

THE PREPARED FAMILY



"PREPARE EVERY NEEDFUL THING"

September 2000

Scripture or Quote of the month:

"We have an intellectual side and we have a spiritual side. We take great pains in the training of our physical. We take daily exercises, regular feeding (morning, noon, night, snack before we go to bed and sometimes in between). We avoid getting and falling prey to dangerous bodily poisons. We have periodic physical checkups, see our dentist so many times a year, eyes, teeth, general operations, and so on...."

"We must train our spiritual selves with the same care, if we are to be fully developed, as we train our physical bodies. We must have daily exercise by our spirits by prayer, by doing daily good deeds, by sharing with others. We must feed our spirits daily by studying the scriptures every day, by [family home evening], by attendance at meetings, by the partaking of the sacrament. We must avoid harmful poisons which, spiritually speaking, come when we break one of God's commandments. It is just as poison to our spiritual bodies...."

"Poison to our spiritual selves is maybe gained in childhood from bad example by parents, or by leaders, or by reading filthy, obscene literature...."

"Our spiritual checkups are when we are brought face-to-face with God's spiritual doctors -- our bishops, our stake presidents, and occasionally with General Authorities in interviews which are always done for the purpose of helping to prepare us for spiritual advancement. Sometimes there have to be, as a result of these interviews, some major operations on our spiritual selves."

(Harold B. Lee, "Learning the Gospel by Living It," 52nd Annual Primary Conference, 3 April 1958; see _Teachings of Harold B. Lee_ pp. 121-122)

72-hour Evacuation Kit

When evacuation is eminent or if you find yourself in a position that causes you to evacuate, you will need these items to help you get going. Don't forget, "if we are prepared we shall not fear."



- ✓ set of keys
 - ✓ extra credit card
 - ✓ pack of checks
 - ✓ listing of important phone numbers: the outside the area family contact, the Bishop, Home Teacher, Stake President, the Red Cross, the State DEM, the insurance company, the credit card companies, the bank etc. Anyone you may need to call, post disaster.
- ✓ pet carriers for the cats and an extra dog leash.

Stock up by the week

- ▶ Baking powder, soda, corn starch. Be sure to check dates; they do get old.
- ▶ Tomato Week. Juice, whole, sauce, paste, Salsa. (Can it for stewed tomatoes. Make it or buy it.)
- ▶ Can some fruit or buy some canned.
- ▶ Buy an extra 25 lbs. of sugar
- ▶ Can or freeze lots of vegetables, buy some canned or frozen.

Gardens/Gardening Tips

Apples, grapes, tomatoes, potatoes, beans, carrots, and other late growing root vegetables are about ready to be harvested. Some root vegetables can be stored in the ground until the last frost. Pumpkins and other fall squash should be ready to "harden" for winter storage.



Recipes

Using your food storage doesn't have to be boring, just be creative. Here are some great make-a-meal "dry" mixes to try at home. If you and your family like them and want to make them for future times put the ingredients into Mylar type bags or vacuum seal them in jars for easy use. You will need to determine the amounts for your family.

Scalloped Potatoes and Ham

by Janis

Dry Potato Slices

Ham TVP

Powdered Milk

Cook following the directions to the dry potatoes.

Cheese Sauce Mix

Margarine Powder

How about cookie mixes?!

Make up a favorite cookie using dry egg, other ingredients, shortening powder, chocolate chips and so on. Seal in bag with one oxygen absorber.

Beef Barley Soup Mix

by Nelwyn

Beef barley soup would use barley, carrot dices, onions, a lot of beef cubes, typical spices, and beef TVP or bottled beef.

Rice a Roni

Rice A Roni would be easy. Break up some spaghetti (personally, I like the thin stuff better than standard spaghetti - angel hair) fairly small but be sure you've planned quantity so that you still have plenty even though the pieces are small, ordinary rice, onion flakes, butter powder or plan on using your stored butter flavor Pam-type can, then after that's browned you'd toss in you flavor cubes, spices and water. You could make up small packets, or individual bottles of your favorite spice combinations to have on hand. Sort of like buying Italian spice mix off the shelf, or curry powder, or poultry seasoning.

Or try a combination of the following ingredients:

Dehydrated sliced potatoes or spaghetti or macaroni, dehydrated onions, dehydrated carrots, dehydrated celery and bell peppers, maybe a little spinach, and four or five cubes/packages of either beef or chicken flavor, and other seasonings. My family likes like salt and pepper, garlic granules, thyme, maybe some dried red pepper flakes. You get the idea. The above mix could be used with whatever kind of meat you could get or have bottled. Or as someone else has suggested, you could use TVP in whatever flavor you choose.

Rice Dishes

By Melanee

2 c raw rice

½ c spaghetti in ½ " pieces (lots of different pastas could be substituted – acini de pepe, angel hair, thicker and thinner spaghetti, alphabets,... all kinds of variations!)

