

August 16, 2014

11:00 am to 2:00 pm

**Please Take  
Home — Great  
Information  
Inside**

## Country Fair Booths

- CERT
- Red Cross
- Backyard Beekeeping
- Growing Herbs
- Seed Preservation
- Canning
- Spinning
- Making Fermented Foods
- In Home Sheltering
- Naturally Leavened Bread
- Alcohol Stoves
- Emergency Essentials
- Dutch Oven Cooking
- Smoked Pork & Chicken
- Medicinal Herbs
- Earthquake Preparedness
- Making 72 Hour Kits
- Foam Clothing
- Sanitation
- Sun Ovens
- Iceless Refrigeration
- Lindon Cannery
- 72 Hour Kits for Babies
- Alternative Lighting
- Honeyville Grain
- Block Captain Program
- Ham Radio
- Backyard Chickens
- Solar Power
- Water Foraging & Storage
- Water Purification
- Primitive Fire Starting
- Gardening
- Sprouting

## Hillcrest Country Fair & Emergency Preparedness



## *Education for Parents—Fun for Children*

The traditional Orem Hillcrest Country Fair has a purpose of **increasing sociality** among the members of our stake and, also, of providing an opportunity for education as to **how to best prepare ourselves for foretold, calamitous times** that will come. As President Ezra Taft Benson said, “Having a year’s supply of food, water and medicines may be as important to our temporal salvation, as boarding the Ark was to the family of Noah.”

Children are invited to come over to the **Children’s Activities Area** (north side of the lawn) and enjoy Face Painting, Ladder Ball, Chinese Jump Rope, a Parachute, Frisbee Golf and other activities.

The whole family will enjoy the free food: Smoked Pork/Chicken Sandwiches, Hot Dogs, Watermelon, Donuts, Snow Cones, Popcorn and Dutch Oven Cooking treats.

We have **seven special lectures** about emergency preparedness taking place every half hour on the half hour and a final one at 1:45 PM. Plus there are **35 emergency preparedness booths** on different topics.

*After the Fair Today, Sign Up at*  
***[www.HillcrestReady.org/Sharing](http://www.HillcrestReady.org/Sharing)***

Studies have shown that those who work together as a team, fare much better during emergencies than do “loners”. Actually, the latter are more likely to die. Our website is a focal point for creating a sharing atmosphere that will help us to get us through any tough times ahead. Please go to **[www.HillcrestReady.org/Sharing](http://www.HillcrestReady.org/Sharing)** and register for the forum.

## Preparedness Lectures

**11:00 AM: Using Paracord in Emergency Situations** by Phil Lehman

**11:30 AM: The Hidden Deadly Disaster - Failed Sanitation Will Catch, Sicken, Maim or Kill the Ignorant and Unprepared** by Jim Phillips (Inventor of Foam Clothing, Emergency Preparedness Expert)

**12:00 Noon: The Wasatch Front Earthquake, Crisis or Disaster? We Choose?** by Dr. Ron Harris (BYU Professor of Geology and Tectonics and Founder of In Harm’s Way)

**12:30 PM: Disasters Happen** by Jim Phillips (Inventor of Foam Clothing, Emergency Preparedness Expert)

**1:00 PM: Water Foraging, Storage and Purification** by Jed Norwood (Emergency Preparation Expert)

**1:30 PM: Home Food Storage & What the Lindon Cannery Can Offer to Families** by the Lindon Cannery Missionaries

**1:45 PM: Backyard Beekkeeping** by Austin Haacke





## # 1 Need—A Way to Stay Warm

### FOAM CLOTHING:

At this Year's Country Fair, we are featuring Jim Phillips, the inventor of foam clothing. The foam traps heat in its numerous pores, while still allowing for air and water to be exhausted. With Jim's foam clothing, you can jump into arctic waters, and still be warm. You don't need external warmth. It's well worth the

investment in foam clothing to know that your family can be warm, no matter what!

