

THE PREPARED FAMILY



"Prepare Every Needful Thing"

March 2000

Scripture or Quote of the month:

"A sensible man watches for problems ahead and prepares to meet them. The simpleton never looks, and suffers the consequences." Proverbs 27:12

Dry Pack

The following items are examples of product that do not store well in cans because of moisture, oil, or other concerns. These types of products should not be dry-pack canned. These products and emergency supplies such as first-aid kits and food rations (candy, granola bars, etc.) are best stored when rotated frequently.

Baking Powder	Baking Soda
Bouillon	Brown Rice
Brown Sugar	
Chewy Dehydrated Fruit (such as raisins)	
Cornmeal	Dried Eggs
Dried Meat	Granola
Milled Grain Cereal	Yeast
Mixes Containing Leavening (such as pancake or biscuit mix)	
Nuts (roasted or raw)	Oil
Pearled barley	Salt
Spices	Whole Wheat Flour

72 Evacuation Kit



-] Flashlights for everyone with batteries stored in a ziplock style bag
-] Backpacks for each member of family that can carry one.
-] 6- 6 hour candles
-] waterproof matches
-] package of lightsticks- 3 per person

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Stock up by the week

- H Solid vegetable shortening - 12 lbs/person
- H Juices - get 100% juice!
- H Toothpaste, floss, razors, shaving cream, other toiletries
- H Mixes - cakes, pancakes, muffins, etc. Purchase or make your own. Counts for grains (300 lbs.pp.)
- H Spices & herbs
- H Rice, in bulk if possible. 10, 15, 20 lbs. Counts for grains

Gardens/Gardening Tips

March is a great time to work the soil and add any last minute amendments. If your in doubt what is needed such as nitrogen, blood meal, calcium or lime have the soil tested at your local County extension. It is worth the time and money to save you from a gardeners worst nightmare (no crops or few crops). By adding amendments you can increase the quality and quantity of your produce.

Start seedlings inside now for corn, tomatoes, beans, cucumbers and other warm weather crops for earlier produce. Make sure you keep the seeds moist but not flooded and in a window for light (this will help avoid spindly stems). When warm outside place seedlings out of doors to warm, bring them in at night to prevent freezing, let sit out more each day until warm (above 50 degrees) at night and prepare to plant.

Tip: when planting add a little tobacco with seedlings and bugs won't eat them.

Recipes:

This months bread recipes are made in bread machines for those who don't have a bread machine you can make these breads by hand.

CHEESE HERB BREAD

- 1 ¼ cups warm water (110 degrees F)
- 3 cups bread flour
- 2 tbs white sugar
- 2 tbs butter
- 2 to 3 tbs grated Parmesan cheese
- 1 ½ tsp dried marjoram
- 1 tsp dried basil
- 3 tsp active dry yeast
- 2 tbs dry milk
- 1 ½ tsp salt
- 1 ½ tsp dried thyme
- 1 tsp dried oregano

Place ingredients in bread machine pan in order suggested by manufacturer. Select basic cycle, press Start.

I found this at <http://www.breadrecipe.com/>

HONEY BANANA WHOLE WHEAT BREAD

For a 2lb loaf: bread machine (Use the whole wheat setting)

- 2/3 cup warm water
- 1/4 cup honey
- 1/2 tsp vanilla powder
- 1 1/2 cup whole wheat flour
- 1 banana sliced
- 2 tsp active dry yeast
- 1 1/2 Tbl. butter or veg. oil
- 1 egg
- 1 tsp. salt
- 1 1/2 cup bread flour
- 2 tsp poppy seeds

Note: I did it first using olive oil (all I had) and no poppy seeds. My wife substitutes the bread flour with barley flour or uses whole wheat. She (sometimes) also adds 1/2 cup dried cranberries or raisins; 3 Tbl. applesauce, walnuts, wheat germ, barley groats, etc. – but not all at once in one loaf or it is just too nutty. It is just a very flexible recipe that gives excellent results when modified.

