

DISASTER PREP

By DAVE ROBINSON
Special to the Siuslaw News

Make a plan

Of the many (mostly lame) excuses I hear for not prepping, one of the most common is that it takes too much time. Now I won't mislead you. There is some time involved. It also takes some thought, some effort, some planning and some expense.

But there are plenty of things you can do that will get you going in your preparations, that won't take up much time. This week's column will give you some simple tips that take little time but are invaluable in the event of a disaster.

Tip No. 1: Purchase a notebook for accumulating information, phone numbers, insurance policies, and the like for reference in case of an emergency. Either that or store your information "on the cloud" and you can access it from any computer. Just remember that in a disaster, you may not be able to get online.

Tip No. 2: Wash out some empty juice jugs. Swish a bit of bleach, rinse and fill with water for an emergency. Be sure to date them and refill after a year. Another idea is to put some of these (not quite full) in your freezer so when you lose power you can transfer certain items to an ice chest and the

frozen jugs will keep things cool for a few days. Then when the ice melts, you can still drink the water.

Tip No. 3: Place a plastic garbage bag under your bed containing, shoes, socks, work gloves, and a flashlight with batteries (or light sticks). If you wish to include a pair of jeans and sweatshirt, that's always a good idea in case you have to leave your house quickly. Some folks tie them to the leg of their bed so it doesn't get misplaced.

Tip No. 4: Discuss with the rest of the family where you will meet up after a disaster. Pick three or four locations and play "what if." Cell phones may not be working and communication can be limited and getting re-connected with loved ones is vital after a disaster.

Tip No. 5: Choose an out-of-state relative with whom you can relay messages if necessary. Often it is easier to get a message out-of-state than it is to get connected locally.

Tip No. 6: Introduce yourself to a neighbor you have not met. Exchange phone numbers. Don't worry about what he might think. He's probably been wanting to meet you anyway.

That guy may just be your first responder in an emergency.

Tip No. 7: Purchase a manual can

opener on your next visit to the store. Try one made by Swing-A-Way. The long crank handle makes it easy to crank open cans, even big ones.

Tip No. 8: Check out the website at FoodSafety.gov. Print off the food safety charts and attach them to the inside of a cupboard door. They will tell you how long you can safely store certain foods without refrigeration.

Tip No. 9: Mark your canned goods as you purchase to remind you to rotate them out one year from now.

Tip No. 10: Pick up a few extra canned goods each time you visit the grocery store.

Tip No. 11: Locate your utility shut-off valves and review the instructions for turning them off. Affix a shut-off tool nearby.

Tip No. 12: Test your smoke alarms.

Dave Robinson is the postmaster in Bandon, Ore., and author of "Disaster Prep for the Rest of Us."

He may be contacted at disasterprep.dave@gmail.com.

Visit his website for more disaster preparedness tips, www.disasterprep.dave.blogspot.com.

Civil rights work to be recognized at library

On Saturday, Feb. 25, KXCR and Citizen's Democracy Watch will commemorate 400 years of social justice activism. The event will be held in the Bromley Room at the Siuslaw Public Library, from 1 to 3 p.m., and is free to

members of the public. The event will include a remembrance of those who gave their lives to work for equal rights from 1717-2017. The meeting will conclude with a conversation discussing issues of social justice.

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Brooks-Anderson artwork on display at OPB

Oregon Pacific Bank is displaying the creative artwork of well-known local artist Pattie Brooks Anderson during the month of February.

Brooks-Anderson is an award-winning painter, printmaker and multimedia artist. Her work is inspired by visual images that come to her from poetry, quotes, philosophy and lately the ancient practice of Qigong.

A landscape painter for many years, she is absorbing the light and terrain of the North Coast and finds it appearing in her current work, sometimes unconsciously.

She is intrigued by her latest



COURTESY PHOTO

"Spirit Bear" painting by Pattie Brooks-Anderson

medium, watercolor and ink, and exploring all its possibilities. Brooks-Anderson has taught fine art and commercial art at the high school and adult school level.

A long-time member, and current president of Backstreet Gallery, her original works can be viewed there.

As Brooks-Anderson said, "I have been creating art in a multitude of media for many years. The concepts of metamorphosis and rebirth are constant themes for me, and within these themes, an overall awareness of the interconnectivity of all forms of life."

Library to screen documentary that spotlights repeal of ACA

With the future of the Affordable Care Act (ACA) in serious doubt, millions may lose their health insurance, with Medicare and Medicaid benefits potentially downsized or drastically cut.

Florence area Democrats have been sponsoring a series of community-wide healthcare meetings concerning these issues. The next meeting will be Sunday, Feb. 26, from 2 to 4 p.m. in the Bromley Room of the Siuslaw Public Library.

The meeting will feature a

screening of the new documentary, "Now Is the Time: Healthcare for Everybody," by Laurie Simons and Terry Sterenberg, with music composed by Clifford J. Tasner.

This documentary explains how the ACA can be replaced with something better, that costs less and covers everyone with better health outcomes.

The film explains what Medicare-for-All Single Payer healthcare is, how it saves money, what has been keeping lawmakers from providing

healthcare for everyone in the U.S. and what can be done about it.

This documentary gives an opportunity to look at another option for healthcare that has not been given much consideration as an alternative to the current system.

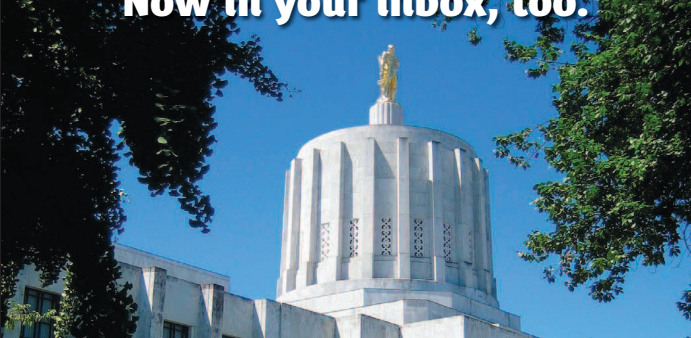
The screening is free and open to the public. There will be a discussion after the film lead by representatives from Healthcare for All Oregon.

For more information, contact Pat Reno at 541-991-0557.

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