

The Prepared Family



"Prepare Every Needful Thing"

JANUARY-MARCH 2006

There is a wise old saying: "Eat it up, wear it out, make it do, or do without." Thrift is a practice of not wasting anything. Some people are able to get by because of the absence of expense. They have their shoes resoled, they patch, they mend, they sew, and they save money. They avoid installment buying, and make purchases only after saving enough to pay cash, thus avoiding interest charges. Frugality means to practice careful economy. (See Webster's New World Dictionary, 2d. college edition.)

The old couplet "Waste not, want not" still has much merit. Frugality requires that we live within our income and save a little for a rainy day, which always seems to come. It means avoiding debt and carefully limiting credit purchasing. It is important to learn to distinguish between wants and needs. It takes self-discipline to avoid the "buy now, pay later" philosophy and to adopt the "save now and buy later" practice.

James E. Faust, "Responsibility for Welfare Rests with Me and My Family," Ensign, May 1986, 20

Dear Friends,

Recently, I was watching a Discovery Channel Science network special on Super Tornadoes and Solar Storms. It was interesting that most people don't think about these events and treat them lightly. In the first few months of 2006 we have endured massive fires in Oklahoma and Texas, flooding in California, avalanches in the Cascades, Fires and flooding in Europe and Australia, and now a predicted Dust Bowl type weather pattern, plus what has been called the beginning of another nasty Hurricane season.

How can we be prepared in the face of these and other disasters? We need to stop thinking that someone will take care of us. We need to become more proactive in our preparedness efforts. We also need to have faith and hope that what ever we do will be okay.

In the Discovery Science shows it talked about what to look for in clouds and weather patterns, including those that seem too far away to warrant notice. How are the weather patterns affecting crops? While these may not be "in your neck of the woods" and of no concern, our food crops are affected by the weather, water supplies are affected by weather,

electricity will be affected by the amount of snow runoffs, fish and other seafood products are affected by changes in the temperature of the worlds oceans. All of these patterns affect each and every one of us. And why wouldn't it – we are a global community.

Lately we have been hearing a lot about the possible pandemic of a bird flu. Although it hasn't come to the United States yet, it may in time. Are we going to be prepared for this outbreak? How do we prepare our families for such an event? The government is stockpiling large supplies of Tamaflu and other medications to protect the people of the US. I am sure other countries are doing the same. But will it be enough? I don't think so. We need to be proactive in our preparations. The prudent thing to do during a flu outbreak is to stay away from crowded places. Schools, churches, game events, and even stores and other places where people gather will have to be avoided. In studying the 1918 flu pandemic that is the only way people survived. They stayed away from each other as much as possible, whole cities closed the roadways in and out of towns. How prepared are we to accept this type of living? We are a mobile people, we visit and help whenever possible and we gather to gain strength and compassion from each

other. Isolation is just not our nature these days. How do we survive a really bad pandemic? Hopefully we have the strength to rely on the Lord. Take precautions like masks, extra care in hand washing and have cleaning products to keep things sanitary. We all should be prepared for what may come to the best of our abilities. I always taught my kids to plan for the very worst and hope for the very best, that way you will be prepared for the events that will unfold before the time of our Lord and Savior Jesus Christ's coming. We will be able to withstand the trials that come.

May all of us take the time to plan, gather supplies that will help us through the tough times, learn to use it, make it do or do without, so that we won't be caught at the doors of the bridal feast, begging to be let in, only to be turned away because our lamps were out of oil.

Gayle-Marie

Bug Out Bag - BOB

- Plastic bags for garbage
- Rope and clothes pins
- wind up radios, flashlights
- warm gloves and mittens

Stock up by the week

bleach or other cleaning supplies
lamp oil/wicks and chimneys
wood for burning in fireplaces
tarps for temporary shelters



Gardens/Gardening Tips

Did you know that most of the garden seeds we use are actually grown in different parts of the world? Watermelon seeds may be from Israel, onion from France, cucumber from China or Thailand, chili pepper from Mexico or Chile. Some seeds are grown in Denmark or the Netherlands. Just because our food is grown in the United States doesn't mean the seed is grown in the United States. Can you think of a greater threat on the food supply? If the countries that supply our vegetable seeds decide to stop the flow of seeds to our country what would we grow? Do you know where your seed comes from? It would be easy to lose the ability to grow food in times of global upheaval and control the United States government or people really easily. Just stop selling the seeds back to the USA.

My suggestion is to grow open pollinated (OP) plants, and patronize seed producers that use heirloom varieties for their seed. At least you can get a head start on protecting your ability to garden and feed your families.

