

Encouraging, Empowering and Enriching Your Journey September 2012

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Bug-In vs. Bug-Out Food Considerations

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Letter from the Editor

In the arena of Preparedness so many acronyms and terms float around that once we are used to them, it's hard to remember not having used these words in this manner before. At one point, you may have never used these terms, but rather had a deep feeling of the necessity to work toward exactly what the terms sum up. We have to be mindful that not everyone that begins this journey knows what the some of these terms mean.

Bugging-Out, Bug-Out-Bag (BOB), Bug-Out-Location (BOL), Bugging-In or a 'Retreat' are terms you will read in this issue of PREPARE Magazine that may or may not be familiar to you. Rather than risk a feeble attempt at Prepper's Dictionary, we believe that the group of wonderful contributors have done a fantastic job of making these terms clearer. Each phrase often has more depth to the connotation than just simply using a specific word. Once you read the articles, you will begin to see a clearer picture.

While some may think of these terms as being paranoid or a reason to run or hide - the truth is they are simply a way of labeling a plan of action, a vital kit loaded with important items or a destination. From Living without the Grocery Store to What to do for an Evacuation, we hope to have covered a few options of sustainably bugging-in and a well-planned option for bugging out. No matter where you live or where you're going, we simply want to encourage, equip and empower you to explore the many options ahead of you.

September is "National Preparedness Month". Did you know that this is something that is on the calendar each year? Even though it has been around for awhile now, so many people do not even think of what to do to prepare. Let us celebrate the encouragement of this month by actively preparing and sharing the ability to do so with others - not out of fear but out of hope.



City Living Without Using a Grocery Store

By: Rachel Huff

It has been nearly a year now since we ended our official year without a grocery store. We learned a lot in these two years. We are definitely healthier, but we're also happier. Our relationship with each other is stronger as we've had to learn how to really work well together.

In October 2010 my family decided that we would try to save money, our health and take control of our food by giving up the grocery store, big box stores, convenience stores and restaurants for a year. I was developing food intolerances to soy and canola and we all needed to get healthier. We wanted to see how difficult it was and whether it was something anyone could do. We also wanted to see just how much we could grow and raise on our quarter acre lot in the city. We already had chickens, goats, rabbits and bees to help us along but we were now going to have to get serious about our food production – something we hadn't done yet.

When we first decided to go a year without buying food from the grocery store, convenience stores, box

stores or restaurants we thought the challenge was going to be really difficult. And it kind of started out that way. We had difficulties getting local milk - even though we live near a lot of dairies - and our goats hadn't been bred yet so we had to wait for them to start producing. We had an order on part of a steer that almost

didn't come in and our first monthly buying club order was missed so we were running out of our staples.

But as time continued onward we started to get into the groove of things. After a lot of research, I had found a milk delivery service that actually came to my town. We made do that first month without our co-

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“...Each of the workers wore his sword at his side as he worked...”
- Nehemiah 4:18

op order and the steer finally came in. We visited the farmers' market every Saturday and if something came up and we couldn't make our local one, we were able to always find another one in a nearby town that we could go to. Our little urban farm started to become more productive and eventually we were able to provide all of our own dairy from our two goats.

Because my husband and I both work full time we had to make quite a few adjustments to our lifestyle. Our lives revolved around food more as we grew, raised and prepared our meals from scratch. We gave up the TV in exchange for spending time together in the garden and in the kitchen. We ate our meals in the dining room or outside on the patio and our microwave remained unplugged.

We met a lot of great small family farmers and built relationships with them. They answered our questions, gave us tours, and we relied on them for our food. We learned that you don't have to produce your

own food to give up the grocery store, you just have to get out there and meet the people that do produce your food. In addition, we saved money on food while being able to buy higher quality products.

About 6 months into our year we realized that it was pretty easy and that we wanted to have more of a challenge. We decided to go the last three months of our challenge without buying any food. We would have to rely on what our little lot could provide us along with anything we had on the shelf.

We were so far behind on planting due to Mother Nature refusing to cooperate that I was worried we wouldn't have anything to eat fresh. We got lucky and our first big harvest was the day we started the three month challenge. For those first few weeks we were limited to cucumbers, green beans and zucchini. That was probably the hardest part of the challenge - having such a limited diet. And because of our less than stellar weather during the first half of the year, our young fruit trees

were a complete failure.

On the plus side though we learned first hand what we should have in storage in case of emergencies. We also developed a bartering system with friends and local farmers which helped strengthen our community.

We successfully made it a year without buying any food from grocery stores, big box stores, convenience stores or restaurants. We still don't purchase produce, meat, eggs, dairy, or food items we can make from scratch but we are allowing ourselves some things that we just don't have the ability to easily make (such as soy sauce) and we greatly limit our visits to restaurants to one time a month.

This challenge changed our views on food and we learned so much from our journey. The reasons we started this challenge are still there so we're still continuing, albeit with a bit more flexibility. We definitely feel more prepared if we ever have to do this because we don't have any other option.



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BOB

Some Thoughts On Bug-Out-Bags

By: Ken Youngquist

Bug-Out-Bags (BOBs) are meant to provide supplies for short term need in case of emergency evacuation or situational need for egress. Many Preppers will have emergency kits cached at various locations such as at their workplace or in their automobile, but a BOB from my point of view is meant to be mobile and thus practical for travel.

I think in terms of a "3-day" BOB, so it's not big and yet it's loaded with options from tools to clothes. A BOB is unique to each person's perceived need, knowledge and budget. I always take my BOB when I travel for a couple of reasons... to practice using

the contents for familiarity and practicality, and to be "covered" in the event that my luggage is lost or delayed in transit.

I apply many of the basic backpacking techniques such as placing similar-use items such as toiletries, first aid, electronics, documents, etc. in separate sealable plastic bags for easy inspection and moisture protection. I'm prepared for sun or rain and choose items whenever possible that are multi-purpose to reduce quantity and weight. I also carry under garments, food items, cooking gear, a hammock, lights and communication devices. If you travel by plane, place non-

TSA (Transportation Security Administration) approved items in a separate bag that can be removed for storage before leaving for the airport.

My BOB is packed in a strap-bag similar to a diaper bag in appearance that has always been accepted as a "personal item" at the airport rather than a "carry-on" so it allows me to carry more luggage and avoid extra charges. I always wear a jacket and prefer to wear drab clothes that are not camo pattern so that I won't draw attention in public situations but may lend themselves to wilderness environments.

If you have a BOB, you might want to review it in light of these suggestions, but if you don't have one, now is the time to assemble one following these guidelines.



What are YOU gonna do about an EVACUATION?

By Bill & Janet Liebsch

Evacuations are quite common and happen for a number of reasons – fires, floods, mudflows, hurricanes, tsunamis, or chemical spills on the roads or railways.

When community evacuations become necessary, local officials provide information to the public usually through the media. Government agencies, the Red Cross, churches and other relief organizations provide emergency shelter and supplies. But you should have enough food, water, clothing and emergency supplies for days or weeks (or more) in case you cannot be reached by relief efforts.

The amount of time to evacuate obviously depends on the type of disaster. Hurricanes can be tracked and allow a day or two notice to get ready, but many types of disasters happen without much notice... so prepare NOW!!

