

GETTING PREPARED

PLANNING FOR BIG UNKNOWN EVENTS

8-30-08 PREPAREDNESS SEMINAR FOR THE CHURCH
Presented By COMMUNITY SERVICES By Sue M.

Crises happen: hurricanes; ice storms; tornados, floods; earthquakes; ice storms; blizzards; terrorist acts; nuclear power plant accidents; widespread power outages: sudden unemployment; pandemics; martial law; meteors; war; computer network hacks; sudden economic collapse; bank closings...

Our great grandparents lived without 'modern conveniences'. So did the pioneers, and so do many village dwellers in Africa and other places.

Right now, like after sunset today, or tomorrow, get at least one good book on disaster preparedness. It's best to go to a bookstore and browse the section to find one that resonates with you. And, unless you're already an expert, get one on first aid, too!

A really good book that covers an amazing amount of information, including gardening, storing seeds, edible wild plants, first aid and prepping is The Encyclopedia of Country Living, by Carla Emery. If it's not at the bookstore, order it from Amazon.com for \$19.77 with confidence that it is top rated and very useful even if nothing ever happens... The knowledge in this book could save your life.

ALso, there are books at bargain prices available from eBay or Amazon.com on Y2K (!) that deal very well with disaster preparedness planning.

You can survive almost anything -- it helps if you are prepared.

And the most important, urgent preparation for The Remnant is to Walk closer with The Lord -- and to spread The Gospel message.

This seminar is focused on secular preparation.

Proverbs 22:3 'A prudent man forseeth the evil, and hideth himself; but the simple pass on and are punished.' (KJV)

Proverbs 27:12 'A prudent man forseeth the evil, and hideth himself; but the simple pass on and are punished.' (KJV)

Ultimately, we are dependent upon God for our sustaining.

FOOD:

Do you know that the average supermarket has only *a three-day supply* of food? The shelves must be continually restocked by trucks from central warehouses or they will be empty.

Did you know that our government has eliminated the traditional grain/food storage reserve programs by donating or selling our reserves to other countries and now has only about 7 pounds of food set aside for each citizen?

Did you know that Mormons are required by their church to keep at least ONE YEAR of food in storage? They believe in being prepared for unexpected events, including sudden unemployment...

Do you remember Joseph being placed by The Lord in power in Egypt and Instructed to store up food -- thereby saving the nation and his family from the disastrous famine?

Is there any way that setting aside supplies conflicts with a dependence on God?

Food Storage:

The best key to starting a food storage program is to concentrate on those thing you would use anyway, and buy a year or several month's worth ahead, and then replace it as you use it. Date each can or bag and rotate them-- use the oldest one first. This works for spaghetti sauce on sale, canned goods, and anything that has a fairly long shelf life. It's not wasting money, it's just 'pre-spending'.. You can even save lots of money this way, by buying, say, a dozen or 24 jars of your favorite spaghetti sauce when it is on sale, and using them up until the next sale.

.The warehouse clubs, like Sam's Club or Costco are very useful for purchasing food in quantity-- rice in 25# sacks, beans in 25# sacks, pet food in 25# sacks, canned goods -- at lower costs. Remember, the time to buy is **NOW** -- because when an emergency happens, the shelves can be swept bare by hordes of desperate shoppers in a few hours. After this seminar, you have a moral responsibility to prepare in advance, so you don't compete to deprive others of their chance to acquire last-minute supplies.

PLEASE DONATE SOME OF YOUR NEW FOOD TO OUR CHURCH FOOD PANTRY!

Canned goods are the easiest to buy-- any supermarket has tons right now. They keep for years, and you can use them in your regular meals. Just buy more. They are heavy, though, and hard to transport if you have to leave your home on short notice.

BUY A FEW EXTRA HIGH QUALITY, NON-ELECTRIC, CAN OPENERS, TOO!

Like the 'SwingAway' brand. It would be a real bummer to have lots of cans, but have to open them by smashing them with a rock...

You can buy pre-packaged food for storage on the Internet from stores that specialize in this. (Many are Mormon-owned.) It will be shipped to you ready to go into your basement or closet for up to many years...like an insurance policy, not used unless is needed. Or you can start using it right away, and replacing it before it runs out-- staying well ahead. It is usually

dehydrated or freeze dried, and canned in #10 cans (those big ones). . Grains and beans usually in big plastic +/- 44 lb. buckets, sealed inside in mylar bags and with oxygen absorber pads to keep pests from hatching. They do the work for you, and it costs a little extra.

You can store your own stocks of rice, beans, grains, but they must be properly pre-treated or weevils and bugs (whose eggs are already in them from the fields), will hatch out over time and destroy your supplies. Those little evil weevils who escape from their hatching place after digesting your food into squishy, webby garbage turn into those little tiny beige moths and flutter around your house until they find something to eat. And they'll eat just about anything you will. (I had opened a chocolate bar and turned it over to find a mass of weevils in the maggot stage and cocoons. Yucch!) They will eat clothing too, especially wool. And then lay eggs. They are devilishly difficult to get rid of. So, you really want to avoid letting them hatch in your food storage.

Some people say that freezing bulk food brought home from Sam's Club or Whole Foods for a few days will kill them. I'm not sure about this. If it was true, then winter would have extincted them all a long time ago.

One way to store these is to seal quantities in mylar bags with oxygen absorbers, in vermin proof containers, like sealable food-grade plastic buckets

Another way is to mix grains and seeds with food-grade diatomaceous earth, and seal it in a mylar bag. These fine-grained, dust-like calcium/silica bodies of microscopic single-celled ocean diatoms are fatal to tiny pests because they cut up the bug's exoskeletons, as the bug or maggot crawls over the dust. But... food-grade diatomaceous earth is actually nutritious to much-larger humans, providing bio-active calcium!

If it bothers you, just rinse it out before you use your food.

You can use: 1 - 2 cups per 5 - 6 gallon bucket

1 pound = 6 cups which is good for 300 lbs of grain. Costs about \$4.95

The diatomaceous earth pulls the moisture out of the weevils and they dehydrate with no way of regaining it. And once you open your purchased bulk storage, you can also use this to prevent infestation. Also good for storing grains for sprouting because grains stored in CO2 (the dry ice method) or with O2 absorbers will not germinate properly. Supplies and more info available here: <http://www.survivalunlimited.com/buckets.htm#mylar>

Give some thought to HOW you would prepare food in a crisis-- how would you cook with no electricity, or gas? And how long can you keep it up? More info later on...

Remember -- you can always soak and sprout grains, and they are even more nutritious and enzyme-filled than cooked grains. Soaking beans and grains overnight can also cut the cooking time and save valuable fuel.

To make bread from stored grain, you have to have a way to grind it. Now is the time to get a hand-powered grain mill. If you ever have to use it, you will greatly appreciate it if you get a really good one.

Nuts-- a wonderful source of concentrated vegetarian protein! They will store about a year if they are in the shell. You'll want a good nutcracker. Canned nuts and dry-roasted nuts are not as nutritious, but they last longer.

Freeze-dried and dehydrated foods, like the ones some backpackers use -- are tasty and lightweight and just need to be have water stirred into them to be edible. Boiling water is

better. Available at Walmart's and camping stores, but they are quite expensive. Online is best to buy in quantity. See Emergency Essentials/ Be Prepared website www.beprepared.com

If you want to learn more, here is a multi-faceted site that serves many Mormons:

Emergency Essentials-- Food Storage Site and Emergency Supplies: Food for long-term storage: SuperPails of 45# of sealed grains and beans keep for years, or use in regular meals. #10 nitrogen-sealed cans of lightweight, freeze-dried fruits, vegetables, entrees, etc. MREs like our troops eat in Iraq and Afganistan. Many vegetarian options! They have 'sets' of food pre-planned to feed a family for 3 months or a year, or you can assemble your own list. They still have food available-- many sites are said to be sold-out. www.beprepared.com

Homestyle Mercantile: Another food storage supply/preparedness site. Has food in 1 and 5 gallon pails (not #10 cans, but seems less expensive) Sells *oxygen absorbers* for long-term storage. And Aqua Rain water filters, which are similar to Berkey filters. http://homestylemercantile.com/cart/index.php?main_page=index&cPath=4

AND REMEMBER YOUR PRECIOUS PETS! SET-BY PLENTY OF PET FOOD AND WATER FOR THEM, TOO! Buy several bags/ months supply ahead, and use it and get more when you finish up a bag. This is called 'rotation'. It may be difficult to get in a longer crisis.

