



The Prepared Family



"Prepare Every Needful Thing"

October 1998

Scripture of the Month:

The great blessing on being prepared gives us freedom from fear.

Dry Pack

Milk - 36-60 months

Sugar - indefinite if kept dry

Wet Pack

Applesauce - Oct. 24th

Grocery

Honey - indefinite

Brown/Powdered Sugar

Molasses

Sorghum

Non-Food

Emergency supplies for Autos

Flares, water, insurance cards, blanket (wool), white sheet, first aid kit, fuses, windshield wipers, duct tape (must be 18 to purchase), fan belts, small supply of non-perishable food, flashlight, batteries, can of flat repair.

Gardens/Gardening tips

Get your gardens ready for next year. Compost during the fall to have a better garden in the spring.

Recipes:

Honey can be substituted for sugar— $\frac{3}{4}$ C. honey to 1 C. sugar, reduce total liquid by 25% or $\frac{1}{4}$ C. of liquid for each C. of sugar.

Basic Honey-Butter

$\frac{1}{2}$ C. Butter

1 C. bland honey

Combine ingredients with electric mixer until creamy and smooth. Store in refrigerator.

Basic Honey Custard

2 eggs

$\frac{1}{4}$ C. honey

2 C. milk

2 t. salt

Beat eggs slightly. Add milk, honey and salt. Pour into individual molds and set in pan of water. Bake at 350° F. for 30 minutes. Allow to cool and chill in refrigerator.

From the City of Beautiful, NAUVOO

Brigham Young's Buttermilk Doughnuts

2 C. buttermilk

1 t. Baking powder

2 large eggs

1 t. salt

1 C. sugar

1 t. grated nutmeg

5 C. sifted flour

$\frac{1}{4}$ C. melted butter

2 t. soda

Combine buttermilk, eggs, sugar—blend well. Beat in dry ingredients, stir in melted butter. Roll or pat dough on floured board about $\frac{1}{4}$ " thick, cut with doughnut cutter. Fry in hot oil (375°) until golden brown on both sides. Drain and sprinkle with sugar.

Eggless, Milkless, Butterless Cake

2 C. water

1 t. nutmeg

2 C. sugar

1 C. nuts

2 C. raisins

3 C. flour

3 T. lard

1 t. soda

1 t. cinnamon

1 t. salt

Boil first four ingredients together. Let cool. Then add the dry ingredients that have been sifted together. Add the nuts. Bake 1 hr. at 350°.

Emergency and Family Preparedness

Tips, Ideas, Provident Living Helps

Honey can be used to heal wounds, as it has been proven to be an effective disinfectant.

Infants should not be given honey -- CDC.

Make a five week meal plan that includes breakfast, lunch, dinner and two snacks a day, figure how much is needed for supplies and multiply that by 12 months then store what you eat. By adding 4 extra special meals you should be able to begin your food storage program without going into debt.

Example: If you know your family will enjoy pineapple upside down cake and you know that you use 1 can of pineapple and one cake mix multiply that by 12 (months) and you know that you need to store 12 cans of pineapple and 12 cake mixes for your food storage. Buy the pineapple and cake mixes on sale and save.

Winter weather driving tips:

Always carry drinking water, blankets (wool preferably), snack food, flashlight, (extra batteries) do not store with batteries inside flashlight case, portable radio, cell phone or CB Radio, carry warm clothes if possible. Don't forget a warm hat, mittens, warm socks

and sturdy shoes (you may have to leave your car). A shovel and sand for traction, chemical hand and feet warmers.

Winter Strom Warnings and What they mean

Travelers Advisory: Snow or ice is expected. Travel and visibility may be difficult.

Winter Storm Watch: Severe winter weather if possible. Stay turned to TV or radio for more information.

Winter Storm Warning: Heavy snow or freezing rain is expected.

Blizzard Warning: Winds of 35 mph or more. Snow and temperatures 20° or lower are expected.

Severe Blizzard Warning: Winds 45 mph or more. Snow and temperatures 10° or lower are expected.

Internet sites of interest

Food Storage Items-OR

<http://www.foodstorage.net/order.htm>

Rainy Day Supply

<http://www.cyberatl.net/~rdsupply>

Earthquake -- Pacific Northwest Region

<http://www.geophys.washington.edu/CREW/Other/hazmap.html>

EXTRAS

Plan and implement a emergency contact network within your Ward boundaries or neighborhoods. This should be used to locate fragile health, handicapped, or elderly person that might be adversely effected by stormy or severe weather. Such as freezing temperatures, snow storms and drifts, high winds, power outages, floods and other such conditions. *Presented to and endorsed by President Larry Anderson.*

The combined ward activity "The Preparedness fair" was fun and interesting to all that attended. Those who participated had a great time. Lots of questions were answered and information was given out. Many thanks to all the that helped make this event possible. And for those who planned and coordinated the event a very special thank you.

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Where to get supplies:

Costco

Storehouse/Cannery

Camping Supply Stores

Emergency Supply Houses

URM

Bulk Food Sellers

Nurseries/Seed Suppliers

Food Co-Ops

Highlights of the Family Preparedness Fair

'Ark' you Ready? Was the theme of the Family Preparedness fair held by the Columbia, Cottonwood, Crestview and Riverview wards.

For those who missed it because of other commitments I would like to highlight some of the events.

The fair started at 6:00 and lasted until 8:30 with folks leaving after 9:00. We were served a variety of samples and apple crisp for dessert. (I don't think anyone left hungry). Four mini-classes were offered.

Since being prepared is more then just food storage and emergency supplies, Brian and Louise Nelson taught about being Spiritually prepared by reading our scriptures, prayer, appropriate music and journal writing. Kent Oswald reminded those who attended to be financially prepared, including goal setting, risk management, and retirement planning. He also explained the importance of budgeting. Alan Gunter taught estate planning, wills, insurance tax records and other important documents. In the documentation he supplied for the booklet there were many items that were shared with those who attended. Do you have your papers in order? Rick Garza and Mary Ann Waunekke from the Benton County Emergency Management taught about County level safety plans and answered lots of questions.

Many booths surrounded the gym specializing in alternate means of power, lighting, heating, cooking, and food storage and production; water safety and purification; dealing with allergies and chemical sensitivities; bread making; emergency kits; first aid kits for car and home; dry packing, and more. Samples of vanilla pudding, instant potatoes, powered milk, hot cocoa and apple chips that are available through the cannery were tasted, along with many other foodstuffs, e.g., breads, legumes, soups.

Ron and Kath Fisher of Desert Hills ward explained the Ward Network and how they got their ward mapped out for emergencies. It seemed that most of the comments I heard was that it was very well thought out. (Note: Your Bishops and ward EP/FP specialist were asked to have a similar plan in place last May) Help them out and get your ward ready.

David Rose of Crestview Ward did a wonderful write up and I used some of his notes here. Other comments were expressed to me by others who attended the fair.

In the words of David Rose, "This fair was a positive experience which provided all who attended with the tools necessary for doing "all in [their] power for whatever lies ahead."

Evelyn Pratt stated; "I had a great time, I learned about the importance of being prepared and enjoy the booths and folks involved."

Larry Eyre of Riverview ward has a video and pictures for those who didn't attend.

