

IT'S A REMARKABLE JOURNEY

Follow the Son and He will set you Free!!!

Come to the dry, parched desert of isolation and seclusion. Hunger and thirst from the very depths of your soul for what has been, that which has been lost, and that which is wished for. One by one all your "worldly" wants, desires, and dreams will all fall and fade away, leaving only your inner most love; your true strength, given by the Creator, your Father in Heaven.

Emaciated and wilted from your trek, a river appears in the distance at the Desert's edge. You become so hopeful until you find yourself at the edge of a sheer rock cliff and the only way to the life-empowering water is to Dive. Your legs are shaking, knees are knocking, and what is in that muddy/rushing water anyway? You believe that if you jump you will surely be harmed if not die. But then you remember you are not on this journey alone, so you step out in a little step of Faith and leap to the arms of Jesus waiting for you below. You didn't know he was there.

While trudging through the desert and having your attention, He taught you to survive. He taught you to trust Him, and you could do all things through He who strengthened you. He gave you tools necessary to stay afloat. Now in this rushing muddy water, being tossed to and fro, every which way, you find yourself using all you have been taught and realize you are not drowning. He promises to never leave you nor forsake you. In this water you find grace you have never known, also wisdom and understanding and strength you never knew you had. His promises were true. He is true!!! He IS Faithful!!! And, He is your friend.

At journey's end, you find yourself sitting by the still water. You are exhausted but stronger now. You have a better understanding and contemplate what you have learned during your journey and how you can use it to help others and God's Kingdom. But for now, you are encouraged to rest, relax, rejuvenate - restore what has been depleted for your Father in Heaven knows your needs and wants to help you gain and build your strength for there are other journey's ahead. Your journey has not been in vain. He is looking for willing souls!!! And you were willing.

Debbie, www.jubilie.com Journey's end—my Promised Land, 2005 12 years & 7 months

Another Journey is coming up soon! Are you ready?
There's Help!!!

Practical Prepping God's Way!
What the Lord wants you to know
to not just Survive but Thrive!!!!

Practical Prepping God's Way Who We Are and How This Series Works

The world is in a mess isn't it? Wars and rumors of wars, terrorism, famine and economic collapse seem to be on everyone's mind these days. As Christians, we believe that God wants the best for His children and has been warning many people and showing them how to prepare physically, spiritually and emotionally for the coming difficulties. We have been doing so, seriously, since 2007. and we want to share our knowledge and understanding by providing resources we use to make the choices/conclusions we have come to understand important enough to take action as we have done.

Welcome to the Jubilee, Inc., "Practical Prepping God's Way" series. In this series we have formed articles of survival and living techniques to help you and your family live/thrive during the upcoming crisis - referred to as "Recipes for Living" on various topics. Unless we say otherwise, all of the things that we'll describe in our articles have been personally tested and used by us. Most of the systems we describe are used by us on a daily basis and have become a way of life.

Jubilee, Inc. was conceived and incorporated by Debbie in 1995 as a mechanism for Debbie to find freedom from her prison of isolation and seclusion. Over time, it became a place to document what Debbie was shown to overcome her own pit of despair and to share with others so they would never have to go to the places that she went. It has had an Internet presence since 2002, but it was in 2014 as a result of a Catholic Friend and his friend, an Air Force doctor in Psychology, that it truly launched and as of this writing has reached the hearts of folks in 115 countries around the world.

Debbie is a Barnabas type personality (see Deprogramming and Reprogramming) She is a retired Realtor and has a diploma in Biblical Counseling from the American Association of Christian Counselors.

Jim is a Moses personality type - sort of a techno genius, who sees to the physical contraptions that make life easier and safer for people. He's primarily an electronics engineer with a smattering of mechanical engineering thrown in and is currently building spacecraft for a living.

We do both hope you find these articles helpful in your preparations; they are only suggestions. Sources listed are just ones known or we use. If we aren't using them, then we are probably testing them currently. We also hope they inspire you to hurry it up - we don't think there's much time. But most of all, we want you to know how much "God Loves You," which is the greatest strength we have during a crisis. And we want you to know that "God will never leave you nor forsake you" Hebrews. 13:5

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Calculating Basic Needs

4

For the purpose of these calculations we'll use the following: The grid is down. There is no public drinking water (depends on electricity). There is no public sewer (depends on electricity). The grocery stores 3 days supply of food is gone. Whatever fuel is in the ground at the gas station stays there (depends on electricity).

Plan how you will supply the 4 basics needed for survival.

Air
Water
Food
Shelter

Special considerations.

Medications
Life sustaining medical devices
Power
Fuel
Sanitation
Spiritual needs
Entertainment needs
Work needs
Pets
Practicing

Air:

If a nuclear attack, you need to be indoors immediately at a minimum, preferably in a fallout shelter breathing filtered air. An absolute minimum to keep from breathing in radioactive fallout if you're caught outside is a 3M, Model 8233 or Model 8293 respirator and this is not a complete solution. We'll talk in more depth about fallout in another article. Chemical or Biological attack not addressed.

Water:

FEMA recommends a minimum of 1 gallon per person per day. While this may do for several days, a more realistic minimum is 10 gallons per person per day to account for drinking, cooking and basic sanitation. Here's the formula;

Total number of gallons needed = 10 gallons * number of people * number of days

If you have a private well, you'll need to have a generator to run it. It's not efficient to run the generator every time you want a drink of water, a toilet flush or a bath, so storing as much as possible is a good idea. You can use clean and sanitized plastic milk jugs for drinking water and bathtubs for washing and flushing the toilet. The best solution is a large water storage tank. Let's see how the numbers work out.

Time between refills = Total gallons needed / storage capacity in gallons

Total refills needed = total number of gallons needed / storage capacity in gallons

Fuel for generator = water storage gallons / well pump flow in gallons * generator fuel use per hour / 60 minutes in one hour * total refills needed

Food:

Your local supermarket has a 3 day supply of food for its customers, providing there is no panic and people strip the shelves bare in an hour. If the wholesale food distributors can maintain refrigeration and distribution, they have 30 days of food for the region they serve.

Storage food for hard times should be selected to match the same foods your family normally eats, with preference given to canned and dried goods that last a long time and don't require refrigeration. The easiest way to build your pantry is to buy an extra can for every 2 cans you normally buy. If you shop once per week, in one month you'll have 2 weeks of emergency food. If you have enough money you can speed up the process by doubling your weekly shopping list. Home canning is an excellent way to preserve food from the garden or even from the local farmers market. While we hope that no emergency will last longer than a few months, if society did collapse, the most practical method of preserving food will be home canning.

Remember to plan how you will cook. Suggestions include a propane gas range that doesn't need electricity to light, a propane hotplate and a propane grill. You'll need to know how much propane to store.

Cook time from one gallon of propane = 90,000 BTU's in a gallon of propane / burner BTU's

A typical gas burner uses 9,000 BTU's. A typical grill uses 15,000 BTU's.

A 20 pound grill tank holds 4 gallons of propane. A 100 pound tank holds 20 gallons.

While it's not really efficient, if you have a generator you can cook in your microwave oven. Careful planning can improve generator efficiency; for example if your generator is large enough you might run your well pump and replenish your water storage at the same time you're using your microwave to cook.

Shelter:

The presumption is that your house is still intact and livable and you will shelter in place. Keeping the house warm can be accomplished with a wood stove or a wall mounted propane heater. Keeping it cool will require electricity as houses these days are not designed to take advantage of natural cross winds or shade.

Medications:

Just like food, the pharmacy typically only keeps a 3 day supply of prescription medications. If your scenario is planning for more than a month disruption, you'll need to buy and store medication to make up the difference. Talk to your doctor about giving you a script for a year. Also ask the best way to store your meds long term. If you have a prescription plan with your health insurance plan, they will probably only pay for 1 to 3 months at a time, so you might need to pay for the extra yourself.

Power:

In today's society most of us depend on electricity in our daily lives. If the grid is down, we'll either have to do without or make our own. The easiest way to make our own is with a generator; however consideration must be given to safe operation, fuel storage and generator maintenance. Most generators call for an oil change every 100 hours, an oil filter change (if equipped) every 100 hours and an air cleaner every 200 hours. Spark plugs can be expected to last 500 hours but they're so cheap it's good to have lots of spares.

Generators should never be used indoors; they generate carbon monoxide, a poisonous gas. The simplest use involves running the generator outside and bringing power inside the house with heavy duty extensions cords. More expensive installations can be permanently wired to the house circuit breaker box which eliminates the need to run extension cords.

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Fuel is the single most important consideration for the generator. You have to have enough to meet your goals and you have to have a safe place to store it. If you're unable to use gasoline up within 3 months you'll need to add a chemical stabilizer like Stabil or Pri-G. Diesel fuel will need an annual treatment to prevent algae from growing in the fuel and if you live in a cold climate will need an anti-gel additive. Propane and natural gas do not need any special storage treatment. Generators run most efficiently near their full rated load so you'll want to plan generator use carefully. You'll want to match heavy loads with light loads, like running your well pump while you're charging the kids flashlights and video games. When your water storage is full, you might use the microwave and the washing machine while the batteries finish charging. If you're trying to keep your freezer cold it will need to run at least 2 hours every day. Every situation is different but without calculating specific needs plan on running your generator an average of 14 hours every week.

Fuel: Fuel needs include cooking, heating, generator and transportation.

Sanitation: You'll need to get rid of trash, garbage and human waste. Trash can be burned in a metal barrel or a woodstove although you'll need to be careful not to catch the house or property on fire since it's unlikely the fire department will be able to respond even if you had a method to call them. Consider flattening and compressing everything and burying it. Garbage can be buried or composted. The best solution for human waste is to flush it down the toilet. If you're on public sewer, this will only work until the generators that pump the poop and operate the treatment facility run out of fuel. If you're on a private septic system you're in better shape; find out if your system is gravity fed or if you'll need to run your generator to move sewage from the house to the drain field. If you're able to use your private system, remember that it's using precious water every time you flush.

Don't forget the toilet paper! On average, one healthy person will use one roll every 5 to 6 days. Older people, sick people and small children will use one roll every 3 to 4 days. In addition to stocking for your own needs, TP may well become an excellent bartering item in a long term emergency. To reduce the volume of TP you need to store, consider adding a bidet to one or more of your existing toilets. For around \$30 you get a fixture that mounts under your existing toilet seat, gives you a good hygienic wash and cuts TP use in half. You do need water pressure for it to work, but no electricity.

Spiritual Needs: Lots of Bibles—can be found at Flea Markets and Yard Sales. Our opinion is that those with strong faith and following the Lord's leading, one can not only Survive a Crisis but Thrive through it. Always remember that "God loves You" and "He will never leave you nor forsake you." Hebrews 13:5—no matter what your eyes see, your ears hear or you experience. Know God Loves You and He wants you to Thrive.

Entertainment Needs: Plan to have books, board games, videos (while you're running the generator) and computer games as well as lots of yarn and items for creative projects indoors. Flea Markets and Yard Sales are a great source of all kinds of various items for activities especially for times when one is sheltering in place. Have things for all ages—you never know who may be staying with you. Also for outdoor activities when it is safe—have bats, balls, hoops, etc.—all things you can find at Yard Sales and Flea Markets.

Survival Manuals: **The Ultimate Guide to U.S. Army Survival Skills, Tactics, and Techniques.** ISBN: 978-1435114029. \$3.39 to \$24.99 from Amazon. 954 pages of help.

Emergency War Surgery; The Survivalists Medical Desk Reference. ISBN: 978-1510734524. \$19.99 from Amazon. 488 pages of medical help. Download **Where There Is No Doctor** and **Where There Is No Dentist.**

Practicing: An easy way to assess your readiness is to simply flip all the circuit breakers in the box off for a weekend. Take notes about what works and what doesn't, then work on the areas that need improvement.

Recipes for Living ...

“Know what you Know And Know that you Know It!”

Plan Ahead

That means: Equipped, Trained, Practiced, and Tested!

When a snowstorm comes with little warning, after the snow is piled around is not the time to purchase a snow shovel. Neither is it the time, when the power has been out for a few days, to purchase a generator.

From storms, we can learn what we don't have, and therefore, after the storm, purchase what was needed so we have what we need should we need it in the future. The problem is the type of crisis we are facing will not allow us that luxury. In my writings, it has been revealed our home is like an ark—a place of refuge to have all we need to weather the difficulties coming. “What we will have is what we take with us.” Prepare as if you are outfitting an ark—a refuge for your family—until the flood of Evil has subsided. “What you take with you is what you will have.”

Once you take the first step, you will be amazed at all the Lord will reveal to you. As John Paul Jackson reminds us, “You were created for such a time as this. God made you specifically for this time.”

The Plans must be made ahead of the difficulty. Once the difficulty comes—walk your plan. Educate those around you to do the same. Those without a plan—left wandering like lost lambs looking for safety and security—will be devoured by scavengers for lack of a better word, the flood of evil. It will be a time to Cover/ Shelter.

**To “Know what you Know and Know that you Know It”
brings Truth, Peace, and HOPE to weather any storm!**

Life is for Living, Not Surviving
Gaining Hope through Faith and Preps

Life is for living, not surviving. For a couple of years, I meditated on those words. I heard pastors say them and I even asked one once to explain the difference between living versus surviving. He never responded. Then one day the answer came. It was HOPE. Long before, I had learned that when one ceases to have Hope then one ceases to want to be on the planet. You could say I knew little about Hope, but probably like many of you, knew Hopelessness well, better known as Despair.

In my early 30's, through no known cause of my own, I found myself no longer able to function in society. I had developed Manic Depression. At age 35, after a year of doing everything everyone told me would work and it didn't, not being able to cope anymore, and a now malfunctioning nervous system, I was forced to give up my security of earning my worth. I found myself plummeted in the deepest, darkest chasm of Despair. With me came three companions; helplessness, worthlessness, and uselessness, and one friend, the Lord. The three companions continuously taunted me to take my life. I spent minutes into hours into days into months into years contemplating that very thing. I planned every way possible that would have the least impact on my husband. The blackness was almost unbearable; it didn't matter if it was raining outside or a glorious day – it was all black and I wanted to die. Being a Christian, however, I questioned whether if I took my life if it affected my ability to spend my eternal life in Heaven, so I consulted my friend, the Lord, and started begging Him to get me off the planet. In my life, I have prayed more prayers to get off the planet than any other prayer.

