



Stake Self-Reliance & Emergency Preparedness

Quarterly Newsletter



72-Hour Kits

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Kansas City 1st Ward

Sister Charlotte Holt sadly passed from this life on May 25th, 2023. Sister Holt was an expert on so many preparedness and self-reliance subjects; and served faithfully in the areas of self-reliance, personal preparedness, and employment. Her experience, wisdom, and "can-do" attitude is greatly missed.

Much has been said about 72 hour kits. Here are my thoughts and ideas on ways to use them. My comments are applicable both to evacuating your home or sheltering in place and/or not having any electricity.

- Designate an out-of-state family member to call in the event the city or area you are in is being evacuated. They can become the command center to coordinate where everyone is located or headed.
- Each family member should carry a picture of the family. It is much easier to show someone a paper photo and say "Have you seen this person?" rather than trying to describe them.
- Consider using a headlamp with an adjustable headband. This will free up your hands.
- Try to use equipment that has numerous functions. Dual use of anything saves space.

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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)

- Have each member of your family carry a whistle on a string around their neck.
 - I suggest a family code. It could be a name or phrase, etc. Teach your children, they are NOT to go with anyone unless that person knows the code. Then if someone who's a stranger comes up to them saying, "Come with me, your mother has been in an accident and is asking for you...", they would know not to go.
- In the event of an evacuation:
 - For a bathroom break in a public restroom, make up a couple of quart size zip lock bags. Put a small travel size soap and a ½ empty (or less) of a toilet paper roll. If you leave one behind you have not lost a whole roll.
- Carrying cash.
 - Each family needs to determine how much to have set aside.
 - Make sure you take small bills and coins. If space allows, get rolls of quarters. Otherwise, find a small container at home, such as an aspirin bottle and put a mixture of loose coins in it. Women can put folded bills in their bras. Debit cards are used so much these days, it's hard to think about carrying cash. If the electricity is down, cash registers won't be working, and mobile phones may not work.
- I have recently heard authorities are suggesting people start carrying paper maps in their car again. Make sure you understand how to read them. AAA and others used to give them away, but I imagine there is a fee for them now. You might try the Tourist/Visitors Center at 99th and Holmes, in Kansas City, on the southeast section of that intersection. I recall they have greater Kansas City maps that are free.
 - If you are buying a backpack for the first time, right before school starts is a good time to find a large assortment from which to choose. Size should be in proportion to the size of the child. Don't overload them.
 - In your backpack put a piece of cardboard, sized to be used as a fan to fan yourself if no A/C.
 - Paint the main water line shut-off valve a bright color. So it can be seen and everyone knows where to find it and how to shut it off before evacuating your house. This will possibly save a flooding problem in your basement. For houses built on a slab, shut-offs will be in the utility room.
 - If you are buying something online to use for emergency use. Buy only one the first time you order. THEN TRY IT OUT. DON'T put it away for an emergency, only to find out later it doesn't work, fit or might not taste like what you expected.
 - When it comes to food, if there are only a few cents difference in the same product, buy one that has a pull tab. Guaranteed to open 99% of the time. Not like some cans out there that you may have to struggle with opening, especially if you don't have a dependable hand-held opener. This is a case when I would stress you purchase the very best one you can afford. To open bottles, if you look at grocery stores, or Walmart, they have these rubber circle pieces that are about 5 inches in size. They do a good job at opening bottles of all sizes. Reasonably priced as well. Also, if a food item is advertised at "Limit of..." it's a good price.
 - Last fall, in our Kansas City 1st ward, after an evening activity, we gave our sisters some emergency type food samples.



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One was stew. They saw that it came from a #10 can. The only thing we added was water and of course it was heated up. After it was all over, I told them what they had eaten had been stored for 16 years. They were all amazed. The only negative comments I got were from two of the sisters who didn't like peas in their stew. But it was a flavorful stew.

