

Consolidated newsletters – English translation format – 2024

2024 newsletters

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2024 newsletters

January 2024 Newsletter - Preparedness and Self-Reliance Questions

Email prelude to Newsletter:

Hello to all and Happy New Year.

This is typically the time to make resolutions of what you want to do new this year and what you want to stop doing from last year.

The World has been in turmoil for several years and we have seen areas of unpreparedness in our lives, if such disasters were to happen to us. Perhaps you might want to make a change in how things have always been done to how to do them better. If any of those changes relate to your increased self-reliance and your preparedness to cope with new situations, I hope I got to you just in time.

I sent out a request for ideas and perhaps things your units are struggling with in regards to self-reliance and preparedness. Attached are the concerns of one unit, some of which are on all of our minds.

Our goal is to help every individual to become as spiritually and temporally prepared as they wish. Please let us know how we can help.

Sincerely,
Michael Goodwin
Stake Welfare and Self-Reliance Specialist
779-203-0451

This is from a unit RS presidency request for more information.

Dear Relief Society Presidency:

Thanks for your response to my request for needs regarding self-reliance training and information.

The Stake Welfare and Self-Reliance committee has decided that it would be best for the time to be invested in making a web-based resource available so that more people can be reached/trained with

minimal effort; instead of making unit visits with a big promotion type fair. This document is my attempt to make such information available on the web site to all and through this email distribution. The Stake would be happy to support all unit-sponsored events in any way we can.

These are the resources I know to be available at this time.

Comment 1. I personally think one of the biggest reasons people don't utilize food storage is they just don't know how to use it or what it tastes like. I think it would be a fantastic idea to have a table of samples from different food storage items that can be ordered so that people know what they taste like and how they might use them.

My suggestion is to store what you eat now, the raw ingredients for the dishes you make at home. Food storage can be as simply as getting a few extra items each time one goes grocery shopping. If one buys food for a longer-term food storage program, either from the Bishops Storehouse Storage Center, orders it online from the church resources or from other sources available, generally #10 cans or 1 gallon pouches would be purchased.

Most of these products are available in smaller quantities at your local grocery store and would be prepared the same. This assumes that members now eat dry beans, rice, pasta, and dry milk, the standard long-term food storage items, and know how to prepare meals from them. If they don't, perhaps that is a good starting place to try new food items on a smaller scale before committing them to your food storage program. Other items like dried peanut butter, dried butter, etc. are shorter term storage items and need to be rotated more frequently. I don't know where these products are available locally. Perhaps several people can order together from an online source and split a can between multiple families first, to try them before buying a large quantity.

Note for using dry beans: the pressure cooking of dried beans alleviates the need for overnight soaking and long cooking times. You can use the same pressure cooker you use for the home canning of foods mentioned in comment 3.

Longer term food storage notes from church headquarters.

<https://www.churchofjesuschrist.org/topics/food-storage/longer-term-food-supply?lang=eng>

<https://www.churchofjesuschrist.org/study/ensign/2006/03/random-sampler/food-storage-for-one-year?lang=eng>

Getting started on your food storage

https://providentliving.churchofjesuschrist.org/bc/providentliving/content/resources/pdf/PD60004682_000_Home-Storage-Handout.pdf?lang=eng

<https://www.churchofjesuschrist.org/inspiration/self-reliance-three-month-food-storage-store-what-you-eat-eat-what-you-store?lang=eng>

Having your food storage and eating it too.

<http://selfrelianceclub.com/Having Your Food Storage and Eating it Too.pdf>

A compilation of several BSH recipe books for beginners at using dried foods is found here:

<http://rockfordstake.selfrelianceclub.com/BSH Welfare Food Recipe Book.pdf>

Comment 2. Food storage rotation is also something else that would be very helpful as so many people talk about wasting their food storage items.

Most products have a 'best used by' date on them. Some products, like flour, become stale if improperly stored or stored for long times. Other grain products need to be protected from grain moths which can occur within the packaged products or without. Freezing for 3 days is a good way to

alleviate these infestations, followed by another 3-day freeze a week later to kill the bugs hatched out after the first freeze.

Food waste is a big concern, especially concerning your expensive packaged food products. It is estimated that most people waste 30% of the food they purchase. That also is the amount of food we get from the pollination efforts of the insect world, and others. If it were not for pollinators, we would be reduced from 3 meals a day to 2. A sobering fact.

Numerous types of automatic can rotation systems are available or you can build one yourself. Make it simple and functional.

Food storage information:

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/food-storage?lang=eng>

Comment 3. We talked about how we could learn about gardening and canning to use as a food storage resource.

This is a wonderful way to increase your food storage and provide you with exactly what you like to eat and the best quality and taste. Gardening can be done in different ways with the levels of work and watering just as different. This is a great family activity. I have had as many as 500 tomato plants one year in containers. Very easy to weed, keeps the plants away from animals, has the benefit of a raised bed in that there is no stooping down to ground level, easy to pick/harvest, etc. Down side is that containers need to be hand watered more frequently, sometimes daily. Best done with a drip irrigation system so it can be somewhat automated with a timer. Choose what is best for your family.

Canning: Foods are classified as low-acid or high-acid and this defines the process that must be used to can (bottle) foods. High-acid foods like tomatoes, pickles, salsa, etc. can be done in a boiling water bath canner. Easiest process to use. Low-acid foods like meat and vegetables need a higher temperature, 240F, and so a pressure canner is required to safely process these foods. It is not a scary process but must be done properly to ensure safety for the food and the participants. Always use an approved recipe like from the USDA manual below.

Other methods of preserving foods include dehydration, natural pickling, vinegar pickling, freezing, freeze drying, salting and brining, hot and cold smoking, etc. Most of these methods can be used for both high and low-acid foods.

Getting along with your garden

<http://selfrelianceclub.com/Getting Along with your Garden.pdf>

A gardening class I put together many years ago is available at:

<http://selfrelianceclub.com/Gardening Workshop 7-Ps for distribution.doc>

USDA canning manual in English is available here:

https://nchfp.uga.edu/publications/publications_usda.html#gsc.tab=0

Comment 4. Budgeting and finance was also brought up as something that would be very beneficial.

The church has various training on this topic from Marvin Ashtons One for the Money to the newer Self-Reliance course of Personal Finance, a 12-week course to help people better understand and implement budgets, etc. in their lives.

One for the Money link

<https://www.churchofjesuschrist.org/study/manual/eternal-marriage-student-manual/finances/one-for-the-money-guide-to-family-finance?lang=eng>

Link for Self-Reliance Course manuals is here:

<https://www.churchofjesuschrist.org/self-reliance/manuals-and-videos?lang=eng>

Addendum to the Personal Finance Class by the authors is available here:

<https://personalfinance.byu.edu/helpingothers>

Comment 5. Lastly, we talked about natural disaster planning. Especially in regards to our stake and if we have a plan as a stake and what that is and how we get that out to the units.

Excellent point. The church has just renamed 'emergency preparedness' to 'temporal preparedness' in all of its publications and sites. I think the point was to remove the anxiety from 'emergency' status to that of, if we are temporally prepared for anything that could happen, an 'emergency' is just another Thursday.

This Planning is about as individual as each participant is in the process. What must you have and what can you do without? Everyone has their own 'security blanket' that must be included in any talk about sheltering whether in their own home or relocating to a distant shelter with a group of other people. This makes planning an individual thing. As a family unit, we can consolidate commonly used items to serve a larger number of people, such as a large tube of toothpaste for the family instead of 1 for each individual, one large cooking pot, etc.

A 72-hour kit would be a good place to start. Surprise, a 3-day food and water storage system in one compact(?) unit.

Seasonal items need to be considered also. Items necessary in the winter might be extra weight in the summer.

A good exercise is to pretend you are going camping. What do you need? Shelter, cooking gear, clothing, tools, sanitation supplies, etc. Review and rotate items periodically. You might even try picnicking at a local park, taking everything you need for cooking and cleanup, to brush up on outdoor living skills.

72-hour kit list source

<https://www.ready.gov/kit>

Links to Stake and some unit plans:

Rockford Stake Emergency Plan

<http://rockfordstake.selfrelianceclub.com/StakeDisasterplan2023 ver5.0>

Rockford First Ward Emergency Plan

<http://rockfordstake.selfrelianceclub.com/Rockford First Ward Plan-updated 2017>

Sycamore Ward Emergency Plan

<http://rockfordstake.selfrelianceclub.com/Sycamore Ward Preparedness and Self-Reliance Plan>

Most of this information is available on the stake self-reliance website:
rockfordstake.selfrelianceclub.com. Feel free to browse for more information.

Thank you for the opportunity to serve you.

