Stand Independent

If you are prepared, you need not fear.

The following are ideas to consider learning about and sharing what you know, or have learned, at the Conference. . .

Disaster Preparedness:
*Trust in the Lord with All Your Heart...And He Shall Direct Your Path (Prov. 1:8 RE)
*Test Your Preparedness (Questionnaire)
*Some Great Ideas & Tips on How to be Prepared for a Possible Disaster
*72 Hour Preparedness (Ideas for Bug-out Bags)
*Bugging Out in Place (How to Stay Safe at Home)

Emergency Water Treatment:
*Water Needs
*Making Water Potable (Drinkable)
*Water Purification
*Water Collection and Storage
*Finding Survival Water

Food Storage:
*What and How Much to Store
*Canning Meat
*Canning Butter
*Freeze Drying
*Dehydrating
*Butchering Skills / Salting / Smoking / Aging Meat / Jerky
*Rendering Lard
*Sprouting (The Secret to Essential Nutrition)
*Food Storage Recipes

Sanitation in an Emergency (Taking Care of Business):
*Supplies to Have on Hand
*Recipes to make your own cleaning supplies
*Disposing of Human Waste (liquid / solid)
*Toilets / Toilet Bucket Alternatives
*Disposing of Garbage
*Bathroom Bag
*Feminine Hygiene Bag
*Baby Supplies
*Clorox...It's Many Uses

First Aid:
*List of Possible Supplies You Will Want in Your First Aid Kit
*Building Your Own First Aid Kit is More Valuable than a Ready-Made Unit.
*Consider items for: Wound Care, Medications, Bleeding, Burns, Fracture/Sprains etc.

**How to Stay Warm Without Electricity:**
*Shelter in Place
*Tape off Windows and Doors
*Close off other Rooms
*Set Up a Tent or Shelter to Contain the Heat
*Lanterns / Flashlights (Light is Your #1 Safety Item)
*Safe Room Heaters

**Emergency Heat / Cooking:**
*Generators
*Wood Burning Stoves
*Natural Gas
*Solar Ovens (Solar Trackers)
*BBQ Grills / Propane
*Cast Iron / Dutch Oven Cooking / Charcoal
*Rocket Stoves
*Candles
*Bean Bag Cookers

**How to Cook Using Your Food Storage:**
*How to Reconstitute Dehydrated or Freeze Dried Food
*How to Make Delicious Food Storage Meals with an Insta-Pot
*The Importance of Storing Salt and Other Spices
*Spices are the Key to Making Food Storage Meals Enjoyable
*Wheat (gluten intolerance??) Sprout it!!
*How to Make Yeast or Sourdough Starter
*Tortillas or Fry Bread and Other Great Ways to Use Your Wheat

**Gardening:**
*Soil Healing (Video of Texas Man who Transformed the Desert into a Tropical Area)
*Natural Fertilizers
*Worms...the Secret to Rich, Healthy Soil
*Growing Mushrooms
*Seed Harvesting (Legacy Seeds)
*Composting
*Master Gardener Tips
*Growing Herbs
*Microgreens (Young Vegetable Greens that have a Concentrated Nutrient Content)
*Gardening using Grow Bags
*How to use Olla Pots for Irrigation

**Greenhouses:**
*Growing Food All Year Round
*What Options Are There and What is the Best Choice for You
*Valuable Tips & Tricks to Produce a Mighty Harvest
*Cool Frames

Starting an Orchard or Vineyard:
*How to Grow Trees from Cuttings
*Propagating Grape Plants from Cuttings
*What Kind of Grapes Do You Want to Grow
*How to Make Grape Juice
*How to Make Wine

Lost Skills:

Homesteading:
*How to Prepare / What Do You Need to Know
*How Much Land Will You Need / For Animals / For Crops
*Digging a Well / Well-drilling
*Building a Beautiful Home for a Fraction of the Cost Using a Pole Barn
*Building a Home with Rammed Earth Construction
* Earthship Homes, Cob Homes

Building Fires:
*Self Feeding Fire
*Flint & Steel
*Bow & Drill

Good Old Fashion Pioneer Recipes:
*Forgotten Recipes: Ash Cakes, Mormon Johnnycake, Poorman’s Meal etc.
*Survival Food...Hardtack Biscuits
*Pemmican...North American Natives & Early Pioneers Survival Food

Foraging For Food:
*What Plants are Most Readily Available & Most Preferred by our Great-grandfathers.
*What Plants are Safe to Eat
*What Parts of the Plants are Edible
*How Do You Prepare, Cook, or Eat the Plants

