

Mark your Calendar

Eat, Drink, and Be Ready is Coming Up!

November 2, at 6:00-8:00pm in the Stake Center Cultural

Hall—Cooks from each ward will be preparing food from shelf-stable ingredients so that you can come to a big “tasting party.”

This is your chance to bring your family, find out what they like, and get the recipes that will help you in preparing a three-month supply of food you could eat on a regular basis.

Learn about Emergency Sanitation and Hygiene!

November 17, 7:00 in the Stake Center Relief Society

Room—This will be a class sponsored by the Cove Ward. The guest teacher is coming from Be Ready Utah. Sanitation is a vital topic everyone needs to know about in an emergency and we are fortunate to be able to have the chance to learn this information right here in our stake.

Questions

Here are some questions about shelf-stable meals and sanitation/hygiene. See if you know the answers. Then see if you find the answers at these two events. If not, these would be good places to ask questions.

1. What meal is covered the least at Eat, Drink, and Be Ready?
2. How can you incorporate vegetables and fresh things into your meals when living on food storage? If it is winter?
3. How can you deal with garbage without inviting rodents or burning? Why would burning be a problem?
4. Why can't you just use a “nearby bush” or make-shift outhouse for human waste in the event of an emergency?

Counting Your Wins

Modern Psychology is learning that it is more valuable to count your “wins,” (things you are successful in doing) than it is to feel negatively about the things you have not done so well. There are some things in our church culture that a lot of people hate to talk about because they bring on negative feelings in one way or another. These may be things like family history, sharing the Gospel, or emergency preparedness. If this is something you can relate to, chances are you are not doing as badly as it sometimes feels. Absolutely everybody I know feels they could do better on these things—even the people admonishing us about them. The point is not to be perfect, but to be working at it.

This is an emergency preparedness paper, so let's start here with counting and creating wins. Do you have one or two things that you have completed and that you have ready for an emergency? It could be emergency flashlights, water storage, 72-hour kits, or important papers. It could be a good supply of first-aid products for treating wounds for your family or a list of 10 meals you could cook from shelf-stable foods and a list of the ingredients you need to do that. Start evaluating what you have or could easily have ready in the next week. Make a list and put a smiley by the side of each thing you have already completed. As you finish something celebrate the win. Maybe that win is just a hygiene kit for one person in your family. Schedule in when you will accomplish your next step, and celebrate when you have it done. Whether you get a treat, a bit of time to do something you want, or a small victory dance the celebration is important. It reinforces success. That is something you want your brain to acknowledge. The more wins you celebrate the more you will create a pattern of success. Soon you will be able to replace those negative feelings that this topic conjures up with a feeling of accomplishment.

Don't focus on all the doom and gloom you can come across on a daily basis that instills fear, but focus on being prepared and all the opportunities we still have right now to prepare. You will find that when you approach hard topics like emergency preparedness with this kind of mind set you will be a lot happier when someone brings them up.

Important Papers

This is some people's very favorite emergency preparedness topic because it is a nice little compact bit of preparedness that you don't have to rotate and worry about a lot. Sure you need to update when you get a new car or a new member of your family, but for the most part it isn't hard to keep up once you have it together.

You need a file of your important papers in a small file box with a handle or in a large binder. Whatever you choose to keep them in it should be ready to grab and go any time you need to evacuate.

A lot of people think that if they have these papers all in a digital file it is enough. What if the power is down for weeks or months? Some people think that if they have these papers in a filing cabinet it is enough. What if you have to evacuate in a half an hour and your house is not there when you get back?

Did you know that FEMA will require proof that you own your home before they will let you occupy it? Did you know that you may need to prove that your children are really yours?

It is just wise to make sure that you have the documents you need to be able to put your life back together or carry on after a disaster. Don't rationalize. Just get your file together now.

You can find more information on our own www.ProvidentPapers.com web site including a list of papers you need. The best place to look is in the Preparedness Guide where two papers covered this topic in June and included a list of papers you need. You can find some good information there.

Here are two other links to lists for the documents you should file:

<https://www.justgreatlawyers.com/legal-documents-to-prepare-for-emergency-preparedness>

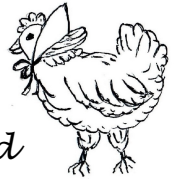
https://www.ready.gov/sites/default/files/2020-03/fema_safeguard-critical-documents-and-valuables.pdf

This is also an excellent article on preparing important papers and documents:

<https://theprovidentprepper.org/how-to-organize-critical-documents-for-emergency-evacuation/>

*Once you have your file of important papers completed, it is a good idea to copy it on to a USB drive/stick and send it to a trustworthy friend or relative out-of-state or put it in a safe deposit box. A back-up of such papers is a good idea.

Notes from Red Hen



Dear Momma,

Now that I am away from home I find that you were a very insightful chicken. The fact that you taught us how to plant grain, tend it, harvest it, grind it, and make bread means that I can duplicate that process rather than depending on someone to feed me every day. It is far-sighted, and I have appreciated many times the way you thought ahead when most chickens would just have eaten the grain on the spot or not prepared the coop in the fall and been cold in the winter. There were many other skills you taught us too, like how to store the things we need and how to keep our house and ourselves clean. I think that learning skills is very underrated for most animals. However, it has saved my life many times. You are a legendary chicken!

Love,
Cora