



### From the Broker's Desk Nancy C. Rowe

How many vowed to create an emergency plan after seeing the devastation created by Katrina? Now more than a decade later, Harvey has again shown us the destruction that a natural disaster can produce. Whether it's a natural disaster impacting a large area or a personal emergency, you and your family need a plan of action. Visit Ready.gov for a guide to preparing for and dealing with natural disasters or emergencies. Take advantage of the FEMA mobile app to receive weather warnings. Receive SMS text and email alerts by signing up with the National Weather Service. Smartphones are often enabled with the Wireless Emergency Alerts to provide warnings automatically. Don't procrastinate but take precautions before a storm arrives. Be sure that you have adequate food and water should you be confined to your house during a storm. FEMA recommends that you have enough nonperishable food stored for up to three days of meals and one gallon per person per day of water. Every home and vehicle should have a well-stocked first aid kit. Separation from family members during a crisis is always a major concern. Create a list of contact people that could check on latch key children or an elderly family member if you were unable to reach them. Be sure that children are aware of any contact person so they don't open the doors to just anyone and if it's someone close, your child would know to go to that person should a need arise. In natural disasters, communications via your cell phone or the internet, may not be available. Don't forget your four legged family members and should you have to flee your

house, know which hotels/motels will accept pets or which friends would be tolerant of your pets because not all temporary shelters will allow pets. You might want to consider microchipping your pets to assist in locating them should you become separated during an emergency situation. If you lose electricity, have candles and lighters handy but use extreme care as candles are often the source of house fires. Likewise, if you revert to the use of a kerosene heater or any gas appliance, be sure that there is adequate ventilation. Create an emergency bag with clothing, toiletries, duplicates of important documents and keep some cash on hand because ATM's and debit cards may not be viable during a disaster. A pre-packed emergency bag will save you valuable time if an evacuation order is issued because you will only have to add essentials like prescription drugs, phone chargers and other items needed on a daily basis. Always keep your vehicles in good running condition, replace worn tires and maintain a sufficient gas level so that you have dependable transportation if an emergency arrives. Be pro-active and assess any areas on your property that could be problematic during a storm. Remove trees or branches that could fall on utility lines or on structures during wind storms or from heavy snow. Be sure that there is positive drainage around structures and that ditches are cleaned out to prevent flooding in heavy rains. There is no way to be totally prepared for a natural disaster but pre-planning may make the experience less traumatic for your family. When you have real estate questions or need an experienced Realtor, call on the Agents of WILLOW Realty.

### Top 10 Tips for Starting Your Family History

*A Society of Genealogists website*

1. Work backwards in time - It's easier to work methodically from a fact such as the date of birth or a marriage of a relative than to try and trace down from a person you don't know much about.
2. Ask the family - Ask other relatives what they remember about their families. Make a note of any nicknames or name changes. Ask them to tell you any family stories, what their ancestors did for a living, or what they looked like. Ask if they have any photos, letters or documents relating to your ancestors family photographs.
3. Take notes - You never know what information will come in use in your research so get into the habit of taking notes on what you have looked for and what you found. There are many useful computer software packages that will help you keep your records in an orderly manner and help draw up pedigrees and family groups sheets so you know who you are dealing with.
4. Check out the Web - The Internet can be a

useful tool for contacting relatives and finding data. There several websites that support a variety of methods of genealogy research.



5. Meet other family historians - Family Historians are incredible help to each other and there are a lot out there that can offer advice on processes and additional resources to look into.
6. What's been done before? - It's worth checking if anyone else is doing research into your family before you start. Social network sites like RootsWeb, Familyrelatives, LostCousins or GenesReunited where people can register their research interests and could be a way of finding information. The Society of Genealogists library collects published and unpublished family histories and research notes. It's free library catalogue can be found on the library pages of this website which also list the surnames names in its various collections
7. Read up on the subject - There are many good books and magazines devoted to family history. The Society of Genealogists and The National Archives have good online bookshops with plenty of titles to help you.

8. Ask questions - Who are you dealing with? You must at least know a name. Where did your ancestors live? Most records are associated with a place. When were they alive? Records and research will differ depending on the period you are interested in. What did your ancestors do in their lives and will that affect what information you can find?
9. Get some documentary evidence - Your family history will be drawn from myriad of records and sources throughout history in which your ancestors will be mentioned. Birth, marriage and death records, censuses 1841-1911, wills, church records occupational records, education and apprenticeship, military service records, tax records, criminal records, poor law, newspapers, trade directories, ecclesiastical licenses, church records, court records, tombstones etc might all throw up valuable information.
10. Stay focused - It's easy to get overwhelmed with all of the information that's available to family historians. Remember to have a clear idea of what you are looking for and why you started



### Pumpkin, Coconut & Lentil Soup

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- 1/2 yellow onion, diced
- 1 clove garlic, minced
- 1 t coconut oil
- 2 15 oz. cans pumpkin puree
- 13 oz. can coconut milk
- 32 oz. broth (chicken or vegetable)

- 28 oz. can crushed tomatoes
- 1 c dry red lentils
- 1 T curry powder
- 1/2 t salt
- cilantro
- freshly-cracked black pepper



Crock Pot instructions: Brown diced onion and minced garlic in coconut oil in frying pan over medium heat. Mix all remaining ingredients, including sauteed onion and garlic, in crock pot. Cook on low until lentils are soft with a little bite, or about 6 hours. Pressure Cooker instructions: Brown onion and garlic in oil on any setting that heats the pot. Once browned, add remaining ingredients, cover, set to lentil button on second highest setting, then do slow release. Stovetop instructions: Brown garlic and onion, add remaining ingredients, cover with lid and heat on medium/medium-low about 45 minutes, or until lentils are cooked al-dente. Garnish with cilantro and freshly-cracked black pepper. (This is a great meal to freeze half of and save for another day.)

the search in the first place. Family history is fun and thoroughly absorbing. If you like detective stories and have a mind for solving puzzles then it's definitely the hobby for you. Good hunting.

**PET TIP: Keep School Supplies Out of Paws' Reach:** Back-to-school time means stocking up on items like glue sticks, pencils and magic markers. Although these are considered low toxicity to pets, gastrointestinal upset and blockages can occur if ingested so keep them out of reach.

*It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things.*  
~Theodore Roosevelt

