

The Prepared Family



"Prepare Every Needful Thing"

May 2001

SCRIPTURE OR QUOTE of the month:

"Complacency is a very grave danger in the Church as well as in the world. We need to be aroused to the fact that there is much yet to do in this matter of gaining our salvation. The goal is so high that not only can it be seen from both sides of the valley of life, it is so far distant that we can pursue it throughout the endless ages of eternity, attempting to become like that from which we came -- God our Father. We need to study more, to think more, to pray more fervently, to do our full duty." Hugh B. Brown, *The Abundant Life* [SLC: Bookcraft, 1965], 169.

72-hour Evacuation Kit



- ⊙ black water bag for hot-warm water
- ⊙ clothes pins and rope for hanging things up
- ⊙ collapsible shovel
- ⊙ fire starters

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 17: 1 bottle 500 multi-vitamins
- ✓ Week 18: 10 lbs. powdered milk
- ✓ Week 19: 5 cans cream mushroom soup
- ✓ Week 20: 50 lbs. wheat or white rice

Gardens/Gardening Tips

Pretty cool garden!!

Plant three rows of peas:

- Peace of mind
- Peace of heart
- Peace of soul

Plant four rows of squash:

- Squash gossip
- Squash indifference
- Squash grumbling
- Squash selfishness

Plant four rows of lettuce:

Lettuce be faithful

Lettuce be kind

Lettuce be obedient

Lettuce really love one another

No garden would be complete without turnips:

Turnip for meetings

Turnip for Service

Turnip to help one another

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

To conclude our garden we must have thyme:

Thyme for God

Thyme for study

Thyme for prayer

Pretty nice garden, don't you agree?

Recipes

Mac and Cheese

by Jeff A. Blue Chip Group, Inc.

<http://www.bluechipgroup.net>

3 cups of elbow macaroni, cooked and drained
stir in:

½ cup powdered cheese

¼ cup butter powder + 1 T water (or 6 T. margarine)

6 Tablespoons milk or Moos milk (¼ cup + 2 T.)

The following three recipes are from

<http://www.aaoobfoods.com/recipesandtrailfoodl.htm>

check out this site for more great recipes:

DRIED APPLE CAKES

½ lb dried apples, chopped	4 cups water
1 cup sugar	
1 recipe dry baking mix	
1 ½ cup sourdough starter	
½ cup brown sugar	1 tsp cinnamon
½ tsp nutmeg	¼ cups margarine

Cook dried apples in 4 cups water until tender. Drain and save juice. Measure 2 cup juice, adding water if needed. Mix ¼ cups sugar with dry baking mix; stir in sourdough starter to moisten flour.

Turn out onto a floured surface, knead lightly, pat or roll to a 12x18in rectangle. Sprinkle with apples. Roll, starting at short end; cut into 12 slices. Put remaining sugar, brown sugar, cinnamon, nutmeg, margarine and the 2 cups apple liquid into a Dutch oven. Bring to boil. Gently lower apple cake slices into hot syrup. Bake for 35-40 minutes.

EGGS, Dry Mix

For scrambled eggs, mix ½ cup egg mix with ½ cup water until creamy. Then add ¾ cup more water and let stand 15 minutes. Cook as usual. Makes 2-4 servings. If desired, add ¼ c. powdered milk and ¼ tsp. salt to dry eggs before adding water. For crepes, increase water to 1cup and add 1 cup flour sifted with 1 tsp. baking powder. Cook in medium hot buttered pan until golden.

Cheese And Rice

4 ½ Oz Dehydrated Cheddar Cheese	
3 ¾ Oz Instant Rice	2 Tbsp Margarine
Salt -- to taste	3 C Water

1. Bring water to a boil and add rice and salt. Simmer until rice is tender.
2. Stir in cheese and margarine. Cover the pot and let stand a couple of minutes to rehydrate the cheese. Makes about 4 cups.

Emergency and Family PreparednessTIPS, IDEAS:

With fire safety being an important item of preparedness, I thought it would be a good idea to go over some safety tips. Also since water and energy conservation is a must this year I thought it would be a good thing to cover in tips.

