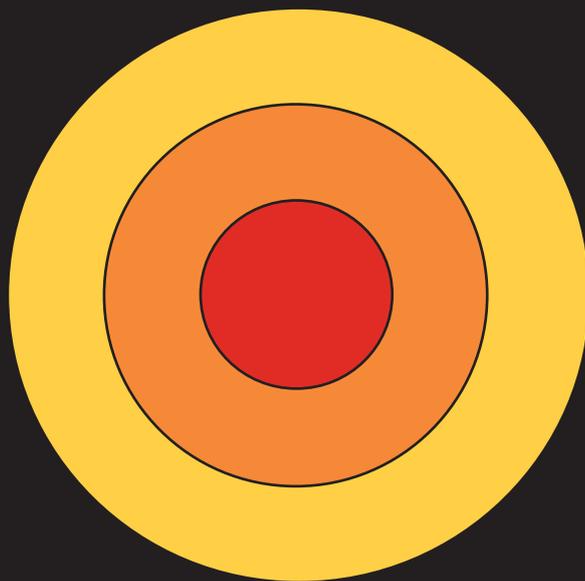


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3 Steps

TO FAMILY & NEIGHBORHOOD EMERGENCY PREPAREDNESS

“Peace through Preparation”

Neighbors Uniting Neighbors

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October 24, 2000

Table of Contents

	<u>page #</u>
Foreword.....	3
A personal story.....	4-5
The 3 steps.....	6
3 Steps' Circles of concern and Figure 3.....	7
Figure 1. Example of a neighborhood map.....	8
Step 1.....	9
Step 2.....	9
Step 3.....	10
Questions and answers about <i>3 Steps</i>	11
How to Begin the 3 Steps Program -- How to Do Step 1.....	12-13
What is a Staging Area?.....	14
Figure 2. Diagram of a staging area.....	15
 Appendix I: Helps for Step 1: Defining and organizing your neighborhood.....	 16-19
 Appendix II: Helps for Step 2: Prioritizing and acquiring emergency supplies.....	 20-58
1. Water Storage and Sanitation.....	21-22
2. How to Use Your Water Barrels.....	23
3. Collecting Water.....	24
4. Water Purifiers.....	25
5. 72-Hour Kits/Survival Kits.....	26
6. —Basic Kit.....	27-28
7. —Enhancements to the Basic Kit.....	28-29
8. —Strong Box.....	29
9. —Emergency Needs for the Home.....	29
10. —Car Kit.....	30
11. 72-Hour Kit Items Order Form.....	31
12. Explanations of 72-Hr. Kit Items.....	32
13. Gas Turn-Off Wrenches and Army Blankets.....	33
14. Basic Food Storage.....	34
15. Food Storage Clarifications.....	35
16. Wheat.....	36
17. Wheat Order Form.....	37
18. Wood and Coal.....	38
19. First Aid Kits and Order Form.....	39-42
20. Open-Pollinating Seeds.....	43
21. Hand Grain Mills (Wheat Grinders).....	44
22. Grains and Beans.....	45
23. Alfalfa and Wheat.....	45
24. Recipe Booklets and Cannery Food.....	45
25. Other Grains, Beans, and Cereals.....	46-47
26. Seeds, Flours, Sugars, Salt, Oil, Yeast, Raisins, and Potatoes.....	48
27. Sleeping Bags and Dehydrated Food.....	49-50
28. Dutch Ovens and Order Form.....	51
29. How to Use Your Dutch Oven.....	52
30. Dutch Oven Recipes.....	53-58
31. <i>3 Steps</i> booklet order form.....	59

THE MATERIAL CONTAINED IN THIS BOOKLET IS FOR GENERAL INFORMATION ONLY. THE AUTHORS HAVE DONE THEIR BEST TO ENSURE ACCURACY BUT ASSUME NO LIABILITY.

Foreword

3 Steps to Family and Neighborhood Emergency Preparedness was begun in Provo, Utah by two Neighborhood Emergency Preparedness Chairmen. In 1993 they began developing an emergency preparedness plan which differs from other plans in that it concentrates on neighbors helping neighbors to be prepared. With the cooperation of local civic and church agencies, these two chairmen organized their neighborhoods into small, all-inclusive, community-based groups of about 10 families each. They helped people in their neighborhoods to obtain emergency supplies, and they helped large numbers of people from each of their neighborhoods to receive emergency response training. **3 Steps** is a neighborhood plan created at a time when the world is sorely lacking in a sense of community. This plan brings people together in the common cause of getting prepared, but does it in a way which builds community and gives people a sense of security and peace.

In October of 1998, the success of these two originating Provo neighborhoods came to the attention of Neighbors Uniting Provo, a non-political, non-denominational grassroots movement of citizens whose mission is to work informally to unite, preserve, and renew Provo. At the request of Neighbors Uniting Provo, the plan was presented to their City Action Committee comprised of:

The Provo City Mayor's Office
The Provo City Council
The Provo/Orem Chamber of Commerce
The United Way of Utah Valley
The Utah Valley Ministerial Association

The Provo Board of Education
The Provo City PTA Council
The Provo Education Foundation
The Provo Education Association
American Red Cross, Mountain Valley Chapter

After reviewing the plan and consulting with their sponsors, Neighbors Uniting Provo decided to offer the **3 Steps** plan to the rest of the community. In January of 1999 they published the first edition of this booklet geared to people living in Provo and began to hold monthly public training meetings. As interest has spread, other cities have adopted this plan; and it has become evident that a generic version of the booklet is needed to fit the needs of people everywhere. Neighbors Uniting Provo now publishes the booklet under the name of "Neighbors Uniting Neighbors" to fit similar grassroots movements anywhere.

The **3 Steps** plan is designed to complement and enhance--not to compete with--the emergency plans of various community, church, and federal agencies. Those who adopt it will need to work closely with leaders of existing emergency plans to insure harmonious cooperation. Because the **3 Steps** plan is designed to make response to a disaster possible within minutes and hours, it serves as a needed complement to those programs whose response times, of necessity, are in days and weeks. During times of emergency, **3 Steps** groups and procedures will dovetail seamlessly and harmoniously with existing plans of civic and church agencies. **3 Steps** makes it possible for neighborhoods to maximize their ability to help themselves while providing needed information about the well-being of citizens at the grassroots level to local churches, city emergency management agencies, and the Red Cross, etc. This information is essential for any official agencies to be able to respond appropriately and efficiently to the needs of individuals.

This booklet, **3 Steps to Family and Neighborhood Emergency Preparedness**, clearly explains how any person can implement this emergency preparedness plan in their own neighborhood. In addition to diagrams, lists, and explanations, this booklet is also full of examples of the information fliers and order forms used in the two originating neighborhoods as the plan was developed. You don't have to re-invent the wheel. Just follow the examples in this booklet. For inquiries or to order more copies of the booklet, see pg. 59.

Neighbors Uniting Provo wishes to express gratitude to its many sponsors for their help in making it possible to share this program with others. Thanks also to *The Daily Herald* (www.daily-herald.com) for its support and generous coverage, which has made this plan visible to large numbers of people. Most importantly, thanks to the many neighborhood chairs who have taken on the responsibility of caring for the welfare of their entire neighborhoods by implementing

3 Steps to Family and Neighborhood Emergency Preparedness.

A Personal Story

I'm a mom in the Edgemont 10th Neighborhood of Provo, Utah, who has always been interested in emergency preparedness. In 1993 I watched a friend of mine who lives in the Provo Canyon Neighborhood help her neighborhood get prepared in the most clever way: She divided her neighborhood into small geographical groups of about 10 adjacent families each and asked someone to be a captain over each group. Then she helped everyone interested get emergency supplies and food storage by setting up "deals" and arranging "group buys". She dealt with the captains, and the captains worked with the families in their groups. It was incredibly successful, and I kept wishing someone would do it in my neighborhood.

After spending almost a year watching my friend's continuing success and waiting for someone to do it in my neighborhood, I finally decided to do it myself. With a community project, I could do whatever seemed smart without any special permission from anyone. Still, I didn't want to conflict with whatever the local church might have going on, so I talked to the church leader and described the project. He was thrilled. With a community project we could include everyone, no matter what faith they belonged to. It was the first thing to come along that would unite everyone in our neighborhood under a common cause.

Within two days I had asked a couple of friends from my neighborhood if they would help me do this project, and together we formed the "neighborhood emergency preparedness committee". We then divided the five consecutive streets that we considered to be "our neighborhood" into 12 groups of about 10 adjacent families each. While most groups had 10 families, a couple had 11, one 7, two 8, and one 9. It was easy for us to decide who would be good candidates for "captain" in each group; and when we asked them if they would do it, all 12 said yes. We then met with the 12 captains at my house and discussed how we could help each other get prepared by working together in these small groups. Everyone seemed excited because it seemed like such a simple idea to help all of us achieve something we had all wanted to do but found difficult to get around to doing alone. We decided it was the committee's job to do research and set up group buys, and the captains would then pass the information on to the families within their groups and collect orders for whatever we decided to offer.

The first project was water storage. Within two weeks we had set up a group buy for new and used 55-gallon water barrels, had contacted every single family in the neighborhood about it, and had collected orders. One day later we rented a 24' Ryder moving truck with an attached 14' additional trailer and drove to Salt Lake City to pick up the barrels. Everyone donated \$2 extra per barrel to pay for the truck and trailer rental, and when we got to the barrel company, the man dropped the sales price \$2 per barrel! We had so much money left over that we bought extra barrels, enough to allow every family in the neighborhood to store 25 gallons of water per person. We came home with 276 barrels and delivered all of them by the end of the day. It was a riot, and people loved that we had done this for them. Everyone was happy. Our entire neighborhood now had the ability to store a two weeks' supply of water, and all they had had to do was read our information flier, write a check, and give it to their captains. This was the power of a community working together instead of 112 families individually trying to figure out a good way to store two weeks' worth of water and then each having to get around to doing it themselves.

After that, people were true believers. We went on over the next year and a half to order siphon hoses, gas turn-off wrenches, wool blankets, water purifiers, 90-gal. roll-out garbage cans, caselot foods, 72-hr. kits, wheat, beans, powdered milk, wood, coal, honey, radios, first aid kits, wheat grinders, non-hybrid garden seeds, other grains, more beans, food dehydrators, oil, yeast, raisins, potatoes, cereals, porta-potties, recipe booklets, dehydrated foods, herbs, and many other food items, as well as sleeping bags, butane stoves, and fire extinguishers. We also got dutch ovens and taught dozens of families how to cook in them and had several dutch oven cook-offs. We then held a free financial planning seminar where an attorney taught people how to get their personal records and financial affairs in order.

After this, we knew we needed to do some kind of neighborhood emergency plan, but we couldn't figure out what. For 18 months we slowed way down in our efforts and just taught people gardening skills. Then the city invited me and my friend to take their CERT class taught through the police and fire departments. CERT stands for Community Emergency Response Team and is a seven-week, 21-hour course set up by FEMA (Federal Emergency Management Agency) that teaches citizens how to rescue and care for their neighbors in a time of a disaster-level emergency when the 911 system would be overwhelmed and unable to respond to most private calls for several days or weeks. It is a brilliant course and was exactly what we were looking for. After we took the course, we helped 100 people from our two neighborhoods get similar training, which made it possible for us to have about six people in each "Group of 10" trained in simple rescue skills.

One idea that we adapted from the CERT course was to have each "Group of 10" select a **STAGING AREA** for its group. A staging area is a predetermined location within the group, such as someone's front lawn, where everyone from the group knows to meet as soon as possible after a disaster. This makes it possible for the group to know within a few minutes who is all right within the group and who might need assistance. From there, the group can organize itself to rescue and care for its own members, and can seek or offer assistance from/to other groups. (See pgs. 14-15.)

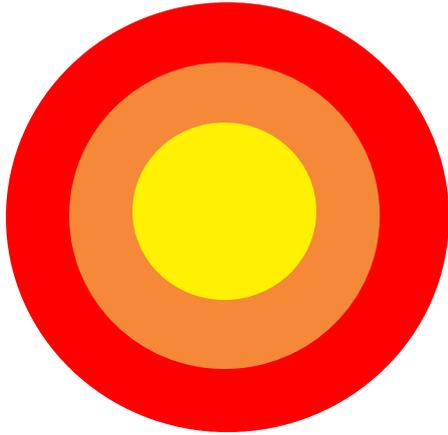
After taking the CERT course, we collected donations and bought 20 walkie-talkies for our two neighborhoods, which is enough for one walkie-talkie per group, an extra one for each of our central command stations, and one for the Canyon Crest Elementary School principal, whose school with about 600 kids is located within my neighborhood. The principal practices with us when we have emergency drills, and we practice with him when the school has fire and earthquake drills. Our best practice so far has been a mock earthquake held in June of 1998 where we practiced our rescue skills, worked at setting up our staging areas, and also had a chance to discover a lot of weak areas that need improvement.

People ranging in age from 14 to 87 have taken the rescue training class because in working together as a group, there's a place for everyone. Getting people out of damaged homes is only one of 11 jobs that would need to be covered at a staging area. A group also needs to have people do child care, food, sanitation, first aid, supplies, communications, and other jobs. Everyone is needed. Twice a year we all meet together for a rescue training class review.

We're by no means done at this point. Among other things, we have more to do to perfect the plan to help care for the school kids if a disaster happens during school hours and some or many families cannot get to their kids to bring them home. I'd say, though, that our neighborhoods feel worlds ahead of where they were before we started this project. We all know how to work together in a simple way with an idea that can work for us no matter what type of emergency may arise. If we were to have a terrible blizzard that put out power, in minutes a "Group of 10" could reorganize itself to put families together in homes with wood-burning stoves or other heat sources. If we needed to evacuate, within minutes a "Group of 10" could let every one of its families know the situation with or without telephones. In case of an earthquake, "Groups of 10" could help to rescue each other and provide simple medical care until more professional help could be obtained from other groups or other neighborhoods or finally civic agencies.

As our committee has met with the captains, and the captains have met with their group families, a greater feeling of community, cooperation, and trust has been built. My neighborhood has worked with my friend's neighborhood on most projects, which has made the whole thing easier and more fun for us both.

Now we're excited to share this incredibly simple idea with anyone and everyone else who might like to do it for their neighborhoods. It just takes one person like me or my friend who is willing to be the one to do it. Almost everyone wants to be prepared—especially right now. And we can work together to help each other do it. Your entire community can do this—it's unbelievably easy. If we can do it, YOU CAN, TOO!



3 Steps

to Family and Neighborhood Emergency Preparedness

Peace through Preparation

The 3 Steps plan is a simple way to organize a neighborhood so that neighbors help each other to get prepared and be ready for any emergency. It is a way to build community and bring people together for a common cause.

The 3 Steps are these:

- 1) organize your neighborhood into small groups of about 10 families each with a pre-selected meeting location in each group called a staging area
- 2) help each other acquire emergency supplies
- 3) obtain rescue training for a large number of people from the neighborhood

The importance of having such a neighborhood plan is demonstrated in the **3 Steps' Circles of Concern:**

3 Steps' Circles of Concern

3 Steps to Family & Neighborhood Emergency Preparedness is a way for neighbors to help each other in times of emergency. It not only helps families to prepare for personal emergencies, it also empowers neighbors to be more effective in helping each other in the minutes and hours after a neighborhood or community disaster--during the interval before professional help can arrive. The three inner circles show the focus of concern of the **3 Steps** plan.

