

# The Prepared Family



"Prepare Every Needful Thing"

FEBRUARY 2002

## SCRIPTURE OR QUOTE OF THE MONTH:

*"Are there so many fascinating, exciting things to do or so many challenges pressing down upon you that it is hard to keep focused on that which is essential? When things of the world crowd in, all too often the wrong things take highest priority. Then it is easy to forget the fundamental purpose of life. Satan has a powerful tool to use against good people. It is distraction. He would have good people fill life with 'good things' so there is no room for the essential ones. Have you unconsciously been caught in that trap?"*

*"Men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death,...For [the devil] seeketh that all men might be miserable like unto himself" (2 Ne. 2:27). . . .*

*"Each of us needs to periodically check our bearings and confirm that we are on course. Sometime soon you may benefit from taking this personal inventory:*

*"What are my highest priorities to be accomplished while on earth?"*

*"How do I use my discretionary time? Is some of it consistently applied to my highest priorities?"*

*"Is there anything I know I should not be doing? If so, I will repent and stop it now."*

*"In a quiet moment write down your responses. Analyze them. Make any necessary adjustments."*

*"Put first things first." (Elder Richard G. Scott; "First Things First," \_Ensign\_, May 2001, 7, 9)*

Wow! It was five years ago that I started writing "The Prepared Family". During these last years I have tried to give you my readers a simple concise way to become better prepared. I have used themes which to guide and direct our focus and help overcome obstacles and encourage preparedness. Since the outset of this newsletter I have seen our neighbors become better prepared spiritually, physically, mentally, and yes better able to use and store their food storage. It has been a pleasure to bring this newsletter to you and I do hope to continue. It seems that in the last five years we have weathered many a storm and I really don't think that they will stop coming now. It is even more important to continue to become spiritually and physically, mentally and financially prepared as the coming years will be more difficult to live in.

It is my goal to assist in helping each of you to follow our beloved Prophet and become better prepared. Take care of yourselves and may the Lord of Hosts bless each of you as he sees fit.

*Gayle-Marie*

## Bug Out Bag-BOB



- ⊗ Emergency Fire Starter Lens
- ⊗ light weight hat
- ⊗ work gloves
- ⊗ pair of cotton socks

## Stock up by the week

"...If we are to be saved in an ark, as Noah and his family were, it will be because we build it... My faith does not lead me to think the Lord will provide us with roast pigs, bread already buttered, etc., He will give us the ability to raise the grain, to obtain the fruits of the earth, to make habitations, to procure a few boards to make a box, and when harvest comes, giving us the grain, it is for us to preserve it – to save the wheat until we have one, two, five or seven years' provisions on hand, until there is enough of the staff of life saved by the people to bread themselves and those who will come here seeking for safety." (Marion G. Romney (Quoting Brigham Young) - April Conference, 1976)

## Gardens/Gardening Tips

Well, it's that time again and after a short break it is planning season. Our gardens are to help us learn and sustain ourselves and families through hard times and in case food becomes hard to come by. We have been commanded to know how to garden and use home production as a means to supplement our food buying. But, to do this we need to learn what to plant and how to tend our gardens so that they don't become a burden to us. You may live in an apartment, or condo, have a small or large lot, but gardening doesn't need to be difficult, use your imagination and have fun.

The first thing you need to do is find out what minerals are missing from your soil. In the Tri-Cities area of Washington where I live the soil lacks selenium and iron. These trace elements are essential for keeping the body healthy. Our animals need trace mineral salt blocks to keep them healthy as well. This is very important to know so that I can add these essential nutrients into my diet.

Other things to know are whether the soil has enough nitrogen, phosphate, or does the soil have the proper pH? Plants need proper soil to grow and by keeping these things in mind the weeds will be less problematic.

So where to begin? Test the soil. A simple soil testing kit can help determine pH, nitrogen, iron and phosphate levels. Asking your county extension office about nutrients that are missing will improve your health level. By knowing what is missing you may add that nutrient to your diet by a supplement.

Small container gardening is great for the small area gardener and larger garden areas can be shared with those who don't have space for what they want to grow. Sharing also cuts the work load in half.

TIP: Save those ashes, they are great in the garden.



## **HARVEST SOUP**

*by Julie Thornack*

1 lb pearl barley  
 ½ bushel tomatoes (about 28 medium tomatoes, but I use any amount I happen to have over that)  
 20 carrots, sliced thin                      2 bell peppers, diced  
 1 bunch celery, sliced thin, including leaves  
 1 bunch parsley, chopped                      5 large onions, diced  
 ½ C. salt    ¾ C. sugar

Puree tomatoes and put in a large stock pot. Prepare veggies and add to tomatoes. Add barley, salt and sugar as well as about 3 qts water. Bring to a boil. Pressure at 12 lbs for 35 minutes, or if you don't have a pressure gauge, then pressure at 10 lbs (by permission of our local county extension office). Makes 17-20 qts.

