

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

- *Sawmill
- *Stamping Mill
- *Building Your Own Water Wheel to Produce Electrical Power

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?"