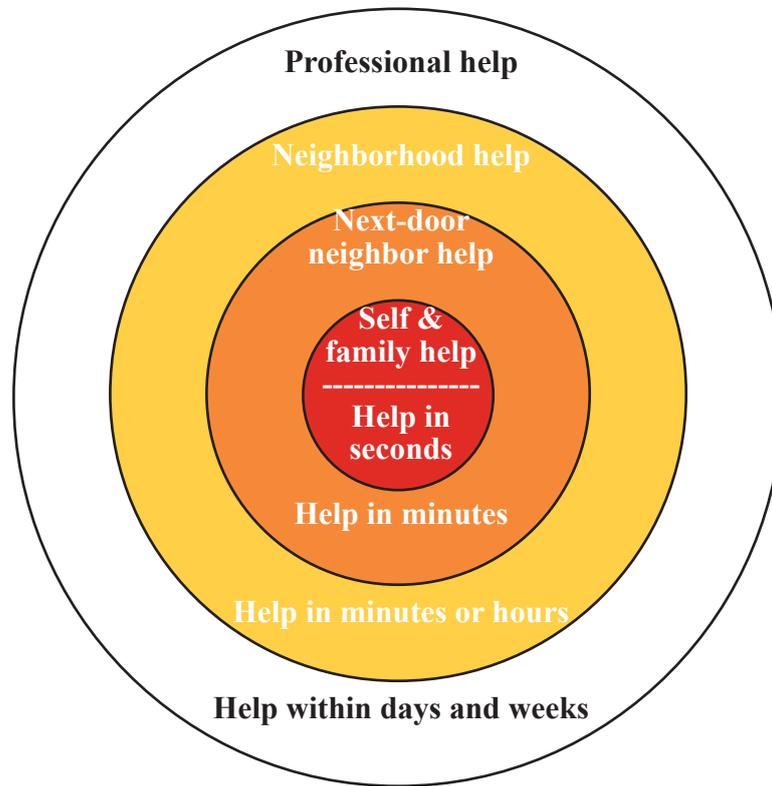
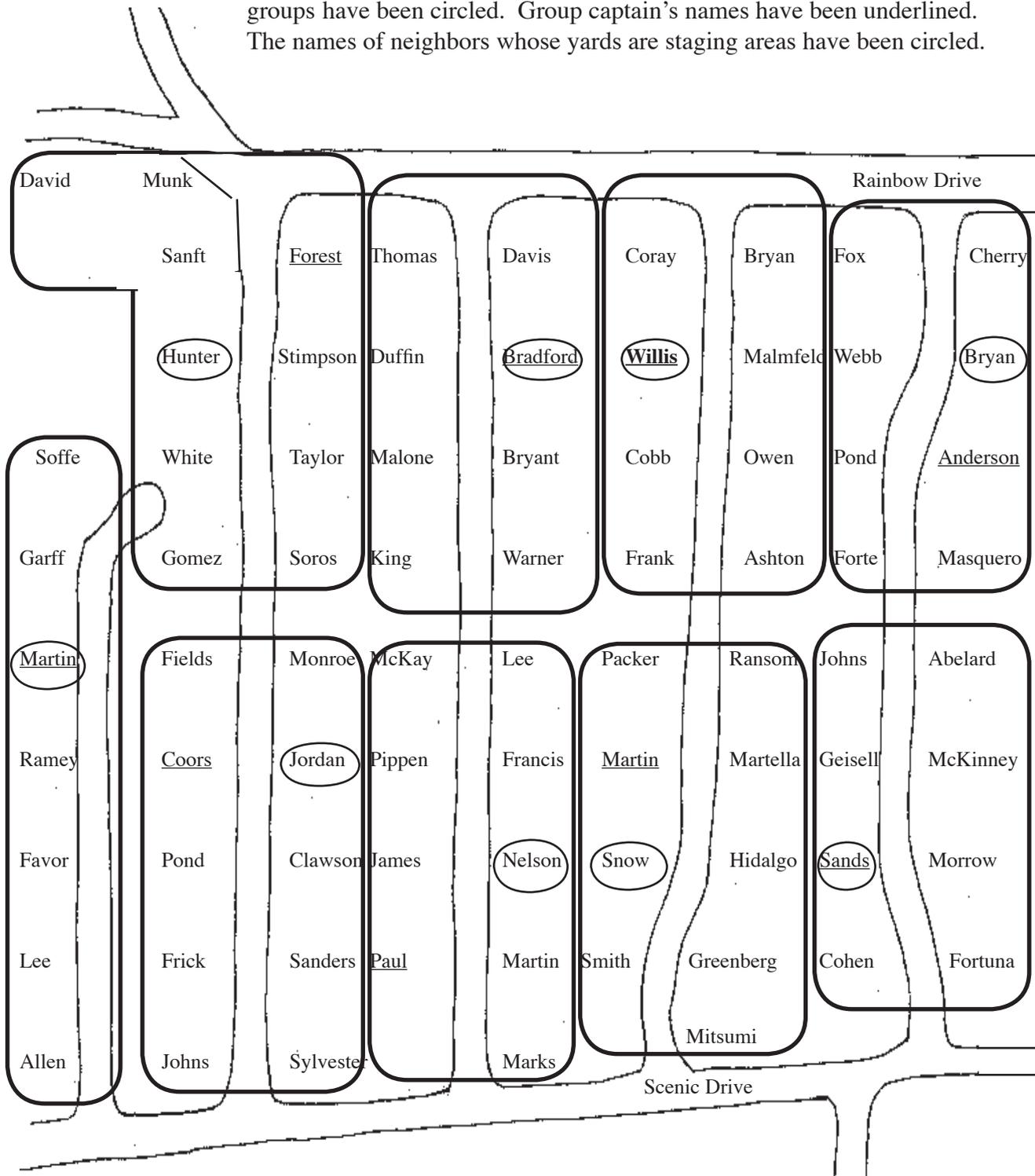


Figure 3. The 3 circles of concern of the 3 Steps to Family and Neighborhood Emergency Preparedness plan.

As Figure 3 shows, in a disaster-level emergency, professional assistance workers can provide help within days or weeks, but only your family, your next-door neighbors, and your neighborhood members can offer help within seconds, minutes, and hours. The help of neighbors becomes important because typically many parents are separated from their children during the day and would not be available to provide needed help to their family members. The **3 Steps** program assumes that planning, preparing, and training neighbors to help each other during emergencies will be more reliable and more dependable than leaving the safety of loved ones to chance.

As shown in the inner circle, self and family are usually the only ones who can provide help within seconds. In the next circle, next-door neighbors can typically provide help within minutes, especially if they have rescue training. In the third circle, other neighborhood members who have special skills could provide help within hours. The outer circle, where most existing emergency plans begin to kick-in, shows what the emergency professionals have told us: their help typically will not be available until days or weeks after a disaster-level emergency has occurred.

Figure 1. Example of neighborhood map. Emergency preparedness groups have been circled. Group captain's names have been underlined. The names of neighbors whose yards are staging areas have been circled.



(Please note that this neighborhood, although typical, is fictitious. It was created solely for the purpose of providing an example. To protect the privacy of individuals, we did not use an actual neighborhood.)

3 Steps to Family and Neighborhood Emergency Preparedness

Step 1: Organize your neighborhood into groups of about 10 families.

Step 1 creates community-based neighborhood **Groups of 10**. These groups are meant to be geographically connected and all inclusive, excluding no one on the basis of race, political persuasion, or religious faith. Because the **3 Steps** plan will have to interface with existing emergency plans, find out whether or not there are existing emergency plans in place. If there are, find the sponsoring organization and see whether the **3 Steps** plan would complement their effort. If it would, or if there are no existing plans, then implement the **3 Steps** plan.

Define a geographical neighborhood of about 100 families in the smartest way possible. Find a person to be the **3 Steps Neighborhood Chair**. The Chair should then recruit other committee members as appropriate to establish the **3 Steps Neighborhood Committee**. That Committee should then establish an informal **Command Center** from which to coordinate activities during an emergency.

The Neighborhood Committee then draws a map of the neighborhood and divides the neighborhood into smaller geographical groups called **Groups of 10** consisting of about 10 (6 to 12) adjacent, or next-door, families. One adult in each group should be selected as **Group Captain**; other members should be selected as **Assistants**. The group should then designate an emergency **Staging Area**, a large flat area within the group boundaries where families would assemble during a time of disaster to organize rescue and first-aid efforts. (See pp. 14-15 for more information about staging areas.) The neighborhood map should indicate the boundaries of each Group of 10 and the locations of the **Chair, Command Center, Captains, and Staging Areas**.

Next, maps of each individual group of 10 families are drawn, showing family names and telephone numbers. Group lists should include local phone numbers. They should also include the out-of-state phone numbers that families would call to leave or receive messages about the welfare of family members. During a time of emergency, long distance lines are often available when local lines are not. These lists are distributed to the families and the Neighborhood Committee. (Additional helps for implementing Step 1 are found in Appendix I, pp. 16-19.)

Step 2: Prioritize and acquire emergency supplies.

Step 2 helps neighbors acquire the supplies they need, beginning with first things first. Once the entire Neighborhood has been organized, the Neighborhood Committee meets to prioritize preparation needs, carefully respecting each family's stewardship for self-reliance. Neighborhoods often arrange to do group buying of emergency supplies that take advantage of sales and quantity discounts. Flyers and information sheets are distributed to educate families on various emergency topics and also to make them aware of group buying opportunities. The following list of activities and preparation items was used by the Provo Canyon and Edgemont 10th Neighborhoods in approximately the following order of priority. Choose your own priorities and add other items that your Neighborhood will need.

- water storage, water purification, and sanitation supplies
- 72-hour kits, survival kits, and emergency car kits
- emergency shelter supplies
- food storage items
- wood, coal, propane, and emergency heating
- first aid kits and medicinal supplies
- walkie-talkies and other communication aids
- hand crank grain mills
- dutch ovens
- fire extinguishers
- gardening skills and non-hybrid seeds
- personal and financial records

(Additional information including order forms that you can adapt may be found in Appendix II, pp. 20-58.)

Step 3: Get emergency response training

Step 3 encourages you to have several members of each Group of 10 get some type of emergency response training, such as CERT (Community Emergency Response Team) training, Red Cross First Responder training, NEST (Neighborhood Emergency Skills Team) training, or NERT (Neighborhood Emergency Response Team) training, etc., in addition to regular First Aid and CPR training. Many cities offer emergency response training. The CERT course, for example, is a seven-week course designed by the City of Los Angeles and made into a national program by FEMA, the Federal Emergency Management Agency. It is usually taught by local city police and fire departments. The CERT class consists of training in the following emergency response skills:

- emergency preparedness
- light search and rescue
- suppression of small fires
- disaster medical operations (triage and treatment)
- organization and layout
- disaster psychology

FEMA's rationale for providing CERT training is this: If a disaster were to happen, the 911 emergency response system would be overwhelmed within minutes making professional city personnel unavailable for a minimum of three days--perhaps much longer. It would be up to local citizens to conduct all emergency rescue operations and medical care during that time.

We encourage emergency response training for 3 reasons:

1. The more training members of your group get, the better they can help in a time of emergency.
2. Emergency response training increases the safety of rescuers. Trained individuals know better when and when not to become involved in hazardous rescue operations.
3. In general, volunteers--like other citizens--have the protection of state and federal "Good Samaritan" laws. This protection holds as long as such volunteers act in good faith, without malice, and are not grossly negligent.

Ideally, each Group of 10 would send as many people as possible for emergency response training. Afterwards, simulation drills could be conducted to give neighbors a chance to practice working together as a group. The **Staging Area** diagram on page 15 shows how a Staging Area could be organized to handle 11 crucial assignments during a possible emergency.

Peace through preparation

Finally, we wish to remind you that the motto of the **3 Steps** plan is "**Peace through Preparation.**" Although it is hoped that you will never need to use your **3 Steps** plan, there is peace through preparation for any eventuality. Please help your neighborhood to understand that the **3 Steps** effort is not to cause fear, but rather to replace fear by working together carefully and systematically in order to prepare supplies and learn skills so that if emergencies come, there will be no need to fear.

Maintaining the **3 Steps** plan will require ongoing effort. Neighbors will always be moving out and moving in. Neighborhood chairs or group captains may need to be replaced. Annual reviews of CERT and other emergency training should be conducted. Reorganizing, improving, and maintaining a state of readiness should be a part of the Neighborhood Committee and Groups of 10 planning.

There are other threats to our quality of life which are as equally serious as natural disasters. Once your neighborhood has learned to work together in preparing for family and neighborhood emergencies, you and your neighbors might consider working on other projects that will further unite, preserve, and renew the community, e.g., support for our children, neighborhood watch, and many other worthy goals.

How can we prepare for emergencies without causing panic among our neighbors?

It is exactly through a neighborhood emergency preparedness plan such as **3 Steps** that you can avoid panic. When neighbors work together to help each other, especially before disaster strikes, there are feelings of friendship and safety created, neighbors looking out for neighbors. Not only will people have gathered needed supplies in advance, but plans for meeting together, sharing, and rescuing each other will have been thought through. Chaos will be minimized and a feeling of community strengthened. Panic is lessened by true preparedness, not by hiding from our fears.

What makes 3 Steps a good emergency plan?

There are many different types of emergencies that could happen to you or your family. For most of these, you can call 911 for immediate, professional help. But in a disaster-level emergency, the 911 response system would be overwhelmed within minutes making it impossible for the general masses of people to obtain professional help for perhaps three days or longer. **3 Steps** is a neighborhood emergency plan created to save lives and increase the probability of survival by:

1. Providing help within minutes when 911 is unable to respond
2. Minimizing the distance between you, your family, and potential helpers
3. Maximizing personal, family, and neighborhood safety and security
4. Optimizing effectiveness and efficiency in preparedness and response
5. Reducing red tape and bureaucratic complexity
6. Minimizing chaos in 4 ways:
 - a) helping people prepare in all categories BEFORE an emergency happens
 - b) organizing small groups who work together to help each other
 - c) providing a simple plan that every person 5 and older knows how to follow
 - d) making it possible for every person in the neighborhood to help
7. Doing for family members who are separated from each other what they cannot do for themselves.

What is the relationship between 3 Steps and other groups such as the Boy Scouts who have received first aid or specialized emergency training?

3 Steps neighborhoods are encouraged to enlist the help of all those with special emergency training.

Once a neighborhood is organized into groups of 10, can we use the groups for other purposes?

Your neighborhood is, of course, free to use its groups in any way that its members agree. It is recommended that the groups be used only for the most important issues and occasions. We think your neighbors will appreciate your respect for their time and energy. Remember, we are not trying to unite, preserve, and renew our community for an hour or for a day, but for our children and our children's children. What we create here must be sustainable for long periods. In the end--our quality of life will depend on the effort of each one of us to love our neighbors, as the moral codes of every major world religion have taught us to do.

What communities can participate in the 3 Steps plan?

Many communities throughout America are simultaneously feeling the need to prepare. The **3 Steps** plan can be implemented anywhere where neighbors are willing to love and help each other.

Where may I get additional copies of the 3 Steps booklet? I'd like to send some to my friends and family.

Turn to page 59 for details.

HOW TO BEGIN THE 3 STEPS PROGRAM -- HOW TO DO STEP 1

Since Neighbors Uniting Neighbors began the effort to share the 3 Steps program in January of 1999, dozens of neighborhoods, cities, and church groups have joined us in this effort to help their neighborhoods get prepared rather than just people working to get prepared as individual families. They have come to the realization that they will never be truly prepared until they get organized and prepared as a neighborhood and have a plan worked out as to how they will work together to help each other.

Getting started is actually very simple. You could do it today yourself. Below is a more detailed explanation of how to do Step 1 than what is on pg. 9. **Step 1 of 3 Steps works like this:**

- a. Call up a friend or two in your neighborhood (if you want others to help you) and ask them if they will help you do this “Neighborhood Preparedness Project”. You are now the “Neighborhood Emergency Preparedness Committee”.
- b. Get copies of the 3 Steps booklet for your committee. Read the first 20 pages and thumb through the rest (40 more pages) so that you understand how the program works and how the booklet can help you and save you work.
- c. Sit down, pull out a piece of paper, and draw a map of your neighborhood (or get in the drawer and pull out a map that you already have). What exactly is your neighborhood? It can be anything you want it to be. It is wise and easier to use boundaries of an already existing affinity group like a trailer park, a housing development, a congregation with geographical boundaries, or a subdivision, if you have such a situation; but you’ll be able to see what makes up a neighborhood with no problem. About 100-150 families is a good size to work with. Many people have told us of the immense gratitude their neighbors have expressed that they are willing to do this effort for their neighborhoods.
- d. Having determined what your neighborhood is, decide whose support it would be helpful to have: local church leaders, apartment building owners and managers, city neighborhood leaders, city leaders... You can do a wonderful community service project like this without anyone’s permission, but your efforts will be greatly multiplied by having the support of other people who have a stewardship over the welfare of this same group. Approach those you feel it is important to coordinate your efforts with, explain what you are wanting to do, and see what they are willing to do to support you. They could write a letter of support to the families in your neighborhood, be willing to meet with you occasionally to coordinate efforts, and generally make your job easier and more effective.
- e. Now go back to your map and divide up the entire neighborhood into what we call “Groups of 10” by drawing circles around groups of approximately 10 adjacent families each. (Page 8 of the 3 Stepsbooklet shows an example.) Your groups might have a few more or a few less families in them. You just decide what seems to work best for your neighborhood. My neighborhood has 112 families in it, so I have 12 “groups of 10”. Six of my groups actually do have 10 families in them, but 2 have 11 families, 2 have 9, 1 has 8, and 1 has 7. You won’t have any trouble seeing what the best way is to divide up your neighborhood.

f. Now look at your map with groups circled on it and decide for each group who would make a good “Captain of 10” and who would be willing to say yes if you asked them. A captain is a person over a Group of 10 who is willing to help you in this effort. It’s not a time-consuming commitment. What you are asking the captains to do is to be willing to meet with you occasionally (once a month at most) and to disseminate information to the families in their group. When you are doing a group buy on something (Step 2) and need to have fliers and order forms passed out, you give a set to each captain, and the captain passes them out to the families in his/her group. The captain also has the group families meet together to discuss this effort and to help everyone assess where they are and what they need. When a friend of mine attended her first Group of 10 meeting, she said it was wonderful. She finally felt safe knowing that the people in her little group were meeting and working together to plan in advance how they would help each other in an emergency. Her group talked about how well prepared each of them was or wasn’t and what they planned to do to improve things.

Having decided who would be your best choice for captains, you then ask them if they will do it -- ask by phone, or in person, or through a letter that explains this whole idea.

g. After your captains have said “yes”, meet with them and talk about this program in detail. It’s a good idea to have each captain (or even every member of your neighborhood) have a copy of the 3 Steps booklet. You can prioritize the needs of your neighborhood and make a basic year’s plan for what you want to accomplish. (See Step 2 on page 9 of the booklet.)

h. At each captain’s first Group of 10 meeting, the group should jointly select a **staging area** for their group, as well as to begin working together to plan helping each other get prepared and to plan how they’ll assist each other in a disaster. (A **staging area** is a predetermined location where everyone in the Group of 10 meets as soon as possible after a disaster happens. See pgs. 14-15 for a detailed explanation of staging areas.) It is also good for each captain to select a co-captain.

That is Step 1. It should take you 15 minutes to draw a neighborhood map (10 seconds if you have one in the drawer already), 5 minutes to circle the Groups of 10, 15 minutes to decide who to ask to be captains, 1 day to ask the captains to be captains and to come to an initial meeting at your home. You might need more time to coordinate efforts with and gain the support of other local community leaders, but it will be worth it. All this might seem scary, but you can do this. You can. It’s a good idea. More neighborhoods are getting involved in this every day. And you don’t have to do it alone. The booklet will help you; your neighbors and friends will help you. And if you happen to live near Provo, Utah, we will help you. We provide neighborhood training sessions at your request. Just go to our website, www.3steps.org, and contact us by email.

Doing this plan builds community among neighbors. It adds to feelings of security and closeness for everyone involved. It increases your level of true preparedness exponentially. If you set your goal to accomplish Step 1 this week, you will be ready to move on to Step 2, helping each other get emergency supplies, and Step 3, getting rescue training for large numbers of people in your neighborhood. It then won’t matter if the big earthquake finally happens or a microburst hits or whatever. You will finally be prepared, and so will your neighborhood; and you can feel peace and continue to live your lives with every hope of joy.

