



Stake Emergency Preparedness

Quarterly Newsletter



Finding Strength in Disaster

By Michael Kester

President Henry B. Eyring said, "I heard President Spencer W. Kimball, in a session of conference, ask that God would give him mountains to climb. He said: "There are great challenges ahead of us, giant opportunities to be met. I welcome that exciting prospect and feel to say to the Lord, humbly, 'Give me this mountain,' give me these challenges."1

During times of disaster we may feel to say as Joseph Smith said, "O God, where art thou? And where is the pavilion that covereth thy hiding place?"(Doctrine and Covenants 121:1) Daily building foundations of faith in our own lives and the lives of others will help us overcome the doubt which leads to despair.

President Eyring stated "...[Our] ground must be carefully prepared for our foundation of faith to withstand the storms that will come into every life. That solid basis for a foundation of faith is personal integrity.

Our choosing the right consistently whenever the choice is placed before us creates the solid ground under our faith.
(Continued on page 2...)

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Spiritual Insights

- In a crisis, our faith in Christ may be all we are left with
- "Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them" (Ezekiel 38:7).

Finding Strength in Disaster *(continued from page 1...)*

It can begin in childhood since every soul is born with the free gift of the Spirit of Christ. With that Spirit we can know when we have done what is right before God and when we have done wrong in His sight.”

“...President Monson has also wisely taught that a foundation of faith in the reality of those promises takes time to build. You may have seen the need for that foundation, as I have, at the bedside of someone ready to give

up the fight to endure to the end. If the foundation of faith is not embedded in our hearts, the power to endure will crumble.”

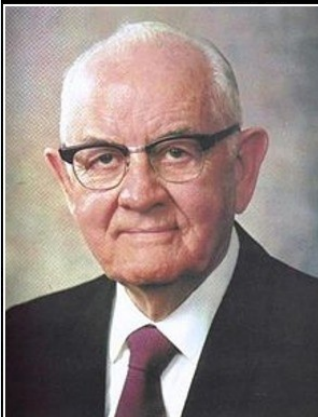
Our faith may also be increased as we follow the example of Jesus Christ and serve those who are struggling to climb their own mountains. Service can convey the love of our Savior and build faith in those who are in the midst of disaster. *(Continued below...)*

“During times of disaster we may feel to say as Joseph Smith said, “O God, where art thou? And where is the pavilion that covereth thy hiding place?”

(Continued from above...)

There are great challenges ahead of us, giant opportunities to be met. I welcome that exciting prospect and feel to say to the Lord, humbly, 'Give me this MOUNTAIN,' give me these challenges.

— Spencer W. Kimball —



In Mathew 25:37-40, it says:

37 Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink?

38 When saw we thee a stranger, and took thee in? or naked, and clothed thee?

39 Or when saw we thee sick, or in prison, and came unto thee?

40 Ant the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

-Kester



Preparedness with Elder L. Tom Perry

We live in a most exciting and challenging period in human history. As technology sweeps through every facet of our lives, changes are occurring so rapidly that it can be difficult for us to keep our lives in balance. To maintain some semblance of stability in our lives, it is essential

that we plan for our future. I believe it is time, and perhaps with some urgency, to review the counsel we have received in dealing with our personal and family preparedness. We want to be found with oil in our lamps sufficient to endure to the end. President Spencer W. Kimball admonished us:

“In reviewing the Lord’s counsel to us on the importance of preparedness, I am impressed with the plainness of the message. The Savior made it clear that we cannot place sufficient oil in our preparedness lamps by simply avoiding evil. We must also be anxiously engaged in a positive program of preparation.”

My sincere counsel to you today is to remember the good basic principles we have been taught from the very beginning—principles of thrift, industry, and integrity that have served mankind in every period of time. Avoid the great and spacious building that is the pride of the world, for it will fall, and great will be the fall thereof.

May God bless us with the wisdom to follow the counsel we have received as we prepare spiritually and temporally for the strength and security of our family units, is my humble prayer, in the name of our Lord and Savior, Jesus Christ, amen.

Excerpt from the October 1995 General Conference
If Ye Are Prepared, Ye Shall Not Fear
Elder L. Tom Perry

Points to Ponder

Sometimes it seems like we spend our time trying to make ends meet and not enough time working toward our dreams. When we create a budget and work to achieve our financial goals, life is more manageable and more fun.

Money affects nearly every aspect of our lives. If this sounds materialistic, look at it this way: money provides for home, food, education, security, and peace of mind. We should take care of our money the same way we take care of our health.

