

The Prepared Family



"Prepare Every Needful Thing"

June 2001

Scripture or Quote of the month:

"Feelings become strained, quarrels more frequent and nerves frayed when excess debt knocks on the door. Resources channeled to make payment of debts do not put one crumb on the table, provide one degree of warmth in the house, or bring one thread into a garment. Many more people could ride out the storm-tossed waves in their economic lives if they had their year's supply of food and clothing and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year's supply of debt and are food-free." Pres. Monson, Women's conference at BYU 2001

At the beginning of this year I thought it would be great if everyone set some achievable goals. Now is a good time see how you are doing. If you haven't achieved your goals it maybe time to revisit them to see where changes need to take place. It's hard to believe that this year is already half over. Most of us are getting ready for vacations, moves, weddings, college or just plain everyday life. How are you doing? Have you stuck to your goals made six months ago? Are you better prepared for the unexpected? If not, are you prepared to be *wrong*? I hope all of you enjoy a safe summer and may the Lord continue to bless each of you and your families. *Gayle-Marie*

Gardens/Gardening Tips

Cherries, peas, lettuce, spinach, carrots, and radishes should be ripening and ready to harvest. Enjoy the bounty! Make a salad with these delicious produce and enhance your dining experience. Remember to pick in the morning when it is cooler or better yet just before use for the best flavor.

If you have not fertilized in a few months now is the time to reapply. Be careful not to let the fertilizer stay on the leaves as it may burn them. Replant peas now for a continued crop.

Recipes

Will return next month.

72-hour Evacuation Kit



- ☉ Reflector mirror
- ☉ miniature fishing kit
- ☉ large ground cloth
- ☉ maps

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. Goal setting doesn't have to be overwhelming.

Food Storage on Five Dollars a Week

- ✓ Week 21: 8 cans tomato soup
- ✓ Week 22: 20 lbs. sugar
- ✓ Week 23: 8 cans tuna
- ✓ Week 24: 6 lbs. shortening



Emergency and Family Preparedness

TIPS, IDEAS:

Tips on gifts for the college bound student and the newly married. Since, emergencies happen at any time and place it is always best to be ready ahead of time. For those of you who may have someone getting married please do them and yourself a favor and get renters insurance for them. Pay the hundred or so dollars for a years coverage or get together with the grandparents and purchase it for the new couple. It will be the best gift that money can buy. Plan ahead and rest in the knowledge that your family will be protected.

Build a basic 72-hour evacuation kit. Include items such as:

- ☞ rope and clothes pins
- ☞ candles and matches
- ☞ flashlights with extra bulbs and batteries
- ☞ metal cup and plasticware
- ☞ toothbrush and holder
- ☞ safety blanket (mylar/silver)
- ☞ rain poncho
- ☞ sewing kit and safety pins
- ☞ plastic garbage bags two sizes
- ☞ large ziplock style bag for documents
- ☞ notepad and pens/pencils

- ☞ stamps and envelopes
- ☞ oven mitt and serving utensils
- ☞ measuring cup and spoons
- ☞ scissors and small paring knife
- ☞ toilet paper and paper towels
- ☞ can/bottle opener
- ☞ money (about \$50 for hotel if needed)
- ☞ change for phone calls
- ☞ first aid kit travel size
- ☞ water purification means
- ☞ small travel games
- ☞ portable radio with batteries
- ☞ A plastic container for it all to fit into.

For a new baby in the family try this kit out for fun:

- ♡ toys
- ♡ safety pins
- ♡ diapers
- ♡ bottles/nipples
- ♡ baby powder and baby wipes
- ♡ small blanket
- ♡ bibs
- ♡ T-shirts
- ♡ booties
- ♡ small garbage sack stored in a ziplock bag
- ♡ copy of the baby's medical records

Herbs and Spices

You can still grow rocket, parsley, sweet basil, and in seed beds, leek. Thyme has finished flowering, so you can harvest it by cutting it drastically and then drying it. Water and feed to encourage new shoots. Pick the leaves of rosemary and lemon balm, laying them out in the shade in a thin layer to keep them from turning dark. Cut sage and mint and dry them in the shade. Elder is now in flower, harvest the inflorescence (flowers) to use immediately or after drying. Angelica concludes its biennial cycle; harvest the fruits as they ripen. Remove the leaves of mallow affected by rust, burning them after picking.

A Thought

"Knowing our religion to be true, we ought to be the most devoted people on the face of the earth to the cause we have embraced. Knowing as we do, or should know, that the gospel we have received promises all our hearts can wish or desire, if we are faithful, we ought to be very faithful, devoted, energetic, and ambitious in carrying out the designs and wishes of the Lord, as He reveals them from time to time through His servants. We ought not to be lukewarm or negligent in attending to our duties, but with all our might,

strength and souls we should try to understand the spirit of our calling and nature of the work in which we are engaged."

(Lorenzo Snow, _JD_ 12:146)

Family History Helps

Many of us have some Native American ancestry in our family backgrounds. Sometimes it is very hard to get information dating back into the early part of the history of The Americas. Oral history was just about all the information that is available and event that is sometimes limited here are some helps that will lend in your search.

Five Steps to Native American Genealogy

Persons researching their Native American ancestry often do not know how to begin. Many Native Americans were relocated by the U.S. government to reservations hundreds of miles from their home territories. As a result, it is sometimes difficult to determine where to start looking. The Genealogy Forum on AOL has an Web-based counterpart that is host to an impressive collection of Native American genealogical resources. Their "5 Steps to Native American Genealogy" provides a simple starting point for the researcher just beginning his or her investigations. Other materials in the genealogy forum provide insights into the history of Native American tribes across the continent.

<http://www.genealogyforum.rootsweb.com/gfaol/resource/NA/5steps.htm>

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by George G. Morgan

Get Physical

It's that time again. Swimming is a great exercise for the whole family. If you don't swim than maybe you can take lessons with the kids. If you are afraid of being in pool, lake, ocean or river, run through the sprinkler. What ever you decide to do have fun and enjoy the kids or grandkids.

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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