

Consolidated newsletters – English translation format – 2021

2021 Newsletters

Jan 2021 Fire

Feb 2021 Preparedness

Mar 2021 – no entry

April 2021 Area Presidency Invitations for 2021

Newsletter for Jan 2021 – Fire

Fire is an amazing tool, and a devastating enemy.

You can cook food with it, heat your homes, melt and form metals, propel your vehicles, get rid of weeds, and many other functions.

Fire needs 3 items to live, fuel, heat and oxygen. If you deprive it of any one of the three, it dies, which tells you how to extinguish a fire.

You also need 3 items to start and maintain a fire; tinder, kindling and fuel.

As related to the body, tinder is something very fine and easily ignited with a match, like hair. Next is kindling which is about the size of any finger, to be ignited by the tinder. Last is the fuel which is about the size of an arm or leg. This is what maintains the fire once it has been ignited.

When you look at a campfire from the outside, what do you see?

Yellow and blue flames licking at the logs and traveling upwards toward the sky.

When you look at the inside of a fire you see something quite different.

As wood heats up in a fire, it starts to smoke. The wood starts giving off flammable vapors which burn readily and help the carbon of the wood to start to burn. (Have you ever watched a fire and seen jets of flames emitting from the wood? This is the burning of those flammable vapors). This is what contributes to the bright yellow flames you see. Yellow is basically vaporized carbon, incompletely oxidized, glowing incandescently beautiful. The temperature of the fire can reach 2000 F, depending on the wood burned.

Deeper in the fire you may notice a beautiful blue flame. This is the result of complete combustion of the carbon of the wood, similar to the blue gas flame of your stove or torch.

Finally, with all the volatile gases expelled from the wood, it glows orange. The beautiful quality of cooking coals. This is the carbon burning and produces a temperature of about 1000 F.

You might think that the wood is burning but it is not. Solids do not burn whether wood, paper or candles (neither do liquids for that matter). Only gases burn. Everything has to be heated to the point of vaporization to support combustion.

The Miracle of Candles:

If you were to put a small tube inside the dark cone of a burning candle, you would see gasses coming out the other end of the tube, which can be easily ignited. Sometimes you can see bubbles inside the candle melt zone. When you blow out a candle, if you hold a lit match in the vapor trail, it will carry the flame back to the wick.

Candles are indestructible except when burned. Waterproof, excellent lubricator for sticking doors and windows, etc.

For more interesting information, see this 200 page document:
<http://www.engineerguy.com/faraday/pdf/faraday-chemical-history-complete.pdf>

If you back engineer the above URL, you get <http://www.engineerguy.com> where you will find various information as well as youtube videos of some of the book's components, such as this one;
https://youtu.be/RrHnLXMTOWM?list=PL0INsTTU1k2UCpOfRuMDR-wlvWkLan1_r

If you were to bend a skin of a citrus fruit towards the center, holding the outside of the peel towards a lit candle, you will see a marvelous display of fireworks as the oils in the peel, expel towards the flame and catch fire immediately.

You may have heard of flour mill explosions. When a finely divided solid is mixed with air, it behaves as a gas and thus is capable of burning, even very rapidly as in an explosion. In the early days of automobiles, a small ball mill was attached to the air intake of an engine and charcoal was placed in the mill. The charcoal was powdered and fed into the engine with air where it acted like a gas and fueled the engine.

Wood has also been vaporized into carbon monoxide and fed into an engine as a fuel source in a device called a producer gas generator. During WWII, half of the engines in Europe were fueled with charcoal as liquid fuel sources were scarce. Note: when you heat wood in an environment without air, the water and other volatiles are driven off leaving almost pure carbon, ie, charcoal. If you inject steam into the incandescent bed of carbon, the water dissociates into hydrogen and oxygen, an energy intensive process, enriching the gas with the higher btu hydrogen gas and more carbon monoxide as the oxygen combines with the carbon.

Measurement of heat – BTU

Amount of heat required to raise the temperature of a pint of water 1 degree Fahrenheit.
The amount of heat produced by one wooden kitchen match.

Candle power – obsolete measurement of light requiring the use of a spermaceti candle of a specific size with a wick of a specific size.

I camped in an Elk City, Idaho campground. There were no lights around at all and I literally couldn't see my hand in front of my face. I lit my folding candle lantern and the light emitted was amazing.

I hope we can all appreciate and respect fire and remember that the Lord showed his mighty power through the use of fire.

