

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE STAKE

FIRST 3 MINUTES



Leather Work Gloves



Sturdy Shoes



Flashlight



Whistle



Lightweight Clothing



All items secured to each bed frame in bag.

Imagine that you are jolted from sleep by a major earthquake the middle of the night. After the shaking stops, the lights are out and broken glass and other dangerous debris litters the floor. Doors are jammed shut. It is unsafe to walk barefoot and you need to protect your hands as you move things out of your way in the dark. What would you do? How would you stay safe? Answer: Have a 3 minute kit.

Make sure that each member of your household has a 3 minute kit securely attached to the bed. It should be attached to the bed since things can move around in an earthquake and you'll want to be able to find it in the dark. Your kits should contain sturdy shoes to protect your feet, leather work gloves to protect your hands, a flashlight, lightweight clothing, and a whistle, preferably metal. Make sure to tuck some socks into your shoes so you know where they are.

IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:

February's ONE Thing

Make a 3 minute kit for each member of your household.

DID YOU KNOW...?

The **Neighbor Helping Neighbor** website has great information about the Power of 3 Program, including short videos and handouts. It would be great to share with your neighbors or just as a resource to help your family as you improve your family's level of preparedness. Check out their great resources.

To learn a little more about 3 Minute kits please go to this link:
<http://www.nhnpreparedness.com/p/first-three-minutes.html>



This year we are gradually getting better prepared by going through the Power of 3 Member Preparedness Plan. You can find the Power of 3 plan at <https://www.orangestakelinks.com/> It's the fifth item down the list on the Local Links tab.

Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

HAVE A PLAN



**"IF YOU FAIL TO PLAN,
YOU PLAN TO FAIL."**
-BEN FRANKLIN

Emergencies can happen at any time. If your family was not together during an emergency, would you know how to reunite? How could you contact each other? Where would you meet? Who could you call? Take the time to discuss these issues before an emergency and then come up with a plan.

Key elements of your plan should include names and phone numbers for an out-of-state contact and a local contact, how to exit your house, an in-neighborhood meeting place, an out-of-neighborhood meeting place, work and school numbers, etc. Be sure to print up copies of your plan and keep them in your 3 minute kits and have it in electronic form too.

Click this link to watch a video and be linked to useful forms:
<http://www.nhnpreparedness.com/p/family-emergency-plan.html>.

You can also fill out the attached FAITH Plan and post a copy on your fridge or some other place your family can easily access.

Choose who you want contacted "In Case of Emergency" and list that person as ICE in your cell phone followed by their name and phone number. Emergency personal know to check cell phones for this info if you are unconscious or unable to speak. Make sure everyone in the family knows who the ICE contact is. List multiple contacts as ICE 1, ICE 2, etc. You should also have a hard copy in your wallet.

ICE IS NICE



PRACTICE YOUR PLAN

It's not enough to have a plan and a kit; you need to practice too. At least once a year, have a family emergency drill. Pick a night, then turn off the lights, and get into bed. After a designated signal, have everyone find their 3 minute kits in the dark, put on their shoes, then make their way outside to your family's neighborhood meeting spot. Make it a game for little ones so they don't get scared. Trust me, you learn a lot when you do this! (Don't rip open your plastic bag for the drill or you'll have to replace it.)



3 MINUTE KIT TIPS

- ☐ Check with your ward clerk to see if the ward has clear draw string bags on hand.
- ☐ Use a plastic grocery bag and some kind of strap to attach the bag to your bed.
- ☐ Check dollar stores for items like whistles and flashlights.
- ☐ Check out yard sales and thrift stores to find inexpensive clothing for your kit.
- ☐ For more ideas on "kit upgrades", contact Laurel Evans at the email below.

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared. If you have any questions, comments, suggestions, or corrections, please email me at OrangeStakePreparedness@gmail.com. Happy Preparing! You **can** do this!

Orange Stake Emergency Preparation & Response Plan

Emergency Preparation: "... If ye are prepared, ye shall not fear." Doctrine & Covenants 38:30

- ☐ Be **spiritually prepared**. (Pray. Read the scriptures. Keep covenants.)
- ☐ Implement the **Power of 3 Preparedness Plan**. (Go to www.OrangeStakeLinks.com for details.)
- ☐ Develop a **Family Communication Plan**. (Go to www.Ready.gov and search for "family communication plans.")
- ☐ Periodically **review and practice** your plan, and **update supplies** as needed.

"Remember; when disaster strikes, the time to prepare has passed." - Steven Cyroy

Emergency Response: When disaster strikes, respond with FAITH.

F**amily first**

Where is everyone and how are they?

A**ssess the situation**

What is the nature of the emergency?
Do you need to evacuate or shelter in place?

I**nquire after neighbors**

How are your neighbors?
Do they need help?

T**ell your status**

Report the status of your household
to your ward Zone Captains.

H**elp as needed**

First make sure your family is safe, then take care
of your neighbors. If you are able, reach out to
help church or community members.

Key Contact Information:

Your family's out-of-state contact	Contact Info
Your Zone Captain(s)	Contact Info
Your Alternate Zone Captain(s)	Contact Info
Your Ministering Brother(s)	Contact Info
Your Ministering Sister(s)	Contact Info

Ham Radio Frequencies:

Red 1 (144.310 MHz) = Stake Frequency	Red 2 (144.405) = Stake Backup	
Group 1 - Santiago Creek, Palmyra Red 3 (144.480)	Group 2 - Peters Canyon, Red Hill Red 4 (145.570)	Group 3 - Esplanade, Tustin Meadows Red 5 (146.550)