

## Stake Emergency Preparedness & Self-Reliance

Quarterly Newsletter

### If Ye Are Prepared, Ye Shall Not Fear



By Michael Kester

The coronavirus has caused fear among the whole world. People are wearing masks, world economies have been negatively affected, travel has been restricted, and people have been in quarantine. Matthew spoke of our day when he wrote, "For a nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places." (Matthew 24:7)

Spiritual resilience and self-reliance can bring peace in troubling times. Knowing that Heavenly Father loves us brings peace because we know that Heavenly Father has a plan for us as His children. Nothing which happens to us can change Heavenly Father's Plan of Salvation. Paul expressed his faith in the plan when he wrote to the Romans, "For whether we live, we live unto the Lord; and whether we die, we die unto the Lord" (Romans 14:8).

We can also prepare for disaster physically by ensuring that we have food storage saved for our family. Knowing that your family will eat in any disaster brings peace. Since the early days of the Church, we have been counseled to prepare for hard times.

"A cardinal principle of the gospel is to prepare for the day of scarcity. Work, industry, frugality are part of the royal order of life. Remember these words from Paul: 'If any provide not for his own, and especially for those of his own house, he hath denied the faith, and is worse than an infidel.'" ((McMullin, Lay Up In Store, 2007).

It is never too late to begin to prepare for hard times. Whether the fear of the coronavirus is justified or not, may we use this time to take stock of our preparation for disaster. May we prepare both spiritually and physically to obtain a greater understanding of the promise the Lord imparts with the declaration, "... if ye are prepared, ye shall not fear." (D&C 38:30).

~Kester



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#### Spiritual Insights

- Preparation, both spiritual and temporal, can dispel fear
- "...if ye are prepared ye shall not fear" (Doctrine and Covenants 38:30).
- "The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear" (Elder L. Tom Perry)



## Perspective & Habits

By Jason Bowne

As I look at the fact, we are already in March of the year 2020, I pause briefly to think about what it is that I thought about accomplishing this year. Some of the common themes come up; get in better shape, read more, be more consistent in my scripture reading. Personally, I am doing better in some of these, but I haven't really moved the needle on some others. As part of this quarters newsletter I wanted to address 2 areas I feel strongly about that I feel we can focus on to help our lives be a matter of thriving and not just living and enduring. As President Hinkley was quoted; "Life is to be lived, not to just be endured". These 2 areas are centered around perspective and habits.

### Perspective:

I was sitting in the BYU Marriot center on orientation for Jake (our youngest son) last year. Brad Wilcox addressed the parents and gave a profound statement that I will never forget, one that I use in conversation and at times to help people. He said, "to compare is natural but to compete is a choice". So why did this statement strike me so hard? Because I see so many people in and outside the Church, and now with social media it is prolific – not just comparing themselves but actually competing in a way for better status, more likes, to show off a more material position in life. All this work to no avail in getting true joy in our lives. For many they can sink into a state of depression or anxiety based on hyper-comparing, hyper-competing. I think of an interesting analogy when Christ visited Mary and Martha in Luke 10:38-42. Martha received Christ into her home, then asked Christ "Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me." Christ's response was in 2 parts that were masterful. His first response was acknowledged that she is careful and troubled about many things, my interpretation is he acknowledged she is a good person, a hard worker, and is a very good host to serve so well. He then gave perspective, "But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her." Mary must have known that, this is an opportunity that will more than likely never come again, I am going to savor every moment, learn everything I can, and feel the love Jesus has for me – oh and he is right here in front of me!!

Nephi is such a wonderful example of how to gain perspective. After his father, Lehi, received the vision of the tree of life, he told his sons and Nephi believed the words his father said. Nephi loved and respected his father greatly, however Nephi also was a man that was not satisfied with the words of others alone, especially when the words he heard were of a significant and eternal nature.

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[noreply@churchofjesuschrist.org](mailto:noreply@churchofjesuschrist.org)

*This is the church email address when email is sent from the stake or your ward leaders! Also ensure your contact information is up to date in the church website under your name in the directory of your ward. If you don't know how, probably ask a youth in the ward to help*



He went to the Lord and asked to understand what his Father understood. Not only was he given that knowledge, but he was given a perspective that would drive him for the rest of his life. There are times I wonder what it would be like to receive such revelation, sometimes I think it would be amazing, others I think it would be terrifying. My respect for how Nephi approached getting truth then how he handled what he saw is an example we can all emulate. Nephi saw the destruction of his people, all of them... Yet he carried on, married, raised children, was blessed by the Lord greatly. He had real Joy!