Harry Littell, Pinole CA littell@home.com

Gluten Free Recipes

MILLET CASSEROLE

(4 servings)

- 1 C. Millet
- 1 Carrot
- 4 C. Boiling water
- 1 Onion
- Olive oil
- 1 T. Soy sauce (Tamari is best)

Toast millet in a dry pan until it pops and turns a golden color. Remove millet from pan. Pour enough oil in pan to lightly coat bottom. Saute chopped onion until it turns translucent. Add chopped carrot (a cup of chopped hard squash works ok too). Saute a few minutes more. Add water, millet and about a tbsp. of high quality soy sauce or Tamari. Bring to boil and then simmer covered for about 20 minutes.

Enchilada Casserole

(4-8 servings)

1 lb. Ground beef, turkey or chicken; brown until cooked (no pink) Saute onions, bell peppers, chilies, olives, and grated carrots(optional) until crisp tender. Grate 2 lbs. of cheese (I like mozzarella and sharp cheddar mixed). 2 cans of enchilada sauce (red for beef, green for fowl) and enough corn tortillas for layer twice in your pan. To put together: spread a thin layer of enchilada sauce in bottom of pan, layer with open tortillas overlapping until pan is covered. Next layer meat, vegetable mixture and cheese, enchilada sauce and tortillas. Continue with another layer in the same order ending with cheese and sauce on top. Bake in preheated 375 degree oven for 35 minutes. Let rest for 10 minutes or so before serving (needs to set up a bit). Enjoy with sour cream and guacamole sauce.

Emergency and Family Preparedness

TIPS, IDEAS:



From “How to Save your Stuff from a Disaster” by Scott M. Haskins

To protect your photos for damage in a flood, Scott recommends to separate photos before the damage is done. Don’t stack your photos in cardboard boxes and leave them unattended. Never leave photos in the attic because of unstable temperatures (too hot/cold). Arrange them so that you can browse through them easier.

Here’s how to do it. It will cost some money up front, but the savings will be in not losing your photos in the end. Buy a three ring binder, archival (acid free recommended Vue-All Inc. of Ocala, FL) plastic pages for storage of the photos and negatives and then, place them in your binder. (Recommended 3M No. 415 for tape) Make sure it is plastic so when wet it won’t bleed on your photos and destroy them, or you can use a archival shoe box style box, leaving archival paper to separate each photo.

I prefer the binder method so I will cover it. I try to organize the photos by date and activity. By separating them I can use a acid free pen or pencil to write on the backs with what, who, when, and where the photo and subjects were. This way my family will know the importance of the photos. Then I place them into the binder, organizing them so they make sense. A trip to Disneyland or son’s or daughters life growing up or Grandpa and Grandmas’ life – whatever makes it easier for you. Get copies of all photos and send them to family members not living at home. In case of a disaster the family then won’t lose everything.

Some supplies may be purchased at the Costco/Sams or other stores. Check around and make sure it is acid free. If space is limited I recommend using a water-proof container such as Rubbermaid™. This is a great way to store your organized photos and save some room. Store under the bed or in a closet on the floor. Keep from heat as that can destroy the photos.

Freezing Milk

Whole or skimmed milk and cream may be frozen. Pour the milk or cream into sterilized glass containers, leaving a 2 inch head space. Frozen milk may keep for 4-6 months, and cream will keep for 2-3 months.

Thawed milk has different texture, even though the taste remains the same. Thawed cream will not whip successfully, but may be used in frozen desserts or used for cooking. To use in cooking, beat slightly before adding to your food.

FYI

Harold B. Lee (Prophet)

“Perhaps if we think not in terms of a year’s supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn’t have anything else to eat, that last would be very easy to put in storage for a year....just enough to keep us alive if we didn’t have anything else to eat.

