



Dear Judeo-Christian Leader,

January 21, 2013

**Welcome to the Third Monday Evening Tele-Training**, hosted by Public Awareness Ministries / [PreserveLiberty.com](http://PreserveLiberty.com). The outline for tonight's teaching, **Emergency Preparedness**, presented by Mark Matta, Executive Director of Public Awareness Ministries, begins here on page 2.

*While conservative commentators do an excellent job "sounding the alarm," telling us what's wrong in America and how it affects us, they do not **provide a specific local plan** to reclaim our nation.*

*This is the ongoing work of [PreserveLiberty.com](http://PreserveLiberty.com).*

**Liberty is not a spectator sport. Restoring America's Biblical and Constitutional foundation** will require ongoing **prayer** and focused **work** of individual Judeo-Christian citizens like you and me.

*A revolutionary idea: If those who have a Biblical worldview<sup>1</sup> will GIVE one hour a month in consistent united local **prayer and** one morning a month to **work** to advance Biblical values and God-honoring leaders, then we can make progress toward getting America back. Prayer focus – local focus – marathon ministry mentality.*

**Share the vision** of thousands of **local groups** across America, each of which has several churches or organizations tied-in, that consistently **pray** for our leaders (I Tim. 2), **remember** the wonderful works of God (Ps. 111:4), **work** together to select God-fearing leaders (Exod. 18:21), and **engage** others.

*Thank you for your time, prayers, work, support, and recruiting others in this vital effort to preserve America's Biblical and Constitutional foundation and the liberty it gives us to freely evangelize!*

Your servant in Christ,

*"Liberty is a 4-letter word: Pray – Work – Give – Vote"*

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"God grants liberty **only** to those who love and are willing to defend it." -- *Daniel Webster*

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<sup>1</sup> [Barna.org](http://Barna.org) estimates that approximately 9-10% of all "Christians" have a Biblical worldview.

## **Emergency Preparation Notes – Mark Matta [www.PreserveLiberty.com](http://www.PreserveLiberty.com)**

**Having lived through the 1994 earthquake in Los Angeles** (and the prior Sylmar “killer quake” there in 1971), **I know what it’s like to be without electricity, natural gas, drinkable water, and emergency services for about a week.** This can be devastating if one is not prepared, or, if we’re prepared, pretty easy to survive. **Prayer and preparation are key.**

**Scriptural Support** (we’re not to be fearful, just prepared):

- ✓ For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Tim. 1:7)
- ✓ A prudent man foresees evil and hides himself, but the simple pass on and are punished. (Prov. 22:3)

**Key ideas:**

1. We’re totally **DEPENDENT** upon God
2. We are voluntarily **INTER-DEPENDENT** upon other Christians
3. We strive to be **INDEPENDENT** of the government, the “grid,” etc., as much as possible.

**Overall philosophy / wisdom:** when we’re prepared for any large-scale emergency, then we enjoy these benefits:

1. Our family is protected
2. We can also minister to others (because we’re no “scrambling” to take care of ourselves, that was “thought out” in advance)
3. We take burden off of the infrastructure (police, firefighters, emergency medical people) because we can do many things for ourselves
4. Peace of mind to a certain extent.

### **BASIC CATEGORIES TO CONSIDER**

#### **Water**

Being without water for even two days, especially during summer, can be life-threatening. It’s a great idea to have a good water purification system on hand.

[www.BerkeyFilters.com](http://www.BerkeyFilters.com) sells portable water purification systems that make any water drinkable (removing biologicals, heavy metals, and more), and there’s a big difference between water purifiers and water filters.

[www.TanksForLess.com](http://www.TanksForLess.com) has some great deals on high-quality, larger tanks to safely store drinking water.

