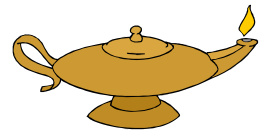




Food Storage Digest



September 2005

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

"If ye are prepared ye shall not fear!" (D&C 38:30)

FYI

Cannery Location

4400 Presidential Ave. NE
(See map on other side of sheet.)

Cannery Phone

343-1905

Ward Canning Specialists

David & April Thomas 299-1537

Regional

Butch & LuJean Hess 296-8157

(See last page for canning times.)

Spiritual Thought

These words from our living Prophet were given in October 2001 General Conference, after the September 11th attacks. I feel they are still applicable today.

"The Times in Which We Live"

"Occasions of this kind pull us up sharply to a realization that life is fragile, peace is fragile, civilization itself is fragile. The economy is particularly vulnerable. We have been counseled again and again concerning self-reliance, concerning debt, concerning thrift. So many of our people are heavily in debt for things that are not entirely necessary... We cannot provide against every contingency. But we can provide against many contingencies. **Let the present situation remind us that this we should do...**

"As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need...I do not know what the future holds. I do not wish to sound negative, but I wish to remind you of the warnings of scripture and the teachings of the prophets which we have had constantly before us. I cannot forget the great lesson of Pharaoh's dream of the fat and lean kine and of the full and withered stalks of corn. I cannot dismiss from my mind the grim warnings of the Lord as set forth in the 24th chapter of Matthew. I am familiar, as are you, with the declarations of modern revelation that the time will come when the earth will be cleansed and there will be indescribable distress, with weeping and mourning and lamentation (see D&C 112:24)."

??? Why 72 Hour Kits ???

Images of Katrina victims wandering the streets of New Orleans with no food, water or basic essentials vividly bring home why we have been counseled to prepare 72 hour kits for our families.

When a disaster strikes, your community emergency services and government agencies may not be able to respond to your needs immediately. Their buildings, equipment, personnel, communications, and mobility may be severely hampered by the event. They will be overwhelmed.

Experts warn that you should be prepared to be on your own for a minimum of three days after a disaster. One of the most important elements of this preparedness is the 72-hour kit for your home or office.

Many events may require evacuation from your home. Wildfires, hazardous material spills, floods and even tornadoes all have a potentially disruptive influence on our daily lives. You will need to pack some essential items to help you and your family survive, whether you stay at home or evacuate during a disaster. The contents of this kit will vary, but in every case it should contain the things you need to survive for three days on your own.

ARE YOU PREPARED?

1. Do you have an emergency kit (flares, booster cables, first aid, blankets, food, water, etc.) in your car?
2. Do you have a cell phone or other means of communication such as 2-way radio, CB radio or even just a small portable radio to listen for emergency instructions from local leaders?
3. Do you have a working smoke detector?
4. Do you know first aid or CPR?
5. Is your car gas tank half full at all times?
6. Do you have an emergency plan for home, work, and school?
7. How much emergency cash do you have saved at home?
8. Do you have an emergency contact person in town and out of town?
9. Do family members know how to turn off gas & other utilities in an emergency?
10. Do you have a 72 hour kit for each family member at easy access in your home?



Annoucement - Coming Soon

72 HOUR KIT SEMINAR

In light of Hurricane Katrina and September being National Preparedness Month, we have talked to Bishop Rigby about putting together another 72 hour kit seminar. We plan to do a presentation on putting together a 72 hour kit and organize a group buy of some essential items. Some other emergency preparedness ideas to be covered will be: emergency kits for cars, what to do in an emergency if stay in your home vs. evacuate; special needs for children, etc. We will have sample products (some of them tasty) and lots of handouts!



SURVIVAL BOOKS



"Preparing For Emergencies"- by James McKeever. This book provides practical, no-nonsense advice that anyone can use to prepare for virtually any emergency. Provides an easy-to-follow 11 step action plan in priority sequence on how to better prepare your home and family. This book can help you avoid costly trial & error in learning what to do. Chapters include water storage, emergency fire protection, self-defense considerations, food storage, bartering, and more. An excellent book for those just starting. 216 pages. \$14.99 at Nitro-pak.com

"The Field and Forest Handy Book"- Written by the founder of Boy Scouting in America, Daniel Beard, in 1906. His passion was making boys and girls feel at home in nature, to allow them to experience its wonders while fostering their sense of self-sufficiency and independence. The book has a variety of projects that can be fun but that also teach a skill that will help you survive outdoors. A gem. Black and white illustrations, clear directions, 448 pages, paperback. 14.95 at Lovetolearn.net

"The Complete Wilderness Training Book"- By Hugh McManners. This book truly is the consummate survival book. Includes information on building a lean-to, making a foliage bed, testing plants for poison and literally hundreds of other skills for living off the land and surviving in the wild, even in the worst conditions. Paperback, large size, 192 pages. \$14.95 at Lovetolearn.net

Survival Food and Essentials

Web Sites



Ready.gov - This resource is maintained by our Department of Homeland Security. It is a treasure trove of information and ideas on how to prepare for almost any type of emergency.

