

The Prepared Family



"Prepare Every Needful Thing"

November 2001

Scripture or Quote of the month:

"Occasions of this kind pull us up sharply to a realization that life is fragile, peace is fragile, civilization itself is fragile. The economy is particularly vulnerable. We have been counseled again and again concerning self-reliance, concerning debt, concerning thrift. So many of our people are heavily in debt for things that are not entirely necessary. When I was a young man, my father counseled me to build a modest home, sufficient for the needs of my family, and make it beautiful and attractive and pleasant and secure. He counseled me to pay off the mortgage as quickly as I could so that, come what may, there would be a roof over the heads of my wife and children. I was reared on that kind of doctrine. I urge you as members of this Church to get free of debt where possible and to have a little laid aside against a rainy day." President Gordon B. Hinckley, Sunday session, Oct 2001 general conference.

Happy Thanksgiving everyone! I really do enjoy this time of the year. Leaves start showing their fall colors, cooler temperatures are arriving and people are starting up their wood stoves and fireplaces. It is also the time of year to reflect on blessing given during the year and to be thankful for what we have been given. I am reminded of the hymn "Because I have Been Given Much"; it is a time to count the blessing we have been given, such as health, strength, life, the ability to walk, talk, think, smell, hear, see and feel. The Lord has given us the gospel to renew our strength even during the darkest days and nights. He has given each of us his light to share with others. What greater gifts can we receive? Let us not forget that we are all Heavenly Fathers children and we are commanded to love one another and forgive those who trespass against us. This can be very difficult to do, but we will be better off if we do.

Fall is a wonderful time for enjoying the harvests, and is also a great time to learn a new hobby like knitting, spinning, photography, sewing, or painting to name a few. For some it is a time to return to school and learn for a new career or just to expand knowledge. Good luck in these endeavors. May the Lord bless you with what you need.

With Christmas just around the corner and most not knowing what to get a family member maybe now is the time to think about gifts and preparedness. I will once again give some ideas on what to give as a gift and ideas for stocking-stuffers. Perhaps this is the year to make sure loved ones are better prepared for the future.

May the Lord bless each of you during this holiday season and always.

Gaule-Marie

Bug Out Bag-BOB



- ☉ Sturdy boots
- ☉ Face masks for dust and pollens/enough for everyday
- ☉ eye drops
- ☉ hard hat

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 44: 8 cans tuna
- * Week 45: 50 lbs. wheat
- * Week 46: 6 lbs. macaroni
- * Week 47: 20 lbs. sugar
- * Week 48: 5 cans cream mushroom soup



Gardens/Gardening Tips

Now is the time to enjoy the fruits of labor for the season. Pumpkin, squash, grapes, apples and other fall fruit should be ready for eating. Gardens should be tilled with nutrients that will break down and nourish for the spring planting. If you are using a green manure like buckwheat make sure that you have it planted and growing before you turn off the water or blow out the pipes so you can get a good start before the cold whether really sets in.



Recipes

What is Thanksgiving without pumpkin pie here is a great recipe to try out. Thanks to Janis of Michigan for sharing. Mix in order listed:

Pumpkin Pie

1 lg. can or 1 qt jar of pumpkin	1 Cup Oil
4 Cups Sugar (YES FOUR)	1 t. Salt
½ t. Cloves	½ t. Pumpkin Pie Spice
1 t. Cinnamon	¼ t. Allspice
¼ t. Nutmeg	4 t. Baking Soda
5 to 5 ½ Cups Flour	1 C. Raisins if desired.

Mix well, Pour into greased loaf pans. Bake at 325 deg. for at LEAST one hr. Cool. Slice. Mmmmm. I usually double the recipe.

GLAZED RAISED DONUTS

1 C sugar	2 Tablespoons Salt
1 C. Shortening	4 Eggs (reconstitute dry eggs)
1 qt WARM milk OR:	
(¾ C. dry milk from cannery plus 4 C. warm water, mixed well)	
3 T. Yeast	1 C. warm water
1t powdered lemon peel or lemon extract	

Dissolve yeast in the warm water, set aside. Cream together Sugar, Shortening & Salt. Add egg, mix. Add milk and lemon, and yeast mixture. Add flour to make SOFTER THAN bread dough. Rise until double in size (covered with moist towel?) ROLL OUT to ⅓ to ½ in. thick. Cut donuts. Rise until double. Put in hot oil BOTTOM side up, TURN, brown, drain on paper towel.

Glaze while still hot, dip into glaze made of: Powdered sugar mixed with mix to the thickness of cream and a little vanilla.

