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Grandpa Dave's

Emergency Preparedness Ideas

"Organize yourselves; prepare every needful thing"

(D&C 109:8).

• Warnings:

- "Are these perilous times? **They are.** But there is **no need to fear.** We can have **peace** in our hearts and peace in our homes. – Pres. Hinckley
- "We have been counseled **again** and **again** concerning **self-reliance**, concerning **debt**, concerning **thrift**. So many of our people are heavily in debt for things that are not entirely necessary ... I do not know what the future holds. I do not wish to sound negative, **but I wish to remind you of the warnings of scripture and the teachings of the prophets which we have had constantly before us.** I cannot forget the great lesson of Pharaoh's dream of the fat and lean kine and of the full and withered stalks of corn. I cannot dismiss from my mind the grim warnings of the Lord as set forth in the 24th chapter of Matthew." – Pres. Hinckley
- "Let us never lose sight of **the dream of Pharaoh** concerning the fat cattle and the lean, the full ears of corn, and the blasted ears; the meaning of which was interpreted by Joseph to indicate years of plenty and years of scarcity" (see **Genesis 41:1–36**). _ Pres. Hinckley General Conf. - October 2005
- "The strength of the Church welfare program lies in **every family** following the inspired direction of the Church leaders to be self-sustaining through adequate preparation." – Pres. Benson
- "We encourage families to have on hand this year's supply; **and we say it over and over and over and repeat over and over the scripture of the Lord where he says, "Why call ye me, Lord, Lord, and do not the things which I say?"**(Luke 6:46.) How empty it is as they put their spirituality, so-called, into action and call him by his important names, **but fail to do the things which he says.** (76-24)" - Pres. Spencer W. Kimball
- "Should the Lord decide at this time to cleanse the Church -- and the need for that cleansing seems to be increasing -- **a famine in this land of one year's duration could wipe out a large percentage of slothful members, including some ward and stake officers.** Yet we cannot say we have not been warned. (God, Family, Country, p. 383.) – Pres. Benson
- "The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah." (CR October 1980, Ensign 10 [November 1980]: 33.) – Pres. Benson

• Plans

- **STEP 1: Start an Emergency Notebook TODAY!!** Put all your info and plans in it.
- **STEP 2: Develop Individual Plans** for **72 hour, 1 week, 1 month, 3 months, 1 year, 3 year, evacuation plans**
 - Different Scenarios: Winter time, at home, at home but can't use home, away from home, earthquake,
 - Set Time Lines!! (on getting things done) Create check off lists – put dates and times on each item.
"I think it not extreme for me to say at this point that when all is written about the events to come, we may have hardly enough time to prepare, even if all our resources, spiritual and temporal, are taxed to the limit. (Pres. Benson - "The Training Challenge," General Welfare Services Committee, Salt Lake City, Utah, 2 February 1977.) **Create Budgets** - to accomplish your plans.
"You do not need to go into debt to obtain a year's supply. Plan to build up your food supply just as you would a savings account. Save a little for storage from each paycheck." – Pres. Benson
 - **Set priorities of what to do, what to buy, and when !** "If you are saving and planning for a second car or a television set or some item which merely adds to your comfort or pleasure, **you may need to change your priorities. We urge you to do this prayerfully and do it now. I speak with a feeling of great urgency.**" (CR October 1980, Ensign 10 [November 1980]: 33.) – Pres. Benson
 - Determine how you will deal with extended family ... and your neighbors. **Do you need extra items?**
- **STEP 3: Take your plans to the Lord** – ask for help – remember the story of Brother of Jared.

• Food Supply

- Create Menus: 72 hr, 1 week, 1 month, 3 months, 1 year (start using now) From the menus, create the list of food items you will need to have on hand. What food do you eat first?? – don't grind wheat and bake bread during your first 72 hours ☺ What are you going to cook on ? Alcohol stoves, wood stoves, propane stoves Pressure cookers are a must!
- **WHEAT**
*"All grain is good for the food of man" (D&C 89:16), the Lord states, **but He particularly singles out wheat**. Dry, whole, hard grains, when stored properly, can last indefinitely, and **their nutritional value can be enhanced through sprouting, if desired**. From the standpoint of food production, storage, handling, and the Lord's counsel, **wheat should have high priority**. **Water, of course, is essential**. Other basics could include honey or sugar, legumes, milk products or substitutes, and salt or its equivalent." - Pres. Benson*
- F. Enzo Busche (Seventy, 1977) "Ensign," June 1982 "**What were the most valuable items in the days of starvation in Germany?**" (#1 Vegetable Oil, #2 Grains, #3 Honey, #4 Powered Milk) – (copy of talk is on my web site)
- **Fresh spouts** are great for the extended emergencies!!
- Have a fresh supply of **vitamins** to supplement the lack of fresh food.
- **Preserving fuel will be essential!!** GOAL: how do I cook using the least amount of fuel??