So you ask what this sad story has to do with living or survival. In the pit of despair, I survived. I had no Hope. Initially, I had no preparations, no tools, no training, no equipment, no practice; all that I had known and called my security had failed me. I didn't know anything that worked; I only knew that it seemed everything didn't. As a result I had *stinking thinking**. There is one thing I did have with me, however, and that was the best teacher/counselor/friend that anyone can have. He started providing for me all the things that I didn't have. It took 10 years of the Lords leading, teaching, equipping, and training processes, before I was strong enough to come out of the pit and be free to participate in society again.

A crisis situation has the potential to be a pit situation. If one hasn't made proper preparations; acquired their equipment and tools, acquired training in how to use it, practiced and tested their knowledge and abilities, then they are probably going to suffer from stinking thinking as I did and find themselves down a chasm of Despair when the crisis comes. I have learned that Hope is something to be acquired or gathered-in. As you gather in equipment and see how it functions to your benefit, as you gather in vegetables that were produced from your efforts and were able to store up food from that garden, as you learn a new skill that enables you to prove to yourself you are "able," these all contribute to building Hope and also making you strong and improve your thinking.

But most of all, as you gather-in all that you have been provided, remember to always thank the source. Because for me the greatest strength I learned from my time in the pit was how much that God Loved Me. He truly is my source of strength and life on this planet. Once you gather that thought in, you will no longer suffer from stinking thinking. If there is a crisis, I don't intend to go back into that chasm of despair. It's a very dangerous place and no one is immune to its darkness.

I have seen now firsthand how important Hope is in a survival situation; however implementation is required to get full benefits. Momma always said when she was canning vegetables. "At least this winter, we won't be eating Snowballs." That's Hope! I have since learned that saying is quite common from the area I grew up. It was said by those who lived through the Great Depression.

Debbie

* stinking thinking is a term I have heard Joyce Meyer use on various occasions on various Christian TV networks. Joyce Meyer Ministries. Joycemeyer.org

Recipes for Living ...

Items needed for a Crisis

John Paul Jackson, before he died, compiled a “Scarce Items During Crisis” list. A great source to print out. <http://preparingfortheperfectstorm.com/perfectstorm/wp-content/uploads/2012/12/Scarce-Items-During-Crisis.pdf>

John Shorey’s book, “Part Two—The Window of the Lord’s Return.” \$8.99 Kindle. \$15 paperback. I recommend this book because Mr. Shorey has compiled some great lists for prepping in the back. I agree with one of the book reviews I read, “Even if you don’t fully agree, there are some good survival tips.” Another review was “very useful prep lists in the back of book.” Worth it for the lists if you need them. We found them very helpful.

We are composing our own list as we come across things we think folks might not be aware they need. Nothing in comparison to what these gentlemen have provided. If/when we add additional items, we will continue where last item left off, previously.

Buckets (all sizes) Plastic, Galvanized	Wash Board for washing clothes
Water Hoses (all lengths) Repair kits as well	Mouse Traps (many—they are reusable, however)
Various Plumbing Fixtures to fix toilet, etc.	Zip Ties
Bidet	Para Cord
Bread maker	Bungee Cords
Nitrile Disposable Gloves	Survival Manuals (See Basic Needs Section)
Furniture Moving Dollies from Harbor Freight	Various Size Tarps
(we have our chest freezers on dollies)	Billboard Tarps to cover garden space area in case of radiation fallout
(need to think “safety” in crisis—	
(no stressed backs—from moving items)	
Plastic Tarps (all sizes from 4 x 6 to greater)	
Clothes Line and Clothes Pins	
Lye for making Soap	
Roll of Black Plastic	
(to keep weeds down in garden	
Or to cover windows for security, etc.)	
Duct Tape	
Metal Burning Barrel for burning trash	
Elastic Cords/Bungee Cords	
(work great but may not last long)	
Bailing Twine	
6’ x 4’ Wire Fencing	
“T” Posts	
“T” Posts Driver to install “T” Posts	
Roundup and Quick Pro Roundup in packets	
for smaller jobs plus 1 gallon Sprayer—use caution when using including wearing mask.	

Recipes for Living ...

Solar Powered Lights

All lights to be charged in direct Sun, but from inside of window without window screen.

Solar powered sidewalk lights with on/off switch \$2 Walmart. Make night lights by detaching stem and place top (upside down) into top of small glass. Can also cut up a 20 in. soda bottle—cutting off the entire neck and cut remaining portion to fit into top of the glass. Provides night light for entire night and can be charged from the window sill during the day. Great source of night time light.

Mainstays 50-Count Solar LED Warm White Lights \$11.83 Walmart. 17.5 foot long string of low power LED bulbs (like Christmas lights). Solar panel charges built-in battery for 5~6 hours of light. Comes on automatically at dark. Good for navigation and night light. Charges through window but longer run time if solar panel outside.

Solar Charged Flashlight. Hybridlight Journey 300 \$29.95 Amazon. Charges by solar through window or USB port. Can also recharge small USB devices. 7 hours high beam, 20 hours low beam. **SOS Solarlight \$15.95. Amazon.** Has backup batteries if no Sun.

SUAOKI: Solar Panel System Lights Kit, Solar Light with USB/phone Charger. \$59.99. Amazon. Comes with a 4.5 Watt Solar Panel which can run two lights plus USB ports for charging other devices. Good light. Charges during the day from inside the window. Easy to set up and operate.

D. Light S3 LED Solar Rechargeable Lantern \$14.98. Amazon. Charges in bright Sun from inside window. Constructed to easily point toward Sun. Can read by it if it is close or carry it around.

Smadz SL 21. 4 in 1 LED Solar Lamp with remote. \$35.99 Amazon. Solar Panel will charge from inside window sill. Long cords. Lasted 3 hours. Easy plug and play. Also available as **Mabor DU—12R.**

D. Light S500. \$35. Amazon. Puts out great light. Takes a long time to charge. This light would work great if Solar Panel was mounted outside, but we were testing for ability to charge from inside window.

GVSHINE: 30W Panel Foldable Solar Lighting Kit with USB. \$200. eBay. Comes with a 30 Watt Solar Panel which includes 4 LED Bulb Lights plus 4 USB ports. In addition to providing light, this unit can charge small batteries using LiitoKala LII-402 USB battery charger. Can also charge Kindle, cell phone, tablets, etc. Charges during the day inside the window. May need to put panel outside if charging multiple devices at once.

Candles & Oil Lamps. Not recommended, fire hazard.

Recipes for Living ...

Battery Operated Lights

Standard Flashlights with LED bulbs (\$0.50 to \$100) give good light but when the alkaline or lithium batteries are used up the light is useless. Stock lots of batteries and plan on short term use only. **TIP: If you haven't timed how long you can run your flashlight until the batteries are dead, you can't know how many batteries to stock.**

Flashlights that can use rechargeable batteries (\$5.00 to \$100) have the advantage of having renewable power. Small batteries can be recharged with solar battery chargers or from the car's cigarette lighter plug with a charger designed for this purpose.

AGPtek® 24 PCS LED Tea light \$14.99 for 24 lights. Amazon. Battery-Operated flameless Candles Lights, **cool white, non-flickering**, simple on/off switch. Tested 72 hours bright enough to read or walk in house, 150 hours bright enough for finding bathroom or night light. Uses CR2032 coin battery, cheap in bulk and extremely long (~7 year) shelf life. Great to hand out to everyone in the family to carry with them to prevent falling/tripping/bumping hazards. Avoid units with timers or flickering bulbs. **Highly recommended.**

Meridian 11141 LED Tap Light. \$5.99 for 4 lights. Walmart, meridianlighting.com 3.75" diameter (don't get the 5" one), 10 Lumens, runs on 3 each, AA batteries. Tested with Eneloop batteries, 16 hours bright enough to read by, 50 hours walk in house or night light. Set on table, hang on wall, carry with, add magnet or Velcro® and stick anywhere.

Ozark Trail LED Lantern. \$7.97 Walmart #566028362. 100 Lumens Ultra Bright Lifetime Bulb. High/low settings. Uses 3 AA Batteries. Run time per manufacturer is 26 hours.

IKEA is a good source for inexpensive motion sensitive Battery Operated Lights. These type of lights are a great way to conserve when you don't need to have lights on all the time in certain areas.

When purchasing Battery Operated lights, make sure they will work with Rechargeable AA and AAA Batteries. See "Batteries, Small" and "Small Battery Chargers".

Recipes for Living ...

USB Power System

To Power lights, small electronics, and fan. Help that fits everyone's budget!

USB Battery Packs. \$10 – \$15. Walmart. Amazon. Use to charge cell phones. Also good for powering light bulbs, items below. By plugging into their USB ports, allow portable use of lights—giving them ability to be separated from their charging devices. Battery packs should be no bigger than 5000mAh if charging from <50 Watt solar Panels. Best if used with the 30W GVSHINE System, will work OK with the Nekteck 21W folding solar charger below.

Nekteck 21W Solar Charger. \$49.99. Amazon. 2 each, 2A USB ports (3A between the 2 if used together). Tested to recharge cell phone, 7.5" Android tablet, 5000mAh battery pack, 10000mAh battery pack (took 2 days of bright Sun to fully charge). Needs to be outside facing the Sun for maximum power; if you only need light use can be used inside window (or sliding glass door) without screen or divided window panes.

USB solar powered LED light bulbs \$9.00 to \$16.00. Just like the new USB powered light bulbs but these come with a battery built-in and a small solar panel to charge them up during the day. Once the bulb is charged up, the USB cable can be removed and the bulb carried wherever you need it. They usually come with a wire bail to hang them up. Expect 6 to 8 hours of light before they need to be recharged.

Coollead-5V 5W Camping USB Emergency LED Bulb \$6.99. Amazon. lumens, equivalent to a 40W incandescent bulb. Powered by any USB source, such as power bank, computer, laptop, or with the cell phone charger adapter.

Onite LED Light for Camping. \$7.99. Amazon. 5W Portable USB Emergency Lamp with a **Power Bank** or any USB Port, it can be used anywhere. Has an On/Off Switch—do not need to keep pulling in/out of USB.

Opoloar F401 Mini USB Table Desk Personal Fan. \$12.99. Amazon. Sturdy metal fan produces a soft breeze to keep you cool.

Monoprice 15-Foot USB 2.0 A Male to A Female Extension 28/24AWG Cable (Gold Plated) (105435) \$5.45. Amazon. Extend your USB 2.0 Connection with this USB 2.0 A Male to A Female Extension Cable.

Car Charger, Amazon Basics Dual Port USB Car Charger 4.8A, 24W. \$8.99. Amazon. Plug into your car's cigarette lighter to charge/power your USB devices. Fast charging.

Car Batteries can be used for short periods of time before they are exhausted to charge or power any 12 volt appliance. The info we have tested and provided is to keep folks safe inside their homes. Remember, you do not want to run the car in an enclosed space, or you may not want to access your car if it is in an exposed area which could expose you to possible danger.

Recipes for Living ...

Batteries, Small (Added 08/25/2019)

Devices that use small batteries: Flashlights, radios, walkie-talkies, calculators, smoke detectors, CO alarms, garage door openers, remote controls, digital thermometers, blood pressure meters, Insulin meters and pumps, pacemakers, defibrillators, hearing aids, TENS units, etc.

Reliable brands: For Alkaline batteries, Amazon Basics, ACDelco, Duracell, HDX (Home Depot) and Energizer. Never store your devices with alkaline batteries installed in them – despite what the manufacturers claim, they will leak eventually, ruining your device.

For NiMH (Nickel Metal-Hydride) AA size; IKEA LADDA 2450mAh, Panasonic Eneloop 2000mAh, Amazon Basic Black 2000mAh, Energizer Recharge Power Plus 2300mAh and Amazon Basic Silver 2400mAh in that order.

For NiMH AAA size; IKEA LADDA 900mAh, Panasonic Eneloop 800mAh, Amazon Basics White 800mAh, Amazon Basics Silver 850mAh, Energizer Recharge Power Plus 800mAh and Amazon Basics Black 800mAh in order of preference.

For Lithium batteries, AA and AAA Energizer Ultimate (we have no experience with other brands). For 9V, the Energizer Ultimate followed by Enegetech 600mAh.

For NiMH C and D size; Tenery, POWEROWL, GTL Energy and EBL in that order. Research other brands carefully.

Additional small batteries that you may need: (CR2032, CR2025, CR2016,- excellent—these will store up to five years.) (LR44 will store up to 3 years.) CR123a, RCR123, 18650, 14500. Assorted Alkaline button cells search “Button Cell Battery Kit” on Amazon will store up to 3 years.

Small Battery Chargers (Added 08/25/2019)

Smart Multifunctional Chargers: LiitoKala LII-402, \$12.99, Amazon. 4 slots. USB powered charger works on Li-ion and Ni-MH battery types AA, AAA, 18650, 26650, 26500, 22650, 18490, 17670, 17500, 17355, 16340, 14500, 10440, A, SC sizes. Works with Nekteck 21W folding solar panel. Kinden A-EC10, \$21.99, Amazon. 4 slots. AC and 12V cigarette lighter charger for AA AAA C D 9V Ni-MH Ni-CD with LCD Display. Works from AC, automobile or 12VDC solar system.

9V Charger: TrustFire 9VBC01, \$8.95, Amazon. 2 slots. USB powered 9V Battery Charger for 9V Lithium Ion and NI-MH Batteries.

Recipes for Living ...

Build Your Own Small Solar Powered Fuel Less Generator to Power Your Lights \$350—\$400

Single 50 Watt, 12 Volt Solar Panel \$63. Grape Solar. Home Depot, Or optionally, a single 100 Watt, 12 Volt Solar Panel \$85, which will make running a small microwave oven, medium TV or desktop computer and printer for short periods of time, a reasonable thing.

Solar Charge Controller. PWM, 20A. Amazon. \$15—\$20

12 Volt, 75Ah (minimum) Deep Cycle Battery AGM. Battery Mart. Amazon. \$140

300W AIMS Power PWRI30012S Pure Sine Power Inverter. Amazon \$84.99.