BEFORE AN EVACUATION:

Ask & learn - Ask emergency management officials about community evacuation plans and learn the routes that should be used. Also learn the signs used for your area - and, if you're traveling, make a mental note what evacuation signs look like in case something happens while on the road. And ask if your local officials have developed pet-friendly shelters and pet-related disaster plans through the 2006 PETS Act.

Make a plan - Develop a **Family Emergency Plan** (so you know

where to meet if separated, how to contact everyone, have a **Disaster Supplies Kit** or Bug Out Bag ready to go, etc.) If you don't have a car, make arrangements with friends, neighbors or local officials so you have a way to evacuate.

Think about your pets - Make a plan for your critters and pack supplies for them in your **Disaster Supplies Kit**. Remember, emergency shelters may not accept pets (unless it is a service animal) so find out which motels and hotels allow pets in advance of needing them. Ask your veterinarian or animal shelter if they board animals during a disaster or emergency. Also make sure identification tags are current and securely fastened to pet's collar or get a microchip implanted in your pet. Keep a current photo in your wallet or cell phone for identification purposes. And make sure a roommate, trusted neighbor or friend has an extra house key to evacuate your pets in the event you are unavailable.

Large animals - Make arrangements for evacuation, including routes and host sites, in advance. At least two alternate evacuation routes should be mapped out as a backup. The evacuation site should have food, water, veterinary care, handlers, equipment and proper facilities.

Where do we go? - Talk with your family members and decide in advance where you would go in case you can't return home for weeks or months. If your home is damaged or destroyed or you're forced to leave your home due to on-going threats (like mudslides or flooding), you will need to find temporary or permanent living quarters. This could mean staying in a public shelter or hotel, living with friends or rela-

tives, or renting a home or apartment in the middle of all the chaos, so discuss several options. Then, write down your various options and share them with relatives and friends.

During a disaster or emergency, the Red Cross and other organizations set up public shelters in schools, city or county buildings and churches. While they often provide water, food, medicine, and basic sanitary facilities, you should plan to have your own supplies - especially water.

Paperwork & money - Put important paperwork (wills, photo I.D.s, insurance policies, list of bank and credit card numbers, etc.) in a portable fireproof container (and have copies in an off-site safety deposit box) so you have identification to get access to your bank or to set up new accounts if you have to relocate long-term to another town. Also keep copies on a CD, flash drive or external drive and store media in a safe place off-site or in a locked fireproof container. Or consider using a service that allows you to upload scans and securely store your documents on their servers.

Fill 'er up - Keep car fueled up -- stations may close during an emergency. (Try to stay in the habit of having at least half a tank of gas at all times.)

Learn to shut off - Know where and how to shut off electricity, gas and water at main switches and valves -- ask local utilities for instructions (and keep a wrench handy).

DURING AN EVACUATION:

Listen - Keep up on news reports for the latest information.

Grab & Go - Grab your **Disaster Supplies Kit** (has water, food, clothing, emergency supplies, insurance and financial records, etc. ready to go).

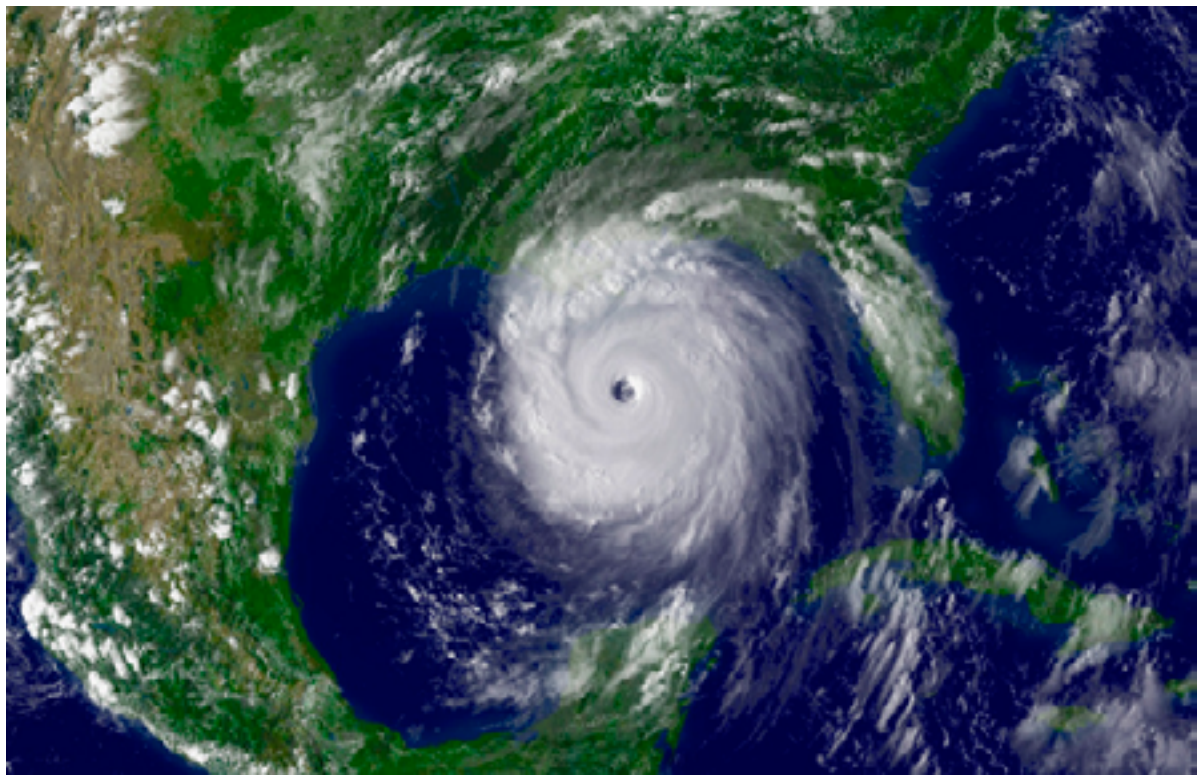
What do I wear? - Put on protective clothing (long sleeve shirt and pants) and sturdy shoes. You may even want to grab a jacket, hat or cap.

Shut off utilities - Turn off main water valve and electricity (if authorities tell you to do so).

Secure home - Close and lock doors and windows, unplug appliances, protect water pipes (if freezing weather), tie down boats, etc. (Certain types of disaster may require different methods of securing the home.)

Take quick pics - Use your camera phone to take some shots of your home and property for a last minute inventory of things.

Pets - Make sure you take pets in secure carriers and bring food, water and leashes or harnesses with you. Grab medical records so you can prove immunizations are current. Realize some shelters may not accept pets so have a backup plan on where you'll go. If you have no alternative but to leave your pet at home, confine it to a safe area inside with dry food and plenty of water. Leave the bathroom door open and toilet lid up (or remove lid completely) so pets can access additional water -- but only if the toilet is free of chemicals. Also, if you



must leave your pet outside -- don't chain it!

Large animals - Hopefully you made arrangements in advance to evacuate livestock and/or large animals. If you must turn them loose, prepare halters for horses that include your name and phone numbers or spray paint your number on the animals and leave lots of food and water out. If there is a wildfire raging, remove nylon halters or synthetic tack from horses so the equipment won't over-heat and potentially burn them.

Alert family / friends - Let others know where you are going (or at least leave a message or note in clear view explaining where you can be found). If pets are left on the property, put a note on the door to alert rescue workers.