• Water Supply

"Natural disasters such as floods or earthquakes may pollute or disrupt water supplies.

***Water is more essential than food in sustaining life.** It is wise to have an emergency storage of at least 14 gallons per person. **The water MUST be pure, treated to prevent microbial growth ...**"*

Quote from the Church of Jesus Christ of Latter-day Saints www.providentliving.org

- How much to store: 2 gallons/person/day, 750 gallons/person/year
- What do you do when your water runs out? Sources of water: locate them now! Know the dangers in water sources!
- Types of purification: distill, Clorox, iodine, filters
- Great for bartering purposes !! Don't haul your own water again !! Trade for other items !!

• Fuel Supply

- Alcohol – very cheap, propane, wood, coal, charcoal (50 cents/bag miracle), gas – only lasts a few weeks – need stabilizer),
- **IMPORTANT**: Decide on which fuel will serve which purpose: heating, cooking, lighting. Decide how you will get a 1 year supply for each purpose.
- **NOTE**: the colder temperatures affect the amount of propane you have – **HINT**: keep your tanks warm
- **Solar energy** could be used to recharge your batteries. (to serve primarily for lighting. Build an inexpensive solar oven for cooking or a heater oven (see my web site).

• Medical

- First Aid, CPR, ... think of what a doctor or nurse might want to have on hand (i.e. surgical kits)
- Medical books – first aid books
- Medications long term medications: real concern

• Shelter

- Types: RV, Trailer, tents, cars, (**NOTE**: some RVs and trailers have propane refrigerators, propane heaters, battery operated lights, stoves - perhaps buying an old used one and fixing it up would be good -- it is also a good place to store your evacuation items / 72 hour items) (**NOTE**: - add the capability of connecting external propane tanks to the trailer/RV).
- Determine the weaknesses of each possible shelter and how you will overcome them.
- Winter time – **REMEMBER THE HARD CART PIONEERS!** You need to be able to insulate the walls and ceiling ("white is beautiful")
- Heating?? Wood stoves, New catalytic propane heaters, (portable carbon monoxide monitors are a must !!)
- Lighting?? Flashlights, glow sticks, look at new LED lights and 14 volt fluorescent light bulbs.
- For long term disasters you may need **additional tents**: (1) for supplies, (2) for port-a-potty, (3) for showering (4) a separate place for people to be along, (5) a play tent for the children, (6) a 'time-out' tent for anyone needing to be along, (6) a reading tent, etc..

- **Sanitation**

- Port-a-potties (several) , toilet paper, hand sanitizer, wet wipes,
- Women’s sanitary items , diapers for children and adults,
- Clothes washing and drying (use the “bucket”)

- **Transportation**

- How will you haul items ? How will you get/transport people?
- Tornado/Earthquake: roads will be blocked!! What will you do?
- What types of transportation will you need? (bikes, motorcycles, 4 wheelers, roller skates, etc.)

- **Communications**

- Essential to know what is going on and in staying in touch
- Ham Radio (35 multi-choice question), CBs, **NOTE:** cell phones/home portable phones are **useless** in disaster - need at least one plain phone.
- Identify an outside contact to coordinate information (outside of state)
- Create a message board on house if you have to leave --- leave messages on car if you have to abandon, --- leaving “cookie-crumb” messages along trail if you have to travel on foot

- **Finance**

- Get out of debt,
- Keep \$100 cash in each car, \$300-500 at home (buy a fire proof safe)
- Investing in food stocks rather than money stocks
- ***"When we really get into hard times," said President J. Reuben Clark, Jr., "where food is scarce or there is none at all, and so with clothing and shelter, money may be no good for there may be nothing to buy, and you cannot eat money, you cannot get enough of it together to burn to keep warm, and you cannot wear it."*** (Church News [21 November 1953]: 4.)

