

# Discover Your World

November/December 2009

## November Calendar

- 6<sup>th</sup> Food Co-op orders due. [www.foodco-op.org](http://www.foodco-op.org)
- 13<sup>th</sup> Cleaning the WCC at 1 p.m.
- 21<sup>st</sup> Food Co-op pick up at 9:45 a.m. at the WCC
- 24<sup>th</sup> Food Co-op Potluck 6:30 p.m. at ECC

## December Calendar

- 11<sup>th</sup> Food Co-op orders due
- 19<sup>th</sup> Food Co-op pick up at 9:45 a.m. at the WCC

## Community Information:

Want to go on an outdoor adventure this winter? You can rent equipment from campus recreation at affordable prices. Visit the following link for a price list: [www.web.utah.edu/campusrec/outdoor\\_rec/rentals.html](http://www.web.utah.edu/campusrec/outdoor_rec/rentals.html)

Or call 581-8516.



## ACTIVITY:

### *Food Co-op Potluck*

**Tuesday, November 24<sup>th</sup> @ 6:30 p.m.**  
**Located at the East Community Center (ECC)**

We are going to have a giant village potluck! Bring a dish to share (main dish, side dish, or dessert) and learn more about our local Food Co-op. Come try samples of a food co-op share (includes a variety of meats, vegetables, fruit, bread, and rice). Paper products and drinks will be provided. We are going to have a blast!

*\* Send me your email if you would like to receive a reminder for this activity!*

## Village Information:

\*As winter fast approaches please help us conserve energy and save money by making sure the stairwell doors remain closed. This helps keep the heat inside where it belongs! Thank you!

\*Also, an early THANK YOU to our maintenance crew who does a fabulous job keeping the grounds plowed throughout the winter months. If you see them make sure you relay the message! We are blessed!



## Emergency Preparedness:

Want to learn how to better prepare for possible earthquakes? Visit: [www.publicsafety.utah.gov/homelandsecurity/utahhazards/earthquake.htm](http://www.publicsafety.utah.gov/homelandsecurity/utahhazards/earthquake.htm)

Another way to prepare for emergencies is by packing a 72 hour kit for each member of your family. Make sure it is easy to transport and reach. For ideas on items to include see list below. Don't forget to change out perishable items every six months.

## Last Months Activity:

Thank you to all those who came out to support last months activity, Monsters and Muffins. We had a blast exploring nature around the village and eating monster muffins. To read more about the activity and see pictures visit:

[www.mycreativestirrings.blogspot.com/2009/10/monsters-and-muffins.html](http://www.mycreativestirrings.blogspot.com/2009/10/monsters-and-muffins.html)

# 72 Hour Kit Ideas

## Water

- \* Poly canteens, 1 quart
- \* Sierra cup
- \* Water purification tablets
- \* Water purifier & extra filters
- \* Water bag, nylon
- \* Water bag liners, plastic
- \* Solar still
- \* Rubber surgical tubing

## Food

- \* Personal daily rations
- \* Energy bars, tablets
- \* Trail snacks

## Clothing

- \* Hiking boots
- \* Trail sneakers
- \* Socks
- \* Underclothing
- \* Thermal underwear
- \* Shirts, short sleeve
- \* Shirts, long sleeve
- \* Shorts, hiking
- \* Trousers, long
- \* Belt and buckle
- \* Sweater
- \* Down vest
- \* Down jacket
- \* Parka
- \* Poncho
- \* Gloves, leather
- \* Mittens, wool
- \* Scarf
- \* Balaclava
- \* Bandanna, large
- \* Hat
- \* Swimsuit

## Shelter

- \* Tent
- \* Tent fly
- \* Tent poles
- \* Tent pegs
- \* Ground cloth
- \* Ultra light weight tarp
- \* Visk clamps
- \* Nylon line, 50 ft. 2 ea

## Bedding

- \* Foam pad, closed cell
- \* Sleeping bag
- \* Air pillow

## Cooking Equipment

- \* Frying pan, folding
- \* Cook set, nesting
- \* Can opener, P-38
- \* Eating utensil set
- \* Book matches, water proof
- \* Pack stove
- \* Windscreen
- \* Fuel bottles
- \* Condiments
- \* Salt & Pepper
- \* Sugar
- \* Flour
- \* Honey
- \* Milk, dry, instant

## Clean Up

- \* Scouring pads, soap filled
- \* Sanitary tablets & dunking bag
- \* Dish towel

## Personal Hygiene & Sanitation

- \* Toilet trowel
- \* Toilet tissue, biodegradable
- \* Feminine hygiene items
- \* Shampoo
- \* Comb and brush
- \* Eye drops
- \* Tooth brush & tooth paste
- \* Shaving gear
- \* Deodorant
- \* Soap & soap dish
- \* Bath towel
- \* 5 gallon bucket with toilet seat cover
- \* Garbage bags, biodegradable
- \* Solid waste digestion tablets
- \* Dissolving toilet deodorant packets

## Preventative Aid

- \* Foot powder
- \* Body powder, medicated
- \* Moleskins
- \* Chigger powder
- \* Mosquito repellent
- \* Lip balm
- \* Sun block
- \* Body powder, medicated
- \* Corn starch
- \* Hand lotion

## First Aid

- \* Personal First Aid Kit
- \* Family First Aid Kit

**Emergency Gear**

- \* Signal flares, night
- \* Signal smoke, day
- \* Signal die, water
- \* Signal mirror
- \* Strobe light
- \* Whistle
- \* Space blanket
- \* Hand warmers

**Light, Heat, Fire making**

- \* Pack lantern
- \* Spare lantern mantles
- \* Flash light
- \* Spare bulb, batteries
- \* Candle lantern
- \* Spare plumbers candles
- \* Glow sticks
- \* Match safe & matches
- \* Magnesium block
- \* Magnifying glass
- \* Lighter
- \* Spare flints

**Navigation**

- \* Map case
- \* Maps
- \* Map measure
- \* Pedometer
- \* Compass
- \* Altimeter
- \* Global positioning system (GPS)

**Communication**

- \* Pocket radio, battery/solar power
- \* Cell phone ... or
- \* Two way radio: CB, GMRS, FRS
- \* Spare NiCad batteries
- \* Solar battery charger

**Tools and Repair Kits**

- \* Leatherman.Gerber tool
- \* Sven saw
- \* Hatchet/Boys axe w/sheath
- \* 8 inch mill file
- \* Spare parts: pack, stove, lantern
- \* Tent/ Pack patch kit: ripstop tape
- \* Copper wire, spool

**Personal Items**

- \* Camera, lenses, flash and film
- \* Binoculars
- \* Swiss Pocket knife
- \* Sharpening stones and oil
- \* Wallet
- \* Extra house and car keys
- \* Copy of important papers such as titles etc.
- \* Change for pay phones
- \* Handkerchief
- \* Watch
- \* Sun & prescription glasses
- \* Pencil and note pad

**Pack and Pack Frame**

- \* Pack
- \* Frame
- \* Clevis pins
- \* Stuff bags
- \* Compression straps
- \* Plastic garbage bags
- \* Twist ties / plastic zip ties

**Clothing Maintenance and Repair**

- \* Sewing Kit
- \* Spare shoelaces
- \* Biodegradable detergent
- \* Woolite
- \* Small scrub brush
- \* Clothes pins

**Homeland Security**

- \* Duct tape
- \* Air mask
- \* Heavyweight plastic garbage bags or plastic sheeting

Information from [www.mormonshare.com/node/15155](http://www.mormonshare.com/node/15155)