

SHALOM ON THE EMERALD COAST

A TEMPLE BETH SHALOM PUBLICATION



October 2024 | Tishrei 5785

Temple
Happenings

High Holidays

Themes of Tishrei:
Beginnings



Temple Beth Shalom



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Shana Tova!



AS THE NEW YEAR BEGINS, WE THINK OF FAMILY.

THE NEW JOYS THAT WE'LL SHARE, THE FOND MEMORIES WE'LL CREATE, THE CHALLENGES WE'LL OVERCOME.

THAT'S WHY WE'RE THINKING OF YOU.

WISHING YOU THE VERY BEST OF HEALTH, HAPPINESS, AND PEACE IN THE YEAR AHEAD.



TEMPLE BETH SHALOM

From the Rabbi

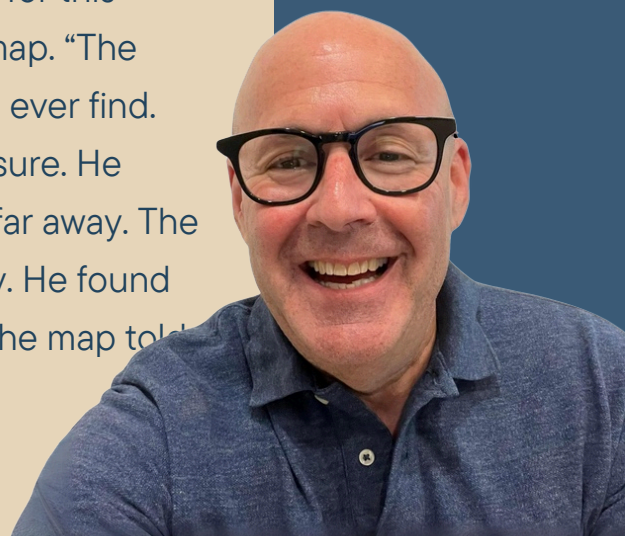
The holiday season is here. Rosh Hashanah, Yom Kippur, Sukkot, and Simchat Torah. Four holidays to celebrate. What a blessing it is to be able to share this sacred season with you. What a gift it is for Susan and I to observe these days with you. Together, we will have lots of opportunities to count our blessings. In our newly refreshed sanctuary, there will be plenty of time to reflect and consider who we are and how we want to live our days in the coming year.

If we truly understand the holy meaning of these days, we will engage in teshuvah. We will try to repair damaged relationships. We will reach out to those we have hurt and try our best to make amends. And with renewed courage and strength we will come before God with humility and heartfelt contrition, as individuals and as a community, and ask for forgiveness.

Part of the beauty of the days we are about to enter is the gift of community. It is very easy to access worship services from different congregations all over the country, and to participate from afar, but for me there is something very special about attending in our own Temple. Side by side, we sit next to and with our extended family. With only the best of intentions, I encourage everyone to join us in-person. During the High Holy Days, let us set aside other obligations, whatever they might be, for a sacred purpose.

A few years ago, I found this story that I love to share, written for this season. There was once a king, who gave a man a treasure map. “The map,” said the king, is a map to the greatest treasure you can ever find. The man snatched the map and was off in search of the treasure. He looked at the map. It had a date and a location on it, a place far away. The date was close, and so he knew he had to set off immediately. He found himself at the top of a mountain, exactly the location where the map told him the treasure would be found.

Shalom on the Emerald Coast



From the Rabbi

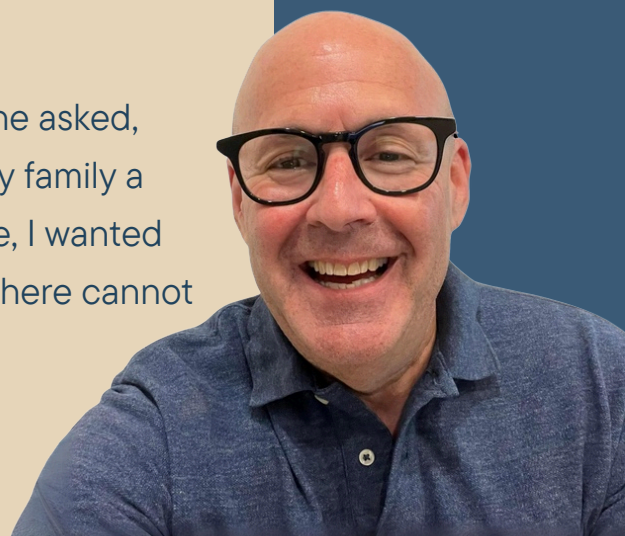
He started to dig with his bare hands. He had forgotten a shovel. After a short while, a shadow loomed over the small hole he had made. It was a woman, holding a map in her hand, exactly like the one he was given. He asked where she got it. She told him the king gave it to her. The man suggested that they work together in unearthing the treasure and share whatever they found. They dug and they dug to no avail.