What is a Staging Area?

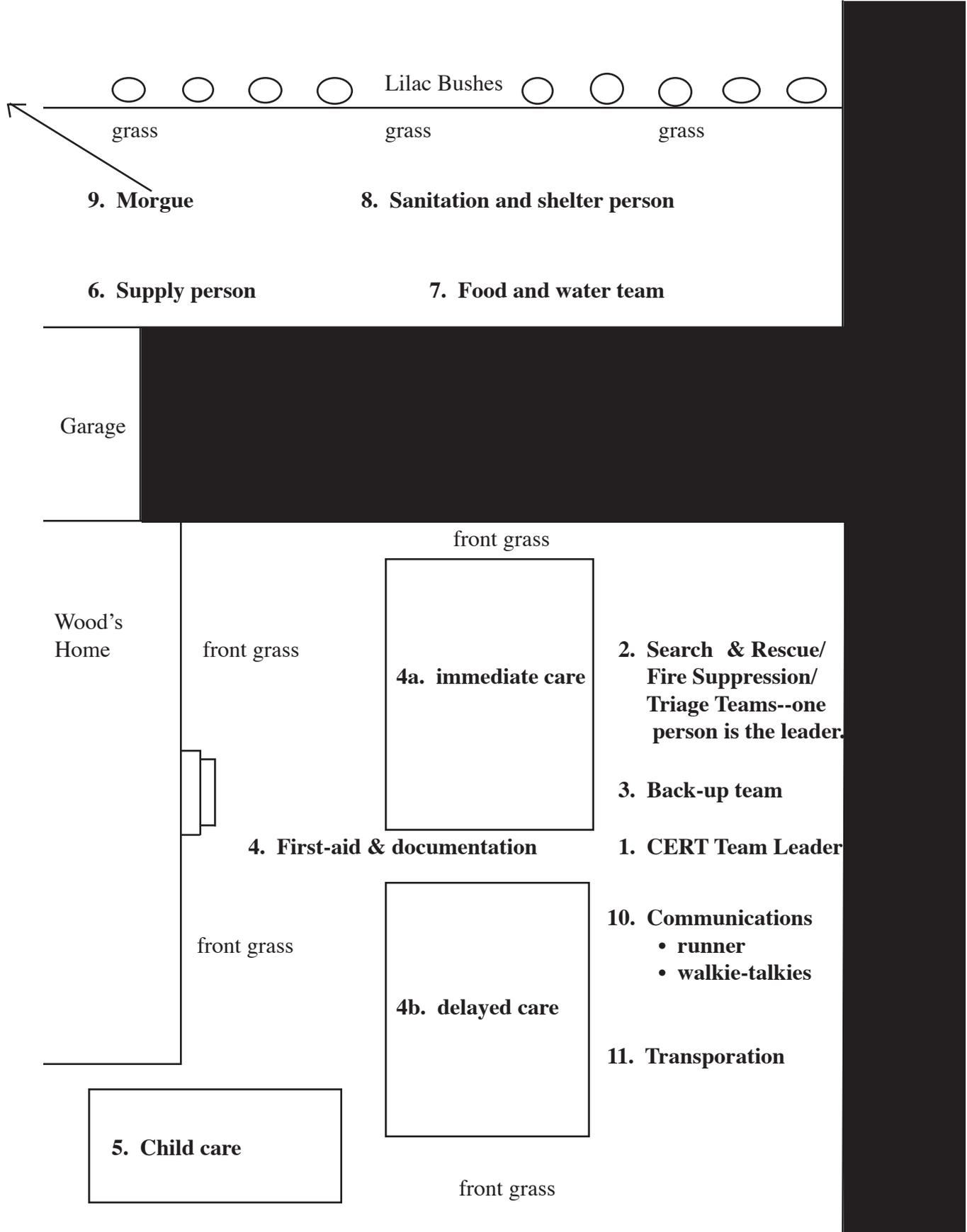
A staging area is a predetermined location within a Group of 10 where all members of the Group gather together as soon as possible after a disaster has happened. It is typically the largest, flattest, and clearest front lawn within the group—a place where there is enough room to conduct a rescue operation if necessary. If a front lawn is not available, a parking lot, driveway, tennis court, or road may be the best option. It is also advisable to select an alternative place for a staging area and also an indoor alternative.

The idea of having a staging area is something we've adopted from the CERT course (Community Emergency Response Team training—Step 3 of the 3 Steps plan). What it does for a neighborhood to have staging areas selected in advance is incredible. Every man, woman, and child (old enough to be conscious) knows where their staging area is and knows to meet there as soon as possible after a disaster—after they have done all they need to do to take care of their own families. This means that within a few minutes, everyone in a Group of 10 who is home and OK will show up at the staging area. Then the Group can assess within minutes who is not home or not OK and then organize efforts to help the rest of the members of the group. The group can utilize the skills and efforts of everyone who has shown up to organize and run a rescue effort. There is a place for everyone. The diagram of a staging area on the following page shows 11 different jobs that people could be assigned to do. While some people watch little children, others organize search and rescue. Others are in charge of first aid, food and water, setting up a sanitation area, communications, transportation, etc. And because everyone ABLE to come HAS come to the staging area, no effort is wasted looking for people who are OK anyway. Only the exceptions—those who haven't shown up—need to be dealt with. Also, people are not being asked to leave their families to go some long distance to help rescue others. They are helping the families within their small groups of 10 while they can see with their own eyes that the rest of their family is being watched over by the group. Later, when the group has done all that they can for themselves, they can go help other groups or call on other groups for more help if needed.

Think of how much it will cut down on chaos in a disaster to have this planned in advance. You can picture how this could work in something like an earthquake or a disaster-level windstorm. If the disaster is something less than these, such as a blizzard or power outage in the winter, the adults can meet at the indoor staging area and within seconds assess who has wood-burning stoves or other heat sources, and where to temporarily relocate other families in need within the group.

Each Group of 10 should decide where their staging area will be and where they will have alternative staging areas, both in-door and out-door. The Neighborhood Committee should decide which staging area of the entire neighborhood would serve best as a Central Command Station.

Figure 2. Example of a Group of 10 Staging Area



APPENDIX 1

HELPS FOR IMPLEMENTING STEP 1

Defining and Organizing Your Neighborhood

After we had organized into Groups of 10 families and had appointed captains, we met with our captains about once a month to prioritize and plan our needs. Pages 16-19 of this booklet are examples of lists, agendas, handouts, and goals that we used at these meetings:

- a list of all Captains over Groups of 10 and their phone numbers
- a list of other topics we were interested in addressing as a neighborhood project
- a Group of 10 list of all its people and their important phone contacts
- a list of goals and guidelines given to the Captains over Groups of 10

EMERGENCY PREPAREDNESS COMMITTEE MEMBERS

(names and numbers were changed to protect the privacy of individuals)

Shelly Wilson	874-6239
Marty & Alexi Thomas	873-0239

GROUP CAPTAINS

1.	Wilford Barnett	874-3934
2.	Dick James	874-6124
3.	Dorothy Morgan	876-3278
4.	Vickie Carman	874-4516
5.	Lezlee Jensen	876-6876
6.	Bonnie Wyatt	871-4552
7.	Sharon Hansen	875-1093
8.	Paul Bodier	874-4877
9.	Ann Garner	875-6106
10.	Dick Hevermann	874-0174
11.	Jay & Ruth North	875-6139
12.	Gordon Olsen	875-4995

OTHER TOPICS OF INTEREST TO THE NEIGHBORHOOD

1. Getting your financial and personal records in order, getting earthquake insurance and replacement insurance, videotaping your house and its contents
2. Canning, drying, freezing foods
3. Outdoor survival skills
4. Repair supplies
5. Root cellars
6. Rotating food supplies
7. Chainsaws and tools
8. Clothing and sewing

Group # 2a

Captains: Marty and Anavon Hawkins

Walkie-Talkie Channel: 2.7

<p>BARRETT, Ron 225-8052 Janel Adam Ethan Jennicca</p> <p>Out-of-state # 903-479-6982 Clergy to contact: Bishop Tom Call 224-3198 Family Physician: Dr. Bill Sorenson 377-9550</p>	<p>SKIDMORE, John 224-1887 Jerolyn Steven (Richard) Gini</p> <p>Out-of-state # 503-591-8342 Clergy to contact: Rev. James Walters 376-1200 Family Physician: Dr. Allan Denkin 222-4311</p>
<p>FERMOUTH, Jan 224-2379 Jeri Korry Jay (John)</p> <p>Out-of-state # 915-227-3597 Clergy to contact: none Family Physician: Dr. Paul Wilson 378-7474</p>	<p>SORENSEN, Bill 225-8400 Mary</p> <p>Out-of-state # 317-448-9811 Clergy to contact: Rev. Bill Anderson 227-9870</p>
<p>HAWKINS, Marty 226-0277 Anavon Brady Blake Mason Spencer Parker</p> <p>Out-of-state # 415-337-5410 Clergy to contact: none Family Physician: Dr. Frank Bills 235-6666</p>	<p>WATSON, Ally 221-7755 Katie Joe</p> <p>Out-of-state # 714-442-3488 Clergy to contact: Bishop Ken Carson 221-8409 Family Physician: Dr. Dorothy Berger 225-2963</p>
<p>HINTZE, Duane 225-1854 Sharon (Benji) (Thom) Josh Lucy Maren</p> <p>Out-of-state # 814-221-3321 Clergy to contact: Bishop Al Minon 224-7645 Family Physician: Dr. Carmelita Sanchez 377-5591</p>	<p>WOLTON, Eliza 225-4487</p> <p>Out-of-state # 317-992-2341 Clergy to contact: none Family Physician: Dr. Walter O'Reilly 379-8128</p>
<p>LUNAN, Mel 222-9876 Anne</p> <p>Out-of-state # 918-243-5587 Clergy to contact: Rev. Dean Johnson 373-0999 Family Physician: Dr. Gordon Obills 276-4554</p>	<p>ZONDERBERG, Joe 224-4886 Cathy (Anita) Allan</p> <p>Out-of-state # 229-991-1209 Clergy to contact: Bishop Kent Olsen 373-2121 Family Physician: Dr. Anna Baskin 221-4400</p>

EMERGENCY PREPAREDNESS NEIGHBORHOOD GOALS AND GUIDELINES

GOALS:

1. Organize neighborhood into groups of 10 with captains over each group.
2. Help each other obtain the supplies, knowledge, and skills necessary to deal with an emergency.
3. Facilitate Neighborhood Watch through the groups.
4. Build a sense of community and a spirit of love and sharing within the groups that will make working together before, during, and after an emergency easy and successful.
5. Encourage as many neighbors as possible to get emergency training such as CERT. Then practice together and review semiannually.

GUIDELINES:

1. The Neighborhood Emergency Preparedness Committee will meet once a month with the Captains in the beginning, and afterwards as often as as is needed.
2. Each Captain will select a co-captain who can fill in when the Captain is unavailable.
3. Each Captain will meet with his/her group when needed to convey information, assess needs, help each other, collect orders, and build community.
4. We hope that each group will develop a sense of community and love for each other that will make it possible for them to help each other do what it takes to get everyone in the group sufficiently prepared.
5. We hope that, where possible, groups will attempt to produce an excess of items so that we can share the extras with other groups and families who might have greater needs.
6. As we help each other, we need to be sensitive to each other's feelings and needs for privacy and do our best not to offend anyone in an attempt to help them. We need to offer information and opportunities to participate but always let families make their own decisions without causing them to feel guilty or apart from the Group.

CAPTAINS' MEETING AGENDA

1. The stewardship of a captain:
 - meet with the group to assess family needs and plan together how the group can help each other
 - help to build community within the group
 - know where the families of the group stand with needs and wants
 - disseminate information quickly
 - care for the families
 - help where needed with group efforts
 - involve others in helping
 - report back as needed to the emergency preparedness committee

2. Timing and Stewardship Accounting:
 - disseminate info within 48 hours of our captains' meeting and with that info inform your families of when and where your next group meeting will be.
 - your meeting should take place by the half-way point between the captains' meeting and when the next orders are due.
 - we will call you to see how things are going and to see if you need any help from us, when?

3. Items for discussion:
 - what about people who don't come to the meeting?
 - unless people have expressed an interest in being left alone, it helps to check back with them a few days before the order is due.
 - we will call you again about 2 days before the order is due.
 - bring the order to us with a complete accounting on where people stand so that no one is a question mark in our minds. If someone isn't interested, please note that for us. If someone already has the item(s), please note that. Please don't bring us your orders before you have contacted everyone.

3. Pick someone in your group or family to be a co-captain.

4. It can be really effective to meet with a family individually and give them a "personal consult".

APPENDIX II. STEP 2

PRIORITIZING AND ACQUIRING EMERGENCY SUPPLIES

This step is fun, and people will love you for doing so much leg work for them. It is in this category where we as individuals often fall apart even though we want to get prepared, because it just takes so much work to figure out what to get and where the best buys for supplies are, and then it's another huge effort to go out and get it. But if the neighborhood committee works together to figure these things out, publishes information to people, and implements group buys, the process is so much easier and incredibly rewarding. Part of the reward is seeing so many people that you care about in your neighborhood actually get prepared.

We want to save you as much effort as we can by sharing with you the results of our work as we organized group buys. The following pages are **EXAMPLES** of the information fliers and order forms that we put out in our neighborhoods before each group buy. They are not intended to be so generic that you will not have to adapt them at all. That really isn't possible. At a minimum you will have to find your own merchants, call around for current prices, read what we have written to see how well it fits your needs, and then **MODIFY THE FLIERS TO FIT YOUR SITUATION**, if you even want to use them at all. Many of you know more than what we came up with and could write much better fliers! The examples are also meant to show you how easy this step is. Our information fliers were not in-depth studies on these topics. We just did our best to give people simple and essential information to help them make decisions about what they might want to do in these areas. *And please note, we do not claim that our information is free from error--it is just the best we came up with from our research at the time. One of the keys to the success of this program is to **MAKE THINGS SIMPLE FOR PEOPLE**. In addition to these fliers, we put out other fliers which were specific reminders or encouragements. Everything we did paid off in helping our families to get prepared.

It is necessary to have **MONEY** for operating costs in doing this emergency preparedness effort, mainly for photocopying, long-distance phone calls, and sometimes for gas. The best way to cover this is to ask for a \$1 or \$2 donation with each family order. We have always used any excess to buy extra supplies for those neighbors who would like to participate but aren't financially able to. The neighborhood chairman can establish a special checking account to deal with money involved in the neighborhood emergency preparedness effort. This account should be separate from any personal accounts. It is important to know that no one on the neighborhood committee should ever make a personal profit from helping their neighbors set up group buys.

Throughout this booklet, we give you examples of items we purchased through our group buys. We are not recommending these as the best or least expensive items, but only as ones we chose. You will need to decide for yourselves what is best for your neighborhood. As we have done this project on a city-wide and even further reaching level, we have invited all local merchants interested in participating with us to make themselves known through our local city and county newspaper. We suggest the same idea to you.

Here are some "rules of fairness" which we have followed in setting up group buys:

- 1) Make an attempt to spread your business around to different merchants in the community.
- 2) In searching for "deals", never disclosed to a second merchant what a first merchant is willing to offer in order to get the second to outdo him. Simply asked all contacted merchants what their best offer was for a group buy.
- 3) Don't seek a business license so that you can undercut local merchants.

WATER STORAGE AND SANITATION

WATER STORAGE

Every method of storing water has its pros and cons. As is the case with other things, it's best not to store all your water "in one basket". We recommend that you **store at least a 2-weeks' supply of water for your family (that's 25 gallons per person)**, and that you use at least 2 different methods of water storage. The City Water Department has advised that in the event of certain disasters, it will shut off much of the incoming water supply, and people will have to have at least 3 days of water stored.

Pros and Cons of several common water storage methods:

- 1) **55 gal. plastic barrels** are a great way to store water because they store the most water in the least space and require the least effort for rotation. You need a hose or siphon pump to get water out, and of course, they are immobile once full, but they could be used to collect rain water from your roof downspout. A con of water barrels is that if they are knocked over in an earthquake, they might split and/or spill your water. However, many disasters could require water storage, and an earthquake is only one of them. Also, the water in your barrels can freeze if stored outside, but in some states, that's not typical or is only for a short period of time. This is one reason we recommend storing by more than one method. Used 55-gal. pop syrup barrels are much cheaper than new barrels but have become hard to find since the Y2K panic has hit. However, even new barrels are a cost-effective way to store water.
- 2) **Mylar bags** in boxes have certain pros: they keep your water out of any light, cutting down on organism growth, and they stack. But they are a pain to use, re-use, or rotate since the cardboard boxes get wet easily and ruined during use. You might not care if you don't plan to rotate the water in them or use them more than once. You can sometimes get used ones free at convenience stores by calling ahead and arranging to pick them up when available. They hold about 5 gal. of water (40 lbs.) and can be used for 72-hr. kits, and the box can be used for a porta-potty after the mylar bag is taken out.
- 3) **5-gal. cubical plastic jugs** are squatty and many of them don't stack, but they are movable (40 lbs.) and can be kept inside if you have enough space. This is a good size for a family 72-hour kit if you don't have to carry it personally. It is possible to find models that stack.
- 4) **6-gal. plastic jugs**—Some are tall and thin rather than cubical and also don't stack but take up significantly less floor space than the cubical jugs. With these you can store 30 gals. of water in the same floor space that it takes you to store 20 gals. of water in cubical plastic jugs. These are also movable (48 lbs.).
- 5) **2 liter pop bottles** are OK, but they take up an inordinate amount of space and are a nightmare to rotate. Many people claim their water stays good in these for years and doesn't need to be rotated. The truth of that depends on the cleanliness of the water and the bottles at the time of filling. These bottles are great for 72-hour kits.
- 6) **Glass bottles** also take up a lot of space and can obviously break, but why not "can" sterile water in jars that will be empty anyway till your next canning season—you can use this sterile water for first aid and have it be additional to your 25 gallons per person. If water barrels are one of your methods for water storage, it's best not to use these as your second method so all your water containers aren't breakable.
- 7) **Plastic milk jugs** deteriorate and also take up a lot of space.
- 8) **Empty Clorox jugs** can be dangerous—it's a controversial issue whether or not their plastic is food safe.