Never leave a dryer going when you are not able to keep an eye on it. Dryers cause many house fires because most people don't clean out the lint trap and exhaust pipe often enough. In my household every summer the dryer is partially dismantled for a thorough cleaning.

- ☼ Lint is so flammable hunters use it as emergency tinder. (If you hike or hunt, put a pocket full of dryer lint in a vest or pants. If you need to start a fire for emergency warmth, the lint can catch very well.)

Small appliances such as toasters, humidifiers, and hair dryers are another source of household fires.

- ☼ Check the wire connections, any bare wires? Cracks? Or other signs of breakage? If so either replace the wires or throw the appliance away. Better to be safe than sorry.

When getting ready to travel:

- ☼ Unplug tv's, PC's and appliances. It's a bother, but worth the safety.

Double check around your house are there any extension cords? Over used outlets? Non-grounded outlets? If so, make the necessary changes now. Overlooking them could cause your family grief with the loss of your home.

Tips on conservation:

Save the water you use in the shower. Gray water (that which is not used for the toilet) can be re-used in the laundry, or used to water the lawn or garden. Just be careful with the type of soap or shampoo you use (it could harm the plants).

Use a dish pan for washing dishes instead of the dishwasher. The water left over can be used to water the lawn/garden. If you are worried about food particles you can always filter or strain the water before use.

Don't run the water down the drain when brushing your teeth. Better yet, try this old camping tip, use a cup, fill it; brush then rinse your mouth and toothbrush out.

Get a solar dryer up and use it!! (aka: clothesline) hang those clothes using three pins per two garments. In other words, overlap the pinned side so that you use less space and pins.

Don't use fabric softener on your clothes.

Take showers outside. Use a black camp shower during the warmer months. This will allow you to use less water (they only hold 5 gallons) and water the lawn at the same time; nothing down the drain.

Change your indoor shower head to a 2.5 gal./min. spray, and use working aerators on faucets.

Repair any leaks.

Use cold water to wash your clothes and wear such clothing as pants more than once before you wash them.

In our family everyone has a towel for the week. They keep using it for the week letting it dry between uses. This way I only wash towels once a week.

Start cooking more out of doors. Learn how to use your camp stove, Dutch oven or solar oven. This should help keep you house cooler (AC anyone) and you can learn how to use these things without the stress of an emergency.

Wood stoves are a great way to heat your home, if you can find wood for a good price; free if possible. To find out where you may get free wood contact your local orchard since trees need to be replaced every once and a while. The forest service may know of areas that need to be cleaned up after a storm or where logging is taking place.

Take the time to insulate your home now. Check for cracks in the foundation, around vents, windows or doors and any other place that two different building surfaces meet. Also, check for spiders and their webs – they love drafty places.

Insulate your pipes (both hot and cold water). Basements and crawl spaces need to be insulated to save on power consumption. Replace that old worn out furnace and AC if needed; the new ones can pay for themselves within a few years time.

Change your lighting to fluorescent bulbs, that is if you plan on leaving your lights on for more than a few hours. If you only use light for a short time look at getting light bulbs that are the lowest possible wattage for the use.

Make comforters with extra layers of batting this summer and use them. Turn that thermostat down to 55° during the night. Better yet, don't use the heater during the night unless you know that you could have freezing pipes. (No use spending money in unnecessary repairs.)

Catch that rain!! Use old clean garbage cans to catch rain from your down spouts. Don't forget to put a lid on it to keep bugs and birds from getting into it. Use this water to water your gardens. If you need to choose between your

garden and the lawn let the lawn go, you can always replant later, but the garden may be your only fresh food source available.

Finally, don't leave the lights on. Turn them off when not needed. In our house we very often leave the lights out in the house unless we have company. Most folks don't realize how much waste is going on when lights are left on. If you have medical reasons to leave them on use the lowest possible wattage bulbs you can get away with.

Use oil lamps once a week for fun. **But NEVER leave them unattended.**

FYI

How to manage a healthy septic system part 2.

