

THE PREPARED FAMILY



"Prepare Every Needful Thing"

July 2000

Scripture or Quote of the month:

This message is from the June 2000, Ensign:

In making our preparations, we are expected to rely first on our own resources. "We teach self-reliance as a principle of life," President Gordon B. Hinckley has said. "We encourage our people to have something, to plan ahead, . . . if possible, against a rainy day. Catastrophes come to people, sometimes when least expected – unemployment, sickness, things of that kind. The individual . . . ought to do for himself all that he can" (This Thing Was Not Done in a Corner,' Ensign, Nov. 1996, 50).

We are better prepared emotionally and socially if we have good family relationships and good friends. But above all else, we need the spiritual strength of daily righteous living. Our prophets assure us "that a people prepared through obedience to the commandments of God need not fear" (First Presidency letter, 24 June 1988).

72- hour Evacuation Kit



- ★ soap and shampoo
- ★ wash cloth and towel
- ★ sewing kit, wet wipes, paper towels, toilet paper
- ★ toothbrush and toothpaste
- ★ feminine hygiene products

Stock up by the week

- ✓ Freeze cheese. Grate & freeze for casseroles/soups
- ✓ Paper towels, foil, garbage bags, freezer bags, etc.
- ✓ Condiments: mustard, mayo, relish, Worcestershire, vinegar: these can be the individual packets
- ✓ Jams & jellies. Buy what you will not make yourself

Gardens/Gardening Tips

Ever wonder what you can do during the month of July? Here are some ideas to keep your garden going into the fall.

You can sow winter lettuce, put in your last group of beans (to eat green) and don't forget the chicory. You should be harvesting your spring crops and early corn should be getting ripe. Pick garlic and shallots as soon as the leaves are withered. Tie the onion stems down firmly. Examine the fruits. Remember that tomato plants need support.



Recipes:

This month I thought you might like some web sites to look at for recipes. Enjoy.

Cookies in a Jar Cookie Recipes

<http://www.cookierecipe.com/cat/jar.asp>

Gifts in a Jar

<http://www.geocities.com/Heartland/Flats/1894/giftsjar.html>

Vanilla & B-Bob's Jars and Mixes

<http://members.tripod.com/~MaryMae/jarlinks.htm>

Soup, etc., in a Jar <http://www.roo.com/archive/soup.htm>

Cookies in a Jar Recipes <http://members.aol.com/stephndon/cookie.htm>

Cookie Mixes in a Jar from Real Food for Real People

<http://realfood.hypermart.net/cookies.html>

Gifts From Your Kitchen

<http://www.crestviewfl.com/~Christmas/recipes/gifts.htm>

Beverages

<http://www.interlog.com/~speirs/othermix/othermx1.htm>

This site has some great tuna recipes

<http://busycooks.about.com/home/busycooks/library/weekly>

Gluten Free Recipes

BAKED BEANS

by Michael Romack

1 40 oz and 1 29 oz cans of p&b's
approx 1 ¼ cups of molasses

1 small onion diced
4 strips of bacon

Mix all ingredients except the bacon in a baking bowl and then put in oven at 350 deg. for about 1 hour. Stir approximately 2 to 3 times during the first hour. At end of hour, put bacon strips on top of beans and bake an additional 20 - 30 min. until bacon is done.

BAKED BEANS

by Grace

Follow the above recipe and then:

We usually add ¼ - ⅓ cup each of catsup and molasses, and a chopped onion and black pepper to taste, then bake uncovered at 350°F for a half hour or so. You can add a few slices of bacon on top, or use hot dogs. This is for the 31 oz. can. You can also use brown sugar instead of molasses, but it's not as nutritious. The balance of flavors is sweet-hot-onion.

FUDGE ---- (THE BEST)

by "B. Margetson" bmargetson@home.com

2 CUPS WHITE SUGAR 160ml. (TIN) EVAPORATED MILK
12 REGULAR SIZE MARSHMALLOWS
½ CUP BUTTER DASH SALT
1 TEASPOON VANILLA
1 350 GRAM (¾ LB) WHITE CHOCOLATE CHIPS

Cook first 5 ingredients in a saucepan on MEDIUM heat until it comes to a boil. Stir constantly. BOIL 5 minutes, continuing to stir ALL the time. Remove pan from heat, add white chocolate chips, and Vanilla.

Pour into 8" x 8" pan, cool & cut into squares (suitable for your mouth)

Mint or Chocolate chips can be substituted at will.

