

## Consolidated newsletters – English translation format – 2025

### 2025 newsletters

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### 2025 newsletters

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#### January 2025

#### January 2025 Self-Reliance Newsletter – Rockford Stake Self-Reliance Conference

##### Gardening tips

Seed is of the essence for life. Saving seeds save lives.

Roland Hallert Shumway once said he wanted to be remembered by providing “Good seeds cheap.”

My goal is to help provide good seeds FREE. I’m working with local libraries and garden clubs to create and maintain seed libraries. A place to get good seed free. If you wish to utilize your skills and talents to help with this process, please contact me.

Local libraries needing volunteers for seed libraries include:

Rockton Talcott Free Library

Beloit Public Library

Check with your local library to see if they need help.

##### Hack of the month

Zig Ziggler Goal Setting Formula to accomplish any goal:

Seven (7) steps for setting and achieving goals include:

1. Clearly define the goal
2. set a date when to accomplish the goal
3. identify the obstacles to overcome
4. identify the people, organization you must work with

5. identify the skills and resources necessary
6. develop a plan of action
7. clearly identify the benefits

Late and breaking news:

Using urine can boost tomato growth 4 times!

Plants fertilized with a mixture of stored human urine and wood ash produced 4.2 times more fruit than plants without the pee, the study found. The urine-fertilized tomatoes had more beta-carotene than unfertilized ones, and much more protein than traditionally fertilized plants.

<https://www.popsci.com/environment/article/2009-09/fertilizer-future-might-be-closer-we-think/>

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Rockford Stake Self-Reliance Conference

Saturday March 22, 2025 - 9AM-Noon

324 University Avenue, Rockford, IL

What is it? It is a gathering of a few speakers and presenters of self-reliance and preparedness skills, tools and information to help one to become better able to survive and endure some challenges in life.

Who is it for? Everyone, young and old. There is something for everyone, even primary children.

Why is it happening? The Rockford Stake desires the community to become more self-reliant and better prepared for disasters and other situations occurring in life.

How you can participate!

Attend with your questions, suggestions and comments and an open mind.

Sponsor a display table showing your expertise in self-reliance skills.

Invite others to join you to learn interesting aspects of preparedness.

The Format will consist of an introduction to the Conference.

Display tables will be set up around the cultural hall to promote specific topics of self-reliance and preparedness including:

Solar power generation

BYU Pathway information

Self-Reliance Courses and participation information

Bishop Storehouse Family Storage information

Several classroom presentations will be available including:

Winter vehicle survival,

Budgeting and finance,

Employment and Job-hunting information

Gardening

Food Preservation

Children Learning Center (in the Primary room), ie, child involvement up to 1 hour each.

If you, your organization or your unit wish to sponsor a table or classroom presentation, please contact me asap.

Oh yes, refreshments will be served.

Several activities are still open, like table setup, takedown, cleanup, etc.  
I invite you to participate as best as you can. Include your neighbors and friends.

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February 2025 Self-Reliance Newsletter – Garden Planning, et al.

Leadership Business Corner:

Updated list of stake welfare and self-reliance committee members:

Pr. Ted Griffis, Stake Presidency

Br. Steven Sarver, High Councilor, new addition to the committee

Sr. Chiemi Bentley, Stake Relief Society Presidency

Sr. Cynthia Prevatke, Stake Welfare and Self-Reliance Specialist

Sr. Debra Goodwin, Co-chair, Stake Welfare and Self-Reliance Specialist

Br. Michael Goodwin, Co-chair, Stake Welfare and Self-Reliance Specialist

Gardening tips

See Below:

Herb(s) of the Month Showcase:

Comfrey – *Symphytum officinale*

Plantain – *Plantago major*

Both contain allantoin – a cell proliferant to encourage and hasten healing of the body.

<https://www.webmd.com/drugs/2/drug-20247/allantoin-topical/details>

See the Feb 2024 newsletter for specific situations involving both of these miracle plants. Also see Alma 46:40

Hack of the month

Removing rust with battery charger.

<https://www.instructables.com/Electrolytic-Rust-Removal-aka-Magic/>

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

In case you don't have any washing soda laying around, it is simply baked baking soda.

Cool! This product is also used for the nixtamalization of corn and making ramen noodles from spaghetti. Super Cool!

Late and breaking news:

January Area Self-Reliance Training for Leaders: Mental Illness Issues, Wonderful Resources for Leaders and Parents.

<http://rockfordstake.selfrelianceclub.com/Church%20Resources%20Copy.htm>

Also: Don't forget to Save the Date of 22 March 9 to Noon for the:  
Rockford Stake Self-Reliance Conference at the Stake Center.  
Children are welcome to come and participate in activities just for them!  
Youth are also welcome and encouraged to attend.  
And refreshments will be served.  
[http://rockfordstake.selfrelianceclub.com/2025 Self Reliance Conference Poster.pdf](http://rockfordstake.selfrelianceclub.com/2025%20Self%20Reliance%20Conference%20Poster.pdf)

Last but not least: I just learned (2/7/25) you can nixtamalize dry BEANS to remove the skins and increase the nutritional value, just like you can for corn. Check it out.

Finally, the:  
NEWSLETTER

### Garden Planning and Food Production

NOW is the time to start planning your garden.  
Have you reviewed the new seed catalogs yet? Is your mouth watering?  
Have you inventoried your left-over seed supply for the coming season?

How is your compost pile faring? Do you need to add more nitrogen this coming fall to carry it over the winter? Great adjuncts include nettles and comfrey, loaded with nitrogen.

Aim for a C:N or carbon nitrogen ratio of 15:1 to 20:1; but mother nature is not too critical. Remember to aerate it if it starts to smell and add water if too dry. Bacteria require food, air and water to do their work and create the best potting medium you could ask for.

Some overlooked indoor gardening techniques. These are wonderful ways to EASE into gardening. Note: use seed specifically designated for eating purposes. Purchased garden seeds are not recommended unless you grew the sprouting seeds yourselves.

### Sprouting

Soak and grow sprouts from seed to have fresh vegetables in a couple of days. Without soil, much light and in the dead of winter. Varieties can include alfalfa, clover, dry beans (some taste like fresh corn on the cob), etc.

### Microgreens

An extension on the sprouting principle. Actually grow trays of greens and shoots to eat in your salads and sandwiches. Varieties like radish, kale, cabbage, sunflower (I won't yuk your yum), broccoli, onion, chives and many others grown in soil with light for some pretty quick and nutritious food. Have you ever heard of pea shoots or tendrils? Very tasty.

Gardening Workshop Document.pdf – Newly revised edition.  
This is my 'book' in process and highlights the 7 P's of Gardening.

Some entries are just ticklers for me when I give lectures, some provide food for thought and good items to research.