We wouldn't get fat on it, but we would live, and if you think in terms of that kind of annual storage rather than a whole year's supply of everything that you are accustomed to eat which, in most cases, is utterly impossible for the average family, I think we will come nearer to what President Clark advised us way back in 1937." (Welfare Meeting, Oct. Conf. 1966)

Herbs and Spices

Chives– can be used for dips and cream soups. Dried chives can be stored in small glass jars for future use.

Rosemary– can be used to season poultry and stews.

Rosemary is also great for potpourris. Rosemary oil can be used to open breathing passages.



Why Be Prepared?

Being prepared is more than just food storage!

"My sincere counsel to you today is to recommit yourselves to these two basic practices that have been the source of so many blessings....

Never let a day go by without holding family prayer and family scripture study. Put this, the Lord's program, to the test and see if it does not bless your home with greater peace, hope, love, and faith.

"I promise you that daily family prayer and scripture study will build within the walls of your home a security and bonding that will enrich your lives and prepare your families to meet the challenges of today and the eternities to come." (L. Tom Perry, "Back to Gospel Basics," General Conference, April 1993; see *_Ensign_* May 1993, p. 92)

Nutritional Helps

More on lead poisoning prevention.

Vitamin C.

Regular, nutritious meals and snacks help lower the amount of lead the body will take in.

Cook foods in cast iron pots and pans. This is a safe way to add a lot of iron to the food.

Vitamin C-rich foods help the body take in more iron. Serve a vitamin C-rich food at each meal.

Vitamin C-rich foods

! Oranges, grapefruit, tangerines

! Orange juice, lemonade

! Strawberries, tomatoes, watermelon

! Broccoli, cabbage, bell peppers

! Baked potatoes, sweet potatoes

! Greens, Kale, chard

Washington State Dept. of Health.

Wells– drinking water

A safe drinking water supply is an essential part of staying healthy. If you own a single family (domestic) well, the safety of your drinking water is YOUR responsibility.

Nitrates in drinking water can be a real problem. Nitrates are an essential source of nitrogen for plants. When nitrogen is added to

fertilizers to enrich the soil nitrates can leach into the soil by rain, irrigation or other surface water. Human and animal wastes also contribute to nitrate contamination of our ground water. In agricultural areas elevated levels of nitrates have been linked to drinking water. Any well can become contaminated by nitrates, shallow, poorly constructed, or improperly located wells are more likely to be contaminated. Nitrate levels in drinking water can also be an indicator of overall water quality. Elevated levels may suggest the possible presence of other contaminants such as disease-causing organisms, pesticides or other inorganic and organic compounds that could cause health problems.

Infants are at risk if nitrate levels are above 10 mg/L (10 parts per million) Nitrate levels at or above this level have been known to cause potentially fatal blood disorder in infants under six months old called methemoglobinemia or (blue-baby syndrome). This syndrome causes a reduction in the oxygen-carrying capacity of the blood. Others at risk are pregnant women, individuals with reduced gastric acidity and individuals with a hereditary lack of methemoglobin reductase. Some health studies have suggested that exposure to high levels of nitrates could lead to certain types of cancer, but results are inconclusive.

Test your well water at least once every three years. Take a sample to your local health department for testing. If you find your water has high levels of nitrates, find an alternative for your water source (such as bottled) until you decide what you would like to do for a permanent solution. Removing nitrates from water is not easy. Finding and eliminating the source is the best long-term solution. Boiling or softening the water as a means of purifying will not reduce nitrates in the water. Also activated carbon and other simple filters do not remove nitrates to any significant degree.

Source: Benton-Franklin WA, Health dept.

More next month on flooding...

Family History Helps

Church and Land/Tax records can be used to locate families that would otherwise be lost.

The first step in locating church records are to locate which congregation that the family attended – most likely Protestant, Methodist, Society of Friends (Quakers), or Catholic, since these were the predominant religions in the United States during the early part of the formation of this country.

The Quakers have an abundance of records available with information such as birth, death, marriage, moves in and out of the meeting area. Some books that may be helpful are “Comfort”, William W., and “Quaker Marriage Certificates”, Friends Historical Bulletin.

