

Thinking Beyond Wheat – Long Term Storage Continued

We made it! We survived another Holiday Season. The decorations are put away. The kids and grandkids are back in school. The parties are over. Life is now.....a little boring. The long, cold, dreary days of winter have set in. It is a great time to think Emergency Preparedness.

Last November we were talking about Long Term Food Storage. There are still a few more ideas to discuss before we move on. As I have said before, Food Storage is an individual task. What works for one person, does not work for another. You need to do a little family analysis and determine what will be the best approach for your family.

I would like to share two 'unique' approaches to food storage that friends of mine have adopted. Friend "A" likes things simple. She doesn't have a lot of patience and she doesn't like to dwell on the details. Friend "A" has a very well stocked pantry. Friend "A" heads for the store around October Conference and she buys cases of food and fills her shelves. Unless there is an emergency, she does not touch the food. She never rotates it. At the end of two years she assumes the food has reached its expiration date. She throws it all away and repurchases her food storage. She considers it an insurance policy for her family. Personally, I think she is wasteful and a little crazy, but, who am I to judge?

Friend "B" has a different approach. She is ultra frugal. She will buy a case of anything that is on sale whether or not her family likes it. Seriously, she has a case of canned sardines. Her philosophy is that if they are hungry enough, they will eat it. She may be right. But, I know that wouldn't work with my family.

These are two true but extreme examples of family food storage. Personally, I recommend a more practical system for preparedness. This program includes both short term and long term storage items that you use on a regular basis and you replace the next time you shop.

Our last newsletter talked a lot about storing wheat. Aside from wheat there are a number of other grains and grain products that are excellent for long term storage. These grains and grain products will add variety and interest to your diet. Several of them, like pasta and rice, are easier to incorporate into your meals than wheat. All of these long term storage items will have a shelf life of 10 to 30 or more years, as long as they are properly stored.

Rice.

When I was doing some research for this newsletter, I remembered how much I love rice as a storage item. Rice can be used as a side dish, in main dishes, as a filler in soups and salads, or by itself. Rice is the perfect long term food storage item. Rice is delicious, healthy and cheap. It is a dense carbohydrate, which means it will satisfy and keep you feeling full for a longer period of time. Rice has an adequate number of calories to provide energy for your body to do work. Most emergencies are stressful and require physical exertion. If I have rice in my storage, I know that my husband will have the energy to clean up a demolished house after an earthquake, dig through the remains of a fire or lift a collapsed roof after a major snowstorm. Well, maybe not all that; but we will both have the calories needed to meet the demands of the situation.

Rice is also cholesterol free, sodium free, fat free and non-allergenic. (There are exceptions to every rule. I have a grandson who is allergic to rice.) Rice is easy to prepare. A kernel of rice will expand 2 to 3 times in size when it is

cooked. A pound of rice provides 10.5 servings and can be stored in a very small space. Put simply, you get 'lots of bang for your buck' if you include rice in your long term storage.

There are some guidelines for storing rice. Pre-cooked and instant forms of rice are not good for long term storage; they will spoil. Products like Minute Rice can be included in your three month supply without any problems. Brown rice is also a good addition to your three month supply, but since brown rice contains the bran and germ of the grain, its shelf life is limited. All other dried, enriched forms of rice are excellent for long term storage.

When storing rice there are three things you need to protect the rice from bugs, rodents and mold. Bugs and eggs are often present in any grain your purchase. To kill the **bugs and eggs**, put the rice in the freezer for 1 week. (this is good practice with any grain product). The cold will kill the pests. Once out of the freezer put the rice in sturdy, airtight containers. **Rodents** love grain. These pests are capable of gnawing through plastic and paper containers. Be sure to purchase thick food storage buckets for storage. Gallon ice cream containers are not recommended. Mold is a possibility in many stored products. Mold requires 4 things to grow: food, moisture, oxygen and warmth. Eliminating any one of these four ingredients will prevent mold growth. Of course, you can't remove the food source so you must insure the product is stored in a cool dry place. Airtight containers are a must. Mylar bags are also good to use. Oxygen absorbers can be added to your bucket or bag before sealing. With care, your rice will last for decades.

Beans:

Beans are another common staple of a long term food storage plan. They are high in nutritional value. Dried beans come in a variety of types: black, red, pinto, white, navy, etc. Similar to beans, you may also want to include lentils or split peas. Like other long term storage items beans are versatile in their use. They need to be stored in airtight containers in dry, cool locations. Beans have a long shelf life. The drawback to beans is that they require a longer time for preparation. If you store beans, make sure you also have appropriate cookware in storage to cook your beans.

Rolled Oats

Uses: Breakfast cereal, granola, cookies, as a filler in meat loaf or a casserole, and as a thickener for soups and stews. Besides being used as an 'extender', rolled oats also add nutrition to meals.

Types:

Steel Cut Oats. This variety is usually sold in bulk, #10 cans and in emergency preparedness stores. Steel cut oats are oat groats which have been cut into chunks with steel blades. They are not rolled and look like coarse bits of grain.

Rolled Oats. Rolled Oats are your typical grocery store variety of oatmeal. Rolled Oats are made by steaming oat groats and then rolling them flat. They take longer to cook than quick oats, but retain more flavor and nutrition.

Quick Cooking Rolled Oats. Quick cooking rolled oats are not to be confused with "instant oatmeal". With instant oatmeal, you just add water and microwave. Quick cooking oats are simply rolled oats that have been rolled a little bit flatter to reduce cooking time.

Health Benefits of Oats: Oats are considered a whole grain because both rolled and cut oats retain their bran and their germ (you find most of the nutrients in the germ). It is recommended that whole grains be a measurable portion of your daily diet (some say as high as 50%) because of their cardiovascular benefits and nutritional advantages.

Spaghetti or Macaroni

Uses: Pastas can be used as a main course, in casseroles or in soups.

Types: - Pasta comes in a variety of shapes and sizes. All pastas have a long shelf life and are easy to store. Spaghetti and Macaroni can be purchased in large bulk containers. Other pastas such as lasagna noodles or fettuccini noodles will need to be purchased in smaller packages. Again, you will need adequate cookware to prepare your pasta.

Corn – Cornmeal and Popcorn

Uses: Cornmeal can be used in cornbread or muffins, grits, cookies, cereal, hushpuppies and as breading on fried items. Popcorn is not only a great snack food but can also be ground into a delicious sweet cornmeal. (popcorn is naturally sweeter than the corn used for cornmeal. Try grinding some popcorn for your next batch of muffins) Dried corn can be used in soups and stews.

Types:

Steel ground: is the most common type of cornmeal. In this case, the corn has the husk and germ removed. Steel ground corn will lose its flavor and nutrients faster but has a long shelf life. This is the type of corn meal you find in most grocery stores.

Stone ground: Stone ground corn meal retains more of the husk and the germ, giving it a higher nutrient content. However, because of the presence of husk and germ, it is more perishable and has a shorter shelf life.

Cornmeal can be found in white, yellow, red and blue varieties. White and yellow are the most common.

Popcorn: If your family likes recipes made with cornmeal, it is cheaper to purchase popcorn and grind it yourself. If you do grind your own meal, use it as soon as possible or store it in the freezer to maintain nutrition and freshness.

Pearl Barley

Uses: Pearl Barley can be used as a thickener in soups and stew, in side dishes or casseroles. Barley can be used in ways similar to the ways you would use rice.

Types: Pearl barley is recommended for long term food storage. You may also see Pot Barley in some stores. Pot barley retains more of the nutritious germ and bran but it does have a shorter shelf life.

As you build your long term storage consider the types of grain products you are going to include. Make sure to include food products in your short term storage that will enhance the use of your long term items. For example: gravy mix, spaghetti sauce, canned meats, etc.

HINT OF THE DAY!! If your kids are milk lovers, the downtown Costco carries Hersey chocolate milk in lunch box size cartons. They are sold by the case of 24. They are shelf stable, need no refrigeration and have a shelf life of up to two years. What a great treat to include with your food storage. My grandkids drink them and love the taste! Give them a try.

REMINDER: You will need a lot of water to prepare most grain products. Keep adding to your water storage. Water is needed for drinking, cooking, hygiene and sanitation. In the event of an emergency, water may be scarce. Ruptured water lines may take days or weeks to repair. With this in mind, you can never store too much water.

Provident Living

February 2019

A Financial Reserve

For the last number of months the Provident Living Newsletters have focused on expanding the information given to us by The First Presidency, under the direction of President Thomas S. Monson, regarding emergency preparedness. If you remember, he said:

“Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to ‘prepare every needful thing’ (D&C 109:8) so that should adversity come, we may care for ourselves and our neighbors and support Bishops as they care for others.”

The statement went on to encourage us to have the following:

- A three month supply of food that is part of your regular diet,
- Water,
- A long term food supply,
- A financial reserve – cash on hand

In this newsletter we will discuss the importance of having cash on hand. I literally mean having both cash in your home and easily accessible cash in the bank. In an emergency, cash invested in stocks, bonds or real estate, etc. will not be immediately accessible.

Imagine that your roof starts to leak. Or your car breaks down. Or, worst of all, a pink slip lands on your desk. The credit cards in your wallet would likely keep you dry, on the road, and well fed; but running up significant debt can cause a major setback to your financial plan. You need to have ready access to a ‘chunk of cash’ – that is an *emergency fund*. An emergency fund allows your financial life to stay on track even if you encounter a significant, unexpected expense.

Where you keep your emergency fund is important. Emergency funds should not be invested in risky places like the stock market. Instead, emergency funds might be deposited in a bank account that is separate from your regular savings and checking, so you are not tempted to tap into the money. You want the funds to be safe and liquid. The rate of return on such an account is paltry, but that’s OK. An emergency fund is not an investment: it is a safety net.

Cash in a bank account for emergency situations is important; but what if the power is out? How will you access those funds? It won’t be easy, if it is possible at all. For this reason it is also important to have cash (small bills and change) somewhere in your home or in another safe location.

When I was growing up, my father had a little cardboard box, with a tight fitting lid, that he kept under his handkerchiefs in his chest of drawers. This fascinating box was well hidden and out of sight. I remember that on several occasions I saw him go to that box and pull out money. He would put a bill in his pocket and give my mother several others. This money was to be used for gas and groceries.

