your kit to keep you hydrated in case you have to wait a long time for assistance or better weather. Check expiration dates periodically and replace these items as needed.

FOR WINTER DRIVING SUPPLY CHECKLIST VISIT ONE OF THE FOLLOWING:

[Washington State DOT](#)

[wikiHow to do anything...](#)



Contacts & Info



Request for **Preparedness on the Harbor** Newsletter Articles

Do you have Grays Harbor County News to Share??

Submit your article and pictures to cmccullough@co.grays-harbor.wa.us
Deadline is February 7th, 2017

All Hazards Alert Broadcast (AHAB) Siren testing occurs the first Monday of every month at noon.

Sheriff Rick Scott
Director Emergency Management
(360) 249-3711
soadmin@co.grays-harbor.wa.us

Chuck Wallace
Deputy Director
(360) 964-1575
cwallace@co.grays-harbor.wa.us

Carmin McCullough
DEM Assistant & Editor
(360) 964-1576
cmccullough@co.grays-harbor.wa.us

Stephanie Allestad
Assistant Editor
(360) 276-0009
GHFD8ChocoFireLady@gmail.com

Grays Harbor Emergency Management
Grays Harbor Forestry Building
310 W Spruce Street,
Montesano, WA 98563
(360) 249-3911
Fax (360) 249-3805
ghcdem@co.grays-harbor.wa.us

Article & Photo Credit
*Front Cover Photo provided by
Lisa Ballou*

ATTEND the Grays Harbor Citizen Corp meetings the second Tuesday of every month at 9am, in the Grays Harbor County Forestry Building.
310 W Spruce St Montesano, WA 98563

Meet with other county agencies and organizations working on disaster preparedness in our county. Check out their Facebook page too.
www.facebook.com/GraysHarborCitizenCorps

SIGN UP for the Grays Harbor Emergency Notification System to receive Emergency & Disaster information on winter storms, earthquakes, flooding, from Grays Harbor
http://cms5.revize.com/revize/graysharborcounty/departments/emergency_management/

LIKE the Grays Harbor Emergency Management Facebook page at
www.facebook.com/pages/Grays-Harbor-County-Emergency-Management

FOLLOW Grays Harbor Emergency Management [@GHCDEM](https://twitter.com/GHCDEM) on Twitter

VISIT the Grays Harbor Emergency Management website at
http://cms5.revize.com/revize/graysharborcounty/departments/emergency_management/index.php

Upcoming Events

Emergency Management Personal Preparedness Forum
(held at local library's)
January 24th Hoquiam
February 7th Elma
March 23rd McCleary

For more information Contact Emergency Management at ghcdem@co.grays-harbor.wa.us

Basic & Advanced Moulage Class
January 21st

For more information contact GHFD8ChocoFireLady@gmail.com

Emergency Cooking & Disaster Preparedness Made Easy Class
January 21st
February 25th

For more information go to www.NorthBeachCERT.org

Upcoming Meetings

Citizen Corps
January 11th—9:00am
February 8th—9:00am
LEPC
January 11th—10:15am
February 8th—10:15am