

Stake Emergency Preparedness



Physical & Spiritual Preparation

By Michael Kester

Elder Dieter F. Utchdorf stated, “The Giver of all life has proclaimed, “All things unto me are spiritual, and not at any time have I given unto you a law which was temporal.” This means to me that “spiritual life is first of all a *life*. It is not merely something to be known and studied, it is to be lived.”

Unfortunately, there are those who overlook the temporal because they consider it less important. They treasure the spiritual while minimizing the temporal. While it is important to have our thoughts inclined toward heaven, we miss the essence of our religion if our hands are not also inclined toward our fellowman.”¹

The relationship between the physical and spiritual is emphasized by the City of Enoch, “And the Lord called his people Zion, because they were of one heart and one mind, and dwelt in righteousness; and there was no poor among them.” (Moses 7:18) The people in the City of Enoch not only focused on the spiritual aspects of one heart, one mind and dwelling in righteousness but involved the physical needs of the poor. *(Continued on page 2...)*



Inside this issue

Physical & Spiritual Prep	1-2
Self-Reliance Tip—Elder Hales.....	3
Food Storage Essentials.....	4-6
First Presidency Message.....	7
Hypothermia.....	8-9
Winter Preparedness.....	10-11
12 Principles of Self-Reliance.....	12

Spiritual Insights

- In a crisis, our faith in Christ may be all we are left with
- "Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them" (Ezekiel 38:7).

Physical & Spiritual Preparation *(continued from page 1...)*

The Church of Jesus Christ has inspired programs to help us become a Zion people like the City of Enoch. First, donating a generous fast offering. This program follows the example of Jesus Christ by literally feeding and caring for short-term physical needs.

Second, the recent change to ministering versus home and visiting teaching. We as members of the church get the opportunity to truly care for the temporal and spiritual

welfare of the households to which we are assigned. The days are gone of checking a box. It is our duty and blessing to bring the families we visit closer to Jesus Christ and also to ensure that the physical needs of the family are met.

Third, the Self-Reliance Initiative. The church has classes to help individuals and families become self-reliant both physically and spiritually. *(Continued below...)*

“While it is important to have our thoughts inclined toward heaven, we miss the essence of our religion if our hands are not also inclined toward our fellowman.”

Areas of Preparation

- ◆ Generous Fast Offering
- ◆ Ministering
- ◆ Self-Reliance Initiative

“And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.”

(Matthew 25: 40)

(Continued from above...)

My Foundation Principles help individuals build habits of reading the scriptures and build spiritual self-reliance.

The **My Foundation** principles are coupled with discussions on how we can become more physically self-reliant. Those who become self-reliant can more easily help their neighbors. By inviting those who we know to these classes, we help them become more like the people in the City of Enoch.

Jesus Christ stated, “Then shall the righteous answer him, saying, Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. (Matthew 25: 37-40) -Kester



A Self-Reliance Tip from Elder Hales

As a pilot in the air force, I learned this principle: never deliberately fly into a thunderstorm. (I won't tell you how I found that out.) Instead, fly around it, take another route, or wait for the storm to clear before landing.

Beloved young adult brothers and sisters, I want to help you “fly right” in the gathering storms of the last days. You are the pilots. You are responsible to think about the consequences of every choice you make. Ask yourself, “If I make this choice, what is the worst thing that could happen?” Your righteous choices will keep you from getting off course.

How can I become spiritually self-reliant?

You may want to conduct what I'll call a “personal council.” After praying, spend some time alone. Think about what is ahead. Ask yourself: “What areas of my life do I want to strengthen so that I can strengthen others? Where do I want to be a year from now? two years from now? What choices do I need to make to get there?”

Just remember, you are a pilot, and you are in charge. I testify that as you come to yourself, your Heavenly Father will come to you. By the comforting hand of His Holy Spirit, He will help you along.

