

The Prepared Family



"Prepare Every Needful Thing"

March 2001

SCRIPTURE OR QUOTE of the month:

"How often do Church members arise early in the morning to do the will of the Lord? How often do we say, 'Yes, I will have home evening with my family, but the children are so young now; I will start when they are older'? How often do we say, 'Yes, I will obey the commandment to store food and to help others, but just now I have neither the time nor the money to spare; I will obey later'? Oh, foolish people! While we procrastinate, the harvest will be over and we will not be saved. Now is the time to follow Abraham's example; now is the time to repent; now is the time for prompt obedience to God's will." (Spencer W. Kimball, "The Example of Abraham," *Ensign*, June 1975, p. 4)

72-hour Evacuation Kit



- ☉ Toothbrush/paste/floss
- ☉ waterproof matches and case
- ☉ hot pads and tongs or long handled spoon
- ☉ 35 mm film canister for change

Here is a short list of vegetables and fruits and what the soil pH levels should be.

Apple	5.0-6.5	Blackberry	5.0-6.0
Cantaloupe	6.5-7.5	Grapevines	6.0-7.0
Raspberry	5.0-7.5	Watermelon	5.5-6.5
Corn	5.5-7.0	Carrot	5.5-7.0
Pepper	5.5-7.0	Pumpkin	5.5-7.0
Spinach	6.0-7.5	Tomato	5.5-7.0

Stock up by the week

Remember if your goal is to stock up on your food storage this is a great way to get it done.

Keep up the good work!

Food Storage on Five Dollars a week.

Double the amount if you have a large family.

- ✓ Week 9: 6 lbs. yeast
- ✓ Week 10: 50 lbs. wheat
- ✓ Week 11: 8 cans tomato soup
- ✓ Week 12: 20 lbs. sugar



Gardens/Gardening Tips

Soil nutrition is very important for a great garden. Getting a soil test kit like Rapitest® by Luster Leaf can improve your garden productivity. By testing soil pH, Phosphorus, Nitrogen, and Potash levels you can determine which plants will do well and which ones need extra care.

Recipes

The following recipes are from:

<http://www.thefamily.com/recipes/foodstorage/fsporridge.htm>

Food Storage Porridge

- 2/3 cup bulgur
- 1 cup corn meal
- 1 package mixed dried fruits (6 ounces)
- 1/2 cup slivered almonds
- 1 teaspoon ground cinnamon

Directions:

To make cereal ahead and store in refrigerator (for up to one month): In airtight container stir together bulgur, cornmeal dried fruit, cinnamon and almonds. Makes 8 servings.

To cook: (one serving) In a small saucepan, bring 1 cup water and a dash of salt to a boil. Slowly stir in cereal mixture and continue to stir occasionally. Simmer uncovered for about 10 minutes or to desired consistency. Serve topped with skim milk and brown sugar.

Red Lentil Stew

by Rita Bingham(Natural Meals Publishing)

3 cups warm water
 4 tablespoons Red Lentil Flour*
 ½ teaspoon onion powder ½ teaspoon basil flakes
 ¼ teaspoon paprika ⅛ t. black pepper
 ½ - ¾ teaspoon sea salt
 ½ cup each very finely diced potatoes, carrots, celery, onions
 1 cup canned white beans with liquid

Directions:

In a medium saucepan over medium-high heat, bring soup powder and water to a boil while stirring. Add remaining ingredients and bring back to a boil. Reduce heat to medium-low and cook 5-10 minutes, or until vegetables are barely tender. Stir occasionally.

* To make Red Lentil Flour, grind lentils to a flour using a grain mill. This flour also makes great sauce or gravy and cooks completely in about 1 minute. When it is thick, it is done.

Emergency and Family Preparedness

TIPS, IDEAS:

Having proper insurance is always a blessing, even for those who live in an apartment. Moms and Dads should consider helping their young adults or newly married couples with purchasing renters insurance for only a few dollars a month or an annual fee if purchased for a year, the piece of mind you and they can have will be priceless. Also, remember that if a fire does happen the family member will be asked to repay any costs. Gayle-Marie Noga



This great suggestion comes from Janis.

Does your current CONTENTS policy include the cost of your storage? We added 7 or 8 thousand dollars in coverage to make sure our food supply was insured, having our agent specifically add it into the policy since it's not something most people have.

WHEN YOU START replacing every hair brush and every piece of clothing, linens, luggage, electronic equipment, you max out the 40K in contents REALLY fast.

The important thing is that you have provided enough coverage of ALL of your contents to replace as much of it as possible. Before you spend money lowering deductibles, SPEND the money to raise your contents coverage limit, and get REPLACEMENT COST COVERAGE. Otherwise every item you own will be depreciated.

