

RELIEF SOCIETY NEWSLETTERS



RS PRESIDENT: Betsy Harris
WARD: Copperwood Ward
YEAR: 2006

February

Self-Reliance

In the June 1984 Ensign, President Marion G. Romney wrote of *"The Celestial Nature of Self-Reliance"* and explained that every able-bodied member of the Church should be doing all they can to take care of themselves and then help those who are totally incapacitated. He gave the following table to follow.

BARRIERS to Self-Reliance Are—	GATEWAYS to Self-Reliance Are —
• Idleness	• Industry and work
• Spending freely	• Thrift, saving, budgeting
• Breaking the commandments	• Obeying the Word of Wisdom, keeping the commandments, paying an honest tithe
• Indifference to home storage	• One year's supply of food, clothing, and (where possible) fuel
• No home food production	• Producing food at home
• Debt and interest payments	• Avoiding debt (when possible) and developing financial stability
• Apathy about job skills	• Improving job skills
• Negative attitudes	• Attaining physical, emotional, and social health
BARRIERS to Service to Others Are—	GATEWAYS to Service to Others Are—
• Thinking only of self and your immediate family	• Thinking of others
• Being afraid to share	• Sharing what you have as you can
• Keeping possessions to yourself	• Giving a generous fast offering
• "Over-helping" people who could help themselves, causing dependence	• Helping people to help themselves (building self-reliance in others)
• Keeping to yourself and your own family	• Giving of your time, talents, and means to family, church, community
• Feeling you have no time to serve, no talents to share	• Participation in individual and group service projects

He ended by saying, "There is an interdependence between those who have and those who have not. The process of giving exalts the poor and humbles the rich. In the process, both are sanctified. The poor, released from the bondage and limitations of poverty, are enabled as free men to rise to their full potential, both temporally and spiritually. The rich, by imparting of their surplus, participate in the eternal principle of giving. Once a person has been made whole, or self-reliant, he reaches out to aid others, and the cycle repeats itself.

We are all self-reliant in some areas and dependent in others. Therefore, each of us should strive to help others in areas where we have strengths. At the same time, pride should not prevent us from graciously accepting the helping hand of another when we have a real need. To do so denies another person the opportunity to participate in a sanctifying experience."

Basic Food Storage Goal

look If you have followed January's suggestions, you now have an inventory of your basic food storage items. It is now time to start replacing your expired items. Bishop Baldwin has suggested that we start with a simple goal. Order 6 cans a month. It is up to you to decide what you need. Contact Lynn Maxfield @ 623-328-9111 to order or sign up during Relief Society on Sunday. For just the cost of a meal out, you can accomplish the goal of stocking up.

Supplemental Food Storage Goal

look This month we spotlight wet cannery at the Mesa Cannery. The Cannery offers wet pack each month. Reservations open at 8:00 am on the first business day of the prior month (i.e. March 1st for canning in April). The telephone number is 480-967-8551. April's wet pack is ground beef on the 7th & 21st, chili on the 28th. The shift begins at 8:00 am and goes until finished with 48 cans hopefully available to be purchased. Ground Beef runs \$1.81 for a #300 can. Chili runs \$1.34 for a #300 can. The quality is as good as you will get anywhere. There is a 2006 wet pack products schedule available. Contact Lynn Maxfield @ 623-328-9111 to get a copy.

72-HOUR KIT GOAL

Sleeping bag * BLANKET OR SLEEPING BAG FOR EACH PERSON — Camping sleeping bags are rated by temperature. A 0 degree bag will keep you warm in that temperature. Phoenix's coldest hours are in the high 20's. You don't need spend the big bucks to get -30 degree (30 degrees below zero) bags. If you're a camper you already have a number of sleeping bags at home, but considering that the going rate for sleeping bags is between \$10 and \$30 you may want to buy sleeping bags just for the purpose of going in your 72-hr. kits. It saves the annoyance and possibility of disassembling and never reassembling your 72-hr. kit after a camping trip. Also, the biggest worry with a 72-hr. kit is the weight, and the weight of a -30 degree sleeping bag is between 8 and 10 lbs., where as a 10 or 20 degree bag from Wal-mart will weigh in at about half that. Watch for closeouts at sporting goods stores, sales at Wal-mart, or on-line.

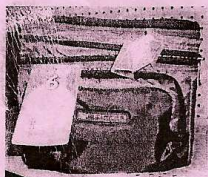
* SOAP (ONE PER PERSON) & ZIPLOCK BAG OR OTHER LIGHTWEIGHT CONTAINER TO PUT IT IN

First Aid Kit Goal

I looked at Wal-Mart and found a kit for just \$9.94. It has lots of bandages, some simple medications and is small and lightweight. This kit is for simple emergencies and could be perfect for a 72-hour kit.



I chose to go further and make a first aid kit that can be used at home and grabbed in emergencies. It is well-stocked and has lots of everything that could be needed.



While out looking, I found this 6-can water cooler bag for \$4.84 at Wal-Mart. It is a good size, lightweight, waterproof bag, that should hold the entire first aid kit.

surgical tape

cold compress

• **This Month's Goal:** First Aid book (the Red Cross has a 4"x6" available for \$5.00), Gauze pads, Roll of surgical tape, Instant Cold Compress (available at 99 Cent Only Store for \$.99)

Surg. tape, cold compress

March

Self-Reliance

The following are excerpts from Elder L. Tom Perry's message in the November 1995 Ensign titled, "If Ye Are Prepared Ye Shall Not Fear."

President Spencer W. Kimball admonished us: "In reviewing the Lord's counsel to us on the importance of preparedness, I am impressed with the plainness of the message. The Savior made it clear that we cannot place sufficient oil in our preparedness lamps by simply avoiding evil. We must also be anxiously engaged in a positive program of preparation." He also said: "The Lord will not translate one's good hopes and desires and intentions into works. Each of us must do that for himself" (*The Miracle of Forgiveness*, Salt Lake City: Bookcraft, 1969, p. 8).

The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear, as guaranteed to us by the Lord in the Doctrine and Covenants: "If ye are prepared ye shall not fear" (D&C 38:30).

Just as it is important to prepare ourselves spiritually, we must also prepare ourselves for our temporal needs. We have been instructed for years to follow at least four requirements in preparing for that which is to come.

First, gain an adequate education.

Second, live strictly within your income and save something for a rainy day.

Third, avoid excessive debt.

Fourth, acquire and store a reserve of food and supplies that will sustain life. Obtain clothing and build a savings account on a sensible, well-planned basis that can serve well in times of emergency. As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities. I would guess that the years of plenty have almost universally caused us to set aside this counsel. I believe the time to disregard this counsel is over. With events in the world today, it must be considered with all seriousness.

Careers are ever changing. I know of no other way to prepare for these times of adjustment than to be certain that during times of employment, preparations are made for less prosperous times, should they occur. Start now to create a plan if you don't already have one, or update your present plan. Watch for best buys that will fit into your year's supply. We are not in a situation that requires panic buying, but we do need to be careful in purchasing and rotating the storage that we're putting away. The instability in the world today makes it imperative that we take heed of the counsel and prepare for the future.

