

# *"It is better to prepare and prevent than to repair and repent."*

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter

June, 2000

## **SANITATION**

*It is not something that automatically comes to mind when we think of emergency preparedness, but it is an essential part. The Orange County Sanitation District has provided the following information....*

### ***It's best to be prepared!***

*Living in California means living with the reality that a major earthquake can hit at any minute. Preparing for such a event will help you get safely through a disaster.*

*We depend so much on household utilities for both comfort and security that it's hard to imagine living without them. But, putting all comfort aside, there's one household utility that offers more than simple comfort; it also protects your health and the environment around you. That household utility is your sewer system.*

*In the event of a major disaster, the sewer system in your area may become damaged or inoperable. Damaged sewer systems are health hazards. It is important to get damaged septic tanks, cesspools, pits and leaching systems into service as soon as possible.*

*If your local sewer system becomes inoperable, there are proper procedures you can use to temporarily replace your toilet and safely dispose of sewage while service is being restored. In our continuing effort to protect public health and the environment, the OCSO has prepared the following step-by-step plan to assist you if an earthquake or any other disaster causes your local sewer system to fail. We recommend that you keep these guidelines close at*

*hand because to never know when you might need them.*

### ***How to create a provisional toilet:***

*1. If sewage lines are broken but the toilet bowl is useable, place a trash can liner inside the bowl and follow the disinfectant procedures below. If the toilet is completely backed up, use a bucket with a trash can liner and make a toilet seat out of two boards paced parallel to each other across the bucket. For greater comfort you can remove the seat from your household toilet and place it on the bucket.*

*2. Every time you use the provisional toilet, pour or sprinkle a small amount of regular household disinfectant, such as chlorine bleach (DO NOT mix bleach with other disinfectants as it can produce a dangerous chemical reaction), baking soda or laundry detergent to keep down odors and germs.*

*3. Cover the container tightly when not in use and replace the trash can liner when waste has accumulated. NEVER use a provisional toilet that is not lined with a plastic bag!*

*4. After using the provisional toilet, you will need another container to empty the contents for later disposal. The second container should be lined with a 30-gal size trash can liner. As bags from the provisional toilet fill up, they should be placed in the second container for safe disposal.*

***Never deposit human waste or garbage on the open ground.*** *This will not only pollute the environment but it will also create a serious health hazard. If you have no other alternative for disposal, it is safe to bury waste in trenches 24-30 inches deep.*

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## **Checklist for an emergency provisional toilet:**

- 5-gal. plastic bucket with tight fitting lid
- 2 boxes heavy duty trash can liners (8-10 gal size) with ties
- 1 gal liquid chlorine bleach or other disinfectant
- 2 boxes baking soda
- 2 large boxes heavy-duty trash can liners (30 gal size) with ties
- 6-8 rolls toilet paper
- Hand sanitizer to clean and disinfect hands without water
- Feminine products
- paper towels
- moist towelettes or baby wipes

## **Milk Order:**

We want to thank everyone that purchased milk. We got quite a discount - we paid only \$8 a can but bought on our own it would have cost \$13 a can!

## **Cannery:**

Our next cannery date is Saturday, June 24 from 9 - 11 am. We do have a lot of room left so please sign up!

We purchased some of the pudding that is now available at the cannery and it is really good. We are just as surprised as you!

Quote from Elder George A. Smith  
..."How on the face of the earth could a man enjoy his religion when he had been told by the Lord how to prepare

for a day of famine, when, instead of doing, so, he had fooled away that which would have sustained him and his family." (JD 12:142)

## **Recipes:**

### **Cinnabon Cinnamon Rolls**

1/2 cup warm water  
2 packages dry yeast  
2 T sugar  
3 1/2 oz pkg. vanilla pudding mix  
1/2 cup margarine - melted  
2 eggs  
1 t salt  
6 cups flour

In a bowl combine water, yeast and sugar. Stir until dissolved. Set aside. In large bowl, take pudding mix and

prepare according to package directions. Add margarine, eggs and salt. Mix well. Then add yeast mixture. Blend. Gradually add flour; knead until smooth. Place in a greased bowl. Cover and let rise until doubled. Punch down dough and let rise again. Then roll out on floured board to 34 x 21" size.

Take 1cup soft butter and spread over surface. In bowl, mix 2 cups brown sugar and 4 t cinnamon. Sprinkle over top. Roll up very tightly. With knife, put a notch every 2". Cut with thread or knife. Place on lightly greased cookie sheet 2" apart. Take hand an lightly press down on each roll. Cover and let rise until double again. Bake at 350 15-20 minutes. Remove when they start to turn golden. DON'T OVER BAKE.

Frost warm rolls with Cream Cheese Frosting Makes about 20 very large

### **CREAM CHEESE FROSTING**

8 oz cream cheese  
1/2 cup margarine  
1 t vanilla  
3 cups confectioner's sugar  
1 T milk

Combine all ingredients and mix until smooth.

Enjoy  
Barb in WA

**Kids Corner and the continuation of uses for vinegar will return next month.**

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