### Habits:

Most of us know the basics of a habit. We start doing something repeatedly, usually on some timetable (every day, week, month, year etc..). There are good habits and there are bad habits. From the perspective for this newsletter, I will define good habits as actions done to draw us closer to the Lord, become more self-reliant both temporally and spiritually, and bad habits doing just the opposite (distance us from Christ, perhaps only focus on temporal self-reliance and providing no focus or time on our spiritual self-reliance). Many of us focus on too big of habits that are hard to change, get frustrated and go back to our old ways. I know I have 'been there done that'. What I and many have found is that making small and simple changes will set new courses in our lives, sometimes with wonderful consequences we didn't expect. Replacing what we were doing with something else is key, don't remove something and leave a void! When Adam was asked why he built alters and made sacrifices, he answered and said that he didn't know but the Lord asked him to. He and Eve were blessed with wonderful things afterwards, largely due to the habits they put in place.

When I inspect my own life I see where I can make small changes, perhaps some of these will resonate with you and inspire you to make some similar small changes, I would love to hear what you do!:

- I am a technology guy and I love reading scriptures on my phone, however the temptation to check email, social media, etc... distracts me a lot. I now use airplane mode when reading scriptures – put your phone in

airplane mode and nothing will bother you for the time you are reading. When done, turn airplane mode off and the world of distractions comes right back

- Get your workout clothes out and ready the night before and get up 30 minutes early and do some exercise (walk, run, weights, HIIT whatever gets you moving and your heart rate up for 20-30 minutes) do this 5 days a week
- Put your phone away 30 min before going to bed and get your scriptures out and read them. Help your body feel the Spirit and have a good night sleep.
- Ponder what you are grateful for if only for a couple minutes a day, and pray to find opportunities to serve someone every day in whatever way they need served
- Get into bed from your knees and get out of bed onto your knees. Our Father wants to hear from us, and morning and nightly prayers are a wonderful way to be connected to our Heavenly Father.
- Follow the Prophet when he challenges us. President Nelson challenged us to get ready for conference, go read what he asked and look for ways to do what he said as conference is right around the corner!

Becoming self-reliant requires perspective. It takes time and patience. It takes hard work, persistence over time, and habits to drive consistency. It also takes belief in yourself, our Heavenly Father, our Savior Jesus Christ. It takes faith. It takes family AND friends. You can do it, I know you can, I believe in you in whatever your endeavors are! I was once told something that I truly live by, "if you don't like your circumstance, then change them, if you can't change your circumstance, then create them!" The Lord has and continues to bless us every day with amazing blessings. We have a body that has a brain that can do incredible things if we put it to work, feed it, nurture it. Let us remember Mary and Nephi and gain more perspective that can help us drive our choices and actions to better our own lives, the lives of our family, and all those we serve, and also remember Adam and his example of making a habit out of being obedient to the Lord.

-Bowne

## COVID-19 Facts

- ◆ *Cold weather and snow CANNOT kill the new coronavirus*
- ◆ *Cannot be transmitted through goods manufactured in China or any country reporting COVID-19 cases*
- ◆ *CANNOT be transmitted through mosquito bites*
- ◆ *Hand dryers are not effective in killing the 2019-nCoV*
- ◆ *Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body*
- ◆ *Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection*
- ◆ *People of all ages can be infected. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.*



## COVID-19

By Mark Kitchens

The Novel Coronavirus (COVID-19) is a current concern for communities and nations around the world. The respiratory virus travels fast and makes its presence known through symptoms similar to the common cold or the flu. Generally, the virus is very much like the flu and other respiratory borne illness. While this may seem as a problem to some, it actually acts for our benefit as a society in its prevention and protection from it. As the virus progresses across the globe, it's important to remember what your best bet is in prevention and what steps you can take to keep you and your loved ones safe. Hopefully, the below information can help you make the best decisions for keeping safe, help you stay abreast of current information, and let you know what the Church of Jesus Christ of Latter-day Saints is doing to prepare.

