

# End Time Current Events + Proactive Measures: 12-8-09

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## Table of Contents:

- Impending US Chaos--Steve Quayle & Greg Eversen - \*2 Hour Online Interview\*
- THE SUBURBS WILL SHAKE
- Terrorists Inside U.S. Planning To Strike, Says DHS Secretary: Are You Prepared?
- Subway Airflow Tests To Prepare For Possible Terror Attacks
- Iran Building Extensive Terror Network Nearer U.S.
- Homeland Security Admits Unprepared To Detect Nuke Or Biological Weapon Smuggled Into US By Cargo
- World leaders gathering in Copenhagen will 'IGNORE' the "Climate-gate" furor as they meet to fashion a One World Government, using Climate Change/Global Warming as the excuse.

**Ephesians 5:11, 13-16:** "And have no fellowship with the unfruitful works of darkness, **but rather reprove them. But all things that are reprov'd are made manifest by the light:** for whatsoever doth make manifest is light. Wherefore he saith, **Awake thou that sleepest,** and arise from the dead, and Christ shall give thee light. **See then that ye walk circumspectly,** not as fools, but as wise, Redeeming the time, because the days are evil."

The **1828 Noah Webster Dictionary** defines:

**Reprove:** To blame, to convince of a fault, or to make it manifest, to excite a sense of guilt.

**Circumspectly:** Cautiously; with watchfulness every way; with attention to guard against surprise or danger.

**Matthew 24:24:** "...if it were possible, they shall deceive **the very elect.**"

**II Corinthians 2:11:** "Lest Satan should get an advantage of us: for we **are not** ignorant of his devices."

**II Chronicles 7:14:** "If **my people,** which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

**I John 4:18:** "There is **no fear** in love; but **perfect love** casteth out fear: because fear hath torment. He that feareth is not made perfect in love."

**Heb 13:6:** "So that we may boldly say, The Lord *is* my helper, and I **will not fear** what man shall do unto me."

**II Timothy 1:7:** "For God **hath not** given us the spirit of fear; but of power, and of love, and of a sound mind."

**Dr. Johnson's Teachings:**

[Overcoming, Protection, Meekness, Answered Prayer, Comfort, Faith,... Part 1](#)

[Overcoming, Protection, Meekness, Answered Prayer, Comfort, Faith,... Part 2](#)

[Imprecatory Prayers & Gods Judgment on Wickedness-A Christians 'Door of Hope'](#)

[The Biblical Keys To Answered Prayer](#)

**Date: 12-03-09**

**Steve Quayle & Greg Eversen - \* 2 Hours\***

<http://soundwaves2000.com/survive2thrive/>

[Standard Player](#)

[Save](#)

**Greg Eversen--CASTLE DEFENSE I & II - DVD's**

<http://www.theheartlandusa.com/>

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## **THE SUBURBS WILL SHAKE**

Watchman33 | December 5, 2009--Is the "Perfect Storm" for Americans just over the horizon? All major storms take most people by surprise as they are not expecting things to get nearly as bad as they sometimes do. Are you making preparations for a "temporary and minor" disruption of food, water, and electrical services, as well as a disruption of banking, government and medical services? Homeland Security states that we Americans should have two weeks of food and water and any necessary medical supplies in order to get by in "any" future emergency that might arise. That's like telling a drowning man to hold his breath while you drive thirty miles to town for help because you can't swim! Rest assured that the drowning man will not survive, and if you follow Homeland Security's advice, neither will you! It is amazing to me that people will often not believe things that are facts and documented by those in the "know" just because they refuse to accept that anything unpleasant might, in fact, be reality. That is why you often times see and hear labels such as "False Prophets", "Fear Mongers", "Conspiracy Theorists", "Hate Mongers" and the like being pinned on the bearers of unpleasant news. Often the naysayers are personally convicted in their own soul because they have done nothing to prepare for what is predicted to come, either physically or spiritually, and therefore are in the position of the "five foolish virgins"! As a Watchman, it is my duty to ISSUE THE WARNINGS of the things that I see and hear. Today's article is certainly no different, as you are not accountable to me nor I to you, but to the Lord only! If you are a "born-again" believer in the Lord Jesus Christ, then take everything to the Lord in prayer as to what you should do with any of the information you receive from this blog and elsewhere. Always consider the source or sources of the information, but realize that you and your family may not survive if you happen to be on the wrong side of certain issues! Today's article addresses such a WARNING that has been given by two individuals that I accept as not only being credible, but are making every attempt to WARN all who will listen to the things that are now happening and that are being planned for the immediate future (1-3 months) based upon highly credible sources.

