

Independent Living & Preparedness Tips

“Establish a house of order.”
“Prepare every needful thing.”
“If ye are prepared, ye shall not fear.”



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Independence – Words of the Prophets

-“First Presidency that explained the principles upon which the Church’s welfare efforts were based. Included were these familiar words: “Our primary purpose was to set up, insofar as it might be possible, a system under which the curse of idleness would be done away with, the evils of a dole abolished, and independence, industry, thrift and self-respect be once more established amongst our people. The aim of the Church is to help the people to help themselves. Work is to be re-enthroned as the ruling principle of the lives of our Church membership.” (In Conference Report, Oct. 1936, p. 3.) (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare” by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“Today, many have forgotten the value of work. Some falsely believe that the highest goal in life is to achieve a condition in which one no longer needs to work.” (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“Let us hearken to the counsel given by President Stephen L Richards in 1939: “We have always dignified work and reprovved idleness. Our books, our sermons, our leaders, including particularly our present President, have glorified industry. The busy hive of the honeybee Deseret—has been our emblem. Work with faith is a cardinal point of our theological doctrine, and our future state—our heaven—is envisioned in terms of eternal progression through constant labor.” (In Conference Report, Oct. 1939, p. 65.) (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“Self-reliance is a product of our work and under-girds all other welfare practices. It is an essential element in our spiritual as well as our temporal well-being. Regarding this principle, President Marion G. Romney has said: “Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle. Salvation is an individual matter, and we must work out our own salvation in temporal as well as in spiritual things.” (In Welfare Services Meeting Report, 2 Oct. 1976, p. 13.) (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“President Spencer W. Kimball further taught concerning self-reliance: “The responsibility for each person’s social, emotional, spiritual, physical, or economic well-being rests first upon himself, second upon his family, and third upon the Church if he is a faithful member thereof. “No true Latter-day Saint, while physically or emotionally able, will voluntarily shift the burden of his own or his family’s well-being to someone else.” (Ensign, Nov. 1977, p. 77.) (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“Perhaps no counsel has been repeated more often than how to manage wisely our income. Consumer debt in some nations of the world is at staggering levels. Too many in the Church have failed to avoid unnecessary debt. They have little, if any, financial reserve. The solution is to budget, to live within our means, and to save some for the future.” (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“President J. Reuben Clark, Jr.:

“It is the rule of our financial and economic life in all the world that interest is to be paid on borrowed money. May I say something about interest?

“Interest never sleeps nor sickens nor dies; it never goes to the hospital; it works on Sundays and holidays; it never takes a vacation; it never visits nor travels; it takes no pleasure; it is never laid off work nor discharged from employment; it never works on reduced hours. ... Once in debt, interest is your companion every minute of the day and night; you cannot shun it or slip away from it; you cannot dismiss it; it yields neither to entreaties, demands, or orders; and whenever you get in its way or cross its course or fail to meet its demands, it crushes you.” (In Conference Report, Apr. 1938, p. 103.)” (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“I remember as a young bishop receiving a telephone call from the hospital late one night wherein I was informed that a widow in my ward had passed away. I went to the hospital and there obtained the key to her apartment. A note had been left that this was the procedure I was to follow. As I entered her humble basement apartment, I turned on the light and went to the little table which was in the small living room. There on the table were two Alka Seltzer bottles with a note beneath them. The bottles were filled with quarters. This sweet little widow, Kathleen McKee, with no relatives surviving her, had written this note: “Bishop, here is my fast offering. I am square with the Lord.”” (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“Recent surveys of Church members have shown a serious erosion in the number of families who have a years supply of life’s necessities. Most members plan to do it. Too few have begun. We must sense again the spirit of the persistent instruction given by Elder Harold B. Lee as he spoke to the members in 1943: “Again there came counsel in 1942. ... ‘We renew our counsel, said the leaders of the Church, and repeat our

instruction: Let every Latter-day Saint that has land, produce some valuable essential foodstuff thereon and then preserve it.' ... Let me ask you leaders who are here today: In 1937 did you store in your own basements and in your own private storehouses and granaries sufficient for a year's supply? You city dwellers, did you in 1942 heed what was said from this stand?" (In Conference Report, April 1943, p. 127.)" (First Presidency Message September 1986 Ensign "Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency
<https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“President Ezra Taft Benson, wherein he has given specific suggestions for putting these teachings into action:
“From the standpoint of food production, storage, handling, and the Lord’s counsel, wheat should have high priority. ... Water, of course, is essential. Other basics could include honey or sugar, legumes, milk products or substitutes, and salt or its equivalent. The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.” (Ensign, Nov. 1980, p. 33.)” (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency
<https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“the best storehouse system that the Church could devise would be for every family to store a year’s supply of needed food, clothing, and, where possible, the other necessities of life.” (*store more than just food) (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency
<https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-” It is our sacred duty to care for our families, including our extended families. Often we see what might be called parent neglect. Too frequently, the emotional, social, and, in some instances, even the material essentials are not provided by children for their aged parents.

This is displeasing to the Lord. It is difficult to understand how one mother can take care of seven children more easily than seven children can take care of one mother.” (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

- ““The prime responsibility for supporting an aged parent rests upon [the] family, not upon society. ... The family which refuses to keep its own is not meeting its duty.” (In Conference Report, April 1938, p. 107.)” (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“President Stephen L Richards gave an inspired appeal as he rallied members with these sentiments: “How can sons and daughters who owe everything they have—their education, their ideals of life, their capacity to acquire independent living and their characters—to parents who have worked, sacrificed, prayed, wept, and striven for them to the exhaustion of their bodies and their energies be parties to a scheme which would make their fathers and mothers the objects of charity and cast the burden of their support on the community and stigmatize them with the loss of independence and self-respect. ... “I think my food would choke me if I knew that while I could procure bread my aged father or mother or near kin were on public relief.” (In Conference Report, Oct. 1944, p. 138.) (First Presidency Message September 1986 Ensign “Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency <https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“I wish to stress is the proper use of Church resources. The Lord’s storehouse includes the time, talents, skills, compassion, consecrated material, and financial means of faithful Church members. These resources are available to the bishop in assisting those in need. Our

bishops have the responsibility to learn how to use these resources properly.

May I suggest five basic guidelines: First, bishops are to seek out the poor as the Lord has commanded and administer to their needs. Do not suppose that someone else will do it. It is a bishop's priesthood duty. He may call on members to assist, but he is responsible.

Second, bishops should thoroughly analyze the circumstances surrounding each need for welfare assistance. He wisely calls on his Relief Society president to assist in the evaluation. He exercises discernment, sound judgment, balance, and compassion. Church resources represent a sacred trust which becomes even more sacred as the bishop properly applies these resources in blessing the lives of others. Third, those receiving welfare assistance should work to the extent of their abilities for that which is received. There are many creative ways leaders can provide work opportunities. With help from their welfare services committees, bishops will want to provide that work which will enhance the recipient's efforts to become self-reliant.

Fourth, the assistance given by the bishop is temporary and partial. Remember, Church assistance is designed to help people help themselves. The rehabilitation of members is the responsibility of the individual and the family, aided by the priesthood quorum and Relief Society. We are attempting to develop independence, not dependence. The bishop seeks to build integrity, self-respect, dignity, and soundness of character in each person assisted, leading to complete self-sufficiency. Fifth, we assist with basic life-sustaining goods and services, not the maintenance of current living standards. Individuals and families may need to alter their standards of living in doing all they can to meet their own needs. A church dole would be worse than a government dole because it would fail in the face of greater light. Church practices portray more honorable aims, more glorious potential. Faithful compliance with these revealed welfare principles and practices have preserved lives in times of crises."

(First Presidency Message September 1986 Ensign "Guiding Principles of Personal and Family Welfare by President Thomas S. Monson Second Councilor in the First Presidency

<https://www.lds.org/ensign/1986/09/guiding-principles-of-personal-and-family-welfare?lang=eng>)

-“Our rate of annual increase for the period from 1970 to 1978 in total fast-offering assistance was 15 percent. Then we had a little upset in our economy, and the rate last year jumped to 32.5 percent.

We look even worse when we examine total commodity assistance. For the period 1970–78, the annual rate of increase in commodity assistance was 11.3 percent. Last year, the rate was a disastrous 53.5 percent. A little dip in the economy found the membership without oil for their lamps. Immediately it was necessary for those not adequately prepared to turn to the Church for assistance.

The results indicate that training of families in basic principles of self-reliance and independence over the past years has not been as effective as it should have been.

With such alarming results we must remind ourselves that the Church welfare system was never designed or intended to care for the healthy member who, as a result of his poor management or lack of preparation, has found himself in difficulty. It was designed to assist the membership in case of a large, physical disaster, such as an earthquake or a flood. It was designed to assist the ill, the injured, the incapacitated, and to rehabilitate them to a productive life. In far too many cases, members who should be making use of their own preparedness provisions are finding that there is nothing there and that they have to turn to the Church.” (L Tom Perry Assistant to The Quorum of the 12 Apostles (*now an Apostle), April Ensign 1981 “The Need to Teach Personal and Family Preparedness” <https://www.lds.org/general-conference/1981/04/the-need-to-teach-personal-and-family-preparedness?lang=eng#watch=video>)

-“What has created the problem of placing such a heavy burden on the Church to supply our welfare needs? My analysis of this problem would lead me to believe that, as leaders, we have spent far too much time in administering relief and far too little in prevention by having our families prepared to administer to their own needs. It is time to teach the basics—again. It is time to make the number one priority of our welfare efforts personal and family preparedness. We must prepare now so that in time of need more of our members will be able to draw upon their own preparedness and not have to seek assistance from the Church.” (L Tom Perry Assistant to The Quorum of the 12 Apostles (*now an Apostle), April Ensign 1981 “The Need to Teach Personal and Family Preparedness” <https://www.lds.org/general-conference/1981/04/the->

need-to-teach-personal-and-family-preparedness?lang=eng#watch=video)

-“I like the story of the old man in nineteenth-century New Hampshire who treasured his independence and self-reliance above all else in his life. He accounted it true Christianity that he cared for his own and helped others, and fiercely resisted the notion that he ought to accept help from any other mortal. (*A man is born to work FOR HIMSELF!) When his aged wife died, he buried her himself, then dug his own grave and laid in it his open, homemade coffin. “When my time is coming,” he said, “I’ll climb in the box and fold my arms over my chest. Won’t be no bother to no one. They can just nail down the lid and push in the dirt.”” (L Tom Perry Assistant to The Quorum of the 12 Apostles (*now an Apostle), April Ensign 1981 “The Need to Teach Personal and Family Preparedness” <https://www.lds.org/general-conference/1981/04/the-need-to-teach-personal-and-family-preparedness?lang=eng#watch=video>)

-“President Marion G. Romney has said so often: “No self-respecting Church member will voluntarily shift the responsibility for his own maintenance to another. Furthermore, a man not only has the responsibility to care for himself; he also has the responsibility to care for his family.” (The Basics of Church Welfare, address to the Priesthood Board, 6 Mar. 1974, p. 2.)” (L Tom Perry Assistant to The Quorum of the 12 Apostles (*now an Apostle), April Ensign 1981 “The Need to Teach Personal and Family Preparedness” <https://www.lds.org/general-conference/1981/04/the-need-to-teach-personal-and-family-preparedness?lang=eng#watch=video>)

-“The home must be the heart of the welfare program. We must focus our training of personal and family preparedness to reach the family organization. We must teach that every family should be headed by an executive committee comprised of a husband and wife who will set aside sufficient time to plan for their family needs. If it is a single-parent family or an individual living alone, there is still need to organize time and thought to establish goals for meeting needs. It must start here.” (L Tom Perry Assistant to The Quorum of the 12 Apostles (*now an Apostle), April Ensign 1981 “The Need to Teach Personal and Family Preparedness” <https://www.lds.org/general->

conference/1981/04/the-need-to-teach-personal-and-family-preparedness?lang=eng#watch=video)

-“Personal and family preparedness planning must begin with the family executive committee. Planning must be tailored to fit the circumstances of each family. Consideration must be given to their unique requirements in career development, financial and resource management, education, physical health, home production and storage, and social, emotional, and spiritual strength.

Each family organization should include a family council comprised of all members of the family unit. Here the basic responsibilities of the family organization can be taught to the children. They can learn how to make decisions and act upon those decisions. Too many are growing to marriageable age unprepared for this responsibility. Work ethics and self-preparedness can be taught in a most effective way in a family council. President J. Reuben Clark, Jr., has paraphrased an old statement. ““All work and no play makes Jack a dull boy,”” he would say. “But all play and no work makes Jack a useless boy.” (As quoted by Harold B. Lee, “Administering True Charity,” address delivered at the welfare agricultural meeting, 5 Oct. 1968.)” (L Tom Perry Assistant to The Quorum of the 12 Apostles (*now an Apostle), April Ensign 1981”The Need to Teach Personal and Family Preparedness”

[https://www.lds.org/general-conference/1981/04/the-need-to-teach-personal-and-family-preparedness?lang=eng#watch=video\)](https://www.lds.org/general-conference/1981/04/the-need-to-teach-personal-and-family-preparedness?lang=eng#watch=video)

[Zero-Debt Living](#)

"Let the first thing you attend to be to pay the debt you owe the [Perpetual Emmigration] Fund. Do you say, "Well, shall we not get us a house?" No; live in your tents, or go into the woods, and bring down bushes and make bough houses as the Indians do, and say you will be satisfied with that until you have paid the debt you owe the poor" (Journal of Discourses 2:50, Brigham Young)

Dave Ramsey often advises folks to NEVER get into debt of ANY kind.

Some including church leaders have said it is okay to get into debt for a modest home, an education, and a modest vehicle. Ok, but is there a better way?

It seems the better way is to train ourselves to do all we can, even to what would appear extreme, to not have debts of any kind.

“Pay thy debt and live” says the scripture.

As Dave Ramsey points out, most of financial wisdom is psychology, only a small percent of it is numbers. If we have an unchangeable standard of never borrowing money for any purpose, we will learn the simple life, and to receive things when their time has come. We will learn far greater principles of self-management, and will feel the burdens of the “demon of debt” as Thomas Monson called it, lifted.

Tithing – Teachings of the Prophets



- “Obedience to God’s commandments is the foundation for a happy life. Surely, we will be blessed with the gifts of heaven for our obedience. Failure to pay tithing by those who know the principle can lead to heartache in this life and perhaps sorrow in the next.” (Joseph B. Worthlin; Conf. Report 2004 “Earthly Debts, Heavenly Debts” <https://www.lds.org/general-conference/2004/04/earthly-debts-heavenly-debts?lang=eng&clang=tam>)

- “...tithing is a debt which everyone owes to the Lord for his use of the things that the Lord has made and given to him to use. It is a debt just as literally as the grocery bill, or a light bill, or any other duly incurred obligation. As a matter of fact, the Lord, to whom one owes tithing, is in a position of a preferred creditor. If there is not enough to pay all creditors, he should be paid first.” (Marion G. Romney: Conf. Report

Jan. 1982 “The Blessings of an Honest Tithe” <https://www.lds.org/new-era/1982/01/the-blessings-of-an-honest-tithe?lang=eng>)

- “The payment of tithing is a commandment, a commandment with a promise. If we obey this commandment, we are promised that we will ‘prosper in the land.’ This prosperity consists of more than material goods—it may include enjoying good health and vigor of mind. It includes family solidarity and spiritual increase. I hope those of you presently paying your full tithe will seek the faith and strength to do so. As you discharge this obligation to your Maker, you will find great, great happiness, the like of which is known only by those who are faithful to this commandment.” (N. Eldon Tanner; The Gospel and the Productive Life Teacher Manual Religion 150, (2004), 15–20; <https://www.lds.org/manual/the-gospel-and-the-productive-life-teacher-manual-religion-150/managing-financial-resources-wisely?lang=eng>)

- “One of the greatest lessons I have learned, ...is that people who pay their tithing in both difficult times and good times get along better. They simply have fewer problems; there are fewer family problems and fewer financial problems. Their outlook is more positive, their ability to do and function is increased, and they prosper spiritually as well as temporally.” (James E Faust; Aug. 1984 Doing the best things in the Worst Times; <https://www.lds.org/ensign/1984/08/doing-the-best-things-in-the-worst-times?lang=eng>)

- “One of life’s paradoxes is that a person who approaches everything with a what’s-in-it-for-me attitude may acquire money, property, and land, but in the end will lose the fulfillment and the happiness that a person enjoys who shares his talents and gifts generously with others.” (James E Faust; Conf. Report Oct. 2002 What’s in It for Me? <https://www.lds.org/general-conference/2002/10/whats-in-it-for-me?lang=eng>)

- “With all my heart...I plead with the Latter-day Saints to live honestly with the Lord in the payment of tithes and offerings...There has been laid upon the Church a tremendous responsibility. Tithing is the source of income for the Church to carry forward its mandated activities.” (Gordon B. Hinckley; Conf. Report April 1982 Tithing: An Opportunity to Prove Our Faithfulness; <https://www.lds.org/general-conference/1982/04/tithing-an-opportunity-to-prove-our-faithfulness?lang=eng>)

-Elder Gerald Lund wrote in his book *Divine Signatures*: God is so good to us: we don't pay tithing for the songs of the birds, or for the sunshine. God created the earth, ("The earth is the Lords, and the fullness thereof." (1 Cor. 10:26; Ps. 89:11)) We pay tithing for something, just 10%, and the Lord returns to us great dividends. It's a sure investment. For instance, if we eat healthy foods like the word of wisdom says, that is like a tithe which gives us health throughout the rest of the day. Scientists say exercising 45 minutes a day for 5-6 days a week is all that is needed to maintain our health. That is a small tithe, a small investment, with great reward.



-President Heber J Grant used to speak of a story of a man asked to give a ham to a church function. He heard a voice say, "pick the small ham, they'll never know the difference". He said, "shut up Mr. Devil, or I'll give 2 hams!" (cited in Truman G Madsen "Presidents of The Church" lectures)

-we live the law of tithing as a preparatory law. We are getting ready for the full law: The law of consecration.

-Mary Fielding Smith? went to pay her tithing, the receiver of it said she should not pay, as she is so poor. She said that he should be ashamed of himself, that

-Joseph Smith said that a religion which does not require us to give our all can't qualify us for salvation.

-A man had ten apples, and wanted to tithe, but not too much. He said "I'll throw one apple up, and if you like, you can take a bite out of it"

Financial Wisdom as Taught by the Prophets

-"...a religion which has not the power to save people temporally and make them prosperous and happy here, cannot be depended upon to

save them spiritually, to exalt them in the life to come." (Joseph F. Smith; "The Truth about Mormonism," *Out West* magazine, Sept. 1905, 242.; also quoted by Joseph B. Wirthlin in April 1999 Conf. Report "Inspired Church Welfare" <https://www.lds.org/general-conference/1999/04/inspired-church-welfare?lang=eng>)

-President Monson has on several occasions quoted Shakespeare in King Henry the VIII,

"O Cromwell, Cromwell!

