

December 2022

Wrapping Things Up

Year Review

This year we have covered the things that everyone in the Church has been asked to prepare. These can be found on the Church website providentliving.org under preparedness. They include:

1. Water
2. Food
 - a. Three-month supply of foods your family eats on a regular basis
 - b. A year's supply of foods that will sustain life that can be stored long term
3. Financial reserves

We have also covered the things that our area seventy have counseled us to add to our emergency supplies in our area. These include the things above and also the following:

4. Clothing and bedding
5. Health and first aid supplies
6. Important Papers
7. Communication (family plans)

Now at the end of the year it is a good idea to review how you are doing in these areas and determine whether you could use some work in any of them. This is a good time to make a list of

things to work on in the coming year. For anyone who wants to look at a comprehensive checklist to see how you are doing, it will be included right under this Provident Paper under 2022 on the website for download.

Be sure to celebrate all the effort you have made in the past year and then consider reasonable goals to work on. Sometimes preparedness can seem overwhelming because there is always more you could do. However, we are not expected to do it all at once. Slow progress is still progress.

Emergency Supplies as Gifts

December is a good time to consider preparedness items as gifts for friends and family. These can range greatly in cost from small things to big. Here are some ideas for items that you might want to consider:

- Simple whistle - This is a good item to have in a “go bag” (a bag you keep just beneath your bed in case of a nighttime earthquake). Should someone become trapped, a whistle is a great tool to have. It can save a person from shouting for help.
- Flashlight and/or batteries - This can be a good idea for many instances. It can be a tiny pocket flashlight up to a whole lantern. You can have one in a “go bag,” a 72-hour kit, a car kit, or around the house in case of a power outage.
- Leather work gloves - These are almost mandatory for clean-up after an earthquake. They are also good in the event that wood must be gathered or other work done outside including gardening.
- Garden Supplies
- Extra blanket
- An extra outfit appropriate for outside work
- Cooking supplies such as a Dutch oven, a rocket stove, a butane camp stove, a thermal cooker, a tortilla press, a pasta maker (nonelectric), a sun oven....
- A good cooler in case refrigeration is lost with power outage
- Containers to carry water

- Cans, bottles, or buckets, of food storage
- Water drums
- Backpack for 72-hour kit
- Wagon in case you need to haul water and supplies from a distance
- Tub of first aid supplies
- Personal hygiene kit
- Sleeping bag or bed roll
- Tent
- Set of maps to keep in your car
- Games, books, and activities for a 72-hour kit
- Individual school supplies in case you can't get these at some point

There are other ideas in the 2019 Preparedness Guide under kits and equipment on the Provident Paper's web site.

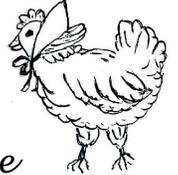
Boring and Grim?

I know that some people consider preparing for a crisis as boring and grim. I remember a group of women choosing to hold a party rather than learn about preparedness for an activity. To me that was kind of a "Grasshopper and the Ant" approach to life. There will be time to party, celebrate, or be joyful later, but the time to prepare is now. Besides, I believe there is time for both.

I don't think that preparedness is boring. I like learning and understanding new things so that I can better solve problems. Preparedness is an awesome platform for learning new things in an area that can be interesting to you. It is broad enough to find a niche. Last night I learned 4 ways to keep eggs fresh for months without refrigeration. Because the price of eggs has risen by 500% in just over a year, I feel empowered by this knowledge and it was energizing. I once had a friend tell me that "knowledge is power." I think there is truth in that. I also know that taking action creates possibilities. Instead of feeling afraid and helpless or feeling like I make my life grim when I focus on

preparedness ideas and actions, I feel more in control of my own life in a world spinning out of control. We are told, "If ye are prepared ye shall not fear." That is worth a lot to me. I hope it is to you too.

Notes from Red Hen



Dear Speckle,

I think our farmer has gone crazy. He is reducing his farming efforts. He has sold all the pigs, sheep, ducks, goats, the milk cow, and most of the chickens. The horse is old, and so are the dog and cat. He only farms one field, and I heard him talking to his wife about selling some of the farm off for development. This is a lot of changes for me to handle, especially since I am no "Spring Chicken." So many of the things we have done to prepare are uncertain for the future. At least we have stores tucked away for the winter, and because we are quite self-reliant most of the time the farmer just forgets about us in our little old hen house. I think that the only thing to do is to keep going and adjust to each change as it comes along. After all, usually things don't all happen at once and there is some warning.

If you have any other advice for me I would love to hear it.

*— Best to you,
Red*