

The Earthquake Exchange

Special points of interest:

- Want to contribute to this newsletter? Contact us. Prepare@UtahEarthquake.org
- Ask Mary Jane! Use the address above to send your preparedness questions.
- Set one preparation goal per month and then actually do it! Get the family involved. Start with the basics in home & personal safety.

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Activities for Kids

School is out!

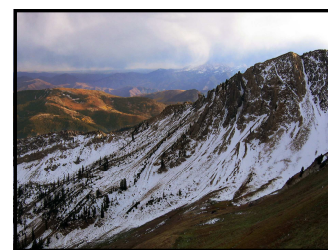
You and the kids have a summer full of fun ahead! You may even get through a whole week without hearing the phrase, "I'm bo-o-ored."

Here are few productive ideas to keep the whole family learning, preparing, and enjoying time together.

- 1) Plan an overnight outing at a campsite, in the backyard, or even in your living room. Try to use only the equipment in your 72-hour-kits and see what it would be like to survive with what you packed. Learn how to use your emergency supplies before you ever need them.
- 2) Print out the Red Cross coloring book designed

to help kids learn how to cope in different types of weather and what to do in an emergency. You can find the coloring book by clicking on "Kids" at the top of UtahEarthquake.org.

- 3) Teach your kids when to dial 9-1-1 and how to properly relay information to a dispatcher. Make pretend calls on toy phones to practice.
- 4) Get your kids to help create an emergency plan for your home. Teach them to stop, drop, and hold on in an earthquake. Ask them to help draw a map of your home and mark proper exits from each room. Practice emergency drills by making it into a game. For example, go out for ice-cream if you can get everyone evacuated



Hidden Peak — Snowbird
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with their emergency kits in under a certain time.

- 5) Figure out together how a flashlight works.
- 6) Visit a police station, fire station, Red Cross facility, or other emergency / health facility.
- 7) Visit a museum about geology or natural history.
- 8) Practice what you would do in a real earthquake or other emergency.

How Well Is Your Parachute Packed? *By Jared N. Sorensen*

A friend of mine told me just a couple of weeks ago that he held an emergency drill in his home. He told everyone they had to grab their 72-hour kits, their coats, and whatever else they needed, and meet at the front door in five minutes. The children did the best they could to

gather their supplies within the allotted time. Then the family went through their kits to see what they would have had to work with in an actual emergency.

It was a real eye-opener. Although my friend could have sworn that they had

updated their kits just a couple of years ago, he found that the clothes in his 7-year-old son's pack consisted of a 9-month baby outfit and some diapers. The other children were similarly equipped with clothing that was many sizes too small.

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Helping the Community: Vote ‘Yes’ for Provo Bond

Article contribution by Jamie Robinson

Building codes in Provo did not enforce seismic codes until the 80’s which means that most of the buildings in the city, including schools, do not meet current, acceptable seismic codes. In the Provo School District, the issue of safety and preparedness in the event of an earthquake has been neglected.

At least 74% of the schools in Provo are not built to seismic code. The state requires its children to attend seismically unsafe schools.

These schools need an independent assessment of seismic vulnerability to determine structural integrity. In Provo alone, the current structural status of schools poses significant risk to at least 11,000 students and hundred of teachers and staff.

Provo has a summer bond election that will issue \$35 million towards the seismic improvement of Provo District school buildings. On June 27th, please vote ‘Yes’ to approve the Provo bond issuance.

Help state law makers and school boards minimize loss of life and damages.

In Provo, vote for Provo School District Bond approval.

If you want your school district to consider seismic risk analysis and retrofits, contact your school district board of education and let your voice be heard!



The Provo School District will issue \$35 million in bonds for seismic improvements, if approved.

Ask Mary Jane: “I have a small home with no basement. How can I store the amount of food that is recommended?” — L. Summa, Midland, TX

Dear Conscientious Texan,

Your concern about space for food storage is a legitimate one. Many people share that same concern. A year’s supply of food and other items is the ultimate goal, but you must decide what you can do now considering your own family circumstances and space.

Plan a month’s worth of meals from basic foods and then search out the space in your

home. This may include being creative.

Never store anything empty! Cute, decorative boxes so popular today can hold food storage items. Suitcases can hold even more items. Pails of wheat, rice, etc. can be made into side tables. High cupboards in the kitchen can hold seldom used storage items.

The back of closets and high shelves are usually wasted space. (Clearing out clutter

and seldom used items could free up much needed space in many homes.) Double up on closets and make the empty one your storage closet. Do what you can without feeling guilty. Remember a month’s worth of planned storage tucked here and there is better than no storage at all.