Pumpkin Apple Streusel Muffins

2 ½ cups all-purpose flour	2 cups sugar
1 tablespoon pumpkin pie spice	2 teaspoons cinnamon
1 teaspoon nutmeg	1 teaspoon baking soda
½ teaspoon salt	2 eggs, lightly beaten
1 cup pumpkin	½ cup vegetable oil
2 cups finely chopped peeled apples	
Streusel:	
2 tablespoons all-purpose flour	¼ cup sugar
½ teaspoon ground cinnamon	
4 teaspoons butter or margarine, softened	

In a large bowl, combine first five ingredients; set aside. In another bowl, combine eggs, pumpkin & oil. Stir pumpkin mixture into dry ingredients just until moistened. Stir in apples. Spoon batter into greased muffin tins, filling ¾ full. Combine streusel ingredients & sprinkle over batter. Bake at

400° for 20-22 minutes or until toothpick comes out clean. Yield: 2 dozen.

Banana Jam

A very unique jam that can be made year 'round. This jam makes a plain peanut butter sandwich outstanding.

3 cups sugar	½ cup water
10 ripe bananas	
2 tablespoons ascorbic acid (to keep it from darkening)	
1/4 teaspoon cinnamon	

In large saucepan, combine sugar and water. Bring to boil and boil uncovered, for 10 minutes, stirring often. Peel and chop bananas and add to the saucepan, along with the ascorbic acid.

Continue to simmer for 1 ½ hours or until mixture is thick and jam-like. Fill hot sterilized jelly jars, leaving ½ -inch head space. Tightly screw on lids and process in boiling water bath for 15 minutes. Yield: 5 half-pints

Emergency and Family Preparedness

TIPS, IDEAS:



Here are some great gift ideas for the family.

Stocking Stuffers

- * travel size shampoo, conditioner
- * washcloth
- * stick lights
- * new toothbrushes, paste and dental floss
- * compass, whistle with neck tie, reflector
- * soap and holder
- * hard candy and gum
- * crayons, colored pencils
- * small sewing kit (you can make these yourselves)
- * small first aid kits
- * travel size camping utensils
- * flashlight and batteries, extra light bulbs
- * phone card
- * rain poncho
- * hand lotion
- * red bandana
- * metal cup with homemade soup mix and choco mix
- * folding scissors
- * fingernail clippers and other nail supplies
- * knife and sharpener
- * flint and steel for fire starting

Great gifts

- * warm blankets
- * sleeping bags and pads
- * wool socks and cotton socks to wear next to the skin

- * wool hat and scarf. Make them yourself for a great gift
- * warm coat
- * gloves and mittens
- * warm boots big enough to wear heavy socks with
- * snow shoes or make some skis for cross country treks
- * slippers
- * food storage gift certificates
- * paper products for the family i.e. toilet, paper towels
- * propane for use with the campstove or lantern
- * water storage container
- * folding camp shovel, ax, or hatchet

FYI

Along with anthrax, smallpox could be a bioterrorism act. Here is some information on smallpox and the vaccinations that have been given in the past. Just another reason to make sure your immunizations are up to date. This also goes for the adults in the family! (This is only a small portion of the entire article.) The following website also gives some information worth reading:

<http://www.state.sd.us/doh/Bioterrorism/smallpox.htm>

"If I was vaccinated against smallpox before 1980, am I still protected? Probably not. Immunity from prior smallpox vaccination wanes with time and at this point, the entire U.S. civilian population is likely susceptible. However, persons who have been vaccinated in the past may experience less severe disease. If health authorities determine that you have been exposed to smallpox or are at risk of infection, they would recommend that you be re-vaccinated immediately."

I have been vaccinated twice, once as a child and once as an adult, but before 1980. I imagine, however, that I must still have SOME antibodies in my system. Hope I never have to find out. As I catalog records in the Family History Library, I see MANY records that have reference to people dying from smallpox - and also read the records of one parish where people were willing to try the new vaccine (be experimented upon) as it was such a killer.

"... the immune status of those who were vaccinated more than 27 years ago is not clear. The duration of immunity, based on the experience of naturally exposed susceptible persons, has never been satisfactorily measured. Neutralizing antibodies are reported to reflect levels of protection, although this has not been validated in the field. These antibodies have been shown to decline substantially during a 5- to 10-year period. Thus, even those who received the recommended single-dose vaccination as children do not have lifelong immunity. However, among a group who had been vaccinated at birth and at ages 8 and 18 years as part of a study, neutralizing antibody levels remained stable during a

30-year period. Because comparatively few persons today have been successfully vaccinated on more than 1 occasion, it must be assumed that the population at large is highly susceptible to infection."

For the full article, go to the website below:

<http://jama.ama-assn.org/issues/v281n22/full/jst90000.html>

Note the date the article was written!

