

Tim Woolf Fireside - May 17, 2009

I just returned from tonight's preparedness fireside where we listened to 2 hours of Tim Woolf. It was both fun and informative although sometimes the information may have been lost in the fun.

For those who were not able to attend, I'll post here a summary of what he spoke about. This may take me a few days to get it all up, but it's worth the time to go over it again.

Today's post will be on water storage and over the next few days you'll read his suggestions concerning heat, light and cooking as well. For tonight, we'll talk water.

Part One – Water

Water is your most important storage need. The Church recommends 1 gallon per day per person for two weeks. That's 15 gallons. Tim explained that that amount would not really be enough. He said that directives of the Church were for the weakest of us and that he felt that the Homeland Security directive of 3 gals per day per person for two weeks was better. In fact, more water would always be better, but a minimum of about 50 gals per person would get you through the first two weeks of some kind of an issue.

It's important to store water in NEW containers that have never been used for anything except water. The additional expense in using new containers will pay for itself in the event that there is an incident and we need to rely on the water we store. Old containers will contaminate the water and it will not be fit to drink.

Water, as it is stored, will take up the flavor of its environment. Stored in a basement, it will begin to taste like the basement, stored on concrete, it will taste like concrete and stored in the garage, will taste like the lawn mower, the automobile and the garden tools. His advice was to store it where you have room, but change the water each year at a minimum (his family changes their water at April Conference).

Water can be stored in clean, previously unused containers without needing to treat it at all. Right out of the tap is sufficient preparation.

Can't store a year's supply of water? You're right. So after your initial two-weeks supply has been exhausted, you'll need to have a way to purify whatever water you can find. He felt that in the event of an earthquake, there would be streams and canals available where we could find water, but it would not be safe to drink.

While there are many ways to purify water, the two most common are filters and chemical. Filters do a good job, but in the long run work out to be rather expensive. A typical filter will filter about 55gals of water and so you'll need 24 filters to filter a year's supply of water. At around \$25 per filter it becomes expensive.

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Tim feels that the most economical way to treat water was chemically and advised against chlorine bleach like Clorox or Purex as they are 5% chlorine and 95% other ingredients such as whiteners and detergents. Tim's suggestion is to purchase chlorine powder (\$14.95) which is 97% chlorine and has an unlimited shelf life. 1/8 - 1/4 tsp of chlorine powder can treat a 55 gallon drum of water. The question was asked as to how to tell if your water is purified so you can use it. The solution would be to purchase a pool chlorine tester. After 24 hours, if there is any chlorine in the water when you test it, it's safe to drink. By letting the water sit an additional 24 hours in an open container, the taste of the chlorine will dissipate and the water will be more palatable.

Well, that's it for tonight. I'll write another segment tomorrow on heat and Tim's suggestion on how to heat your house and keep your family safe and warm!

If you were there and want to comment on something that Tim said that I missed, please add your impressions as a comment. Thanks, and see you tomorrow.

Part Two – Heat and Light

Bro. Woolf spoke a bit concerning 72-hour kits and described them as 'grab and go'. These are a good idea and help you to get through probably the most traumatic time of an emergency. He stressed that you really need to make sure that you pack into these kits foods and stuff that will make you feel good. An emergency that would make you leave your home is going to be very traumatic and a couple of granola bars and a liter of water may not help you too much in the psychological area... especially with the kids. Put into your 72-hour kits stuff that will make you feel good. Think about it and do the right thing.

Tim counseled that we should have a 90 day supply of heat and eat food. That's stuff you don't need to prepare, but can just be eaten after heating. His example of the family where perhaps an earthquake has happened, there is no water service, no electrical, it's cold outside, the kids are frightened and upset and Dad comes up from the basement with a double-handful of raw wheat, hands it to Mom and says, "Here's dinner, make something". As time progresses, you become more acclimated to the situation and are better able to cope with what is happening. Three-months of already prepared food take a LOT of pressure off.

During this emergency time, diets are off! Store the stuff you want to eat. He mentioned that his wife loves popcorn and so he has stored powdered butter, and 13 five-gallon buckets of popcorn so she'll have that comfort food. He has supplied 90 days of each of his children's favorite foods and feels confident that at least for those first three months, at least everyone will eat what they like. His motto - "If I'm going to suffer, I'll suffer in comfort".