Good luck!

Ask Mary Jane! Send questions addressed to Mary Jane to prepare@UtahEarthquake.org

“Many people share that same concern.”

Monthly Preparation Tip: Using Dry Ice When Storing Grains

Placing Dry Ice on the bottom of a dry food storage container is a very economical way to fumigate and store dry goods for an extended amount of time.

Make sure the Dry Ice is not frost covered, as that will add moisture.

Put one or two ounces of Dry Ice in the bottom of each five-gallon storage container. Place a clean towel or a piece of paper over the Dry Ice and then pour in the dry food.

As the Dry Ice sublimates it replaces the oxygen in the container with CO₂. Leave the lid on but not tightly sealed until the Dry Ice completely sublimates. Then snap the lid tight.

Without oxygen neither bugs nor bacteria can grow. This process is good for seeds, grains, legumes, flour, powdered milk, etc.

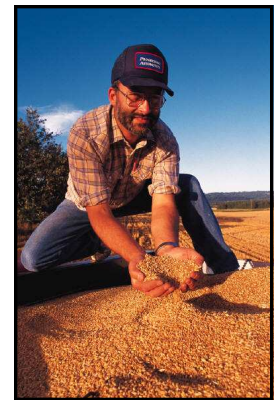
Information taken from www.DryIceInfo.com.

More info may be found on the following websites:

<http://www.waltonfeed.com/self/upack/dryice.html>

<http://www.survival-center.com/foodfaq/ff17-co2.htm>

www.beprepared.com- Insight Articles - Food Storage - “Which Method of Storing is Best?”



Without oxygen neither bugs nor bacteria can grow.

**Educate
Prepare
Communicate
Share**

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We're on the Web!

Past newsletters are now posted on our web site. Go to www.UtahEarthquake.org and click Free Newsletter.



A properly packed 72-hour emergency kit may be just as necessary in a crisis as a properly packed parachute when skydiving.

UtahEarthquake.org is a not-for-profit educational tool. Originally created with help from three junior-high students, it was conceived during a UNICEF lecture about natural disasters. The website's mission is to fill a community need for concise earthquake preparation information. The website and newsletter serve to provide easy access about everything from the physical laws of plate-tectonics to home retrofits, emergency instruction, food & water storage, community action, public events, and disaster & supply planning.

Although every reasonable effort is made to ensure information is accurate, information, data, suggestions, links, instructions and guidelines are provided for informational purposes only. UtahEarthquake.org makes no guarantees of any kind. This newsletter, and the information posted herein, may contain personal opinions.

Cont'd from Page 1 — How Well Is Your Parachute Packed?

The food was long outdated and inedible. And many needed items were missing because they had been "borrowed" from the kits over the years or misplaced.

I think we need to have an emergency drill in our home this week.

Back in my college days I had a brief fling with skydiving. Before I could make my first jump, I had to attend several hours of "ground school," where I learned and practiced the principles of parachuting safety. One of the most important lessons was that you should always pack your own parachute, and make absolutely certain it is properly packed. A poorly packed parachute may tangle and fail to open fully, with potentially fatal results.

An emergency kit can be a lot like that parachute. The same lesson applies:

Pack Your Own Kit, and Make Sure It's Properly Packed

There's nothing wrong with prepackaged 72-hour kits. But no commercial kit is going to contain everything your family needs. If nothing else, you at least need to add a change of clothes for each family member and a list of emergency phone numbers. You probably have other special needs, such as baby diapers, prescription medicines, or feminine hygiene supplies. And don't forget that when you buy that kit it probably comes without batteries for the flashlights and radios, and the water containers need filling. Take care of those things as soon as you buy the kit. And make sure you know how to use what's in the kit. You will find it a lot easier to figure out now than when you are under the stress of an emergency situation.

You can create your own kits for less money, just by gathering necessary items from around the house. Just make sure you

have everything you need.

No matter what kind of emergency kits you have, make sure you check them at least once a year. Replace any outdated food, medication, and any clothing that no longer fits. Check the batteries. Make sure your emergency phone numbers are current. Check to make sure that everything is there. Most importantly, make sure your kits are in an easily accessible place and that every family member knows where to find them.

Your emergency kit just might be as necessary to your survival as that parachute someday.

Jared N. Sorensen is the president of [Provident Living Center](#), and has been involved in emergency preparedness efforts for nearly 20 years. He and his wife have nine children and reside in Orem, Utah. Article used with permission.