For those of you who are just starting out with your garden, you need to pick a good site. Here is a great starting tip. Urban gardeners have little choice so selecting a garden site is extremely important. An area exposed to full or near-full sunlight with deep, well-drained, fertile soil is ideal. The location should be near a water outlet and free of competition from existing shrubs or trees. By planting in full sunlight and in good soil, as well as by properly selecting crops, you can turn almost any site into a highly productive garden.

Recipes

Making Your Own Herbal Hair Shampoo by *Rudy Silva*

Here is a natural shampoo that you can make. This formulation is something that I have been using for many years. First collect the following items:

4 oz of castile soap with any scent is that available – plain, peppermint, eucalyptus.

½ oz of rosemary - stimulates the hair follicles and helps to prevent premature baldness

½ oz of sage – has antioxidants and keeps things from spoiling and is antibacterial

½ oz of nettles – acts as a blood purifier, blood stimulator, contains a large source of nutrients for hair growth

½ of lavender – controls the production of sebaceous gland oil and reduces itchy and flaky scalp conditions

2000 mg of MSM – provides organic sulfur to your scalp, which improves the health and strength of your hair. It also helps to drive herbal nutrient into the skin and follicles where they can do the most good.

One empty 8 oz plastic bottle, or any other empty shampoo or soap bottle.

Mix the herbs in a mason jar, which has a lid. Boil 2 cups of distilled water. Add 3 heaping tablespoons of the mixed herbs into the boiling water. Pull the boiling water and herbs off the stove. Let the herb mixture sit for 30 – 40 minutes. Put the 2000mg of MSM into the herb mixture after 30 minutes of cooling. After 40 minutes and the MSM is melted, strain the herbal mixture into a bowl. Pour 2 to 2 1/2 oz of strained herbal tea into the 8 oz plastic bottle. Now, pour the 4 oz of castile soap into the 8 oz plastic bottle. Cap the bottle and shake to mix the ingredients. The shampoo is now finished and ready for use. Use this as a base for all of the shampoos you make. You can add different herbs as you

learn what these herbs do and how they help your hair. You can vary the ingredients according to your preference. But now you have a shampoo that has no additives that can harm you.

Editor Note: MSM is called methylsulfonylmethane, an organic sulphur compound. You can get it in gel, liquid, powder, cream or capsule form. Consult your doctor before using MSM if you are using medications.

The Author

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A Thought



Food Storage: Put in the Joy by First Measuring the Blessings

Presenter: Joe Thompson Technical Manager
Bishops' Storehouse Services

Two young children were overheard talking. The older of the two gave his friend this word of caution, "Never say 'A'. As soon as you do, they are going to want you to say, 'B'." "How many Church members do you know who fear food storage in the same way? When it comes to "year's supply," their motto is, "Never say 'A'." They do not want to have even the first can of wheat on their shelves. Their fear is that as soon as they "touch" any part of food storage, they are going to be expected to carry the whole load, you know: baking whole wheat bread, drinking powdered milk and even making pinto bean fudge. Their feelings are that they do not have the time or energy and, "Why do we need to do it anyway?"

As we apply this blessing-motivation reasoning to food storage, I would like to ask you to, for a moment, create a mental image. Envision the thought of you feeding a spoonful of oatmeal or rice, or a slice of bread to your own child, or grandchild, or to someone else you love. Now, put that scene into the future by 6 months, or maybe five years or ten years from now. How do you plan and prepare for this event. Most of us have the thought that "because it hasn't happened yet" it won't happen. Well, taking that kind of attitude will catch you off guard. When the stock market crashed most of the very wealthy were prepared, while some couldn't handle

the thought of not having enough money and took their own lives. Farmers and those living on farms did much better than their urban cousins because they at least were able to feed the family. When the dust bowl took place most of the farmers went into towns and cities looking for work, or new land to till. Some found it while others ended up right back where they started. Did they expect these events? No, but they were better prepared to help themselves than we are.

During the Spanish Flu Pandemic people were "shut in" for up to three months in some areas. That's a long time when you're used to going to town for baseball, soccer, football, shopping, quilting classes and the like on a daily bases. So plan ahead, stock needed supplies, be prepared for an extended time with family without the usual distractions of daily life and review with your families now and plan.

Gayle-Marie

Here's more FYI

James E. Faust, "Responsibility for Welfare Rests with Me and My Family," Ensign, May 1986, 20

I wish to speak of the basic principles that keep our feet on the ground economically. This is important to our happiness. Let us examine ourselves and, like pilots in the sky, take our bearings to see if we are on course financially. We must build upon sound principles. The bedrock principle of which I speak is that the responsibility for welfare rests with me and my family. In 1936 the First Presidency said in a great statement of purpose, "The aim of the Church is to help the people to help themselves." (in Conference Report, Oct. 1936, p. 3.)

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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