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Newsletter for February 2021

Preparedness

Rockford Stake Presidency Invitations:

Let God Prevail in our Lives

1. Stay on the Covenant Path by keeping the whole Sabbath day holy and always being worthy of a temple recommend.
2. Prepare for temporal challenges by following principles of self-reliance.

#2 is the one I want to focus on:

What does this mean to you and how are you going to accomplish it?

What I am going to do is:

1. Identify temporal challenges, both current and potential.
2. Identify ways to alleviate or minimize their effects through preparation.

1. Identify temporal challenges, both current and potential.

tornados, wind storms, thunderstorms, hail storms, derechos

flooding, drought and other related disasters

earthquakes

winter storms with related heavy snow fall, very low temperatures, severe wind chill, polar vortex (reaching down through Texas and into Mexico, Right Now!)

Utility failures eliminating electricity, natural gas, propane, water from wells, sanitation pumping station operation, entertainment, cooking challenges.

civil unrest – discouraging the desire to go outside for groceries and other necessities, especially at night.

loss or reduction of income – companies downsizing, reducing staff due to lack of orders or demand for products, pandemic slowdown, etc.

fires – house or wild fires

communication disruption

well pump and sump pump failures

food shortages

due to economic disruptions, lack of production, canning and distribution, discarding excess because of no demand from restaurants, schools, etc. Shortage of garden seeds, tools and experience or knowledge

material shortages

home canning lids and jars, availability of supplies made in China due to trade sanctions and other political challenges. Lack of current US products due to non-domestic manufacturing. Lack of building materials, such as plywood, due to hurricane reinforcements. Disasters in other parts of the country can affect our resources here.

Some of these problems may be caused by the Covid 19 pandemic and others by political and economic turmoil around the world.

2. Identify ways to alleviate or minimize these effects in our lives.

I will endure my family store is adequately stocked with:

cash – stored in fireproof location, easily accessible

food - some not requiring cooking or heating

water- for drinking, cooking and dish-washing, purification equipment/chemicals

non-potable water storage for sanitation needs like toilet flushing

paper products such as paper towels, tp, paper plates/bowls

cleaning and sanitation products like soaps, detergents, bleach, other sanitizers

lighting - flashlights and batteries; candles and lighters/matches, cyalume light sticks.

fuel storage: propane, wood, charcoal for cooking and heating; gasoline storage

hand and power tools for cleanup work (chain and hand saws, axes, pry bars, etc.)

protective clothing for hands, heads and feet (leather gloves, hard hats, boots, etc.)

garden seeds and equipment

cell phone and alternative charging capability, with texting capability (if towers are functional), amateur radios, scanners, weather radios, cb radios, walkie talkies, etc.
first aid supplies and skills

More Advanced:

emergency generator, battery storage bank, inverter, solar panels, wind generator, shelter, thermionic generators, etc.

Other things to have on hand:

a plan for your family: house evacuation, remote meeting location, etc.

emergency Bug Out bags for every member of your family.

Vehicle emergency bags.

books and skills needed for emergency repairs, basic construction, safety, heating, lighting, energy.

plywood and other construction lumber with fasteners and tools

“the best storehouse” is the home, which becomes the “most accessible reserve in times of need.”

Bishop Waddell, Oct 2020 General Conference.

The important thing is for you to have on hand what you need, when you need it and know how to use it.

As for Me and My House, we will:

Learn and practice new self-reliance skills

Try to grow as much of our own food as possible, and preserve it through freezing, canning, dehydration and pickling.

Store emergency items and endure they are in operable condition, such as generator and fuel, welding gas supplies, flux core welding wire

Store consumable supplies to last us for a year.

Together we can be as best prepared as possible.

If you need help with any of these, please contact me.

Michael Goodwin

Stake Welfare and Self-Reliance Specialist

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PS

I am proposing to develop a Family Preparedness Self-Reliance Class, based on the following tentative subjects. If you would like to contribute to any segment, contact me.

Water – potable and non-potable, purification equipment and chemicals

Food – storage and preparation, menus, shopping, food waste reduction

shelter – clothing, housing

energy – fuel and appliances for light, cooking and heat

transportation – vehicle care and emergency kits

communication – cell service, ham radio, etc.

planning – family, evacuation, important papers, etc.

supplies – years – cleaning, sanitation, clothing, paper products, etc.

food production and storage – gardening, canning, freezing, dehydrating, ...

first aid – skills, supplies, safety

Finances – budget, etc.

Education – knowledge, general skills, etc.

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"Disasters Happen!"

Notes from a Zoom Sycamore Sacrament Meeting Talk 1/31/2021 9AM

Have you experienced any problems resulting from the August Derecho?