<http://selfrelianceclub.com/Gardening%20Workshop%20Document.pdf>

I encourage everyone to save seed, banking them for a day of need. I buy seed this year for next year, as recommended by Bishop Featherstone.

April 1976 Food Storage conference talk, Bishop Vaughn J. Featherstone said:

“Follow the prophet. He has counseled us to plant a garden and fruit trees. This year, don’t just think about it—do it. Grow all the food you possibly can. Also remember to buy a year’s supply of garden seeds so that, in case of a shortage, you will have them for the following spring.”

Methods to Save Seed:

- 1 – use less seed, plant sparingly, no thinning required. Make every seed count.
- 2 – save balance of seed packets not planted, keep for second crop or next year.
- 3 – save seed from ripened fruits and vegetables for next and subsequent years.
- 4 – get 4-6 more plants from 1 seed by propagating cuttings early in the year, including hybrids.
- 5 – plant a row specifically for seed banking

You might also try winter sowing seeds for an early start, especially with seeds requiring cold stratification to break dormancy.

<https://extension.missouri.edu/publications/ym105>

A modification of the hot bed/cold frame techniques commonly used.

Look to help your local seed libraries and seed banks. They always need volunteer support.

A quick guide to starting you own plants from seed.

<https://www.southernexposure.com/a-beginner-s-growing-guide/>

A timetable showing when to start seeds based on last average frost date:

<http://selfrelianceclub.com/Dates%20to%20start%20seed%20-%20Spring%202025.xlsx>

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March 2025

March 2025 Self-Reliance Newsletter - Stake Self-Reliance Conference

Gardening tips

Plan to buy your seeds soon. 6 Weeks till last frost date (Apr 28 +/- 2 weeks)

Plan to plant for seed saving so you will have seed next year:

<https://cclivingstoncounty.org/resources/saving-seed-for-next-year>

Herb(s) of the Month Showcase:

Bitters: It is a bitter pill to swallow but what wonderful effects.

<https://www.healthline.com/health/food-nutrition/how-to-use-bitters#what-are-they-good-for>

Bitters for digestion and gut health:

dandelion

burdock

Hack of the month:

This might also fall under the gardening tip portion:

No farmer in his right mind would throw away the manure and urine produced from his animals, realizing the fertilizer value they contain. We shouldn't either.

Yield and quality of vegetables fertilized with human urine and wood ash

<https://core.ac.uk/download/pdf/15167955.pdf>

This process has reported a 4.2 times increase in the number of tomatoes compared with unfertilized tomatoes. That's 420% from items that are casually discarded.

See [selfrelianceclub.com](http://selfrelianceclub.com) for more information.

Late and breaking news:

Two new seed libraries are starting up this Spring for the first time in our Stake boundaries, Stillman Valley and Roscoe. Please consider donating time and resources to help. Rockton Talcott Free Library open house Wed, 9 April, 5:30 for seed library presentation by me.

Please contact Stillman Valley Library @:

Maggie Shea

Outreach Librarian

Julia Hull District Library

(825)645-8611

And Michelle Koch, Adult Services Librarian in Rockton @ 815-624-7511

They could use all the volunteers they can get.

2025 Stake Self-Reliance Conference

22 March 2025 at the Stake Center 9 AM to 12 PM

Come and bring your friends and neighbors.

See attached spreadsheet for events, times and places for each.

Newsletter Language Identification: en is English, es is Spanish, gr is Greek, sw is Swahili and po is Portuguese Brazil.

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April 2025

April 2025 Self-Reliance Newsletter – the Nature of Nature

Leadership Business Corner:

I wish to thank all who attended and participated in the Stake Self-Reliance Conference. Turnout was wonderful with lots of education for all.

A Rockford Area Community Resources for Immigrants and others needing help document was made available after the conference. This was provided by Carla Woodson, the Area Welfare Manager, visiting us from Minneapolis for the Self-Reliance Conference.

<http://rockfordstake.selfrelianceclub.com/Rockford%20Area%20Community%20Resources%20for%20Immigrants%202025%20Woodson.pdf>

### Gardening tips

The Abundance of seeds.

Have you ever counted the seeds in one dandelion blossom? I will, the first chance I get.

Matthew 13:8, in the parable of the sower, we are reminded:

8 But other fell into good ground, and brought forth fruit, some an hundredfold, some sixtyfold, some thirtyfold.

9 Who hath ears to hear, let him hear.

You may have heard my accounting of a cherry tomato producing 89 seeds, a black cherry tomato producing 122 seeds. Many more than for our own needs, allowing some to be stored and shared.

I mentioned in the March newsletter about two local seed libraries starting up this year, one in Rockton and one in Stillman Valley. There are also seed libraries in Freeport, Belvidere, Roscoe, Loves Park, Sycamore, Beloit and other areas, all needing your extra seeds and support. Please consider helping them.

Rolland Hallet Shumway (R.H.), a world famous Rockford seedsman, wanted to be known for providing "good seed cheap". I am supporting libraries to help provide good seed Free!

After all, God provided us with seed free during the creation. His only requirement is that we till and take care of the Earth.

I heard a recent sacrament meeting talk about the parable of the talents, Matthew 25. It hit home when I realized that one of my talents consists of burying things in the ground.

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To get earlier production of your tomatoes, etc. try the pot in a pot method.

When you buy a package of seeds, you should see a "days to maturity" value on it.

This indicates the average number of days from when the plant is actively growing in the garden to the expected time of harvest. Read, days from the last transplanting of the plant, or in other words, days from the last transplant shock the plant receives.

For the Amish Paste tomato, that value is 80-90 days. That's almost 3 months!

What if you don't transplant the plant into the garden? What if there is no transplant shock? You can save, let's say 60 days of maturity time by doing your final transplant 60 days before you plant the plant in the garden.

What if you plant the 60 day old plant into the garden soil, or final growing pot, without taking it out of the existing pot, thereby avoiding transplant shock. That's right, plant the plant, pot and all into the ground. The small pot the plant is growing in will support the plant very well, it has for the last 60 days. Plant the pot deeper in the ground by at least 6 inches if possible. Remove the lower leaves is necessary and fill dirt around the pot and stem to ground level.

Two things will happen. The plant will send roots down into the soil through the holes in the bottom of the pot to help the plant grow.

The stem, buried in soil, will generate adventitious roots, growing outward into the soil, providing moisture and nutrients to the plant.

The two following photos are of pepper plants grown by the pot in pot method. Some of the bottom roots have broken off due to handling issues but you can see the size of the stalk how large they were.

Herb(s) of the Month Showcase:

To mention dandelions again, I've heard of the sunflower being called sunshine on a stick, I see the dandelion flower as sunshine on a stem.