Excerpt from the October 2015 General Conference
Meeting the Challenges of Today's World
Elder Robert D. Hales

Points to Ponder

The Lord has said, “It is my purpose to provide for my saints . . . but it must needs be done in mine own way” (Doctrine and Covenants 104:15, 16). This is a promise that Heavenly Father will help take care of His children as they follow Him. Self-reliance does not mean that we can accomplish or obtain anything we want. If we are self-reliant we believe that through the power of Christ, and through our own effort, we can work for the spiritual and practical needs of life. Many people can become more self-reliant.

www.lds.org/self-reliance



Food Storage Essentials

By Mark Kitchens

I remember when I was a kid, having a stocked pantry was not abnormal. In fact, most of the households in the area where I grew up would very frequently keep at least a couple weeks' worth of food stocked up at their house. Keeping a year's supply of food, a three month supply, and a 72 Hour Kit full of food is a great way to stay prepared. Sadly, the pantries and store rooms are usually empty in most homes. Changing that can help keep you prepared not only for emergency incidents, but more stable through long-term crises; unemployment being the top of the list. Let's review some simple facts about food storage and how we can make our homes, Wards, and Stake a more resilient place.

Ideally, you should have a year's supply of food on hand; 9 months of long-term basics (wheat, flour, rice, beans, oats, sugar, etc.) and 3 months of rotatable shelf stable foods (canned vegetables/fruits, dehydrated food, cake mixes, oils, etc.) While no disasters currently on the horizon would cause you exercise a full year's worth of food, remember, smaller personal disasters can occur. Think of the benefit already having a year's worth of food would cause if you were to lose your job. The first step is to take inventory of what you have and what you and your family eat.

Many people don't know where to start with Food Storage because they have no idea what to buy. Start off by tackling the 3 month supply of rotatable goods. These should be shelf stable products which you eat on a normal basis. Next time you go grocery shopping, while checking out, look at the products you've bought. Make a list of the items which you buy a lot and those which are shelf stable. Those items make up a good starting point. Add to your list any other items you can think of that you may want in the next 3 months.

I know it seems daunting, but it's your first step towards a more prepared household. The next thing to do is to begin to buy up a 3 month supply of these items gradually. Don't try to jump in all at once, that initial excitement usually doesn't last, and it needs to. Once you've garnered a 3 month supply, keep it up! When you use an item, put another one on your grocery list. *(Continued on the next page...)*



Optimum Length of Storage for Quality and Nutrition

- ◆ Prepared flour mixes (8-months)
- ◆ Canned vegetable juice, pickles, cornmeal, cold breakfast cereal, packaged dry beans/peas/lentils, canned evaporated milk (12-months)
- ◆ Canned fish, jams & jellies (18-months)
- ◆ Canned fruits & vegetables, canned fruit juice, dried rice, dried pasta, and dry milk products (24-months)
- ◆ Canned potatoes and dehydrated potatoes (30-months)

Source: *Utah State University Extension*

Too many people build up a good 3 month supply just to let it sit there, never used, or don't keep it up and soon learn it's dwindled down to a 3 day supply.

Now, a year's supply of food for a single person is a lot, not to mention for an entire family. Please think about what staples you would use. As for me and my family, we eat a lot of baked goods, rice, and beans. The basics for those are easy. We once bought a ton of oats to supplement it. While everything else is rotated on a slow basis, the oats have not. We don't like oats. Sure, they can be used in lots of recipes, but I just don't care for them. Be conscious of this when creating your year's supply- what WON'T you eat.

Once you've finished the 3 month supply, try and buy the 9 month items in bulk and large quantity in large purchases. This will make storage of the items and buying them a little easier and cheaper. Look up prices ahead of time online to make sure you're getting the biggest bang for your buck. 9 month items should be cycled, be it ever so slowly. Keep a storage container of flour, sugar, rice, and beans out of rotation, easily accessible in our kitchen. Whenever one of these bins gets empty, we buy another sack of flour, sugar, beans, whatever, to fill the empty container, then rotate it to the back of the line, pulling out the next. This makes it easier to keep up to date with our 9 month items and creates an automatic cycling system.

In order to have the right mix of essentials necessary, you need to look at your family make-up as well as your needs. For every person in your family, look at your previous inventory, and decide what long-term and 3 month food storage you should be putting away. Remember, there's no golden rule on

amounts or items, but in general, you should store foods you're familiar with and which are easy to prepare. Keep amounts to normal feeding habits as well; it's easier to survive bad times by having familiar products and foods on-hand.

One of the most difficult things to deal with in food storage is the storage part. A year's supply can easily fill a normal size bedroom. Storing the food at the ideal temperature and moisture level also comes in to play. Storage outside will expose your stores to the elements, pests, and uncontrolled temperatures. Inside is the safe play. Storage places can be found. Climate controlled garages are an excellent location.