My back neighbor lost a tree branch on a neighbor's garage,
my next-door neighbor lost 4 large branches and 2 trees,
we lost two large branches, and a tree fell across our driveway, just minutes after we pulled in.
Then it went to Aldeen Park and Rock Valley College, both of which turned into logging operations.

Let's backtrack that storm to Iowa and being a farming community, you might relate.
Over 10 million acres of corn and soybeans damaged or destroyed, 43% of the state.
Extra expense and equipment to harvest a lodged crop almost a month away from normal harvesting,
Extra propane to dry down the corn to produce a saleable crop, a shortage of propane and higher
costs ensued. For those expecting that income to provide heat for their homes this winter, this is not a
pleasant picture.

For those obedient to prophetic council, they would have had a year's supply of food, clothing and
other essentials, and if possible, fuel.

They could read D&C 38:30 with joyful hearts,, "if ye are prepared, ye shall not fear."

Two earthquakes recently hit Indonesia, other disasters occurring around the world.

(What about the cold and snow which hit Texas mid-February. Millions of people without heat and half
with water challenges. Electrical grid collapses. Even Northern Mexico had ice and snow. – Note:
recent addition after talk was given, reporting current circumstances. MG)

Was there any time during the 2020 pandemic when you ran out of essential ingredients/supplies?
TP and paper towels, sanitizer, yeast, ammo, canning lids???

You never know when the unexpected will appear, nor how close it can come to you!

Inspired Leadership – Prophetic council

October 2020 General Conference Talks:

We Will Prove Them Herewith

Elder Bednar, Saturday Morning Session

Some Church members opine that emergency plans and supplies, food storage, and 72-hour kits
must not be important anymore because the Brethren have not spoken recently and extensively
about these and related topics in general conference. But repeated admonitions to prepare have
been proclaimed by leaders of the Church for decades. The consistency of prophetic counsel over
time creates a powerful concert of clarity and a warning volume far louder than solo performances
can ever produce.

Saturday Afternoon Session

There Was Bread

Bishop Waddell

From the beginning of time, the Lord has provided direction to help His people prepare spiritually and temporally against the calamities and trials that He knows will come as part of this mortal experience. These calamities may be personal or general in nature, but the Lord's guidance will provide protection and support to the extent that we heed and act upon His counsel.

Today we are blessed to be led by prophets who understand the need for us to prepare against the calamities "which should come"⁴ and who also recognize the limitations or restrictions that we may encounter in striving to follow their counsel.

As we prepare for the future, "The Lord does not expect us to do more than we can do, but He does expect us to do what we can do, when we can do it."

Church leaders have often encouraged Latter-day Saints "to prepare for adversity in life by having a basic supply of food and water and some money in savings."⁸ At the same time, we are encouraged to "be wise" and "not go to extremes"⁹ in our efforts to establish a home storage supply and a financial reserve.

Additional aspects of a spiritual foundation for temporal preparedness include acting "in wisdom and order,"¹⁴ which implies a gradual buildup of food storage and savings over time, as well as embracing "small and simple" means,¹⁵ which is a demonstration of faith that the Lord will magnify our small but consistent efforts.

With a spiritual foundation in place, we can then successfully apply two important elements of temporal preparedness—managing finances and home storage.

Key home storage principles include the storage of food, the storage of water, and the storage of other necessities based on individual and family needs, all because "the best storehouse"¹⁶ is the home, which becomes the "most accessible reserve in times of need."¹⁷

As we embrace spiritual principles and seek inspiration from the Lord, we will be guided to know the Lord's will for us, individually and as families, and how best to apply the important principles of temporal preparedness. The most important step of all is to begin.

Embrace the Future with Faith

By President Russell M. Nelson

October 2020 General Conference, Evening session to Relief Society

Now, I would love to know what you have learned this year. Have you grown closer to the Lord, or do you feel further away from Him? And how have current events made you feel about the future?

Yet the Lord has also provided a vision of how remarkable this dispensation is. He inspired the Prophet Joseph Smith to declare that "the work of ... these last days, is one of vast magnitude. ... Its glories are past description, and its grandeur unsurpassable."⁶

The Lord told us how with simple, but stunning, reassurance: "If ye are prepared ye shall not fear."⁷

If preparation is our key to embracing this dispensation and our future with faith, how can we best prepare?

For decades, the Lord's prophets have urged us to store food, water, and financial reserves for a time of need. The current pandemic has reinforced the wisdom of that counsel. I urge you to take steps to be temporally prepared.

