

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA 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 litter 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 their 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 can find them in the dark, and make sure your laces are untied.

Even if you made kits last year or the year before, now is the time to get them out and change batteries and/or clothes or shoes that don't fit anymore. If you want some ideas for ways to "upgrade" your kit, please see the February 2022 issue of *Just One Thing/Time For More* on the stake website.

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

## February's ONE Thing

**Make/Update a 3-minute kit for each member of your household.**

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 more about 3-Minute kits please go to this link:**

<http://www.nhnpreparedness.com/p/first-three-minutes.html>



### 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.

This is our third 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

## HAVE A FAMILY PLAN

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.



## 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.



You really learn a lot when you do a practice drill!! (**Don't** rip open your plastic bag for the drill or you'll have to replace it.)

## RECIPE CORNER

Continuing with legumes, lentils are another great item to have in your food storage. There are lots of foods you can make, like lentil meatballs, lentil soup, and lentil tacos. I will often make a double batch of lentil taco filling so we can have tacos and/or tostadas for a couple of meals. Then I'll take part of the filling and freeze it for future convenience and I make "Mexican Lasagna" with the rest of the filling so I can use up any old tortillas that have been sitting in my fridge too long.

### Lentil Tacos

- 1 cup finely chopped onion (or a handful of dried minced onion from your food storage)
- 1 garlic clove minced (or 1 tsp. garlic powder)
- 1 tsp. olive oil
- 1 cup dried lentils, rinsed
- 1 Tb. chili powder
- 1 tsp. dried oregano
- 2 ½ cups chicken broth or water
- 1 cup salsa
- 12 taco shells
- Toppings of your choice



In a large non-stick skillet, sauté the onion and garlic in oil until tender. Add the lentils, chili powder, cumin and oregano; cook and stir for 1 minute. Add broth/water; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until the lentils are tender. Uncover; cook 6-8 minutes or until mixture is slightly thickened. Mash lentils lightly. Stir in salsa and mix well. Spoon ¼ cup into each taco shell and top with desired toppings.

**Instant Pot Directions:** Using the sauté function, cook the onions and garlic until soft, then turn off sauté. (Or skip that step and dump in the dried minced onion and garlic powder.) Add lentils, seasonings, and broth/water. Cook at high pressure on manual for 12 minutes. Allow to natural release until you're ready, then mash slightly and add salsa.

## ICE IS NICE



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 personnel 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. Have a hard copy too.

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](mailto: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](http://www.OrangeStakeLinks.com) for details.)
- ☐ Develop a **Family Communication Plan**. (Go to [www.Ready.gov](http://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:

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