Also, make sure you have appropriate carriers and leashes (and a litterbox for cats) to take your pets along if you have to suddenly leave your home.

If trouble is brewing, you might want to collect your important papers, like passports and I.D., birth certificates, contact info for relatives and friends (on PAPER, so if your cell phone gets lost or wet, you still have them!), insurance cards and policies, and your Bible, and put them in a waterproof package that you can grab and go.

Concentrated Food Sources:

Good to have on hand for nutritional boosts, and very useful/portable if you have to leave your home suddenly. These are really good supplements to take anyway, so if you buy a year or several month's worth ahead, and then replace it as you use it, it's not wasting money!

Extra Virgin Olive Oil:

A concentrated source of healthy fats. Can be taken 'as-is', used as a skin moisturizer, put in oil lamps, and cooked with. Some 'health-nuts' use it for flushing their systems (Google 'olive oil liver flush'). Can provide essential calories in an emergency situation.

For the best prices, buy by the gallon in ethnic food stores-- Arabic and Greek. Whole Foods and Trader Joes and Harris Teeter sell it too. For years of long shelf life (years!) get it in a metal container. Once opened, it will be usable for a long time, even years, if kept cool. (Not necessarily refrigerated).

Virgin Coconut Oil:

Unfairly maligned by the mainstream establishment, it turns out that virgin (unheated, unprocessed) organic coconut oil is actually very good for you, and because it has medium-chain triglycerides, it won't make you fat like other oils. It contains the highest levels of antioxidants of any oil. Buy in gallons and ship, and save BIG over Whole Foods pints.

Sale on VCO until Aug. 31-- 50% off - only \$55.00 per gallon! or you can save even more money by joining their club. Order here: www.tropicaltraditions.com/virgin_coconut_oil.htm

Chia: A superseed indeed! Some clever entrepreneurs recently renamed it 'Salba' and sell it for high prices, but you can find it cheaper by calling it 'chia seed'. It looks like poppy seeds, but develops a gel-like texture in liquid. It's a nutritional powerhouse and natural source of Omega 3 that is only recently rediscovered by North Americans. (Yes, the 'Chia Pets' are sprouted chia seeds-- what a waste!) 5lbs. @\$6.79/lb.

www.nutsonline.com/seedsspices chia-seeds.html?sid=feXJ3tCNZUrxBNfw

Hemp 'Nuts'/Seeds and Oil: NOT like marijuana! Will get you healthy, not high! Our Founding Fathers were required by law to grow hemp for rope, archival paper, clothing, and food. Now, it's illegal, because it is distantly related to cannabis. This comes (legally) from Canada, because the shells have been removed so it won't grow. The seeds are incredibly nutritious, with a high amount of usable amino acids. Tasty, too!

Organic Canadian Hemp Seeds 3 lbs @ \$22.73 Living Nutritionals :Hemp oil, too.

www.livingnutritionals.com/product_info.php?products_id=20001561

www.livingnutritionals.com/index.php?cPath=153_110148_110166

Dr. Schultze's SuperFood: Concentrated vegan nutrition in-a-jar from the famous Dr. Schultze. Spirulina, dried fruit and vegetables, nutritional yeast, etc. Use 1-2 TBS daily as a food supplement. Also can serve as true 'emergency survival food' in a pinch. Not cheap, but very high quality. 14 oz. jar (normal one-month supply) \$36.

https://web0.herbdoc.com/index.php?option=com_content&task=view&id=17&Itemid=38

URI- The Feast: Super concentrated, incredible nutritious organic, freeze dried powders made with their home grown 30 + berries and fruits and leaves and veggies and sprouts. Several different products/blends. Mix with water or smoothies. Delicious! One could probably live on this alone for quite awhile... Warning-- the 'SuperCharged' Feast version has 'energy' herbs added, and is like several cups of coffee- may be too intense for little ones...

\$59 for 10 oz. but you can save \$money\$ by joining their club.

And they also make Vegetein, a vegan vegetable protein powder made from yellow peas and brown rice protein concentrates. No Soy, dairy or egg. If I was into network marketing, I'd probably join *this* new company -- their concept and vegan organic products are great!!
www.uriinternational.com/wholefood_feast.asp
www.uriinternational.com/

If you fish or hunt, you will also need the tools that enable you to do that.

Have you ever considered keeping chickens for organic eggs and bartering?

GARDENING:

Think Ahead-- you'll need save-able seeds -- **NON-HYBRID SEEDS!** So you can save them and use them next year if needed. And tools and fertilizer and bug spray, cold frames for getting an early start, and ways to preserve your harvest (canning jars, dryers/ dehydrators ,root-cellar cool storage etc.). Think STORE-ABLE PROTEIN-- sunflower seeds, and beans, to dry.:

And HERBS for tasty food and health. Basil is delicious, fresh or dried. Echinacea is powerful.

And rugged 'over-wintering' crops that will keep well, like cabbages and rutabagas and potatoes and onions and GARLIC! Grow *lots* of GARLIC!. (See the Health Section...)

Plant blueberry bushes and berries and grape vines and fruit and nut trees right now if seasonable -- for the longer term.

And remember 'INDOOR GARDENING' --

SPROUTING!!

Raw food is loaded with enzymes and nutrition, and is easy to do.

Wash seeds/grains, soak overnight, lay them out on a tea towel or paper towel on a flat tray or inside a big glass jar. Put in direct sunlight, keep moist, rinse every day or so, and remove anything that starts rotting. In 1-4 days, you should have sprouts. Harvest when they look good enough to eat.

**Now, you know how to prepare food without heat or cooking!
You can use your food storage grains and seeds without cooking or grinding!**

WATER:

It is said that a person can survive for weeks without food, but only 4-5 days without water.

If you turn on the tap, and nothing comes out, except a wheeze and a few drops of rusty water, what would you do??

OBTAINING WATER:

- If you have advance notice of a water failure, you can scrub down your bathtub with a bleach solution and fill it with water. Use for flushing toilet, etc. Also, you can fill trash cans and large plastic containers.
- You can flush a toilet by rapidly dumping a bucket of water down it.
- (You will want to have some buckets.)
- If you have a well, and the power goes off, how will you get your water up? .(Other than your electric pump?)
- There are many gallons of water 'stored' in your hot water heater.
- You can catch rain from your roof with containers under your downspouts.
- Also by putting all kinds of containers outside in your yard during rains. . (But how will you store it?)
- You can kill many microorganisms with a tiny bit of bleach or iodine or commercial water 'purification' tablets, but these won't remove any cloudiness or odors or chemical contamination or toxins! If you don't have a distiller (most are electric) the BEST, EASIEST WAY to make water safe to drink is with modern water purification filters.
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You NEED some kind of high-quality water purification filter or filters so you can get drinking water from streams, ponds, even muddy puddles. (NOT a Britta -- it's not strong enough! Although you *can* use a Britta, or a bucket of sand, or paper coffee filters, or several layers of cloth or pantyhose to 'pre-filter' the water before you put it through your 'expensive' filter. It will last longer if cleaner water goes in.

