

December 8, 2019

## Shelter, Fuel, and Alternative Cooking

### Shelter

Besides protection from the elements, shelter provides a sense of security and well-being. It provides a place of belonging, direction, stability, and safety. One of the hardest parts of most disasters or crisis is that they threaten, compromise, or destroy home and shelter. This causes one of the biggest changes that people have to cope with. In Maslow's hierarchy of needs, shelter is one of the basic physical needs. These basic needs must be met before higher needs can be addressed. Healing and recovery from disaster will greatly be affected by adequate shelter. What have you arranged or considered in regards to shelter as you prepare?

There are three scenarios to consider in regards to shelter.

1. Sheltering in place in your home—This may occur if the crisis is not a natural disaster or if your home has sustained minimal damage. While you may not have electricity or other utilities and services, it is preferable to be able to stay at home. If this is the case, here are some tips and considerations:
  - a. Evaluate your home now. What rooms will have the best ability to stay cooler in the summer and warmer in the winter? Often these will be rooms in your basement. If you are able, making sure that these rooms can easily be converted into your main habitation is a good idea.
  - b. If the weather is cold, do you have something like a roll of plastic sheeting that you can use to mostly close off a room? \*You do have to have some airflow so that you don't suffocate.
  - c. If it is possible to set up a tent in a room in your home, this will provide a warmer environment to sleep in as well as a

screen from pests like flies and mosquitoes. Do you have such a tent?

- d. As discussed in the clothing and shelter section, it is important to have enough bedding to stay warm. A friend from Romania described to me how their rooms at university were so cold at night that they would wake in the morning with frost on the windows and on top of their blankets. She said her two-thick wool blankets and a hat kept her warm and well.
  - e. Did you know that you can place wet fabric over windows to help cool the air inside of your home?
  - f. Do you have plans for cooking if you do not have power or gas? Most alternative cooking methods are not ones you can use indoors. (alternative cooking is covered later).
  - g. If you are lucky enough to stay in your home, you can have some good plans and ideas for ways to keep food and how to set up the things you will need.
  - h. \*It is possible that you may have a personal crisis such as the loss of a job or an illness or injury. In such situations it will be nice to keep things as normal as possible. Do you have financial reserves that will allow you to still make any needed payments so that you can continue to stay in your home?
2. Sheltering in place, not in your home—In the event that your home is damaged, but it is still best and safest to stay on your own property, you may want to consider these things:
    - a. Can you set your back yard up kind of like a home so that you have different areas or stations to meet your needs? For instance, can you have a shed, tent, or other shelter for sleeping; a station that becomes the kitchen or food prep area; and another station for bathroom and hygiene? Can you set up a laundry and clothesline? \*You may also want a place for activities with games and other things that will help your children adjust. It is pretty easy to slip some simple travel games into your emergency supplies. I remember when Lynn and Merle Broadbent told about their mission with refugees. They talked about the problems of not having things to do and how games and activities helped. Positive interaction with other people, and especially service, help in recovery.
    - b. Are you familiar with how to have proper sanitation so that you keep your living conditions safe? If you have to stay

outside are you prepared with at least sun hats and mosquito netting?

- c. Do you have proper winter and summer clothing if you have to be outside?
  - d. Think though possibilities and what you might need in this situation. What do you have that would work for needs, and what do you need to get to be prepared?
3. Evacuation—If you have to leave your home and the area where you live:
- a. Do you have a map in your car and some possible plans as to where you will go and what you will do?
  - b. Do you have cash on hand for at least 3 days?
  - c. Do you have a 72-hour (or more) kit? \*Make sure you have enough food. In an emergency you will often need more than usual, not less.
  - d. Do you have a place to keep the important things you have taken with you like your important papers?
  - e. \*Have some positive activities and things to do with your family in mind to help relieve pressure and worry. It will help if they are familiar.
  - f. Have a plan for what you will do if you can't go back home.

\*When considering shelter, it is also a good idea to keep in mind that many families who have their home intact will be asked to shelter others who do not have an adequate place to stay. It may be wise to consider how housing others could affect you and how you might deal with that. If you are ever the one being sheltered it is a good idea to have an attitude of gratitude and be willing to adjust and help where you can. This situation would not be ideal for either side of such an arrangement.

## Fuel—Transportation, heat, and light

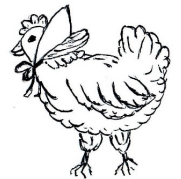
This one thing makes a huge difference in our lives and all we do every day. It feeds and creates the energy it takes to power our homes, our cars, and everything around us. It is pretty easy to take fuel for granted until all of a sudden it isn't there. Have you ever run out of gas at the side of the road? If your car doesn't have fuel, there is no going anywhere (same for electric cars running out of electricity). If your battery on your phone is out it won't work. If the power goes out, the plugs and switches in your home are useless.

Clear back when I was in high school we spent a year debating energy sources (fuels). That debate is still going on many years

later. Whether you use fossil fuels, atomic fuels, plant fuels, solar and wind, or even recycled garbage, there isn't an easy answer to having fuel in an emergency for more than a few hours or days. You may not realize how big of a deal that is until it is too late. Try going 24 hours without any gas or electricity and you will be amazed at how dependent you are on fuel.

While everyone realizes that the absence of electricity for an extended period of time would change the way we live and function, not many people are thinking about realistic preparations for such an event, and there are several things outside of the Apocalypse that could result in an extended power outage. Natural disasters and overload of the system have already caused these problems in some areas of our nation. Political unrest has caused this in other countries. I have been in European socialist countries where the government turned off power and water to push people to work in factories or when there aren't enough resources to go around. Did you know that many major cities in China do not have heat in the schools and factories during the winter, and that some days the power supply to factories just goes out and everyone has to wait hours or days for it to come back on while work is delayed? You may think that will never happen here, but when I was a child with both a ditch and a stream running through our yard, I didn't think I would ever see the day when Alpine City chose to control irrigation water either.

## Notes from Red Hen



Dear Red,

*This year we have a situation I have never had to deal with before. We have been invaded by mice. They seem to like the warmth of our fresh straw, and at night while we roost they sneak out and eat our food and keep us awake while they play. They are not tidy either, so our coop is starting to smell of mice. Some of the hens are allergic to them. We are about to be driven out by the mice. Help!*

*-Your Cousin, Speckle*