Dens, offices, and guest bedrooms can also be utilized. Storage closets and basements (if all climate criteria are met) can be perfect locations. I recommend some place easily accessible, as the



harder it is to get your food from storage to your kitchen, the less likely you will be to use it.

Lastly, the words of Keith B. McMullin of the Presiding Bishopric from April 2007 layout perfectly the Lord's design in preparing his Saints:

"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 (e)specially for those of his own house, he hath denied the faith, and is worse than an infidel.'

Seated before us are the three presiding high priests who constitute the First Presidency of the Church.

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(Continued from page 5...)

From President James E. Faust, Second Counselor, we hear: ‘Every father and mother are the family’s storekeepers. They should store whatever their own family would like to have in the case of an emergency ... [and] God will sustain us through our trials.’

From President Thomas S. Monson, First Counselor, we hear: ‘Many more people could ride out the storm-tossed waves in their economic lives if they had their year’s supply of food ... and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year’s supply of debt and are food-free.’

From President Gordon B. Hinckley, the Lord’s prophet, we hear:

‘The best place to have some food set aside is within our homes. ...

‘We can begin ever so modestly. We can begin with a one week’s food supply and gradually build it to a month, and then to three months. ... I fear that so many feel that a long-term food supply is so far beyond their reach that they make no effort at all.

‘Begin in a small way, ... and gradually build toward a reasonable objective.’

Inspired preparation rests on the foundation of faith in Jesus Christ, obedience, and a provident lifestyle. Members should not go to extremes, but they should begin.”

-Kitchens

For more resources please visit:

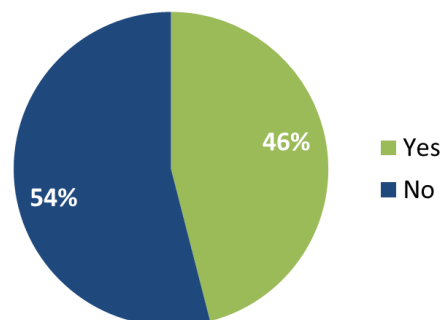
<https://www.lds.org/topics/food-storage?lang=eng> for more information.

Did you know?

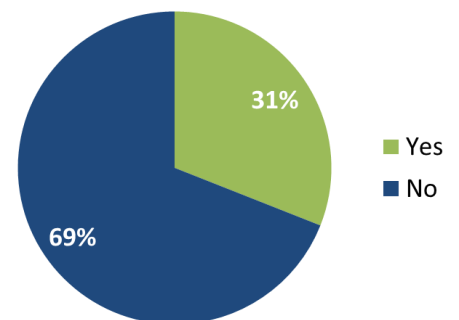
In the last survey (2018), less than half of the members surveyed said they had a 3-month supply of food storage at home and less than a **THIRD** have a 12-month supply of food storage!