I hope this helps answer some of your questions and concerns. Please direct any other questions or comments to: miklgoodwin@gmail.com

Rockford Stake Welfare and Self-Reliance Specialist
779-203-0451

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Feb 2024 Self-Reliance Newsletter - Medical and other plants

Most Pollinator plants are also medicinal in nature.

Remember the day of the Creation when the plants were placed upon the Earth? It was part of God's eternal plan to provide for the care of our bodies from the plants of the Earth itself.

Plants: A Miracle from God. God plants them naturally!

Alma 46:40 And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate—

From YW Camp Manual:

Plants and Flowers

Plants and flowers beautify the world around us and provide many things that we use in our daily lives. Medicines, dyes, ornaments, furniture, clothing, flour, oils, herbs, spices, vanilla, yeast, and many more items come from flowers and plants. Many plants are edible.

Some poisonous plants may also be in your area. Learn how to identify them and what to do if someone comes into contact with them. You should know poison ivy, poison oak, and poison sumac by sight. Although each of these plants has its own characteristics, the following verse provides a good guideline: “Leaflets three? Let it be. Berries white? Take flight!” Every part of these poisonous plants contains poison—from roots to leaves and fruit. The poison is long-lasting and still active even after the plant has died, so do not touch dry leaves or dead plants. Gloves, shoes, or other clothes that have touched the plants can carry the poison for months. Because the poison vaporizes when the plants are burned, you could get a severe case of poisoning just by inhaling fumes from a fire using these plants. Be sure that you can recognize each of these plants so you can avoid any contact with them.

Poison Ivy. Poison ivy grows in many countries as trailing vines or shrubs or as erect woody plants. The stems of the vine look like a fuzzy rope. Poison ivy leaves always grow in groups of three. The leaf edges are smooth or notched. The leaves are green in spring and summer, but they change in early fall to scarlet, orange and russet. The flowers of poison ivy are small and white and grow in clusters. The fruit is usually wax-like, although it may have a downy look. It looks very much like a tiny peeled orange. Remember, if the fruit is red, it is not poison ivy.

Plants found in the vicinity of the Alpine Building.

Edible Plants:

stinging nettle (Robin Hood, Cate Blanchette, Nettle soup and dandelion salad) High in iron. Good cordage plant.
 dandelion – liver booster
 plantain (Broad leaf and Narrow Leaf) – blood poisoning, stings and bites, Metamucil (See testimony below)
 lamb's quarters - (eat sparingly, Oxalic acid)
 elderberry – mature berries, syrup for flu
 comfrey root and leaves – general healing, remember about the 2 boys. (See testimony below)
 Mullein – colds, congestion, ears – biennial plant
 Lilac leaves – reduce irritation of poison ivy
 Echinacea - (Purple Coneflower) boosts immune system, leaves and roots - (James Tiberius Kirk: Numb Tongue)
 yellow dock (curly dock)- High in iron, counters poison ivy too, stems for pollinators
 burdock – for boils and vit C
 raspberry leaf tea – General women health
 Raspberry fruit, stems for pollinators
 Strawberry leaves - vitamin C
 Strawberry fruit
 Red Root Pigweed – Amaranth grain
 Duckweed: one of the smallest flowering plants
 Black Walnut – Iodine (biologic transmutation), potassium, nuts, athletes foot fungus
 Red Clover – great blood cleanser
 Garlic – 3 cloves for adult dose of Penicillin, keeps bugs away (garlic oil)
 White Oak – bark: astringent for periodontal disease, nuts leached for flour
 Hickory nuts – edible nuts
 White Pine – 5 needles in bundle, needle tea for vitamin C
 Rose hips – vitamin C, stems for pollinators
 Birch – bark for aspirin and fire starter
 Yarrow - increases body temperature

Dr Christopher: Herballegacy.com

Poison Ivy. Dr. Christopher used to say that the remedies for these plants grow right near the site of infestation. Burdock leaves and plantain leaves, as well as jewel weed where it grows, can help neutralize the poison. Mullein, hounds-tongue and lilac leaves will counter the irritation. A poultice of comfrey root, marshmallow root, slippery elm, aloe vera, and witch hazel, as many as you have available and in equal parts, can heal the rash once it starts. Immersion in cold water is very effective. Internally, you can take blood-cleansing and building herbs, such as chaparral, yellow dock, red clover and echinacea, to help stop the reaction. Internally, lobelia and valerian or catnip or camomile can stop the pain.

Comfrey Testimonial

As a good example I would like to cite the case of two boys, about ten years of age, who were playing with gasoline and matches. Both of the boys' hands, up to the wrists, received third degree burns. The boys were taken immediately to the hospital where the surgeon pronounced, for both boys, "incurable third degree burns"! He told both sets of parents there was a choice in each case-- either removing the hands at the wrist and attaching iron claws both right and left, or, with numerous operations and skin grafts, over a period of about one year in the hospital, the boys could keep their hands, but they would be just like mummified claws and could not be used as hands, but, in a claw-like manner, they would be able to pick up materials but the fingers would not move as would the ones on the metal hand. One set of the parents told the doctor to keep their boy there and, even though it would be a year and the cost very high, to go ahead and work on him as soon as possible.

The other couple told the doctor they wanted to see another person first about their boy's condition and then they might come back.

As they had heard of our work, they brought their boy to the building when I was lecturing, to show me the boy's burned hands. The nails, much of the flesh, tendons, etc., had been so badly burned it made one shudder to look at it. The temporary preliminary bandages were put back on while answering their request as to what could be done instead of cutting off the hands or surgery and skin grafting. I gave them a formula to use that is based on comfrey. This is a paste made up of comfrey, wheat germ oil and honey. The paste was to be spread, 1/2 to 3/4 inch thick, over the entire burn area. They were instructed to watch the paste and if it had, in any areas, been absorbed into the flesh to add additional paste in these areas, not disturbing the condition below.

Within the week they returned to the hospital and the same doctor they had seen before examined the boy. He was amazed and told them that where the burns had been third degree burns in these past few days, they were now first degree burns. He asked them what in the world they had used, and they told him it was an old-fashioned remedy. The doctor then told them to continue using it and, further, there now would be no need for any surgery or skin grafting, because it looked as though the hands would heal perfectly with this procedure without any scar tissue. In a few weeks time the boy's hands were completely healed. Later the nails had grown back on, the tendons, nerves, muscles, flesh and skin were all renewed, and the hands were as perfect as they were before the burns.

The other boy was still at the hospital nearly a year later, with continual surgery and skin grafting. The cost was, we understand, well over one hundred and fifty thousand dollars. When he was sent home his hands were two ugly "mummified-type" unbending claws, so sad-looking he wore gloves to hide them from view.

The parents that used the herbs spent approximately ten or twelve dollars for the first materials to apply (honey, wheat germ oil and comfrey) and only small amounts at times to replace the paste that was used.

Plantain Testimonial

One of the most successful "weeds" he used was plantain. Ray knew that Galen and Pliny, ancient herbalists, had used it as a powerful blood purifier to kill infection rapidly. He also knew that it would relieve blood poisoning that can result from cuts, slivers, bites, and stings. In one astonishing case, Ray treated a man who had slipped at work and drove a chisel deep into his palm. The man couldn't afford to take time off, nor to pay any doctors' fees, so he wrapped the hand with a dirty rag and finished his day's work. He even worked for a few additional days.

By the time he arrived at Ray's office, his hand was swollen and hot and a red streak ran from the badly infected hand up the arm. A painful lump the size of a baseball in his armpit prevented the man from dropping his arm to his side. The man was frantic with pain and fear. Ray asked him why he hadn't sought medical treatment when the condition became so severe, but the man was afraid that his arm would have been amputated. Ray taught him how to dig up plantain plants, wash and crush them, put them on the wound and bandage them in place. He was to add fresh herb to the poultice every time it dried out. He was also to drink at least three cups a day of the tea. The man wanted to come back for a checkup, but Ray assured him that he would be healed completely by the next day.

The man did return in three days, but only to report what seemed to him a miracle. On the first day, the red streak had disappeared within a few hours and the swelling in the armpit had reduced. By evening, the wound was much better, and within a day or two, the condition was completely healed. The man had full use of his hand and arm and was able to earn a living for his family.

In a similar case, a young girl had cut her foot on a shell while clam hunting at the beach. She had continued to run and play for the afternoon, but by the next morning her foot and leg were swollen and feverish. She also had a red streak forming toward her groin. Ray gave her similar instructions as he had for the man with the chisel wound. The wound healed quickly, and the next day the child skipped into Ray's office to pay him.

Again, proof of the excellent qualities of the many plants and roots God placed on this Earth!

Dr. Christopher School of Natural Healing
<https://online.snh.cc/files/2100/HTMLredacted/>
See below for references found at this site:

The School of Natural Healings 100 Herb Syllabus
Information on over 100 herbs.

School of Natural Healing
The reference volume on herbal therapy for the teacher, student or practitioner.