Twitter, Flickr, etc - Social networking sites allow users to stay current on evacuation and recovery efforts. You may not have access to the Internet during or after a crisis, but text messages can sometimes get through when cell and phone

systems are down. The Red Cross, FEMA, local emergency officials and other relief groups use Twitter to send instant messages (called Tweets) about evacuations and shelter information. And FEMA and DHS partnered with Facebook and MySpace so users can get emergency broadcast warnings and stay updated on friends and families displaced by storms. Social media sites are also a great way to post photos and videos.

THINGS TO AVOID:

Bad weather - leave early enough so you're not trapped.

Shortcuts - may be blocked so stick to the recommended Evacuation routes.

Flooded areas - roadways and bridges may be washed-out.

Downed power lines

By planning ahead, your family will know where to go and what to do which can help reduce some fear and anxiety that surrounds a disaster.



By Eric Waters

Sanitation in a Grid Down Situation pt. 2

Once you have decided to stay in place and defend your homestead, or you have safely reached your retreat, you will face permanent sanitation issues that will adversely affect the health of you and your family. If our current infrastructures are broken down or non-existent, it will be up to you to prevent disease through proper disposal and elimination of waste.

In period movies and television shows, we see the protagonist walking down a cobbled stone street and someone invariably empties a chamber pot into the street from the window above. Usually it is the antagonist, or the sidekick, who is christened with the contents! Comical on the flat screen, but deadly in reality! Disease from our waste products, feces and urine, can be spread by water, vectors and by food-borne contamination.

As man moved from agrarian societies and began to form cities, they were almost always built on water. Eventually all of these wa-

terways became contaminated with waste, poisoning water supplies and spreading waterborne diseases such as cholera and dysentery. Some societies, such as the Romans, developed elaborate sewer systems, but many others did not and paid the price as excrement was dumped in close proximity to living spaces and disease decimated populations.

Disease is also spread as vectors, or carriers, come into contact with waste. As waste was emptied in thoroughfares, insects, rats, humans, etc. came into contact with and brought disease into households. Unsanitary living conditions and close human contact quickly spread any disease, often with tragic consequences.

The fecal – oral route is the most common cause of disease in food borne contamination from waste. As vectors, contaminated rats may be found in your grain, flies may encounter fecal matter and then land on your food, or food preparers may not properly wash before handling

or serving food. There are many scenarios for fecal-oral contamination.

At present, the United Nations estimates 2.5 billion people live without proper sanitation. In a total “Grid Down” situation, with no usable infrastructure available, America will become equal to a third world country if contamination from waste cannot be eliminated. Prior planning now will significantly increase our ability to avoid spreading infectious diseases from unsanitary conditions.

What options are open to us as alternative ways for healthy waste disposal?

Urine can be handled for males with a “Pee Tube”. Dig a hole in the ground 12 – 18 inches; add gravel to the bottom of the hole roughly six inches for drainage. A PVC pipe will be added before filling the hole in. The tube will go halfway into the gravel layer and will angle out of the hole 18 – 24 inches above the



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surface. A funnel is added onto the receiving end of the tube.

Defecation can be handled many ways. Thick ply plastic bags can be placed in our toilets and used without flushing. Simply tie and discard the bag after use and dispose of the contents. Five gallon buckets can be used the same way. Make one by placing a bag on the inside, place boards or a toilet seat on top and use. These can also be bought online or at sporting or survival stores, as well as composting toilets. Composting toilets are self-contained and compost the waste inside by drying the contents much like your garden compost. At the end of the composting process, the excreta, or byproducts of waste, can then be used for fertilization of gardens. An excellent resource on composting waste is The Humanure Hand-

book, by Joseph Jenkins, which is also available online. In third world countries, usage of "Night Soil", the contents of chamber pots, is a very common practice in fertilizing gardens. Be aware that diseases can be transferred through fecal matter with this "wet" gardening process!

Chemical toilets, like composting toilets, are self-contained units that use chemical solutions in a reservoir as a method of disease control. The reservoir has to be emptied and serviced regularly. In a grid down situation, chemical replenishment (if available) and disposal would again fall to you.

Let's look at our toilet. Water is pumped into the tank on the back of the toilet and fills the bowl. The handle flushes the contents of the bowl and the tank refills, in turn, re-

filling the bowl. If you are on a local government's infrastructure, water is pumped into your house and sewage flows out into sewage lines. If you aren't on a local infrastructure, then the water is pumped from a well into your house and the toilet empties into a septic tank. In the event of a grid down situation, the electricity used to pump water into your house and waste into a sewage line will not be there! Most people with wells do not have a manual pump to bring water up; they may have to resort to the pail and rope method to gather water in which to refill the tank.

Can a toilet still flush then? Yes, but you will have to manually fill the tank back or flush the bowl with water after each use! If you live on the 7th floor of an apartment building, water will have to be carried up for

flushing, as no pumped water will be available! Septic tanks will eventually fill and back up into the toilet and drains. At present it is an inconvenience until it can be drained, but what if it can't be drained? The characters in *Patriots* by James Rawles are confronted with this at their retreat following an economic collapse in America, as many Americans would be.

Once seen all over America, outhouses were in use because indoor plumbing was unavailable to the general populace. In the 1930's, FDR's Works Progress Administration during the Depression put people to work building outhouses. Now they epitomize lowly, backward hill folk. We, as preppers, need to reevaluate this prejudicial line of thought and see the benefits of an outdoor toilet.

Outhouses are basically a wooden shed, with one or two seats, built over an open pit. In the military, we built them as an enclosed structure with a shelf on which a 55 gallon drum was cut in two and used as the reservoir. Daily, the drum was pulled out and the contents burnt off with diesel fuel which eliminated

both the liquid and solid waste. In a grid down scenario, this may be an unlikely option due to the unavailability of diesel or kerosene fuel.

To prepare for a grid down situation, digging the pit should be done now while access to earthmoving equipment is available. If you pre-dig now, cap the opening for safety reasons!! After a grid down event, you may be digging it out with a shovel! The depth of the pit should be well above the level of your water table to prevent contamination. Primarily, you want the outhouse away from any standing or flowing water, preferably on opposite sides of your home or retreat. Local distances will vary with different sources, but 200 feet is a good distance. Fill dirt, ash or lime should be kept on hand to occasionally cover the waste for safety and smell. When the pit is 12 inches from the top, it should be filled and a new pit dug elsewhere.

The structure itself is basic and can be built with 2x4s and plywood. A seat is built into the interior and a self closing, spring loaded or weighted door is added. A sheet of plywood in front can be hinged to open for ventilation or closed for

protection from the elements. Bug screens should be included for vector control in your structure. Various books and websites can instruct you on building an outhouse. At present, local and state regulations may differ on the distances and legalities concerning outhouses. Consult your local Public Health Service for your specific area. One could very easily be prefabricated now for later use or at least have the needed supplies purchased beforehand. For security reasons, it would be prudent to use the outhouse during daylight hours and a chamber pot at night.

Stock up now on toilet paper, baby wipes, newspapers, etc. Again, from the book *Patriots*, is an example that illustrates this necessity, where the characters run out of toilet paper and begin to use pages of the Seattle phone book. Hand sanitizer and bleach should also be stored for sanitary hand cleaning.

