

THE PREPARED FAMILY



"Prepare Every Needful Thing"

May 2000

Scripture or Quote of the month:

True Nobility by Edgar Guest
 Who does his task from day to day
 And meets whatever comes his way,
 Believing God has willed it so,
 Has found real greatness here below.

Who guards his post, no matter where,
 Believing God must need him there,
 Although but lowly toil it be,
 Has risen to nobility

For great and low there's but one test:
 'Tis that each man shall do his best.
 Who works with all the strength he can
 Shall never die in debt to man.

Since Memorial day is the unofficial start of the picnic season I thought it would be nice to add some tips to assist you and your families in having a safe and fun summer. In this issue you will find tips offered by the Washington State Dept. of Health on how to properly handle foods to prevent food borne illnesses and insect problems for in the home or out-of-doors. Great Dutch oven meals and homemade chocolate pudding pies. Some great plants to help the family budget get a boost and how to get more out of your outdoor exercise activities with less heel pain.

Gayle-Marie

Dry Pack

Vanilla or chocolate pudding, dried fruits, and rice.

72 Evacuation Kit



- ★ Axe
- ★ survival knife
- ★ whistle for each family member
- ★ several garbage bags

Stock up by the week

- ✓ Dry or canned soup
- ✓ Crackers-a good variety
- ✓ Gelatin or pudding mixes
- ✓ Buy garden seeds locally or mail order. Get only what you will use – Radishes are great in an emergency. They grow fast, are full of vitamins and minerals, and full of water
- ✓ More flour – 50 lbs. pp.

Gardens/Gardening Tips



Did you know that radishes can be grown from early spring to the end of summer? Radishes are likely going to be your first crop because they can be sown early in the season. The red radishes are faster-maturing than the white, but have less flavor. Sow in loose soil to get better roots. Don't plant spring varieties in the summer; they will yield poorly or go to seed. To save space, grow

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radishes along with carrots, beets, or other slow-germinating seeds.

Don't let bugs get you down. Ladybugs, and praying mantis, green lacewing, and firefly's are very beneficial to your gardens. You can order ladybugs and praying mantis if you need to. They like to eat aphids, mites, mealy bugs etc.

The best anti-pest precautions are:

1. Use crop rotation, even in your vegetable garden.
2. Choose disease and insect-resistant plant varieties wherever possible.
3. Cleanliness is vital. Keep the orchard and garden free of trimmings and waste. Don't let fallen fruit stay under the trees or other plants, this causes worms and other pest to damage trees.
4. Always remove dead or diseased plants.
5. Take care of the birds and they'll take care of you. Come to a happy agreement on the fruit crops by giving them their own to eat.

Recipes:

DUTCH OVEN STEW

posted by: Alaska Collector <alaska_collector@juno.com>

- 4 lbs. beef round steak, cut in 1 inch cubes
- 4 c. sliced carrots
- 4 med. onions, sliced
- 2 (5 oz.) cans water chestnuts, drained and sliced
- 2 (6 oz.) cans sliced mushrooms, drained
- ¼ c. plus 2 tbsp. flour
- 2 tbsp. salt
- 2 c. Burgundy
- 2 c. sliced celery
- 2 tbsp. sugar
- 2 (16 oz.) cans tomatoes

In roasting pan or Dutch oven mix meat, carrots, celery, onions, water chestnuts and mushrooms. Mix flour, sugar and salt, then add to meat mixture. Stir in tomatoes and Burgundy. Cover and bake 4 hours.

DUTCH OVEN BANANA BREAD

posted by: Alaska Collector <alaska_collector@juno.com>

- 2 eggs
- 1 c. sugar
- 1 tsp. soda
- ½ c. melted shortening or margarine
- 2 c. flour
- 1 ¼ c. mashed bananas (about 3)
- ½ tsp. salt
- ½ c. nuts

12-inch Dutch oven. Preheat oven to 350 degrees. Mash bananas first, then add all other ingredients. Bake 45 minutes to 1 hour. (To cook outdoors on campfire, put 10 coals on top of Dutch oven and 8 coals on bottom. This equals 350 degrees.)

