

# The Prepared Family



"Prepare Every Needful Thing"

June 2002

## Scripture or Quote of the month:

*"At a church service I attended in a care center, after the wheelchair-bound residents received the sacrament, a young woman . . . played a solo on her violin. The elderly sisters were so appreciative. They declared aloud their gratitude with comments such as 'Beautiful,' 'Wonderful,' 'I love you.' Such distractions did not deter the violinist; rather, they enabled her to reach new heights in her performance.*

*"That day she said to me: 'I have never played better in my life. Something seemed to lift me beyond myself and my own abilities. I felt the inspiration of my Heavenly Father's love.' "I reminded her, 'When you are in the service of your fellow beings you are only in the service of your God.' (See Mosiah 2:17.) "She nodded her acknowledgement, carefully placed her violin in its case, and, with tears of joy coursing down her cheeks, returned to her seat. "May we remember to reach outward." (Thomas S. Monson, "Your Celestial Journey," Ensign, May 1999, 98)*

## Bug Out Bag-BOB

### SAMPLE 72-HOUR FOOD KIT

6 (8 oz.) boxes juice	3 (8 oz.) boxes milk
2 granola bars	1/3 lb. graham crackers
5 (1.4 oz.) pkg. sandwich crackers	
6 (.5 oz.) fruit roll-ups	4 (2 oz.) pkgs. trail mix
5 (1.5 oz.) pkgs. raisins	6 to 7-1/2 oz. peanut butter
3 ounce can tuna	7 beef jerky
1 package gum	fork/spoon/knife
18 wet wipes	
Pack in an air and moisture-proof container	

### EMERGENCY MENU

<b>DAY 1</b>	
1 milk	2 juice
1 granola bar	2 fruit roll-ups
1 pkg. trail mix	2 pkgs. raisins
3 oz. peanut butter	2 pkgs. sandwich crackers
3 jerky	
<b>DAY 2</b>	
1 milk	2 juice
1 granola bar	2 fruit roll-ups
2 pkgs. trail mix	1 pkg. raisins
3 oz. peanut butter	2 pkgs. sandwich crackers
3 jerky	
<b>DAY 3</b>	
1 milk	2 juice
2 fruit roll-ups	1 pkg. trail mix
2 pkgs. raisins	1/3 lb. graham crackers
1- 1/2 oz. peanut butter	1 pkg. sandwich crackers
3 oz. can tuna	1 jerky

## Stock up by the week

<http://www.foodsafety.gov/~fsg/bioterr.html>

Food safety is so important these days that we can all use help to protect ourselves. The above website helps to address problems that may arise from bioterrorism to food born illness. It also gives consumer alerts and tips on how to prevent illness.

Plan your meals for the month. If this is too intimidating start with a week of menus. This should include, breakfast, lunch, dinner, and snacks. By doing this you can save money by buying only what you will need, or by growing things you'll use like lettuce, peas, beans, onions, carrots, garlic and potatoes. Can or cold store what you don't use right away. *Remember, we are to store the foods we eat, and eat what is stored.* If you plan to eat bland foods than start learning to appreciate them now. If you like spices then learn how to properly grow, dry and store them each growing season.

## Gardens/Gardening Tips

Do you have slugs in your garden? This tip comes from Jen Kersch of Maryland. Wash and break eggshells, placing around any area that is under attack. The shells are too rough for slugs to travel over, which keeps them at bay.

Another use for eggshells is to break them and put them just under the surface of the ground around tomato plants. It helps keep the cut worms from chewing on the roots.

For more information about gardening you can check out these web sites.

