

The Prepared Family



"Prepare Every Needful Thing"

July-September 2005

Scripture or Quote of the month:

Marion G. Romney, "Church Welfare Services' Basic Principles," Ensign, May 1976, 120:

"The succeeding presidents of the Church have vigorously emphasized these teachings. Here is an example from President Brigham Young's teachings:

"We will have to go to work and get the gold out of the mountains to lay down, if we ever walk in streets paved with gold. The angels that now walk in their golden streets had to obtain that gold and put it there. When we have streets paved with gold, we will have placed it there ourselves. When we enjoy a Zion in its beauty and glory [which we're looking forward to], it will be when we have built it. If we enjoy the Zion that we now anticipate, it will be after we redeem and prepare it. If we live in the city of the New Jerusalem, it will be because we lay the foundation and build it. 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," President Young continued, "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. [The fulfillment of that prophecy is yet in the future.]

"Ye Latter-day Saints, learn to sustain yourselves.

"Implied faith and confidence in God is for you and me to do everything we can to sustain and preserve ourselves.

Dear Friends,

Well after many request for my newsletter to be written and placed on the website, I have decided to bite the bullet and write another issue for your use. Many times over the last few years I have thought about getting another issue going and have been saving tidbits of information to share.

Many of us have been through some very trying times; war, earthquakes, tornados, tsunamis, flooding, fires, loss of jobs, moving, school and many other personnel trials. Some of these we have felt as a nation and it is my

opinion that more events will happen. Already we have had six named storms during this hurricane season and we are only a few weeks into it.

Some of us are better prepared than others yet we all need to keep working on being better prepared.

I am glad that so many of my readers have asked me to start putting my newsletter out again. Thank you for taking the time to read and offer encouragement.

Gayle-Marie

Bug Out Bag - BOB

- solar powered water shower
- water purifies
- good shoes or boots for car or office
- space blanket or lightweight blanket for summer or wool for winter

Stock up by the week

Canning lids and jars
pectin, clear jel, citric acid
sugar, honey, or sugar substitute
charcoal for use in outdoor cooking

Gardens/Gardening Tips

At this time of year your garden may be getting ready to harvest. Learn how to store or preserve your produce. You may need to learn from someone older and share with someone younger. Preserving food is such an essential art that needs to be put back into our lives.

Recipes

Want to know what to do with all the pears you get this season? Why not try this jam recipe. It is truly great and easy to make. *Gayle-Marie*

PEAR AND PINEAPPLE JAM

by Kathie Sheperd

1 20-ounce can crushed pineapple in syrup, undrained
4 cups finely chopped pears
¼ cup lemon juice
2 (1 ¾ ounce) boxes fruit pectin
½ teaspoon butter (optional) or margarine (optional)
9 cups sugar, measured into separate bowl

ADD enough water to undrained pineapple to measure 3-1/4 cups. Place in 6- or 8-quart saucepot. Blanch pears and peel. Finely chop pears (by hand or with food processor). Add to pineapple in saucepot; add lemon juice. Sprinkle pectin over top and stir in. Add butter to reduce foaming. Bring to full rolling boil (a boil that can't be stirred down) on medium high heat, stirring constantly.

ADD sugar; stir. Return to full rolling boil and boil exactly 4 minutes, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

LADLE quickly into prepared jars, filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with 2-piece lids. Screw bands tightly.

Process 5 minutes in a hot water bath. Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middle of lid with finger.

Fry Bread

by Vicki

4 cups flour
1/3 cup shortening
1 tablespoon salt
1 ½ cups warm water

Stir together the flour and the salt. Cut in shortening. Add warm water to make a soft but not sticky dough. Let rest 15 minutes. Divide into balls about the size of an egg (for Navajo Tacos, I make bigger balls; maybe double the size of an egg). Shape into patties, poking a small hole in the center of each to let steam escape. Deep fry 'til golden on each side. Drain. For Navajo Tacos, serve topped with chili, grated cheese, chopped lettuce, tomatoes, salsa, olives, sour cream, guacamole, or whatever you like.