### What is COVID-19?

The Centers for Disease Control (CDC) labels COVID-19 as a new form of the current coronavirus groups that make up the common cold; "A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not that same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis."

The prognosis of COVID-19 in a community means that the CDC has identified an individual or population at risk and may take quarantine or other measures in order to reduce the transmission of the virus. This can vary according to leadership, population size and needs, as well as severity of treatment.

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Hospitals and medical centers are already preparing for increased screening for COVID-19 and are ready to treat any individuals infected. Please comply with any quarantine measures instilled by authorities and know that the Church is actively monitoring such situations and will support as needed in response (more on that below).

### **What are the symptoms of COVID-19?**

COVID-19 has the same symptoms as most common coronaviruses, such as the common cold:

- Fever
- Cough
- Shortness of breath

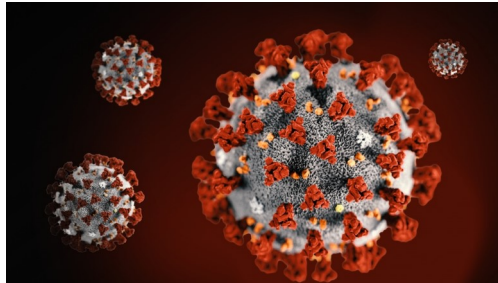
Symptoms can last up to 14 days after exposure, so it's possible that you've been contagious for a full 2 weeks before symptoms appear. For some, these minor symptoms are all that will appear or occur from a COVID-19 infection. For others, serious conditions may progress and worsen. Individuals at highest risk are the elderly and those with pre-existing conditions. Children have shown very few serious reactions to COVID-19 with no morbidity among infants.

### **What treatments are currently available for COVID-19?**

If you're identified as a carrier of COVID-19, you'll most likely be

placed in hospital care for treatment. Please note that "treatment" does not equate to a "cure." Treatment of COVID-19 includes reducing the effects of the symptoms (which range in severity) and preventative treatments. For example, the elderly and those with preexisting conditions are at far greater threat to complications and serious reaction to COVID-19 than younger individuals. Treatment is based on the severity of reaction of the individual and their background of preexisting conditions, along with their demographic age.

### **How can I prevent getting COVID-19?**



Preventing COVID-19 is similar to preventing any coronavirus transmission. CDC has released the following

guidelines in order to help prevent becoming infected:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

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- Follow CDC's recommendations for using a facemask.
  - ⇒ CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - ⇒ Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - ⇒ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.



These may seem very common sense, but it's important to reiterate that transmission of respiratory disease in most cases is because these simple steps are not being followed. Help prevent transmission to those who may be at greater risk than yourself by simply staying home if you don't feel well; this includes Church

Services and Meetings.

Since severity of COVID-19 is also based on other underlying conditions, staying up-to-date with current vaccinations (including the flu shot) and medications will help limit any issues associated with COVID-19 treatment.

### **What is the Church doing in response to COVID-19?**

Kansas City Stake Leadership is well aware of the COVID-19 hazard and is actively planning for possible outbreaks in the Kansas City area. As there are currently no cases of COVID-19 in the Kansas City area, there is no need for response. Should this change,

Stake Leadership will send out notification of any changes to scheduled Services

and Meetings through Ward Leadership for the General Congregation. This may include cancellation of meetings, changing in meeting times/dates, and even virtual capabilities for worship. As of now, no changes are in effect and any shifts will be properly disseminated when needed.

Latter-day Saints should take precautions with the above tactics and remember to stay home from Church Meetings and Services should they feel ill.

If showing symptoms, seek immediate medical attention with your doctor.

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If you are found to be an infected case of COVID-19, please contact your Bishopric and let them know so that any temporal or spiritual needs you may have can be handled by your Ward Members and Leadership.

The Church of Jesus Christ of Latter-day Saints also maintains wonderful Emergency Preparedness information for pandemic situations. While based on a flu-scenario, the information is still valid and can help you prepare for any virus-based hazard.

