

The Prepared Family



"Prepare Every Needful Thing"

OCTOBER-DECEMBER 2005

SCRIPTURE OR QUOTE:

Be Prepared . . . Be Ye Strong from Henceforth

by Bishop Keith B. McMullin; Second Counselor in the Presiding Bishopric

Tragedies never triumph where personal righteousness prevails.

In the scriptures the Lord makes clear what He expects of us as such judgments descend. He says: "Gird up your loins and be prepared. Behold, the kingdom is yours, and the enemy shall not overcome."

The Church and its members are commanded to be self-reliant and independent. Preparation begins with faith, which enables us to weather vicissitudes as they come. We see earth life as a preparatory journey. Faith in the Lord and His gospel conquers fear and begets spirituality.

Spirituality grows as we "pray, and . . . walk uprightly before the Lord." It is "the consciousness of victory over self and of communion with the Infinite."

Faith, spirituality, and obedience produce a prepared and self-reliant people. As we obey the covenant of tithing, we are shielded from want and the power of the destroyer. As we obey the fast and give generously to care for others, our prayers are heard and family fidelity increases. Similar blessings come as we obey the counsel of the prophets and live within our means, avoid unnecessary debt, and set aside sufficient of life's necessities to sustain ourselves and our families for at least a year. This may not always be easy, but let us do our "very best," and our stores shall not fail—there shall be "enough and to spare."

And again the Lord says, "Be ye strong from henceforth; fear not, for the kingdom is yours."

Strength and resiliency come by righteous living. One is not righteous who is a saint on Sunday and a slacker the remainder of the week. Unchecked appetites are destructive and cause men to "trifle . . . with sacred things." President Brigham Young taught, "The sin that will cleave to all the posterity of Adam and Eve is, that they have not done as well as they knew how."

Dear Friends,

We are now at the end of the year 2005 and what a year it has been. Let's review some of the events that have come our way.

Hurricanes have come and gone, but this year has been the exception, more named hurricanes have been reported than in recorded history. Wild fires this last summer, ice and snow storms in the northeast, local power outages, high fuel costs, earthquakes, and most recently the New York transit strike.

In my own family my husband was laid off from his job of 14 years and I know many others are struggling through the same situation, and

many more are headed that way soon. So what do we do in these situations? If we have been preparing for the long term effects of disasters we should be in pretty good shape, but if not we're going to struggle.

It is my hope that when you read my newsletters that you become better able to cope with these situations. You can't rely on the local or federal governments, frankly I don't think they really care. So, you have to rely on yourselves.

That being said, I know that Heavenly Father has a plan for all of us and we need to rely on Him to find out what to do. Start applying for jobs; mom's too if necessary. Do all you can

do, help yourselves and rely on your faith, have hope that you will make it and don't forget to pray for guidance and more faith. Heavenly Father is always with us and just waiting for us to call.

May the New Year bring you continued hope, faith, and compassion; don't despair.

Merry Christmas and wishing Happy New Year to all of you.

Gayle-Marie

Bug Out Bag - BOB

- water and wind proof matches in case
- good wool socks
- sturdy wading or hiking shoes/boots
- a warm hat

Stock up by the week

water containers
lexan type eating and cooking utensils (practically indestructible and light weight)
canned soups
beans-dry



Gardens/Gardening Tips

Planning your garden layout, what type of vegetables do well in your area, soil conditioning, and watering methods can and should be worked on during this time of the year. Plan now and gather supplies so that when you are able to work the ground you will be ahead of the game and prepared. Gardens need to be planned in advance so that you can learn and have a better experience.

Recipes

Preparing for your spring walks and trips now will help keep the winter time blues at bay. So to get you started here is a great recipe for your family and pets.

Great Tick Repellent

spray bottle with ¼ c water
20 drops Eucalyptus oil
15 drops Tea tree oil
and 15 drops of peppermint oil

I shake the bottle like crazy and spray it all over, head to toe - I even spray my face and head and ticks will NOT even get on me.

Studies are coming out (finally) proving the effectiveness of Eucalyptus oil for ticks and mosquitoes as effective or more effective than DEET!

