

Please Join Us!

WEBER COUNTY SELF-RELIANCE AND SAFETY FAIR AND SHERIFF'S BLOOD DRIVE

(Sponsored by Weber County Emergency Management and Homeland Security Office)

**OCTOBER 7TH AND 8TH
11 AM TO 9 PM**

**GOLDEN SPIKE EVENTS CENTER
1000 1200 W ST , OGDEN**

There will be information and booths on the following topics:

SELF-RELIANCE

• Emergency Preparedness

- Gardening (traditional, Container, vertical, hyperponic)
- Water-wise Landscaping
- Food Storage
- Food Preservation (Canning, dehydrating, freeze drying)
- Water Storage and Filtering
- Sanitation
- Emergency Sheltering
- Emergency Power Sources
- Emergency Lighting
- Emergency Food Preparation and Cooking
- 72 Hour Kits
- Pet Preparedness and Pet Behaviors in Disasters
- Large Animals in Disaster
- Emergency Communications for Family and Community
- Family Emergency Plans
- Community Emergency Response Teams (CERT)

• Financial

- Budgeting
- Saving
- Investing
- Financial Organization
- Fraud Prevention
- Emergency Financial Aid/Loans
- Insurance Considerations for Emergencies
- Employment and Educational Resources

- **Mental/Physical/Spiritual/Emotional Preparedness and Resiliency**

- Mental Health Resources, Mindfulness, Yoga, Counseling/Therapy, Depression and Anxiety Resources
- Physical Health and Wellness, Blood Pressure Check, Resources for Healthy Lifestyle
- Emotional Support within Families, Social Groups and Community Engagement
- Spiritual/Religious Resources that Build Resiliency

- **Safety**

- Child ID Kits
- Child and Teen Safety On the Internet
- Phone App Safety and Social Media Safety
- Car Seat Safety
- Zero Fatalities/Amber Alerts
- Family Fire Evacuation Plan
- Fire Safety
- First Aid Mini Refreshers
- CPR Mini Refreshers
- Stop the Bleed Demonstrations

**COME AND SEE ALL OF THE FIRST RESPONDING VEHICLES
FROM THE SHERIFF'S OFFICE AND THE FIRE DEPARTMENTS
INCLUDING THE MRAP, SEARCH AND RESCUE BOATS, ETC.**

One Hour Presentations will be given on:

- Resiliency in the Face of Life Changes by Jodi Brown
- Be Resilient and Strong Like Sarah by Sarah Frei
- Sanitation in Disaster by Kathy McMullin
- Budgeting, Debt Reduction and Being Financially Organized by Vincenza Vicarious-Bentley
- Hope for Utah and Suicide Prevention, Survival Skills by David Reed
- Gardening and Food Preservation by USU Extension Services

PRESENTATION SCHEDULE

- **Friday, October 7th**

- 11:00 a.m. Jodi Brown, "Resiliency in the Face of Life Changes and Adversity: How to pass on Resilient Behaviors to our Children"
- 1:00 p.m. Cindy Miller/Thermal Cooking Net, "Efficient Cooking in a Disaster"
- 2:00 p.m. Fernando Morales, "211/United Way"
- 3:00 p.m. Sara Skamnes, "Soil Regeneration"
- 4:00 p.m. David Reed, "Survival Skills"
- 5:00 p.m. Bryce Gardner "Solar Power"
- 5:00 p.m. John Fisher - UVU, "Disaster Preparedness for Youth"
- 6:00 p.m. Marcello Surjopolos, "The 5 Food Killers: Will your Food REALLY Last 25 Years???"

AND

- 6:00 p.m. Weber County Sheriff's Office of Investigations, "Sextortion - Awareness and Prevention for Parents and Their Children"
- 7:00 p.m. Wendi Christensen, "Hope 4 Utah: Suicide Prevention"
- 7:00 p.m. Stephanie Carlson, "Food Storage for Emergencies, USU Extension Services"

• Saturday, October 8

- 11:00 a.m. Kathy McMullin, Summit County Emergency Manager, "Sanitation in Disaster"

AND

- 11:00 a.m. Tal Ehlers, UTA Emergency Manager, "Prepared or Prepper: Pick One!"
- 12:00 p.m. Vicenza Vicari-Bentley USU Extension Services, "Being Financially Organized"
- 1:00 p.m. Vicenza Vicari-Bentley, USU Extension Services, "Budgeting and Debt Reduction (including Power Pay)"

AND

- 1:00 p.m. Kathy McMullin, Summit County Emergency Manager, "Sanitation in Disaster"
- 2:00 p.m. Keynote Speaker, Sarah Frei and parents, "Sarah Strong: Personal and Family Resiliency"
- 3:00 David Reed, "Survival Skills"

AND

- 3:00 p.m. Buena Tomalino, "Gardening Herbs, Edible Wild Plants and Landscaping"
- 4:00 p.m. Bryce Gardner, "Solar Power"
- 4:00 p.m. Helen Muntz, "Water-wise Landscaping, USU Extension Services"
- 6:00 p.m. Marcello Surjopolos, "The 5 Food Killers – Will Your Food Really Last 25 Years???"

AND

- 6:00 p.m. Cindy Miller, "Thermal Cooking: Efficient Cooking in a Disaster"
- 7:00 p.m. Stephanie Carlson, USU Ext. Services, "Food Storage and Preservation and Water-wise Landscaping"
- 2:00 - 3:30 p.m. *Special Event, "Life Flight, Drone Demonstration, Mock Hazmat Decon, Radiological Detection Activity"*

• Mini Refresher Classes:

First Aid, CPR, How to Use an AED and Stop The Bleed will be intermittent each day, the schedule for these will be posted on October 3rd on the Weber County Sheriff's Office website.

LIFE FLIGHT, PRETEND HAZMAT DECONTAMINATION AND RADIOLOGICAL DETECTION, HOME FIRE SAFETY, FIRE EXTINGUISHING, INTERNET AND APP SAFETY FOR PARENTS AND CHILDREN, FIRE SAFETY TRAILER WILL ALL HAVE THEIR SCHEDULES POSTED ON WEBSITE ON THE 3RD AS WELL.



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Red Cross**

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