

The Prepared Family



"Prepare Every Needful Thing"

July-September 2003

Scripture or Quote of the month:

Self-Reliance

PRESIDENT SPENCER W. KIMBALL ENCOURAGED US TO BECOME SELF-RELIANT BECAUSE THE PROPHECIES OF OLD ARE COMING TO PASS. HE SAID: "NOW I THINK THE TIME IS COMING WHEN THERE WILL BE MORE DISTRESSES, WHEN THERE MAY BE MORE TORNADOES AND MORE FLOODS, . MORE EARTHQUAKES. . I THINK THEY WILL BE INCREASING PROBABLY AS WE COME NEARER TO THE END, AND SO WE MUST BE PREPARED FOR THIS" (Conference Report, Apr. 1974, 184).

Dear Friends,

It seems that in the last three months we again have seen great events that change our perception of our world. Great fires are once again burning our forests, severe temperatures are killing our French cousins, flooding and landslides are effecting those who live in all parts of the world. Bombings are being felt in parts of the world, our men and women in the military are still being killed in Iraq and other places.

As members of The Church of Jesus Christ of Latter-day Saints we have helped send millions of pounds and dollars of food, clothing, shelter and medical supplies to help impoverished peoples and lift them out of the dullness of despair. I applaud each of you and ask that you continue in your local areas to lift those that have little.

As President Kimball stated in the above quote, "Now I think the time is coming when there will be more distresses." Have we been witnesses to this distress? I have seen more problems this year regarding flooding, fires, tornados, earthquakes and yes even power outages that rival history. Will events such as these increase even more? I have to say YES! They will. How prepared are we going to be? Have you learned a skill that will help in case you are out of power for a week? Can you mend or sew clothes without an electric sewing machine? Can you draw water or cook without electric power? I still have a lot to get ready for my family. Having well water is wonderful, but we need to find a way to draw the water without electricity. I also wonder have we done enough to prepare our children, grandchildren and our neighbors so that

they can help themselves or help the family in case of a crisis. These things need to be done before the disasters come, not during one. The Lord has provided ways for each of us to be prepared in some way for the time when we will need to be self-reliant. Take advantage now to learn, develop skills, plant a garden, practice safe water treatments, store what you eat; eat what you store (SWYE/EWYS), work with your families and neighbors, and don't let yourselves become complacent. I know that it all takes time, which is in short supply these days. We are frequently being asked to decide which good activity to choose from and that makes our lives harder. But, I want you to think about this: If tomorrow the power goes out, water systems fail, gas pumps fail to pump gas, banks and stores close, looting begins in the cities, your close family and friends are needing help, could you do it? What would you choose then? How would or could you help? So do you have work for those who come and need food, shelter, clean clothes, or just plain company? What if the power was out region-wide and lasted for more than a few days? How would you and your family survive? These are just a few questions that need to be addressed before problems arise.

I can promise that by being prepared you will not fear, the Lord will look out for his children, and though we will have problems, both man and nature made, we will make it. Have faith, hope and charity, and trust that Heavenly Father is in charge. It is my testimony that being prepared in all things will give you peace of mind and spirit.

Gayle-Marie

Bug Out Bag - BOB

- solar powered battery charger
- rechargeable batteries— multi sizes
- good shoes or boots for car or office
- space blanket or lightweight blanket for summer or wool for winter

Stock up by the week

Now that hunting season and school season are in the stores it would be a great time to stock up on some supplies that can be stored. Here is a list of some items that will keep your family busy during crises

- ▲ paper, crayons, colored pencils, pencils and markers
- ▲ small games like checkers, chess, Uno, Old Maid
- ▲ repair kits for tents, tarps, lanterns, campstoves, etc.