Backpacking/Camping Water Purification Filters: are small, portable filtration units designed for pumping water from a stream or pond through to remove contaminants and microorganisms. You can also add a drop of water purifier if it makes you feel safer. Get them online at ta camping goods site, or at Dick's Sporting Goods, maybe Walmart.

Water Filtration Bottles: These portable water bottles have a new, hi-tech filter system built in. Product Info; This filtration bottle is great for emergencies or to just take with you to enjoy fresh water anywhere! You can fill it up from the bottom (new feature) and filter water immediately by simply squeezing the bottle. Here are some key features of this new filtration system: * Removes up to 99.99% of pollutants and contaminants found in drinking water sources using its proprietary Ionic Adsorption Micron Filtration System. * Produces up to 100 gallons of filtered water * Has a "screw on/off" fill from the bottom cap with a 40 micron pre-filter to prevent large objects or particles from entering the bottle * The top cap has a soft plastic removable cover for the drinking spout which keeps it free of dirt and contamination * 18 oz size is compact, light weight and easy to use * Tested

by Independent laboratories using EPA and NSF protocols. \$22.99 @ http://homestylemercantile.com/cart/index.php?main_page=product_info&cPath=5&products_id=145

British Berkey Water filters are the 'Cadillac' of drip filtration units. Special micropore ceramic filter units with silver inside remove 99.99999% of various micro-organisms, chemical contamination, and toxins. Trusted by many missionaries to provide purified water without electricity in remote areas. You can drink green pond water or stagnant puddles with one of these... You'll have to 'splash out' \$200-300, but they really last.

Product info:

Generations of health-conscious people around the world have recognized clean, fresh drinking water as a key foundation of a healthy life and healthy body. No amount of vitamins or supplements can substitute for the vital life-sustaining properties of nourishing, healthful drinking water. Along with nutritious food and clean air, clean water is truly essential to life.

Unfortunately, good tasting, sparkling, wholesome drinking water isn't as common as it once was. Water is often laced with chlorine, lead, high levels of harmful bacteria, and other unwanted chemicals and contaminants that can threaten health and produce unpleasant tastes and odors. Even expensive bottled water can contain these same contaminants. Distillation deoxygenates water, creating a flat taste. Many water treatment systems don't adequately remove pathogenic bacteria, and many remove the beneficial minerals that your body needs.

Berkey® Systems are the world's most powerful and economical water purification systems, providing incredibly clean, pure water in both normal and hostile environments. Berkey® systems can purify both treated water and untreated raw water from such sources as remote lakes, streams, stagnant ponds, and water supplies in foreign countries with substandard regulations. They come in sizes large enough to meet the sustained water needs of up to 325 people per system, yet they purify without electricity or moving parts, and their portability allows them to easily be taken, and used, anywhere. Berkey® systems will operate in any location where gravity is present — and they always preserve the healthful minerals you need.

Berkey® products are divided into two principal lines: Filters and Purifiers. The difference between filters and purifiers is defined by the EPA: A filter must be capable of "4 Log" contaminant reduction, and a purifier must be capable of a "7 Log" contaminant reduction. 4 Log (simple filtration) means at least 99.99% of contaminants are removed, leaving no more than 1 part per ten thousand of the original contaminant. This "filtration level" of reduction is sufficient for many conditions. The higher "purification" reduction of 7 Log means that 99.99999% of contaminants are removed, leaving no more than 1 part per ten million of the original contaminant (1000x the effectiveness of the "filter" specification.) Systems that achieve this "purifier level" of performance provide ultra-pure water not only in normal conditions, but also in circumstances of extreme and highly dangerous contamination. **The products displayed on this page are Berkey® Purifiers** — the highest performing water treatment products available in the world today!

Note from Sue: If you want to get the famous Berkey water purification protection on a budget, and are 'handy', you can buy just the filters (scroll to bottom of page and look for 'Black Berkey Elements' 2 for \$99). Figure out how to drill a hole in the bottom of a bucket or container, and how to secure the filters with rubber washers, etc. so water put in the bucket can drip thru the filter down to a pitcher or container **below**. **Study the Berkey unit pictures, because Berkey won't tell you how to do this...**

[www.pleasanthillgrain.com/
berkey_light_big_berkey_water_filter_british_berkefeld_portable_purifier.aspx](http://www.pleasanthillgrain.com/berkey_light_big_berkey_water_filter_british_berkefeld_portable_purifier.aspx)

STORING WATER:

Water barrels (available at [www.beprepared.com](http://beprepared.com/))http://beprepared.com/category.asp?Q_c_E_440_A_c2c_E_In_A_name_E_Food%20Storage%20Containers are a great choice. Remember that you'll need a way to get the water in (hose?, buckets?) and out again (siphon, hand-pump?). About \$50 for 33 gallons? And first, you have to decide where you want it, because it is so heavy when filled that it is difficult to move. . It will be very easy. to fill it before problems come. . Then you can use the water and replace it with filtered water.

Walmart's and Dick's Sporting Goods have 5 and 6 gallon containers for under \$10.00 in the camping sections.

And half-gallon and gallon juice containers make durable, 'free' !! containers that work for water OR dried rice/beans/grains. Wash them well, and dry. You can often find lots at community or apartment recycling areas. Avoid soda bottles and milk bottles -- they do not hold up well.

You may need to add something to keep algae from growing, like bleach. See info below

Privacy: Here's a good place to talk about secrecy and discretion... In some Mormon communities, where each family stores at least a year's worth of food, there are a few non-Mormons who brag about *their* survival policy. Having a bigger gun than a Mormon family...

**If you are going to stock up, it may be wise and prudent not to advertise it.
You may want to think about incorporating a 'hiding place' in your home for your supplies...**

Proverbs 27:12 'A prudent man foreseeeth the evil, and hideth himself; but the simple pass on and are punished.' (KJV).

Consumer's Guide: Storing Water Supplies

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The body's need for water is a most important consideration. Most people could live a while without food as long as they have water. Stocking water reserves and learning how to purify contaminated water should be among your top priorities in preparing for an emergency.

How Much Do I Need?

Store a total of at least one gallon per person, per day. This is a good estimate, although everyone's needs will differ, depending upon age, physical condition, activity, diet and climate. A normally active person needs to drink at least two quarts of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need more. You can minimize the amount of water your body needs by reducing activity and staying cool. You will need additional water for food preparation and hygiene.

Storing Emergency Water Supplies

Plastic, glass, fiberglass or enamel-lined metal containers are suitable for storing water supplies. Never use a container that has held toxic (poisonous) substances, because tiny amounts may remain in the container's pores. Intact, durable plastic containers, such as soft drink bottles or those you purchase water in, are best. You can also purchase food-grade plastic buckets or larger containers.

Be sure that lids do not contain paper components. If that is all that is available, add an insert or barrier of polyethylene or polyester plastic.

For ease of use, water containers for personal use should be no larger than 1 or 2 gallons. (If contamination or a leak occurs in a stored container, you also lose less of your supply by using smaller containers.) Two-liter (about 1/2 gallon) plastic soft drink bottles also work well.

Five- or ten-gallon storage drums (intended for water or food) will work well for larger supplies.

Thoroughly wash the container and lid immediately before filling it with treated water (see below). Use clean, hot water and detergent. Rinse well with hot water after washing.

Before storing your water, treat it with a preservative, such as chlorine bleach, to prevent the growth of microorganisms. Use liquid household chlorine bleach that contains 5.25 percent sodium hypochlorite and no soap. Do not use scented or color safe bleaches or bleaches with added cleaners. Some bleach

containers warn, Not For Personal Use. You can disregard these warnings if the label states sodium hypochlorite is the only active ingredient and if you use only the small quantities in these instructions.

Add four drops of bleach per quart of water and stir. Seal your water containers tightly, label them (Purified Drinking Water), date them and store them in a cool, dark place.

