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Always Ready Newsletter

Self-Reliance and Emergency Preparedness
Real Living Begins With The Basics

What Kids Can Do When The Power Is Out

by Mechele Eckman

Flashlight Hide and Seek – Have a flashlight on hand for each child in your house. When it is dark and they begin to complain that there is nothing to do, let them play hide and seek. Explain to them that once they hide they should turn off the flashlight until the seeker finds them. This game can keep them entertained for quite a while.

The Dictionary Game – This game can be lots of fun and all you need is a dictionary and one flashlight. All you do is flip open the dictionary and point to a word. Whoever knows the meaning of the word gets a point. This is great because your children will also be learning new words and have fun guessing what a word means.

Outside Games – If it is still light outside have them build a snowman, a snow cave, snow angels or have a snowball fight and then come inside and wrap up in a nice warm blanket.

Tell Jokes – Kids love to make up jokes.

Storytelling – Start with a phrase like “I’ll never forget the time. . .” and let everyone add a sentence to the story. Make up a fractured fairy tale. Begin with a well known story and add to it bits and pieces of other stories to come up with a whole new story. This is silly and little ones especially love it if they are familiar with fairy tales.

Handwork – If there is still some light, teach your children how to knit, crochet, or hand sew. Boys seem to love this as well as girls.

Other ideas

- Practice musical instruments
- Take pictures with a camera
- Work a jigsaw puzzle
- String games
- Board Games
- Juggling

Don't miss BYU-I's Home and Family Conference on Saturday, 13 March 2010. Information & registration available at <http://www.byui.edu/ce/homeandfamily/default.htm>

To our dear patrons,

Please accept our sincerest apologies for being so late with January's newsletter. We have been trying a new format and program with no success; maybe next time. But we will not let these efforts deny you again of the information provided through these newsletters.

Until we get it figured out we will continue with this format so that you may enjoy learning things to help yourselves and your families. We wish again to express our sincerest appreciation for your continued patronage. We find great pleasure in providing the products and information you need.

Your response to our move to Main Street has been astounding and gratifying. And a reminder for those who have not yet visited our new location, parking is available directly outside our back door.

As always, we welcome your questions and suggestions so that we can improve and provide what you need most.

Winter Gardening with sprouts—enjoy fresh produce year round.

Last chance to get your super discounted **American Red Cross of Greater Idaho 72 Hour Emergency Kits**. A Great Buy!!!

Come see our front window displays.

Survival Basics

by Jim Higgins

Mylar Devices 2 (continued from December 2009)

There are three additional points to be aware of when using Mylar devices (or really any kind of covering or shelter).

Remember the discussion in December's newsletter about how cold always wins? Then answer this: Which is more important when sleeping on the ground?

- A. Keep the warmth in by putting more insulation over you, or
- B. Keep the cold out by putting more insulation under you

The answer is ALWAYS b. As long as your body is in contact with a cold surface, the cold will continue to transfer into your body. You will never get warm. Include wool, fleece or similar blankets in your emergency kits for each member involved. Combining Mylar sleeping bags and blankets with wool or other coverings will help you survive even in severely cold temperatures.

- 2. Which is more important when you are cold and wet from over exertion, general perspiration, crossing a stream, falling in the water or getting soaked from rain or snow, etc.?

Getting dry, even if you have to temporarily strip completely naked in freezing temperatures to get dry, will do you more good than wrapping up in a dozen blankets over wet clothing. Because moisture transfers cold and cold always wins, you will never warm fully as long as you are wet or wearing wet clothes. Wind simply makes the problem worse when exposed for more than just a few minutes. You MUST get dry first, find shelter if required to get dry and then find a source of warmth: fire, heater, another person's body, etc.

- 3. As mentioned above , mois-

ture is one of your worst enemies regarding survival. Now consider what is going to happen inside a Mylar Sleeping Bag since Mylar does not breathe. You are going to have condensation form rather quickly which will make you and your clothes wet, causing you to become cold even though you may have been warm to begin with. Once you get cold, you won't radiate much heat and the Mylar loses its effectiveness. Because a Mylar blanket is not sealed all around like a sleeping bag, a blanket allows air in and out, so condensation is usually not an issue.

But a Mylar Sleeping Bag is only open at one end. So, before using your Mylar Sleeping Bag, open it fully. Refold down the center line of one taped edge. Using a paper punch, put holes along that taped edge, approximately three or four inches apart. Because you have folded the tape in half, you will be punching two holes each time, one in the top half of

Whole Wheat Sugar Cookies

by Mechele Eckman

1 c. sugar	1/2 c. butter softened	1 egg
1 tsp. vanilla	1 tsp. baking powder	1/2 tsp. baking soda
1/2 tsp. salt	2 Tbsp. milk	1 Tbsp. apple pie spice or allspice
2 c. whole wheat flour		

Coating: 2 Tbsp. sugar and 1/2 tsp. cinnamon

Preheat oven to 375° F. In a large bowl cream sugar and butter. Add egg and vanilla. Add the rest of the ingredients and mix just until dry ingredients are incorporated. Shape dough into 1-inch balls. Roll in cinnamon-sugar mixture. Place on un-greased cookie sheet, 2 inches apart. Flatten slightly. Bake 8-10 minutes or until golden brown. Yield 2-3 dozen.

the tape and the other in the bottom half.

When you open the sleeping bag for use, keep the taped edge with holes directly above your chest, legs and feet. This means the second taped seam with no holes will be under your body. You still have almost the entire surface reflecting heat, as well as a water proof bottom to keep you dry while allowing some air, along with excess moisture, to circulate and escape through the tiny holes you punched in preparation for using the sleeping bag.

All of these articles are intended to get you thinking about the facts associated with living outside your comfort zone. You don't have to think in terms of survival as in a plane crash in the Amazon jungle or the Sahara Desert; think instead in terms of surviving just until additional help becomes available. Hopefully you are broadening your thinking processes so it will be easier to make other decisions that will benefit you and your family before and during emergency circumstances.

Winter Storm Tips

U.S. Department of Homeland Security

A **Severe Storm** is defined as one that produces six inches or more of snow in 48 hours or less, or damaging ice over 5,000 square miles.

A **Winter Storm Watch** means hazardous winter weather conditions may affect your area.

A **Winter Storm Warning** means hazardous winter weather conditions are threatening your area.

If a Winter Storm occurs:

At home

- Listen to your radio, television for weather reports and emergency information.
- Eat regularly and drink ample fluids.
- Conserve fuel if necessary, by keeping your residence cooler than normal.

Driving

Drive only if it is absolutely necessary. If you must drive consider the following.

- Travel in the day, don't travel alone, and keep others informed of your schedule.
- Stay on main roads; avoid back road shortcuts.

If a blizzard traps you in the car:

- Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window.
 - Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close, but be too far away when walking through deep snow.
 - Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a downwind window slightly for ventilation and periodically clear snow from the exhaust pipe. This will protect you from possible carbon monoxide poisoning.
 - Take turns sleeping. One person should be awake at all times to look for rescue crews.
 - Drink fluids to avoid dehydration.
 - Be careful not to waste battery power. Balance electrical energy needs – the use of lights, heat, and radio – with supply.
 - Turn on the inside light at night so work crews or rescuers can see you.
 - If stranded in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.
 - Leave the car and proceed on foot – if necessary – once the blizzard passes.
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