Here is a great canning site for your information. Check it out; you'll like it. "The National Center for Food Preservation"
http://www.uga.edu/nchfp/how/can_05/chicken_rabbit.html



A Thought

Horse-and-plow farming making a comeback
Saturday, July 23, 2005 4:59 PM CDT

SISTERS, Ore. (AP) - To some, the thought of a farmer patiently working the field behind a horse and plow might evoke pangs of nostalgia for the early days of agriculture, but the practice is making a comeback. Ol' Dobbin hasn't run the tractors out of the fields yet. Increasingly, small farmers are finding horse-powered agriculture a workable alternative to mechanization. Lynn Miller, whose quarterly "Small Farmer's Journal" tracks horse-farming, estimates about 400,000 people depend in some measure on animal power for farming, logging and other livelihoods. He says the number is on the rise.

Many are Amish farmers in Iowa and Pennsylvania who shun mechanization, but some are farmers who have turned to horses because of the bottom line, citing soaring fuel prices and the ability of the animals to produce their own replacements.

They say the animals are better for the soil and can be used in wet weather when a tractor often cannot.

Miller, who farms with horses on his own ranch, said the practice began spreading beyond Amish communities about 20 years ago.

"When I started 31 years ago there were no companies making equipment for animal-powered agriculture," he said in his office in this central Oregon town. "Fifteen years ago I could count them. Today I have no idea how many there are."

Miller estimated that 60 percent to 70 percent of those who try horse-and-plow farming stay with it. "It takes a certain personality," he said. "It's a craft, not a science." Miller said a farmer with horses can earn triple or more the earnings per acre than one farmed by agribusiness. Ron VanGrunsven farms about 50 acres with horses near Council, Idaho, and has used horses for years there and in Oregon's Willamette Valley.

"They're more economical," he said. "They raise their own replacements, you can train them yourself and raise their feed."

A mare can produce a foal every year or so, and Miller says that, if properly trained, one can bring about \$2,000 after two years.

A plow horse usually lasts 16 or 18 years, Miller said. He said he looks after his stable of nine carefully and veterinarian bills rarely total \$200 a year.

VanGrunsven said a two-horse team and a farmer can plow about an acre and a half a day if the ground is right and that an acre usually produces more than enough hay to feed a horse for a year.

"Most of my equipment is not new," said VanGrunsven. "It is from the 1930s or earlier. It has been repaired and cleaned up. ... The older things were designed so they could be fixed if they broke. When newer things break, they have to be replaced."

Horse farming was common until the end of World War II, when the government and manufacturers started promoting mechanization to soak up the surplus industrial capacity, Miller said.

Horses could often be used as down payments for tractors, he said, "and they went to the glue factories by the hundreds of thousands."

On the Net:

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

Get Physical

Walk. Now that fall is approaching fly kites, rake those leaves, play with the kids or grandkids, take day hikes and enjoy the colors of the new season.

What a wonderful time of year; spring brings new birth and colors, summer is full of warmth and fun, fall gives a new meaning to color and fun, cooler nights, bright full harvest moons, and a promise of winter splendor. Enjoy what the Lord has given each of us to marvel at.

FYI

Have you thought about what your children might need in case of an emergency when your not around? If it's beginning to get dark, are the flashlights in an accessible location? Are fresh batteries with them? Did you check the light bulb and store a spare? Do you have snacks ready to grab for them? Do you have bedding in a location that can be used if the house is locked up? Have you discussed with the older children where emergency supplies: phone numbers, money (phone), and shut offs are in case they are home alone with the younger kids are? Do you have meeting place pre-picked to go to? If not, now is the time to get these things done. Don't put it off, knowledge now could save lives and heartache. It also helps eliminate fear, and give you peace of mind knowing that the kids are taken care of.

COMMUTER PREPAREDNESS

Now that London has been hit with bombs that were targeted for mass transit and bus systems the advice below can help you and your family travel easier. When traveling on trains, planes and buses, always check where the emergency exits are when boarding. How many seats are in front of you? Is there any one older or younger near by? Will you be able to assist them if needed? Are there any bags or boxes in the aisle? You can also keep an eye out for packages left unattended, or seems out of place, if so call attention to it and left the attendants or driver know about it. They can call for help. Don't panic as you can't help if you are upset. Follow the advice below and be prepared to help.

General Advice

Assume whatever "it" is, has just happened. Are you safe? Do you need to move?