My sincere counsel to you today is to remember the good basic principles we have been taught from the very beginning—principles of thrift, industry, and integrity that have served mankind in every period of time.

Basic Food Storage Goal

✓ Did you order your 6 cans this past month? Now the big question remains, how do I store everything that I buy? This is a great question. We have been told that the only items that can safely be stored in a garage or outside in a sheltered location away from the elements (after being properly stored) are wheat and sugar. These items need to be stored off the concrete on shelves, wooden supports, etc. Everything else needs to be stored in dry, cool, dark locations.

So where can we store the rest? Cans can be rolled under beds and stacked under cribs. In closets, stack boxed cans one or two deep under the clothes. Get more creative and make furniture from your food storage. Stack several boxes several feet high, then cover with a cloth and use as an end table or nightstand. If you top the stack off with a bigger piece of 1/2" plywood, it will make it look more natural. Stack 2 stacks of boxes a few feet apart and place an appropriate piece of wood across them and make a desk for scrapbooking or for the kids to work at. Pull furniture a little out from the wall and stack the boxes behind that furniture. This can be used as a stand for a reading lamp or knic knacs. Plant shelves are a great place to hide cans, just push them to the back and place plants or decorative items in front. Use your imagination and I'm sure you will come up with more ideas on how to hide your own year's supply. Now order 6 more cans!

Supplemental Food Storage Goal

✓ We are in the prime season to plant veggies for early summer. March is also a great time to plant citrus trees. If you are interested in planting a garden, here are a few hints.

Dig up the soil and amend, amend, amend. In our local deserts, we have to add plenty of compost & fertilizers to make things grow.

Plant your garden. In the Peoria area, there are 2 major planting times, the fall and mid-winter (late February, early March). Right now is a great time to plant tomato, eggplant, & pepper transplants. Vegetables that can easily be planted from seed include bush beans, beets, sweet corn, cucumbers, radishes, summer squash and melons. In planting, there are a few things to remember... you need to allow enough space for the plants to grow (check seed packets or books for hints), corn needs to be grouped together to allow for pollination, & be sure to rotate the location of your vegetables to prevent soil-born diseases.

You may also contact Betsy Harris at 979-4623 or mommysgreat@yahoo.com for a more complete vegetable gardening booklet that she has put together.

72-HOUR KIT GOAL

THIS MONTH LET'S COLLECT THE FOLLOWING...

contacts

- *MEDICATIONS REQUIRED BY FAMILY MEMBERS (THIS IS A VERY TRICKY PROBLEM AS MOST INSURANCE COMPANIES WILL NOT ALLOW YOU TO RECEIVE MORE THAN 1 MONTH OF MEDICATIONS. YOU COULD ROTATE ONE WEEK'S SUPPLY IN AND OUT OF YOUR 72-HOUR KIT OR MAKE A HUGE NOTE ON THE BACKPACK OR CONTAINER REMINDING YOU TO PICK UP YOUR MEDICINE ON THE WAY OUT THE DOOR.)
- *CRITICAL MEDICAL HISTORIES REQUIRED BY FAMILY MEMBERS AND COPIES OF CRITICAL PAPERS INCLUDING BIRTH CERTIFICATES, INSURANCE POLICIES, ETC. THESE SHOULD BE SEALED IN WATERPROOF BAGS I.E. FOODSAVER BAGS (HINT: MOST ZIPLOCK BAGS ARE NOT WATERPROOF). ON MARCH 22ND, BETSY HARRIS WILL PLAN ON BEING AT THE CHURCH BUILDING FROM 7-8:30 PM AND WILL HAVE A SEAL-A-MEAL MACHINE AND BAGS AVAILABLE FOR PURCHASE AT COST & YOU CAN SEAL YOUR COPIES AT THAT TIME. CALL HER AT 623-979-4623 FOR INFORMATION.
- *\$25 - \$50 CASH FOR FAMILY (INCLUDE SMALL CHANGE FOR PHONES AND SMALL BILLS)
- *TOOTHBRUSH AND SMALL TUBE OF TOOTHPASTE (1 PER PERSON)

For those of you who ordered pocket-size Book of Mormons, we were told that they would take 3 - 4 weeks. They were ordered on February 13th, so hopefully they will be here by March 6th.

First Aid Kit Goal

- *Finger splint
- ✓ ● *Ace bandages (several sizes)

April

Self-Reliance

Our world has changed tremendously in the past 50 years. Our grandparents and great-grandparents made their living off the land. Everyone in the family had a job to do from even the youngest ages. It was not unusual to have a 10-year old milking the cow each morning and evening or an 8-year old making the bread. Times have changed. Many children are sure that the eggs, milk, and bread magically appear at the store ready to be purchased. They know that if they want something, they will get it. They believe that their parents are rich, have nothing else to do but wait on their children's every need, and that the world owes it all to them, as children.

We as LDS people know that this is not the case. Our children and we must learn to work.

President Thomas L. Monson in a 1987 article said this...

"WORK is basic to all we do. God's first direction to Adam in the Garden of Eden recorded in scripture was to dress the garden and take care of it. After the fall of Adam, God cursed the earth for Adam's sake saying, "In the sweat of thy face shalt thou eat bread, till thou return unto the ground." (Gen. 3:19.) Today, many have forgotten the value of work. Some falsely believe that the highest goal in life is to achieve a condition in which one no longer needs to work.

Let us hearken to the counsel given by President Stephen L Richards in 1939: 'We have always dignified work and reprov'd idleness. Our books, our sermons, our leaders, including particularly our present President, have glorified hard work. The busy hive of the honeybee—Deseret—has been our emblem. Work with faith is a main point of our theological doctrine, and our future state—our heaven—is envisioned in terms of eternal progression through constant labor.' (In General Conference, Oct. 1939.)

SELF-RELIANCE is a product of our work... It is an essential element in our spiritual as well as our temporal well-being: Regarding this principle, President Marion G. Romney has said: 'Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle. Salvation is an individual matter, and we must work out our own salvation in temporal as well as in spiritual things.' (In Welfare Services Meeting, 2 Oct. 1976.)

President Spencer W. Kimball further taught concerning self-reliance, 'The responsibility for each person's social, emotional, spiritual, physical, or economic well-being rests first upon himself, second upon his family, and third upon the Church if he is a faithful member thereof.

'No true Latter-day Saint, while physically or emotionally able, will voluntarily shift the burden of his own or his family's well-being to someone else.' (In General Conference, Oct. 1977.)"

We must, as Latter-day Saints, teach the value of work to our children and recognize the value of work in our own lives. It is a source of great satisfaction, mental health, physical health, and is absolutely necessary in our quest to become self-reliant.

Basic Food Storage Goal

You've ordered another 6 cans? Great! Now let's talk about using it. Virtually all of the food storage (salt, wheat & sugar are the exceptions) should be rotated in 5 years (the cannery suggests 2). This means we must use it, if it isn't to go to waste.

