

# 20/20 A Year of Preparation

## Monthly Tip #1

If you have more than one electronic device in your 72 Hour Kit that requires batteries, try to have devices that take the same size battery!

## **APRIL TO DO**

Since many of us are stuck at home during the COVID-19 outbreak, try to find some productive things to do. Here are some suggestions:

- Learn how to bake bread or even better - cinnamon buns!
- Try new recipes.
- Play board games,
- Play games on Zoom with grandma (yahtzee).
- Family history work / indexing.
- Cross stitch.
- Plan your garden, even if it's a small indoor/porch garden.
- Work on projects you didn't have time for before.
- Learn a new skill. You could even enroll in an online course.
- Practice an instrument.
- Wax the floor.
- Read.
- Do Yoga or work out.

## Home 72 Hour Kits / Home Storage.

Elder D. Todd Christoferson taught:

“It is God’s will that we be free men and women enabled to rise to our full potential both temporally and spiritually, that we be free from the humiliating limitations of poverty and the bondage of sin, that we enjoy self-respect and independence, that we be prepared in all things to join Him in His celestial kingdom” (“Free Forever, to Act for Themselves,” *Ensign* or *Liahona*, Nov. 2014, 19).

### HOME 72 HOUR KITS

#### Light & Fuel

The next items to put into your Home 72 Hour Kits

are some type(s) of light and fuel for that light.

Some examples could be:

- Battery-powered or crank flashlights/lamps.
- Candles with candleholder.
- Lighter(s), waterproof/strike anywhere matches, flint & steel
- Extra batteries, if applicable.

An easy candleholder is an empty tin can (soup can or tuna fish can). The size of candle will be important as choosing a thicker candle will make it easier to have it stay upright in the tin can.

Having a **LED light source** is safer than incandescent, halogen, or CFL bulbs. LED light bulbs are one of the latest and most efficient lighting technologies. High powered lighting LEDs generate light at a much lower running temperatures than the hot filament used in previous generation bulbs. They will also last longer/not need to have the battery changed as often.

### HOME STORAGE

#### Flour & Sugar

Purchase a little extra flour and sugar this month.

## Cool Items - “Let there Be Light”

Here are some cool items for emergency lights.

Look at getting a **hand-crank/solar powered light**.

<https://www.amazon.ca/Outdoor-Camping-Hand-cranked-Rechargeable-Portable/dp/B07NZ4LWM5/>

[ref=sr 1 39? key- words=camping+light+source&qid=1586545310&sr=8-39](https://www.amazon.ca/SODIAL-Emergency-Flashlight-key-words=camping+light+source&qid=1586545310&sr=8-39)

Here is a **small** hand-held crank/solar powered light: <https://www.amazon.ca/SODIAL-Emergency-Flashlight->

[Rechargeable-Charging/dp/B07CPNF3HG/?ref=sr 1 17?dchild=1&keywords=Rechargeable+Hand+Crank+and+solar+LED+Camping+Flash-light&qid=1586545711&sr=8-17](https://www.amazon.ca/Rechargeable-Charging/dp/B07CPNF3HG/?ref=sr 1 17?dchild=1&keywords=Rechargeable+Hand+Crank+and+solar+LED+Camping+Flash-light&qid=1586545711&sr=8-17)

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## A Year of Preparation

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### Monthly Tip #2

Reach out to your extended family and Ward family. A quick note, message, phone call, or video call.

Let each other know we're still around and care for one another.

This is a time to REACH OUT even while we have to physically STAY IN.

### APRIL TO DO (continued)

- Spring cleaning.
- Write in journals.
- Look at and organize photos.
- Make a photo album - you can even do it online and have it printed out for you as a book.
- Write letters to relatives.
- Phone grandparents/parents and ask about their life experiences.
- Pick up a really complicated coloring book and color (they make coloring books for grown-ups!!!)
- Paint a Color-By-The-Numbers picture and pretend you're really talented!

## Cool Items - "Let there Be Light" (continued)

Here is an example of a **very small crank light** that can be attached anywhere.