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Bug-Out vs Bug-In Food Considerations

By Jason A. Hunt

One of the biggest issues many people struggle with when planning on a bug-out or bug-in scenario is deciding on how much food they will need to either take with them or have stocked up. First, let's address the issue of bugging-out.

The concept of a Bug-Out is to have with you at all times enough equipment needed to get you back to your Bug-In location in case of a crisis or disaster. Typically designed as some sort of carry bag full of food, ammo, clothing and tools to last you approximately three days (72 hours); for the theory is that most people are never more than three days away from home, even in hostile conditions where checkpoints or

borders must be crossed. Other more common uses for a bug-out bag to be deployed is during a black-out, tornado, hurricane or other natural disaster. Your bag should be designed according to your bio-region, which means people more prone to hurricanes should prepare differently than those more prone to wildfires or earthquakes. Stress during a Bug-Out will increase your calorie consumption and adrenal response because of the urgency to get home to family or friends and this is all the more reason to plan ahead and include in your emergency kit some high quality foods only for bugging out.

According to the National Outdoor Leadership School (NOLS)

recommendations, the pounds per person per day (ppppd) for someone engaged in moderate activity such as hiking during hot days with warm nights to be around 1.5 lbs, which equals roughly 2,500-3,000 calories per day. Once again, these recommendations are based upon region, climate and what type of activity you'll be engaged in. If you have to hike through the mountains of Eastern Kentucky for two days before getting to the lowlands to your bug-in location then your requirements would increase to 1.75-2 ppppd which provides 3,000-3,500 calories for warm days and cool mountain nights. Can you get home without any food at all? Of course, but not in optimal condition. You

do not know what you're going home to nor do you know what circumstances you'll encounter as you approach (such as resistance or obstacles) that would sap whatever remaining energy levels you had in reserve.

You must take care of yourself when bugging-out, not only for your sake, but for those you love too. What type of food should you pack in your bug out kit? We're all familiar with MRE's and Freeze Dried foods and while they beat a stick in the eye, they're not your best choice for good nutrition. Dehydrated food, the type you can make at home either in a food dryer, your oven or in a hot car on a summers day are one of the most economical and tasty ways to go. Freeze dried foods often require twice the recommended serving size to satisfy you and have way too much sodium which is not a good thing to have when enduring a stressful state (heart attacks anyone?). You can dry fruits, vegetables and meats at home which provide the best nutrition and taste for a fraction of the cost of freeze dried products. Plus, they're light weight and pack very well. Additionally, if you invest in a vacuum sealer and store your dehydrated foods at a roughly 70 °F you can have an 8-10 year shelf life!

Bugging-In is the reverse side of the coin. This is the concept of either sheltering-in-place or you successfully escaped the disas-

ter zone and have reached your planned shelter location. This is where prepping comes into play on a larger scale. You will have to develop a bulk ration plan for you and those sheltering with you. And, once again, depending on your region and projected plan of stay, your caloric restrictions will vary. After about three days with little or without our favorite food, people get irritable and whine (I know I do) and caloric cravings and needs increase for a while due to our bodies adjusting to our current diet. With these things in mind, bulk rationing for sheltering-in-place should take into consideration a more liberal approach to caloric usage as it's better to have too much than too little when it comes to prepping.

For the day to day, taking into consideration that you're probably not living in a bunker and you'll be able to get out and about within reason, a good figure for daily calories would again be 2,500-3,000 which is equal to 1.5-1.75 ppppd. For the winter, when heat may be hard to come by, if you didn't plan ahead properly 2-2.5 ppppd which is roughly 3,500-4,500 calories may be in order as your body burns more calories when it's cold than when hot as it is trying to warm itself.

Next, you will break the poundage and multiply that by the number of people in your party multiplied by the number of days you plan on sheltering-in-place.

$$\frac{\text{(days)} \times \text{(people)}}{\text{(ppppd)}} = \text{(total weight)}$$

You can then further break down the poundage per person per day (ppppd) should you be feeling overly analytical. NOLS provides a great starting point for this breakdown as well in their book titled "Cookery", just check out page 8 the section entitled Category Multipliers.

So, let's say you plan on bugging-in for 3 months (90 days) with 5 people through the summer months which would put you at around 1.5-1.75 ppppd (we'll used 1.75) --- $90 \times 5 \times 1.75 = 787.5$ total pounds of food rations. It sounds like a lot when you put it in those terms, but it's really not. If you are confident in your bug-in position you can opt for canned goods and grocery store type items which will give you more immediate gratification as you wean yourself off the systems' resources. You can then supplement those items with wild game you hunt or trap and dehydrated food stuffs from your garden which will enable you to prolong your supplies. Lastly, consider some type of small livestock animal such as chickens, goats or rabbits as they're sustainable, provide food and can eat leftover food and garden refuse. Livestock animals of this type are the ultimate MRE (Meal Ready to Eat)!

Children Bugging-Out to get Home!

By Lynette Fry

Years ago I had my family all under one roof and I truly miss those days! I knew where everyone was, at all times, and I had the peace of mind in knowing they were all safe and sound.

Being that our children are grown now and moving in their own directions, we had to put a plan in place for them to get home in case they needed to bug-out! Let me set the picture for you; there are three adult children between 22 and 25, all of which live in various geographic locations. Child #1 is 500 miles away, Child #2 is 100 miles away, and Child #3 is 350 miles away.

Our process with the children was pretty simple: My husband and I sat down and discussed the kid's situations before we presented the plan to each child. For the basics we decided to focus on them getting out of their location safely and with no GPS to follow. For this article we will focus on the very basics.

#1 - Probability/Possibility – we looked at their geographic location and thought about what they could be escaping from. Natural or man-made disasters were the most prevalent situations on the table.

#2 – Alternate Routes – map reading is a long lost skill it seems as GPS's have become more popular. Recognizing Interstate numbers – whether they run east and west or north and south is another lost skill, what Highways run through the county and where they take you – has also become a lost skill. With all that in mind, we purchased maps (real ones) and pink-highlighted alternate routes out of the cities.

We believe alternate routes are an absolute key to bugging-out or escaping an impending potential disaster. If you follow the state designated route, you'll be herded on the Interstate and stuck in traffic. There is one drawback to using back roads as well. Depending on what emergency has caused a person to need to leave, some small communities along the back road route could have the roads blocked. With that thought in mind, the alternate-to-the-alternate roads were highlighted in yellow.

#3 – Emergency Bags – all three have emergency bags equipped with all the necessary items for fire starting, water, food, and hygiene needs in an emergency.

#4 – Contacts along the route – the most important part of an evacuation plan or bug-out plan is to have contacts along the way. All the children have pre-set contacts along their individual routes. This is where networking with other preparedness minded folks comes in handy and is a great resource if you're trying to get yourself or your kid's home to you safely.

Make those contacts and build those relationships now! Mark the safe places on the map and put the names on the map. Children don't remember their parent's friends' names. Also list any other pertinent information beside the name; such as how they should identify themselves if they need to stop there.

This is a very brief list but hopefully it gets your mind working on what we, as parents, should do for our children, especially while they are still young adults and trying to find their own direction. There still are those times where we all, as parents, have to show them the way.