A week ago, Lynn Maxfield presented a great Personal Enrichment Activity. Each person attending brought food made with the basic food storage that the Church suggests that we store. We ate rice/wheat pilaf and boiled, baked, sweetened, popped, sprouted, & ground wheat. There were similar rice dishes and some piecrusts, tortillas, and beans. We found out that a rice drink prepared that day was virtually the same as the quart size rice milk in the store that sells for \$1.99. It can be made for about \$.17 with very little effort. If you have allergies to milk this is a great substitute! Beans can be prepared weekly or bi-weekly. Bread can be made. Rice and wheat cereals are easy and cheap. Purchase the very cheap (\$1.00) recipe book and start serving these very healthy and inexpensive items.

Supplemental Food Storage Goal

As we sampled all the food in the activity mentioned above, we all realized that we could survive on the food we ate and in some cases it was very good. But it soon became very apparent that we would tire of it quickly. If you want to have variety and choices, you must choose to store more. For example, we had bread and milk, but nothing to make a sandwich with. We had piecrust, but no filling. We had plenty of side dishes, but no main dish. There were no vegetables or fruits. This is why we suggest that you store supplemental items also.

On Thursday, April 20th at 7:00 pm, we will be having a lesson on canning chicken with a pressure cooker. Chicken prices have been low and it wouldn't hurt to get some stored up while the avian flu is still just a rumor in the US. Contact Betsy Harris @ 979-4623 to find out the place and supplies needed (if any).

There are 2 times a year when it is possible to plan on getting good prices on the basic baking supplies. The best time is in the fall. The other time is around Easter. I have already noticed some basics that have had good, though not great prices. Watch for 5lb bags of flour to be \$.69-\$.99 (FYI, whenever you buy flour at the store, immediately place it in your freezer for 24 hours. This will kill all the weevil eggs present in the flour), 5lb bags of sugar to be \$1.39-\$1.59, powdered & brown sugar \$.99 for 2 lb. Sister Maxfield can arrange for the stake canner and all but the brown sugar can be canned.

72-HOUR KIT GOAL

- *3-6 GALLONS OF WATER PER PERSON - Water weighs about 8 lb per gallon. If you have a strong back 48 lbs of water may not seem like much. Otherwise, plan on a container to throw in the back of the car with the water that you can't carry and other niceties and necessities.
- 8 more • *FOOD REQUIRING NO REFRIGERATION — MRE's are a popular meal to store. If you plan on doing so, have a taste testing night. My husband has been lunching on expiring MRE's lately and we have found that a lot of them are not very appetizing. You might try storing foods that are canned in small containers available at the grocery store. Fruit snacks, tuna packs, cracker packs, pudding cups, fruit cups, granola bars, individual cereal boxes are all great non-perishable ideas. They are lightweight (a big plus) and foods that you and your family are more used to. FYI, we will have you replace these items in October. It needs to be rotated once or twice a year.
- 1000M • *SMALL TOWEL (ONE PER PERSON)

First Aid Kit Goal

- ✓ • Butterfly closures (to hold skin together on smaller cuts)
- Moleskin roll (to help in preventing blisters)

May

Self-Reliance

Budgeting...

President Spencer W. Kimball counseled, "We encourage all Latter-Day Saint families to become self-reliant and independent." The Lord's plan for Church members to be self-reliant is simple. It is that we do our best to provide for our personal and family needs by developing good work habits; being thrifty; gathering a home supply of items necessary to sustain us for at least one year; planning for our future needs; and maintaining physical, spiritual, emotional, and social health. Self-reliance begins at home, with the individual and the family.

To be prepared financially, we should learn how to live within our income. This requires setting up and managing a budget. A working budget includes making practical financial goals, paying tithes and offerings, and avoiding debt. In addition to a budget, wise management of our income includes buying food and other essential items when they are least expensive, avoiding waste, and if possible, developing a savings fund to provide for emergency financial needs.

One of the great commandments we have been given is the law of tithing. The Lord will bless us if we keep this commandment. When we consistently pay one-tenth of our increase for tithing, we have the assurance that the Lord in His own way will bless us.

In the coming month, set aside time to budget your money. Discuss a budget with your children during a family counsel. Also, this month, pick a goal and work at reaching that goal. Make it something that is manageable. For instance, work on being consistent on paying your tithing or fast offerings, start and/or keep a savings account or focus on one particular debt and work on paying that one off.

If we manage our money wisely and put the Kingdom of God first in our lives, the Lord will bless us financially and spiritually.

Remember...

President Farley has asked us to eliminate debt in 2006. He has told us if that if we commit to a plan and are spiritually in tune, we will get out of debt in ½ the time.

Basic Food Storage Goal

Are you in the habit of getting basic food storage each month? Good for you! It is now time to talk about how the food is obtained. Each month, Lynn Maxfield & Warren Gibson send around sign-up sheets and we pay our few dollars and it seems like the cans magically appear at the church. This is not the case. In order to receive the canned foods, our ward has to can as many cans as we take. Each month, there must be at least 5 people to go to the cannery and at least one pick-up truck that can handle the weight of the canned foods. This means we need the support of the ward family in doing this. We are aware that many of you work or have small children. We would ask, though, that at one point during the year, that someone in your family take the afternoon off or arrange for or exchange babysitting services so that you can help in this effort. We do carpool. The scheduled day is the 4th Friday of the month and you should expect it to take all afternoon and possibly some of the early evening hours (depending on travel times & how much needs to be canned). Please contact Lynn @ 623-328-911 to sign up or just sign up as the binder travels the room in our church meetings.

Supplemental Food Storage Goal

It is time to remind you of the service being offered to anyone interested. I send out an e-mail each week (or hard copy, as needed) for sales each week highlighting the best prices for staple items such as canned fruit, meat, canned vegetables, pasta, etc. I do not rely on coupons, I do not highlight sales every week and I do not normally highlight food that is not storable for at least a year. It is specifically for great prices wherever they are found and whenever they are found. If you want to be included on this e-mail list, please send an e-mail to mommysgreat@yahoo.com. Along the same line, if you find a great price on food, perhaps closeout prices or great deals, send me an e-mail and I will get the word out immediately.