Or optionally, **KRIËGER 1100 Watt 12V Power Inverter Dual 110V AC Outlets.** Amazon. \$84.97. (With the 1100W inverter and 75Ah battery you can run a small 600 Watt microwave up to 10 minutes before recharging. The 330W AIMS Pure Sine Wave isn't powerful enough but is good for running extremely sensitive electronics)

Trolling Motor Battery Box. Amazon. \$45. Holds AGM battery with circuit breakers and 12V receptacles. \$45. Recommended for ease of use and safety.

A single 50 Watt, 12 Volt solar panel with 4 hours of Sun shining on it each day will provide enough power to light 4 each, 9 Watt LED bulbs for 16 hours, or 2 of them for 32 hours, etc. (If you choose the optional 100 Watt, 12 Volt solar panel design, double the run time numbers above) (\$63 for 50W, \$85 for 100W)

You'll need a **charge controller** to take the power the solar panel puts out and convert it to what a deep cycle battery needs to recharge. We recommend the MPPT type if you can afford it (more efficient), otherwise the PWM type does an adequate job. It will need to be able to handle at least 20 Amps at 12 Volts DC. (\$70 for MPPT, \$20 for PWM)

The power from the charge controller goes to a **12 volt deep cycle battery**. We recommend the AGM type of battery. You can keep it in a plastic tub inside your house without fear of producing flammable Hydrogen gas. For this system you'll need a 12 Volt, 75 Amp Hour (Ah) minimum battery. (\$140) Battery Weighs 45 lbs.

Your battery goes to a device called an **inverter** that changes the 12 Volts from the battery to regular 120 Volt house current. A medium one for this system can output 1100 Watts. A Modified Sine Wave (MSW) type is fine for this application (\$85). Finding an inverter that comes with power cables will save you money and time. When you're looking at inverters, many of them also have a USB charging port for your cell phone, MP3 player, etc.

The solar panel and inverter user manuals will tell you how to hook everything up. It's not too complicated but if you get stuck, see if your church has an electrician, solar installer, electrical engineer or ham radio operator who will help you. They will be especially helpful sourcing and installing the remaining small bits and pieces like wire and electrical connectors that you might not be familiar with.

Recipes for Living ...

Fuel Powered Generators

Gasoline, portable (\$100 to \$3,000)

Pros: Easy to understand and operate, easy to find before a crisis, uses commonly available fuel, great for short term use.

Cons: Fuel in short supply during crisis, dangerous (possibly illegal in your area) to store large quantities of fuel, need to be run regularly to remain reliable, Ethanol blend fuels tend to clog carburetors, short fuel storage time, engine often loud, often inefficient, usually requires running extension cords to power lights and appliances, requires frequent oil and filter changes (usually 25 to 100 hours of operation), short service life (approximately 1,000 hours between rebuilds).

Diesel, portable (\$1,500 to \$5,000)

Pros: Easy to understand and operate, easy to find before a crisis, uses commonly available fuel, fuel safer to store than gasoline (may be allowed to store large quantities in your area - check local government and homeowners insurance first), fuel stores for many years with minimal annual chemical treatments, better fuel efficiency than gasoline, no carburetor to clog up, generally forgiving if you don't run it regularly, long service life (typically 5,000 to 10,000 hours between rebuilds), massive torque can usually start motor loads like water well pumps better than other similarly sized fuel type generators.

Cons: "Portable" is still hundreds of pounds - get the wheel kit, usually extremely loud, requires frequent oil and filter changes (usually 100 to 150 hours of operation), usually requires running extension cords to power lights and appliances.

Propane, fixed, permanently wired in (\$1,800 to \$5,000 plus \$1,000 for electrician)

Pros: Requires almost no understanding, training or effort to operate, usually provides automatic start when the grid goes down, usually can be wired into main house breaker box to power critical loads just like the grid was up so your well pump, fridge and lights continue to operate normally without extension cords, fuel stays good "forever" without maintenance, possible to store huge volumes of fuel either above ground or underground, fuel is also useful for other purposes like cooking, grilling, home heating and food refrigeration, sound level is quiet to moderate depending on model, reasonable service life (typically 1,500 to 3,000 hours between overhauls), has a carburetor but propane won't foul it; let the unit exercise itself (automatically) and the chances are near 100% it will run when needed with very little maintenance.

Cons: Lots of electronic control circuitry which can fry with a lightning hit or EMP - have a quality surge suppressor installed, most of these units are electric start only so if the starting battery dies, you're stuck, it's easy to let the generator deal with the grid being down for weeks and use massive amounts of fuel, they're very reliable but if something does break it's usually a specialized part that may not be available in a crisis, requires frequent oil and filter changes (usually 100 to 150 hours of operation)

Recipes for Living ...

Generators

Fuel Less Generator

Solar recharged (\$2,400 to \$3,000)

Pros: No fuel required, no maintenance required, easy to operate, can charge from solar, can charge from grid, can charge from generator, used inside the house they're less likely to be stolen, almost silent operation.

Cons: Limited power output on some models can only run a few lights and a TV, higher power units can run most appliances but internal batteries limit run time to several hours, solar panels provided may take several days to fully recharge internal batteries.

General comments

Fuel powered generators are a great short term energy solution. They make lots of power for a relatively small initial investment. Operating one might require some light reading and a couple of practice runs but it's not too difficult and if you can change the oil and filter on your car you can do the basic maintenance. Service beyond that can usually be found at a local lawnmower or small engine shop. The main downside is constant oil, oil filter and air filter changes and the cost and quantity of fuel that must be stored if you simply want to let the generator run around the clock while the grid is down. A much better use for the fuel powered generator is to use it for short periods of time doing work that requires lots of power, like pumping water from your well or "recharging" your electric freezer and refrigerator for a couple of hours each day. While those tasks are being done, the generator usually has enough surplus power to recharge deep cycle batteries that can be used with an inverter for smaller loads like LED lights, TV's and radios.

Fuel less generators are a good mid term energy solution. They make enough power to be useful to light your house and run small to medium electronics. They usually don't have enough solar panel generation capacity or battery capacity to run larger appliances like a freezer or refrigerator full time. These objections can be overcome if the unit will accept more panels and batteries but then the cost goes up to the point where it may be more effective to install a regular solar electric system.

Recipes for Living ...

Off Grid Solar System

\$1100

There's a great YouTube: Tin Hat Ranch. DIY How to understand and size your off Grid Solar Power System. He explains a system of 4, 100W Solar Panels. From my notes:

4 each, 100 Watt Solar Panels \$400

1 each, 40 AMP Renogy MPPT Charge Controller \$125

4 each, Duracell 6 Volt Golf Cart Deep Cycle (470 AMP hours) \$400

1 each, 1000 Watt Pure Sine Wave Inverter with transfer switch \$160

So what can you power: He'll explain, these things but not all at one time. He gives an excellent explanation. The best I have heard folks explain.

Lights/LED

Small Freezer

Pump Water (not exactly sure where he is pumping water from/to)

Communications

Flash lights and Kindle

A movie night with DVD/TV Popcorn

Coffee Maker.

Similar systems are available from Renogy and Windy Nation for about the same price.

Using your regular house lighting (\$200 to \$5,000) Floor lamps and desk lamps with efficient LED bulbs is the best way to get light inside. They make lots of light and have UL safety ratings. Forget running them long term from a fuel powered generator - you can't store that much fuel and the generator needs constant maintenance. Look for the newer solar powered fuel less generators that use solar panels to take energy from the Sun, store it in a battery and then convert the battery power into regular house current that your existing house lights can use. If you're electrically adapt, you can build your own for less money.

Recipes for Living ...

Off Grid Solar System ***\$15,000***

3180 Watts—4 hours of Sunlight per day—Produces 12,720 Watt hours per day. System designed to run 1 Refrigerator, 1 Upright Freezer, One 12,000 BTU Mini Split Heat Pump, Well Pump (pumping water into 500 gallon tank. See owner's manual of well pump to match correct inverter,) all electronics/lights in house (LED or CFL,) and Energy Efficient Heat Pump/Hot Water Heater (for example GE Geospring.) (To run hot water, must turn off one of the above for several hours.)

Solar Panels. Panels come in different Wattages and Voltages. Currently \$1.00 per Watt (\$0.80 per Watt in >20 each quantities). For this system, using 12 each, 265 Watt Panels \$318/ea. **\$3800.**

Charge Controller. 1 ea. 80 AMP, 48 Volt Charge Controller. \$585. Takes power from Solar Panels and recharges Battery Bank.

For System planned with 1 Day without Sunshine. 48 Volt Battery Bank. 570 AMP Hour Battery Bank. Need 3 Strings (8 Each 8AGC2 Batteries.) \$215 ea. **\$5160.** AGM Batteries do not need monthly or any Battery maintenance. Take charge faster and accept deeper depth of discharge in emergency.

Inverter/Inverters. Varies in Price. Top of the Line and very reliable—**Outback**—\$1800 ea. Need 2 **\$3600.** Also Outback has 80 Amp Battery Chargers built in. If running Generator, Outback's will charge Battery Bank. Chinese type are \$600 and only need 1. May not be as reliable. Had 2 that worked great; Had 1 had to send back. Some Chinese have Battery Charger built in, but not all. If so, may be \$200 more. Inverter takes direct current from Battery Bank and changes to current like house normally has (220V, 110V.)

Other components **\$1200.**

For mounting Solar Panel, can use Tubular Farm Gates from Tractor Supply. We used 10 ft. gates **\$72/ea.** For 12 Panels, 3 gates. Commercial Mounting may run from \$600—\$3000.

See www.youtube.com and Engineer 775 for additional help regarding solar systems and installations and building shelters, as well as anything related to water. It was one of his YouTube videos that we got the idea for mounting our Solar Panels using farm gates.

Engineer775, Scott Hunt, has a book, “**The Practical Preppers Complete Guide to Disaster Preparedness.**” **\$14.99 Amazon.**

Recipes for Living ...

FOOD to build your Storehouse

You need to store up—one second after a crisis is too late—waiting, may even put you and your loved ones in jeopardy.

Grocery Store, including Costco, etc.

All these items have expiration dates—usually within two years of purchase. Date the cans when you purchase before storing. You want to eat the oldest food first (first in/first out). We eat food a few years past expiration date—and will especially do so in a crisis. Discard any bulging cans, leaking cans or spewing when opened, as well as the same type of food purchased on that same date. We have found Tomato products showing signs of problems first and sweet potatoes/yams and have thrown out the entire bunch with the same date. More info see www.cdc.gov or visit last pages, here, for **Warnings about Botulism** and Canning but applies to store bought canned foods as well. **ALL items are to be stored in a cool, dry place for maximum shelf life.**

Suggestions for Purchase: Canned Food: Canned Meat, Salmon, Tuna, Tomato products, Vegetables, Fruits to name just a few.

Dry Mixes, Cereals, Rice, Oatmeal, Flour, Coffee, Tea, Tang, Drink Mixes—whatever your family eats.

Can store dry foods in a large Mylar bag in a 5 Gallon Food Grade Bucket (attach a Gamma Lid for easy access to food in bucket.) Food can be poured into a Mylar bag and may need to add oxygen absorber. Buckets are available at Tractor Supply or Home Improvement stores. For additional supplies, you might try Goodman's.

Long Term Shelf Life

Freeze Dried Food: Available in Pouches from Mountain House and Camping Supply Stores Also available in #2.5 Cans (small) #10 Cans (larger)

Requires little water and has shorter prep times.

MRE (Meals ready to eat) comes with its own heaters—ready to eat.

Dehydrated (less expensive than freeze dried): Available in Buckets (40 to 50 lbs.) Rice, Beans, Flour, Milk, Eggs, Vegetables—every food item desired.

Must be rehydrated. Will require more water and more cook time than Freeze Dried.

Available from: Emergency Essentials, Costco, Auguson Farm, MRE Depot, and available with specified donation to www.JimBakkershow.com and get your food buckets there.

FOOD from your Garden

Seeds:

Heirloom Seeds and Open Pollinated Seeds can be harvested and produce plants from seed the next year. They will come “true-to-type” (produce plants like their parents) from book:

“**Seed to Seed—Seed Saving and Growing Techniques for Vegetable Gardens**” by Suzanne Ashworth. Not many of us have any experience, it is not as easy as you might think.

Also, I have favorite Hybrid veges.—tomatoes for canning. So I stock up on the seed, but will not try to save these seed since I know they do not come back as “true-to-type.”

Purchase for starting seeds:

Plastic seed starting trays (reusable year after year.)

Bags of Seed Starting Soil to fill your trays and **Potting Mix** for transplanting

Portable Greenhouse available for \$39.99 at Big Lots - maybe a little more at Home Improvement stores. Even if the zipper no longer works—it maintains humidity and warmth for seed starting.

Purchase for Garden:

Water Source for irrigation if there is not enough rain.

Garden Tools: Hoe, Shovel, Steel Rake, Pruning Shears

Fertilizers (research in advance what works best with plants you plan to plant.)

We use **black plastic** between rows to cut down on weeding with landscape staples (we buy these in a box of a couple hundred from a local hardware store. (A tiller may require fuel you do not have in a crisis.)

Fencing (for pole beans) and also around your garden to keep out the deer, etc. We use (dog) 10 x 6 kennel panels which are great for all kinds of projects. Also, plastic that looks like hardware cloth which can be attached with pieces of wire to tie wraps to keep out the smaller animals—rabbits. Check Yard Sales, Flea Markets, Craig’s list for panels.

Pest Prevention We have BT on hand to combat Colorado Potato Beetles, as well as other products. You may need other products in your area.

When not in use, we cover our garden with at least a 6 mil plastic covering to protect the soil. Our concerns is fall out which we will discuss in length later

Food from Raised Beds

Our raised beds serve two purposes: For growing leafy type veges in one bed. Since tomatoes require watering each day and also constant watching for tomato caterpillars and other pests, and since I can as many tomatoes as I can grow, putting them in raised beds works very well. They seem to do best in the beds with larger amounts of horse manure and well as chicken manure. We have **tomato cages**, A **Black light flashlight** at night helps to find the tomato caterpillar. If you see a stalk where once was leaves—start looking—they are hard to find. With black light, they glow/green fluorescent in the dark. We keep our beds covered with 4 x 8 sheets of OSB board covered in black plastic (stapled to OSB board and side of bed) when not in use.