<http://www.humeseeds.com/cldfrm.htm>

<http://www.gardengatemagazine.com/tips/25tip9.html>

<http://store.yahoo.com/gardenshop/builanduscol.html>

<http://gardening.about.com/>

## Recipes

### WHEAT CHILI

by Irene Johnson

2 cups whole wheat berries (or more)  
 2 cans red kidney beans (drained)  
 1 quart jar canned tomatoes etc. (I had put green peppers, celery, onions, tomatoes in the blender, then canned the puree). You can use plain tomatoes if you want, but the mix tastes better (more body)  
 1 can tomato soup. 1 tablespoon crushed garlic (the stuff you buy in a jar you keep in the fridge). 1 lb. ground beef, browned and drained.  
 1 onion, diced and browned with meat (or more onions, if you want).  
 2 tablespoons Worcestershire sauce (optional)

You can also add the seasonings you like, e.g. pepper, onion soup mix, beef bullion. I like to add some chicken bullion, believe it or not! Add a salt mix of some sort, and so on and so forth. Mix all together in a pot and heat it - taste it to see what YOU might like, and go from there! You can even leave out the beans (and add more wheat berries) - feel free to experiment - and I love it BOTH ways! Yummy!

### TAMALE PIE

by Grace

1 1/2 pt. home-canned tomatoes	about 1/2 cup water
1 chopped onion	1 chopped bell pepper
1 cup cornmeal	1 can corn
1 can kidney beans, rinsed and drained	
1 Tbsp good chili powder	garlic powder
1 can sliced or whole black olives	

Mix all together and pour into casserole. Bake at 350F, covered, for 30 min. Uncover to brown top.

This is easily doubled and then baked in a 9 x 12 baking pan.

### DOUGH PATCHES

by Norma

- 1) In a bowl, beat an egg with a fork.
  - 2) Salt to taste. If you are going to add herbs or whatever, do it now.
  - 3) Slowly beat in flour to a soft kneadable dough.
  - 4) Turn out and knead a few times.
  - 5) Roll out as for a pie crust or pat out with your hands.
  - 6) With a floured pastry wheel, pizza cutter or knife, cut into squares or diamonds or triangles about 3/4" to 1" wide.
  - 7) Stir into simmering soup or stew or boiling water.
- As a side dish, dress patches with diced bacon/ onion/ bread cubes/ herbs (parsley or sage)/ seeds (caraway or poppy)/ whatever sauteed briefly in bacon drippings or butter.

### COCK-A-LEEKIE SOUP

by Norma

4 leeks	2-3 lb. chicken
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1/4 cup pearly barley	1 1/2 quarts water
1 teaspoon salt	bay leaf
1/4 teaspoon freshly ground pepper	

Trim off roots and coarser leaves of leeks, wash thoroughly and slice diagonally. Put everything together into a soup pot. Bring to a boil, reduce heat and simmer for 1 1/2 hours until chicken is tender. Skim off fat, remove chicken and cut meat into small pieces. Return chicken to soup, bring back to the boil and serve.

## Herbs and Spices

**GINGER** - is the rhizome of a plant, was one of the first Oriental spices known to Europeans. It's hot, spicy-sweet flavor has been used in cooking world-wide since earliest times. Can be used in pumpkin or apple pie, cookies, stewed fruit, carrots, and sweet potatoes. Ginger is also the essential ingredient in making gingerbread.

**LEMON PEEL** - can be added to pound, yellow, and angel food cakes. Saute vegetables in olive oil and add a great lemon flavor, it can be added to pepper and used as a wonderful coating to steaks, chicken or fish dishes. Can also be used as a marinade.

**CURRY POWDER** - is a blend of spices used in flavoring Indian dishes. Use with beef, seafood, poultry, and rice. Curry is also used in fruit compotes stuffed eggs and sauces.

Note: This year as I was looking for new herbs to add to my garden I found a curry plant at Wal-Mart. It is a wonderful new plant that tastes like curry and I have found that I can use it fresh in most of my vegetable and meat dishes.

## Financial Preparedness

Take the time to evaluate exactly what your needs are and what are your wants. Do they correspond to your budget? Can you live with what you have? Do you really need that new couch? Or can the old one be fitted with a slip cover? Saving money is easy if you put your mind and budget to the test. Pay off those debts like we have been counseled, store our years supply and grow gardens to help learn new skills and decrease our reliance on the grocery stores for food stuffs. Support your local farms if they are available; you can save money and receive fresher products.



