



THE PREPARED FAMILY



"Prepare Every Needful Thing"

March 1999

Scripture or Quote of the Month:

"We encourage all Latter-day Saint families to become self-reliant and independent."

"Let us be in a position so we are able to not only feed ourselves through the home production and storage, but others as well." President Ezra Taft Benson: (CR October 1980, Ensign 10 [November 1980]: 34.)

Dry Pack

Dried beans (Variety), Carrots, Onions, Soup Mix, Peas and Dried Sweet Corn

Grocery Items

Additional cereals such as farina, rolled wheat, whole grain-mix (grind your own to save money), cornmeal, grits, cream of rice

Non-Food

Garden seeds, Emergency Water Supplies such as filters, containers, pumps or other items to save and collect water.

Use down spouts on your house to collect rain water. If you use a large garbage cans (or get a large animal water trough or old bath tub that has the drain plugged off) on ends of the gutters or down spouts you can collect the runoff to water plants, yards, or gardens. This is an inexpensive and easy way to save water.

72-hour Supplies

Matches (5 boxes of strike anywhere), battery powered radio with extra batteries or hand crank radio.

Gardens:

Till the soil as soon as possible. Add any amendments that may be needed. Order herbs and other plants soon. They need to be planted early to get a good root start. Try adding Lavender and Rosemary to your planting beds to help repel insects. Have you pruned yet? Try to purchase non-hybrid seeds for future use. These are getting scarce. Do you have on hand gardening tools i.e. shovels, hoes, rakes, twine, etc.?

Stock up by the week

1. Medicine chest items: Tylenol, aspirin, Ipecac, sunscreen, activated charcoal, etc.
2. Canned meats: tuna, chicken, dried beef.
3. First Aid supplies: Band-aids, antibiotic ointment, elastic bandages, etc.
4. Fill water jugs or rotate the water you have stored.
5. Peanut butter, 10 lbs/person

Recipes:

Everlasting Yeast

by A DaWayne Burke

1qt warm potato water (not hot)	2 T. sugar
½ yeast cake or ½ T. dry yeast	1 t. salt
2 C white flour or whole wheat flour	

Stir all ingredients together. Place mixture in a warm place (like behind stove) to rise until ready to mix for baking. Leave a small amount of everlasting yeast for a start for the time (about a ½ to 1 cup) Between use keep in covered jar in refrigerator until a few hours before ready to use again.

Add same ingredients, except yeast, to the everlasting yeast start to the next baking. By keeping the everlasting yeast start and remaking some each time, yeast can be kept on hand indefinitely.

1 cup = about ½ yeast cake

Irish Soda Bread

2 ½ C. Flour	1T. Sugar
2 t. Baking Powder	½ t. Salt
a t. Baking Soda	1 ¼ C. Milk

Preheat oven 350 degrees.

Mix all ingredients together. Knead lightly about 3x on floured surface. Shape dough into a round loaf. Place in greased baking dish. Cut an "X" a ¼ inch deep on top. Bake 35 to 40 min.

Dry Mixes-Cream Soup

Cream-of-Whatever Soup Mix
(Makes equivalent of 9 cans)

2 c powdered nonfat milk	¾ c cornstarch
¼ c instant chicken bouillon	2 T dried onion flakes
1 t. basil leaves	1 t. thyme leaves
½ t. pepper	

To use in place of canned cream soups in casseroles or as a base for your own soups. Much lower in fat and salt than the canned versions. The trick is to have it made up ready to use! Combine all ingredients, mixing well. Store in an airtight container until ready to use.

To substitute for one can of condensed soup: Combine a cup of dry mix with 1¼ cups of cold water in a saucepan. Cook and stir until thickened. Add to casseroles as you would the canned product. Makes equivalent of 9 cans of soup.