72-HOUR KIT GOAL

- CHANGE OF CLOTHING FOR EACH FAMILY MEMBER (INCLUDE 2 PRS OF SOCKS, JACKET, RAIN PONCHO)
- EMERGENCY REFLECTIVE BLANKET FOR EACH FAMILY MEMBER
- ✓ ● COMB OR BRUSH AND HAIR ACCESSORIES FOR THE FEMALE'S HAIR (1 PER PERSON)

First Aid Kit Goal

- Splints
- Calamine lotion or other anti-itch cream
- ✓ ● Sunblock

June Self-Reliance

"I now turn the key in your behalf in the name of the Lord, and this Society shall rejoice, and knowledge and intelligence shall flow down from this time henceforth." So said the Prophet Joseph Smith as he spoke to the sisters gathered at an early Relief Society meeting soon after its organization. It is our responsibility to place ourselves in a position to receive that "knowledge and intelligence" that the prophet made clear would be the right and blessing of every worthy sister. Each of us comes to earth with a specific trait we inherited from our heavenly parents, a natural thirst to continually learn and progress. Our Heavenly Father is waiting to bless us with knowledge. See **D&C 121:33**. "The Pursuit of Learning: A Lifelong Process," *Ensign*, Feb. 1987, 57

We often think of college as a place only for the young. I have heard friends express such concerns as, "I can't go back to school; I don't have enough confidence or money," "I've forgotten how to study," "It's been so many years that I've forgotten what I was interested in," and "Where would I find the energy and time to do homework?" If you're nervous about going back to school, there are several ways to make the "plunge" easier. Here are some ideas:

1. If you work, check with your employer to see if the company offers financial help as an incentive to employees to upgrade their job skills.
2. Take night classes at a community college. Night classes are popular for those who work during the day or who are returning to school after several years.
3. Try summer school. Summer classes are concentrated into a shorter time period, but they are often less crowded. And don't overlook correspondence or home study classes.
4. Start with a subject that has always fascinated you. Many schools offer classes in "non-academic" subjects like flower arranging and camping.
5. Audit a class. With this option, you can attend without worrying about being graded. Then, if you find you can tackle the course, take it again for credit.
6. If you have special expertise in a particular field, ask about challenging the course. You may be able to receive full or partial credit without even taking the class.
7. If you're not sure how or where to begin, talk to a counselor. There's an advantage to more maturity; you know yourself well enough to know what your real interests are. Gayle E. Walker, "Back to School—at Any Age," *Ensign*, Mar. 1986, 75

I was sitting in Relief Society watching the teacher, but my mind was far away on other matters. Wayne, my husband, had been sick for the past few years with an undiagnosed illness that threatened his dental career and our family's livelihood. My attention returned to the lesson as the teacher told about a girl who had discussed with her painting instructor the possibility of attending art school. Responding to her indecision, he had said, "The next five years will go by anyway." Suddenly the budding artist had understood. Whether she went to art school or not, five years would pass by, and she would look back and say, "I went to art school" or "I didn't go." If she chose not to go, she would be no better a painter than she had been before.

There was my encouragement and my answer. I felt it strongly. I decided to go back to school—by taking a home-study course. I decided to become a dental assistant since I could work in my husband's office for the required on-the-job training, and he could help me with my studies. Also, my two years of classwork could be done at home. Fortunately, all of our children were in school, so I could spend my days studying and be with them when they came home. I am now a certified dental assistant and have the necessary skills to support our family in case Wayne's health worsens. In the meantime, I assist him occasionally when he has an emergency or when someone in the office wants a day off.

Though I wish at times that I had started sooner in my studies, I realize that there is a time and a season for everything. I have also learned that if we want Heavenly Father to guide our footsteps, we must first be willing to move our feet. Karen Olsen, "Should I Go Back to School?" *Ensign*, Aug. 1989, 72

(623) glock 979-7346
babinda
Aulani ~ recipe + piano

Basic Food Storage Goal

For the next several months, we will focus on the different types of basic food storage and basic hints on how to use them (these ideas were found on www.providentliving.org). This month we will focus on...

Beans

Soaking and cooking beans before mixing them with other recipe ingredients results in tender beans and can minimize final cooking time.

Overnight Soaking: For each pound of beans, dissolve 2 tsp. salt in 6 cups of water. Wash the beans, add them to the salted water, and soak them overnight.

Quick Soaking: For each pound of beans, bring 8 cups of water to boiling. Wash the beans, add them to the boiling water, and boil them for 1 minute. Remove the beans from the heat, cover them, and soak them for 1 hour.

Cooking Soaked Beans: For each pound of beans, dissolve 2 tsp. salt in 6 cups hot water; bring it to boiling. Add the soaked beans; boil gently, uncovered, adding boiling* water if needed to keep the beans covered with water. Cook until the beans are tender. You can expect 6-7 cups of cooked beans per pound of dry beans.

Cooking Old, Hard Beans: Wash and sort the beans to remove any discolored beans or foreign material. For each cup of dry beans, add 2 1/2 cups hot tap water and 2 tsp. baking soda; soak overnight. Drain and rinse two times, then add water to cover the beans. Cook until tender and soft (about 2 hours), adding more boiling* water as needed.

Adding a tablespoon of oil will cut down on foam as the beans cook. Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long.

Pressure cook old beans for 20 minutes, and they will be soft.

*Note: If you add non-boiling water to beans while they are cooking, the beans will be tough. This holds true for all dried beans.

Supplemental Food Storage Goal

It's time to think about spicing up your life. Have you ever eaten bread that was not salted or had no yeast, biscuits made without baking powder or soda, meat with no flavoring at all? If you were forced to use your year's supply only, would you have the necessary spices to enliven the food and make it more palatable? In storing your year's supply, think about adding spice. This doesn't have to be horribly expensive. The dollar stores stock many of the common ones and they are also available in bulk at such places as Sprouts, Cosco, and Sam's Club. It has been suggested that you store and use it for 3 years and then replace it.

72-HOUR KIT GOAL

*POCKET KNIFE (FOR ADULT MEMBERS) IF THIS HAS A CAN OPENER, GREAT! OTHERWISE YOU MAY NEED A CAN OPENER ALSO (DEPENDING ON YOUR FOOD SUPPLIES).

*INSECT REPELLENT

*SAMPLE SIZE SHAMPOO PER PERSON

First Aid Kit Goal

*Triangular Bandages (can be homemade), *Eye wash cup

*Consecrated Oil (This is a good idea for everyone, even if there is no priesthood holder in the home. It is possible that a priesthood holder could be available, but be without oil.)

July Self-Reliance in Marriage

Many women enter the vows of marriage with that vision of the prince and his new wife living "happily ever after." This is a great fairy tale ending, but it is not a realistic or healthy view of marriage.

President Hinckley said this, "Of course, all in marriage is not bliss. Years ago I clipped these words from a column written by Jenkins Lloyd Jones:

'Anyone who imagines that bliss is normal is going to waste a lot of time running around shouting that he (or she) has been robbed.'" (Deseret News, 12 June 1973, p. A4.)

I read in an article called "Coping with Difficulties in Marriage," *Ensign*, Oct. 1982, 21 and found some great things to ponder.

The counselor being interviewed pointed out that virtually all marriages have challenges and that it is right and proper to have those challenges for marriage is one of the places that we learn and grow as part of our earthly experience. He explained, "Problem-solving has a very constructive role to play in marriage---it compels us to develop effective ways of handling differences. And through managing differences, we can grow closer to each other and to God."

He advised that first the couple must come to realize that their relationship is important and be willing to work on it. He then went on to explain that "there are two attitudes that will help each of us act better."

"The first attitude is to *learn to accept some tension*. In our modern cultures, we think that pain of any sort is wrong---whether it be boredom, confusion, sorrow, tension, discomfort, or temptation... The truth is that some tension is inevitable and we can learn to live even with fairly high levels without being damaged. In fact, one of the signs of a mature person is the ability to handle tension and ambiguity."

