

Reno Nevada Stake Emergency Preparedness Class



May 29, 2025; 7:00 pm
Robb Drive Building

Presiding: President Kevin Smith
Conducting: Sister Lorna Whaley
Invocation: Sister JennaRene Whaley

Thursday, May 29, 2025
7:00-8:00 p.m.
2050 Robb Drive

How to stay **Cool**
when the power is
OUT!

Presented by:
Reno Nevada Stake
Emergency Preparedness Committee

Also available on Zoom
Link: <https://zoom.us/j/92998298976?pwd=vR4oMlxRqonZFXgw9ahFOeXdlycR.1>
Meeting ID: 92998298976

Refreshments
Door Prizes

Sister Whaley: Welcome and introduction

Brother John Childs: Presentation – How to Staying Cool When the Power is Out

- Items from presentation will be uploaded to the Stake website [Preparedness – Reno Nevada Stake](#)
- Heat records are on the way – Associated Press
 - There's an 80% chance the world will break another annual temperature record in the next five years, and it's even more probable that the world will again exceed the international temperature threshold set 10 years ago, according to a five-year forecast released Wednesday by the World Meteorological Organization and the U.K. Meteorological Office. [Get ready for several years of killer heat, top weather forecasters warn](#)
- Heat exhaustion is a heat-related illness characterized by the body's inability to effectively cool itself, typically occurring in high ambient temperatures or during intense physical exertion. In heat exhaustion, core body temperature ranges from 37 °C to 40 °C (98.6 °F to 104 °F). Symptoms include profuse sweating, weakness, dizziness, headache, nausea, and lowered blood pressure, resulting from dehydration and serum electrolyte depletion. Heat-related illnesses lie on a spectrum of severity, where heat exhaustion is considered less severe than heat stroke but more severe than heat cramps and heat syncope.
- Heat stroke also known as sun-stroke, is a severe heat illness that results in a body temperature greater than 40.0 °C (104.0 °F),^[4] along with red skin, headache, dizziness, and confusion.^[2] Sweating is generally present in exertional heatstroke, but not in classic heatstroke.^[5] The start of heat stroke can be sudden or gradual.^[3] Heatstroke is a life-threatening condition due to the potential for multi-organ dysfunction,^[6] with typical complications including seizures, rhabdomyolysis, or kidney failure.^[1]
- Revelation 16 8-9 “*And the fourth angel poured out his vial upon the sun; and power was given unto him to scorch men with fire. And men were scorched with great heat, and blasphemed the name of God, which hath power over these plagues: and they repented not to give him glory.*”
- Jonah 4:6-8 “*So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. For word came unto the king of*

Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes.”

- Be prepared without feeling guilty or panicking. Do our best and trust in the Lord.
- Isaiah 4:5-6 *“And the people shall be oppressed, every one by another, and every one by his neighbour: the child shall behave himself proudly against the ancient, and the base against the honorable. When a man shall take hold of his brother of the house of his father, saying, Thou hast clothing, be thou our ruler, and let this ruin be under thy hand”*
- NV Energy [Outage Preparation Tips | NV Energy](#)
- Recent issues
 - Eaton fire Jan 7-31
 - Camp fire Nov 8 2018
 - Davis fire Sept 7-25, 2024
 - Motorcyclist in Death Valley
- Most important element in surviving without power is water
 - Run through sprinklers
 - Cold shower
 - Feet in cold water
 - Misters
 - River
 - Swimming pool
 - Wetting a towel or sheet (around neck or head)
 - Cooling towels – freeze damp towels
 - Ice cubes, cold drinks
- Importance of having access to clean water
 - Storing Water [Containers-for-storing-water.pdf](#)
 - Minimum one gallon per person per day
 - Water for hygiene
 - Drinking water
 - Bottled water
 - Large water barrels (food grade)
 - Purification
 - Battery and solar pumps
- Discuss places to help stay cool
 - Location, location, location
 - Basement
 - Shaded areas
 - Use block out curtains
 - Rooms with cross breeze
 - Shade canopy
 - Stay out of full sun
 - Huxayurt (a simplified disaster relief shelter design)
 - Shift pond or ice fishing tent
- Discussed and showed samples of clothing to help stay cool
 - Natural light-colored loose fabrics
 - Wicking fabrics with UV protection
 - Hats with wide brims and ventilation
 - Cooling towels and bandanas
 - Mideastern, Bedouin inspired dress....flowing protection from the heat

- Umbrella
- Discussed need for battery power – pros-cons of different products. Showed different products.
 - **Stressed never go into debt to get any of these items.
 - Bluetti, Ecoflow, Jackery, Goal Zero, Anker
 - Solar Panels
 - Inverters
 - Watt hours
 - Amp hours
 - Infinity Pathway 50 lumen CREE SMD LED Security Path Light, 2-pack
 - Tommy Bahama Solar LED Down Light, Adjustable Head, 40 Lumen, 6-pack
- Fans and air conditioners
 - Neck fans
 - Battery fans
 - Misting fans
 - Cooling fans
 - Mini split air conditioner EG 4 solar
 - 4 in 1 compressor air conditioners
 - Portable swamp coolers
 - DIY swamp cooler
- What to eat not eat
 - Avoid caffeine, hot drinks
 - Avoid spicy foods
 - Avoid cooking in oven
 - Avoid heavy caloric foods
 - Drink lots of water
 - Eat fresh fruits
 - Drink fruit juices
 - Eat mint
 - Have shaved ice
 - Sports drinks and electrolyte supplements
 - Salty foods and snacks
 - More water
- Build Zion
 - Repent
 - Act in faith
 - Make covenants
 - Share gospel
 - Follow Him
 - If prepared, will not fear (Doctrine and Covenants 38:30-31)

Benediction: Brother Brad Jamieson

Refreshments and raffle (hats, water purification bottles, personal fans, mister hose)

See: Church of Jesus Christ of Latter-Day Saints website: [Emergency Preparedness](#)

Reno Nevada Stake website: [Preparedness – Reno Nevada Stake](#)