Recipes for Living ...

FOOD to build your Storehouse

Canning

For information regarding safety in canning, please see www.cdc.gov. Some info from www.cdc.gov about Botulism and Home Canning is located in the Warning Section at the end (last few pages) of our articles.

Needed: Ball Blue Book of Preserving. Available at Walmart, Lowe's, etc. (What you need to know about Canning is in this book.) A must if you are going to can or preserve food.

300 Jars if planning to can in future—less if all quart jars - \$8—\$10/doz. (Quart, Pint, Jelly (1/2 pint,) and Half Gallons if needed. Big Lots a good place to find jars least expensive than others. Walmart and Home Improvement stores. The size of jars used for processing is based on amount of food being processed/or even type of food being processed. Why smaller jars? When you open the contents—the contents must be stored or consumed. May not have refrigeration in a crisis. Also when you present jelly for instance, folks tend to eat what their eyes see. They will be just as happy with the contents of a jelly jar as they will a pint, but if you put a pint in front of them, they will consume the pint. If more food is needed, you can always open another jar. Crisis thinking—stretching what you have.

Lids. 15—20 cents a piece bought in boxes of 12. Lids/flats come with store bought jars of jars that are purchased online. Do not throw away the rings—they are reusable. You still will need at least 3 times the lids as the amount of jars you have to fit the size jars that you have purchased. Lids are designed to not be reused.

Tattler Reusable Lids 70 cents a piece are designed to be reusable. They use regular jar rings (never throw them away.) Google to find.

Canning Tools: Jar Lifter, Lid Lifter, Plastic Funnel and Plastic Freer (to remove air bubbles.) (These items are usually found, boxed together, in the canning section in Walmart, Home Improvement Stores—wherever you find a Ball Blue Book.) You never want to use anything but plastic utensils in your jar—otherwise might scratch the glass giving a place for bad stuff to grow.

Canners: Water Bath Canner— Up to \$75 (based on size.) Water bath Canners are the Blue Granite looking type—found in Canning Section of Walmart or Home Improvement Stores, as well as Flea Markets and Yard Sales. They come in various sizes – I use a large one. When buying one, inspect it closely. If used, they can develop pin size holes or chips that you can see when holding it up toward the Sun. I water bath my tomatoes because when I put them in the Pressure Canner, they look reddish/brownish. Once the water bath canner starts to boil, if the water goes below covering the jars or if the boiling stops, the process has to be started all over. For tomatoes, it is a 1 1/2 hour boiling process. And, you cannot add more water—it has to be a complete boiling cycle of 1 hour 30 minutes. Also if canning tomatoes, you must have **Lemon Juice**. See Ball Blue Book. Also, be careful how you read the tomato processing in the older book—the book I use is very confusing—just with processing time of tomatoes.

Recipes for Living ... *FOOD to build your Storehouse - Canning cont.*

Pressure Canners with Gaskets \$100 Available in various sizes to hold #s of Pints and less Quarts. When processing green beans, you want one that at least holds 7 quarts. Also, look to see if the Canner will double stack Pints, which is great when canning green beans and using pint jars.

Pressure Canners are used to process low acid type foods. For instance, green beans and other vegetables, meats, poultry and seafood.

The gasket type Pressure Canners work great as long as the gasket is in good shape. Gaskets have to be replaced from time to time to ensure your food is being processed properly.

Pressure Canners without Gaskets (the All American) \$300 depending on the size purchased.

- Use a recommended pressure canner that holds at least four one-quart jars sitting upright on the rack.
- Be sure the gauge of the pressure canner is accurate.
- Clean lid gaskets and other parts according to the manufacturer's directions.
- Vent the pressure canner before pressurizing and follow recommended cooling steps.
- Use up-to-date process times and pressures for the kind of food, the size of jar, and the method of packing food in the jar. Per www.cdc.gov

Canning requires lots and lots of water which needs planned for in times of a crisis. There are jars to wash and then a very large (the bottom of a pressure canner) to heat them/sterilize them in. There are lots of big pans to wash after the process. Many bowls, etc. to wash that held the food prior to process. **When finished processing, I dip hot water into metal bucket, and with gloves, pour onto unwanted weeds outside. In a few days, weeds are gone.**

Canning Recipes may require: Take a look at your favorite recipes in your Ball Blue Book: Lots of Sugar, lots of Vinegar, and of course, Lemon Juice for tomatoes.

Roma Food strainer and Sauce Maker \$65 At Lehman's. Great for making jelly, apple sauce, etc. Has food screens for various types of fruit. Replaces the Foley Food Mill which is fine as well.

STEAM JUICER. Excellent for Juicing and making Jelly. No electricity needed. Amazon. \$65—other prices available. Check out various YouTube videos. Great Product.

Think about what your electric food processor does now and find gadgets to replace its functions.

For information regarding safety in canning, see www.cdc.gov. We also have some info from www.cdc.gov about Botulism and Home Canning located in the Warning Section found in the last few pages of our articles.

- **Boil home-processed, low-acid and tomato foods canned foods in a saucepan before serving, even if you detect no signs of spoilage.**
- **At altitudes below 1,000 feet, boil foods for 10 minutes.**
- **Add 1 minute for each additional 1,000 feet of elevation., per www.cdc.gov.**

STORE all jars (filled/empty) on **Secured Shelving** with **straps/or Bungee Cords** (stretched across the front) —best in boxes jars came in—in case of an earthquake.

Recipes for Living ...

FOOD to build your Storehouse

Freezing

Items Needed:

Ball Blue Book of Preserving. Available at Walmart, Lowe's, etc. (What you need to know about Freezing Fruits, Vegetables, Meats, etc. is in this book.) A must.

Food Saver \$75 Available at Walmart Mart. Removes air before sealing thereby food quality is better and lasts longer. Sharp edged foods, like garbanzo beans may puncture bags.

Bags available at Goodman's in all sizes—Quarts, Gallons or continuous rolls or Google.

Freezer Options

Danby Chest Freezer \$280 delivered at Amazon as of 08/16. 7 cu ft. Very, very, very energy efficient, works great with Solar System. Cost is \$23 per year to operate.

Propane Chest Freezer. 6 cu. ft. \$1295—\$1500. Available—check Lehman's. or Google.

GE Upright. Costs \$300 to run per year. Not good for time of crisis when energy needs to be conserved.

Midea. 2.4 cu. ft. Great for crisis. Very, very, very energy efficient. Great for storing essentials including Insulin. Will run off a car battery and small (500) watt inverter.

Dometic. Freezer and Refrigerator. 8 cu. ft. Electricity and Propane. \$360 per year Electricity. Or \$150 per year Propane.

The Optimum Goal is to use less Propane because it is non renewable and use Solar Power as much as possible.

Carbon Monoxide Alarm with battery backup.

Carbon Monoxide Meter to measure level when alarm sounds. **Pyle PCMM05.** \$110 Amazon. Hand Held.

In a shelter-in place scenario provide PLENTY VENTILATION in areas where Propane appliances are operating. Be mindful of the CO level. The health effects of CO depend on the CO concentration and length of exposure, as well as each individual's health condition. CO concentration is measured in parts per million (ppm). Most people will not experience any symptoms from prolonged exposure to CO levels of approximately 1 to 70 ppm but some heart patients might experience an increase in chest pain. As CO levels increase and remain above 70 ppm, symptoms become more noticeable and can include headache, fatigue, and nausea. At sustained CO concentrations above 150 to 200 ppm, disorientation, unconsciousness, and death

Recipes for Living ...

FOOD to build your Storehouse Dehydrating

Food Saver \$75 Available at Walmart Mart. Removes air before sealing thereby food quality is better and lasts longer. Sharp edged foods, like garbanzo beans may puncture bags.

Bags all sizes—Quarts, Gallons or continuous rolls or Google. Food Saver also has a Food Saver Adapter that works with mason jars to rid them of air to preserve your dehydrated food longer.

Excalibur 3926TB \$275 (check— prices vary) with timer—need timer. 9 trays. Top of the line. Requires Electricity and takes several hours for processing. Fill it up (9 trays— will process 13 lbs. of tomato slices at a time) and just check a couple times in a several hour time frame. Good for “prepping,” not so good for processing food in a crisis time. Google for availability.

Round Dehydrators (NESCO) Stackable with Fan. Available at Walmart. Affordable. Requires more overseeing of process. Need the fan.

Make your own perhaps with window screen and let the Sun dry your food. There may be some YouTube videos on the topic. We haven't done any research on this.

Recipes for Living ...

FOOD grown by Hydroponics

We bought some lettuce from a local produce store and it was hydroponics. It was the best lettuce I have ever seen or tasted and stayed fresh in the fridge a long time—it was amazing so being preppers and can't believe the treasure we discovered, we set out to learn more about hydroponics. So my husband turned to YouTube. He came across various systems, and some we hope to build and have planned for, - most operating from a reservoir/10 gallon tub of water, but there was a young woman we found, the Frugal Green Girl, who just totally amazed us. She taught us how to have lettuce in Winter with 5 items needed:

Lettuce in Winter or anytime of year:

For One or Two Plants:

A Wide mouth Quart Jar

A 3" Hydroponics basket type cup that fits into the top of the jar perfectly. These baskets are available for about 15 cents a piece and are reusable. Amazon Must buy in qty.

1" RockWool Cubes—you buy them in sheets. Amazon

Nutrients for the plant which are dissolved in the water. Amazon.

Urban-Hydroponic Lettuce 8-15-36

One little lettuce seed per cube. If you plant two—need to discard one.

It's best to watch her on YouTube. Frugal Green Girl. She has a few, look for the one with the beautiful lettuce plant (Romaine) bursting forth from a jar wrapped in paper.

First, start the seed in the Rockwool cube. You want to find a small container to hold 4 Rockwool cubes or for two plants you will need 8 cubes. Wet the cubes—I've noticed that some people soak them for a few seconds—I poured water over mine. Once they are wet but not too wet (which can cause the seed to rot) place the seed in the hole of the cube and pinch the top of the cube together a bit. Place the little container with the seed, etc. in the window, and in a few days, the seed should sprout. I use a small spice jar with little holes to add a very little bit of water if the cubes look dry on top. In a couple weeks, you will transfer the Rockwool with the now little plant into the 3" Hydroponics Basket with a couple other cubes. I guess this works best if you use Romaine lettuce, first. I am trying some Mustard Greens for my first try and in another jar, Butter Crunch Lettuce. Tested—worked great. 10/8/2016

For the jar, cover it with paper or something that will not allow light to show through, or paint it—even the neck of the jar. I'm using foil. If light infiltrates, it causes Algae to grow—so no light. Pour 1/4 tsp of Lettuce Nutrients into the jar and mix/swish around with a couple of inches of water. Once mixed, continue to fill the jar with water to the bottom plus 1/4" to 1/2" of the bottom of the cup when inserted in the jar. The water should touch the Rockwool. Then set in a South facing window for lots of light and leave it for 30 days. It should not need water added—the roots will grow into the nutrient rich water and other roots will remain shorter. As the water decreases, oxygen is provided for the plant—for the shorter roots. She says if it looks wilted, then pick up the cup/basket and see if the roots are touching/reaching into the nutrient water—then add water if necessary.

In addition, we learned about **Hydroponics Fodder/Grass** (grown in 7 days) which is being grown all over the world by farmers to feed their livestock and chickens. Very efficient and a possibility if soil is contaminated. But something that has to be planned for in advance of the crisis. There is also a form of Hydroponics called Kratky, named for the fellow in Hawaii who introduced it. Like, the Frugal Green Girl's Quart Jar above, it is Hydroponics done on a larger scale, but easily done for most folks using all sorts of containers—without any electrical pumps. See **MHP Gardener YouTube** videos. He seems to be the one everyone refers to/patterns after especially for the best Nutrient solution.

Recipes for Living ...

Cooking in a Crisis

When choosing a way to cook your food, keep in mind Canned food may not need to be cooked; and if so, will take less energy/power to reheat. Freeze dried food will use less water and fuel to cook than Dehydrated food which has to be rehydrated taking a much longer time.

Can Openers. Buy in Bulk—50 cents a piece. Military P-38 (small—can attach to key chain) available on Amazon. Have “manual” type can openers for every day use.

Propane Cook top or Range. May want to conserve Propane for other uses like heat in the Winter.

Grilling out/Portable Grill. Outside only—never inside under any circumstances. Don't forget to stock Charcoal, and means for lighting.

Woodstove with two burners. US Stove. EPA Certified \$300. Check Tractor Supply.

Solar Oven. All American Sun Oven the best. \$275 for just oven, \$320 for oven and pans. Amazon, eBay, sunoven.com. Possible to build your own. Lots of “how to” videos on YouTube.

Microwave if power is available.

Pressure Cooker is an efficient way to cook. Remember to get extra gaskets. Can use Canner.

Propane Hot Plate if you have Propane. \$50 with regulator. Dual burner. If using grill tank—use outside.

Electric Hot Plate if power is available. \$20. Single Burner. Check Walmart Mart. Best to use while running generator for other tasks.

Various **Camp Stoves:**

Rocket Stove—fueled by wood. Small.

Various Butane Back Packing Stoves. \$31.99 Amazon. Gas One GS3400P Dual Fuel Portable Propane and Butane Camping and Backpacking with carrying case. Others—check Google.

Portable Butane Stove/Burner with case. Gas One GS-1000. \$19.99 Amazon. Gas Cartridges \$2 ea., less in bulk, about 6 hours per cartridge on high heat, more on low.

Coleman Dual Fuel Camp Stoves: Coleman Fuel or Unleaded Gasoline.

Small Propane Canisters. Walmart, Amazon, eBay, sporting goods stores.

Recipes for Living ...