Gardens/Gardening Tips

At this time of year your garden may be getting ready to harvest. I know I have been picking beans and tomatoes that have become ripe for our use. I started preparing the beans for freezing so that I could have them this winter. Apples, pears, peaches, grapes, summer and winter squash will need to be canned, juiced, or frozen for use during the winter, so are you ready for them? During the last few newsletters the stock for the week items have been canning supplies, now is the time to use them. Work with a friend – you will be surprised at how the day will fly. Be ready to till the garden under by late September or early October. If you have need of amendments add them, till and cover. In the past I recommended buckwheat for ground cover. It works well and will add vital nutrients to the soil. Till again in the spring. Enjoy your harvest, and follow President Kimball's advice.

"Should evil times come, many might wish they had filled all their fruit bottles and cultivated a garden in their backyards and planted a few fruit trees and berry bushes and provided for their own commodity needs. The Lord planned that we would be independent of every creature, but we note even many farmers buy their milk from dairies and home owners buy their garden vegetables from the store. And should the trucks fail to fill the shelves of the stores, many would go hungry" (in Conference Report, Oct. 1974, 6; or Ensign, Nov. 1974, 6).

Recipes

Here is a great canning site for your information. Check it out you'll like it. "The National Center for Food Preservation"

http://www.uga.edu/nchfp/how/can_05/chicken_rabbit.html

Family History Tips

Take a class, learn something new, follow a tip, take the time to go to the courthouse to find a document, travel to the cemetery, make a phone call, visit the library, historical society, or museum. You would be amazed at what you can find. All of these are simple to do and the results could bring great rewards. Find your ancestors they want to be known by you and your family.

A Thought

President Spencer W. Kimball said, "We encourage all Latter-day Saint families to become self-reliant and independent" (in Conference Report, Apr. 1976, 170; or Ensign, May 1976, 124). There is good reason for this counsel. President Marion G. Romney explained: "We're living in the latter days. ... We are living in the era just preceding the second advent of the Lord Jesus Christ. We are told to so prepare and live that we can be ... independent of every other creature beneath the celestial kingdom" (in Conference Report, Apr. 1975, 165). (See D&C 78:13-14.)

Get Physical

Walk. Now that fall is approaching fly kites, rake those leaves, play with the kids or grandkids, take day hikes and enjoy the colors of the new season. What a wonderful time of year; spring brings new birth and colors, summer is full of warmth and fun, fall gives a new meaning to color and fun, cooler nights, bright full harvest moons, and a promise of winter splendor. Enjoy what the Lord has given each of us to marvel at.

FYI

Some very good advice for everyone on the run. This information can save your life or that of your family. Read prepare and stay safe, modify the supplies needed for your own needs and personal situations. Some things cannot be used in the workplace, but could be stored in your vehicles. Children should have some extras stored in their backpacks or desks in case they need them at school or daycare. Plan, plan, and more planning is the watch word for our day. Please don't always rely on someone else to take care of these very important details, it really is your responsibility.



COMMUTER PREPAREDNESS

by Jerry Christensen jntchristensen@email.msn.com

Picture the following scenario: Driving home in the twilight from work, you're tired after the day's pressures. Instead of concentrating on the road, you are lost in thought about tonight's plans. Suddenly there is a problem with the suspension in your car. It feels odd and worsens rapidly. You get hit between the eyes with a sudden, horrible realization that it's not the car; it's an earthquake! Everyone pulls over in alarm. The situation is further complicated as you discover that the bridge ahead has collapsed. Seen in your rear view mirror, the overpass is a pile of rubble across the freeway. Your goal is still the same, getting home. I commute 29 miles each way and am somewhat prepared for the above event. I never want to be required to follow through with my plans and I hope it never happens to you. An emergency while traveling could be many things; fill in the disaster "blank" for what you are most likely to face in your area. Whether it be floods, brush fires, earthquake in most places, tsunamis on the coasts or even a flat tire can give you reason to be thankful you planned ahead.

General Advice

Assume whatever "it" is, has just happened. Are you safe? Do you need to move?