Emergency and Family Preparedness



Did you know that you can use your washing machine as a ice chest? It's true just fill your empty washer with food in sealed containers or bottles and add ice. The insulation will keep your foods cold for up to 24 hours on one load of ice. This would be a real life saver in times of power outages. – Home Matters TV

"Give me the luxuries of life and I will willingly do without the necessities." - Frank Lloyd Wright

FYI

Start teaching your children some of the nearly lost skills, such as sewing, needle work, crochet, knitting, cooking/canning and basic house cleaning. You may think that they already know something of these, but you may be surprised at what they don't know. For instance, your son or daughter may need to sew on a button, hem a torn pants leg/shirt or skirt, darn a sock, or mend a pair of torn jeans. Do they know how? If not, take the time to teach them. Okay, I know what you may be thinking: you don't know how either. Well, now is the perfect time to learn. Take a class or better yet, have someone in your Relief Society or other church organization teach a few classes.

Take the time to learn – you will never know when the skill will come in handy. If we are working on following the prophet's teachings we need to be more frugal and self-reliant. By learning these skills and teaching them to one another and our families, we are improving our self-reliance. Knitting, crocheting and canning are becoming lost skills that can save money and time when learned. Basic house cleaning is becoming lost because we allow ourselves to become more busy, not leaving enough time to even teach the basics like washing clothes or cleaning the bathrooms so that germs can be kept to a minimum. Washing dishes without the dishwasher should be taught, since not everyone will have access to one. By learning these skills we can improve our lives and future generations will be better prepared to follow the teachings of self-reliance.

Here are some great ideas to assist you in training your kids some basic sewing. Items you will need to get started are: paper, thread, sewing needles, sewing machine, and patience.

1. Practice on paper – circles, lines, etc., and follow them with the needle/no thread. This builds confidence with the pedal and provides experience with the difference between lines and circles.
2. Practice on placemats and pillow covers (simple ones) – squared corners and rounded corners.
3. For the younger kids practice on burlap as it is easier for little hands to use the bigger needles and pull out stitches to re-work.

Herbs and Spices

- 🌱 Carrot – related to parsnips. Wild carrot is found everywhere in dry areas, on loose and often arable soil. It is a biennial plant, almost 3' high, with an erect, hairy, branching stem that bears leaves. This plant can be used as a vegetable, coloring for various foods and drinks and in the manufacture of fine perfumes. Carrots contain sugars, pectin, vitamins (particularly vitamin A), mineral salts and, like all umbellifers, an essential oil.
- 🌱 Sweet Woodruff – used to curdle milk and color cheeses yellow. This plant gives off a sweet perfume. Sweet woodruff is a perennial species of beech and mixed conifer woodlands in central and northern Europe, is a herb up to 18 inches tall, with a thin rhizome bearing several roots; glossy quadrangular stem produces inflorescence of white flowers with a funnel-shaped corolla. The fruit is a pair of hairy mericarps. The plant is cultivated with no particular care. Cool, sandy soil is needed for proper cultivation.

Why Be Prepared?

Being prepared is more than just food storage!

"So far as I am concerned, I say, let everything come as God has ordained it. I do not desire trials. I do not desire affliction. I would pray to God to 'lead me not in temptation, and deliver me from evil; for thine is the kingdom, the power, and the glory.' But if the earthquake bellows, the lightnings flash, the thunders roll, and the powers of darkness are let loose, and the spirit of evil is permitted to rage, and an evil influence is brought to bear on the Saints, and my life with theirs is put to the test, let it come, for we are the Saints of the most High God, and all is well, all is peace, all is right, and will be, both in time and in eternity.

"But I do not want trials. I do not want to put a straw in anybody's way; and, if I know my own feelings, I do not want to hurt any man under the heavens, nor injure the hair of any person's head. I would like to do every man good. These are the feelings, the spirit which the gospel has implanted in my bosom, and that the Spirit of God implants in the bosoms of my brethren. And if men will pursue an improper course, the evil of course, must be on their own heads.

"I used to think, if I were the Lord, I would not suffer people to be tried as they are. But I have changed my mind on that subject. Now I think I would, if I were the Lord, because it purges out the meanness and corruption that stick around the Saints, like flies around molasses."

(John Taylor, _JD_ 5:114-115, August 9, 1857; The Gospel Kingdom p. 333)

Nutritional Helps

When camping you may want to follow these tips for keeping your drinking water safe.

- ▶ Set up camp at least 200 feet from your water source.
- ▶ Do not go to the bathroom in or near streams, rivers, or lakes. Latrine areas should be at least 100 feet from all water sources.
- ▶ Keep animals such as dogs and horses away from or downstream from your water source.
- ▶ Wash hands thoroughly with safe/treated water after going to the bathroom and before eating and handling food.
- ▶ Drink enough water during the day to prevent dehydration, especially in warm weather.
- ▶ Boil water for the most effective treatment of unsafe water.
- ▶ Bring water to a rolling boil and continue to boil for 3-5 minutes. If you are camping at higher elevations or in cold weather, boil water for ten minutes.

