

The Prepared Family



"Prepare Every Needful Thing"

April 2001

Scripture or Quote of the month:

Marion G. Romney, "The Celestial Nature of Self-Reliance," Tambuli, Oct. 1984, 1

I love the simple gospel truths as taught by the holy prophets, and I never tire of speaking about them. Since the beginning of time man has been counseled to earn his own way, thereby becoming self-reliant. It is easy to understand the reason why the Lord places so much emphasis on this principle when we come to understand that it is tied very closely to freedom itself.

On this subject, Elder Albert E. Bowen said, "The Lord must want and intend that His people shall be free of constraint whether enforceable or only arising out of the bindings of conscience. ... That is why the Church is not satisfied with any system which leaves able people permanently dependent, and insists, on the contrary, that the true function and office of giving, is to help people [get] into a position where they can help themselves and thus be free." (The Church Welfare Plan, Gospel Doctrine manual, 1946, p. 77.)

72-hour Evacuation Kit



- ☉ Washcloth and soap
- ☉ large plastic bag for using as rain tarp
- ☉ 25 ft. of rope
- ☉ salt tablets

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 13: 10 lbs. powdered milk
- ✓ Week 14: 7 boxes macaroni and cheese
- ✓ Week 15: 50 lbs. wheat
- ✓ Week 16: 5 cans cream of chicken soup

Gardens/Gardening Tips

This months topic is compost.

Composting is a natural process that began when the earth received plant life. Leaves falling, ground cover wilting, trees felled, deceased animals and insects decaying, all that once lived gave up its life to the earth. Layer upon layer rotted not to dust but to rich soil that brings new life.

Compost is your best friend in the garden. It is an easy solution to some problems and allows you to fertilize your garden without harmful chemicals. Here are some great tips and ideas to help you get started.

Your vegetable garden needs both animal and green (plant) manure. Composting is the ideal solution since you get the best of both. Here is what you do.

- ☛ build a composter. This can be done by using the simplest style of chicken wire to the an expensive store bought type. I will be using as an example the simplest style. Take as much wire as you feel you will need to accomplish the task for your size of family. In our family that would mean a 5' by 5' area divided in half. His can be as tall as the wire is. Leave an



opening in the front so that you can turn the pile as it starts to cook. On one half you add the products that need to be cooked and the other side to store the cooked product.

- now you will need to layer the pile. You will want to start with some spoiled hay or grass clippings (green layer) if you don't use them as mulch in your yard. Next you will need to add something that is brown. Like a shovel of soil or animal manure mixed with soil. Add another layer of green like leaves or vegetable waste from your kitchen.
- continue on like this until you use as much of your waste as you can. Add a water after every three or four layers, just enough to get it lightly damp. This aids in the cooking process.
- If you live near the ocean or near a brewery you can pick up seaweed (green) and shells (crush them) or used barley scum which can be added to your compost pile. It helps break down the cellulose in the green manure and adds more nutritional value.
- If done right compost pile won't stink.
- Never use dairy or meat products in your compost pile.
- For more information contact your local county extension office.

Recipes

For more recipes using food storage items go to the following address.

<http://www.thefamily.com/recipes/foodstorageind.htm>

Red Beans And Rice

by Laura Kight

2 cups cooked red beans 2 cups cooked brown rice
 ½ cup diced ham ½ tsp. ground cumin
 1 tbsp. chili powder ¼ tsp. powdered garlic

Directions:

Mix together in a saucepan and heat. Add water as needed to make saucy.

Directions for home canning beans for food storage:

1. Prepare jars for canning.
2. For each quart jar, add a 1¼ cup dried beans that have been washed – do not soak or cook. For pints, use a scant ¾ cup beans. If desired, add 1 tsp. salt to quarts

or ½ tsp. to a pint of beans. Fill with boiling water to within ½ inch of the top of the jar.

3. Put on the lids with seals and process in pressure cooker at 10 pounds for 90 minutes.

This canning method works well for pinto, red, white, kidney, garbanzo, lima, lentil, split peas, black turtle and soybeans. You can also combine a variety of beans. Beans store nicely on the shelf and are ready to pop the lid off and put into your favorite recipe for beans.