To achieve your financial goals, follow these four fundamental principles:

1. *Establish your priorities*
2. *Communicate with your spouse*
3. *Take the emotion out of decision-making*
4. *Trust God*

www.lds.org/self-reliance



PERSONAL FINANCES
FOR SELF-RELIANCE



Tornado Alerts & Warnings

By Mark Kitchens

Every spring brings with it the need to better prepare our families and homes for severe thunderstorms, straight-line winds, hail, and most importantly, tornadoes. The Midwest tornado season runs officially from April to September, but tornadoes can occur at any season and any hour of the day. Officially, May and June see the historic highest presence of tornadic incidents. Living with the possibility of a tornado may seem scary, but with the damage from tornadoes being localized (relatively speaking) and the monitoring of these systems as they move into your area, a few precautions and a little awareness will go a long way in preparing for the worst.

The best way to prepare for a tornado is to know when it will possibly occur. As much as that sounds like common sense, many people pay little to know attention to the weather forecasts. With modern weather tracking systems, meteorologists can track storms systems moving into the area and predict, with a level of certainty, if a system will spawn tornadoes. It's important to watch, keep track of, and note when systems may develop and if they will carry the conditions necessary to create a tornado. As the system moves closer, its capabilities and magnitude will become more evident and set.

When a system approaches and tornadoes are possible, make sure to have venues through which you can be warned. The best way is to download the FEMA App onto your mobile device and keep it on you and charged throughout the duration of the storm. Alerts and Warnings will appear on your phone as they happen in up to 5 jurisdictions which you define in the app. Local new stations and National Oceanic and Atmospheric Administration (NOAA) weather radio stations will also broadcast the alerts and warnings (162.55 Mghz is the frequency within Stake boundaries). When Tornado Watches and Warnings are received, make sure to understand them and take the proper precautions:

(Continued on the next page...)

Tornado Facts

- Most twisters or cyclones travel from southwest to northeast and can move in the opposite direction for short periods of time. A tornado can even backtrack if it is hit by winds from the eye of the thunderstorm.
- Twisters strike predominantly along Tornado Alley — a flat stretch of land from western Texas to North Dakota. This region is a hotspot for tornadoes because the dry polar air from Canada meets the warm moist tropical air from the Gulf of Mexico.
- Tornadoes are most likely to occur between 3 pm and 9 pm, but can occur at any time.

<https://www.dosomething.org/us/facts/11-facts-about-tornadoes>



- ◆ A **Tornado Watch** means that the conditions are favorable for a tornado to form. Any outdoor activities should be cancelled or delayed. Don't leave your home or office unless absolutely necessary. You should be ready to take shelter at a moment's notice.
- ◆ A **Tornado Warning** means that a tornado is active in the area and has touched down. Take shelter immediately! Do not leave your shelter until the Tornado Warning has expired or is cancelled by the National Weather Service.

Sheltering-in-Place is the only correct response to a Tornado Warning. You should seek shelter at the most interior room/space, in the lowest level of the building you're in. Many times this will be a basement, closet, utility room, or bathroom. Predetermine this place in your home and prepare the area with some supplies; a small radio, flashlight, old shoes and socks stuffed into a cabinet will go a long way if you need them. The more comfortable and prepared you can make the space the better. Get on the floor and make sure to take your phone or radio with you to tune in to updates. If the tornado happens to come to your home, don't panic. Due to home construction methods and proper sheltering techniques injuries from tornadoes have steadily been declining since 1950, in spite of larger and larger populations exposed to the



hazard. You'll be OK if you prepare in advance.

If you happen to be caught in your vehicle in a tornado, please do not exit the vehicle. For years, the conventional advice was to exit the vehicle and lay down in a low-lying ditch. This advice has since been proven a costly mistake to many people. Your vehicle was meant to take collisions head-on and protect its occupants; your body wasn't designed in that fashion. If your vehicle is interacts with a tornado, make sure that your seatbelt is securely fastened. Wrap your arms around your face and head and hold on! Do not lay

your seat back as this will lessen your seatbelt's capability to keep you in place. Leaning forward is also a bad idea as the air bags may deploy during the jostle. Stay safely inside your vehicle until the tornado is dissipated.

Do not try to outrun the tornado! Many times the wind speeds will push speeding cars off course and into obstacles at high rates of speed.

Midwest springs can be beautiful and full of great activities. While severe weather may put a damper on your plans, having a safe and secure plan of action will help keep you and your loved ones ahead of the worst situations, so you can better enjoy the good weather when it rolls around. Stay aware of the weather and remember to prepare by staying alert before and incident occurs.



“We do live in turbulent times. Often the future is unknown; therefore, it behooves us to prepare for uncertainties.”

