



February 2008 Newsletter

When I first began sending this newsletter, I mentioned that I would probably include some personal information about me and my family from time to time.

If you have read past newsletters that are archived on the website you will note some of those stories. In December, I chose to send out a Christmas card rather than a newsletter. I had to laugh when I received several return emails from people asking who I was and why was I sending them a Christmas Greeting! Ha! So beware... I am an emergency specialist and I have a lot of wonderful emergency information to share, however, I am also a person who enjoys sharing a bit of my personal life.

With that said... I became a grandma for the first time on January 29th and Chloe Ann came into the world at 6:40 pm, weighing in at 8 pounds. I am stunned at how much this little girl has already touched my life. I'm sure you will be hearing more about Chloe in the future!

A First Hand Story of the Mid West Ice Storms

by Janet Wendland, Salina, KS

The weather in Kansas can be brutally extreme, from blizzards and subzero temperatures in winter to severe thunderstorms with damaging winds, hail and flooding in the summer.

People living here are quite pragmatic about those events and are probably more prepared than most to deal with emergency conditions. It is normal to keep a winter emergency kit in your car, to keep the ice melted and a snow shovel handy.

Year-round, most of us have an emergency stock of bottled water, non-perishable foods, candles, lanterns, and battery operated flashlights and radios handy. This said, I don't believe anyone was totally prepared for the devastating ice-storm that we experienced in December.

On December 11th, rain started falling mid-afternoon. The temperature was in the 40's and we were glad to get the much needed rainfall. The rain continued, and by mid-evening freezing rain and temperatures fell into the 20's. The freezing rain accumulated on trees, power lines, streets and sidewalks.

After going to bed, it was eerie to see green sparks and strobe light effects flashing outside as the neighborhood power lines were stretched and arcing. The night sounds were eerie too as I could hear the trees groaning under the weight of the ice and then the snapping of branches.

When I awakened, the neighborhood looked like a war zone with full-grown trees toppled and strewn everywhere. Trees and limbs continued to moan, snap and topple during the day. Many trees fell on power lines and caused wide-spread power outages. Others falling trees pulled electric

boxes off houses and caused numerous house fires. Some power lines, though downed, were still live and caused fire dangers.

I was very fortunate as I only sustained minor damage to the guttering on my house from falling limbs and only lost power for about four hours. Many people suffered major losses when limbs fell through roofs, broke windows or fell on vehicles. Much of the town was without power for 4-12 days.

Few individuals own emergency generators and so warming shelters were opened at various locations around town and were soon filled to capacity. Churches took names of people willing to open their homes to neighbors and acted as liaisons in getting people sheltered.

Once electricity was restored, people were able to return to their homes, the cleanup began. The food in refrigerators and freezers had spoiled, house plants had frozen, and some waterlines had burst. Much electrical equipment was 'fried' from the sporadic power surges.

This experience has made me consider how to hone my personal emergency plan and be better prepared. Here are some changes I am making:

- I have a working, although unused, pot-bellied stove and have made an appointment with the chimney sweep so that I can use it, if needed, without it being a fire hazard.
- I have reread my homeowner's insurance policy, and now know that I should take photos of the food I might discard as my policy will pay for the replacement.
- I have also purchased a manual can opener and will be able to open and eat the canned goods most of us have in stock.
- I've learned how to manually release and open the garage door.
- I now know where the main water shutoff is located.

These are a few new simple steps that have created a new peace of mind.

Newsletter Archives

As I mentioned, the previous newsletters are archived at <http://www.mylifeinabox.com/newsletter.htm>. You might enjoy going back and reading them as they contain valuable emergency information that you may have missed.

Here is a list of the 2007 newsletters and content:

January 2007 Family Readiness

February 2007 Wild Fires

March 2007 Getting Started Quickly & Insurance Policies

April 2007 Spring Cleaning For the Whole Family

May 2007 Emergencies & Our Children

June 2007 Tornados

July 2007 Emergency Business Planning

August 2007 Insurance Issues

September 2007 National Emergency Preparedness Month Quiz

October 2007 Medical Emergencies

Bulk or Custom Printing Service

Recently an organization asked if AGL Publishing could custom print *My Life in aBox...a Life Organizer*, adding their logo to the cover. I was happy to tell them that we could do that and also include a message inside the book, to their specifications. I also offered them a CD PowerPoint workshop presentation to make their job a little easier.

If you or your organization would like to take advantage of our custom printing service, or if you would like to order multiple copies of the existing book, please contact me at my direct email: laurie@mylifeinabox.com for a discounted rate.

Laurie's Favorite Stuff

From time to time I find emergency products or books that I recommend. Here's a link to a product I like. You may want to purchase one or more of these for your home or "Get Away Bag". It is adult & kid friendly and you never have to buy batteries. You just crank it up!

Dynamo Crank Flashlight and Radio <http://www.probuy.net/products/DYNAMO.html>

Next Month's Topic...Identity Theft

Newsletter Contact Information

Laurie Ecklund Long

AGL Publishing

Email: aglpub@mylifeinabox.com

Website: www.mylifeinabox.com

Telephone: 559-325-6679

This newsletter has been written with the understanding that the author is not engaged in offering legal, accounting or other professional services. Laws vary from state to state, and readers with specific legal or financial questions should seek the services of a professional adviser.