Gluten Free Recipes

CHOCOLATE PUDDING MIX

by Bonnie S. Howell

In a large plastic container, mix the following dry ingredients:

- 2 ½ cups non-fat dry milk (I use the instant granules. If you use the powder it may be even richer)
- 5 cups sugar
- 1 tsp. salt
- 3 cups cornstarch
- 2 ½ cups unsweetened cocoa

Note: I have used all "store brand" ingredients – the cheapest I could find – to make this, and it is still wonderful.

Mix all ingredients thoroughly (I use a wire whisk and mix slowly to keep it from spilling out of the container – the wire whisk does a better job than a spoon).

To prepare one chocolate cream pie, mix 1-1/3 cups of dry mix and 3 cups of whole milk. Cook about 10 minutes over medium heat (no higher or it will scorch) just until it starts to boil. This is enough to make one really full pie. Pour into a prepared pie shell. Cover with plastic wrap and chill several hours or overnight. Serve with whipped cream. Yum!

TEXAS SHEET CAKE ICING

by Melanee Morton

Amount	Measure	Ingredient -- Preparation Method
¼	cup	butter
⅓	cup	milk
¼	cup	brown sugar, packed
¼	cup	cocoa
1	dash	salt
1	pound	powdered sugar
½	teaspoon	vanilla

In a small saucepan, melt butter. Add milk, brown sugar (firmly packed), a dash of salt, and unsweetened cocoa. Cook and stir over medium-high heat until the mixture boils. Remove from the heat at once. Beat in powdered sugar, using an electric mixer set on high speed, until smooth. Add vanilla extract. Sufficient for a 9x13" cake or two 9" layers.

Emergency and Family Preparedness

TIPS, IDEAS:

From Organic Gardening, p. 14 (some issue in 1997 or 1998 but don't have the issue number)

Article: New Ground: A Better way to use boric acid bait – it even beat fire ants!

Start by making a 1% boric acid and 20% sugar solution by thoroughly dissolving 1 teaspoon of boric acid, 6 tablespoons sugar, 2 cups of water. Do this in a clean jar so you can see when all the boric acid crystals are dissolved. Then soak some cotton balls in this bait solution.

Make bait dispensers out of some old plastic margarine tubs with lids. Punch holes in them so the ants can get inside, then put the soaked cotton balls into the containers, and cover them with the lids so the bait won't dry out.

Place the bait containers wherever you see ants.

Clean the containers and freshen up the bait solution at least once a week.

Be patient! Let those worker ants continually carry boric acid back to feed the ants in their nest.

After a few weeks, reduce the boric acid content even further -- to ½ % (½ teaspoon) and use that for long term control.

Dr. Klotz explains that using a very low dose makes it more likely that surviving ants will continue eating the bait and taking it back to the nest.

FYI

* Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

* Use air-freshener to clean mirrors: It does a good job and better still, leaves a lovely smell to the shine.

* When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily.

* NOW...Look what you can do with Alka Seltzer:

* Clean a toilet. Drop in two Alka-Seltzer tablets, wait twenty minutes, brush, and flush. The citric acid and effervescent action cleans vitreous china.

* Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka-Seltzer tablets.

* Polish jewelry. Drop two Alka-Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

* Clean a thermos bottle. Fill the bottle with water, drop in four Alka-Seltzer tablets, and let soak for an hour (or longer, if necessary).

* Unclog a drain. Clear the sink drain by dropping three Alka-Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, then run the hot water.

Herbs and Spices

✿ Basil– can be grown in pots or in the garden: it requires rich, loose soil and can be sown in April - May directly outside or under glass, as early as March, with subsequent transplanting of seedlings. Encourage growth by trimming. They need a fair amount of water. Harvesting is done during the summer when the flowers appear. Dry the flowers in a airy shaded surrounding. Basil can be used in soups, omelets, sauces and vinegar. The essential oil is used in soaps, toothpastes, mouthwashes and perfumes.

✿ Lemon Balm or Melissa officinalis– The plant is a perennial rounded shrub. It is easily cultivated, with seedlings transplanted into open ground, in autumn or spring; the should be replaced every five years. The leaves are harvested just before or at the time flowers appear; they are then dried in the shade, quickly, to keep them from turning dark. Lemon balm can be used in salads, soups, meats, sauces, custards, and puddings and also in vinegars. Lemon balm has a refreshing, cholagogic (inducing the flow of bile), stimulating properties; and melissa water is a well known calmativ.