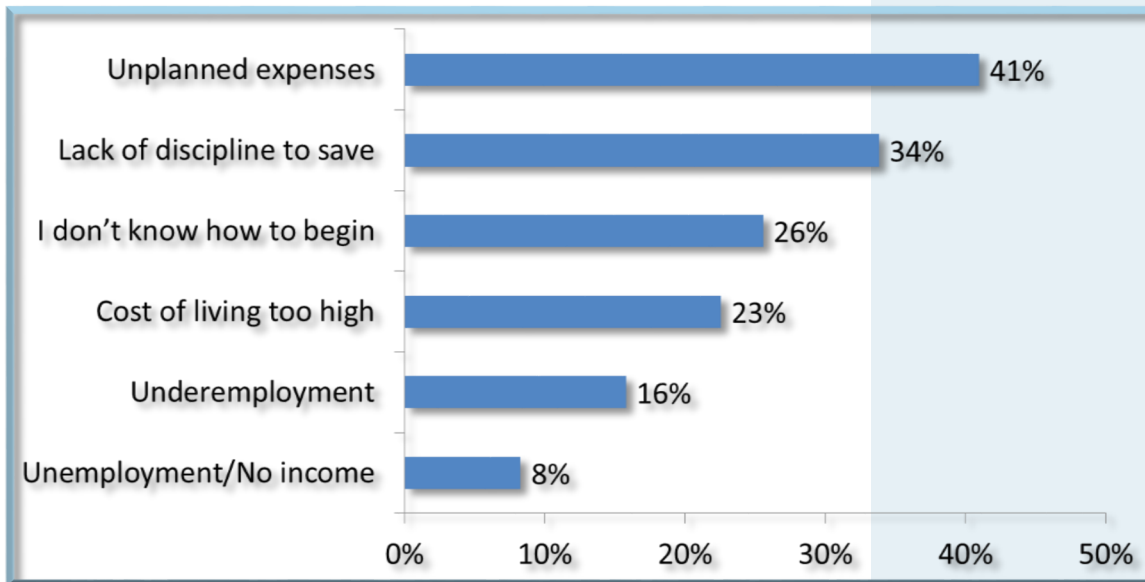
2018 3-month food storage



2018 12-month food storage



What obstacles are preventing you from having a 3-month supply of food storage at home?



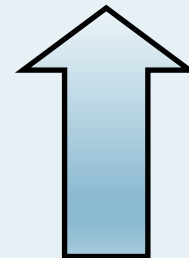
We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve.

We realize that some of you may not have financial resources or space for such storage. Some of you may be prohibited by law from storing large amounts of food. We encourage you to store as much as circumstances allow.

May the Lord bless you in your home storage efforts.

The First Presidency



Survey says!

Unplanned expenses and lack of discipline are the top food storage barriers noted by Kansas City Stake members responding to the survey.

Hypothermia

"...a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F. Hypothermia occurs as your body temperature falls below 95 F."



Hypothermia

By Van Celaya II

Hello Brothers and Sisters! In this edition of the newsletter, I'd like to address a topic that is literally slapping us all in the face: **cold weather**. Seems like lately with the ice and snow dropping, the temperature has decided it needs to follow suit. I'm pretty sure when I left my house the other morning I had to kick a hole in the air just to get outside. But I digress...

From the perspective of an emergency professional, I can assuredly say that being prepared helps us to better weather the storms that may come our way. I believe it was Benjamin Franklin who said, "By failing to prepare, you are preparing to fail." Let's not fail, shall we?

Ol' Jack Frost brings around emergency and preparedness issues uniquely his own. From car wrecks to power outages and grocery store raids to medical emergencies, cold weather plights can impact anyone at any time. In this edition of the newsletter, I would like to touch on the topic of hypothermia: what it is, how to recognize it, and what we can do to aide someone who may be suffering from it.

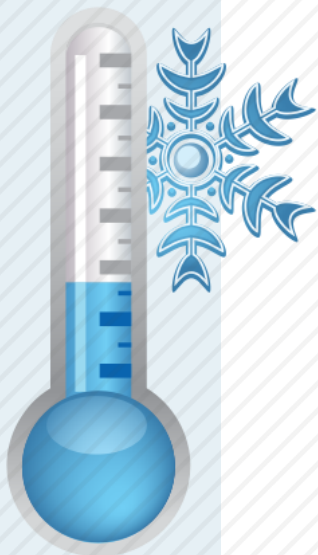
What is hypothermia? Signs and symptoms?

According to the Mayo Clinic, "Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F. Hypothermia occurs as your body temperature falls below 95 F."

One of the first signs of hypothermia is (you guessed it)... shivering. Shivering is the body's automatic defense against cold temperature — an attempt to warm itself. Other signs and symptoms of hypothermia can include slurred speech or mumbling, slow/shallow breathing, weak pulse, clumsiness or lack of coordination, drowsiness or very low energy, confusion or memory loss, loss of consciousness, and bright red, cold skin (in infants).

When individuals start showing the more severe signs of hypothermia (such as an altered mental status and a loss of fine motor skills), 911 should be utilized to hail emergency personnel. However, if you ever feel uncomfortable with the way a person presents (severe or not), do not hesitate to call 911. Better safe than sorry, eh?

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What should I do if I encounter a person suffering from hypothermia?

First and foremost, get them out of the cold if possible; but, be gentle if you suspect severe hypothermia! When someone's body temperature is low enough that it causes them to present with abnormal signs/symptoms (i.e., dilated pupils, decreases in pulse and respiratory rate, muscle rigidity, pale skin, loss of consciousness, etc), any vigorous or jarring movement could cause cardiac arrest. If you can't get them out of the cold, shield them from the cold and wind as much as possible.