## Family History Tips

Names were chosen not for their originality but often to honor relatives, either dead or living. Consequently the same names tended to be repeated through successive generations in European countries as well as in Jewish and Chinese tradition. For centuries naming children after family members has been a common practice. If a name cuts across several generations, including cousins, it usually indicates a family connection.

The desire to perpetuate names is so strong that parents in the late 1700s and early 1800s took steps to ensure that a name did not die out even if the child did. Early American records contain listings of a child being given the same name as a sibling who had died previously.

The result is the appearance of a "Kent Wheeler 2d" who appears in birth records for 1777, named after his brother by the same name who was born in 1771 but died prematurely. Kent was their maternal grandmother's surname.

Daughters were named after their mothers just as sons were for their fathers. With the tradition of reversing or varying names through different generations, family relationships become easier to spot in the record books. It gets confusing, however, when the desire to bestow an honored name upon someone results in cousins who were born in the same town being given the same name--especially when they both marry women named Mary two years apart. In such a situation genealogists are forced to depend on other records to determine Mary's correct surname. Children named after maternal relatives can also help to distinguish the two lines. During America's colonial period families also favored names based on virtues. Patience, Mercy, Benevolence, Thankful, Deliverance, and even Experience are on record. They were usually given to women, but not exclusively. Such names were often paired with a short last name, as in the case of Experience White. A George Washington Smith who appears in birth records from 1809 reflects two things: a patriotism at the turn of the new century and a distinctive first name giving emphasis to the most common surname. If you find yourself playing the name game with your ancestors, knowledge of family names can offer helpful clues.

## A Thought

Household Notebook: Printable Forms Index

<http://householdnotebook.com/forms.shtml>

Health forms and schedules

<http://www.merck.com/disease/disclaimer.html>

Homeschool record keeping

[http://teachers.hypermart.net/links/pages/Homeschooling/Record\\_Keeping/](http://teachers.hypermart.net/links/pages/Homeschooling/Record_Keeping/)

Planners and useful forms

<http://www.angelfire.com/or/mtdewbydo/planner.html>

free printables, including printable recipe cards

[http://www.warm-fuzzies.com/recipe\\_cards.htm](http://www.warm-fuzzies.com/recipe_cards.htm)

Free Recipe Cards, Shopping Lists, Gift Tags & To Do Lists to Print Out!

<http://www.countryclipart.com/recipecards.htm>

I use these for my grocery lists. I print them on cardstock.

Graphics on this site are free for your personal use.

<http://www.countrylanegraphics.com/index.html>

Recipe cards

<http://www.the-new-vegetarian.cityslide.com/pages/page.cfm/46975>

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Recipe cards

<http://www.usave2day.com/recipecards.shtml>

Creative projects

[http://www.homeandoffice.hp.com/hho/us/eng/creative\\_projects.html](http://www.homeandoffice.hp.com/hho/us/eng/creative_projects.html)

Printable Projects

<http://www.lacefairy.com/Printables/PrintProjects.html>

Printable Projects

<http://www.billybear4kids.com/animal/whose-toes/print-me.html>

printable projects such as tiny little gift bags and boxes, gift tags, seed packets, notepaper, recipe cards, canning labels

<http://www.rainbowrowgraphics.tripod.com/printables1.html>

Printable Minis

<http://www.printmini.com/printables/>

Printable paper craft Projects

<http://www.magicalkingdom.co.uk/craftlisting.htm>

Lists and Organizers

<http://www.aint-that-cute.com/organizers.html>

Organizers

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

Daily planner sheets

<http://www.digital-women.com/daily-planner/>

## Get Physical

Blow bubbles with the kids, take a dance class-- clogging, tap or ball room to name a few. Take a hike in the park, visit a zoo or museum. Just get moving! Drink plenty of water and have fun.