Having lived through the depression in a crime riddled area of New York; my father was a very cautious man. He knew the importance of protecting things that were of value to him. When we moved to California, he had a fire proof closet installed in our home. Inside the closet was a fire proof safe. My dad always kept \$1000 locked in that safe, just in case of an emergency.

In this day and age of credit and debit cards, many of us find nothing but plastic in our wallets and purses. Some people I know never carry any cash at all. Even though electronic money is the transaction method of choice, there are times when having cash (bills and coins, real money) can be a matter of survival.

President Monson encouraged each of us to build up a small cash reserve in our home. It doesn't have to be a lot of money. The choice is yours. This is money you could use to pay for necessities that might arise during an emergency. For example, an earthquake could take down the power grid. You would not be able to pay with a credit card or access an ATM. Having cash in your hands could prove to be a life saver. Cash would buy a bottle of water or a box of bandages at a local convenience store.

One more thought. Each of us should have a 72 hour kit ready for emergency evacuation. Most emergency preparation plans suggest that each family member have some money in their kit, (small bills and change), just in case they need to purchase something such as bottled water, food, gas, etc. We will discuss 72 hours kits in a future newsletter.

Money is a personal issue, I would encourage each of you to sit down and review your finances. Start building up a cash reserve that you keep in your home for immediate emergencies. Then take it a step farther and make sure you have a cash reserve that you can access if an unexpected financial crisis should befall your family. Most money managers suggest having three to six months of living expense money set aside in case of an emergency.

The church now offers a wonderful series of Self Reliance classes. These are offered on the Stake level. I was able to mentor in the Financial Strategies class and I can tell you it was excellent. If you or a family member would like to learn more regarding becoming financially self reliant, starting a business, obtaining more education, job search skills or several other topics I would encourage you to investigate this series of classes.

The last specific instruction we received from a Prophet regarding self reliance came from President Monson. I was excited when I opened an email from Deseret Books that included a statement from President Nelson regarding this most important topic. This statement was made following his visit to a fire ravaged area of California. I have attached a copy of that statement to this newsletter because I feel it will help each of us better understand the reach and scope of preparedness.



BEAUTY *for* ASHES

Hope after the Devastation in Paradise

After the nation's deadliest wildfire in Paradise, California last year, Latter-day Saints who had lost everything themselves could be found working hard and helping others in any way they could.

While visiting Latter-day Saints and community members affected by the tragedy, President Russell M. Nelson remarked,

“It’s interesting that the people who lost the most gave the most. They’re still giving.”

While we recognize that not all natural disasters — like the one in California — can be solved by emergency preparation, we know that in many cases preparing for unplanned events has helped in devastating circumstances.

Provident Living – March 2019

Storing Non-Food Items

If something happened and you were not able to get to the store, what items would you miss most? I don't even need to think about it; Chocolate!! That would be closely followed by toilet paper and hair dye! We all have those little things that we can't live without. In this newsletter we will focus on the storage of non-food items.

By now, you should have started on your food storage or at least you should have thought about it. Having food to eat is a life saver but there are many other things that would help make life a little better if you find yourself relying on your storage for a couple of weeks or months.

I am going to break this topic up into two parts:

1. Non-food items that you buy on a regular basis. These are usually a substantial part of your grocery expenses. If you are in a financial bind, having these items on your storage shelf would free up more of your limited finances for food purchases.
2. Items that would be nice to have if there is a disaster. If you are sheltering in place (in your home) during the chaos, these are the items that will help make things a little easier.

I have attached a couple of check lists for you to consider. Some things you will already have. Other items are things you might want to add to your preparedness shopping list. Finally, there may be some things that you don't think you will use.

Suggested Non-Food Items For Your Home Storage

After researching a number of sources, I came up with a list of a few products you might find valuable to keep as part of your personal home storage program. As you go through the list you might want to check the boxes for items that you already have and circle items that you might want to add to your emergency storage. As always, storage is family specific and you might think of other items that will work well for your family.

- | | | | |
|--------------------------|----------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | hand can opener | <input type="checkbox"/> | toilet paper |
| <input type="checkbox"/> | bar soap/shower wash | <input type="checkbox"/> | paper towels |
| <input type="checkbox"/> | dish soap | <input type="checkbox"/> | plastic wrap |
| <input type="checkbox"/> | laundry soap | <input type="checkbox"/> | storage containers |
| <input type="checkbox"/> | bleach | <input type="checkbox"/> | aluminum foil |
| <input type="checkbox"/> | ammonia | <input type="checkbox"/> | storage bags/zip lock |

- | | |
|--|---|
| <input type="checkbox"/> razors and blades | <input type="checkbox"/> trash bags – all sizes |
| <input type="checkbox"/> shave cream | <input type="checkbox"/> storage containers |
| <input type="checkbox"/> feminine hygiene | <input type="checkbox"/> paper plates/cups/plastic utensils |
| <input type="checkbox"/> wet wipes | <input type="checkbox"/> sponges |
| <input type="checkbox"/> hand sanitizer | <input type="checkbox"/> diapers |
| <input type="checkbox"/> tooth brushes and paste | <input type="checkbox"/> baby formula and food |
| <input type="checkbox"/> dental floss | <input type="checkbox"/> games and books |
| <input type="checkbox"/> contact lens solution | <input type="checkbox"/> pencils/crayons/paper |
| <input type="checkbox"/> vitamins | <input type="checkbox"/> pet supplies, litter/food |
| <input type="checkbox"/> shampoo/conditioner | <input type="checkbox"/> batteries – all sizes |
| <input type="checkbox"/> candles | <input type="checkbox"/> matches/lighters |

Disaster Wish List

The check-list below contains a compellation of items suggested by numerous ‘Preppers’ as things that would be handy to have in the event of a shelter-in-place emergency. Some of these items are things that will disappear off of the store shelves within a matter of a couple of hours after an emergency hits. Having these items already as part of your emergency supply will be very beneficial in taking care of your family and your neighbors.

You might be surprised at how many of these items you already own. It would be wise to put all of your storage items together. Also, check to see that the items you have are working and in good repair.

Again, review the check-list and decide what items you already have. Make a wish list of those items you feel you might find handy to have. Remember, you do not need to go out and buy everything at once. Add to your storage supplies one item at a time.

- First Aid Kit; Large enough for your family
- Prescription Medications
- Sun Block
- Insect Repellent
- Over the Counter Meds
- Portable Toilet; and Supplies
- Toilet Paper
- Portable Radio; Battery and Hand Crank
- Walkie Talkies; Batteries (No Cell Service)
- Whistles
- Flash Light; Batteries, Shake, Hand Crank
- Lanterns; Battery, Fuel, Solar
- Lantern; Oil With Wicks
- Utility and Tri-Pod Light
- Candles; Matches
- Hats; Sun and Warmth
- Rubber Boots
- Shoe Laces
- Gloves; Latex, Leather work, Warm
- Extra Socks; Lightweight and Heavy
- Work Boots
- Matches, Lighters, Fire Starters
- Blankets; Regular and Mylar
- Rain Ponchos
- Portable Heater; Propane
- Propane; Sized to your needs
- Hand and Foot Warmers
- Outdoor Heater; Propane
- Duct Tape
- Para Cord; Bungee /cord
- Tarps, Plastic Sheeting
- Tent
- Extension Cords
- Fire Extinguishers
- Chain Saw; Gas
- Generator; Fuel
- Compressor
- Pocket Knife; Multiple Tool
- Hammer and Nails
- Hand Tools; Variety
- Saw; Bow
- Safety Goggles
- Crow Bar/Pry Bar
- Bucket
- Shovel; Hand
- Axe
- Ladder
- Hand Pumps; Air and Water
- Siphon
- Chains

- Locks
- Wheel Barrow
- Water Containers; Large, Small, Portable
- Canteen and/or water bottle
- Portable Water Filters
- Garden Hose (Potable)
- Cast Iron Cookware
- Dish Pan, SOS, Sponge, Towels, Rag
- Hand Wheat Grinder
- Portable Stove; Butane/Gas
- Outdoor Grill; Charcoal and Lighter
- By-Hand Washing Machine
- Wash Board and Large Bucket
- Clothes Line and Pins
- Laundry Soap
- Bleach
- Trash Bags; Various size and Weight
- Cell Phone Charger; Solar
- Sewing Kit
- Extra Eye Glasses and Repair Kit
- Terra Cotta Pots
- Umbrellas
- Wind-up Clock
- Fire Wood
- Lumber
- Garden Seeds
- Ice Chest; Large and Small
- Rodent Control
- Car Charger
- Motor Oil; Car and Equipment
- Wagon
- Bicycles; for transportation
- Back Pack
- Duffle Bag
- Mask; Gas Dust
- Ham Radio

I know this list may be overwhelming, but here's a hint to determine what you might need. Remember, these items are for ***shelter in place*** situations. That means you will not be evacuating your home and you will not be trying to move these items to a different location. Due to the nature of the event, you might be instructed by authorities to stay at your residence. This could occur following an extreme wind storm, an earthquake that caused minor damage to your neighborhood but massive damage along the I-15 corridor, explosions at the oil refineries, or any other disaster that limits your ability to move out of your neighborhood. In some circumstances, your home may be fine but you have no utility service (that means no gas, no electric, no running water, no heat, no lights, no way to cook, no sanitation, etc)

Think of various situations you might have on your property and mentally figure out what you would need to temporarily repair the damage. For example, lots of broken windows would require tarps, plywood, screen material, hammer and nails, ladders, etc. Maybe there is a large tree resting against your house; you would need chain saws, bow saws, ladders, work gloves, etc. There is no electricity to prepare meals so you will need something to cook on outdoors, pans, can opener, etc.

Here is another hint. If you do not know what an item on the list is for or how and where to use it, you might not need it. The exception: Terra Cotta Garden Pots. These can be used in a number of ways to heat your home. (In a future news letter I will give you some instructions)

Finally, I know a lot of you have recreational property or second homes. What would happen if you were at the cabin and an earthquake hit? It is advisable to keep some emergency supplies there too. There are no guarantees that you will be home when something big happens.