The second attitude is "*we need to feel comfortable with the notion, 'I'm not yet perfect and you're not yet perfect, but we're both still trying.'* We need to allow each other a chance to improve, to progress. All of us need to rely on our Father in Heaven and the Savior's atonement. I think for us to demand instant perfection of our partner isn't Christlike."

The counselor remembered "a woman who had been married nearly eighteen years and had five children. When she saw me, she was emotionally exhausted and said, 'He seems completely different from me, and at times I think we both wonder if we really love each other. At other times, we seem good for each other partly because we *are* different. My marriage has been frustrating---almost always hard. Besides the emotional differences, there's money, coping with the demands of five children, music lessons, the vacuum cleaner... You know.' Fortunately, I was able to assure her that I did.

The point is this: This couple was *not* on the verge of a divorce, yet some people foolishly think of divorce when they sense these feelings of find themselves in this kind of malaise. They were just having to cope with normal differences and frustrations."

"When a couple have commenced a marriage based upon reasonable standards," President Spencer W. Kimball has said, "no combination of power can destroy that marriage except the power within either or both of the spouses themselves; and they must assume the responsibility generally. Other people and agencies may influence for good or bad; financial, social, political, and other situations may seem to have a bearing. But the marriage depends first and always on the two spouses, who can always make their marriage successful and happy if they are determined, unselfish, and righteous." (Marriage and Divorce, Salt Lake City: Deseret Book Co., 1976, p. 17.)

Basic Food Storage Goal

We are in the midst of focusing on the different types of basic food storage and basic hints on how to use them (these ideas were found on www.providentliving.org). This month we will focus on...

Wheat

Many people consider wheat the most basic of food storage items. It is easy to store and has high nutritive value. Wheat provides protein and is an excellent source of dietary fiber, vitamin B, phosphorous, and iron. It is also versatile and can be prepared in a variety of ways.

Selection of Storage Wheat...

Hard red or hard white wheat varieties are desirable for home storage and bread making. Store hard winter wheat (Turkey Red), hard spring, and other similar varieties. Soft white wheats are usually used in making pastries and cookies.

Store only grade-one wheat. This means no less than 60 lb. per bushel. Protein content should be 12% or better. (If you buy from the cannery, the proper quality is assured.) Before eating the wheat, clean it and remove all foreign materials.

It is important to make sure that the moisture content of the wheat is 10% or less. Wheat draws moisture, so take precautions to protect it from exposure to high humidity and high temperatures.

A good way to test wheat after it has been stored for many years is to make a loaf of bread. If the wheat still produces a loaf of bread, you can be assured that it is still good.

Soft and Delicious Two-Hour Whole Wheat Bread

Makes 4 loaves

2 tbsp. yeast

5 cups warm water

1/3 cup honey

1/3 cup oil

2 eggs

1/3 cup potato flakes

6 cups whole wheat flour

1 tbsp. salt

4 to 5 cups unbleached flour

Dissolve yeast as package suggests. Mix all ingredients together except unbleached flour. Use bread mixer or hand-held electric beaters to bring the dough to a sponge-like consistency. Let rest about 10 minutes. Add remaining flour gradually as needed to make a soft dough. Knead on floured board; cover with plastic wrap and let rise until double in size. Punch down; shape into four loaves; place in greased bread pans. Cover and let rise again until double in size. Bake at 350° for 30 to 40 minutes. For a soft crust, put hot bread on a towel to cool.

72-HOUR KIT GOAL

WATER SANITATION SYSTEM (KATADYNE FILTER OR WATER PURIFICATION TABLETS)

PLASTIC BAGS (SMALLER TRASH)

First Aid Kit Goal

Tweezers &/or Pointed tweezers

Bottle 100 Tylenol

August

Mental Health

As we work together as sisters in Relief Society we are learning each month how to be self-reliant. This month we are learning and discussing mental health; our own and others around us.

As we deal with our mental health and the mental health of those around us, it is crucial to understand the nature of mortality. All of us know that joy is one of the reasons for our very existence, and we sometimes mistakenly think that life should therefore be easy. We think that if we are living righteously we should be guaranteed an existence free from tragedy and serious difficulty.

In 2 Nephi, Lehi teaches that “men are, that they may have joy.” But he also teaches in 2 Nephi that “for it must needs be, that there is an opposition in all things.” For without knowing misery, we cannot have joy.

Tragedy and difficulty are part of mortal life. When we understand this, we will be more willing to share our struggles with others. This sharing can lessen the isolation and shame we or our brothers or sisters feel when we encounter serious problems.

As Latter-Day Saints and Christians, we can follow the Savior’s example and help those in need. First, we can be a friend. Second, we can encourage those afflicted and their families to draw upon the power of the priesthood and personal revelation in dealing with their challenges. Third, we can help those afflicted and their families understand the role of trials in our lives and the power of the Atonement to help us endure and grow through trials. Fourth, we can offer compassion and support without judgment. Fifth, we can refuse to support the discrimination and stigma often associated with mental illness. Sixth, we can help people find the resources they need. LDS Family Services, which can be accessed through one’s bishop, offers support and professional counseling to individuals and families within the context of Latter-day Saint values. Seventh, try to understand the emotions people may experience when confronting mental illness, and then to help them deal with their feelings. Eighth, we can understand that many forms of treatment can and do help. Ninth, we can recognize and help others understand that mental illnesses are not rare, that “mental illnesses are more common than cancer, diabetes, or heart disease.”

We know that everyone will one day be resurrected with perfect bodies, including brains that are free of structural or functional problems. Our challenge, then, is to help those with afflictions that are not healed during mortality. When we as Church members reach out to them with love, we help keep our covenant to “comfort those that stand in need of comfort.” Our efforts to understand and support the mentally ill and their families can do much to help ease their burdens. As we are there to help others, there will be others there to help us when we are in need.

Basic Food Storage Goal

We are in the midst of focusing on the different types of basic food storage and basic hints about them (these ideas were found on www.providentliving.org). This month we will focus on...

Milk

The best kind of milk to store is nonfat milk, either regular or instant. It stores well when packaged properly in airtight, low-oxygen packaging and kept at room temperature or cooler. In the past, many felt that non-instant milk would store better. There is little difference in shelf life between instant and non-instant powdered milk.

Optimal storage life on nonfat dry milk stored at room temperature is three years before the milk begins to taste stale. However, when stored at cooler temperatures, it can be kept much longer. You can rotate powdered milk by using it yourself or by giving it to others who will use it. After the optimal storage life, milk develops off flavors. However, it still retains some nutritional value, and unless spoilage has occurred from moisture, insects, rodents, or contamination, it is still safe to use. It is important to rotate dry milk. Older dry milk may no longer be suitable for drinking, but it can be used in cooking as long as it has not spoiled. If powdered milk has spoiled, it can be used as fertilizer in the garden.