Before long a third person arrived with the same map, and as the man and the woman looked up, the entire kingdom, thousands of people were all walking towards the mountain. Eventually they all pooled their efforts, until there was virtually no mountain left. But they found no treasure. Despondent, every person went back home.

But a strange thing happened, at just about the same time the next year, people remembered they had a map with a date, and they realized that perhaps the date was for this year, and it was not for last year. Simultaneously, almost everyone set off for what was left of the mountain. They waited until the date arrived. They dug a little more into the ground, but quickly gave up because no treasure could be seen.

This went on for many years. When the date drew near, there was a frenzy of activity. There was a journey, a little digging, and disappointment. Eventually some of the initial treasure hunters died, but they had passed the map onto their children with the hope that their family might come to enjoy the treasure.

One day, a young girl went to see the king. “Your holiness,” she asked, “why did you give my family this map? Why did you give every family a map?” The king looked at her sadly, “because I had a treasure, I wanted you to share.” “But we’ve dug at the mountain so much that there cannot be any treasure there.”



From the Rabbi

“Did you look to see what was on top of my mountain?” Asked the king.
“Just people,” replied the girl, “but no treasure.”

The king sighed, “I brought you together on one day so that you could see how much of a treasure you all are. But you were blinded by self-interest. You rushed into the journey year after year. You destroyed my mountain upon which I presented you with the greatest treasure of all, a community. You were so self-obsessed, scurrying about in the dirt, you did not bother to look around at each other.

The girl hung her head. “But why didn’t you just tell us this? Why did you make us go through all that trouble? How were we meant to know?”

The King smiled, “all that was needed was for you to ask. Now that you’ve asked, go back to everyone and tell them this. There is nothing more precious than community, who put their own self-interests aside to value each other. On the site of the mountain that you destroyed, on the date that I gave you, I want you to gather and build a little of the mountain back. And every year, on Rosh Hashanah, I would like the entire community to gather, and to learn that they are precious, but only when they appreciate each other, and when they build together and not tear down.

The girl smiled, and she went to tell the community all that she had learned and what had been said. And when the community came together on Rosh Hashanah the next year, they started rebuilding the mountain, and they left as one.

L’Shanah Tovah U’Metukah

With best wishes for a very happy and sweet new year.

Rabbi Michael Schadlick

Shalom on the Emerald Coast



Announcements

Email shalom@tbsfwb.com for details
Follow our Facebook page for updates.

High Holy Days

5785 | 2024

Pre-Selichot Wine & Cheese: Saturday, Sept 28th 6 pm
Havdalah & Selichot Service: Saturday, Sept 28th 6:45 pm

Erev Rosh Hashanah: Wednesday, Oct 2nd 7 pm

Rosh Hashanah: Thursday, Oct 3rd 10 am
Tashlich to follow at AJ's on the Bayou
200 Eglin Pkwy NE, Fort Walton Beach, FL 32547

Shabbat Shuvah: Friday, Oct 4th 6:30 pm
Remembering the Tragedy of 10/07

Rosh Chodesh Tishrei: Saturday, Oct 5th 6:30 pm

Kever Avot Memorial Service: Sunday, Oct 6th 12:30 pm
Beal Memorial Cemetery
316 Beal Pkwy NW, Fort Walton Beach, FL 32548

Kol Nidre: Friday, Oct 11th 7 pm

Yom Kippur: Saturday, Oct 12th
Shaharit (morning) 10 am
Minchah (afternoon) 3 pm
Yizkor Memorial Service 4:20 pm
Neilah (evening) 5:15 pm
Break the Fast 6 pm