<http://watchman33.wordpress.com/2009/12/05/the-perfect-storm/>

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## **Terrorists Inside U.S. Planning To Strike, Says DHS Secretary: Are You Prepared?**

Home-based terrorists are currently inside the United States and are looking to strike targets here and abroad, the Secretary of Homeland Security Janet Napolitano said in a speech last night.

**“Home-based terrorism is here. And like violent extremism abroad, it is now part of the threat picture that we must confront,”** Napolitano told the America-Israel Friendship League in New York City, according to a Department of Homeland Security (DHS) press release. **Spencer S. Hsu of *The Washington Post* called Napolitano's statements last night her "bluntest assessments yet of terror threats within the country" a night after President Obama announced he will send an additional 30,000 U.S. service members to Afghanistan to fight Taliban militants and al Qaeda terrorists in an effort to stabilize the war-torn country. According to Hsu, Napolitano listed two recent cases to support her statement that jihadist radicalization has gained traction inside the United States.**

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### **Subway Airflow Tests To Prepare For Possible Terror Attacks**

A team of researchers convened by the U.S. Department of Homeland Security began a series of tests today at 20 MBTA stations to determine how airborne contaminants would spread in a terrorist attack on Boston's subway system. "We hope to gain information from airflow tests that tell us what type of (protective measures) to take and where to place that," said Teresa Lustig, program manager of the Chemical/Biological Division of the U.S. Dept. of Homeland Security. "Unfortunately, as we know, terrorists have targeted these types of systems in the past." Threats of a chemical attack have been made against the New York subway system since the Sept. 11, 2001 terrorist attacks. In 1995, a sarin gas attack on the Tokyo subway system by domestic terrorists killed 12 people and injured dozens. Boston's MBTA system has never received a threat or attack, said MBTA Police Chief Paul MacMillan. "But we know by their very nature that subway systems are vulnerable to a terrorist attack," MacMillan said during a press briefing today at Haymarket Station. "This will help us prepare -- and improve -- our response plan."

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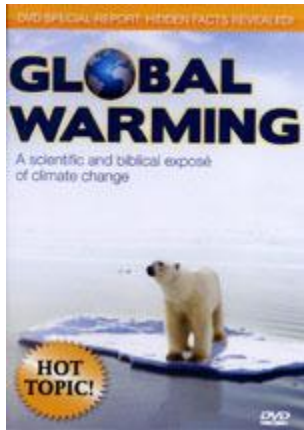
### **Iran Building Extensive Terror Network Nearer U.S.**

The Argentinean prosecutor who ferreted out Iranian links to Argentina's largest terror attack warned Wednesday of Teheran's growing terror network in Latin America. "The Iranians are moving fast," assessed Alberto Nisman, who has secured Interpol backing for the arrest of several Iranians, including former president Hashemi Rafsanjani, for ordering the July 1994 bombing of the AMIA Jewish community offices in Buenos Aires. "We see a much greater penetration than we did in 1994." He said that Iran, particularly through Lebanese proxy Hizbullah, has a growing presence in Venezuela, Bolivia, Ecuador and Nicaragua, using techniques it honed in Argentina before the country took measures to counter Teheran following the AMIA bombing. He described sham operations involving taxi drivers, who conducted surveillance without arousing suspicion; fake medical school students, who could stay in the country for many years without raising eyebrows; and business fronts that helped funnel cash to operatives. Meanwhile, the Iranians cultivated ties at the local mosques to search for people who could be radicalized.

