

The Prepared Family



"Prepare Every Needful Thing"

May 2002

Scripture or Quote of the month:

A little red hen once found a grain of wheat. "Who will plant this wheat?" she said. The dog, cat, pig and turkey all said "I won't," so the little red hen did it herself. She planted the wheat and tended the plant, when it was time to harvest, the dog, cat, pig and turkey all said, "I won't." So, the red hen reaped it. She again asked who would help thresh the wheat and no one would help her, so she did it herself. When it was time to take the wheat to the mill to have it ground again no one helped. Then it was time to bake the bread the answer was the same, "I won't!" So, she baked a loaf of bread and asked "who will eat this bread?" and the dog, cat, pig and turkey all said "we will eat the bread!" But the little red hen said "I will eat the bread."

When Adam and Eve were forced to leave the Garden of Eden they were told:

Genesis 18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; 19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou shalt return 23 Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken.

How many of us are going to be like the dog, cat, pig or turkey when it comes time to be ready. Are we willing to let someone else carry our load? Is not the time to prepare now?

Being prepared is not to be left to our parents, grandparents, or our neighbors. It is up to each of us to be as prepared as possible. We are to be responsible for ourselves and family members if they are unable, due to age, infirmity, or other circumstance. But I have found that, like family history, most of us want to leave it to someone else. Time is important and so is finance. Now is the time to become ready for the hard times to come. If you can make or buy one pillar candle, an extra can of soup or vegetables, you will be better prepared than some. Leaving it until you have more time, money or desire will leave you and your family wanting. The little red hen worked hard, and asked for assistance, she received none, but when the time came everyone wanted to benefit from her labor. Another important component of preparedness is skill. Have you learned a skill or skills that will improve your situation? If you don't have the time, money or inclination to save and store food items, can you, for instance, split wood, garden (knowing what are edible "weeds" and what aren't), haul water or have the tools to haul water (not everyone will have a working pump or possibly electricity). Can you tend large animals; milk a cow or goat?. Can you cook with a Dutch oven, pit cooking, or open fire? These things will be a an asset when bartering for food, clothing, or shelter. When the Lord

cast Adam and Eve from the garden of Eden, He didn't say they would support the world family forever. He stated that everyone would work, "by the sweat of thy face shalt thou eat bread". I take that to mean, everyone will have to work to eat.

May the Lord bless each of you. GMN

Bug Out Bag-BOB

Time to get out your BOB to see what needs to be rotated. Get the kids to help out; they need to check their own bags to make sure they have everything in order also.



- ☉ Foodstuffs in your bag will need to be checked. Is it palatable to eat? Has the expiration date come and gone? Replace it now!
- ☉ Batteries will need to be tested, flashlight bulbs need to be checked to see if they work.
- ☉ Take inventory of your kits and see if the band-aids, tape or other adhesive type backings need to be replaced. (Most adhesive backed items lose their stick ability over time)
- ☉ Take the time to update clothing sizes, making sure that all persons have over and undergarments, socks, and shoes that fit.
- ☉ Take out that sleeping bag and see that it is in good shape. Get it cleaned if needed. Repair any holes made by moths or mice.
- ☉ Get the tent out and clean it. Repair any pin holes, check the netting, the floor and all zippers (are they in good working order?) Take the time to re-seal seams and replace tie downs and ropes to make sure they are in good working order. Re-spray with water repellent to prepare for the camping season.

- ☉ Make sure you have proper footwear that fits each person.
- ☉ Camp stoves and lanterns need to be cleaned and repaired if needed. Seals need to be replaced at least once a year and if your lantern mantel is not intact you will need to replace it.
- ☉ Have you made fire starters? If not, now is the time to get them.

Stock up by the week

Here is the latest from Salt Lake City, Headquarters. We have been commanded to stock up and use our year supply of commodities (i.e., rotate our stock). Since most people cannot afford a large amount of food stuffs all at once, and I would advise not spending or going into debt to build your food storage, our leaders have prepared a plan that should fit into everyone's budget and help each of us follow the Lord's command "to prepare every needful thing."