For the sake of column space, let's say the person is now inside in a warm place. Remove any wet clothing the afflicted person may have on. As one article I read noted, clothes that are wet can account for a 5-fold increase in the amount of heat a person can lose, so...get the clothes off! If you feel excessive movement could be detrimental, cut their clothes off. Cover them with blankets, monitor their breathing, give them warm beverages (if they are awake, alert, and able to swallow), and use warm, dry compresses applied ONLY to the neck, chest wall, or groin. Applying warm compresses to the arms or legs can cause a situation in which cold blood returns back to the body's heart, lungs, and brain - causing the core temperature to drop (which could in turn be fatal) So... don't do it.

Also, don't use extreme or direct heat to rewarm a person. Using things like **hot** water, heating pads, or heating lamps can damage the person's skin; or, even worse, cause them to have irregular heartbeats so severe that it could lead to a heart attack. In short, your goal in helping a hypothermic individual is to gently and gradually rewarm them. Rewarming hypothermic persons is akin to the tortoise and the hare: slow and steady wins the race.

In short, I would venture to say that most of us – knock on wood – will not face a severely hypothermic patient. The most we will likely (and hopefully) see are the cold noses and fingers that come inside after a few hours of sledding in the snow. (Hot chocolate anyone?) But also be aware that children are at an increased risk for developing hypothermia, as well as our older folks, people suffering from exhaustion, and persons with mental problems. Certain medical conditions such as hypothyroidism, diabetes, and trauma (to name a few) can also predispose a person to hypothermia, as well as some medications such as antidepressants, narcotic pain medications, and/or sedatives. Make sure to keep a watchful eye on those who may be more susceptible to winter's bite.

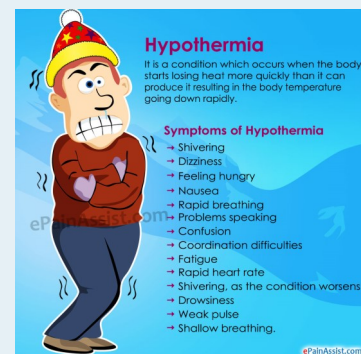
When I was in Iraq, I remember the church group leader saying that (in life), we hope for the best – but prepare for the worst. The profoundness of that phrase has stuck with me in its simplistic verbiage, yet immeasurable implication. The Lord has promised us, "If ye are prepared ye shall not fear" (D&C 38:30). Let us educate and prepare ourselves for the time when the worst may come so we "...shall not fear". As Robert Baden-Powell so famously established, "Be prepared."

-Celaya

Did you know?

During exposure to cold temperatures, most heat loss -- up to 90% -- escapes through your skin; the rest, you exhale from your lungs. Heat loss through the skin happens primarily through radiation and speeds up when skin is exposed to wind or moisture. If cold exposure is due to being immersed in cold water, heat loss can occur 25 times faster than it would if exposed to the same air temperature.

Source: WebMD



Source: www.epainassist.com



Winter Preparedness

By Mark Kitchens

Winter weather is here and so are all the hazards that come along with it. This past month we've had the unfavorable privilege of multiple Winter Weather incidents and all the problems that come along with them. Winter's a great time to enjoy a bit of colder life, but that can be hard when your pipes are bursting, roads are dangerously slippery, and power outages are looming with every snowfall. Remember, proper preparation can make even the worst winter weather easier to deal with. Here are some great tips to remember when cold fronts move in to the Kansas City area:

Winter-Ready Your Home: Cold weather can wreak havoc on your bones and skin, but it's also a large problem for your home. Freezing pipes are a common problem in the winter. When temperatures drop to dangerous lows, water inside your pipes can freeze, expand, and burst pipes. Pipes broken by freezing water will flood your home and usually require wall demolition in order to repair- a big pain. Keep your pipes safe this winter and make sure your house is properly heated; set your thermostat to at least 65 degrees Fahrenheit even while away. If you have exposed piping in the garage or storage areas of your home, insulate them with pipe foam and keep a faucet dripping to make sure water flows through the pipes, making it less likely to freeze. Many burst pipes are due to outdoor spigots not being covered- a spigot cover will save you a lot of hassle later and remember to disconnect those hoses!

