

PERENNIAL Life™

Monthly Digest

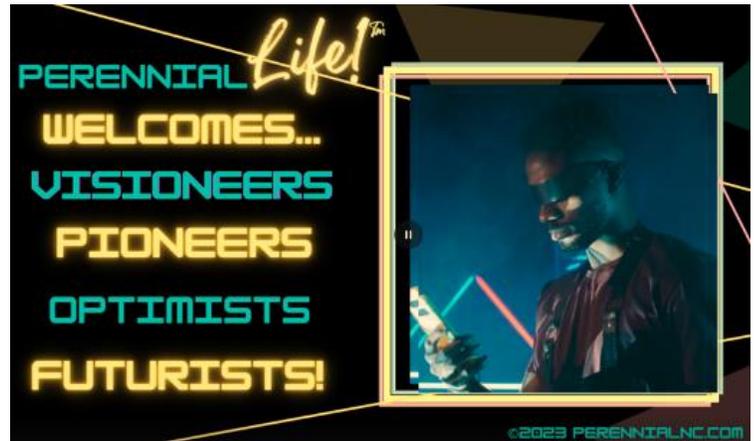
March 2023

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From the Editor...

Imagery Matters. It's often said, "we are what we eat". As sighted creatures we also consume imagery *24 hours a day*. In fact, *more than we consume food!* So, it can also be said that *we are what we see*. We "eat" what we see, our minds consume it, digest it, and we act on it. Of course, our other senses also have impact, often as protective backup.



In American society, "imagery and *visual narrative*" are always in effect. It is a targeted, subliminal enterprise, to empower individuals, families, cultures to acquire financial and strategic preparedness and generational resilience, or to disseminate a "visual diet" that devalues or dismisses preparedness, elevates "living for the moment" imagery, and stimulates us to overconsume to a state of debt and constant lack! Imagery matters!

Although recognition of our 1st January-February Legacy Awareness and Preparedness Season has ended, some legacies and imagery should remain timeless and ever present in their message.



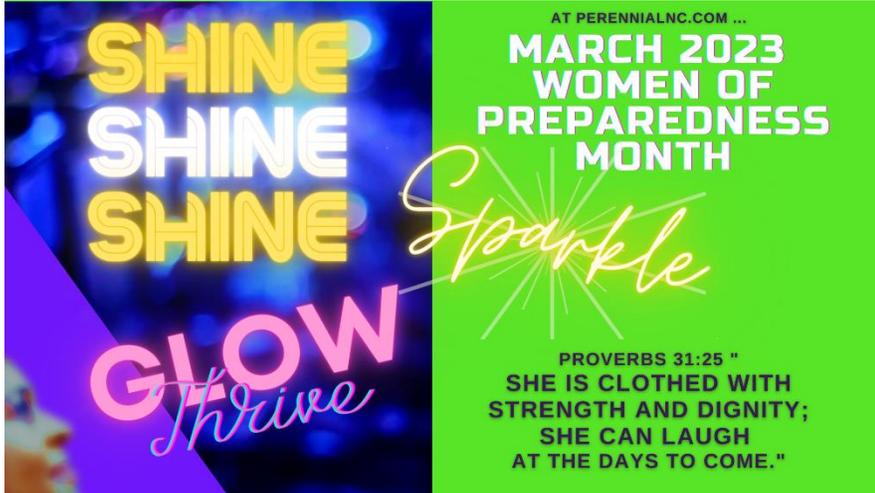
It was Malcolm X who said, "**Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.**" Dr. King, Jr. and Malcolm X were unified in agreement of the **transformative power** of education, self-preparedness, and an equitable opportunity economy. In spite of the realities and dangers of their times, they were both futurists, envisioning the best that America can be. It's a legacy worth honoring and pursuing 12 months a year!

The undertaking of a new frontier of preparedness activism across America will require an exciting & innovative imagery industry to accompany it. It is an adventure worth pursuing!

Let's boldly go where no preppers have gone before! Be the change you want to see. Be a futurist! – Pam Kelly, Editor

PerennialLIFE™ Calendar

Our Inaugural 2024 PerennialLIFE™ Calendar! is underway and will be published in October 2023, in limited print edition and downloadable PDF. If you are an artist, videographer, photographer consider becoming a subscriber and submit your content. Besides the calendar, PerennialNC will have a need for various imageries in our apps and publications



March is Women of Preparedness Month at PerennialNC! We celebrate the unique strengths of icons, past & present who emulate Christian faith, preparedness, resilience, and grace, amidst an at-risk world. They were & are preparedness-driven, against the odds, to make life better for others.