As part of “preparing,” we can learn a great deal by watching **YouTube Channels*** and learning how to garden, home can foods, raise all kinds of animals, build a barn, the importance of having raised beds, harvesting chickens, just everything you need to know. We take notes and research and even buy books to help us know how to do what we have never done. Even though we have had backyard chickens for a few years, through watching these folks on YouTube we decided to get Quail. (I think it is interesting God sent Quail to the Israelites in the desert .) But anyway, we learned to buy the Quail eggs from Amazon, to purchase an incubator, how to operate the incubator as the “Homestead” folks were doing the same. They taught us how to cull the Roosters (which we could not bring ourselves to do with our chickens,) and now we raise a few Quail in our garage. And, you can too. Their eggs are very nutritious, small, but taste like chicken eggs. You can learn anything and everything from folks by watching YouTube. And, also, there is very good info available through watching “Prepper” type channels, as well.

We have 6 months experience, now, raising **Quail**, successfully, in our garage. I eat Quail eggs (which are very small) almost every day, even though we also raise chickens. One 50 lb. bag of Game Bird Feed (over 24% protein—Quail require more protein than found in chicken feed) lasted at least 4 months for 6 Quail. As stated, we raise our Quail in modified type hamster cage (17” x 40” , along with a source of light (5000K 1600 lm 15W LED bulb.) They need enough light to stimulate egg production. All the modifications and info for raising Quail are found on YouTube Homestead Channels: “Living Traditions” and “Keeping it Dutch,” (has valuable info about no waste Quail feeders—Quail waste food when you use a traditional feeder, and “Hidden Heights,” as well as “Slightly Rednecked” (which has a great deal about raising Quail in an urban setting.)

As far as living our lives a new way, seek what you love to do. What is it you have always wanted to do and start learning and become an expert. As John Paul Jackson taught us, paraphrased, “we all have in us something that will help another—discover what that is.” Be empowered. Be inspired. Tune into the “Homestead or Prepper’s” way of living. Learn everything you can learn. To grow vegetables takes more effort than placing a seed in the ground—learn from those who have successes/experts. How valuable will these skills be should a crisis come? Even if you don’t think you have the room—you live in an apartment, you can watch, you can learn, you can research and take notes. As you tune down the “world’s ways” of living your life, you will be amazed at how the Lord is blessing you in all aspects of your life. There is great abundance to gather in all around—knowledge/a perfected skill is powerful. Be empowered so you can empower someone else. Be a Blessing! And then watch how the Lord Blesses you!!!

* We purchased a little box for under \$50 called **ROKU** (Google—Buy ROKU.) It attaches to our TV and our Internet. We don’t have Cable TV. Our entertainment is provided through ROKU. But also with ROKU, we receive the YouTube channels which we watch as most folks watch TV from their couch. We are so inspired as we watch folks, like you and me, on these “Homestead” and other type channels who are already making a transition from the “world’s ways” of living their lives to living their life as what some of them call “freedom,” and the Bible calls, “life lived more abundantly.” And, also, tune into “Prepper” type channels for info regarding “preparing” - there is so much available to help.

Recipes for Living ...

WATER Sources and Storage

Water Purification Tablets. Chlorine Dioxide Tablets or Iodine Tablets (which have longer shelf life and kills cryptosporidium. Available in Camping/Outdoor—Walmart.

Household Bleach. Ten drops per gallon of water for water purification. Questions have come up as to shelf life and potency of bleach—might want to check date for most recently purchased.

Seychelle Water Bottles. \$34.98 Amazon Each filter produces up to 100 gallons of filtered water, which equals approx. 1,067 12 oz. bottles of bottled water. Filters replaceable and easily replaced. Provides an exceptional solution for situations when bacteria, viruses and/or Nuclear/Radiological Contaminants may be present. Removes up to 99.99% of contaminants and pollutants found in fresh water supplies Stock up on extra filters. Also available at www.jimbakkershow.com with specified donation.

Waterbrick. Stackable Water and food storage Containers. Holds 3.5 Gallons, liquid **\$14.30 Amazon.** Also available in 1.6 gallon size. Also available at www.jimbakkershow.com with specified donation \$20.

IBC Totes. Caged Water Tanks. 275 gallons. New \$249. Google Used \$75 – \$100. Craig's List. But if purchasing "used" make sure that only food/water has been inside tote.

We have 2 IBC Totes in the garage full of water beside our chicken bunker to shield the chickens from a potential threat of radiation.

Leg Style Totes from Tractor Supply. 35 Gallon—\$99. 325 gallon—\$599. 550 gallon—\$550 Upright tank: 305 gallon—\$399

Rain Barrel Collection. Lowes. 40 gallon with spigot \$108. Tractor Supply. 50 gallon w/spigot \$100. Amazon. Wizard 50 Gallon spigot. \$79.

Well Bucket. EBay. 2" lets you get water out of your well even with current pump inside. \$30 plus \$16 Shipping. Or **build your own well bucket**—instructions at www.alpharubicon.com Check valve available at EBay for \$10 for 2" PVC pipe. SO.Addison.

Hand Water Pumps. Oasis Pumps. \$365. www.oasispump.com has a video for installation. Pipe not included in the price. **"T" handled Hand Pump.** EBay. C Curry (41092) **Bison Hand Pumps are Stainless Steel.**

Big Berkey. \$258. Amazon. The Berkey filtration system comes in five different sizes. The systems are identical apart from their storage capacity and filter rate. When you buy a Berkey water filtration system, you have the option of using a black filter or a ceramic filter which are made of diatomaceous earth—very effective filtration substance because of its microscopic size and porous quality. The pores are so small they make it nearly impossible for pollutants and toxins to pass through. In addition, the ceramic filters also contain activated carbon. Typically, activated carbon can filter thousands of gallons of water before needing to be replaced. Less expensive than the black filters. Black Filters are reported by Berkey to remove parasites, herbicides, pesticides, VOC's, detergents, silt, sediment, nitrites, heavy metals, foul odors, and bad tastes, and it is written they are cleanable with a scotch brite pad. Black Filters—2 for \$100. Each filter lasts up to 3000 gallons ea. Or up to 6000 gallons for the two.

Build your own Berkey Filtration System. Purchase two Berkey filters, two food grade 5 gallon buckets, 2 lids for the buckets. The Berkey container is stainless steel; it is the filters (that you can position in your bucket that filters.) Need to drill with 1/2" bit, two holes in bottom of one bucket as well as in same place in lid on bucket below. Remove the end fastener on the Berkey filter—stick the filter into the hole in the bottom of the bucket and through the lid on the bucket below and then attach the fastener. Stack the bucket with filters attached on top of other bucket. Pour you water to be filtered into top and let drain into bottom bucket.—Slow process—but filters. **Seek www.youtube.com for directions/demonstration.**

Recipes for Living ...

WATER Sources and Storage

Cont.

Bleach Alternative. Pool Shock. In the Swim. Amazon. May need to Chlorinate your well. There are questions regarding Shelf life and Potency of Bleach. Pool Shock is dangerous when stored improperly. Do research on storing and using. Definitely want to re-package before storing.

For using streams, developing Springs, for systems for collecting and purifying water off your roof, wells and pumps, for any type of water source question the best place to visit is **www.youtube.com and seek out Engineer 775**. He probably has a YouTube video to help. He also has YouTube video's on solar system installations and building shelters, too.

Engineer 775, Scott Hunt, has a book, "**The Practical Preppers Complete Guide to Disaster Preparedness.**" **\$14.99 Amazon.**

For Hot Water

5 Gallon Super Solar Sun Backpacking Camping Hiking Outdoor Shower
Uses Sun to Heat Water Walmart. Check for Variety Starts at \$10

Ecco Temp L5 Portable Propane Tankless Water Heater \$120. Amazon. Larger ones available.

Bundled with Flo Jet RV Water Pump for \$159. Can be hooked up to House plumbing. Seek Plumber's advice - may be necessary.

Rheem Tankless Propane Hot Water Heater made by Paloma. Indoor. \$1054, may cost \$400 for installation and pipe to install. Must have small amount of electricity to run. Highly energy efficient—On demand Hot Water.

GE GeoSpring 50 Gallon 240 Volt Residual Electric Water Heater with Hybrid Heat Pump. \$1399. Lowe's. Works well with Large Solar Panel System.

Recipes for Living ...

Heating

South Facing Windows. Passive Solar. In cold weather open blinds during day to let in heat; at night close blinds and cover with blanket, etc. to conserve heat.

Woodstove with two burners for cooking. US Stove. EPA Certified \$300. Check Tractor Supply. Flue pipe, etc. not included in price. Also consult local code for installation.

Portable Wick type Kerosene Heaters. Need 1K Kerosene to run. Are designed to run inside, but are to be fueled outside.

Ventless Wall Heaters available in Propane and Natural Gas. \$90—\$210. Amazon or local Home Improvement Store. No electricity required for them to run - (look for PIEZO igniters.) Include Thermostat. Having thermostat will conserve fuel. Available at Tractor Supply and Home Improvement stores. Consult with local code regarding installation in your area. Seek a professional for installation. Good time to purchase in the Summer—look for sales.

Mini Split Heat Pumps. \$900—\$1500. Amazon or EBay. Price varies based on size of room's heating/cooling needs. Powered by Solar System. Are designed for individual rooms or areas of home. Are used all over the world, but not so much in the US. Consult a HVAC contractor for installation. Voltage must be compatible with Solar System—normally 120 volts. If using Generator Power, can be run, but is not fuel efficient—will only run while the generator is running.

Solar Panels/Solar System. To be useful for heating, must have enough energy to run Mini Split Heat Pumps. A large Solar System can run small electric heaters, but is not very efficient. More discussion about cost and System under “Solar System” article.

Greenhouse. If built beside or part of your house—South Facing—adds quite a bit of Solar Gain by the moving of hot air of the green house into your house versus venting it outside. And, great for growing plants/starting seeds. Many purposes.

Minimum Goal: Provide at least one room comfortable for living and the rest of the house warm enough to keep the pipes from freezing.

Always be mindful of Propane/fuel usage. It may take a long time to replace it once it is gone.

Recipes for Living ...

Dogs, Cats, and Chickens

Our dog works hard at security detail, warning us of intruders, as well as chasing off snakes and vermin. Our cats work hard keeping the mice population down. And our chickens provide us those little treasures—eggs— that seem to just appear in their nest boxes. Everyone of our animals are very valuable. They give so much including all the unconditional love like none other.

Heartworm Prevention. **Ivermectin** available at Tractor Supply. Large bottle. As a child, I never knew of dogs getting heart worms. But I know it is horrible for the dog if they get them. Heart Gard Plus, used as a heart worm preventative contains Ivermectin. Eventually, you will run out of your dog's heart worm prevention medicine which treats other types of parasites as well. There is no dosage on the bottle for dogs—consult your Veterinarian for dosage formula. Remember, amounts of each (Ivermectin and Propylene Glycol (necessary for mixing) is applied with a **syringe without** needle.) Ivermectin may not be good for all dogs—consult your Veterinarian.

Also, **Drontal or Droncit Dewormer** for Tape Worms in Dogs and Cats. Google.

Also Diatomaceous Earth added to/sprinkled on food to help combat worms in chickens, too.

Flea Prevention

Vaccines. Stay up to date on all vaccines. Ask for three year Rabies vaccine instead of one year. If you work with animals, may want to get a Rabies vaccine for yourself.

Rabies is transmitted through saliva and can enter into cuts and breaks in your skin/hands while tending to a hurt animal—from fur or even feathers. When going out to tend to hurt animals ALWAYS wear gloves (we now keep nitrile disposable gloves by our door—just in case.

Kennels and Crates. Find them at Yard Sales and Flea Markets. Great for raising older chicks. Of course, dogs and cats you may want to isolate. Guests are probably coming to your house—you shared this info with them to help them—they will bring their pets. My dog doesn't like the cat. The cats don't like each other. The dog has to be separated from the chickens. Kennels and Crates are good—especially in a shelter-in place event.

Food. “**Why Dog Food is not good for Cats,**” and “**Vice Versa.**” www.petmd.com Do not let your cat eat Dog Food. Cats need Vitamin A, Taurine, and Arachidonic Acid and differences in Protein level requirements not provided in Dog Food, and necessary for cats to be healthy.

We store bags of dry food in a cool dry place for our dog. We keep a couple years supply.

Cats need: Pretty much the same as dogs, however, our Veterinarian says that heart worm is not as dangerous in cats. Might want to consult your veterinarian. The **cats' food**, Deli Cat—which they love—comes in buckets (which is great.) We keep a couple years supply of food in a cool/dry place. And use the empty buckets for many purposes.

Lots of litter. The outside cats may need to shelter inside for quite some time.

Recipes for Living ...

Chickens

Book: “Storey’s Guide to Raising Chickens,” by Gail Damerow, Storey Publishing

Eggs are a part of our plan. Even with buckets of powdered eggs available, those little treasures left in the nest box by our chickens are so important. Chickens quit laying eggs when they molt usually in the Fall, and egg production may be reduced during the Winter months. Preserving eggs is a excellent way of having eggs all year round—storing the extras starting in late Summer.

Waterglass Method of Preserving Eggs will allow you to keep eggs for up to 5 or 6 months (in a cool/dry place) without refrigeration. It works; we’ve tested. It sounds odd. Purchase: Rutland Water Glass Cement Floor Sealer (Sodium Silicate.) Instructions on back of container: For Preserving Eggs: Only use fresh eggs which have been wiped clean, but not washed (directly from the nest.) Mix eleven parts water with one part Water Glass in (they say earthen ware crock—we use small type plastic blue buckets purchased at Lowe’s with white top that seals—holds about 4 doz. Eggs—which are added daily until the bucket is full and we store.) Also, I cut a plastic camping egg container (cutting along the hinged part) that holds six eggs in half and place one half in the bottom of the bucket to aid in keeping the eggs upright—otherwise it will be difficult to place them in. Back to instructions on back of bottle: Place eggs in solution leaving about two inches of liquid above the eggs. One quart of Water Glass will treat about sixteen dozen eggs. We discovered this form of preserving eggs by watching videos of folks who lived/survived in Great Britain during WWII. May not work so well for eggs you want to boil.

Food. Layer Pellets kept in a cool dry place for a couple of years. Plan for a 50 lb. \$12—\$14 per bag of food for half dozen chickens per month. Our chickens love grass. We have found we need a 4 ft. fence around their free ranging area to keep out foxes. May be difficult in a radiation type event to allow them grass. We are investigating using Hydroponics Fodder as a source. Requires barley seed or wheat, lights and trays. Lots of videos on YouTube. Folks are feeding their animals this way all over the globe —especially where water is scarce.