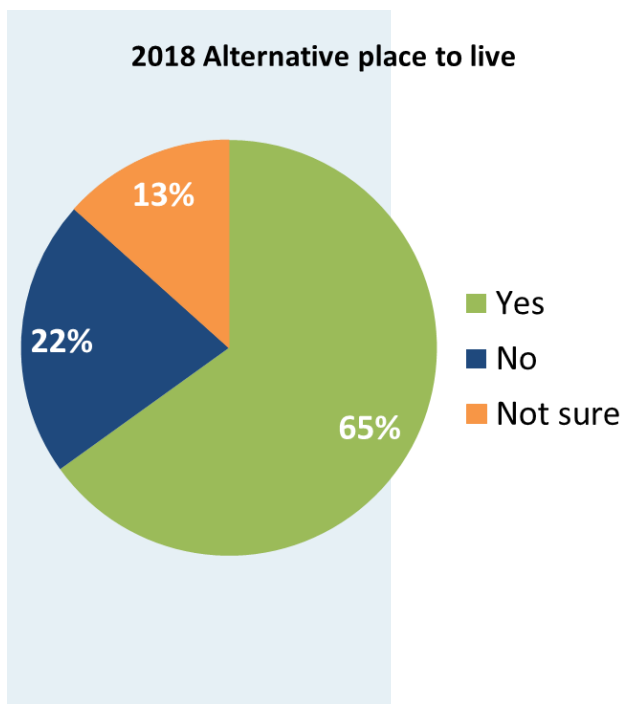
*President Thomas S. Monson
If Ye Are Prepared, Ye Shall Not Fear
October 2004 General Conference*

For more resources please visit:

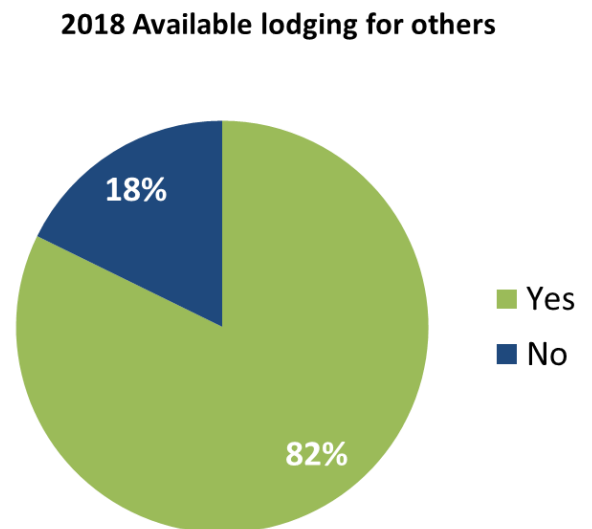
<https://www.lds.org/topics/emergency-preparedness?lang=eng>

Most members have an alternative place to stay and are willing to house those in need

Q20. Do you have an alternate location with friends or family you could go to if you had to evacuate your home?

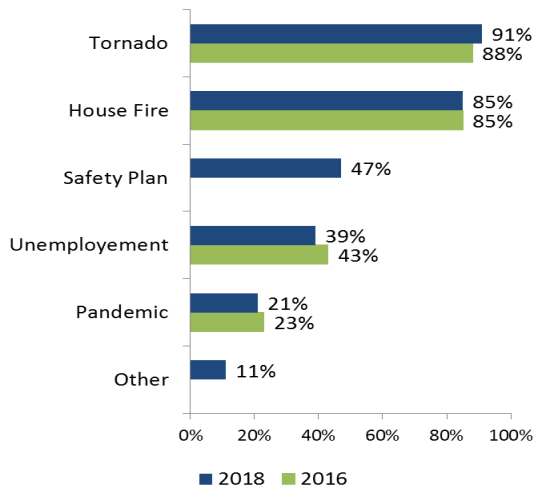


Q21. Do you have available lodging (floor space and/or beds) in your home for extra individuals that you could house in an emergency situation?



A majority of members that have plans focus on tornado and house fire disasters

Q5. What personal/family Emergency Plan do you currently have in place?



Other responses

- Earthquake
- War/Bombing
- Power outage/Long term power outage
- Relocation Plan
- Job Relocation
- Flood
- CERT Procedures
- Evacuation
- Civil unrest
- Food supply interruption
- Grid down scenario and the need to walk home from work

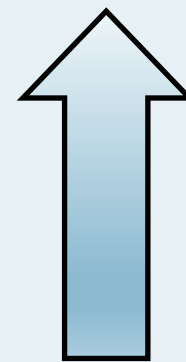


Emergency Preparedness

Members of the Church have been counseled for many years to be prepared for adversity. Preparation, both spiritual and temporal, can dispel fear (see D&C 38:30).

Elder L. Tom Perry taught, “The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear” (“If Ye Are Prepared Ye Shall Not Fear,” Oct. 1995 general conference).

With the guidance of Church leaders, individuals and families should prepare to be self-reliant in times of personal and widespread tragedy.



Survey says!