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### **Homeland Security Admits Unprepared To Detect Nuke Or Biological Weapon Smuggled Into US By Cargo**

The Department of Homeland Security is likely to miss a 2012 deadline to screen all cargo entering the United States by ship unless Congress devotes enormous new resources to the assignment, Homeland Security Secretary Janet Napolitano told senators Wednesday. Concerns were raised after the Sept. 11, 2001, attacks that a nuclear device or other weapon of mass destruction could be smuggled into the country by sea. In response, Congress ordered that all cargo be screened before being placed on U.S.-bound ships. But Napolitano told the Senate commerce committee that "DHS is compelled to seek time extensions authorized by law with respect to the scanning provision." The law permits extensions in two-year increments beyond the July 2012 deadline. The secretary cited a lack of new technology to adequately screen containers as well as the enormous expense. She did not say when she expected to seek the additional time but stressed that efforts to screen cargo will continue.



DVD

**World leaders gathering in Copenhagen will 'IGNORE' the "Climate-gate" furor as they meet to fashion a One World Government, using Climate Change/Global Warming as the excuse.**

The script may be so written as to allow Nobel Prize winner, President Obama, the opportunity to steal the spotlight by "saving" the Copenhagen talks so a World Government may be established.

NEWS BRIEF: "[Obama Ignores 'Climate-Gate' in Revising Copenhagen Plans](#):", Fox News, December 5, 2009

"The scandal has prompted calls for Obama from global warming skeptics to skip this month's climate summit in Copenhagen -- **instead, the White House is doubling down on its commitment.**"

This response is so typical of the Illuminati. Rather than acknowledging the scientific impossibility of the Climate Change / Global Warming theory, their leaders simply redouble their commitment to use this deliberately-created crisis to forge a new Global Government, this time with legal teeth to enforce the new regulations which are going to be produced at this Summit.

Indeed, the Illuminati seems to revel in this type of scandal. They seem to enjoy demonstrating that they have the power to force their agenda upon us, no matter what the facts are and no matter what public opinion states. We posted an article several years ago, noting that the Illuminati does love to tell us in advance what they are about to do to us, enjoying the fact that we are powerless to stop them. Please take a moment to read this most informative article, [NEWS2104](#), "[Startling Revelation: Now We Know Why The Illuminati 'Telegraphs Their Punches'](#)".

Now, let us return to our featured story:

"The scandal being referred to as 'Climate-gate' has rallied global warming skeptics, who say the threat is exaggerated -- let alone caused by humans. In some of the e-mails stolen by hackers and posted online, scientists at Britain's University of East Anglia's Climatic Research Unit appear to discuss hiding or deleting data that may contradicts global warming claims. Others discuss ways of keeping competing research out of peer-reviewed journals. Former Republican vice presidential candidate Sarah Palin is the most prominent figure to call on Obama to boycott the conference in Copenhagen in the wake of the e-mails' release."

But, now we see that, far from boycotting this international Climate Change conference, President Obama is doubly determined to reach the kind of global government agreement for which international leaders have yearned since 1917 (Read full details in [NEWS2193](#)). Yes, it is true: the Climate Change / Global Warming agreement which is due to be signed -- and which is reported to bring world government into existence -- has been planned since 1917!!

But, there may be more to this story.

President Obama changed his plans so that he would not appear at the summit until the very end. . What does the script call for a delay of the arrival of this Nobel Prize winning President?

NEWS BRIEF: "[Obama to join climate summit on its final day](#): A late change of plan the White House attributed on Friday to growing momentum toward a new global accord", Reuter's News, December 4, 2009

"U.S. President Barack Obama will attend the end of the Copenhagen climate change summit, a late change of plan the White House attributed on Friday to growing momentum toward a new global accord."

Let us stop right here to decipher what we have just been told. President Obama will not attend the summit at its beginning, but will attend it at the end, a move attributed to "growing momentum toward a new global accord". In other words, the President is signaling that he need not attend at the beginning of the summit, because enough agreement has already been reached by key nations in the world that his clout and prestige will not be needed to hammer out the details.