### **When will a vaccine be available?**

There is currently no vaccine available for COVID-19. Vaccines are currently being tested by production companies in accordance with Food and Drug Administration (FDA) guidelines and will be available to the general public upon release. Any vaccine released to the general public and cleared by competent officials is highly recommended as a preventative measure. The Church of Jesus Christ of Latter-day Saints has long stood behind vaccinations and their effectiveness.

### **Where can I go to keep up-to-date with information?**

CDC has setup a wonderful Guidelines Page for COVID-19. While there are many articles and opinion pieces currently flooding the news media markets, any official news and statements will come from the CDC Website directly; please note that some officials may have their own personal opinions, but official declarations will come directly from the CDC's news sources and Public Information Officers (PIOs).

With any new virus or disease emotions tend to run high. Please know that the Lord watches over all people and hears our prayers. Also know that things are seldom as bad as the world would have you believe. Take care and precaution, but also be aware that your nation, community, and the Lord's Church stand ready to help you and your family should anything occur. Keep up to date with information from national news sources and visit the CDC's Guidelines Page for more information.

~Kitchens

## **CDC Steps to Prevent Illness**

### **Clean your hands often**

◆ *Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.*

◆ *If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.*

◆ *Avoid touching your eyes, nose, and mouth with unwashed hands.*

### **Avoid close contact**

◆ *Avoid close contact with people who are sick*

◆ *Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.*



## Tornado Facts

- ◆ Most twisters or cyclones travel from southwest to northeast and can move in the opposite direction for short periods of time. A tornado can even backtrack if it is hit by winds from the eye of the thunderstorm.
- ◆ Twisters strike predominantly along Tornado Alley — a flat stretch of land from western Texas to North Dakota. This region is a hotspot for tornadoes because the dry polar air from Canada meets the warm moist tropical air from the Gulf of Mexico.
- ◆ Tornadoes are most likely to occur between 3 pm and 9 pm, but can occur at any time.

<https://www.dosomething.org/us/facts/11-facts-about-tornadoes>



## Spring Tornado Preparedness



By Mark Kitchens

It's that time of year in Kansas City once again. The cold air is moving out, with blizzards and snowstorms becoming a thing of the past and warm, moist air pushing into the region. While we're all happy to see warmer days, new hazards change with the seasons. Tornadoes and

Straight-line Winds will be coming into the area and onto a news forecast sooner than later. It's time for a refresher on how to prepare for these hazards, what actions to take in response to them, and what standards the Stake has for Watches and Warnings.

Tornadoes are a common occurrence in the Kansas City area and Midwest at large. Tornadoes form as two opposing High and Low pressure fronts collide, bringing moist, warm air in contact with cold fronts. The sudden mixture of moisture and air temperatures brings high winds and dropping, funneling cyclones in some cases.

In spite of many common beliefs, wind is not the greatest hazard in tornadoes- at least not directly. Tornadoes bring an amazing amount of debris with them as they rip through trees and buildings. Flying debris from tornadoes can be flung miles away, reach up to 20,000 feet in the air, and travel over 200mph. Under these circumstances debris becomes a pummeling missile and deadly if coming into contact with an individual. In order to survive a tornado, your best bet is to get out of their way.

Preparing for a tornado is simple: be aware of the weather; receive alerts and warnings from the National Weather Service; and have an acceptable safe shelter-place at your home and work.

**Sheltering in Place:** If you are in the path of a tornado, taking shelter is the only acceptable option. The general rule of thumb is to go to the lowest level of a building, to the most interior room. This may be a bathroom, stairwell, or even a basement. By getting below ground, indoors, you are getting out of the wind's path and the debris that comes with it. While the building above you may suffer damage, by getting below it you're escaping the storm above.

**Sheltering in Chapels:** Kansas City Stake chapels do not have a below-ground level. This leaves the best option to go to the most interior room- tornadic damage is limited as it moves through buildings. In Kansas City Stake chapels, the most interior rooms are the Cultural Halls. The Cultural Halls, while open and large, offer the best refuge for large groups during Church Services or Meetings. Please note that taking shelter in the hallways is unacceptable as they act as a wind-funnel during tornadoes. When sheltering in place at the chapels, please crouch down and place your hands over your head and neck.

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This position is to reduce surface area for damaging debris to hit and covers vital areas with your hands.