Backyardchickens.com has a list of “everything you can feed a chicken” and “you should avoid feeding your chickens.” Great list to print out and keep with your info on chickens..

Feeders. \$20. Galvanized. Hanging. Keep the food clean and the chickens’ droppings out. I also use plastic feeders for raising chicks in my garage.

Waterers. \$18—\$20. Always by at least two of everything. Very difficult to duplicate in a crisis. And the Galvanized type do develop holes or break—we have had both happen—they constantly are filled with water. (Watch for holes if purchasing at yard sale or flea market.) We have other types (with water nipples) but have not tested.

Grit and Oyster Shell—Calcium. Must have sources of Calcium to replenish since producing eggs. Grit (especially if not free ranging where they can get it from the ground) is necessary for digestion. Grit \$10 ea. for 25 lbs. Oyster Shell \$9 for 50 lbs.

Bedding. Currently using Wood Chips. \$5 “2.5 cu. ft. bag compressed, expands to 8 cu. ft.” For crisis will store straw, but not hay.

Recipes for Living ...

More about Chickens

Worm Prevention and Dewormers.

Diatomaceous Earth. 40 lbs. \$20. Sprinkled in their areas and nesting area, keeps down mites and worm populations, as well as sprinkled on food. Amount used is based on size of area covering or number of chickens.

Treatments: Not Veterinarians. Just have some experience. Consult Veterinarian as needed.

Wazine for most worms. Mixes easily with water.

Ivermectin (needs syringes without needles (1 ml Insulin Syringes best)

Safeguard. Dewormer for Hook Worms.

Also **Sulmet** (an antibacterial) and **Duramycin 10** (an Antibiotic)

Blue Kote for wounds of all animals. Folks also recommend tea tree oil. Blue Kote comes in various forms—anything it touches turns blue/purple. Our chickens tend to get attacked—even from each other.

Vaccines: We purchase our chickens as chicks and raise them. We feed them medicated feed which has an ingredient in it to prevent Coccidiosis. We also purchase our chicks from our Southern States where they have the chicks vaccinated for Marek's Disease. A horrible disease known in our area to affect chickens; it decimated a friend's entire flock. Was so sad.

Chickens, themselves, are not known to be carriers of Rabies, but the predators who attack them may be. Rabies is transmitted through saliva and can enter into cuts and breaks in your skin/hands while tending to a hurt animal. When going out to tend to hurt animals ALWAYS wear gloves (we now keep **nitrile disposable gloves** by our door—just in case we need to rescue one of our chickens in a hurry. You may never see the predator/attacker.)

Beak Trimmer. Available at McMurray Hatcheries. If the chickens start pulling out the feathers of each other (that is called cannibalism.) Action needs to be taken immediately. It seems to be an addictive behavior once started. We don't cull our chickens, but when you find the offender, you need to get them away from the others. Especially if confined tightly in a crisis situation. We have tried a big block of feed/nuts/goodies treat that chickens love and will have one if they are confined to their "chicken bunker" in our garage in a radiation type event.

We prefer a **chicken tractor** as opposed to a **stationary type lot**. Our lot in the past, after bringing in chickens from an unknown source, caused our chickens to get sick. The first couple years or so, we didn't lose a chicken, but then they started getting sick. By then, we had allowed them to free range in the area with the dog, and she got sick. It was Hook Worms, that I believe she got from being in about a 1/2 acre shared with the chickens because we had to treat the chickens for hook worms as well.

A chicken tractor allows you to give your chickens fresh grass every day without the threat of them being eaten. Letting them go, unfenced, for us doesn't work—too many predators. The size of any living area needs to be evaluated based on the number of chickens. Also, the living area needs ventilation—even in Winter. Anyway, if at all possible, give the chickens as much room and fresh grass as possible and they'll keep you in eggs and plan to shut them in at night for safety. We have no other experience with any other animals to add.

Recipes for Living ...

Threats *Why we go to all this effort!!!*

If you listen to Christian Networks who are preparing for a crisis, you will hear about an economic collapse coming soon, a massive volcano erupting in the US, a massive earthquake (the New Madrid Fault) and even tsunamis—some say coming on each coast. These line up with Matthew 24. And the answer given for them coming is God is going to Judge our nation—this is God’s judgment. But also mentioned are war and rumors of war.

What I have been shown to prepare for is an EMP type event and a nuclear attack coming immediately thereafter., which would plunge us all into the wilderness journey experience. By now, we have shown you that we are not extreme in our thinking; this is what we are preparing for and why:

First, what is an EMP. An Electro Magnetic Pulse. To best describe it, a rocket with a nuclear warhead from a enemy country is launched, or a satellite with a nuclear warhead is detonated about 300 miles over the center of our country and as a result, the effects destroys our electrical grid. No more electricity. The entire country affected at one time. And for many months since the EMP will take out the transformers needed for our electrical grid to function—including transformers that are not built in our country and take many, many months just to get. For a better explanation:

<http://www.newsmax.com/Newsfront/gringrich-emp-weapon/2009/03/29/id/329110/>
“Newt Gingrich: A single nuke could destroy America.” By Newt Gingrich and William Forstchen | Sunday, 29 Mar 2009 04:23 PM

Dr. Peter Vincent Pry is the expert on EMP. **Blackout Wars**, his book is about his efforts to have the govt. harden (shield) the electric grid against the effects of an EMP. Very little progress has been made—not on his part, but because of lack of concern of our nation’s leaders. Dr. Pry has served on the EMP Commissions studying effects of EMP and the reports are available on the internet (also mentioned in Mr. Gingrich article mentioned above.) The 2008 one is about 200 pages give or take.

Currently, our enemies are working to produce the type of weapons that could produce an EMP over our nation. North Korea currently has two satellites that orbit over our nation daily. Dr. Pry indicated no one knows if the satellites have a nuke or not ready to be detonated. It seems to be just a matter of time. And our entire nation would be crippled/ paralyzed as a result of no electrical grid system. Food Distribution would stop. No gasoline. Basically, we would return to our grandparents way of life. The exception will be those who are prepared as we have been sharing with you to prepare.

Recipes for Living ...

Communications

Short Wave Radio: If an EMP occurs, signals from TV and Radio Stations will not be available—the only way to receive news will be by Short Wave Radio—news generating from all around the globe.

KAITO Short Wave Radio. KA268. AM. FM. And Short Wave \$20 Amazon
KAITO KA500. \$50. Amazon. AM. FM. Shortwave with Weather Channels runs on batteries, has its own Solar Panel or Crank.

Walkie Talkies. Short distance two-way communications.

FRS (Family Radio Service). Plan for 1/4 to 1/2 mile range—even though listed for longer distance. No license needed. \$20 +. Amazon

GMRS (General Mobile Radio Service). For more range up to 4 miles. Must have license. No test—fill out form. Amazon

License —\$65 for 5 years—covers family. For more info: www.fcc.gov (general mobile radio service GMRS) Per www.fcc.gov, “You may apply for a GMRS license if you are 18 years or older and not a representative of a foreign govt. If you receive a license, any family member, regardless of age, can operate GMRS stations and units within the licensed system.”

Note: any electronics you want to keep for after an EMP, like a Short Wave Radio or Walkie Talkies, you must shield in a Faraday Cage.—Build your own. Instructions to follow—page 36.

Protect your Gadgets against the Giant—EMP

If/when a nuclear bomb is detonated 250 to 300 miles above our country, an Electromagnetic Pulse forms that destroys our Electrical Grid and anything we own with electronics in it—including most of our appliances, radios, even our Bread maker —anything powered by electricity—whether it is plugged into the wall at the time or sitting on a shelf in a box—we can't guarantee it will be OK. If it is exposed and has electronic components (especially microprocessors,) it will most likely no longer work. Therefore we must protect/shield things we want to work after an EMP event.

WHOLE House Surge Suppressors that mount to your main Circuit Breaker Box absorbs the surge from the power lines caused by the EMP. Get the one with the highest **Joule** rating than you can afford. These are for “Hardening” your home, however, since there is no EMP prior, not 100% assured, but they are mathematically assured. Improves electronic survivability. We have them. Consult an electrician for more info.

PLUG-IN Surge Suppressed Outlet Strips for all electronics. (used in addition to Whole House ones)

FOIL wrapped in a correct way—with edges always touching each other—creating one continuous piece—wrapped around a cardboard box with our items in it is one way to protect them—however, there must not be any holes in the foil—none—not even itty bitty ones or the foil shielding won't work.

Another way to shield items is by building what is called a **Faraday Cage**. You can buy expensive bags to protect your items—very expensive or build your own with some help.

From Wikipedia: “A Faraday cage or Faraday shield is an enclosure used in order to block electric fields. It is formed by conductive material or by a mesh of such materials. Faraday cages are named after the English scientist Michael Faraday.”

Dr. Arthur T. Bradley, author of book, “**Disaster Preparedness for EMP Attacks and Solar Storms**” is highly recommended. He has some great YouTube Videos, as well. He is an expert. Book reviews: “Presents useful data showing what works and, more importantly, what doesn't when constructing a Faraday cage ... a guide filled with practical advice.” Another review—“Read this book and you'll learn more simple, inexpensive and effective methods to protect critical equipment from an EMP pulse or solar storm. ...”

We wrap our bigger boxes in FOIL—even a few Solar Panels, but you have to fold seams together—with ends always touching - **NOT** just one end folded over another as we wrap presents.

Another way **Dr. Bradley** teaches is using a **metal trash can**, lined with corrugated cardboard (every space in the can must be lined with cardboard and tape it (the cardboard) together with any regular tape to hold it up and so it stands around the sides —don't forget to include the floor of the trash can—the items placed in it cannot touch metal. The cardboard acts as a type of shield. I put everything in a box and then wrap it (as described above) in foil and then place it in the trash can (I know—it's overkill.) It's best to watch the YouTube videos by Dr. Bradley or read his book. We tape any seams of the trash can inside and out where it is welded together—all seams even where the handles are - with a 2” to 3” metal-type tape. Dr. Bradley addresses this in his video as well. Once the items are in the can, again, for the inside of the can's top, there is cardboard covering your items, close the lid and tape around the seam where the top meets the can. The test is as Dr. Bradley shows in his YouTube video, you can put a radio inside the can—on—and if you can't hear it outside, then waves are not getting through.

Don't forget to make a list of items inside and tape on the outside of the can.

Recipes for Living ...

More about Threats

It was sometime in the late 80's or very early 90's that I came home from a Bible Study and shared with my husband what I had learned. He was surprised. You see, I remember someone shared a newsletter or some info from David Wilkerson and in it, it described a time when something would go off in the air, but would not knock down buildings. It would affect our electricity. Now, I remember this because my husband knew exactly what I was describing when I shared with him. I don't have any data to back it up other than he remembers the event as well because it was so shocking for me to be describing such a thing.

My husband told me at the time that what I described was known as an EMP. He shared with me the first known affects of a man made EMP occurred over Hawaii as a result of a nuclear detonation test in space called "Starfish Prime." At the time of the Bible Study, Russia had the capability, but other than them, there wasn't much threat. I have searched and searched for the data from David Wilkerson, but have never found it. It seems that an EMP is launched to take out the communications and then followed by the attack. We did something similar when we attacked Iraq in the Gulf War—maybe not an EMP, but similar in taking out communications and radar before attacking.

Going back to the late 80's when I was Saved, I had a dream. That dream led me to a woman I had never met and she shared with me about this book she had read, entitled, "The Vision," by David Wilkerson. I had never heard of him but since I had a dream and met the lady, I went as quickly as I could to the local Christian Bookstore to buy the book. When I got to the store, they were sold out of "the Vision," but had a book with a strange title I thought at the time, "Set the Trumpet to Thy Mouth," by David Wilkerson.

I believe if you want to know what is coming you need to read the first 20 pages of that book. I had kept it all these years, and along with all his other books I have read, a list provided, I decided to go through all of them to see if I could understand what each one meant—what message he was sharing because each book seemed different. I decided there were books written for different times that were coming.

I truly believe that David Wilkerson was a modern day Prophet. However, he would never call himself that; he said he was a Watchman. He was a very humble man. He had such a tough message to deliver and now we realize that message was for folks in our life time. In addition to his books, I have many of his newsletters; he had so much to teach us about loving God. Whenever I had a chance, I listened to him through the Times Square Church site. When David Wilkerson spoke, I listened.

I hear folks teach what David Wilkerson taught—that agrees with them, but what he taught in those first 20 pages of his book, they don't seem to acknowledge. I'll share with you and let you decide for yourself. We have already made up our minds; we share so you will not be caught unsuspecting. God wants His children to prosper (living life more abundantly.) In a writing He shared with me, He wants you to know why we prepare and how we prepare so you will not be unprepared—caught "unsuspecting."

Recipes for Living ...

Was David Wilkerson Right?

I hope you read the previous page. I want to share with you excerpts from David Wilkerson's book, "Set the Trumpet to Thy Mouth" from the first 20 pages of his book.

From page 4—"In one hour it is going to be wiped out and consumed by fire. Judgment will fall upon the major cities, the towns, with fire consuming what was once a prosperous, thriving, safe, and tranquil land.

Page 5—"We have been clearly warned for a sudden destruction falling upon us."

Page 1—"America is going to be destroyed by fire! Sudden destruction is coming and few will escape. Unexpectedly, in one hour, a hydrogen holocaust will engulf America - and this nation will be no more."

Page 6—"In one hour it will all be gone! The stock market will burn—with all the buildings, the investments. The skyscrapers will melt, the fire of Divine vengeance will turn cities into polluted wildernesses. Our government, our transportation systems, our food supplies, our communications networks (radio, television) - will be lost in **one hour**. (He confirmed after this that this was not a reference to 9/11/2001, he indicated that something greater was coming in our future.)

Page 10—"America's cup of iniquity is full; the BEAR has prepared and is set to act—it is now only a matter of time. From over the North Pole the deadly missiles will come. Fear and some kind of supernatural impulse will cause the enemy to make the first strike."