Herbal Home Health Care
A great book on children's diseases.

Every Woman's Herbal
Dr. Christopher's Herbal book specifically for women.

An Herbal Legacy of Courage
Told by his son, read the fascinating story of Dr. Christopher's life.

Dr. Christopher's Newsletters
All of Dr. Christopher's newsletters.

Unpublished Works
Articles written by Dr. Christopher that were never published.

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March 2024 Self-Reliance Newsletter - Self-Reliance Resource introduction- seed starting - and tornado preparedness

In September I talked about saving seed for future plantings:

Now, as you prepare for your 2024 garden, seed selection for planting is the most important item in seed saving.

Also, don't forget to plant something for the pollinators too.

Some seeds need a long growing period before planting in the garden, like onions. Usually 120 days, that's 4 months. February for May planting.

Some seeds can be sprinkled on top of the snow and will be happy, ie, spinach.

Dates to Start Seeds Link
[http://rockfordstake.selfrelianceclub.com/Dates to start seed - 2023.xlsx](http://rockfordstake.selfrelianceclub.com/Dates%20to%20start%20seed%20-%202023.xlsx)

We are now in Tornado Season so it's time to prepare for the worst. Remember what happened in the Rochelle Area several years ago. If we are prepared, we will fear less.

I would like to now introduce you to a new Self-Reliance and preparedness tool.
It is a document titled Self-Reliance Resources.

Please review the document through the Google Docs link here:

<https://docs.google.com/document/d/1Ef3Qr2uvBEj87GkVEulhG7XwpNvE8fq7S9XelzO9CPg/edit?usp=sharing> or directly at rockfordstake.selfrelianceclub.com

This resource will help new and existing leaders with information on helping members in need of food, temporal resources and preparedness needs. This is a living document, easily changeable to add those things you feel important for your specific unit.

Sr. Goodwin and I are available to attend your ward council meetings to assist with the resources and answer any questions.

Respectfully Submitted,
Michael Goodwin
Rockford Illinois Stake Welfare and Self-Reliance Specialist
779-203-0451

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April 2024 Self-Reliance Newsletter - Plastic Surgery

This is NOT the kind of surgery you might think of. It is Plastic Welding (Fabrication and Repairs)

I'm not sure how I discovered this several months ago but upon research, It was mentioned that plastic welding is something not many people even think of. When a child's favorite plastic toy or a plastic gas tank develops a crack, typically, it is thrown away or replaced at some expense of money and time. Welding recovers the investment and makes everyone happy. It is fairly easy to do and requires few tools and supplies. Doesn't require any heavy lifting and good ventilation is a necessity.

In most cases, the welding repair meets or even exceeds the strength of the original product. Some brand new items can even be reinforced where initial engineering flaws exist.

The basic operation requires a source of heat and filler and reinforcement materials.

The Heat Source:

This can be a soldering iron, soldering gun with plastic cutting and smoothing tips, actual plastic welding iron, heat gun with air pump and adjustable temperature settings, normal electric heat gun, butane or propane torches with metal soldering tips, etc.

The Filler Materials:

This need is fulfilled with a variety of materials, some even scrap plastic. It's amazing how the thought process changes normally discarded and recycled plastic materials into raw materials. Even common plastic supplies like cable/zip ties and plastic twist-ties. Color is the general requirement for the item being repaired. For some things, color doesn't matter but does for others. Even odd things like laundry detergent bottles, plastic file folders, plastic lids, etc. can be used.

Reinforcement Materials:

This includes things like fiberglass, aluminum and stainless steel screen materials. Yes, even discards work fine here. Also electrical wiring. Generally, after an extensive wiring job, there are lots of scrap wiring pieces left over. Save them all. Even as small as ½ inch in length, with and without insulation attached. The plastic insulation increases the fill material requirement and the wire provided excellent reinforcement

to hold two pieces of plastic together more securely. Both stranded and solid wire can be used, copper or aluminum. All provide reinforcement.
Staples also work well.

This is a very practical hack. Low investment, easily learned. Potentially a great fund raiser for mission or college bound youth, or as a second source of income.
There are lots of YouTube videos on the subject too.

Another upgrade project might be to use an oxy/MappPro torch setup to do small brazing projects. I've repaired two soil scoops and other metal items with this process. It will join two dissimilar metals too like stainless, plated steel, copper, etc. as the metal is not melted like in a welding process but attached with a brazing rod.

If anyone is interested in organizing a Skill Pod, etc. on either topic, I would be happy to participate.
Michael Goodwin
Rockford Stake Welfare and Self-Reliance Specialist
779-203-0451

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May 2024 Self-Reliance Newsletter - Leadership Communication/Alternative Foods

It was mentioned in our May Stake Conference that a lot of members don't use email for communication these days so the church is trying a texting option as a tool to reach out to members and disseminate information. I know that some people don't publish contact information on the Member Tools App for privacy reasons, even those with important stake callings.

As a Stake Leader in Self-Reliance, I send out monthly email newsletters of topics I feel inspired to share, to increase the level of self-reliance in the stake. I have occasionally received email replies about the messages which lets me know that someone is reading them.

The scope of my email distribution is to the Stake Presidency, High Councilors, Bishops/Branch Presidents, Elders Quorum Presidents and Relief Society Presidents, members of the Stake Welfare and Self-Reliance Committee and those with Unit Welfare and Self-Reliance Specialist or Preparedness callings.

This makes me wonder about the receptiveness of my email messages and the point at which they stop being shared with the stake membership.

So, this my experiment to determine if my efforts are warranted and effective.

Here are my survey questions and request you to respond by return email. If you don't want to take the time to formally respond, that's fine. A simple 'Got It' reply will suffice.

General Question: How to you communicate with your leaders and membership?

Specific Questions:

- 1 - Do you receive my emails or might they be blocked?
- 2 - Do you share them with your counselors and possibly family members?
- 3 - Do you republish them in a newsletter or otherwise share them with those in your unit, quorum, stewardship or membership? What is the best way to get information to the end of the row?

4 - Do you prefer another method of communication to receive and respond to messages, ie, Facebook, X-Twitter, My Space, Texting or other messaging system, telephone and voice mail, RSS, Podcasts, Stake, Unit and other web sites, etc.?

Thank you for taking the time to participate. I know everyone is busy, sometimes stretched with personal, family, church and other responsibilities and pursuits.
Any and all responses will be appreciated.

“Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle.”
THOMAS S. MONSON, “Guiding Principles of Personal and Family Welfare,” Ensign, Sept. 1986, 3; quoting Marion G. Romney, in Conference Report, Oct. 1976, 167

Self-Reliance Topic for May: Alternative foods.

Did you know that you can turn spaghetti into ramen noodles. It takes a simple ingredient already in your home. Baking soda or the more alkaline, washing soda, which is baked baking soda. Their alkalinity converts spaghetti into the springy noodles you expect from ramen.
They even replace the dangerous lye in making pretzels brown. Good search topics.

Everyone knows about sourdough bread. Making leavening from the ‘air’ as a replacement for purchased yeast. But what about tanzhong?

From King Arthur Baking Company, we learn a different way to make yeast bread.

(<https://www.kingarthurbaking.com/blog/2018/03/26/tangzhong>)

This a wonderful method to make tender and softer bread products. Basically, you cook a portion of the flour in water or milk to gelatinize the starches so they absorb more water. They will remain softer and fresher longer. (Technical process: Heat and some enzymes break down the starch branch chain connection, the a-1-6 glycosidic linkage, making the starch molecules straight chained, the gelatinization process. The a-1-4 glycosidic linkage enzyme/process breaks these straight chained connections down, forming individual, yeast fermentable sugar molecules, the saccharification process. That is how you can make ethanol from the starch in corn.)

Another food making process is called nixtamalization, and happens to use an alkaline process as well. It is an ancient method from Central and South America for converting field corn into wonderful tortillas and other masa harina based products.

Basically, corn is steeped in an alkaline liquid using calcium hydroxide, aka pickling lime, etc. Remove the skins and grind. This process increases the availability of the B3, Niacin vitamin, calcium and iron, not to mention the wonderful smell and taste of a fresh, homemade product. Many people in the US and Europe suffered and died from Pelegra because they did not treat corn in such a way. The US Civil War may have had a different outcome, too, if they adopted one additional step in preparing corn for consumption by humans. The corn degerminator, invented by a man in Decatur, exacerbated the problem.

Did you know that you can have home produced, fresh food 24/7/365.25 from your own home with little equipment, space and care?

It’s called sprouting, shooting and microgreening.

See this document for more ideas of alternative foods.