4 tbsp fat (butter, marg, chicken fat... – shortening would also work in small quantities for the initial frying stage – and could be stored in a separate tub and used just when needed)

4 ½ c hot chicken or beef stock or reconstituted soup base (or, if used, a tomato juice or something like that, and add some cumin, chili powder, dry green peppers – more of a Mexican dish)

1 tbsp parsley – dried

½ c chopped onion. (I don't like chopped onion – so would use onion powder or skip this all together)

* now things like carrots, dehydrated veggies of all kinds could be added.

Different seasonings could be added for variety – oregano, basil, rosemary, hot red peppers,...)

Anyway, fry the stuff and then cook with the liquid added until it is tender and drier – if too dry, add more water.

Mac and Cheese

From Rosemary

3 cups elbow macaroni, cooked and drained

Stir in:

½ cup powdered cheese

¼ cup butter powder + 1 Tablespoon water (or 6 T. margarine)

6 Tablespoons milk (¼ cup + 2 T.)

Here are a couple of great tomato recipes.

Fresh Tomato Sauce

Categories: basics & essentials, sauces & dressings

Yield: 1 serving

2 lb fresh tomatoes; peeled and -seeded

2 T. olive oil

1 med. onion; diced

3 cl garlic; minced

¼ c chopped fresh parsley

2 T. chopped fresh basil

1 T. chopped fresh oregano

½ t. sugar

1 t. salt

½ t. fresh ground pepper

1. Chop peeled and seeded fresh tomatoes into medium dice. If using canned tomatoes, drain, discard juice, and dice.

2. In a medium saucepan over medium heat, heat oil and sauté onion 5 minutes. Add garlic and sauté 5 minutes more. Stir in tomatoes, parsley, basil, oregano, sugar, salt, and pepper.

Simmer 20 minutes. Use immediately or store, tightly covered, in the refrigerator for 1 week or in an airtight container in the freezer for 1 month.

Makes about 2 cups.

Spicy Tomato Sauce: Add ½ teaspoon ground dried chiles to sauce.

Zucchini Relish

10 cups chopped zucchini

4 cups chopped onion

2 each red and green peppers cut up (I actually used jars of pimentos)

5 T. salt

Mix and let sit overnight or 8 hours

Drain and add:

2 cups sugar	1 T. nutmeg
1 T. dry mustard	½ tsp. pepper
2-1/2 cups vinegar	1 T. turmeric
1 T. cornstarch	2 tsp. celery seed

Boil 30 min. and seal in jars. I seal mine by boiling in water about 10-15 min. About 6 pints

Emergency and Family Preparedness

TIPS, IDEAS:



Now is the time to prepare for possible power shortages. During the fall and winter power outages happen more frequently. Here are some tips on how to prepare for them.

Beside the standard emergency items such as extra blankets, food, water, medicines and games, you will need the following:

- ★ Portable stove and fuel such as wood for burning or propane
- ★ Portable grill (or hibachi) and charcoal to use outdoors for cooking.
- ☹ Never use charcoal indoors!

To help protect your family and home from long term power failure you can do the following:

- ★ Winterize (protect) the home from freezing and leave for another location which still has power
- ★ Winterize your home to protect against freeze damage and continue to live in your home. You would need to use an alternate emergency heat source such as wood, propane or kerosene heater (use proper ventilation)
- ★ heat only a few rooms that are needed. It is easier to heat one floor or a few rooms than the whole house.
- ★ If you are not using the whole house and have more than one bathroom pour antifreeze in the tank and bowl to protect them from freezing and breaking.

FYI

Did you know that indoor air pollution is worse than the most smoggy of days? According to Dr. Andrew Weil. "Today's well-insulated, energy-efficient homes are more likely to have poorer air quality than older, draftier homes because they trap pollutants inside." Some of the more common substances, such as cigarette smoke and animal dander, are obvious irritants. More problematic pollutants that are not readily known are generally odorless such as radon gas, formaldehyde fumes, and chemical-laden "air fresheners." Exposure to indoor pollution can contribute to a host of health problems ranging from headaches and fatigue to asthma, allergies and even cancer.

Dr. Weil's continues by stating that you can greatly influence the air quality in your home, because there are plenty of simple, relatively inexpensive measures you can take. They are:

Test your home for radon. Radon may be colorless and odorless, but this gas is anything but harmless: Elevated levels in your home can cause lung cancer. Radon is released from uranium in the soil or rock on which homes are built. Testing for radon is as easy as using one of the many inexpensive test kits available at you local home improvement centers or department stores. Make sure the label says "Meets EPA Requirements." If your home tests positive for high levels of radon, consult a trained contractor to correct the problems.

Editors note: If you are building a new home or buying a new home, have the test done before the final signing or inspection.

Did you know that spider plants will help remove formaldehyde from your home? Formaldehyde is a known allergen and can cause health problems. If you are sensitive to formaldehyde you probably have experienced headaches, lack of sleep or other allergy related health problems get tested. Have your home tested and have proper venting in your home to reduce the levels in your home.