Sukkot Evening with the Rabbi: Wednesday, Oct 16th 6:30 pm
Service & Oneg in the Sukkah: Friday, Oct 18th 6:30 pm
Havdalah in the Sukkah: Saturday, Oct 19th 6:45 pm

Simchat Torah Service: Friday, Oct 25th 6:30 pm



TEMPLE BETH SHALOM

Temple Beth Shalom
227 Beal Pkwy NW
Fort Walton Beach, FL 32548



COUNSELING SUPPORT

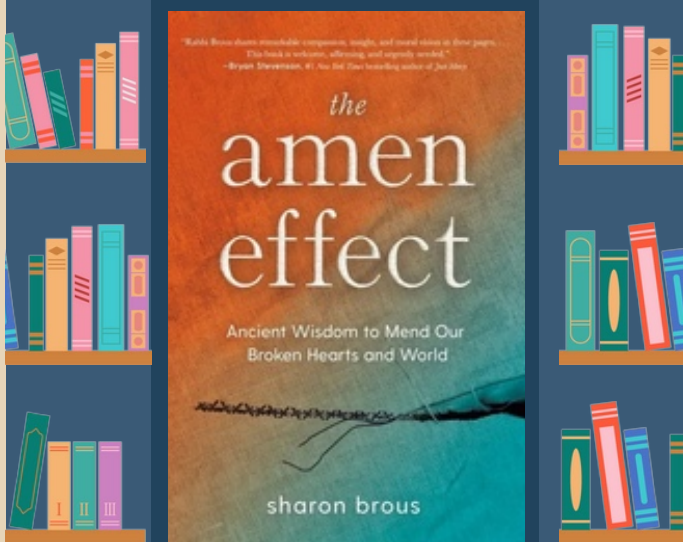
Pastoral
Counseling
for members
and those in
need of a
listening ear

CONTACT US

Email rabschad@aol.com
to schedule.



G-D WILL NOT LET YOUR FOOT GIVE WAY;
YOUR GUARDIAN WILL NOT SLUMBER.
PSALMS 121:3, JPS 2023



READ WITH US!



October

RABBI'S
SUGGESTED
BOOK OF THE
MONTH

ROSH CHODESH TISHREI

PLEASE JOIN US FOR THIS
MONTH'S AT THE WELL CIRCLE
OCT 5, 6:30 PM

MONTHLY WOMEN'S MEETING

MEDITATION
COLLECTIVE RITUAL
JOURNALING
GROUNDING
CONNECTION

Announcements

Email shalom@tbsfwb.com for details
Follow our Facebook page for updates.



Sukkot 5785
It is a mitzvah to spend time in the Sukkah.

Wednesday, October 16

Salami in the Sukkah (and Vegan Egg Salad Too!)
5:30 to 7:00 PM

Join the Rabbi and Susan for sandwiches and cole slaw.
Shake the lulav and etrog.

Friday, October 18

Oneg Shabbat in the Sukkah

Come outside with us following services for Kiddush and Motze
Shake the lulav and etrog.

Saturday, October 19

Sukkot Morning Study in the Sukkah
Shake the lulav and the etrog
10:00 to 11:00 AM

Havdalah in the Sukkah
6:00 to 7:00 PM

Wine and Cheese
We bid farewell to Shabbat
Shake the lulav and etrog

Sunday, October 20

Dogs in the Sukkah
Temple teens and their families are invited for hot dogs (beef and vegan)
Shake the lulav and the etrog
5:30 PM



TEMPLE BETH SHALOM

Temple Beth Shalom
227 Beal Pkwy NW
Fort Walton Beach, FL 32548

ISRAEL BONDS

107

CHANGED US ALL

At Israel Bonds, we've been relentless in our mission to provide vital support for Israel.

That's why, we're dedicating the entire month of October to "Invest in Life."

As the one-year anniversary approaches, we ask you to join us.

Invest in Life >

Your investment of \$107 or more sends a powerful message:
We are united, and we will do our part to secure a strong Israel.

DOGS IN THE SUKKAH

RUACH Rising

TBS TEENS

TBS Teens and your families,
Let's chill, celebrate, and connect with your community in the sukkah.

