



CERT “PREPPER” PAGE

MARCH 2024

When things get rough, you’ve got to be MORE than just prepared—you have to be resourceful, too. Here's a preparedness trick I bet you've never thought of, and the best part is, it's hiding in plain sight in your very own kitchen cupboard!

It turns out that your humble spice rack holds more than just flavor enhancers for your culinary creations; it's also a secret weapon for disaster situations.

Spices and herbs can come to the rescue in various disaster situations. Whether you're looking for pain relief, deodorizing, or immune support, these natural remedies can provide temporary relief when conventional options are limited. So, it's always a great idea to have some of these spices and herbs on hand, and don't forget to explore your yard for alternative options! Also, with gardening season just around the corner – plant some of these treasures in with your flowers and veggies.

Here are just a few “spicy” tidbits to get you thinking:

Antiseptic Wound Care – Cloves and Cinnamon

Clove and cinnamon may be your new best friends for wound care during a disaster. These spices contain natural antibacterial properties that can help clean wounds and prevent infection.

Natural Insect Repellent

When insects become a nuisance during a disaster, turn to crushed mint, basil, and rosemary. These herbs contain volatile oils that help keep insects at bay.

Other great uses: Firestarter, Toothache Relief, Respiratory Relief, Digestive Aid, Sleep Aid, Natural Deodorizer, Topical Pain Relief and even Boosting Immunity.

For more details and in-depth info, go to the Willard City Webpage (willardcity.com) and follow the newsletter links to read the full article. The article includes instructions on how to prepare and use the spices for each situation.

2024 SPRING C.E.R.T. TRAINING CLASSES

The spring C.E.R.T. (Community Emergency Response Training) Classes are scheduled to begin in MARCH. This training is provided to all Willard area residents as a public service by Willard City and Willard Fire Department. These classes are designed to help all Citizens become better prepared for all types of emergencies and disasters.

Training sessions range from PERSONAL PREPAREDNESS to a wide variety of FAMILY, NEIGHBORHOOD and COMMUNITY readiness.

Class Dates: *Wednesday, March 6 & Thursday, March 7 6:00 PM Saturday, March 9 9 AM – 3 PM

Tuesday, March 12 & Thursday, March 14 6:00 PM Saturday, March 16 9 AM – 3 PM

Classes held at Willard City Office Building 80 West 50 South **Cost:** \$10 per person. Saturday Lunch \$5

We encourage every household to have at least one CERT trained family member.

Please call/text SUE ANDERSON 801 589-8270 or NOVA DUBOVIK 801 941-7798 to register for classes.

* **Note:** Due to the Republican Caucus meeting being held on Tuesday, March 5th – The first CERT class will be held Wednesday, March 6.

Upcoming Activity: The annual earthquake preparedness drill, the **Great Utah Shake Out** will be **Thursday, April 18th, 2024.**