Had I but served my God with half the zeal

I served my king, he would not in mine age

Have left me naked to mine enemies. "

-“When this people are prepared to **properly use the riches of this world for the building up of the Kingdom of God**, He is ready and willing to bestow them upon us. I like to see men get rich by their industry, prudence, management and economy, and then devote it to the building up of the Kingdom of God upon the earth.” (Brigham Young, Journal of Discourses, Volume 2, 114-115; also quoted by Franklin D. Richards "The Law of Abundance" in Conf. Report April 1971:<https://www.lds.org/general-conference/1971/04/the-law-of-abundance?lang=eng>)

-“What are riches for, then? To be used in doing good. Therefore, let us dedicate our means to the building of the kingdom of God.” (Franklin D. Richards "The Law of Abundance" in Conf. Report April 1971:<https://www.lds.org/general-conference/1971/04/the-law-of-abundance?lang=eng>)

-“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” (Matthew 6:33)

-“But before ye seek for riches, seek ye for the kingdom of God. And after ye have obtained a hope in Christ ye shall obtain riches, if ye seek them; and ye will seek them for the intent to do good—to clothe the naked, and to feed the hungry, and to liberate the captive, and administer relief to the sick and the afflicted.” (Jacob 2:19)

-“Money in the lives of Latter-day Saints should be used as a means of achieving eternal happiness. Careless and selfish uses cause us to live in financial bondage. We can’t afford to neglect personal and family involvement in our money management. God will open the windows of

heaven to us in these matters if we will but live close to Him and keep His commandments.” (One For the Money: Sep. 2007 Ensign; Elder Marvin J. Ashton (1915–94): <https://www.lds.org/ensign/2007/09/one-for-the-money?lang=eng>)

-“Seek not for riches, but for wisdom; and behold, the mysteries of God shall be unfolded unto you, and then shall you be made rich. Behold, he that hath eternal life is rich.” (Doctrine & Covenants 11:7)

-“So often it is the order of things that is fundamental in the Lord’s instructions to us. **The Lord is not telling us that we should not be prosperous. This would be inconsistent with the many records we have of Him blessing His people with prosperity. But He is telling us that we should seek prosperity only after we have sought and found Him.** Then, because our hearts are right, because we love Him first and foremost, we will choose to invest the riches we obtain in building His kingdom.” (L. Tom Perry "United in Building the Kingdom of God" Conf. Report April 1987 <https://www.lds.org/general-conference/1987/04/united-in-building-the-kingdom-of-god?lang=eng>)

-“Are we our brothers’ keepers? In other words, are we **responsible to look after the well-being of our neighbors as we seek to earn our daily bread?** The Savior’s Golden Rule says we are. Satan says we are not.” (Dallin H. Oaks; Conf. Report 1986 "Brother's Keeper" <https://www.lds.org/general-conference/1986/10/brothers-keeper?lang=eng&clang=tam>)

-“Every man seeking the interest of his neighbor...” (Doctrine & Covenants 82:19)

-“Followers of Christ have the **moral responsibility of earning their livings and conducting their financial transactions** in ways that are consistent with the principles of the gospel and the teachings of the Savior.” (Dallin H. Oaks; Conf. Report 1986 "Brother's Keeper" <https://www.lds.org/general-conference/1986/10/brothers-keeper?lang=eng&clang=tam>)

-“Think of our brethren like unto yourselves, and be familiar with all and free with your substance, that they may be rich like unto you.” (Jacob 2:17)

- "And remember in all things the poor and the needy, the sick and the afflicted, for he that doeth not these things, the same is not my disciple." (Doctrine & Covenants 52:40)

- "The Lord has told us that if we are prepared, we shall not fear...personal and family preparedness is vital to our eternal welfare and happiness, and it is **important to be strong financially**, as well as spiritually, mentally, and physically."

(Elder Franklin D. Richards; Conf. Report April 1979; "Personal and Family Preparedness"

<https://www.lds.org/general-conference/1979/04/personal-and-family-financial-preparedness?lang=eng>)

- "Too often, people assume that they probably never will be injured, get sick, lose their jobs, or see their investments evaporate. To make matters worse, often people make purchases today based upon

optimistic predictions of what they hope will happen tomorrow. **The wise understand the importance of saving today for a rainy day tomorrow...**" (Joseph B. Wirthlin; Conf. Report 2004 "Earthly Debts, Heavenly Debts" <https://www.lds.org/general-conference/2004/04/earthly-debts-heavenly-debts?lang=eng&clang=tam>)

- "**There are many very good people who keep most of the Lord's commandments with respect to the virtuous side of life, but who overlook His commandments in temporal things. They do not heed His warning to prepare for a possible future emergency, apparently feeling that in the midst of all this trouble 'it won't happen to us.'** To prepare for the future is part of God's eternal plan, both spiritually and temporally. To protect ourselves against reversals and hardships is only good sense." (Mark E. Peterson; Conf. Report 1981 "Blessings in Self-Reliance" <https://www.lds.org/general-conference/1981/04/blessings-in-self-reliance?lang=eng&clang=tam>)



-“It is most **important to have sufficient medical, automobile, and homeowner’s insurance and an adequate life insurance program.** Costs associated with illness, accident, and death may be so large that uninsured families can be financially burdened for many years.” (Marvin J. Ashton; Liahona Magazine April 2000 "Guide to Family Finance" <https://www.lds.org/liahona/2000/04/guide-to-family-finance?lang=eng>)

-“One final concern of reserve deficiency is the need to insure against our greatest potential loss. I think we all would agree that our ability to earn is our greatest asset. When the provider insures his life, he is insuring his future income for his family. **As husbands, let us not force our wives into the marketplace to be both the provider and homemaker should our lives be cut short by premature death.** We can increase their options by proper insurance planning. We would also **urge each family to carry adequate health insurance.** Medical costs are soaring, and trying to self-insure from personal savings is very risky. During inflation, medical costs increase faster than our savings accumulate.” (J. Richard Clarke Conf. Report 1980 "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)

-“God gave a natural instinct to the animals he created to **preserve their surplus against a time of need.** But man has developed the tendency to squander all that he harvests and to leave to chance or to others his satisfaction of future needs. This is contrary to **divine law. Frugality is a principle of righteousness.** In addition to our reserve of food, we should **build a cash reserve.**” (J. Richard Clarke Conf. Report 1980 "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)

-“Accumulate your basic **food storage and emergency supplies in a systematic and orderly way. Avoid going into debt for these purposes.** Beware of unwise food storage promotional schemes. **Planting and harvesting a garden annually** is helpful to the family in many ways, including the food budget. Eat nutritious foods and **exercise appropriately to improve health, thus avoiding many medical costs.**” (Marvin J. Ashton; Liahona Magazine April 2000 "Guide to Family Finance" <https://www.lds.org/liahona/2000/04/guide-to-family-finance?lang=eng>; also cited in Eternal Marriage Student Manual: Finances: 203; 115-23 ; <https://www.lds.org/manual/eternal-marriage-student-manual/finances?lang=eng>)

-“As we have been continuously **counseled for more than 60 years**, let us have some food set aside that would sustain us for a time in case of need.” (President Gordon B Hinckley: Conf. Report, "The Times in Which we Live" <https://www.lds.org/general-conference/2001/10/the-times-in-which-we-live?lang=eng&clang=ase>)

-“I have corresponded with several Church members who^[1] sought to use something President Ezra Taft Benson was quoted^[1] as saying as a basis for refusing to file an income tax return or to^[1] pay income taxes. I have tried to persuade these persons that^[1] their interpretation cannot be what President Benson intended^[1] because all who have held that sacred office, and **all of the^[1] General Authorities, have faithfully filed their income tax returns^[1] and paid the taxes required by law.**” (Dallin H. Oaks, Conf. Report: "Our Strengths can become our Weaknesses" Oct. 1994; <https://www.lds.org/ensign/1994/10/our-strengths-can-become-our-downfall?lang=eng>)

-“Save and invest a specific percentage of your income. Liquid savings available for emergencies should be sufficient to cover at least three months of all essential family obligations. Every LDS family should file honest and timely tax returns.” (Marvin J. Ashton; Liahona Magazine April 2000 "Guide to Family Finance" <https://www.lds.org/liahona/2000/04/guide-to-family-finance?lang=eng>)

-“A saint is an honorable citizen, knowing that **the very country which provides opportunity and protection deserves support, including prompt payment of taxes and personal participation in its legal political process.**” ((See [D&C 134:5](#).); Russell M. Nelson; Conf. Report April 1990; "Thus Shall My Church Be Called"; <https://www.lds.org/general-conference/1990/04/thus-shall-my-church-be-called?lang=eng>)

-“Preserve and **utilize** your assets through appropriate **tax and estate planning.**” (Elder Franklin D. Richards; Conf. Report April 1979; "Personal and Family Preparedness" <https://www.lds.org/general-conference/1979/04/personal-and-family-financial-preparedness?lang=eng>)

-“Money **management** should take **precedence over** money **productivity.**” (One For the Money: Sep. 2007 Ensign; Elder Marvin J. Ashton (1915–94); <https://www.lds.org/ensign/2007/09/one-for-the-money?lang=eng>)

-“I am convinced that it is **not the amount** of money an individual earns that brings peace of mind **as much as it is having control** of his money.

Money can be an **obedient servant, but a harsh taskmaster.**" (N. Eldon Tanner; First Presidency Message;

<https://www.lds.org/ensign/1982/06/constancy-amid-change?lang=eng>;
June 1982; from Conf. Report of Oct. 1979)

-**"With all my heart...I plead with the Latter-day Saints to live honestly with the Lord in the payment of tithes and offerings...**There has been laid upon the Church a tremendous responsibility. **Tithing is the source of income for the Church to carry forward its mandated activities.**" (Gordon B. Hinckley; Conf. Report April 1982 Tithing: An Opportunity to Prove Our Faithfulness; <https://www.lds.org/general-conference/1982/04/tithing-an-opportunity-to-prove-our-faithfulness?lang=eng>)

-**"...tithing is a debt which everyone owes to the Lord for his use of the things that the Lord has made and given** to him to use. It is a debt just as **literally** as the grocery bill, or a light bill, or any other duly **incurred obligation.** As a matter of fact, the Lord, to whom one owes tithing, is in a position of a preferred creditor. **If there is not enough to pay all creditors, he should be paid first.**" (Marion G. Romney; Conf. Report Jan. 1982 "The Blessings of an Honest Tithe"

<https://www.lds.org/new-era/1982/01/the-blessings-of-an-honest-tithe?lang=eng>)

-**"If there is any one thing that will bring peace and contentment** into the human heart, and into the family, it is to **live within our means.** And if there is any **one thing that is grinding and discouraging and disheartening, it is to have debts and obligations that one cannot meet.**" (Heber J Grant, *Gospel Standards*, comp. G. Homer Durham (1941), 111. ; also cited in LDS Manual "Teachings of The Presidents of the Church: Heber J Grant ch 13 Principles of Financial Security"; https://www.lds.org/manual/teachings-heber-j-grant/chapter-13?lang=eng#4-35970_000_017)

-**"The key to spending less than we earn is simple—it is called discipline.** Whether early in life or late, we must all eventually learn to discipline ourselves, our appetites, and our economic desires. How **blessed is he who learns to spend less than he earns and puts something away for a rainy day.**" (N Eldon Tanner, Conf. Report Oct. 1979 "Constancy Amid Change" https://www.lds.org/general-conference/1979/10/constancy-amid-change?lang=eng&_r=1)

-**"Every family must have a predetermined understanding of how**

much money will be available each month and the amount to be spent in each category of the family budget. Checkbooks facilitate family cash management and record keeping. Carefully record each check when written, and balance the checkbook with the monthly bank statement.” (Marvin J. Ashton; Liahona Magazine April 2000 "Guide to Family Finance" <https://www.lds.org/liahona/2000/04/guide-to-family-finance?lang=eng>)

-Marvin J. Ashton taught that, “Home ownership qualifies as an investment, not consumption. **Buy the type of home your income will support. Improve the home and beautify the landscape throughout the period you occupy the premises so if you do sell it, you can use the accumulated equity and potential capital gain to acquire a home more suitable to family needs.**” (Marvin J. Ashton; Liahona Magazine April 2000 "Guide to Family Finance" <https://www.lds.org/liahona/2000/04/guide-to-family-finance?lang=eng>)

-“...Latter-day Saints who **ignore or avoid their creditors,**” warned Marvin J. Ashton, “are entitled to feel the inner frustrations that such conduct merits, and they are **not living as Latter-day Saints should! Bankruptcy** should be avoided, except only under the most unique and irreversible circumstances, and then utilized only after prayerful thought and thorough legal and financial consultation.” (Marvin J. Ashton; Liahona Magazine April 2000 "Guide to Family Finance" <https://www.lds.org/liahona/2000/04/guide-to-family-finance?lang=eng>)

-“Keep your possessions free from debt. Get **out of debt as fast as you can, and keep out of debt, for that is the way in which the promise of God will be fulfilled to the people of his Church, that they will become the richest** of all people in the world.” (Joseph F. Smith; *Teachings of Presidents of the Church: Joseph F. Smith*, (2011), 163–72; Ch19 Thrift, the Foundation of Prosperity; <https://www.lds.org/manual/teachings-joseph-f-smith/chapter-19?lang=eng>)

-Heber J. Grant “From my earliest recollections, **from the days of Brigham Young until now, I have listened to men standing in the pulpit...urging the people not to run into debt;** and I believe that **the great majority of all our troubles today** is caused through the failure to carry out that counsel.” (Heber J Grant: Conference Report, Oct. 1921, 3; Also cited in Joseph B. Wirthlin Conf. Report 2004 "Earthly Debts, Heavenly Debts" [22](https://www.lds.org/general-</p></div><div data-bbox=)

conference/2004/04/earthly-debts-heavenly-debts?lang=eng&clang=tam)
 -**“Borrow only what you must, at the lowest rate available, for the shortest time possible.”** (J. Richard Clarke Conf. Report 1980 "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)
 -**Buy consumer durables with cash** (One For the Money: Sep. 2007 Ensign; Elder Marvin J. Ashton (1915–94): <https://www.lds.org/ensign/2007/09/one-for-the-money?lang=eng>)
 -Marvin J. Ashton said, **“Debt in itself is neither good nor bad. It is a financial tool with the potential of being either. Debt in business^[SEP] may be used to increase productivity or aid in expansion. However, most individuals in debt are usually average people, but they are temporarily out of financial control. They are the victims of poor monetary habits and often have no^[SEP] idea of the importance of proper money management. They misuse credit, especially credit cards, and don’t live within budgets or wise operational guidelines.”** (Marvin J Ashton, Conf. Report Oct. 1981 "Give with Wisdom That They May Receive with Dignity" <https://www.lds.org/general-conference/1981/10/give-with-wisdom-that-they-may-receive-with-dignity?lang=eng>)

- N. Eldon Tanner said, “After...basics are met, we should by frugal management **regularly save to create funds for investment**. It has been my observation that few people have been successful with investments who have not first developed the habit of saving regularly. This requires discipline and discriminating judgment. There are many ways to invest. My only advice is to choose wisely your investment counselors. Be sure they merit your confidence by maintaining a successful investment.” (N Eldon Tanner, Conf. Report Oct. 1979 "Constancy Amid Change" https://www.lds.org/general-conference/1979/10/constancy-amid-change?lang=eng&_r=1)

-**“Every principle of the gospel, when lived, has a positive influence over your choice of an occupation and on what you will achieve...Living the gospel will give you a perspective and an inspiration that will see you successful however ordinary your work may be or however ordinary your life may seem to others. God bless the members of this Church, that you can be happy with who you are and where you are, that you can improve yourselves.”** (Boyd K Paker; Conf. Report April 1982 "The Gospel- the Foundation of Our

Career; <https://www.lds.org/general-conference/1982/04/the-gospel-the-foundation-for-our-career?lang=eng>)

-**“Nothing destroys the individuality of a man, a woman, or a child as much as the failure to be self-reliant.”** (Heber J Grant, *Relief Society Magazine*, Oct. 1937, 627; also cited in *Teachings of Presidents of the Church: Heber J. Grant*, (2011), 109–18 Ch12 Work and Self-Reliance; https://www.lds.org/manual/teachings-heber-j-grant/chapter-12?lang=eng#16-35970_000_016)

-“The practice of coveting and receiving unearned benefits has now become so fixed in our society that even men of wealth, possessing the means to produce more wealth, are expecting the government to guarantee them a profit. **Elections often turn on what the candidates promise to do for voters from government funds. This practice, if universally accepted and implemented in any society, will make slaves of its citizens. We cannot afford to become wards of the government, even if we have a legal right to do so. It requires too great a sacrifice of self-respect and in political, temporal, and spiritual independence...We should strive to become self-reliant and not depend on others for our existence.**” (The Celestial Nature of Self-reliance; Marion G. Romney; Conf. Report 1982; <https://www.lds.org/general-conference/1982/10/the-celestial-nature-of-self-reliance?lang=eng>)

-J. Richard Clarke, “Let me repeat what has been taught from the beginning. Adam learned, as part of his first lesson by the Lord on economics, that the earth was to be subdued and dominion gained by sweat, by brain and brawn. The **divine law of work** shall never be repealed—for God established it. He has cursed idleness and commanded parents in Zion to teach their children to work. There is a **high price for excellence, but the compensation and soul satisfaction are truly worth it. To work below our capabilities creates a deep hunger in ourselves and enormous waste in society.** Our doctrine of eternal progression certainly encompasses our occupational progress. Each of us should be on a career path which will require us to stretch to our full potential.” (J Richard Clark; Conf. Report 1980; "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)

-“Our labor should be **honest labor and quality labor. The only honorable way for each of us to share in the world’s wealth is to exchange our own goods and services** for those produced by someone

else. The Saints would be in demand everywhere and could command premium compensation if we would accept the challenge to set a Mormon standard of quality, unique because of its excellence. **This is part of our religion.**” (J Richard Clark; Conf. Report 1980; "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)

-“Complete as much formal, full-time education as possible. This includes the trade schools. This is money well invested. Use night school and correspondence classes to further prepare. Acquire some special skill or ability that could be used to avoid prolonged unemployment. In these days of worldwide heavy unemployment, we should not allow ourselves, when we are out of work, to sit back and wait for ‘our type of job’ if other honorable interim employment becomes available.” (One For the Money: Sep. 2007 Ensign; Elder Marvin J. Ashton (1915–94): <https://www.lds.org/ensign/2007/09/one-for-the-money?lang=eng>)

-“Followers of Christ have the moral responsibility of earning their livings and conducting their financial transactions in ways that are consistent with the principles of the gospel and the teachings of the Savior. Members of The Church of Jesus Christ of Latter-day Saints **should not be involved in employment or other activities upon which they cannot conscientiously ask the blessings of the Lord.**” (Dallin H. Oaks; Conf. Report 1986 "Brother's Keeper" <https://www.lds.org/general-conference/1986/10/brothers-keeper?lang=eng&clang=tam>)

-“Is it possible that our members are becoming part of a ‘conspiracy for mediocrity’ by being content with their present knowledge and skills?” (J. Richard Clarke Conf. Report 1980 "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)

-“...one might properly say, ‘What I am worth is what I am doing for other people.’” (Franklin D. Richards "The Law of Abundance" in Conf. Report April 1971: <https://www.lds.org/general-conference/1971/04/the-law-of-abundance?lang=eng>)

-Marion G. Romney said, “Service is the very fiber of which an exalted life in the celestial kingdom is made...**How can we give if there is nothing there? Food for the hungry cannot come from empty shelves.** Money to assist the needy cannot come from an empty purse. **Support and understanding cannot come from the emotionally starved. Teaching cannot come from the unlearned. And most**

important of all, spiritual guidance cannot come from the spiritually weak.” (The Celestial Nature of Self-reliance; Marion G. Romney; Conf. Report 1982; <https://www.lds.org/general-conference/1982/10/the-celestial-nature-of-self-reliance?lang=eng>)

-J. Richard Clarke counseled, “In order to balance our personal income and expenditures, we obviously reduce expenses or increase our earnings. **Too often, however, people find it easier to adjust to a tighter budget than to find ways to generate additional income.**” (J. Richard Clarke Conf. Report 1980 "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)

-“Consumption should never exceed our production. Economic freedom comes from the surpluses we create.” (J. Richard Clarke Conf. Report 1980 "The Household of Faith" <https://www.lds.org/general-conference/1980/10/the-household-of-faith?lang=eng&clang=tam>)

-“Unemployment and inflation can quickly wipe away hard-earned savings.” (James E Faust: The Blessings we receive as we meet the challenges of economic stress; Conf. Report Oct. 1982

<https://www.lds.org/general-conference/1982/10/the-blessings-we-receive-as-we-meet-the-challenges-of-economic-stress?lang=eng>)

-“Strive to understand and cope with existing inflation. Learn to **see through the money illusion and recognize the real value of money. Most wage earners today have less purchasing power** than they did [a few years ago]. To some degree **inflation is probably going to be with us for a long time.** Realize that **you are living in a new era of higher prices and less abundant energy.**” (One For the Money: Sep. 2007 Ensign; Elder Marvin J. Ashton (1915–94):

<https://www.lds.org/ensign/2007/09/one-for-the-money?lang=eng>)

-“When the lives of the people are **in harmony with the Lord’s will**, all of the essential factors that produce the blessings God deigns to give to his children seem to come into line. Love and harmony prevail. Even **the weather, the climate, and the elements seem to respond.** Peace and tranquility endure. **Industry and progress mark the lives** of the people.” (Conf. Report Oct. 1992 "The Lord Will Prosper the Righteous" Dean L. Larsen <https://www.lds.org/general-conference/1992/10/the-lord-will-prosper-the-righteous?lang=eng>)

-“It has always been a cardinal teaching with the Latter-day Saints, that a religion which has not the power to save people temporally and make

them prosperous and happy here, cannot be depended upon to save them spiritually, to exalt them in the life to come.” (Joseph F. Smith; *Teachings of Presidents of the Church: Joseph F. Smith*, (2011), 163–72; Ch19 Thrift, the Foundation of Prosperity;

<https://www.lds.org/manual/teachings-joseph-f-smith/chapter-19?lang=eng>)

-“We can’t afford to neglect personal and family involvement in our money management. God will open the windows of heaven to us in these matters if we will but live close to Him and keep His commandments.”