[http://rockfordstake.selfrelianceclub.com/Alternative Foods](http://rockfordstake.selfrelianceclub.com/Alternative_Foods)

I know that the Lord wants us to be as self-reliant and independent as possible, given our talents, skills and the time to be such. I encourage you to find your niche in the preparedness/self-reliance wheel where you can make a difference to yourself, your family and all in your realm of influence to be less dependent upon the government and others wishing to give you something for nothing in return. Education is a life-long work which will never end.

In the name of Jesus Christ, Amen.

Michael Goodwin

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June 2024 Self-Reliance Newsletter - Youth Anxiety

Notes from the Leadership Optional Regional Welfare Training of 5/19/24

NIH states that anxiety is an epidemic with our youth.

Stress is normal in everyday living.

Anxiety is the preoccupation with a stressor.

Covid 19 has increased stress, anxiety and depression.

Youth have no time perspective to know all will work out in the end.

Events like prom, class trips abroad, etc. have been cancelled and they feel frustrated that these, possibly, once in a lifetime events, have been denied them and will not be available in the future.

Fear is the opposite of faith.

Faith in God and in Self.

3 Myths of Happiness video Dr. Russ Harris

<https://www.youtube.com/watch?v=93LFNtcR1Ok>

This entertaining animation illustrates the 3 happiness myths that we have been lead to believe, involving our thoughts and feelings. Written and narrated by Dr Russ Harris, an acclaimed ACT trainer and author of The Happiness Trap.

To learn more about Dr. Harris's new & exciting online Acceptance and Commitment Therapy training for mental health professionals and therapists, visit <http://www.imlearningact.com> today!

Emotional Resilience program can be shortened for youth with approval of stake president. Perhaps 12 week course to 8 weeks, focusing on specific topics. Things can be taken out but not added to this course.

Pre-mission youth need to practice not using normal stress relievers, such as video games, social media, talking to their family daily, etc. as they will not be available when they enter the mission field. All the thing they are use to will be cut off. This can make or break a new missionary.

Church Psychologists available for questions, etc.

Trish Van De Veer - Minnesota Area

763/331-4562

Some of the things I love to talk with parents about are the books from Lisa Damour, who is a psychologist who has worked primarily with youth (particularly girls). Her books are: "The Emotional Lives of Teenagers," "Under Pressure," and "Untangled."

See below.

Also: "Find Your Joy" by Jennifer King Lindley

Also Below.

Ray DeGraw - North and South Dakota

Ray DeGraw (701.955.3322) C.Ray.DeGraw@ChurchofJesusChrist.org

Book: "The Gifts of Imperfection" - Brene Brown

See below.

Also: Sam Denton is a resource.

Church resource:

Missionary Preparation Student Manual: Religion 130, especially chapter 11.

<https://www.churchofjesuschrist.org/study/manual/missionary-preparation-student-manual/title-page?lang=eng>

<https://www.churchofjesuschrist.org/study/manual/missionary-preparation-student-manual/chapter-11-physical-and-emotional-preparation?lang=eng>

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Lisa Damour

<https://drlisadamour.com/resource/series/ask-lisa-podcast/>

The Emotional Lives of Teenagers

<https://drlisadamour.com/books/the-emotional-lives-of-teenagers/>

Under Pressure

<https://drlisadamour.com/books/under-pressure/>

<https://drlisadamour.com/wp-content/uploads/2022/02/Under-Pressure-parents-guide.pdf>

<https://drlisadamour.com/wp-content/uploads/2022/02/Under-Pressure-educators-guide.pdf>

Untangled

<https://drlisadamour.com/books/untangled/>

https://drlisadamour.com/wp-content/uploads/2022/02/Untangled_DiscussionGuide_Final.pdf

https://drlisadamour.com/wp-content/uploads/2022/02/Untangled_DiscussionGuide_R1c.pdf

Jennifer King Lindley

<https://www.jenniferkinglindley.com/>

Find Your Joy

Brene Brown

<https://brenebrown.com/>

The Gifts of Imperfection

<https://brenebrown.com/book/the-gifts-of-imperfection/>

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July 2024 Self-Reliance Newsletter - Children, Youth and Mothers

Letter of introduction to this email:

Why are you receiving this email when you haven't received it before?

While praying for inspiration for how to magnify my calling, I was prompted with a desire to know how to expand my realm of influence, ie, increase the distribution of my newsletter and information to members of the stake and units. The result was to include counselors in the various unit leadership callings, ie, Elders Quorum and Relief Society, and to reach out to YM, YW, Primary and Sunday School presidencies.

I have also included a Children and Youth and Mothers web page, in this email, for items specific to this audience, their parents, teachers and leaders. Learning self-reliance should begin at the youngest ages, much like missionary work and temple service. The link for this new page is: <http://rockfordstake.selfrelianceclub.com/Children and Youth and Mothers.htm>

The overall web site can be found at rockfordstake.selfrelianceclub.com. Spanish and Swahili translations can also be found there. This web site is a table of contents of the self-reliance resources, including web links and documents, in the church and some specific to the Stake. It is for your benefit. An archive of previous newsletters is also available.

If you would like to see other self-reliance topics addressed and/or implemented by the stake, please let me know.

If you know of anyone who would benefit and be interested in receiving these emails, please let me know. If you do not want to receive these emails, also let me know.

July 2024 Self-Reliance Newsletter - Children and Youth and Mothers

June 26, 2024 - RS General President Camille Johnson announced that global progress starts with prioritizing the well being of women and children under 5.

It is titled 25-ways-to-participate-in-churchs-global-initiative-for-women-children and includes information on Clean Water, Child Nutrition, Infant Brain Development, etc.

You can find it here:

<https://newsroom.churchofjesuschrist.org/article/25-ways-to-participate-in-churchs-global-initiative-for-women-children>

In a recent optional church leader area welfare training meeting, the conditions around youth stress, anxiety and depression were addressed and can be found in the June 2024 Self-Reliance Newsletter below:

<http://rockfordstake.selfrelianceclub.com/June 2024 self reliance newsletter Youth Anxiety>

Also discussed was how to prepare youth to serve a mission. Everyday anxiety and stress relievers, such as talking to family and friends, playing video games, internet chatting are not available on a mission. Alternatives need to be implemented and emotional resilience needs to be learned. A good place is the Mission Preparation Manual, especially chapter 11 and can be found here:

<https://www.churchofjesuschrist.org/study/manual/missionary-preparation-student-manual/title-page?lang=eng>

A recent article in Epoch Times discussing excessive screen time problems can be found here:

<https://www.theepochtimes.com/health/the-silent-epidemic-eating-away-americans-minds-5560857>

Children and Youth can find ideas for areas of study or career development in the skills and talents excel file found here:

<http://rockfordstake.selfrelianceclub.com/Skills and Talents Survey Form.xls>

A concern for youth is how earn money for college or mission, etc. Some ideas include lawn mowing, dog walking, etc.

We just celebrated Pioneer Day. Just think if we had to make such a trek today, would we have the necessary skills to stay alive let alone thrive from day to day? They had to know outdoor living skills. Since the Boy Scout Program was discontinued in the church, where do we learn these pioneer skills such as: fire building, knot tying and lashing, outdoor cooking and sanitation, orientation, medicinal herbs, food foraging, making shelters, etc.?

A Self-Reliance Course called Life Skills is available through the church and has selected sections from Personal Finances, Find a Better Job, and Education for Better Work. It is available here: https://www.churchofjesuschrist.org/bc/content/ldsorg/topics/self-reliance/life-skills/PD60008374_000_Life_Skills_Self_Reliance.pdf?download=true&lang=eng

These are just some thoughts and ideas related to helping children, youth and mothers cope with the pressing needs of child rearing and development and everyday life.

If you have any other suggestions, please let me know.

Thanks,

Michael Goodwin

Stake Welfare and Self-Reliance Specialist

779-203-0451

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August 2024 Self-Reliance Newsletter - September is Preparedness Month

With the bout of tornados and hurricanes recently, let's get ready for the next round and also make sure we are ready for winter. It's closer than we think.
Just 50 frost free days left for our garden to produce, let's store as much as we can, no pun intended.

"All my 3-day kits are packed, I'm ready to go, hearing the siren, blowing it's horn
All I want is to be safe and secure, don't you know.
I'm getting ready for the next round, storms nearly ready to hit the ground
I just want to live to see tomorrow, with my family intact.
I'm leaving out of this place, don't want to cry when I see the mess
I know the work required to fix it up, just hope my insurance covers the cost."
Well, so much for my song writing skills.

Gardening Tips for the Month:

50 days till frost. Enough time for 1 crop of radishes, maybe 1 each of carrots and beets.

September is National Preparedness Month

"September was declared national preparedness month back in 2004, largely because it's the month with the most natural disasters on average. It's peak hurricane season in the south, overlapping with wildfire season out west, and flood season just about everywhere.

Add in a sprinkling of earthquakes that can happen anytime, and supply chain disruptions that are more frequent, and you've got a recipe for a tough month".