Trapping, Hunting, Fishing for Food & Clothing:
*Different Types of Traps
*Tanning
*Curing and Smoking the Fish
* Cold vs. Hot Smoking
*Making a Cold Smoker

Water Wheels...Mankind’s First “Free” Energy
*What are the Three Styles of Water Wheels
*Why the Majority of Water Wheels Still in Existence is the “Overshot Wheel”
*The Three Types of Mills Most Likely to Encounter:
  *Grain Mill
Root Cellars:
* Where to Put It (Inside or Outside)
* Creating the Ideal Conditions: Lighting, Humidity, Dirt Floors, Ventilation etc.
* Storage Ideas: Crates, Trays, Burying in Sand or Sawdust, Lidded Trash Cans etc.
* Things that Do and Do Not Belong in Your Root Cellar
* Preparing Vegetables for Root Cellar Storage (Do Not Wash! Do Trim the Greens off your Root Crops, Cure Winter Vegetables for Storage)
* Best Containers to Prevent Pests

Cheese Making:
* Making Cheese...Recipe & Equipment Needed
* Storing Cheese Long Term

Candle Making:

Spinning & Weaving:
* How to Spin Wool
* How do you Weave Cloth
* What kind of Equipment is needed to Spin & Weave Cloth

Sewing, Knitting & Crocheting:
* Making and Repairing Your Own Clothes
* Making Patterns from Existing Clothes
* Darning a Sock, Mending a Hole
* Rag Rugs
* Finger Crocheting

Patterns:
* Scripture Cover Patterns
* Bean Bag Cooker Pattern

Beekeeping (A Spoonful of Honey Makes the Medicine Go Down)
* Natures Healthy Sweetener
* The Value of Bees (Essential to Growing Orchards and Gardens)
* Equipment Needed
* How to Start a Hive

Making Homemade Personal Hygiene Products:
* How to Make Healthy Soaps Without Harmful Chemicals
* Benefits of Making Your Own Soap
* Recipes for Homemade Tooth Polish, Deodorant, Shampoo & Conditioner

Folk Medicine & Herbal Remedies:
*Native Plants that are Good for Healing
*Recipes for Homemade Herbal Remedies
*How to Make Tinctures, Salves, Oils, and Lotions for healing
*The Art of Homeopathy
*Poultices

**Making Your Own Beverages:**
* Making Wine – Recipe & Equipment Needed
* Making Beer – Recipe & Equipment Needed
* A Still for Distilling Stronger Stuff (Moonshine or Essential Oils)
  * A Homemade Still
  * An Alembic Still
  * A Schematic of a Homemade Still
* Kombucha and Kefir for Digestion/Probiotics

**Navigating Without a GPS:**
* Shadow Tip Method
* Using the Stars
* Letting the Sun Guide You
* Letting the Moon Guide you at Night
* Moss & Other Vegetation
* Making a Compass

**Carpentry & Woodworking:**

**Building & Construction:**
* Building a Beautiful Home for a Fraction of the Cost Using a Pole Barn
* Building a Home with Rammed Earth Construction
  * Earthship Homes, Cob Homes, Straw Bale Homes etc.

**Plumbing:**

**Metalworking, Welding, Blacksmithing & Bladesmithing:**
* How to Get Started: What Tools and Equipment do you Need
* How do you Work Iron
* How to Make Your Own Knife

**Covert / Black Ops (Underground Safe Houses across Country)**
* Signup for those Interested in Having a Safe Route from the East Coast to the West

**Communication:**
* What are Our Options
* Ham Radio Basics
* Satellite Phones
Physical Preparation:
*Get Healthy...”Every one of you should do what you need to do to take care of your health” (“Equality,” Denver C. Snuffer, Jr., Challis, Id, 5 September 2021)
*Stretching & Exercise
*Dancing...Line Dances, Ballroom, Shuffle Dance etc.
*Dr. Berg Videos...Addresses Health Issues

Spiritual Preparation:
*Worshipping Through Music:
  *For my soul delights in the Song of the Heart, yea, the Song of the Righteous is a Prayer unto me, and it shall be answered with a Blessing upon their heads. (T&C 5:4; emphasis added)
*Teach Your Children to Honor Me (How to teach children not to fight & other Christlike skills)
*The Wedding Garment...Why Linen?
*Burn False Traditions, Sins & Weaknesses
*’’If ye have felt to sing the song of redeeming love, I would ask, CAN YE FEEL SO NOW?”