In the uncertain times we are living, it is essential that we broaden our preparedness and survival skills. We do not know what difficulties we might encounter so it is prudent that we consider shelter building and some general wilderness training. Learning wilderness survival skills could also be quite helpful in an urban setting if the need dictated. If an emergency occurred and you were forced out of your home or for some other reason suddenly find yourself stranded (perhaps in the wilderness), you need to tap into your outdoor survival skills. Building an adequate shelter is very important to survival in such situations. People can only last a short period of time amidst extreme weather conditions without shelter. With that, it obviously is important that you know how to construct adequate protection for yourself and family. You should master the outdoor survival skill of building a lean-to shelter, to be adequately prepared for an emergency.

A lean-to shelter is one of the easiest and simplest shelters to make for survival in an emergency. This type of shelter is a great way to provide protection from the weather and wind. A lean-to shelter for survival also works great in most types of terrain. The first thing you will want to do is look for the location you can build your shelter. As you choose your spot, always remember to place the back of the shelter toward the prevailing wind for the best protection. To create your lean-to shelter, place two large, forked sticks into the ground (with the forked ends at the

top). About one foot deep should be suitable. These sticks should be about six feet apart. A large limb must be placed inside the Y-shaped forks to create the frame for the shelter.

Fill in the roof area with sticks that are tied to the top and stuck into the ground. This has created the skeleton for your lean-to survival shelter. Remember to bury the sticks in the



Building a Lean-to Shelter

ground to make the shelter is sturdy enough to withstand the force of the wind. If the wind is brisk you will want to bury the sticks a little deeper in the ground to provide further security.

Covering the skeleton of the lean-to is the next step to making the shelter. Use large leaves or grass to cover the framework of the lean-to shelter. Whatever material is available will suffice. As you cover the lean-to shelter, begin at the bottom and work your way to the top. If

it should happen to rain, the water will run over the joints and not leak onto you. Staying dry is very important, so take the time to prepare the shelter appropriately.

Don't forget to place some comfortable grass and leaves on the ground inside the shelter for bedding. Look for items that are soft and comfortable. Sleeping on the bare ground will sap your body heat quickly.

Also, you can cover up with items such as grass and leaves for more insulation. Think of this as nature's blanket for you.

When you are making a lean-to shelter, it is beneficial to use the natural environment to your advantage. Look for limbs, leaves, and sticks that will suit your needs with as little work of alteration as possible. This will reduce the amount of work you need to do and save your energy for other tasks related to survival in the outdoors. Because the elements are harsh on the body, building a shelter is crucial to survival in an outdoor survival situation. Practice this outdoor survival skill to master it, before you really need it.

To practice your skills, you may want to plan an overnight outing where you can build a lean-to shelter and sleep. For some added peace of mind, bring along your camping gear as a back-up, but plan not to use it. Instead of sleeping in your tent and sleeping bag, rough it for a night in your own lean-to shelter. This will give you the chance to practice your skill while allowing the opportunity for another safe sleeping area as a backup plan.

Some Effective Herbal Remedies

Herbal remedies are a type of alternative medicine that originates from plants and plant extracts. Used to heal illnesses and diseases, and to address psychological concerns, herbals have been around for centuries, and were the basis of modern medicine. Herbs are obtained from a wide variety of natural resources including plant leaves, bark, berries, flowers and roots. Herbal medicines remain a popular alternative throughout China and the Far East, and are growing in popularity throughout North America. In this article, we'll weigh the pros and cons of some common herbs.

Millions of people suffer from depression yet few receive proper treatment. There are many herbal remedies that are used for depression, but if you are currently taking medication for depression, do not stop without consulting your doctor. The herb St. John's wort has long been used in folk medicine for sadness, worry, nervousness and poor sleep. Medical research and clinical trials suggest that St. John's wort works better than a placebo and is as effective as antidepressants for mild to moderate depression and has fewer side effects. St. John's wort may cause dizziness, dry mouth, indigestion, fatigue, and increases photosensitivity. It can also interfere with the effectiveness of prescription and over-the-counter drugs such as antidepressants, drugs to treat HIV and AIDs, and oral contraceptives.

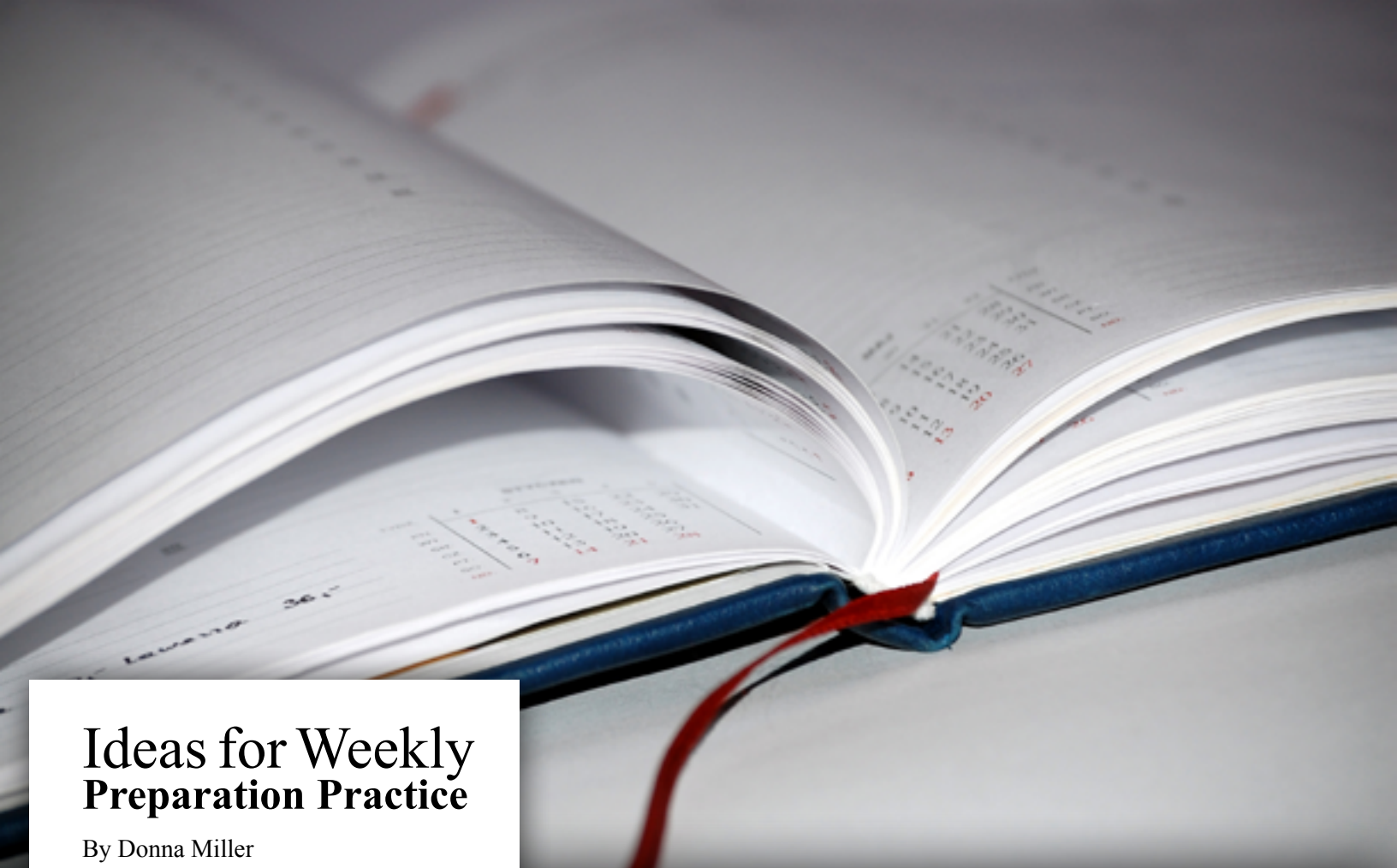
A lot of attention is being given to the benefits of Omega-3 fatty acids for normal brain function. Studies show that a diet rich in Omega-3 fatty acids may help lower triglycerides and increase HDL cholesterol (the good cholesterol). Omega-3 fatty acids may also act as an anticoagulant to prevent blood from clotting. Several other studies also suggest that these fatty acids may help lower high blood pressure. In countries with higher fish consumption, such as Japan and Taiwan, the depression rate is 10 times lower than in North America. However, fish oil capsules may interact with blood-thinning drugs and may cause indigestion.

