



THE PREPARED FAMILY

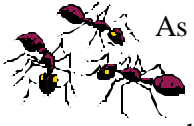


"Prepare Every Needful Thing"

July 1999

Scripture or Quote of the month:

"Only those who have the patience to do simple things perfectly will acquire the skills to do difficult things easily."
"The Lord had told us to prepare ourselves individually in our homes."



As I look back on the 1st half of the year 1999, I wonder what kinds of things you and your families have done to "prepare every needful thing?"

By now you could have payed off a credit card bill, bought 50 pounds of wheat, purchased a candle or two, or even learned a new skill. These items will help us become better prepared for the physical disasters which may come. So far this year, our nation has experienced tornados, plane and train accidents, shooting, lay offs in many business sectors, fires, and other problems. Have you been able to gain experiences from them? Have you found some things that you would like to purchase in short supply or back ordered for several months? If you have followed the world's view your time to prepare is running short, if you have followed the Lord's view, you've had plenty of time to "prepare every needful thing."

Are you like the ant or the grasshopper?

"Go to the ant, thou sluggard, consider her ways and be wise: which having no guide, overseer, or ruler provideth her meat in the summer, and gathereth her food in the harvest..." "The ants are a people not strong, yet they prepared their meat in the summer." [Proverbs 6:6-8; 30:25]

Summer is the best time to be with your families – with vacations, family reunions and such. While you plan your activities think of ways to extend your knowledge. For the spiritual side, work on your family histories, learn a hymn and teach it to your family or read your scriptures. Go to the temple and take your families, (if not old enough to enter or part of your family is a non-member walk on the grounds and just feel the spirit.) I challenge all of you to become better prepared, in some way, so that you can follow the Lord's command:

Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God; [D&C 88:119]

I know that if you do your best the Lord will support and protect you and yours from the trials that will come.

Gayle-Marie Noga

Editor



Dry Pack

25 lbs. dry milk, apple slices, juice mix, kool-aid (unsweetened), sugar

Grocery Items

Canned fruits and juices, jam and preserves

Non-Food

First Aid kit, emergency heating and cooking fuel such as charcoal, lighter fluid, propane if you have a propane stove or lantern, learn to use these items before you need them. Try camping out in your backyard for the weekend and see if you can use your skills wisely.

72 Hour Kit

First Aid kit, utility knife and can opener

Stock up by the week

- Freeze cheese. Grate & freeze for casseroles/soups
- Paper towels, foil, garbage bags, freezer bags, etc.
- Condiments: mustard, mayo, relish, Worcestershire, vinegar
- Jams & jellies. Buy what you will not make yourself
- Canned goods – buy what you eat, fruits & veggies
- Canned milk

Gardens/Gardening Tips

Garden web sites for more information:

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

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

Reported by Diane OrNSTead

How do you sprout seeds? Soak organically grown seeds in water for 12 hours, then spread them in a tray and keep them moist. Rinse night and morning, in humid climates perhaps only once a day. When they're sprouted, you can eat them. Some seeds are best in two days, sunflower seeds should be eaten at one day old. All foods taste the best when they are nutritionally best for you to eat.

Sprouts give you the best nutritional source for vitamins, minerals, and live enzymes.

The next best source is vegetables from your garden. Four hours after you've picked it, a radish has lost 50% of its vitamins. The third best source is fresh fruit.

Satisfy your nutritional needs early and you'll eat less. Regularly eating sprouts relieves allergies. Also, there are compounds in legume sprouts that kill mouth bacteria. (And you were worried about how to find a dentist!)

The most important thing to know about food storage is to get it now. NAFTA and GATT have made it easier to eliminate your food supply. There is increased concern about the availability and quality of seed supplies.

Our government is reducing our food supply. (Oft-quoted Kissinger remark; If you want to control nations, control oil. To control people, control food.)

Also, changing weather patterns make good seeds harder to get. Last year a shipment of good alfalfa seed was 55% hard shelled. It soured before it would sprout. Dry conditions create the hard shells while wet conditions can mildew the seeds.

Dried out, they're still useful for grinding, but not for sprouting.

Richard Neilsen - Sprouting for Life

<http://www.dhi.com/sprout.html#master>

Recipes:

Great place for recipes.