MOST OF US can handle the 250.00 or 500.00 out of pocket for the deductible, as in... it's NOT going to ruin you. BUT should a storm destroy your home.... and you have a total loss.... you'd better be covered for every single thing you are going to have to repurchase to start life over. It's STAGGERING !!

FYI

Ever wonder just what will happen to your clothes if they caught on fire? Try this test out and see why it is important to be careful around flames and extreme heat. Most synthetic material will melt in flames, and in high temperatures they look great until you pick them up.

This suggestion is from Martha Underwood; Pittsburgh, PA

The fastest way I know is to do a burn test. Cut a ~1 inch piece of the yarn. Using tweezers or something to hold the yarn, CAREFULLY ignite the yarn and watch and smell what happens.

- ✓ Wool - goes out fairly quickly once you remove the flame, smells like burning hair, powdery ash
- ✓ Most other animal fibers - see wool.
- ✓ Cotton - Goes out, smells like burning paper/cotton, powdery ash
- ✓ Acrylic - keeps burning (this is why you don't use your fingers to hold the yarn!), smells like burning plastic, hard bead-like ash
- ✓ Nylon - sorta like acrylic, but more papery in smell.
- ✓ If you end up with a brittle ball, it's likely a combo of Natural and Man-made.

Nutritional Helps

I put this part of the article in this months newsletter so that we can become more aware of what we tell our children about body image. While most of us are not overly concerned about our perception our children are being bombarded by our thin society. We need to assist our children and ourselves to eat a balanced diet, and encourage less inactivity during our lives. Good luck to all of us, the advertising world would have us all being pencil thin to fit the perception of "fit".

Nutrition, obesity and perception Focusing on America's children

January 9, 2001 Web posted at: 4:13 PM EST (2113 GMT)
 for more information on this and other topics check out this web site.

<http://www.cnn.com/2001/HEALTH/children/01/09/overweight.kids/index.html>

"Don't tease girls about their weight, even in a gentle way," Dr. Leann Birch, head of the university's department of human development and family studies and a study co-author, advised in a statement. "It's clear from our study that the notion that one's weight can be a social liability emerges early on."

"Girls have been encouraged to form unrealistically thin body ideals" by the mass media, said study leader Alison Field. A similar view of the buff male physique "is taking its toll on boys, making them more susceptible to being overly concerned about their weight," she said.

Fewer than one-third of programs that train pediatricians in the United States consider the negative effect the media can have on children's health, according to a survey of residency programs.

"Just as pediatricians have included health risk avoidance using non-medical tools such as bicycle helmets and seat belts, media effects need to be included as part of the health maintenance visit," said study authors Dr. Michael Rich of the Harvard Medical School and Dr. Miriam Bar-on of Loyola University.

Along with unrealistic ideas about weight, however, runs a concurrent finding that children's health is being undermined by the reality of obesity and poor nutrition habits.

Herbs and Spices

In temperate climates you can start to prepare the garden for planting but in the coldest climates you must still wait another month and maybe two. In the south you can work the ground thoroughly, tidying up, feeding and, if need be, planting. Transplant garlic and onions and sow red pepper and celery in protected seed beds: sow parsley, rocket, mustard and cress in ground. Divide and replant clumps of tarragon and discard outworn chive plants. Take cuttings of the more common labiates like lavender and oregano.

Herbs need special care on pH levels here is a short list:

Basil	5.5-6.5	Chives	6.0-7.0
Garlic	5.5-7.5	Mint	7.0-8.0
Rosemary	5.0-6.0	Sage	5.5-6.5

Financial Preparedness

President Hinckley has stated, "Reasonable debt for the purchase of an affordable home and perhaps for a few other necessary things is acceptable. But from where I sit, I see in a very vivid way the terrible tragedies of many who have unwisely borrowed for things they really do not need."

("I Believe," *Ensign*, Aug. 1992,6).

For some of us we get into debt to fulfill a need that was unmet during our childhood, such as: you wanted a bike and the family just didn't have enough money to buy it. Instead of finding work for the purchase of the bike, you feel left out of your friends circle. This made you more determined to fulfill the need for getting a best bike you can buy and not afford at the time. Why? Because the advertisers and credit card companies make it easy to want the bike. Never mind that you still have to pay for it with interest later.

Feelings and unfulfilled wants and needs get in the way of good judgement.

A Thought

"We are not born into this world with fixed habits. Neither do we inherit a noble character. Instead, as children of God, we are given the privilege and opportunity of choosing which way of life we will follow – which habits we will form...."

"Good habits are not acquired simply by making good resolves, though the thought must precede the action. Good habits are developed in the workshop of our daily lives. It is not in the great moments of test and trial that character is built. That is only when it is displayed. The habits that direct our lives and form our character are fashioned in the often uneventful, commonplace routine of life. They are acquired by practice."