April 2019 - - Provident Living Newsletter

The Great Utah Shake Out

April 18 @ 10:15 a.m.

Are You Ready?

It is hard to believe that we started on this preparedness journey exactly one year ago. I hope over the past twelve months you have taken the initiative to become more prepared for those events (whether personal issues or natural disasters) that can disrupt your life in the blink of an eye. If you have, I applaud you for increasing your level of preparedness. If you haven't gotten beyond the 'thinking about doing something' point in time, then I would encourage you to select one project and get going on it. Baby steps are fine, as long as you are moving forward.

And, I would like to congratulate all of you! We made it through another year without a significant emergency striking our area. However, if you keep up on the news, you are aware that portions of Utah were hit by small earthquakes this last year. The last one was a 4.0 on April 13, 2019 near Cedar City. You never know when our turn will come.

April 18 is the '*Great Utah Shake Out*'. Although the City of Bountiful and the local Stakes of the Church have not prepared a formal event this year, the State of Utah will conduct their shake out exercises. Many businesses and schools will stop everything at 10:15 a.m. for formal earth quake drills. This is done to make us aware of the potential for such a natural disaster in our area. It would be a good day to go over some earthquake basics with your family.

Last April's news letter went into detail regarding earthquake preparedness. I thought it would be appropriate to review a few of those precautions this month. *These suggestions are from a news paper insert entitled "Are You Ready?"

Before an Earthquake

- Take time to secure your space. Secure items that might fall, fly or slide during an earthquake. Imagine that a room was picked up and shaken up and down and side to side; then determine what items would be thrown around.
 - 1- Cabinet doors would fly open allowing the contents to crash to the floor. Secure cabinet doors.
 - 2- Objects that you keep on shelves and tables; such as books, framed photos, lamps, glassware and collectibles can become flying hazards. Secure smaller items with earthquake putty. Large items should be moved to lower shelves.
 - 3- Items hung on your walls such as mirrors and pictures should be secured. Do not hang heavy items over your bed, couch or anywhere else you might sit. They could fall and strike someone.
 - 4- Electronics such as computers, televisions and microwaves are heavy and expensive to replace. They can be secured with flexible straps.
 - 5- Tall furniture should be anchored to the wall to prevent the item from tipping over.

6- Water heaters and other major appliances should be secured with appropriate straps and screwed into the wall studs to keep them from falling over or rupturing gas lines or electrical connections.

- Have everyone in the family practice how to **DROP, COVER AND HOLD ON**.
- Store critical supplies and documents.
- Plan how you will communicate with family members.

During an Earthquake

- **INDOORS:** As soon as you feel shaking, **DROP** down onto your hands and knees, **COVER** your head and neck with your arms to protect yourself from falling objects. If you are in danger where you are and if you can safely move, crawl to a safer place or seek cover under a desk or table. **HOLD ON** to any sturdy covering so you can move with the quake until the shaking stops.
 1. **DO NOT** run outside.
 2. **STAY** where you are.
 3. **DO NOT GET IN A DOORWAY.** (this will not protect you from flying objects)
- **OUTDOORS:** If you can, move away from buildings, streetlights and utility wires. Once in the open, **DROP, COVER** and **HOLD ON**. Stay there until the shaking stops.
- **IN BED:** If you are in bed, **STAY THERE** and **COVER** your head and neck with a pillow. At night, hazards are hard to see. Attempts to move in the dark can result in more injuries than remaining in bed. Keep slippers and a flash light next to your bed.
- **IN A MOVING VEHICLE:** It is difficult to control a vehicle during the shaking so **STOP** as quickly and safely as possible and **STAY** in the vehicle. Do not stop near or under buildings, trees, overpasses or utility wires. Avoid elevated bridges and roads.

After the Shaking Stops

Once the shaking has stopped, wait a minute before getting up. Then look around for debris or other dangers.

- If you are in a damaged building and there is a safe way to move through the debris, get out.
- If you are trapped, do not move or kick up dust. This may cause respiratory problems. Wait for rescuers. If possible cover your nose and mouth with a handkerchief or fabric.
- If you have a cell phone with you, call for help
- Tap on a pipe or wall or use a whistle so that rescuers can locate you
- Once safe, monitor local news reports for emergency information.
- Stay away from damaged areas.
- Never use a lighter or matches near damaged areas.
- Assist family and neighbors by checking for injuries and provide assistance if you have training.
- Have your utilities inspected by professionals for damage to electrical systems, sewage line and gas and water lines.

If your home is damaged and you have no where to stay, text SHELTER and your zip code, for example SHELTER84010 to 43362 (4FEMA) to find the nearest public shelter in your area.

New Topic

Several of you have asked me if there are any good places to purchase bulk supplies. I have several places I can suggest. I am not endorsing these businesses nor do I guarantee that they have the “lowest prices”. I just want to make you aware of them.

Smart Foodservice, 370 West Paxton, Salt Lake City

This is a warehouse store that caters to restaurants, caterers and institutions. It is open to the public. In visiting this store I was amazed at the products they offer. They carry some unusual items. Many items can be purchased in bulk including a variety of grains, pasta and meat. A number of other items can be purchased by the case or individually. Their prices are not always discounted but the selection is excellent.

NPS, 1600 Empire Road, Salt Lake City

I’m not even sure how to describe this store. It is a series of warehouses located on both sides of the street. In one side you will find food, clothing, collectibles, wedding dresses, jewelry and other “stuff”. The other side has furniture, fabric, building supplies, tools and more “stuff”. It is definitely a store that would fall into the category of having over stock items and leftovers. It is definitely not pretty. Supplies, in many cases, are very limited. Merchandise changes continually. However, you can get some amazing buys. By the way, everything is new. If you like garage sales, this could become your favorite store. Everything is discounted. For example at Christmas I purchased a sewing machine for my granddaughter that had 50 stitches including 20 for machine embroidery for under \$80. I have also picked up fresh Aspen Mills bread for \$1.40 per loaf. Like I said, no guarantees on what you will find here. And, don’t dress up!

WinCo. 200 Fort Lane, Layton

I hope you have checked out WinCo grocery store. They refer to themselves as a discount grocery store. They carry items in bulk, some home storage foods and storage containers along with a full array of typical grocery items. Be price conscious; while many items are discounted, some are not.

COSTCO, 1818 South 300 West, Salt Lake City

This downtown store is one of the biggest Costco operations in their chain. They will sell items individually or by the truck load. They carry many items that would support emergency preparedness. They also have 4000 SKU’s of merchandise that are not carried in our Bountiful Costco. If you try this store out, be prepared to do some walking, it is BIG.

If you have favorite locations for shopping for your food storage or for emergency preparedness, email me with the information and I will pass it along in our newsletters.

The 72 Hour Emergency Kit

In past newsletters we have talked about many aspects of emergency preparedness including establishing a family emergency plan, compiling a “Grab and Go” binder, storing water and food for times of hardship and more. All of this was to help **prepare** your family in the event of an emergency.

Well, the emergency is here! You must leave your home now. This will possibly be the last time you see your home standing. You may never be able to return to this home and its contents again. What do you do?

Once disaster strikes, it is too late to prepare. The only thing you can do at this point is grab your 72 hour kit and move as quickly as you can away from your home and neighborhood. If you do not have a 72 hour kit, you could find yourself in a very uncomfortable situation.

Events occur each year in locations around the world that draw global attention and concern. Relief agencies spring into action and countless people step in to offer assistance. When events like this happen, interest peaks in preparing 72 hour kits. However, this interest does not always motivate us to spring into action because, “**IT** would never happen to us”. The fact is, “**IT**” could happen to anyone of us at any time no matter where we live. Whether **IT** is an earthquake, a wild fire, a tornado, a flood, a mudslide or a widespread outbreak of a serious illness, no one is immune to the possibility of a life altering situation.

In the event of something catastrophic you may be ordered to, or find it necessary to, evacuate your home. If this were to happen you may have only a minute or two to grab your belongings and go. If you leave home with empty hands you may not have access to the basic necessities of life until aid arrives. In many cases it may be one, or even several days before food, water and medical assistance is available. During this time, those affected by such an event or disaster will need to be **self reliant** and will need to make use of the supplies that they have available where ever they are.

A 72 hour kit is a **survival kit** that will help you get through the first 72 hours of an emergency. In general, FEMA and other 1st responders should arrive at a disaster scene with the necessities of life in the first three days following the incident. However, there are some emergency ‘preppers’ that feel that a 96 hour kit is more in line with the time it takes for help to arrive.

If you do not have a 72 hour kit, it is the time to consider putting one together for each member of your family.

To prepare a kit, ask yourself this question:

What would I need to insure my survival for 3 days?

Your kit should contain items from the following categories to meet basic human needs.

1. **Water** – 1 gallon per person per day is recommended
2. **Food and Meal Preparation**
3. **Shelter**
4. **Warmth**
5. **Light**

6. **Sanitation**
7. **Medical and 1st Aid**
8. **Tools and Equipment**
9. **Communication**
10. **Money**

The simplest form of each item should be included in your 72 hour kit. For example; carry matches and a 100 hour candle rather than a lantern and fuel. Below are a few areas of consideration:

- **Water.** 1 gallon per person per day is recommended.
- **Cooking Alternatives.** If you can remain close to your home and you own a barbeque, problem solved; as long as you keep fuel on hand. If you have to vacate the area other options include solar ovens, buddy burners or small butane camp stoves. It is always best to plan meals that can be eaten without cooking or warming.
- **Shelter.** If your home is not safe you may be forced to sleep outside. A family tent may not be practical so consider 'tube tents' for each family member or a small light weight tent. At the least have a tarp, rope and duct tape.
- **Warmth.** Make sure your kit includes extra clothing. (Change out the clothing as the seasons change). There are also a variety of portable heaters available on line and at camping stores. If you can manage to fit it in, pack a sleeping bag. There are a number of bags available that provide superior warmth without bulk. Again, this is a personal choice.
- **Emergency Lighting.** A generator and fuel is a great way to meet lighting needs, but who can tote a generator along when you evacuate? Consider candles, flashlights, head lamps or small LED lanterns. Always include extra batteries.
- **Sanitation.** Emergency stores and online sites have a variety of options for sanitation and hygiene. Do some research and see what works for your family. Remember you will need to carry it with you. Always carry a roll of toilet paper (minus the inner cardboard tube) garbage bags and a small tightly sealed container of bleach.
- **First Aid and Medical Kit.** A first aid kit is very important in emergencies. Make sure it is waterproof and well equipped. Include prescription medications if possible.
- **Tools and Equipment.** A pocket knife or a multi tool is essential. A wrench to turn off the gas or water main should be in your 72 hour kit. You might also find a camp shovel and a pry bar to be useful. If you are able to get into your damaged home, keep additional tools close to an exit or garage door for easy access. Consider adding duct tape to your 72 hour kit. It can come in handy for many things.
- **Communication.** During an emergency the ability to communicate with family members as well as the ability to receive emergency communications and warnings is essential. Some suggested items would be a cell phone and solar charger, a crank style radio, a HAM radio, or a portable radio with extra batteries
- **Money** – a zip lock bag with small denomination bills and change might come in handy if you find a source to purchase needed items.