<https://ashleyadamant.substack.com/p/practical-preparedness-resources?utm>

Great book on teaching children about Self-Reliance.

A Practical and Informal Discussion of Methods of Teaching Self-Reliance, Initiative and Responsibility to Modern Children © 1916

“Mastery of nature leads to self-confidence in all situations.”

<https://ia600704.us.archive.org/35/items/selfrelianceprac00fishuoft/selfrelianceprac00fishuoft.pdf>

<http://rockfordstake.selfrelianceclub.com/Children and Youth and Mothers.htm>

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I will use the North Central Area Preparedness manual section of “emergency preparedness”:

Michael’s Commentary about Emergency Preparedness:

The Church is renaming emergency preparedness to temporal preparedness.

My thoughts are that when one hears the words emergency preparedness, a certain element of anxiety comes to the forefront of our minds. This may or may not help us to be able to focus and concentrate on the needful things to do.

If we call it temporal preparedness, it means that we are already doing the things we need to do, have learned the skills we will need and have stored the necessary items to use on an every-day basis. It’s everyday living in motion.

When an ‘event’ occurs that might change our everyday routine, we have been there, done that and it becomes ‘just another Thursday’. We are enabled to calmly carry on with life, helping our own families and our neighbors.

North Central Area Preparedness Manual

Full manual available at this url:

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

Introduction

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. But I am even more concerned about your spiritual and emotional preparation.

Oct 2020 President Russell M. Nelson

At times caring for our temporal needs may feel overwhelming. But remember that “by small and simple means are great things brought to pass” (Alma 37:6). When we act in faith and do our part to care for our temporal needs, God magnifies our small and simple efforts.

Basis Flowchart of Practice:

Prepare for Challenges:

Emergency Planning

Home Storage and Production

Financial Preparedness

Emotional Preparedness

V V V V V V V V V V

Experience Challenges

V V V V V V V V V V

Heal and Grow

Go to A and do it Again.

The following guidelines and activities for individuals and families can help you become more prepared.

1 Emergency Planning

A Emergency Planning Guidelines 4

B Preparing Your Home for Emergencies 5

C Preparing an Emergency Kit 6

D Disaster and Disruption Assessment Activity 7

E Planning for Disruptions Activity 8

F Communication and Gathering Plan Activity 9

G Preparing for an Emergency Checklist 10

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A Emergency Planning Guidelines

God has promised, "If ye are prepared ye shall not fear" (Doctrine and Covenants 38:30). When we have plans in place, we are more prepared for challenges.

Like spiritual learning, preparedness is best done "line upon line" (Isaiah 28:10). And when challenges occur, we can learn from them, heal and grow, and continue to prepare.

Elements of an Emergency Plan- A brief sampling!

Start by learning about the disasters that could happen where you live. Then prepare your home. Make an emergency kit. Create a plan for communicating and gathering during a disaster.

1B Preparing Your Home for Emergencies

General Preparation

There are many things you can do to prepare your home for potential emergencies. Consider the following:

1 B 1 Utility Shut-Off

Locate the shut-off valves and levers for utilities. Know how to turn off the water, electricity, and natural gas lines inside and outside your home.

1 B 2 Food, Water, and Non-food Essentials Home Storage

A store of food, water, and non-food essentials can help when emergencies disrupt our daily lives. Consider taking the following steps (additional details can be found on pages 11–13):

- Store an emergency supply of nonrefrigerated foods.
- Plan on one gallon of water per person per day for drinking, food preparation, and sanitation. Store enough water for three days.
- Store medical supplies, clothing, blankets, flashlights, extra batteries, sanitation supplies, and so on.

1 B 3 Cooking Solutions

An alternative cooking source allows you to prepare hot meals. Make sure to cook only in well-ventilated areas.

Cooking sources can be:

- Canned heat or candle warmers (used under serving dishes or fondue pots).
- A wood-burning cook stove. (MG - one will even charge your cell phone while you cook!)
- A fireplace.
- Grills or camp stoves (use outdoors only).

End of Area Preparedness Guide Section.

Perfect Storm: Unique Anxieties (Oct 2021 Pr Nelson)

25 January 2022 - Salt Lake City News Release

President Jean Bingham Shares the Antidote to the 'Unique Anxieties of This Era'

To help students deal with “the unique anxieties of this era,” President Bingham taught how to build a foundation on Jesus Christ, turn to Him in times of trial and learn to draw upon His power.
<https://newsroom.churchofjesuschrist.org/article/president-bingham-shares-the-antidote-to-the-unique-anxieties-of-this-era>

Some sample of recent events:

Russia invasion of Ukraine – disruption of global food supplies, area impacted by refugees, infrastructure damage, loss of homes and employment.

Global warming – changes planet reactions to heat and moisture availability, CO₂, CH₄, ice caps and glacial melting

Lowering level of rivers supplying water to western US and California, Mexico

Covid and the disruption of production and supply chains (last 2 years (2020 – 2021) and counting; estimated 10 years to fully recover economically from its effects.)

Food Shortages and high prices – wheat, meat, chicken and eggs (Avian Flu)

Flooding: Dallas 9”, Las Vegas twice in 1 week in August 2022

Inflation

3 earthquakes in Mexico on the exact same day, last on 19 Sept 2022, 3rd in 40 years

10 Ft Snow in Southern California Feb 2023

Volcano winters

The 1815 eruption caused a long lasting, extreme climate event in 1816 known as the “year without a summer.” As volcanic winter settled on much of the Northern Hemisphere, crops failed, livestock died and famine swept over many lands. In New England, crop yields may have fallen by 90 percent.

We knew that Tambora’s extreme cold had afflicted New England, Europe, China and other places for as long as 17 months.

Ok, so much for the history lesson.

An Example of Preparedness Goals:

Preparedness Goals 2020 - Rockford Illinois First Ward

Time Frame: Every 6 months at General Conference time:

We have suggested you do this since Oct 2018, or for the last 3 General Conferences so, ideally, you should have at least 4 months of food storage in your home going into this April GC.

1 – Acquire 1 month of food storage, or rotate existing food storage.

2 - Acquire 2 weeks of water storage, 1 gallon per person. (per day)

3 – Review your emergency plan and communication plans to maintain contact while away from home.

4 – Review your inventory of cleaning and sanitation items, consumable paper products, soap and sanitizer. Buy a fresh bottle of bleach (only fully effective for 6 months, turns to salt water over time.).

5 – Update a bug-out-bag for each member of your family, sufficient for 3 days away from home.

6 – Review first aid skills and inventory first aid kits.

7 – Review CPR skills and cpr/covid mask inventory.

For assistance, contact your ministering siblings.

This has been a taste of what to prepare for and how to do it.

Bishop Waddell said in Oct 2020 General Conference,

The Lord expects you to do what you can do, when you can do it.

I hope we can take something home from this newsletter and become a little more prepared for tomorrow and beyond.

Respectfully Submitted,
Michael Goodwin
Stake Welfare and Self-Reliance Specialist

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September 2024 Self-Reliance Newsletter - Area Presidency - Home Storage and Production

Prelude to Sept 2024 Newsletter

Dear Friends and Church Leaders,
This is the second of a 4 installment newsletter series highlighting the NA Central Presidency Preparedness Guide.
September is National Preparedness Month. Please find something in this guide you can implement in your lives and teach to your stewardship.

If you know of anyone who would benefit from these Self-Reliance newsletters, please have them email me a request.

The archive of newsletters is available at:

[http://rockfordstake.selfrelianceclub.com/Newsletter Index.htm](http://rockfordstake.selfrelianceclub.com/Newsletter%20Index.htm) There is a lot of good information at this domain and sub-domain too.

The Google Doc Page is:

<https://docs.google.com/document/d/1Ef3Qr2uvBEj87GkVEulhG7XwpNvE8fq7S9XelzO9CPg/edit?usp=sharing>

Happy Preparing,
Michael Goodwin
Stake Self-Reliance Specialist
779-203-0451

End of Prelude

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September 2024 Self-Reliance Newsletter - Area Presidency - Home Storage and Production

[http://rockfordstake.selfrelianceclub.com/Essentials of Home Production and Storage Booklet.pdf](http://rockfordstake.selfrelianceclub.com/Essentials%20of%20Home%20Production%20and%20Storage%20Booklet.pdf)

This is the second of four parts of the Area Temporal Preparedness Guide - North America Central. The book in its entirety can be found at:
<https://www.churchofjesuschrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-North-America-Central-Area-Guide-Dec-2-2020.pdf>

This is a condensed version of the original chapter:

Home Storage and Production:

Guidelines

Church leaders have counseled us to store a basic supply of food and water at home to prepare for times of need. In the Old Testament, Joseph interpreted Pharaoh's dream. Joseph said there would be seven years of plenty, followed by seven years of famine. Pharaoh asked Joseph to direct a food storage program to save Egypt from hunger. We can plan ahead too. When we strive to prepare

"every needful thing," we'll be blessed with peace of mind (Doctrine and Covenants 109:8). It can be easy to feel stressed about food storage. We all live in different circumstances, and some of us have limited finances or space in our homes. Bishop W. Christopher Waddell said, "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" ("There Was Bread," Ensign or Liahona, Nov. 2020, 43).