Page 12—"This is an outright warning to America. Our huge stockpiles of weapons are but so many sticks and stones—useless against what God has planned against us. What has said of ancient Babylon will be said of modern Babylon. "The mighty men of Babylon have forborne to fight; they became women; they have burned her dwelling places; her bars are broken." "Jeremiah 51:30) This is where there will be no retaliatory strikes from this nation or its allies; because of the suddenness and finality of it all, we will "forebear to fight."

Page 12—"God is going to shake all that can be shaken."

Page 14—"Russia invades Israel because the American eagle is no longer there to defend her."

Page 14—"Before the great holocaust there will be small holocausts—oil fields in the Mid East will be a blaze" From his book, "God's plan to protect his people in the coming depression," he wrote: "A few years before the Gulf War, I warned there would be five hundred fires burning in the Middle East ... there were precisely five hundred three fires consuming Kuwait oil wells, all set by Saddam Hussein." He goes on to write: "That and many other warnings I have received have come to pass. So these days I listen intently when the Lord is speaking to me about coming events."

Recipes for Living ...

Was David Wilkerson Right cont.

Pages 14— 15. “Scoff if you choose, but the underlying fears about a collapse will soon become a tragic reality. Numerous cracks will appear in our fragile prosperity, and soon even the pessimistic will know in their hearts that a total collapse is certain. Senators and Congressman will sit in stunned silence as they realize no one can stop the tailspin into chaos. Business, political, and economic leaders will be terrorized by its suddenness and its far-reaching effect” At the end of the paragraph, “The great holocaust follows an economic collapse in America.* The enemy will make its move when we are weak and helpless.” In other books I have read, I recall that he indicates we are in a type of recession type period and as we are coming out of it, the enemy strikes.

*From his book, “America’s Last Call,” page 136: “I believe that in the not-too-distant future, almost every block on America’s streets will be lined with “for sale” signs in front of homes. There will be sellers only, and very few buyers. The housing market will collapse, and we could witness in our nation what happened in Japan, Indonesia, and other nations of the Pacific Rim. There may be 70 to 80 percent devaluation in real estate...” As a Realtor and a Home owner, we saw this begin in 2006. (We believe economic collapse he describes in first paragraph above, may have already happened.)

A note from David Wilkerson from his book, “America’s Last Call.” Page 171. “The Holy Spirit is the voice of God in and to us! If you have the Holy Spirit abiding in you, He will instruct you personally. Please know He doesn’t speak only to pastors, prophets, and teachers; He speaks to all followers of Jesus. The early believers were led everywhere and in everything by the Holy Spirit!”

He goes on to say, “I am convinced God speaks only to those who, like Moses, come and stand by Him. This means we have to spend quality time with the Lord daily—waiting on Him to open our hearts fully to hear His voice, not being rushed in His presence, believing He loves to speak to us. He won’t keep anything from us, and He’ll never allow us to be deceived or left in confusion.”

There are many questions to consider after reading the treasures David Wilkerson left for us. But if we look to find the truth in what is really happening in the world Well, now you have what we have to help you.

Some of the titles of David Wilkerson’s books in order:

“The Vision,” Copyright 1974, Pyramid Publications

“Racing Toward Judgment” 1977—2nd Printing, Pillar Books for Fleming H. Revell Co.

“Set the Trumpet to Thy Mouth” 1985, World Challenge

“America’s Last Call” 1988, Whitaker House

“God’s Plan to Protect His People in the Coming Depression” 1998, Whitaker House

“The Vision and Beyond” 2003, World Challenge Publications

David Wilkerson also wrote from his book, “God’s Plan to Protect His People in the Coming Depression,” page 93: “Hardhearted people can look straight into the face of a coming storm and see only a gentle breeze.” He died in a car accident a few years ago.

Recipes for Living ...

Facing the Giant of Radiation

Know your Enemy and Shields up!

Needed: Potassium Iodide to protect the Thyroid Gland. Amazon. Different Dosage for adult and children..

Dosimeters CDV-742. to keep track of everyone's exposure to Radiation—one per individual. Buy used—1960's EBay. Always test to make sure works.

Dosimeter Charger. CD V-750. Also buy used. EBay. 1 per group. Make sure it charges Dosimeter.

Survey Meter CDV-717 (often mistakenly called Geiger Counter) Measures Radiation levels immediately. EBay.

Geiger Counter CD V-700 For testing soil/veges/plants. If eat contaminated produce—can damage organs. Can buy new. EBay.

Best to consult www.tacda.org. The American Civil Defense Administration. Or www.fema.gov. re: Shelter.

In our area, if there is an attack, we will have Radiation Fall Out to shield from. Most homes are no match for the deadly invisible killer that invades your home. You will not know it until you start experiencing it's effects and then it can be too late, especially if you are thinking about trying to build a shelter of some type. And, it kills the children, first, and then the parents die. But, the good news is you can shield yourself and family from it by building a shelter.

Have we been warned? I have received warnings in my writings—enough to cause us to build a shelter. I was reading one of David Wilkerson's books one day and was reminded of the "Hail Plague." Exodus 9. Those who were caught outside (did not take cover and shelter) died. This is much like Radiation Fall Out. You will see it fall, but you have to be protected from it. It is a preparation by Faith like none other. I sometimes feel folks are looking at threats, but not seeing the huge threat looming.

Some folks are looking at the giant and saying like those 10 spies, no way. But then there are others who are like the two who have their eyes set on God's plans, the Promised Land, and say, yes we can. They are the ones that will set out to find or build a shelter—shielding them against Radiation Fall Out. There is an excellent site <http://www.tacda.org/index.php/tacda-academy/> **The American Civil Defense Association.** They have a 17 Section booklet that is really good and easy to read—has good info in it—even covering an areas with plastic to protect dirt (for planting.)

Plan to stay in your shelter for 2 weeks. The first 50 hours after last attack is most critical, however, the Radiation accumulates in your body whenever exposed—even if you go up the steps into your house. Our "extreme" shelter is in our basement—built with 2 rows of concrete blocks (35 pounds ea.) we have 16 inches of concrete block, dry stacked, for our walls which gives us protection against 1000 RADS. We are in a high target area. Our house is situated so the basement walls are under ground, but we have one wall that is exposed. We built a 4 ft. x 4 ft. Raised Bed filled with dirt about 4 foot high and bought bags of dirt (the dirt is stacked and comes in plastic bags which keeps it from being contaminated—can be used for plants) and piled them on top against the wall outside—creating shielding for 1000 RADS. We covered the wall of bags of dirt with black plastic and stapled it to the raised bed. We also built a shelf on the inside where we stack our Chicken Feed—a little extra shielding. We have raised beds around our house for veges, but also for additional shielding and to protect the soil (from fall out) for planting. The top of the extreme shelter also has to be shielded against—even in a two story house—the levels and the roof are not sufficient for the first 50 hours. We built a platform and stacked concrete blocks. So far it has held since 2012. Best to consult www.tacda.org. Or www.fema.gov. We built our shelter in evenings and weekends—950 concrete blocks—finished in two weeks.

We keep our "extreme" shelter stocked with everything we would need for two days. We have a special extreme shelter for our dog, and we have kennels for our cats in the "extreme" shelter. We are mindful of Carbon Monoxide. On test occasions, we have had levels too high—and have installed an exhaust fan that is operated by our Solar System with battery back up. At the end of the two days, we will check the readings and see if it is safe to live the rest of the two weeks anywhere in our basement area, which is also shielded.

If you can't build a shelter—inside or outside or underground—keep looking for a shelter area you can go to if needed. You will need two weeks of supplies for everyone. MRE's and Freeze Dried Foods—foods that require little water or preparation will be ideal. Bring enough to share. There should be no windows in the area you are staying so Solar Flashlights can't be charged in Sun. Pack lots of batteries. Find a spot that is most shielded by dirt, and remember you need shielding from above. Do they have a concrete floor above? I always think IKEA store basements would be great places to shelter from Radiation. Beds, food, they have it all—and, concrete floors above, too.

Fallout Effects and Exposure Limits for Humans

The following Table outlines expected results for **HUMANS** exposed to the **Total Accumulated Gamma Radiation Dose** over a one week time period. Total Accumulated Gamma Radiation Dose can be measured directly with a Dosimeter, or calculated by multiplying the reading from a Survey Meter * Time Exposed.

Total Accumulated Gamma Radiation in Roentgens (R)	Visible Effect on Humans
0 - 50R total exposure in one week	No visible effects.
50 - 200R total exposure in one week	Brief periods of nausea on day of exposure. 50% may experience radiation sickness (nausea and vomit), 5% may require medical attention, no deaths are expected.
200 - 450R total exposure in one week	Most members of the group will require medical attention because of serious radiation sickness. 50% will die within 2 to 4 weeks.
450 - 600R total exposure in one week	Serious radiation sickness in all members of the group, medical attention required. More than 50% will die within 1 to 3 weeks.
Over 600R total exposure in one week	Severe radiation sickness. 100% will die in 2 weeks.

The following Table outlines exposure limits for **HUMANS** exposed to **Prompt Gamma Radiation**. This information is useful to determine how long a person can stay outside the shelter in various radiation levels and what suitable activities would be for the exposure level. Prompt Gamma Radiation is measured with a Survey Meter.

Prompt Gamma Radiation in Roentgens (R)	Time Limits and Suitable Activities for Humans
0.5 - 2R/Hr	No special precautions are necessary for operational activities. Keep fallout from contaminating people. Sleep in the shelter.
2 - 10R/Hr	Outdoor activity (up to a few hours per day) is acceptable for essential purposes such as: fire fighting, police action, rescue, repair, securing necessary food, water, medicine and blankets, important communication, disposal of waste, exercise and obtaining fresh air. Eat, sleep and carry on all other activities in the best available shelter.
10 - 100R/Hr	Time outside of the shelter should be held to a few minutes and limited to those few activities that cannot be postponed. All people should remain in the best available shelter no matter how uncomfortable.
Greater than 100R/Hr	Outdoor activity of more than a few minutes may result in sickness or death. Occasions which might call for outside activities are: (1) risk of death or serious injury in present shelter from fire, collapse, thirst, etc., and (2) present shelter is greatly inadequate - might result in fatality - and better shelter is known to be only a few minutes away.

Fallout Effects and Exposure Limits for Animals

A quantity called "medium lethal dose" (MLD or LD/50) is commonly used as a reference point for the biological effects of an acute whole-body exposure to Gamma radiation. It is the whole-body dose delivered in a **short time** (about 2 days or less) which is expected to result in the death within a month after exposure of 50% of the individuals among a large group so exposed. The estimated median lethal dose for man and animals is as follows:

Type of Animal	Mean Lethal Dose - 50% Will Die
Man	450R accumulated dose over 2 days
Swine (Pigs)	450R accumulated dose over 2 days
Mount (Donkey, Jackass)	590R accumulated dose over 2 days
Rabbit	790R accumulated dose over 2 days
Chicken	1,000R accumulated dose over 2 days
Cattle	750R accumulated dose over 2 days
Sheep	350R accumulated dose over 2 days
Dog	325R accumulated dose over 2 days
Rat	900R accumulated dose over 2 days
Horse	450R accumulated dose over 2 days

Chickens do pretty well, but they still have to be shielded against Radiation. And, the grass will be contaminated when it is time to let them outside. Our plan is to have plastic already cut and everything ready to secure with landscape staples an area large enough for our chicken tractor as soon as we know an event has happened. We're planning before the wind carries the Fall Out to us, we should have 45 minutes to take care of things outside. There are some great YouTube videos from Tin Hat Ranch. Don't let the name fool you—he is very knowledgeable about potential nuclear attacks, Anyway, once they can be let out of their chicken bunker shelter, we hope to have a good spot for them and their tractor once we dispose of the plastic. By the way, the radiation does not affect their eggs inside them. Just an idea. We may need to relocate them under a roof somewhere till ground is safe for them.

Our Plan. In order to best utilize the time we have calculated/estimated/before Fall Out arrives, we keep a **Crisis List** on the Refrigerator of all the things we need to do outside. Therefore, there is no time lost trying to guess what to do—we just follow the list that we prepared when we had time to think logically, rather than react with little to no idea in panic.

Everyone needs a PLAN. If away from your house during the day—carry the plan with you. When stressed, the brain ceases to function well. Written Plans, especially, help you stay calm and thinking logically. Staying calm and thinking logically helps prevent PTSD according to my doctor.

“**Grounding**” is used to help someone in a panic type state.

Recipes for Living ...

Sanitation

In a Shelter-in-Place/Shelter situation:

Porta Potty—**must stock chemicals and water.** Hold 3 gallons fresh water. 5 gallons waste water. Contained. No odor. Shop for best for you. Must stock chemicals and water to use.

Reliance Products Luggable Loo Portable 5 Gallon Toilet \$17.99 Amazon. Simple Bucket Style Design. Traditional Snap on Lid. May smell in sheltered environment—not contained. Reliance does have a more contained model. Deodorizing Chems available.

Reliance Products Double Doodie Toilet Waste Bags 6 pack. \$16.95. Amazon. Double Zip Locking for secure seal. Designed for no mess waste disposal. Products for larger containers available.

Burn Barrel. 55 Gallon Drum to burn trash with detached top to prevent fire from escaping trash on fire, while burning.

Things to Consider and Plan For

Public Sewer System may work for a few days, but will quit functioning shortly after a crisis.

Folks may have a **Gravity Fed Septic System**—needing no electricity to operate so their Septic System will continue to work as it has prior to any crisis.

Folks may have a **Pump System** where electricity is used to pump their sewage to their septic field, they may have a **Mound Septic System** or they may have a system that needs a **grinder**—and each of these cases after a crisis, they will need a generator or large Solar System to provide the power for their Septic Systems to work as they did prior to the crisis.

WARNING WARNING WARNING

Carbon Monoxide

In a shelter-in place scenario provide PLENTY VENTILATION in areas where Propane appliances are operating. Be mindful of the CO level. The health effects of CO depend on the CO concentration and length of exposure, as well as each individual's health condition. CO concentration is measured in parts per million (ppm). Most people will not experience any symptoms from prolonged exposure to CO levels of approximately 1 to 70 ppm but some heart patients might experience an increase in chest pain. As CO levels increase and remain above 70 ppm, symptoms become more noticeable and can include headache, fatigue, and nausea. At sustained CO concentrations above 150 to 200 ppm, disorientation, unconsciousness, and death are possible.