PURIFYING WATER

Boiling water, according to the American Red Cross, is the safest method of purifying water. Boil for 8-10 minutes at our altitude.

The idea of adding **Clorox** to storage water is controversial. The Red Cross says that the only agent we

should use to purify water is household liquid bleach (**5.25% hypochlorite with no additives**). Add 16 drops of bleach per gallon if the water is cloudy, but add only 8 drops if the water is clear; stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand for 15 minutes. Some cities advise that you **DO NOT ADD DROPS OF BLEACH TO YOUR STORAGE WATER** since their water is already chlorinated and you could get hyperchlorosis. Instead, they recommend (if your water is chlorinated) that you rotate your storage water yearly. So combining these ideas: only purify water with bleach if there is a reason to believe the water might be contaminated, and it's better to boil it if possible. There are other methods of water purification, such as ION crystals, iodine, water purification tablets, and devices that attach to the faucet that you can research if interested.

SANITATION

Sanitation is a big issue in a disaster. Home toilets might be unusable, and "going in the bushes" is not very smart if you want to avoid disease. Even latrines can cause problems. In densely populated areas, improper handling of human waste can be a source of epidemic. In the event of a disaster, you should stop flushing your toilets and using your drains immediately until notified by the city that it is all right. Even if your water is running, flushing toilets and using drains can cause sewage to back up into your homes. The best thing is to collect waste in a safe way, such as in a **porta-potty** lined with a plastic bag (or in a home toilet emptied of water, sanitized, and then lined with a heavy duty garbage bag) taking care to cover the waste between uses to keep flies and other pests away from it. Then find out what the city wants you to do with it. They will be working to get sewage facilities up and running and will let you know as soon as possible where and how to dispose of the waste. They might have you bring it to central dumping holes or tell you that it's safe to use your home toilets. They might tell you to bury waste in a trench in your yard. **IF** it is necessary to bury the waste, it should be buried several feet deep in the ground, poking holes in the plastic bags with a pitch fork or other tool to aid in composting. Cover each layer with dirt to keep off insects. If you will be burying the waste, it is best to collect and bury solid waste separately from wet waste. Check with your city sanitation dept. and emergency preparedness dept. **now** to see what they want you to do in a disaster. We don't want to do anything to contaminate our drinking water supply. Coordinate things in advance with your cities so that you can educate the people in your neighborhoods properly.

WATER STORAGE AND SANITATION Order Form

FAMILY NAME: _____ PHONE # _____

ITEM	# ordered	price ea.	TOTAL
1. 6-gal. plastic water jugs with spouts:	_____	x \$ 4.50	= \$ _____
2. NEW 55-gal. plastic water barrels:	_____	x \$33.00	= \$ _____
3. Plastic snap-on toilet seats w/ lid:	_____	x \$ 4.50	= \$ _____
4. Luggable Loo (Toilet seat w/ lid + 5 gal. green bucket):	_____	x \$ 7.00	= \$ _____
5. Siphon Pumps	_____	x \$ 6.00	= \$ _____
	project donation	1.00	= \$ <u>1.00</u>

GRAND TOTAL _____ = \$ _____
(Prices already include tax.)

ORDERS ARE DUE TO _____ BY _____
at address _____, phone # _____
PLEASE MAKE CHECKS PAYABLE TO _____

Other Sanitation Items

Here's a list of some additional emergency sanitation items to get for yourself while waiting for your order to arrive. You can store these in your porta potty (if it's clean).

- kitchen-size garbage bags with ties (5 gal. size) for lining your porta-potty
- soap (anti-bacterial, waterless hand sanitizer is best)
- something for a privacy curtain
- wet wipes
- toilet paper, Kleenex, and paper towels
- toiletries
- disinfectant (like Lysol or bleach)
- feminine hygiene supplies
- sewage treatment chemical packets (available)
- solar shower

HOW TO USE 55 GALLON WATER BARRELS

1. The first trick is to get one of the two 4-inch bung lids unscrewed. (NEW barrels have two screw-in lids, and but some USED ones have one screw-in lid and one sealed metal cap. If you have one of these, leave the sealed metal cap on forever.) If you can't get the plastic screw-in lid unscrewed with your fingers, take a pair of pliers and put the handles down in the X-shaped thing on the lid, pull the pliers open, and unscrew the lid by turning the pliers. The pliers give you leverage and something to hold onto. You can also buy bung wrenches made for just this purpose.
2. If you purchased used barrels, they need to have the soda pop syrup rinsed out of them. (Mine are lemon-lime flavor—what are yours?) YOU NEED TO WASH NEW ONES OUT TOO. Just put the squirter nozzle on your garden hose and squirt around in the barrels, add some soap, squirt some more, roll them around, then dump the water out, squirt some more, dump it out, etc. Repeat this process until you feel happy. It is also recommended that you then pour a half gallon of chlorine bleach into the empty barrel and roll it around some more and then let it stand for 2-4 hours with the bleach in it. Then dump out the bleach and RINSE IT OUT REALLY WELL. (This will cut down tremendously on future algae growth.) If you're doing all this in the winter, just wait for a warm enough day. You can also clean out your barrels with the power nozzle at the local car wash!
3. Put the barrel(s) where you want them to be — if you are storing them on cement, put some newspaper, carpet, grocery sacks, wood, or whatever under them so the water won't pick up a cement taste — and then fill them up with a food-safe plastic hose (available at RV supply stores). If you're storing the barrels where they might freeze, be sure to LEAVE ABOUT 9" EMPTY AT THE TOP FOR FREEZE EXPANSION. You might be wondering what will happen if you need the water in the dead of winter and your barrels are frozen solid. That is unlikely, but the chance that they could freeze is another reason we suggest you have at least 2 methods of water storage.
4. It is recommended by almost everyone including City Water Depts. that you rotate your water storage annually. (I usually do my barrels in the fall leaving 9" empty on top for winter freezing.) When you're ready to rotate the water, first siphon out the old water with a garden hose, squirt the barrels out with a squirter nozzle several times, treat them with bleach again as described above, rinse them again really well, and then fill the barrels with fresh water. If your hose water is chlorinated and you rotate your water annually, you shouldn't need to add more Clorox.

Changing the water once a year only takes a few minutes, because once you start a siphon with the hose, the barrel empties itself while you're cleaning the house, sewing your own clothes, putting on a new roof, or washing yours and the neighbors windows...

It is important to know that even tap water has some bacteria in it, and so unless your containers and water are 100% purified when first storing, bacteria will multiply over time if exposed to light and heat. They will multiply even more if they have sugar to eat, which they do with if your barrels are used and any pop syrup remains in them. Do your best to sanitize all your containers and use the purest water possible for storing. Then if you think your water might not be safe enough to drink later, filter it, treat it, or purify it again before using.

5. **NEW VS. USED:** The pop taste is very slight in most used barrels but lessens each time you rotate your water. Many used barrels are translucent white. Supposedly, NEW and BLUE barrels grow less algae. **BE SURE YOUR BARRELS ARE MADE OF FOOD-GRADE PLASTIC** and that used ones have only had something edible for people in them before. New barrels, although more expensive, might be safer since they have nothing in them for organisms to feed on.
6. **HOW TO START A SIPHON WITH YOUR GARDEN HOSE:** First, put a squirter nozzle on the end of your hose and then turn on the water. Squirt some water out through the nozzle until all the air is out of the hose and the hose is full of water. With the nozzle still screwed on the end of the hose but not spraying, turn off the water at the faucet end. (The nozzle on the end should be keeping the water in the hose.) Unscrew the hose from the faucet, stick your hand over that end of the hose, and hold that end up to keep the water from running out, and then put that end of the hose down into the barrel **ALL THE WAY TO THE BOTTOM**, and put something on top of the hose to keep it from pulling out of the barrel. Then run the rest of the hose along the ground (downhill if possible) and unscrew the squirter nozzle. As the water already in the hose runs out, it will start the

WATER PURIFIERS

Hopefully, each family will store at least two weeks' of water. Although this is a lot to store, it could easily be the case that more will be needed. A good water purifier, though somewhat costly, can make a huge amount of water drinkable. If you can afford one, it is an awfully good idea to get one. Two major and popular brands of water purifiers are **PUR** and **KATADYN**. There are many other brands that might be just as good, but below is a synopsis of how we understand that these two operate, so that you can get an idea of how at least two major brands of water purifiers work. Then the specs on eight different models and some recent prices are listed. Another popular brand is the **SWEETWATER**, which operates much like the PUR.

First, it helps to understand that cleaning up water has five levels (filtering + purification):

1. filtering out dirt, grass, rocks, and debris
2. filtering out microbes such as parasites and bacteria (Giardia is a parasite.)
3. killing viruses (Viruses are too small to be filtered out.)
4. getting out bad tastes
5. getting out bad chemicals

PUR and **KATADYN** water purifiers work differently to accomplish at least some of these goals.

PUR uses a 1.0 micron filter that is supposed to be small enough to remove all debris and most parasites and bacteria, and then it uses iodine to (hopefully) kill any parasites, germs, and most viruses that have slipped through. Since iodine leaves a bit of an unpleasant taste, PUR has an optional carbon filter that can be attached to take out the iodine and its taste. The carbon filter will also take out pesticides and some, but not necessarily all, harmful chemicals. Thus, PUR should accomplish levels 1, 2, 4, most of 3, and part of 5. Iodine and carbon filters do, unfortunately, have shelf lives of 3 and 5 years respectively; but the PUR filters seem to be more popular among campers due to user friendliness and ease. Three lingering questions here are 1) Which viruses doesn't iodine kill? 2) Does iodine really kill any virus or bacteria with such brief exposure (less than one second)? 3) what are the long-term health risks of drinking water purified with iodine?

KATADYN uses a much smaller ceramic 0.2 micron filter which is small enough to get out all debris and also all parasites and bacteria. It does not use iodine, so there is nothing to kill viruses, but Katadyn claims that in all their years of use, they have never had a single complaint of viral infection with the use of their products. They claim that viruses typically attach to bacteria and are thus removed with the bacteria, but this theory has not been proved. Ceramic has no shelf life and gives no bad taste, so carbon filters are not needed to improve taste but are needed if chemicals are still in the water. Katadyn's only model with a carbon filter is the Combi. They claim it removes a long list of chemicals. There are no parts in the Katadyn to worry about being old or going inactive. It works till it's clogged, and then you can clean the ceramic until it wears down too far. Also, silver inside the filter makes it self-disinfecting. Ceramic filters can break if dropped, however. Viruses are the lingering question here. They aren't usually a problem in water coming from the mountains, but after an earthquake the water could be terribly contaminated. If there is a worry, you can treat the water with iodine, chlorine bleach, or boil it, and make a carbon filter yourself from activated charcoal.

A possible problem with all hand pump filters is that bacteria and parasites too large to normally fit through the pores in a filter might be being forced through the pores by the pressure of the hand pumping action. There are ceramic gravity-based filters made to avoid this problem, such as the **AQUA RAIN**.

The next set of differences to consider are the amount of water that can be filtered before a replacement filter is needed and the various costs. How much water can be filtered depends, of course, on the quality of water being filtered. Any filter will purify less muddy or contaminated water than it will do clearer water. The amounts of water purified before a replacement filter is needed are much smaller than listed below if dirt and debris must be filtered out. These numbers are what the companies claim. We can't vouch for them.

<u>Model</u>	<u>amount of water</u>	<u>amount/minute</u>	<u>cost</u>	<u>carbon fltr.</u>	<u>replcmnt filter</u>
1. PUR Scout:	200 gal.	1 qt./min	\$80	\$14	\$42.5
2. PUR Explorer:	500 gal.	1.5 qt./min	\$115	\$18	\$45
3. Katadyn Mini:	1-2000 gal.	.5 qt./min	\$127	---	\$58
4. Katadyn Combi:	14,000 gal.	1 qt./min	\$185		\$75 + 20
5. Katadyn Expedition:	30,000 gal.	1 gal./min	\$1000	---	\$90

72-HOUR KITS—SURVIVAL KITS

We have noticed two ideas that seem to permeate public thinking about 72-hour kits: 1) that we are going to have to carry our kits somewhere on our backs, and 2) that all we need them for is 72 hours. Most of you have probably discovered by now that these kits are not very portable once you put in water and clothing, not to mention everything else you might want to have in them.

But why worry about carrying them at all? The pioneers didn't try to carry their meager supplies on their backs; they had handcarts at worst. Why not think along the lines of using a Radio Flyer wagon, a 34- or 90-gallon roll-out garbage can, a homemade handcart made out of bicycle tires, a wheelbarrow, or whatever else is available. (For some disasters we could even use our cars.) Chances are slim that we'll go any farther away than to our staging areas; but if we do, we could pull our kits or push them or make two trips! Your kit needs to be immediately accessible and somewhat mobile, but who ever said you have to carry it personally? What are neighbors for? It is true, however, that people living in a known flood path would be very wise to plan easily portable kits in the event of a flood.

The name of the 72-hr. kit comes from the idea that it will help you survive the first 72 hours of an emergency, but that doesn't mean the emergency will be over in 72 hours. If you've put in three paper plates for everyone, what will you eat off of on the fourth day? And a mylar blanket (the one like tin foil) will help keep you alive, but have you really ever slept outside in freezing temperatures? You'll wish you had a good quality sleeping bag with a wool blanket to wrap around it, a quilted mylar safety blanket to wrap around that, a dense foam pad underneath protecting you from the ground temperature, and all of this inside a tent.

The idea of a 72-hr. kit might be restated like this: if your home and the homes of many of your neighbors were destroyed, what would you need to be able to camp out and survive until you had other options? You'd need camping supplies, clothes, food and water storage, first aid, and fuel. Your 72-hr. kit is a survival kit to help you through until you can extricate more of your things from the rubble or until help comes from somewhere else. You should store this kit where it is least likely to be destroyed with your house and where you can get to it easily.

The following three-page list is meant to be a comprehensive list of everything anyone could ever think of to put in a 72-hr. kit. We are not suggesting that everyone should have everything on the supplemental list. Look through the lists and decide for yourselves what seems reasonable, affordable, and necessary for your family in a worst-case scenario. Many items are for repairs and would not be items you'd be carrying away.

As you look at the list remember this, you can buy pre-assembled kits, which could save you time but probably not money. However, many of you probably already have a majority of the things on the list somewhere in your house and just need to assemble them into some sort of container or carrier.

SURVIVAL 72-HOUR KIT

Keep an exact list of what you have in your 72-hour kit with expiration date and children clothes sizes, so you can update your kit easily.

BASIC KIT

Addresses and phone numbers

Baby wipes

Blankets (preferably wool) for each member of the family

Books

Candles

Can opener

Carrier (roll-out garbage can, back pack, wheelbarrow, army duffel bag, etc.)

Cash (include quarters & dimes for the phone & small bills)

Change of clothes (wool or polypropylene is best- hat, gloves, two pair of socks, underwear, thermals, sweatshirt, pants, shirt, coat, waterproof boots, shoes, slippers for sleeping)

Check book and credit cards

Clorox (for water purification—Clorox has a shelf-life of 6 months)

Coloring books and crayons for children, ball, small games, musical instruments, stuffed animal, doll etc.

Comb and/or brush

Consecrated oil

Dental floss

Deodorant

Disinfectant (Lysol, etc.)

First aid kit - and handbook

Feminine hygiene needs

Fingernail file/clipper

Fishing line, hooks, and sinkers

Flashlight and batteries

Food for 3 days: MRE's (Meals Ready to Eat) or survival food (include Pet Food, and Hard Candy)

Glasses, contacts, cleaning solution

Hatchet

Infant care: (canned milk or formula, bottles and nipples, diapers and wipes, pacifier and clothing, purified water, zinc oxide and cornstarch, medicine dropper, decongestant, eardrops, eyedrops, baby backpack carrier or sling, baby tylenol, ipecac and kapectate)

Keys (extra set of all keys)

Kleenex

Knife (swiss-type preferably)

Matches (waterproof or waterproof box) and/or Lighter

Medications for family members (2 week's worth)

Notebook and pencils

Nylon rope (100 ft.)

Paper towels

Plastic bags and ties (both small and garbage bag size)

Plastic bucket with tightly fitted lid for use as a porta-potty

Razor and blades

Rubber bands

Safety pins

Salt and pepper

Scissors, needle and thread, and buttons

Scriptures

Shampoo
Sierra cup and utensil set (a Sierra Cup can be used as a cup, bowl, or pan)
Soap (hand & dishwashing)

Sterno burner and 6 cans of sterno
Tetanus shot update
Toilet paper
Toothbrush and toothpaste
Toothpicks

Towels
Tube tent (or plastic sheeting like Visquine)
Vaseline
Wash cloth
Water (1 quart per person per day - have some small containers also)

Whistle
Work gloves

ENHANCEMENTS TO THE BASIC KIT

Air mattresses
Aluminum foil
Axe
Baby food grinder
Boy Scout Handbook or Instruction manual on survival and emergency preparedness

Bucket and dishpan
Chapstick
Clock/ watch
Coffee pot for boiling water (must be all metal - no plastic except knob on lid)
Compass

Cooking/eating utensils
Plate
Cup
Knife, fork, spoon
Pot
Pan with a lid
Spatula

Disposable wipes
Dust masks
Dutch oven & briquettes, tongs, hammer
Emergency blankets
Fingernail clippers

Flare
Goggles
Hand warmers, warm packs
Insect repellent

Light sticks
Lotion
Magnifying glass
Mirror
Mosquito repellent
Newspaper (for fire and other uses)

Pictures of everyone
Pillows

Ponchos
Porta-potty
Radio (battery or solar powered)

Razor blades - single edge for cutting
Scouring pads
Shoelaces (extra assorted)
Shovel
Sleeping bag for each member of the family

Small grill
Snakebite kit
Snow shovel
Solar shower
Stove

Sunblock
Sunglasses
Siphon
Tar paper
Tent

Umbrella
Vitamins (include vitamin C)
Water (1 gal./person/day—store at least some in small containers)
Water purification tablets
Water purifier

Wipes
Wood, charcoal or other fuel

Strong Box for Important Documents

Your strong box should be in a waterproof, fireproof box where it could be easily retrieved. It should contain at least your will, trust, stocks & bonds, bank account numbers, insurance policy numbers, credit card account numbers and companies, birth and marriage certificates, social security cards, deeds to homes, cars, etc., passports, vaccination records, household inventory list and pictures of possessions, patriarchal blessings, genealogy, and important family photos.