Bread in Jars: Chocolate Applesauce

ingredients for 8 servings :

1 c Margarine; softened	3 c Unbleached flour
3 c Granulated sugar	¾ c Cocoa powder; sifted
4 Eggs; whipped	1 t. Baking soda
1 T. Vanilla	½ t. Baking powder
1 t. Almond extract	½ t. Salt
2 c Applesauce; at room temperature	

Preparation:

Preheat oven at 325. Place a baking sheet onto middle rack and remove top rack from oven. Before starting batter, wash 8 (1 pint) wide mouth canning jars with lids in hot soapy water and let drain, dry, and cool to room temperature. Generously prepare jars with margarine. In a mixing bowl, combine margarine, sugar, eggs, vanilla, almond extract, and applesauce. In another mixing bowl, combine flour, cocoa powder, baking powder, baking soda, and salt. Mix wet ingredients with dry ingredients just until moistened. Spoon 1 level cupful of batter into each jar. Carefully wipe rims clean, then place jars on baking sheet (or they'll tip over) in the center of oven. Bake 40 minutes. Keep lids in hot water until they're used. When cakes are done, remove jars which are HOT from oven one at a time. If rims need cleaning, use moistened paper towel. Carefully put lids and rings in place, then screw tops on tightly shut. Place jars on a wire rack; they will seal as they cool. Once jars are cool, decorate with round pieces of cloth and then glue on flowers, ribbons, etc. on lid, ring and side of jar. Unscrew the ring (the lid should be sealed by now) and place a few cotton balls on top of the lid (makes it poofy on top), then a piece of cloth (about 3" larger than the lid) on top and screw the ring back on. Decorate as desired (example pinking shears).

Dried Calico Bean Soup Mix

From Make-a-Mix Cookbook

2 cups each of:

Pinto beans, kidney beans, Great Northern beans, pea or navy beans, black-eyed peas, lentils/split peas. You can substitute garbanzo or other beans that you have on hand. Combine all ingredients in a large bowl and mix well to distribute ingredients evenly. Package in 2-cup containers or bags. Label and store in cool, dry place. Makes a great gift and is easy to store.

Calico Bean Soup

2 Cups Dried Calico Bean Soup Mix (Above) Sort, wash then soak the beans. Discard soaking water (water the plants with it) rinse and return the beans to cooking pot. Add 8 cups water, 1-½ lbs. ham hocks or ham bone, 1 onion chopped, 1 clove minced garlic or ½ t. garlic powder, 1 pod red chili pepper or 1 t. chili powder, and 1 (28oz) can tomatoes cut up (do not drain) simmer until tender about 45 min. Add 2 T. lemon juice, ½ t. salt and ¼ t. pepper. Simmer for 30 minutes longer and serve. Makes 6-8 servings. You can top this with grated cheese or sour cream for a different flavor.

Emergency and Family Preparedness

TIPS, IDEAS:



LIP BALM

6 T. castor oil

1 T. grated beeswax

Stir together over low heat until wax is melted and remove from heat. Add: 1 tsp. honey, 1200 I.U. of Vitamin E (use gelcaps, pierce with pin and squeeze Vitamin E. out), 6-8 drops flavoring of your choice
Optional: Add 1 drop of Tea Tree Oil or Metaluca Oil, it acts as an antibacterial and makes the lip balm good for cold sores. Mix thoroughly and place into small jar.

Button, Button, who has a button!

- For a quick repair on a loose button use the wire from a twist tie to reattach.
- To add new life and gloss to pearl buttons cover them with clear nail polish.
- Thread you needles with doubled thread so that you are sewing with four strands. You'll need fewer stitches to secure the button.
- To make skirts and pants fit more comfortable, try sewing on a waistline button with elastic thread.
- When a garment is worn out and has buttons on it, cut off the buttons using a comb (under the button) to hold the button away from the material (keeping fingers safe from cuts) and use a razor blade to cut the threads.

Checked your sewer and septic lines/drain fields lately? Are they clear of roots and other obstacles?

Have you checked your roofs lately? Do you need to replace your shingles that have been damaged due to wind or storm? Better to find out now, before to your too busy with other concerns or it gets too hot.

What would you do?

- If there were no checks, credit cards or debit cards? Do you have any cash? Anything worth bartering? any skills?
- Where would you get water if your water sources were contaminated or simply exhausted? What about medical supplies?
- How would you dispose of garbage, waste water and human wastes? Plan ahead...