<https://www.churchofjesuschrist.org/study/general-conference/2020/10/25waddell?lang=eng>

We can start small and work "in wisdom and order" (Mosiah 4:27).

2 B Storing Food and Necessities

2 B 1 Short-Term Food Storage

Start by building a small supply with food that is part of your daily diet. Make a goal that is reasonable for your circumstances. It's OK to start with a small goal. For example, start by having a one-week supply. Continue to build from there as you can. Think of foods you can use to make nutritious meals, even if you can't buy fresh items from the store. This storage would include canned and packaged items that don't spoil quickly.

For more ideas on short-term storage, see

www.ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/blog/post/three-month-food-storage-use-what-you-eat-and-eat-what-you-store

2 B 2 Water

Water is crucial for life. Store at least one gallon (four liters) for each person per day for three days. Where possible, store enough water for two weeks. The need for water is greater in hot climates. If water comes directly from a good, pretreated source of drinking water, it doesn't need to be purified before storing. In case you need to use water that is impure, store a means of water purification, such as a filter.

Use sturdy, leak-proof, break-resistant containers. Do not use plastic jugs that have been used for milk or juice. Keep water containers away from heat sources and direct sunlight. Also avoid keeping water containers directly touching the ground or on cement. Store water where it would not cause damage if a container leaked. For more information on water storage and purification, see the following resources:

- www.ChurchofJesusChrist.org/topics/food-storage/drinking-water-guidelines
- <https://www.ready.gov/water>

Water Purification

The treatments described below work only to remove bacteria or viruses from water. If you suspect the water is unsafe because of chemicals, oils, poisonous substances, sewage or other contaminants, do not drink the water. Don't drink water that is dark colored, has an odor or contains solid materials.

Storing water safely

The best source of drinking water during an emergency is water you have stored with your emergency supplies.

Store one gallon of water per person per day--enough for at least two weeks.

Store-bought, factory-sealed bottled water is best. Check for an expiration date and replace as needed.

[Liquid bleach deteriorates after 6 months so replenish often (perhaps Conference Times). Interesting enough, the manufacture date is always missing from the bottles at the store.

Also store powdered calcium hypochlorite (used for swimming pools) good for 10 years.

To use, add 1 teaspoon of the granules to two gallons of water. Be sure to mix it thoroughly and make sure the granules are completely dissolved before using.
After mixing, let the water stand for at least a half hour.
If there is a strong chlorine smell, aerate the water for longer. Allow to sit for an additional 15 minutes.]

Household bleach is typically between 5.25 percent and 8.25 percent chlorine. Read the label. Avoid using bleaches that contain perfumes, dyes and other additives. Be sure to read the label. Cloudy water should be filtered before adding bleach.
Place the water in a clean container. Add the amount of bleach according to the table below. Mix thoroughly and let stand for at least 60 minutes before drinking.

Treating water with household bleach containing 5.25-8.25 percent chlorine

Volume of Water to be Treated -	Bleach Solution to Add
1 quart/1 liter -	5 drops
1/2 gallon/2 quarts/2 liters -	10 drops
1 gallon -	1/4 teaspoon
5 gallons -	1 teaspoon
10 gallons -	2 teaspoons

Caution: Bleach will not kill some disease-causing organisms commonly found in surface water. Bleach will not remove chemical pollutants.
<https://doh.wa.gov/emergencies/be-prepared-be-safe/severe-weather-and-natural-disasters/water-purification>

<https://health.frederickcountymd.gov/DocumentCenter/View/134/Emergency-Disinfection-Drinking-Water-PDF?bidId=#:~:text=You can use granular calcium,per 7.5 liters of water.>

<https://theprovidentprepper.org/making-water-safe-to-drink-7-disinfection-techniques/>

2 B 3 Longer-Term Food Storage

See this page for calculators for food storage amounts -
<http://rockfordstake.selfrelianceclub.com/hsm.htm>

For longer-term needs, gradually build a storage of long-lasting foods that preserve life. Here is a list of basic foods that provide important nutrients:

- Grains (such as white rice*, wheat, corn, rolled oats*, and pasta*)
 - Legumes (beans such as pinto, red, black, white), peas, lentils, soybeans*
 - Sweeteners (sugar or honey)
 - Non-fat dry milk*
 - Fats and oils (such as cooking oil*)
 - Salt and other seasonings*
 - Daily multivitamin supplement* or fruits* and vegetables*
 - For cooking: baking soda, baking powder, yeast*, and spices*
- *shorter shelf life (rotate often)

For more information on amounts of food to store, shelf life, and packaging recommendations, see www.ChurchofJesusChrist.org/topics/food-storage/longer-term-food-supply

In the U.S. and Canada, you can buy food storage items from the Church online store. In some locations in the U.S. and Canada, there are home storage centers where you can buy in person. See www.FoodStorage.ChurchofJesusChrist.org

2 B 4 Non-Food Essentials

Store other necessities you would need for emergencies, in case they are not available to buy.

2 C Food Storage FAQs

2 C 1 Where can I find room to keep food storage?

Store food in a clean, cool, dry place. It is best to store food at room temperature or below but not

2 D Food Production and Preservation

Producing and preserving your own food can help with your food supply. See tips below:

2 D 1 Gardening

Where land is available, you can plant a garden. Remember:

- Vegetables need a minimum of six hours of sunlight per day, depending upon variety.
- Ground for a garden should be level.
- Garden soil needs to be turned over and mixed with other organic matter, such as manure, compost, or leaves.
- Different foods grow well in different climates and soils. Plant foods that grow well in your area. [Maintain a supply of vegetable seeds for next year, observing viability chart for rotation.]

You may also grow food in containers on a patio, balcony, or rooftop. Planting a vertical garden along a fence or wall can help you use unused space. Some food, such as herbs, microgreens, and seed sprouts can be grown indoors. For instructions on gardening, check local sources, such as government agencies. Be sure to check out “Gardening” in Gospel Topics on the Church’s website as well.

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/gardening?lang=eng>

[While you are gardening, plan with the end in mind, saving seed for the next year(s).]

2 D 2 Small Animal Production

Raising small animals can provide you and your family or loved ones with a good protein source. Some animals best suited for raising at home are chickens, rabbits, guinea pigs and goats. If you decide to raise small animals, make sure that it is allowed by your zoning laws and that space [and food] is available.

2 D 3 Preserving Food at Home

Preserving food at home can be a good option. Check to see how the cost, quality, and time involved compare with that of buying canned food.

Instructions for canning (bottling), dehydrating, or freezing food can be found online.

For example:

- nchfp.uga.edu/how/can_home.html (canning)

<https://nchfp.uga.edu/how/can>

- nchfp.uga.edu/how/dry.html (dehydrating)

<https://nchfp.uga.edu/how/dry>

- nchfp.uga.edu/how/freeze.html (freezing)

<https://nchfp.uga.edu/how/freeze>

2 E Planning Your Home Storage Activity

"Organize yourselves; prepare every needful thing" (Doctrine and Covenants 109:8).

2 E 1 Plan to Build or Improve Your Food Storage

Fill out the chart below to help you plan your food storage. Then pick some activities from the next page to help you move forward. You could do these activities for home evening or on your own.

2 E 2 Food Storage Assessment

2 F 2 Self-Reliance Plan

Complete a Self-Reliance Plan for yourself or with your family. Identify resources to help build your home storage and production. Make a plan to increase your self-reliance.

2 F 3 Water Storage

Do you have water that has been stored for a long time?

Empty the containers and use the water to clean, water plants, or do another activity.

Replace the containers with fresh water. Mark the date on the container.

Useful gardening information is found here:

<https://seedsavers.org/category/growing-guides/>

Gardening Workshop 7-Ps.doc (?)

[http://rockfordstake.selfrelianceclub.com/Gardening Workshop 7-Ps.doc](http://rockfordstake.selfrelianceclub.com/Gardening%20Workshop%207-Ps.doc)

Getting Along with your Garden - Ezra Taft Benson Institute on Food and Agriculture

[http://selfrelianceclub.com/Getting Along with your Garden.pdf](http://selfrelianceclub.com/Getting%20Along%20with%20your%20Garden.pdf)

End of document

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October 2024 Newsletter – Area Pres guide chapter 3 – Financial Preparedness

October 2024 Self-Reliance Newsletter – Lesson 3 Financial Preparedness

Leadership Business Corner:

Past newsletters have been archived for your convenience. See link below.