In the Utah area, our most likely disaster emergency will be earthquake. The most common damage, even in smaller quakes is that windows are simply shattered. Murphy's law tells us that if we have a quake, it probably won't be in July and August where we can camp out in

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the backyard, but will probably hit in November so we face the coming winter without heat or windows. It's important to have several rolls of 6mil clear plastic sheeting to put over windows and keep the weather out. He stressed putting plastic on both the outside and the inside of the window to create a dead-air space to act as insulation. You'll also need to make sure you have the proper tools to repair what you can.

Now comes the subject of heat. How do you heat your home so that your family can stay warm and comfortable? Tim stressed that when you have patched the window, that goes a long way to keeping the home warm. Initially you can use those candles you have, but to be better prepared, he suggested a kerosene heater. Kerosene is good in that when kerosene burns it gives off carbon dioxide and not the deadly carbon monoxide that is given off from propane and other combustibles. So, it's essential that we locate and purchase a kerosene heater for our storage plan.

Kerosene heater - flat top so can double as a cook top and should generate 23,000 BTU. You want the latest and best technology and make sure it has an immediate cut-off valve. New kerosene heaters are 99.9% efficient and should run you around \$150. Bro. Woolf heated his home all winter with 110 gals.

Our lives now center on electricity and should we suffer an 'event', our lives will change drastically. When the power goes out, it will be dark at night. No Street lights, no lights from our neighbors' homes, only the moon and the stars up above. To provide light, we'll need to have something such as a candle or a lantern, both of which consume some type of fuel and also may produce (especially in the case of a white gas type lantern) carbon-monoxide which is toxic. So, what do we do for light?

Tim suggested that we look into a couple of items for our disaster relief projects. One is a solar charger. This item generates enough electricity from sunlight to recharge all types of batteries. With a solar charger, our lives come a little back into normal as batteries can be recharged which means that CD players, radios, DVD players, games, lanterns and all sorts of other 'normal' activities come back to us. Our investment would be the charger and the rechargeable batteries of the sizes we'd need. This charger would also allow us to run that electric lantern all night long if needed in stressful times and not worry as when the sun came up, the batteries could be recharged.

Another suggestion was a solar generator. This device produces enough electrical energy to operate a standard appliance such as a mixer, a blender or even a microwave. You can't run them all together, but you could grind some wheat or whip up a cake mix. Good idea - makes things more normal.

Now, when it comes to cooking, especially if you cannot store a year's supply of fuel, the answer would be the *solar oven*. Get more information from Kristi on this.

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Part Three – Food Storage

Brother Woolf told us that originally the Church advised us to store seven years of food. Today, the recommendation is a year's supply.

We should store what we eat, and we should be able to prepare and use what we've stored. It is suggested that we also put into that food storage a cookbook telling us what to do with the stuff we've stored. If we have 1,000 lbs of wheat down there, what do we do with it? How do we cook with it? So... store basic foods and a cookbook to guide you.

Red Wheat vs. White Wheat

He spoke about red wheat and white wheat, telling us that the white wheat had a 'friendlier' taste and we and our families would probably be happier eating white wheat than red. The friendlier taste is because white wheat has more gluten in it. It also has more protein, so it's a good choice to purchase and store.

Freeze Dried vs. Dehydrated Food

Freeze dried food is processed by taking 100% of the moisture out of a product and storing it in a vacuum. 100% of the flavor and the nutrition remain behind. when re-constituted, the food is remarkably similar to fresh both in taste and consistency. You see a lot of freeze-dried food in salad bars today and you probably don't even know it.

Dehydrated food has had the water remove by means of heat and air movement. 80% of the flavor and 80% of the nutrients remain. This is a less expensive way of processing the food to store and is still a good choice regardless.

Bro. Woolf cautioned us to purchase freeze dried food from reputable people as it's easy for someone to sell you freeze dried food that is really dehydrated food. You probably wouldn't know until you opened the can ten-years from now.

You'll need salt and he recommends that we purchase Redman Salt as it's true salt without additives and will be better for us and will last indefinitely.

What do you feed the neighbors that didn't store their own food? ABC soup. It's good for you, inexpensive but doesn't have much of a taste. The flavor comes from what you add to it. If you add chicken bullion, you get Chicken ABC, beef bullion and you get Beef ABC. One 5-gal container will provide about 300 meals.