Don't miss out—see you there! 🍌

When: Sunday, October 20 | 5:30 PM
Where: Temple Beth Shalom Sukkah
Menu: Beef & Vegan Hot Dogs



October 2024 | Tishrei 5785

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Oct 1	2	3	4	5
			7pm Erev Rosh Hashana	10am Rosh Hashanah Se Tashlich to Follow at AJ's on the Bayou	6:30pm Remembering the 6:30pm Shabbat Shuvah	10am Yom Kippur Study 6:30pm Rosh Chodesh Ti
6	7	8	9	10	11	12
10am TBS Religious Schc 12:30pm Kever Avot Merr					6:30pm Shabbat 7pm Kol Nidre	10am Yom Kippur Mornin 3pm Yom Kippur Minchal 4:20pm Yom Kippur Yizkc 5:15pm Yom Kippur Neila 6pm Yom Kipper Break t
13	14	15	16	17	18	19
10am Introduction to Juc			6:30pm Sukkot evening v		6:30pm Service and One 6:30pm Shabbat	10am Sukkot Study in th 6:45pm Havdalah in the S
20	21	22	23	24	25	26
10am TBS Religious Schc					6:30pm Simchat Torah Se 6:30pm Shabbat	10am Torah Study
27	28	29	30	31	Nov 1	2
10am Introduction to Juc	5:30pm Yoga at the Syna				6:30pm Shabbat	10am Torah Study 6:30pm Rosh Chodesh Ch

For more details on events, email shalom@tbsfwb.com or go to www.tbsfwb.com/calendar
 Clicking on the specific event will provide more details.
 Calendar subject to change.
 Subscribe to our calendar, <https://shorturl.at/LRL36>

October 2024 | Tishrei 5785

Agenda, subject to change. Check tbsfwb.com/calendar

Wednesday, October 2, 7:00pm
Erev Rosh Hashanah



Thursday, October 3, 10:00am
Rosh Hashanah Service
Followed by Tashlich at AJ's on the Bayou

Friday, October 4 Shabbat Shuvah
6:30pm Remembering the tragedy of
10/7/2023

Saturday, October 5
10:00am Yom Kippur Study
6:30pm Rosh Chodesh Tishrei

Sunday, October 6
10:00am TBS Religious School
12:30pm Kever Avot Memorial Service

Friday, October 11, 7:00pm
Kol Nidre



Saturday, October 12
10:00am Yom Kippur Morning Service
3:00pm Yom Kippur Minchah Afternoon
Service
4:20pm Yom Kippur Yizkor Memorial Service
5:15pm Yom Kippur Neilah, concluding service
6:00pm Yom Kipper Break the Fast

Sunday, October 13
10:00am Introduction to Judaism with the
Rabbi

Wednesday, October 16
5:30 to 7:00 pm Salami in the Sukkah (and
Vegan Egg Salad Too!)
Join the Rabbi and Susan for sandwiches and
cole slaw.
Shake the lulav and etrog.

Friday, October 18
6:30pm Oneg Shabbat in the Sukkah
Come outside with us following services for
Kiddush and Motze
Shake the lulav and etrog.

Saturday, October 19
10am Sukkot Morning Study in the Sukkah
Shake the lulav and the etrog

6pm Havdalah in the Sukkah
Wine and Cheese
We bid farewell to Shabbat
Shake the lulav and etrog

Sunday, October 20
10:00am TBS Religious School

Sunday, October 20
5:30pm Dogs in the Sukkah
Temple teens and their families are invited
for hot dogs (beef and vegan)
Shake the lulav and the etrog

Friday, October 25
6:30pm Simchat Torah Service

Saturday, October 26
10:00am Torah Study

Sunday, October 27
10:00am Introduction to Judaism with the
Rabbi

Tuesday, October 29
5:30pm Yoga at the Synagogue with
Charles Wise



LITTLE MITZVAHS
FUN & LEARNING



TEMPLE BETH SHALOM

Religious School

at Temple Beth Shalom
227 Beal Pkwy NW FWB, FL

Students of all ages come for games, activities, refreshments, and lots of learning and fun.

Open House - September 8

September 22, October 6, October 20, November 3,

November 17, December 8, December 22

10 - 11:30 a.m.

Intro to Judaism

with Rabbi Michael Schadick



September 15-What Is Judaism?

September 29-Rosh Hashanah and Yom Kippur

October 13-Sukkot and Simchat Torah

October 27-The Torah-Our Tree of Life

November 10-Sacred Jewish Literature

November 24-Jewish Worship

December 15-Hanukkah and the Jewish Home



Email shalom@tbsfwb.com for more details.