**Alerts and Warnings:** NWS monitors weather patterns constantly and issues alerts and warnings accordingly across the United States. With tornadoes, NWS issues two different alerts: Tornado Watches and Tornado Warnings.

**Tornado Watches** mean that the conditions are favorable for a tornado to occur in the area. Tornado Watches are usually issued before storms form or have entered the area. When a Tornado Watch occurs, please keep an eye on the weather constantly, as things can turn in a moment. During Tornado Watches limit travel and cancel any activities where proper sheltering locations won't be available. In other words, don't get stuck out on the road and don't be caught outside during a Tornado Watch.



**Tornado Warnings** mean that a tornado is active in the area and has touched-down. In a Tornado Warning you should immediately take shelter. There is no good reason to leave during a Tornado Warning out of your sheltering location. Wait until the Tornado Watch has been lifted before coming out of your sheltering location.

Receiving Alerts and Warnings from NWS is very simple; download the Federal Emergency Management Agency (FEMA) App on your smart device, make sure that your smart phones have push alerts for Wireless Emergency Alerts (WEA) active, and tune into 162.550 MHz on your radio for the National Oceanic and Atmospheric Administration (NOAA) weather radio

updates. Local news stations will also give advice and warning leading up to any potentially tornadic front moving into the area.

**Kansas City Stake Emergency Standards:** The Kansas City Stake has several standard policies for dealing with tornadoes:

In a **Tornado Watch** priesthood leadership is to seriously consider any activities as well as rescheduling them. Leadership should also carefully monitor the weather and change responses according to how severe the outlook becomes. Travelling should be extremely limited any outdoor activities are automatically to be cancelled.

In a **Tornado Warning** all Church related activities are cancelled. Members should shelter in place immediately wherever they are, including in Church buildings. Safety is of utmost importance, and Members should be told ahead of time that activities and

meetings are automatically cancelled in a Tornado Warning in order to assure that there is no confusion and Latter-day Saints are not caught out on the road attempting to arrive at meetings while a tornado is active.

Whatever the case, remember to pay attention to the weather this spring. Tornadoes can happen at any time of day and in any weather scenario. Having a plan in place and preparing a tornado shelter will help you survive any storm. For more information on tornadoes and preparation, go to: <https://www.ready.gov/tornadoes>.

~Kitchens

## Self-Reliance Services

### What is Self-Reliance?

“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family” (Handbook 2: Administering the Church[2010], 6.1.1).

President Thomas S. Monson has counseled, “[Self-reliance] is an essential element in our spiritual as well as our temporal well-being.” (“Guiding Principles of Personal and Family Welfare,” Ensign, Sept. 1986, 3)

## 12 Principles of Self-Reliance

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise that the Lord will provide temporal blessings and open the door of self-reliance. He has also declared that “it must needs be done in [His] way” (D&C 104:16). To receive the blessings of self-reliance, we must accept and live the principles of self-reliance, which include the following:

Exercise Faith in Jesus Christ (D&C 104:15)

Use Time Wisely (Alma 34:32)

Be Obedient (D&C 130:20–21)

Manage Money (D&C 104:78)

Work: Take Responsibility (D&C 42:42; 2 Nephi 2:16, 26)

Solve Problems (Ether 2:18–19, 23; 3:1, 4)

Become One, Work Together (Moses 7:18; D&C 104:15–17)

Communicate: Petition and Listen (D&C 8:2)

Persevere (Hebrews 12:1; D&C 58:4)

Show Integrity (Mosiah 4:28; Job 27:5; Articles of Faith 1:13)

Seek Learning and Education (D&C 88:118–119)

## Kansas City Stake Self-Reliance Committee Members

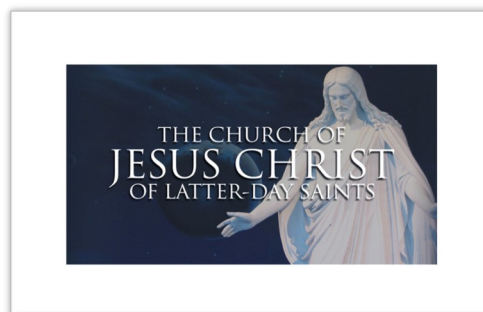
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