72 Hour Kits Suggestions

The most important thing to remember about 72 hour kits is that they need to be portable. Each family member should have a kit that they can carry comfortably. Back packs are a logical choice. Some people choose to purchase back packs with wheels for children to pull on flat surfaces. In some instances a wagon or rolling cart might be a good method to transport your water supply and larger items. Don't let your choice of a wagon slow you down. If the surfaces you are evacuating on are rough, broken, muddy, etc.; leave the wagon. The most important thing is to get your family to safety as fast as possible.

72 hour kits need to be stored in a location where family members can easily grab them and head out the door. A closet by your front entry works well. They can also be stored in a garage if the items you keep in your kit are not affected by extreme heat or cold.

72 hour kits should be checked and refilled at least twice a year. General Conference week is a good time to do this task. Replace food items that are out of date, rotate clothing items so that they are temperature wise for the next six months. Get rid of items that are no longer needed (formula for a child that no longer uses a bottle).

Each family needs to determine what items to include in their kits. Food is a major concern. Pack things that are light weight. Pack items that do not take up a lot of space. **This is survival eating.** There are a lot of pre-packaged foods and small portion canned items available in the store that will meet your needs. Below are a couple of suggested food lists that were found on the internet. Do some online searching for more ideas.

Water!!! – This is the most important thing to have with your kit. Emergency preparedness stores carry water blocks. A water block resembles a CapriSun in its packaging. These are convenient to pack in a back pack, but you need a number of these for each day. You can also carry gallon jugs by hand or use canteens.

72 Hour Food List:

Tang – ¼ cup in a zip lock bag makes one serving. You will need 2 servings
2 packets of instant oatmeal
2 granola bars, protein bars or 2000 calorie bars
Cocoa mix – ¼ cup in a zip lock bag makes one serving. You will need 2 servings
1 single serving stew or pasta with pop top lid
10 sticks of gum
9 pieces of jolly rancher candy
1 single serving can of beans and franks with a pop top lid
3 fruit roll ups
2 single serving envelopes of Lipton cup of noodle soup
1- 1 ounce box of raisins
2- 1 ounce sticks of beef jerky
Mess kit
Plastic spoons
Matches
Wing stove with fuel pellets
***Like I mentioned, this is survival eating!

Here's another suggested list, this one is by meal

Breakfast

- Individual packets of instant oatmeal or cream of wheat
- Individual servings of dry granola cereal combined with 2 Tablespoons of dry milk. Reconstitute with 1/3 cup water from your water supply
- Granola, protein or cereal bars
- Individual servings of freeze dried or dehydrated fruit
- Individual packets of a drink powder that is high in vitamin C such as Tang

Lunch – these can be eaten cold or heated

- Single serving canned entrees such as SpagettiOs, mini ravioli or soup
- MRE's (meals ready to eat and their warming pouch – not all MREs need to be heated)
- Peanut butter with crackers or pilot bread
- Dried fruit
- Individual cans or packets of tuna, chicken salad or canned Vienna sausage
- Crackers
- Canned pudding

Dinner – these are good options if you have a way to heat them up**

- Freeze dried entrees. If you purchase them in #10 cans, transfer them to zip lock bags
- Canned chili, soup or stew
- MREs
- Pudding or fruit cups

Snack Foods

- Candy bars
- Hard candy
- Dried fruit
- Granola or protein bars
- Dehydrated ice cream
- Jerky
- Gum

** Having a way to heat meals opens up a variety of options. Check online for alternative cooking methods. Consider everything from a tail gate camp stove, to buddy burners to an open fire (if allowable).

Non-Food Items to include in your 72 hour kit

- Tube tent, tarp or light weight tent
- 25 feet of nylon rope
- Battery powered radio with extra batteries
- Sleeping bag or wool blankets
- Flashlight with extra batteries or head lamps with batteries
- Emergency light source, a small LED lantern or light sticks
- 100 Hour candle
- Waterproof matches and butane lighter

- Whistle
- Small 1st Aid Kit
- Personal medications
- Personal sanitary items
- Wet wipes
- Toilet paper
- 2 garbage bags (30 gallon)
- Warm socks and clothing
- Rain poncho
- Hand warmers
- Water purification tablets or a water straw
- Manual can opener if needed
- Small cook stove with fuel
- Mess kit or plates, cups and utensils
- Pen and small notebook
- Extra glasses or contact lenses
- Pocket knife, shovel, pry bar, duct tape, work gloves, multi-purpose tool, sewing kit
- Wrench to turn off water and gas if instructed to do so
- Money in small bills and change
- Items for people with special needs, infants and the elderly
- Pet items

The internet is full of ideas and suggestions for 72 hour kits. Do some investigating and see what is available. Remember a 72 hour kit is for survival, not luxury camping. A 72 hour kit must be light enough to carry. A 72 hour kit must be portable. 72 hour kits should be stored in a location where every member of the family can easily find and reach their kit. A 72 hour kit adds to your comfort and survival until help arrives.

***Your grab and go binder should be part of your 72 hour kit!

***MRE – meals ready to eat (commonly military packaging) can be found at Emergency Essential stores. You can buy heating pouches to go with the MRE. The heating pouch works on the same principle as hand warmers.

***Water straw. Water filtration built into a straw. When using the straw you can stick the end into any water source such as a stream, a pond or a puddle and the straw will filter out the dangerous particles in the water. These have been available at Deseret Books but last time I checked they were on back order. They can also be found in outdoor stores.

Provident Living – June 2019

Self-Reliance

I would like to change directions in our discussions of Emergency Preparedness and spend a little time discussing Self-Reliance. Self-Reliance is a broad topic of which emergency preparedness is one of several sub headings. I would like to share a few new thoughts and some that were expressed in Sacrament Meeting on June 23.

In a previous newsletter, I expressed my feelings regarding self-reliance. If you remember, hurricane Katrina had just devastated New Orleans. The images of people sitting on the curbs of bridges waiting for help really shook me. These people had nothing, and no way of helping themselves. All they could do was sit and wait for someone to come along and rescue them. Unfortunately, some waited for several days. At that time, I resolved that I would do all I could to prepare for life altering events. I would like to be in charge of my own fate as much as possible rather than waiting for someone else to provide for me.

The aim of self-reliance is to help individuals help themselves to become more self-reliant. (Handbook 2). Self-reliance is more than having money in the bank, a good job or food storage. Self-reliance is the ability, commitment and effort to provide for the spiritual and temporal necessities of life for self and family.

Life is uncertain, but we all know that at some point we will be faced with challenges that will test us.

Since the church welfare system was rolled out, over 80 years ago, members of the church have been advised to prepare themselves to provide for their needs and the needs of their families. Today we are being asked to become self reliant in the areas of **Employment, Education, Finances, Health, Home Storage and Spiritual Strength**.

In 1936, when President Heber J Grant introduced the welfare program he declared that the prime purpose of the Church Welfare Program was **“to help people help themselves”**.

I would like to share some quotes with you from the Scriptures and the Prophets concerning the need to prepare ourselves to live a life in which we are able to provide for ourselves both spiritually and temporally.

President Ezra Taft Benson counseled the Saint is General Conference in 1980, “Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine or earthquake cannot happen here...” He goes on to say “those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them... the Lord has warned us and forewarned us against a day of great tribulation and has counseled us to be prepared for these difficult times.

President Thomas S Monson, “Let us be self-reliant and independent. Salvation can be obtained on no other principle”. President Monson reminded us that the Saints in every dispensation have been admonished to practice the principle of provident living. He said “when we reflect on the basic principles, such as becoming self-reliant, and when we live these principles, we are better able to alleviate suffering, build character and foster unity. Obedience to the Lord’s counsel brings temporal and spiritual blessings. It allows us to face the challenges of life, armed with courage and confidence, rather than fear and doubt”.

Dallin H Oaks, “Whatever causes us to be dependent on someone else for decisions or resources that we could provide for ourselves - weakens us spiritually and retards our growth toward what the gospel plan intends us to be.”

Julie Beck, former General Relief Society President, “We become self-reliant through obtaining sufficient knowledge, education and literacy, by managing money and resources wisely, by being spiritually strong, by preparing for emergencies and eventualities and by having physical health and social and emotional well-being.”

Genesis 4:19 *“In the sweat of thy face shalt thou eat bread, till thou return unto the ground.”*

D&C 38:30, *“If ye are prepared ye shall not fear”*

D&C 109:8 *“Organize yourselves, prepare every needful thing and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God”.*

Self-reliance is the ability to care for one’s self in the face of adversity. We should be wise frugal and prudent as we make preparations for the future while living life today.

We should visualize a balance scale as we consider being spiritually and temporally prepared. There is a delicate balance to maintain. If we ignore the temporal preparations, difficult situations can cause us to question God’s love for us. If we rely only on Spiritual preparations, we become dependent on others to meet our physical needs, such as food, shelter and finances. When the yolk of dependence on others and uncertainty of the future is upon us, it can tear us apart spiritually and temporally. It can cause us to doubt our testimonies and it can bring untold pressure within our homes and upon our marriages.

