

The Prepared Family



"Prepare Every Needful Thing"

August 2001

Scripture or Quote of the month:

The Most Beautiful Flower

By Cheryl L. Costello-Forshey

The park bench was deserted as I sat down to read beneath the long, straggly branches of an old willow tree. Disillusioned by life with good reason to frown, For the world was intent on dragging me down. And if that weren't enough to ruin my day, a young boy out of breath approached me, all tired from play. He stood right before me with his head tilted down and said with great excitement, "Look what I found!" In his hand was a flower, and what a pitiful sight, with its petals all worn - not enough rain, or too little light. Wanting him to take his dead flower and go off to play, I faked a small smile and then shifted away. But instead of retreating he sat next to my side and placed the flower to his nose and declared with overacted surprise, "It sure smells pretty and it's beautiful, too. "That's why I picked it; here, it's for you." The weed before me was dying or dead. Not vibrant of colors, orange, yellow or red. But I knew I must take it, or he might never leave. So I reached for the flower, and replied, "Just what I need."

But instead of him placing the flower in my hand, he held it midair without reason or plan. It was then that I noticed for the very first time that weed-toting boy could not see: he was blind. I heard my voice quiver, tears shone like the sun as I thanked him for picking the very best one. "You're welcome," he smiled, and then ran off to play, Unaware of the impact he'd had on my day. I sat there and wondered how he managed to see a self-pitying woman beneath an old willow tree. How did he know of my self-indulged plight? Perhaps from his heart, he'd been blessed with true sight. Through the eyes of a blind child, at last I could see the problem was not with the world; the problem was me. And for all of those times I myself had been blind, I vowed to see the beauty in life, and appreciate every second that's mine. And then I held that wilted flower up to my nose and breathed in the fragrance of a beautiful rose and smiled as I watched that young boy, another weed in his hand About to change the life of an unsuspecting old man.

72-hour Evacuation Kit



- ☉ small first aid kit
- ☉ small sewing kit
- ☉ rain poncho with hat
- ☉ silver reflective blanket



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 29: 5 lbs. peanut butter
- ☉ Week 30: 50 lbs. wheat
- ☉ Week 31: 7 boxes macaroni and cheese
- ☉ Week 32: 10 lbs. powdered milk

Gardens/Gardening Tips

The following are great tips on how to reduce watering during the summer. Since in much of the United States we're in drought conditions, saving water and using water wisely is very important. These are just some ideas on water saving. Since, water is a vital resource it is always better to conserve than waste.

1. Add organic matter to your soil.
2. Deliver water directly to the roots—soaker hoses and drip irrigation systems work the best. Overhead watering evaporates much more quickly and doesn't get to the roots where it's needed.
3. Use mulch to retain water and reduce evaporation.
4. Use free water—rain barrels were not just for our ancestors.
5. Reduce your lawn. (exception: always keep a weed free barrier either all green or rock landscape around your home for fire breaks.)
6. Plan before you plant—know how much water will be used for the crops you wish to plant.
7. Choose plants carefully.
8. Take good care of your plants.

Did you know that vegetable crops are 80 to 95% water. Average garden soil will store two to four inches of water per foot. Growing vegetable crops need about one to two inches of water per week.

An average tomato plant transpires up to 30 gallons of water a season.

A corn plant transpires up to 55 gallons from germination to harvest.

Transpiration cools the plant (kinda like perspiration).

Water vapor can also condense on leaves and enter the plant through the stomata.

Recipes

Try fresh salads made from tomatoes, peppers, and zucchini. Add a little feta cheese and flavored oil and vinegar and you will have a great salad that is both pleasing to the eye and delicious to the taste. Or if your tastes run sweet, try a fresh berry salad or fruit and berry salad. These tasty dishes will add variety and fun to your summer meals.

Emergency and Family Preparedness

TIPS, IDEAS:

Here are some tried and tested ways to make your camping or backpacking experience better.

- ◆ Use pennyroyal to keep ticks, mosquitoes, and other pests out of your path. Right before you start your

trek, rub a few drops of pennyroyal essential oil on your socks, shoes, pant cuffs, and shirtsleeves. (Don't worry it won't stain—alcohol in the essential oil makes sure of that.)