Herbs and Spices

Time to protect your plants. In northern regions you will need to protect the whole plant from frost and freezing temperature. In the southern regions you will need to make sure that you cover the base of the plants to protect from possible frost or cooler temperatures that are not ready for the cooler temps.

Financial Preparedness



It's that time again. Time to start deciding on what to get for the family for Christmas.

Christmas, you say, that's still a month away... Well, Christmas is not far off so you need to start thinking about your budget. Some of you are wondering just what to get. In light of the turmoil in our world maybe it is time to gift a family member with knitting, sewing, or quilting lessons. For some it maybe the best time to purchase the family some water barrels or portable water purifiers. Still others may want to buy sleeping bags, tents, camp stoves or lanterns or camping sleeping pads. Look for specials at the Outdoor stores for these items and purchase what is needed for the family. Being prepared is all about knowledge and forethought. Keep these ideas in mind as the time to get prepared is running short.

A Thought

During this time of year, most of us will use our ATM cards more often. Please follow these simple steps to be safe from harm.

- ◆ Be aware of your surroundings. Avoid poorly maintained or poorly lit locations. If you see someone hanging around, leave.
- ◆ Bring a friend when using the ATM at night or after dark.
- ◆ Be prepared. Have your card ready before you arrive so that your time is shortened.

- ◆ Shield the keypad with your body or hand, so others cannot see your pass codes.
- ◆ Cancel the transactions and always keep your receipt, if a suspicious situation develops.
- ◆ Pocket the cash and your receipt right after the transaction. Count the cash later.
- ◆ If you are followed after leaving an ATM, go to a heavily populated, well lighted area and call the police.

If you are waiting in a drive-up lane, follow these extra procedures.

- ◆ While waiting in line, keep your doors locked, windows rolled up, and the engine running – and leave is something doesn't look or feel right.
- ◆ Leave enough room between cars to allow for a quick exit if necessary.

Family History Helps

Although quiet and peaceful in appearance, cemeteries can be dangerous places. Snakes, spiders, open graves, toppling tombstones, unseen holes, and vagrants – all of these can present hazards to your solitary research. It is therefore always a good idea to take a friend with you when visiting a cemetery. He or she can provide company, help you search for graves, and act as a deterrent to anyone who might think to wish you harm. In the event of an accident or emergency, your friend can be the difference between life and death by providing first aid or going for help. It is also a good idea to let someone else know where the two of you have gone to conduct your research. Safety first! - *George G. Morgan*

Get Physical



Time to rake those leaves, trim the shrubs, and finishing the fall planting. Now go out and enjoy the fall colors, take an afternoon bike ride in the park with the kids and dogs, go horseback riding (if you have one), take a walk, go to a nature preserve and watch the wildlife with the family, or take a day hike to the mountains to enjoy the wonders of fall. If you live in where it gets early snows take a short hike and have a snowball fight with family and friends. Just remember with the cooler temps you will need to dress warmer and take extra socks and clothes. And don't forget the warm drinks, e.g., apple cider, are a wonderful treat after a fun day of activities.

Something to consider

From the Farmers Almanac 2002-Western states edition:
For November: **New England States:**

Dec-Feb will suggest that global warming is accelerating, but early Jan will bring back memories of old-fashioned cold winters. Late Dec., late Jan., and early Feb., will be cold but overall, winter will be mild.

Greater New York-New Jersey:

Last winter was near normal in temperature and precip., although the heavy snowstorms made it seem like the snow total was above normal. Expect near-normal snowfall again this year with temps, one to two degrees warmer, on average.

Mid-Atlantic Coast:

Expect a mild winter, with above-normal temperatures and rainfall but less snow than average.

Piedmont and Southeast Coast:

Expect Nov. through March to be mild, with temperatures averaging above normal and with little snow or ice.

Florida:

Nov. through March will be mild, averaging two degrees above normal. Rainfall will be below normal in the north but above normal midstate and in the south.

Greater Ohio Valley:

Winter will occur in January.

Deep South:

Nov. through March will be milder and wetter than normal.

Chicago and Southern Great Lakes:

With the exception of Jan, Nov. through March will be milder than normal.

Northern Great Plains-Great Lakes:

Nov. through March will be near normal overall, temps will be below normal in northern Minnesota, Wisconsin and the upper Peninsula of Michigan.

Central Great Plains:

With the exception of Jan., Nov. through March will be mild.

Rocky Mountains:

Nov. through March will average one degree below normal, with near-normal precip. Temps will be below normal from Nov - late Jan., but coldest in mid-November, early Dec., and mid-to late Jan.

Next month: more from the Almanac

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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