Why Be Prepared?

Being prepared is more than just food storage!

"One of the most serious human defects in all ages is procrastination, an unwillingness to accept personal responsibilities now. Men came to earth consciously to obtain their schooling, their training and development, and to perfect themselves, but many have allowed themselves to be diverted and have become merely 'hewers of wood and drawers of water,' addicts to mental and spiritual indolence and to the pursuit of worldly pleasure."

"There are even many members of the Church who are lax and careless and who continually procrastinate. They live the gospel casually but not devoutly. They have complied with some requirements but are not valiant. They do no major crime but merely fail to do the things required - things like paying tithing, living the Word of Wisdom, having family prayers, fasting, attending meetings, serving. Perhaps they do not consider such omissions to be sins, yet

these were the kinds of things of which the five foolish virgins of Jesus' parable were probably guilty. The ten virgins belonged to the kingdom and had every right to the blessings - except that five were not valiant and were not ready when the great day came. They were unprepared through not living all the commandments. They were bitterly disappointed at being shut out from the marriage - as likewise their modern counterparts will be."

"One Church member of my acquaintance said, as she drank her coffee: 'The Lord knows my heart is right and that I have good intentions, and that I will someday get the strength to quit.' But will one receive eternal life on the basis of his good intentions? Can one enter a country, receive a scholastic degree, and so on, on the strength of good intent unsupported by appropriate action? Samuel Johnson remarked that 'hell is paved with good intentions.' The Lord will not translate one's good hopes and desires and intentions into works. Each of us must do that for himself."

(Spencer W. Kimball, *The Miracle of Forgiveness*, p.7-8)

Nutritional Helps

Planning ahead is the best prevention for food borne illness. Here are some great tips to help you in preparation of foods for your picnic.

☺ Make sure you have enough ice to keep cold foods cold.

☺ Keep hot foods hot on the grill or open fire.

Potentially hazardous foods:

☹ Beef, poultry, pork, lamb, fish and shellfish

☹ Milk and dairy products

☹ Cut melons

☹ Cooked potatoes, beans, rice and pasta

Bacteria responsible for most food borne illness outbreaks actively grow within a temperature range, of 45° to 140° F, called the danger zone. In order to prevent food borne illness, keep potentially hazardous foods out of the danger zone.

Preparation tips:

- ★ Keep everything that food may contact clean.
- ★ Wash your hands with soap and water before and during food preparation.
- ★ Prepare foods at home in an controlled environment.
- ★ Use pre-chilled ingredients for making of salads:
 - ◆ Such as potatoes, chicken, eggs etc. Store in a refrigerator before mixing.
 - ◆ Use utensils instead of hands to mix salads.
- ★ Rinse and chill whole melons thoroughly before cutting into pieces. Keep cut pieces of melon 45° F or colder.
- ★ Prepare Raw meat items such as hamburger patties at home where you are better equipped to clean and sanitize surfaces that come into contact with raw meats.

- ★ Purchases ice for beverages from an approved source (i.e. grocery or convenience stores). Do not use food storage ice for beverages.

Transportation of Foods

- ★ Transport foods to the picnic site in a well-insulated cooler packed with ice. Clean and sanitize the cooler before filling.
- ★ Pack ice around foods to keep perishable and potentially hazardous foods cold. Freezer packs can also be used.
- ★ Place the cooler inside the car for the trip. The trunk can get too hot.

Storage tips at the Picnic Site

- ✓ Keep temperature of cold foods at 45° F or below and hot foods above 140° F.
- ✓ Is your cooler in a shady location and the lid closed.
- ✓ Did you store raw meats in a manner to ensure that other foods are not at risk? Plastic storage containers work well.
- ✓ Are leftovers properly stored below 45° F in the cooler?
- ☹ Remember, during hot summer months (85° F and above) all potentially hazardous foods should be served within one hour.

Family History Helps

When working on Family History's you may find out that it has a whole new language to learn. Here are a few acronyms and indexes that will greatly help your understanding of terms.

IGI—International Genealogical Index. Put out by the The Church of Jesus Christ of Latter-day Saints. This is a multi-million name search data base. You can find this index online at www.familysearch.org It is updated periodically.