Food storage kits will now be available for a one month supply for one adult for between \$28 to \$33. The kit will include the necessities for making bread and meals which includes:

3 cans wheat	1 can rolled oats
2 cans rice	1 can macaroni
1 can flour	1 can dry beans
1 can sugar	1 bottle vegetable oil
1 canister salt	8 plastic lids
2 #10 can box for storage	

They will also sell a 3 month kit for \$61 to \$70 and a years supply for around \$222 to \$249.

They are all based on the 400lb. grains/16 lb. milk recommendation which is survival rations for a non-pregnant adult. The 3 month includes: 12 cans wheat, 2 cans quick oats, 5 cans white rice, 2 cans macaroni, 3 cans pinto beans, 3 cans sugar, 1 can powdered milk, 3 bottles cooking oil, 2 canisters salt. The 12 month is 45 cans wheat, 6 cans quick oats, 19 cans white rice, 6 cans macaroni, 12 cans pinto beans, 10 cans sugar, 4 cans powdered milk, 10 bottles cooking oil, 8 canisters salt. The canneries will require some work to buy the kits. Our cannery will have pre-packed kits or at least pre-canned parts of a kit, but will require you to can a whole box or bag of something that goes into the kit so that more kits can be made up.

Gardens/Gardening Tips

Not only are roses wonderful to look at, and smell terrific, they are good to eat. But, a word of caution: Only eat roses that have not been sprayed with pesticides. You can eat the petals, and the hips at the end of the season. Here is a great treatment to use on your roses to rid black spot.

Mix one tablespoon of vegetable oil, one tablespoon of liquid dish soap and one tablespoon of baking soda in one gallon

of warm water. Spray liberally on bushes, but not when in direct sunlight. – *Earl R. Simmons from Maryland*

Want to get rid of moles? Here's the recommended solution: 1-1/2 T Tabasco Sauce, 1 T liquid dish soap, 1 t chili powder, and 1 qt water. Mix, then pour in mole runways and the moles will run away. From *Backyard Problem Solver* by Jerry Baker or www.jerrybaker.com

Recipes

This is from the book SIMPLY PREPARED

EGG SUBSTITUTE

FOR 1 EGG: Place 3 Tbsp. cold water in a small mixing bowl. Sprinkle 1 tsp. unflavored gelatin on the water to soften; beat. Add 2 Tbsp. 1 tsp. boiling water and beat until dissolved. Place in the freezer to thicken, about 10 minutes. Take from freezer and beat until frothy with mixer. Add to batter in place of an egg. Use in baking only.
 FOR 2 EGGS: 2 tsp. gelatin, 1/3 cup cold water, 1/3 cup boiling water. Prepare as for 1 egg.
 FOR 3 EGGS: 1 Tbsp. gelatin, 1/2 cup cold water, 1/2 cup boiling water. Prepare as for 1 egg.

Since popcorn should be included in everyones food storage, here is a great recipe:

Peanut Butter Popcorn

by Ellen Storm

Boil one half cup sugar and one half cup karo, molasses or honey. Add one half cup peanut butter and pour over eight cups of popped corn. Pour out on waxed paper to cool.

Swee'tater Casserole

by Gleen and Peggy Anderson

3 cups sweet potatoes, mashed	1/2 teaspoon salt
1 cup granulated sugar	1/4 cup butter
3 eggs	1/2 cup milk
1/2 teaspoon vanilla	1 tablespoon lemon juice
1 teaspoon nutmeg	1 teaspoon cinnamon

Topping:

1 cup pecans, chopped	1 cup coconut
1 cup brown sugar	1/2 cup flour
1/4 cup butter	

Combine the first 10 ingredients; place in lightly buttered baking dish. Mix topping ingredients until crumbly and sprinkle over casserole. Bake at 350 degrees for 30 minutes.

Cornmeal Mix recipe:

by Linda in South Carolina

5 c. whole wheat flour	5 c. corn meal
1 ⅓ c. dehydrated margarine	
¼ c. powdered milk (non instant)	2 ½ t. salt
½ d. dehydrated egg whites	3 ⅓ c. white or brown sugar
2 ½ t. soda	1 ½ t. baking powder

They recommend after grinding corn for meal to grind at least a cup of wheat to clean the stones.

This will make enough to put into a #10 can. (about 15 cups) To use: 3 c. mix to 1 c. water.

