

Saturday, August 22, 2015 from 11:00 am to 3:00 pm at the Orem Hillcrest 4th/9th Ward "Grove" - 440 East, 800 South

- ⇒ Learn
- ⇒ Socialize
- ⇒ Have Fun
- ⇒ Get Focused on Preparedness

Country Fair Booths:

1. Get Your Home Ready!
2. CERT
3. Smoked Pork & Turkey
4. Smoked Chicken
5. An Earthquake Cometh
6. Essential Oils in Emergencies
7. Making Oil Lamps
8. Learning Amateur Radio
9. Red Cross Resources
10. Together We Can Survive
11. Solar Energy Options
12. 1-Stop Preparedness
13. Sprouted Seeds and Grains
14. Fermented Bread
15. Wild Jake's Survival School
16. Martial Arts for Everyone
17. Grid Down Survival
18. Home Apothecary
19. Emergency Midwifery
20. Healthy Preparedness
21. Neighborhood Response
22. Preparedness Library
23. Fermented Foods
24. Backyard Herb Walk
25. Healing With Food
26. Seed Preservation
27. Lindon Storage Resources
28. Sun Oven Cooking
29. Garden Ideas & Tour
30. Alcohol Stoves & More
31. Goats Are Great
32. Urban Homesteading
33. Primitive Fire Starting
34. Making Bows and Arrows
35. Speed Healing (Injuries)
36. Tents and Hammocks
37. Backyard Beekeeping

Hillcrest Emergency Preparedness Country Fair



Education, Free Food and Fun!!!

This year's **Emergency Preparedness Fair** for the Orem Hillcrest Area will be **bigger and better than ever!**

It provides a tremendous opportunity to learn how to **wisely prepare** for potential calamitous times (that could result from social unrest, financial meltdown, war, natural disasters or EMPs, etc.).

Children are invited to come over to the **Children's Activities Area** (north side of the lawn) for a "hands-on" **Disney/Red Cross** emergency pillowcase project for 7 to 11 year-olds and a Sesame Street "Let's Get Ready" project for 3 to 6 year olds. Also, there are Face Painting, and other fun activities.

Enjoy the **free food**: Fabulously delicious Smoked Pork, Chicken and Turkey, Hot Dogs, Watermelon, Corn-on-the-Cob, Donuts, Snow Cones, Popcorn, Root Beer and Dutch Oven Cooking treats.

There will be **numerous emergency preparedness booths** on different topics. Please visit as many as you can. You will be learning from experts.

You can also sit and listen to your choice of **eight special lectures** about emergency preparedness taking place every half hour on the half hour with the final one at 2:30 PM.

Preparedness Lectures

11:00 AM: Healthy Preparedness: Having a Food Storage Powerhouse That will Help You Avoid Disease—
Claudia Orgill

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

12:00 Noon: Foam Clothing Is the Way To Survive Cold Weather—Jim Phillips

12:30 PM: A Big Earthquake IS Coming to Utah Valley. Are You Ready?— Dr. Daniel Horns (UVU Associate Dean of Earth Sciences)

1:00 PM: Overcoming Illnesses & Injuries When No Medicines Are Available —Dr. Kyle Christensen (Naturopathic Doctor)

1:30 PM: Healing Starts in the Kitchen —Dr. Kyle Christensen

2:00 PM: Backyard Beekeeping—Austin Haacke

2:30 PM: Speed Healing (Injuries) - How to Run & Not be Weary by Understanding Your Lymph System - Stephen West

Groups Survive—While Loners Die!

Studies have shown that those **who work together as a team, fare much better** during emergencies than do "loners". Orem Hillcrest **neighborhood response** is a key component of effective emergency preparedness. Learn more at HillcrestReady.org. Sign up for the email newsletters and like our **HillcrestReady Facebook page!**

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Wisdom Demands That We Prepare For Potential Emergencies or Disasters

“A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.” (See Proverbs 27:12)

Be prepared, and prepare for yourself, you, and all your company that are assembled unto you, and be a guard for them. (See Ezekiel 38:7)

Our neighborhood is linking up on
the Web: www.HillcrestReady.org

“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)

Come to the Preparedness Fair to learn:

- How to Prepare Your Home to **Withstand Earthquakes, Fires, Flooding** and more.
- How to Survive **Together** As Neighbors through the Orem Hillcrest Block Program.
- How to **Stay Warm in Freezing Temperatures**, when our homes are unheated caves.
- How to **Obtain, Store, Purify and Conserve Water** when it is no longer running in our taps.
- How to Survive **Without Pharmaceuticals.**
- How to **Be Healthy** Without Grocery Stores (or especially With Them)—Learn from Dr. Kyle Christensen, Jim Sumsion, Martha Levie, Pam Francis, LeArta Mouton, Stephen West, Dave Peterson, and others how to use herbs, flowers, oils, grains, seeds, fruits and vegetables that God has prepared so as to have a maximum amount of health.

Emergency Preparedness: A ‘We Care’ Attitude!

In preparing **TOGETHER** for the physical necessities of life, we are **most spiritual** — because God designed this earth so that we could learn to prepare every needful thing and could learn to love and help our neighbors as our selves. Therefore:

- Understand and participate in the Orem Hillcrest Neighborhood Emergency Response Plan and Block Program (see more details at HillcrestReady.org under Neighbors & Family).
- Register for the HillcrestReady newsletter and Forum and Facebook Page at HillcrestReady.org so that 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.
- Have a family communications plan, an evacuation plan, and a disaster checklist—all available at 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, so your hands are free.
- Prepare your home to be more emergency “resistant” by working to mitigate potential for damage from earthquakes, flood water, fire, etc.. (see important preparedness steps at HillcrestReady.org).
- Acquire basic preparedness items for providing warmth, water, food and medicines to keep you well during an emergency or calamity that might last several months.
- Grow all the food you feasibly can on your own property and learn to sprout since that is THE WAY to quadruple the value of your stored beans and grains.
- Become physically conditioned—be able to walk for miles and work hard physically.
- Learn to grow and use herbs, so that you have a Home Apothecary.
- Read books and guides on Emergency Preparedness so that you can put emergency preparedness deep into your brain by going over potential scenarios and mentally preparing your response.
- Many other suggestions are available at our neighborhood preparedness website, HillcrestReady.org.
- **Get to know and love your neighbors—the actual test of life is to prepare every needful thing and to love your neighbor as yourself.**