Besides being one of earliest blossoms of benefit to pollinators, if you only knew the rest of the story! It is a great source of bitters, a somewhat nasty tasting substance. When you taste something bitter on the tongue, a miracle happens. Bile is released into your digestive tract providing increased assimilation of the food you are eating, increasing absorption of nutrients into your body. Wow.

The early leaves included in your salads can give you that bitter taste, and the dried roots are a wonderful liver tonic herb.

Lettuce used to be a bitter too until the bitterness was bred out of them.

[https://thepracticalherbalist.com/advanced-herbalism/herbal-encyclopedia/dandelion-the-liver-cleanser/#google\\_vignette](https://thepracticalherbalist.com/advanced-herbalism/herbal-encyclopedia/dandelion-the-liver-cleanser/#google_vignette)

<https://draxe.com/nutrition/dandelion-tea/>

Another lowly herb is the plantain. As mentioned in the March newsletter briefly, it will relieve the sting from bees and mosquitoes, as the young women can testify of, relieve blood poisoning and be a cell proliferant.

We trample both of these two plants underfoot without giving it a second thought.

Alma 46:40 talks about the excellent qualities of the plants and roots that God has placed on the Earth to remove the cause of diseases and for the benefit of man. And how long did he do this before man was even placed on the earth?

From this site, you can learn more about ailments, etc. for specific herbs:

<https://herballegacy.com/>

From this site, you can review the complete course work about medicinal herbs from a LDS Army Herbalist. Great reading and learning.

<https://online.snh.cc/files/2100/HTMLredacted/>

## The NEWSLETTER

### The Nature of Nature

Let me preface this newsletter with the facts that:

April is Earth Month, the 22nd of each April is celebrated as Earth Day.

April is National Garden Month.

Have you ever wondered where Nature's landfill is?

Nature never produces waste, it is simply the raw materials for the next step in the cycle of life.

When you throw something away, where is away?

To some place on the planet, continually being filled with "waste" until it is full and then another spot is located for the process to continue?

I think we need to change our thoughts of waste management as resource management. One man's trash is another man's goldmine.

If we recycle, reuse, reduce, re-purpose, repair our waste stream, it won't have to flow downhill to a hole in the ground.

I got a lesson on this principle at the temple last year.

I provided over 400 plants around Mother's Day to several units. Each plant was contained in a plastic pot, which I recovered and recycled from my employment in a garden center. While visiting the temple, the landscapers were making the area beautiful by replacing old plants with new. I saw a stack of empty plastic pots on the sidewalk and asked what was going to happen to them. I was told they would be thrown away. I asked if I could be their garbage man and they happily agreed. I recovered over 500 pots headed for the landfill to replace the pots I gave away earlier. God works in mysterious ways.

I visited Costco and their landscapers were busy at work replacing old plants with new. I was able to recycle their "waste" pots and reuse them.

Opportunities abound for loving the earth.

Let's talk about fresh water:

How many times do we flush 4-6 ounces of urine down the toilet using about 1.6 gallons of fresh, pure, treated drinking water to do this? When we flush it away, where is away?

The next/current shortage is for fresh water. As the fresh water icebergs continue to melt and be lost and be diluted in the salt water of the oceans, our resources of fresh water diminish. I remember a Readers Digest article over 30 years ago talking about the Water Wars. Thinking about the water shortages in the West over the last several years, the water wars are continuing in the struggle to provide fresh water for cities, agriculture, fire fighting, etc.

The RD article mentioned that ocean freighters wanted to dock in our Great Lakes, filling up with fresh water to transport it back to the orient, because they have a lack of fresh water. Countries in the Middle East have used up all of their water resources so are purchasing land in our West, along with the water rights, to grow alfalfa hay to ship back to their homes to feed their dairy cows.

We are pumping water out of our aquifers at a non-sustainable rate.

Conservation is the only remedy we have in order to have enough water for our very existence.

I pray we can treat the earth with respect and utilize the resources in the best possible way.

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May 2025

May 2025 Self-Reliance Newsletter Youth Self-Reliance

Leadership Business Corner:

Stake Conference – Principles of the Gospel Chart as instructed by Elder Rodney Ames of the Seventy.

May 17, 2025

It doesn't get any simpler.

Gardening tips:

Succession planting:

Same crop: radishes every 30 days

Determinate tomatoes: ripens all at once, then dies.

Cucumbers: produce for limited time, then dies.

Keep new transplants in the wing for continued harvest.

New annual fruit discovered: ground cherries (husk tomatoes)

Herb(s) of the Month Showcase:

Comfrey and nettles make great compost activators along with compost tea for liquid fertilizer production.

Hack of the month

Michael Faraday

He gave us electric motors, generators, electrolysis, transformers, ...

Search on internet archive.org

<https://ia801301.us.archive.org/8/items/cu31924012323014/cu31924012323014.pdf>  
Michael Faraday: His Life and Work.  
Project Gutenberg.org  
<https://www.gutenberg.org/ebooks/author/5541>

Appropriate technology

I am a sucker for AT. Old fashion ways to do things.

New fangled ways to do things.

I discovered how to use a 5 gal bucket with a small pond pump and remote switch to water my small plants with ease.

Remember the Foxfire books? They are available at the link in the next section.

Technical tip: URL mining:

When I'm doing research on the net and find an article that labeled chapter 8, or something like that, I always shorten the URL to see the source. The results can be surprising.

Like this one for Suzanne Ashworth's book Seed to Seed on Seed Saving.

<https://theswissbay.ch/pdf/Books/Survival/Farming,%20Animalraising,%20Homesteading/Farming%2Bgardening/Gardening/Seeds/Seed%20to%20Seed%20Complete.pdf>

Mine the URL to <https://theswissbay.ch/pdf/> and see the wealth of free information available at your fingertips.

Late and breaking news:

The Optional Leadership training held on Sunday, May 18 by the Area Welfare Manager addressed Youth Anxiety and Depression issues.

Brother Gary Robinson lead the discussion.

Mentioned the continuous and exclusive use of technology can lead to serious issues with Youth.

Mental and emotional helps can be found on the church web site at:

<https://www.churchofjesuschrist.org/study/life-help/mental-health?lang=eng>

Next meeting in July 20 at 7 PM on Strengthening Marriage and Families. Let me know if you need the zoom link.

The Newsletter: Children and Youth Self-Reliance

I will refer and link you to other sources more knowledgeable on these matters.

Hugo Martinez April 2022 - Teaching children self-reliance

<https://www.churchofjesuschrist.org/study/general-conference/2022/04/46martinez?lang=eng>

"How can we teach the doctrine and principles of self-reliance to our children and youth? One important way is to regularly apply the principles of the Children and Youth program. Parents and children learn the gospel of Jesus Christ, participate in service and activities, and work together in four areas of personal development that are unique for each child. It is no longer the same prescribed program for all."