(One For the Money: Sep. 2007 Ensign; Elder Marvin J. Ashton (1915–94): <https://www.lds.org/ensign/2007/09/one-for-the-money?lang=eng>)

-“The Lord has demonstrated throughout the generations that **when the inhabitants of the earth remember him and are obedient to his direction, he will bless them not only with spiritual blessings, but with material abundance as well.** The scriptures contain many evidences of the Lord’s willingness to prosper his people with the riches of the earth when they demonstrate that they will use this abundance prudently, with humility and charity, always acknowledging the source of their blessings.” (Conf. Report Oct. 1992 "The Lord Will Prosper the Righteous" Dean L. Larsen <https://www.lds.org/general-conference/1992/10/the-lord-will-prosper-the-righteous?lang=eng>)

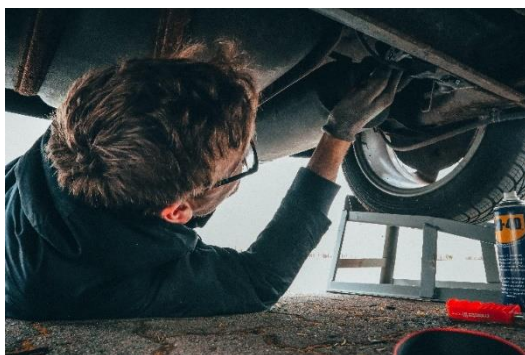
(*Another insight about this is that it could be a national blessing which our whole nation is overall wicked hence even many of the righteous are not getting blessed financially as much as they otherwise would be.)

-“Get out of debt and keep out of debt, and then you will be financially as well as spiritually free.” (Joseph F. Smith;

Teachings of Presidents of the Church: Joseph F. Smith, (2011), 163–72; Ch19 Thrift, the Foundation of Prosperity;

<https://www.lds.org/manual/teachings-joseph-f-smith/chapter-19?lang=eng>)

- “Let us remember that it is against the will of God that any one of us should be in bondage—in any way —neither to sin nor to addiction nor to debt. ‘Ye shall know the truth, and the truth shall make you free’ (John



8:32), He declared—free from sin, free from addiction of all kinds, and free from the slavery of debt. His truth, which is His gospel, will make us free—if we obey Him!” (Mark E. Peterson; Conf. Report 1981

"Blessings in Self-Reliance" <https://www.lds.org/general-conference/1981/04/blessings-in-self-reliance?lang=eng&clang=tam>)

- “It is something to supply clothing to the scantily clad, to furnish ample food to those whose table is thinly spread, to give activity to those who are fighting desperately the despair that comes from enforced idleness, but after all is said and done, the greatest blessings that will accrue from the Church [welfare program] are spiritual. Outwardly, every act seems to be directed toward the physical: re-making of dresses and suits of clothes, canning fruits and vegetables, storing foodstuffs, choosing of fertile fields for settlement—all seem strictly temporal, but permeating all these acts, inspiring and sanctifying them, is the element of spirituality.” (David O. McKay Conference Report, Oct. 1936, p. 103; also cited in *The Celestial Nature of Self-reliance*; Marion G. Romney; Conf. Report 1982; <https://www.lds.org/general-conference/1982/10/the-celestial-nature-of-self-reliance?lang=eng>)

-N. Eldon Tanner warned that, “Overindulgence and poor money management place a heavy strain on marriage relationships. Most marital problems, it seems, originate from economic roots—either insufficient income to sustain the family or mismanagement of the income as earned.” Financial obedience eliminates much of the stress of marriage and facilitates unity within marriages and families. (N Eldon Tanner, Conference Report, Oct. 1979, 119–20; or *Ensign*, Nov. 1979, 81; also cited in *Marriage and Family Relations Instructor’s Manual*, (2000), 35–40; LESSON 8: MANAGING FAMILY FINANCES ; <https://www.lds.org/manual/marriage-and-family-relations-instructors-manual/part-a-strengthening-marriages/lesson-8-managing-family-finances?lang=eng>)

-“...we can tell whether or not we put the kingdom of God first by looking at how we treat our brothers and sisters in the Church. Is there a special bond uniting us? Is there an absence of envy and backbiting? Do we rejoice in the success of a brother or sister as much as in our own? Do we share our substance so that all may be rich like unto us? Ultimately, are we our brothers’ and sisters’ keepers? May each of us accept the challenge to seek the kingdom of God first, before and above all else, and by so doing draw closer together as a people, until we are all of one heart and one mind...” (L Tom Perry, United in Building the Kingdom of

God; April 1987 Conf. Report <https://www.lds.org/general-conference/1987/04/united-in-building-the-kingdom-of-god?lang=eng>)

-“But learn that he who doeth the works of righteousness shall receive his reward, even peace in this world, and eternal life in the world to come.” (Doctrine and Covenants 59:23)

-“The payment of tithing is a commandment, a^[SEP] commandment with a promise. If we obey this commandment, we are promised^[SEP] that we will ‘prosper in the land.’ This prosperity consists of more than material^[SEP] goods—it may include enjoying good health and vigor of mind. It includes family^[SEP] solidarity and spiritual increase. I hope those of you presently paying your full tithes^[SEP] will seek the faith and strength to do so. As you discharge this obligation to your Maker, you will find great, great happiness, the like of which is known only by those who are faithful to this commandment.” (N. Eldon Tanner; *The Gospel and the Productive Life Teacher Manual Religion 150*, (2004), 15–20; <https://www.lds.org/manual/the-gospel-and-the-productive-life-teacher-manual-religion-150/managing-financial-resources-wisely?lang=eng>)

-“If there is any one thing that will bring peace and contentment into the human heart, and into the family, it is to live within our means. And if there is any one thing that is grinding and discouraging and disheartening, it is to have debts and obligations that one cannot meet.” (LDS Manual "Teachings of The Presidents of the Church: Heber J Grant ch 13 Principles of Financial Security";

https://www.lds.org/manual/teachings-heber-j-grant/chapter-13?lang=eng#4-35970_000_017)

-“Obedience to God’s commandments is the foundation for a happy life. Surely we will be blessed with the gifts of heaven for our obedience. Failure to pay tithing by those who know the principle can lead to heartache in this life and perhaps sorrow in the next.” (Joseph B. Wirthlin; Conf. Report 2004 "Earthly Debts, Heavenly Debts"

<https://www.lds.org/general-conference/2004/04/earthly-debts-heavenly-debts?lang=eng&clang=tam>)

-“One of the greatest lessons I have learned, ...is that people who pay their tithing in both difficult times and good times get along better. They simply have fewer problems; there are fewer family problems and fewer financial problems. Their outlook is more positive, their ability to do and function is increased, and they prosper spiritually as well as temporally.” (James E Faust; Aug. 1984 Doing the best things in the Worst Times; <https://www.lds.org/ensign/1984/08/doing-the-best-things-in-the-worst->

times?lang=eng)

-“One of life’s paradoxes is that a person who approaches everything with a what’s-in-it-for-me attitude may acquire money, property, and land, but in the end will lose the fulfillment and the happiness that a person enjoys who shares his talents and gifts generously with others.” (James E Faust; Conf. Report Oct. 2002 What’s In It For Me? <https://www.lds.org/general-conference/2002/10/whats-in-it-for-me?lang=eng>)

-“There are many ways in which the Lord can bless us beyond the riches of the world. There is the great boon of health. The Lord has promised that he will rebuke the devourer for our sakes. Malachi speaks of the fruits of our ground. May not that rebuke of the devourer apply to various of our personal efforts and concerns? There is the great blessing of wisdom, of knowledge, even hidden treasures of knowledge. We are promised that ours shall be a delightsome land if we will walk in obedience to this law.” (Gordon B. Hinckley; Conf. Report April 1982 Tithing: An Opportunity to Prove Our Faithfulness; <https://www.lds.org/general-conference/1982/04/tithing-an-opportunity-to-prove-our-faithfulness?lang=eng>)

-“The purpose of estate planning is to permit us to enjoy our property during life and then pass the unused portion to whomever we choose, with the least possible shrinkage in value. With wise planning, we can accomplish the following desirable ends: satisfy our personal needs and desires and those of our family, ensure that our property is left to the intended beneficiaries, designate someone to care for minor children, reduce family contentions, reduce the cost of transferring property upon death, and minimize income, gift, estate, and inheritance taxes.” (Steven J. Dixon, Ensign 1983 "Planning Ahead: The Importance of Wills and Trusts" <https://www.lds.org/ensign/1983/06/planning-ahead-the-importance-of-wills-and-trusts?lang=eng&clang=mya>)

Some talks:

1. *Constancy Amid Change* by N. Eldon Tanner^[1]2. *Guide to Family Finance* by Marvin J. Ashton^[2]3. *The Use & Abuse of Blessings* by Brigham Young^[3]4. *Thrift: The Foundation of Prosperity* by Joseph F. Smith^[4]5. *The Household of Faith* by J. Richard Clarke^[5]6. *Earthly Debts, Heavenly Debts* by Joseph Wirthlin^[6]7. *Personal and Family Financial Preparedness* by Franklin D. Richards^[7]8. *Providing For Our Needs* by M. Russell Ballard^[8]9. *It’s No Fun Being Poor* by Marvin J. Ashton^[9]10. *Blessings in Self-Reliance* by Mark E. Peterson^[10]11. *The*

Celestial Nature of Self-Reliance by Marion G. Romney^[SEP]12. *The Lord Will Prosper the Righteous* by Dean L. Larsen 13. *The Times in Which We Live* by Gordon B. Hinckley
 14. *Doing the Best Things in the Worst of Times* by James E. Faust^[SEP]15. *Greed, Selfishness, and Overindulgence* by Joe Christensen
 16. *Tithing: An Opportunity to Prove Our Faithfulness* by Gordon B. Hinckley^[SEP]17. *What's In It For Me?* by James E. Faust^[SEP]18. *Brother's Keeper* by Dallin H. Oaks
 19. *The Law of Abundance* by Franklin D. Richards^[SEP]20. *The Gospel: The Foundation of Our Career* by Boyd K. Packer^[SEP]21. *This is No Harm* by Marvin J. Ashton^[SEP]22. *The Father's Duty to Foster the Welfare of His Family* by H. Burke Peterson^[SEP]23. *The Perfect Law of Liberty* by Marion G. Romney^[SEP]24. *But Be Ye Doers of the Word* by L. Tom Perry^[SEP]25. *Watch, That Ye May Be Ready* by Harold B. Lee
 26. *United In Building the Kingdom of God* by L. Tom Perry^[SEP]28. *The Tragic Cycle* by Marion D. Romney^[SEP]29. *"Beware Lest Thou Forget the Lord"* by Dean L. Larsen
 30. *"For Whatsoever a Man Soweth, That Shall He Also Reap"* by L. Tom Perry
 31. *Becoming Self-Reliant* by L. Tom Perry
 32. *"Give With Wisdom That Ye May Receive With Dignity"* by Marvin J. Ashton^[SEP]33. *The Blessings We Receive as We Meet the Challenges of Economic Stress* by James E. Faust
 34. *Guiding Principles of Personal and Family Welfare* by Thomas S. Monson

-having a wife work as well as the man can make your taxes go up, and cost of daycare for the children, etc. go up

[Guns, Freaks, & The Zombie Apocalypse: Hidden Anti-Conservative Agenda](#)



It seems people think anyone with a shotgun is afraid of an apocalypse. That's what students say when guns are brought up in my classes. Have they forgotten the cycle of wars from the beginning of time? what makes us so special that a war won't happen in our land?

Are we so extremely righteous that no wars will come to our land? It used to be considered normal to have guns on hand, especially in one's home, now those people are seen as radicals and laughed at.

Further, I think the zombie narrative is the Devil's successful strategy to get people to doubt the accounts in the book of Revelation about forthcoming plagues. The funny thing is however that the idea of apocalypse persists in our society. We hold on the idea even if remotely that big things are at our door. They are indeed. The religious man knows it, the secular man believes it.

By the way, I can't help but mention here Obama's incendiary comment against those who "cling to guns or religion". Hillary Clinton called us the half of Americans who are "deplorable".

Assorted Emergency Preparedness Notes

In World War 3 we won't have electricity for 6 months have sold months have solar generators and other generators

Having your own farm and farm animals Can help you walk away from the establishment as they increasingly exclude they increasingly exclude people with values from the economy

In the brags at movement there were several leaders who got their bank several leaders who got their bank accounts closed so have cash

Bioweapoms become increasingly potent, get healthy asap.

Emergency Preparation: Basic Equipment List

Sections:

Documents
Communication
Electronics
Finance
Food
Medical
Security & Armory
Shelter & Clothing
Transportation

Documents

-passwords

- passports
- bank account numbers
- key phone number & email & address contacts (don't depend on social media as your only way to contact someone; use social media to collect needed contact info in case of internet shutdown, or social media companies becoming bugged, closed, or used as spyware (the spying part is of course already here))
- emergency personnel contacts
- check book
- immunization records
- marriage cert
- birth certs
- hard drive with backup journals
- printed journals
- family history charts
- social security cards
- mortgage papers
- temple recommends
- quad scriptures
- maps
- main church books i.e. history of the church, journal of discourses, conferences
- collected works of classic literature
- blank writing notebooks and pencils
- download and print if possible, resources from free book sites like survivorlibrary.com

Communication

- Ham radio license and equipment (can communicate with these without internet, phone lines, etc. so long as receiving end also has ham radio)
- key phone number & email & address contacts (don't depend on social media as your only way to contact someone; use social media to collect needed contact info in case of internet shutdown, or social media companies becoming bugged, closed, or used as spyware (the spying part is of course already here))

Electronics

- thumb drive USB storages
- external hard-drives, backup data often; (SSD is much more durable (but more expensive) than disk hard drive)
- sturdy laptop computers (and knowledge of how to maintain/use them)

Finance

- 1000 emergency fund, then 3 months of expenses, then 6 months of expenses, then 1 year
- invest in varied methods
- on hand cash for short term & long-term emergency
- pay off debts ASAP, and stop getting in debts. Hear Dave Ramsey, a renown Christian finance advisor, for how and why to do this.
- gold or silver
- bartering items (light bulbs, grabber screws, wheat, and other items people will want)
- get tools to do basic work in many fields, and specialize in tools for your field (yes, everyone should learn a manual trade, often on the side of their day job)
- stop getting in school debt, find other ways to do school

Food

Joel Skousen, a master of emergency preparation, told me in an email to “Concentrate on cheaper wheat/rice/beans rather than expensive dehydrated.” He said that this would cost significantly less than \$,1000 per person. He says to make this year of basic food and water a higher priority than paying a mortgage, etc.

- prophets have told us to have a year of food and no debt, most of that have that backwards: a year of debt, and no food
- 72-hour kits
- food storage for all family members 1 year
- pet food
- camp stove
- matches
- sanitizer

- utensils/dishes non-glass non-disposable
- metal pots
- (cooking & gardening skills)
- tons of wheat, rice,& other grains. D&C 89 says grains are the key.
- Focus on the basics that'll keep you alive
- fishing equipment
- hunting rifles
- be in a position to breed rabbits, chickens, etc. if things start looking bad
- prepare strength by eating little meat and sweets etc. Cut junk food.
- maps of local mountains
- animal traps

Medical

- Lose weight! This will prevent most medical issues. (Easiest methods are WFPB diet, & running)
- AED
- all sizes BP cuffs
- wound dressings various sizes
- braces various sizes/areas
- ointments: burn, antibiotic
- Drugs: ASA (Aspirin), Epinephrine, activated charcoal (for ingested poison), hydrocortisone, IBU, Tylenol
- tourniquet
- ropes
- EKG machine
- endotracheal tubes
- nasopharyngeal airways
- oxygen tanks
- nasal and non-rebreather and bag valve masks
- suture supplies
- slings
- harness & carabiners
- IV's and saline bags
- narcotics
- herbs
- alcohol
- spare glasses

- scissors: utility sheer
- tweezers
- eye wash
- petroleum jelly
- dust masks
- hygiene: toothbrush, floss, feminine products, etc.
- research storable alternatives which can be stored for a year supply of current medications taken by anyone in your family
- albuterol, aspirin, and other key emergency medications
- chemical ice and heat packs
- learn emergency techniques
- keep a printed list of family medications and allergies in an easy access location
- large cooler bins
- blankets

Security & Armory

- even Joseph Smith had armed body guards. We have no guards so we will arm ourselves
- home security cameras
- fence around home
- shotgun is the best house protector
- big dog
- bomb/fallout shelter
- taser
- pepper spray
- concealed weapons permit
- generator
- slingshots
- knives
- swords
- pistols
- hunting rifles
- military grade rifle semi auto (“don’t bring a knife to a gunfight”; 2nd amendment is in place to defend against a tyrannical government (and what do you think they’ll have? Whatever it is, get one.))

- the hybrid dry compressed air rifles (not have to register, gun laws not apply, can use in yard)
- paintball and airsoft guns for practice in strategy & marksmanship
- bow & arrows (helps to have long range options if guns are confiscated, or ammunition isn't available (harder to make bullets than arrows). (Store unstrung long-term))
- bullets
- trip wire
- camo
- animal traps
- put cans or other metal clanking things on your fence so you hear if someone tries to come in.