The Church used to recommend that we store 75 lbs. of powdered milk. A U.S. government study on nutritional adequacy during periods of food shortage has recommended 64 quarts, or 16 pounds, per family member per year. Equivalent to approximately one glass of milk a day, that amount will maintain minimum health standards. Keep in mind, however, that children and pregnant or nursing mothers will require more than the minimum amount of stored milk. Families who opt to store only the minimum 16 pounds of milk per person should also increase storage of grains from the recommended 300 pounds per person to 400 pounds per person to compensate nutritionally for the smaller amount of milk.

Supplemental Food Storage Goal

I have recently been shopping at the \$1.00 stores and Big Lots for food. You can easily find much cheaper food products there, but you need to have a basic knowledge of good prices before you go shopping. Several times a year the major grocery stores have canned vegetables on sale for \$.25, I never see them at that price at the \$1.00 stores. On the other hand, I have shopped at Big Lots for canned fruit, which I can usually get for about \$.75 there compared to \$1.00 at the major grocery stores or the dollar stores. Walgreens, on the other hand, usually has sales during the year that provide the best prices for canned mandarin oranges, Jell-o gelatin and pudding, canned pineapple, and canned mushrooms. The canned items are usually an off-brand, but their taste is comparable to name brands. I cannot imagine trying to live only on the basic food storage items. This is why I chose to store other items such as canned meat, vegetables, and fruit.

72-HOUR KIT GOAL

*CHOOSE ONE OR MORE FROM THE FOLLOWING:

FLASHLIGHT W/ EXTRA BATTERIES
EMERGENCY OR LONG BURNING CANDLES/WATERPROOF MATCHES
LIGHT STICKS

*SEWING KIT (INCLUDE SMALL SCISSORS)

First Aid Kit Goal

Bottle of one-a-day vitamins , Cough suppressant, Benedryl

September

Building a testimony of the Atonement through studying and through an understanding of all that Christ has done for us can help to make us self-reliant.

Through the Atonement we are promised that we will be resurrected, but to receive exaltation and eternal life we must do our part.

What are our responsibilities? We must live the gospel to the best of our ability. This means keeping the commandments and the covenants that we have made.

What happens if we make mistakes?

We have the gift of repentance. We need to realize that repentance is more than saying "I'm sorry". There are steps that we must go through to be truly repentant and receive the Lord's forgiveness.

First, we must recognize that we need to repent.

Spencer W. Kimball said, "When most of us think of repentance, we tend to narrow our vision and view it as good only for our husbands, our wives, our parents, our children, our neighbors, our friends, the world – anyone and everyone except ourselves. Similarly there is a prevalent, perhaps subconscious feeling that the Lord designed repentance only for those who commit murder and adultery or theft or heinous crimes. This is, of course, not so. If we are humble and desirous of living the gospel, we will come to think of repentance as applying to everything we do in life, whether it be spiritual or temporal in nature. Repentance is for every soul who has not yet reached perfection." (*Miracle of Forgiveness*)

Second, we must feel remorse or Godly sorrow. "If one is sorry only because his sin was uncovered, his repentance is not complete," counseled President Spencer W. Kimball. "Godly sorrow causes one to harness desire and to determine to do right regardless of consequences: this kind of sorrow brings righteousness and will work toward forgiveness." (*Faith Precedes the Miracle*)

Third is restitution. "Restitution means restoration", says Bruce R. McConkie. "It is to return the stolen property, to make amends for the offense committed, to repair damage done, to compensate for hardship imposed by one's acts." (*Mormon Doctrine*)

Fourth, we must resolve. True repentance involves a permanent change of behavior. President Spencer W. Kimball relates, "A man sentenced to death at a penitentiary was once asked the question, 'What message may I take from you to the young people in Zion?' The answer was quick and positive. 'Tell them,' the doomed man said, 'to keep their lives so full of good works that there will be no room for evil,'"

As we gain a testimony for ourselves and learn the principles of repentance, we become self-reliant spiritually and can look forward to an eternity of joy based on our own good works.

Basic Food Storage Goal

We are in the midst of focusing on the different types of basic food storage and basic hints about them (these ideas were found on www.providentliving.org). This month we will focus on...

Why Store Water?

Natural disasters such as floods or earthquakes may pollute or disrupt water supplies. Water is more essential than food in sustaining life. It is wise to have an emergency storage of at least 14 gallons per person. The water must be pure, treated to prevent microbial growth, and stored in food-grade containers that will protect both flavor and purity.

Pre-storage Treatments

To prevent buildup of bacteria or algae, use household bleach (5% sodium hypochlorite).

- No additional household bleach is needed when water comes directly from a good pre-treated municipal water supply.
- Add 8 drops (1/2 teaspoon) household bleach per gallon if water is clear, but not chlorinated.
- Add 16 drops (1 teaspoon) of household bleach (5% sodium hypochlorite) per gallon if water is cloudy.
- Let water stand for 30 minutes before use.

Pre-use Treatments

If the water is not pure, use one of the following treatment methods:

- Filtration... There are many good water filters on the market. The activated charcoal type can also remove bad tastes. Some models also add chemicals to kill bacteria.
- Chemical... Good treatment chemicals can be acquired from most outdoor supply stores.
- Boiling... Boil water for three to five minutes, depending on elevation (the higher the elevation, the longer the water should be boiled).
- Distilling... This is the most effective method of water purification. However, it is slow, and the equipment required is expensive. If you plan to use this method, advanced preparation will be necessary.

Water Storage Containers

Good water storage containers are airtight, resistant to breakage, and heavy enough to hold water. They should have a lining that will not rust or affect the flavor of the water. The following containers are commonly used:

- Plastic Juice or Soda Bottles... Use clear plastic containers made of PETE plastic. Used containers should be thoroughly cleaned and rinsed.
- Heavy Plastic Buckets or Drums... These should be food grade.
- Water Heaters... Close the inlet valve immediately after the water supply is disrupted.
- Water Beds... A double water bed holds about 200 gallons of water. This water contains an algicide. Do not drink it. Store this water for non-food uses only, such as washing clothes and general cleaning.
- Bleach Bottles... Also for non-food usage only. These bottles turn brittle over several years and are likely to leak.

Protect water storage containers from light and heat. Algae can grow if water is stored in light. Store them in areas where leakage will not cause damage to the home.

Water can go flat with storage and can be aerated by pouring it back and forth between two containers.

72-HOUR KIT GOAL

AX OR HATCHET (OPTIONAL)
DIAPERS (AS NEEDED)
WIPES (EVERYONE CAN USE)
HYGIENE SUPPLIES (AS NEEDED)

First Aid Kit Goal

Lip balm
Anti-diarrhea medication
Pepto-Bismol tablets, Maalox, or ex-lax
(or equivalent)

October

Maintaining our Health in order to stay self-reliant

Barbara B. Smith said, "Robert Browning's joyful line, 'God's in his heaven - all's right with the world' is more easily expressed when our body is functioning at its optimum - a blessing we all earnestly desire.

The state of our health affects every facet of our life - our feeling of personal well-being, our approach to work, our social interactions - even our service to the Lord."

There are many different areas that we could focus on, but let us address five.