Sundays, 10 -11 AM

Welcome

NEW MEMBERS

Adrienne Alterman
Ryan, Nathaniel, Arabella, Natalie, & Madelyn Johns

Richard Diamond 10/04
Jessica Bizzell 10/07
Rachel Rassa 10/16
Noah Shatken 10/18
Joseph Walker 10/18
Elliot Shatken 10/21
Martin Siegel 10/24
Bonnie London 10/28

HAPPY Birthday

Happy Anniversary

Michele & Nathan Sandler 10/09
Cindy & Charles Barniv 10/13
Sharron & Maurice Galard 10/23

May Their Memories Be a Blessing
ZEKHER TZADIK LIVRAKHAH

Franz Schwarzbrunn 10/02	Evalie Riles Young 10/18
Ruth Crane 10/02	Irvin Seigle 10/19
Elaine London 10/12	William Saiff 10/21
Allan London 10/14	Ralph Howes 10/23
Abraham Dobin 10/14	John Bales 10/23
Rachel Niebulski 10/18	Dorothy Blitz 10/23
Linda Mandel Wehr 10/18	Carolyn Cohen 10/27
George Weinstock 10/18	Archie Melancon 10/28



If you would like to make a donation in memory of your loved one, as is traditional, you may do so by sending a check to Temple Beth Shalom, P.O. Box 111, Fort Walton Beach, FL 32549-0111. Please write in the memo line that it is a "Yahrzeit donation in memory of _____".

A Rosh Hashanah Tradition

By Mark Zeid

One time we were celebrating Rosh Hashanah, and a man stated there was a tradition to eat donuts for Rosh Hashana. He said the donuts were round and sweet, representing the cycle of the year and sweetness of the new year.



A mother of two small children asked about the tradition saying she had never heard of it. “How and when did this tradition start?” she inquired.

The man looked at his watch and replied, “About twenty minutes ago, when I picked up the donuts.”



Privacy for Nursing Parents

By Mark Zeid

I am happy to see several of our members bringing their babies and small children to services. We love kids and always welcome them. For those children who become restless and need a break from services, we have a special room for them at the back of the sanctuary. For mothers needing to breast feed their babies, we have set up a place for them in the library to provide them with a bit more privacy. Please feel free to use these facilities.



Tzedakah Moment

Our Annual High Holidays Food Drive kicks off NOW through the end of October!

If you can share a little or a lot in this season of abundance and renewal, please purchase some additional groceries for those who can't afford them.

Please call or email Temple Beth Shalom to determine where to bring your donations, while we finalize the renovations. If you prefer, please write a check for Sharing & Caring and forward to:

Temple Beth Shalom
Attn: Food Drive
P.O. Box 111
Fort Walton Beach, FL 32549-0111

- canned vegetables, fruits, tuna, meat, soups
- packages of powdered milk
- 1 lb bags of rice or dried beans
- macaroni & cheese dinners
- peanut butter or jelly (regular size plastic jars)
- juice (any flavor, plastic bottles, boxes or cans)
- grits, oatmeal, or cereal
- dry spaghetti
- 26 oz. cans of spaghetti sauce
- baby food (plastic containers)

They cannot use:

- home canned foods
- already opened foods
- outdated foods or badly dented cans

Also, please ensure that contributed food items brought to the temple do not contain treif (no pork, shellfish, etc.), and that they are in sealed plastic containers, boxes, or cans (no glass containers, please).

Thank You in advance for your generosity!



Original artwork contributed
by Mandi Kelly

When contributing to TBS, please consider these established categories in addition to any causes that are dear to your heart, & we thank you.

- Building Fund
- High Holy Days
- Jewish National Fund (JNF)
- President's Discretionary Fund
- Resident Rabbi Salary Fund
- The Arthur & Linda Lester Scholarship Fund
- The Anne Kelz "Good Time" Fund
- Yahrzeit

Thank you!

for the following donations!:

Franches Lea Perkins - High Holy Days
Jeremy Bedsow - High Holy Days



Military Moment

September was a busy month, not only with preparing for the High Holidays, but reaching out to our military members. As usual, I sent out some email messages to all the military members I have on my list. I ensured everyone has all the information about our High Holiday schedule of events and knew that they are welcome to join us. Furthermore, the chaplains distributed via email all information they received from our synagogue to all the military members identified as being Jewish in their command.