- Make a list of the type of batteries you need for any product that requires one. Then make sure you have extras and rotate so they aren't dead when you need them. Do not leave batteries inside all of the items you'll be using. It can damage them. Only keep one inside the flashlight, so you'll have it readily available when needed.
- I would strongly suggest you use lanterns, both battery and solar, instead of candles. Much safer. If you do use a candle, put a mirror behind it and it will double the volume of light.
- Large 30-to-35-gallon trash bags can be used in a variety of ways. As something to sit on to keep you dry or if put your extra clothing in one of them, it can then be used as a pillow. Using a pair of scissors, cut at an angle at the side and bottom, and they offer a makeshift raincoat. Several draped together and hung on a line, they can become a privacy divider. And of course, to use to deposit trash. Get at least 2 mil thickness. Set it aside just for emergency use.
- Each member of your family needs to have

a backpack. In addition, I suggest you use a carryon type luggage on wheels. The weight of all you need to carry is heavy. Water alone is 8 pounds for one gallon of water. You will need to be careful in pulling it, so that someone walking behind you can see it. I use bright colored 2-inch-wide tape to make mine stand out. Senior citizens or those who are disabled could use a sports-type fishing jacket that has lots of small pockets. Most sporting stores carry them. Downsize everything to fit into those pockets.

I have one resource that I use almost all the time. It is Emergency Essentials.com. They have small packages of different varieties of food which costs \$10.00 each. Save shipping costs by buying local at Walmart, Dick's Sporting Goods, Bass Pro, REI, and Academy. The prices are consistent at each of them. It's a good way to try them out prior to getting a large #10 can



that will run from \$20.00 and up. Depending on what foods you are interested in. Large cans will have around 20 servings. When checking out Emergency Essentials, go to "Gear." Under that hit "fire and fuel." Drop down 4 rows and on your left you will find a review I gave for a fold down camp stove. It has been priced at \$8.95 for several months. It gives very detailed information. It only takes 3 minutes to set up. Canned heat is separate. It is best used for one or two people. There is another company, Patriots. It carries some of the same food. Both companies have good customer service, quick delivery and lots of articles to refer to. Both provide lots of verified reviews.

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| Check Off (when added to container) | 72-HOUR KIT ✓ LIST |
|---|--|
| | <i>(Keep on top of container)</i> Flashlight—extra batteries / paper copy of important numbers, documents |
| | Local / State / Regional maps (paper-type) |
| | Radio (consider flashlight / radio / weather-band combo) |
| | Money (include small bills / coins & store in medicine bottle) |
| | Photo of family (Keep up to date if you have young children. Use a 4x6 print. Will be used to show others in the event your family gets separated). |
| | Water (suggest you carry 2-3 bottles, carry remainder separately) |
| | Whistle / cow bell / sports horn (or other loud device) in case you get lost. |
| | Small mirror (for reflecting signal). Small Umbrella – space permitting. |
| | Tarp with grommets (can be used for overhead shelter, waterproof to sit/sleep on, privacy screen, windbreaker, etc.). Add more than one if there's room. |
| | Rope (various sizes). Scissors. Work gloves. |
| | Cutting knife with blade secured (blade strong enough to cut rope). |
| | Something to read. Small games to play. Pen and paper. Scriptures! |
| | Disinfectant (i.e., hand sanitizer). Bar of soap. Wash cloth and/or towel. |
| | Toilet paper. Paper towels / napkins. Paper plates. Cups. Plastic silverware. |
| | Socks / underwear / extra set of clothing (this may not fit inside the backpack/kit—may be able to loop it through the handle). Also, keep a heavy jacket, headgear, and gloves handy in winter. |
| | Put I.D. tags inside and outside the bag / kit. |
| | Personal grooming: Toothbrush / toothpaste / razor / comb / brush / extra set of eyeglasses if available. |
| | A GOOD can opener (best you can afford—you do not want to run into trouble with this!) Test it out ahead of time. Try to buy canned food items with zip top or pull tabs. |
| | Duct tape and WD-40 (can be used for a multitude of things). |
| | First aid kit (you might want to get one already put together). |
| | Medicine(s) - prescriptions & over the counter with list of what you take, dosages, and when. |
| | Many over the counter medications can double for prescriptions. |
| | Garbage bags (30+ gal size. 2 mil is best. Can be used for a variety of things. See other list.) |
| | Heavy duty piece of paper / cardboard or something you can FAN yourself with if it gets hot. |
| | Small set of tools (pliers, screwdriver, small shovel, etc.) |
| | Food / water items for a minimum of three days. |
| | Journal and pen to record what's going on. |
| | |
| | |
| * Spaces have been left to personalize your own family's needs. | |

You can easily understand why a rolling carry on bag of luggage could be helpful if you need to leave home. At this time, there have just been 2 different states that have had railroad disasters where hazardous fumes have escaped and people living within one mile had to evacuate their homes for an extended period. This list takes into account, both needing to evacuate and staying in place at home. Also, there is a possibility of no electricity. Even if you are staying at home, you need to be able to have these things available to you.