Just under a third of members with a plan do not have the resources to carry it out

Basic Survival Kit

- ◆ A multi-tool, pocket knife, and/or a pair of pliers
- ◆ Illumination (flashlight, extra batteries, emergency candles)
- ◆ Water purification tablets (I saw a 100-pack of these – which treats up to 200 quarts – on Amazon for like \$9 bucks? Not a bad idea to keep for food storage as well. Hint hint...)
- ◆ Cordage and/or tape (duct tape, paracord, monofilament fishing line)
- ◆ A fire-starting kit (flint or magnesium Firestarter, matches, emergency tinder, magnifying glass)
- ◆ Space blanket
- ◆ Emergency poncho
- ◆ Safety pins
- ◆ Emergency non-perishable food rations
- ◆ Basic first aid / medical kit to include band-aids of various sizes, gauze, ACE wrap or elastic bandage, NSAIDs (like Ibuprofen), aspirin, antihistamines (like Benadryl, Claritin, etc), antiseptic wipes, triple antibiotic ointment, and/or tweezers
- ◆ Rescue Signals such as a signaling mirror, whistle, etc
- ◆ Rain Jacket



Survival Kits & Summer Emergencies

By Van Celaya II

Honey if you're reading this, I have a couple of new therapists: Spring and Summer. Thank goodness some warmer months are finally here and the long cold of winter is behind us. Not

sure if any of you saw the news about this last winter, but we had one of the longest cold streaks on record as well as the 10th wettest season in Kansas City history. I remember in January they were stating the temperatures (along with the wind chills) in northern Missouri would be at -25° Fahrenheit. Just to put that in perspective, the average temperature in Antarctica for January is -18°. (Now for you smarty-pants out there, yes I understand that January is technically the "summertime" in Antarctica. My point is that our area was colder than the "...coldest continent on earth" for a few days.) Regardless, I'm glad I can finally shut the doors on the refrigerator to stop warming the house...

But enough about the past, let's talk about summer! If you're planning on venturing out into the wild blue yonder, it may be a good idea to pack an emergency kit for the "unknowns" that could occur. You may have ideas or objects you like to have in your own kit, but here are a few things a basic survival or emergency kit should likely include (see the list at left).



Like I said, this a basic list that someone could build upon or tailor to fit their needs. When packing an emergency kit, ask yourself questions like: How many people will be sharing this survival kit? What sort of emergencies might we face? Where will we be using the kit? How much experience do we have in the outdoors? How long are we likely to wait before help arrives? You may also want to consider some other matters such as medical conditions, cash or currency (should you find yourself trekking into an unknown place and need money), communication devices such as satellite phones or two-way radios, and/or self-defense tools should you find yourself being threatened by nefarious people or dangerous animals. With that being said, just be sure to follow all local laws and regulations before packing any type of weapon or self-defense tool in your survival kit.

Now that we're ready for the outdoors, let's go over a few medical emergencies you may encounter when the temperature rises! Summertime is a great time to be outdoors, enjoying activities and nice weather, but it's also the time of year that you may see an increase in specific injuries and medical emergencies. These may include heat emergencies, allergic reactions to bites or stings, and injuries due to water sports or other outdoor activities. (Continued on next page...)

We won't dive too much (see what I did there?) into outdoor or water sports injuries, as musculoskeletal injuries and splinting are pretty self-explanatory. But, what do we do for bites and stings? In general, insect and spider bites/stings usually cause only mild pain, itching, and/or swelling at the bite. If you can see a "stinger" left behind, scrape away the stinger and venom sac by using something with a dull edge, such as a credit card. Don't use a pair of tweezers as you may unintentionally squeeze more venom through the stinger! Wash the bite or sting area with lots of water and soap. Put a bag of ice and water wrapped in a towel or cloth over the bite or sting area for up to 20-minutes. If the redness/swelling/itching at the site persists, you may consider topical antihistamines (such as Benadryl cream) or oral antihistamines (such as Benadryl) to reduce or diminish the aforementioned symptoms. Watch the person for at least 30-minutes for signs of an allergic reaction. If the person has a known severe allergy to the specific bite/sting or they begin to exhibit signs and symptoms of a severe allergy (i.e. constriction of airways and/or a swollen tongue or throat, which can cause wheezing and trouble breathing; a weak and rapid pulse; nausea, vomiting, or diarrhea; and/or, dizziness or fainting) call 911 immediately as the person could be going into anaphylactic shock. If you can, try and entrap the insect or spider into some sort of sealed container, as this can help doctors quickly identify the toxin if necessary.