My underlining for emphasis.

Children and Youth Program

<https://www.churchofjesuschrist.org/youth/childrenandyouth?lang=eng>

[https://www.churchofjesuschrist.org/bc/content/ldsorg/content/pdf/children-and-youth/PD60005946\\_000-Service-and-Activity-Planner.pdf](https://www.churchofjesuschrist.org/bc/content/ldsorg/content/pdf/children-and-youth/PD60005946_000-Service-and-Activity-Planner.pdf)

Self-Reliance\_ A Practical and Informal Discussion of Methods of Teaching Self-Reliance, Initiative and Responsibility to Modern Children – Dorothy Canfield Fisher  
288 pages

<https://dn790000.ca.archive.org/0/items/selfrelianceprac00fishuoft/selfrelianceprac00fishuoft.pdf>

Service Opportunity:

I am looking to start a local seed bank organization in the Rockford area.

If anyone is willing to share their time and passion of gardening, please contact me for a zoom introduction meeting coming soon.

For more information on Stake Self-Reliance, goto <http://www.selfrelianceclub.com>.

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June 2025

June 2025 Self-Reliance Newsletter – Stake Self-Reliance Web Site Overview and Health

Leadership Business Corner:

Two new callings:

Daniel Stallings, R1 – Stake Employment Specialist

ShaeLee Merrifield, Belv – Stake Education Specialist

Gardening tips

I have mentioned in an earlier newsletter about propagating tomato suckers into new plants. I have discovered that you can also cut up a tomato stem into segments, each including one leaf, a leaf node and a stem portion below the node, and propagating it in water for new plants. Each leaf node will produce a sucker and the stem will produce roots and grow into a new plant.

Herb(s) of the Month Showcase:

Shepards' purse and yarrow can be used to stop bleeding. Both are growing wild in my yard.

Cayenne pepper powder also works.

Shepards' purse

<https://www.webmd.com/vitamins/ai/ingredientmono-51/shepherds-purse>

yarrow

[https://online.snh.cc/files/2100/HTMLredacted/snh\\_wound.htm](https://online.snh.cc/files/2100/HTMLredacted/snh_wound.htm)

cayenne

[https://online.snh.cc/files/2100/HTMLredacted/issue\\_3\\_\\_\\_cayenne.htm](https://online.snh.cc/files/2100/HTMLredacted/issue_3___cayenne.htm)

“One young man had cut his hand deeply, fingers as well as the palm. The blood spurted out in streams. He poured a large amount of Cayenne into the wound, and within seconds the blood flow slowed down, congealed, and stopped. He wrapped with wound, covering it first with a goodly amount of Cayenne. He was so excited about these results that he could hardly wait to attend the next herb lecture to tell about it. But when he unwrapped the bandage to show the audience, instead of a deep, ugly scar, the area was healed and there was no scar at all!”

Hack of the month

Over the years, I have accumulated several rain barrels and am converting them into raised growing beds. Easier to maintain, weed, watch and keep away from the critters.

Another hack: who doesn't have a bunch of empty #10 cans at their disposal? I attach a garage door lift handle and two 5-7" heating duct hose clamps to make a wonderful 3 quart soil scoop.

Late and breaking news:

Humans in the Garden Series: Plant – Grow – Eat

A new endeavor to help everyone learn gardening.

If anyone want to collaborate with me on this, let me know.

The Newsletter:

What is HERSHEY?

H – Health

E – Education

R – Resource Management

S – Social Emotional Spiritual Strength

H – Home Production and Storage

E – Employment

Y – Year's Storage

The Web Site:

The Domain: [selfrelianceclub.com](http://selfrelianceclub.com), Spanish and Swahili versions available here.

The Subdomain: [rockfordstake.selfrelianceclub.com](http://rockfordstake.selfrelianceclub.com)

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Website splash page:

Rockford Illinois Stake Welfare and Self-Reliance Resources

Physical Health  
Literacy and Education  
Financial and Resource Management  
Social-Emotional and Spiritual Strength  
Home Production and Storage  
Career Development

Rockford Area Community Resources for Immigrants 2025 Woodson (.pdf)

New Leader Training Information  
Area Temporal Preparedness Guide  
Area Temporal Preparedness Guide - Spanish  
Skill Pods Module  
Self-Reliance Group Classes  
Monthly Newsletter and Committee Minutes  
General Preparedness Information  
Church Temporal Preparedness Resources

Language Learning

On this website, you will find:

No advertising  
Nothing for sale  
No cookies, the chef is too cheap to bake any for you.  
Nothing but the Facts!

Training Module:

The purpose of this website is to provide church leaders, members and others, self-reliance resources in one concise location.

The format is taken from the Essentials of Home Production and Storage Booklet, published by the church many years ago. The 6 spoked wheel of self-reliance principles is the driving force for the entire project, HERSHEY.

Sr. Goodwin and I learned the meaning of Hershey while training at Welfare Square for our mission to Bulgaria in 2002, to serve as country welfare directors for Bulgaria, Turkey, Serbia, Montenegro and Macedonia.

Other pertinent information has been added to aid in many areas of need of leaders and members.

I have presented this website to many units in 2024 as a 5th Sunday Lesson. Please consider this a review and a new experience for those not visited.

Those without internet access should be receiving pertinent information from their EQ/RS presidents about specific concerns.

As with all newsletters, please help the water get to the end of the row so all may benefit from this information.

I will focus this month on Physical Health.

I think this one shows up first because this is what kills you. Whether accident, illness, or other calamity, this is the most important principle. We need to be in the best physical health to provide service to others to assist Heavenly Father. We are his hands and legs.

We all know our shortcomings. The goal is work around them and do all we can to serve in any capacity, even if it is to just call members on the phone or help people learning English.

### Physical Health

Standard: Each person obeys the Word of Wisdom and practices sound principles of nutrition, physical fitness, accident prevention, weight control, immunization, sanitation, mother and child health, dental health, and medical care.

Members live in a healthy and clean environment. In addition, each member acquires appropriate skills in first aid and safety, home nursing, and food selection and preparation. (See D&C 88:124; 89.)

### Suggested Goals:

- a. Observe the Word of Wisdom.
- b. Maintain proper weight and endurance through regular exercise, adequate rest, and a balanced diet.
- c. Improve or maintain personal and home sanitation (water, waste disposal, food, etc.).
- d. Practice preventive measures to preserve good health.
- e. Learn and practice home health skills (first aid, home nursing, mother and child care).
- f. Other: (add your goals here)

Getting older myself, I would add these also:

Flexibility/range of motion

Muscle mass maintenance

Link to this Ezra Taft Benson Institute of Food and Agriculture booklet:  
Eating Right and Enjoying Life More (.pdf)

### NEXT MONTH:

Education and Literacy

“A lot of stigma is just a relearning process. Human waste is not waste, unless you waste it. Nature and the soil do not know waste. Waste is a human thing and is simply the unwise use or abuse of resources.”