Bake an 8x8 for 40 minutes or 10 muffins for 20 minutes at 350.

Herbs and Spices

Spices and herbs are so versatile that you may not be used to using them in different dishes. Here are a few to enjoy.

Ground cumin— the central ingredient in Mexican, Latin American, Middle Eastern and Indian dishes such as enchilada and taco sauce. It can also be used in curries, meat and vegetable stews and bean dishes. Add cumin to tangy lime or lemon marinades for chicken, turkey, lamb or pork. Fennel seed— has a pleasant aroma and warm sweet flavor when paired with seafood, Italian sausage, spaghetti sauce, dark European breads and cookies. You can also add them to meatballs, meatloaf, sauteed with sliced peppers, onions, and sausage for a quick meal, or Stir-fry with spinach and other greens in olive oil and garlic.

Thyme— adds an elegant flavor to egg dishes, lamb, pork or even beef roasts. You can add it to spaghetti, pizza sauce, or in poultry stuffing.

Financial Preparedness

Here are a few ways to save some money.

- ☺ Collect rainwater to use in your irons. I would put a bucket out in the yard and let it fill up. Store in jars or bottles .
- ☺ Go to yard sales in more affluent neighborhoods. Generally, these people rarely go to yard sales themselves, which means they are not always aware of yard sale prices. Often, they assume prices are lower than they usually are. You can get some great things for better prices.
- ☺ For all of you with a dehumidifier, when it's time to empty the water collected, dump it into your washer. You will have nice soft water to clean your clothes with. An added bonus is you will use less soap.



Family History Tips

I thought I would share the on-line classes with you. Some folks are not able to get to their local FHC to attend classes on Family History and the tools that are available to you; like Census, Beginning PAF, or Intro to Family History Research.

Here are some classes and the prices for these on-line classes that maybe of interest to you. Check sites for start dates.

GMN

UPCOMING MYFAMILY.COM ONLINE CLASSES

The following classes are scheduled for the upcoming weeks at MyFamily.com. All classes include a free thirty-day subscription to Ancestry.com.

BEGINNING GENEALOGY COMPUTER CLASS (\$29.95)

Join Georgeann Malowney to learn how to take your family history research further using your computer. This course includes such topics as search engine techniques and researching in the right place. Learn how to use your computer to improve your genealogy research.

<http://www.myfamily.com/isapi.dll?c=home&htx=training%2FgenClass5>

HOW TO USE ANCESTRY FAMILY TREE (\$29.95) Learn

how to get the most out of your experience using Ancestry Family Tree. Learn how to add information to your family tree, how to find the best search results, how to add photos, how to publish your family tree online, and much more.

<http://www.myfamily.com/isapi.dll?c=home&htx=training%2FgenClass9>

LEARN HOW TO RESEARCH YOUR SCOTTISH

ANCESTRY (\$29.95) Learn how to research your Scottish ancestry with Janet Reakes, Australia's most accredited genealogist. Janet will teach genealogy basics and will also

cover the following topics: Surname records, Surname databases & Clan Societies, Scottish Civil Registration Districts, Gretna Green and Border Marriages and much more.

<http://www.myfamily.com/isapi.dll?c=home&htx=training%2FgenClass3>

Learn more about the MyFamily.com Online classes at:

<http://www.myfamily.com/isapi.dll?c=home&htx=gentraining>

A Thought

Here are some burn times on common alternative lighting, from **Making the Best of Basics** by James Talmage Stevens.

2 mantle Gas (I assume he means Coleman fuel type gas)

lantern burns 5 hrs on 1 qt.

Tallow candle 6"H x ½" in dia. burns 3 hrs.

Tallow candle 9"H x 2" in dia. burns 48 hrs.

Kerosene lantern burns 5 hrs on ½ pint.

From the Coleman Website:

- ☼ Propane Lantern 16.4 oz cylinder 2 mantle - 7 hours High/14 hrs low
- ☼ Dual Fuel Lantern 1.3 pts Coleman fuel/unleaded gas 7 hrs high/14 hrs low
- ☼ Coleman Fuel Lantern 1.3 pts Coleman fuel only 1 mantle 7 high/14 low
- ☼ Coleman Kerosene 1.3 pts 1 mantle - 7 hours period.
- ☼ Coleman Excursion butane fuel - 6 hours
- ☼ Coleman Deluxe Twin tube Fluorescent 8 D cell/2 6V - 28 hours continuous.

