



*Linda Hayes  
American Legion Auxiliary  
Department of California President*

***ALA DEPARTMENT OF CALIFORNIA  
CONTINGENCY PLANS IN TIMES OF CONFLICT OR WAR***

*The consequences of war are dire, regardless of whether the conflict is fought on American soil or in a foreign country.*

*Consequences of war include:*

- *Mass destruction of cities*
- *Long-lasting effects on a country's economy*
- *Insecurity and lower living standards for people*
- *Environmental destruction*
- *Existential threat if fought with nuclear weapons*
- *Increased military expenditures*
- *Destruction of livelihoods and infrastructure*
- *Limitations on economic activities due to insecurity and flight of capital (bing.com)*

*Being prepared as much as possible for all scenarios can make a significant difference should the unthinkable happen. Take proactive steps now to protect yourself and your families. Areas to focus on include emergency supplies, personal safety, communication, survival skills, support systems, mental health and spiritual preparedness.*

*Foresight and preparation will significantly improve the chance of surviving. If war breaks out, it may simply be too late to start getting ready.*

*Stay safe, stay vigilant, and remember: hope for the best, but always prepare for the worst.*

# WHAT TYPE OF WARFARE MIGHT BE EXPECTED

*Mahala Beery*

Future wars are expected to be significantly different from those of the past, driven by advancements in technology and changes in geopolitical dynamics.

Here are some key aspects that might define future warfare:

- **Cyber Warfare:** Cyber-attacks will likely play a central role, targeting critical infrastructure, financial systems, and communication networks. These attacks can disrupt societies without traditional military engagement.
- **Artificial Intelligence and Automation:** AI and autonomous systems, including drones and robots, will be increasingly used for surveillance, combat, and logistical support. These technologies can enhance precision and reduce human casualties.
- **Hypersonic Weapons:** Hypersonic missiles, capable of traveling at speeds greater than Mach 5, will be a game-changer. They are difficult to detect and intercept, making them a significant threat.
- **Space Warfare:** The militarization of space is becoming a reality, with countries developing capabilities to attack satellites and other space assets. This could disrupt communication, navigation, and surveillance systems.
- **Gray-Zone Conflicts:** These are conflicts that fall below the threshold of full-scale war, involving tactics like economic pressure, misinformation, and proxy wars. They are designed to achieve strategic objectives without triggering a conventional military response.
- **Biotechnology and Cybernetics:** Advances in biotechnology could lead to the development of enhanced soldiers with improved physical and cognitive abilities. Cybernetic enhancements and genetic modifications might become part of military strategy.
- **Environmental and Resource Conflicts:** As resources like water and arable land become scarcer, conflicts over these essential resources may increase.
- **Asymmetric Warfare:** Non-state actors and smaller nations might use unconventional tactics to counter the superior military capabilities of larger powers. This includes guerrilla warfare, terrorism, and the use of improvised weapons.

The future of warfare will be shaped by these and other emerging trends, making it a complex and multifaceted challenge for global security (*rand.com*).

## BE PREPARED

*Linda Lara-Guzman*

### **Basic Disaster Supplies Kit**

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Ham radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)

- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

### **Additional Emergency Supplies**

Consider adding the following items to your emergency supply kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription medications. About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Cash
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

### **Arrange for Classes to be held at Posts**

- CPR
- Community Emergency Response Team (CERT) trainings that teach basic disaster response skills
- Gun safety and usage
- Self-Defense
- Learn now about blast effects, thermal radiation, decontamination, potassium iodide, where to shelter, and for how long should a nuclear war happen

### **Specifically for Children**

- Portable power supply and a way to recharge a cell phone for children to carry in case of separation
- Central meeting place designate – evacuation plan
- Know where to pick up children if they are at school
- Children should know phone numbers of family members such as grandparents they can contact
- Make sure phone numbers are clearly labeled

### **Pets**

- Leashes
- Carriers available to transport pets
- Bag of food and treats
- Water bowl
- Make sure pets have identification tags

## Shelter (Post and Home)

- Make sure windows and doors are secured in case of breakdown of social order/urban warfare with small arms and burglary and looting
- Consider creating a safe room
- Find places that offer protection from flying debris and shrapnel

## Stay Vigilant

- Review and update plans regularly

## **DEVELOP RELATIONSHIPS NOW**

*Tami Bell*

Different military groups often band together to create contingency plans. It is imperative to build relationships **now** so that the groups can support each other in time of crisis, creating a sense of unity and shared responsibility.

