

# The Prepared Family



"Prepare Every Needful Thing"

April 2002

## Scripture or Quote of the month:

*"The only thing you need to worry about is striving to be the best you can be. And how do you do that? You keep your eye on the goals that matter most in life, and you move towards them step by step.*

*"I know many feel that the path is hard and the way is dark. But, . . . we are not left without a guide.*

*"We have scriptures that reveal the word of God to mankind through the ages. When we feast upon the word of God, we open our minds to eternal truths and our hearts to the gentle whisperings of the Holy Ghost. Truly God's word, through scriptures and modern-day prophets, is a 'lamp unto [our] feet, and a light unto [our] path' (Ps. 119:105).*

*"As we read about the great souls who have preceded us, we learn that they too had times of discouragement and sorrow. We learn that they persevered in spite of hardship, in spite of adversity, sometimes even in spite of their own weaknesses. We learn that they too continued to press forward, one step after another. We can be like those righteous souls Lehi spoke of who 'caught hold of the end of the rod of iron; and they did press forward through the mist of darkness,... even until they did come forth and partake of the fruit of the tree'*

*(1 Ne. 8:24)."*

*We also have a living prophet, President Gordon B. Hinckley. He provides counsel and prophetic direction for us in our day.*

*"Through his counsel and our prayers, we can reach into the heavens and personally commune with the Infinite. Through faith, heaven itself can be moved in our behalf. Doors will be opened and answers received."* (Joseph B.

*Wirthlin, "One Step after Another," \_Ensign\_, Nov. 2001, 26-27)*

## Bug Out Bag-BOB



Last month I suggested that you purchase quilt batting and diapers. A lot of folks wondered why. Well, here are some ideas.

The quilt batting can be used to pre-screen water, this will help remove heavy particles of leaf matter, slime or other large debris— you won't need to treat the pond type water scum and waste bleach or other purifying methods. It can also be used to pre-screen the air. The cold air return is another great place to use the batting, it will pre-screen the air going into the fan and take out solids such as pet or human hair, dust bunnies, and dust. Debris such as leaves can be prevented from coming into your home or garage by placing a double sheet of batting over the open window to screen debris. It can also be used as an extra insulator for bedding or to sleep on.

As for the diapers, they can be used for bandages, splint wraps, feminine products, babies, bibs, or jelly making (make sure they are the thin ones), and face masks.

I hope this helps. This month's suggestions include:

- ⊗ a book on wild edibles
- ⊗ safety pins and needles
- ⊗ glue sticks, colored pencils
- ⊗ hand lotion



## Stock up by the week

- △ bandages, all sizes
- △ Multiple vitamins with a good mineral content
- △ canning jars with extra lids and rings
- △ pectin

## Gardens/Gardening Tips



Here's a recipe that might help keep rabbits out of the garden.

Simmer red pepper, crushed garlic and water for several hours on low heat. Let the mixture cool, strain through cheese cloth and pour into a sprayer. Works on any number of plants, especially rabbit favorites like cabbage, and broccoli. Environmentally friendly, and inexpensive and effective! By Jana Moran from KY.

## Recipes

### **Survival Bread**

by Cheryl

2 cups oats	2-1/2 cups powdered milk
1 cup sugar	3 tablespoons water
3 tablespoons honey	1 pkg orange or lemon gelatin (3 oz)

Combine oats, powdered milk and sugar. In a medium pan mix water, gelatin and honey. Bring to boil. Add dry ingredients. Mix well. (If the dough is too dry, add a small amount of water a teaspoon at a time) Shape dough into a loaf. (About the size of a brick) Place on cookie sheet and bake at 350 degrees for 15-20 minutes. Cool. Wrap in aluminum foil to store. Will keep indefinitely and provides daily nutrients for one adult.