Emergency Needs for the Home

Bungie cords
Crescent wrench
Crowbar
Fire extinguisher
Gas turn-off tool

Gas generator and gas
Hammer
Hard hat
Nails, screws, nuts and bolts
Pliers

Plywood
Saw
Screwdrivers (regular and phillips)
Tape (electrical, duct, masking)
Tarps

Twine
Visquine (plastic polyethylene sheeting)
Water turn-off tool
Whisk broom
Wire

Car Kit

Blankets
Books and games for kids
Candles and matches
Chains
Electrical tape

Empty can for gas or water
Fan belts
Fire extinguisher - ABC type
First aid kit

Fix-a-Flat (a can of)
Flares
Flash light and batteries
Food or snacks and hard candy
Fuses

Hose - spare radiator hoses
Ice scraper
Jack
Jumper cables
Lug wrench

Maps (road atlas)
Matches, lighter
Medium crescent wrench
Motor oil (2 qts.)
Plastic bags - garbage size & 1 gal. size for feet & hands

Pliers
Pocket knife
Pump (check spare tire frequently and keep inflated)
Reflectors
Rock salt

Sand (small bag)
Screw driver
Scriptures
Small shovel
Terminal cleaner - to clean cable or battery terminals

Toilet paper
Tow rope or chain
Water - for drinking
Water - for overheated radiator

White rag - if you need help
Wiper blades
Wire - for a broken exhaust pipe, etc

KEEP THE TOP HALF OF YOUR GAS TANK FULL!!

72-HOUR KIT ITEMS
ORDER FORM

Orders due _____

(Explanations of most items* listed below are given on the next page.)

Item	Cost	Quantity	Total Cost
1. 100-hour candle	\$	X _____	= \$ _____
2. Six 4-hour candles	\$	X _____	= \$ _____
3. Good flashlight*	\$	X _____	= \$ _____
4. O.K. Flashlight*	\$	X _____	= \$ _____
5. D Alkaline Batteries*	\$ ea.	X _____	= \$ _____
6. C Alkaline Batteries*	\$ ea.	X _____	= \$ _____
7. AA Alkaline Batteries*	\$ ea.	X _____	= \$ _____
8. 9-Vlt Alkaline Bttries*	\$ ea.	X _____	= \$ _____
9. Nice American Knife*	\$	X _____	= \$ _____
10. Cheap Knife*	\$	X _____	= \$ _____
11. Good Hatchet*	\$	X _____	= \$ _____
12. Samurai Tool*	\$	X _____	= \$ _____
13. Utensil Set*	\$	X _____	= \$ _____
14. 16 oz. Sierra Cup*	\$	X _____	= \$ _____
15. Men's Workgloves*	\$	X _____	= \$ _____
16. Women's Workgloves*	\$	X _____	= \$ _____
17. Small Grill*	\$	X _____	= \$ _____
18. 6-hr. Canned Heat	\$	X _____	= \$ _____
19. 20-cup Coffee Pot*	\$	X _____	= \$ _____
20. 9-cup Coffee Pot*	\$	X _____	= \$ _____
21. 2-man Tube Tent	\$	X _____	= \$ _____
22. 50-ft. Nylon Cord*	\$	X _____	= \$ _____
23. Whistle*	\$	X _____	= \$ _____
		Project donation	= \$ <u>1.00</u>
		Grand Total	\$ _____

NAME: _____. Prices include tax and delivery.

Please make checks payable to _____ and turn in your check and this order form completely filled out to your captain by _____.

EXPLANATIONS OF MOST ITEMS LISTED ABOVE

1. The “**good flashlight**” is more sturdily built and has a more powerful and higher quality light beam, but the cheaper “**O.K. flashlight**” is great for giving one to each person in the family. Flashlights are an item that give a person a feeling of security.
2. We are offering D, C, AA, and 9-volt **batteries** so that you can get all the batteries you need for anything that you might want in your kit or for your year supply. Remember your radio. The latest word on storing batteries is that they store best in your freezer. Don’t put the ones in your 72-hr. kit inside the flashlight or radio. Put them in a ziplock bag next to your flashlight and radio. They deteriorate faster in the appliance and can leak and wreck your appliance.
3. If you want a superb quality knife, you should get yourself a Swiss Army “Tinker” (about \$32). The American-made Swiss-fake (“**nice American knife**”) that we are offering is a good quality knife with the same list of blades as the Swiss Tinker. The “**cheap knife**” we are offering also has the same list of blades. Some people don’t want to put their mega-expensive knife in their 72-hr. kit and feel good about having a cheapo in there. Others feel that it’s a waste to have a cheapo for any reason. You decide.
4. The more expensive “**good hatchet**” we are offering is good quality but probably not superb. The “**Samurai Tool**” is less expensive but pretty good quality. Again, you decide. For major wood chopping and cutting, you’ll need a good axe or chain saw. We will order those later on.
5. We picked a stainless steel **utensil set** that is ringed together rather than the classic stainless steel set which comes apart and fastens back together because of the better quality and the convenience of parts not getting separated and lost.
6. We chose the **16 oz. Sierra Cup** over the 16 oz. Alpine Mug (both are stainless steel and work great for both cooking and eating) because the Sierra Cups stack inside each other and thus take up much less room in your kits.
7. The **men’s and women’s workgloves** are all split cowhide. Women should be sure to try the samples on before ordering since many women’s hands fit better in men’s sizes. We recommend that you have a pair of workgloves for each person old enough to help work in a disaster (for example, extricating people or food storage from the rubble or cutting up fallen trees, etc.).
8. **Coffee pots** are great for boiling water, which is a top priority for many easy foods (Ramen Noodles, Cup-a-Soup, hot chocolate, instant oatmeal...). The 9-cup pot is great for a small family, but if you have a larger family, you’ll probably need the 20-cup pot.
9. There are lots of ways to approach cooking. We picked the **small grill** and canned heat because it is so easy to use; the grill folds up to almost nothing and can also be set over a regular fire. It can hold your coffee pot, MRE’s, Sierra Cups, or whatever. Of course, in an emergency where there is gas leakage, fires of any kind might not be smart. It’s best to plan emergency foods that don’t have to be cooked or warmed up (although they might taste better if they are!).
10. The **50-ft. nylon cord** is for putting up a tube tent and for other emergency uses.
11. We recommend that you have a **whistle** for every member of your family. This is another item that gives a feeling of security.

GAS TURN-OFF WRENCHES AND ARMY BLANKETS

There is some controversy over whether you should turn off your gas in the event of an earthquake. Our local Gas Company recommends that you only turn it off if you smell gas from a leak or if your house is severely damaged and uninhabitable. According to the Gas Company, there are two main reasons for this recommendation: 1) it could take many weeks or months for them to relight everyone's pilot lights, which during the winter could cause severe hardship; and 2) Code states that if your gas is turned off in a disaster, it must be turned back on by someone qualified to do so. Many people know how to relight their pilot lights, but our Gas Company says that this could be dangerous since it is more complicated than just knowing how to relight the pilot light; and if an accident happens from your doing so, your insurance will have an out via the Code. On the other hand, in a severe earthquake where homes are being destroyed, an aftershock can be as bad or worse than the original quake, and if the aftershock damages your home enough to cause a gas leak inside your home, you could have an explosion. We recommend that everyone have a gas wrench attached to their meter so that the gas can be turned off immediately if needed without having to search for a crescent wrench in a disaster. It would also be wise to mark your gas meter with a tag that tells that the gas is turned off if it has been, so that no one will come along and turn it back on when meaning to turn it off. Our Gas Company recommends that you "stop, look, listen, and smell" to test for a gas leak.

****We have noticed that the turn-off valves on many gas meters are so tight or old that it is almost impossible to turn them . This is terribly dangerous. Although the gas wrench offered below is probably strong enough to break the seal, your arm might not be. Please have someone get your gas meter turn-off valve loosened up: the muscle-man or Amazon of the house, a friend, or someone from your local Gas Company. If you do it yourself, be careful not to turn the gas all the way off. Just move the valve enough to get it loose (an eighth of a turn or less). If your valve won't budge and you're nervous, call your local Gas Company.**

Along with new blankets, we have found some used army issue blankets that might have some holes or tears which you can easily repair, but they are very nice quality. You can decide whether the money savings or the newness is more desirable to you.

We hope that every individual will have a wool blanket if possible.

(The prices below are several years old.)

Name _____	Unit Price _____	Quantity _____	Amount _____
1. gas turn-off wrench.....	\$3.75 each x	_____ =	\$ _____
2. a) army issue 100% wool blankets.....	\$11.00 each x	_____ =	\$ _____
b) new 100% wool blankets.....	\$ 21.00 each x	_____ =	\$ _____
	project donation	_____ =	\$ <u>1.00</u>
		TOTAL	\$ _____

*These prices include tax and delivery. Orders due _____.

Please make checks payable to _____.

BASIC FOOD STORAGE

Many of you have a bulging file full of suggested food storage lists. We have looked over scads of them to compile this—no two lists we have read were the same, but this is our best shot at compiling them all. This is a list of what are considered to be the most basic types of food items.

To whatever extent you prefer to store other types of food, such as canned goods, dehydrated goods, etc., you will need to adjust the numbers below accordingly.

AMOUNTS NEEDED PER PERSON PER YEAR

Item	Unit	Man	Woman	1-3	4-6	7-9	10-12	Teenage Boy	Girl
Wheat	lbs	300	200	70	100	160	210	335	220
Beans Oats Rice Whole Corn	lbs.	300	150	55	75	120	150	250	200
(These numbers represent a total for beans, oats, rice, and corn. See number 2 on p. 35)									
Pastas	lbs.	50-60							
Pwdrd. Milk	lbs.	(# of gal. your family uses per wk) X 32.5 = # lbs. per family per year							
Oil (Wesson) or Shortening	gal. lbs.	2.5 20							
Salt	lbs.	5							
Honey/Sugar	lbs.	60							
Yeast	lbs.	2							
Baking Pwdr.	lbs.	2							
Baking Soda	lbs.	2							
Cornstarch	lbs.	2							
Vinegar	gal.	2							
Peanut Butter	lbs.	(what your family uses in a month) X 12							
Canned Meats		[tuna fish, sardines, turkey, etc.] = (what your family uses in a month) X 12							
Clorox (reg.)	gal.	1.5 [use bleach that is 5.25% hypochlorite with no additives, like reg. Clorox]							
Soap	bars	6							
Toilet Paper	rolls	(what your family uses in a month) X 12							
Fem. Hygiene		(what your family uses in a month) X 12							
Laundry Soap		(what your family uses in a month) X 12							
Diapers		4-6 dozen cloth/disposable diapers vary							

Write the date of purchase on items before packing them away. After obtaining these items, the basic rule is “store what you use, and use what you store.”

FOOD STORAGE CLARIFICATIONS

- 1) Another way to look at storing wheat and grains is to store whatever you can sprout and not just what you will grind up or cook to eat. There's a lot more nutrition in sprouted grains, seeds, and legumes than in any other form of food. Notice that on the LDS suggested food list below, they separate out grains and legumes and have a different total than we've given you. They also have the same total for men and as for women. Basically what this says to us is that you can decide what percentages of what you want to store. Just do it in an intelligent way that will give your family good nutrition and work for a year.
- 2) Oil: You need 2.5 gal. of vegetable oil per person per year OR 20 lbs. of shortening or whatever combination of these amounts you want. Some have said that Wesson Oil stores several years longer than Crisco or other brands.
- 3) The numbers listed across from "oats" represent a total of the amounts you need for a combination of the beans, oats, rice, and whole corn. You need to decide for yourselves what percent or portion of those numbers you want for each of these items. For example, it says a man needs 300 lbs. That means the number of lbs. of beans, plus the number of lbs. of oats, plus the number of lbs. of rice, plus the number of lbs. of whole corn for him should add up to 300.
- 4) Powdered Milk: The formula above is for 1% milk. If you like thicker milk, you'd need more. The instructions for mixing some brand of powdered milk say 2 c. powdered milk/gal. of water. Some other brands use 2 1/2 c./gal.

It used to be the case that powdered milk tasted so "powdered milky" that no one wanted to drink it. This type still exists. Luckily, however, there are now brands of powdered milk that taste so decent you can hardly tell it isn't regular milk. We recommend that if you and your kids won't drink the crummy tasting stuff now, you shouldn't store it. It is probably worth paying a bit more to store a kind that tastes good enough that your family will actually drink it. If you do, they can drink it occasionally and help rotate it. With fairly good tasting powdered milk, if you mix 1/2 gallon of it with 1/2 gallon of real milk, you can hardly even taste it all. Even my kid can't tell, and she has a special built-in powdered milk detector.

5) Toilet Paper: Many wonderful soft toilet papers have 280 sheets per roll and are often 2-ply. These are definitely the most pleasant to use. Scott TP, on the other hand, has 1000 sheets per roll and is single-ply. Some consumers whom we have interviewed insist that this Scott TP lasts forever(!); others say they don't care—they're not using it! The cost per square is definitely cheaper for brands like Scott's, but.... If you don't rotate your TP, you should store the less soft kind (like the Scott 1000-square stuff) because it has less oil in it which breaks down over time and wrecks the TP. A friend was telling me, however, that leaves off trees work great and are free — ? You'll have to decide for yourselves...

L.D.S. SUGGESTED AMOUNTS OF BASIC FOODS FOR HOME STORAGE

Per adult for one year.

This list may vary according to location.

Grains	lbs.	400
Legumes	lbs.	60
Powdered milk	lbs.	16
Cooking oil	qts.	10
Sugar or honey	lbs.	60
Salt	lbs.	8
Water (2 weeks)	gal.	14

WHEAT

Now we are turning our attention to WHEAT. You can buy wheat packaged in several different ways. Two common ways for bulk food storage are: 1) in 50-lb. double plastic bags, or 2) nitrogen packed inside foil bags inside 6-gallon plastic buckets (45-lbs. each). Also, there are several types of wheat, but the hard winter wheats—hard red and hard white—store the best. Hard red wheat is supposed to store better than hard white, but white wheat is somewhat easier on the stomach.

Some of you already have enough wheat to feed the city for 10 years. Great! Maybe this can be an opportunity for you to help someone else—another family—get their wheat. Did you know that a family with 4 kids and 2 parents only needs about 1000 lbs. of wheat—that’s only \$155 including tax! “Woodn’t it be lovely” if everyone had at least a year’s supply of wheat!?!” It’s important to realize that the endless supply of wheat we’ve been accustomed to having access to might not always be there. Now is a good time to get your wheat.

Here’s what one person needs for a year’s supply. (These figures apply when eating in a more basic way. The more you are storing and eating canned goods or other non-basics, the less you would be relying on wheat. Adjust these numbers accordingly.)

Item	Unit	Man	Woman	1-3	4-6	7-9	10-12	Teenage Boy	Teenage Girl
Wheat	lbs	300	200	70	100	160	210	335	220

One more comment on storing wheat: Until about 10 years ago or so, wheat was the mainstay of food storage. Then the idea of “store what you eat” became the by-word. There’s both wisdom and insanity in this. If we have a genuine major crisis where we don’t have electricity, we aren’t going to be eating cake mixes, hot dogs, muffin mixes or a lot of the things we are used to. There isn’t very much nutrition in processed foods, but perhaps we get by at present because we eat enough decent food to mask the effects of the worthless stuff we eat. In a crisis, if we rely for a long time on processed foods (canned foods, packaged stuff), the effects might finally show up. Many people say they never eat wheat. This is sad because there is hardly anything that has more nutrition in it than wheat. You can grind it and bake it, sprout it, make gluten out of it, boil it, grow it into grass, make pasta, bread, rolls, cakes, muffins, and do so many more things with it. A local expert on wheat and food storage said recently, “People think they are going to be eating cake mixes and muffin mixes. The time will come when they will be glad to have a handful of wheat, and they’ll eat it raw.” It can never hurt to store additionally the things that we love to have (if perchance we get a chance to eat them), but maybe our smartest by-word would be, “Store what is good for you first and get used to eating it.”

Some people don’t want wheat because they have had wheat in the past that got weevils and had to be thrown away. This is tragic because wheat won’t get weevils if it has been cleaned properly and stored right. Maybe they should give it another try. The wheat you buy should carry the assurance that it has been triple cleaned.

Of course plastic bags are cheaper than nitrogen-packed buckets, but if you are planning on putting the wheat in plastic buckets yourself and using dry ice or sulphur, the cost is close to the same. Plastic buckets aren’t cheap. Also, some experts believe that nitrogen packing and packing with dry ice kills the germ in grains so that they won’t sprout. Since sprouted grains might have to be our main source of vegetables in a crisis, we recommend that you store a good portion of your grains without using nitrogen or dry ice. Many experts say that edible diatemacious earth works best to keep out pests anyway.

We don’t recommend storing your wheat in the bags unless you are certain that your wheat will stay mouse-proof. The little suckers just love wheat—can you imagine!?