1. Keep accurate records. Know where your septic tank system is and keep a diagram of its location. Records of its size and location may be available at your local Health District. Keep records of maintenance on the system. If problems do occur these records will be of value to the next home owner.
2. Inspect your system once every three years. Have the levels of solids and scum in your septic tank checked to assure that the layer of solids and scum are not within the early warning levels. The tank also should be checked to see if the baffles and tees are in good condition. Inspect drainfield and downslope areas for odors, wet spots, or surfacing sewage.
3. Practice water conservation. The more waste water you produce, the more the soil must treat and dispose. By reducing your use, you can extend the life of the drainfield, decrease the possibility of system failure, and avoid costly repairs.

NOTE: To reduce your water use, see above.

4. Pump out your septic tank every three to five years or as needed by a licensed septic contractor. Don't wait until you have a problem. Routine pumping can prevent failures. Using a garbage disposal is not recommended because it will increase the amount of solids entering the septic tank. (Compost, anyone?)
5. Never flush harmful materials into your septic tank. Grease, cooking fats, newspaper and such may block the drainfield and cause problems. They don't decompose very fast.
6. Never flush harmful chemicals into your septic tank. Gasoline, oil, paint or paint thinner can kill the beneficial bacteria that treat your wastewater.
7. Divert all runoff away from your system. Surface water should be diverted from the tank and drainfield

- area to prevent overloading. Soil over the system should be slightly mounded to help with runoff.
8. Protect your system from damage. Keep traffic such as vehicles, heavy equipment of livestock off the drainfield or replacement area. The pressure can compact the soil or damage the pipes. Consult the health dept. before you plant a garden, or put in a sprinkler system.
 9. Landscape your system properly. Grass is the best cover for your system. Do not place impermeable materials over your drainfield or replacement area. Materials, such as concrete or plastic, reduce evaporation and the supply of oxygen to the soil for proper treatment.
 10. Obtain the required health dept. permits before making system repairs.

Herbs and Spices

It is still possible to multiply labiates, tarragon, and chives by clump division. This is the end of the useful season for sowing annual or biennial umbellifers (dill, cumin, and coriander); seeds should be sown thinly and then lightly hoed over. Sow borage and harvest mustard, separating the seeds. Pick rhubarb stalks and thyme, prior to flowering, for drying. Remove the inflorescences (the flowering part of the plant on which individual flowers are arranged) of sweet basil so as not to wear out the seedlings. You can pick thyme, borage, rocket cress and marigold flowers. Apply some fertilizer to restrengthen the plants.

A Thought

by LeGrand Richards, "Friend to Friend," Friend, Mar. 1971, 22
 Brother George Goddard had a beautiful singing voice. I can remember to this day the songs Brother Goddard had us practice in that conference.

The first one is no longer in the hymn-book, but it goes like this: "Take away the whiskey, the coffee, and the tea. Cold water is the drink for me." This song made such an impression upon me as a boy that I can hardly drink anything but cold water even today.

I was on the train traveling between Salt Lake City and Los Angeles one time when a waiter asked, "Are you ready for your coffee?"

"No, thank you," I answered.
 "Will you have tea?" he asked.

"No, thank you," I repeated.

"Would you like some Postum?"

"No, thank you."

He was becoming irritated now. "What do you want to drink?"

"Cold water, please," I requested.

His reply was, "Well, you're the funniest man I ever did see."

May we be the funniest people they ever do see. Since, water is so important to our bodies we would be better off in the long run, following Brother Richards example.

Family History Helps

Get a Contract From a Professional Researcher

It isn't always possible to travel to a remote destination to conduct your own research. Sometimes, too, your level of knowledge and research expertise isn't equal to the task of breaking through some of the genealogical brick walls. In those cases, it may be more appropriate to engage the services of a professional researcher. If you do, make sure you negotiate a signed contract with the researcher. The contract should include specifics regarding the person(s) on whom research is being conducted, the type of information you desire, the types of documentation you wish, the number of hours to be expended, the hourly rate, costs for travel, food, lodging, copies, and other travel expenses. Include a detailed description of the final deliverable in terms of materials, written reports, and photographs, and set a definite date for the materials to be delivered. The contract sets the expectations for both of you and protects both your interests.- George G. Morgan

Get Physical

Get out and use that tuned up bike. Get the kids away from the T.V. and play soft ball, soccer, touch football, badminton or beach volleyball if the weather is cooperating. And enjoy the wonders of Spring.

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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