Dieter F Uchdorf taught “Like two sides of a coin, the temporal and spiritual are inseparable. In the scriptures we read *“All things unto me are spiritual, and not at any time have I given unto you a law which was temporal”* D&C 29:3

Below is a quick review of the areas of Self-reliance from the Foundations for Self-reliance manual.

Education – Preparing for the future includes obtaining an education or vocational training and finding gainful employment. Study the scriptures and other good books; improve your ability to read, write and do basic mathematics. Always take the opportunity to learn new skills. You never know when a skill you have mastered will turn into a much needed job.

Health – Take care of our minds and bodies. Obey the Word of Wisdom, eat nutritious foods, exercise regularly, and get adequate sleep. Practice good sanitation and hygiene and obtain adequate medical and dental care.

Employment – Work is the foundation upon which self-reliance and temporal well-being rest. Prepare for and obtain suitable employment. Become skilled in your jobs, be diligent and trustworthy, and give an honest work for pay and benefits received. Continue to learn so that you can move up in your chosen field.

Home Storage – Prepare to care for your family by having a supply of drinking water, food and a cash reserve.

Finances – Become financially self reliant by paying tithes and offerings, avoiding unnecessary debt, using a budget and living within a plan, avoiding schemes and scams, building a financial reserve and teaching family members principles of financial management. Include God in your financial decisions. All things are spiritual to Him.

Spiritual Strength – Spiritual strength is essential to a person’s temporal and eternal well-being. Exercise faith in Heavenly Father and Jesus Christ. Obey the commandments, pray daily, study the scriptures daily, attend Church meetings and serve in Church callings and assignments. Serve and Minister to those you come in contact with.

Several of you have asked for the story presented in church last Sunday, so I will include it:

“I Can Sleep When the Wind Blows”

Years ago, a farmer owned land along the Atlantic seacoast. He constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic. They dreaded the awful storms that raged across the sea, wreaking havoc on the buildings and the crops. As the farmer interviewed applicants for the job, he received a steady stream of refusals.

Finally a short, thin man, well past middle age, approached the farmer. “Are you a good farm hand?” the farmer asked him. “Well, I can sleep when the wind blows” answered the little man.

Although puzzled by his answer, the farmer, desperate for help, hired him. The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with the man’s work. Then one night the wind howled loudly in the offshore.

Jumping out of bed, the farmer grabbed a lantern and rushed next door to the hired hands sleeping quarters. He shook the little man and yelled, “Get up! A storm is coming! Tie things down before they blow away!”

The little man rolled over in bed and said firmly, “No sir. I told you I can sleep when the wind blows.”

Enraged by the response, the farmer was tempted to fire the man on the spot. Instead, he hurried outside to prepare for the storm. To his amazement, he discovered that all of the haystacks had been covered with tarpaulins, the cows were in the barn, the chickens were in the coops, tools were in the shed, the doors were barred and the shutters were tightly secured.

Everything was tied down. Nothing could blow away.

The farmer then understood what his hired hand meant, so he returned to his bed also and “slept while the wind blew”.

It is never too late to start becoming more self-reliant. Take time to assess your life. Are there areas that would keep you awake if the winds and the storm took over? Self-reliance in the areas of education, employment, finances, health, home storage and spiritual strength can be your insurance policy against situations that leave you looking towards others to provide your needs.

July 2019 - - Provident Living Newsletter

A Little of This and A Little of That

If you keep track of the National News, you know that this summer people in our Country have suffered through numerous earthquakes, tornados and flooding rain events. And, it's only July! It seems we can always count on Mother Nature to stir up trouble somewhere.

We never know when or where problems will arise. For example, my son and his family recently took a trip to Southern California. They were in Universal Studios when a 6.9 earthquake hit. All the rides were closed while safety inspections were completed. The following day they arrived at Hunting Beach just in time to be rocked by a 7.4 earthquake. Pushing their luck on the third day, they went to Disneyland. After several jokes and some worry about another earthquake they enter the 'Happiest Place on Earth' only to be witness to a family brawl in *Toontown*. No earthquake that day, but they did appear on National TV as they ran for safety.

Life is definitely uncertain.

Following the California earthquakes I was listening to a local Emergency Preparedness Expert as he gave a radio interview. He passed on some advice that I feel is one of the most important things you can do. If you have not taken the opportunity to put preparedness plans in place in your home, please follow this one small safety hint.

Keep your shoes on the floor by your bed at night and keep a flash light on your night stand

Why? If disaster hits while you are in bed, whether earthquake or fire, you will need to run out of your home as fast as you can. Having shoes will save you from serious injury. Can you imagine trying to avoid broken glass, fallen objects, overturned furniture and hot coals as you make your way out of your home in the darkness of the middle of the night with bare feet? You will also need a flashlight to see in the dark. Make sure your batteries are fresh. For your own safety, make sure you and your family implement this easy emergency preparedness trick.

There are many of you who are new in the Ward and have not been receiving the monthly newsletters. Others of you did not read some of the earlier emails. For this reason, I am attaching one of the previously printed newsletters for you to review. I will do that again in the months to come. I hope you find them helpful.

In an older newsletter I recommended that you stock up on terra cotta flower pots and saucers. At that point I said that I would eventually tell you why these would come in handy. Now's the time. It is the end of the season and terra cotta pots will be going on clearance at local garden

shops. Below, I am including ideas for using terra cotta pots as room heaters and barbeques. These are amazingly useful and efficient if the power goes out.



Terra Cotta Heater

Supplies

- 2 Terra Cotta saucers; 1 Large and 1 Small
- 1 Medium sized Terra Cotta Pot
- 1 Barbeque Chimney starter
- 1 Household Candle

Assemble each piece as shown.

A word of caution; the terra-cotta pots and saucers will get extremely hot. Place them in an area away from the reach of children and pets, as well as anything flammable.

Be sure you keep a supply of candles available for use in your heater.

Another heater idea.



Terra-Cotta Pots also can be used as a barbeque



You saved to **emergency preparedness**

📌 338

Terra Cotta BBQ grill. For around \$40. I used 2 -15" azalea pots and 2 saucers and a round standard grill. Glue hole closed on one pot so sand doesn't escape. Place saucer, then pot on saucer. Fill half way w sand, place ready coals from a charcoal starter on sand, place grill on pot. The second pot can be used as lid w/ hole for smoke & second saucer as a lid to put coals out. Camouflage grill w a plant on saucer after grill has cooled. USE APPROPRIATE HEAT PROOF GLOVES WHEN HANDLING!!!
Less

Photos and Comments

Photos

Comments

As with the above pictures, a quick search of Pinterest will provide you with additional ideas for using Terra-Cotta pots in emergency situations.

Provident Living

Developing a Family Emergency Plan

Let's Review:

The challenge for February was to prioritize the events/disasters that could affect you and your family. I hope all of you came to the conclusion that **Personal Adversity** is at the top of the list. This would include loss of income, illness, a death, etc. Number two on your list should be **Fire**. This would include both a wildfire and a house fire. Number three is **Earthquake**. You may have been able to identify other potential disasters to add to your list.

In today's environment we also need to be aware of **Events Caused By Others** that could create an emergency situation. We have all seen news stories about school shootings, industrial accidents and terror attacks. On February 12, 2007 my husband and I were eating dinner in Trolley Square. Shots rang out. Fear gripped us. By the time we were rescued by the police six people were dead and four others were critically wounded. Such events can happen anywhere and at any time, even in Salt Lake City, Utah. In future newsletters we will discuss some preparations that we can make to lessen the stress level when the unexpected happens.

The Family Emergency Preparedness Plan

In the event of an emergency, our family is our biggest concern. We want to know where everyone is, if they are hurt, if they need help and how we can be reunited. Developing a *Family Emergency Plan* helps family members know how to react during a crises situation.

Mother Nature is no respecter of day or time. A natural disaster can strike at night when everyone is home in bed or it can occur during the middle of the day when family members are at work, at school or away from the home. If you have a family plan, everyone will know what to do, where to go and who to contact. The goal is to get your family back together as quickly as possible!

Let's Get Started:

There are a lot of decisions that need to be made right now to insure your family's safety in an emergency. You need to ask yourself questions and by using the answers to those questions you develop your *Family Emergency Plan*. Below is a list of suggested questions. You will think up many more as you begin to plan. Consider all scenarios when you are coming up with an answer. I have included some hints that should prove helpful as you go through this process.

- Who will be your contact person?
Select one friend or family member that lives locally and one friend or family member that lives outside your immediate area or even out of state. Make sure this person knows they are your "go to" person. Cell phone batteries can run low so limiting your phone calls is essential. Your

“go to” person is your clearing house for concerned family. They can relay messages between people and coordinate information on the family’s location. Make sure all family members memorize the phone numbers for your emergency contacts.

- Where will the family members meet if they are separated?

For at home emergencies such as a fire or a gas leak pick a spot close to your home such as the neighbor’s driveway or a mail box. Make sure everyone knows the exact meeting place and that they understand after exiting the house this is where everyone should go. Some family members may be away from home when an emergency strikes and they may not be able to re-enter your neighborhood. For this reason you should also select a meeting point such as a park, a school or a business where your family will gather. If the Police instruct you to go to a specific evacuation location, you must decide as a family if you are going to follow this counsel.

- Do all family members know how to respond to the dangers of fire, severe weather, power outages etc?

Adults may not be in the home when an emergency occurs. Make sure that everyone living in the home understands emergency procedures for all issues. Does everyone know where fire extinguishers are kept and when to use them? Post emergency phone numbers where people can easily see them. Have candles (with matches), lanterns, etc in places where they can be quickly found.

- Do you have a fire escape plan?

Draw a map of your home and mark at least two ways to exit each room. Make sure everyone understands the options they have to get out of the house safely. Have “fire drills” to make sure everyone is prepared. Not all family members will leave through the same door so establish a meeting place and practice getting to that spot.

- Do all family members know how to call 911?

This is something you can practice at home. Make sure your children know their full name and address, the parent’s names, a parent’s cell phone number, and where the parents work. The more information your child can give to an operator or to a first responder the faster help will arrive.

- Do you have a list of emergency phone numbers and family contact numbers posted in your home?