Headaches are one of the most common ailments that people experience. Most people opt for over the counter pain relievers but there are herbal remedies that can be very effective. Magnesium is believed to reduce the frequency of migraines,

Vitamin B2 decreases frequency and severity of migraines, and Feverfew can reduce the severity, duration and frequency of headaches. Ginkgo biloba may also be helpful since it improves circulation, decreases inflammation, and inhibits the production of a substance called platelet-activating factor that may be linked to migraines. If your headaches persist, you should consult your doctor.

Have you noticed that advertisements these days, for everything from shampoo to pet food, promote the fact that it contains herbs or herbal extracts? This is because more and more people are realizing the potential health benefits of herbal remedies. Before you begin a regimen of herbs and vitamins, consult with your doctor to make sure that it is safe for you. Herbals can be very relaxing, so enjoy the experience of holistic health care.





Ideas for Weekly Preparation Practice

By Donna Miller

___ **Serve someone without expecting return:**

This can be any form of service from inside or outside of the family. Sorry Dads and Moms, but your God-given, regular responsibilities as parents don't count. No money need be spent, just some time, or effort, or care. This aids in building a community and builds their trust in you as well. Then when in need you will know where to turn and so will they.

___ **Spend one full focused hour with your whole immediate family:**

The idea is to build this up over time. This means no TV, laptops, iPods, iPhones, books, magazines, newspapers, etc. Oh you get the idea. Look at your family's schedule and set this time aside. We are a fragmented-family society. Can you enjoy your own family without

distractions? Can they enjoy being with you? If called upon for quarantine or support, we're going to need to get along with those in our immediate family. Practice now before it may have to be done under pressure. You will also likely enjoy the additional benefits of reconnecting.

___ **Garden work:**

Actual garden work is always most productive, but in the winter, it may not be possible. Planning, seed sorting, and composting can all still be attended to in the winter for a productive upcoming garden. If you don't live where you can grow your own garden, look for a cooperative garden in your area, or try container gardening. A tomato plant can be just as pretty as an ornamental one - and you can EAT from it as well as gain the skills to grow more in the future!

___ **Re-use one thing that would normally get thrown away:**

This can be an old jar, left-over 'scraps' of food, or anything. Just look at each thing before tossing it and ask the creative question: "Can I use this again or in a different way?"

___ **Work on food storage:**

Keep building supplies. Preserve something: Dehydrate it, can it or freeze it.

Shoot for one month initially, then three months, then 6 months then your one year WORKABLE pantry. Later work on the stock-piled store and ignore stash.

___ **Try a new recipe or a new variation:**

If ingredients were to be in short supply - could you create something with alternate ingredients or something altogether new that is actually

edible?

___ At least one breakfast, lunch & dinner from Food Storage (Workable Pantry):

Practice now! That is why we suggest building the year long WORKABLE pantry now and gaining the skills to use it. THEN worry about the long-term, “store-n-ignore”, “stash-n-dash”, “hide-out” food at a later date. Get used to using all the non-convenience items that you have for your preparedness. Otherwise, they do you no good if you are called upon to eat from them.

___ Calculate cost of at least one meal from Food Storage and one from today’s price:

Partially this aids in reminding you why you build your food storage. Food prices have been on the increase and likely will continue. It’s a good feeling to feed your family from your Workable Pantry for far less than what it costs you to buy the same ingredients today. This is partially related to the next item on the practice list. It’s good practice anyway.

___ Financial preparedness:

Work toward getting out of debt, cut monthly expenses, save on utilities, make extra income, sell off unwanted/unneeded items. There are a lot of ways to cut back and enjoy spending time doing it.

___ Work on local food/barter systems:

Do you bake bread? Find someone with a dairy cow that doesn’t and swap milk for bread. Look for local CSAs and Co-ops. Better yet, get involved in one and barter your time for food! It’s like a work out to eat!

___ Research or study something

The advertisement for Legacy Food Storage features the 'preparewise' logo at the top. It includes two photographs: one of a family of four at a dining table and another of a man and woman smiling. Below these are several award seals: '25th Anniversary', '100% Quality', 'Feed 1000 People', and 'GUARANTEE'. The central text reads: 'You can never know what disaster may effect you and your family. With man made and natural disasters seemingly on the rise and economic disasters looming you owe it to yourself and your loved ones to get prepared. Compare our products with any other competitor. We are confident you will be pleasantly surprised with our products and our prices!'. At the bottom, there is a large image of a prepared meal with rice, beans, and vegetables, alongside Legacy Food Storage product containers.

new:

Don't always rely on the internet either. Try the library (remember those?). Is there an area of preparedness training that you know you're lacking or just not yet interested in? Expand!

___ Try your hand at a new preparedness skill:

The list is way too long to give all the examples. They range from making soap to building something... just get your hands dirty and try it instead of just gaining head knowledge.

___ Go without electricity for one evening until bed-time:

This can actually be fun! Break out the kerosene lamps or candles, cook over a bon-fire and tell stories instead of watching TV. You can even

combine this with #2 and the next one and really get in good practice!

___ Cook one item by fire (winter) or solar (summer):

Even if it's beans in the fireplace use the fire for more than warmth. A solar oven does wonders to bake bread, brownies and more. It's fun and a skill!

___ Remind yourself where your security and peace really lie:

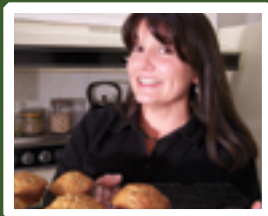
Don't assume that all this preparedness will save your soul. Practice living for and knowing the One who can. He will bring Peace in the midst of a world gone mad and joy during trials. Don't neglect your relationship with the Almighty One True God and His Atoning Sacrifice for us (Himself in His Son's Human Flesh). Know Him.

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Portable Solar Power

By Trent Powers

Portable solar power is a great resource for Preparedness. It provides a quick solution for power in the event there is a power-outage but there is still a need to run or charge electronic devices. Imagine being able to recharge your cell phone or radio while out hunting or foraging for food. This technology harnesses sun energy so that you can get portable power in remote locations. In this article, we'll explain how portable solar power works and how you can use it to your advantage.

Most portable solar power devices use solar photovoltaic cells which produce electricity when they are exposed to light. They usually consist of panels that contain two layers of different materials. When light hits these two layers, one of the layers becomes positively charged and the other becomes negatively charged. This produces an electric current. This solar electricity can then be used for anything you want. The amount of electricity a solar cell

produces depends on the strength of the sun, and how long the solar power device is exposed and how big the size of the solar panels.