Shelter & Clothing

- pay off mortgage & cars (downsize where possible if you have trouble paying them off)
- hammocks
- tent
- sleep bags
- sleep pads
- extra clothes, sturdy
- boots
- ropes
- sun based flashlights
- batteries
- hats
- rain clothes
- bug spray
- mouse traps
- lightbulbs
- grabber screws
- plan for 1 gallon a day per person for cooking and drinking, plus 1 per person per day for bathing. That is 2 gallons a day for one person
- home in a remote location
- tarps
- sleep bags, tents, ground pads, sleep pillows, knives

- sewing supplies (& learn to sew)
- extra boots

Transportation

- reliable car
- work truck
- 1-year gas (keep with lid tight)
- reliable bikes & horses
- extra car keys
- passports
- roof of vehicle strap storage bag
- battery jumper (not cables)
- battery jump cables
- spare vehicle batteries
- spare vehicle tires
- engine oil
- maps
- GPS: non-cell phone based
- tow cable
- radios: ham, amateur, walkie talkie
- have a well-functioning bicycle for each member of the family
- perhaps natural gas will be more available
- horses
- oil
- generator
- be able to sprint 9 miles so can run/fight with endurance if needed. This may seem like asking a bit much but it's actually the standard expectation for a descent soccer player. If they can do it so can we.

Food Storage etc. for the Coming Famine – Call of the Prophets

First, remember you may need to share with your neighbors, and the 1st Presidency encourages you to be prepared to do so, as stated in “All is Safely Gathered In”: (right image)

-“The first season that we came here I recollect that Brother Brigham proclaimed the policy of our laying up grain, and told us to lay up a seven years supply, and prepare for a famine.” (Heber C. Kimball, The Deseret News 6:38; June 10, 1855)

-“The Lord, through his prophet, has called the mothers of Israel to prepare for a famine. . . . We are well assured that the time is fast approaching when the Lord will pour out his indignation on the nations, and although we should escape, we will feel the effects in a national capacity. Our hearts must be hard indeed if we will not feel for those who may come to us for help. The Lord showed his servant Joseph that such things would come, and it was of such a nature and so distressing and revolting to humanity to witness, that he asked the Lord to close it up.” (Woman’s Exponent, Dec. 1, 1876)

-“There are a few things I want to say. One is, take care of your grain; for it is of more worth to you than gold and silver. I know you will see harder times before another harvest than you have seen this season. There is enough, and we need never want bread, but if we do not take the right course we are sure to see sorrow, and the greatest you have ever seen.” (Life of Heber C. Kimball, p. 411, 1853)

MESSAGE FROM THE FIRST PRESIDENCY

Dear Brothers and Sisters:

Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to “prepare every needful thing” (see D&C 109:8) so that, should adversity come, we may care for ourselves and our neighbors and support bishops as they care for others.

We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

-“Build yourselves good store-houses and save your grain for a time of famine, and sickness, and death upon the nations of the wicked, to get rid of the evil doers.” (Heber C. Kimball, JD 3:227, 1856)

-“The time has come for us to lay up our stores. Will the world follow our example? No, they will not; and if we do our duty, who cares whether they do or not. They will come with their bonnets, their fine clothing, and their jewelry, and be glad to work for us to get their bread.” (Heber C. Kimball, JD 5:10)

-“I would like to see the people take a course to make their own clothing, make their own machinery, their own knives and their own forks, and everything else we need, for the day will come when we will be under the necessity of doing it, for trouble and perplexity, war and famine, bloodshed and fire, and thunder and lightning will roll upon the nations of the earth, insomuch that we cannot get to them, nor they to us.” (Life of Heber C. Kimball, p. 411)

-“After the Angel Moroni appeared to the Prophet Joseph Smith September 21, 1832, he [Joseph] said: “He informed me of great judgments which were coming upon the earth, with great desolations by FAMINE, sword, and pestilence; and that these grievous judgments would come on the earth in this generation.”” (DHC 1:14)

-“Harder times are coming by and bye, and there is going to be an awful famine. And if we do right, we shall take a course to lay up our surplus grain.” (Heber C. Kimball, JD 109, 1856)

-“I will not say much more about grain; you can do as you please. I might just as well say nothing about it, for I know none will listen to it but good Saints, men of God, and men that have an experience, and can

see things as they are: they are the men that will save this people. If one to fifty proves a Savior in the end, I shall think that things are much better than I expected to find them.” (Heber C. Kimball, JD 8:246, 1860)

-“I tell you in the name of the Lord God, I know the gate of plenty will be shut down, and your wheat and

corn will be blasted; the earth will cease to yield in her strength if this



people do not appreciate their blessings, and improve upon them. Further, if this people appreciate these blessings, we will see the time yet, in these mountains, when the people will come from our native countries for bread. If we are faithful, if we are true, if we are humble, and appreciate the blessings of heaven that are poured upon us, and improve upon them, strangers will seek bread at our hands, but, if we neglect our duty, if we become proud, idle, selfish, or covetous, and forget our God, the earth will cease to yield her fruits, they will be blasted, and we will be in poverty; that you may be assured of.” (Brigham Young, Deseret News, Oct. 16, 1852)

-“Will the United States send troops here? Yes. And when they have done, the other inhabitants of the earth will send them. . . . Will you go to work now, and lay up your grain?” (Heber C. Kimball, JD 5:180, 1857)

-“What is going to be the condition of this people and their surrounding neighbors. Do we not see the storm gathering? It will come from the northeast and the southeast, from the east and from the west, and from the northwest. The clouds are gathering; the distant thunders can be heard; the grumblings and mutterings in the distance are audible, and tell of destruction, want, and famine. But mark it well, if we live according to the holy Priesthood bestowed upon us, while God bears rule in the midst of these mountains, I promise you, in the name of Israel’s God, that he will give us seed-time and harvest. We must forfeit our right to the Priesthood before the blessings of the Heavens cease to come upon us. . . .

And here let me say to you, buy what flour you need, and do not let it be hauled away. Have you a horse, or an ox, or a wagon, or anything else, if it takes the coat off your back, or the shoes off your feet, and you have to wear moccasins? Sell them and go to the merchants who have it to sell, and buy the flour before it is hauled away. . . . My faith does not lead me to think the Lord will provide us with roast pigs, bread already buttered, etc. He will give us the ability to raise the grain, to obtain the fruits of the earth, to make habitations, to procure a few boards to make a box, and when harvest comes, giving us the grain, it is for us to preserve it—to save the wheat until we have one, two, five, or seven years’ provisions on hand, until there is enough of the staff of life saved by the people to bread themselves and those who will come here seeking for safety. . . . Do you see any necessity, Latter-day Saints, for providing for the thousands coming here? . . . The time is coming when. . . this is the only place where there will be peace. There will be war, famine, pestilence,

and misery through the nations of the earth, and there will be no safety in any place but Zion, as has been foretold by the Prophets of the Lord, both anciently and in our day. . . .Buy flour, you who can;. . .And then, when the people come here by thousands, you will be able to feed them. What will be your feelings, when the women and children begin to cry in your ears, with not a man to protect them? You can believe it or not, but the time is coming when a good man will be more precious than fine gold. . . .Joseph said, many and many a time, to us,—“Never be anxious for the Lord to pour out his judgments upon the nation; many of you will see the distress and evils poured out upon this nation till you will weep like children.” (Brigham Young, JD 10:292-95, 1864)

-“Missouri is cracked up to be the greatest honey country that there is on the earth; but it will not be many years before they cannot raise a spoonful in that land, nor in Illinois, or in any other land where they fight against God. Mildew shall come upon their honey, their bees, and their crops; and famine and desolation shall come upon the nation like a whirlwind. . . .Shall we ever be brought to want? I tell you, if we live our religion, we never shall. Cannot God Almighty send manna here, honey, and everything else, just as well as he could in the days of Moses? This is the last dispensation, and it has got all the power, the interest, the miracles that were in all of them, and tenfold more. . . .The maple trees in the States will be blasted; yes, and they might as well try to make sugar from an oak tree; and everything else will be mildewed and go to destruction, when we shall have thousands.

Have not we felt the rod? Yes; and God says judgment shall come, and it shall commence at the house of God first, and then it will come upon those that have rebelled in the house of God; and of all the suffering that ever fell upon men and women will fall upon the apostates. . . .” (Heber C. Kimball, JD 5:93-94, 1857)

-“Lay up your stores, and take your silks and fine things, and exchange them for grain and such things as you need, and the time will come when we will be obliged to depend upon our own resources; for the time is not far distant when the curtain will be dropped between us and the United States. . . .You will also see the day that you will wish you had laid up your grain, if you do not do it now; for you will see the day, if you do not take care of the blessings God has given to you, that you will become servants, the same as the world will. . . .I will prove to you that I will put my faith with my works and layup stores for my family and for my friends that are in the United States, and I will be to them as Joseph was

to the people in the land of Egypt. Every man and woman will be a saviour if they will do as I say. . . .It behooves us to be saving and to prepare for the time to come. The day will come when the people of the United States will come lugging their bundles under their arms, coming to us for bread to eat. Every Prophet has spoken of this from the early ages of the world. Already we begin to see sickness, trouble, death, famine, and pestilence; and more yet awaits the nations of the wicked. Jesus said, When you hear of these things in foreign nations—destruction and desolation, you may then look forth for my coming, and know that it is nigh at hand.” (Heber C. Kimball, JD 5:10, 1857)

-“Follow the example if you think it is a good one, and lay up stores of grain, against the time of need, for you will see the time when there will not be a kernel raised and when thousands and millions will come to this people for bread.” (Heber C. Kimball, JD 3:252, 1856)

-“We have done first rate; but we can wake up more, and keep waking up, and attend to the things you have been told to attend to; and one of them is, to lay up stores of corn, wheat, oats, peas, beans, buck wheat, and everything else that can be preserved; for you will see a day when you will want it; and it will be when we shall feel the effects of famine, and when the United States have not any food. And inasmuch as we are wise and prudent in this matter, we shall have power over them, and they cannot help themselves.” (Heber C. Kimball, JD 4:330, 1857)

-“But the day will be, and it is right at our doors, when thousands and millions in the United States and in the old countries will come to us and render to us all the rich things that this earth affords, in exchange for food.” (Heber C. Kimball, JD 5:255, 1857)

-“The day will come when millions of people will flock to us for bread, and thousands of them will be honest; they will be the elect of God; they will come to us for salvation, either to this place or to Jackson County.” (Heber C. Kimball, JD 8:89, 1860)

-“There are some who feel that they are secure as long as they have funds to purchase food. Money is not food. If there is no food in the stores or in the warehouses, you cannot sustain life with money. Both President Romney and President Clark have warned us that we will yet live on what we produce.” (J. Richard Clarke, Conference Report, Oct. 1980)

-“You have been warned before hand, and that by revelation from God through Joseph Smith, and afterward through brother Brigham who is our Prophet, you have been warned, time and time again, to take care of your grain. In future build yourselves good store-houses and save your

grain for a time of famine, and sickness, and death upon the nations of the wicked, to get rid of the evil doers. . . . We must lay up grain against the famines that will prevail upon the earth. What shall we lay up that grain for? Shall we lay it up to feed the wicked? No, we shall lay it up to feed the Saints who gather here from all the nations of the earth, and for the millions of lovers of good and wholesome laws who will come from the old countries and from the United States, fleeing to this place for their bread, and I know it.” (Heber C. Kimball, JD 3:227-228, 1856)

-“It has been prophesied, scores of times, to different ones of the Latter-day Saints that their relatives and friends who cast them out and scorned them, should yet come begging for bread; then be wise, and prepare yourselves with bread in abundance to feed the hungry.” (Woman’s Exponent, Nov. 15, 1876)

-“I have seen a hungry woman turn down food for a spool of thread. (Ezra Taft Benson, speaking of war-torn Europe at close of World War II;” Conference Report, Oct. 1973))

-“What good will be our greenbacks that we get from the government for security when all the crops of the earth are destroyed by hail?” (“And there shall be a great hailstorm sent forth to destroy the crops of the earth.”) D & C 29:16 (Mathew Cowley Speaks, p. 172)

-“I remember when the sisters used to say, “Well, but we could buy it at the store a lot cheaper than we can put it up.” But that isn’t quite the answer. . . . Because there will come a time when there isn’t a store. I remember long years ago that I asked a very prominent grocer who had a chain of grocery stores, “How long would your supply of groceries last if you did not have trucks to bring in new supplies?” He replied, “Maybe we could stretch it out for two weeks from our storehouses and from our supplies.” People could get awfully hungry after two weeks were over. . . . Should trucks fail to fill the shelves of the stores, many would go hungry.” (Pres. Spencer W. Kimball, Conference Report, Oct. 1974)

-“Have you ever paused to realize what would happen to your community or nation if transportation were paralyzed or if we had a war or depression? How would you and your neighbors obtain food? How long would the corner grocery store or supermarket sustain the needs of the community?” (Ezra Taft Benson, Conference Report, Oct. 1980)

-“I presume you have never had the great and trying experience of looking into the faces of people who are starving when you are unable to give them even a crust of bread. We faced that as we first met with the Saints in parts of Europe. But when the welfare supplies came, it was a

time never to be forgotten by these faithful Saints. I can see them now in tears, weeping like children, as they looked upon those first boxes of welfare supplies when they reached occupied Germany.” (Ezra Taft Benson, Conference Report, Oct. 1952)

-“I remember great tracts of once fertile and productive land lying idle... and people starving because there was no seed to plant, no machinery with which to plant, cultivate, and harvest, and no power because power machines had been destroyed and horses had been killed during the bombing and many others killed and eaten for human’s food. . . .” (Ezra Taft Benson, Conference Report, Oct. 1952)

-“We are too accustomed to going to stores [and rationalizing]. . . that [we have] no time or space [for a garden]. May I suggest...you store seeds and have sufficient tools on hand to do the job.” (Pres. Ezra Taft Benson, Conference Report, Oct. 1980)

-“The time will come when the judgments of God will be poured out upon this nation because of their wickedness in shedding the blood of the Prophets and other righteous men and women, and in passing laws against the Patriarchal order of marriage; and peace will be taken from the earth. A great revolution will take place in this land and those who will not take up the sword against their neighbor, and the honest in heart, will flee to places of safety; they will come over these Rocky Mountains with knap sacks on their backs and there will be so many to be fed that there will be a famine for the want of food, not because there will not be seed time and harvest, but because of the number of people that will come. Then a sack of wheat will be worth many times more than a bag of gold.” (John W. Taylor, Farmington, Utah, Spring, 1901)

-“Should evil times come, many might wish they had filled all their fruit bottles. . .cultivated a garden. . .planted a few fruit trees and berry bushes.” (Pres. Spencer W. Kimball, Conference Report, Oct. 1974)

-“Suppose you. . .sell all your wheat . . .and you are left with nothing more than a pile of gold, what good would it do you? You could not eat it, drink it, wear it, or carry it off where you could have something to eat.

The time will come that gold will hold no comparison in value to a bushel of wheat.” (Brigham Young, JD 1:250, 1853)

-“Obtain a year’s supply [by building] up your food supply just as you would a savings account. Save a little for storage each pay-check. Can or bottle fruits and vegetables from your gardens and orchards. Learn how to preserve food through drying and possibly freezing. Make your storage a part of your budget. . . . We urge you to do this prayerfully and

do it now.” (Pres. Ezra Taft Benson, Conference Report, Oct. 1980, “Prepare for the Days of Tribulation”)

-“Store up all your grain and take care of it. . . . it is almost as necessary to have bread to sustain the body as it is to have food for the spirit; for the one is as necessary as the other to enable us to carry on the work of God upon the earth.” (Orson Hyde, JD 5:17)

-“Learn to sustain yourselves, lay up grain and flour, and save it for a day of scarcity.” (Discourses of Brigham Young, pp. 291-93)

-“Some of the recent disasters in which Church members have been involved show that there is a need for diversification in places of storage and in types of containers. Perhaps not all storage should be concentrated in one area of the house, not all should be stored in tin or plastic containers, not all in glass containers.” (Barbara B. Smith, Conference Report, Oct. 1976)

-“Frequently I am asked, “What were the most valuable items in the days of starvation in Germany? As for what we needed, the food item we relied on most was vegetable oil. With a bottle of vegetable oil, one could acquire nearly every other desirable item. It had such value that with a quart of vegetable oil one could probably trade for three bushels of apples or three hundred pounds of potatoes. Vegetable oil has a high calorie content, is easy to transport, and in cooking can give a tasty flavor to all kinds of food items that one would not normally consider as food—wild flowers, wild plants, and roots from shrubs and trees. For me and my family, a high-quality vegetable oil has the highest priority in our food storage, both in times of daily use and for emergency usage. When vegetable oil is well-packed and stored appropriately, it has a long storage life without the necessity of refrigeration. We found ours to be in very good condition after twenty years of storage, but circumstances may vary. . . . Honey could be traded for three times as much as sugar. . .

When a person is very hungry, the taste of food will change for him.

In times of emergency, the Lord seems to provide a way to help our bodies adapt.” (F. Enzio Busche, Ensign, June 1982)

-“The day will come when if this people do not lay up their bread they will be sorry for it.” (Wilford Woodruff, JD 18:127)

-“It will not surprise me, if times get harder and tighter, if somewhere along the line you will be required to give up what you yourselves have or part of it in your cellars. It will be fortunate if you have put away enough so that you can spare some and still be able to live.” (J. Reuben Clark, Jr., Church News, April 20, 1946)

-“[When] distributing food, clothing, and bedding to the suffering members of the Church in Europe following World War I, I witnessed the starving, the emaciated, and the barefoot. It was a piteous sight. My heart went out in compassion to all our Heavenly Father’s suffering children. . . .[Upon] arrival of our first Church welfare supplies in Berlin. . . I took with me the acting President of the mission. . . .[He] took [the] dried beans. . . .put his hands into [them] and ran [them] through his fingers, then broke down and cried like a child with gratitude. We opened another box, filled with cracked wheat, nothing added or taken away. . . .He touched a pinch of it to his mouth. After a moment he looked at me through his tearful eyes—and mine were wet, too—and said, while slowly shaking his head, “Brother Benson, it is hard to believe that people who have never seen us could do so much for us.””(Ezra Taft Benson, Conference Report, Apr. 1977)

-“Elder Lorenzo Snow. . . spoke of the prediction of the servants of God that wheat would be worth its weight in gold. He asked what preparation had been made for that time. . . .When this nation became disrupted by civil strife, **thousands would flock here and we should have to feed them.** . . .As sure as there was a God in Israel, the famine predicted would come to pass.” (Des. Evening News, Jan. 31, 1877)

-“Brethren, go and build your storehouses before your grain is harvested, and lay it up, and let us never cease until we have got a seven years’ supply. You may think that we shall not see times in which we shall need it.” (Heber C. Kimball, JD 4:337, 1857)

-“Let us go to work and lay up our grain, lay up wheat, and everything that will and can be preserved; and in so doing, we will save ourselves from sorrow, pain, and anguish; . . .This is a part of our religion—to lay up stores and provide for ourselves and for the surrounding country; for the day is near when they will come by thousands and by millions, with their fineries, to get a little bread. That time is right by our door. . . .Wake up, ye Saints of Zion, while it is called to-day, lest trouble and sorrow come upon you, as a thief in the night. Suppose it is not coming, will it hurt you to lay up the products of the earth for seven years? Will it hurt you, if you have your guns, swords, and spears in good condition, according to the law of the United States? . . .But wake up, ye Saints of the Most High, and prepare for any emergency that the Lord our God may have pleasure in bringing forth. We never shall leave these valleys—till we get ready; no, never; no, never. We will live here till we go back

to Jackson County, Missouri. I prophesy that, in the name of Israel's God." (Heber C. Kimball, JD 5:164-65, 1857)

-“For years past it has been sounded in my ears, year after year, to lay up grain, so that we might have an abundance in the day of want. . . View the actions of the Latter-day Saints on this matter, and their neglect of the counsel given; and suppose the Lord would allow these insects to destroy the crops this season and the next, what would be the result? I can see death, misery and want on the faces of the people. But some may say, “I have faith the Lord will turn them away.” What ground have we to hope this? Have I any good reason to say to my Father in heaven, “Fight my battles,” when He has given me the sword to wield, the arm and the brain that I can fight for myself? Can I ask Him to fight my battles and sit quietly down waiting for Him to do so? I cannot.” (Brigham Young, JD 12:240-241, 186)

-“Let us be in a position so we are able to not only feed ourselves through the home production and storage, but others as well.” (Pres. Ezra Taft Benson, Conference Report, Oct. 1980)

-“The revelation to produce and store food may be as essential to our temporal welfare today as boarding the Ark was to the people in the days of Noah.” (Pres. Ezra Taft Benson, Conference Report, Oct. 1987)

-“Joseph warned the people of a famine that was coming on the land, and laid up corn; so Brigham and Heber have taught you that we are going to see a day similar to that, but more terrible—more awful!