As for heat-related emergencies, summer has arrived! What's your favorite way to describe the heat? Hotter'n blue blazes? It's hot as all get out? Or, my personal favorite, it's not the heat...it's the humidity. Whichever way you say it, the dog days of summer can bring on heat-related illnesses such as heat exhaustion and heat stroke. Heat exhaustion occurs when we've been exposed to a hot environment for

too long and our bodies lose too much fluid or salt. The most prominent signs you'll notice from someone experiencing heat exhaustion are possible muscle cramps, moist/pale/normal to cool skin, rapid/shallow breathing, and heavy perspiration. The best ways to assist someone experiencing heat exhaustion is to get them into a cooler location, remove any loose or heavy clothing, and FLUIDS! In any case if you are unsure what to do or feel the situation requires a higher level of care, call 911 as severely exhausted individuals may require IV fluids.

As for heat stroke, this a more serious and severe form of heat illness. Heat stroke occurs when the body's cooling system stops working. Without immediate treatment, brain damage and internal organ damage can occur. Infants and elderly people are especially susceptible to heat stroke because of poor thermoregulation, medications, or lack of mobility. Signs of heat stroke include: hot, dry, or moist skin, possibly with **NO** signs of sweating (**notice how this differs from heat exhaustion**); very high temperatures, 104° F. or higher; rapid, shallow breathing; full and rapid pulse; weakness; loss of consciousness or altered mental status; and/or, seizures. If you suspect a person of having heat stroke, call 911 immediately.

For you "smarties" out there that knew January is summertime in Antarctica, can you tell me what one of the biggest contributing factors in heat-related illnesses is? If you guessed dehydration, you'd be right! Remember to **hydrate, hydrate, hydrate** if you're going to be outside this summer working and playing.

Well...that's it for now. Get out there this year and enjoy the warmer weather! Fuel up your barbecues, dust off your bathing suits, be safe, and be prepared.

-Celaya



How can we build our spiritual bonfires?

- ◆ Increase our spiritual capacity to receive revelation
- ◆ Step onto the covenant path
- ◆ Follow the Savior's invitation to "Come Follow Me"
- ◆ Make our homes into a center for gospel learning
- ◆ Eliminate things that drive away the Spirit
- ◆ Study the Book of Mormon
- ◆ Participate in regular temple attendance
- ◆ Minister in a higher, holier way
- ◆ Bring our family and others unto Christ



The Bonfire of Our Faith

By Cynthia Kohlman



Growing up in the desert I did not have much experience with fire. The only fires we had were an occasional fire in the fireplace during the winter or an evening campfire (while camping NOT in the desert).

Nine years ago when my husband and I moved to Missouri, we spent our evenings and Saturdays clearing overgrown brush, downed limbs and trees from our property. Many, many, many hours we worked. We dragged everything we were clearing into a "burn pile" that slowly grew into what seemed like a small house sized lump in our yard. I REALLY didn't comprehend what we were building at the time. After months of work, my husband brought home a bright yellow can of diesel fuel. I was shocked and worried as I saw him pouring flammable liquid all over this massive pile of now dried wood. I would have never dreamed of building a bonfire like this and pouring fuel over the top for fear of burning half the state down. I quickly ran for some hoses and my husband chuckled at me. He said the fire would be fine AND that little hose wouldn't make a difference if it wasn't. He then proceeded to methodically light the fire. To my amazement, the fire started SLOWLY, eventually lighting up the evening sky. Anyone from miles around could have probably seen this fire. It was bright and warm. He carefully tended the fire that evening. My husband grew up on acreage in northern Wisconsin. This was something he had A LOT of experience with.

I want to liken this story to our spiritual lives. This past year our dear Prophet, President Nelson, has been repeatedly inviting us to build our spiritual bonfires. He has invited us to increase our spiritual capacity to receive revelation, to step onto the covenant path, to follow the Savior's invitation to "Come Follow Me" and make our homes into a center for gospel learning, to eliminate things that drive away the spirit, to study the Book of Mormon, to participate in regular temple attendance, to minister in a higher, holier way, and to join God's army to bring our family and others unto Christ and the blessings that await. *(Continued on next page...)*

During our most recent general conference, Sister Craven spoke on being careful vs casual. She said, “As members of The Church of Jesus Christ of Latter-day Saints, we are blessed to know how and where true happiness is found. It is found in carefully living the gospel established by our Lord and Savior, Jesus Christ, and in striving to become more like Him.” She counseled us, “there is a careful way and a casual way to do everything, including living the gospel. As we consider our commitment to the Savior, are we careful or casual?”

President Nelson recently counseled us to, “Pour out your heart to God...Make time to study His words. Really study! If you truly love your family and if you desire to be exalted with them throughout eternity, pay the price now—through serious study and fervent prayer—to know these eternal truths and then to abide by them. If you are not sure you even believe in God, start there. Understand that in the absence of experiences with God, one can doubt the existence of God. So, put yourself in a position to begin having experiences with Him. Humble yourself. Pray to have eyes to see God’s hand in your life and in the world around you. Ask Him to tell you if He is really there—if He knows you. Ask Him how He feels about you. And then listen.”