First, do CAPS (as in put on your thinking CAPS):

- ☉ **Calm down**
- ☉ **Assess the situation**
- ☉ **PRAY.**
- ☉ **Set your course of action.**

Mentally, go on Yellow Alert*, Red Alert** if you must, depending on the situation. Forget unassociated problems; concentrate on the difficulty at hand. Relax and remember, it could be worse. Think positively. You will get home safe and sound, this event will fade and life will move on. Don't allow yourself to be distracted from your goal of getting home safely.

Yellow and Red Alerts are from Frank Cuccioni's Tactical Response System.

*Yellow Alert is anticipating problems, observing your environment, looking people in the eye as you pass them. Avoid all trouble.

**Red Alert is handling trouble you can not avoid.

You'll have several decisions to make:

1. Should you move your car to a more, or less, visible location? (If possible). To hide or remain visible... This depends on your unique situation; follow your intuition. Being in sight helps someone who may look for you know

more about your situation. Being out of sight may protect you and your property.

2. Should you leave a note with the car? (Will someone be looking for you)?

3. If you have to walk home, what is your course? Sketch a plan. Divide the plan by setting goals like landmarks. Go for one goal at a time. In preparing to leave your car, gather your gear. Check clothing and SHOES. Don't be in a hurry to hit the road. You'll waste time and energy if you need to return to your car for a forgotten item. It may be wise to eat and drink before leaving or as you set out. You have your supplies; snack and drink frequently. This gives you extra time to think if needed. Don't start out with a hunger or thirst disadvantage. Your supplies may contain a meal that is heavy or bulky. This is a good time to consume that meal; there will be less weight to carry. Before you have a problem, mentally explore multiple ways to get home. Note bridges, overpasses, rivers, bad neighborhoods etc., and take the course of least resistance. "Never step on what you can step over, never go over what you can go around, never climb up what you can walk around". (Daniel Boone?) Set a comfortable walking pace, slow down to baby steps if necessary to climb or descend steep grades. If your feet hurt, or you get a warm sensation somewhere on the feet, STOP! Fix this problem before you get a blister.

Remind yourself it could be worse, count your blessings, stay calm. You must help yourself first before you are fully capable helping family, friends and others. For example, in an aircraft if the oxygen masks drop, calmly put it on and start it. Then help others put theirs on.

Stay on Yellow Alert; don't allow yourself to be surprised by anything or anyone. Act confident and look confident. This helps ward off predators. Statistics show that would-be muggers avoid people that walk purposefully and are aware of surroundings. By the time you reach the first goal, a phone for instance, hopefully the situation has improved. Other possible first goals might be:

Someone is contacted to pick you up

Public transportation is running

Check into a motel or shelter

If your first goal is not met, go to the second goal and keep walking. Ten miles is a good hike, fifteen is a power hike. If you're home is further than that, shelter becomes an issue.

This is a widely variable problem and not easily addressed here. Bare minimum shelter is a Space Bag or Space Blanket which keeps in your body heat and weather out. Improvise if you can't make it home in one day's walk. Having emergency gear in your vehicle, having planned ahead and by setting goals, you will greatly ease your journey to get home.

GENERAL TIPS

TIP 1: Make friends along the way that you commute. Is there someone you work with? Go to school with? Go to

church with? Make a note of their address and phone number; they will be more willing to help than a stranger.

TIP 2: If Goal Number One is a pay phone, call someone and tell him or her your situation and plan. In disasters, phone lines are often jammed with incoming calls to stricken areas. This can prevent local calls, but you can frequently call long distance. Have an out-of-the-area emergency contact, a friend or relative a hundred or more miles away, who can relay vital information. Tell your family who your emergency contact is before disaster strikes. Consider a prepaid phone card.

TIP 3: The next time you are about to wear those old reliable walking shoes or boots, stow them in your car before they are worn out; make them your emergency pair. They are already broken in, you know them and they know your feet. If walking is required, you can choose between what you're wearing and "old reliable".