. . . I would advise you to take everything that is unnecessary, and buy wheat and barley, and such things as you need with it, and lay up your stores for the time that is to come, that you can feed your own kindred and friends, who will actually come to you.” (Heber C. Kimball, JD 5:174, 175, 1857)

-“It's better to have your food supply two years early than one day late. Nations shall be cut off when they are ripe in iniquity. . . . A desolating sickness shall cover the land. . . . Famine shall sorely oppress them—confusion and war shall make their hearts to faint, and their knees to tremble. Would to God that our nation had never given cause for the distress which they now only begin to suffer! . . . When these poor starving thousands flock here for food, will it not be glory enough for you to begin with, to feed them, to give them shelter, and administer to their sick? . . . If you will do as you are told, your eyes shall witness just such scenes!” (Orson Hyde, JD 2:206, 1855)

-“A few years ago President Young gave counsel to the people of the Territory—most of whom agreed to it—to lay by seven years’ provisions. We were to have commenced three years ago, and were to have laid up one year’s bread over and above the year’s supply. The following year we were to add another year’s supply, and so have continued until we had our seven years’ supply laid up. . . . I look upon the subject of storing grain and other kinds of food as a very religious matter. How could a man who was half starved enjoy his religion? How on the earth could a man enjoy his religion when he has been told by the Lord how to prepare for a day of famine, when, instead of doing so, he had fooled away that which would have sustained him and his family. I wish our brethren to lay this matter to heart, and not to rest until they have obeyed this particular item of counsel. I also advise them to live within their means, and avoid getting into debt.” (George A. Smith, JD 12:141-143, 1867)

-“We have said much to the people with regard to laying up provisions to last them a few years. This is our duty now; it has been our duty for years. How many of our bishops have provisions laid up for one year, two years, or seven years. (Brigham Young, JD 12:106, 1867)

“I tell you that the judgments of God are at the door of both Zion and great Babylon. . . . I want to ask you if you ever heard brother Kimball tell about laying up wheat? “Yes,” say some “we have heard him, but the famine has not come yet.” No, but it will come. The Lord is not going to disappoint either Babylon or Zion, with regard to famine, pestilence, earthquakes or storms, . . . they are at the doors Lay up your wheat and other provisions against a day of need, for the day will come when they will be wanted, and no mistake about it. We shall want bread, and the Gentiles will want bread, and if we are wise we shall have something to feed them and ourselves when famine comes.” (Wilford Woodruff, JD 18:121, 1875)

-“I will tell you a dream which Brother Kesler had lately. He dreamed that there was a sack of gold and a cat placed before him, and that he had the privilege of taking which he pleased, whereupon he took the cat, and walked off with her. Why did he take the cat in preference to the gold? Because he could eat the cat, but could not eat the gold. You may see about such times before you die.” (Heber C. Kimball, JD 3:262, 1855)

-“There are many very good people who keep most of the Lord’s commandments with respect to the virtuous side of life, but who overlook His commandments in temporal things. They do not heed His warning to prepare for a possible future emergency, apparently feeling

that in the midst of all this trouble “it won’t happen to us.”” (Mark E. Petersen, Conference Report, April 1981)

-“I have asked of the Lord concerning His coming; and while asking the Lord, He gave a sign and said, “In the days of Noah I set a bow in the heavens as a sign and token that in any year that the bow should be seen the Lord would not come; but there should be seed time and harvest during that year; but whenever you see the bow withdrawn, it shall be a token that there shall be famine, pestilence, and great distress among the nations, and that the coming of the Messiah is not far distant.”” (TPJS, pp. 340-341)

-“Now is the time for us to be like unto Joseph of old—lay up stores for ourselves, and our children; and thousands, and hundreds of thousands from the old world, the United States, and North and South America will flee to this place to get down by the side of Joseph’s cribs, and granaries, and storehouses, to get that which will sustain life. . . .”(Life of Heber C. Kimball, p. 41

-. . . but those who have known [God] and in the day of tribulation forsaken His laws will be beaten with many stripes. To all those who stand firm and steadfast when the love of many shall wax cold because of the famine and pestilence, and great trials with which the Saints of God are to be tried before the judgments pass from the house of God to the wicked, to all such He has made precious promises, and they will be fulfilled.” (Parley P. Pratt, JD 3:311, 1856)

-“If we sin, and do not repent, God will chastise us until we do repent of and forsake all sin; but He never will scourge us so long as we do right. . . . Plan to build a good storehouse, every man who has a farm, and never cease until you have accomplished it. And do not forget to pay your tithing before you put the grain into the storehouse. Lay up enough for seven years, at a calculation for from five to ten in each family; and then calculate that there will be in your families from five to ten persons to where you now have one, because you are on the increase. It now takes about one thousand bushels of wheat to bread my family one year, and I want to lay up six thousand for each year of the seven for which I calculate to store it up. . . . Where a family now requires only a hundred bushels a year, let the head of that family lay up a hundred bushels the first year, two hundred the next, and increase the amount every year in proportion to their probable requirements. When we have stored away our grain we are safe, independent of the world, in case of famine, are we not? Yes, we are; for, in that case, we will have the means for

subsistence in our own hands. When the famines begin upon the earth, we shall be very apt to feel them first. If judgments must need begin at the house of God, and if the righteous scarcely are saved, how will it be with the wicked? Am I looking for famines? Yes, the most terrible and severe that have ever come upon the nations of the earth. These things are right before us, and some of this people are not thinking anything about them; they do not enter their hearts. Still there is not an Elder here who has read the revelation which says, Go forth and warn the inhabitants of this land of the sickness, the death, and disasters that are coming upon this nation, but what must be satisfied of the truth of what I am saying. . . . I consider that carefully storing our surplus grain against a time of need is of the greatest importance to this people, in connection with building the Temple. You may build that Temple, and at the same time neglect those things that I am speaking of, and you will perish temporally. . . . I know that we will see those things of which I have spoken—such famines as this world never beheld. Yes, we have got to see those scenes; . . . and if you will wake up and do as you are told, you will escape. I will advise every man in every settlement to build a storehouse; and if one cannot do so alone, let two or three build one between them. Store up and preserve your grain, and then you will be safe. . . . I know that He is able to suffer famines to come upon us, and then to rain manna down from heaven to sustain us. I also know that He could increase our grain in the granaries and our flour in the bins, and make one small loaf of bread suffice for many persons, by exerting His creative power. . . . There are a great many things that we can save and take care of, as well as we can wheat, barley, and oats. We can dry pumpkins, squashes, currants, apples, peaches, &c, and save them; we can also save beans, peas, and like articles, and keep them for seven years. And if you will take the right care of your wheat, you can save it just as long as you may wish to; but, in the usual mode of storing it, you have got to stir it, move it, remove it, and turn it over, or it will spoil. . . . Then go to work and build up this kingdom, establish righteousness, and prepare yourselves for the famines that are coming upon the earth; for I tell you that they are coming. Do you suppose that God would give revelations and tell us to warn the inhabitants of the earth of things which were coming speedily upon them, if He did not intend that those things should come? He said that they should feel them, and I know that they are bound to feel them; for they will not repent. Let us go to work and prepare for the thousands upon thousands who will come unto us. . . . The day will come when

people will gather here by hundreds and by thousands,—yes, fifty thousand in a year; and very many will come trudging along with their bundles under their arms.” (Heber C. Kimball, JD 5:19-23, 1857)

—“We can so live that we can call upon the Lord for His protection and guidance. . . . We cannot expect His help if we are unwilling to keep His commandments. Those of us who read and believe the scriptures are aware of the warnings of prophets concerning catastrophes that have come to pass and are yet to come to pass. There was the great Flood, when waters covered the earth and when, as Peter says, only “eight souls were saved” (1 Peter 3:20). If anyone has any doubt concerning the terrible things that can and will afflict mankind, let him read the 24th chapter of Matthew. Among other things the Lord says: “Ye shall hear of wars and rumours of wars. . . . “For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. “All these are the beginning of sorrows. . . . “And woe unto them that are with child, and to them that give suck in those days! . . . “For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. “And except those days should be shortened, there should no flesh be saved: but for the elect’s sake those days shall be shortened” (Matthew 24:6–8, 19, 21–22). In the Book of Mormon we read of unimaginable destruction in the Western Hemisphere at the time of the Savior’s death in Jerusalem. Again I quote: “And it came to pass in the thirty and fourth year, in the first month, on the fourth day of the month, there arose a great storm, such an one as never had been known in all the land. “And there was also a great and terrible tempest; and there was terrible thunder, insomuch that it did shake the whole earth as if it was about to divide asunder. “And there were exceedingly sharp lightnings, such as never had been known in all the land. “And the city of Zarahemla did take fire. “And the city of Moroni did sink into the depths of the sea, and the inhabitants thereof were drowned. “And the earth was carried up upon the city of Moronihah, that in the place of the city there became a great mountain. . . .” . . . The whole face of the land was changed, because of the tempest and the whirlwinds, and the thunderings and the lightnings, and the exceedingly great quaking of the whole earth; “And the highways were broken up, and the level roads were spoiled, and many smooth places became rough. “And many great and notable cities were sunk, and many were burned, and many were shaken till the buildings thereof had fallen to the earth, and the inhabitants thereof were

slain, and the places were left desolate” (3 Nephi 8:5–10, 12–14). What a terrible catastrophe that must have been.

The plague or Black Death of the fourteenth century took millions of lives. Other pandemic diseases, such as smallpox, have brought untold suffering and death through the centuries.

In the year A.D. 79 the great city of Pompeii was destroyed when Mount Vesuvius erupted.

Chicago was ravaged by a terrible fire. Tidal waves have swamped areas of Hawaii. The San Francisco earthquake in 1906 ruined the city and took some 3,000 lives. The hurricane that hit Galveston, Texas, in 1900 killed 8,000. And more recently, as you know, has been the terrible tsunami of Southeast Asia, where thousands of lives were lost and where relief efforts are still needed.

How portentous are the words of revelation found in the 88th section of the Doctrine and Covenants concerning the calamities that should befall after the testimonies of the elders. The Lord says:

“For after your testimony cometh the testimony of earthquakes, that shall cause groanings in the midst of her, and men shall fall upon the ground and shall not be able to stand.

“And also cometh the testimony of the voice of thunderings, and the voice of lightnings, and the voice of tempests, and the voice of the waves of the sea heaving themselves beyond their bounds.

“And all things shall be in commotion; and surely, men’s hearts shall fail them; for fear shall come upon all people” (D&C 88:89–91).

How interesting are descriptions of the tsunami and the recent hurricanes in terms of the language of this revelation, which says, “The voice of the waves of the sea heaving themselves beyond their bounds.”

Man’s inhumanity to man expressed in past and present conflict has and continues to bring unspeakable suffering. In the Darfur region of Sudan, tens of thousands have been killed and well over a million have been left homeless.

What we have experienced in the past was all foretold, and the end is not yet. Just as there have been calamities in the past, we expect more in the future. What do we do?

Someone has said it was not raining when Noah built the ark. But he built it, and the rains came.

The Lord has said, “If ye are prepared ye shall not fear” (D&C 38:30).

The primary preparation is also set forth in the Doctrine and Covenants, wherein it says, “Wherefore, stand ye in holy places, and be not moved,

until the day of the Lord come” (D&C 87:8).

We sing the song: When the earth begins to tremble,

Bid our fearful thoughts be still;

When thy judgments spread destruction,

Keep us safe on Zion’s hill.

(“Guide Us, O Thou Great Jehovah,” Hymns, no. 83) We can so live that we can call upon the Lord for His protection and guidance. This is a first priority. We cannot expect His help if we are unwilling to keep His commandments. We in this Church have evidence enough of the penalties of disobedience in the examples of both the Jaredite and the Nephite nations. Each went from glory to utter destruction because of wickedness.

We know, of course, that the rain falls on the just as well as the unjust (see Matthew 5:45). But even though the just die they are not lost, but are saved through the Atonement of the Redeemer. Paul wrote to the Romans, “For whether we live, we live unto the Lord; and whether we die, we die unto the Lord” (Romans 14:8).

We can heed warnings. We have been told that many had been given concerning the vulnerability of New Orleans. We are told by seismologists that the Salt Lake Valley is a potential earthquake zone. This is the primary reason that we are extensively renovating the Tabernacle on Temple Square. This historic and remarkable building must be made to withstand the shaking of the earth.

We have built grain storage and storehouses and stocked them with the necessities of life in the event of a disaster. But the best storehouse is the family storeroom. In words of revelation the Lord has said, “Organize yourselves; prepare every needful thing” (D&C 109:8).

Our people for three-quarters of a century have been counseled and encouraged to make such preparation as will assure survival should a calamity come.

We can set aside some water, basic food, medicine, and clothing to keep us warm. We ought to have a little money laid aside in case of a rainy day.

Now what I have said should not occasion a run on the grocery store or anything of that kind. I am saying nothing that has not been said for a very long time.

Let us never lose sight of the dream of Pharaoh concerning the fat cattle and the lean, the full ears of corn, and the blasted ears; the meaning of which was interpreted by Joseph to indicate years of plenty and years of

scarcity (see Genesis 41:1–36).

I have faith, my dear brethren, that the Lord will bless us, and watch over us, and assist us if we walk in obedience to His light, His gospel, and His commandments. He is our Father and our God, and we are His children, and we must be in every way deserving of His love and concern. That we may do so is my humble prayer, in the name of Jesus Christ, amen.” (If Ye Are Prepared Ye Shall Not Fear; by President Gordon B. Hinckley)

[Self Defense Firearm Comparisons](#)



Keep your family safe by having firearms and a concealed carry permit. The permit is easy to get, and the firearms are still available.

Where to buy:

Wikiarms.com has lists of vendors and their stock.

Ready Gunner in Orem Utah.

Discount Firearms in Springville Utah.

Sportsman’s Warehouse Surplus for military gear online.

9mm handguns small enough for concealed carry:

Note on magazine size: Note that with any of these you can typically buy after market magazines with greater capacity. However, those with greater magazine capacity listed here will easily fit in your holster as such, but not with the extended magazines. You should have a few extra extended magazines for any firearm.

Glock Brand:

Glocks have few moving parts, making it easier to maintain, and less likely to jam.

Glocks have a trigger safety in addition to the drop safety.

All generation 5 Glocks are ambidextrous.

Glock 19: Most of the employees at the Ready Gunner store say they conceal carry a Glock 19. The Glock 19 is the “Honda Civic” of concealed carry firearms. These cost

Glock 43x is a slimmer firearm, but still 9mm. The magazine holds 12 rounds. It’s an improvement upon the Glock 43, which didn’t fit a hand well and only held 6 rounds.

Sig Saur Brand:

These are not ambidextrous.

These have more moving parts than a Glock.

These have a drop safety, but no trigger safety.

SigSaur 365 is quite small, and therefore easy to conceal. The magazine is single wide but still holds 12 rounds. The SigSaur 320 is similar but with a double wide magazine holding 16 rounds, and is the new military issue firearm.

Smith & Wesson Brand:

?

Other notable hand guns of a different caliber:

Smaller guns don’t absorb the kick as much, so they can be harder for petit users. When it comes to a 9mm, it’s simply a lot of power, more than some can handle. A 380 is the in between caliber. It’s easier to fire, but still stronger than a 22 handgun, which wouldn’t knockdown an intruder.

380 handgun:

22 handgun: It has low knockdown power, but it's more threatening when granny pulls this out than when she simply begs for mercy.

Shotguns:

These are effective for home defense as they don't require great aim, and they have high knock down power against close up and medium range intruders. Its point and shoot, and works even for the novice.

The **12 gauge** is the typical shotgun for self-defense.

The OO ammo is recommended for home defense.

The shorter barrel will be easier to manipulate in small spaces, but is less accurate long range, which is typically fine for home defense.

Rifles:

These are needed for hunting but can serve to keep unwanted visitors away as well.

The 22 rifle is easy to start learning with, and is good for pests.

Assault Rifles:

Don't bring a knife to a gun fight; or a semi-auto to an auto fight. The second amendment is about defending against tyranny, so bring whatever they will, namely an assault rifle.

The **AK-47** is the flagship assault rifle.

[Handgun Training Tips from an Army Ranger](#)

Notes I took while training with an Army Ranger:

- Elbows in, less you're a target and more stable

- Slow squeeze trigger

Bend knees

- Lean forward

- Non trigger hand tight grip around front of gun

- After shot keep ready for next shot

- Putting in new mag finger on medial right it and grip then them button

- Getting out of holster keep other hand to chest so meet up to out to gun

- Tight grip after shot so ready for next shot

- Grip you cover the handle as much as can
- New mag belt bullet points to midline
- Don't pull finger all the way off trigger between shots. Let it halfway open to clock reload. Makes much faster shots.
- Both eyes open so double see gun but target is more clear. You know which gun I the true to focus. Or target gets blurry and too focused on sights.
- Fast shooting need really good grip.
- Prep the trigger during the draw. By the time extended already to the wall.
- Pulling out from holster push gun straight forward, don't swing it down fishing
- Arms straight based on person preference
- Practice how you're be shooting so just drop the mag at change they don't break
- Chest to straight out
- Out of holster point right at direction you'll shoot
- Thumb of supporting hand goes below trigger hand thumb
- Pointer finger aligned as far out as thumb of support finger
- There's a timer thing at the buzzer you draw and fire it tells how long it took from when you draw to fire

[Destroying Angel Pass By: On The Word of Wisdom, & End Time Plagues](#)

Joel Skousen suggests that the last days plagues will be man made. With the Corona virus scandal of 2020 we can see how easily this can happen.

I don't think that the word of wisdom is limited to avoiding diabetes and cancer from not using toxic substances and using healthy foods.

Viral infections are known to not effect those who have healthy immune systems.

By keeping our health in order, we can highly decrease the odds of our succumbing to the increasingly potent last days plagues.

Joseph Smith taught that it is a mistaken idea to think that the saints will avoid all of the plagues and desolations of the last days, due to the weakness of the flesh.

Joel Skousen pointed out the irony in the seeking of the word of wisdom blessings of run and not be weary and walk and not faint, if we never walk, and we never run! The human body was designed to run. We should have some amount of intense training on a regular basis to train our bodies to function at the optimum level.

Further, the connections of spirit and body cannot be denied. Surely God would have us take care of our bodies. The soul is a two part system of the spirit and body.

Avoid vaccination. A healthy immune system is the best security against viral disease. President Nelson took the vaccine but didn't say it was required to do so. We each decide what is best for our health. I don't trust the vaccines due to the mysterious things they put in them, and the steep agenda pushing them from the deep state.

I also believe in avoiding psychotropics and antidepressants, as these can have an effect of numbing the conscience. They will not always be available, and we should work towards emotional independence where possible.

A major issue in the standard American diet (SAD) is that we eat far too much meat. The saints are not exempt from this trend! Seventh Day Adventists however do quite well in this, and studies show they are far healthier than the average person. Asians were the healthiest before they Americanized can started eating tons of meat, now they're not much healthier than anyone else. Even if you chose to have some amount of animal products in your diet, if you're like everyone else (which is highly probable by definition), you need to dramatically decrease your meat consumption. Meats should be for small flavoring, not main dishes. Studies are clear in showing that those who consume higher amounts of animal products have many more health issues.