(Delbert L. Stapley, "Good Habits Develop Good Character," General Conference, October 1974; see *Ensign*, November 1974, p. 20)

Family History Helps

Most of us may not write in a journal because we haven't the time, energy, knowhow, etc. Karen and Tracy made these suggestions on how to get started. Give them a try and see what happens it can be easier than you believe and lots of fun.

<http://library.lds.org/library/lpext.dll?f=templates&fn=main-h.htm>

by Karen

Using a computer makes it much easier. If you "forget" an earlier incident, it becomes very easy to put it into the chronological order by just going back and inserting it where it belongs in one's personal history.

It helps to make a tentative list of life events & milestones as a springboard to getting started. It may be easier to start writing with another event than to start at the very beginning with "I was born..." You can make a list on 3x5 cards, on slips of paper, or a whole piece of paper & write down ideas such as: first day of school, first date, wedding day, first baby, etc. Then if stumped as to what to write about, pull out an idea from the list.

Don't just relate events, relate feelings about those events as well. Include one's testimony of events as life building experiences.

While it is nice to use good grammar, don't worry about it. You can fix it later. Get those thoughts down. Print out a copy and read it aloud for awkward sounding sentences, or

things that need adjusting to get the full meaning across. And thank goodness for spell checkers.

By Tracy

#1: Questions in a jar. Write up questions on sheets of paper – anything you can think of – then cut them up, put them in a jar and pull one out each day and answer it in your journal.

#2: Think hard about some of the different kinds of things others in your family do; for instance my grandfather has walked the floor with every new grandchild singing "A Froggy went a courtin'" and now he is doing it to his great grandchildren. This memory deserves a write up. Then there are things that I think are odd like ketchup on mashed potatoes. One sister in my ward said her husband sticks his tongue out and chews on it when he is concentrating and she thought it was odd. Then she saw her mother in law do it and she wondered if this act could be passed down. Then she noticed that her daughter does it too. What I did with this was pass the ball to the sisters in the ranks and had them thinking and telling from their own lives

Have fun. Sometimes you really have to work hard to get others to see the value in writing in journals.

Get Physical

Go fly a kite! Take the kids along and see who can fly it the highest. Always be safe and fly in an open field such as a playground at a school, avoid power lines and trees if possible. If your kite does get caught in the power lines call the power company or phone company if they own the lines, these folks will send someone out to retrieve the kite and string. Keep safe and enjoy the spring weather.

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	

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<http://members.nbci.com/GayleMarie.1/>

Extra News

On Wednesday February 28, 2001 at 10:55 am. (PST), in Lacy, Washington a 6.8 earthquake hit. Some folks were unprepared for this event. Yet, there were very few injuries and only one person lost their life due to a heart attack. This was a very good wake up call to all of us.

How many of us are prepared for an earth shaking event. Here are some tips to help us be better prepared for a similar event in the area in which you live.

- ✓ Check your evacuation kit in your home, office or vehicle food, water supply, medical gear (such as band-aids, peroxide, anti-bacterial ointment, etc.)
- ✓ Have you practiced an evacuation plan with all family members
- ✓ Do you have handy phone numbers of relatives or friends outside your immediate town?
- ✓ Do you have some money saved and kept handy in case the banks are closed? Credit/debit cards?
- ✓ Are you and your family ready to evacuate your home if it becomes unsafe?
- ✓ Do you have and have you practiced using your camping equipment? The best time is before you need to use it.
- ✓ Is your families immunizations up to date? If not, you best get them done and don't forget tetanus shots; they could save your live.
- ✓ Did you know that hiding under a desk or other object may get you killed? It is better to lay next to the couch and allow it to be flattened instead of you. The safest place is to crouch by the wall next to tall cabinets such as file cabinet, under table that's at the wall. It is known as the Life Triangles. This was reported few months ago after the Turkey quakes. Rescuers found living people in those places. Never in the middle of the room.
- ✓ Also, the latest news on gas products, e.g. natural, propane, etc. Do not turn off the gas at the house unless you smell fumes, the gas folks have to turn it back on for you, unless you have them teach you how to do it. Leave it alone! The newer gas products like water heaters, stoves etc. use electricity for light the pilots. Older models do not.
- ✓ Cell phones and telephone lines are generally very overloaded during a disaster, try not to use them unless you have an emergency. HAM radio operators can get messages out if they have battery backup for their radios. If you know someone who is a HAM ask them when classes are conducted in your area. Learn, get your licence and practice. You never know when you will need it.
- ✓ Battery powered radios and flashlights are also handy to have on hand.

This comment seemed very fitting and I thought I would include it:

"An in-depth report of what happened at UW (where she works)...mass chaos. I don't understand how people who live in earthquake zones can have no conception of what to do in a quake. They have been predicting large earthquakes in this area for years. Didn't anyone take the threat seriously?"

Are you taking disasters seriously? They can happen anywhere and can be very devastating especially when you have not prepared.

Gayle-Marie