First is the word of wisdom. It was a revelation given to Joseph Smith and subsequently included in the Doctrine and Covenants. It includes counsel to abstain from alcohol consumption, hot drinks, and tobacco. We are encouraged to eat meat sparingly, herbs and fruits prudently, and use grains wholeheartedly and then to obey God's commandments. This great plan for physical health includes a great promise of wisdom and knowledge and the ability to "run and not be weary and walk and not faint". In these latter days, we have also been warned by the prophets of the dangers in the improper and indiscriminate use of drugs.

Second is disease prevention. This includes a myriad of different methods that we hopefully have learned since our youth. They include:

- Keeping our homes clean which includes properly disposing of human and animal waste
- Protecting food from contamination through refrigerating perishables immediately and using proper containers to protect food from insects and animals
- Washing foods carefully
- Washing our hands often, especially after using the toilet
- Brushing our teeth
- Covering our mouth when sneezing or coughing
- Maintaining immunization schedules for children and adults

Third includes proper medical care. Regardless of how well we maintain our bodies, we will be subject to ill health at some point in our life. In addition to priesthood blessings, we are expected to take advantage of the skills and help of the medical profession to help us. A poem written by Boyd K. Packer speaks of the great aid he received through the medical profession.

"...When I was young, I wasn't sixty-eight! I could walk without a limp;
I had no shoulder pain..."

Ten years later he added this addendum to his poem...

"Ten years have flown to who knows where and with them much of pain.
A metal hip erased my limp; I walk quite straight again.
Another plate holds neck bones fast- A wonderful creation!
It backed my polio away, I've joined the stiff-necked generation"

Fourth is exercise and fitness. Science points out that even if exercise isn't a cure-all, it definitely is an aid to physical, mental and emotional health. Physical therapy is now an accepted treatment for virtually every surgical patient after a short recovery time. In the 1940's, doctors advocated a 2-week recovery in the hospital for new mothers with another 6 weeks of limited activity. A woman needed the 6 weeks to recover from having no activity for the first 2 weeks. Doctors now encourage us to get up and get moving as soon as possible. Studies show that depression and obesity lessens with exercise. An article from the August 1999 Ensign gave this example...

"At age seventy-seven, Beth suffered a heart attack and had to undergo a coronary bypass operation. After she was released from the hospital, she was frightened of overexerting herself, so she seldom left home, and she stopped almost all physical activity. Soon she became so weak that she was unable to prepare meals or to dress herself. Her condition continued to deteriorate.

One day, her neighbor Lisa came by to visit, "Are you just going to sit there and wait to die?" Lisa asked. "Or are you going to do something to help yourself feel better? Come walking with me."

Beth was startled—but she listened. That day she got out of bed and dressed herself. After a week she was able to walk to the door. After three weeks she made it to the mailbox. Within a few months, she could walk all the way around her block. During this time, Beth also began to prepare meals, do her laundry, and attend church again. Now she looks forward to her daily walk and says that she feels better than ever."

Fifth is nutrition and diet. The word of wisdom gives us hints on proper diet and we are all familiar with the food pyramid advocating little sugar and fats and lots of fruits and vegetables and grains. There is no doubt that extra sugars, food additives, fats, etc. cause obesity and diseases such as diabetes and heart disease.

"When you observe the Word of Wisdom ... and other good health practices, you remain free and have control over your life. You gain the blessings of an undefiled body, an alert mind, and the ability to receive help and support from your Heavenly Father through the Holy Ghost" (For the Strength of Youth, p. 13)

Basic Food Storage Goal

We are in the midst of focusing on the different types of basic food storage and basic hints about them (these ideas were found on www.providentliving.org). This month we will focus on...

Rice

The storage life of rice is approximately 5 years when stored properly away from heat.

To cook:

Combine 1 cup uncooked rice, 2 cups boiling water, and 1 tsp. salt in a covered pan. Bring to a boil, stirring frequently. Reduce the heat to simmer. Cover and cook without removing the lid or stirring for about 15 minutes, or until the liquid is absorbed and the rice is tender. One cup of uncooked rice equals 3 cups of cooked rice (4-6 servings).

Cook rice in beef or chicken broth instead of water for a tasty and nutritious change. Mix cooked rice with a variety of ingredients, such as sliced mushrooms, sautéed onions, crumbled pieces of bacon, slivered almonds, and grated cheese. Also try mixing in sour cream and chives with cooked rice.

Try substituting 1/2 cup fruit juice (orange, apple, cherry) for 1/2 cup of the water when cooking rice. Or try replacing 1 cup of the water with vegetable juice cocktail or tomato juice.

For more flavor, add one of the following herbs to the cooking water when preparing rice:

- * 1/8 tsp. dried thyme, oregano, sage, rosemary, or basil
- * 3/4 tsp. dried marjoram
- * 1/2 tsp. celery seeds or dried dill
- * Seasoned salt instead of table salt
- * 1 small bay leaf

Supplemental Food Storage Goal

October tends to be the best month to pick up basic baking items such as flour and sugar at a cheap price. Watch for sales and don't be afraid to stock up on a realistic 1-year's supply of flour and leave it on your pantry shelves so it will be used. This year, packaging in smaller weights is rampant among manufacturers, so make sure that you are getting a good deal.

Be sure to put flour, pastas, and other grain-based items in your freezer immediately upon purchase and leave them there for 24 hours. This kills the weevils that can infest and invade everything in your pantry. My pantry has been free of weevils for many years because of this practice.

72-HOUR KIT GOAL

REPLACE WATER (AS NEEDED)
REPLACE FOOD (AS NEEDED)
DISPOSABLE RAZOR (AS NEEDED)

First Aid Kit Goal

EMT shears
Disposable gloves
I recently watched a program rating first aid kits and these 2 items were the make or break issue on whether the first aid kit was a quality product or not.

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November

Putting my Life in Order

As we near the end of the year, we have learned many ways to become more self-reliant. We have learned how to better our relationship with others, budget our finances, further our education, keep up our food storage, maintain our mental and emotional health and repentance. In doing all these things, we must remember where we get our strength - from our Heavenly Father. In order for us to receive that strength from Him, we must have a relationship with Him and be in tune spiritually. We must be prepared spiritually as well as physically to return to Heavenly Father. In D & C 121:45 it tells us, "Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven." As we do what the Lord has commanded and live as we are taught by the Prophets, we will feel confident to stand in the presence of our Heavenly Father. Remember that our thoughts can turn into actions and we can do good things and help those around us to also do good, that His spirit will be strong in each of us in the last days.

Basic Food Storage Goal

This is the last topic on the different types of basic food storage and basic hints about them (these ideas were found on www.providentliving.org). This month we will focus on...

Leavening Agents

It is possible to make a ground wheat product without some type of leavening agents (such as pie crust or flour tortillas), but there is much more flexibility with some type of leavening agent. So in addition to the basic foods already mentioned, it may be helpful to store a year's supply of dry yeast, baking powder, and baking soda-essentials in preparing baked foods. The following is a suggestion for storing yeast (notice that you must have a little yeast to start this):

Everlasting Yeast

1 qt. warm potato water
1 tsp. salt
2 cups white or whole wheat flour
1/2 yeast cake or 1/2 tbsp. dry yeast
2 tbsp. sugar

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Stir all ingredients together. (Do not use metal utensils while making yeast.) Place the mixture in a warm place to rise until it is ready to mix for baking. Leave 1 cup of everlasting yeast for a start for next time. Between uses, keep the mixture in a covered jar in the refrigerator until a few hours before using it again.