Some solar cells produce only enough current to power small electronic devices. When you are shopping for portable solar power, you will find that different devices have different "watts" ratings. To select the correct solar device, determine what watt rating you need. To find out how many watts you need, look at the output rating of the adapter. It should tell you how many watts the adapter generates. If it doesn't contain this information, then it should contain the ratings for amperes (amps) and volts. Remember that bigger solar panels usually supply more wattage and will power your devices more quickly.

Some companies sell back-up batteries to go with your solar cell. These batteries can sometimes also be charged from a wall socket or

from a car charge adapter. You may want to have a solar cell that you can use while you are hiking or traveling, such as a flexible panel that can be carried on your back. This way, you can charge your small equipment or a backup battery while you are busy enjoying yourself. Keep in mind that while a solar cell performs best in bright sunlight, your other equipment usually doesn't. Some solar cells come with a long cord so you can put your camera or laptop in the shade while they are charging.

Portable solar power can help you in your preparedness and survival and provide you with power when you may need it for your small devices. As the technology makes these units cheaper and more compact, it will become even more convenient for consumers. You can now have electricity whenever you want and wherever you want it thanks to sun power.



Preparing: Best Solution for the Worst Hurricane

The coastline of the United states is regularly battered by hurricanes – about five on average – every two or three years. Hurricanes can cause devastating damage to homes and property, and have been responsible for terrible human suffering and loss of life.

The havoc caused by a hurricane can extend for thousands of miles along it's path. Damage can reach far inland as strong winds, tornadoes, and heavy rains extend far from the hurricane center. The fact is, a strong hurricane can have sustained winds in excess of 130 mph, with water surges along the coastal region capable of reaching twenty feet (or more) in height. Flooding associated with these dangerous storms can cause unimaginable destruction. Obviously, hurricanes are extremely dangerous. It is important to maintain readiness for their visit, especially during the months between June and up until November. It is practical and advisable to get prepared for “hurricane season” early and make-ready your supplies.

The following are some practical tips and advice you might want to consider as you begin preparing for the hurricane season.

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Be aware and beware - Understand and know that every hurricane is different. The path a hurricane takes, the wind, water surge, etc., can vary greatly. Preparing for the possible worst-case scenario is usually the best option. Just as in all Preparation and Survival situations, it is far better to be over-prepared and pro-active, than to be under-prepared and reactive.

Make a list and check it twice- Try to make up a list of all the items found in your backyard or front yard which you think you need to secure or bring in the house when a hurricane is projected to hit your area. These items, if left unattended, could become projectiles that might injure someone – or could cause damage to property. You also do not want to lose items that might end up a few blocks away. Some of the items that you might want to include on this list are: lawn tools, lawn furniture, bicycles, grills, etc.

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Trim it - As much as possible, try to keep your shrubbery and trees trimmed. Doing so will help prevent any unnecessary entanglements or possible power disruptions brought on by tree branches.

Drain it - Early on you may want to plan to have all gutters and drains appropriately cleared and flowing. This will help protect your property from additional flooding especially during the bouts of long and heavy rainfall that usually accompany strong hurricanes.

Use shutters specifically designed for hurricanes - If you live in a coastal area close to a hurricane zone, you may want to apply hurricane shutters permanently for doors and windows. You need to protect yourself from shattered glass, so using shutters is a pretty good long-term solution. Another alternative is to protect the window from the outside using plywood. Remember to have an alternate power option to raise the shutters if they are electric. You may not have power for weeks after a serious storm.

Plan for an evacuation - Before the Hurricane season begins, it is a good idea to develop a strong plan for evacuation. Try to communicate with your emergency local management chapter or office of the Red Cross to get the best alternatives. They may be able to provide you with the route for evacuation as well as shelters that are nearby.

Keep in mind, you should be ready to evacuate early if necessary. If you wait too late to leave your area, you will likely encounter large traffic jams – and potential problems with fuel and lodging.

Prepare blankets - Have ready sleeping bags and blankets just in case there is a need for you to have to rush to a shelter.

Preparing your pets - Know in advance what you will need to do to take care of your pets. Many animals are often abandoned during the onslaught of a hurricane, so planning is necessary to make certain your pets are taken care of.

Gather needed emergency supplies - Prepare and properly store your emergency supplies beforehand. Here is a short-list of supplies you may want to have in your hurricane preparedness kit: water, flashlights, batteries, battery operated radio, canned or dried food, first aid kits, can opener, matches, etc.

All in all, preparing for the worst scenario is always the best course available. It could save you precious time and energy, as-well-as possibly save your life.

Review: Firebox Folding Camp Stove

By Vickilynn Haycraft



[The Firebox](#) was easy to assemble. It literally unfolded into position and the steel sticks were inserted easily. We used several different types of available fire starters as fuel; what we found on the ground such as sticks, twigs (even though not fully dried), dried leaves, wood chips, pine cones, walnuts and paper. We also used homemade firestarters (cotton balls with petroleum jelly) and used trail debris as fuel. The fire started and caught quickly due to the cut out vents and design of the panels. The air flow kept the fire engaged and effective. We were able to heat water to boiling in only minutes in a large (8-cup) metal container as well as fry eggs in a 12-inch steel skillet. Due to the small size of the Firebox, we were skeptical about using larger cooking receptacles, but because of the variable positions available using the firesticks, even the large skillets and pans heated fast and evenly enough to cook well.

Conclusion: Highly recommended

This is an excerpt from the review which can be read in its entirety [here](#)

A Pastor's Perspective: The Greatest Preparation

By Pastor Jeff Rowland

John 14:1-3 "Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also." This text has been used and can be quoted by nearly every believer and we find great comfort in it but I sometimes wonder if we have relegated this text to a text that only belongs to our future instead of appropriating its meaning into our present.

This text is all about preparation. First, the cure of a troubled heart is found in faith in God. Many in this day battle a troubled heart. In these unstable times it's easy to give way to a troubled heart. We see the problems with the governments of the world crumbling, our financial systems in more trouble than we can pay our way out of, our educational systems no longer holding to the values of competitive lead, and many of the signs of the last days being unfolded before our eyes each night on national news. Fear can most assuredly take hold of our heart and lead us into a radical mindset of our own strength to make our way clear and straight. This text teaches us that the first step in our preparation is to believe in God. Believe in His strength, power, authority, and deliverance for our own life. If we trust the power of God and realize His power, the fears and worries we most often face will be gone, understanding that God is in control and will take care of us according to His great will for us.

Second, our future is in the hand and care of our Lord. He said, in my Father's house are many mansions. There is a place prepared for us after this life is over that the Father has in store for us. I've preached for years that the way you deal with your past is to appropriate your future into your present and that will destroy your past. For the Child of God this is our hope and our rejoicing. To the one who is outside of faith in Christ, they cannot and do not have the hope of a glorious future, but to walk into faith in Christ gives us the hope of the future that the Father has prepared for us. He also said, "if I go, I will come again." This is a glorious promise for those who have trusted Him. He is coming again to take us to where He is. There is nothing that can hinder your joy if this truth is established in your heart.

