



*Jone Ward Relief Society Preparedness Newsletter*  
*February 2015*

**\* Food Storage \***  
 Month Ten



Food Storage plans are intended to feed one person for one year. Here are the year's totals for all of the plans:

- The Bare Minimum** \$480 total, monthly purchase avg. \$40
- Expanded Storage** \$1870 total, monthly purchase avg. \$155
- Gluten-Free Storage** \$1017 total, monthly purchase avg. \$85

**The Bare Minimum**

- 5 quarts oil \$9.84 (Walmart)
- 25 lbs dry beans \$12 (Costco)
- 4 cans oats \$11.80 (LDS Cannery)
- TOTAL \$37.64

**Expanded Storage**

- 19 cans wheat (100 lbs) \$56.05 (LDS cannery)
- 3 5-gallon food-grade buckets \$21 (Lowe's)
- 12 cans tuna \$9 (Walmart)
- 25 lbs sugar \$11 (Costco)
- 2 cans fruit drink mix \$8 (LDS Cannery)
- 3 cans powdered milk \$14.25 (LDS Cannery)
- 17 lbs instant potatoes \$27.54 (Winco)
- TOTAL \$147.79

**Gluten-Free Storage**

- 50 lbs tapioca flour \$62 (Winco)
- TOTAL \$62

**\* 72-Hour Kit \***  
 Month Eight



This month's purchases:

- 1 3600 calorie pak \$7.50 (Emergency Essentials)
- 1 head lamp \$6 (Emergency Essentials)

**\* Spiritual Preparedness \***

Spiritual Preparation Through the Temple



Elder Cristoffel Golden was our visiting authority during our last stake conference. He gave the counsel that if we want to make changes in ourselves, the best way to do that is by going to the temple. It is there that we can feel closest to the spirit of the Lord. On each of our temples is the inscription: "Holiness to the Lord." That means that both the temple and its purposes are holy. As we prepare to attend the temple, we should also try to achieve a measure of holiness within ourselves. "We can

acquire holiness only by enduring and by persistent personal effort.”(Elder Russell M. Nelson)

President Gordon B. Hinckley said, “There is a goal beyond the Resurrection. That is exaltation in our Father’s kingdom. It will begin with acceptance of him as our Eternal Father and of his son as our living Redeemer. It will involve participation in various ordinances, each one important and necessary. The first of these is baptism by immersion in water, without which, according to the Savior, a man cannot enter into the kingdom of God.” The gift of the Holy Ghost, priesthood ordination, and temple ordinances are likewise important and necessary to be prepared to meet the Savior at the end of our lives. Boyd K. Packer added that to worthily receive these ordinances and covenants “is the quest of a lifetime; to keep them thereafter is the challenge of mortality.”

As you attend the temple, “your knowledge and faith in the Savior will increase and you will receive a more certain witness that life continues beyond the veil. You will receive protection against the temptations that surround you, and you will prepare yourself and the world you live in for the Second Coming of the Savior”( Elder Neil L. Anderson.)

### \* Cooking With Food Storage \*

#### Split Pea Soup

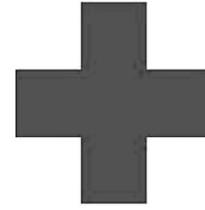


- 1 lb (2 cups) dried split peas
- 2 quarts water
- ½ lb canned ham, diced or ¼ cup freeze-dried diced ham
- 2 teaspoons salt
- ¼ teaspoon marjoram
- ¼ teaspoon or more dried chopped onions
- 3-4 Tablespoons dried/freeze-dried carrots
- 3-4 Tablespoons dried/freeze-dried celery
- sprinkle pepper

Combine peas and water in a large pan. Bring to a boil and simmer 30 minutes. Add ham, salt, marjoram, onion, carrots and celery. Cover loosely and simmer for another 45-60 minutes, adding additional water if it becomes too dry. Serve hot.