Also, Rabbi Schadick and I made it out to Eglin Air Force Base and Hurlburt Field. Eglin was a bit of a disappointment. We were able to meet with several of the chaplains there. However, no military members came to visit us. We were very lonely. But Hurlburt was a different story. The command chaplain sent out an invitation to the Jewish members there. We had four military members, two were new, come to talk to us. Of course, we also met several members of the chaplain's staff. The command chaplain was so impressed with the event, he's asked that we try to come out more often, hopefully for something social such as a pot-luck dinner in the future.

We were not able to visit Seventh Forces due to their military commitments. However, the chaplains have asked that we try to come out in the near future to meet with them and any military members who wish to talk with us.

Mark Zeid, Military Committee Chair

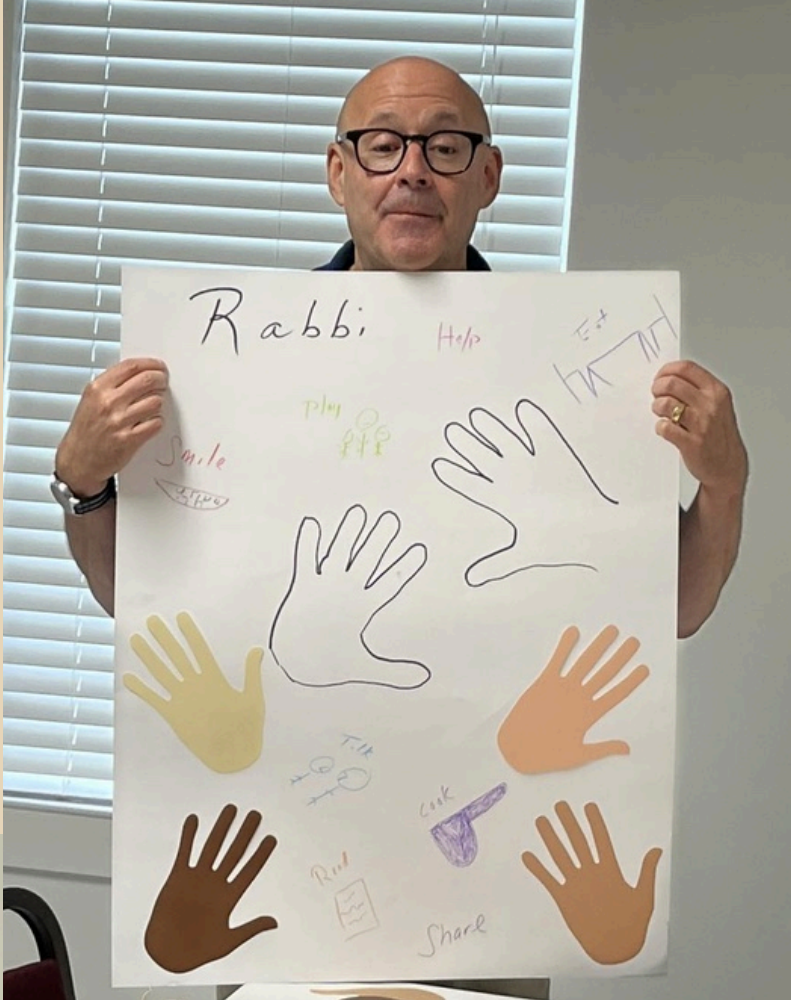


The 1st SOW Chaplain team does a fantastic job supporting the Hurlburt Field community, ensuring our Constitutional right to free practice of religion. As part of their outreach, the Chaplain team hosted Rabbi Michael Schadick to connect with our Airmen and meet with the Chapel staff.

LITTLE MITZVAHS FUN & LEARNING



Lots of learning and plenty of fun at our Religious School Open House this morning. Our next class is September 22.



LITTLE MITZVAHS FUN & LEARNING



TEMPLE BETH SHOLOM



Shalom on the Emerald Coast

tbsfwb.com

RUACH Rising



TBS TEENS



DOGS IN THE SUKKAH

RUACH Rising
TBS TEENS

TBS Teens and your families,
Let's chill, celebrate, and connect with your community in the sukkah.