Third, our present has been prepared by the Lord as much as our future has. Often we miss this truth that is in the text. Remember, He said in my Father's house are many mansions. He isn't preparing a home in heaven. Our home in heaven was already there when He spoke this to the disciples. So then what is he preparing? He went to the Father's right hand to make intercession for us. His first order of business after He presented His blood as the sacrifice for sin was to pray to the Father for the giving of the Holy Spirit. The rest of this chapter teaches us that the preparation of the Lord for us is in the person of the Holy Spirit.

The greatest preparation known to the world was the preparation of the Lord Jesus for and to us. Everything that God has ever done or will do has been a move of preparation. Therefore, we can conclude that God prepares for a prepared people. God prepares to make us a prepared people. God and God alone can make the preparation needed for you to be victorious in these last days.

NORTHEAST

Monroe Co. Prepper/Survivalist group. - Monroe, MI

[Meet/greet, Training day](#)

Saturday, September 8, 2012 7:00 PM

Homesteading at Home - Belleville, NJ

[Edible and Medicinal Plant Walk](#)

Sunday, September 9, 2012 - 10:00 AM

Southeast Michigan Preppers Network - Livonia, MI

[Faraday cages](#)

Saturday, September 15, 2012 - 8:00 AM

Back to Basics - Sanbornton, NH

[Preppers' Survivalist Skills Data Base](#)

Thursday, September 27, 2012 - 6:00 PM to 7:30 PM

Reskilling Northwest New Jersey - Andover, NJ

[Edible and Medicinal Plant Walk](#)

Sunday, September 9, 2012 - 10:00 AM

Virginia Urban Homesteader's League Larder Swap- Chesapeake, VA

Sunday, September 30, 2012 - 1:30-4:30PM

Contact : [Lanette Lepper](#)

[Facebook Event Page](#)

SOUTHEAST

Provident Living & Self-Reliance - Nashville, TN

[LDS Cannery in Hendersonville](#)

Saturday, September 15, 2012 1:00 PM to 3:00 PM

Energy Independence - Alpharetta, GA

[Off-Grid Living and Disaster Preparing](#)

Saturday, September 22, 2012 - 10:00 AM to 2:00 PM

Fort Myers Preppers - Fort Myers, FL

[Port Charlotte Are Sub Group](#)

Wednesday, September 5, 2012 - 7:00 PM to 8:30 PM

WNC Preparedness Group - Asheville, NC

[WNC Preparedness Group -](#)

[Monthly Meeting](#)

Saturday, September 1, 2012 - 2:00 PM to 4:00 PM

MIDWEST

Fox Valley Preppers - Appleton, WI

[Preppers Unite! Getting it started!](#)

Thursday, September 6, 2012 6:30 PM to 7:45 PM

SOUTHWEST

Central Texas Preppers - New Braunfels, TX

[Force on Force Training - Knife vs Gun](#)

Saturday, September 1, 2012 - 9:00 AM

PACIFIC

Northern Nevada Preppers Group - Reno, NV

[Monthly Meeting](#)

Saturday, September 15, 2012 - 10:00 AM to 1:00 PM

Olympic Peninsula Preppers - Port Angeles, WA

[Self Defense & Security](#)

Saturday, September 29, 2012 - 11:00 AM

East Bay Homesteading Skill Share - Vallejo, CA

[Seed Saving](#)

Saturday, September 1, 2012 - 1:00 PM

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Ken Youngquist

Ken Youngquist is the creator of Survivaltek, a website dedicated to teaching the ways and means to survive. From his youth, Ken was captivated by primitive living skills, and in his adulthood was intrigued by the television Series MacGyver. The result has been the study and practice of survival skills and the desire to pass on the mantle of preparedness to others. You can visit and learn more at: Survivaltek.com

Jason A. Hunt

Jason A. Hunt is the President of [Frontier Christian University](http://FrontierChristianUniversity.com) and founder of Trailblazer Ministries. He's authored over a dozen reading titles including "Reasons for Seasons, Origins of the Christian Holidays" and "Walking the Narrow Path". To learn more visit: <http://www.tribulationsurvivalguide.net/>

Bill & Janet Liebsch

Bill & Janet Liebsch are the founders of FedHealth, a publishing and marketing company formed in 1999 to help the public focus on preparedness and health-related issues. We also are the authors, copyright owners and publishers of "IT'S A DISASTER! ...and what are YOU gonna do about it?" and are dedicated to developing programs that primarily benefit First Responders, schools and volunteers. Get a sample of the content with this free mini-ebook [HERE](#)

Rachel Huff

Rachel Huff and her family are urban farmers in Northern California. On their 1/4 acre lot they grow a large variety of produce and raise chickens, turkeys, goats, rabbits and bees. <http://www.dogislandfarm.com>

PREPARE MAGAZINE Contributors

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Lynette Fry is a freelance writer, instructor, speaker, website and talk radio hostess. She enjoys hosting her weekly talk radio program 'Prepping On A Budget' on Blog Talk Radio. Her passion is providing others with the necessary tools to move forward in their own preparedness journey and she accomplishes this with online and on-location workshops, an e-book, and personal coaching. Lynette is the owner of PreppingOnABudget.com and enjoys her rural lifestyle, with her husband and dog, in the deep south!

Vickilynn Haycraft

The hostess of the Get Real – Get Prepared radio show on PRN. She is the author of: Wrapping It Up! and co-author of Naturally Healthy Cuisine, Real Food for Real Families. Vickilynn is a sought-after independent product tester and book reviewer delivering accurate, honest, and trustworthy reviews on products and books for the whole family. Subscribe to Vickilynn at: www.realfoodliving.com.

Eric Waters

Eric Waters is a decorated combat medic having served in both the U.S. Navy and the U.S. Air Force. He currently resides in Western North Carolina with his wife and two sons. As a "Prepper", Eric is constantly working to improve his personal skills, and those of family and friends. Eric can be contacted at: prepdoc1@yahoo.com

Ken Youngquist

Ken Youngquist is the creator of Survivaltek, a website dedicated to teaching the ways and means to survive. From his youth, Ken was captivated by primitive living skills, and in his adulthood was intrigued by the television Series MacGyver. The result has been the study and practice of survival skills and the desire to pass on the mantle of preparedness to others. You can visit and learn more at: Survivaltek.com

Jeff Rowland

Reverend Jeff Rowland is an Evangelist, Preacher, Author and Accomplished Songwriter. Jeff travels extensively across the United States preaching the gospel of Jesus Christ.

Jeff is from Chillhowie, Virginia, and comes from a preaching and singing family. He sang with his family until joining the US Army as a member of the 82nd Airborne. While in the military, Jeff surrendered into the ministry and was ordained in 1985.

After leaving the Army, Jeff has served as a Pastor and Evangelist, and now travels full-time around the Country sharing the message God has given him for these Last Days. For more from Jeff visit: JeffRowlandMinistry.com

Donna Miller

Donna Miller is a teacher, author, sought-after speaker and trainer. She has been both guest and host on internet and broadcast radio talk-shows and in television interviews. She enjoys teaching classes & retreats for people to learn more than head-knowledge of preparedness skills. She and her husband (Joseph) are the founders of both [Millers Grain House](http://MillersGrainHouse.com), [Your Preparation Station](http://YourPreparationStation.com) and are on the board of PREPARE Magazine. At the leadership of her husband, Donna and her family have been active in preparing for over 25 years

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