A list of important phone numbers should be posted in an easy to see location. In an emergency there may not be time to ‘google’ phone numbers. Emergency phone numbers would include police, fire, utility companies, your children’s school, work numbers, your doctors, the Bishop, Home teachers, Relief Society President, etc.

- What about our pets?

If you own an animal you will need to make preparations for your pet?

- Do you have photos and height and weight descriptions of your children?

In the event of a school lockdown or an evacuation to another location, parents or family members may need to show identification to pick up the children.

- In the event of an evacuation who will grab essential items?

If you are given a couple of minutes notice to evacuate you will have time to pick up a few essential items such as medications, a grab and go binder with important papers, or 72 hour kits. Know where these items are. The important thing is to get out quickly. You will not have time to search closets, drawers or the basement looking for that item you will need.

Putting the plan on paper:

I have attached a worksheet that you can use to record your plan. You can always make one of your own. Give a copy of your *Emergency Plan* to every family member that can read. You might also want a copy in your purse, brief case or your car. There are phone numbers on the plan that you will need. You might consider giving this information to relatives so they know who to contact to check on you.

Families are constantly changing. Children go off to college, missionaries come home, grandma moves in, or married children return home with their kids in tow. Every time the makeup of your family changes your *FAMILY EMERGENCY PLAN* should be revised. A family emergency plan only works if everyone in the family knows the plan.

Conclusion:

A **FAMILY EMERGENCY PLAN** is for everyone. Empty nesters, the single person living alone and families will benefit if decisions are made before a disaster arises. Having a plan will reduce the panic level, save time and prevent confusion.

Do you have married children? You might want to encourage them to establish a plan and give you a copy of it so that you will know how to reach them if they have issues in their area. The same is true for your parents and siblings.

In D&C 38:30 we read: "If ye are prepared, ye shall not fear". Please take some time during the next few weeks to organize your **FAMILY EMERGENCY PLAN**.

If you have any questions or if you wish additional information, please feel free to call me.

Dianne Berry
801-992-3373

Evacuation Orders

September 3, 2019

I woke up early last Friday, although I am not sure why. Since I was wide awake at 5:20 in the morning I decided I would check my IPAD for the Utah/BYU score from Thursday night's football game (the winner was no surprise to me, Go Utes!). I was, however, surprised to see photos of a fire in the Bountiful hills. I immediately turned on the TV to see if I could get more information. I was shocked and concerned. The fire was so close to the Temple. We have friends who live just below the Bountiful 'B'. I found myself glued to the images.

During the broadcast one of the reporters interviewed a family that had been ordered to evacuate by a local police officer. The family was now parked in front of the Deseret Industries building on Pages Lane waiting for news on their neighborhood and home. In the course of the conversation the reporter asked the family if they would open up their trunk lid and their car doors so that the 'viewers at home' could see what they had with them.

The family agreed and shared the following. In their trunk they had 2 gallons of water and back packs for each family member containing their 72 hour emergency kits. Also in the trunk were a number of scrap books. The mother explained that before going digital, she assembled scrap books for each of the kids and she didn't want to lose them. In the back seat of the car was a Fire Proof Safe. The father explained that inside the box were all of their important documents. He had everything they would need to rebuild their lives in the event that their house was to succumb to the fire.

I wanted to cheer!!! I think this couple read my newsletters! **They were prepared!** Following the knock on the door, mom woke the kids and told them "clothes and shoes, NOW!" Mom grabbed the valuable binders. Dad grabbed the safety box. On the way out the door, everyone grabbed their back pack. They were out of the house and driving towards safety in a matter of minutes. How many of us could do that?

Then again this morning; Tuesday, September 3, I turned on the TV and saw photos of another fire. This time it was in the hills above Layton. 125 families had to evacuate. After the Bountiful fire, I wonder how many were prepared to leave home.

I think this might be a good time to review some of the basic preparedness guidelines for situations that require you to evacuate your home.

Have A Plan

Everyone should have a plan in place. Make assignments so that each person knows what they are supposed to grab on the way out of the house. Set up a meeting place somewhere close, such as your driveway or a close corner, so that family members using different exit doors can be accounted for.

Make sure each family member memorizes the phone number of the designated emergency contact (If separated, this is the person all family members would check in with).

72 Hour Kits

Once disaster strikes, it is too late to prepare. The only thing you can do at this point is grab your 72 hour kit and move as quickly as you can away from your home and neighborhood. If you do not have a 72 hour kit, you could find yourself in a very uncomfortable situation.

What would I need to insure my survival for 3 days?

Your kit should contain items from the following categories to meet basic human needs.

1. **Water** – 1 gallon per person per day is recommended
2. **Food and Meal Preparation**
3. **Shelter**
4. **Warmth**
5. **Light**
6. **Sanitation**
7. **Medical and 1st Aid**
8. **Tools and Equipment**
9. **Communication**
10. **Money**
11. **A Change of Clothing**
12. **Shoes** (hopefully, you are wearing them)

A GRAB AND GO BINDER

A Grab and Go binder is essential. It will contain all of the documents you will need to rebuild your life. Take the time to prepare one. When it is completed, your binder will include: copies of all your important documents, a thumb drive or disc with photos of your home and everything that is in it, a thumb drive or disc with your financial records and other thumb drives as needed. You should keep a copy of your binder in your home and a second copy in another location such as a bank or a relative's home. This is smart planning in case you are not home at the time of the event and your home is lost. Also, binders should be updated annually or as your situation changes.

You will need the following:

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- Access to a copy machine
- Plastic sheet protectors to keep documents clean and unwrinkled
- At least one thumb drive and/or computer disc

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- Home insurance information
- Auto insurance information and your auto registration card
- Information pertaining to other vehicles you own: boats, 4 wheelers, airplanes etc
- Deeds to other properties you own (cabins, land, time shares)
- Copy of your will and/or trust
- Names and addresses of all banks and financial institutions
- Copies of checks, account and routing numbers and savings account numbers
- Copies of stocks and bonds, investments, etc
- Copies of the front and back of all of your debit and credit cards
- Copies of any loan documents ie: business loans, property loans, etc.
- Documents related to your employment or family business
- Copies of your health insurance policies
- A list of medications for every family member including dosage information
- Phone numbers for your pharmacy, doctor, dentist, optometrist, etc

- Immunization records
- Blood types for every family member
- Medical histories for every family member
- Birth certificates
- Marriage license
- Naturalization papers
- Adoption papers
- Custody agreements
- Foster care papers
- Drivers license
- Passports
- Social security cards
- Recent photos of each family member and physical descriptions
- Phone numbers for your place of employment and for children's schools
- Finger print cards
- Military documents
- Diplomas and transcripts
- Names, address, phone numbers and email addresses of relatives and close friends
- Pet vaccine records and Vet phone number
- List of firearms and serial numbers
- Appraisals of value on collectables and jewelry.
- A disc of genealogy records and family photos

*** The insurance company will want proof of what you owned; they will not take your word for it!**

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You may not need to include all of these items. All items do not need to be carried in large quantities. For example, pack two plastic bags instead of a box of 100 bags. Carry a small hand

sanitizer instead of a quart bottle. A small tool kit with a few selected items will be adequate as opposed to a kit the size of a suitcase. Be wise in your selection of items to put in your kit. As always, the important thing is to have something with you in case of an emergency.

- Water, individual bottles would be excellent
- Some food. Either a 72 hour food kit or high calorie meal bars and snack items
- Cash (\$20-\$30 in small bills and coins)
- First Aid Kit and medications, sun block and insect repellent
- Diapers and wipes if you have small children
- Plastic Bags
- Extra clothing for small children, kids and adults. Include warm layers.
- Walking shoes (necessary during the summer when you normally wear sandals)
- Gloves, both work and winter styles
- Rain poncho
- Emergency blankets (Mylar or regular fabric)
- Hand and foot warmers,
- Hat
- Toilet Paper
- Hand Sanitizer and Wipes
- Paper Towels
- Radio (consider a hand crank or battery operated – do not run your car radio)
- Flash Light
- Batteries
- Cell phone and charger (consider a solar charger)
- Ham radio
- Compass
- Candles and Matches
- Coffee can or terracotta pot heater (google for instructions – use outside the car)
- Flares
- Antenna Flag – these are usually red with the word HELP
- Pocket Knife
- Duct tape
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- Pliers
- Screw Driver
- Crescent Wrench

- Seat Belt Cutter
- Window Glass Breaker Tool
- A folding shovel and a pick
- Jumper cables
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You can pack your emergency items in a back pack or a plastic tote. As a side benefit, items in your emergency kit may come in handy for routine mishaps such as a spilled drink, a cut finger or a crying and hungry child. If you remove something from your kit, make sure you replace it.

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None of us is immune to disaster or hardship. Let the local fires be a wake-up call to get your family prepared to leave home immediately if evacuation orders are issued. An evacuation order may just mean the inconvenience of sitting in a DI Parking lot until you are allowed to return to your house, or it might mean starting over again. Life is uncertain.

If you are new to Mueller Park 10th Ward and you would like copies of the more detailed Emergency Preparedness Newsletters that go with each of the topics covered, please email me and I will send them to you.

Also, Case lot sales are in full swing. Check them out for your food storage. I just purchased my 6 month supply of flour and sugar.

October General Conference is coming up. That means it is time to refresh your water storage and your 72 hour kits. Once done, you are good for the next 6 months.

Dianne Berry

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Evacuation Orders

September 3, 2019

I woke up early last Friday, although I am not sure why. Since I was wide awake at 5:20 in the morning I decided I would check my IPAD for the Utah/BYU score from Thursday night's football game (the winner was no surprise to me, Go Utes!). I was, however, surprised to see photos of a fire in the Bountiful hills. I immediately turned on the TV to see if I could get more information. I was shocked and concerned. The fire was so close to the Temple. We have friends who live just below the Bountiful 'B'. I found myself glued to the images.

During the broadcast one of the reporters interviewed a family that had been ordered to evacuate by a local police officer. The family was now parked in front of the Deseret Industries building on Pages Lane waiting for news on their neighborhood and home. In the course of the conversation the reporter asked the family if they would open up their trunk lid and their car doors so that the 'viewers at home' could see what they had with them.