Other ways to keep air pollution from your homes are:

- ★ Don't combine chemicals! Never mix cleaning products containing chlorine bleach with those containing ammonia; the combination can form a poisonous gas.
- ★ Read Labels. Try to avoid highly toxic products that say "Danger" or "Poison." Those "Warnings" are moderately toxic; those marked "Caution" are less toxic. Seek out safer drain cleaners, oven cleaners, and toilet bowl cleaners, which often contain corrosive chemicals that can burn the skin or eyes.
- ★ Go natural. Health food stores carry a range of natural cleaning products that are safer for you and the environment. Another options? Make you own natural cleaners; For example; white vinegar can be used to wash windows, and add some baking soda and soak over night cleans the oven. Another source is Annie Berthold-bond's *Better Basics for the home*(Three Rivers Press, 1999) or Debra Lynn Dadd's *Home Safe Home* (Tarcher/Putnam, 1997).
- ★ Minimize exposure. Wear gloves and work in a well-ventilated area. When using corrosive products, wear impermeable gloves and protective eye goggles. If you have respiratory problems or are sensitive to strong odors, wear a face mask.
- ★ Store securely. Even if you use natural products, it's still wise to keep them out of reach of children and pets.

Nutritional Helps

The following are the 10 most nutritious fruits according to the Center for Science in the Public Interest:

1. Papaya
2. Cantaloupe
3. Strawberries
4. Oranges (navel)
5. Tangerines
6. Kiwi
7. Mango
8. Persimmon
9. Apricots
10. Watermelon

Remember that all fruits are healthy and chock full of vitamins, minerals, and fiber. Note that 9 out of 10 of these fruits are orange or red, meaning they contain a lot of betacarotene or lycopene – both thought to be cancer-fighting pigments.

Herbs and Spices

Aphids are repelled by chives; therefore, planting chives under your rose bushes is a good way to keep them away from your roses. Being a perennial, the chives will return year after year.

Financial Preparedness

Bank Fees:

Shop around for a bank that offers you free checking and waives ATM fees if you maintain a low minimum monthly balance in your checking account or in a combination of accounts. This can save you hundreds of dollars a year.

TipSource: Bank-tips.com, one of 350+ lifetips.com sites © lifetips.com, Inc. The place to go when you need to know.

Why Be Prepared?

Being prepared is more than just food storage!

One of the six areas of preparedness is spiritual preparedness here are some tips to help out.

1. They call it "Spiritual Self-Reliance", but that is really a misnomer. You can't be spiritually prepared if you rely only on yourself. The true key to "Spiritual Self-Reliance" is learning to rely on the Lord. If you do this he will guide your footsteps. (Note: when he's guiding your footsteps, you still have to move your feet. This is not a passive reliance where you sit back and expect the Lord to do everything for you.) Faith in the Lord Jesus Christ is the first principle of the Gospel.

2. If you want guidance from the Lord, you need to be receptive to the messages that come. You need to keep the communications channels clear by praying and reading the scriptures daily, and by repenting sincerely when you make a mistake. This heightens your sensitivity to the Spirit.

3. When you get a message from the Spirit, be prepared to act on it.

These are simple things that even a Primary child can understand, but they are just as important to those of us that think on higher levels.

A Thought

The between what we do and what we are capable of doing would suffice to solve most of the world's problems.- Gandhi

Family History Helps

When searching for naturalization records you will need to know the following:

People often spend countless hours searching for naturalization records. Although these records can be very helpful in establishing the date of an ancestor's entry into the United States, they often give little more than the person's country of origin, age, and date of arrival. Birth dates, names of ships, and names of other family members don't appear on these records.

One benefit of finding a naturalization record is that it often leads to locating the correct ship passenger list, which may contain the names of other family members or neighbors who traveled with the ancestor to the United States. Family members may also have applied for naturalization at the same time. Naturalization records weren't required before the mid-1800's. Women rarely sought naturalization, since their legal rights stemmed from their husbands' rights.

Before they could apply for naturalization, immigrants had to live in America for five years and remain within the same state for one year. The actual applications for naturalization were often discarded because of a lack of storage space. Only the court records granting citizenship were kept in many county courthouses because they were the final, legal documents.

Get Physical

Here are some great ideas to help keep your bones strong and healthy. Men and women are at risk of osteoporosis so everyone needs to protect themselves.



- ♡ Work in your yard an hour a week. Yard work involves a lot of weight bearing motion-pushing, pulling and digging.
- ♡ Take it easy if you are not accustomed to yard work, rest frequently to prevent overexertion. Drink plenty of water to avoid dehydration.
- ♡ Use a good sun protector. Even on non-sunny days the rays can burn. Vitamin D is a great "bone insurance," you will get 400 IU of D a day.
- ♡ Be a year round gardener. You can rake the leaves in the fall, plant trees, shrubs, perennial flowers and spring-blooming bulbs. In warm climates, you can do yard work most of the year.
- ♡ Find out how strong your bones are. Talk to your doctor to determine what level of activity is safest for you.

Where to get supplies:

Costco/Sam's
Storehouse/Cannery
Camping Supply Stores
Nurseries/Seed Suppliers

URM/Cash & Carry
Bulk Food Sellers
Food Co-Ops
Emergency Supply
Houses



Internet Suppliers of your choice
Local Farmers/Farmers Markets

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