<http://www.eat.com/cookbook/chicken/index.html>

Great rhubarb recipes.

<http://www.rhubarbinfo.com/recipes/pie/index.html>

Chicken Bake

by Kathy Latham

a cup chopped onion 2 T butter
5 boneless, skinless chicken breasts, boiled and chopped
1 cup cooked bulgur wheat
1 can cream of mushroom (or chicken) soup
½ cup milk 2 cups grated cheddar cheese
1 cup bread crumbs (or crumbled croutons - I used Caesar Salad ones...mmm)

Just mix it all together and bake for about 30 minutes at 350E. I changed the ingredients from the original recipe to suit my family's tastes... originally, it called for:

1 ½ cups diced chicken (only 2 breasts)
2 cups bulgur
1 cup cheese

It was fabulous! Not quite a full 10 X 14 " baking dish, though. More bulgur or croutons would have helped.

Granola Mix

(You can use it to make granola bars, too.)

From: Make-A-Mix-Cookery, the out-of-print 1978 edition.

10 cups old-fashioned rolled oats
1 cup wheat germ 1 cup sesame seeds
½ lb. shredded coconut 2 cups raw sunflower seeds
3 cups almonds, pecans, walnuts or combination
1 ½ cups brown sugar, firmly packed
1 ½ cups water ½ cups vegetable oil
½ cup honey ½ cup molasses
1 ½ teaspoons salt 2 teaspoons cinnamon
3 teaspoons vanilla
Raisins or other dried fruit, if desired

Preheat oven to 300E F. In a large bowl combine oats, wheat germ, coconut, sunflower seeds, sesame seeds, and nuts. Blend well. In a large saucepan, combine brown sugar, water, oil, honey, molasses, salt cinnamon, and vanilla. Heat until sugar is dissolved, but do not boil. Pour syrup over dry ingredients and stir until well-coated. Spread into five 13" x 9" baking pans, or cookie sheets with sides. Bake 20 to 30 minutes, stirring occasionally. Bake 15 minutes longer for crunchier texture. Cool. Add raisins or other dried fruit, if desired. Put in airtight containers. Store in a cool, dry place. Use within 6 months. Makes about 20 cups.

Buttermilk

from: <http://www.ext.usu.edu/publica/foodpubs.htm>

½ cup buttermilk 3 cups warm water
1 cup nonfat dry milk or 1 cup nonfat dry milk

Put buttermilk, water and nonfat dry milk in a big, clean jar and stir or shake until powder is dissolved. Cover the jar with a lid or clean cloth. Let stand at warm room temperature until it clabbers, about 10 hours in the winter or 5 hours in the summer. After it clabbers, store in the refrigerator. Save ½ cup to mix buttermilk next time. Buy commercial buttermilk occasionally for a fresh "start."

Chocolate Peanut Butter Float

1 tablespoon plus 1 teaspoon cocoa
2 tablespoons peanut butter
4 scoops vanilla ice cream 2 tablespoons water
½ cup nonfat dry milk 1 ½ cups water
2 tablespoons sugar dash salt

Mix cocoa, sugar and salt in a small saucepan. Add 2 tablespoons water and blend. Heat over medium high heat until mixture starts to boil, stirring continuously. Lower heat and simmer 2-3 minutes. (If needed, another teaspoon of water may be added to prevent scorching.)

Remove pan from heat. Pour syrup into a blender. Add nonfat dry milk, 1½ cups water and peanut butter to the blender. Blend at high speed briefly. Add 2 scoops of ice cream and blend until just smooth. Pour into two serving glasses. Add a scoop of ice cream to each glass. Serve immediately.

Emergency and Family Preparedness*TIPS, IDEAS and PROVIDENT LIVING:*Moth Repellent

The delightful fragrance of lavender in this blend will keep moths away from your special clothes in the closet and dresser.

4 oz Lavender flowers	1 oz Lavender leaves
30 drops Lavender essential oil	
2 oz Rosemary leaves	
5 drops Rosemary essential oil	
1 oz Vetiver root	5 drops Vetiver essential oil

These ingredients can be grown in your garden or found at an herb crafting store and most health food stores. Combine the ingredients and place in a bouquet -garni style bag and hang in your closet or place in your dresser.