WHEAT ORDER FORM

Item	Price	Number	Cost
1. Hard <u>red</u> wheat nitrogen-packed in foil bags inside plastic buckets (45 lbs. in each)	\$_____ea.	x _____	= _____
2. Hard <u>white</u> wheat nitrogen-packed in foil bags inside plastic buckets (45 lbs. in each)	\$_____ea.	x _____	= _____
3. Hard <u>red</u> wheat in double plastic bags, (50 lbs. in each)	\$_____ea.	x _____	= _____
4. Hard <u>white</u> wheat in double plastic bags, (50 lbs. in each)	\$_____ea.	x _____	= _____
		Project donation	= \$ <u>1.00</u>
		Grand Total =	\$ _____

NAME: _____ Phone #: _____

These prices include tax and delivery. Please make checks payable to _____.

ORDERS ARE TO DUE YOUR CAPTAINS BY _____.

WOOD AND COAL

Let's talk about wood and coal. To keep your own home warm for a year, you'd need about 3-4 cords of wood or 2 tons of coal. That's a lot to store. Actually, if we were to have a true and serious emergency, many people would band together to help each other and would combine their fuel to keep a few places warm, instead of each individual sitting home trying to keep themselves warm in their whole house. We're hoping everyone will store at least 1-2 cords of wood or 1 ton of coal.

As for prices, coal is easy. It's \$68/ton of lump coal delivered. (Slag coal is in little chips and is for old coal-burning furnaces.) If you want to burn coal in your wood burning stove, find out if your stove can handle the high temperatures generated by coal. Also, you need a special grate inside the stove for the coal to rest on.

Wood is a bit more complicated because there are so many options. First, you need to decide if you want soft wood or hard wood. Soft wood (like pine and fir) is cheaper but burns up faster. Hard wood (like walnut, cherry, maple, ash, and elm) costs more but burns slower and hotter and thus lasts longer. Most people store some of each because you really need some soft wood to get the fire started and going well.

Second, you need to decide how much wood you want and how much work you are willing to do to get it. A true cord of wood is 4' X 4' X 8' stacked, or 128 cubic feet. Many people advertise a pick-up load as a cord, but a normal full-sized truck will only hold about 1/2 cord (64 cubic feet) and that's stacked in a pile in the back of the truck. So when you read that someone is selling wood for \$70-\$85/cord, it's very possibly only a pick-up load's worth.

We have 3 good options for you on wood:

1. Soft Wood — cut and delivered (you stack it)
2. Hard Wood — cut and delivered (you stack it)
3. Mixed Soft and Hard Wood — cut and delivered (you stack it)

Of course you can always go to the mountains to cut your own wood, but consider: snow in the mountains, driving and cutting time, gas for your truck, and that a pick-up will hold only 1/2 -3/4 cord.

This time instead of ordering for you, we're just going to give you the names and phone numbers of the people offering the wood and coal. Call them and have them deliver it right to you.

How to order your WOOD and COAL

1. Soft Wood or Hard Wood or Mixed — cut and delivered (you stack it) = \$85 for a pick-up load (.5 -.75 cord) — Ron Dean, 756-1674, 376-6487 cell.
2. Mixed Soft and Hard Wood — cut and delivered (you stack it) = \$65 for a pick-up load (.5 -.75 cord)
\$110 for a full cord — John Tucker, 226-3616
3. Coal — \$68/ton delivered (includes tax) — Mr. and Mrs. Bell, 798-3147

[These are prices and suppliers in Utah.]

FIRST AID KITS

It's finally time for us to do first aid kits. It's hard for people to get around to assembling first aid kits because they can be detailed and complicated. Still, they are one of the most important things needed for emergency preparedness. We have looked through dozens of recommended first aid lists to compile an extensive master list from which we have built our kits. We want you to have an excellent kit, one that will take care of your family in an emergency where the paramedics might never come or any hospital be functional. It might be the case that someone in the area has advanced medical training and can help you, but we can't expect local medical people to have supplies on hand for everyone. For a general emergency we will need to have most of our own medical supplies. Of course, we want the kit to be affordable, but this is tough to do if you want to have everything you might need in a terrible emergency to take care of the loved ones in your family. It's one thing to have a first aid kit for household and neighborhood emergencies where at worst the paramedics are 10 minutes away. It's another matter to be prepared for something like what happened in Kobe, Japan several years ago.

To best accomplish these goals we have decided to break the kit up into two separate parts. To have the best kit you should order both sections; but if you cannot swing it, you will have a good kit by ordering Kit #1. Those of you who already have a pretty nice kit might just want to order Kit # 2. If you have most of what you need or want, we will be happy to tell you where we got different items so that you can get individual items yourself to supplement what you already have. You can get many of the items yourself at the same prices, but some of the items are at special group rates. Also, you can order a separate OB kit if you are interested. Those thousands of you who are expecting or expecting to expect, or have extended family (who will most assuredly come home in a crisis), or neighbors who might ever be expecting, might want to have one of these on hand. You might have an excellent mid-wife and/or nurse or doctor in your neighborhood, but it would be nice if you had your own supplies. We are also offering an emergency childbirth book, ordered from SLC Birth and Parenting Supplies, 888-683-2678, in California.

In addition to the options above, we are giving you a list of items you should get yourself. Include in this list any special medication you take.

Then on _____ from 7-9 pm at _____, we are going to teach a first-aid class. We will be teaching the Heimlich Maneuver, CPR, stopping bleeding, and first aid care for burns. To be really well trained in all of these you would need to take a 9-hour course through the Red Cross, and we are looking into setting that up. Our 2-hour class, though, will be very helpful in covering the basics.

For both of the first aid kits we have chosen our good old 4.5 gallon plastic buckets with lids again. These are not only inexpensive, but they are both water- and kid-resistant. You can open them with the bucket wrench provided to add to or use your supplies, but your kids will find it almost impossible to raid your kit for bandaids!

Orders for first aid kits are due to your captains by _____. Please help your captains by turning in your orders to them early or before they have to call you. If you are not interested in ordering anything, please call and tell your captains that so they won't have to track you down and hassle you trying to find that out.

[The lists on the following two pages what we put into our two first aid kits in 1995, so the prices are outdated now. Also, the prices on the order form are outdated. You'll have to run around and get your own prices. To compile the list below, we got prices on all of these items from 5 different sources and then got each item at the cheapest place. For a lot it we went to a medical supply

FIRST AID KIT#1

Ace-type wrap	1 = \$.90	3" X 5 yds.
Acetaminophen	100 = \$2.10	500 mg.
Alcohol (Isopropyl)	1 = \$.40	16 oz. bottle (not for putting on wounds—it kills tissue)
Ammonia Inhalant	2 = \$.35	
Antacid	50 = \$1.00	like Tums
Anti-diarrhea Tablets	6 = \$1.75	
Aspirin	100 = \$1.00	500 mg.
Baby Wipes	21 = \$1.00	
Band-aids, standard	50 = \$2.00	3/4" X 3"
Band-aids, extra large	6 = \$.72	
Band-aids, knuckle	4 = \$.32	
Betadine Solution	1 = \$3.00	16 oz. (good disinfectant)
Bucket Wrench	1 = \$2.00	for opening bucket lid
Bulb Syringe	1 = \$1.08	
Collapsible Cup	1 = \$.55	2 pk @ \$1.05
Cotton Balls	100 = \$.25	non-sterile, we estimated these; the number isn't exact
Cotton Swabs	100 = \$.20	non-sterile, we estimated these; the number isn't exact
EMT Sheers	1 = \$4.50	cuts through seat belts, boots, coins...
First Aid Book	1 = \$1.00	
Hurricane Matches	24 = \$1.00	
Hydrogen Peroxide	1 = \$.50	
Latex Exam Gloves (med.)	2 pr. = \$.24	non-sterile
Needle and Thread	2 & 1 = \$.50	2 needles, 1 spool of thread
Plastic Bucket & Lid	1 = \$1.80	4.5 gallon
Porous Cloth Tape	1 = \$1.00	1" X 10 yds. each (cloth adhesive tape)
Rubber Bands	10 = \$.10	
Safety Pins	10 = \$.20	
Scalpel - disposable	1 = \$.70	re-disinfect, don't throw away
Soap	1 = \$.05	little bar of Dial
Sterile Elastic Gauze	2 = \$1.16	4" X 5 yds. each
Sterile Gauze Pad (2 pk.)	3 = \$.42	4" X 4"
Steri Strips (6 pk.)	1 = \$1.60	1/2" X 4" = for closing wounds without using stitches
Thermometer	1 = \$1.05	oral, with a case
Tongue Depressors	6 = \$.24	also for finger splints
Triangular Bandage (sling)	1 = \$.75	35" X 50" X 35"
Triple Antibiotic (Neosporin-type)	1 = \$1.75	1 oz.
Tweezers	1 = \$1.50	fine point
Ziplock bags	5 = \$.40	quart size
	2 = \$.30	gallon size

\$39.18 + \$2.40 tax =

41.58 ==> \$42

(We round up to pay for the plastic bags it will take to put this kit together.)

Please check through your kit to see that all items are there, and then rearrange the items into whatever order you feel is best.

FIRST AID KIT#2

Ace-type Wrap	1 = \$.80	2" X 5 yds.
Alcohol Wipes	10 = \$.10	
Antiseptic Towellette	8 = \$.32	
Baking Soda	1 = \$.35	
Bucket Wrench	1 = \$2.00	for opening bucket lid
Burn Ointment	10 = \$1.00	1/32 oz. each
Butterfly Wound Closure (M)	10 = \$.70	
Butterfly Wound Closure (L)	10 = \$1.00	
Calamine Lotion	1 = \$1.00	W.F.*
Candy	10 = \$.25	
Dust & Filter Mask	3 = \$.48	
Elastikon	1 = \$1.40	1" X 5 yds.
Emergency Blanket (foil-type)	1 = \$1.35	
Eye Drops (Visine-type)	1 = \$1.70	W.F.*, .5 oz.
Eye Pad	2 = \$.40	2", round
Hydrocortisone Cream	1 = \$1.50	1 oz.
Instant Cold Press	1 = \$.65	
Ipecac	1 = \$1.25	1 oz.
Kleenex	1 = \$.22	small pack of 18
Latex Exam Gloves (small pair)	2 = \$.24	non-sterile
Latex Exam Gloves (large pair)	2 = \$.24	non-sterile
Non-adherent Sterile Pad	10 = \$.50	2" X 3"
Non-adherent Sterile Pad	10 = \$.90	3" X 4"
Penlight - disposable	1 = \$1.10	
Plastic Bucket & Lid	1 = \$1.80	4.5 gallon
Plastic spoons	2 = \$.04	
Porous Cloth Tape	2 = \$2.00	1" X 10 yds. each (cloth adhesive tape)
Rope	1 = \$1.00	Nylon cord
Salt	1 = \$.33	26 oz.
Sanitary Napkins	2 = \$.30	for bleeding compresses
Sterile Gauze Pad (2 pks.)	3 = \$.33	2" X 2"
Sterile Gauze Pad (2 pks.)	3 = \$.36	3" X 3"
Sterile Elastic Gauze	2 = \$.70	2" X 5 yds. each
Sterile Elastic Gauze	2 = \$1.10	3" X 5 yds. each
Sterile ABD Pad	1 = \$.30	5" X 9" (for large wounds)
Sterile ABD Pad	1 = \$.48	8" X 10" (for large wounds)
String	1 = \$1.00	nylon twine
Surgical Paper Tape	1 = \$1.00	1" X 10 yds.

\$30.19 + \$1.85 tax = \$32.04 ==> \$32.50

(We round up to pay for the plastic bags it will take to put this kit together.)

**Remember, Kit #2 is not meant to be a sufficient First Aid Kit in and of itself. It is meant to supplement a really good kit such as Kit #1.

Please check through your kit to see that all items are there, and then rearrange the items into whatever order you feel is best.

(*No attempt has been made to get brand names. "W.F." stands for Western Family)

PLEASE GET THIS ADDITIONAL STUFF YOURSELF

- Activated Charcoal 1-8 oz. bottle for poison absorption (use only when advised to by the Poison Control Center, if possible)
- Aloe Vera 1 bottle
- Chapstick 1
- Clorox 1 gallon
- Consecrated Oil 1 vial
- Face Cloths 2
- Insect Repellent 1
- Lotion 1
- Medicine Dropper 1
- Newspaper 1 large
- Notebook and Pencil
- Sheet 1 - sterilized (sterilize it yourself in the oven in a paper bag: 250°, 1 hr., with a pan of water on another shelf. Store in the paper bag to keep sterile.)
- Special Medicines (prescriptions., benadryl, sudafed, ...whatever)
- Sterile Water 1 gallon
- Sunscreen 1
- Vaseline 1 jar

FIRST AID KIT ORDER FORM
(due _____)

	number	price	total
1. Kit #1	_____ X	\$42.00	= _____
2. Kit #2	_____ X	\$32.50	= _____
3. OB Kit	_____ X	\$ 7.00	= _____
4. <u>Help! She's Having a Baby</u> emergency childbirth book. (See p. 39 for info on how to order.)	_____ X	\$ 9.00	= _____
		Project Donation	= \$ 2.00
		Grand Total	\$ _____

Name _____ Phone _____

*Both Kit #1 and Kit #2 come in 4.5 gallon plastic buckets with one plastic lid wrench per family order.

OPEN-POLLINATING SEEDS

Did you know that many of the garden seeds you buy are hybrids and cannot produce their own seeds, or if they do produce seed, the seeds don't grow decent plants? Usually this doesn't matter. We just go back to the store each year and buy new seeds. But if we have a crisis that requires us to grow our own produce and no stores are around, where will we get the seeds?

Open-pollinating seeds are non-hybrids. They produce plants which produce seeds that you can collect and save each year. We are getting them vacuum packed in #10 cans, and they typically are good for several years.

One can contains: 1 tomato (3 g.), 1 swiss chard (4 g.), 1 onion (3 g.), 1 pepper (3 g.), 1 carrot (3 g.), 1 spinach (3 g.), 1 squash (4.5 g.), 1 cucumber (4 g.), 1 zucchini (4.5 g.), 1 lettuce (3 g.), 1 radish (5 g.), 1 beet (5 g.), 1 cabbage (4 g.), 4 peas (.75 oz.), 4 beans (.75 oz.), 4 corn (.75 oz.) (the corn is hybrid).

[Check on the internet for companies that carry non-hybrid seeds.]

 -

OPEN-POLLINATING SEEDS ORDER FORM

(due _____)

	number	price	total
1. 1 #10 can of seeds	_____	X _____	= _____

Project donation = \$ 1.00

Grand Total \$ _____

Name _____ Phone _____

Address _____

*Please make checks out to _____. Price includes tax and delivery.

HAND GRAIN MILLS
(Wheat Grinders)

O.K., we sold you wheat. Now we're making it possible for you to use it! We hope everyone will get a hand wheat/grain grinder if you don't already have one. If we ever have a real emergency that turns into a lengthy situation where we are living off of our food storage, electric bread mixers and electric grain mills aren't necessarily going to be working. In the old days people had stone grinders. They also had stubs for teeth after a while. Stone grinders put off grit into the flour which over time sands down your teeth. These days there are not as many models available as there used to be. We are offering 3 for you to choose from, all 3 of which have steel burrs for grinding:

- 1. Family Grain Mill grinds fairly fine flour quickly in one pass; large hopper; made out of durable white plastic, some distributors say it won't grind really hard corn; \$120
- 2. Victoria Grinder grinds med. coarse in 2 passes; fast; large hopper; all metal; \$54
- 3. Back to Basics Grain Mill adjustable: coarse to fine in 2 passes; slow; will grind hard corn; metal; \$54

HAND GRAIN MILL ORDER FORM
(due _____)

	<u>number</u>	<u>price</u>	<u>total</u>
1. Back to Basics Hand Grain Mill	_____X	\$54	=_____
2. The Victoria Grinder	_____X	\$54	=_____
3. The Family Grain Mill	_____X	\$120	=_____
			Project donation
= \$ <u>1.00</u>			

Grand Total \$_____

Name _____ Phone _____

Please make checks payable to _____.

(Price includes tax and delivery.)

GRAINS and BEANS

Now we are working on grains (again) and beans and are getting fantastic bulk prices. How we work this is that you order the grains from us in 25 lb., 50 lb., or 100 lb. bags (depending upon the item), and then when it gets delivered to _____'s house from a giant semi, you can pick it up from them (or they can deliver it to you, depending upon their attitude that day). Then you have three (or more) choices: 1) you can leave it in the sacks, 2) you can get 4-6 gallon plastic buckets from the grocery store for \$_____ and put the stuff in them yourself (it takes about 1 2/3 buckets per 50 lbs.), or 3) you can rent a canner and put it in #10 (= 1 gallon) cans yourself for _____¢/can. (It takes about 9 cans to can 50 lbs. of grain similar to wheat.)

Orders are due to your Captains by _____.

ALFALFA AND WHEAT

		Price	Number	Total
Alfalfa Seeds for sprouting	25 lbs.	\$33.00	X _____	= _____
Golden 86 White Wheat in sacks	50 lbs.	\$ 7.76	X _____	= _____
Golden 86 Red Wheat in sacks	50 lbs.	\$ 7.76	X _____	= _____
Golden 86 White Wheat vacuum packed in 6-gal. buckets	45 lbs.	\$11.76	X _____	= _____
Golden 86 Red Wheat in vacuum packed in 6-gal. buckets	45 lbs.	\$11.76	X _____	= _____
		Project Donation		= \$ <u>1.00</u>
		Grand Total		\$ _____

Name _____ Phone _____

Please make checks payable to _____.

All prices include tax and delivery.

RECIPE BOOKLETS AND CANNERY FOOD

We're back! This month we are offering a bunch of recipe booklets from the Utah State Extension Service (801-370-8460).