Notes on AHA's CPR Training

Based on American Heart Association CPR Training

2018

100-120 compressions per minute.

2 inches deep compressions, not more than 2.4, most people don't go deep enough.

Stop compression for breaths for less than 10 seconds.

Need bare chest.

Carry pocket knife so can cut clothes.

30 compression then 2 breaths.

For breaths watch chest rise

Hold mask in c shape with 1 hand other hand lift chin.

Keep a bag valve mask handy.

If heart rate returns but no breathing, give 2 breaths every 5 seconds.

Place aed pads one above right breast other on left side of torso, should be labeled.

Have a razor to shave chest hair.

If have 2 sets of pads try one with hair and shave if aed says not connected then place the new set on.

Not place aed pad over med pad or heart monitor implant.

Anyone over age 8 use adult aed pads.

Infant CPR use thumbs to do 1.5" compressions.

Infant compression to breaths 15:2.

Mouth to mouth must plug their nose.

Cardiac arrest give 2 breaths but just 1 for respiratory arrest.

Baby choke can hit back just between shoulders 5x then 5 chest compression if not conscious, 5 stomach thrusts if conscious.

Adult Heimlich if pregnant or too day do the thrusts over chest instead of abdomen.



Other medical field basics can be quickly learned. The Emergency Medical Technician (EMT) textbook is mostly fluff and textbook-ism, don't count on it as an effective learning tool.

[Lessons from The Jews on Quickly Relocating](#)

Fiddler on the Roof depicts how the Jews had to be ready to leave at the drop of a hat. They were almost used to leaving their homes in a moments notice.

The movie depicts them being given 3 days' notice to sell what they can, pack up, and leave.

Of course you can't really sell anything in 3 days, so don't plan on that. Do you have fuel to leave the state? To travel to the other half of the country? To go pick up a loved one in need from an area in crisis then return home?

Having a full year of fuel for your commute is perhaps unreasonable but start small.

Have alternative travel methods too, such as bikes horses ATVs and even a sort of hand carts.

Have packs for survival ready to go. See Joel Skousen's "10 Packs for Survival" booklet.

Most of your food storage will not be travel friendly but have packs for the alternative need to leave home.

Where possible have vehicles which can haul trailers which each adult (or at least skilled youth) in the family can drive. Have enclosed trailers for each vehicle.

You may not be able to be ready for everything but be ready for some basic travel needs.

Of course, have passports on hand as well.

Paint masks from a hardware store can be much more effective than N-95 masks to have on hand for when real danger exists outside.

[Animal Husbandry: Overview of Purpose for Each Animal](#)

Guinea fowl eats much more bugs than chickens
Cows and goats eating pooing helps field
Llama scarecrow, needed if have dog?
Llama ride for kids, pack for hikes
Llama poo in 1 spot, good for manure
Horse for riding
Ducks for bug control
Chicken eggs could be useful, & bug & weed control
Sheep for fiber for spinning cloth
Llama keep more rodents away
Cat keep mice away
Rabbits good manure & kids love them

Animal Husbandry: Donkeys

-**Eat less** than horses (but more than llamas)

-**Tougher stomach** than a goat, don't have to worry about what weeds & grasses they eat.

-**Training sequence:**

1. halter
2. have them follow same course repeatedly
3. ride them in that track
4. subject them to lots of stimuli so they don't get spooked.

-Train to **pack**, strongest pack animals.

-Train to **ride**. Anywhere you can walk they can walk.

-They start 'hard mouth', but eventually become soft so you hardly have to pull to get them to turn etc.

-A well trained donkey won't buck or run away.

-A "**Large Standard**" donkey weighs around 700 pounds, and can easily carry a 250 pound person. They're about 13 hands (a typical horse is about 14-15 hands)

-Reputation for stubbornness, but if you are patient, they will **learn what you want and do it**, so long as it is safe. They will look out for your safety. They will bond with you for life.

-Some say they make stomping and other noises at night when camping. Others say this noise is minimal. (It is more noise than llamas.)

-Donkeys are **guard** animals similar to dogs & llamas.

-A **gelded male** (neutered) is more calm and predictable. A stud (in tact) male can be dangerous when hormonal, such as mounting mares (females) when someone is riding them, etc. So a gelding male is most stable.

-They do a bit **better in pairs** than alone. If getting 2, any gender combination is fine, so long as its not a stud with a mare.

-Can be tamed to stand still while saddling and unsaddling so you don't even have to tie them during the process.

-Learns **commands** of 'wo' and 'turn' and 'get up'

-Green donkey refers to one recently trained. Even a donkey that has never been approached by someone for years can be trained to be ridden etc.

-Colors:

black (more rare now, ancestors bred these),
red (sol, light brown),
gray.

-**Contact** Tony Clapir of Idaho to purchase, he has been breeding training and selling donkeys for 30 years. 208-431-4196.

[Animal Husbandry: Ducks](#)

They need water frequently as they feed

They can eat the bugs in your garden just be aware they don't trample over something too much

They would probably do well with small raised gardens such as tires

Using ducks to get rid of the bugs in your garden can save you from

using pesticide

Also consider geese these are vegetarian and we'll eat the weeds in your garden and they won't eat your plants unless it's a bright fruit

They mix their water with food and thus messy the water and have watery droppings.

They lay eggs in various places unlike chickens who lay in the se place regularly.

They require much more water than chickens.

If they have a mini swim pool of water something they can bon their head in they are good, they don't need an elaborate pond.

Beware baby ducklings drowning in deep water basins if they have access to that.

They might eat roots of garden planter boxes.

They are quite loud.

They bob their heads to communicate with mating partners.

They need water to mate.

Theres one kind that isn't loud (m___?)

Their eggs are harder and oilier than chicken.

Clip their wings so they can't fly away or fly up into your raised gardens.

Ducks eat the snails and slugs ridding them of your garden.

Chickens scratch and destroy gardens, ducks not really so, they just want a bit of grass and bugs, not really into your plants.

You may want to have an eye on them while they're in the garden.

In Japan they use ducks in rice patties for weed control etc.

Animal Husbandry: Rabbits

Ideally feed them hay rather than pellets.

Rex are the largest, best for meat breeding.

If you're getting rabbits for pets consider the following characteristics of breeds:

Not Californian not Netherland
Yes lionhead, Himalayan,
Rex likes petting not holding, intelligent
Hold rex tight it'll kick squirm, esp. mini rex
Lazy bunnies don't want play so no Polish
Yes Dutch is very good
Harlequin is best the clown
Mini lop is good unless overestimated can bite
But mini lop does love children
Jersey wooly is lazy
Chinchilla rabbit, best intro when
Sussex
Not American
English spot

Animal Husbandry: Llamas (& Other Camelids)

(Other camelids include alpaca & camel)

MAIN LLAMA DUTIES: Hay feed, mineral feed, annual hoof trimming, annual deworming, initial vaccinations.

It's 1.5 lb of dry matter per 100 lb of body weight

So a 400 lb llama will eat about 6 lb a day

If you're feeding year-round in other words they don't have pasture you're just feeding them year round for a 400 lb llama at 6 lb a day that's about 2000 pounds a year which is one ton. You'll want to llamas so that's two tons a year and if they have offspring that's additional cost.

They also need a mineral box to feed on regularly but that's quite cheap.

The mineral comes in 50 lb bags and alama it's about 28 lbs a year so one bag per year for two llamas would almost work. The 50 lb bag is \$50.

They need copper in their diet but beware this hurts sheep so don't feed them is er this hurt sheep so don't feed them with sheep

They only Spit at people they don't like

They make a noise when there's a predator and this signals and this signals the other animals to get behind it

They are bigger than alpaca

You can train a llama to not spit

Their teeth continue to grow and may need to be trimmed

llama's spit at each other to establish dominance

female llamas are more docile

Their Coats need to be cut once a year like sheep or it's too heavy on them and too hot

But don't shave them too short or they'll freeze in the Winter

They guard alpaca's do not

They pack alpaca's do not. They pack 60-80 pounds max.

Llamas are more gentle than horses and does and do not get spooked as easily

Llamas or less bossy than horses

Llamas don't like it when people get underneath them
They don't like being poked in the bum

Females can be overwhelmed and harmed by males from constant breeding

Females spurn the males when approached for breeding and are already bred. So they don't need to be separated all the time, but separate them systematically so they don't have babies in the winter. Gestation is almost a year. separate momma and baby, because a male will want to mount a female days after birth. Once pregnant, they can be together. If they are not pregnant and I don't want them to get pregnant, I separate them until I do. Momma needs a rest for a few months.

Need to cut their toe nails

Mineral box for them to eat from

Can use a very large like 100 gal water tub and put deicer so not freeze
But beware kids falling in

Harsh winters give extra vitamins

Kids can ride on them if they are trained for that

Alpaca is much smaller and less intelligent than llama, more like a lamb.

-wear a fanny pack with treat feed you can dip your hand into rather than carrying a bucket they will try to eat out of.

-approach with hand at the level you'll touch them with so you don't surprise them by raising your hand

-they get used to the sound of your voice, its calming to speak to them

-halter goes on slowly, massage crown of head while putting in on

-see llamas-information.com and Bobra Goldsmith

-pressure and release: teach them that when you pull on the halter they follow.

-llamas are quick learners; once they know it they'll remember it forever unlike horses

- do short training sessions like 3-10 minutes a day. End on a good note.
- can walk multiple llamas by tying them to one another in a line
- may want them in a smaller space when training so they don't run from you with a rope on
- some llamas will take 30 minutes for them to take 1 step forward toward your pull on their halter
- increase the steps they take toward you. Today 1 step. Tomorrow 2. Eventually they follow you without a halter.
- Wand & Catch Rope Method for haltering a llama: have a stick (wand) with a rope tied to the end; make a loop by holding rope in your hand. Use this to get the llama head in the rope through the hole. Then if the rope is on a slip knot, can tighten the rope around the neck. This then allows you to put their face harness on and attach the rope thereto.
- they like their head and face to be masaged once they trust you to touch them
- see Watertown Llamas channel on YouTube

Animal Husbandry: Hay Feed

Alfalfa is cheaper than grass hay as it grows faster.
Alfalfa cubes are more efficient less is wasted. Easier to store too.

Animal Husbandry: Dogs

If you want the livestock guardian dog to you stuck guardian dog to guard your livestock its parents should have been its parents should have been working and it should grow up around and it should grow up around those animals

Breeding heat happens about 2x per year for Great Pyrenees, swollen raise bleeding vulva is an indicator. Look for increased urination frequency as it puts out hormones with scents to attract the male. A

vaginally smear test may indicate optimal heat timing, and a blood draw to measure progesterone more accurately predicts the heat cycle. Female will only permit mounting at the right stage of the heat. Optimal age is between 1-7 years. If male is stud / separate, bring female to him.

Animal Husbandry: Barn Cats

Don't let them free range until at least 6 months old.

At night, keep them in a kennel until they've been with you for at least 3 months.

These can get rid of rodents and bugs around your garden and home.

Garden Watering: Drip Line

A drip line is superior to a soaker hose as it can be spliced and repaired if it breaks.

One shared this helpful tip:

I don't pull the black tubing in at winter, especially if I have it set up the way I like in beds cause it is like a spider web of hose and can be a pain. Ours is above ground. Just unhooking the hose from the water would likely be enough to drain it for winter, however the hubby squeezes an air compressor down and turns it on in fall to blow the lines out. I don't know about your water pressure, but find that it is actually really good most of the time and will run up hill and for long stretches, especially if you use dripper tips like the 2-4 gal an hour drips or less. Another thing that is good for direct watering and saving on sprinkling are these hoses by Anderson https://www.amazon.com/Andrews-100-Foot-Tube-Sprinkler-10-12349/dp/B00004R9UA/ref=sr_1_9?dchild=1&keywords=sprinkler+hose&qid=1626984575&sr=8-9

you can lay them down under weed barrier if your things are in rows and it really only takes a minute or two every day, or morning and night to get everything under the barrier/mulch wet.

Water Storage

anytime you use plastic dump white vinegar in them slosh them around and let sit for a hr, the vinegar is supposed to put a chemical burn on the plastic which seals it better that's what I read on my Survivalist Forum anyway by several people

Tractor supply co

Facebook marketplace for local

Watch the want ads and you can usually find used that ever only had food in them for \$50-\$100, and ones that had farm or industrial chemicals in them for free or close to it. I believe they're around \$200 brand new. If buying new, there are ones intended for one-time use, and others intended to be re-used multiple times. 55 gal food grade drums with screw bungs can be gotten (often free) from soda pop bottling plants. The water will taste like pop for a long time.

Biggest problem with drinking water storage in IBCs or barrels, is getting them really clean and keeping them that way. There's no man-hole cover to take off and get down in there to scrub them out, and gunk tends to accumulate despite your best efforts. I'm in the process of setting up a 2-IBC system for a cabin I can't run piped water to, but I plan to use it strictly for fire protection, hand/tool washing, and maybe watering a few herbs, because it's already clear to me that it will never really be clean enough to drink.

If you're going to use the 250 gallon totes or 55 gallon drums make sure they are food grade plastic ones And a good place to CK with is the Apple Juice plants or any food products companies that uses plastic 55-gallon barrels are totes that are food grade plastic However the plastic will not favor very well in the direct sunlight or AKA UV rays It's probably best to buy them new. That way you will know where

they came from or what was last BEING use in them.

Only stainless steel tanks can be sterilized by chemical washout companies. Where plastic tanks cannot be sterilize once chemicals has been use in them such as agriculture products weedkillers insecticides or acids.

Bleach and caustic soap plants sometimes sells plastic holding tanks that would be safe to use Just need to be rinsed out thoroughly.

As others have mentioned here just look online there's lots of companies that deals with new and used plastic barrels or tanks .

Bleach instructions:

http://www.iwillprepare.com/Water_files/Water_Barrel_Care.htm

“Fill the barrel 1/4 full of water. Add cup of bleach

Close the bung caps. The bleach water solution will kill anything growing inside the barrel (If there is any). Turn the barrel on its side an let the kids roll it around the backyard for a while. Have a barrel that has been sitting empty for a long time or just needs extra cleaning? Let the Water/Bleach solution sit overnight. Rotate it a couple times so all sides get cleaned....including upside down to clean the underside of the lid. Empty the contents and rinse a few times with water to remove the Water/Bleach solution until the inside of the barrel no longer has a strong bleach smell.”

[Prioritizing Your Preparations by Andrew Skousen](#)

See World Affairs Brief 12.31.21

by Andrew Skousen There are so many facets to preparedness it is easy for our efforts to become scattered and piecemeal. Unless your hobbies coincide with preparedness like canning, sewing or firearms, your preparations are likely incomplete in major areas. You might still have a

ham radio in a box somewhere; a collection of empty Mason jars in the pantry; untested boxes of long-term food storage; unexplored First Aid kits, and so forth. Most of us aren't really sure how prepared we are or where to focus next. Consider what you need to take your family on a long camping trip. You will need shelter from the weather and wild animals, a way to keep warm, and a supply of food and water. With these 4 basics you can "rough it" in relative comfort. These four "creature comforts" are the most important foundations of preparedness.

Shelter first and foremost. Your current house will typically be your principle shelter during the coming hard times unless you have a retreat site already set up. Although big, fancy houses are sought after now, the ideal house in hard times will be small, inconspicuous, well-insulated and sturdy. It should provide protection from the elements, nuclear fallout and break-ins. It should not be close to cities or major roadways. You will want steel bars for the windows and security screen doors (buy them in advance and install them when needed). A safe room in the basement or under a new addition or outbuilding is crucial. 15 It also helps to outfit the house with basic solar backup power and an inconspicuous rooftop antenna for radio communication.

Warmth is important for health and morale, but it takes effort to harvest enough fuel to keep a house warm when there is no natural gas or grid power for heat. Wood heat is still the best option if you have a wood stove and lots of trees nearby. It isn't ideal if the trees are far away. Cutting and transporting wood every year from even just a few miles away will take up precious gasoline resources. You don't have to keep the whole house warm if you can just retain the heat around each person with good clothing. The best thermal underlayer is made by [Fortress Clothing](#). Unlike other clothing that can overheat when you exert yourself, the foam core of this clothing wicks moisture away to keep you comfortable in a wider range of temperatures. Fortress is constantly improving their lineup of products making them more comfortable and less bulky. If you live in cold climates, however, don't ignore the thick "extreme" line of insulation, nothing compares when you really need warmth. There are currently sales on the "extreme bundle" and "storm bundle." With this clothing you can get by with a fraction of the supply

of wood. In fact, a [small rocket stove](#) may be all that is needed to survive. You can cook and heat food with only a few twigs and sticks to heat a pan or boil water.

Water from a reliable source is extremely important. A Berkey filter will turn almost any water into drinking water, but it is too slow to filter all the potable water you will need for washing and cleaning. Sanitation depends on having copious amounts of clean water— something we all take for granted. You can turn dirty water into potable water free from pathogens and large particles (but not chemicals or radiation contamination) using a [Sawyer filter](#) on a bucket. These filters will last longer if you let the water sit first in another container while the larger particles settle out and skim the top for floating debris and oils. There is also impressive technology available for reusing large portions of wastewater or rainwater by treating and cleaning it using membrane [bioreactor systems such as the one by BioMicrobics](#).

Food is the easiest category to start, but the hardest in which to become independent. While food is plentiful now it pays to buy extra food and store it away, so you have a stockpile to eat while you finish learning how to produce all you need. China has ramped up their [storage of grains](#) since 2019 and now they store over half the world's reserves of wheat, rice and corn (maize). Everyone should be similarly stocking up on long-lasting grains and other shelf-stable food products and canned goods. All stockpiles eventually disappear, so you must learn grow your own food. Keep gardening, raising animals and learning to preserve food with canning, rootcellars, dehydration, etc.

As you can see, each category above has different levels of preparation, from the core, essential function, to more advanced levels that approach our current standards of living. Don't overlook these four important fundamentals; they are the most important sources of sustaining comfort in our life and everything else is built around them. [END]

[Slippery Elm Herbs by Andrew Skousen](#)

World affairs brief 2-1-19

During cold and flu season, one of the best natural remedies for soothing a sore throat, calming a hacking cough and reclaiming a raspy voice is the smooth inner bark of the Slippery Elm tree. The main healing benefit comes from the bark's natural mucilage that quickly turns into a gelatinous, gooey substance when mixed with water. This naturally "slippery" gel is soothing and healing to our body, both inside and 14 out. The [Herbalist Richard Whelan](#) calls it a "bandage" that sticks to any inflamed or damaged tissues, offering them temporary relief and healing. Here are some key elements about this valuable herb and food.

The Slippery Elm tree is native to the east coast of North America, and especially abounds in the Appalachian mountains. Although less-potent, the inner bark from other varieties of elm are also

edible and provide many of the same herbal benefits. [The Siberian Elm](#), for instance, is a nonnative shade tree that grows like a weed in most of the Intermountain West.

Slippery Elm is a demulcent, meaning it is soothing for anything irritated or inflamed. In today's world of digestive issues, it is especially valuable. Taken internally it can coat irritated and inflamed areas like the throat and digestive tract. People have replaced their harsh antacids with natural slippery elm lozenges or tea to [reduce excess acid](#) and reflux problems. It can

also improve digestion, reduce irritable bowel syndrome, bloating, upset stomachs, diarrhea, and constipation. Sometimes it can even work as an [anti-parasitic](#) agent "sliding parasites right out of the digestive tract" according to herbalist

Steven Foster. Externally, it can be applied in poultices to wounds, boils, burns, canker sores, and other eruptions. Field surgeons in America's Revolutionary War used it for gunshot wounds. The poultice must be kept moist to help the

healing process, otherwise the bark will dry out and become hard. As an interesting side note, Midwestern Indians found that if they added a little of this to their rendered fat while it was cooking, the final product [would not go rancid](#) as easily.