For example: **Family Readiness Groups (FRGs)** are command-sponsored organizations associated with specific military units. Their purpose includes:

- Preparing members for deployments and homecoming
- Providing family support during deployments
- Helping families adjust to challenges and supporting one another during crises
- Welcoming and mentoring new members to the military lifestyle
- Coordinating social events

### **California Cal Guard Family Programs**

The California National Guard has 21 Family Readiness Centers and 4 Airman and Family Readiness Office throughout the state which provide a variety of referral based services to Service Members and their families from all military components.

California National Guard  
Family Programs  
10601 Bear Hollow Drive, Box 54  
Rancho Cordova, CA 95670

Service Members and families who need assistance may call the nearest Family Readiness Center during duty hours or the 24/7 Service Member and Family Assistance Helpline at 1-800-449-9662.

Consider joining with other organizations in your area such as the Veterans of Foreign Wars (VFW) and Disabled American Vets (DAV). A list can be found at [department.va.gov](http://department.va.gov).

## **STAY INFORMED: GOVERNMENT/LEGISLATIVE SOURCES**

*Donna Smith*

**United States House of Representatives: find your representative now.**

Not sure of your congressional district or who your member is? This service will assist you by matching your ZIP code to your congressional district, with links to your member's website and contact page ([www.house.gov](http://www.house.gov)).

This service will assist you by matching your zip code to your Congressional district, with links to your member's website and contact page.

If you know who your representative is but you are unable to contact them using their contact form, the [Clerk of the House](#) maintains addresses and phone numbers of all House members and Committees, or you may call (202) 224-3121 for the U.S. House switchboard operator. In addition, you may choose to visit your [member's](#) website directly for further information.

There is no central listing of member office public e-mail addresses. Each member of Congress establishes their office's policy related to the processing and management of e-mail. Generally, if a member has a public e-mail address, it can be found on the [member's](#) website. The office may list a public e-mail address or provide a form directly on the [member's](#) website. The U.S. House of Representatives does not provide a listing of public e-mail addresses for the elected Representatives.

## **REPORTING INFORMATION**

*Sue Pascoe*

As auxiliary members we need to support our mission to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad.

If a conflict breaks out, information to and from military families may be guarded. Military members may not be able to report what they are doing to families or when they've doing it, or even when they are going. This has always been the case during major conflicts—many have seen the censored part of letters that were sent from major battlefields back to the U.S.

***It would not be in our military's best interest to speculate on social media, such as Facebook, Instagram, X or any other platform about any fights.***

***The media sometimes shapes the news to best fit a narrative and does not always report on a skirmish that may make certain agencies look bad. The auxiliary has no control over that.***

### **Obituary Guidelines**

We do have control over helping family members. If we learn of an injured or deceased soldier, sailor or marine in our midst, reaching out to the family would be appropriate.

See if you can help them with preparing an obituary that can be submitted to a local paper (guidelines below). See if they need help with paperwork, or even something as simple as providing a meal or helping with childcare. Let them know that in their time of grief, they aren't forgotten.

An obituary is a story of a person's life. By answering the questions below, it makes it easy to weave a story. Check with a local newspaper to see if they have a word limit. Most obituaries run a photo, be prepared to have a photo scanned or on a computer that can be sent with the obit.

- His/her birthday and where he/she was born--parents' names and where the person grew up.
- Where did the person go to school (grade, high school and college)? What was the major, where and what was the first job?
- If married, when and where did the couple meet? When did they marry? How many kids?
- Was the person active in any clubs or other activities, in his/her hometown?
- Are there any services planned?
- Who are the survivors?
- Has a fund been set up or is there a place people can donate in honor of the person's memory?
- Is there anything else you'd like to say about the deceased?

Generally, an obit ends with "The deceased leaves behind his wife, children and any other survivors such as brothers and sisters. . . ."

# **RESOURCES**

*Laurie Richards*

For more information prior to a disaster contact FEMA [www.fema.gov](http://www.fema.gov) or 1-800-480-2520 or FEMA, PO Box 2012, Jessup, MD 20794-2012. FEMA helpline is 1-800-621-3362.

American Red Cross has numerous publications available at [www.redcross.org](http://www.redcross.org). Or contact your local Red Cross before needed.

Department of Homeland Security ([dhs.gov](http://dhs.gov)) offers numerous resources and toolkits.

