

January 27, 2019

Why Prepare?

1. We live in the last days when calamities are increasing.
2. Our choices and self-reliance may depend on our preparation.
3. It is irresponsible and selfish to believe someone else will or should take care of you.
4. Our church leaders have counseled us to prepare spiritually and temporally.

Who Should Prepare?

1. Parents should prepare for their families still living at home. Children and family members can help to prepare and maintain supplies. Everyone can practice positive attitudes regarding using and rotating supplies and what proper procedure is in a critical event.
2. Individuals who live away from home, but are not yet established, should prepare at a level they can reasonably afford and store for themselves. Everyone should at least have access to two weeks of supplies that will sustain them in a crisis or a good pair of shoes and a backpack of supplies for getting home or to their safe place.

What Should Be Prepared?—Besides spiritual preparedness

1. Water
2. Three-month supply of food that is regularly eaten
3. One-year supply of basic food that will store long term and sustain life
4. Cash or financial reserves

5. Important papers
6. Medications and first aid supplies
7. Warm clothing and bedding

* If money and time permit other things can be gathered that will assist in time of need, but this is the basic list we have been given by our area authorities.

When Should We Prepare?

Do it now! Like the old Japanese proverb—The best time to plant a tree is 20 years ago. The next best time is now. While most of us can't just stop life and prepare everything right now, we need to be taking action now on a regular, ongoing basis. Don't put off preparedness until it is too late.

Where Should We Prepare?

We should prepare in our homes and families. In our area, we have been given specific direction and so we need to prepare here, in Alpine, in our stake and ward. If all the families in our ward would be properly prepared we would most likely do quite well in a difficult time by working together and ministering to each other. However, if only the regular 3–8% in a ward is prepared it would create some serious problems for everybody in a crisis or difficult time.

How Should We Prepare?

1. Make a specific plan and follow through on it. Make monthly goals and calendar a specific time to accomplish them. Involve family and report back to family on progress.
 - a. Take inventory and see what you have and what you need.
 - b. Make sure you have a place or places for your supplies where you can check on them, have access to them if needed, and rotate them.
 - c. Organize your supplies making sure they are protected from pests and dirt.
 - d. Write down what you need to do to update what you currently have.
 - e. Note what is no longer useable, and replace it.
Example—I had snow boots tucked away for the two of

us. In the last few years since I got them, we have both had foot injuries and our feet now require a bigger size. It is time to get bigger boots and give the others to our kids. I am glad I didn't discover that when snow boots were critical to our well-being. It is sad if supplies can no longer be used comfortably, but it is better to figure that out now when you are able to replace them.

* If your food storage is ancient you need to use it up now or get rid of it. I am finding that most of the things I stored for a possible Y2K crisis are good if they were packed properly. However, I also know that they need to be used ASAP, not stored another 20 years, so my goal is to find ways to incorporate them into my weekly menus.

Repackaging does not extend shelf-life. I watched a family take everything out of buckets and put it in cans when it was already old. Another family dehydrate canned vegetables and soups that were past their expiration date because they thought that would make them last longer. Don't do that! If you don't want to eat it now, why would you want it later when it is even older? You don't need to take chances on supplies of any kind at a time when you may already be under stress. It is a lie to believe that you will eat it if you are hungry enough, and it is not charitable to save it to give to people who didn't prepare. Use things up and keep them fresh! Where there is a will there is a way.

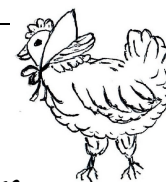
2. Take one thing at a time on the list and work on it. Give yourself a deadline. Then move on to the next thing. It doesn't have to be perfect the first time around. Next year go through and make it better. Improve your supplies on a regular basis. Preparedness and order should be a way of life, not an "I did that once" thing. Besides, most people can't afford to have things perfect all at once and then just leave it. You can work on the thing we are highlighting each month or make other goals and come back to the information as it meets your personal preparedness goals. The most important thing is to take action on a regular basis.

Remember Recipes

White *Provident Papers* mean it is a week that I have recipes in the library to put in the back or your binder. These recipes are for basic food-storage items—especially those that the Home Storage Center stocks. If your family requires a different diet take the time to write down your own ideas and put them in your book. This month the recipes will focus on things you can make with wheat and flour. You may be able to substitute other kinds of grains and flour for many of these recipes, or they can give you ideas.

————— **Notes from Red Hen** —————

Dear Dog, Cat, Pig, Horse, Cow, Goose, and Goat,



This spring I will be planting a garden and some wheat. I will pray that the weather is what I need for it all to grow. I know that you all depend on the farmer to care for you, but you never know what the future will bring. I can't possibly raise enough food alone to help more than myself and my family. However, if anyone is interested, I will hold gardening and preparedness classes for the next eight Thursday nights at 7:00pm when the farmer is resting his feet after supper. I will teach what I have learned from experience. I will be happy to do all I can to help you learn how to grow your own wheat and mill it and make it into bread, and how to raise your own vegetables. Maybe there are ways we can help each other.

I hope to see you there!

—Red Hen