Family History Helps

Since it's been a little while since I started this new feature in the newsletter, I thought it might be a good idea to take a few lines to review what we have learned. In the January issue, I began by helping you to organize what you have – to record what knowledge you have and to

learn about the history of the communities in which your families lived. Then in February's issue I discussed the types of census records and other documents that you can find and use to assist in the search. March brought tax, church and other documents into light. In April, tombstones, maps, and cemetery records which can be used to locate your family and others that lived in the surrounding areas. In May, I described abbreviations used so you the reader can become better at understanding what is meant – though it was an abridged list of abbreviations with more to come later. June's newsletter covered what GEDCOM meant. This month I would like to cover a checklist that can help put it all together.

When looking for information on the your family write up a list of what you have and what you would like to find. Use your research log to keep track. Make a graph if you need to. Keep it simple.

In the first column, start with the father: sample:

Full name	Death date, place, source
Birth date, place and source	Occupation
Marriage date, place	Military service
Other marriages	Church attended
Father's name	Mother's name

Use the same format for the mother except make sure you write down Full Maiden name.

For each child do you have the name of spouse along with the above?

Making things more difficult may only lead to more frustrations and loss of interest.

Physical Fitness

If exercise is the key to a fit body, then you may want to be fit on the inside as well. It is essential that you eat the right foods to get the proper nutrition that your body needs to be fit. Here are some great ideas to help achieve this.

- You need nutrients like protein, iron and folate.
- Protein power– Good sources of protein are lean beef and pork, skinless chicken and turkey, fish, eggs, beans (legumes, lentils, and peas), tofu, nuts and peanut butter.
- Folate– can be found in leafy vegetables, oranges, legumes, liver, wheat germ, avocado, peanuts, wheat bread, and most enriched grain products.
- Iron– Comes from both animal and plant origin. Most of the iron from meat, poultry, and fish is heme iron (named because it is carried as part of the hemoglobin). Foods of plant origin contain just non-heme iron. One exception is egg yolk, which has mostly non-heme iron. Heme iron is usually better absorbed than non-heme iron.

Good sources of heme iron are liver, lean beef, skinless dark meat chicken, pork, and canned salmon.

Good non-heme sources are pumpkin seeds, blackstrap molasses, spinach, kidney beans, prune juice and dried apricots.

When focusing on fitness nutrients you need to know the following: Proteins along with carbohydrates. Our muscles require protein (which supplies amino acid “building blocks” to maintain, build, and repair body tissue, and to produce energy.

Folate – plays an essential role in the manufacture of new cells by helping to produce DNA and RNA, the cells’ master plans for reproduction.

Iron – Is included because iron deficiency is a common problem among premenopausal women. The main job of this mineral is to form the part of the red blood cells, the hemoglobin, that carries oxygen to your muscles. Without adequate oxygen, your muscles can’t burn fuel to produce enough energy. Having a deficiency of iron can therefore leave you feeling weak and fatigued.

Source: Prevention, May 2000, p. 163-167.

Financial Fitness

Budgeting is probably the best way to solve financial problems.

Here are a few ideas to start you off and hopefully keep you on the right track. These tips are from Glenn A. Anderson.

This is the first installment.



1. First get a 13 column pad used for accounting or just set one up on your computer using a spread sheet ... if you do the latter, make it a 15 column sheet with all columns equal except the second row, which should be wide enough to enter the item being paid. In the first row list an estimate for each item after “prioritizing your budget” as follows:

- a. list the “untouchables”
 - tithing
 - personal savings
- b. list the “fixed essentials”
 - rent or mortgage
 - food
 - clothing
 - transportation or auto payment
 - all insurance premiums
 - retirement fund
- c. list the “variables”
 - electricity
 - gas
 - sewage/garbage disposal etc.
 - water
 - telephone - basic cost only
 - gasoline
 - auto maintenance (last years bill / 12)
 - postage

- miscellaneous (cable TV)
- d. list the “non-essentials”
 - Telephone add-ons (call waiting, etc.)
 - Extra cable TV packages
 - Extra internet services
 - Major credit/debt cards
 - Retail store credit cards
 - Loans
- e. list your “nice to haves”
 - Christmas presents
 - Birthday presents
 - Other donations and gifts

A POSITIVE THOUGHT!

The following conversation was overheard at a party attended by high society people: “My ancestry goes all the way back to Alexander the Great,” said one lady. She then turned to a second lady and asked, “And how far does your family go back?” “I don’t know,” was the reply. “All of our records were lost in the Flood.”

Genealogy: Tracing yourself back to better people.
I trace my family history so I will know who to blame.
Can a first cousin, once removed, return?
Searching for lost relatives? Win the lottery!
Do I even WANT ancestors?
Every family tree has some sap in it.
Friends come and go, but relatives tend to accumulate.
Genealogists never die, they just lose their roots.
Genealogy: A haystack full of needles. It’s the threads I need.
Genealogy: Where you confuse the dead and irritate the living.
Heredity: Everyone believes in it until their children act like fools!
I think my family tree is a few branches short of full bloom.
Life is lived forwards, but understood backwards.
Theory of relativity: If you go back far enough, we’re all related.

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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