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Sprout Salad

by Andrea Chapman

alfalfa sprouts	cubed tomatoes
sliced mushrooms	sunflower seed sprouts
lentil sprouts	bacon bits
chopped green onion	lettuce, broken in pieces
avocado	
2 hard boiled eggs (optional)	

Dressing:

Combine and chill the following ingredients for the dressing: 1/3 cup vegetable oil, 1 T. Lemon juice, 1 T. honey, 1 T. spicy mustard, salt and pepper to taste.

Directions:

Combine ingredients together, toss with dressing and serve. © 1999 The Family Connection

Emergency and Family Preparedness

TIPS, IDEAS:

How many sewing machine needles have you thrown away because they were dull? Well, instead of throwing them away—sharpen them. Just stitch through a piece of sandpaper.



Saving an old zipper and trying to reuse it are sometimes a real headache. To fix this problem, spray it heavily with spray starch and it will sew like new.

Want to keep your four hole buttons on tight. Sew through two holes at a time. Break the thread and knot it and sew the other two holes. If one side breaks the other holds the button on.

In the laundry room these helpful hints may ease your frustrations.

Did you know that most cleaning products are made 2 parts water and 1 part rubbing alcohol.

Keep your washer clean and smelling fresh by filling your washer with warm water and add a gallon of white vinegar to it. Run the machine through its entire cycle. The vinegar will unclog the soap scum from the hoses. Ever have an over amount of suds? Sprinkle salt on them and watch them disappear.

Before you put away your favorite wool garment for the spring and summer months, you need to clean them. Not only will this help you garment last longer it will also help keep the bugs from enjoying them. If you happen to shrink them in the wash try this idea out. Soak in tepid water to which you have added a good hair shampoo. Let soak and then try to reshape it.

FYI

Spring is the time to check your septic systems if you have them. Here are some tips to help keep your system working well and keep your neighbors and yourself from having a failure. from the Benton-Franklin Health Dept. Septic systems should be pumped every three to five years to help reduce solids this will help prolong the health of the systems. Note: if you are planning to sell your home and you have a septic system some counties will require that you pump the system prior to the sale. Check local health codes for more information.

- Never neglect or abuse your system this can cause a failure
- Reduce the value of your property
- cause a serious health threat to your family and your neighbors
- degrade the environment, especially groundwater, lakes and streams.

You can add such products as solvents, yeast, bacteria, and enzymes that claim to improve septic tank performance, or reduce the need for routine pumping.

- ☹ Never add an additive that has not been specifically approved by the health dept. Some can cause solids to carry over to the drainfield, which results in early soil clogging and the need for a new drainfield.

Products containing organic solvents contribute to groundwater pollution.

Some warning signs of system failure:

- ☹ surfacing sewage, of lush vegetation in the drainfield area
- ☹ sewage back-ups in the house
- ☹ slow draining toilets or drains
- ☹ sewage odors

If you notice any of these signs or if you suspect your septic tank system may be having problems contact your local health dept. for assistance.

Next month how to manage a healthy system.

Nutritional Helps

Are you drinking enough water every day?

- * 75% of Americans are chronically dehydrated (likely applies to half of the world's population.)
- * In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- * Even MILD dehydration will slow down one's metabolism as much as 3%.
- * One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- * Lack of water is the #1 trigger of daytime fatigue.
- * Preliminary research indicated that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- * A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- * Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Herbs and Spices

Propagate sage, rosemary, and lavender by cutting and burying the prostrate side branches that have produced roots: thyme, winter savory, oregano, and marjoram by dividing clumps. In temperate areas sow annual cold hardy plants such as the umbellifers dill, chervil, and coriander. It will probably be necessary to hoe in order to rid the ground of weeds. If necessary, apply organic feeds.

Financial Preparedness

Nancy Lloyd wrote the following helps to get out of debt. Her article can be found in the February issue of *Family Circle* magazine, 1 February 2001; pages 44-47. Here are a few excerpts to get you thinking.

Step 1. Face Financial Facts

List all your debts – total amount owed – on credit cards, mortgages, car loans and other bills. Next to each total, jot the interest rate you are being charged. Post the list somewhere where you will see it.

Step 2. Time payments Precisely

Many creditors are shortening payment schedules, so check due dates. Mail payments at least five business days ahead to avoid penalty, late fees or increase of interest rates.

Step 3. Defuse Explosive Debt

If you've made purchases on a store credit plan that offered deferred billing, be ready to pay the bill in full when it arrives. If you don't you may be charged retroactive interest from the date of purchase, and many stores charge the highest interest rate allowed by law.