Make – [www.jimsway.com](http://www.jimsway.com)

Buy – [www.aerisinside.com](http://www.aerisinside.com)

### FIRE STARTING:

We are also grateful to have at our Country Fair, Michael Barr, an expert on fire starting in any situation. Michael

says, "Fire is magic, it has a positive psychological effect—fire is comforting, with fire we cook, warm ourselves, light our way, signal for help, purify our water, make tools, etc."

Michael teaches numerous ways of fire starting. Please see his information at his booth and online at [www.HillcrestReady.org](http://www.HillcrestReady.org).

## # 2 Need—Safe Water To Drink

### You can live:

3 minutes without air  
3 hours without warmth  
3 days without water  
3 weeks without food

Staying hydrated is the second most important physical need (assuming you are breathing) right after staying warm.

Having access to safe water is a matter finding water, storing it and making sure that it is safe to drink by killing microorganisms and removing pollutants that might be in it.

Emergency preparedness guru, Jed Norwood, will explain via lecture and at his booth presentation how to find water, store it and purify it. Don't miss his presentations and you can go to our website [www.HillcrestReady.org](http://www.HillcrestReady.org) to replay video recordings of his presentation.

Everyone should have at least two weeks of safe, stored water per person in the family, and the ability to find, store and purify water indefinitely.

Learn more from Jed Norwood at: [www.IShallFearNothing.com](http://www.IShallFearNothing.com).

## # 3 Need—Sufficient Food to Eat



After having obtained warmth and water, one then needs nourishment, i.e. food. The two BASIC rules about food are that you need:

1. Short term stockpiles
2. Long term food production capability

After that, the most important rule of all is to store what you

eat. If you store things that you don't eat and don't assimilate well, you may die with plenty of food at hand.

Also, you need to understand basic nutrition needs. These basic needs are:

- Have a variety of food. No single food has everything the body needs to maintain health.

- The most important types of foods to store are grains, beans and seeds, but only if **you plan to sprout them and/or ferment them**. These two processes unlock and increase their nutrition.

- Also, be sure to store some type of oil (coconut oil is best) and sugar or honey.

## *Sprouting—A Best Practice For Health!*

Sprouting produces nutrients from seeds, grains and beans that were NOT present in the original seeds, grains or beans, or in the water, air or light. In a real sense, SPROUTS ARE MAGIC. By eating fresh sprouts, you are supplying your body with a variety of amino acids (protein), fatty acids (oils), vitamins and other nutrients that your body can use to maintain health.

Sprouting your food is a great

way to have plenty of Vitamin C and other vitamins that stored foods don't otherwise provide.

No one would trade \$100 bills for \$10 bills. Yet, eating grains, seeds and beans without first *sprouting them or fermenting them* is like throwing money away—a real waste of potential nutrition.

So, learn how to sprout and how to enjoy eating sprouts in your daily life now, and then

continuing that practice when an emergency comes in the future that requires you to live on your stored food.

To learn more about sprouting, we suggest going to [www.lifesprouts.com](http://www.lifesprouts.com) or [www.youtube.com](http://www.youtube.com).

Eating sprouts doesn't make you weird anymore than going to bed early, getting up early, and exercising make you weird.



## *Eating Fermenting Foods Is To Love Your Body!*

Fifty years ago (when Americans switched to quick rise yeast for making bread) American's health went downhill in a big way. Actually, there were a couple of things that changed back then, but the introduction in America of Fleischman quick rise yeast was a big one.

Europeans still make bread correctly, the slow fermenting way, which is why Europeans aren't at the bottom of longevity

and quality of life, as Americans are.

You see, slow rise bread or fermented bread unlocks the minerals that are in wheat and prevents damage to the small intestine villi. Most nutritionists portray wheat as a bad guy, a main cause of leaky gut because of gluten. But, what about the Word of Wisdom wherein God says, "Wheat is For Man".

Of course, it doesn't say, wheat is for man only if you make your bread correctly. God left that part to us to figure out.

The nutrients that become unlocked and available to be assimilated because of fermentation make fermented foods superior to other foods.

Learn more at [www.HillcrestReady.org/](http://www.HillcrestReady.org/Sharing) [Sharing](#).