These are the instructions I was given. A friend of mine and I each tried this a different way. We tried both quick and old-fashioned oats and both instant and non-instant milk. We found it didn't matter which was used. Both flavors are good, too. We found that it works better, though, to press the dough tightly into a loaf pan rather than shaping it and baking it on a baking sheet. It stays together better. The result is a heavy rock hard brick! It doesn't taste all that bad, though. You crumble off pieces of it to eat it. It can't be cut.

The following bread recipe is for use with a bread machine.

### **Oatmeal Sesame Bread**

By Wendy of Peace and Carrots Farm  
Vermont

<http://www.zhometstead.com/peaceandcarrots/>  
<http://groups.yahoo.com/group/VermontHomesteaders/join>

3 Tablespoons butter	
2 Teaspoons Active Dry Yeast	1 Teaspoon Salt
1 1/4 Cups Water	2 Cups Bread Flour
2 Tablespoons Nonfat Dry Milk Powder	
1 Cup Whole-Wheat Flour	3 T Brown Sugar
1 cup Oatmeal	1/2 cup sesame seeds

ABM ....I set it on regular bread, light crust.

### **Sunflower Seed / Millet Bread**

by Don Duncan

3 C wheat flour	3 C white flour
2 1/2 C water (if you cook potatoes in the water first, it's even better)	
2 T yeast	1 T salt

1/3 C sugar  
1/2 C millet

1/3 C oil  
3/4 C sunflower seeds (raw)

Mix wheat flour, water yeast, salt, sugar, oil together in a bowl until gluten develops. Stir in millet and sunflower seeds. Add the rest of the flour and knead until smooth. Let rise 'til double. Form into loaves and let raise about 45 minutes. Bake at 350 degrees for 35 -45 minutes.

## Herbs and Spices

When planting herbs and spices you would be better off planting plants that you are familiar with, such as rosemary, thyme, basil, or borage. Many herbs can be used as they are flowers, leaves, root and stems, but some can be used for medicinal purposes. It would be wise to learn which plants can be used for different uses so that you can practice and get used to them before the time comes when they are needed.

Did you know that rosemary is not only delicious with meats, but as an oil it can help unstuff a nose? It smells a lot like camphor or menthol.

Basil is not only great for pasta dishes and used with chicken or egg or fish; it's oil is used in soaps, toothpaste, and mouthwashes!

Borage is often used in summer drinks, and can be added to omelets, stuffing and even pancakes! But it is also used as an astringent, emollient and is mainly used externally to cure skin inflammations and to put into bath water, and can be used as a dyeing agent furnishing a brown pigment.

## Financial Preparedness



Saving money is an attitude and we can either rationalize that it can't be done "because" or we can just "Do It".

Doing your cooking by scratch can save money, in some states you don't pay sales tax on the groceries you buy—except on sodas and bottle water; but you do have to pay on fast food or prepared and cooked pizza, etc. If you want to eat out, do so; but maybe only once a month instead of every day.

Soda pop is an expensive drink, both on the budget and on the body. To neutralize the "fizz" (carbolic acid) your body uses calcium that is stored in the bones. Too much and you risk getting brittle bones. It is also full of sugar and those empty calories are very hard for the body to loose. Drink water instead.

Do you have a baby in the house? One on the way? Maybe you're going to be a grandparent! Well, by using cloth diapers you can save your over stressed budget. They handy pieces of cloth can be re-used many times over and for the cost of a dozen you can save yourself many dollars of your budget.

## Family History Tips

Thanks to Andrew Billingham, [billingham@rootsweb.com](mailto:billingham@rootsweb.com) who says he saw it on the KENT-L@rootsweb.com mailing list.

### WHAT IS A GENEALOGIST?

A full-time detective  
 A thorough historian  
 An inveterate snoop  
 A confirmed diplomat  
 A keen observer  
 A hardened sceptic  
 An apt biographer  
 A qualified linguist  
 A part-time lawyer  
 A studious sociologist  
 An accurate reporter  
 An hieroglyphics expert,  
 AND . . .  
 A complete nut!