[http://rockfordstake.selfrelianceclub.com/A - Monthly Newsletter and Committee Minutes.htm](http://rockfordstake.selfrelianceclub.com/A-Monthly-Newsletter-and-Committee-Minutes.htm)

Changes in Stake Welfare and Self-Reliance Committee Leadership:

Sr Gail Lee has served the stake as the self-reliance course coordinator and done an admirable job. We thank her.

Sr. Cynthia Prevatke has been called to fulfill that role and we welcome her. Contact her if you or someone you know are interested in taking a course in Personal Finance, Emotional Resilience, etc. clprevatke@gmail.com or 630-485-9172

Br. John Delavan has been called as the Elders Quorum President for R2. He has served the stake in many positions and will be missed.

The Current Committee leadership list includes:

Pr. Griffis, Bi. Carlson, Sr. Bentley, Sr. Prevatke, Sr. Goodwin and Br. Goodwin, with a High Councilor to be announced.

ESL training introduction

Upcoming Lunch & Learn event for potential tutors in Boone County that will be held on Saturday, October 12th from 12 to 2 PM in the first floor meeting room of the Ida Public Library. We are hoping to recruit more volunteers in the Boone County area so we can fill the need for literacy and English as a Second Language instruction for adults!

Even if you don't live in Boone County and wouldn't be tutoring there, you are welcome to attend this event. We will discuss the training process and program requirements, and you will have an opportunity to ask questions and hear from current tutors about their experience. This is a no-commitment event, meaning that you are not obligated to finish tutor training simply by attending, but it will count toward your total training hours if you do. Please let me know if you plan on joining us and I will add you to our list. I look forward to hearing from you soon! Thanks so much,

Sarah Catalfu

Literacy Coordinator, Adult Volunteer Literacy program

YWCA Literacy Council, YWCA Northwestern Illinois

T: 779-210-4733, E: sarahc@ywcanwil.org

Upcomming Regional Optional Leadership training meetings are held at 7 PM via Zoom.

October 13th Topic: What mental health help is available? Where leaders can turn to in a variety of situations. Family Services: Ray DeGraw, Sam Denton, Trish Van De Veer

November 10th Topic: How to better get the word out to members: Finding and sharing church and community resources.

Zoom Link for all meetings:

<https://churchofjesuschrist.zoom.us/j/91499527182?pwd=OWN4SmhXcHNHUjMrY3ZOaW1XRlhwdz09>

Gardening tips:

How to plant tomatoes in the Fall

This process will only work well with open-pollinated seeds, sometimes called heirloom.

Seeds from hybrid tomatoes will not reproduce true to variety.

Prepare a planting area either in the ground or in a large pot.

Place the tomato either whole with skin slit, cut into pieces with seeds or squeeze seeds onto the soil.

Cover with about an inch of potting mix/soil.

Leave exposed to rain/snow over the winter.

After the last frost date in the spring, remove any fallen leaves, etc. from the top of the planting area so it heats up quickly.

After the seeds sprout up with at least 1 set of leaves, transplant into their new homes.

Note: I had a cherry tomato that gave me 89 seeds and another, 122 seeds, so be prepared.

Also: now is a great time to save your seeds from open pollinated tomatoes, peppers, beans, flowers, etc.

Taking care of your pollinators:

While cleaning up your garden, you might want to leave 12-18" lengths of hollow or pithy stemmed perennials for stem nesting bees to use next Spring, about April. Leave them available for the remainder of the summer and the bees will bless you.

Hack of the month:

Research the potential of baking soda and super glue. Amazing stuff.

Two resources recently discovered: (Thanks to Richard and Terri Reid of Freeport.)

Azure Standard Food Company, Online food ordering system with local delivery sites.

Yuka app to scan barcodes for food values. Rates food by nutritional values.

Late and Breaking News:

I just found 3 articles that were published in the Marriott School magazine on Economic Self-Reliance. The links are posted here and will be put on the website: rockfordstake.selfrelianceclub.com.

Hopefully, the articles will be translated into Spanish and Swahili soon.

Part 1 Winter 2007 - Microenterprise Education

<https://marriott.byu.edu/magazine/faculty-research/microenterprise-education>

Part 2 Summer 2007 - Microfranchising

<https://marriott.byu.edu/magazine/microfranchising>

Part 3 Fall 2007 - Single mothers and self-reliance

<https://marriott.byu.edu/magazine/faculty-research/single-mothers-self-reliance>

Welcome to the Third of Four sections of the NA Central Presidency Preparedness Guide – Financial Preparedness

This newsletter is an abbreviation of the full chapter to inspire further investigation and study. The Link is listed below:

<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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Guidelines

Making wise choices with your money boosts your confidence and prepares you for life's ups and downs. Here are some guidelines to help you:

Avoid Debt

Debt can build up quickly, and paying interest adds to the cost. If you've gotten into debt, try to pay it as soon as possible. Here are some reasons you may need to get a loan:

- Buying basic transportation, if necessary.
- Getting an education that leads to better work.
- Buying an affordable home.

For other big purchases, save your money and buy it when you can afford to pay for it without going into debt.

Use a Budget

A budget helps you plan how to use your money each month.

Committing to a budget will help you build self-reliance.

Resources can be found online (see the Personal Finances manual at

<https://www.churchofjesuschrist.org/self-reliance/course-materials/personal-finances?lang=eng>)

Other resource:

Personal Finance addendum – great information for all levels. Written by authors of the Personal Finance Manual.

Link: <https://personalfinance.byu.edu/helpingothers>

[Also see One for The Money,

https://www.churchofjesuschrist.org/bc/content/shared/content/english/pdf/language-materials/33293_eng.pdf

Build a One-Month Emergency Fund

Work to build a one-month emergency fund to protect you and your family from financial troubles. Like any goal, building up an emergency fund will take some time, and that is OK. You can start by putting any extra money you have toward your fund.

Have Insurance

Insurance can help protect you financially. There are many types of insurance, but the most common are:

- Property insurance: Examples are homeowner's, renter's, and auto insurance. This can help cover the cost to replace or repair property when there is serious damage, theft, or destruction, depending on the coverage you purchased.
- Health insurance: This insurance can help you cover the cost of health care. It may help you pay for checkups, medicine for sickness, or major medical events. Your need for health insurance may vary. Health care may also be a government service in your area.
- Life insurance: Life insurance provides a family with money if an insured family member dies. This can help a family stay safe if they lose their provider or cover costs associated with medical treatments or a funeral.

Put a Little Away

As you prepare for the future, save money where you can.

(Note: one family created a savings account with the utility companies by paying extra on the gas and electricity in the off seasons. Some utilities even pay interest on the credit balance.)

Seek Education

Consider certifications, trainings, and trade school, college, or university degrees that might enrich your mind and help you make a living.

(Self-education in areas of interest have been of great benefit to us.)

"For members of the Church, education is not merely a good idea—it's a commandment," said Elder Dieter F. Uchtdorf, then Second Counselor in the First Presidency ("Two Principles for Any Economy," Ensign or Liahona, Nov.2009, 58).

<https://www.churchofjesuschrist.org/study/liahona/2009/11/two-principles-for-any-economy?lang=eng>

President Thomas S. Monson reminded us of the blessings of receiving an education: "Your talents will expand as you study and learn. You will be able to better assist your families in their learning, and you will have peace of mind in knowing that you have prepared yourself for the eventualities that you may encounter in life" ("Three Goals to Guide You," Ensign or Liahona, Nov. 2007, 119).

<https://www.churchofjesuschrist.org/study/liahona/2007/11/three-goals-to-guide-you?lang=eng>

[Strive to learn all you can, make yourselves valuable. (To the world and to God)]

Save for Retirement

President Ezra Taft Benson taught, "As you move through life toward retirement and the decades which follow, we invite all . . . to plan frugally for the years following full-time employment" (Teachings of Presidents of the Church: Ezra Taft Benson [2014], 208).

There may be government or social programs that can help you during retirement. You will probably also need to use money from your savings in retirement. Planning now can help you have enough money to be self-reliant after you retire

One-Month Emergency Fund

Creating a one-month emergency fund can help you be prepared for future financial challenges.

Estimate the money you need for one month of living expenses. For the next one or two weeks, use

this worksheet to track money received or spent. Common expenses are listed below as well as a space for your paycheck or income. Add other expenses as needed.

Personal note: we wish we had taken the Personal Finance course about 30-40 years ago. We would have been better financially prepared.

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November 2024 Newsletter – Area Pres guide chapter 4 – Emotional Resilience

Leadership Business Corner:

Opportunity to support the youth achieve their goals.

The Rockford Stake is presenting a Self-Reliance Conference next year, 2025, date pending.