Homemade Anti-Bacterial Spray

1 gallon tap water	2 tbsp. regular Clorox bleach
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Mix water and bleach in a clean milk jug and label clearly as to contents. Pour as needed into a spray bottle and use to sanitize counter tops, tables, cutting boards, bathroom surfaces, etc., as needed. This will keep without losing effectiveness for two weeks. This formula has been recommended by the Health Department for use in kitchens and bathrooms.

No Fail (and no weigh) Soap Recipe

from: <http://www.justpeace.org/nuggetsindex.htm>

2 cans (3 lb) vegetable shortening	
1 can (12 Oz) lye	2 cups water

Mix lye and water in enamel pan, **OUTSIDE**, set aside to cool. Melt shortening, set aside to cool. When both are hot to the touch (on the outside of the pan) pour lye into shortening. Stir until consistency of mashed potatoes. Pour into prepared mold and let set 24 hours, covered. Uncover, poke it and see if it's firm. If it is, turn it out on newspapers and cut it into bars. Put them someplace safe and let cure for 2-3 weeks, minimum. If its not firm, cover and let sit for another 24 hours, then turn out and cut. Use butter tubs or glass cakes pans as molds. During an emergency, it is important to your survival to keep yourself healthy. The best way to maintain health is to keep yourself and your living area clean and sanitary. Poor hygiene and unsanitary conditions can cause you to become sick. Garbage and toilets should be far enough away from your living area to avoid pollution of your drinking water and to reduce insect-carried diseases. After a disaster, water and sewage lines may be disrupted, causing you to improvise sanitation facilities.

FYI

A report from Janis the Arkladie of Grand Rapids, Michigan
<http://www.JustInCaseFoods.com>

Every few months the editor puts in weather reports or conditions to let the readers know what to expect or look for in weather related areas. A special thanks to those who live through such events to tell of their experiences and share with us so we can learn from and improve our chances of surviving such conditions.

Our weather report said that there may be a bow echo? tomorrow.....as the day heats up they expect a second round of storms that could be severe. They said we could have straight line winds. I'd not even HEARD of straight line winds until I saw the damage they did. SURELY looked just as severe as REAL tornado damages to me...THE LAST TIME we had a bow echo, in 1998, it produced straight line winds and did severe damage in many Michigan communities. What is a Bow Echo? It is sort of a storm that wraps around itself, and goes in the shape of an ear...and somehow they produce straight line winds...and they sort of SHEAR off things in their path.

THAT IS A VERY primitive explanation...but it's better than none. IF you hear those terms on the weather reports, treat it with respect.

IN FACT, just last WEEK I saw that dirty look in the sky, the trees began to bend, and I headed to the basement with my son, friend from our branch and her 4 children. Sure enough, no warnings in our area at all but in the counties east of us 3 or 4 tornadoes formed. (After it moved from west to east and beyond us.)

SO DON'T TAKE ANYTHING for granted...be cautious. If you see a strange color in the sky take cover. I always look for a dirty brown...and of course GREEN is a real indication to me that things are NOT GOOD.

Hurricanes

Hurricane season is upon us. Here are the categories and wind speeds.

1 Minimal	Less than 100 mph
2 Moderate	96-110 mph
3 Extensive	120-140 mph
4 Extreme	145-175 mph
5 Catastrophic	185-300 mph

For those who live in Hurricane prone areas here is a list of addition supplies you may need. First a standard 72-hour evacuation kit, weather information radio-alarm style is best, boat or raft, life jackets, duct tape: 3 large rolls, 2 x 4 boards:15-40, plywood sheets: one for each window and door, hammer and nails, crowbar, flood pump and nylon rope; tie things down.

Learn in advance where to evacuate and the routes, do you know where your disaster shelters are? Practice getting there twice a year (by walking and driving). Do you know what your warning sirens sound like? Learn everything you can on how to survive storms and other types of emergencies and disasters. Check out the ARC and FEMA or your local County Emergency Management agency for more information. Source: "The Emergency-Disaster Survival Guidebook;" by Doug King

Avoiding Costly Homebuying Mistakes
 Environmental Concerns: Part 3 - Water
 by Lawrence Kostaneski
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<http://www.stretcher.com/resource/tocl12.htm>

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Contamination of drinking water can be even subtler than air.