Nitro-pak.com - These guys have just about everything in the way of emergency food and supplies, as well as books, water storage paraphernalia, wind-up radios, and more. They're based in Utah and are happy to answer questions on their toll-free line.

The Internet Grocer <http://www.internet-grocer.net> - This is a great place to find food storage items not available from the Church's cannery, such as freeze-dried foods (trial packs available!) and canned meat. They also have preparedness items you didn't know you were going to need, such as emergency gardening and bathing supplies. Turn an ordinary bucket into a clean, odor-free potty or shampoo your hair without water. You're sure to learn something just looking around. When you order, though, we recommend using the phone. Their e-commerce software isn't the snappiest.

Recipe

This bread will keep INDEFINITELY and each loaf has the required daily nutrients for one adult.

SURVIVAL BREAD

- 2 cups oats
- 2 1/2 cups powdered milk
- 1 cup sugar
- 3 Tbsp honey
- 1 pkg. orange or lemon Jello (3 oz)
- 3 Tbsp water

Combine oats, powdered milk and sugar. In medium pan mix water, jello and honey. Bring to boil. Add dry ingredients. Mix well. (If dough is too dry, add a small amount of water one tsp. at a time.) Shape dough into a loaf about the size of a brick. Place on cookie sheet and bake at 350°F for 15-20 minutes. Cool. Wrap in aluminum/tin foil to store.





Remembering September 11th *Editorial*



On September 5th, 2005, President Boyd K. Packer, acting president of the Quorum of the Twelve and other church leaders visited evacuees at The River Center in downtown Baton Rouge, LA. President Packer held a meeting there for those who wanted to attend. He told the survivors, most of whom were from New Orleans, that he would offer the closing prayer in the form of a blessing upon them, and that the "power of blessings" is "the very best thing in the church." As part of this blessing he noted that from day to day, some will push the tragedy into the background. "Bless us that we will not forget, and that others will not forget," he said.

We must not forget events like September 11th and this current disaster. Holding them in our hearts, without dwelling on them, helps us to keep before us that which is truly important. I believe remembering these things helps us to make better decisions in our daily struggles; to put off those things we merely thought were important; and to maintain an eternal perspective. There is a pattern in the Book of Mormon: when the people REMEMBERED the Lord they were righteous and prospered. When they FORGOT the Lord they usually fell into unrighteousness and were chastened by wars, famines and other disasters.

As we commemorate the 4th anniversary of September 11th, I urge everyone to review the counsel and admonitions President Hinckley gave us in the October 2001 General Conference, part of which I used as the Spiritual Thought in this newsletter. Here are other excerpts from his talk, "The Times in Which We Live".

"You are acutely aware of the events of September 11, less than a month ago. Out of that vicious and ugly attack we are plunged into a state of war. It is the first war of the 21st century. The last century has been described as the most war-torn in human history. Now we are off on another dangerous undertaking, the unfolding of which and the end thereof we do not know. For the first time since we became a nation, the United States has been seriously attacked on its mainland soil. But this was not an attack on the United States alone. It was an attack on men and nations of goodwill everywhere. It was well planned, boldly executed, and the results were disastrous. It is estimated that more than 5,000 innocent people died. Among these were many from other nations. It was cruel and cunning, an act of consummate evil...

"Now we are at war. Great forces have been mobilized and will continue to be. Political alliances are being forged. We do not know how long this conflict will last...

"Now, all of us know that war, contention, hatred, suffering of the worst kind are not new. The conflict we see today is but another expression of the conflict that began with the War in Heaven (Rev. 12:7-10). That must have been a terrible conflict. The forces of evil were pitted against the forces of good. The great deceiver, the son of the morning, was defeated and banished, and took with him a third of the hosts of heaven. From the day of Cain to the present, the adversary has been the great mastermind of the terrible conflicts that have brought so much suffering. Treachery and terrorism began with him. And they will continue until the Son of God returns to rule and reign with peace and righteousness among the sons and daughters of God...

"Great are the promises concerning this land of America. We are told unequivocally that it is a choice land, and whatsoever nation shall possess it shall be free from bondage, and from captivity, and from all other nations under heaven, if they will but serve the God of the land, who is Jesus Christ (Ether 2:12). This is the crux of the entire matter -- obedience to the commandments of God. The Constitution under which we live, and which has not only blessed us but has become a model for other constitutions, is our God-inspired national safeguard ensuring freedom and liberty, justice and equality before the law...

"Through centuries of time, men and women, so very, very many, have lived and died. Some may die in the conflict that lies ahead. To us, and we bear solemn testimony of this, death will not be the end. There is life beyond this as surely as there is life here. Through the great plan which became the very essence of the War in Heaven, men shall go on living...

"Are these perilous times? They are. But there is no need to fear. We can have peace in our hearts and peace in our homes. We can be an influence for good in this world, every one of us.

"May the God of heaven, the Almighty, bless us, help us, as we walk our various ways in the uncertain days that lie ahead. May we look to Him with unflinching faith. May we worthily place our reliance on His Beloved Son who is our great Redeemer, whether it be in life or in death, is my prayer in His holy name, even the name of Jesus Christ, amen."