Some Quick Conversion Figures

Amount of Water	Amount of Bleach
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1 quart	4 drops
1/2 gallon (about 2 liters)	8 drops or 1/8 teaspoon
1 gallon	16 drops or 1/4 teaspoon

Finding Water in Emergencies

If you haven't put water away in preparation for emergency use during disasters, you do have some other options.

Hidden Water Sources in Your Home

If a natural disaster catches you without a stored supply of clean water, consider all water from wells, cisterns and other delivery systems in the disaster area unsafe until tested. You can prevent contaminated water from entering your house by closing the main incoming water valve. This is especially important if you hear reports of broken water or sewage lines in the area.

The tank of your hot water heater or water pressure tank can supply many gallons of emergency water. You could also use water in your plumbing and in ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl), but purify it first (described later).

To use the water in your hot water tank, first turn off the electric or gas supply to the water heater. (Turn off the gas at the intake valve or turn off the electricity at the circuit breaker, or unplug the unit.) Open the drain at the bottom of the tank to retrieve the water. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty. When power is restored and the tank refills with water, turn on the gas or electric to heat the water.

To use the water in your pipes, open (turn on) the faucet at the highest point in your house. This lets air into the plumbing system. Now you can drain the water from the pipes through the lowest faucet in the house. If the main water valve is closed, be sure that gas to heat the water is turned **off** to prevent overheating.

Water beds hold up to 400 gallons, but some water beds contain toxic chemicals that are not fully removed by many purifiers. If you designate a water bed in your home as an emergency resource, drain it yearly and refill it with fresh water containing two ounces of bleach per 120 gallons.

Emergency Outdoor Water Sources

If you need to seek water outside your home, you can use the sources listed below if you purify the water before using or drinking it.

- Rainwater
- Streams, rivers and other moving bodies of water
- Ponds and lakes
- Natural springs
-

Avoid water with floating material, an odor or dark color. Use saltwater only if you distill it first (described later).

Using Water in Emergencies

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, cholera, typhoid and hepatitis. Purify all water of uncertain condition before using it for drinking, food preparation (including cleaning and cooking) or personal hygiene (brushing your teeth, etc.).

There are many ways to purify water. None are perfect. Often the best solution is a combination of methods. If the water looks cloudy, filter it before purifying. First, let the water sit undisturbed so that any suspended particles settle to the bottom. Then filter the water through layers of clean paper or cotton towels, cheese cloth, or coffee filters. A clean cotton plug in a funnel will also work, as will filters designed for camping and backpacking.

There are two common, easy purification methods for water that can be used prior to consuming or using water. These measures will kill microbes but will not remove other contaminants such as heavy metals, salts, most other chemicals and radioactive fallout.

Boiling

Boiling is the safest method of purifying water. Place the water in a clean saucepan or other cooking container. Bring the water to a rolling boil and continue boiling for 10 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking, keeping it covered during cooling.

Boiled water may taste flat when opened. Improve the flavor by incorporating air into the water by shaking, or pouring it back and forth between two clean containers.

Chlorination

Chlorination uses liquid household chlorine bleach to kill microorganisms. (See page 1 for information on the types of chlorine bleach that are safe to use.) Add two drops of bleach per quart of water (four drops if the water is cloudy), mix thoroughly and let stand for 30 minutes. If the water does not slightly taste and smell of chlorine at that point, add another dose and let stand another 15 minutes. Test again.

If you do not have a dropper, use a spoon and a square-ended strip of paper or thin cloth about 1/4 inch by 2 inches. Put the strip in the spoon with an end hanging down about 1/2 inch below the scoop of the spoon. Place bleach in the spoon and carefully tip it. Drops the size of those from a medicine dropper will drip off the end of the strip.

Note: Chlorination will not kill parasites such as Cryptosporidium or Giardia, which may be present in flood waters. Parasites can cause severe health problems, especially in people with existing illnesses or medical conditions. Boiling is the best choice of treatment for contamination with parasites.

Another Option: Purification Tablets

Another way to purify water, if you get prepared ahead of the emergency, are purification tablets of chlorine or iodine. They are fairly inexpensive and available at most sporting goods stores and some drugstores. Follow the package directions. Double the recommended dose for cloudy water.

More Rigorous Purification Methods

While the three methods described above will remove only microbes from water, the following two purification methods will remove other contaminants. Distillation will remove microbes, heavy metals, salts, most other chemicals, and radioactive dust and dirt, called radioactive fallout. Filtering will also remove radioactive fallout. (Water itself cannot become radioactive, but it can be contaminated by radioactive fallout. It is unsafe to drink water that contains radioactive fallout.)

Distillation involves boiling water and collecting the vapor. The vapor condenses back to water, but will not include salt and other impurities. To distill, use a clean pot with a lid that will stay in place and cover the pot when placed upside down on the top. The lid needs to have a handle in the center, or near-center, top. Fill the clean pot halfway with water. Tie a clean cup to the handle on the pots lid so that the cup will hang right-side-up when the lid is upside-down. The cup should hang suspended above the water, not dangle into the water. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

To make a fallout filter, punch holes in the bottom of a large bucket, and put a layer of gravel in the bucket about 1-1/2 inches high. Cover the gravel with a towel cut in a circle slightly larger than the bucket. Cover the towel with six inches of clayish soil dug from at least 4 inches below ground level. Cover the soil with a towel; place the filter over a large container, and pour contaminated water through. Then, disinfect the filtered water using one of the methods described above. Change the soil in your filter after every 50 quarts of water.

Note: If an emergency arises quickly, fill large, clean containers and bathtubs with water. It can be purified immediately before use, if needed. Ice, soft drinks and fruit juices are water substitutes for drinking in emergencies.

Potential Consumer Question

Q: How long can I store water prepared by these recommendations?

A: Water may be stored for long periods of time, such as 5 years or more, if it does not react with the container or its components. Even though it is heavy, glass is good for this reason. However, polyethylene and polyester (plastic) containers also work well. Avoid plastic milk bottles. Be sure that lids do not contain paper components. Water stored for a long time in proper containers may still taste flat when opened. Improve the flavor by incorporating air into the water by shaking, or pouring it back and forth between two clean containers.

SHELTER / SHELTERING, COOKING, LIGHTING, AND 'STUFF':

You need to consider -- how can you cook your food?

- Camping Stoves: Get lots of bottled gas or propane cylinders
-
- Backpacking Single Burner Stoves: Tiny, jewel-like, intense -- use propane cylinders, etc.;
-
- Sterno: And something to prop your pan on
-
- Charcoal Grills: (outdoor use only or you can be killed by carbon monoxide)
-
- Propane BBQ Grills: a cast iron pot in your fireplace ; and the good ol' campfire...
-
- Solar Oven: You can now buy (or make) a solar oven. Basically a 2' X 2' box with silvered flaps that you adjust to focus sunlight on a black pot in the middle where you put your food. Surprisingly high temperatures are reached -- 200-400 degrees F! Obviously, direct sun is required, but ZERO electricity and ZERO fuel!... Sounds great if it's sunny and you have time. Would probably be super for rice, beans, lentils, soup, etc . Here's some product background:

A recent invention harnesses the greatest and cheapest power source in our solar system to perform a number of life-sustaining tasks.

The device, the Sun Oven, was developed by an entrepreneur and refined with input from Sandia National Laboratories. As its name implies, the Sun Oven is a solar-powered roaster that can cook food, boil water and sterilize medical instruments. The Sun Oven captures and focuses the sun's energy into its black porcelain interior via adjustable aluminum reflectors that open up to Helios-like metallic petals. Weather permitting, the average temperature of the Sun Oven is between 300 and 350 degrees.

Retired restaurateur, Tom Burns, began developing his cordless oven in 1986, a project that reflected both his former profession and concern for living conditions in developing nations. Burns envisioned his creation as a way to help feed the hungry, preserve dwindling wood supplies, improve health care and create jobs.