Lack of Storage? Try these ideas...

From Sara Rands in CA:

Make an ottoman, use two cases of #10 cans stacked up and wrap with some pretty fabric. Or use cases of #10 cans as a baby gate (make sure they are heavy like wheat, which weigh about 30 lbs. each)

From Gene Reeves in GA:

Add extra shelves in the closets between the existing shelf and ceiling. You can store non-perishable items like toilet paper, paper towels and foil. They stack nicely and they are there when needed.

#10 can boxes are great to use as a bed frame, just use a dust ruffle or bedspread to cover them up. Use buckets as end tables, cut out a round piece of wood to make a top. Cover with table cloth or other pretty fabric.

Line book shelves with rows of canned goods then place books in front of them. If you have space behind your sofa and it is not in front of a base board heater you can line rows of canned goods or dry goods there. Put a board across the top and use it for plants or books be creative.

Being prepared is more than just food storage!

Ever wonder how to be prepared on a budget?

Well, we have been told over and over to start and use a garden, even small gardens can be a great blessing. Use pots if you lack the space for a garden plot, or consider joining a garden co-op, maybe you have a older couple that has a garden space in their backyard and they aren't using it much. Find out if you can rent a portion of it. Pay with a portion of your crop. Or help pay for water, be sure you take the time to tend it. Remember it is your garden also.

If you have a vacant lot near by see if the owner will donate it to a group for a community garden. They work well. Not only will you get to know your neighbors better, but you can get a wide variety of products.

Collect/trade coupons with someone, they may have something you need and vice versa. Don't forget those rebates, as they are money in your pocket. Use that money to pay down a bill or purchase an item for storage or just save it until you have enough for something that you really need.

Have a yard sale and clean out your garage and other storage areas. If you haven't seen, used, or needed the items in over one years time, get rid of it. Sell it and use the money to pay for emergency and family preparedness supplies. An added benefit is that you will have extra storage space.

Learn a new skill, I recently learned how to spin wool and other fibers, I also am teaching myself how to knit. I had a lot of fun and the new skill may come in handy. I can make scarfs and will be learning how to make sweaters, socks, hats and mittens etc.



Read a book about laying concrete or building shelves, then see if you can practice what you have learned with a neighbor. See if you can assist in a project they have going. Or suggest if you can build them something (of course they supply the goods) you just supply the labor. Be sure to do a good job for them, it could mean a little extra pocket money for you.

Y2k:

First posted on Feb. 1, 1999.

Shattering Y2k doomsday dreams. The most recent report comes from the respected research firm International Data Corporation. Frank Gens, the company's senior VP for Internet research, predicts that "only 0.2% of Y2k bugs will cause business-critical problems." In addition, most crashed systems will only take a few hours or days to repair, and negative effects will be lessened because January 1, 2000, falls on a Saturday.

I agree with federal Y2k czar John Koskinen. "**Complacency is wrong," he says. But so is panic.**

In other words, don't behave like the Y2krazed Miami Beach woman who insists on installing a wood-burning stove in her high-rise condo. Turn instead to a common-sense Y2k guide from the Red Cross. It's free. by *Sam Vincent Meddis*, USA TODAY

As the world sees Y2k it could be a disaster in the making, but as our General Authorities have told us all along, we should provide for our families and perfect ourselves.

*"Fathers, another vital aspect of providing for the material needs of your family is the provision you should be making for your family in case of an emergency. **Family preparedness has been a long-established welfare principle. It is even more urgent today.*** I ask you earnestly, have you provided for your family a year's supply of food, clothing, and, where possible, fuel? The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah." (Come, Listen to a Prophet's Voice, p. 42)

"Many leaders have indicated that members of immediate family organizations should help accomplish the three-fold mission of the Church; that is, they should *proclaim* the gospel, *perfect* the Saints, and *redeem* the dead. Of such responsibilities, *President Benson* summarized: *"Every family in the Church should become actively involved in missionary work, family preparedness, genealogy [family history] and temple work, teaching the gospel, and cultural and social activities"* (*Ensign*, November 1978, p. 30).

