

Read ... Read ... Read

Hello, welcome to *Sunday Snacks with Sam and Ellie*. Evidently, we're having a little bit of an off moment on that one this morning, but we are here to talk to you about something that could irk you.

So just as a warning out of the gate, bear with us, bear with us. There's a reason to our insanity on this one.

Ellie: Short but important message.

Sam: Yes. This is not necessarily a PSA though, right? Not a public service announcement because we were just talking about, you know, alphabet soup - What did you call it?

Ellie: Short talk, short-talk, emojis, all the things texts.

Sam: You know, some things that are so outdated in arcane, but yet still used today, regularly across many platforms. And what I've learned in the last, I don't know, month specifically with all the events that I've been working on as a volunteer for various organizations that I'm involved with is that ...

people aren't reading!

If you are interested in being prepared at all, for anything in life, you need to read.

Yes. Yeah. And I mean, I get we're kind of biased. We're avid readers

Ellie: ... because we're readers. Yes. Cause we Google and look up things and

Sam: ... research is a hobby it seems like for the two of us. But what I've noticed and specifically with working with my daughter and her scout troop and various things is that people aren't reading and myself included, I caught myself in this and I went, "oh crap. I literally just committed the egregious thing that I've been bleeding at everyone else for not doing."

And that was because I didn't know enough. I didn't know what I didn't know. So, then I needed to go ask a question to then do more research.

And why we're seemingly rambling on about this is the fact that if you're in the preparedness community or you want to be prepared for any natural disaster, even just simple snow storm or if you have to rush your kid to the hospital for a random emergency. Now preparedness comes in all forms, but preparedness really comes from being educated and reading.

That doesn't mean you need a degree. It doesn't mean you need a certificate. It just means you need to be actively engaged in learning.

Yeah. I mean, when you and I first started talking about this, you talked to me about the books FOXFIRE and I had never heard of them.

Yes. But we still love you for it anyway. But I had never heard of them. And you were like, here have the set of them.

I was very excited and I've read them - not cover to cover, but I've read them in the segments that I need at that point in time, Which is really why they're so great.

Ellie: Yeah. Should I explain what they are?

Sam: Please.

Ellie: They're a series. A fellow who was teaching in the Appalachians and in the hills in Kentucky. He discovered that his students weren't really well-educated at all, and they weren't good readers. They lived in an area that they're like, why do we have to read Dick and Jane and whatever?

Nothing that he was teaching seemed to be relevant. So, what he started doing was he realized that the people that lived in the hills had a humungous variety of skills and talent. So, he had his students interview various people and have them explain whatever their skill or trade was and teach the student and in doing so, they were learning English and writing and interacting with people and things like that. And the FOXFIRE series actually back in the hippie days became one of the series of books that people used as kind of a resource, because you can learn how to make a still, you can learn how to kill a chicken.

Sam: I'm not going to do it,

Ellie: But, if it's building things, making musical instruments, it's all of these wonderfully amazing talents of people who really lived in a different era even then, you know? But those skills are still very relevant today. They were into herbs and home medicines and all that stuff that we're relearning.

So, if you're not willing to take the extra step, we can give you resources. We can give you bullet points. But at some point, your family's preparedness is determined by your level of engagement and participation.

And that requires reading more than bullet points or us giving you a list of what you need without you doing a little research and finding out what works for *your* family.

Sam: I mean, you've got to find what you're interested in. And that's how I even got started on this journey. I wanted to make the world a better place for my kids and leave it better than I found it.

So, I started exploring naturalism, herbalism, permaculture, square foot gardening. And that has just evolved into a massive collection of resources that I pull from actually pretty regularly.

I'm currently fighting lantern flies and none of the books have lantern flies in them. So, I'm compiling my own notes of what's working and what's not working.

Ellie: Squish them!

Sam: Yes. All of this squishing. And if you can't do that, get a vacuum cleaner specifically, one of your shop vacs, take it outside, get a little dirt in it and then suck those little buggers up because they are nasty.

But the whole point of what our conversation is, is that preparedness isn't just about physically having tangible things on hand. That's what a lot of people forget. *There are skills that you need to learn independently.* And those skills come from practicing with somebody that knows that skill, but also taking the time to read and research and learn more about it and how it's going to impact you and impact your life.

Because at the end of the day, like Ellie said, we can give you all the resources you want, but if you're not going to consume them (read and practice), they're useless. Literally the only thing that they can be used for is to swat a fly back and forth.

Ellie: We've done that where one of us will bring up something and the other one says, "well, how about checking this out?"

Or I looked at this or I read this book. It's that effort of learning, which is why we also talk a lot about practicing, practicing what you're learning. *Don't wait until the emergency.*

Have your family take part, make it a game, but be involved. Have everybody learn why you're doing these things. Because when you do that, the fear lessens in an emergency situation, but you have to be actively involved in what works for you and your family. You have to be willing to go beyond our little videos and little points and little blurbs here and there.

We try to give resources, but you have to go and look them up - like anything in life, don't just depend on somebody giving you a great 'quickie list' and life is all better because that isn't really the way it works.

Sam: Yeah. So with **Beyond TP and Milk**, we're not discrediting ourselves. What we're doing is actively telling you that you have the power within you to be able to be successful and be prepared.

We believe in you, it shows that the actions that you need to take are to make sure you're actively engaging in reading, consuming materials, and then practicing. Also engage your family in the same exact process because once you start to do that, your husband, your wife, your partner, whatever you want to call them, your children, your dog, even whatever pets and stuff, will be better off - you'll be better off. And like Ellie said, everyone will feel better.

Ellie: Children will actually feel better feeling like they're being included in grownup stuff.

Oh, very much. I mean, they, they really take that to heart. If they're given tasks and they research it and they know why they're doing it, they can be very much a part of it. They're learning other skills besides just preparedness for an emergency. It's a wonderful way to learn.

I do believe in society today, we need to read more.

Sam: So let us know what preparedness resources that you either have on hand or that you would like to see more of, because we will definitely compile those lists for you and share them with you the things that we have.

For right now, good luck, happy reading. We look forward to talking to you again soon

Ellie: And read - read, read, read!

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*Between us, we have over 100 years of experience, and Sam's only 40!
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