

---

# The Prepared Family

---

“Prepare Every Needful Thing”

July 1998

## Scriptures of the Month:

“Our emphasis on this subject is not grounds for crisis thinking or panic. Quite the contrary, personal and family preparedness should be a way of provident living, an orderly approach to using the resources, gifts, and talents the Lord shares with us. So the first step is to teach our people to be self-reliant and independent through proper preparation for daily life.” Victor L. Brown, “Welfare Services Essentials: The Bishops Storehouse,” Ensign, Nov. 1976, pp.112-13.

“If any provide not for his own, and specially for those of his own house, he hath denied the faith” 1Tim. 5:8.

## Dry Pack

Apple Slices- Storage Life 8 years  
Juice Mix-Storage Life 10 years

## Wet Pack

Plan now, start preparing your family:

September 26<sup>th</sup> : Blueberry jam.

\$1.45 per pint w/jar

\$1.02 ingredients only

Deadline for orders is August 16<sup>th</sup>.

15 people per shift.

October: Applesauce

## Grocery Items:

Canned Fruits & juices, Jams & Preserves

## Non-Food

Emergency Heating/Cooking Fuel

Contact Pam Anderson @ 967-3575 for ½ gallon canning jars. These can be used for dry goods storage.

## Gardens/Gardening tips

1. Mulch plants to save time, weeding and water.
2. Summer crops should be growing and being harvested.

3. Get the soil ready to begin planting winter vegetables.
4. Store lettuce and spinach seeds from this years crops.
5. Don't forget to stake up those climbers. (Tomatoes and other vine crops)

## Recipes:

### Foil Cooking:

Use extra heavy foil and make a pocket for the food. Place ingredients such as: hamburger or chicken with vegetables inside, seal and cook. Turn over once and cook the other side. This can be done on the grill, in the oven, or on open coals.

### Stick cooking:

Get a “green” stick or make a cooking stick and place foil over the cooking end. Wrap biscuit dough around in a spiral rotation and hold over hot coals. Hot dogs and biscuit dough make a great combination. Bake until golden brown. Fill with jelly or jam or be creative and use a meat or cheese filling and enjoy. This is fun for the kid in all of us.

### Dutch Oven Cooking:

In the morning braise a roast the size to fit your Dutch oven and place in pot. Add ½ cup water, carrots, potatoes, onion, garlic and cloves, salt and pepper to taste. Leave enough space between the lid and top of meat. Cover lid with coals and keep bottom coals around the pot. Let sit all day and serve at dinner.

## Emergency and Family Preparedness

### *TIPS, IDEAS and CONCERNS:*

Home canning or bottling must be done by a water bath. Do not use the oven.

Home drying can be done in the oven or use the sun's rays to dry fruit and vegetables. Herbs can also be dried this way. Be sure to take them under cover at night to avoid mold and mildew problems.

Using a metal oil pan that you can pick up at the local Auto Supply store you can use this for Dutch Oven Cooking. Place a layer of soil or sand in the bottom of the pan and line with heavy duty foil, place coals in the bottom and light.

### Dutch Oven:

There are two different kinds of Dutch ovens; indoor and outdoor. The indoor has a rounded lid and no legs, the outdoor a flat lid and legs. If you use a 10" oven use 13 briquets on the top and 7 on the bottom. Leave about a 2" square space between briquets. This will give an approximate 325° F oven.

### Summer Travel Tips:

Watch for signs of dehydration, fever, loss of appetite, thirst, fatigue, headache, dry mouth and inside of nose, sleepiness or dizziness. These signs could happen even while riding in the car or van. Watch out for young children and older adults as they are more susceptible to dehydration than teenagers. Always keep water within reach during trips. Carry a bottle for each person in the vehicle and extra for the car in the trunk.

If stranded stay with your vehicle and keep activity to a minimum to conserve moisture. Ration water and walk at night to minimize water loss.

### Provident Living Helps

1. Use left over material for outgrown clothing to make quilts.
2. Learn to make over and refurbish used clothing.
3. Learn and teach knitting, crocheting and weaving.
4. Learn to make your soaps.
5. Newspaper logs can be made to supply heat and cooking fuel.
6. Make briquettes for home storage and use.
7. Learn or teach how to make simple furniture.
8. Learn to refinish old furniture to save money and learn a working skill.
9. Learn to smoke and cure meats for your families use.
10. Make your own mixes, store and use them.

**Mark your Calenders!!**

September 19<sup>th</sup>, The Cottonwood, Crestview, Columbia and Riverview combined ward activity "Family Preparedness Fair." Bring your friends. For more information Contact:

Delsa Pospical CW-946-4294

Kathy Kogan CV-946-5788

Mary Lynn and Will Talbot CL- 943-5325

Kate Nordsten RV- 946-0846

### Internet sites of interest

[www.mormans.com](http://www.mormans.com)

Has a excellent EP page

[www.davis.K12.ut.us/emrprep/emsuppls.htm](http://www.davis.K12.ut.us/emrprep/emsuppls.htm)

Great for learning what a school district is doing

[www.davis.K12.ut.us/emrprep/HOME/htm](http://www.davis.K12.ut.us/emrprep/HOME/htm)

Home page of Davis Co. UT school district

[www.webpak.net/~accem/eppsep.htm](http://www.webpak.net/~accem/eppsep.htm)

Good information on being prepared

### Where to get supplies:

Costco

Storehouse/Cannery

Camping Supply Stores

Emergency Supply Houses

URM

Bulk Food Sellers

Nurseries/Seed Suppliers

Food Co-Ops

© Edited by: Gayle-Marie Noga

Stake Emergency Preparedness Specialist

an except from the--Tuesday June 23<sup>rd</sup> Tri-City Herald  
--online

Reidel was called to the scene early Monday because of "The increased rain coming down the mountain (earlier this year) and the water that's flowing out of the fault zone ... started washing away some of the material," he said. Where the ditch failed, the southern part of the ridge is much higher than the northern part due to earth movements. The "lift" called the Badger

Canyon Fault -isn't a threat to move like the San Andreas Fault in California. "We haven't had any earthquakes on it in any recent time," Reidel said. "But that fault has been growing for at least 12 million years, and it's probably still growing - very slowly..... His 25 years experience with Columbia Basin geology. He said a fault line - probably a few hundred feet wide - runs through Badger Canyon, creating lots of broken basalt where ground water can flow relatively easily to the surface.