It takes faith, fearlessness, and self-preparedness, to take a stand as a

woman, in the past, to the present day! There are so many women that represent these attributes, who'll don't "make the news" or get an award. **We honor them all!**

We will feature quotes on our [Twitter account](#) and special Blog features at [PerennialNC.com](#) website, and Women relevant preparedness topics at our March Pop-Ups!

Other upcoming Perennial Calendar Dates:

April - PerennialNC Financial Preparedness Month • May - PerennialNC Senior Preparedness



FEMA March Calendar Dates

[“It’s Not Luck” Campaign](#) The “It’s Not Luck” campaign contains safety and preparedness messages you can share on your social media channels. You can either copy these messages directly or customize them to reach your audience.

To be used throughout March, in association with St. Patrick’s Day, the campaign asserts that no one should rely on luck when it comes to being prepared for disasters and emergencies. Don’t leave disaster prep to chance.

[Spring and Flood Safety](#)
[National Tsunami Awareness Week](#)



Every Article in PerennialLIFE™ Digest will always be “Certified ChatGPT FREE!”



ChatGPT is a software that uses artificial intelligence to compose literary works.

On occasion, we may provide links to online articles that we consider informative. The authors may have opted to use ChatGPT to “write” their articles. [Learn more about pros & cons of ChatGPT tool](#)

Quotables...



Preparedness, when properly pursued, is a way of life, not a sudden, spectacular program. – [Spencer W. Kimball](#)

PERENNIAL LIFE™ POP-UP!

A Limited Edition 2023 Series,
Host: Pam Kelly

Best practices tips, tools, & solutions to FORTIFY your financial & strategic preparedness in all seasons!

ADMIT ONE FREE

HOST: P.K., FOUNDER, PERENNIALNC.COM
Life-Cycle Preparedness Mentor

Faith ★ Health ★ Safety ★ Money ★ Opportunity

Pre-Register for Pop-Up at PerennialNC.com/PopUpRegister

Update! I’ve made the PerennialLIFE Preparedness Pop-Ups so much easier to attend. No more Eventbrite.

Simply go to my [pre-registration page](#) and sign up to receive Reminder & Zoom link no later than 1 day before the event!

What’s the benefit of pre-registering? So that you’ll be entered in the Preparedness Product Prize Drawing. You must be present and pre-registered to win!

For subscribers, [login](#), click on the Event and you’ll see the Zoom link info!

[INDEX](#)

The two winners of February's Preparedness Pop-Up prize received the following...



*A great tool for
your Auto Safety
Preparedness
Toolbox!*

AOFAR Military Compass and Fire Starter AF-4580/381 Lensatic Sighting, Survival Kit, Waterproof and Shakeproof Measure Distance Calculator and Pouch for Camping, Hiking, Hunting, Backpacking



PerennialLIFE Eclipse 2024 Niagara Heritage Tour, 4/5-4/8/2024!

A Subscriber Exclusive!

Update 3/1/2023

We now have Solar Eclipse Glasses for our Subscriber Attendees

The PerennialINC Eclipse 2024 Niagara Heritage Tour is of grand significance for its unique appeal to science

lovers, history enthusiasts, and fine art lovers.



31 Million People will be in the path of totality for the April 8th, 2024 Eclipse which will include Buffalo, NY & the world renown Niagara Falls. While there will be other eclipses taking place in the United States in the years to come, this singular 2024 event will be the only one to pass through Niagara Falls in the lifetime of those living today.



The Niagara Falls Underground Railroad Heritage Center... "overlooks the former location of the International Suspension bridge, a point of crossing for many freedom seekers including Harriet Tubman." It is a location of enduring cultural and historical importance.

We are pleased to have confirmed the appearance of award-winning illustrator and fine artist [E.B. Lewis](#), as our special guest at the Tour's Saturday evening Banquet. Learn the process of preparation employed by Mr. Lewis to transform more than 100 watercolor paintings that were turned into animated films that play as visitors interact with the museum.



Tentative Itinerary

Friday, 4/5/2024 - Arrive in Buffalo/
Niagara Falls by Friday,

Noon, check in to your
accommodations. Check out April 9th

Evening. Reception: Friday, April 5th
Location to be confirmed

Saturday, 4/6/2024 - Late arrivals.
Tours of Niagara Falls and other
points of interest / Venture on Own

Evening – Dinner, Special Guests, E.B. Lewis, award winning fine artist and commissioned artist for the
Niagara Heritage Museum

Sunday, 4/7/2024 - Tours of Niagara Falls and other points of interest / Venture on Own
Tour of Niagara Falls/Buffalo & other points of interest