For the next baking, add the same ingredients, except yeast, to the everlasting yeast start. By saving some of the everlasting yeast each time you use it, you can keep yeast on hand indefinitely.

I recently attended another ward's 5th Sunday lesson on Food Storage. They had this recipe, which tasted pretty good.

"Daddy's" Cereal

3 cups wheat flour
1 cup sugar
¼ cup malted milk
1 tsp soda
½ tsp salt
1 cup buttermilk or sour milk (to make sour milk place 1 tbsp vinegar in a one cup measure and then add enough milk to measure 1 cup)

Combine dry ingredients then add buttermilk. Mix - spread evenly on a thick cookie sheet. Bake at 350 degrees for 28-30 minutes.

Supplemental Food Storage Goal

Some hints on storing supplemental food...

As you already know, I buy flour, canned veggies and fruits, canned meats, chocolate chips, granola bars, etc. at their cheapest prices. When I shop for those items that are at their cheapest price, I try to buy enough for a full year. I am blessed to have a good amount of storage in my kitchen and pantry. Items that will be used within a year can easily be stored just on the shelf. I rarely can flour or sugar because I know that they will be used well within a year and their quality will remain good. I have family members who have bought 5 gallon plastic buckets (food grade - labeled PETA) and poured their flour and sugar in them to be used during the year.

I also buy enough brown sugar for the year. Brown sugar stored in its package will often harden up. I don't worry about this. I have learned methods to soften it that work well. One method is to microwave it. This works for a short time, but hardens up fairly quickly as it cools. The methods I like best require the brown sugar to be put in an airtight container. If placed in an airtight container while it is still soft, it will most likely stay soft. If it has hardened, place a little plastic wrap on top of the brown sugar and place an apple slice on top of the plastic wrap and leave

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for 24 hours or more. Mostly, though, I just place a dampened folded up paper towel on the plastic wrap and leave it until I need the brown sugar again. It is almost always nicely softened at that point.

72-HOUR KIT GOAL

CHECK CLOTHES FOR SIZES AND SWITCH OUT AS NEEDED
BATTERY OPERATED, SOLAR, OR CRANK RADIO (W/EXTRA BATTERIES, IF NEEDED)

First Aid Kit Goal

Sudafed (or equivalent)
Pre-moistened towelettes

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December

Each month this year you were given suggestions of what to put in your 72-hour bags and first aid kits. The year is drawing to a close – how are you doing?

In case you didn't get all of the handouts or need a reminder here is a complete list of the suggestions.

72-Hour

- Backpack
- Blanket or sleeping bag
- Roll of toilet paper
- Card games, small toys, and/or paper and pencil
- Small set of scriptures
- Soap in Ziploc bag
- Purell
- Medicine
- Medical Histories
- Copies of important papers in waterproof bag
 - Birth certificates
 - Insurance policies
 - Patriarchal blessing
- \$25-\$50 Cash (include change for phone calls)
- Toothbrush and toothpaste
- 3-6 gallons water
- Non-perishable food
- Small towel
- Change of clothes
- Jacket
- Rain poncho
- Emergency reflective blanket
- Comb and/or brush and accessories for female hair
- Pocket knife
- Can opener
- Insect Repellent
- Shampoo (sample size)
- Water purification system such as Katadyne filter or water purification tabs
- Flashlight (w/ extra batteries), emergency candles with waterproof matches, light sticks
- Plastic bags (smaller trash size)

- Sewing kit
- Ax or hatchet
- Diapers (as needed)
- Baby wipes
- Hygiene supplies
- Battery operated, solar, or crank radio (w/ extra batteries, if needed)
- 50 foot rope and sheet (for privacy)
- Hiking shovel

First-Aid Kit

- Container
- Band-aids – different sizes
- Antiseptic cream
- First-aid book
- Gauze pads
- Tape
- Instant cold compress
- Ace bandages – different sizes
- Butterfly closures
- Moleskin roll
- Splints
- Finger Splint
- EMT Shears
- Calamine lotion
- Sunscreen
- Triangle bandage
- Eyewash cup
- Consecrated oil
- Tweezers
- Bottle 100 Tylenol
- One-A-Day vitamins
- Cough suppressant
- Benadryl
- Lip balm
- Anti-diarrhea medicine
- Pepto-Bismol tabs (or equivalent)
- Sudafed (or equivalent)
- Disposable gloves
- Thermometer
- Safety pins (assorted sizes)

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- Sudafed (or equivalent)
- Disposable gloves
- Thermometer
- Safety pins (assorted sizes)

Sisters, our church leaders have counseled us to be prepared in case of emergencies. Now the National Red Cross has started a campaign encouraging us to be prepared in which they suggest a 72-hour kit.

May we follow the counsel to be prepared.

Basic Food Storage Goal

We are very blessed in this ward to have a very active committee working so hard each month to help us gain our basic food storage. Lynn Maxfield and Warren and Judy Gibson spend hours on the computer keeping track of our orders and payments and then several back-breaking hours filling those orders.

They do this because they know how important a year's supply is. We tend to think that we need our food storage to take care of ourselves and our family during the events leading up to the second coming and this is certainly true. In actual fact, though, people who have stored their year's supply may very well find that they are very thankful for their food storage as their wage earner loses a job, hours are reduced, sickness invades the home, etc. I remember the story of a former Relief Society President whose husband lost a job for a year and a half. She said that they had stored a lot of pancake mix and her family got mighty sick of it, even though she made dollar pancakes, Mickey Mouse pancakes, blue pancakes, etc. The point was, though, that they were able to make it through those hard times with the food they had stored.

The whole point of storing food is so that we can be self-reliant even in our hard times, whatever those hard times are. I hope that as our ward Relief Society's focus changes this coming year, you will continue to store, use, and rotate your food storage in preparation for whatever comes.

Supplemental Food Storage Goal

As mentioned above, it doesn't matter if you love to eat the items that you store or not, "variety is the spice of life." Surviving on the basics can be very boring. There have been many times in my life where our money has been short in a certain pay period or series of pay periods. When that time came, I quit reading the newspaper ads (they caused an irresistible urge to go shopping) and went shopping in my pantry. Because of my storing habits, I had a variety of food in my freezer and on my shelves that my family was used to eating and I was able to pay my bills and still feed my family well. They

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couldn't tell by their meals, that money was short. I was also able to provide meals for others. Hopefully, in the past year, you have learned to set aside some of the extras for those hard times that certainly will come.

72-HOUR KIT GOAL

50 FOOT ROPE AND SHEET (FOR PRIVACY)
SMALL HIKING SHOVEL

First Aid Kit Goal

Thermometer
Safety pins (assorted sizes)