I would encourage all youth and adults to participate as much as possible. Put on your thinking caps and learn, grow and share. See the display suggestions listed at: 2025 Rockford Stake Self-Reliance Conference Display Possibilities

Other ideas related to self-reliance would be welcome, please let me know.

Regional Optional Leadership training meeting will be on November 10 at 7 PM via Zoom

<https://churchofjesuschrist.zoom.us/j/91499527182?pwd=OWN4SmhXcHNHUjMrY3ZOaW1XRlhwdz09>

Topic: How to better get the word out to members: Finding and sharing church and community resources.

2025 Rockford Stake Presidency Invitations

With faith in Jesus Christ, we will joyfully walk the covenant path that leads to eternal life.

We will worship in the temple as often as we can and help others to do likewise.

We will seek revelation by praying always and studying the Book of Mormon daily.

We will show love to everyone, freely share the blessings of the gospel, and invite all God's children to join us on the covenant path.

Gardening tips

"The trees are leaving us." Please leave some leave for the critters in your garden.

This is the time to think about homes for our pollinators by leaving hollow stemmed plants to be pruned in April for new nesting sites for the following year.

Hack of the month

Sugar and ashes fire starter, wonderful topic to research.

Also check out The Chemical History of a Candle by Michael Faraday, a course of six lectures.

Other resources:

Military emotional resilience manual link

Not only for military deployment but also for kids going off to college or on a mission, etc..

Check it out.

Welcome to the Fourth of Four sections of the NA Central Presidency Preparedness Guide – Emotional Preparedness

This newsletter is an abbreviation of the full chapter to inspire further investigation and study. The Link of the full text is listed here:

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

Guidelines

Becoming like the Savior includes facing challenges and hardships. He will help us use adversity to grow and develop our character

Being emotionally resilient is the ability to adapt to challenges with courage and faith in Jesus Christ. We can each learn skills to become more emotionally resilient. Good mental and emotional practices can help us prepare for the challenges of life. The illustration below is an overview of some of these practices.

Develop healthy thinking patterns

Manage difficult emotions

Understand our bodies and emotions

Use healthy coping skills during difficulties

Build healthy relationships

Provide strength to others; draw strength from others

Keeping Yourself Emotionally Resilient

To stay emotionally resilient, we must learn to recognize and manage our own emotions and help others do the same. We can reach out for more help from friends, family, and qualified professionals when needed. The activities in this section cover basic skills to help you face challenges with greater resilience.

Getting More Help When Needed

Support Groups

Groups are a great way to build emotional resilience. Check with a member of the bishopric to see what is available in your area.

- Emotional Resilience Self-Reliance Group (a 10-week group using the Emotional Resilience manual)
<https://www.churchofjesuschrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources?lang=eng>

- Addiction Recovery Program Group, a 12-week on-going support program.

<https://www.churchofjesuschrist.org/study/manual/addiction-recovery-program-2023?lang=eng>

- Addiction Recovery Program Spouses and Family Support Group, a 12-week on-going support program.

<https://www.churchofjesuschrist.org/study/manual/support-guide-help-for-spouses-and-family-of-those-in-recovery/introduction?lang=eng>

How to Know When Professional Help Is Needed

In general, professional help is needed when you are struggling with a continuing and severe problem that you can't get any relief from. Here are other signs that you may need professional help:

- Suffering from feelings of overwhelming anger, sadness, fear, emotional pain, or hopelessness that don't go away.

- Issues that continue and do not lessen

- Feeling weak physically.

- Change in appetite and sleep patterns.

- Uncontrollable sense of worry and anxiety.

- Considering harming self or others.

- Difficulty functioning day-to-day or doing daily tasks.

Help from Family Services

A bishop can refer a member to receive counseling from professionals through Family Services.

Finding the Right Professional Help in the Community

In some places, Family Services has identified community professionals whose approach is compatible with Church beliefs. When you are looking for a professional, remember that you are a consumer of a service and have the right to ask questions. Consider looking for a professional who has these characteristics:

- Understands and respects your values and what you want to get out of therapy.
- Can explain his or her training and experience and how it relates to your needs. Look for qualified professionals such as licensed marriage and family therapists, licensed clinical social workers, psychiatrists, psychologists, professional counselors, and so on.
- Has sessions that are right for you in length, cost, and so on.
- Is willing to consult with your Church leader on your progress and work together to help you.

Reducing Stress and Anxiety Activity

God allows us to experience hard times as part of our growth. He will help us. We can learn skills for managing our emotions and dealing with life's troubles. As we practice these skills in our day-to-day life, we will be better prepared to handle new challenges successfully.

Developing Healthy Ways to Cope with Stress

Stress and worry are normal parts of life. Stress comes from situations and motivates us to act. Anxiety is a feeling of too much worry and does not go away after a situation is over. In times of difficulty, stress and anxiety can become stronger and make it hard to function well. Here are some ways to manage stress and anxiety. Check those you already use or ones you want to try. Ways to Manage Stress and Anxiety

Ways to Manage Stress and Anxiety

Now choose a few of the ideas you checked. Plan how you could use them within the next three to four days to help with something stressful. Write down how and when you could do this. Share your plan with another person who can understand and encourage you.

End of Lesson and Guide

As you have read these 4 parts of the guide, I hope you have found something worth noting, investigating deeper and implementing in your lives. Just so you know, this guide is being implemented in all areas of the world.

<https://www.churchofjesuschrist.org/study/history/saints-v4/part-4/33-what-is-this-church?lang=eng>
Indeed, what church is this? One which actively teaches principles of spiritual and temporal preparedness and self-reliance. One who wants you to succeed in every aspect of your lives. Truly, God is looking out for his children, if they only know where to find it. Let's help them!

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December 2024 Newsletter – What to give the Savior for His Birthday?

Leadership Business Corner:

Please promote the self-reliance classes in your units every chance you get.

The stake contact person for self-reliance courses is Sr. Prevatke, clprevatke@gmail.com, 630-485-9172

Gardening tips

Plan now for the cold stratification of these seeds, ie, seeds requiring cold, moist conditions to break dormancy to be able to sprout. They can be planted outside now and winter will take care of this process automatically.

Elecampane

Annise Hyssop
Joe Pye Weed
New England Asters
Lobelia Inflata
Arnica

Hack of the month

Rust removal with a battery charger and washing soda, aka, baked baking soda.

<https://www.familyhandyman.com/project/how-to-remove-rust-with-electrolysis/>

Late and breaking news:

What are the Church's best kept secrets? What the members do or used to do for a living, school training, experiences, knowledge, skills and talents given by God?

How does the Bishop or stake president know who to call upon for specific needs?

Who can be contacted to assist the youth for mentoring on a specific topic?

See these links:

<http://rockfordstake.selfrelianceclub.com/Skills%20and%20Talents%20Survey%20Form.xls>

http://rockfordstake.selfrelianceclub.com/talent_interestsurvey%20June%201998.pdf

The task: how to solicit and catalog this critical information?

Please participate in this endeavor and forward this information to me.

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What Birthday Gift can you give to the Savior this Christmas?

What do you give a man who has everything, literally?

One who can raise the dead, heal sickness and ailments?

He doesn't ask much, just our time, faith in Him and dedication to Him.

"If you love me, keep my commandments"

Love the Lord thy God and love your neighbor as yourself

Be his hands and feet to help your neighbor.

Visit the temple as often as possible.

Obedience to God's commandments, laws and covenants

Pay tithes and offerings

[http://selfrelianceclub.com/Blessings of a generous fast offering.doc](http://selfrelianceclub.com/Blessings%20of%20a%20generous%20fast%20offering.doc)

Get as much education as you can: knowledge, skills, talents, experience, with the Lord's help.

Follow the prophets: ancient and modern

Oct 2020 General Conference

Elder Bednar

<https://www.churchofjesuschrist.org/study/general-conference/2020/10/12bednar?lang=eng>

Bishop Waddell

<https://www.churchofjesuschrist.org/study/general-conference/2020/10/25waddell?lang=eng>

President Nelson to the Women

<https://www.churchofjesuschrist.org/study/general-conference/2020/10/37nelson?lang=eng>

April 1979 Welfare session:

Elder McConkie

<https://www.churchofjesuschrist.org/study/general-conference/1979/04/stand-independent-above-all-other-creatures?lang=eng>

I have studied El. McConkie's talk several times recently and cannot help but feel that through God's great mercy, we can survive anything.

President Romney

<https://www.churchofjesuschrist.org/study/general-conference/1979/04/fundamental-welfare-services?lang=eng>

President Kimball

<https://www.churchofjesuschrist.org/study/general-conference/1979/04/applying-the-principles-of-welfare-services?lang=eng>

As we approach the Christmas season and the promise of the New Year, let us set goals and make promises as to what we can do better, to help bless and serve others, to the best of our abilities. This is my wish for all and hope you all have a Very Merry Christmas and Prosperous New Year.