



**June 2009**

### ***The Start of Hurricane Season***

On May 30<sup>th</sup>, I introduced *My Life in a Box* at the Virginia National Guard Family Programs Volunteer Conference in Virginia Beach.

As I arrived at the hotel in Virginia Beach I noticed a newspaper article stating that it was Hurricane Week.

Hurricane Season begins on June 1<sup>st</sup>. Being from Central California hurricane's are not a big issue, but they are elsewhere! I also thought it was interesting that hurricane's are the only natural disaster that have a set season and are given names.

During my presentation I explained the value of being prepared for any type of natural or man-made disaster or family emergency. I shared about my own personal disaster plan and how it is challenging since I travel a lot.

No matter where I go, my documents are easily accessible. I have water, food, and supplies stored in my home, and my *Getaway Bag* packed for a quick exit if needed. I also have a *Getaway Bag* in my suitcase and in the trunk of my car. I am prepared for just about anything, and now I can enjoy life to the fullest.

When I began writing *My Life in a Box... A Life Organizer*, my goal was to create a survival system that everyone could easily and affordably assemble.

One page in Chapter Two provides a simple check-off list that gets the job done. If you have the book, you know what I'm talking about. It just takes a little time to collect everything on the list but it is doable. If you do not have a copy of *My Life in a Box...A Life Organizer*, you can download the E-book or order the hard copy right now!

Visit: <http://www.mylifeinabox.com>

No matter where you live, there will always be the opportunity for a natural or man-made disaster. I encourage you to take 15 minutes this week, go through Chapter Two in *My Life in a Box... A Life Organizer*, and make sure you have your documents in one place for easy access. Next, make sure you have a *Get Away Bag* for everyone in your home and that their clothing is current for the season. Don't forget a bag for your pets!

On my return flight from Virginia, I picked up a newspaper and turned to the national news section. There were stories about wild fires, unusual thunder storms, power outages, and the listing of this year's hurricane names. Since hurricane names go from A to Z, the first hurricane of the year will be named "Ana". Hopefully won't see Ana for awhile!

For trivia-sake, here is the list of hurricane names for 2009, found on [About.com](http://www.About.com): Ana, Bill, Claudette, Danny, Erika, Fred, Grace, Henri, Ida, Joaquin, Kate, Larry, Mindy, Nicholas, Odette, Peter, Rose, Sam, Teresa, Victor, Wanda.

## ***On Facebook?***

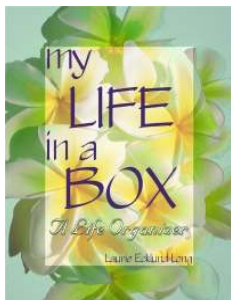
My Life in a Box has a Facebook page!  
Also check out Emergency Preparedness For Families!

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***Blog Reminder...<http://www.mylifeinaboxdotcom.blogspot.com>***

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## ***Don't Forget... 2009 Third Edition***



The 2009 *My Life in a Box...a Life Organizer 3rd Edition* is available as a paperback and E-Book at the My Life in a Box Bookstore. It includes the details in the past two versions, however the new 48 page version includes stories from people who have survived a variety of natural disasters, fires, and more. It also includes an in-home survival guide that you may have downloaded when you signed up for the newsletter.

Within the 3rd Edition I also introduce several ways to archive your documents, as well as how to archive photos on free Internet sites.

As a goal for 2009, make sure that everyone in your family has their *My Life in a Box* file completed, a *Get Away Bag* for each family member, and build your shelter-in-home emergency kit in case the power goes off and you need to stay home for a week.

***Remember...Be Prepared, Get Organized  
and Stop Procrastinating!***