### \* Emergency and Disaster Response\*

#### First Aid for Severe Bleeding



1. Have someone call 911 for medical assistance.
2. Apply pressure directly to the wound site, preferably with a clean piece of gauze between your hand and the wound. Gloves are recommended any time you are dealing with another person’s body fluids. Do not remove foreign objects (unless they are just on the surface) as their removal may increase bleeding. Try to apply pressure in such a way that wound edges are pushed together and the wound can seal.
3. If the bleeding continues to be heavy after some minutes of steady pressure, apply pressure to the nearest artery to slow down blood flow to the wound. Arterial pressure is typically limited to 10 minutes to reduce undesirable side effects. (See pressure points at: [http://en.wikipedia.org/wiki/File:Arterial\\_pressure\\_points.png](http://en.wikipedia.org/wiki/File:Arterial_pressure_points.png) )

Additional information:

- Tourniquets usually fail to provide adequate pressure to the specific points where pressure is needed and are not generally recommended.
- Hemostatic *powders*, such as Quick Clot, will help blood to coagulate quickly, but are difficult to clean out when medical assistance is obtained and may lead to additional damage. The newer *sponges* are a better alternative.
- Information on using herbs to stop bleeding: <http://www.herballegacy.com/Cuts.html>

### \* Financial Preparedness \*

#### Live the 10<sup>th</sup> Commandment



“There, there little luxury, don’t you cry, you’ll be a necessity by-and-by.” This, unfortunately, sums up the drift of our culture extremely well—we have a growing list of things that we can’t possibly live without! There are many in our world whose only goals seem to be to collect toys and keep up with the Joneses, but such pursuits can never bring lasting joy. All

of Heavenly Father's commandments are there to bring us a fullness of joy and His commandment not to covet is no exception. Nagging desires will spoil our peace, breed selfishness, sidetrack us from our Father's plans for us and conflict with our impulses to help those in need.

This month, read Exodus 20:17 and prayerfully set a goal to more perfectly keep the 10<sup>th</sup> commandment by following some of the suggestions below or however the Spirit directs you.

- Start a gratitude journal or commit to saying prayers of thanks only on a regular basis.
- Forego a purchase and give the money to someone who needs a little help or donate to Humanitarian Aid, the General Missionary Fund, etc.
- Spend time serving those who are in need. Shelters and food banks can usually use help, nursing homes nearly always welcome visits, or talk to the Relief Society President about needs within our Ward.
- Read the stories of people who found contentment without much material wealth. Learning about the lives of pioneers, early American settlers and families during the Depression can be very eye-opening!
- Critically examine the media that is coming into your home and make necessary changes. If a TV show or magazine (or the advertisements that come with it) makes you feel discontent with your life, house, family, belongings, etc., it is probably more spiritual trouble than it's worth. I recently read of a couple whose income was drastically cut and they had trimmed their budget as low as they thought they could go. They felt prompted to pack up their TV and cancel their existing magazine subscriptions, even though this wouldn't actually save them any money. Almost immediately, they found they could easily live within their budget. Without the media voices and images telling them that what they had was inadequate they could finally see the abundance the Lord had blessed them with and be content.
- Regularly take "vacations" from spending money. My grandfather, a child of the Great Depression, generally never carried money with him when he went out. In his words, if he didn't have it, he didn't think about spending it. I also find that I notice very different things during a Sunday trip through town, a day when I don't shop, than I do on the other days of the week.
- Eliminate the word "want" from your vocabulary. I did this with my kids a couple of Christmases ago. Hearing that they *like* things is much more pleasing to my parental ears. I imagine our Heavenly Father feels the same.

*"Wherefore, be not weary in well-doing, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great." D&C 64:33*

## \* Home Production and Gardening\*

### Homemade Hand Sanitizers



Alcohol-based hand sanitizers are a cheap and effective way to kill germs when you do not have access to running water, but some times sensitivity to fragrances or other ingredients may necessitate finding an alternative. Below are a couple of recipes so you can make your own.

