

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

Yes, we're still getting prepared for the first three days of a major emergency. Let's imagine that for some reason, it's not safe to stay inside your house. Maybe you can still stay in your yard or maybe you have to completely relocate. What would you do? Where would you go? What if this event happened during a time of extreme heat or cold or when it's rainy. How would you protect yourself and your family? Taking the time now to gather some shelter supplies can really pay off in the future.

This is a great time of the year to find camping gear on sale, so consider investing in a quality tent and sleeping bags for your family. Maybe you can even plan a fun summer camping trip to try out your new equipment. Even if you don't have the budget or storage space for those items, you can still have supplies on hand to create a temporary shelter. Consider purchasing items like tarps, rope, paracord, duct tape, plastic sheeting, heavy-duty trash bags, and solar blankets. There are also items like bivy sacks and Life Tents that are very compact and inexpensive and will provide a temporary shelter.

Other options if you can't stay in your house include going to a motel/hotel, a friend or family member's house, or to an official emergency shelter. An RV or camper can also be great shelters.

Here are some tips on purchasing a tent:

Article 1: <https://theprepared.com/gear/reviews/tent/>

Article 2: <https://guycounseling.com/survival-tent-options-emergency-shelter/>

Here is some information on bivy sacks: <https://www.rei.com/learn/expert-advice/bivy-sack.html>

FIRST 3 DAYS



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

July's ONE Thing

Gather shelter supplies in case you cannot stay inside your house.



EMERGENCY SHELTERS



**American
Red Cross**

Some people may think, "Why worry about storing shelter supplies? If the situation is that bad, I'll just go to a Red Cross emergency shelter." Here are a few things to bear in mind: 1) It might take from several days to two weeks before the shelter is even set up; 2) Your family could be separated since men sleep in different areas than the women and children; 3) You don't have much privacy or personal space so you're in close proximity to a lot of highly-stressed and possibly sick people; 4) Pets are not allowed; 5) They usually only serve two meals per day and you have limited options; 6) No law enforcement officers are allowed inside, so it can be a haven for criminals and drug dealers; 7) It's difficult to sleep because there are lights on all night and it's noisy.

In the worst of situations, shelters can be a blessing, but in general, you're better off being prepared with supplies, finding a motel, staying with friends or family members, or checking with church leaders to get help.

Here are some articles about shelters: <https://theprovidentprepper.org/the-facts-about-emergency-shelters/> and <https://www.foodstorage4moms.com/how-to-survive-in-an-emergency-shelter/>

This is our second year of gradually preparing by going through The Power of 3 Member Preparedness Plan.

You can find The Power of 3 plan at <https://www.orangestakelinks.com/>

See the "Emergency Preparedness" tab for previous issues of this newsletter and additional information.

Time For More?

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

SHELTER SUPPLIES

Here are some ideas for supplies to have on hand.

- Tent
- Sleeping bags
- Sleeping pad
- Cot
- Heavy tarps
- Rope
- Paracord
- Plastic sheeting
- Emergency blankets
- Duct tape
- Bivy sack
- Bedding
- Trash bags
- Tube tent/Life tent/emergency tent



RECIPE CORNER

RICE

There are over 40,000 different types of rice, but the Church's Home Storage Center sells just one type: Enriched, long-grain, white rice. If kept in its original can and stored in a cool, dry place, it has a shelf-life of 30 years. For a comparison, brown rice only lasts 6-8 months because it has a higher oil content.

You probably have lots of great ways to use rice, but below is a family favorite at my house.

SWEET & SAVORY COCONUT RICE

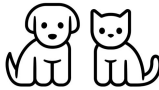
- 2 cups white or jasmine rice
- 1 (14 oz) can coconut milk
- 1 teaspoon kosher salt
- Splash of vinegar
- 2-3 teaspoons granulated sugar
- ¼ cup chopped green onions
- Black pepper and salt, to taste



Combine rice, coconut milk, water, salt, vinegar, and sugar in a saucepan and bring to a boil. Turn heat to low and cover for 20 minutes or until most of the liquid is absorbed. Allow to stand 5 minutes. Add green onions, black pepper and salt if desired, and serve immediately.

Notes: You can also cook it in a rice cooker. Brown rice also turns out well, but takes longer to cook. Coconut milk is a great item to have in your food storage.

DON'T FORGET YOUR PET



Emergency situations are hard on pets too. If it's not safe for you to be inside your house, it's not safe for your pets either, so make sure you have a plan for them too. Here are some general tips:

- 1) Make sure your pets have collars and tags with up-to-date contact information.
- 2) Get your pet micro-chipped.
- 3) Have a leash and/or pet carrier handy.
- 4) Before the emergency, have a list of pet-friendly hotels out of your area where you can go.
- 5) Don't wait too long to evacuate. Call ahead to your pet-friendly hotel to make a reservation.
- 6) Have an emergency kit for your pet too.
- 7) Make arrangements for a friend or family member to care for your pet if you have to evacuate.

Here is a link to more information:

<https://www.humanesociety.org/resources/make-disaster-plan-your-pets>

**BETTER TO HAVE, AND NOT
NEED, THAN TO NEED,
AND NOT HAVE.**

FRANZ KAFKA

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. This humble newsletter is my attempt to help myself and others get better prepared for life's emergencies, both big and small. Please join me on the journey and feel free to share this info with anyone and everyone. If you have any questions, comments, suggestions, or corrections, please email me at OrangeStakePreparedness@gmail.com. Happy Preparing! *You can do this!*