Thousands of portable models have been shipped to more than 100 countries around the globe. Sun ovens have helped feed refugees in relocation camps, natives in remote Third World villages, workers at field sites, climbers on the slopes of Mount Everest. About \$205 @ <http://www.survivalunlimited.com/solaroven.htm>

And how will you have light in darkness?

- Kerosene lanterns or oil lamps: and extra wicks AND lots of kerosene and/or lamp oil-- get the purer, odorless kind. (Walmarts, or Dick's Sporting Goods locally has them.)
- Propane camping lanterns: like Coleman's brand-- with plenty of propane bottles.
- Candles: can be useful, but need to be supervised- they can cause fires. Votives are safer than tapers. Choose lighter colors for more usable light.
- Flashlights: the new LED kind give bright light with low weight and the batteries last *much longer* than conventional batteries. Many types to choose from, also solar rechargeables -- again, at Wallyworld and Dick's...)

You can get an AC/DC inverter for your car that lets you run regular small appliances and chargers for cell phones, laptops, etc. from your car batteries.

AND HAVE A BATTERY OR CRANK-POWERED AM/FM RADIO WITH SHORTWAVE RECEPTION!

AND GET EXTRA BATTERIES. AND BATTERIES. AND BATTERIES!

How might you communicate?

Cell phones -- assuming towers work-- need to be recharged. There are adapters that will run it from 2 AA batteries (around \$20 at Staples and Harris-Teeter, among others) or car battery chargers, or solar chargers; a crank-powered AM/FM radio *with shortwave reception*; wireless laptop card for internet access -- if available; 'walkie-talkies' (rechargeable and battery powered) whistles; stamps (in case the PO works) ; even flags and banners that you can communicate with neighbors with (Blue = "Come on over-- dinner's ready and Bible Study afterwards!")

How will you stay warm without power, and/or if you have to leave your home.

Sleeping bags: (15 degree F type) for every family member. Store outside of the 'stuff bag' -- roll it loosely and keep it on a shelf-- so the filling doesn't get 'squished' and loose insulating power.

Extra Blankets: You probably have them.

Long Underwear: For all the family. Make sure it's comfy, not scratchy.

Winter Coats: A high quality coat can be a great investment if you have to suddenly leave your home in winter.it's wise to choose 'natural' colors that blend-in with woods and fields, like forest green, tan, camo... Waterproof boots.

Eddie Bauer www.eddiebauer.com

LL Bean www.llbean.com

Patagonia www.patagonia.com warm clothes and camping gear, too

Waterproof Ponchos: Something that if you really need, you will be glad you spent good money on...or wet-and-cranky if you didn't get a better one... (See 'color choices' above.)

Tent: a 'nature-color' might be a much *much* MUCH better choice than a garish 'look-at-me!' type of color.. Get decent, lightweight stakes, too. And silicone waterproofing spray to treat it... Consider getting more than one tent.

Assorted Camping Gear: (also good to have if you have upcoming Pathfinders!) backpacks; hiking boot; waterproof ponchos; warm sleeping bags - 15 degree F, and ground pads; rope; tarps; flashlights; batteries; lanterns; extra fuel; mess kits and utensils; matches: fire-starters; ax; portable stoves; pots; jack-knife; whistles; two-way radios (battery); a crank-powered radio with shortwave reception; duct tape (fixes a lot of things!); water containers; water purification/backpacker's filter and water bottles; portable shower;

shovel or trowel for digging 'outhouse'; toilet paper; small propane heaters; book on survival techniques; appropriate, 'nature-colored', 'blend-in' clothes...

Kerosene Heaters: Provide surprisingly pleasant, comforting warmth and light. Can be used indoors if kept away from flammable things. Watch youngsters and pets. Most have an auto-shut-off valve if they get tipped over.

Home Depot and Lowes have them. Sometimes Sam's Club. A remember to get lots of kerosene, which needs special blue containers to be legal (Home Depot, Lowes, Sams, Walmart...). Some gas stations have kerosene pumps. I think that you can also use diesel fuel, BUT CHECK THIS OUT FIRST!!!

NEVER put gasoline in a kerosene heater. You may get very rapidly hot, and burn down your house *if* it survives the explosion.

Woodburning Stoves: a great alternative if you have one or can get one installed before a crisis and have plenty of seasoned wood. Lehman's sells a newspaper log-roller, if you access to lots of newspaper. It may be difficult to get specialty fuels like pellets, or corn (burning food should be immoral...)

If you have a traditional fireplace, you can get an insert to help capture and direct more heat to your house instead of up the chimney. Which reminds us-- check your chimney and have it professionally cleaned if there is any buildup or you risk a roof fire...

Generator: If you have a generator, consider how much you want to 'advertise' that you are warm and well-lit, while your neighbors -- and passers-by -- may not be in as fortunate a situation...

Getting Around = Transportation:

- It's prudent to get into the habit of keeping you gas tank at least half-full always? (Then, you can leave quickly in an emergency without having to wait in gas lines.)
- If you store gasoline, is it safe, and do you use the proper additive to keep it from going bad?
- Do you have some extra motor oil and transmission fluid socked away?
- Do you have bicycles for everyone, with spare tires and tire pump?
- Do you have a wagon or wheelbarrow, for moving things?
-
-

A trip to Walmart camping section, or Dick's Sporting Goods can offer a lot of the above planning/preparation solutions! Both have branches in New Hope Plaza a few miles from the church. Internet catalogue sites are great, too.

Here's a couple of good places to start:

- CampMor a Pathfinder favorite! -- crammed with camping and survival gear of all descriptions, at *bargain* prices! Many sales and specials. www.campmor.com
- Cabelas huge providers of outdoor gear and discount camping equipment -- lots of sales and specials. www.cabelas.com

- Lehman's Non-Electric Catalogue 'Where Old-Fashioned Is In Fashion'. Lehman's is a famous store in Ohio that caters to the local Amish and Mennonites community. They have branched out and gone internet, because they actually have a huge potential market -- they only sell merchandise that does not need electricity. Much of it is like Great Grama used -- old-fashioned and some is handmade, and some is actually ultramodernly 'green' designed. Woodburning stoves; gardening implements; canning supplies; washing machines; lanterns; slender buckets designed to slip down your well tubing after you pull out your non-working (electric) motor; hand pumps for wells; grain grinders; newspaper log-rollers; . propane refrigerators -- the list is intriguing and long, and proves that the Amish are definitely not unsophisticated dolts. Quite a few must have a taste for the finer things in life, as indicated by different price points -- from simple to sky-high -- on the same types of goods. Check out the luxury wood stoves! www.lehmans.com
- The Survival Unlimited Site: Not a fancy place, but has *lots* of extremely useful things. www.survivalunlimited.com

You also need to consider how you can usefully fill your time; and grow spiritually; and worship and witness; and entertain children., especially if schools are closed...

Reading and studying The Bible, EGW and other religious books; hymnal; witnessing tools; solar powered or battery portable DVD player or laptop; CD player; appropriate media, esp. witnessing DVDs and CDs and tapes; survival, natural healing, first aid, and other 'how-to' books; wholesome board games like chess and checker; cards; lots of paper; writing and drawing materials; books, books, books...

And, remember, consider getting The Encyclopedia of Country Living, by Carla Emery, or a reference book like it. It's a fascinating compilation that covers an amazing amount of information, including gardening, storing seeds, edible wild plants, first aid and prepping is. If it's not at the bookstore, order it from Amazon.com for \$19.77 with confidence that it is top rated and very useful even if nothing ever happens... This book could save your life. (Did you know you can eat cattail roots?)

PREPAREDNESS-- HEALTH CONSIDERATIONS:

Health -- In a crisis, conventional medical help may be unavailable.