## A Thought

The best defense against the spread of infection is . . . .

### HAND WASHING

Wash before:

Eating

Preparing food

Wash after:

Using the bathroom

Coughing

Sneezing

Blowing nose

Changing a diaper

Remember: friction (rubbing together) and heat (hot water) are just as essential as using soap.



## Get Physical

Whenever you start an exercising routine be sure to take these steps to help prevent problems. Wait 2 hours after meals so that the blood has a chance to leave your stomach and circulate to your legs. If you exercise before a meal, wait 20 minutes so that you have a chance to cool down. Always drink plenty of fluids to replace water loss by sweating. Take 5-10 minutes for a good warm-up and cool-down to increase flexibility, reduce soreness and muscle strain, and decrease your chance of injury to your muscles, heart and arteries.

Before beginning any exercise program, check with your doctor and check in every once in while to monitor for problems or benefits.

## FYI

Submitted by Lynnda/tlnds

Lard will go rancid after a while anyway but you can clarify it by boiling it with salt and water, let chill and then scoop the clean lard off the top

You will also do this to clarify the lard to make white soap.



## Here's more FYI

### THE UNITED STATES ONE DOLLAR BILL

shared by Michael Romack

Take out a one-dollar bill, and look at it. The one-dollar bill you're looking at first came off the presses in 1957 in its present design. This so-called "paper money" is, in fact, a cotton and linen blend, with red and blue minute silk fibers running through it. It is actually material. We've all washed it without it falling a part. A special blend of ink is used ... the contents we will never know.

It is overprinted with symbols and then it is starched to make it water resistant and pressed to give it that nice crisp look. If you look on the front of the bill, you will see the United States Treasury Seal. On the top you will see the scales for a balanced budget. In the center you have a carpenter's square, a tool used for an even cut. Underneath is the Key to the United States Treasury. That's all pretty easy to figure out, but what is on the back of that dollar bill is something we should all know.

If you turn the bill over, you will see two circles. Both circles, together, comprise the Great Seal of the United States. The First Continental Congress requested that Benjamin Franklin and a group of men come up with a Seal. It took them four years to accomplish this task and another two years to get it approved.

Look at the left-hand circle; you will see a Pyramid. Notice the face is lighted, and the western side is dark. This country was just beginning. We had not begun to explore the West or decided what we could do for Western Civilization. The Pyramid is un-capped, again signifying that we were not even close to being finished. Inside the capstone you have the all-seeing eye, an ancient symbol for divinity. It was Franklin's belief that one man couldn't do it alone, but a group of men, with the help of God, could do anything. "IN GOD WE TRUST" is on this currency. The Latin above the pyramid, ANNUITCOEPTIS, means, "God has favored our undertaking." The Latin below the pyramid, NOVUS ORDO SECLORUM, means, "a new order has begun." At the base of the pyramid is the Roman Numeral for 1776.

Looking at the right-hand circle, and check it carefully, you will learn that it is on every National Cemetery in the United

States. It is also on the Parade of Flags Walkway at the Bushnell, Florida National Cemetery, and is the centerpiece of most heroes' monuments.

Slightly modified, it is the seal of the President of the United States, and it is always visible whenever he speaks; yet very few people know what the symbols mean. The Bald Eagle was selected as a symbol for victory for two reasons: First, he is not afraid of a storm; he is strong, and he is smart enough to soar above it. Secondly, he wears no material crown. We had just broken from the King of England. Also, notice the shield is unsupported. This country can now stand on its own. At the top of that shield you have a white bar signifying congress, a unifying factor. We were coming together as one nation. In the Eagle's beak you will read, "E PLURIBUS UNUM", meaning, "one nation from many people." Above the Eagle, you have thirteen stars, representing the thirteen original colonies, and any clouds of misunderstanding rolling away. Again, we were coming together as one. Notice what the Eagle holds in his talons. He holds an olive branch and arrows.