Monday, 4/8/2024 – **Group Rendezvous for Eclipse viewing**. “One of the most appealing spots to
enjoy the solar eclipse has to be Niagara Falls. You’ll get one of the best perspectives from the Terrapin
Point overlook, where the sun will hang in the sky right over the powerful cascades, with totality
at **15:18** Eastern Daylight Time.” – [Trips to Discover](#)

Evening, Farewell Reception

Tuesday, 4/9/2024 – Departures

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### More on the cultural significance of Buffalo/Niagara Falls, New York

Niagara Falls, Ontario was the location of the  
formation of the Niagara Movement, a civil  
rights group organized by W.E.B. Du Bois and  
William Monroe Trotter in 1905. After being  
denied admittance to hotels in Buffalo, New York,  
the group of twenty-nine business owners,  
teachers, and clergy who comprised the initial  
meeting gathered at Niagara Falls, Ontario  
(Canada) from which the group’s name derives.

Perennial Preparedness NC has been founded to  
promote equitable opportunity through  
development of the 5-10-10-75™ preparedness

driven economy. Civil rights, and access to opportunity to live financially, strategically and spiritually  
preparedness-strong, are really two sides of the same coin!

COMING  
SOON!

**THE PERFECT CROSSROADS EVENT FOR  
SCIENCE, AFRICAN AMERICAN HISTORY,  
& FINE ART ENTHUSIASTS!**

SUBSCRIBE  
TO PERENNIAL Life! FOR  
DETAILS →



[Niagara Movement 1905-1909](#)

[INDEX](#)

The fact that our Tour will take place on U.S. soil, *at accommodations in the Buffalo area*, attests to how far we have come, by faith, as Americans.



We are now taking EXPRESSIONS OF INTEREST to attend the Eclipse 2024 Niagara Heritage Tour. [Click Here or Niagara Image to complete our Google Form. You will receive further details!](#)



If you are unable to attend the Eclipse 2024 Niagara Heritage Tour, you can still experience this exciting adventure with us virtually and in print.

We are currently documenting all of the planning and momentous events between now and April 8<sup>th</sup>, 2024, as part of a beautiful Niagara 2.0 Handbook and Video.

If you are a preparedness product or service business owner, the Eclipse 2024 Niagara Heritage Tour is a perfect Sponsor opportunity for all of the right reasons!

- Promote your goods and services.
- Your sponsorship supports Youth STEM Learning Programs that PerennialNC sponsors.
- Your business name will be included in the Niagara 2.0 Handbook and in Video Credits

You need not be a subscriber to be a Sponsor of this historic event. Please [contact](#) PerennialNC for details.



### Travel Preparedness 101



Be well prepared for travel anywhere, by 2024

- Obtain your REAL ID. [Deadline 5/7/2025](#)
- Get your [Passport](#)
- Update your will & living will.
- Maintain birth certificate and vaccination records on your phone for quick access
- Password protect access to your phone

## Strategic Preparedness



**Apartment Living and Hi-Rise Safety Preparedness**  
39 Million People, almost 1 in 8, call apartments home and the demand is increasing. In 2017 it was estimated that [United States Needs 4.6 Million New Apartments By 2030 or It Will Face A Serious Shortage](#)

A recent fire safety incident in my building prompted me to become more pro-active in my safety preparedness plan, as a hi-rise dweller.

**Be pro-active in observing structural and safety conditions in your apartment building. The following tips can fortify your safety...**

1. If you ever see cracks in the wall, report them immediately, and follow up for accountability.
2. If you ever see water spots in the ceiling, report them immediately, and follow up for accountability.
3. There should be a fire alarm in each room. Test it. [Click here for video by Nat'l. Fire Protection Association](#) on how to test. If it chirps, call maintenance!
4. Check fire extinguishers regularly. [How to do it.](#)
5. If you live 3 or more floors above, consider getting a [rescue rope](#) or a [ladder](#).
6. Establish a family emergency plan. Identify evacuation routes and the best shelter locations in and around the apartment. Do a family fire drill at least twice a year.
7. Have sufficient food and water for 21 days or more, if you are quarantined or have to shelter-in-place.
8. Have a BOB (bug out bag) prepared for each family member, in case you have to evacuate your building immediately.
9. Get to know your neighbors. Find out who may have medical expertise on your floor or in your building.
10. Have renter's insurance! It's worth the investment.



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Download the [Fotarra App](#) for quick connect to your primary contacts, especially in event of an emergency!

Available at [App Store](#) and [Google Play](#)

You know you're *are*
 *that* prepper if...