Author Unknown

If you don't wish to receive these emails, please let me know. I don't want to unnecessarily clutter your mailbox. If you know someone who is self-reliance minded and would benefit from them, have them send me a request.

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July 2025

July 2025 Self-Reliance Newsletter – Education

Leadership Business Corner:

Several more people called to stake education callings  
More information to follow.

Gardening tips

Pot in an open pot for unruly plants like mint and maybe comfrey.

Another idea is a pot on a pot to prevent critter invasions, place a pot on an upside down pot, raising the growing pot that much off the ground.

Are weeds taking over your garden?

A weed is a plant whose virtue has not yet been discovered, or is a plant growing in the wrong place.

One year's seeding makes 7 years weeding; Never let a weed go to seed.

I'm working on updating the Gardening Workshop Manual with these tips. Preliminary copy is available here:

<http://selfrelianceclub.com/Gardening%20Workshop%20Document.pdf>

Herb(s) of the Month Showcase:

June bearing berries are coming to an end, thank goodness. Juneberries, strawberries, raspberries, etc. all come on just as we are finishing planting our gardens.

One Weed is purslane. Check out the benefits on-line. High in omega 3 oils, really.

"Purslane is a rich source of omega-3 fatty acids, specifically alpha-linolenic acid (ALA), making it a valuable addition to a plant-based diet according to WebMD. While omega-3s are often associated with fish, purslane stands out as a land-based plant with high concentrations of these essential fats."

Hack of the month

Wire hose clamps were mentioned in an earlier newsletter hack. After making a wire hose clamp type tool, I decided to buy the original Clamp-Tite tool and it works wonderfully.

Now for the Newsletter:

In the Hershey lineup, Education comes next.

## EDUCATION:

The GI Bill and Illinois Veterans Grant in Illinois allows for a total of 8 years of education, the latter with no time limit.

Community Care Network allows veterans to use local medical care resources without going to Madison or Chicago VA hospitals. They have never charged me with a deductible either.

An added bonus to having a veterans medical identification card, it acts like a real ID for travel. I just verified that this past weekend.

When faced with a challenge, the only thing you can do is to learn all you can learn, make yourself valuable.

Look for new resources to come online in the near future from the Church to help people get certificates, etc.

See the church website on employment:

<https://www.latterdaysaintjobs.org/ers/ct/?lang=eng>

Check out the BYU pathway program. You can get a bachelors degree in 3 years for as little as \$6000 total.

<https://www.byupathway.org/>

See additional resources at:

<http://rockfordstake.selfrelianceclub.com/Education.htm>

Includes VA benefit links.

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August 2025

## August 2025 Self-Reliance Newsletter – Resource Management

### Introduction:

Why are you receiving this newsletter? The Stake Presidency is providing an opportunity for all members to subscribe to a monthly Stake Self-Reliance Newsletter, which may be of interest to you as you and your family strive to become more independent and self-reliant. You may also find important information to assist those to whom you minister.

If you want to receive this newsletter, or know of someone who would like this information, member or not, please send an email or text (subject: add me to the list) to [miklgoodwin@gmail.com](mailto:miklgoodwin@gmail.com), or 779-203-0451. If you hold a Stake or Local Unit leadership calling, you are already included on the list, and if you don't want to be on the list, please let me know.

The option to review the newsletter online is available at [http://rockfordstake.selfrelianceclub.com/Newsletter Index.htm](http://rockfordstake.selfrelianceclub.com/Newsletter%20Index.htm)

## August 2025 Self-Reliance Newsletter Resource Management

### Leadership Business Corner:

These members were recently called and sustained as Stake Welfare and Self-Reliance Specialists with a focus on education:

Sr. Chantalle O'Grady, Sr. ShaeLee Ann Merrifield, Sr. Diana Lubbs and Br. Duane Farnsworth

### Gardening tips

After re-reading the parable of the talents, I realized that one of my talents happens to be, burying things in the ground, ie, gardening.

Now is the time to think about managing your seed supply for next year and beyond. Buy extra seed to store with your food storage. Check out your local seed library for free seeds. Consider saving your own seeds. Pick out those choice vegetables from healthy plants of open-pollinated varieties. Following isolation distances, if necessary. Your seeds will feed you for a lifetime. Similar to the barrel of meal and cruse of oil that won't fail.

One member in Rockford First has learned to save black cherry tomato seed and is growing them this year from last year's seed. A wonderful success story.

I have shared my gardening talent by providing plants, seeds, produce and advice on gardening to many members of the stake. If you have received any red tomato plants or fruits and you really liked them, save the seeds to grow for next year. They are all open-pollinated and don't have any isolation requirements.

### Herb(s) of the Month Showcase:

Rosemary is a wonderfully fragrant plant. Smells like pine, very refreshing. Just don't put it in sweet peas as they will taste like Pinesol, really. I bring mine inside over winter so it doesn't die in our zone 5 winters. You could even decorate it indoors as a Christmas Tree, Charlie Brown style, maybe.

### Hack of the month

Spring clothes pins are invaluable in my garden. They hold up tomato plants to trellis strings, cucumbers too. I even healed a tomato with a broken neck with one. I recommend wooden over plastic, they hold up much better to the sun. They even work for identifying varieties.

### New Items:

Cooling Centers in Winnebago County

<http://rockfordstake.selfrelianceclub.com/Cooling%20Centers%20in%20Winnebago%20County.pdf>

Food Pantries in Freeport

<http://rockfordstake.selfrelianceclub.com/Food%20Pantries%20in%20Freeport.pdf>

## The Newsletter: Resource Management

This is the third in a series of the Personal and Family Preparedness Wheel spokes.

This is also known as HERSHEY.

1 – Health

- 2 – Education
- 3 – Resource Management
- 4 – Social Emotional Spiritual
- 5 – Home Production and Storage
- 6 – Employment
- 7 – Year's Supply

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

For those who have heard a presentation during a sacrament meeting or 5th Sunday lesson in the past, this information is not new. This is a review for some and new information for others.

See the document for my presentation outline:

[http://rockfordstake.selfrelianceclub.com/Universal 2024 Self reliance unit training document.pdf](http://rockfordstake.selfrelianceclub.com/Universal%202024%20Self%20reliance%20unit%20training%20document.pdf)

Information on these topics and more can be found at the Rockford Stake Self-Reliance web site:

<http://rockfordstake.selfrelianceclub.com/>

Types of Resources:

There are many types of resources one can have to manage including:

|                                                                                     |                              |            |                     |
|-------------------------------------------------------------------------------------|------------------------------|------------|---------------------|
| Time                                                                                | Labor                        | Money      | Skills              |
| Talents                                                                             | Education                    | Employment | Spiritual resources |
| Emotional resources                                                                 | Books and computer resources |            |                     |
| Material resources: tools, equipment and supplies, food production and preservation |                              |            |                     |

Human Resources might include:

Children and family  
Church leaders and ministering siblings  
Friends, co-workers and acquaintances  
Neighbors, etc.