His late arrival could be seen as accomplishing several goals:

- 1) He could use his prestige as Nobel Prize winner to solve any last obstacles which are seen as threatening to the final agreement;
- 2) His late arrival to sign an agreement already reached would confer great authority on the summit's accord.
- 3) When the Nobel Peace winner tells us that the crisis is real, skeptics will be silenced who believe otherwise and 'Climate-gate' could be forgotten in the avalanch of stories created by Mass Media throughout the world.
- 4) His planned late arrival means that an agreement has already been reached, since a standard tenant of diplomacy is that an important leader is never embarrassed by a failure to achieve agreement. He would not go to a meeting unless a firm agreement had already been reached.

It is a good thing that Global Leaders can simply ignore contrary evidence of Global Warming and can act independently of public opinion because most of the public disbelieve the Climate Change hysteria.

NEWS BRIEF: "[Only one in two voters accepts man-made climate change](#)", Telegraph.co.uk, 05 Dec 2009

"The ICM survey for The Sunday Telegraph will dismay proponents of 'man-made' climate change – including leading scientists and the majority of world governments – as they gather in Copenhagen for the landmark climate summit. Asked if they backed the main conclusion of the Intergovernmental Panel on Climate Change (IPCC), that humans are largely responsible for modern day rises in temperatures, 52 per cent of voters agreed. However, 39 per cent said climate change had not yet been proven to be man made, while seven per cent simply denied the phenomenon was happening at all. Furthermore, fewer than one in four voters (23 per cent) believed that climate change was "the most serious problem faced by man" – a view endorsed by governments across the world."

"A clear majority (58 per cent) said it was merely 'one of a number of serious problems' while 17 per cent believed it has been exaggerated and is 'not a very serious problem'."

This belief could pose a serious problem for global leaders intent upon forging a global government out of this crisis. Time is clearly of the essence here; if a final agreement is delayed, that will give proponents the time to seize the initiative provided them by the "Climate-gate" revelations. Opponenets could conceivably use these hacked emails as proof that the entire Climate Change theory is bogus, thus derailing any future agreement.

On the other hand, if leaders can act now, then the opponent's claims will get little to no press coverage and most people will simply forget that the hacked emails proved the lie to Global Warming.

Therefore, if world leaders do not act now, they might never be able to forge a global government based upon this issue.

Last week, we posted a "must-read" article on this entire Copenhagen Climate Change Summit.  
<http://www.cuttingedge.org/newsletters/newsalert.htm>

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## The Days Ahead-What to Expect and How to Prepare

### Proactive Measures In the Event of a Pandemic

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#### 5000 Mild Silver Protein (M.S.P.) Suggested Therapeutic Dosing Guidelines

1tsp.-1tbsp. for every 30 lbs. of bodyweight per day, if you have been exposed or if you have a virulent virus/Pandemic. The 1 tbsp. dosage would be used for life threatening situations. This dosage should be equally broken up and taken in 3 hour intervals. Stay at home and avoid contact with the populace till the outbreak passes. If taking the M.S.P. drink at least 8, eight ounce glasses of purified water per day. M.S.P. can be used topically with DMSO over an infectious site. Because the 5000 PPM M.S.P. is only available in 4 ounce bottles it would be wise to keep at least a few bottles for each adult family member and 1-2 for each child in your household. View this like an insurance policy that hopefully you will never have to use. Even if you don't use this product in the event of a pandemic, it can be diluted and taken on an everyday basis to keep the immune system strong.

++ Because Invive Silver is so stable it has a **15 year minimum shelf life**. The company started in 1993 and they still have perfectly good bottles of silver from 1993. There is a 'Retest Date" on the bottle for the year 2014, but that is purely there for FDA purposes. There is no colloidal silver in any form that can even come close to their shelf life or potency; **nor has there been one case of Argyria (turning gray) reported from taking Invive Silver.**

For more information or to purchase go to: [www.dr-johnson.com](http://www.dr-johnson.com) or email: [drjohnson@ix.netcom.com](mailto:drjohnson@ix.netcom.com)

\*\*For Dr. Johnson's Online Mild Silver Protein Health Report go to:

[www.freemarketnews.com/Analysis/112/3680/2006-02-06.asp?wid=112&nid=3680](http://www.freemarketnews.com/Analysis/112/3680/2006-02-06.asp?wid=112&nid=3680)

++ Helpful Colloidal Silver/Mild Silver Protein Desk Reference Guide for Specific Health Problems for those who are seeking help regarding specific diseases, maladies and health problems you can go to: [www.dr-johnson.com](http://www.dr-johnson.com) and then click on: "(Doctor's Desk Reference)" at the top of the website. The maladies and diseases are in alphabetical order with specific instructions relating to each problem.