- ◆ Pack a bottle with every person and apply every half hour. Don't get pennyroyal on your face, it can cause a rash.
- ◆ Look up where you are going to camp or hike to. What is expected of you the camper. Can fires be lit? During this fire season most places won't let you start a fire. What is the terrain like? Mountains, rolling hills, rivers or streams to cross? Being prepared is very important so that you know what to bring with you. Contact your local hiking club or call or visit the local forest service agency for conditions and trails.
- ◆ Check on the local weather. This is a must. The forecast can help decide if you are going to experience storms, snow, hot temps., or overcast skies. If you are crossing a stream or river will an unexpected storm cause a flash flood, or high water? You need to be prepared for this as much as possible ahead of time.
- ◆ When choosing a campsite, you need to take time to find a place that not only is safe for you to pitch a tent, but also close enough to water that you don't need to pack containers far.
 - ⊞ Look for a level place for your tent. There is nothing fun about sliding to the side when you are trying to sleep. Make sure where you sleep doesn't have any sharp rocks underneath your sleeping area.
 - ⊞ Tip: If you find broken fir or cedar boughs make a bed of them and lay out your sleeping bags. This not only makes a softer sleeping area it also will help insulate the space.
- ◆ Be water wise! Never, wash your dishes in a stream or lake or use soap in it, either – even if it's so-called biodegradable soap. Instead bring some water with you back to camp and use that to wash up dishes. Pack out any leftover food and garbage. You may think it's fine to leave an apple core or bits of mac and cheese lying about, but it is unwise and unsafe. It attracts bugs, animals, and causes problems with future users of the area. Animals get used to handouts and can become dependant on these bits of scraps.
 - Always stay at least 200 yards from a natural water source. And if possible stay on high ground.
 - Always dump waste water in a spit pit and remember to fill in the hole. Never leave signs of use behind – Just your footprints.
 - When you need to defecate, stay away at least 200 yards from your water source, and sleeping areas.

FYI

Luck is being prepared for opportunity when it comes.

Herbs and Spices

What is an herb? This definition comes from "Eating Wild Plants," by Kim Williams; Mountain Press Publishing Co. 1977.

Hippocrates in 500 B.C. said, "Let your foods be your medicine." Today we say "You are what you eat."

Potherb means a green leafy plant cooked like spinach. Herb did not always mean a plant used for seasoning or in folk medicine. Botanically herb means any plant that is not a bush or a tree. Herbs have stems that die back to the ground at the end of the growing season. A vegetable is a cultivated herb.

For August. Continue, until harvesting, to water lemon balm, mint, mallow, and rhubarb; harvest their stalks; the flowers of the hollyhock, once picked, are set out to dry in shade after making a necklace of them with needle and thread. Pick oregano and marjoram (now in full bloom) and dry them in bundles, separating the leaves and flowers into paper bags. Pick tarragon and put the leaves in the freezer. Clumps of sage, thyme, rosemary, lavender, and hyssop can be pruned back.

A Thought

A hungry man is not a free man. – Adlai Stevenson

Family History Helps

Soundex Converter

Soundex is a system of assigning a code to words/names that sound alike. The U.S. Federal censuses of 1880, 1900, 1910, and 1920 were indexed using the Soundex system. It uses the first letter of the surname, followed by numbers assigned to consonants in that surname to construct a 4-position code. By using this code in conjunction with Soundex microfilm for specific states, you can locate the exact census page on which your family members are listed. Roots Web has an excellent online Soundex Converter facility to convert your surnames into Soundex codes at <http://resources.rootsweb.com/cgi-bin/soundexconverter>. Enter your surname in the box, and the converter will translate it into a Soundex code and show you a list of surname spellings for which the code applies. The list can also help you determine alternate spellings for which you might search. You can learn more about Soundex at the

National Archives' Web site at

<http://www.nara.gov/genealogy/coding.html>.

- George G. Morgan

Get Physical

It's that time of the year again – Getting away for the hot August nights. Backpacking and hiking are a great way to get the family out and enjoying the mountains, hills, valleys, and other natural places. Bugs will likely be a problem no matter where you go and being safe is a matter of life or death. Here are some ideas to help make your trip safer and less buggy.

- ✓ Carry a whistle around your neck. Everyone in the family should have one.
- ✓ Learn or teach how to use a map and compass. Never leave home without both.
- ✓ Carry snacks that have nutritional value. Dried fruit, nuts, chocolate or carob chips are great.
- ✓ Always carry water and purifying equipment. This is a must for any hike. (Cold or Hot temps.)
- ✓ Use sunscreen and apply it correctly. Even on cloudy days you can burn.
- ✓ Hypothermia can strike in temperatures as high as 50°F. The combination of wet and cold can be deadly. Always keep yourself dry.
- ✓ Use insect repellent to keep lyme disease carrying ticks and other pests away from your family.
- ✓ Don't forget a hat. This will keep ticks and debris from falling on your head. It will also keep the sun from baking your head.
- ✓ Always let someone know where you plan to hike or backpack and let them know when to expect you. This is a great way to let someone know you're in trouble.

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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