Your family is a part of the Lord's Storehouse and can contribute to the ward family needs as well. Think about the resources you have and can share. Just ask your Bishop how you can help. You are the Lord's hands and feet to help serve those in need.

Anyone interested in learning more about gardening or any other topic of these newsletters, please contact me. Check out <http://selfrelianceclub.com> for many topics of discussion.

Respectfully Submitted,  
Michael Goodwin  
Stake Welfare and Self-Reliance Specialist  
779-203-0451  
[miklgoodwin@gmail.com](mailto:miklgoodwin@gmail.com)

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September 2025

September 2025 Self-Reliance Newsletter – Social Emotional Spiritual

September is National Preparedness Month.

It is also the peak of the Atlantic Hurricane Season.

For more information:

<https://providentliving.churchofjesuschrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide?lang=eng>

- and -

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

Gardening tips

Preserve tomatoes for many months in wood ashes?

<https://wire.farmradio.fm/farmer-stories/burundi-farmer-finds-new-technique-for-preserving-tomatoes/>

I was asked in the Kishwaukee ward, how to save seed. My best experience is with tomato seeds and beans.

I recommend the fermentation method as the seeds as it kills some seed borne diseases in the process.

Simply scoop or squeeze seeds into a glass container. Add 2x amount of water. If you stir daily, moldy scum may not form but that's up to you. After 3 to 7 days, seeds will settle out to the bottom and other debris will gather on the top. Pour off the pulp and other scrap and decant the seeds with additional water, until they are clean.

Pour into a strainer, then onto paper towels or napkins, spreading out as you go.

Let them dry for about 2 weeks. Break up the clumps and put into container to keep them from air and heat. Label well and date. You can break up the clumps now, when you distribute or when you plant.

Note: only save seeds from certain open pollinated or heirloom tomato varieties. Some older varieties, especially the potato leaf tomatoes, like brandywine, have protruding styles and will receive pollen from other tomatoes, creating unpure seed, like hybrids. You can experiment as your heart desires.

Beans are self-pollinating and will not cross. Other crops may require isolation distances to keep the seed pure. Carrots will cross with queen-anns lace readily and will need to be caged.

Additional resources follow:

Seed saving manual

Seed to Seed Complete - Suzanne Ashworth – 228 pages

<https://theswissbay.ch/pdf/Books/Survival/Farming,%20Animalraising,%20Homesteadin%20g/Farming%20Bgardening/Gardening/Seeds/Seed%20to%20Seed%20Complete.pdf>

Seed Savers Exchange provides this information:

[https://seedsavers.org/learn/seed-saving/?utm\\_source=google%20ads&utm\\_medium=cpc&utm\\_campaign=837962102&utm\\_content=43729660755&utm\\_term=how%20to%20save%20seeds&qad\\_source=1&qad\\_campaignid=837962102&qbraid=0AAAAADuSKZ8tG3wr0OlteJFbXEeFJ1pl-&qclid=Cj0KCQjwzt\\_FbHCEARIsAJGFWVkt0JGY\\_tPexlYqIYhmNldemAYTBRyno3P8QuGjJ2TIXmM5KtsfcRQaAitxEALw\\_wcB](https://seedsavers.org/learn/seed-saving/?utm_source=google%20ads&utm_medium=cpc&utm_campaign=837962102&utm_content=43729660755&utm_term=how%20to%20save%20seeds&qad_source=1&qad_campaignid=837962102&qbraid=0AAAAADuSKZ8tG3wr0OlteJFbXEeFJ1pl-&qclid=Cj0KCQjwzt_FbHCEARIsAJGFWVkt0JGY_tPexlYqIYhmNldemAYTBRyno3P8QuGjJ2TIXmM5KtsfcRQaAitxEALw_wcB)

We have found the best dry beans to grow and eat are Kentucky Wonder Pole beans.

Herb(s) of the Month Showcase:

Stinging Nettles

High in iron, provides cordage and is a wonderful compost activator.

<https://eclecticherb.com/blogs/news/freeze-dried-nettles>

Hack of the month

With the glut of tomatoes and cucumbers, our favorite way to eat them is a recipe we brought back from our mission to Bulgaria.

Shopska Salata – cucumber and tomato salad

Various combinations of chopped cucumber, tomato, red onion, red sweet pepper, feta cheese, red wine vinegar and olive oil.

Late and breaking news:

Vagus Nerve, probiotics, prebiotics and resistant starch

Expansive information on the training done in the Kishwaukee Ward on August 31.

It all starts out with a visit to a dietician and the concern about glucose spikes caused by diet. She mentioned something she learned and thought to be absurd. That is putting a starchy food in the refrigerator overnight and converting the starch into resistant starch. It's amazing to know how your refrigerator can be one of your best dietary friends.

We had read about resistant starch before and found this process intriguing.

It involves products such as potatoes, pasta, rice, beans and bread. Now, most of these items are never refrigerated before being eaten, except for left overs and maybe bread to preserve an extra loaf longer.

What the cooling does is converts the starch from a quickly digestible form into a crystalline form which is resistant to digestion. This means that instead of it being converted into glucose quickly, causing glucose spikes in the blood, it passes from the

stomach and small intestine relatively undigested and performs its magic in the large intestine. Here it is digested somewhat and acts like a fiber, pushing the food along the system, relatively unscathed by the digestion process. But, it also acts as a prebiotic, as food for the beneficial bacteria, viruses and fungi to multiply and perform their functions, promoting gut health.

Now, here is where the fun begins.

Your gut health affects you in ways unimaginable. It affects your Vagus nerve. This nerve is the largest in the body and connects your brain with your heart, lungs and digestive tract. It is bidirectional and you can manipulate it, somewhat. It is called the tenth cranial nerve and has both sensory and motor functions.

We had talked about the vagus nerve in a ministering visit to an older couple just the previous Monday. I asked Debra to make sure I wasn't dreaming it and she confirmed the discussion. Then I was reading about resistive starch and gut health and it came up again. Thirdly, Debra mentioned she came across it in her research on lymphedema health. All within the same week.

This nerve influences your mood, stress, anxiety, depression, bi-polar tendencies, brain health like memory, executive function, emotional response, etc.

Have you ever had a gut feeling, butterflies in your stomach, etc? This is the Vagus nerve working. It works with the response to stress and danger, or the fight or flight response.