A hurricane or ice storm can make roads impassable. In a pandemic, doctors and medical staff may be struck down first... In a martial law or terrorism lockdown, any travel may be forbidden...

If standard medical assistance suddenly becomes unavailable, what can YOU do?

Here are some options to investigate.. It is vital to start now if you want to try any of these, because they may not be available in a crisis, and internet access may be gone. You need to make informed decisions BEFORE you try to use any of these, and feel comfortable with them. You may want to get some reference books on natural healing as well.

(I am not endorsing these, just setting out some information for your consideration and further research. I have, however, used many of these for myself and my children.)

With all the natural remedies, you need to start taking them at the very first sign of trouble-- sneezing, sore throat, that 'ach-ey' feeling... before the germs get a real foothold in your system ... AND go straight to bed, stay flat and still and very, very warm -- with multiple hot water bottles if you're cold. Eat lightly, if at all... fresh fruit is good and easy to digest. REST HELPS HEALING!... By morning you may surprised how good you feel! Keep taking whatever you're using and scale back your activity for the next day or so.

- Garlic (Organic is best. And fresh. Peel it, chop it very fine, then there are many options, as long as it is kept raw and used soon... take it straight, mix it in food, grind it with a mortar and pestle and some sea salt and a bit of olive oil to make a paste. It is an all-purpose cooking ingredient as well. It seems to be more potent for health reasons to consume it raw, especially if using for sickness. Raw garlic JUICE has been called 'nuclear weaponry' against germs... It takes about a pound of fresh organic garlic to make a few ounces of juice.)
'Garlic Beats Hospital 'SuperBug' / MRSA
<http://news.bbc.co.uk/2/hi/health/3344325.stm>
- Activated Charcoal (Powdered. It is opalescent black when stirred into juice or water, but is tasteless, with only a bit of a gritty texture. EGW has greatly recommended this natural substance. It is a multiple powerhouse-- can help with bee stings - make a thick paste with a bit of water, apply to sting, said to draw the poison out. And food poisoning-- drink in water and the granules absorb the toxins. Get it in a big cannister (not in capsules -- it's so much cheaper) at the health food store, Whole Foods, or online. Other uses, too, get a book or do web research.)
- Vitamin C (The powdered kind has many advantages. It is concentrated -- 1/4 tsp = 1000 mg -- it can easily be mixed in liquids, and dissolves in the digestive system. It is very sour, so mixing it with juice helps. You would have to swallow 4 big pills with additives to get the 4000 mg contained in one teaspoon. Do your own investigation to decide what are appropriate amounts to use, and what circumstances to use it. It is slated to be outlawed in Canada soon. It has been hailed as a 'wonder substance' by many, including Linus Pauling, a double Nobel Prize winner. Trader Joe's sells 8 oz. powdered bottles for \$9.99 in their vitamin section.)
- 'Vitamin C Has Cancer-Fighting Abilities -- Mainstream cancer journal
http://www.enn.com/top_stories/article/22908

- CamuCamu (The most potent source of vitamin C is an Amazon fruit- called camu camu. When it is dried and powdered, the result has a 'C' content 50 times higher than oranges.)
4 oz. @ \$22.50 [www.goodcausewellness.com/ servlet/Detail?no=40](http://www.goodcausewellness.com/servlet/Detail?no=40)
- Hydrogen Peroxide (Available at drug stores, Walmarts, etc..For external use on cuts, sores, mouthwash --don't swallow-- *destroys, kills, eradicates, and vaporizes* germs on contact with that really fun 'fizzing' that lets you know it's working. Some sources claim you can take it internally to kill germs, but the diluted food-grade only -- *not* the regular drug store 3% kind. Also some say to drop-kick a cold or flu before it really takes hold, one can drip several drops of 3% into each ear as one lays on one's side but this, as all this info, may be an old wives tale and one would need to do one's own research before trying it.)
- Homeopathic Remedies (Extremely diluted solutions that are said to be good for specific conditions. It may be helpful to have a kit of them, and get used to using them. A guidebook is required. The British royal family depends on homeopathic doctors rather than 'regular' doctors... Arnica Montana at any concentration is extremely useful for preventing the effects of trauma and injuries. *RUSH* to your little blue tube of Arnica Montana when there is an injury of any kind -- shake out 2 or 3 tiny tablets under the tongue ASAP, and be surprised how quickly they work, even if you 'don't believe in' or understand homeopathy... (Just be sure not to touch them, it is said to interfere with the stored energy). Avail @ Whole Foods for sure, and other health-food stores.
- Herbal remedies (Can't get much more natural than this -- except fasting!-- but unless you can make them yourself a good source is important. We like Dr.Schultze @ American Botanical Pharmacy www.herbdoc.com because he is very dedicated to producing classical remedies that are very strong, from organic and wild-gathered ingredients. Check out the 'Echinacea Plus' tonic. And 'SuperTonic' -- both for helping conquer flu etc. in the early stages.
- Also Dr. Mariah McCain www.herbalhealer.com has interesting herbal products. Her on-sale specials are here: <http://www.herbalhealer.com/postcards.html> She also is said to have the best ESSIAC 4 Herb anti-cancer 'tea' available... Google 'essiac' + cancer...
- Both of these people are very dedicated, have excellent reputations, and have been healing with herbals for years, not just selling someone else's products. Their products are not cheap, but are very high-quality, which is important in a 'gray area' of no standardizations.)
- 'Anti-Plague' Tonic (You can buy this from Dr. Schultze above for \$22 for 2 oz.--- OR--- you can make it at home, yourself for MUCH less! Probably under \$12 for a *quart!*
- You need roughly even weights of fresh *organic if at all possible* garlic, ginger, horseradish root, and hot red peppers-- the hotter the better. Chop them up very fine --a Cuisinart is good-- and then put the 'chop' in a glass jar that will hold it all, and fill the jar to the top with *organic raw* apple cider vinegar (like Bragg's). You can try 8 oz. each of each solid ingredient and 1 qt. of ACV. Can't hurt if you add a chopped organic onion, too. Now, leave the jar out at room temperature for thirty days. Shake the jar gently a couple of times a day. When time is up, strain and drain the now-precious liquid -- this is one of the Tonic/elixir that is said to be able to knock out almost any biological-based disease with a few teaspoons several times a day. You may appreciate having maple syrup available to add to this! Actually, if you like hot things, this Tonic makes very good salad dressing -- just add some olive oil!)

In an emergency situation, of course you can use it earlier than thirty days... there are no 'rules' with these natural healing regimes-- you have to listen to your body...

With all the natural remedies, you need to start taking them at the very first sign of trouble-- sneezing, sore throat, that 'ach-ey' feeling... before the germs get a real foothold in your system ... AND go straight to bed, stay flat and still and very, very warm -- with multiple hot water bottles if you're cold. Eat lightly, if at all... fresh fruit is good and easy to digest. REST HELPS HEALING!... By morning you may surprised how good you feel! Keep taking whatever you're using and scale back your activity for the next day or so.