During ward conference, President Ortiz has invited each of us to go home, to ponder and identify ways that we as individuals and families can increase our ability to consistently feel the influence of Holy Ghost in our homes. He also invited us to identify things that we can eliminate that distracts us or drives the Spirit away. Have you identified each of these areas? If not, start today!

I want to share my testimony of building a bonfire of faith, slowly, carefully, intentionally. I know that our daily efforts will make a difference, that it is through small and simple things that great things are brought to pass. Our bonfire of faith may begin small, but can turn into a bright, warm fire that can lead others to Christ. I know our Father in Heaven loves each of us. I know that as we strive to follow the Savior, we will feel that love and have the companionship of the Holy Ghost to guide us in our journey.

-Kohlman

President Nelson

“Pour out your heart to God. Ask Him if these things are true. Make time to study His words. Really study! If you truly love your family and if you desire to be exalted with them throughout eternity, pay the price now—through serious study and fervent prayer—to know these eternal truths and then to abide by them.”

*President Russell M. Nelson
Come Follow Me
April 2019 General Conference*



Prepare for the Days of Tribulation

Why is there so much emphasis on home gardening and production?

First, from the time that the early Saints moved West right down to the present, home production has been encouraged in the spirit of our knowing how to be self-reliant. The issue is not purely economics or preparation for emergencies, either; it reaches deeper into life than that. There are a great many satisfactions in self-reliance and provident living.

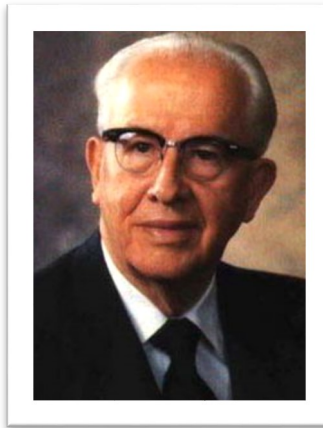
Second, although it may cost more in terms of time, effort, and sometimes even money to produce certain necessities, it is cheaper in the long run because it is the beginning of self-reliance and independence. It will enable us to help ourselves and our neighbors during times of trouble.

Third, these activities keep alive the skills necessary for our survival in times of emergency. By and large we are no longer an agrarian society that could turn back to the soil and begin right away to make a living for ourselves. Many, many beginners in home gardening, for example, can testify to that! Learning these skills once again is very reassuring, as well as satisfying.

-The Most Frequently Asked Questions about Home Production and Storage

www.churchofjesuschrist.org

President Ezra Taft Benson



For over forty years, in a spirit of love, members of the Church have been counseled to be thrifty and self-reliant; to avoid debt; pay tithes and a generous fast offering; be industrious; and have sufficient food, clothing, and fuel on hand to last at least one year.

Today there are compelling reasons to reemphasize this counsel. We heard it done effectively in that great welfare meeting this morning. May I add just a word.

Members of the Church are feeling the economic pinch of higher taxes and inflation coupled with conditions of continuing recession. Some have come to their bishops seeking assistance to pay for house payments, car loans, and utilities.

Unfortunately, there has been fostered in the minds of some an expectation that when we experience hard times, when we have been unwise and extravagant with our resources and have lived beyond our means, we should look to either the Church or government to bail us out. Forgotten by some of our members is an underlying principle of the Church welfare plan that “no true Latter-day Saint will, while physically able, voluntarily shift from himself the burden of his own support” (Marion G. Romney, in Conference Report, Oct. 1973, p. 106).

One of the first principles revealed to father Adam when he was driven out of the Garden of Eden was this: “In the sweat of thy face shalt thou eat bread, till thou return unto the ground” (Gen. 3:19). All we obtain in life of a material nature comes as a product of labor and the providence of God. Work alone produces life’s necessities.

In saying this, I am aware of and sympathetic to the plight of many young families who are struggling to make ends meet.

(Continued on next page...)

They are faced with the financial burden of providing for the three great necessities of life: food, clothing, and shelter. I am also sympathetic to the situation of widows and other sisters who rear families alone. By revelation, the Lord made provision for their care and support. (See D&C 83:1–2, 4–6.)

More than ever before, we need to learn and apply the principles of economic self-reliance. We do not know when the crisis involving sickness or unemployment may affect our own circumstances. We do know that the Lord has decreed global calamities for the future and has warned and forewarned us to be prepared. For this reason the Brethren have repeatedly stressed a “back to basics” program for temporal and spiritual welfare.

Today, I emphasize a most basic principle: home production and storage. 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?