**The March 1978 issue of Science Digest, in an article, 'Our Mightiest Germ Fighter,' reported: . . . "An antibiotic kills perhaps a half-dozen different disease organisms, but silver kills some 650. Resistant strains fail to develop."**

**"Colloidal Silver . . . killed every virus that was tested in the lab," UCLA Medical Center.**

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**The Truth About Mild Silver Protein/M.S.P: "Rebuttals of Promoters' Misinformation":**

[http://invive.com/Rebuttals\\_new.html](http://invive.com/Rebuttals_new.html)

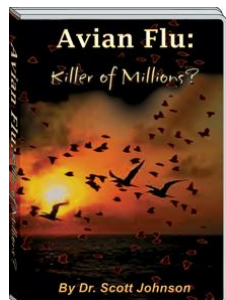
**Actual M.S.P. Scientific/Medical Studies:** [www.xpressnet.com/bhealthy/bhealthy.html#HIVLET](http://www.xpressnet.com/bhealthy/bhealthy.html#HIVLET)

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**Dr. Johnson's Comment:** Invive Mild Silver Protein is made under Pharmaceutical GMP (Good Manufacturing Practices) with double check off lists. The silver that is used is the finest available and is the same silver used in the 1938 Edition, 12th Volume of the British Encyclopedia of Medical Practice: Royal College of Physicians and Surgeons. The Compounds used to make this silver are identical as the silver compounds used in burn wards across America. As a result they can achieve uniform particle size of .3 microns which is something most companies have a very hard time doing. Now this particle size is much smaller than a bacterium which are approximately .5 microns. Therefore Invive silver particles can go wherever the bacteria are "because" the Invive particles are .3 microns which is smaller than a bacteria.

Today's modern antibiotics kill over 100,000 Americans per year, and cause horrendous liver and kidney damage, failure, and death, whereas the pre-1938 Mild Silver Protein formulation has never caused one death nor produced one case of Argyria (turning grey). In fact you have a greater chance of being struck by lightning, than developing Argyria (graying of the skin).

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### **Dr. Johnson Online Videos:**

**Video YouTube Presentation--Colloidal Silver-Mild Silver Protein Part (1 of 4):** Colloidal Silver-Mild Silver Protein it's uses and history. The Truth About Electrically Produced Liquid Silver & Silver Generators--Learn the Difference Between Ionic Silver and True, Colloidal/Particulate Silver **Watch All 4 Parts:**

<http://www.youtube.com/watch?v=lcE5QmLYP08&feature=Playlist&p=F54925852F0149E9&index=0&playnext=1>

Invive Mild Silver Protein: The Ultimate Immune System Product For Colds, Flu's and Infections:

[www.dr-johnson.com](http://www.dr-johnson.com)

**Video YouTube Presentation-- Population Control, Pandemics, Avian H5N1, Biological Warfare & Colloidal Silver What to Expect and How to Prepare (Watch Parts 1-5):** <http://www.youtube.com/watch?v=cG2uGiXFWm&feature=Playlist&p=6AFC257BA3218314&index=0&playnext=1>

**Video YouTube version of Dr. Johnson's: Avian Bird Flu & Pestilence: The Days Ahead-What to Expect and How to Prepare is at (Watch Parts 1-16):**

<http://www.youtube.com/watch?v=exev8Q3F5bl&feature=Playlist&p=816312C85861B606&index=0&playnext=1>

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**View all of Dr. Johnson's Online Video Presentations in 'Playlist' Succession**  
**Dr. Johnson YouTube Website:** <http://www.youtube.com/av16117777>