TIP 4: Snack or drink when you feel the need. Don't let yourself become run down from the effort. Snacking provides a distraction from your chore, it prepares your body ahead of an unforeseen exertion. Stay on Yellow Alert.

TIP 5: If you don't walk or hike much, make time to practice a portion of your route to get the feel for it. Check out books on hiking; look for some that explain walking techniques.

TIP 6: Do not allow your feet to blister! I can't stress this enough. Buy sock liners, thin silk or synthetic socks that go on under your regular socks. You may also want to try a high performance sock for walking, such as Ultra's. Check specialty stores like Athlete's Foot or Paddy Pallin's. If you suspect a blister developing. Stop, remove your shoes and socks. Inspect your foot, inspect your shoes. Have moleskin in your kit and apply it to the red-warm-inflamed areas.

When treated, and your foot is cool again, put on both pairs of socks and then the shoes. Pay attention to your feet!

TIP 7: Normally your last resort is walking home. If another solution is workable or safer, opt for it. Pray to make good decisions.

SUPPLIES FOR YOUR VEHICLE

Bug Spray or Lotion

First Aid Book

First Aid Kit with Moleskin, including prescription medications

Foot Powder Lip balm, like Chapstick or Blistex

Sunscreen

Large Bottle of Mouthwash - according to Ted Wright of "Wright's Complete Disaster Survival Manual", mouthwash can be used for: mouthwash, antiseptic, saves water when cleaning teeth, soother for tired feet, underarm freshener, washing minor cuts and wounds

Can Opener

Food: ready-to-eat, requiring no preparation; choose individual serving sizes and snacks for on-the-go

Disposable Eating Utensils: plastic knife, fork and spoon, if needed, depending on food choices

Plastic Cup Water, and/or Water Filter with a container

Personal Hygiene Items

Premoistened Disposable Towelettes

Toilet Paper, folded and in a baggie

Trash Bags for hygiene purposes, small-size

Book

Cash: coins and small bills, enough for a motel room or tow service

Knife

Map

Pencil/Pen Paper

Additional Clothing to suit seasonal needs such as gloves, sweat suit, hat or windbreaker

Adhesive Reflector Tape (to be applied to your coat and shoes if you have to walk at night)

Comfortable Shoes or Boots, extra socks and sock liners, extra underwear

Disposable Face Masks

Extra Coat, jacket, or sweater. Waterproof may be a wise choice

Sunglasses

Trash Bags for warmth or waterproofing, large and heavy duty

Work Gloves

Backpack for carrying essentials if walking becomes necessary

Candle, emergency type in its own shielded container

Duct Tape (it has a thousand uses!)

Fire Extinguisher

Pocket Lighter like BIC

Flashlight and Extra Batteries (metal flashlights can double as weapon)

Heavy-duty Blanket or Sleeping Bag

Space Blanket or Space Bag

Tools: Auto repair items, belts, hoses, clamps, rubber hose for siphoning, folding shovel, crow bar

Walkman type AM/FM radio and Extra Batteries

Whistle

The above items are minimums. You may also want to consider the items on the list below. Customize to suit your needs.

Cellular Phone and/or CB Radio

Cord, nylon that is thin, light and strong

Extra Petrol Can or petrol in a Jerry can

Reflectors, and/or Emergency Signs

Heat Source, Hand Warmer, MRE Heater

Weapon - personal choice item, and governed differently everywhere.

TIPS FOR YOUR SUPPLIES

TIP 8: Always keep the fuel tank at least half full. In areas of ice and snow, a full tank will provide extra traction.

TIP 9: Be aware of temperature extremes in automobiles. If an item has a shelf life, wide temperature variations will hasten its deterioration. Rotate medications very frequently. Check with your physician or pharmacist if your prescriptions, as well as nonprescription items, are heat or cold vulnerable. Rotate your food supplies. I recommend hiking bars you can eat and replace frequently. MREs, nuts, high calorie bars, etc. are also good. Rotate batteries more frequently.