AGL Publishing

PO Box 26484

Fresno CA 93729

To unsubscribe or change subscriber options visit:

<http://www.aweber.com/z/r/?ThisIsATestEmail>



February 2008 Newsletter

When I first began sending this newsletter, I mentioned that I would probably include some personal information about me and my family from time to time.

If you have read past newsletters that are archived on the website you will note some of those stories. In December, I chose to send out a Christmas card rather than a newsletter. I had to laugh when I received several return emails from people asking who I was and why was I sending them a Christmas Greeting! Ha! So beware... I am an emergency specialist and I have a lot of wonderful emergency information to share, however, I am also a person who enjoys sharing a bit of my personal life.

With that said... I became a grandma for the first time on January 29th and Chloe Ann came into the world at 6:40 pm, weighing in at 8 pounds. I am stunned at how much this little girl has already touched my life. I'm sure you will be hearing more about Chloe in the future!

A First Hand Story of the Mid West Ice Storms

by Janet Wendland, Salina, KS

The weather in Kansas can be brutally extreme, from blizzards and subzero temperatures in winter to severe thunderstorms with damaging winds, hail and flooding in the summer.

People living here are quite pragmatic about those events and are probably more prepared than most to deal with emergency conditions. It is normal to keep a winter emergency kit in your car, to keep the ice melted and a snow shovel handy.

Year-round, most of us have an emergency stock of bottled water, non-perishable foods, candles, lanterns, and battery operated flashlights and radios handy. This said, I don't believe anyone was totally prepared for the devastating ice-storm that we experienced in December.

On December 11th, rain started falling mid-afternoon. The temperature was in the 40's and we were glad to get the much needed rainfall. The rain continued, and by mid-evening freezing rain and temperatures fell into the 20's. The freezing rain accumulated on trees, power lines, streets and sidewalks.

After going to bed, it was eerie to see green sparks and strobe light effects flashing outside as the neighborhood power lines were stretched and arcing. The night sounds were eerie too as I could hear the trees groaning under the weight of the ice and then the snapping of branches.

When I awakened, the neighborhood looked like a war zone with full-grown trees toppled and strewn everywhere. Trees and limbs continued to moan, snap and topple during the day. Many trees fell on power lines and caused wide-spread power outages. Others falling trees pulled electric

boxes off houses and caused numerous house fires. Some power lines, though downed, were still live and caused fire dangers.

I was very fortunate as I only sustained minor damage to the guttering on my house from falling limbs and only lost power for about four hours. Many people suffered major losses when limbs fell through roofs, broke windows or fell on vehicles. Much of the town was without power for 4-12 days.

Few individuals own emergency generators and so warming shelters were opened at various locations around town and were soon filled to capacity. Churches took names of people willing to open their homes to neighbors and acted as liaisons in getting people sheltered.

Once electricity was restored, people were able to return to their homes, the cleanup began. The food in refrigerators and freezers had spoiled, house plants had frozen, and some waterlines had burst. Much electrical equipment was 'fried' from the sporadic power surges.

This experience has made me consider how to hone my personal emergency plan and be better prepared. Here are some changes I am making:

- I have a working, although unused, pot-bellied stove and have made an appointment with the chimney sweep so that I can use it, if needed, without it being a fire hazard.
- I have reread my homeowner's insurance policy, and now know that I should take photos of the food I might discard as my policy will pay for the replacement.
- I have also purchased a manual can opener and will be able to open and eat the canned goods most of us have in stock.
- I've learned how to manually release and open the garage door.
- I now know where the main water shutoff is located.

These are a few new simple steps that have created a new peace of mind.

Newsletter Archives

As I mentioned, the previous newsletters are archived at <http://www.mylifeinabox.com/newsletter.htm>. You might enjoy going back and reading them as they contain valuable emergency information that you may have missed.

Here is a list of the 2007 newsletters and content:

January 2007 Family Readiness

February 2007 Wild Fires

March 2007 Getting Started Quickly & Insurance Policies

April 2007 Spring Cleaning For the Whole Family

May 2007 Emergencies & Our Children

June 2007 Tornados

July 2007 Emergency Business Planning

August 2007 Insurance Issues

September 2007 National Emergency Preparedness Month Quiz

October 2007 Medical Emergencies

Bulk or Custom Printing Service

Recently an organization asked if AGL Publishing could custom print *My Life in aBox...a Life Organizer*, adding their logo to the cover. I was happy to tell them that we could do that and also include a message inside the book, to their specifications. I also offered them a CD PowerPoint workshop presentation to make their job a little easier.

If you or your organization would like to take advantage of our custom printing service, or if you would like to order multiple copies of the existing book, please contact me at my direct email: laurie@mylifeinabox.com for a discounted rate.

Laurie's Favorite Stuff

From time to time I find emergency products or books that I recommend. Here's a link to a product I like. You may want to purchase one or more of these for your home or "Get Away Bag". It is adult & kid friendly and you never have to buy batteries. You just crank it up!

Dynamo Crank Flashlight and Radio <http://www.probuy.net/products/DYNAMO.html>

Next Month's Topic...Identity Theft

Newsletter Contact Information

Laurie Ecklund Long

AGL Publishing

Email: aglpub@mylifeinabox.com

Website: www.mylifeinabox.com

Telephone: 559-325-6679

This newsletter has been written with the understanding that the author is not engaged in offering legal, accounting or other professional services. Laws vary from state to state, and readers with specific legal or financial questions should seek the services of a professional adviser.