#### **Food (Short-Term / Emergency)**

In the olden days, people didn’t have the luxury of a Taco Bell or grocery store on every corner, so they actually had to “think ahead” and stock up. This “pantry” of goods found in most homes served as an excellent “emergency back-up” resource during times of emergency. Today, the world is increasingly unstable, so we must abandon the short-term lazy thinking where we assume that the grocery store will always be open with plenty of food on the shelves. Some estimate that there’s only about 2-to-3 days worth of food on the shelves there, and it would sell very fast in an emergency.

It’s wise to analyze your family’s consuming patterns and dietary needs and simply “stock up” on some items that you normally use anyway. Focus on stocking up on canned and other goods that have long shelf lives. Even Costco is getting into the “Emergency Prep” business, offering bulk containers of nutritional staples like powdered milk that have long shelf lives.

Do your self-analysis, and begin, little by little, to secure extra quantities for your family that you can store in a closet, pantry, or larder. Carefully write the “expiry” dates printed on the packages in **LARGE PRINT** so you can quickly see what you need to “use up” before it goes bad. Remember that the “recommended sell-by” dates are just estimates, and that most food products last much longer **IF** they are stored in a cool (e.g., non-garage) environment. Just consume the oldest “stock” first and replenish with new as you go. This simply discipline is no big deal once you get used to it, and it can be a life-saver during an emergency.

[www.DailyBread.com](http://www.DailyBread.com) sells freeze dried food – 25 year shelf life – they offer larger bulk-type food containers and smaller pre-packaged single-serving meals. Really good taste and long shelf life. I always seek details ingredients list and try to avoid hydrogenated oil (this is not a knock-out factor when it comes to emergency planning). **Secondarily**, this excellent food can be used for camping / backpacking.

Don't forget to set aside some **food for your pets**, if you have pets.

### **Longer-Term Food Supply**

[www.MyPatriotSupply.com](http://www.MyPatriotSupply.com) – sells heirloom seed banks that have seeds that produce food and produce seed from which additional food can be grown. We're doing more backyard gardening, and have discovered a great resource in the book entitled **Square Food Gardening** by Mel Bartholomew (available at [www.Amazon.com](http://www.Amazon.com)) about how to garden productively and efficiently, even with limited space at your home.

### **First Aid**

Having the resources to quickly handle minor injuries is just plain common sense. Good first aid kits can be obtained from many resources (including [www.Amazon.com](http://www.Amazon.com), and I like the fact that you can read “non-sales-pitch” reviews of products by real consumers at Amazon.com before you buy.

### **Heat Back-Up**

During the winter, especially in cold climates, this consideration is vital. One of the best long-term solutions is a wood-burning fireplace / stove. These can be expensive to have installed, but there are various rebates and discounts that many companies offer, especially in an effort to boost their sales during the summer months.

[www.CustomFireside.com](http://www.CustomFireside.com) is one place to consider if you live in the Sacramento / Elk Grove area.

### **Self Defense**

If the police are unavailable to respond to emergency calls, what can be done to protect your family? The book, **More Guns Less Crime** (James Lott, available at [www.Amazon.com](http://www.Amazon.com)) documents the fact that the mere presence of firearms in the hands of law-abiding citizens prevents an estimated 2.5 million violent crimes every year (i.e., murder, rape, robbery, assault, etc.) and protects a lot of property too. It's good to have an umbrella even if doesn't like it will rain (and to know how to use it).

[www.ActionGunsAndAmmo.com](http://www.ActionGunsAndAmmo.com) (a good, small local gun and ammo store) sell long guns, handguns, and bulk ammo. Nice guys – small local store – good prices.

### **Currency**

It's a good idea to have some cash on hand in case the electronic credit card system goes down. Some recommend working toward a goal of having sufficient cash on hand to cover a month's worth of expenses.

### **Hard Assets (Silver / Gold)**

In an uncertain world, the things that God has made (e.g., corn, wheat, land, pork bellies, oil, gold, silver, etc.) will always have value and never go to zero. Cash, securities, and credit can become worthless or unavailable overnight. While it's difficult for most of us to “store up” corn, wheat, land, or oil, it's not difficult to secure precious metals which will likely maintain their value (or increase during uncertain times), and which will always have value to purchase needed items should, God forbid, the economy and currency collapse at some point.

