



NEW DAY NEWS

a New Day Education and Motivation publication

New Year Preparedness

A brand-new year stands before us full of promise and possible challenges. We are fortunate to live in a great community that offers us many activities and opportunities to make our new year a great one. The purpose of this article is to encourage the reader to incorporate preparation plans into their New Year to greatly enhance their family's ability to stay warm and well in 2025.

People often look at the word preparedness and think it is too large of a project. This article will walk the reader through some simple and economical steps to get your family headed down the path of being prepared. The first place to start is thinking about the members of your family and their daily needs. Some key things to consider include food, water, warmth, medications, toilet facilities, and the ability to shower/bath come to mind.

It is important to ensure your pantry is prepared when severe winter weather causes roads to become dangerous to drive. A key component of a prepared pantry includes stocking up on canned items such as vegetables, soup, noodles, pasta sauces, and tuna to prepare for those events when you are blocked from reaching the supermarket for several days. Another good item to have in your pantry, which can be stored safely for several years) is easy-to-prepare meals that only require boiling water to assemble such as the ones at: <https://mountainhouse.com>. This site has food types ranging from breakfast items to entrees and everything in between. It is nice to have a hot meal when the temperatures are cold outside.

It is essential to consider any furry friends that reside in your home when you think about stocking up your pantry. The last thing you want is for your pet to run out of food when you cannot drive to the store to restock their supply. Thinking about stocking your pantry with canned and dry pet foods will keep your furry friends smiling instead of crying. The humane society has a good article about preparing your pet for emergencies (<https://www.humanesociety.org/resources/pet-disaster-preparedness>).

This is the time of year to reassess your home's heating source during a power outage. If you intend to use your fireplace or wood stove, ensure your chimney is professionally inspected first. Also, check that your smoke and carbon monoxide detectors are functioning properly and equipped with fresh batteries. Don't forget to stock up on blankets and thermal clothing to stay warm if temperatures plummet.

This is also an ideal time to speak with your doctors and local pharmacists to ensure you have an adequate supply of essential medications for your family. Possessing these supplies will be invaluable when you cannot leave your home for an extended period. Power outages can quickly disrupt your home's water and sewage systems, so it's important to prepare for the possibility that your tap water may become unavailable, or that toilets may stop flushing. Consider stocking up on bottled water or investing in a gravity-fed water filtration system, which can provide clean drinking water even if your regular supply is interrupted.

Equally important is preparing for hygiene and sanitation needs. Having a plan for these basics is just as crucial as ensuring access to drinking water. To help you get started, I've found two valuable resources: FEMA's Family Emergency Kit Guide and another helpful guide on emergency preparedness. Being proactive now will help your family stay safe, healthy, and comfortable - no matter what challenges the winter weather may bring.



Want to learn more about this topic? Contact us today to schedule a customized preparedness interactive seminar for your team, organization, church, or community. Email me at: rstrobl@newdayeducationandmotivation.com

POETRY CORNER

An original poem by
Rebecca Strobl, CPP, EMT-I

PREPARE

Now is the time to prepare
To be ready when the storms rage that are rare,
Count your pantry cans
To help with your emergency plans,
Be ready to stay warm
When the cold winds swarm,
Do not wait
To make your plans when it is too late,
Take time today
And make a preparedness plan that will stay.

QUOTE CORNER

"Courage & compassion call us to action. They give us the boldness to believe the impossible is possible."

Rebecca Strobl, CPP, EMT-I



Want your copy of New Day Inspirations: A Poetry Journey? Check out the website: <https://newdayinspirationsbooks.com>

December Book Winner: **Lisa Arrington**
Congratulations Lisa! We are thrilled to send your autographed copy of Rebecca's first book.



ATLANTA, GEORGIA



WHERE WE WERE IN 2024

CHARLOTTE, NORTH CAROLINA



WOODSTOCK, GEORGIA



ATLANTA, GEORGIA



CANTON, GEORGIA



CARTERSVILLE, GEORGIA



Clarence Brown
CONFERENCE CENTER





WHERE WE WERE IN 2024 CONTINUED

FERNDALE, MICHIGAN



DALLAS, GEORGIA



WHERE WE'LL BE IN 2025

ATLANTA, GEORGIA



LAKE ARROWHEAD



OLIVE BRANCH, MISSISSIPPI



COME JOIN ME

BOOK SIGNING AND READING

with Chief Rebecca Strobl

Wednesday, March 5th
6pm-8pm at the clubhouse



Join former fire Chief, Rebecca Strobl, for a Lake Arrowhead exclusive book signing and reading of "New Day Inspirations: A Poetry Journey," which shares a collection of poems, memories, and inspirations to give words of hope when the world has given us distress. Secure your copy by ordering through the provided QR code or purchase on-site during the event.



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RSVP with the clubhouse
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SANFORD, FLORIDA



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Have a safe and successful 2025!