

POWER IN PREPAREDNESS! Week 8: Vehicle Preparedness

Family Home Evening—Choose what works for your family.

Songs: *The Handcart Song*, and *Pioneer Children Sang As They Walked* (Children’s Songbook, p. 220 and p. 214); *Put Your Shoulder to the Wheel* (Hymns, p. 252)

Book of Mormon Story: The brother of Jared builds barges.
Read Ether 2:13-25, Ether 3:1-15.

Discussion Questions:

- 1) How many barges did the brother of Jared build?
Eight
- 2) What did the barges look like?
Like a dish
- 3) How many stones did he make and why did he ask Jesus to touch them?
He made sixteen stones, so they would provide light in the barges.
- 4) What did the brother of Jared see when Jesus touched the stones?
He saw the Lord’s finger, then he was shown his whole body.

Objectives:

- 1) The Lord will guide us in our preparations to care for our personal stewardships.
- 2) We can take the initiative to make preparations that suit our personal circumstances.
- 3) We can prepare for traveling emergencies by storing supplies in our vehicles.

Activity Ideas:

- 1) Assemble emergency kits for each car.
- 2) Practice changing a tire.

Treat Ideas:

- a) “Blizzard” shakes
- b) Popsicles
- c) Extreme sherbet
 1. Dissolve:
 - 1 3-oz. package gelatin, any flavor (Lime is yummy!)
 - 1 c. boiling water
 2. Mix gelatin in blender with:
 - 1 c. sugar
 - $\frac{3}{4}$ c. non-instant dry milk powder (or $\frac{1}{3}$ c. instant milk)
 - 2 c. cold water
 - $\frac{1}{2}$ c. lime or lemon juice
 3. Freeze until mushy.
 4. Beat until light and fluffy.
 5. Freeze again.

Car Emergency Kit

bucket and lid or small backpack
first aid kit, N-95 mask
blanket or mylar space bag
poncho
wool hat
cotton socks (for feet or hands)
flashlight and batteries or cyalume stick
matches, candles, heat packs
pocket knife
map, compass, contact information
pencil and paper
cash, coins
contact case
toilet paper (sealed in a bag), garbage bags
diaper, wet wipes, feminine sanitary supplies
water bottles
high energy foods: hard candy, nuts, raisins

Advance Winter Travel Preparation

1. Check weather conditions before travel.
2. Keep your gas tank full.
3. Plan primary and alternate routes in advance.
4. Don't travel alone. Inform others of your travel plans.

Travel Advisories from the National Weather Service

1. Watch: a winter storm is approaching.
2. Ice storm: a substantial layer of ice is expected to accumulate from freezing rain.
3. Heavy snow warning: 4 or more inches expected within 12 hours.
4. Blizzard warning: heavy snow, winds of 35 mph or more, temperature 20 degrees or less.
5. Severe blizzard warning: very heavy snowfall, winds of 45 mph, temperature 10 degrees or less.

When You Are Stranded

1. Stay in your car unless you can see shelter. A car provides protection and visibility.
2. Be visible.
 - a. Attach a brightly colored cloth to the antenna, mirror, or window.
 - b. Turn on emergency flashers. At night, turn on the inside dome light.
3. Stay warm.
 - a. Keep your head covered.
 - b. Start the car and use the heater for about ten minutes every hour.
 - c. Try to stay dry.
 - d. Move your arms and legs to stay warm and to keep blood circulating.
4. Keep fresh air in the car. Beware of the gentle killers—carbon monoxide and suffocation.
 - a. Keep the tailpipe free of snow or ice buildup.
 - b. Run the motor and heater sparingly with the downwind window open.
 - c. Be aware that freezing wet snow can completely seal the passenger compartment.
5. Take turns sleeping.
6. Don't leave children alone in the car.

Car Tools

window scraper
tool kit
jumper cables
reflectors, flares, fire extinguisher
folding shovel
sand, salt, or kitty litter
tire chains
tow chain or rope