Unlike other, more potent herbs, Slippery Elm is so mild it can be consumed in larger quantities and even given in small doses to infants and other sensitive individuals. A porridge can be made from two tablespoons ground bark mixed and heated with 1 cup of water, then mixed with a cup of milk before eating. It is considered quite tasty and helpful with stomach issues. According

to one of the oldest texts on natural medicine it is also a kind of baby formula: “[The porridge] affords a nourishing diet for infants weaned from the breast, preventing the bowel complains to which they are subject, and rendering them fat

and healthy”, wrote H.W. Felter and J. U. Lloyd in [King’s American Dispensatory \(1906\)](#). The most surprising use of this mild herb’s anti-inflammatory affect is its usefulness against cancer. Researchers know that [cancer is correlated with inflammation](#), coupled with a weak or compromised immune system. Slippery Elm was recommended for women with breast

cancer in the 1920’s. If nothing else, Slippery Elm is useful for healing the gut and recovering from the devastating effects of chemotherapy and radiation treatment. It will also be an important herb for healing the gut after severe radiation sickness damages the digestive system and stomach flora.

Most Slippery Elm bark today is used in the winter cold season in an herbal tea paired with licorice and marshmallow root (available for purchase as [“Throat Coat”](#)) or eaten directly in lozenge form, such as those made [famous by the](#)

[Thayers brand](#) which now also has [allergy and sinus relief sprays](#) with Slippery Elm. You can easily [make your own throat lozenges](#) by mixing equal parts Slippery Elm powder with a [decoction](#) (concentrated herbal tea) of licorice root and a tablespoon or two of raw honey. It will mix together into a soft slippery dough that you can form into round balls the size of a lozenge or

as big as a marble. Roll these sticky balls in more Slippery Elm powder until they aren’t sticky. Set them out to dry or put in a dehydrator until hard. If you prefer them soft keep them in the freezer

and thaw as needed. 15 The best advice about harvesting the bark

yourself is from [Practical Self-Reliance](#) including pictures of each step. The easiest time to harvest is in spring when the bark is soft as it swells to carry water and nutrients up from the roots. At that time the bark can be cut with knife and pulls easily away from the tree. Most people can get all they need for themselves by stripping the bark from a few medium-sized branches. The herbal tea company “Traditional Medicinals” say [they harvest strips of bark](#) from only one side of the trees in Appalachia, and the trees regrow new bark in a few years. If you ever take the bark in a complete ring around the tree, the tree will die. Like all natural remedies and herbs the effects from Slippery Elm are mild and the potency depends on how and how much you take. You can get good quality powdered Slippery Elm in bulk from [Mountain Rose Herbs](#), or in capsule form a variety of supplement brands. Don’t expect that all of the ailments mentioned will disappear overnight just by taking a capsule or two. It may and it may not; The best results come from a tea, poultice or warm porridge— preferably in combination with similar herbs such as those mentioned above and a healthy diet and lifestyle. With that in mind, let this simple herb become a key part of your home medicine cabinet whose only side effect is a soothing, calming influence and restful sleep. [END]

[Alternative Web Search Engines by Andrew Skousen](#)
World Affairs Brief 7-12-19

Arjun Walia wrote a pretty good article on alternatives to using Google for doing internet searches. Google, as you know, is filtering your search results and actually inhibiting your ability to find information on vaccine dangers or natural health warnings about drugs and conspiracy issues. His article says, We are living in a very interesting time, one in where we have a ‘ministry of truth’ that is quite Orwellian. This ministry of truth is deciding what’s real and what’s not for people, and they hold a

tremendous amount of power and resources. Google is part of this ministry, and they are playing their part in censoring, demonetizing, and hiding information and platforms that does not suit the plans, agendas and the wants of the people that run Google and who are tied to.

Alternatives To Google & Why All this said, when you search for things on Google, you will see what Google wants you to see, and it WILL shape the narrative by which you see your world. It will also push you to search for certain things over others. Here is a great example. When you type in “vaccines cause a”, nowhere in the list do you see autism, even though that is one of the most searched terms on the subject. Instead, you see a very different list [denying any link to autism] Another great example would be anyone trying to search about the Hillary Clinton email scandal. If you type in “hillary clinton email” you get no suggestions at all. But if you tested that against “donald trump email” you get normal suggestions.

Here are ten alternatives to Google search: StartPage – StartPage gives you Google search results, [so it won’t help get past their censorship] but without the tracking (based in the Netherlands). Searx – A privacy-friendly and versatile metasearch engine that’s also open source. MetaGer – An open source metasearch engine with good features, based in Germany. SwissCows – A zero-tracking private search engine based in Switzerland, hosted on secure Swiss infrastructure. Qwant – A private search engine based in France. 12 DuckDuckGo – A private search engine based in the US. Mojeek – The only true search engine (rather than metasearch engine) that has its own crawler and index (based in the UK). YaCy – A decentralized, open source, peerto-peer search engine. Givero – Based in Denmark, Givero offers more privacy than Google and combines search with charitable donations. Ecosia – Ecosia is based in Germany and donates a part of revenues to planting trees.

The Takeaway In testing these search sites, I find very little difference if you search for “vaccines and autism.” You get bombarded with the vaccine/autism debunking sites on the first page. But unlike Google, you

do get some alternative views on the second page. In Google if you type in something more specific like “vaccines and autism Dr. Mercola” google brings up debunkers of Dr. Mercola, but the other search engines produce his writings and videos. So there is censoring going on with Google and websites that use Google. Every search engine tends to promote first what is being pushed in greatest volume by the mainstream. At least these alternative engines will allow you to get to alternative views without blocking them.

[Durable Boots by Andrew Skousen](#)

Aug 16 2019 [worldaffairsbrief.com](#)

Every shoe wears out. There is no way to comfortably protect our feet from all the hard surfaces, sharp rocks, and rough treatment of shoveling, hiking, flexing and bending without wearing out even tough materials. But some features on shoes help them stand up to wear and tear longer than others. Here are tips to find your best shoe design. First look at your old shoes. Pay attention to the wear patterns of the shoes you have worn a long time—both inside and out. Turn them over and look at the tread. Look at your feet and notice where you have the biggest callouses—this is where your feet are rubbing on the inside your shoes. Some shoes fail from the inside out. When your shoes don’t fit around your feet properly, they will wear out faster in spots. Wider feet wear out the sides faster. Tight shoes will wear out around the toes. 15 Despite the advances in manmade materials leather is still king when it comes to the top outside layer on shoes. Leather flexes, breathes, handles scratches well, and can be made waterproof better than any other material. Leather does need to be maintained for long-term use. A leather conditioner should be applied once per season and after shoes get wet to keep it from drying out and cracking. The Nikwax brand (\$8.50) refreshes and waterproofs all leather except suede or nubuck, and softens it for an easier break-in period. Conditioner should be applied when the leather is wet or damp after washing any dirt or dust off. Seams and joints. The rule of thumb is to buy shoes with as much continuous leather over the upper as possible to

avoid joints that can come apart. Stitching and glue joints are often the first failure points on shoes. Stitched seams are generally stronger than glue joints but the thread can break or come unraveled anywhere the shoe flexes often. Nicks and damage to the shoe can also tear or cut stitching. Rivets are valuable at corners and high stress points. Soles. Vulcanized rubber is the best sole material because it stays pliable and grips well as it wears down. Polyurethane is another common material for outer soles because it lasts longer than rubber, but it cracks over time, especially at the ball of the foot where it flexes the most. Vibram soles use vulcanized rubber that is both flexible and durable. Soles with multiple colors and materials don't hold up well because the different colored pieces break off or flake away. The attachment of the sole to the upper is critical. The gold standard in this area is called Goodyear welt construction, where the sole is glued and sewed into a strip around the base of the upper. The stitching is usually prominent and strong. Shoes made this way can be re-soled for around \$100. Of course, you can buy decent new shoes for what it costs to re-sole the outer tread, but someday this skill will be needed again when Chinese and Indonesian shoe factories stop shipping us their cheap products. Most modern shoe designs just cement on the outer sole for economy and quick construction. Depending on the brand this might result in catastrophic failure, but it is also used by most reputable brands with good durability if the edges of the sole wrap up around the upper for a solid glue joint. When you get a new pair of shoes examine this joint to make sure there are no signs of weakness. Here are some reliable brands: Danner: One of the top boot makers since the 1930s. They have a huge selection from rugged hiking and work boots to calf-length military boots. They focus on full leather uppers and sturdy Vibram soles. Generally with a price to match their quality (\$150 and up), but their lightweight military Tachyon boot is only \$109. This list (<https://thegearhunt.com/best-danner-boots-reviewed/>) summarizes their 10 best boots well. Bates: A old, reputable name in footwear, Bates has rebranded in the last few years to focus on their lineup of boots for military and law enforcement. Their products are usually black, but they are lightweight even with full leather uppers and composite rubber soles and they are a bit cheaper (\$89-\$150). Ecco: This Danish brand has some of the most comfortable and durable dress shoes around, and they also

make reliable hiking/work boots (\$100- \$200). All of the brands listed above have both men's and women's shoes even though the differences are just in the style. Be aware that you may have to consider a half size larger or smaller than you usually wear. Although leather can stretch as it gets broken in, it shouldn't feel tight in the width 16 or toebox. Wear thick wool socks when trying them on for size—the kind you will want to wear in winter and while breaking them in to save your feet. Most shoes only have a 30 day warranty against defective manufacturing so wear them as much as possible at first to break them in and test for any flaws. A good pair of shoes should feel solid with minimal signs of wear after a 10-25 mile break-in period. In hard times a durable pair (or three) of comfortable boots will be very important to protect your valuable feet from injuries during the extra work and walking that everyone will need to do. [END]

[Run for Your Life by Andrew Skousen](#)

From the World Affairs Brief, 3-22-19 worldaffairsbrief.com

How many of us feel fit enough to make a “run for it” if we had to? How many of us would be panting hard after just one block? What if our path of escape was uphill? Keeping ourselves physically fit has many benefits, including the ability to get out of a tough situation by simply running away. Don't underestimate this crucial aspect of mobility. Although we have plenty of fast vehicles and modes of transportation, nothing is as flexible and always available as our own two feet. On foot we can rapidly change direction, clamber over obstacles, climb and even swim. Our aptitude in this area could not only save our own life, but help us get to others in time to save them. Here are some ideas for improving in this core area of physical fitness.

Start slow. The best speed and agility comes from a foundation of healthy physical fitness. If you are starting from very little daily exercise and activity, it pays to start small and work up to higher levels of fitness.

Even patients with recent operations are now being encouraged to get up and walk afterwards because their improvement is much faster when they do. Walking is fine, but don't stagnate at this level. Walking hills or stairs next strengthens the heart and helps the lungs get stronger when you get to breathing hard.

Transition to running. Most people can run, even if they have to start slow. Many people just avoid it because they find it too strenuous at first. The key is to avoid this sudden all-or-nothing approach. Our bodies are complex and take time to adjust to different benchmarks. When we suddenly ask it to perform at a faster speed it struggles to keep up the pace and fills our minds with painful complaints from our lungs to our knees which aren't used to it. Some people hate running because of this or think they can't do it. But most of the time it is just that their bodies are not used to it or they have developed bad running habits that exacerbate knee or joint problems. Learn first proper running technique such as from this [excellent video](#) by Dr. Mark Cucuzella. The key is to help your body transition from your current benchmark to one where you can run, and run fast.

Interval training. An excellent way to nudge your body toward faster movement is with intervals of more intense effort interspersed between slower periods where you are still moving. For instance, if you are used to walking, switch to a jog for one minute and then back down to walking for 3 minutes. Start with the speed you are used to running and speed it up for a short period of time before resuming the slower pace until you recover. Use a watch to time your intervals and increase the times spent at the faster pace and/or decrease the time spent at the easier pace. **Gradually the body will adjust your muscle tone, blood flow and energy stores to be ready for the faster pace.** Don't give up just because it is hard at first; that's the signal needed to tell your body to change.

The goal is to increase both speed and stamina. To improve your stamina, intersperse intervals of slower running or walking into your routine before you get tired out. For instance, if you can only run for a half mile, try walking a bit after just a quarter mile, again after a half mile and then run on to increase your distance. You will soon find that you can keep this up for 1, 3, 5 and more miles just by pacing yourself

with periodic walking. **Eventually you can even run those distances without the walking breaks.**

Once you have a stronger foundation of physical health, you can add speed days to your workouts. The goal here isn't to be able to run your whole workout at top speed but to run several intervals at high speed after getting warmed up with 10 to 15 minutes of normal running. The 100 yard dash is too short for a real get-away, but it is useful for learning to quickly cover short distances. You can measure it off precisely if you want to compare your time with others, but most people can just sprint for the length of the same city block and compare their time as they improve. **To really get away you will likely have to run for two or three blocks**, so practice that or use the 1/4 mile track for an excellent test of both speed and stamina.

Don't be discouraged if you can't beat your old high school records. The goal is to get to your peak fitness for your current age. For some people that means just being able to climb a hill or several flights of stairs unassisted, but most of us are capable of some form of running. Experts have long known that the body was designed to run, and most of us just need to remind it of its abilities. In the end, the goal of being able to move quicker in an emergency is an additional benefit of healthier physical fitness from exercise and healthier eating. Keep working at it and you can become more vibrant, efficient and capable of quick action when you need it most.

Don't forget to lose weight if you need to. Running will never become enjoyable if you carry around an extra 30 or 40 pounds when exercising. Remember too, when exercising to help lose weight, don't increase your food intake, with your increased appetite. Most will not lose weight while exercising if you keep eating the same type and quantity as before. You must cut down on food intake to be successful. [END]

[Rainwater Collection by Andrew Skousen](#)

From the World Affairs Brief, July 2, 2021

During this dry, hot summer, it pays to evaluate our reserve water options. Most municipalities rely on grid power to deliver water from deep wells, and although they have backup generators, in a prolonged crisis there could be long periods of no water. When your faucet stops, it is a true emergency. Access to plenty of potable water is the key to good sanitation, and the most vital of all modern conveniences. But where will you get water in a crisis?

A good water filter that can handle both pathogen and chemical contamination is the core part of water preparedness, but you still need a source of water. A well is THE BEST option for water self-sufficiency (if you have a way of bringing it to the surface) since it is naturally filtered by the ground. Surface water is valuable if you can filter any contamination it has, but you have to haul it home. Rainwater can be collected right from your roof and stored nearby for a variety of uses depending on what level of filtration you have available.

Rainwater is naturally soft, which is ideal for washing, laundry, and for almost any application that uses hot water. Rainwater is also preferred by plants, especially in areas where it doesn't rain often because it is mildly acidic and helps release minerals from alkaline soils (which prevail in dry areas).

How much rainwater can you collect? More than you might expect. Depending on the size of your roof, storage capacity and annual rainfall, you could easily harvest enough to survive on even in a harsh desert like Las Vegas, NV (10 gallons/day from a 1000 square foot roof) . This [rainwater harvest calculator](#) is a valuable planning tool since it uses local historical data by month and allows you to input your roof collection area and projected monthly usage. One inch of rainwater can accumulate to 600 gallons from a 1000 square foot roof.

Metal roofing is best, but tile and asphalt shingles work too. Just avoid chemically treated wood shingles and lead or copper materials. Gutters are your collectors, so the more roof they collect from the better. If you

can connect both sides of the roof together with a pipe it will save on costs, or prepare containers at each roof downspout. Install a debris diverter such as the “[leaf eater](#)” (\$50/each) at the downspout to filter out leaves and large debris that collect in the gutters and wash down with the rainwater or install gutters with continuous screens. Many people install an extra downpipe with a closed valve at the bottom to catch the first runoff from each rainstorm. With the valve closed it catches the first 10 gallons which has the most dust and debris in it. After it fills the water continues to the downspout that goes to the water collection containers. These are called “[first flush diverters](#)” and are not expensive ([kits are \\$40/each](#)), but experienced rainwater collectors have found them to be [more trouble than they are worth](#) as people forget to drain them or they freeze while water is still inside. Instead they recommend installing a drain valve in the first collection barrel and periodically drain off any sediment that accumulates.

Typically, the limiting factor is how much you can store. The most common rain barrel is a [repurposed 55 gallon blue drum](#). You can start small and add more containers in series as long as the tops are all at the same elevation (or you prepare plumbing to equalize the air and water levels). Elevate the containers, where possible to use gravity flow as much as possible using sturdy blocks, pavers or the natural landscape.

Another cheap option is to repurpose [275 \(or 250\) gallon IBC totes](#) (a liquid tank with a cage built for moving with a forklift). Stop algae growth by covering the tanks with a UV resistant sun cover or paint. Used ones can be found for \$100 or less. The totes can be stacked and support the weight of a full IBC tote on top even when the bottom one is empty. Stacked water storage gives you more pressure if you plan to use a drip system for your garden, but there is [some discussion](#) about how to make it so the tanks act together. The extra pressure from the upper tank makes the roof of the bottom tank expand against the bottom of the top tank, and potentially pinch the necessary vent tube coming out the top cap. One way around this is to place spacers between the two tanks as shown in [this video](#), or drain them separately as shown in [this setup](#). Of course, there are many commercial tanks with more capacity, but expect to pay around \$1 per gallon capacity (1000 gal tanks are around \$1000).

If you live in a cold climate plan on storing your rainwater barrels or cisterns in an insulated barn or shed during the winter, or prepare to drain them during the coldest months (which are also often the peak months for precipitation).

[Most states have no regulations](#) against harvesting rainwater—except Colorado and Utah. Colorado limits each household to a mere 110 gallons; Utah allows up to 200 gallons without notifying the state and up to 2,500 gallons if you tell them by filling out this [online form](#).

Filtering rainwater: Rainwater for vegetation or flushing toilets does not need to be filtered, and plants may even benefit from the dust and bird droppings washed off the roof. The most cost effective filter for rainwater is a barrel mostly filled with clean sand. At the bottom of the sand there should be a layer of larger sand and then pea gravel around the drain pipe. Although the sand can be used as a major particulate filter with frequent backwashing, it can actually perform much better if you encourage aerobic bacteria to grow a film that traps and digests pathogens. [David Tarsi](#) has been experimenting with these “biosand filters” and has some impressive results, but it takes a little maintenance when the filter flow rate gets too slow. This filter is slow (the maximum rate is around 3 gallons per hour) so use this filter at the end of the process when extracting water from the tank(s) for washing or drinking. You can add activated carbon to the last stage of this filter, but I would also still run drinking water through a [Berkey water filter](#) before consuming (note: the optional [fluoride filters](#) for the Berkey are valuable for filtering out heavy metal contamination including radioactive isotopes from fallout).

Rainwater is a valuable resource that falls almost everywhere on earth. To make use of it just intercept it between the roof and the ground. This is as simple as placing buckets under a downspout, but the more you store the more you will have on hand for periods of drought. Start harvesting this natural resource for a self-replenishing form of backup water storage, either for your plants or yourself now and in the future. [END]

Watering Your Garden by Andrew Skousen

From WorldAffairsBrief.com June 4, 2021

Some of the best properties for long-term security are in the Intermountain West along both sides of the Rocky Mountains. Many of the best areas in this region have an arid, high-altitude desert climate, with plenty of sunny days, but limited water. Depending on your altitude, there are enough frost-free days to grow a good variety of crops but you have to use the water carefully to grow what you need. Here are the pros and cons of some of the most common watering methods and some ways to improve your efficient use of both your water and time.