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Email or to Subscribe to Dr. Johnson's Free Email Newsletter list (There is a Christian and Health oriented newsletter, so please indicate which one/ones you would like to be added onto) : [drjohnson@ix.netcom.com](mailto:drjohnson@ix.netcom.com)

Dr. Johnson's Sermon Audio Website: [www.sermonaudio.com/drscottjohnson](http://www.sermonaudio.com/drscottjohnson)

Free Gift: [Part 1](#) - [Part 2](#) - [Part 3](#) - [Documentation](#)

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### **Further Proactive Measures**

**North American Herb and Spice-Super Strength Oregonol P73** To Order Go to: [www.p-73.com](http://www.p-73.com) or call 800-243-5242 Clinical Data: [www.p-73.com/pdf/avian2.pdf](http://www.p-73.com/pdf/avian2.pdf)

**Invest in a "personal nebulizer"** as the M.S.P. can be put into this devise and atomized into the lungs and nasal passages. Use **100ppm** Mild Silver Protein strength for nebulizer use.

<http://www.semedicalsupply.com/nebulizers.htm> Phone: 803-233-3691

**intraMAX by Drucker Labs:** 415 Organic Nutrient Complexes All In One Liquid Formulation Supplies the immune system boosting components of vitamin C, vitamin E, selenium and zinc to name a few. In order to purchase IntraMAX you have to be referred by a health care professional. **For More Information Click Here:**

[http://store.druckerlabs.com/intraMAXinfo\\_s/117.htm](http://store.druckerlabs.com/intraMAXinfo_s/117.htm)\*\*In order to purchase IntraMAX you have to be referred by a health care professional. So just use the Professional Referral/Ordering Code: **800** Questions or to order?

Call Customer Service toll free at: 888-881-2344 or go to: <http://store.druckerlabs.com/v/PatientRegistration.aspx>

**Indoor Air Quality "Way Healthier"/"Airwise" Air Purifiers:** Unites four of the most accepted and powerful methods for destroying (not just filtering) contaminants. 1)UV-3 Germicidal Lamps 2) Purifying Hydroxyl Radicals 3) Negative Ions 4)Photo-ionization [www.mercola.com/forms/air\\_purifiers.htm](http://www.mercola.com/forms/air_purifiers.htm)

**Gas Mask Recommendations:** Invest in gas masks for each member of your household. But remember the gas mask is only as good as the seal to your skin, so don't put all you eggs in this basket. SGE 150 Protective Mask at:

1-877-AGM-1010 [www.approvedgasmasks.com/sge150.htm](http://www.approvedgasmasks.com/sge150.htm)

### Survivor Mall-Affordable Children & Adult Terror Survival Kits

Includes Gas Mask, Cartridge, Potassium Iodide, Survival Manual, Haversack.... don't be surprised by the low cost, these are high-quality gas masks, designed to protect from nuclear, biological and chemical (NBC) agents.... also includes cartridge, films, potassium iodide, military biological & chemical warfare survival manual, haversack,...

<http://www.survivormall.com/index.asp?PageAction=VIEWCATS&Category=26>



[FutureQuake Interviews SurvivorMall.com CEO on Emergency Preparedness #1](https://www.ahrimangate.com/FQShow83Hr1.mp3) Go to:  
<https://www.ahrimangate.com/FQShow83Hr1.mp3>



[FutureQuake Interviews SurvivorMall.com CEO on Emergency Preparedness #2](https://www.ahrimangate.com/FQShow83Hr2.mp3) Go to:  
<https://www.ahrimangate.com/FQShow83Hr2.mp3>

Free Emergency Books & Guides From Survivor Mall:

**Very comprehensive & covers virtually all the bases:** <http://www.ahrimangate.com/freePDFpage.htm>

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**Book--Dare To Prepare:** [http://standeyo.com/Our\\_Books/DTP.html](http://standeyo.com/Our_Books/DTP.html)

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**Book--Strategic Relocation: North American Guide to Safe Places** is an in-depth analysis of North America's safest places to live. This book will help you look ahead for potential threats that most other people fail to see or choose to ignore. It contains a complete discussion of the strategies and relocation contingencies that will help you avoid or mitigate each of the major modern threats, from national disasters to economic collapse to nuclear war.