Don't miss out—see you there! 🍷🍌

When: Sunday, October 20 | 5:30 PM
Where: Temple Beth Shalom Sukkah
Menu: Beef & Vegan Hot Dogs



In September, TBS Teens met at Pink Coyote Dessert Co. for an ice cream social with Rabbi Schadick!

September Events



We welcomed Ahava Lior into the tribe with a baby naming for the Kelly Family.



Mazel
Tov!

KaylaMae Smith |
Yalta Miriam
joined the
covenant.



Themes of Tishrei

Spiritual Energy of the Month: Sanctifying

The root of Tishrei comes from breishit, meaning beginning, and this first month of the calendar year is all about fresh starts. This idea feels particularly resonant this year — one year ago, on the holy day of Simchat Torah, Israel experienced unspeakable tragedy; in the year since, we have witnessed profound trauma and pain, the separation of families, displacement, and ongoing war. Our hearts feel heavy as we approach the anniversary of October 7th.

When the Rabbis of the Talmud (Oral Tradition) debated whether the world was created in Nissan or Tishrei (two of the four “New Years” in the Hebrew calendar), Rabbi Eliezer wisely looked to the natural world: “From where is it derived that the world was created in the month of Tishrei? As it is stated: ‘And God said: Let the earth bring forth grass, herb yielding seed, and fruit tree yielding fruit after its kind’ (Genesis 1:11). Which is the month in which the earth brings forth grass and the trees are full of ripe fruit? You must say that this is Tishrei.” (Rosh Hashanah 10b:10–11a:3) We, too, can find spiritual meaning in the cycles of the world. Throughout Tishrei, we invite the rejuvenating qualities of nature to support us in our new beginnings. On Rosh Hashanah, we throw breadcrumbs into natural bodies of water and blow the shofar (ram’s horn); during Sukkot, we sleep in temporary huts under the open sky, shaking a bundle of the four sacred species; on Shemini Atzeret, we begin to pray for rain. Finally, on Simchat Torah, congregations circle the bimah seven times, celebrating the completion of the Torah and representing the cycles of the natural world, just as there are seven days in a week. As the holidays draw us into greater harmony with nature, they help us become more grounded within ourselves as well. As we journey through the sacred High Holidays of Tishrei, may we embrace the cycles of renewal, drawing strength from the past while stepping boldly into the future. Let the rhythms of nature, the wisdom of our ancestors, and the sanctity of this month guide us toward healing, balance, and peace.



Pack the Pet, We Gotta Go

By Mark Zeid

In March of 2011, one of the largest earthquakes and tsunamis in history shocked everyone in Japan, as well as the world. Along with the disaster and misery came problems to those who lost their homes, those needing medical assistance, those panicking over missing family members, and those grieving at the loss of loved ones. Another problem was the issue of what to do with the family pets.

Hiromi and I were fortunate that we were hundreds of miles away from the disaster site; and many of us volunteered to help with animal rescue (as well as other relief efforts). This experience taught me how to prepare an emergency kit for my own pets. The amazing thing was many of the materials were readily available and the actual kit was extremely inexpensive.

The first steps begin long before any disaster strikes and are a must for all responsible pet owners. All pets need to be microchipped. During a disaster, the likelihood of becoming separated from your pet is extremely high; and microchipping is the best way of ensuring you will be reunited with your pet.

An additional suggestion is unless you breed your pet, you should have it neutered. Remember that many pets are feral for several days or weeks before being rescued. Imagine the joy of being reunited with your pet after several months of separation (which is common in many disasters) and discovering you are not only getting your pet back, but also a litter of puppies or kittens. Furthermore, all pet owners should ensure their pets are up to date on their shots. Collars and vaccination tags are another way to trace pets and reunite them with their owners.

Another step is taking photos of your pets. Scan the photos, and a copy of the animal's medical records into your computer, along with the microchip information. Email the information to yourself at a Yahoo or Google account so that you will have access to the information wherever there is a computer and internet access.