First, do CAPS (as in put on your thinking CAPS):

- ☉ **Calm down**
- ☉ **Assess the situation**
- ☉ **Pray.**
- ☉ **Set your course of action.**

SUPPLIES FOR YOUR VEHICLE

Bug Spray or Lotion
 First Aid Book
 First Aid Kit with Moleskin, including prescription medications
 Foot Powder Lip balm, like Chapstick or Blistex
 Sunscreen
 Large Bottle of Mouthwash - according to Ted Wright of "Wright's Complete Disaster Survival Manual", mouthwash can be used for: mouthwash, antiseptic, saves water when cleaning teeth, soother for tired feet, underarm freshener, washing minor cuts and wounds
 Can Opener
 Food: ready-to-eat, requiring no preparation; choose individual serving sizes and snacks for on-the-go
 Disposable Eating Utensils: plastic knife, fork and spoon, if needed, depending on food choices
 Plastic Cup Water, and/or Water Filter with a container
 Personal Hygiene Items
 Premoistened Disposable Towelettes
 Toilet Paper, folded and in a baggie
 Trash Bags for hygiene purposes, small-size
 Book
 Cash: coins and small bills, enough for a motel room or tow service
 Knife
 Map
 Pencil/Pen Paper
 Additional Clothing to suit seasonal needs such as gloves, sweat suit, hat or windbreaker
 Adhesive Reflector Tape (to be applied to your coat and shoes if you have to walk at night)
 Comfortable Shoes or Boots, extra socks and sock liners, extra underwear
 Disposable Face Masks
 Extra Coat, jacket, or sweater. Waterproof may be a wise choice
 Sunglasses
 Trash Bags for warmth or waterproofing, large and heavy duty
 Work Gloves

Backpack for carrying essentials if walking becomes necessary

Candle, emergency type in its own shielded container

Duct Tape (it has a thousand uses!)

Fire Extinguisher

Pocket Lighter like BIC

Flashlight and Extra Batteries (metal flashlights can double as weapon)

Heavy-duty Blanket or Sleeping Bag

Space Blanket or Space Bag

Tools: Auto repair items, belts, hoses, clamps, rubber hose for siphoning, folding shovel, crow bar

Walkman type AM/FM radio and Extra Batteries

Whistle

The above items are minimums. You may also want to consider the items on the list below. Customize to suit your needs.

Cellular Phone and/or CB Radio

Cord, nylon that is thin, light and strong

Extra Petrol Can or petrol in a Jerry can

Reflectors, and/or Emergency Signs

Heat Source, Hand Warmer, MRE Heater

Weapon - personal choice item, and governed differently everywhere.

Here's more FYI

Put your lives in order and all else seems to take it's proper order....

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of tea from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things—God, your family, your children, your health, your friends and your favorite passions--and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else--the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. "Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first--the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and asked what the tea represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of tea with a friend."

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/>

At the time of this writing, hurricanes Katrina and Rita were not an issue. The devastations that occurred can not be under rated. Many people have been displaced and families are still separated or lost. My thoughts and prayers are with those in or from the devastated areas. Although homes and lives will be restored or rebuilt, I ask these questions: How ready are you for the next natural or manmade disaster? If you live in a big city or other urban area, how would you and your family get out? Are you prepared to sit in your car for many hours? Do you keep emergency supplies handy and at the ready? Most of the evacuees grabbed items of clothing and such, but what would you take with you? Do you keep copies of your health, medical, home, auto, and life insurance policies in a safe place that you can grab in a moments notice? If not, maybe it's time to spend some of that T.V. time getting things in order, or maybe now that gas prices haved soared it's time to reevaluate all those extra activities that keep you on the road and not working on being prepared. No one is immune to disasters and you cannot predict when you may need to be home instead of away.

To quote President Gordon B. Hinckley of The Church of Jesus Christ of Latter-day Saints.

"I am suggesting that the time has come to get our houses in order. So many of our people are living on the very edge of their incomes. In fact, some are living on borrowings. ... There is a portent of stormy weather ahead to which we had better give heed."

"To the Boys and to the Men;" President Gordon B. Hinckley 3 October 1998, General Priesthood session.