You can stimulate the vagus nerve and calm down by meditation, yoga, cold water treatments, singing or humming and deep breathing exercises through the nose. This latter is very beneficial as it causes nitric oxide to be created in the nasal passage which increases the effectiveness of oxygen absorption.

<https://www.sciencedirect.com/science/article/abs/pii/S0306987705006328#:~:text=A%20more%20effective%2C%20more%20natural,even%20though%20Maniscalco%20et%20al.>

Beside feeding your gut bacteria resistant starch, you can increase the level of live bacteria by eating fermented foods like yogurt, kefir, some cheeses and lacto-fermented vegetables like kimchi, sauerkraut and pickles, all which contain various beneficial bacteria, and of course, there are supplements you can take. These are probiotics. The heat processing of any of these foods kills the live bacteria.

Suggested topics for further study: Vagus nerve, gut health, microbiome, prebiotics and probiotics.

Caveat: I am not a doctor but have researched these topics in depth and am currently implementing them in my life.

The Newsletter: Spiritual Social Emotional Health:

Links on the Rockford Stake Self-Reliance Web Site include:

<http://rockfordstake.selfrelianceclub.com/>

The 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>

Page 22:

Emotional Preparedness: Guidelines

Page 24:

19 ways to manage stress and anxiety.

Becoming-Self-Reliant-and-Resilient-Family

87 page book focuses on the family becoming self-reliant and emotionally resilient.

[https://www.churchofjesuschrist.org/bc/content/shared/english/military/Becoming-Self-Reliant-and-Resilient-Family\\_eng.pdf](https://www.churchofjesuschrist.org/bc/content/shared/english/military/Becoming-Self-Reliant-and-Resilient-Family_eng.pdf)

**Imported from web page:**

[http://rockfordstake.selfrelianceclub.com/Social\\_Emoional\\_Strength1.htm](http://rockfordstake.selfrelianceclub.com/Social_Emoional_Strength1.htm)

Self-Reliance Group Class

[Emotional Resilience - pdf manual available here](#)

To Sign up for this Class or for more information:

[Course Coordinator](#)

Other resources available:

[Becoming-Self-Reliant-and-Resilient-Family - Military Focus - 84 pages \(Link\)\(.pdf\)](#)

[Addiction Recovery Information](#)

Spiritual Strength through:

The Standard Works:

Come Follow Me Sunday Lessons

[Christlike Attribute Activity \(.pdf\)](#)

[No Contention Business Card - English \(.pdf\)](#)

[No Contention Business Card - Spanish \(.pdf\)](#)

[No Contention Business Card - Swahili \(.pdf\)](#)

Social-Emotional and Spiritual Strength

Standard:

Each person builds spiritual strength to meet life's challenges with confidence and stability by learning to love God and communicate with him in personal prayer, to love and serve his neighbor, and to love and respect himself through righteous living and

self-mastery.

Social-emotional and spiritual strength is increased by living the principles of the gospel.

#### 6. Social-Emotional and Spiritual Strength

- a. Read the scriptures daily.
- b. Have personal and family prayer morning and night.
- c. Repent of wrongdoing.
- d. Attend Church meetings regularly and participate in Church activities.
- e. Hold family home evening weekly.
- f. Perform frequent acts of service to family members and others.
- g. Other:

Comments and suggestions are always welcomed.

If you don't wish to be on this mailing list, please let me know.

Respectfully Submitted:

Michael Goodwin

Rockford Stake Welfare and Self-Reliance Specialist

779-203-0451

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October 2025

October 2025 Self-Reliance Newsletter-Home Production and Storage October 2025  
Self-Reliance Newsletter – Home Production and Storage

#### Leadership Business Corner:

Changes in committee membership and other stake callings:

The Addiction Recovery Program and Spouse and Family Support Program have changed.

They are no longer being lead in the Rockford Stake on a weekly basis. They are being provided in other locations via zoom. For more information, contact me at 779-203-0451 or by return email.

Sr. Goodwin has been released from the Stake Addiction Recovery Specialist and Stake Welfare and Self-Reliance Specialist callings and has been called as the Stake Employment Specialist and Family Search Center Coordinator for the Alpine Building.

#### Gardening tips

Make use of this unseasonably warm weather by keeping you plants alive and thriving by providing adequate water. This is a good time to select which fruit to save for seeds too.

Prepare for the cold stratification of seeds.

#### Herb(s) of the Month Showcase:

Strawberry and raspberry smoothies.

When I lived on the farm, I went to pick strawberries. Remembering that the leaves contained vitamin C, I picked some of them. Walking back to the house, I saw the raspberries ripening. I picked some of them and the leaves too. I made a tea from the leaves and added the fruit for a most wonderful smoothie.

#### Hack of the month

You can make crocheted bread wrapper rugs

2-liter soda bottle string/rope can be used for making broom heads, crocheted items, macramé

#### Food Hack

Make retrograde pizza crust by freezing and reheating, after it has been cooked.

Won't spike blood sugar as much and helps feed gut bacteria.

30% of the food we purchase is wasted, what a waste.

My Goal is to reduce my food waste by 50%

Noted difference between Home Production and Storage and Year's Supply:

Home Production is making your own necessities like clothing, shoes, furniture, food for consumption and storage, etc. Year's supply includes all consumable necessities for continued existence, items like paper products, clothing, gloves, shoes, bedding, etc. and can include food items whether frozen, canned, dehydrated, etc.

### **Here is the Newsletter:** **Home Production and Storage**

H E R S H E Y S

The is the second H of Hersheys.

From the web page:

[http://rockfordstake.selfrelianceclub.com/B1\\_Home\\_Production\\_and\\_Storage.htm](http://rockfordstake.selfrelianceclub.com/B1_Home_Production_and_Storage.htm)

## **Home Production and Storage**

Home Production and Storage

Standard: Each person or family produces as much as possible through gardening, sewing, and making household items. Each person and family learns techniques of home canning, freezing

Suggested Goals

[a. Plant and care for a garden. \(Gardening Module\)](#)

[b. Learn techniques of preserving home-grown food by canning, drying, and freezing. \(Home Storage Module\)](#)

[c. Where legally permitted, store a one-year supply of basic food, clothing, and, where](#)

[possible, fuel. \(Home Production and Storage Book\)](#)  
[d. Store an emergency supply of water. \(Water Supply Module\)](#)  
e. Additional personal goals.

[Gardening Module](#)

[Home Storage Module](#)

[Home Production and Storage Book \(.pdf\)](#)

[Water Supply Module](#)

[Personal and Family Preparedness Wheel \(.docx\)](#)

[Relief Society Preparedness and self-reliance questions \(.pdf\)](#)

Benson Institute information

[Having Your Food Storage and Eating It Too \(.pdf\)](#)

[Family Sanitation \(.zip\)](#)

[Family Nutrition\(.zip\)](#)

[Family Health \(.zip\)](#)

[Cookbooks and Recipes \(Caramels too\) \(.pdf\)](#)

End of Web Page insert

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Who do we store food and supplies for?