Pack the Pet, We Gotta Go

By Mark Zeid

Putting the year the pet was born instead of the age allows use of the same photos for several years. I print out a sheet with the pets' photos and a brief description of their personality. This is especially important if the pet is hostile to strangers. I post this information inside, next to the front door. I do not recommend posting this on the outside of the door because it alerts everyone that no one is home. Putting it on the inside of the door isn't good either, because often rescuers open the door and do not see what is on the other side of it. Putting it near the door on the inside wall is the best place. This way, any rescue workers entering the home know how many pets there are and what the pets look like. If I take my pets with me, I note that on the sheet of paper with their photos so that rescue workers will not spend time searching for the animals. Remember, rescue workers are trained to look for signs of any habitation within the home.

For the times when a person evacuates with a pet, here are suggestions for actually making the kit. First, here are a few basic guidelines. The kit is designed to last three to seven days at the most. By that time, your pet will be taken to an animal shelter set up for the disaster. Trust the people running the shelter; they're animal lovers too, and they will take good care of your pet. Second, you have to change everything in the kit on a regular basis. One recommendation is to change the material in the kit when you change the batteries in your home smoke detectors, such as when switching from or to Daylight Savings Time in the spring and in the fall. Of course, you have to replenish everything after using the kit. Nothing here is designed for long term use. Remember this is an emergency kit designed to last a limited amount of time. Stick to the basics, food and the toilet, and whatever health needs your pet has.

One trick I use is to have a complete checklist in the kit. It helps me ensure I have everything I need. Many times, when we are evacuating, we forget something important. A checklist prevents this.

Pack the Pet, We Gotta Go

By Mark Zeid

Everyone thinks of food and water first. However, what your pet will do before anything else is answer the call of nature. For dogs, this is easy, just make sure you have plenty of plastic bags (and I mean lots and lots of plastic bags). For cats, this calls for a litter box. I got some large, flat-rate boxes from the post office. With a little effort, but I fold them down to one simple rectangle. I tie the boxes together using a generous amount of string, which comes in handy later. When I use the boxes for a litter box, it is easy to unfold them. I use several medium-sized (13-gallon) garbage can liners. I have the actual kitty litter in two small coffee cans, which I seal in a large plastic freezer bag. This keeps the litter from spilling out. I also include lots of newspapers for two reasons. One is to put newspaper on the floor under the litter box in to keep the area clean. Second, newspapers when crumpled up and then torn into small strips can be used as emergency kitty litter. When I need to set up the litter box, I unfold the boxes, line them with plastic bags (a personal recommendation is to use at least two plastic bags) and tie everything in place with the string I used earlier for the boxes. If there is any string left over, I then have something for the cats to play with. Don't forget to include something to scoop out the litter box along with something to put their waste in, such as plastic bags.

The next logical step is to make sure there is enough food for at least seven to ten days. Dry food works best since it is lighter and takes up less space than canned food. Be sure to include bowls for food and water. Also include any medicine your pet needs. For medical needs, if possible, include a 30-day supply. If this is not possible, be sure to note the medical needs and medications your pet needs and have this information readily available.

Water is heavy and bulky. I recommend putting in water as the last item; and then only as much that will comfortably fit into the kit. The good thing is animals can drink water from puddles and other sources people cannot. As long as the water is not contaminated, it's okay. While pets like fresh water, this is not time to be wasteful. Water is always in short supply immediately after a disaster.

Pack the Pet, We Gotta Go

By Mark Zeid

Other items that need to be included in the kit are photos and a copy of the pet's medical record. This will help rescue workers get your pet back to you after relief efforts are underway. For dogs, include a leash. For cats, a leash doesn't work. From personal experience, most cats will try, and eventually, escape from it; although there are some who will accept the situation and just lie there. Still, for cats, a pet carrier lined with newspaper or towels is best. Including a favorite toy is a good idea, especially if you are with your pet. If the animal has a favorite blanket or bedding, bringing that along will help with your pet's anxiety. Another issue is your pet's emotional health. Animals have emotions, which means they get frightened and nervous just like people do. It is not unusual for your pet's appetite to wane. Pets may also become aggressive or hostile (biting and growling) because of fear. It is recommended that unless your pet seeks the attention of others, other people should leave it alone. As your pet gains more confidence in its security, it will regain its normal composure. The key is to get everything (except the pet carrier) into one container, such as a five-gallon bucket or a good-size cardboard box and have it ready. When disaster strikes, often there is not enough time to gather everything. Even if there is time, when stressed, owners do forget things. Disasters demand a great deal of everyone, so why not make it easier on yourself and your pet.



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