- Olive Leaf Extract (An ancient, 'lost' / rediscovered remedy from olive leaves. Can be in capsules or in liquid extract. Liquid extract still contains a tiny amount of alcohol needed for the extraction process -- if this is a problem, put the drops into hot water or tea and the alcohol evaporates. Mariah McCain has it both ways.) _
- Oil Of Oregano (An extract from wild-gathered oregano/thyme plants that is said to be a very potent anti-viral, anti-bacterial, anti-fungal agent. Tastes like turpentine--so put it in juice ! It's an extract, so it has a bit of alcohol remaining. It should also last 'for years'.)
• Avail from Mariah McCain.) www.herbalhealer.com
- Grade B Maple Syrup (Organic is best. A sweetener for everyplace you would use sugar. Substitute it for sugar and get a few extra B vitamins, plus the price -- makes you stop to consider how much you really *want* your tea sweet... you can cut back also because it seems sweeter per tsp. This is here because the most effective remedies in the world have no value if you can't get your kids or the sick person to swallow them! Some of them taste really bad or intense, and some maple syrup and juice helps them be more palatable-- like magic! And without refined sugar's devitalizing, health-sapping effects.)
You can buy @\$17.99/ quart, going up recently at Trader Joe's and Whole Foods...
- Bottled Organic Juice (For mixing the remedies with, along with maple syrup... ('Cures' are of no use if your patient won't take them!) In a pinch, you can try Tang, which stores well, or even soda, but they add some stress to the body.)
- Baking Soda (Can substitute for toothpaste - make a paste with water or hydrogen peroxide; can sooth insect bites, troubled skin and rashes; can alkinalize/ de-acidify the body. Do some research to see if this might be useful.)
- Grapefruit Seed Extract -GSE (It kills germs. The medical establishment actually recognizes this as a surface disinfectant. Allegedly works outside the body and inside. 'Kissin' cousin' to Tea Tree Oil, but more versatile and doesn't smell like turpentine. A drop can be used as underarm deodorant now and then. Or rub a drop diluted with some olive oil on feet/ between toes to zap athlete's foot. Tastes like gasoline on steroids. A quart may last you decades and cure the whole neighborhood of pandemic flu as well.) www.nutriteam.com/citricidal.htm Prices: www.nutriteam.com/servlet/the-Citricidal/Categories
- Colloidal Silver (An anti-bacterial, anti-viral, anti-fungal agent made from splitting pure silver molecules from solid silver into into dilute colloidal suspension in distilled water by means of electrolysis. Do your own research on this. The medical establishment says it is potentially dangerous. You can make your own (google) but I prefer to purchase it, as it is much stronger. The very best brand is widely said to be from Mariah McCain www.herbalhealer.com 500 ppm and is quite expensive. \$150/quart -- but cheaper than most

prescription antibiotics... Many, including me, firmly believe it is worth it, and wouldn't be without it, for both external and internal use. Sale price thru Oct. 14 @ www.herbalhealer.com/postcards.html Note: This product is water based and can't be shipped in the winter...)

- Cayenne Pepper (Useful for killing germs internally. Said by herbalists to be able to stop a heart attack by putting a half tsp in their mouth-- the shock sends blood surging through the veins! and arteries and opens capillaries.
(Can also be sprinkled on your footprints to stop tracking dogs.)
- Hot Water Bottles Have severa!. For warming up people and little ones to keep them cozy and from getting sick, and for physically driving away those 'chills' that come with flu by raising body temperature. (Recently, have you noticed that sometimes borderline or ill people have had a *below normal* body temperature?)...
- Bleach For disinfecting things, including drinking water, and objects and clothing used by sick people. Read packaging info for proper dilutions. Not for internal use or on skin! Get a good brand without additives like 'flower smells'... like 'Clorox' regular...
- Disposable Face Masks Some -- maybe minor -- protection against germs in public, or taking care of ill people... (You can saturate it with some of the remedies above, too.)
- Disposable Latex Gloves same as above...
- 'Normal' First-Aid Supplies Band-aids, elastic bandages, aspirin, cotton, etc.
- Any Prescription Or Drugstore Medications You Depend On...
- Extra Eyeglasses
- MMS (Highly recommended as anti-parasite agent, but I haven't used it. Info here, including a free book download: <http://www.eliminate-parasites.com>)

AND REMEMBER THE TOILET PAPER! (Sam's Club...)

AND PAPER TOWELS?

AND PAPER PLATES ?

Here is another 'Anti-Plague' Formula from an Adventist . FYI only. I haven't used it. Sue

PLAGUE REMEDY

We have found out that if the United States goes to war with Iran, a very real possibility, that Iran is prepared to unleash biological warfare with deadly viruses here on our soil. We found a remedy for end-time plagues in an old herbologist's book that is now out of print. This herbologist stated that he prayed and asked God for an end-time, anti-plague formula and God did give him the answer. He shared this formula in his seminars. This herbologist told a story about how a plague hit a small town and the doctors had no idea what to do as they had never seen anything like it. This was not put on the news as they did not want people panicking. It so happened that some of the people in this town had already made up this anti-plague formula in advance. They asked the doctors if they could give this formula to the victims and the doctors consented. Whoever took it, lived. He also told about a couple who arrived home to find their four expensive dogs at the point of death due to being poisoned. They grabbed their anti-plague formula and managed to get it down two dogs but by the time they got to the other two dogs they had died. The two that received this formula lived. That's how fast and how powerful this formula is. This herbologist recommends that you carry some of this with you at all times, wherever you go. Here is the recipe.

ANTI-PLAGUE FORMULA

This fights outbreaks of any kind such as colds, flus and any rapid systemic infections.

4 oz black walnut concentrate

4 oz wormwood concentrate

4 oz marshmallow root concentrate

4 oz oak bark concentrate

4 oz lobelia leaf or seed concentrate

4 oz mullein leaf concentrate

4 oz skullcap leaf concentrate

4 oz uva ursi, hydrangea or gravel root concentrate

8 oz comfrey root concentrate

32 oz Bragg's organic apple cider vinegar

20 oz honey (raw, unfiltered, and local is best)

20 oz vegetable glycerine

8 oz garlic juice (fresh, raw, organic)

Each concentrate should be made individually. Start by soaking each herb for 4 hours or more in enough distilled water to cover them. After soaking, add more distilled water so that total added water equals 16 oz water per 4 oz herbs. Then simmer on very low heat in a covered saucepan or double boiler for 30 min. Strain and place into an uncovered clean pan and simmer down to 1/4th the original amount—4 oz. Each concentrate should be made separately and then mixed when entire formula is blended together. Approx 1 gallon will be made. To make eight ounces of garlic juice takes one full pound of fresh garlic. Don't get a lot of juice out of garlic but what you get out is nuclear weaponry. Can't take garlic juice straight or even put on skin straight as will burn skin off. Dosage: 1 tsp 3 times daily up to 1 Tbsp every 1/2 hour, depending on patient's condition. We recommend that you store this in four glass canning jars. **Never** store anything in plastic that you are going to consume as plastic leaches chemicals into whatever is stored in it. You can order these herbs from Mountain Rose Herbs at (800) 879-3337. Or you can order from Pacific Botanicals at 541-479-7777. Pacific Botanicals only sells by the pound, however, so if you want to make just one recipe, get 3 other friends and order from Pacific Botanicals together, or make 4 gallons so you have plenty to help those around you. If a severe, fast-spreading plague hits your area, you will need it. This anti-plague formula will keep indefinitely. Lobelia seeds are more powerful than lobelia leaves, but are much more expensive, so we are going to make ours with half lobelia seeds and half lobelia leaves. Mountain Rose does not carry the lobelia seeds, but Pacific Botanicals does. We ordered the NOW brand of vegetable glycerine from MyVitaNet.com or call 800-807-8080. You can get the apple cider vinegar from your local health food store. We are estimating that it is going to cost about \$90 per gallon to make this anti-plague formula. And never forget, the most powerful remedy there is—is prayer.

ECONOMICS:

Banks: In a crisis, you may not be able to get any money from your bank accounts. Be aware that you may be suddenly denied access to your money. Hurricane Fran closed many local banks for five days. A national banking crisis or martial law could close ALL banks for months. Credit and debit cards may be frozen. This may happen without warning! It already has happened to depositors in failed banks in the US and UK -- although access has been quickly restored with reorganization.

It may be A Really Good Idea to have cash for several months of living expenses set quietly aside. Make sure you have a lot of small bills, because changing big bills may be problematic.

Your access to any safety deposit boxes may be denied, too. It happened nation-wide in 1933, when gold was confiscated from the US citizens by the US government, and it can happen again.i

There is not enough money in the entire American taxable economy to insure that the FDIC can repay even a fraction of anyone who loses their money in a massive chain of bank failures. So far, so good, the FDIC works,,, but ...