The family agreed and shared the following. In their trunk they had 2 gallons of water and back packs for each family member containing their 72 hour emergency kits. Also in the trunk were a number of scrap books. The mother explained that before going digital, she assembled scrap books for each of the kids and she didn't want to lose them. In the back seat of the car was a Fire Proof Safe. The father explained that inside the box were all of their important documents. He had everything they would need to rebuild their lives in the event that their house was to succumb to the fire.

I wanted to cheer!!! I think this couple read my newsletters! **They were prepared!** Following the knock on the door, mom woke the kids and told them "clothes and shoes, NOW!" Mom grabbed the valuable binders. Dad grabbed the safety box. On the way out the door, everyone grabbed their back pack. They were out of the house and driving towards safety in a matter of minutes. How many of us could do that?

Then again this morning; Tuesday, September 3, I turned on the TV and saw photos of another fire. This time it was in the hills above Layton. 125 families had to evacuate. After the Bountiful fire, I wonder how many were prepared to leave home.

I think this might be a good time to review some of the basic preparedness guidelines for situations that require you to evacuate your home.

Have A Plan

Everyone should have a plan in place. Make assignments so that each person knows what they are supposed to grab on the way out of the house. Set up a meeting place somewhere close, such as your driveway or a close corner, so that family members using different exit doors can be accounted for.

Make sure each family member memorizes the phone number of the designated emergency contact (If separated, this is the person all family members would check in with).

72 Hour Kits

Once disaster strikes, it is too late to prepare. The only thing you can do at this point is grab your 72 hour kit and move as quickly as you can away from your home and neighborhood. If you do not have a 72 hour kit, you could find yourself in a very uncomfortable situation.

What would I need to insure my survival for 3 days?

Your kit should contain items from the following categories to meet basic human needs.

1. **Water** – 1 gallon per person per day is recommended
2. **Food and Meal Preparation**
3. **Shelter**
4. **Warmth**
5. **Light**
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Provident Living Newsletter – Where Do I Stand?

October 2019

Now that summer is over and fall is on the doorstep, it is time to get back into the routine of things. It is amazing how much we let slide during June, July and August. Concerning self reliance; it is time to pick up where we left off, time to fulfill promises we made to ourselves regarding preparedness and time to assess where we are in our preparation journey. There are a number of topics left to cover but before I jump into a new area, I think it would be beneficial to assess your current level of preparedness and see what areas need improvement. Below is a preparedness quiz so you can rate your family's ability to handle unexpected emergencies. If you are lacking in an area, now is a good time to put some energy into getting things done.

OK, here we go. Enter a check mark next to the areas you have completed. Be Honest, No Cheating!!

- Does your family have an emergency plan in place?
- Has your family rehearsed your homes fire escape routes?
- Do all family members know where your emergency meeting point is located?
- Does your family know what to do before, during and after an earthquake?
- Do you have heavy objects hanging over beds? Remember, these can fall during an earthquake.
- Have you secured tall or heavy pieces of furniture and your TV's to the wall so they won't fall?
- Do you sleep with shoes near your bed to protect your feet from broken glass and sharp objects?
- Do you have access to an operational flashlight in every occupied bedroom?
- Do you check flashlight batteries on a regular basis?
- If a water line ruptures during an earthquake or other event, do you know how to shut off the water main?
- Do you need a special tool to turn off your water main valve? Do you own one?
- Is your water heater properly secured? (strapped to the wall)
- If you smell gas, do you know how to shut off the main gas valve?
- Do you have the specialized tool to turn off the gas and is it stored near the shut off point?
- Do you know who to contact to reopen your gas line and light your furnace pilot?
- Do you have working smoke alarms and carbon monoxide detectors located in the proper areas?
- Do you replace the smoke alarm and carbon monoxide detector batteries on a regular basis?
- In case of a minor fire, do you have fire extinguishers located in appropriate places? (Garage, Kitchen, etc.)
- Is your extinguisher fully charged and do your family members know how to use it?
- Do you have duplicate house and car keys stored outside your home?
- Do you have a grab and go binder located next to an exit door?
- Do you have an emergency radio with the necessary batteries?
- In case of an emergency, does your family have a means to communicate with each other? (cell phones and chargers, walkie talkies, two way radios)

In the event of a major emergency help may not arrive for several days.

Do you have the following on hand for your family?

- Sufficient food?
- Do you have a way to cook food without utility supplied gas and electricity?
- Do you have sufficient water for drinking, cooking, and sanitary needs, (3 gal per day/per person)?
- Do you have access to a 72 hour evacuation kit for every member of your family?
- Would you be able to transport these kits? (luggage carts, wheeled suitcases, wagon)
- Have you established an out of state contact?
- Do you have a first aid kit in each vehicle and in your house?
- Do you know how to treat minor injuries?
- Do you have a first aid book?
- Do you have emergency car kits in each vehicle?
- Do you have work gloves and assorted tools for minor rescue and clean up?
- Do you have emergency cash on hand? (ATM's and banks might be closed)
- Do you have a plan for emergency heat if the power goes out?
- Do you fill your car when the gas tank reads ½ full?
- Do you have extra batteries for the equipment that you plan to use?
- If you need medications, do you have a month's supply on hand?
- Do you have a plan for sanitation/toilet facilities if there is an extended water shortage?
- Do you have a supply of clothing that would be appropriate for various seasons?
- Do you have alternative lights sources? (Lanterns, candles, etc)
- Do you have a plan for alternative shelter if your home is unsafe?
- Do you have games or activities to entertain family members?
- Do you have supplies to purify water if needed?
- Do you have a supply of food and other necessities for your pets?
- Do you have extra formula and diapers for infants?

If you answered NO to any of the above questions, it is time to work on getting those items addressed.

I've added a couple of short quotes to encourage us to continue working on preparedness.

In an emergency, 10% will panic, 80% will do nothing and 10% will take action. I want to be in the last group don't you?

I am prepared for the worst but hope for the best. Benjamin Disraeli

For those of you who missed earlier Newsletters, I have attached Part I of a newsletter on Building a Three Month Food Supply. More will follow next month along with new topics of discussion.

Provident Living – June 2018 Newsletter – Part I

The Three Month Food Supply

This month we are moving forward in a new direction in our quest for self reliance and emergency preparedness.

Looking back, by now you should have:

- Completed your family emergency preparedness plan
- You should be organizing those documents that will be essential in the event of a disaster

For the next several months we will be focusing on the “All is Safely Gathered In” proclamation which was given to us by the First Presidency under the direction of President Thomas S Monson. This statement encourages us to have:

- A three month supply of food *that is part of your regular diet*
- Water
- A financial reserve – cash on hand
- A long term supply

For many years we have been told to store up food and other necessary items. At one time we were instructed to have a two year food supply. Members of the Church were prepared! We were food hoarders!

I have to share one story with you. During my husband’s career in the airline industry we moved a lot. The first step in the moving process was to have an estimator walk through my home and inventory those items that were moving with us. The estimator would then establish a weight for our household goods. This determined, among other things, the size of the truck that would move us.

Once the estimate was accepted the movers were sent in to pack everything and load it onto the moving van. The Truck Driver was in charge. Before anything else happened he would walk the house to get a feel for the load and how it was to be packed. On one particular move our load was estimated to weigh about 24,000 pounds. As the driver walked through the house he kept telling me that he really didn’t see enough to justify that weight. He was a little confused. I told him I was sorry but all I had to go on was the estimate. Just then his partner, who had drifted down to the basement to see what was there, yelled up the steps, “They’re Mormons”. My food storage had been discovered. The driver shook his head said, “Guess we’ll be moving a lot of wheat”.

In my basement I had 4000 pounds of wheat, a necessity for a family of 6 if we were going to survive for two years. I had hundreds of pounds of sugar, beans, rice and TVP. I had #10 cans of potato pearls, dry pudding, vegetable soup mix, fruit punch and cocoa mix. There were also cans of powdered milk, powdered cheese and powdered butter. I could go on but I think you get the picture.

As time progressed, I looked at my food storage I asked myself, “What in the world can I serve my family with this stuff?” How can I prepare a meal? I have canned macaroni but no sauce. I have rice, but how often will my family be happy with a bowl of rice? There was no way I could prepare the kind of food that my family was used to eating.

Then came the advent of dehydrated and freeze dried foods. Do you remember Sam Andy? I started shopping. I added beef stroganoff, turkey and rice casserole and freeze dried pork chops to my shelf. I cherished my \$45.00 can of freeze dried raspberries! It would take a pretty big disaster to get me to open that can!

Fast forward to today. Times have changed and our ideas regarding storage have changed. History has proven that the chance of wide spread, prolonged disaster is not as common as short term issues. Although not as dramatic,

those short term problems can be just as devastating to a family. As a people we need to be prepared for both situations. It is important to understand the difference between a **Three Month Supply** and a **Long Term Supply**.

Exploring the differences between a Three Month Supply and Long Term Storage:

The Three Month Supply

- A Three Month Supply is made up of the foods you eat as part of your normal, daily diet
- A Three Month Supply includes everything in your pantry, your refrigerator and your freezer
- A Three Month Supply is made up of canned, frozen and packaged foods plus those produce items that can be stored in a cool/dry area for a short period of time such as potatoes, carrots and onions
- A Three Month Supply contains foods that will allow you to prepare a good, nutritious meal that your family will enjoy.
- A Three Month Supply is like having a mini grocery store in your own home
- A Three Month Supply is easy to rotate. Since you eat all of these foods on a normal basis, as you take a can from the shelf, you replenish it the next time you are able to shop.
- ***A Three Month Supply is not long term survival eating***

The Long Term Supply

- A Long Term Supply consists of foods with a long shelf life
- A Long Term Supply includes foods that will last 30 years or more if properly stored
- A Long Term Supply includes foods that you can use to stay alive
- A Long Term Supply includes wheat, white rice, beans and pasta
- A Long Term Supply can include shelf stable dehydrated foods and freeze dried foods
- ***A Long Term Supply is survival eating***

When will I use my supply?