Overhead Watering: The fastest and easiest watering system is a sprinkler in the middle of the garden patch. This gets the job done quickly—often with just a single garden hose. This is a great way to start out, but as you expand your garden this system quickly loses its appeal. Here are the biggest problems and ideas for making the most of what you have:

Problem: Most sprinklers spray in circular patterns, leading to overwatering in the middle and dry corners of a typically rectangular gardens. Oscillating sprinklers will water a rectangle but we have yet to find an oscillating sprinkler that lasts for more than a few years. [Melnor brand sprinklers](#) have a “limited lifetime warranty” but it is a hassle to get them replaced. The mechanics of this kind of sprinkler are just more complicated and don’t last—unacceptable for long-term self-sufficiency. Solution: If your sprinkler doesn’t fit the garden, plan your garden around the sprinkler. It doesn’t have to be circular—you can use two or more sprinklers for long gardens and put water-loving plants in the middle and drought-tolerant plants around the outside.

More Problems: overhead sprinklers water everything, including your pathways and weeds. On windy days your water gets blown away and on

calm days more of the water is lost to evaporation compared to other watering options. Solution: water on calm days and at night (when wind and evaporation are reduced). Another solution is mulch. This year we had a tree-trimming company drop off a truckload of wood mulch—chopped branches, bark and leaves. Some tree trimmers will give it away, others charge a modest fee. We have found it very useful. We dug our pathways down a few inches and filled them with bark mulch. Very few weeds have fought their way to the surface and the bark naturally keeps any water in the ground so the adjacent beds stay more moist. We also apply a layer of compost mulch to the beds to keep water in and discourage weeds. On beds that we plant by seed we only apply a thin layer, but we can mound around seedlings. Fortunately our animals have been generating a lot of manure that breaks down well into compost.

Flood Irrigation: The old-fashioned method of watering row crops and fields by flooding them once per week is actually preferred by most plants. The water gets very deep and encourages strong roots. Problem: It uses too much water and irrigates everywhere. Solution: Plant along (or within) shallow channels for the irrigation water along a downward slope. In the past flood irrigation water was diverted from a nearby stream. Today most people will get water from a hose or pipe. You can simply let the hose run at the top of each row or make a manifold pipe that has an outlet for multiple flood rows. [Bart Carter shows](#) how to build a simple, effective manifold system for flood irrigation out of PVC pipe. For each 3/4 inch water source (sprinkler box or hose bib) he connects two 1/2 inch PVC pipes x 10ft with distribution ports every 2 ft. He attaches a flexible hose at each outlet to accommodate variations in row width and placement so he can reuse this setup year after year. He recommends this as the best way to water. It works best on a slight slope and the furrows need to be kept even and fairly debris-free for an even flow. It takes between 50 and 70 minutes to water a 25 ft. row depending on your soil type and conditions.

Drip Tubing: The latest watering method is via tubes that emit water a drop at a time, usually around a gallon per hour. The emitters are spaced every 16 or 18 inches along the hose. Soaker hoses with a permeable membrane leak more water all along their length but degrade in the sun

and rarely last more than two seasons. I recommend drip tube with embedded emitters such as from [Dura-Flo \(NDS brand\)](#), which is available at most Ace Hardware stores. The best price on good quality 1/2 inch drip tube (17mm) is around [\\$90 per 500 ft roll](#) (after shipping). This works well with [1/2 inch barbed fittings](#). Drip tubing uses water pressure to send water everywhere it is installed with each run capable of at least 200 ft. including on uneven and slightly uphill layouts (the [chart on p. 11 of this brochure](#) shows when a drip line can work at up to 1000 ft. in length). Drip keeps the water where you want it to reduce weed growth in surrounding areas.

Problem: drip is expensive and takes time to install and take down each year. Solution: work toward a no-till garden so you can leave it in place and use the same beds year after year, but rotate where you plant crops. This typically requires gathering enough mulch and/or compost to keep the soil covered around the plants while still replenishing the nutrients in the soil and keeping the weeds down. If you need to provide water to a bed put multiple drip tubes together at 12 to 20 inches apart and set the timer until the ground between the tubes gets even moisture.

In arid regions there are less bugs, weeds and mold or fungus problems in the garden but getting enough water to your plants becomes a big chore that is critical to get right. Although it takes an initial investment of time and money, a good watering system can resolve this hurdle and give you the best of both lush plants and decreased pests. There is plenty to do on a self-sufficient homestead so use a combination of automated watering systems and mulch to reduce the garden chores to just planting and harvesting as much as possible. When you get it right the garden becomes more bountiful and a pleasure to work in. [END]

[Firearm Basics by Andrew Skousen](#)

WorldAffairsBrief.com 12.19.14

Preppers often half-jokingly refer to their stockpiles as "Beans, Bullets and Band-Aids," but there's no joke about the need for effective weapons as an integral part of your preparedness plans. The ongoing cultural war against guns continues to rage on the national and local stage. All weapons have scary effects and are easily demonized. Opponents of firearms would have us believe that all we need is a phone or alarm system to call 911 and "let the professionals handle it." But the police almost always arrive too late and can only write a report on how you were victimized.

For centuries force was directly proportional to physical strength and weaker people had to rely on greater numbers for safety. The gun changed all that. Anyone with enough strength to pull a trigger could deal a deadly blow—and at great distance. The effectiveness of a well-directed bullet is a very real deterrent. Even criminals and SWAT teams with significantly larger firepower fear the small arms wielded by individuals.

But the gun is much more than just a weapon of self defense—every pioneer knew the value of a firearm for procuring food. Good hunting skills will be valuable someday and although arrows and other projectiles are reusable, they require much more skill and have less range than a rifle.

Here are some of the basic firearms and why you need them:

The ubiquitous .22 caliber is a necessity around the farm or ranch for dealing with small animals and vermin that attack chickens or destroy the garden and pasture. At slaughter time a carefully aimed small caliber weapons is used to stun large animals without prolonged suffering. A revolver is handy to carry and very reliable, but a .22 rifle is more accurate for small game.

For close in, personal self-defense, nothing beats a larger caliber handgun, either a revolver or a semi auto pistol. The semi auto pistol delivers the most firepower at the fastest rate of fire, but the magazine can be hard to load and the slide is difficult to operate for some people when clearing a jam and chambering the first round. Revolvers rarely jam and are easy to load. If a round fails to go off, you just pull the trigger again and a new bullet is rotated into position and fired off. Most revolver shooters pick either the .38 caliber or the more powerful .357 magnum round. The biggest disadvantage to a revolver is that they usually only carry six rounds, half as many as the magazine capacity of semi auto pistols.

Much is written about the pros and cons of the different calibers of ammo used in semi auto pistols. The large .45 is a favorite for those who want lots of stopping power, but .9mm pistols carry more rounds. A good compromise is the .40 S&W round which has good stopping power but is not as bulky as the .45. To figure out what is best for you, go to a gun range and try several models, calibers and sizes—most establishments make this easy for a single fee and the cost of the ammo. Pick one you can confidently handle.

Hunting rifles with a scope are highly accurate but they are usually bolt-action models that are generally limited to a 5 round internal magazine. One of the best hunting calibers is the 300 Winchester Magnum round, but the old 30-06 caliber is still very popular. For those that can only afford one rifle, I feel that the money is better spent on a semi-auto

assault rifle which can be used for both hunting and self-defense. Assault style rifles are powerful enough for hunting, but have a rapid rate of fire with the ability to reload from a quick change magazine. When hard times come the threats against us will be more desperate (criminals) or intense (tyranny) and you won't be able to scare them off as easily with small arms—you'll need a real rifle. Get one while they are still available. The most common calibers are the smaller 5.56mm or larger 7.62mm NATO rounds.

Last, but far from least, is the shotgun. Its versatility will amaze you: for home defense the large 12 gauge buckshot round has great stopping power (and won't pass through your walls into your neighbor's house). You'll hit more during small game hunting and it packs enough power in sabot slugs for even big game hunting (for rifled shotguns).

All weapons require practice and training for accuracy and personal safety—and you must learn how to keep each one clean. You might also think about a high quality, single pump air rifle for target practice and to handle some of the critter tasks mentioned above when ammunition is outlawed or scarce. Air rifles and pellets are both relatively inexpensive. It's also a good way to introduce young people to weapons. But if you get them a Red Ryder BB gun this Christmas make sure they don't shoot their eye out! [END]

[The Race Against Gun Restrictions by Andrew Skousen](#)

WorldAffairsBrief.com 1.15.21

Everyone can see the handwriting on the wall. With Biden/Harris in the presidency and democrat control of both houses of congress, we can expect some of the first bad laws from Democrats to restrict Americans' right to self defense. Don't take my word for it, read Biden's own plan for yourself or this summary and translation of the worst terms by Gun Owners of America (the best group working to protect our 2nd

Amendment rights). Here is just a taste of what we can expect in Biden's "first 100 days":

1. Stop new weapon sales: The slickest way to stop arms manufacturing in the US is to make all weapons companies liable for damage done by criminals with their products. That's like suing Automakers for damage done by people ramming cars into things. Think it can't happen? Remington, one of the largest weapons manufacturers, has already folded after a major lawsuit was inappropriately allowed to proceed over a weapon reportedly used in the Sandy Hook shooting. Another lawsuit was allowed against Cabela's over ammo they sold. A bill explicitly allowing these kinds of lawsuits would put any company making weapon parts, magazines, and even ammunition—or selling them—out of business. What about manufacturers outside the US? According to the plan "Biden will also use his executive authority to ban the importation of assault weapons." ...and eventually all other weapons too.

2. Track all existing weapons: The least obvious way of registering most weapons is with a federal requirement (or powerful "incentives") to make all states require "universal background check legislation and close other loopholes..." [per the Biden document]. This means that any weapon not already in your hands by the time this goes into effect would be tracked and traced through every subsequent owner, making it easier to confiscate later.

3. Close up any "loopholes": The plan wants to "end the online sale of firearms and ammunition...", make it unlawful to manufacture a gun at home without a background check, make it easier for the ATF to drag their feet on background checks, and limit people from buying more than one weapon per year, for starters. There are many other options being considered to "incentivize" people into giving up their guns.

4. Make it easier to take guns away: Every strategy will be put into play to remove guns under any pretense including more "red flag laws," banning anyone convicted of a "hate crime" from owning a weapon, and

more. Here is a sample from the Biden plan: “Hold adults accountable for giving minors access to firearms. Biden supports legislation holding adults criminally and civilly liable for directly or negligently giving a minor access to a firearm, regardless of whether the minor actually gains possession of the firearm.”

Everyone needs to make sure their self-defense category is taken care of. I know there are long lines and empty shelves already, but get on the waiting lists. It is not going to get any easier to acquire weapons, ammunition, magazines, parts, body armor, reloading equipment, sights, scopes, etc.

If you are just starting out, focus on the essentials: A handgun is essential. I recommend the Sig Sauer P365 for size and function (it is 9mm, a very common ammunition to find). At the very least consider a .22 revolver—which is handy for around the farm or ranch and is still lethal when aimed well. You can also manufacture your own lower receiver for a 1911 style pistol and have a legal weapon that is not tracked (for now). Next consider an AR-15 rifle. It is easy to shoot but still powerful enough for long range or hunting and the rapid reload of high capacity magazines is important in any kind of firefight. Shotguns should also not be overlooked. They are very powerful and useful for a wide range of hunting and home defense (for the latter get good quality active ear protection).

Get prepared in this area now. Options are still out there but it is a race against time before options start disappearing. The first steps toward gun control will be all about making it harder to purchase a weapon and ammo. Later they will take them away. [END]

Finding Ammo & First Firearms by Andrew Skousen from
WorldAffairsBrief.com 1.29.21

Ammunition is getting hard to find but it is still available from multiple sellers online. I don't have the time or space to list all the sellers and options but Wiki-Arms.com does exactly this and keeps a running list of sellers and prices for all the most common ammunition types sorted by price. It is an excellent resource.

If you have delayed getting a firearm it is not too late to buy one. Those with younger children should also consider what their children will want in the future for protection when the world gets worse. Prices are still going up but there are plenty of firearms on the market. In fact, there have never been so many models and options as there are now. Even if you have never owned a gun before, have small hands, or limited grip power, I encourage you to look at the options. Here are a few of the models to look for:

Sig P365: Sig Sauer, one of the top-rated firearms manufacturers came out with this flagship model for conceal-carry that does not skimp on capacity: the 365 carries (10+1) of 9mm in the smallest magazine and 12 +1 and even 15+1 in extended magazines. 9mm is a good choice just because of its popularity and widespread use. Those available now are at full price for around \$700, but it has gone on sale in the past for \$600. I wouldn't count on the price ever coming back down much.

.22 Handguns: The easiest gun to start out on is a 22 caliber revolver. They are simple to handle, load and operate and have almost no chance of jamming. There are small, snub-nose revolvers for conceal-carry (a 22 is better than nothing), but the best all-around models have a 4"-5" barrel for more accuracy around the farm and ranch. The Ruger single-ten (\$600) is excellent or there are cheaper options like the Ruger Wrangler .22 4.62" for \$220 or Rough Rider for \$140. A .22 revolver is also excellent for stunning large and small animals for butchering.

.22 Rifle: The .22 rifle is an excellent varmint hunter. The Ruger 10/22 (10 rounds of 22) is a very popular rifle and often the first weapon any

young man learns on. It is accurate, sturdy and reliable. Some of the “tactical” variants accept 25 round magazines.

.357 or .38 Revolver: Some family members are not comfortable with racking the slide of a semiauto handgun like a Glock or the P365 above, but need better stopping power than a .22. I recommend a revolver in .38 or .357 caliber such as the Smith & Wesson “J-Frame” in 0.38, with a concealed hammer option and 5 rounds. This was previously called the “Ladysmith.” The triggers are long and heavy, but that is their safety. S&W has several similar sized revolvers out there now. The best sights are on the S&W 640 Pro. Another option is the Ruger LCR, available in .22, .38 and .357 calibers. Its main advantage is a lighter, smoother trigger—just be sure to let the trigger all the way out or it could “short stroke” and fail to reset for the next round.

1911 Semiauto: The legendary 1911 handgun has been a standard in the military for decades. The simple design, balanced feel and solid performance makes this a good platform for anyone capable of racking the slide. Typically chambered in .45 it is a lot of weapon with plenty of power, but limited to 7+1 magazine capacity. Some models have double stack magazines (A2 series) for 14 +1 capacity. There are 80% lowers you can still find for making one yourself in either single or double-stack option. This is an excellent gun to have in any collection. Joel highly recommends the old Browning Hi-Power in 9mm. He likes the single action with a short trigger pull for fast shooting. It is hard to find now, but some are still available on used gun forums.

Glock 19 DIY: Anyone looking to round out their weapon supply right now should consider the 80% lowers for the Glock 19 (9mm). You can still find these 80% lower receivers in Polymer80 (\$130) with all other parts needed to complete the gun for around \$460 total. These are some of the easiest lowers to finish out yourself and make your own perfectly legal complete weapon without a serial number (watch for this “loophole” to be closed soon).

Ammo and weapons are still available now if you search for them. This is the only category of preparedness I recommend advancing ahead of other categories because of the coming restrictions. These purchases get expensive fast, so stay within your budget while you focus on rounding out this area right now. [END]

[Amateur Shortwave Radio Info by Andrew Skousen](#)

World Affairs Brief 7-19-19

In the aftermath of big natural disasters such as earthquakes, hurricanes and major storms, communications systems for cell phones, land lines and even the repeaters carrying radio transmissions for fire, police and EMT can be knocked out of commission. In these situations the only ones able to communicate effectively are [ham radio operator volunteers](#) who travel to hard-hit areas to establish communication centers and relay information that can't otherwise get out. How are these "amateurs" able to communicate when even emergency personnel can't? The key is their use of a less-convenient set of lower frequencies called the "HF" band, or, sometimes just "shortwave amateur radio." Here is what you need to know about this critical form of communication that is extremely valuable in all types of emergencies.

The HF or High Frequency band is a lower frequency than the typical VHF (Very High Frequency) and UHF (Ultra High Frequency) used by walkie-talkie type radios including those of emergency personnel. VHF and UHF radio frequencies are small enough to power through obstacles like trees and most buildings but can't broadcast through metal surfaces or big hills. Emergency communications relies on repeaters to maintain a strong link with central dispatch. Interestingly, cell-phone communication also operates in this spectrum, and relies on a similar string of cell towers. The HF frequency band, on the other hand, is a longer wavelength (that oscillates at a lower frequency) and although not suitable for line-of-sight transmission, its big waveform is capable of

bouncing off the ionosphere and reflecting back to earth (VHF and UHF is so focused it blasts right through the atmosphere). This bounce allows HF to broadcast over tall terrain or the horizon.

In a way the upper atmosphere becomes a repeater for shortwave frequencies, but unlike typical repeaters, the atmospheric bounce is affected by atmospheric conditions that are always changing, making it hard to reliably reach the same location at any time. What worked one day stops working at night or when the sunspot cycle changes. Experienced ham radio operators know how to work around these issues searching on other frequencies and sometimes using other ham radio operators to relay their message. The process is not especially difficult once you understand the systems and the basics of how they work. Being able to broadcast and receive on the shortwave frequencies opens up a whole system of medium and long-distance communication that is independent of any infrastructure except the equipment of the one sending and the one receiving. That is what makes this so useful when the main infrastructure goes down.

To learn how to send and receive shortwave communication everyone should start by getting a ham radio license. The Technician class license is fairly easy to get, but you will need to also pass the test for a General class license, which is also quite straight-forward. General and Expert license holders can broadcast on the HF frequencies. [The test prep](#) is full of valuable knowledge about the bandwidths and radio terms you will need to know, so don't skip the essential step of passing the exam; it is not just "red tape."

Once you pass the General class exam you will need a radio that transmits on the HF channels. I recommend the Yaesu FT-857D (normally \$850, get it for [\\$735 at HRO](#) through the end of July). It covers all the ham frequencies in the HF range from 160 to 6 meters and handles 2 meter (VHF) and 70cm (UHF). It is small enough to mount in a vehicle and runs off 12V and broadcasts up to 100 Watts of power.

For mobile operations the smaller Yaesu FT-818ND is the preferred portable radio. It is compact at only 7 inches wide and weighs 3 lbs including a battery pack. To save on power it broadcasts 6W. This small radio is very versatile, covering all the Ham bands and the AM aviation bands as well. The versatile military-grade all-in-one bags from [Amp-3](#) fit this radio perfectly. Additional batteries are important [but cost \\$100](#) apiece.

Shortwave or HF radio may not seem useful in a world where you can communicate with cell phones or through the internet with anyone anywhere in the world for free, but someday when the infrastructure supporting all this easy communication collapses the only people who will be able to communicate over long and short distances will be the ham radio operators who learned how to ply the airwaves with nothing but their own equipment. Ham radio continues to improve every year, with new innovations that make it a valuable aspect of true self-sufficient communication. And someday, when easy information is hard to come by, good communication options will be very valuable indeed. [END]

[Resources on Emergency Preparations](#)

LDS Prepper YouTube channel

<https://www.youtube.com/user/ldsprepper>

Free PDFs n preparation resources:

<https://www.cityprepping.com/2021/07/07/preppers-free-pdf-library/>

WorldAffairsBrief.com by Joel Skousen: The weekly World Affairs Brief by Joel Skousen brings keen analysis of current events, and a weekly preparedness tip. He teaches of the secret combinations which so few are willing to expose. He has several books including Strategic Relocation, The Secure Home, & 10 Packs for Survival. He is a foremost expert in the field of preparation.

Words of a Bosnian Survivalist

After Armageddon docu-drama