- **Construction Items**

- Earthquake in San Fernando Valley -1992: all chimneys down, all walls down, broken windows
- Clear heavy plastic sheeting, extra 4x8 sheets of plywood, extra shingles, staples, nails, furring strips,
- Chain saw, gas generators, saws, hammers,

- **“Bartering”**

*“...When we think in terms of our own year's supply of those foods and materials we use on a regular basis, we may feel that every family will have to store everything. This, of course, is not easy and seems to make storage difficult. However, let me offer this comforting idea based on past experience. **We need to take into consideration that in difficult times, so long as there survives more than one family, there will be trading of valuable items.** A free market will begin immediately to satisfy the needs of the people, and **items in greatest demand will set the price, bypassing the use of money.** The ingeniousness of mankind becomes evident in times of need. When man is presented with a problem or challenge, if he is in a healthy spirit - which hopefully we are – he will find solutions that he never dreamed of. When a person has a good, healthy spirit, is able to adjust and is not afraid to use his imagination, he will find ways to survive.”* **F. Enzo Busche (Seventy, 1977) "Ensign," June 1982**

- **Services and Products** - stock up on those items that could be used for trading.
 - **PRODUCTS:** Toilet paper, women’s sanitary items, batteries, purified water, bread, matches, flash lights, women’s sanitary items, diapers, “everlasting yeast”, bags of sprouts, vegetable oil (***“With a bottle of vegetable oil, one could acquire nearly every other desirable item. It had such value that with a quart of vegetable oil one could probably trade for three bushels of apples or three hundred pounds of potatoes. etc.”*** - **F. Enzo Busche**)
 - **SERVICES:** Water purifying, wheat grinding, bread making, using gas generators (to run wheat grinders, wheat mills, bread making machines, freezers, etc.), making clothes/shoes, hauling water, providing hot showers, providing clean port-a-potty services,

SECRET: think out of the box !!!

- **Last Thoughts**

Do family drills often, get the kids involved	Have a pair of shoes at bedside – broken glass is the #1 problem in earthquakes	Put a whistle/flashlight/glowstick together on each bedroom door,
Make a prioritized evacuation. “First Things First”	Teach your family to TRUST in the Lord and be NOT AFRAID	<u>SMILE A LOT ☺</u>

Water

Why Store Water?

Natural disasters such as floods or earthquakes may pollute or disrupt water supplies. Water is more essential than food in sustaining life. It is wise to have an emergency storage of at least 14 gallons per person. The water must be pure, treated to prevent microbial growth, and stored in food-grade containers that will protect both flavor and purity.

Pre-storage Treatments: To prevent buildup of bacteria or algae, use household bleach (5% sodium hypochlorite).

No additional household bleach is needed when water comes directly from a good pre-treated municipal water supply.

Add 8 drops (1/2 teaspoon) household bleach per gallon if water is clear, but not chlorinated.

Add 16 drops (1 teaspoon) of household bleach (5% sodium hypochlorite) per gallon if water is cloudy.

Let water stand for 30 minutes before use.

Pre-use Treatments : If the water is not pure, use one of the following treatment methods:

Filtration	There are many good water filters on the market. The activated charcoal type can also remove bad tastes. Some models also add chemicals to kill bacteria.
Chemical	Good treatment chemicals can be acquired from most outdoor supply stores.
Boiling	Boil water for three to five minutes, depending on elevation (the higher the elevation, the longer the water should be boiled).
Distilling	This is the most effective method of water purification. However, it is slow, and the equipment required is expensive. If you plan to use this method, advanced preparation will be necessary.

Water Storage Containers : Good water storage containers are airtight, resistant to breakage, and heavy enough to hold water. They should have a lining that will not rust or affect the flavor of the water. The following containers are commonly used:

Plastic Juice or Soda Bottles	Use clear plastic containers made of PETE plastic. Used containers should be thoroughly cleaned and rinsed.
Heavy Plastic Buckets or Drums	These should be food grade.
Water Heaters	Close the inlet valve immediately after the water supply is disrupted.
Water Beds	A double water bed holds about 200 gallons of water. This water contains an algicide. <i>Do not drink it.</i> Store this water for non-food uses only, such as washing clothes and general cleaning.
Bleach Bottles	Also for non-food usage only. These bottles turn brittle over several years and are likely to leak.

Protect water storage containers from light and heat. Algae can grow if water is stored in light. Store them in areas where leakage will not cause damage to the home.

Water can go flat with storage and can be aerated by pouring it back and forth between two containers.