Step 4. Communicate with Creditors

Card issuers can raise rates and change other terms on just 15 days notice, so read all mailings and inserts immediately, and always check the small type on the back of your statements.

Step 5. Hold on to Your House

Think carefully before taking a low-interest home-equity loan to pay off high-interest credit-card debt. Lower monthly payments and tax-deductible interest charges can make these tempting. But there are risks.

Step 6. Cut Wasteful Costs

You don't have to eliminate every indulgence while paying down debt, but you don't want to waste money that could better be put to that purpose either. Carry a notebook with you and jot down every cent you spend. Don't forget that bottled water or candy bar at the gas station, or ATM fees.

Step 7. Create Extra Cash

You can speed the process of paying down debt by looking for new ways to free up money. Try holding a yard sale, research online or in the library for cost comparisons, pay attention to the total amount owed.

A Thought

"We now move cautiously into the darkening mists of the future. We hear the ominous rumbling of the gathering storm. The narrow places of the past have been a preliminary and a preparatory testing. The issue of this dispensation now is revealed before us. It touches the life of every sister. We do not tremble in fear – for you hold in your gentle hands the light of righteousness. It blesses the brethren and nourishes our children...."

"Oh, how powerful the tender, tempering teachings and the disarming wisdom of our sisters can be. I found the spirit of Relief Society – the whole of it – in the quiet reply of one of your number.

"Someone ridiculed her determination to gather her year's supply. She had stored enough for herself and her husband, with some to spare for her young married children who were without the means or the space to provide much for themselves. She told him she did it because the prophets had counseled us to do it. He chided her, 'In the crunch you won't have it anyway. What if your leaders call everything in? You'd have to share it with those who didn't prepare. What will you think then?'"

"'If that should happen,' she said, 'at least I will have something to bring.'"

"God bless you sisters of the Relief Society who bring so much."

(Boyd K. Packer, "The Circle of Sisters," General Relief Society Meeting, October 1980; see *Ensign*, Nov. 1980, p. 111)

Family History Helps

UNDERSTANDING THE TIME PERIOD

by Diana J. Muir

When searching for early vital records, it's important to keep in mind the time period and culture in which your ancestors lived. For instance, there is a three-year gap in the marriage records of Garryowen Catholic Church in Garryowen, Iowa, in 1846-49 (Dubuque, Iowa, diocese). You might think, "Oh, they were lost!" Actually if you were to look into the history of the parish, you would find that the Catholic priest, a character in his own right, took a group of parishioners west to the Gold Rush! Along the way he formed another parish in Nebraska and returned three years later.

Be certain to check out the local history of the areas where your family came from. You'll often find reasons for lapses that you might not have thought of!

Get Physical

Time to start getting those hiking boots broken in! Taking daily penny hikes around your neighborhood can be an interesting event. The kids will enjoy it and you will never know exactly where you may end up.

A penny hike is where you take a penny and toss it at each corner, heads you go right and tails take a left. If you want to work on a merit badge you can have the kids take a compass and practice finding the direction on it. Happy hiking everyone and enjoy the nice spring weather.

More on Earthquake Preparedness!

Earthquakes can happen anywhere and at anytime. If you think your area is not going to or is not on a fault line you may want to check out your local Emergency Management agency or the USGS about the area in which you live. Most areas of the world have some earthquake fault lines that may be small in size but powerful enough to rattle your community. Here are some ideas to assist you and your families to prepare for an earthquake.

BEFORE an Earthquake!

Check for hazards in the home.

- ⊞ Fasten shelves securely to walls.
- ⊞ Place large or heavy objects on lower shelves.
- ⊞ Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- ⊞ Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
- ⊞ Brace overhead light fixtures.
- ⊞ Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- ⊞ Secure a water heater by strapping it to the wall studs and bolting it to the floor.
- ⊞ Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.
- ⊞ Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.
- ⊞ Identify safe places in each room. Such as under sturdy furniture such as a heavy desk or table; or against an inside wall, away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.
- ⊞ Locate safe places outdoors. In the open, away from buildings, trees, telephone and electrical lines, overpasses, or elevated expressways.
- ⊞ Make sure all family members know how to respond after an earthquake. Teach all family members how and when to turn off gas, electricity, and water.
- ⊞ Teach children how and when to call 9-1-1, police, or fire department and which radio station to tune to for emergency information.
- ⊞ Contact your local emergency management office or American Red Cross chapter for more information on earthquakes.

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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