Pollutants that can enter a water supply are frequently odorless, colorless and tasteless. A major concern for infants is nitrates, which can cause serious illness. Other pollutants come from septic tanks, drain fields or other on-site wastewater systems that are not functioning properly. When individual or community wells are used along with on-site wastewater systems, pollution can occur if one of the systems is in disrepair.

Most large, public water supplies are regulated by a State agency. The operators – usually a city – must test and report frequently. Any failure to report or meet the purity requirements is dealt with quickly.

Why Be Prepared

Being prepared is more than just food storage!

"I have concluded that if we meet today's problems with adequate preparation, there will be no need for panic preparation tomorrow."
 "As we contemplate the lessons of this parable (Matt. 25:1-13) we realize that all ten virgins (at one time) had oil in their lamps. Five were wise and kept the oil replenished so they would always have sufficient. The other five were foolish and shortsighted. Consequently, they were found wanting when the bridegroom came."
 "We also learn from the parable that preparation necessary to help them meet the immediate circumstances was a simple, everyday task. The arrival of the bridegroom did not require unusual or elaborate preparation. Our preparation should be deliberate and structured to meet today's problems. We should prepare ourselves one step at a time as the Lord inspires us." "Many think that the Church's Welfare Services program was designed "primarily for doomsday." This is not true, "The principles of the Welfare Services program are designed to help us live providently each day and to cope successfully with serious problems as they come into our lives. Just as the virgins did not know that the bridegroom would come in the night when their lamps would be needed, we do not know when serious problems such as illness or unemployment will come into our lives." "Members follow the Brethren and apply Welfare Services principles to current problems they will bring about their preparation for the future."
Presiding Bishop Victor L. Brown Welfare Session Gen. Conference Oct. 2, 1982.

Vehicle Maintenance is a Must

Your vehicles need to be maintained, so that if the need arises you can use it. Here are some simple yet cost effective measures to help out. While driving, be alert to the onset of any of the following: Slower-than-normal cranking, vibrations, brake-pedal softness or hardness; brake noise; steering-wheel pulls, unfamiliar engine noise, automatic-transmission noise; slipping; erratic or rough shifting, engine roughness and loss of power, hard starting, deterioration in ride and handling, clutch chatter or slipping, exhaust-system roar, no horn, windshield-wiper streaking, gasoline or other unusual odor, dashboard warning light

illumination, any gauge that shows an abnormal reading. These might indicate a serious problem needing attention. Always follow the manufactures recommendations for when to change the oil and other fluids. Check oil, brake, coolant levels and transmission fluids on a regular basis. Check air filters and tire pressure once a month and before long trips and examine tires for abnormal wear and cuts. Also, check belts, hoses, and other movable parts for wear and change as needed. Don't forget to check the brake lines and brakes, lubricate locks, door and other hinges, and check the parking brake to make sure everything is in good working order. Check your shocks and struts for wear and proper adjustment, and lubricate as needed. Check your alignment regularly (annually) especially if you drive over rough roads. **Keep the gas tank above half. You may need your car to evacuate.**

Get Physical !

Frugal Fitness: A Free, Simple Solution
 by Greg Landry greg@landry.com

We often tend to overlook the simple solutions in life. Drinking lots of water to enhance our health and help with fitness and weight loss falls into that category. Unfortunately, many of the health problems associated with inadequate water consumption do not manifest until years or even decades later! Water is necessary for everything our body does. I like to think of it as liquid health...it's the **healthiest** thing you can consume! Remember, you don't just need water when you feel thirsty. In fact, thirst is one of the signals that your body is dangerously low on water. You should rarely allow yourself to become thirsty. Drink 60+ ounces of water daily, plus an additional 10 ounces for every 25 pounds overweight. Try this to help with your water consumption: get a large plastic water bottle that you can drink from. Fill it with water and put it in the freezer overnight. Take it with you the next day. You can drink cold water all day as it melts. Start drinkin'!

Where to get supplies:

Costco/Sam's	URM/Cash & Carry
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Nurseries/Seed Suppliers
Emergency Supply Houses	Food Co-Ops
Internet Suppliers of your choice	Local Farmers/Farmers Markets



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