Carbon Monoxide Alarm with battery backup.

Carbon Monoxide Meter to measure level when alarm sounds. **Pyle PCMM05.** \$110 Amazon. Hand Held.

Facts about Botulism, According to the CDC, www.cdc.gov

Botulism is a muscle-paralyzing disease caused by a toxin made by a bacterium called *Clostridium botulinum*.

There are three main kinds of botulism:

- Foodborne botulism occurs when a person ingests pre-formed toxin that leads to illness within a few hours to days. Foodborne botulism is a public health emergency because the contaminated food may still be available to other persons besides the patient.
- Infant botulism occurs in a small number of susceptible infants each year who harbor *C. botulinum* in their intestinal tract.
- Wound botulism occurs when wounds are infected with *C. botulinum* that secretes the toxin. With foodborne botulism, symptoms begin within 6 hours to 10 days (most commonly between 12 and 36 hours) after eating food that contains the toxin. Symptoms of botulism include double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle weakness that moves down the body, usually affecting the shoulders first, then the upper arms, lower arms, thighs, calves, etc. Paralysis of breathing muscles can cause a person to stop breathing and die, unless assistance with breathing (mechanical ventilation) is provided.

Botulism is not spread from one person to another. Foodborne botulism can occur in all age groups.

A supply of antitoxin against infant botulism is maintained by the California Department of Public Health's Infant Botulism Treatment and Prevention Program, and a supply of antitoxin against other kinds of botulism is maintained by CDC. The antitoxin is most effective in reducing the severity of symptoms if administered early in the course of the disease. Most patients eventually recover after weeks to months of supportive care.

Home canning is an excellent way to preserve garden produce and share it with family and friends, but it can be risky or even deadly if not done correctly and safely.

It's summer, and home gardeners are harvesting the delicious produce they've been growing. Home canning is a great way to preserve your garden goodies. But beware: if it's done the wrong way, the vegetables you worked so hard for could become contaminated by a germ that causes botulism, a serious illness that can affect your nerves, paralyze you, and even cause death. **Read on to learn about the safe way to can so you can protect yourself, your family, and others when you share your home-canned goodies.**

Don't let your canned veggies spoil

Follow these two tips to keep your canned vegetables safe and keep them from spoiling.

1. Use proper canning techniques.

Make sure your food preservation information is always current with up-to-date, scientifically tested guidelines. Don't use outdated publications or cookbooks, even if they were handed down to you from trusted family cooks.

You can find in-depth, step-by-step directions from the following sources:

- [The National Center for Home Food Preservation](#)
- [USDA Complete Guide to Home Canning](#)
- The [state and county extension service](#) of your state university

2. Use the right equipment for the kind of foods that you are canning.

Always use a properly sized pressure canner that meets [USDA recommendations for pressure canning](#)^[3.61 MB] when canning low-acid vegetables (like green beans, potatoes and corn), meat, seafood and poultry. Contact your local [Cooperative Extension Service](#) office to find out if your pressure canner is recommended. Pressure canning is the only recommended method for canning low-acid foods. Do not use boiling water canners for low-acid foods because they will not protect against botulism poisoning.

Low-acid foods have pH values higher than 4.6. They include red meats, seafood, poultry, milk and all fresh vegetables except for most tomatoes. To check whether a food is low-acid, see this FDA list of [pH values for foods](#).

What is botulism?

Botulism is a rare, but serious illness caused by a germ called *Clostridium botulinum*. The germ is found in soil and can survive, grow, and produce toxin in a sealed jar of food. This toxin can affect your nerves, paralyze you, and even cause death. Even taking a small taste of food containing this toxin can be deadly.

Botulism is a medical emergency. If you have symptoms of foodborne botulism, seek medical care immediately.

Symptoms may include the following: double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle weakness that moves down the body, usually affecting the shoulders first, then the upper arms, lower arms, thighs, calves, etc. Paralysis of breathing muscles can cause a person to stop breathing and die, unless assistance with breathing (mechanical ventilation) is provided.

Home-canned foods could be contaminated but look, smell and taste normal. If there is any doubt about whether safe canning guidelines have been followed, do not eat the food.

Home-canned food might be contaminated if:

- The container is leaking, bulging, or swollen
 - The container looks damaged, cracked, or abnormal
 - The container spurts liquid or foam when opened
 - The food is discolored, moldy, or smells bad
- **If you suspect home-canned food might be contaminated with the germs that cause botulism, throw the food away.** If any of the food spills, wipe up the spill using a recommended bleach solution (1/4 cup unscented bleach for each 2 cups of water).
 - **Never taste home-canned food to determine if it is safe.** Do not taste or eat foods from containers that are leaking, have bulges or are swollen, or look damaged, cracked, or abnormal.
 - **When you open a jar of home-canned food, thoroughly inspect the food.** Do not taste or eat foods that are discolored, moldy, or smell bad. Do not eat food from a can that spurts liquid or foamed when it was opened.

Do not open or puncture any unopened cans, commercial or home-canned, if you suspect contamination.

Use proper home canning techniques

- The best way to prevent foodborne botulism is by carefully following instructions for safe home canning in the [USDA Complete Guide to Home Canning](#).

Use a pressure canner or cooker, and follow all specified home canning processing times for safe home canning of all foods.

- Pay special attention to the processing times for low-acid vegetables, such as green beans, carrots, potatoes, and corn.
 - Discard all swollen, gassy, or spoiled canned foods. ([Find out how to safely dispose of food and cans that may be contaminated.](#))
- **Boil home-processed, low-acid and tomato foods canned foods in a saucepan before serving, even if you detect no signs of spoilage.**
 - **At altitudes below 1,000 feet, boil foods for 10 minutes.**
 - **Add 1 minute for each additional 1,000 feet of elevation.**

Foods known to be under processed according to the current standards and recommended methods should not be eaten and should be disposed of safely.

Outbreaks: Home-canned vegetables are the most common cause of botulism outbreaks in the United States. From 1996 to 2014, there were 210 outbreaks of foodborne botulism reported to CDC. Of the 145 outbreaks that were caused by home-prepared foods, 43 outbreaks, or 30%, were from home-canned vegetables. These outbreaks often occur because home canners did not follow canning instructions, did not use pressure canners, ignored signs of food spoilage, or were unaware of the risk of botulism from improperly preserving vegetables.

For More Info: contact: www.cdc.gov

Avoiding the Relationship Nightmare

How “Deprogramming and Reprogramming our Hearts Minds and Souls” can help!

To start, do you know anyone who is divorced? Why did they get divorced. I hear on the TV the words “irreconcilable differences” Think how many people in this nation do not have relationships with each other any more (live apart from one another—some can’t stand to even see the other or their picture)—who really once said they loved each other, but let their relationships succumb to “irreconcilable differences.” When you have folks (who have no where else to go and you take them in) in a crisis situation, all “irreconcilable differences” have to be hashed out; overcome.

First, you will know who is coming. Maybe, Aunt Controller and Uncle Shame and their children Hopeless and Spiteful, and maybe little miss Goody Goody (who just wants everybody to be happy.) In addition, you might have taken in a friend named Traumatized, having seen what should have never been seen and really hurting who has lost her family not knowing what happened to them. And maybe there is Gladful and Heartfelt (great workers/supporters,) but when it comes down to it—who are they really loyal to? Then there is your family. Remember those long, long road trips in the van you thought would never end called vacation—now envision what it would be like with no cell phones, no movies to watch, little to no radio to listen to, no McDonalds, no fun to look forward to—just a small van and this bunch of folks with all kinds of questions of where they are going and when they will get there and so bored.

Now, most of these folks are at your house because they did not listen to you when you shared with them—even this website. They had no respect for you then, and they do not now. Some will be named Whine because that is their nature and share all about what everyone else has done wrong even many years in the past—but never a peep of their wrong. Some will even have the nerve to blame you—they’ll come up with something—they can’t blame themselves. If you are the “loving” person that everyone says you are to be (but they are not) then you will want to make them comfortable and be very hospitable. You do need to see to the needs of/nurse and comfort Traumatized, but the rest you need to make sure they know that you are not running a hotel and they are not guests—they are part of the team.

When folks have had time to settle in a bit, don’t wait too long, start assigning tasks—you have to establish that you are the one in charge of your house and not Aunt Manipulative Controller. And for those of us who don’t like it one bit, you are now the Team leader—not the one they think of as their baby sister, or the one they scoff and scorn, but the leader—because it is your house and you have to oversee that everything/work is done. Spouse may or may not side with you—and especially if you are the one who has been running/doing most of the work around the house previously. May have to re-educate folks. If you don’t, they will run your house for you and eventually you will want to run out of your house in retreat—not. Or, you may be the type that makes others run out of the house—we all have become “new creations in Christ,” but still have our “poor” programming which drives us to do what we do.

Since you have “Deprog and Reprog” you will already know and will not be manipulated/driven by other’s negative personality traits and will be ready to address them as they come up. For instance when Whine starts the negative chatter that pulls everyone down, help change the subject—let him know why, and maybe you want to turn the attention to Hopeful. It’s your house; I’m sorry for those of us who just want to make everybody happy like Goody Goody - they are who they are and you are who you are. You have to learn how to help them, for they as Jesus said (from the Cross), “Father, forgive them for they know not what they do.” This is your cross to bear. And they truly can make it miserable. Remember, it was people who sent Jesus to the Cross—well meaning— they were so wrong, but so sure they were right. It is through the Wilderness Journey we learn to “Love our neighbor as Ourselves,” as we are rid of our own layers and layers of deceptions of our hearts and can truly learn to follow the leading of the Holy Spirit and gain a one-on-one type relationship with the Creator of the Universe, as He has intended for us from the start. His part of my journey, documented, “A Path to Overflowing Hope.”

Recommended Book: Hinds Feet on High Places by Hannah Hurnard, Tyndale House Publishers Buy multiples. Great Book to have on hand for Bible Study in crisis to help you build a cohesive team. Once you have read her book, then my journey “Deprog and Reprog” will give greater help and understanding. Bible Study Booklet at this web site.

For God so loved the world If He loves us, why do we prepare? What kind of Heavenly Father does not provide for his children? Do we not read and sing about His riches in glory? Am I not one of His children that should receive? How about my Christian Brothers and Sisters in Syria? Does the God in Heaven, the One of the Bible, care about them? And, I am being taught that God is going to judge us (me) because of babies aborted (which I didn't have an abortion and we read in the Bible that our sin is removed as far as the East is from the West, then why am I being judged?) Oh, there is also the Same Sex Marriage Issue and the Rainbow lighted White House—could that be the line that caused this Judgment to happen to our nation?

Since there are so many who speculate, I'll add my opinion. But first, we have to go back to the early 90's and at all they prayer rallies, including the National Day of Prayer, the cry across the land was 2 Chronicles 7:14. Oh, Lord, please Heal Our Land. This was about the time I started my own wilderness journey. As I journeyed my own wilderness journey, which I didn't know I could have, I realized what it took to heal me. It wasn't an instant type healing; that would have only worked a few months and I would have been back in the pit again. It took all the tests and trials and building of faith that I endured through the leading of the Holy Spirit as the Lord taught me to learn to live my life entirely different—having been stripped of all I thought I was, all I thought I would ever be, all my hopes and dreams; totally depleted/deflated so the Lord could fill me up with all He desired me to be. Before He could heal me, He first had to heal my heart of all it's deception. It was then I realized what it would take to “Heal our Land” and I never went back to the prayer rallies. I couldn't face what it would take to bring our nation to its knees—a nation depleted/deflated, so the Lord could “Heal our Land.”

The Wilderness Journey Process is the process by which hearts are healed of the layers and layers of deception. At such a time as this, the Creator of the Universe needs His people to be able to hear His voice. They can never “hear” Him to follow Him, or He can never give them the gifts that He so desires them to have, as long as their hearts are covered with layers and layers of deception. For instance, if He gives someone the gift of healing others—then most likely that person will use that gift for their own benefit—for money or power and the gift is not used as God intends for the benefit of His Kingdom. Therefore, before He can give His people what He desires and for them to use it as He desires, they must be able to hear His leading. We have these selfish/self-centered addictive natures that have to be dealt with—Paul wrote much about this - and they cause us to be captive by the world's ways/world's system—not God's system, therefore we have to be set free. The process is the Wilderness Journey process where we develop a type of relationship with the Creator of the Universe—so close- He becomes as close as a friend to us. Our thoughts become united in a way we never thought could be. We truly have a friendship.

So, God is preparing His people for a journey. What you take with you is what you will have. There is no other way for God's people's hearts to be cleansed and purified of the layers and layers of deception by which they live their lives, than through the process of the wilderness journey. How does it start? It will happen at one time, when all the nation will be brought to its knees—like David Wilkerson warned us would come. He warned us but we didn't Repent.

Watching news reports, we have riots, policemen, filled with fear reacting/shooting innocent people, policemen being shot, my hometown County was on CNN as they now have so many folks in a 24 hour period overdosing on Heroine that they don't have emergency personnel to handle the calls—the people of our nation are in despair and no one to help. For God to heal our nation, He first must heal our hearts. I know this to be a fact, because I have been through the process and documented it for you to know. He has given us all this time—some of us He has led us to move to safer locations—to get prepared.

During my own journey, I learned to receive writings. I have about 40 lbs. of paper of writings—over 2000. I want to share a portion of one with you I received on 7/31/2016: “. . . You (my husband and I) are prepared in ways few understand. Knowledge is scattered and accessibility is hidden—only for those who have great understanding and desire to find. Debbie, **I want My people to have access to knowledge and understanding** that both you and Jimmy have—consolidated and accessible. Each of you is unique in your area of greatest understanding; it is My desire that what you know be made available to any of My children who desire to understand, presented in a way of empowering them and not fear.” “Practical Prepping, God's Way” was born and launched 8/23/2016

It's men who are deceived by evil. It's evil who is unleashing its fury throughout the Globe. It is our Heavenly Father who will take what evil means for our destruction and turn it around for the good of His Kingdom. Our Heavenly Father wants you to Thrive, not just survive the upcoming Wilderness Journey. www.jubilie.com is proof. And, along my journey, even though it was very difficult to bear, I realized the difficulties had to come.