**NOW A NOTE.** This is by no means a hard and fast recipe. This last year I didn't add the parsley or the carrots since I have cannery dried carrots I toss in. You could add potatoes or cut back on onions (which I do). Just make sure you pressure the soup to accommodate the veggie that requires the longest processing. But if you use the recipe as shown, or at least the ingredients as shown, the time is correct. Oh, and when you ladle the soup into the jars, stir it up every time so all the barley doesn't end up in the last 5 quarts!

One more note: I used to use a knife to prepare all my veggies, but now I cut the carrots, onions, peppers and celery into large chunks, put in the Vita Mixer, cover with water, and chop on a lower speed for about 15 seconds. Then I don't add any additional water.

## **HASH BROWN POTATO CASSEROLE**

*by Lynne*

8 ounces sour cream  
 10 ounces grated cheddar cheese (about 2- ¼ cups)  
 2 cans cream of potato soup  
 4 cups dry hash browns, reconstituted (or 2 lb. bag frozen hash browns)  
 ½ cup milk  
 1 tbs. dried onion flakes, or to taste  
 salt and pepper to taste  
 grated Parmesan cheese

Combine all ingredients except Parmesan cheese. Spread into casserole and sprinkle with Parmesan cheese. Bake 1 hour at 325 degrees.

## Recipes

Most people that have food stored for a "rainy day" have no idea how to use the food and rotate it. When I started this part of the newsletter, I asked members of my ward and stake to contribute recipes. Some did and I shared them with everyone. Now I ask many folks from all over the country for their favorite recipes and I share them as well. By using what we have we not only rotate what we have stored, but we also train our bodies to accept more sound diets. Many people eat from a box or from fast food restaurants, which may be ok as long as it is only occasional. By getting back to basics we are following our prophet by SWYE-EWYS. The Lord will bless you in all of your efforts and in the end your families will thank you.



Gateway computer, received a PIN number from DMV to change my driving record information on-line, and more. But here's some critical information to limit the damage in case this happens to you or someone you know.

As everyone always advises, cancel your credit cards immediately, but the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily. File a police report immediately in the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one). But here's what is perhaps most important: (I never ever thought to do this) - Call the three national credit reporting organizations immediately to place a fraud alert on your name and SS#. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. By the time I was advised to do this, almost 2 weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them in their tracks.

The numbers are:

Equifax: 1-800-525-6285

Experian (formerly TRW): 1-888-397-3742

Trans Union: 1-800-680-7289

Social Security Administration (fraud line):  
1-800-269-0271

## Family History Helps

You may find that interviewing family members provides some of the most interesting information about your family. Learning about hobbies, family traditions, and personalities can really bring the names in your family tree to life! When you interview family members and record an oral history, remember that you're an interested relative, not a hard-nosed reporter. Recording an oral history should be an enjoyable experience for everyone involved, and you're more likely to get good results if that's the case.

TIPS FOR ORAL HISTORY INTERVIEWS:

1. Bring a tape recorder, or pen and paper, or both. If you want to use a tape recorder, make sure you get prior permission from the person you're interviewing.
2. Make sure you record the date and location of the interview, as well as the name of the interviewer and the interviewee.
3. Ask questions to start things off, but don't be afraid to let the person you're interviewing talk "off the subject." You may get some of the best stories this way.
4. If you ask "when" something happened, the answer will often be "I don't know," because the individual doesn't recall the exact date or year. Instead of asking "when," ask the question in relation to another event. For example, did an event take place before or after the individual got married, or before or after the individual's parents died? You can also begin the question with "About how old were you when...." Using these techniques, you're more likely to get answers.

## A Thought

"God does not begin by asking us about our ability, but only about our availability, and if we then prove our dependability, he will increase our capability!"

(Neal A. Maxwell, "It's Service, Not Status, That Counts," *Ensign*, July 1975, p. 7)

## Get Physical

It's that time of the year when it seems that winter will last just long enough to make us go a little stir crazy. Cabin fever starts to set in and we start to wonder if the spring will ever arrive. Well, it's time to get ready for spring. Take out that kite and get it ready to soar; are the roller blades in need of repairs; is your arm ready for baseball throwing? Is your mitt in good working order? Maybe you need to take a turn at the ice rink, or get the garden ready for President's day. Why, you may ask? Well you need to have your garden ready for planting peas. What a wonderful way to get outside and get some much needed exercise. Till the garden, prepare the spring time toys and get ready. The kids will want to spend time outdoors since it stays light a little longer these days. What ever you choose to do to keep busy, you can only clean the house so many times in one day and everyone needs an exercise break.

## 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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