

# Mauka Kūia

## Newsletter

*Hurricane Season  
Special Edition 2023*



Hurricane season in Hawaii generally runs from June thru November of each year and this special edition of the newsletter is to make sure all of our residents are prepared.

During these months, storm frequencies and intensities will vary. Luckily, most of the time we are warned days in advance when a big storm is heading our way, but we wanted to be sure that our residents had the opportunity to prepare adequately for power outages and heavy rainstorms now, rather than when we're put on notice. Below are some helpful hints and reminders:

**What is a hurricane?** Hurricanes are tropical cyclones that move in a large spiral around the eye - the calm, low-pressure center. Many begin as areas of low air pressure off the coast of Africa and may grow into a tropical depression, with winds of up to 35 miles per hour; a tropical storm, with winds up to 72 mph; and finally, a hurricane with winds of 73 mph or more. The eye of the hurricane typically travels at 10 to 15 mph and the storm may extend 150 to 200 miles from the center. The eye is the part of the hurricane to watch because it is deceptive. There, winds are light and skies are clear or partly cloudy. But people may find themselves caught in intense winds and torrential rains from the far side of the eye, where the wind blows from a direction opposite to that in the leading half of the storm.

Hurricanes are rated from one to five according to disaster potential. All hurricanes are dangerous, some more than others. A Category 1 storm has minimum intensity; Category 5 is the worst. A hurricane's destructive power depends on how the storm surge - the rise in sea level - and wind combine. This combination can destroy buildings, erode beaches and produce massive floods.

Storm surge, the storm's worst killer, forms over the deepest part of the ocean and combines with the low pressure and strong winds around the hurricane's eye. Together, these three factors raise the ocean's surface up to two feet higher than the

surrounding area, forming an arch of water that sometimes reaches out for 50 miles. As the storm moves inland over more shallow waters, the arch becomes a huge storm surge that can rise up to 20 feet above sea level and produce massive flooding.

Wind and associated tornadoes, and inland flooding, are the next most dangerous aspects of the storm. Wind force increases with the square of wind speed. For instance, when wind speed doubles, the wind force is four times as harsh on buildings and other structures.

If we were to lose power, we will be able to continue to provide basic services as long as our generators are running. Under generator power you will have one elevator in each building running. That elevator will normally be the freight elevator at the front of the buildings (left-hand elevator in the stack closest to the driveway). You should also have running water inside of your apartment. The elevator landings will be lit after dark; the exit stairwells will have lighting; the garage will have lighting 24-hours a day; and, the driveway will also be lit. If you need to use a telephone during an outage, please only do so if an emergency exists. During an actual hurricane, you should follow any Civil Defense instructions that may be issued; remain indoors and away from the windows; stay in the center-most room of the apartment; and, you may want to unplug any of your electric appliances that you will not want to use.

### **BEFORE THE HURRICANE HITS**

- ✎ Don't wait until the watch is on! You should begin the following steps
- Listen for storm updates or check National Hurricane Center updates at [www.nhc.noaa.gov](http://www.nhc.noaa.gov)
- Check your car, fill the gas tank and keep it topped off
- Check all battery powered equipment. A radio could be your only link with the outside world during and after a hurricane
- Review your preparedness plan with your household

- Refill prescriptions
- Stock canned foods, soft drinks and water
- Plan on at least two places for your family to meet: A spot at the Mauna Luan and a place away from the Mauna Luan in case you cannot return home

### THE WARNING: WHAT TO DO AS THE STORM APPROACHES

- Although we do have generators to pump water, you may still want to fill your bathtub at least partially, and fill jugs with water. Figure on a gallon of water per day per person
- Turn your refrigerator and freezer settings to the coldest levels. You may also want to freeze water in plastic containers
- Keep all windows closed during the storm. You may leave the vents partially open to allow air flow and not create a vacuum in your apartment
- Draw your drapes and blinds

### SUPPLIES YOU MAY NEED

#### Housewares

- Personal hygiene supplies and toilet paper
- Clean, empty containers for storing drinking water
- Ice chests
- Pet supplies, such as litter, food and prescriptions to last a couple of days

#### Hardware

- Duct tape has numerous uses including taping windows
- Lightweight fire extinguisher
- Battery-operated radio with extra batteries
- Battery-operated lanterns and flashlights with extra batteries and bulbs
- Manual can opener and puncture-type can key

#### Food List

- Special diet needs and prescriptions
- Canned foods like vegetables, soups, fish, meats, fruits and fruit juice
- Peanut butter and jelly
- Bread, crackers, cookies, other baked goods
- Evaporated nonfat or whole milk
- Dried fruits
- Cereal
- Cheese and cheese spreads
- Nuts
- Instant drinks (coffee, tea, etc.)
- Pet foods

#### Miscellaneous Supplies

- First aid book and supplies including alcohol, salve for burns, aspirin, adhesive tape and bandages, cotton balls, cough and diarrhea medicine or similar
- A wind-up clock
- Plenty of absorbent towels and rags

### ESSENTIAL MEDICAL SUPPLIES

Anyone who needs medication should have at least a two-week supply in a hurricane kit. This is especially important for people with conditions such as heart problems, high blood pressure, depression and epilepsy. Diabetics should have a cool place for their insulin supply, although it will keep safely for a month at room temperature (85 degrees). Diabetics also should monitor their blood sugar more often during the emergency, because stress and irregular eating could affect it. Have hard candy or juice available for reversing insulin reactions.

Talk before hurricane season with friends or relatives who are frail, seriously ill or handicapped, or unable to function well without electricity. Many health officials now recommend that they leave the area altogether if a hurricane is approaching. Remember, a person who is relatively independent in good times can be needy in an emergency.

### HEED THE SIRENS

The Hawaii Emergency Management Agency maintains a state-wide warning system to alert residents and visitors to impending threats, such as a natural disaster or a terrorist alert. When the siren signal is sounded in your area, tune to any local radio or television station for emergency information and instructions broadcast by emergency management agencies. Participating stations will carry a detailed explanation of what the sirens mean.

When you hear of a storm approaching please remember that the shelves at Safeway tend to empty fast and it's also easy to get stuck in the traffic that is trying to make it to the shopping area. A fond memory had only donuts, bologna and sardines on the shelves which left the wife wondering what in the heck she could concoct with that combination of ingredients! Save yourself some pain and misery and stock up early.

If anyone has any questions, please contact the **office at 395-7544** or **Security at 395-7422**.

### The Hurricane Wind Scale

CATEGORY	WINDS	DAMAGE
<b>1</b>	<b>74-95 MPH</b>	<b>Minimal</b>
<b>2</b>	<b>96-110 MPH</b>	<b>Moderate</b>
<b>3</b>	<b>111-130 MPH</b>	<b>Major</b>
<b>4</b>	<b>131-155 MPH</b>	<b>Extensive</b>
<b>5</b>	<b>&gt; 155 MPH</b>	<b>Catastrophic</b>