## FYI

### How important is it to drink enough water?

By Value Creation

- ✦ 75% of Americans are **chronically** dehydrated (likely applies to half the world's population)
- ✦ In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger
- ✦ Even mild dehydration will slow down one's metabolism as much as 3%
- ✦ According to a University of Washington study, one glass of water shuts down midnight hunger pangs for almost 100% of the dieters involved
- ✦ The lack of water is the **number one** trigger of daytime fatigue (and irritability, especially if stressed)
- ✦ Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers
- ✦ A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page
- ✦ Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer

## Extra, Extra...

On 29 April thru 1 May a special television show was shown on PBS. It was called Frontier House and it featured 3 modern families from Tennessee, Massachusetts, and California.

The program was set up to see if these modern families could live for 6 months on a homestead in Montana from June until December of 2001. These folks were chosen out of 5000 applicants. The families included 6 adults and 6 children. They were to live as the homesteaders did in 1883. The train was connected in September of that year, they had outside communication via the mail (post) and telegraph. They were trained for one week on how to live this new life style. They were taught Dutch oven cooking the old fashioned way, (no briquettes), building a latrine, killing a chicken, milking a cow, splitting wood and dealing with injuries with not so modern help. They were to wear period clothing and were expected to work with out the assistance of the production crew or other modern helps.

What I learned from watching the show was that the ladies in the show started off complaining about the lack of makeup, hair spray, and such. The men seemed upset about the lack of down time. The boys complained at first about the lack of television, computers, and games. By the end of the six months they were complaining about leaving. They grew and noticed that they could work together as a family.

Lessons learned– Hard work will pay off, for one family the father had not done any hard work for many years; he hadn't even mowed is lawn in years, but now was expected to split wood, build a cabin, plant a garden, build a root cellar, clear land, and provide for the family in ways that didn't include going to the office. He lost weight because of the hard work and the different eating style than he was used to. The family used up a six week supply of food stuffs in 3 weeks. They didn't take into account that they probably should have been cooking differently, adding gathered berries, wild onions, or fish to their diets. They ate almost all of their sweets (honey, molasses etc.) early because they didn't like the bland taste of beans, wheat, and other staples of that era. They lost weight and were suffering from dehydration. By the end that family realized they could work together and not be bored.

Afterwards this family felt more out-of-place in the modern world.

The kids ranged in age from 10 to 16. They learned that subsistence working was not an easy thing to do, e.g., milking a cow in a snow storm on an early cold and wet morning, having to kill a chicken because it didn't lay eggs, picking choke cherries for making liquor to help pay bills at the store because the family over ate the supplies, learning to catch fish to feed the family, digging holes for the outhouse and dealing with mice in the cabin. These are just some of the inner workings of making life work on a homestead.

Some observations that I gained from watching this series:

1. Keep on hand a 2 year supply of toilet paper. Cloth rags don't look very appealing to use and keep clean.
2. Have plenty of dish soap and hand soap on hand if you can't make your own.
3. Learn to sew and mend.
4. Know how to split, stack, and use wood.
5. Know how to use a Dutch oven, wood stove, and how to outdoor pit cook and bake.
6. Have plenty of kerosene lamps, wicks, glass chambers and candles with holders.
7. Understand how much food is consumed during times of hard work and stress. You will eat more if water is not taken in.
8. Recognize the signs of dehydration and normal weight loss.
9. Know how to wash clothes without modern conveniences.
10. That the Word of Wisdom of Early to bed, early to rise is a must and that working during the daylight hours causes one to retire early. These families were surprised by just how tired they were at the end of the day.
11. Learn the differences of necessity vs. luxury
12. Last but not least, to remember that thru adversity the Lord blesses us and strengthens us. We all will go thru some kind of adversity in our lives, and more is yet to come. The Lord knows our strengths and weaknesses and will help us along the way. We will have to ask for such help, and have abiding faith that He will help when we have done everything in our power to help ourselves. We live in very troubled times and we are going to be tested, tried and purified. But, we need to remember that we are not alone, the Lord is with us and those that have faith in Him will accomplish great things.

For more information on Frontier House check out the PBS website:

<http://www.pbs.org/wnet/frontierhouse/project/rules.html>

or If you want to see what it was like to live life in 1900 in a house that was restored for that time period and the folks who lived in it go to:

<http://www.pbs.org/wnet/1900house/>

### 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/>