#### **Spray Hand Sanitizer**

4 ounces distilled water  
2 teaspoons aloe vera gel  
1/8 teaspoon vitamin E oil  
15 drops tea tree oil

5 drops lavender, clary sage or rosemary essential oil

Place all ingredients in a small spray bottle and shake well.

Shake before each use.

#### **Gel Hand Sanitizer**

10 drops lavender, clary sage or rosemary essential oil  
30 drops tea tree oil  
1/4 teaspoon vitamin E oil  
1 Tablespoon witch hazel  
8 ounces aloe vera gel

Mix all oils into witch hazel. Add aloe vera and mix thoroughly

## \* Equipment and Supplies \*

### Using and Caring for Oil Lamps



I remember losing power for several days after a hurricane struck New England. Being a child with no responsibilities to care for a family in the emergency, I remember it being nothing but fun and feeling distinctly disappointed when the lights came back on. Part of this was that ours had never entirely gone out. The oil lamps that always hung on our walls in the main rooms were more than merely decorative and they provided us with the light we needed during those

electricity-less evenings. Between those lamps and our gas range to cook on, we were quite comfortable.

**Fuels and filling.** Use the appropriate fuel for your lamp. In most cases this will be K1 kerosene or lamp oil. There is usually only a little difference in odor and smoke output between these two products and you will need to determine whether the additional cost for lamp oil is worth it to you. Brands may vary. Fill your lamp's fount to about ½" of the top or according to manufacturer instruction with *room temperature* oil (to prevent condensation). You may want to use a funnel or fill outdoors to prevent spills and fumes indoors.

**Trimming the wick.** Unlike a candle, the wick height on an oil lamp is adjustable, so trimming is not necessary for this purpose. This is a matter of controversy, lamp construction and, possibly, personal preference. It is commonly held that a flat wick should have its corners rounded off slightly (less than ¼") in order to produce a pleasing flame shape. W.T. Kirkman Lanterns' newsletter from last fall suggests that this is due to a defect in the burner shape of the lamp and that trimming will only reduce light outputs. We leave this to the judgment of the user. One opinion, with examples: <http://www.alpharubicon.com/primitive/oillampsstryder.html>

**Lighting.** Allow your wick to absorb oil for a few minutes, up to 30 for a new wick. Light and hold match horizontally, against the edge of the wick. Adjust height of wick using the thumb wheel until it all but disappears into the burner, while maintaining a steady flame and replace the glass chimney. If the flame is smoky, the wick may still be too high. Remember that the goal is to burn oil, not wick.

**Extinguishing.** Cup your hand around the back of the chimney (without touching it!) at the top and blow hard. Some lanterns are designed with a lever that raises the chimney out of the way for lighting and extinguishing. Allow to cool thoroughly before handling the chimney or storing. Cleaning and storing. Chimneys can either be cleaned in warm soapy water, using glass cleaner or using a household cleaner such as Tilex. Storing the lamp ½ full of oil will prevent the wick from drying out. As long as the lamp is stored in a safe place, leftover oil can simply remain in the fount until it is used again.

**Notes and warnings:**

Kerosene fumes may bother some sensitive individuals. Keeping a window cracked and/or changing your fuel may help.

Always burn a lamp with the chimney in place. Failure to do so can result in pressure changes in the fount and present a serious fire hazard.

Always use a correctly-sized wick for best light and lowest smoke outputs. Take a bit of the old wick with you when purchasing or refer to manufacturer instructions.

Kerosene smell on hands can be neutralized by using a bit of gel alcohol hand sanitizer after washing.

Always keep lamps away from children and flammable objects.

Glossary of lamp terms:

[http://www.thelampworks.com/lw\\_glossary.htm](http://www.thelampworks.com/lw_glossary.htm)

More info on care and cleaning:

<http://livingprepared.blogspot.com/2014/11/oil-lamp-care.html>

Hours of light per gallon of fuel: <http://www.rural-revolution.com/2012/12/kerosene-lamps.html>



**This newsletter is also available online at:**  
<http://prepareeveryneedfulthing.wordpress.com/>

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