Stock Market: Many respected economic writers and serious investors (like Jim Rogers and Warren Buffet) are saying that a devastating crash is imminent... Check your investments carefully...

Mortgages: You may have to decide if it worth it to keep up your mortgage if you find your home is suddenly worth far less than the amount owed. This may be a moral dilemma -- do you keep your contract and struggle to keep paying a possibly unsustainable debt? Some people are walking away, claiming that they were lied to and defrauded from the start, so there never was a valid contract' obligation to begin with. (There may be evidence that the entire mortgage/banking system is built on lies... google 'mortgage fraud') Either way, or even if you own free-and-clear, can you link up with other families and share housing and expenses?

Gold and Silver: THE classic store of value, since Biblical times, especially in troubled times. It is difficult to actually buy any recently, due to a supply squeeze probably caused by artificially low prices. (Nobody wants to sell any silver for \$12 - \$13 an oz!) If you are interested in reputable online sources, contact me and I can send you suggestions.

Trade AND here's something else to consider... what do you know that can be of value or service to others?

What skills or talents or training that can could used to help, or for bartering?

In the Great Depression of 1929, many families survived by trading. People might swap a sack of potatoes and a chicken for a doctor setting a broken arm... butter was traded for home-canned goods; matches can be exchanged for toilet paper, etc.

Are you a doctor, dentist, nurse or health professional? You will need to get supplies.

What about your hobbies or interests-- Do you know woodworking... have a knack for fixing things... sewing... farming... gardening... hair-cutting?

What would you need to do or get RIGHT NOW to be able to make your skills barterable?(Haircutter -- top-quality scissors, non-electric razors, rubbing alcohol in gallons for disinfecting, etc.) (Woodworker -- your own hand tools, lumber...)

Some Good Barter Things:

- matches
- toilet paper
- pet food
- batteries
- lamp oil
- chocolate! and other luxury candy
- honey, sweeteners
- duct tape

SOME WEBSITES:

***** VERY IMPORTANT*****

<http://gospelministry.org> David Gates is one of Adventism's most respected and 'successful' missionary soul-winning pastors. He has founded and is running many international ministries (funded by the Grace of God), including several television and radio evangelism stations and networks in South America, and other places.

His credentials are very impressive. Plus, as a long-time missionary pilot, flying by the seat of his pants in small planes in dangerous situations, he is quite responsible and level-headed...

He has posted two very recent (8/16/8) audios of presentations where he discuss a nightmarish scenario of onrushing economic collapse in America, and martial law, and some things that are too awful to write here. -- and talks about things God's People should do to prepare, both personally and spiritually...

He shares some very alarming information.

These will DEFINITELY get your attention. Pass it on if it makes sense.

The Approaching Storm -- Introduction #1 (Collegedale Aug.2, 08)

The Approaching Storm -- How much time do we have #2 (Montreal Aug 16 08)

Speaker: David Gates Both parts of "The Approaching Storm" is now available in English and Spanish. It contains the latest material showing that how God is intervening to keep open the doors a little longer so God's people can work. http://gospelministry.org/blog/?page_id=486

These are secular websites -- must be read with discernment!

But they all go 'behind-the-scenes' to show how much is going wrong right now, and there is a common agreement that we are heading into catastrophic trouble very very soon...

www.rense.com Jeff Rense runs the foremost 'alternate news' site on the Internet. He collects an impressively wide variety of information and articles from worldwide sources. There are columnists and artists who work specifically for the site. Readers send him articles, too. It is free, with only a little bit of discreet advertising. Fast moving -- he adds new material every few hours. If you want to be 'awakened' to the possibility of society-wide deceptions, and want an alternative news source instead of the standard lies and 'It's all OK...' mindset that the 'mainstream' media spews out, this is an amazing place to start.

www.marketoracle.co.uk/ Based in Great Britain, The Market Oracle is a constantly updated collection of worldwide economic articles that won't be found in USA Today or the Wall Street Journal. Well-respected writers in different economic fields cut behind the 'happy face/sad face' economy commentary scene and paint a picture of appalling economic mismanagement and catastrophe falling dominos starting to befall the whole globe.

www.theinternationalforecaster.com Bob Chapman is a Christian writer who seems to understand The End Times, although he writes his economic forecast mainly for a secular audience. The main page has free information. His newsletter service is by paid subscription, but there is a link on the left-hand menu bar where you can request up to three issues for free. It would be very instructive and worthwhile to do so.

SOME PREP ARTICLES:

How To Protect Yourself In A Pandemic:

www.rense.com/general82/pandemic.htm

Ten Things To Remember If Confronted By The Police:

www.bspcn.com/2007/09/21/10-things-to-remember-when-confronted-by-the-police/

US Gov Has No Food Reserves For Us-- Your Own Preparation Is Vital!

http://disc.yourwebapps.com/discussion.cgi?id=149495;article=120047;show_parent=1

Here's a list to think about from an Adventist friend:

SURVIVAL PACK For A QUICK 'BUG-OUT'

Large fanny pack from REI, www.rei.com. In this I put the following items.

A survival book like *Nature Bound Pocket Field Guide* by Ron Dawson available at www.amazon.com. This amazing field guide is very small, comes in a waterproof plastic case, and contains everything you need to know about survival, including pictures of wild edible plants.

Highly recommend that you get this.

Tarp. With this one can construct a tent if necessary. Or lightweight backpacking tent.

Rope. Small first aid kit.

RAT-3 or RAT-5 combat knife or heavy duty jack-knife.. With this one can cut rope and also cut off the inner bark from pine trees which is edible and one can live off of this for a long time.

Salt shaker filled with cayenne pepper. If one has to flee and has dogs after them, sprinkle cayenne pepper behind you and the dogs won't be able to follow your scent.

Katadyn Pocket Filter. (To get the best price, type in "lowest price Katadyn" on the internet.)

This filters everything out, including bacteria and Giardia, except for viruses. To do that you need water purification tablets or a colloidal silver making kit. Also a canteen or bottle for water.

Datrex Emergency Food Bars to get you by until you can get settled and get food, available at www.nitro-pak.com or 800-866-4876. LED Wind 'N Go Hand Crank Flashlight available at

Nitro-pak. Or LED flashlight with extra batteries.

Metal cup. You can use this for cooking in as well as drinking.

Emergency poncho to keep yourself dry in rain.

Emergency blanket. This looks like aluminum foil and folds up very compactly and will help keep you warm.

Lip balm. I put in a bottle of Un-Petroleum Jelly which can also be used for hand cream.

2 cigarette lighters. Great for starting fires.

Small plastic bottle with snap-on lid that camera film comes in filled with dryer lint which is great for starting fires.

Knife, spoon, fork. Small sewing kit. Toothbrush and small tube of toothpaste

Soap, soapdish, comb, small Bible in plastic

Compass, topo map of your area

Bottle of potassium iodide. Ki4u available at www.ki4u.com. This will protect you from nuclear fallout taking residence in your thyroid gland and causing thyroid cancer. In case of a nuclear attack. Can save your life.

Small bottle of tea tree oil. This is a disinfectant and hand cleanser.

Razor and fingernail clippers. Cayenne pepper to sprinkle on your footsteps to throw dogs off your scent.

Magnesium fire starter, or lots of matches in a waterproof container. Or lighters. Or all...

Pillowcase filled with an extra set of clothes, plus several pairs of socks and underwear, towel and washcloth. Can also be used as a pillow

Lightweight sleeping bag that is good for at least 15 degree F cold temps.

To escape, strap your fanny pack filled with the above items on your hips, and grab your sleeping bag in one hand and the pillowcase filled with clothes in the other and you are set to run in a hurry.