FYI

Vitamin E (400-800 IU) protects arteries by latching onto LDLs ("bad" cholesterol) so they can't react with molecules that damage artery walls. Source: American College of Cardiology.

Vitamin B such as Folic Acid can reduce the risk of heart attack, in women (400 mg.) daily and vitamin B₆ (3 mg.)

daily can cut the rate of heart attack by half. Good food sources for folic acid are lentils, spinach and asparagus and for B₆ bananas. Source: Nurses' Health Study

LDS Church Canneries

<http://www.desnews.com/dn/view/0%2C1249%2C30012311%2C00.html>

"The LDS Church operates 87 canneries, with most located in the Intermountain region, [Church spokesman Dale] Bills said. The canneries offer wet and dry-pack canning, where church members cooperate in canning a variety of food items in large quantities. Volunteers are then able to purchase the food they help can." Much of the food preserved in this way is also used to help those in need. The Church has encouraged members for a long time to develop self-reliance and to have supplies of food for emergencies or unexpected events. However, the Church canneries are now in high demand by members and non-members alike who are concerned about possible future shortages related to the Y2K bug.

SEATTLE MORMONS PREPARING

<http://www.seattle-pi.com/local/food23.shtml>

This reference from the *Seattle Post-Intelligencer*: The article talks about the Church's emphasis on preparedness and food storage: "While some churches are scrambling to learn about long-term food storage in the event of Y2K problems, the Church of Jesus Christ of Latter-day Saints ... has made preparation a way of life. The church teaches members to be self-reliant, thrifty and prudent, and not to be a burden to the government or others." The article talks much about the Church's doctrines and beliefs.

In a July 1995 Utah State University study, DR's Charlotte Brennard and Deloy Hendricks said the following: "Quality and nutritive value of food deteriorates during storage, therefore food should not be held for long periods beyond their established shelf-life. When food is stored too long, there is a risk of two things happening: 1) color, flavor, aroma, texture or appearance deteriorate to a level where people will not consume the food, and 2) nutrient deterioration may be severe enough to render the food an unreliable source of specific nutrients"

Later in the report they define nutrients as "vitamins, protein, fat, water, minerals, and carbohydrate", which "specific nutrients" are rendered unreliable are not in the report. Each food may be different and we have no way to determine what is missing from a particular food item when we may need to use it. Whether these two researchers are continuing the "urban myth" or are reporting true facts is unknown to me. Certainly what Logan said makes sense. However, my original

intent that we "1. Store our food in the best possible manner and 2. Rotate, Rotate, Rotate." is still valid in my opinion. Old food may not make you sick. It may even taste good but it may not be AS good for you as fresher food. Some people can only store the basics and won't have much to supplement their diets to get the needed nutrients that are lost because of old food. And to quote Decia again "we aren't trying to make archeological artifacts out of them". Actually, if we are following the commandment to be self-reliant properly, none of this would be an issue. We would be using it long before any major loss of nutrients, whatever those are defined as. Well, that's my opinion anyway.

Thanks, Richard

Get Physical !

Although the physical benefits of exercise are highly touted, some of the most important benefits of exercise may be mental. Most regular exercisers report that exercise puts them in a "healthy frame of mind". They say they make better food choices because they are exercising. Also, research indicates that regular exercisers have a higher level of mental acuity, and are depressed much less often than non- or only occasional exercisers.

Author and exercise physiologist, Greg Landry, M.S., publishes a FREE email newsletter, "Fitness, Health, & Weight Loss". To start your free subscription, send any email message, <mailto:Fitness-on@mail-list.com> or visit <http://www.Landry.com>

Where to get supplies:

Costco/Sams'	URM
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Nurseries/Seed Suppliers
Emergency Supply Houses	Food Co-Ops
Internet Suppliers-your choice	Local Farmers

Internet sites of interest

Drysdale Seed Company: Non-hybrid Seeds

<http://www.keepsmlin.com/dryseed.html#2>

Petromax Lantern Co

<http://www.petromax.com/lanterns.htm>



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