Pipes aren't the only problem with winterizing a home; your furnace hasn't been on all summer long! Make sure that it's clean and well maintained, including properly vented. In order to avoid an old heater causing injury or death, install a Carbon Monoxide detector in the utility room with the heater. Change out any old filters as well and increase the humidity level to at least 30% if possible to keep your home germ and allergen free.

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What can we do?

- ◆ Winter-ready your home
- ◆ Winter ready your car
- ◆ Winter ready your back-up plan



Lastly, prepare the outside of your home as well. Trim back tree branches which may overhang your property. Tree limbs can scratch shingles and siding very strongly during wind gusts, but can also become heavy-laden with snow, snapping and damaging property or injuring individuals unlucky enough to be underneath them. Make sure that you're air conditioning unit is properly covered and protected in the winter when not used. A cover now can help assure the tiny piping in the unit remains undamaged.

Winter-Ready Your Vehicle: While staying home in adverse conditions is ideal, we all need to run to work or an errand during some sort of bad winter weather. Making sure your prepared on the road is important in any season, but even more so when hazards are increased by low temperatures and white-out conditions. Prepare your vehicle for bad driving conditions by first properly maintaining it. Make sure your tires are properly inflated and that



your fluids are maintained. Antifreeze levels should be properly mixed, don't over-use water! Batteries will also die quickly in cold conditions; make sure that your battery isn't passed its prime and needing replaced before heading out. Safety can be increased as well by making sure your vehicle's lights are all working and blink when needed. Also, windshield wiper fluid is rated for cold weather- yes, wiper fluid can freeze to your windshield when sprayed if not rated for low temperatures. And, of course, make sure your heater is running well!

Next, ready your vehicle for when an accident happens or if you become stranded. A first aid kit should be a year-round addition to your vehicle. Make sure that it's properly stocked for stopping bleeding- gauze and coagulant patches can be your friend. Also make sure that you know how to use your first aid kit! First Aid Training will actually help more than the kit itself, and CPR training is usually included. Assure that your vehicle also emergency lighting for incidents (road

flares and glow sticks help when your battery is dead for visibility) and something to keep everyone included warm. Blankets and Mylar "space blankets" will help assure everyone stays toasty if the vehicle is stranded. Hand warmers can help, but make sure that you have a charged phone and a way to contact help- the best way out of any sticky situation.

If you are stranded, make sure that the exhaust pipe is clear of any debris or blockage while running the engine to keep the heater on. Carbon Monoxide will build up if the exhaust area is not properly ventilated. Cycle the engine on and off, don't keep it on the entire time, and use only the heat needed to keep the inside of the vehicle warm. Be safe when jumping a car, changing a tire, or doing other emergency work. Remember,

sometimes it's better to abandon the vehicle and come back to it later rather than working on it in low-visibility conditions. Make sure that you can call for help.

BE WINTER READY

Winter-ready Your Back-up Plan: When all else fails and power is lost at your home, make sure you have a warm place to go. Unfortunately, when your heat and electricity fails, it becomes very difficult to maintain yourself in your own home in freezing conditions. Wood heating stoves are great, but bring fire risks and aren't always available. Having a friend or relative's home that you can stay with for a short amount of time is a great way to prepare for having to leave your home if power is unavailable. Make a plan ahead of time and include a way of getting there.

Whenever winter weather comes, make sure that you lessen the effects on you and your loved ones by preparing ahead of time. The best way to make it through nasty weather is to just stay home. Make sure that your home is ready for the worst and if you need to go out, make sure you have a safe destination and a vehicle which will keep you safe along the way.

-Kester

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

President Martin Cooper

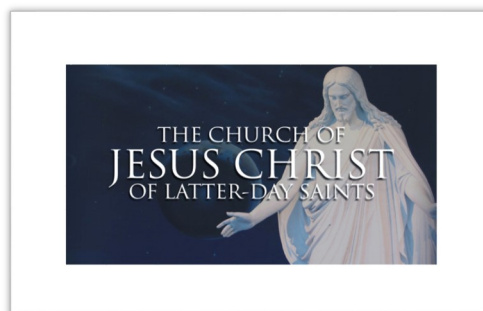
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