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church handbook of instructions 22.1.4

Temporal Preparedness

The scriptures teach the importance of being prepared

Ezekiel 38:7

Old Testament

7 Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them.

Doctrine and Covenants 38:30

30 I tell you these things because of your prayers; wherefore, treasure up wisdom in your bosoms, lest the wickedness of men reveal these things unto you by their wickedness, in a manner which shall speak in your ears with a voice louder than that which shall shake the earth; but if ye are prepared ye shall not fear.

Members are counseled to become prepared so they can care for themselves, their families, and others in times of need.

Area Temporal Preparedness Guide: North America Central

WELFARE AND SELF-RELIANCE SERVICES

December 2020

Introduction:

"For decades, the Lord's prophets have urged us to store food, water, and financial reserves for a time of need.... I urge you to take steps to be temporally prepared." —President Russell M. Nelson

Table of Contents:

Guidelines and Activities for Individuals and Families

Emergency Planning

Home Storage and Production

Financial Preparedness

Emotional Preparedness

Guidelines and Activities for Councils

<https://www.churchofjesuschrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-North-America-Central-Area-Guide-Dec-2-2020.pdf>

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For former Stake President Doug Nelson – To encourage preparedness, goals were suggested for each General Conference, to secure one more month of food storage and one more month of debt reduction or savings.

Shortly after this encouragement, the church started selling one month food storage boxes at the bishops storehouses.

R1 implemented a similar goal, promoting preparedness, food and water storage, first aid and cpr skills refreshment every 6 months. For those who followed the goals, they would have had at least 6 months of food storage at the start of the pandemic.

Marion G. Romney – 1975 – "You will see the day when you will have to live on what you produce." Maybe that refers to not just what you Will have but what you Won't have!

I'm talking about pure, natural food. If you grow your own food, you know what you have.

If you buy in the market, you could end up with GMO's and Gene Edited foods produced by CRISPR technology.

Remember the PCB's from old transformers showing up in human breast milk.
Forever chemicals now showing up in the water wells of municipalities,
Remember the water woes of Flint, Michigan!
And just how ubiquitous is Glyphosate, anyway?

We have been warned of the evil and designs of conspiring men
D&C 89: 4

"The Evil and Designs of Conspiring Men"
Elder Delbert L. Stapley Of the Council of the Twelve Apostles
Conference Report, October 1961

Youth Guide Book regarding making goals and setting plans
Social, spiritual, physical and intellectual Goals

Pr. Brian Webb recently told us about using a camp dutch oven to maintain his outdoor cooking skills.

At the Provident Living web site, food storage calculator:
<https://providentliving.com/preparedness/food-storage/foodcalc/>

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L Tom Perry - October 1995
"If Ye Are Prepared Ye Shall Not Fear"
"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"

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.

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stake-and-ward-preparedness manual

<https://www.churchofjesuschrist.org/study/manual/stake-and-ward-preparedness?lang=eng>

Step 5: Encourage Member Preparation

Regularly encourage members to engage in preparedness efforts and to follow the counsel outlined in Family Preparedness and the pamphlets All Is Safely Gathered In: Family Home Storage (04008) and All Is Safely Gathered In: Family Finances (04007).

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October 1982
Marion G Romney "The Celestial Nature of Self-Reliance"
("Fable of the Gullible Gull,"

Thus far, we should have learned that self-reliance is a prerequisite to the complete freedom to act. We have also learned, however, that there is nothing spiritual in self-reliance unless we make the right choices with that freedom. What then should we do once we have become self-reliant in order to grow spiritually?

The key to making self-reliance spiritual is in using the freedom to comply with God's commandments. The scriptures are very clear in their command that it is the duty of those who have to give to those who are in need.

Oct 73 Ezra Taft Benson: "Prepare Ye"

The strength of the Church welfare program lies in every family following the inspired direction of the Church leaders to be self-sustaining through adequate preparation. God intends for his Saints to so prepare themselves "that the church [as the Lord has said] may stand independent above all other creatures beneath the celestial world." (D&C 78:14.)

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End of Talk

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Newsletter April 2021

April 2021 Self Reliance Newsletter Area Presidency

Meet your North American Central Area Presidency.

President Nielsen spoke in April 2021 General Conference, Saturday Priesthood Session, "This is Our Time!"

