

Emergency Preparedness for Community Empowerment

LINKS TO RESEARCH FOR COMMUNITY EMPOWERMENT compiled by Kelda Miller, divinearthgp.com

How to stay safe:

Observe! And keep observing...



1. Observe & interact

Before an earthquake, animals will act strangely/ nervous/ escaping

After any collapse (whether physical or economic), everyone may be disoriented and things may change rapidly. Keep an eye out for physical dangers (busted sewage lines, etc) as well as community frustrations. Try to think clearly and act, not just react.

Take care of self First

Get grounded and make sure that you're not hurt.

If possible, before helping others, get yourself drinking water, protective clothing, etc.

Community Care

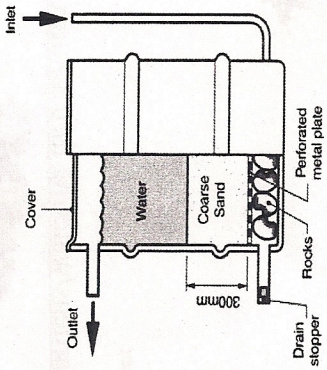


Focus on solutions and the positive.

First Aid: remember your CPR basics
comfrey roots helps heal broken bones
ginger/garlic/fennel seeds keep people warm
cedar & yarrow disinfects

How to have clean drinking water:

Homemade sand filters

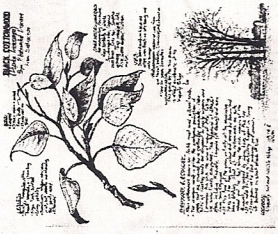
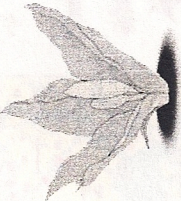


Rainwater Cistern

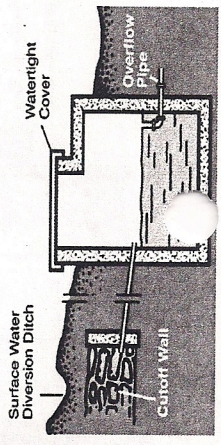
can be made from field fencing, rebar tie wire, old carpet, 2-3 cubic ft sand, plywood for top, & a square of 6-mil plastic sheeting for liner* (you can also use tarps or old billboard plastic for liner)

Wells/Springs

Find water,



and build a spring box:



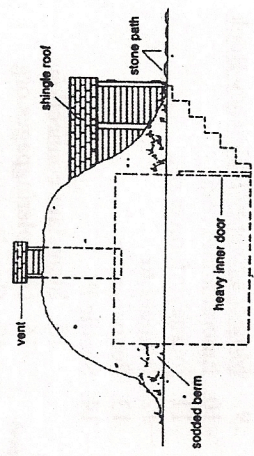
How to save food from spoiling:

Quick creek refrigeration

Store food very tightly and hang in running water

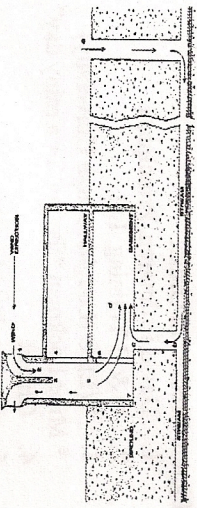
Root cellars

Keeps foods 30-40degrees cooler in summer, protects from winter freezing



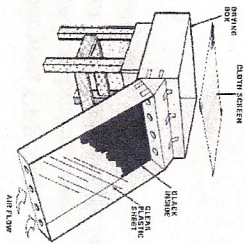
Passive refrigeration

This design can be just a cooler, or a whole outbuilding



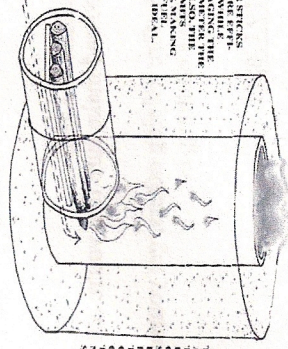
Salt/Pickling/Smoking

Solar Dehydrator



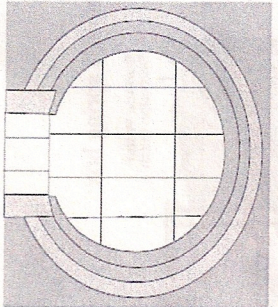
Efficiency: Unlike a wood cooking fire which heats in all directions, the Rocket Stove or cook with less than half the wood used for the same amount of cooking.

SMALLER STICKS
BURN WOOD FASTER
BY ARRANGING THE
WOOD AS IN THE
WOOD LAYER, THE
FIRE BURNS LONGER
AND HEATS THE
POT FASTER.



THE FIRE IN THE
AT LEAST HEATS
FIRST LAYER, THIS
STRONG HOT
HEAT, SMOKE IN
THIS HEAT, AND
COMPLETELY
THIN LAYER OF
SMOKE.

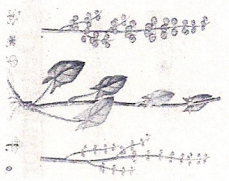
Cob oven



Outer Layer/Final Plaster
Shave Slip/Insulative
Dense Layer

swales

Perennials



sorrel

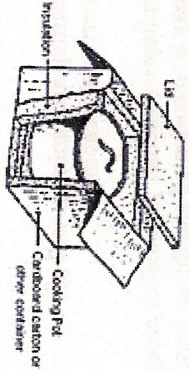


sunchoke

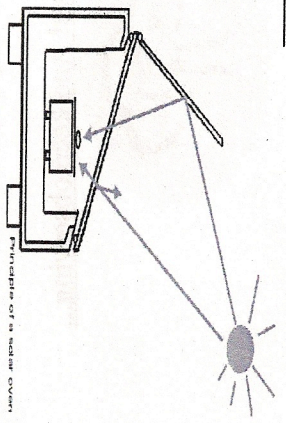
Cooking

Rocket Stove

Haybox



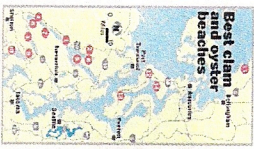
Solar oven



Parabolic Reflector of a Solar Oven

What to eat:

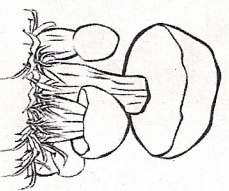
Gathering clams, greens, mushrooms



clams



nettle



boletes

Trapping

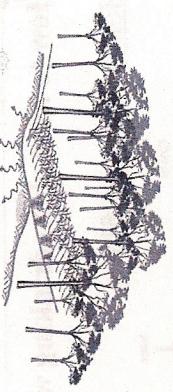


fish



deer

Gardens/watering thru a Puget Sound summer



Picture Credits, In Order:

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7. fao.org
8. waterhistory.org 'Oanais'
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19. ecoedge.ca
20. botanical.com
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for country/gardens
the garden for a rainy day