PERSI—Periodical Source Index. This is a great guide to use in searching periodicals put out by Genealogical Societies and other genealogical sources. This is an indexing project of the Historical Genealogy Department of the Allen County Library in Fort Wayne, Indiana. It is currently available at your local FHC on microfiche or can be viewed on CD-ROM. To use this index you can read five different columns in alphabetical parts: U.S. Places, Family Records, Canada Places, Foreign Places and Research Methodology. Each of these parts is arranged alphabetically by the place (two letter postal abbreviation for states), surname or type of record, followed by the title of the article, journal abbreviation, volume number, issue number, month, and year.

GPAI— Genealogical Periodical Annual Index. Since 1962 (except for 1970-1973) this index has been a great help for family historians. This index is virtually every genealogy library collection. It is not cumulative from year to year, so each year must be searched separately. It contains Book reviews and

other articles, such as those concerning research methodology and are indexed. These is roughly 300 genealogical periodicals currently available.

PAF– Personal Ancestral File. This is a great program for use in organizing your family history. You can download a free version of this data organizer from the LDS church web site. This program is perfect for the beginner or more experienced family historian, and the nice thing is that you can learn how to use this program at your local FHC.

DAR– Daughters of the American Revolution. This great organization puts out an index called Patriot Index. This index is a list of more than 125,000 people who aided the cause of the American Revolution with one descendant or more who joined the DAR. In most cases lineage papers are available showing some documentation for the patriot and family.

Social Security Death Index. Can be used to help locate family members that have passed away. Listed is generally the persons name that they went by (not always the legal name), place where the death benefits were sent, when the SS number was issued and birth month and year. This index is not complete but a great source. It has more than 50 million names; not all post-1962 deaths are listed.

Ancestral File – Is a lineage-linked database that contains significant genealogical information on more than 15 million persons. The initial source for this index was more than 200,000 family group sheets submitted by LDS members and has grown since it's inception in 1989. You can also access this valuable resource on-line or at your local FHC.

As with any source always take the time to verify the information that you get. Everyone makes mistakes and transposition errors so check it out before you use the data. Also, always give credit to the persons supplying the data. This will help everyone out, and you can make lasting friendships.

Physical Fitness

Do you suffer from Heel Pain? here are 4 steps to stop it.

1. Replace walking shoes before they wear out. That means at least every 300 miles.
2. Stretch, stretch, stretch. Tight calf muscles create additional pressure on the tissues under the foot. Get into the habit of stretching regularly before and after your walks. Start by standing about 18 inches from a wall, with your palms on the wall. Extend your right leg back about 2 feet and bend your left knee. Keep your right leg straight, pressing your right heel into the ground. Your toes should be pointing forward. Hold at least 15 seconds before switching. Stretch twice a day, 10 times per leg.
3. Curb your walks. If supportive shoes or inserts ease your discomfort, then it's fine to continue. Avoid hills, or roads that are canted (sloped) toward the shoulder. If you

have pain and it is severe, check with your doctor and see if cycling or swimming is okay.

4. If you don't see or feel any improvement See a podiatrist or orthopedic specialist.

Financial Fitness



L. Tom Perry in conference address
“IF YE ARE PREPARED YE SHALL NOT FEAR”

- "...First, gain an adequate education...
- "Second, live strictly within your income and save something for a rainy day...
- "Third, avoid excessive debt....
- "Fourth, acquire and store a reserve of food and supplies that will sustain life. Obtain clothing and build a savings account on a sensible, well-planned basis that can serve well in times of emergency. As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities. I would guess that the years of plenty have almost universally caused us to set aside this counsel. I believe the time to disregard this counsel is over. With events in the world today, it must be considered with all seriousness.

Careers are ever changing. They tell me that young people entering the workforce today will have major career changes maybe three or four times during their work life. Job changes will occur even more frequently, even ten to twelve times during a life's work cycle. I know of no other way to prepare for these times of adjustment than to be certain that during times of employment, preparations are made for less prosperous times, should they occur. Start now to create a plan if you don't already have one, or update your present plan. Watch for best buys that will fit into your year's supply. We are not in a situation that requires panic buying, but we do need to be careful in purchasing and rotating the storage that we're putting away. The instability in the world today makes it imperative that we take heed of the counsel and prepare for the future..."

Where to get supplies:

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