Shortly after World War II, I was called by the First Presidency to go to Europe to reestablish our missions and set up a program for the distribution of food and clothing to the Saints. Vivid in my memory are the people who got on trains each morning with all kinds of bric-a-brac in their arms to go out to the countryside to trade their possessions for food. At evening time, the train station was filled with people with arms full of vegetables and fruits, and a menagerie of squealing pigs and chickens. You never heard such a commotion. These people were, of course, willing to barter practically anything for that commodity which sustains life—food.

An almost forgotten means of economic self-reliance is the home production of food. We are too accustomed to going to stores and purchasing what we need. By producing some of our food we reduce, to a great extent, the impact of inflation on our money. More importantly, we learn how to produce our own food and involve all family members in a beneficial project. No more timely counsel, I feel, has been given by President Kimball than his repeated emphasis to grow our own gardens. Here is one sample of his emphasis over the past seven years:

“We encourage you to grow all the food that you feasibly can on your own property. (Continued on next page...)”

President Kimball

“We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard.”

*President Spencer W. Kimball
Family Preparedness
April 1976 General Conference*



Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard.” (Ensign, May 1976, p. 124).

Many of you have listened and done as President Kimball counseled, and you have been blessed for it. Others have rationalized that they had no time or space. May I suggest you do what others have done. Get together with others and seek permission to use a vacant lot for a garden, or rent a plot of ground and grow your gardens. Some elders quorums have done this as a quorum, and all who have participated have reaped the benefits of a vegetable and fruit harvest and the blessings of cooperation and family involvement. Many families have dug up lawn space for gardens.

We encourage you to be more self-reliant so that, as the Lord has declared, “notwithstanding the tribulation which shall descend upon you, ... the church may stand independent above all other creatures beneath the celestial world” (D&C 78:14). The Lord wants us to be independent and self-reliant because these will be days of tribulation. He has warned and forewarned us of the eventuality.

President Brigham Young said, “If you are without bread, how much wisdom can you boast, and of what real utility are your talents, if you cannot procure for yourselves and save against a day of scarcity those substances designed to sustain your natural lives?” (In Journal of Discourses, 8:68.)

Food production is just one part of the repeated emphasis that you store a provision of food which will last for at least a year wherever it is legally permissible to do so. The Church has not told you

what foods should be stored. This decision is left up to individual members. However, some excellent suggestions are available in the booklet produced by the Church entitled “Essentials of Home Production & Storage” (stock no. PGWE1125; 35¢ each). There are also booklets available on gardening from BYU.

From the standpoint of food production, storage, handling, and the Lord’s counsel, wheat should have high priority. “There is more salvation and security in wheat,” said Orson Hyde years ago, “than in all the political schemes of the world” (in Journal of Discourses, 2:207). 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.

Elder Harold B. Lee counseled,

“Perhaps if we think not in terms of a year’s supply of what we ordinarily would use and think more in terms of what it would take to keep us alive in case we didn’t have anything else to eat, that last would be very easy to put in storage for a year ... just enough to keep us alive if we didn’t have anything else to eat. We wouldn’t get fat on it, but we would live; and if you think in terms of that kind of annual storage rather than a whole year’s supply of everything that you are accustomed to eat which, in most cases, is utterly impossible for the average family, I think we will come nearer to what President J. Reuben Clark, Jr., advised us way back in 1937.” (In Welfare Conference, 1 October 1966.)

Continued on next page...





There are blessings in being close to the soil, in raising your own food even if it is only a garden in your yard and a fruit tree or two. Those families will be fortunate who, in the last days, have an adequate supply of food because of their foresight and ability to produce their own.

The counsel from Church authorities has been consistent over the years and is well summarized in these words:

“First, and above and beyond everything else, let us live righteously. ...

“Let us avoid debt as we would avoid a plague; where we are now in debt, let us get out of debt; if not today, then tomorrow.

“Let us straitly and strictly live within our incomes, and save a little.

“Let every head of every household see to it that he has on hand enough food and clothing, and, where possible, fuel also, for at least a year ahead. You of small means put your money in foodstuffs and wearing apparel, not in stocks and bonds; you of large means will think you know how to care for yourselves, but I may venture to suggest that you do not speculate. Let every head of every household aim to own his own home, free from mortgage. Let every man who has a garden spot, garden it; every man who owns a farm, farm it.” (President J. Reuben Clark, Jr., in Conference Report, Apr. 1937, p. 26.)

You do not need to go into debt, may I add, to

obtain a year’s supply. Plan to build up your food supply just as you would a savings account. Save a little for storage each pay-check. Can or bottle fruit 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.