TIP 10: Water is heavy and bulky. It will constitute the largest amount of weight allocated to supplies. Check into filtration. Filter straws are available that can generate 48 litres of drinkable water from a mud puddle.

TIP 11: For convenience, you can store parts of your kit in different areas of your automobile. Food can be protected in the trunk in an ammo can or Tupperware container.

TIP 12: I highly recommend the Browning Arms Featherweight line of Knife. They are light and not as expensive as you may think.

TIP 13: Layer clothing for added warmth.

TIP 14: If you must walk, watch weight and bulk of your gear. I travel very light. I love my torso pack. All the weight is on your hips and your back won't sweat. This is the area where the more money spent on quality pays off in the end. Be picky about your Pack!

TIP 15: If you have chosen to stay in you car, be aware of carbon monoxide poisoning. If you must run the engine to keep from freezing, remember to crack a window. Best wishes and good luck.

Here's more FYI

Because we are so interdependent on each other for power, water, and food transportation it really is important that we pay attention to what is going on in the world. Those who have just lived through the blackout of August 2003 really didn't understand that what happened in Ohio would affect two countries and eleven states. In the Pacific Northwest we learned that California was dependant on Washington and Oregon for power supplies in the winter of 2001, and the PNW is dependent on the mighty Columbia River. We also need to understand what weather related events happen in Canada. A heavy snow fall or rain, sudden warm ups or flooding could bring the Columbia to flood stage which could cause the dams to overflow. Problems, yes; isolation, maybe; disruptions of lives, most likely; plan ahead. Be safe and watch and pray for guidance. The Lord will help. Even in Old Testament times the Lord encouraged His people to be self-reliant and independent. Proverbs 31 describes a good homemaker who uses her skills to provide for her household:

“She seeketh wool, and flax, and worketh willingly with her hands. ... “... With the fruit of her hands she planteth a vineyard. ... “She layeth her hands to the spindle, and her hands hold the distaff. “She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy. “She is not afraid of the snow for her household: for all her household are clothed. ... “She looketh well to the ways of her household, and eateth not the bread of idleness” (Proverbs 31:13, 16, 19-21, 27). The Latter-day Saint Woman, Part A, Homemaking, 26: Home Production, 186

Just to let you know that Yellowstone is active again.

For more information on this event read:

<http://www.rense.com/general41/yellowstoneupdate.htm>

Yellowstone Super Volcano Update

By Dr. Bruce Cornet

Geologist, Paleobotanist, and Palynologist

9-8-3

Mt. Sheriden has been rumbling (15+ micro-quakes) between 1:00 pm and now (9/7/03). There were three small earthquakes at Yellowstone lake between 10:00 am and 1:00 pm MT (9/7/03), which were felt at Norris Junction. There were some small quakes between Midnight and 6:00 am (9/7/03) at Norris Junction. There was a whole string of micro-quakes (25 or more) at Madison River between 6:00 am and now, which are continuing. There have been sporadic micro-quakes (32+) all day at Mammoth Hot Springs. Micro-quakes started around Noon and have continued to the present at Mirror Lake Plateau. All in all, activity is picking up from a lull for about two weeks, before which a series of small and large quakes (including a 4.4) occurred. That quake prompted the web report.

Steam pressure is apparently building again, and hydrothermal fluids and steam are working their way up through fractures and vents. I do not expect anything unusual or extreme to happen in the immediate future, but if the trend continues, and the number of earthquakes gradually increase with time, more warnings from geologists will ensue.

Where to get supplies:

Costco/Sam's	URM/Cash & Carry
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Food Co-Ops
Nurseries/Seed Suppliers	Emergency Supply Houses
Internet Suppliers	Local Farmers/Farmers Markets

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