A good place to secure gold and silver coins is via [www.Apmex.com](http://www.Apmex.com) (the American Precious Metals Exchange). You can buy coins online or via a telephone counselor. I strongly recommend owning silver Eagles (newly US-minted 100% sterling silver coins) which have no “numismatic” or collector value, but just have intrinsic value. They are trading at about \$32 per one ounce coin (as of 1-19-13). This is the one coin I recommend strongly because, though it's value fluctuates with market factors, it is well-known and highly valued everywhere, and the amount per coin makes it easy to use for “normal” transactions

(e.g., buying gas or food). The gold Eagles are trading at about \$1,685 per one-ounce coin (as of 1-19-13), and it is rare that one would be able to “break” the coin of get proper change if you had to use it to buy something like gasoline or groceries.

### **Power Back-Up**

It is a good idea to think about how to run the refrigerator, computers, TV, radios, and charge cell phones in the event of an emergency. Some people suggest having long-term back-up power, but it’s probably a big step forward to have sufficient power to run your “essential” electronics and appliances for a week or so. For sure, you need to have some flashlights, small LED lanterns, candles, and back-up batteries (Costco has good bulk-packs of batteries).

[www.GeneratorSales.com](http://www.GeneratorSales.com) – Central Maine Diesel sells triple-fuel generators converted to run on gasoline (gas has very short “shelf life”), and natural gas, and propane (very stable over long periods). This is for more long-term thinking about power-loss.

### **Additional Resources**

[www.SurvivorMall.com](http://www.SurvivorMall.com) has interesting books and equipment for survival. They try to pander to fear, so beware of this. They have some interesting stuff like disposable face masks that can be used to help protect during a flu outbreak, etc.

***The Prepper's Pocket Guide: 101 Easy Things You Can Do to Ready Your Home for a Disaster*** (by Bernie Carr) is not the best or most comprehensive guide to preparation for emergencies and disasters, but it:

1. Has short, easily readable chapters with good ideas (including ideas for those with limited space: apartments dwellers, townhome owners, etc.)
2. Covers a breadth of preparedness areas
3. Gives ideas that are do-able and affordable

***Square Foot Gardening*** (by Mel Bartholomew) focuses on growing your own food even in very limited space, with great how-to specifics.

These books are available at [www.Amazon.com](http://www.Amazon.com).

## **Bio for Mark Matta**

Mark graduated from the University of Southern California in 1985 with an MBA in Finance, and has served in various financial roles from commercial banking to CFO. He also served as a California Senate District Representative for four years (during which time God gave him the special opportunity to meet President Reagan and fly an F-16 at Edwards Air Force Base). Mark has been involved in public policy for 20 years. Mark currently serves as a full-time development director for an international media ministry.

Mark gave his life to Jesus Christ at the age of 12. His wife Lisa is an eighth-generation niece of George Washington. Their four children are ninth-generation descendents of George Washington's brother John Augustine Washington. As a family they enjoy learning and teaching about America's Biblical and Constitutional foundation.

**In 2001**, Mark established the [PreserveLiberty.com](http://PreserveLiberty.com) website to provide free resources to equip people of faith to understand and protect America's Biblical foundation, the source of our liberty. He also co-founded **Public Awareness Ministries**, a non-profit 501c3 educational organization that equips people of faith to **pray** together locally for our leaders and nation (I Tim. 2, II Chr. 7:14), **remember** the wonderful works of God (Ps. 111:4), and **work** together locally to advance Biblical values and God-honoring leaders (Lk. 19:13, Ex. 18:21). Mark is serving as a volunteer executive director of Public Awareness Ministries to help build a standing army, city-by-city, that prays and works together to protect life, marriage, America's Biblical foundation, and the liberty it gives.

*By consistently reclaiming our cities for Christ, beginning with prayer, we can get our states and nation back.*