<http://www.joelskousen.com/Strategic/strategic.html>

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**Book--Prudent Places USA:** [http://standeyo.com/Our\\_Books/PPusa/MAPS/Index.1.html](http://standeyo.com/Our_Books/PPusa/MAPS/Index.1.html)

[http://standeyo.com/Our\\_Books/PPusa/MAPS/Index.1.html](http://standeyo.com/Our_Books/PPusa/MAPS/Index.1.html)

To Order: <http://www.standeyo-cart.com/ProductDetails.asp?ProductCode=PPUSA>

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## EMERGENCY PREPAREDNESS 101

### The Top 5 Priorities of Emergency Preparedness - #1 MAKE A PLAN

Sometimes it is hard to know where to start with your emergency supplies. If you aren't careful, you can end up spending a lot of time, energy and money on items and in areas that really won't help you and your family be prepared. Because there is a lot of information to cover in how set your "Emergency Preparedness Priorities", I am going to break this out into a few different categories, over a period of a few days. I will also be posting this instructional series on our blog at [www.thereadystore.com](http://www.thereadystore.com). Here are the main categories I want to discuss:

1. **Make a Plan.** Review, Rotate, Replace. Make adjustments for family size, age and local community needs. Consider evacuation, communication and staying put.
2. **Gather Grab and Go Supplies.** [72 hour kits](#), [MREs](#), [food bars](#), [water pouches](#), [water purification](#), [first-aid](#), storage.
3. **Gather Shelter in Place Supplies.** [Radios](#), [flashlights](#), [first-aid](#), [sanitation & hygiene](#), [warmth & shelter](#), storage.
4. **Clean Water.** [Water storage](#), [barrels](#), [filters](#), storage.
5. **Shelf Stable Food.** Items in pantry, short term and [long term food storage](#) items.

#### Priority #1: Make a plan

Sometimes when people begin to think of their emergency supplies it is when something has caused them to be afraid or very concerned. Many times individuals, families and even communities don't put a lot of thought into emergency planning until it after a disaster has struck. That is, of course, the worst time to think about it. At that point, you are at somebody else's mercy.

Your first priority in getting prepared and gathering emergency supplies is to make a plan. This is a critical step because it helps you organize in your mind what you want to accomplish and how you are going to get there. Having a plan will minimize your mistakes and will help you include the right items for the right prices. Here are some ideas in formulating your emergency preparedness plan:

1. **Gather information** – go to trusted sources for information on what to include in your plan and how to do it. There



are many websites and books available. Here are some national websites to consider: [www.Ready.gov](http://www.Ready.gov), [www.FEMA.gov](http://www.FEMA.gov), [www.redcross.org](http://www.redcross.org). Also, go to your city, county and state emergency planning websites. That information will be extremely helpful.

**2. Write it down** – It is very important to write down your emergency plan and keep it in a place that allows you to review it regularly.

**3. Make a list of all your items (include expiration dates if possible)** – Your emergency plan should include a list of all the items that you have stored. If possible include where they are stored and their expiration dates (if applicable). This will help you follow the principle of Review, Rotate, Replace.

**4. Family communication plan** – Make sure you include emergency contact information, an out of state contact as well as local contacts and meeting locations in case of disaster. Also, include evacuation routes out of the house and your community.

**5. Important Documents** – Make copies of important documents, like insurance policies, birth certificates, social security cards and wills. Keep those documents with your plan in a water tight container.

**6. Product Instructions and Emergency Instructions** – As you do your information gathering in step one, print out copies of important emergency instructions. You may want to keep a survival book on hand to give valuable information. Also, remember to include a product instructions that might be helpful as well.

**7. Consider Grab and Go vs. Shelter in Place** – Make a plan to evacuate (grab and go) as well as to shelter in place. Include how you will do it, where you will go, what you will include in these supplies and where they will be stored.

**8. Make a plan for water** – Make sure you know where to get clean water, how to clean water and where it will be stored.