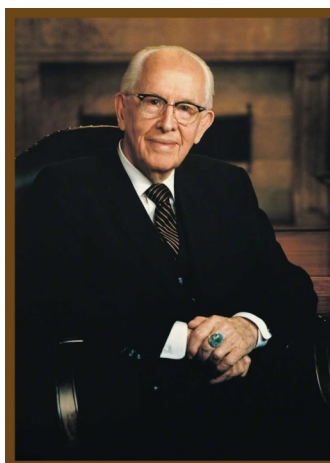
Store seeds and have sufficient tools on hand to do the job. If you are saving and planning for a second car or a TV set or some item which merely adds to your comfort or pleasure, you may need to change your priorities. We urge you to do this prayerfully and do it now.

I speak with a feeling of great urgency. I have seen what the days of tribulation can do to people. I have seen hunger stalk the streets of Europe. I have witnessed the appalling, emaciated shadows of human figures. I have seen women and children scavenge army garbage dumps for scraps of food. Those scenes and nameless faces cannot be erased from my memory.

I shall never forget the Saints of Hamburg who appeared on the verge of collapse from starvation, or their small children whom I invited to come to the stand as we emptied our pockets of edibles. Most had never seen these items before because of the wartime conditions. Nor can I forget the expectant and nursing mothers whose eyes watered with tears when we gave them each an orange. We saw the terrible physical and social side effects of hunger and malnutrition. One sister walked over a thousand miles with four small children, leaving her home in Poland. She lost all four to starvation and the freezing conditions. Yet she stood before us in her emaciated condition, her clothing shredded, and her feet wrapped in burlap, and bore testimony of how blessed she was. *(Continued on next page...)*

I cannot forget the French Saints who, unable to obtain bread, used potato peelings for the emblems of the sacrament. Nor will I ever forget the faith of the Dutch Saints who accepted our suggestion to grow potatoes to alleviate their own starving conditions, and then sent a portion of their first harvest to the German people who had been their bitter enemies. The following year they sent them the entire harvest. The annals of Church history have seldom recorded a more Christlike act of love and compassion.

Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earthquake cannot happen here. Those who



The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His servants, on how we can be prepared for these difficult times.
Have we heeded His counsel?

~Benson

believe this are either not acquainted with the revelations of the Lord, or they do not believe them. Those who smugly think these calamities will not happen, that they somehow will be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion.

The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His servants, on how we can be prepared for these difficult times. Have we heeded His counsel?

I bear you my testimony that President Heber

J. Grant was inspired of the Lord in establishing the Church Welfare program. The First Presidency was inspired when they made the first public announcement in 1936 and declared the prime purpose of Church welfare was “to help the people help themselves” (in Conference Report, Oct. 1936, p. 3). I bear witness to that inspired counsel from 1936 to the present day that the Saints lay up a year’s supply of food. When President Spencer W. Kimball persistently admonishes the members to plant gardens

and fruit trees and produce our own food, he is likewise inspired of the Lord.

Be faithful, my brothers and sisters, to this counsel and you will be blessed—yes, the most blessed

people in all the earth. You are good people. I know that. But all of us need to be better than we are. 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.

May God bless us to be prepared for the days which lie ahead, which may be the most severe yet. In the name of Jesus Christ, amen.

-Benson

Self-Reliance Services

What is Self-Reliance?

“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family” (Handbook 2: Administering the Church[2010], 6.1.1).

President Thomas S. Monson has counseled, “[Self-reliance] is an essential element in our spiritual as well as our temporal well-being.” (“Guiding Principles of Personal and Family Welfare,” Ensign, Sept. 1986, 3)

12 Principles of Self-Reliance

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise that the Lord will provide temporal blessings and open the door of self-reliance. He has also declared that “it must needs be done in [His] way” (D&C 104:16). To receive the blessings of self-reliance, we must accept and live the principles of self-reliance, which include the following:

Exercise Faith in Jesus Christ (D&C 104:15)

Use Time Wisely (Alma 34:32)

Be Obedient (D&C 130:20–21)

Manage Money (D&C 104:78)

Work: Take Responsibility (D&C 42:42; 2 Nephi 2:16, 26)

Solve Problems (Ether 2:18–19, 23; 3:1, 4)

Become One, Work Together (Moses 7:18; D&C 104:15–17)

Communicate: Petition and Listen (D&C 8:2)

Persevere (Hebrews 12:1; D&C 58:4)

Show Integrity (Mosiah 4:28; Job 27:5; Articles of Faith 1:13)

Seek Learning and Education (D&C 88:118–119)

Kansas City Stake Self-Reliance Committee Members

Martin Cooper—Stake Presidency

Steve Hirschi—Self-Reliance Director

Katherine Hirschi—Self-Reliance Director

Daryl Ward—Stake High Council

Michael Kester—Stake High Council

Mark Kitchens—Stake Emergency Preparedness Specialist

Jason Bowne—Stake Self-Reliance Specialist

Gary Arnett—Stake Self-Reliance Specialist

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