Elliot, Erro T. *Quakers in the American Frontier: History of the Westward Migrations, Settlements, and Developments of Friends on the American Continent*, Richmond, Ind.: Friends United Press, 1969.

For Methodist general information you can write to the General Commission of Archives and History of the United Methodist Church at: PO Box 127 Drew University; Madison, NJ 07940. They have very good records if you know when and where a

person/family lived. You can also contact the state repository for more specific information.

The Protestant Episcopal church maintains its national archive in Austin, TX.

The Catholic church has its records for the most part in diocese for the area in which your family lived.

Church records can help locate families sometimes several generations of members within a local area. You can also follow the movements of families when all other records seem lost. I only mention the few religious beliefs to give a sampling of what is available. During the Revolutionary and Civil wars, church and other records were lost due to weapons use. Since most paper was made of cotton or other fibers they were sometimes used as wadding in the guns. So don't be surprised if you can't locate church records during these times.

Tax records are a great way to locate families. Whenever money was exchanged you can be pretty sure it is accurate. You can use tax records to identify when a family lived in an area and when they sold the land. By using the Federal or State Census you can narrow the time frame down, then use tax rolls to pin point the year they lived on the land.

Rent rolls can be used like tax records.

Original land patents refer to land grants given to men who served in various military engagements or Indian wars, such as the War of 1812 or the Black Hawk Wars in Illinois. The U.S. government offered these grants to open up settlements in areas that it felt needed white settlers. Although this wasn't necessarily a politically correct policy, it enabled settlers to move West with some sort of guarantee of land ownership.

If you find your ancestor was given an original land patent, check to see if he served in the military, Indian wars, or the War of 1812. He most likely did, and you'll find additional information by writing for his military records. You can find the address for military records at <http://www.nara.gov/>

There are several types of indexes for land records. One is the Deed index, which is broken down into two parts: grantor and grantee. The grantor is the person (or entity) who sold the land, and the grantee is the person who received the land. Typically, a grantor could be an entity (such as the U.S. government or a bank) or an individual over 21. Women were often grantors too, so don't look only for men! A grantee could be one person or several.

Next month Cemetery records...

Physical Fitness



How to stick to an exercise program:

- Learn to break down your goals. Start with 5 minutes a day and work up. By starting out slowly you will feel better about yourself.
- Play around, find the right exercise for you. If you don't like running try inline skating or kickboxing.
- Forget the sweat. If you hate the thought of exercise because you envision huffing, puffing, shirt drenching workout, go for the moderate route. Try walking, swing dancing, golf or gardening.

- Reward yourself. Changing habits is hard work, so reward yourself along the way. Didn't miss a single walk last week? Buy yourself a big bouquet of flowers. Began a strength training program? Schedule a massage.

Double your pleasure. If you like to read, spend time with the kids, or meet your friends and take them with you.



Financial Fitness

We have to realize that the credit business is the business of enticing us to get INTO debt, NOT getting us out of debt (unless it is for the purpose of getting us into debt again once our balances are all paid to a level we once again feel comfortable charging). Interest is their means of making a profit. They are not benevolent unless they are enticing us to obtain more credit, or attempting to seduce payments out of us, should they discern there may be a chance they might not get all their money. Harry Littell of California

For those of us who still have some debt to pay off, I would suggest that the key is to regularly test your balance sheet. Make sure that your assets are growing and that your debts are declining. Each year, try to increase the rate of increase in the assets and the rate of decline in the debts. Over a reasonable period of time, you can build substantial reserves as a cushion, savings for retirement, missions and education while at the same time reducing not only your balances but the required monthly debt service. I would point out that having no debt, but no assets is only marginally better than having debt equal to your assets; in either case your net worth is zero.

Prudent planning and budget over a span of years is the surest way to be prepared for both the financial challenges and opportunities life throws at us. By David Thorpe

<http://www.ldsfinance.com/newsletter/hm>

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	