If you feel you don't have enough space to store things, I suggest you look around for a 3 or 4 ft floor space. Then be on the lookout for a tall bookcase. Your 72 Hour Kit belongs in your front entry closet so you can grab it and go. Every single apartment and house has an entry closet. It is required by law. Clean it out and get started.

START COLLECTING ITEMS NOW – DON'T PUT IT OFF ANY LONGER

There is a good way to test out how well prepared you are. Pick a warmer month and plan a trip to a state park. Longview Lake has a park. It's within our stake boundary lines. Not that one, but some of them have small cabins you can rent on a daily basis. Take your 72 Hr. Kit supplies with you. Fix a few meals and see if you forgot to pack something. One time I was going to fix pancakes for breakfast and I realized I had not packed the pancake turner. We got by. They were sloppy looking cakes. Check out garage and Estate sales for used camping items.

L. Tom Perry said it best when he wrote:

"We are not in a situation that requires panic buying, but we do need to be careful in purchasing and rotating the storage that we're putting away. The instability in the world today makes it imperative that we take heed of the counsel and prepare for the future."

"If ye are prepared, you shall not fear" (D & C 38:30)

I believe I have heard every single prophet and heard someone at each of the general conferences each year, talk about being prepared. Put together a "To DO list" and a plan. Start with your water first. It's free. Just make sure any bottle you use, has a #2 on it some place. That means it's recycle able. Milk bottles will leak.

The best to you in starting your plan. There's all kinds of resources and articles that can help you.

~Charlotte Holt

Updating Your 72-hour Kit

It is recommended that you update your 72-hour kit at least every 6-months, or twice a year. You might have different clothing size needs, foods (even canned foods) expire, batteries in flashlights must be checked and replaced. One way you could remember to do this is to choose a certain time (like the change to Daylight Savings Time or the Saturday of April and October

General Conference) to make sure that:

- all food, water, and medication is fresh and has not expired (even canned foods expire)
- clothing fits and is seasonally appropriate
- personal documents and credit cards are up to date
- batteries are charged



"Some church members opine that emergency plans and supplies, food storage, and 72-hour kits must not be important anymore because the Brethren have not spoken recently and extensively about these and related topics in General Conference. But repeated admonitions to prepare have been proclaimed by leaders of the Church for decades."
We Will Prove Them Herewith
 Saturday Session—General Conference
 October, 2020

LOOKING FOR MORE GREAT RESOURCES? MISSED A NEWSLETTER?

Head over to the kcstake.org webpage and click on the “Self-Reliance” drop down menu shown below! Or click [HERE](#).



See additional resources not listed here? Know of services that could benefit someone?

⇒ *Contact your Ward Leadership or a member of the Self-Reliance Committee and let them know!*

Don't forget about BYU—PathwayConnect!



[Informational Brochure \(click here\)](#)

[Request personalized information specific to your needs \(click here\)](#)

Website (sign up): byupathway.org

“When you leave this frail existence, your material possessions will remain here, but the Lord has declared that the knowledge you acquire here will rise with you in the resurrection.

Russell M. Nelson, "Education, a Religious Responsibility"

BENEFITS

- Tuition prices are *significantly less* than other schools
- Certificates & degrees are offered *completely online*, from anywhere in the world
- Increased spiritual learning by incorporating teachings from the scriptures as well as modern prophets and apostles

| EVENT | FALL 2023 (SEPT. – DEC.) |
|---------------------------------------|-----------------------------|
| Application Deadline | Aug. 22 |
| Last Day to Accept Offer of Admission | Sept. 6 |
| Courses Start | Sept. 11 |
| Courses End | Week of Dec. 11 |

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)

Stay On Task, Receive Ordinances (D&C 84:20; D&C 136:4; 1 Nephi 18:2–3)

Kansas City Stake Self-Reliance Committee Members

President Daryl Ward

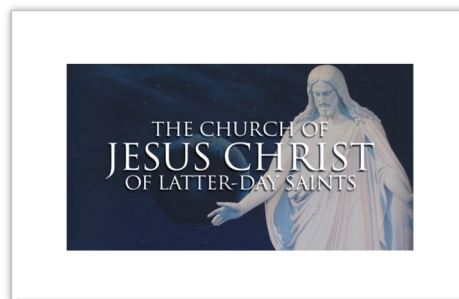
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