Adversity will come to all of us at some time. When you hit a rough spot in the road you will use your **Three Month Supply**. If there is a loss in income or if you have unexpected bills, you will have food on hand to feed your family so you can use your cash to meet other obligations. If there is an illness or a broken bone that keeps you sidelined, you will have plenty of food to eat without going to the store. If the car won't start or if you have 4 feet of snow in your driveway you will be able to feed your family. *If a neighbor is in need you will be able to help them by preparing a meal.*

Your **Long Term Supply** is your insurance package. We do not know what the future will bring, but we need to be prepared. A catastrophic situation could force us into survival mode. It is at this time that you will use those items in your long term storage. It won't be fancy but at least there is food to sustain life. It is up to you to decide when to break into these reserves.

Next week you will receive Part II of this **Three Month Supply Newsletter**. It will include step by step instructions on building your short term supply. In the meantime if you have questions, please feel free to give me a call.

Dianne Berry, Emergency Preparedness and Self Reliance ... 801-992-3373

Provident Living Newsletter – A Post Script

October 2019

I wrote the October Emergency Preparedness Newsletter a couple of weeks ago in preparation for mailing it out mid-month. Since that time, something has come to my attention that I wanted to share with you.

I am sure you all heard about the preemptive power shut off in California. One million people had their power turned off. This power interruption lasted from two to five days. You might be asking why I should be concerned about this event. Well, the same thing could happen here in Utah. The Utah power companies have announced that they have the option to cut power during high fire danger conditions especially if there is also a high wind warning. Some of the most destructive fires have occurred when power lines were blown down and sparked ground fires in the brush where they landed.

A couple of my children live in Vacaville, California; in an area where the power was cut. This is what they experienced. Early in the week they were warned that the power might go down. Two days later service was cut. How did this impact them? You can imagine what it would be like for an entire town to go dark. There was no electricity flowing to their homes. Their refrigerator and freezer were warming up. They had no air conditioning. They had no hot water. Local stores and restaurants were closed. You couldn't pump gas. You couldn't tend to banking issues. Schools were closed. Doctor's offices were closed. The list goes on and on. Nothing was working.

My granddaughter is diabetic and had almost \$5000.00 worth of insulin in her refrigerator that needed to be kept cold. Other people were unable to use medical devices or powered wheel chairs due to lack of electricity. This is something we need to plan for. PG&E, the California power company published a list of recommendations of what a person needed to do to be prepared for this type of event. Many of the things on the list are things that we have discussed before: emergency bags, keeping phones charged, keeping extra batteries, using flash lights instead of candles, having cash on hand, keeping your gas tank above ½ full, etc.

They also added a few more hints that we should implement during a power outage:

- Keep ice and ice chests on hand to store medications and necessary food supplements.
- Freeze water in 1 liter bottles and spread them throughout your fridge and freezer. This will extend the cooling life of your appliance. Do not open the doors. A refrigerator lasts 4 hours, a freezer up to 48 hours. Adding ice bottles will add hours of cooling time.
- Get rid of spoiled food immediately. Do not take any chances.
- Unplug appliances and electronics so that they will not be damaged by a surge when power is restored.
- Use generators, grills and camp stoves outdoors ONLY.
- Use your car as an emergency generator by using a power inverter that turns DC current from your vehicle to AC current to power home devices from your car. I have no idea how this works, but I know there must be a Ward member or two that understands this.
- Check on neighbors
- Relocate to an area with power if possible.

Their power was out for 3 days. Once the fire danger is over, all power lines have to be rechecked before the utility can resume service. This can add 1 to 3 days to the power outage depending on your location. I hope this is helpful!

Sanitation

It had to happen sooner or later. We've covered most of the same topics surrounding Emergency Preparedness. Now, it's time to cover a topic that is essential, but not very pleasant to think about. SANITATION. Most natural disasters can affect your supply of fresh, clean water. Without clean water it is hard to keep other things clean.

During an emergency, sanitation can become a real problem. If you are not evacuated from your home and you are able to shelter in place, preparations should be made to handle hygiene issues. A look back at history would show us how disease and death spread rapidly through a community when proper sanitation procedures were ignored. Common maladies that present themselves in areas where sanitation is an issue include infected wounds, diarrhea, cholera, dysentery and typhoid fever. It is imperative that your family has an understanding of good hygiene practices and that those practices are strictly adhered to.

Clean hands, clean dishes, clean cooking pots, clean clothes, clean surfaces and basic hygiene issues need to be addressed to keep your family comfortable and protected from germs. There are numerous commercial products on the market in camping and outdoor stores. They range in price from fairly inexpensive to major investments. Many of these products are great for short term use, but you may be without services for an extended period of time.

What do you do if you get caught unprepared? Maybe that camper's portable toilet was not on your shopping list. There are solutions to this problem.

Sanitation Kit

A sanitation kit is recommended. This will be very important if you have to evacuate your home but you are still able to live on your own property. (For example, following an earthquake when your home might be unstable) Most of your sanitation kit can be stored in a five or six gallon bucket. Suggested items include:

- (2) 5 or 6 gallon buckets with tight fitting lids
- (2) Snap on toilet seats (purchase at emergency supply stores or on-line)
- (1) box of 13 gallon trash bags to line toilets and a box of 33 gallon trash bags to dispose of smaller used bags.
- (4) pairs of rubber gloves
- Box of disposable gloves
- Rolls of toilet paper
- Rolls of paper towels
- Pre-washed and dried flannel cut into squares, to use if toilet paper is not available. Wash them in hot water and bleach to re-use them
- Nilogel cleanup gel or Super Sorb
- (1) bottle of 3% Hydrogen Peroxide – antiseptic and cleaning agent for minor cuts and abrasions. Also a disinfectant when sprayed on surfaces such as the toilet seat.
- (1) box of baking soda – helps control odor, stops mold and mildew
- (1) bottle of white vinegar – used to spray surfaces, it kills 99% of bacteria, 82% of mold and 80% of viruses. Just spray on and wipe off.
- Chlorine bleach

- Borax
- Laundry detergent
- Dish detergent
- (1) Large bottle of hand sanitizer
- (1) Package of baby wipes
- Bottled water
- (1) Trash can with a tight fitting lid
- A supply of old newspapers or small plastic bags for wrapping garbage
- (3) spray bottles to hold bleach, peroxide and white vinegar
- Face masks
- Shovel
- Lime
- Essential oils and/or sprays for odor control
- Feminine Hygiene items
- Household cleaners that are part of your daily routine, ie Lysol, etc

NOTE: spraying vinegar and hydrogen peroxide (one after the other) will kill salmonella, shigella or E. coli bacteria.

Directions for Emergency Toilets in case the Plumbing is not Working.

Option #1

There are a couple ways you can make accommodations for the lack of a traditional toilet. You can create what is called a **Toilet in a Bag**. To do this, remove the water from your toilet bowl and line it with 2 sturdy trash bags. When the first bag is ½ full remove it from the toilet, tie it securely for disposal and store it in a tightly covered trash can until disposal service is resumed. You may need to take steps to control odor.

Option #2

1. Have two 5-6 gallon plastic buckets to make 2 toilets – one for liquid waste and one for solid waste.
2. Place plastic liners in each bucket/toilet. You should double line the one for solid waste.
3. Place the snap on toilet seats on the buckets.
4. When the toilet is not in use, be sure to place a tight lid on top of the toilet to control odor and disease.
5. In the toilet for urine, sprinkle one tablespoon of Super Sorb. It will decrease odor and absorb two gallons of fluid, turning it into a gel for easy clean-up and disposal. Super Sorb can also be used to clean up blood and vomit. Nilogel will do the same.
6. In the toilet for solid waste, sprinkle Borax or use one part bleach to four parts water. These solutions will decrease odors, disinfect and stop the spread of disease.
7. Wash your hands after each use by using soap and water. Use disinfectant wipes or hand sanitizer in a pinch.
8. When buckets/toilets are ½ full, tie them off and dispose of them in a trash can with a tight lid. If waste collection services do not begin again in a few days, you may need to bury the waste. Directions follow.

Directions for Disinfecting Surfaces.

Use ¼ cup of bleach in a quart of water to disinfect surfaces, or for less toxic chemicals, use undiluted hydrogen peroxide in a spray bottle and white vinegar in another spray bottle. Spray one after the other on surfaces that need to be disinfected, and then wipe off with a paper towel. Make sure you do not mix bleach and vinegar (only use them separately)

Waste Disposal

NEVER dump garbage or waste on open ground. The following instructions are usual practice for the military; “Bury garbage and human waste to avoid the spread of disease by rats and insects. Dig a pit two to three feet deep and at least 50 feet away from any well, spring or water supply. After dumping waste in the hole, sprinkle the top with lime and then soil to protect animals, hasten decomposition and decrease odors.” If possible, use biodegradable waste bags. Protect yourself by wearing gloves and a face mask.

Kitchen garbage should be drained and wrapped in several layers of old newspapers to absorb extra moisture. This will keep the trash ‘fresher’ for a longer period of time in your trash can. Again, make sure your can has a tight lid.

Water Purification

Following an emergency it is the goal of most communities and Federal Agencies to bring fresh water into the area within 72 hours. The severity of the disaster can affect how quickly this actually happens. You should have an alternate plan to provide clean water for your family.

If you still have water flowing through your pipes and into your home or to exterior faucets, that water may not be safe to drink. A broken pipe anywhere in the vicinity of your home can produce contaminated water. You should be prepared to boil your water before drinking it. You should have a large, heavy duty pot and a heat source to accomplish this. Be prepared to boil water in a large container over an open fire or barbeque grill. Just a hint, have some really good pot holders!

A good water purifier, though somewhat costly, can make a huge amount of water drinkable. If you can afford one, it is a good investment for your emergency preparedness supplies. There are several different brands available on the market. You should spend some time investigating them before you purchase one.

A good purifier will take care of 5 levels of filtering and purification

- Filtering out dirt, grass, rocks and debris
- Filtering out microbes such as parasites and bacteria (Guardia is a common parasite)
- Killing viruses (viruses are too small to be filtered out)
- Eliminating bad taste
- Eliminating bad chemicals

You should select a purifier that will meet these 5 goals.

There are also a number of other choices to provide clean water. Look into purification tablets and water straws. Emergency preparedness stores and camping/outdoor stores are good sources. The internet is also full of information on this topic.

Remember, the goal is to keep your family healthy.