**Fermented Bread, Kefir, Buttermilk, Pickles, Sauerkraut, Yoghurt, Rejuvelac, these are all foods you should eat for health.**

## *Fruits and Vegetables—The More The Better*

The larger variety of food a person eats, the more likely that person is to be healthy because he or she is providing his/her body with a larger variety of nutrient tools with which to be healthy. That's why eating many fruits and vegetables is wise. Unfortunately, nutrients are quickly

lost after picking, therefore eating them fresh is the way to ensure getting all possible nutrients from them.

With freeze drying methods, it is possible, however, to store fruits and vegetables without losing their nutrients.

Beyond freeze dried fruits and

vegetables, everyone should be growing as many fruits and vegetables as possible in their own backyards and balconies.

Learn more about gardening, or share what you know at [www.HillcrestReady.org/](http://www.HillcrestReady.org/Sharing) [Sharing](#).





## Hillcrest Country Fair & Emergency Preparedness

*Too many of us have reversed God's command — and so we have no stored food and a year's supply of debt. —Thomas S. Monson*

*We can best survive in groups that work and share together. — According to a Harvard University Study of who survives and who dies in calamities.*

*If my neighbor isn't prepared, I'm not prepared. —Jim Phillips*

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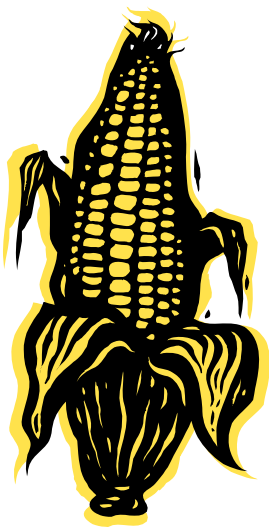
Our neighborhood is linking up on the Web: [www.HillcrestReady.org](http://www.HillcrestReady.org)

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"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 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." (Ezra Taft Benson, November 1980)

"The best place to have some **food set aside is within our homes**. . . . "We can begin ever so modestly. We can begin with a one week's food supply and gradually build it to a month, and then to three months. (Gordon B. Hinckley, October 2002)

## Emergency Preparedness—A We Care Attitude!



**Where Are We  
In The Cycle of  
7 Years of Plenty  
and  
7 Years of  
Scarcity?**

In summary form, here is what each family/individual should consider doing in order to be prepared.

- Understand and participate in the Orem Hillcrest Neighborhood Emergency Response Plan (see more details at [www.HillcrestReady.org](http://www.HillcrestReady.org) under Neighbors and Family).
- Register at the online Neighborhood Forum which is on the web at: [www.HillcrestReady.org/Sharing](http://www.HillcrestReady.org/Sharing). Here you can stay connected with the Hillcrest neighborhood and learn from each other any time of the day or night.
- If possible become CERT trained. Learn more at: [HillcrestReady.org/cert](http://HillcrestReady.org/cert).
- Have a family communications plan and evacuation plan and a disaster checklist—all available at [www.HillcrestReady.org](http://www.HillcrestReady.org).
- Have a 72 hour kit (founded on the rule of threes... you can live 3 minutes without air or blood, 3 hours without shelter or warm clothing in cold weather, 3 days without water and 3 weeks without food.) So, a proper 72 hour kit focuses on first aid and keeping you warm and hydrated. It should be contained in a back pack up, so your hands are free.
- Prepare your home to be more emergency "resistant" by working to mitigate potential for damage from earthquakes, flood waters and fires, etc. (see ideas at [www.HillcrestReady.org](http://www.HillcrestReady.org)).
- Acquire basic preparedness items for providing warmth, water, food and medicines for an emergency or calamity that might last several months.
- Grow all the food you feasibly can on your own property.
- Become physically conditioned... and able to walk for miles and work hard physically.
- Learn to grow and use herbs, so that you have a home Apothecary.
- Put preparedness deep into your brain by going over emergency scenarios and mentally preparing your response. Also, you should read books and guides on Emergency Preparation. (Lots of suggestions at the [HillcrestReady.org/Sharing](http://HillcrestReady.org/Sharing) forum.