RECIPE BOOKLETS:

		Number	Total
"Do-It-Yourself Mixes"	\$1.00	X _____	= _____
"Dry Beans, Peas, Lentils"	\$.70	X _____	= _____
"Soybeans in Family Meals"	\$.60	X _____	= _____
"Honey, Some Ways to Use It"	\$.40	X _____	= _____
"Cooking with Honey"	\$1.25	X _____	= _____
"Salsa Recipes for Canning"	\$.50	X _____	= _____
"Sourdough Recipes"	\$1.00	X _____	= _____
"Sourdough in Dutch Ovens"	\$.80	X _____	= _____
"Yummy Ways with Yogurt"	\$.35	X _____	= _____
"Whole Kernel and Bulgar Wheat, Prep. and Usage"	\$1.50	X _____	= _____
"Jiffy Meals and Meals in Minutes"	\$.80	X _____	= _____
"Pasta"	\$.30	X _____	= _____
"Home Drying of Foods"	\$1.60	X _____	= _____

OTHER GRAINS, BEANS, AND CEREALS

(orders due to your Captain by _____)

	Size	Price	Amount	Total
Hard Red Wheat	50 lbs.	\$ 7.30	X _____ = _____	
Hard White Wheat	50 lbs.	\$ 8.95	X _____ = _____	
Rye	50 lbs.	\$ 9.85	X _____ = _____	
Millet	50 lbs.	\$16.95	X _____ = _____	
Barley	50 lbs.	\$10.50	X _____ = _____	
Popcorn	50 lbs.	\$15.95	X _____ = _____	
Yellow Dry Corn (for grinding into cornmeal)	50 lbs.	\$ 9.60	X _____ = _____	
White Dry Corn (for grinding into cornmeal)	50 lbs.	\$ 9.60	X _____ = _____	
Hominy Grits	50 lbs.	\$14.50	X _____ = _____	
Wheat Bran	50 lbs.	\$ 5.60	X _____ = _____	
Rice - Long White	50 lbs.	\$14.50	X _____ = _____	
Rice - Long Brown	25 lbs.	\$10.50	X _____ = _____	
Rice - Short White	50 lbs.	\$16.10	X _____ = _____	
Rice - Short Brown	50 lbs.	\$16.10	X _____ = _____	
Raw Soybeans	<u>60 lbs.</u>	\$16.95	X _____ = _____	
Multi Bean Soup Mix (probably abt. 10 bean)	25 lbs.	\$13.75	X _____ = _____	
Small Red Beans	25 lbs.	\$12.35	X _____ = _____	
	100 lbs.	\$42.95	X _____ = _____	
Small White Beans	25 lbs.	\$10.45	X _____ = _____	
	100 lbs.	\$37.25	X _____ = _____	
Pinto Beans	25 lbs.	\$ 9.95	X _____ = _____	
	100 lbs.	\$38.00	X _____ = _____	
Great Northern Beans	25 lbs.	\$10.25	X _____ = _____	
	100 lbs.	\$36.90	X _____ = _____	
Garbanzo Beans	25 lbs.	\$12.10	X _____ = _____	
	100 lbs.	\$43.00	X _____ = _____	
Whole Green Peas	25 lbs.	\$ 6.95	X _____ = _____	
	100 lbs.	\$24.00	X _____ = _____	

Green Split Peas	25 lbs.	\$ 7.50	X _____	= _____
	100 lbs.	\$26.25	X _____	= _____
Yellow Split Peas	25 lbs.	\$ 8.00	X _____	= _____
Lentils	25 lbs.	\$ 8.60	X _____	= _____
	100 lbs.	\$29.50	X _____	= _____
Black Turtle Beans	25 lbs.	\$13.25	X _____	= _____
Kidney Beans	25 lbs.	\$14.50	X _____	= _____
Large Lima Beans	25 lbs.	\$15.30	X _____	= _____
Baby Lima Beans	25 lbs.	\$13.00	X _____	= _____
Blackeyed Peas	25 lbs.	\$13.30	X _____	= _____
6-Grain Rolled Flakes	50 lbs.	\$12.90	X _____	= _____
9-Grain Cracked	50 lbs.	\$11.90	X _____	= _____
6-Grain Whole	50 lbs.	\$?	X _____	= _____
Rolled Oats - Regular	50 lbs.	\$14.50	X _____	= _____
Rolled Oats - Quick	50 lbs.	\$14.50	X _____	= _____
Barley Flakes	50 lbs.	\$10.65	X _____	= _____
Red Wheat Flakes	50 lbs.	\$ 8.75	X _____	= _____
White Wheat Flakes	50 lbs.	\$ 8.90	X _____	= _____
Rye Flakes	50 lbs.	\$ 9.75	X _____	= _____
		Total		= _____
		+ Tax (6.35%)		= _____
		+ Project donation		= \$ <u>1.00</u>
—		Grand Total		_\$ _____

Name _____ Phone _____

** All come in triple paper bags. Please make checks payable to _____.
 These prices do not include tax, so you have to figure the tax and add it in yourself at the end.

SEEDS, FLOURS, SUGARS, SALT, OIL, YEAST, RAISINS, and POTATOES

(orders due to your Captain by _____)

	<u>Size</u>	<u>Amount</u>	<u>Number</u>	<u>Total</u>
Oat Flour	50 lbs.	\$13.25	X _____ =	_____
Multi-Grain Flour	50 lbs.	\$13.50	X _____ =	_____
Soy Flour	50 lbs.	\$15.95	X _____ =	_____
Rye Flour (white = \$11.70, medium = \$9.50, dark = \$10.50)	50 lbs.	\$ _____	X _____ =	_____
Barley Flour	50 lbs.	\$10.95	X _____ =	_____
White Rice Flour	50 lbs.	\$14.95	X _____ =	_____
Wheat Flour	50 lbs.	\$ 9.30	X _____ =	_____
White Pastry Flour	50 lbs.	\$ 9.50	X _____ =	_____
Oil - Soy (35 lbs. = 4.4 gal @ \$4.10/gal)	35 lbs.	\$16.50	X _____ =	_____
Sugar	50 lbs.	\$16.80	X _____ =	_____
Brown Sugar	50 lbs.	\$21.00	X _____ =	_____
Powdered Sugar	50 lbs.	\$18.95	X _____ =	_____
Salt (Iodized)	25 lbs.	\$ 3.83	X _____ =	_____
Salt (Non-iodized)	80 lbs.	\$ 5.95	X _____ =	_____
Texturized Vegetable Protein (TVP)	25 lbs.	\$13.30	X _____ =	_____
Texturized Vegetable Protein (TVP)	50 lbs.	\$24.50	X _____ =	_____
Flax Seeds*	5 lbs.	\$?	X _____ =	_____
Sesame Seeds*	5 lbs.	\$?	X _____ =	_____
Sunflower Seeds*	5 lbs.	\$?	X _____ =	_____
Raisins	30 lbs.	\$34.00	X _____ =	_____
Fleischmann's Active Dry Yeast (vac. packed in foil bag)	1 lbs.	\$ 1.95	X _____ =	_____
		Total		= _____
		+ Tax (6.35%)		= _____
		+ Project donation		= \$ <u>1.00</u>
		Grand Total		_\$ _____

Name _____ Phone _____

** All come in triple paper bags. Please make checks payable to _____.
 These prices do not include tax, so you have to figure the tax and add it in yourself at the end.

SLEEPING BAGS & DEHYDRATED FOOD

SLEEPING BAGS

Having investigated this thing to death, we see all the more how difficult it is to pick out a sleeping bag for another person, let alone for everyone. One company out there makes 2500 different models all by itself, and every model is a compilation of dozens of different features. But we believe that it is SO IMPORTANT that every person have a decent sleeping bag for emergency purposes, that we have come up with what we feel is a good overall option. We have 3 bags to choose from, all of which are not in the expensive range, and this will allow people to have 2 bags for each person where possible. Rather than spending \$140 or more on 1 sleeping bag that is fancy, light, and probably mummy style, you buy 1 of 2 sizes for the first bag, which is a modified mummy (tapered, but not nearly as skinny and smashy as a regular mummy), and then for the second bag you get the huge Rio Grande, which is a great bag all by itself but too heavy to backpack with, and big enough so that you can put your other bag inside of it when it's critically cold. Many of you already have a backpacking bag of sundry quality, and you can keep that and just get yourself a Rio Grande, or get both if you have none. Either of our 2 modified mummy bags are great for Uintah backpacking and all other general purposes. With our 2-bag option, you have more possibilities than if you have just 1 expensive bag. And since all 3 bags can zip together with another of the same kind, you could stuff several little kids in!

1. The Big Foot (made by MZH) = a modified mummy bag, 33"x 84"x 24" — good for people up to about 6' tall, filled with 3 lbs. of Hollofil 2, with a total weight of 5 lbs. 13 oz., hi count nylon outer and inner, large draft tube, drawstring hood, roomy around the feet, machine washable, comes with stuff sack, zipper can be on left or right side so 2 bags can zip together, supposed to be good to 10 degrees (?). We were warm in it in the high Uintahs at below freezing. Regular price \$90. This buy = \$70.

2. The Grizzly Bear (made by MZH) = a modified mummy bag, 36"x 90"x 24" — good for people up to about 6'6" tall, filled with 4.5 lbs. of Hollofil 2, with a total weight of 6 lbs. 5 oz., hi count nylon outer and hi count cotton blend trynil liner, large draft tube, drawstring hood, roomy around the feet, machine washable, comes with stuff sack, zipper can be on left or right side so 2 bags can zip together. (This is the big person version of the Big Foot). Regular price \$100. This buy = \$90.

3. The Rio Grande (Wenzel Co.) = rectangular bag, 38"x 81", filled with 6 lbs. of Hollofil 808, with a total weight of 11.5 lbs., heavy canvas outer and flannel inner, 2 bags can zip together, machine washable, suppose to be good to 0 degrees. Regular price \$80. This buy = \$70. (All these prices are before tax. Tax is included in the prices on the order form.)

- The Big Foot is a great, inexpensive, all-around bag, warm enough and light enough for backpacking into the Uintahs even in some freezing weather.

- The Grizzly Bear is basically the same bag for bigger people.

- The Rio Grande is great for 2 things: for people who aren't backpacking and/or can't stand even a modified mummy bag, and for putting your Big Foot inside of in REALLY COLD and scary weather. We got this idea from a buffalo hunter. He puts his regular bag inside a Rio Grande when he hunts buffalo in the winter.

Someone said recently that they've never slept in a sleeping bag in all their life—although they've lain all night in a lot of them.

DEHYDRATED FOOD & SLEEPING BAGS

We are aware of four companies right now who are selling dehydrated food that is light years ahead of what used to be available 10 years ago. Foods are dehydrated these days with trickier machines that dry the foods quickly at quite low temperatures (no freezing or cooking involved), and they claim the food keeps about 97% of its nutrition, most of its texture and flavor, and stores up to 15 years, vacuum/nitrogen packed in triple enamel lined #10 cans. The four companies are: Provident Pantry (through Emergency Essentials), Millenium Foods, Future Foods, and Perma Pak. Each company has different package deals depending on how you order. We are offering the following Provident Pantry foods as individual cans.

We are only offering the items we feel are essential to supplement your already good food storage program, and we are not offering things that you can get at the Lindon Cannery for less.

<u>Item</u>	<u>price/#10 can</u>	x	<u># ordered</u>	=	<u>total</u>
Beef TVP	\$ 7.75	x		=	\$
Chicken TVP	7.50	x		=	
Sausage TVP	8.75	x		=	
Banana Slices	8.10	x		=	
Broccoli Buds	21.10	x		=	
Carrot Dices	10.50	x		=	
Green Beans	15.00	x		=	
Sweet Corn	21.75	x		=	
Sweet Garden Peas	17.50	x		=	
Tomato Powder	18.10	x		=	
Butter Powder	11.10	x		=	
Cheese Blend	11.50	x		=	
Whole Eggs	13.10	x		=	
Creamy Soup Base	12.75	x		=	
Beef Stock	14.50	x		=	
Chicken Stock	13.50	x		=	
Vegetable Stew/Soup Blend	9.75	x		=	
Max Burton Butane Stove (1 burner)	52.00	x		=	
Butane canisters	4.25	x		=	

Big Foot Sleeping Bag	\$74.50	x		=	
Grizzly Bear Sleeping Bag	95.50	x		=	
Rio Grande Sleeping Bag	74.50	x		=	

Grand total = \$_____

Please make checks payable to _____.

Prices include tax.

Orders due to _____ by _____

Name _____ Phone: _____

* We bought 50 lb. bags of these seeds and divided them into 5 lb. zip-lock bags for people.

[Just before selling dutch ovens, we taught a dutch oven cooking class, and then after the buy we held a neighborhood dutch oven cook-off where we taught dozens of people how to cook in dutch ovens.]

DUTCH OVENS

Until a few years ago, I had no idea of the importance and significance of dutch ovens. Dutch ovens are the big, heavy cast-iron pots with lids, like the ones the pioneers used to cook with. They are incredibly versatile and would be very important to have if our life style changed due to a catastrophe. You can cook in them over an open fire, in a buried fire pit, in your oven, over your stove burners, over coals, or using briquettes (or buffalo chips, where available). They work as frying pans, pots, pans, and ovens. You can cook cakes, casseroles, meat, bread —just about anything — in them. Cooking with dutch ovens is not only a great way to eat, but it is truly an art. Every year various organizations have dutch oven cook-offs.

Dutch ovens come in many sizes, the two most popular sizes being the “12-deep” (8 qts.) = 12 inches in diameter and the regular “12-shallows” (6 qts.). The next two most popular sizes are 14-shallows (8 qts.) and 14-deeps. You can buy smaller ones (10’s) and larger ones, but we are only going to offer the four most popular sizes. Notice that the 14-shallows and the 12-deeps both hold 8 qts., but the 12” dutch ovens are much easier to handle.

There are many brands of dutch ovens available these days. Some of them are quite inexpensive but can do a reasonable job if you are willing to take the time when buying to sort through lots of lids until you find a lid that fits the oven tightly. Although you pay more for the quality of a Lodge Dutch Oven, experts agree that it’s the best brand with the highest and most reliable quality.

DUTCH OVEN ORDER FORM (orders due to _____ by _____)

		<u>Price</u>	<u>Number</u>	<u>Total</u>
1 a.	12-deep (8 qt.) Texsport	\$16.00	X _____	= _____
1 b.	12-deep (8 qt.) Lodge	\$38.00	X _____	= _____
2 a.	12-shallow (6 qt.) Texsport	(not available)		
2 b.	12-shallow (6 qt.) Lodge	\$35.00	X _____	= _____
3 a.	14-shallow (8 qt.) Texsport	\$25.00	X _____	= _____
3 b.	14-shallow (8 qt.) Lodge	\$50.00	X _____	= _____
4 a.	14-deep (11 qt.) Texsport	\$__?__	X _____	= _____
4 b.	14-deep (11 qt.) Lodge	\$60.00	X _____	= _____
		Project donation	= \$	<u>2.00</u>
		Grand Total	_____	

Name _____ Phone _____

All prices include tax and delivery. Please make checks payable to _____.

HOW TO USE YOUR DUTCH OVEN

Before you use your new Dutch Oven for the first time, you will need to “season” it to keep it from rusting and to keep food from sticking.

Seasoning:

- Wash it with mild, soapy water and a stiff brush to get off the factory chemical residue.
- Dry well.
- Grease everything (pan and lid) inside and out with a thin coating of solid vegetable shortening (Crisco) or vegetable oil (don't use butter or margarine). You can do this with a cloth or paper towel.
- Bake both the oven and lid upside down in your oven at 300-350°F for 1 hour, then turn off the heat and let the dutch oven cool on the rack in the oven.
- Remove and wipe out excess oil.

Cooking:

- When cooking for the first few times in your dutch oven, avoid cooking foods with heavy water content such as stews and avoid acidic foods such as tomato-based foods. Greasy foods are better the first time or two.

Cleaning:

- To clean after cooking, wipe out and wash with water but not with soap. If you wash it with soap or burn the pan too much or scrape off the seasoning, you will have to re-season it.
- Every time after cooking and cleaning, wipe it again all over with vegetable shortening or oil before storing. You don't have to rebake it though unless you have wrecked the seasoning.

Storing:

- Store in a dry, warm place with the lid ajar for air to circulate. It is also good to put a piece of wadded-up newspaper in the oven to absorb any moisture.

BRIQUETS

Experts advise to use KINGSFORD BRIQUETS only.

Most dutch ovens have a diameter size number on the lid.

The typical total number of briquets used in cooking is the size # x 2.

Usually you use (size # + 4) briquets on the top of the lid

and (size # - 4) briquets on the bottom underneath the pan.

But where you will want the most briquets depends on what you are cooking and also on what temperature you need. Most dutch oven recipes tell you exactly how many to use and how.

Temperatures (using the following as the total number of briquettes):

(size # x 2) briquets = 325° F

(size # x 2) + 2 briquets = 350° F

(size # x 2) + 4 briquets = 375° F

(size # x 2) + 6 briquets = 400° F etc.

To boil water, use (size # x 2) + 8 briquets underneath and none on the top. After boiling water, re-grease your oven, but don't re-bake.

For cobblers: line your dutch oven with heavy tin foil, the shiny side in.

Dutch Oven Recipes

We want to thank Dick Stucki for his generosity in allowing us to use his Dutch Oven recipes here. Dick is a World Champion in Dutch Oven Cooking and is responsible for bringing Dutch Oven Cooking out of obscurity many years ago. He is the man who has established most of the well-known Dutch Oven Cook-offs throughout the country, and many if not most of the recipes you might have stem originally from him. All recipes below are used with permission, are greatly modified, or are public domain.