<https://www.churchofjesuschrist.org/study/general-conference/2021/04/33nielsen?lang=eng>

President Wong spoke in April 2021 General Conference, Sunday Morning Session "They Cannot Prevail; We Cannot Fail"

<https://www.churchofjesuschrist.org/study/general-conference/2021/04/47wong?lang=eng>

President Valenzuela gave closing prayer for April 2021 General Conference, Sunday Afternoon Session

In December of 2020, the Area Presidency distributed an Area Temporal Preparedness Guide.

<https://www.churchofjesuschrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-North-America-Central-Area-Guide-Dec-2-2020.pdf>

The Plan includes information on:

- Emergency planning
- Home storage and production
- Financial preparedness
- Emotional preparedness.

I encourage everyone to review and learn from this document and implement its principles.

Michael J. Goodwin

Rockford Stake Welfare and Self-Reliance Specialist

Related to the topic of Food Storage and Home Production of the Manual,
I have included several of my favorite recipes to help with this.
The recipes following are not for vegans or vegetarians!

How to make beef jerky.

Jerky is an old Indian method of processing meat to last a long time on the trail.

It is simply raw, lean meat that has been dehydrated to prevent mold and bacteria from growing on it and spoiling it.

An optional process is to marinate overnight in a flavoring solution of your choice.

I use a marinade of soy sauce and liquid smoke, when I'm not drying it unflavored.

Step 1

Buy a relatively fat free roast and trim all exposed fat from it.

Trimming fat from roast

Sliced beef ready for marinating or drying directly.

Mix marinade. I use 15 oz La Choy soy sauce and 3.5 oz Wrights Liquid Smoke for 1 roast

You may try other brands but the low sodium version of soy sauce is not to my liking.

Marinating sliced beef overnight, stirring occasionally for even coverage.

Sliced beef arranged on the dehydrator tray

After about 8 hours at 145, the finished product ready to remove from tray

Finished product, ready to enjoy or store.

Think of the possibilities of dehydrating beef, powdering it and mixing with onion and other flavorings to create you own beef boullion.

Dehydrated canned tuna is also delicious. Choose chunks to dry. They melt in your mouth.

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Making lard from pork fat

Why would anyone want to make lard? Isn't lard bad for you?

First off, lard has a high melting point which makes it the best fat to use for pie crusts, with beef tallow probably #1.

If you believe Procter & Gamble spent millions of dollars advertising telling us butter and lard are bad for use to convince us to eat the hydrogenated cottonseed oil called Crisco.

And today, are we finding Crisco to be good for us?

Most every food processor is running away from trans-fats in their products.

It can be used as the fat for making soap.

It can also be used to make dipped candles. Store securely as the mice love them too.

Have you known of any pig farmers who died because of eating lard? Sr. Goodwin's relatives from the Stockton area raised pigs and lived or are living to see ripe old ages. With pigs, farmers try to use everything but the squeal.

Oreo Cookies were made with pig lard until 1997.

Jiffy cornbread mix was also made with lard.

Also, purchasing lard from the store gives you the BHA and BHT preservatives and some lard is even hydrogenated. Go Figure! It is always best to make as much as you can for yourself.

Raw fat from slaughterhouse. I used Eichmanns packing house in Seward at a cost of \$.59 per pound. 10 pounds produced about 8# of lard.

Leaf fat pulled from around the kidneys, ready to be cut for rendering. Next time, I will grind the fat to shorten the time of rendering and increase amount of lard obtained.

Cut fat ready to go into the pot.

Fat ready to be rendered.

Rendering in process – cooking down to remove moisture and release liquid fat from cells.

Finished product after straining, filtering and bottling, ready for storage and use.

Other uses for pork fat are to grind with lean pork to make sausage. You can also add it to other lean meats for venison sausage, etc. Salt pork is a salted version of pork fat added to dry bean recipes.

Pork and Beans have a piece of salt pork added to it.

<https://www.daringgourmet.com/how-to-render-lard-and-why-you-should-use-it/>

Where else can you get lard? How about the fat from cooking bacon? That is specially flavored lard. By the way, it also makes great pie crusts.

Breakfast Sausage:

The easiest way to make sausage is to buy a pork butt (also called shoulder) and grind all of the meat and fat together. The fat is in the right proportion to meat to make excellent sausage.

Beef Tallow

<https://heygrillhey.com/beef-tallow/>

A good place to get beef tallow is from browning ground beef and straining the fat drained from it.

Think of the possibilities of mixing beef tallow and dried beef powder. The Indians and frontiersmen used to call it pemmican.

<https://www.offthegridnews.com/how-to-2/how-to-make-pemmican-a-survival-superfood-that-can-last-50-years/>

I hope you enjoyed this newsletter.

If you have any suggestions for topics, please let me know.

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