This country wants peace, but we will never be afraid to fight to preserve peace. The Eagle always wants to face the olive branch, but in time of war, his gaze turns toward the arrows. They say that the number 13 is an unlucky number. This is almost a worldwide belief. You will usually never see a room numbered 13, or any hotels or motels with a 13th floor. But think about this: 13 original colonies, 13 signers of the Declaration of Independence, 13 stripes on our flag, 13 steps on the Pyramid, 13 letters in the Latin above, 13 letters in "E Pluribus Unum", 13 stars above the Eagle, 13 bars on that shield, 13 leaves on the olive branch, 13 fruits, and if you look closely, 13 arrows. And, for minorities: the 13th Amendment.

Too many veterans have given up too much to ever let the meaning fade. Many veterans remember coming home to an America that didn't care. Too many veterans never came home at all. Share this message with everyone, so they can learn what is on the back of the UNITED STATES ONE DOLLAR BILL, and what it stands for...Otherwise, they will probably never know...

### 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	Local Farmers/Farmers Markets

### Extra! Extra! Read all about it!

#### **SEEDS, SEEDS AND MORE SEEDS**

These excerpts are for your consideration. Take a closer look at the links provided to determine if you wish to write

your congressperson. It would be very difficult to be better prepared for home-production/food storage if seeds are not able to move around. Best purchase heirloom varieties of the plants that you would like to use and eat. That way you can have a ready supply of seeds that don't need transportation. Anyway, that's my take on it. *GMN*

#### **USDA Plans Severe Gardening Restrictions**

<http://www.jludsonseeds.net/USDAComment.htm>

The USDA is now accepting public comments on their Draft Action Plan for the Noxious Weeds Program, which includes the "clean list" or "white list" proposal. They are now going beyond the clean list and are stating that they intend to require permits and inspections for ALL seeds and plants moving interstate – this will effectively shut down many popular seed exchanges like the North American Rock Garden Society exchange and the Seed Saver's Exchange. These exchanges have been hailed as important means of preserving biodiversity. How many home seed savers will be willing to get appropriate licenses and inspections when they cost a minimum of \$100 (for a nursery stock or seed license here in California). Penalties of up to \$250,000 are proposed with a minimum fine of \$1000 even for home gardeners.

Write to your representatives and demand that the out-of-control USDA be reined in.

These proposals fundamentally change the regulations on the importation and distribution of plants. Currently, you may import, possess and distribute all plants except a few known harmful species that are banned – a "blacklist" approach in which everything is permitted except what is prohibited. The new Clean List (or white list) policy is the opposite – everything is prohibited except what is on a government-approved "clean list" of species that the USDA permits. This will effectively ban 99% of the species on the planet. The clean list or white list has been called an internet hoax, and the agencies involved have actually sent out letters denying they have such plans – go to their website and read for yourself what they say:

<http://www.aphis.usda.gov/ppq/weeds/>

#### **FRAUD ALERT**

If you receive an e-mail, pager, or answering machine message telling you that there's an emergency, that you've won a major prize, etc, and giving you an 809 area code number to call, don't do it. The 809 area is located in the Caribbean. It's similar to the 900 area code in the U.S. where you're charged by the minute. The difference is that the per minute rates in the 809 area aren't regulated by the U.S. and the number being called sets the rates. In this scam, the rate is \$2425/minute and if you call and don't know what's happening, you'll listen to a long pre-recorded message that's intended to keep you on the line as long as possible. You won't know what's happened until you receive your monthly bill and, since you did make the call, your local phone company and long distance carrier, or cell phone service, aren't much help. It's a case of "let the buyer beware", so beware. This isn't a rumor. Verizon was the first to alert the public and the scam is now listed by the National Fraud Information Center

<http://www.fraud.org/telemarketing/01statsfinal.htm>



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