INDIAN FRY BREAD

3 cups flour	1/4 cup milk
1 Tbsp. baking powder	1 1/8 cup warm water
1/2 tsp. salt	

Add milk to flour mixture, blend thoroughly, add water in small amounts, knead dough until soft, not sticky. Cover bowl, let rest 15 minutes. Pull off egg-size balls of dough and roll into circles 1/8" thick. Fry in hot oil until golden brown, turn and repeat. For this size crowd use 25 lbs. flour.

HONEY BUTTER

3 lbs. honey	2 tsp. vanilla
3 lbs. butter	2-13 oz. marshmallow creme

Combine honey, butter, and vanilla. Add marshmallow creme to mixture and combine well. Refrigerate until served.

CHICKEN AND RICE

1/2 cube butter or margarine	1 can cream of chicken soup
2 lbs. boneless, skinless chicken (cut in small pieces)	1 can cream of celery soup
4 c. instant rice (uncooked)	1 can cream of mushroom soup
4 c. water	1 envelop Lipton onion soup mix

Melt butter. Saute chicken pieces until cooked. Add remaining ingredients. Cook for 45-60 minutes, checking some time in the middle to see if you need more water. 12 briquets/top, 12/ bottom, if using a 12" oven.

DUTCH OVEN BREAKFAST (by Dick Stucki)

2 bags frozen cubed hash browns	2 lbs. ground sausage
1 dozen eggs, beaten	1 lb. <u>SHARP</u> cheese, grated
1/2 cup milk	

Crumble and brown sausage in dutch oven. Remove sausage and drain. Use Sausage drippings to brown hash browns on bottom of dutch oven, then add sausage on top of hash browns. Add 1/2 c. milk to eggs and beat thoroughly and pour over sausage evenly. Sprinkle cheese on top. Cook 15-20 minutes with 12 briquets/ top, 12 briquets/ bottom, if using a 12" oven.

ITALIAN VEGETABLES (Modified from Dick Stucki's Italian Vegetable Recipe)

12 large potatoes, scrubbed	2/3 cup olive oil
2 lbs. baby carrots	(seasoned with garlic salt or fresh garlic to taste)
5 small zucchini	salt & pepper to taste
1 onion, sliced	herbs (see list below)

Herbs: (if fresh use 1 Tbsp. each)/(if dried herbs use 1/2 Tbsp.) each of rosemary, thyme, sweet basil, and oregano. Cut potatoes lengthwise into wedges. Cut zucchini in 1 1/2" chunks. Add all ingredients to a bowl and toss with olive oil mixture. Marinate at room temperature for 30 minutes. Spread in 12-14" dutch oven and bake for 45 minutes. Sprinkle with herbs and continue baking until potatoes are golden brown, 15-20 minutes. Let stand before serving. Use 10-12 briquets/bottom and 18-20/top, if using a 12" oven.

ENCHILADA PIE
(by Dick Stucki)

2 cans cream of chicken soup	1/2 tsp. oregano
4 pressed or minced garlic cloves	1/2 tsp. group coriander
6 Tbsp. flour	1/2 tsp. ground black pepper
1 tsp. salt	4 Tbsp. ground red chili
1/2 tsp. cumin	2 c. water
2 doz. corn tortillas	2 large cans evaporated milk
2 onions, chopped	2 lbs. sharp cheddar cheese, grated
paprika	2 lbs. ground beef
1 pkg. taco seasoning mix	1 can small mushrooms, chopped
	1 can Ortega green chilies

Use a 12" dutch oven to make this. Break tortillas into quarters. Set aside. Brown meat, onion, garlic, salt and pepper. After brown, add taco seasoning mix and 1/2 c. water and cook until this water is evaporated out. Add 6 Tbsp. flour, stir in well and brown a few minutes. Add water, milk, and soup to create a gravy. Add mushrooms, green chilies, salt, cumin, oregano, coriander, black pepper, and ground chili. Simmer for 20 minutes, stirring frequently. A little more water may be added to create the desired consistency. Remove from pan and wipe out. Lightly oil oven and layer 1/4 of the tortilla shells in bottom, then add a layer of the meat mixture, and a layer of cheese. Repeat this process creating 4 sets of layers. Top with cheese and sprinkle with paprika. Bake for 30 minutes or until bubbly. Use 6-8 briquets/bottom and 12-14 briquets/top.

LASAGNA

1 1/2 lbs. hamburger	1 large bottle spaghetti sauce
1 medium onion, diced	(Prego, Ragu, homemade, frozen, etc.)
1 pkg. lasagna noodles, cooked	1 lb. each mozzarella and cheddar cheese, grated

Brown hamburger and onion, drain if necessary. Transfer into a bowl. Stir in spaghetti sauce. Wipe out dutch oven and line with foil. Put down a thin layer of sauce mixture in dutch oven, then begin layering noodles, sauce, and cheese, over and over, ending with cheese. Cook 45-60 minutes or until mixture bubbles with 14 briquets/top and 10/bottom, if using a 12" oven.

TAMALE PIE
(Modified from Dick Stucki's Sloppy Joe recipe)

2 lbs. hamburger	1 large can creamed corn
1 tsp. onion powder	1 tsp. salt
4 c. tomato sauce	1/2 Tbsp. chili powder
1 large can medium olives, sliced	a dash of pepper
1/2 tsp. garlic powder	3 c. sharp cheese, grated
1 Tbsp. sugar	1 can green chilies

Brown hamburger in dutch oven, drain. Add remaining ingredients except cheese. Simmer for 20-25 minutes. Add grated cheese.

In a separate pan add the next 3 ingredients:

1/2 c. corn meal	1 Tbsp. butter
1 tsp. salt	
4 c. cold water	

Cook until thick and then add butter. Mix well. Spoon corn meal over tomato/meat mixture. Cook 40 minutes with 12 briquets/top and 12 briquets/bottom, if using a 12" oven.

CASHEW CHICKEN STIR FRY

2 lbs. boned, skinned, diced chicken breast
1 bunch broccoli, cut in small pieces
1 red and 1 green pepper, diced large
1 can sliced water chestnuts, drained
1 can bamboo shoot, drained
4 stalks diced celery
4 carrots, sliced
1/2 lb. mushrooms, sliced
6 green onion, chopped
1 cup cashews

Sauce

1/2 c. corn starch
1/4 c. sugar
3/4 c. soy sauce
2 c. water

Combine sauce ingredients and shake in a bottle until mixed.

Cook chicken in oiled dutch oven with 18 briquets on the bottom. Add cut up vegetables and stir until almost cooked, approximately 10-15 minutes. Shake sauce again and add to dutch oven and continue to cook with 10 briquets/top and 18 briquets/bottom (if using a 12" oven) until vegetables are cooked and sauce is thickened. Add small amount of water if needed until desired consistency. Add cashews. Serve over rice.

BEEF STROGANOFF (by Dick Stucki)

2 lbs. hamburger
1 large onion, diced
6 c. tomato juice
1 tsp. celery salt
4 tsp. worcestershire sauce
6 c. dry egg noodles
2 c. sour cream
pepper to taste

Brown hamburger with onion until hamburger is almost done, drain if necessary. Combine in a bowl tomato juice, celery salt, pepper, worcestershire sauce. Put uncooked noodles on top of hamburger mixture and pour sauce over. DON'T STIR. Cook approximately 15 minutes, then stir. Continue to cook 15 more minutes. Just before serving stir in sour cream. Cook with 24 briquets on top, if using a 12" oven..

DUTCH OVEN TURKEY VEGETABLE ROAST

3 lbs. turkey or chicken breast (not rolled roast)
3-4 red potatoes, quartered (with skin still on)
2 small onions quartered (or 1-2 red onions, cut in eighths)
2-3 ears of corn, cut in 2-inch pieces
2-3 medium tomatoes, quartered
1 c. apple juice (not cider)
1/4 c. olive oil
1/2 c. chopped fresh parsley
1 clove garlic (or garlic powder)
1/2 tsp. thyme
1/2 tsp. coarse black pepper
1/4 tsp. salt
1 tsp. basil

Arrange vegetables in dutch oven with firmer vegetables on the bottom and tomatoes on the top. Place poultry on top of vegetables. Mix apple juice, olive oil, and spices. Pour the mixture over the poultry and vegetables. Cover the dutch oven. Use 8 briquets/bottom and 12 briquets/top, if using a 12" oven. Bake for 60-90 minutes or until the juices from the poultry run clear, basting every 15 minutes with the juices from the bottom of the oven. If desired, you may reserve half of the tomatoes until the final 15 minutes of cooking, to give you some firmer tomatoes.

RANCHERO CHILI PIE SUPREME
(Modified from Dick Stucki's Ranchero Chili in Dutch Oven Cookin')

2 lbs. ground beef	5 Tbsp. worcestershire sauce
1 large onion, diced	3 tsp. oregano
1 large bell pepper, diced	4 tsp. chili powder
1 16 oz. bag frozen corn	1/2 to 1 cup ketsup (to taste)
32 oz. canned red kidney beans (<u>rinsed</u>)	
2 cans (8 oz. each) tomato sauce	
1 qt. stewed tomatoes (zap through your blender at home so the tomatoes aren't chunks)	

CORN BREAD TOP

1 cup corn meal	1/3 cup vegetable oil
1 cup flour	1 egg, lightly beaten
1/4 cup sugar	1 cup milk
1 Tbsp. baking powder	
1 tsp. salt	

(Mix dry ingredients together in a plastic bag.)

Brown the meat in the dutch oven over 12-16 coals, pour of grease if necessary. Add onion, and bell pepper and fry slightly longer. Add everything else from chili recipe and stir. (Add ketsup last, to taste). Bake 15 minutes with 12 coals on the top and 12 on the bottom, if using a 12" oven.

While baking, add wet corn bread ingredients to the large mixing bowl, and lightly beat with wire whip. Add dry mixture, and stir **JUST UNTIL BLENDED**. Stir chili well, then pour corn bread mixture evenly over the chili and bake about 20 more minutes, until cornbread is done.

HEARTY BEEF PIE
(by Dick Stucki in Dutch Oven Cookin')

1 1/2 lbs. stew meat (steak cut up with scissors is cheaper and smaller/better size for chewing)	2 tsp. beef soup base
1/2 lb. bacon	1 cup water
1 onion, <u>diced</u> * (* = at home)	1/3 cup soy sauce
1/2 lb. carrots, <u>sliced</u> *	2 Tbsp. worcestershire sauce
1 lb. frozen peas	2-3 drops tabasco sauce
6 large potatoes, <u>peeled and cubed</u> *	cornstarch to thicken
3 stalks celery, <u>sliced thin</u> *	

CRUST:

2 1/4 cups flour	3/4 cup butter
3/4 cup yellow corn meal	2 large eggs
1/2 tsp. salt	3-4 Tbsp. cold water

Mix flour, cornmeal, and salt together. Cut in butter until mixture resembles course crumbs. Beat eggs with 3 Tbsp. cold water. Stir into flour mixture until dough holds together. If still dry, add a little more water. Shape into a flattened ball, wrap in plastic wrap and refrigerate at least 30 minutes. Take dough out of fridge long enough to not be hard when rolling.

BEEF PIE FILLING:

Fry bacon in dutch oven, remove bacon, pour off grease and save to use as needed with meat and onions. Add meat and onions and brown well. Crumble bacon in and add all remaining ingredients except cornstarch. Simmer until vegetables are tender with a gob of coals on bottom and on lid (about 20 minutes). During cooking time, roll out as thin as possible 2/3 of the dough for the bottom crust and 1/3 for the top crust. When vegetables are done, THICKEN WITH CORNSTARCH MIXTURE. Dump contents into mixing bowl, and wipe out dutch oven and wipe down thoroughly with bacon grease. Line with bottom crust dough, dump stew back in, put on top crust dough, flute edges and cut slits in the top. Bake until crust is golden brown (about 35 min.) with 8-10 coals on the bottom in a large circle and 16 to 20 coals on the top, if using a 12" oven.

COUNTRY CHICKEN AND NOODLES

6 boneless, skinless chicken breasts or thighs, cut into small pieces
6 strips bacon
1 family size or 2 reg. size cream of mushroom soup
1 family size or 2 reg. size cream of chicken soup
2 reg. size cream of celery soup
1 18 oz. barbecue sauce (not hickory flavored)
16 oz. wide or krinkly egg noodles
2 1/2 cups water (available there)

Fry bacon strips in 12" dutch oven, pour off some grease (if necessary), then crumble bacon when crisp. Mix soups, barbecue sauce, water, and chicken in with bacon, and stir. Sprinkle salt and pepper on top. Cover and cook until bubbling with 14 coals on top and 14 on bottom (about 20 minutes). Add noodles when bubbling and continue cooking until noodles are done, stirring often (about 20 more minutes).

SPARKLING POTATOES

(by Dick Stucki in Lodge Dutch Oven Recipies)

1/2 lb. bacon, <u>cut in small pieces</u>	1/2 lb. mild cheddar cheese, <u>grated</u>
1 large onion, <u>chopped</u>	1/4 cup fresh <u>chopped</u> parsley
2 cloves garlic, <u>minced</u>	1 tsp. salt, 1/2 tsp. pepper
12 large potatoes, <u>scrubbed with skins</u>	
1/2 lb. fresh mushrooms, <u>sliced</u>	
1 can sprite or 7-up	

Brown bacon in dutch oven. Remove. Drain part of the grease, and add onion and garlic cooking until done. Slice potatoes, and layer potatoes and mushrooms, onions, and bacon in dutch oven. Pour pop over the top. Sprinkle with 1 tsp. salt and 1/2 tsp. pepper. Cover with lid. Steam with 15 coals on top and 9 coals on bottom until potatoes are tender, if using a 12" oven. Stir often to prevent burning. Just before serving top with grated cheddar cheese and parsley. Continue cooking until cheese melts.

DESSERTS

DUMP CAKE (by Dick Stucki)

3 large (30 oz. ea.) cans pie filling (cherry, apple, or peach)
1 yellow or white cake mix
1 cube butter
1 can squirt or 7-UP

Line 12" dutch oven with foil. Pour pie filling into dutch oven. In a gallon-size zip-lock bag moosh up the butter into the cake mix and sprinkle this concoction over the filling. Pour 1 can of pop over the top of this. DO NOT STIR!! Bake 30-35 minutes with 9 briquets/bottom and 17 briquets/top, if using a 12" oven.

CHOCOLATE MINT PIE

1 chocolate cake mix, mixed according to the box directions with oil, eggs, and water

Mint Filling

1/2 cup dry baking cocoa	2 tsp. vanilla
2 cups brown sugar	3-4 drops mint oil
2 cups hot water	1 pkg. semi-sweet chocolate chips
	1 cup chopped walnuts

Heat well-oiled 12" dutch oven and pour in cake batter, then pour "mud" over the top of batter. Bake for 30 minutes with 18 briquets/top and 8 briquets/bottom. Five minutes before done pour package of semi-sweet chocolate chips and chopped walnuts (walnuts optional) and continue cooking 5 minutes.

BLUEBERRY BUCKLE
(by Dick Stucki)

2 cubes butter	4 tsp. baking powder
4 c. sugar	4 c. milk
4 c. flour	4 c. blueberries (sweeten to taste)

Line 12" dutch oven with foil. Melt butter in dutch oven. Mix in bowl: sugar, flour, baking powder, and milk. Pour over melted butter. Add blueberry mixture. Do not stir. Bake 30-35 minutes. 9 briquets/bottom, 17 briquets/ top, if using a 12" oven.

CARAMEL CHOCOLATE NUT BROWNIES
(Modified from Lynn Turner and Dave Fredrickson's Caramel Mt. Brownies
in the Old West Dutch Oven Cook-off Recipes, 1992-1993)

1 pkg. German chocolate cake mix	3/4-1 cup applesauce
1 lb. of caramels	1 cup chopped pecans (chop at home)
2/3 cup evaporated milk	1 cup chocolate chips

Line dutch oven with heavy duty aluminum foil and spray with pam. Place cake mix, applesauce, and 1/3 cup evaporated milk in a bowl and mix well. Spread 1/2 the cake mixture into the greased 12" dutch oven. Bake with 8-10 coals on the bottom and 12-14 on top (if using a 12" oven) for 15-20 minutes. Immediately, while baking cake mixture, melt caramels in 1/3 cup evaporated milk in a sauce pan on top of the coals on the dutch oven lid. (Set pan on a lid holder over the coals). After the 15-20 minutes, remove dutch oven from heat and layer chocolate chips, nuts, and the melted caramel mixture over the top. Then drop the remaining cake mixture on top of the caramel. Cover and return to heat. Bake for an additional 20-25 minutes. Remove from heat and let cool. When cooled completely, cut and serve.

STRAWBERRY-RHUBARB COBBLER

2 cups flour	6 cups rhubarb, sliced
1 1/2 cups old fashioned oats	2 tsp. cinnamon
2 cups brown sugar	<u>Sauce:</u> 1 1/2 cups sugar
1 cup butter (soft, not cold)	2 1/2 T cornstarch
2 lbs fresh strawberries, sliced	1/2 cups water
	(combine sauce ingredients and cook until clear, stirring constantly)

Mix flour, oats, sugar, cinnamon, and butter until crumbly. Put 1/2 of the crumb mixture in a greased 12" dutch oven and top with rhubarb and strawberries. Pour sauce over fruit and top with remaining crumb mixture. Bake for 45 minutes with 8-12 coals on the bottom and 12-20 coals on the top.

PINEAPPLE UPSIDE DOWN CAKE
(by Dick Stucki in Dutch Oven Cookin')

1 yellow or white cake mix, (mixed according to the box directions with oil, eggs, and water)

1 large can pineapple slices
1/2 cube butter
12-16 maraschino cherries
1/2 cup brown sugar

Line 12" dutch oven with foil. Heat butter and brown sugar in bottom until melted and well mixed. Place pineapple rings on top of butter mixture and put cherries in the middle of the pineapple rings. Pour the prepared cake batter over the top. Bake 45 minutes with 7-8 briquets/bottom and 16-18 briquets/top.

What is the *3 Steps* booklet?

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