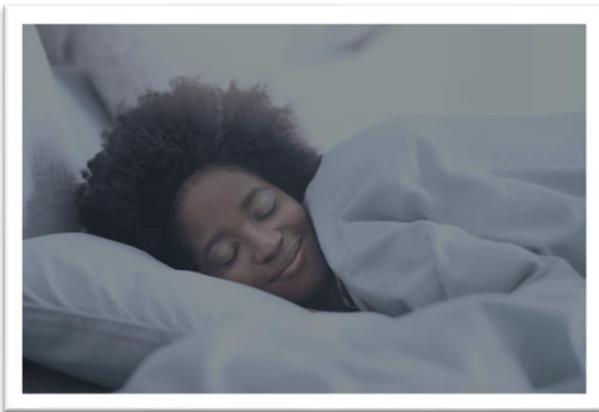
- You live in a 3-story apartment building and have a six-story ladder.
- Your 93-year-old mother puts toilet paper on every shopping list...and you buy it in hopes of inheriting it all.
- You're almost excited when the electricity goes out. You actually get to use your preps.

Humor is a preparedness toolbox essential! It's the best medicine in all seasons!

Subscribers! Share your funny preparedness anecdote and receive \$25 gift card if we publish. [Submit at our Contact form](#)



Financial Preparedness



People who sleep well at night often have their money right!

This doesn't mean that they may be wealthy, because wealth doesn't always equate with restful nights!

In the context of financial preparedness, "having your money right" means it is prioritized in the "right" buckets, so that all needs are met, financially, strategically, holistically, spiritually!



[CashFlow 5-10-10-75™](#), is an Android and iPhone app that makes it easy-peasy to "bucket" your dollars the right way, leading to financial peace of mind, over time.

Save, Give, Invest, Spend less, Spend Smart....and you'll likely prosper...and rest well at night!

Download the app, [CashFlow 5-10-10-75™](#), today. It's not just for young people.

Upon request, we also have the original Excel Spreadsheet and Bonus Product Pricing tool for Business! FREE with app purchase.

Health Preparedness



[What percentage of the population wears glasses in 2022?](#)

At least 4 billion people across the globe wear glasses. The Vision Council of American estimates that 75% of adults worldwide rely on some sight correction product. About 64% wear prescription glasses, which remain the perfect means of vision correction vs. contacts.

At the same time, the majority eyewear frames are manufactured in China. Approximately 95 percent of eyeglass frames are made outside of America with more than 90 percent produced in China, the land of inexpensive labor. The Luxottica Group, based in Milan, Italy, controls more than 80 percent of the world's major eyewear brand. The combined monopolism of sourcing places all of us, who depend on glasses, in a vulnerable vision health position, if we aren't prepared. Therefore, be aware & prepare!

- See your optometrist and update your prescription.
- To the extent that you can afford, always have two pairs of glasses on hand.
- [Find and patronize American prescription glassware makers](#)



PerennialINC.com is excited to have as our Guest Speaker at the PerennialLIFE™ Pop-Up, 12noon, 3/23/2023:



Dr. Jason, Wooden, Biomedical Research, Healthcare Tech R&D

Topic: 7 things all women should be doing for sleep preparedness, to live life to the fullest

“Are you prepared to live life to the fullest? To make the most of every day, you need to make the most of your nights. In this webinar, you’ll learn about the powerful link between sleep, human health, wellness, longevity, and success. Find out the 7 things all women should be doing to harness the underutilized power of sleep for better days and the extra edge in life.

About the speaker:

Jason Wooden, PhD is a recovered insomniac and sleep advocate. He has worked for over 20 years in biomedical research and healthcare technology R&D. His journey with sleep apnea inspired him to co-found [BetterSleepSimplified.com](#), a sleep help information website.

[Pre-register](#) for this FREE Event, sponsored by Perennial Preparedness NC



Faith



[Matthew 6:34](#)

I "got it twisted" in years past.

Live by faith, for today. Prepare, by faith, for tomorrow. - PerennialLIFE™

Youth Preparedness

Does your teen live in the Raleigh, NC Area, currently in high school, with an interest in Robotics? Enroll them as a member of Cyber Bears Team 8804 Visit [Cyber Bear Robotics | Raleigh NC | Facebook](#) for information.



PerennialINC.com is proud to support the Cyber Bears, Team 8804, hosted by The [TMT Youth Community Foundation](#).

The Cyber Bears recently assisted PerennialINC with beta testing and video marketing of our app. They did a great job, and [CashFlow 5-10-10-75™](#) is now on App Store and Google Play.

[Click here, or on the image, right,](#) to check out

their video.

Support this deserving team from your 5% Community Investment "Bucket"!



CashFlow 5-10-10-75 App PSA by TMT Youth Community Foundation Cyber Bears Mentees

Preparedness Pay\$

WANTED: VENDORS, PHOTOGRAPHERS,
VIDEOGRAPHERS, GRAPHIC ARTISTS, HUMORISTS

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Pam Kelly, Editor

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