Get Physical

Since, stress is a major problem in our world today, I thought some good stress reduction tips would be helpful. Reduce muscle tension in the neck, back and shoulders.

- ♡ Sit with knees higher than hips
- ♡ Stand with knees slightly bent or one foot up on elevated object, e.g. a box, stool, etc.
- ♡ Bend legs when lifting objects
- ♡ Push or pull objects rather than lift them
- ♡ Carry objects close to the body
- ♡ Never lift more than 1/3 of your body weight

FYI

When preparing for day or overnight camping you will need to make sure you know the fire rules for the areas in which you plan on camping.

- ▲ Are you allowed to start a fire? Most places are in drought areas and open fires are not allowed.
- ▲ Can you take animals? Horses, mules, pack goats, or llamas may be allowed in some places and trails.
- ▲ Some streams and rivers maybe flooding, check to make sure you can ingress and egress safely.
- ▲ Always leave an itinerary with someone at home and with the local forest service station. If you don't make it back in the prescribed time, they can start looking for you and your party.
- ▲ Get the proper permits before your adventure. Most forest service personnel will help you get them.
- ▲ Do you have updated maps? Trails change do to winter/spring storms, find out the conditions of the trails before you leave.
- ▲ Are you properly prepared for fast changing weather? Warm clothes maybe necessary in higher elevations, even though summer style clothing can be worn in lower elevations.
- ▲ Are you prepared for snake bite or other first aid emergencies, if not take classes to learn how to deal with accidents on the trail.
- ▲ A strong word of caution if you are in the high country and find a baby critter, like fawns, porcupines, bear cubs etc. stay clear and do not approach. Mama's are usually not far away and will do anything to protect their young. If you check ahead a time with the forest service you can get information on just what to do if you encounter such situations. Always follow the rules of the trail. Safety first!!
- ▲ Never leave anything behind except your footprints. Pack it in, pack it out. And please protect our water supplies, do not urinate, wash your hair or hands in the streams or rivers with soaps/shampoos or so called bio-degradable soaps, they don't help the fish or other wildlife.



- ▲ Leave live tree branches, plants and grasses where they are. If everyone picks, cuts or pulls them out there won't be anything left for others to enjoy later. No trace camping is still the best way to enjoy the scenic beauty that Heavenly Father created for us to look upon and use.

Extra, Extra...

When a major disaster happens things in our public system tend to get bogged down. There is just not enough emergency services to cover every part of the area effected. It may take a while for the American Red Cross to arrive because of closed or washed out roads, airports maybe closed due to damage, power may not be restored because of severe damage, etc. On top of that there maybe more than one disaster occurring in more than one place. The best way to help is being as prepared as possible. If you lose everything because of a disaster, have faith the Lord is watching out for you.

- ✓ "Help" might not get to you for a week or more!!!
- ✓ The only transportation was on foot... roads were flooded or impassable due to debris or destruction (bridges were gone, etc).
- ✓ Hand tools and chain saws became priceless. Gasoline was unavailable for weeks because the gas stations were gone.
- ✓ Make sure your tetanus shot is up-to-date BEFORE the disaster.
- ✓ Drinking water, toilet paper, disposable diapers, baby formula, ice and a few other items were impossible to get at any price.
- ✓ Items they really utilized: plastic trash bags of all sizes, can openers, bottle openers, disposable hand-wipes, rubber boots, sturdy hiking shoes, hats, mosquito netting, playing cards, radio/tv with fresh batteries, several flashlights with extra batteries, plastic sheeting, plastic tarps, lots of rope/cord.
- ✓ Make yourself a really good first aid kit – the kind that paramedics have!
- ✓ A firearm and ammunition. My BIL said that by the third day, people were restless and despondent and gangs of young people were roaming around and it suddenly occurred to him that he had no way to defend himself and his wife if they were to be attacked. There were NO police at all... they were all busy rescuing the injured or caring for their own families.

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



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<http://www.ldspreparedness.com/>