## **Power failure:**

- Turn off or unplug appliances, power surge could damage equipment.  
Computers, TV's and or tablets: do not turn on all electrical items all at once.
- Turn off gas
- Keep refrigerator and freezer closed, if to be long period of time. You may consume Refrigerator food after 4 hours without power, give or take the coolness of the items. Freezer food can last up to 48 hours
- Use flashlights or battery lanterns. Do not light candles for fear of fire.
- Generator, stand-by or portable
- Practice safety when using use gas, propane or diesel.
- Solar power as a backup
- Avoid carbon monoxide poisoning by never using a gas stovetop, oven, grill, or dryer to heat your home.
- Know how to stay cool in extreme heat, even when there is a power outage.
- Know where your local cooling centers are
- Keep away from downed power lines

Establish connections and relationships to people in your neighborhood.

Never let your car gas tank go below ½ tank. Service stations do not work during power failures.  
Remember most things take electricity to work.

## **Water (per FEMA)**

- Purchase water and store in original bottles unopened. One gallon of water per person a day. Do not cut back on water usage, maintain for health.
- Hidden water sources in your home are hot-water heater, pipes, and ice cubes do not use water from the toilet tank or bowl. Many canned fruits and vegetables contains liquids that can be used.
- Outside water sources are rainwater, streams/rivers (moving) and natural springs (boil if possible or 16 drops (1/8 tsp) of liquid non-smelling bleach per gallon of water.

## **Services Offered at Red Cross Shelters**

During a disaster or emergency, you can rely on Red Cross shelters for:

- A safe place to sleep
- Meals, snacks and water
- Health services (for disaster-related conditions), such as first aid, refilling lost prescriptions or replacing lost eyeglasses
- Emotional support and mental health services
- Spiritual care
- Help reconnecting with loved ones
- Information about disaster-related resources in the community
- During some emergencies the Red Cross may also be able to provide other important services, such as:
  - Access to case workers to help you with disaster recovery
  - Childcare
  - Laundry
  - Direct access to services provided by our partners

You can access these services even if you don't need a place to sleep, anyone with a disaster-related need can visit the shelter to be directed to the appropriate resources.

## **ROLE OF THE JUNIORS**

*Lucy Hunt*

- Making postcards and letters to send to troops
- Collecting items such as canned goods, electronics and blankets
- Placing wreaths, flags at cemeteries
- Helping with troops deploying and returning
- Helping with children of deployed

## **MENTAL HEALTH**

Stay current with the suicide prevention training offered by the Be the One Program ([legion.org/betheone](http://legion.org/betheone))

Be familiar with what the military offers:

- Mental health is as vital for military and family readiness as physical fitness ([militaryonesource.mil](http://militaryonesource.mil)).
- **Air Force**

Information regarding how the Air Force is reorganizing some mental health resources to units. The service is in the process of merging the existing True North mental health programs and Operational Support Team programs to create a new resource called "True North +" that will allow officials to deploy chaplains and counselors to affected units quickly. The service has also updated its Resilience website to connect service members and families with resources, "including crisis management tools (e.g. suicide hotline number, Military OneSource, Sexual Assault Prevention and Response, civilian Employee Assistance Program, etc.), and guidance." (*Air Force Families Must Be Prepared for Catastrophic Events amid Shift to Potential Pacific Conflict - military.com*)

## **SPIRITUAL**

*Elizabeth Estavillo*

**Our preamble begins with “For God and Country . . .” for a reason: God comes first.**

### **Faith with Deeds**

Most of us do not realize that everything we do in our lives is by continuous faith. From sitting in a chair and having faith that it does not fall beneath you. To having faith that God will hear your prayer for the soldiers at war to be protected.

The ALA shows faith in all that we do for our military, their families, and communities and our deeds show it. Faith and Giving go hand in hand as giving is an expression of faith. It is an act of trust in God, acknowledging that everything we have comes from Him.

### **How can I find the words?**

- Regardless if we are at a time of peace or war, we all pray.
- Prayer is not something that you plan out or script.
- Prayer are the words or feelings that come from the heart and soul.
- Prayer is for giving thanks and for asking for help whether it be for yourself or someone else.
- Prayer is a means of talking to the Lord God.
- You do not have to pray alone.
- You can start your own prayer group in your Unit or District.

### **Start a prayer chain now**

You can get a prayer chain started by visiting *[prayerchainonline.net/](http://prayerchainonline.net/)*.

### **Military Support Committee**

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