You can get these oils at many drug stores, new age shops, massage therapy salons, or online.

Herbal Vapor Rub

by Juli Kight

Your Guide to Healthy Herbs.

A petroleum-free vapor rub.

INGREDIENTS:

¼ Cup vegetable carrier oil (olive, macadamia, hazelnut, almond, jojoba, coconut, etc.)

½ teaspoon essential oil (Eucalyptus and/or peppermint, cyprus, cedar, ginger)

PREPARATION:

Blend carrier and essential oils together in a glass, dark container. Rub into the chest and back as needed. Cover area with a warm damp (not wet) towel for maximum chest penetration, or leave exposed to help clear nasal passages.

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

WASHINGTON, D.C. (November 10, 2005) —

Disaster response worldwide is stunted by something surprisingly simple: failed relationships.

<http://www.disasternews.net/news/news.php?articleid=2948>



"Really, information sharing is needed so that people understand at each of the levels – the mitigation level, the prevention level, the response level, the reconstruction level." — Susan Forbes Martin

New research released by Georgetown University shows post-disaster sites are rife with lack of communication and the inability to form truly equal partnerships. And if people don't start thinking about overall disaster management instead of narrowly focusing on disaster response, this trend will continue, said Susan Forbes Martin, who directs Georgetown's program on refugee and humanitarian emergencies.

"I think the principle breakdown is over communications and the inability to work together toward a single, commonly understood goal," said Martin, co-author of a new report on disaster management. "That I'd say would be the first problem we identified."

Get Physical

Play in the snow, take time to enjoy the winter season. Be careful if you must shovel the sidewalks and driveway, take breaks often, warm up inside and drink warm liquids. If snow is not in your area, take a walk and enjoy the light shows, take your time and relax.



FYI

Program the acronym ICE - for "in case of emergency" - into your cell phones and any cell phones your children might carry, recommended Kennedy. Program in your emergency contact information - and don't forget to include doctors' names and numbers, particularly for people with special needs. "This makes a lot of sense but people just don't do it."

"In an emergency situation, ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them," explained Les Kerr, law enforcement coordinator with the U.S. Attorney's Office, Western District of Missouri. "For more than one contact name, type ICE1, ICE2, ICE3, and so on."

The ICE acronym allows emergency officials to quickly access the right names from a cell phone's address book. It can save valuable time, since many people identify family members only by name in their cell, making them indistinguishable from other entries.

The campaign is not without its difficulties. Someone besides an emergency responder could call an ICE contact from a lost or stolen cell phone. And many cell phone users use password protection on their phones, and cell phones also might be damaged during a disaster or an accident. That's why people should also keep a card of emergency contacts in their wallet or purse.

Still, since inputting ICE is free and relatively easy, it's worth the effort, agreed emergency response officials.

Here's more FYI

Chertoff: Preparedness Depends on People

By LARA JAKES JORDAN, Associated Press Writer Mon Oct 31, 5:35 PM ET
<http://www.harriscountycitizenorg.com/newsletters/chertoff.pdf>

Stockpiling supplies and developing family response plans in case disaster strikes not only might save lives - it's also a civic duty, Homeland Security Secretary Michael Chertoff said Monday in an interview with The Associated Press.

Two months of hurricanes ravaging the Gulf Coast should prove that people need to make preparations so emergency officials can focus on those who are poor, elderly or otherwise can't help themselves, Chertoff said.

"For those people who say, 'Well, I can take care of myself no matter what, I don't have to prepare,' there is an altruistic element - that to the extent that they are a burden on government services, that takes away from what's available to help those who can't help themselves," Chertoff said. "That is a matter of civic virtue."

Chertoff's comments mark a new stage in Homeland Security's "Ready" campaign - which was widely ridiculed two years ago for urging homeowners to stock up on duct tape and plastic sheeting to safeguard their homes against a chemical or biological attack.

Now, Chertoff said, the department plans to reach out to school students to carry the preparedness messages home to their parents. Additionally, Homeland Security and the Ad Council launched a newspaper and radio campaign Monday pitched at small businesses to develop disaster plans for workplaces.

Whether the public will listen, however, is another matter.

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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