[https://www.amazon.ca/Coghlands-1202-Dynamo-Hand-Powered-Flashlight/dp/B00661ELMU/ref=sr\\_1\\_12?dchild=1&keywords=small+crank+light&qid=1586617185&s=sports&sr=1-12](https://www.amazon.ca/Coghlands-1202-Dynamo-Hand-Powered-Flashlight/dp/B00661ELMU/ref=sr_1_12?dchild=1&keywords=small+crank+light&qid=1586617185&s=sports&sr=1-12)

A **headlamp** light works really well when you need light AND both of your hands free.

<https://www.amazon.ca/Litom-Headlamp-Waterproof-Flashlight-Lighting/dp/B01ABD1ZC2/ref>

<https://www.amazon.ca/s?crd=3AVU3DPZR4CGK&dchild=1&keywords=headlamps&qid=1586617573&s=sports&sr=1-5?fix=headl%2Csporting%2C272&sr=1-5>

You can also look at getting some emergency **glow sticks**. A reliable source in the Ward says that **GREEN** is the best color glowstick to have.

[https://www.amazon.ca/Premium-Glow-Sticks-Bag-Green/dp/B081TL9F9G/ref=sr\\_1\\_5?keywords=green+glow+sticks&qid=1586626105&sr=8-5](https://www.amazon.ca/Premium-Glow-Sticks-Bag-Green/dp/B081TL9F9G/ref=sr_1_5?keywords=green+glow+sticks&qid=1586626105&sr=8-5)

**RED** glowsticks are very good for preserving your night vision when

looking away from the light.

**Note:** We have attached links to Amazon products simply for the convenience of showing you what these items look like. These same types of items can usually be found at a local Canadian Tire, Walmart, or Cabelas store.

**Next month we'll have a link to a very cool device - combine your flashlight AND a radio and have it be crank-powered OR solar-powered.**

**We'll also look at item to help start FIRES!**

## Make Your Own Face Mask

If you have the time, materials, and skills you may want to sew your own Face Mask.

Here are the links to the Great Falls Clinic approved face masks as well as a YouTube link for a video on how to sew it. Please note - these

masks may be slightly more difficult than other patterns floating around but this one is approved by a medical facility.

<http://www.gfclinic.com/wp-content/uploads/Approved-Pattern-Info-for-Great-Falls-Clinic-Homemade-Masks.pdf>

Here is the video link:

<https://www.youtube.com/watch?v=BCJcEr7kcg&fbclid=IwAR3KDPn41MYTH1MoQWTMRKETyTqIn8kq2RWPfCQL0h9-V3HNrTIQxqSrGnw>

# Test Your Baking Skills

## WHITE BREAD RECIPE

### **INGREDIENTS:**

10-12 cups of flour

6 Tbsp. sugar

4 tsp. salt

1/4 cup margarine.

1 1/2 Tbsp. yeast.

3 3/4 cups warm water.

### **DIRECTIONS:**

Mix 6-7 cups flour and all other ingredients.

Knead dough for 10 minutes.

Let rise for 1 hour.

Add rest of flour—not too much at a time as you may not need it all.

You want to have a nice soft dough.

### **BAKING:**

Bake at 350 degrees for about 45 minutes, or until desired color/browning.

If you're not paying attention to the timer, then you'll get to test out the Smoke Detector—so your effort isn't wasted!

## CINNAMON BUNS RECIPE

SAME **INGREDIENTS** AS WHITE BREAD RECIPE.

### **TOPPING:**

1 cup cream

2 cups brown sugar.

SAME **DIRECTIONS** AS WHITE BREAD RECIPE. BUT NOW ADD IN THE FOLLOWING:

Roll out some dough, rub margarine on it, sprinkle brown sugar and cinnamon on it.

Roll it up.

Cut into 1/2 slices.

Put topping on bottom of pan, place roll slices in the pan topping.

Let rise until they are double their size.

### **BAKING:**

Bake at 350 degrees for about 25 minutes, or until desired color/browning.

Take out of oven and turn pan upside down on large plate. Be careful because the sauce is very hot.

If you have enough willpower, let them cool a bit before you eat them, or not.

**If at first you don't succeed - that's okay. Just try again!**