The Kingdom of God

Bishops Storehouse: home, ward, stake

We don't have to share; we get to share.

Items worthy of storing:

Food

Water and purification necessities

Supplies and materials

First Aid and Medical supplies

Clothing

Tools

Seeds for food and storage

Perpetual foods: fruit trees and vines, herbs

Fuel

Personal Protection gear

Skills and Knowledge

Vodka for wound cleansing and making tinctures

Consider Off site storage for protection from localized events like tornados, wind storms, etc. Consider storage facility rental to be like food insurance

President Gordon B. Hinckley said, “We have built grain storage and storehouses and stocked them with the necessities of life in the event of a disaster.” But those goods cannot help us if we cannot reach them. He continued, “The best storehouse is the family storeroom.”<sup>12</sup> It’s the most accessible reserve in times of need and the best suited to our individual needs.

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There Was Bread  
October 2020 General Conference

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Key principles to manage your finances include the payment of tithes and offerings, eliminating and avoiding debt, preparing and living within a budget, and saving for the future.

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”<sup>16</sup> is the home, which becomes the “most accessible reserve in times of need.”<sup>17</sup>

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.

It’s been 5 years since we’ve heard the general conference preparedness talks by Elder Bednar, Bishop Waddell and President Nelson.  
Where do we stand on that council today?  
Have we heard the prophets and apostles and other church leaders, and obeyed?

Respectfully Submitted,  
Michael Goodwin

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

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November 2025

November 2025 Self-Reliance Newsletter-Employment

November 2025 Self-Reliance Newsletter – Employment

Leadership Business Corner:

Change in the Stake Welfare and Self-Reliance Committee:

Debra Goodwin has served admirably as co-chair for the committee, assisting with minute creation and other functions for the past 5 years. She has been released and called to the positions of Stake Employment Specialist and Stake Family Search Center Coordinator.

We thank her for her service and she will be missed at our committee meetings. She is available to help individuals with resume and interview skills, etc.

Changes in the Stake Addiction Recovery Program:

Weekly meetings are no longer available from the Rockford Stake.

To find a meeting, visit church website: <https://addictionrecovery.churchofjesuschrist.org/>

For questions, contact Michael Goodwin, 779-203-0451

Stake Addiction Recovery Specialist

Gardening tips

You should have harvested your dried beans by now to store for winter soups, etc.

We have discovered that the Kentucky Wonder Pole bean seed is mighty good.

<https://www.communityseedexchange.org/beans-the-multi-talented-vegetable>

Herb(s) of the Month Showcase:

Alternative foods you might not think of:

Green bean leaves

Cucumbers – edible top to tail

Beet leaves – root to stalk

Tomato and pepper leaves

Pea shoots and tendrils

<https://bokashiliving.com/10-plant-scraps-that-you-can-eat/>

<https://extension.illinois.edu/blogs/live-well-eat-well/2024-04-17-eating-beets-root-stalk>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10856891/>

<https://gardenbetty.com/tomato-leaves-the-toxic-myth/>

<https://gardenbetty.com/unusual-edible-plants-vegetables/>

Tomato seed oil

[https://en.wikipedia.org/wiki/Tomato\\_seed\\_oil](https://en.wikipedia.org/wiki/Tomato_seed_oil)

Tomato seeds contain about 28% protein.

Hack of the month

No room for a Christmas Tree. Try a rosemary plant. Survives indoors over winter, smells like pine. Personal note, if you add rosemary to green peas, they will taste like Pine-Sol. We had to throw our experiment away.

Late and breaking news:

Employment and Education go hand in hand.

You need education to get/better employment, you need employment to pay for education.

“Learn all you can, make yourselves valuable.”

For Education Opportunities and training: contact:

Sr. O’Grady, Pathway Service Missionary

[Ogchantalle@gmail.com](mailto:Ogchantalle@gmail.com), 224-325-2172

Also: Rock Valley College and Sauk Valley College

For Employment Opportunities:

Google Search: Employment Services (your city)

For information on jobs available in the Rockford area, see this link on the Rockford Stake Web Site:

<https://www.rockfordstake.org/more/employment-opportunities>

**Here is the Newsletter:**  
**Employment**

H E R S H E Y S

The is the second E of Hersheys.

**From the web: This is the stake self-reliance web site.**

<http://rockfordstake.selfrelianceclub.com/Employment.htm>

## Career Development

Self-Reliance Group Classes

[Find a Better Job - pdf manual](#)

[Starting and Growing My Business - pdf manual](#)

To Sign up for either Class or for more information:

[Course Coordinator](#)

[Church of Jesus Christ of Latter-day Saints EMPLOYMENT site \(Link\)](#)  
[Self-Reliance Live \(link\) \(for Employment\)](#)  
[Rockford Stake Web Site Employment Page](#)

#### Career Development

Standard: Each young person receives counsel to help select a career in which he can use his talents and skills in meaningful employment.  
Each person selects a suitable vocation and becomes proficient through appropriate training.

#### Suggested Goals:

- a. Improve your job skills.
- b. Learn a trade or profession.
- c. Outline and follow a plan to prepare for your career.
- d. Plan to perform your job well.
- e. Teach children useful skills and to enjoy work.
- f. Other:

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Take time this month to consider all that you are thankful for.

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

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December 2025 Self-Reliance Newsletter – Year's supply

Archive of the newsletters can be found at:

<http://rockfordstake.selfrelianceclub.com/Newsletter%20Index.htm>

HERSHEY Corner: How can you improve in each of these areas?

#### Health:

Great subjects to research include resistant and retrograde starch. It could change your life.

<http://selfrelianceclub.com/Starch%20Glucose.pdf>

#### Education:

Key phrase from previous newsletter: Learn all you can, make yourself valuable.

#### Resource Mgt

#### Social Emotional Spiritual

Dec 7, First Presidency Christmas Devotional

#### Home Production and Storage

#### Employment

Year's Supply – see this newsletter

Leadership Corner:

Sr. Goodwin has rejoined our Committee as the Stake Employment Specialist.

Gardening tips:

An annual fruit? Yes, the Ground Cherry. Beautiful Chinese lantern-shaped pod with a tasty golden nugget inside.

Herb(s) of the Month Showcase:

Lungwort, Comfrey and Plantain – all contain allantoin, a cell proliferant.

Hack of the month:

Review - Plastic Welding. I had the opportunity to repair two garbage totes recently.

Late and breaking news:

No Contention in the Home – 5 Rules

<http://rockfordstake.selfrelianceclub.com/No%20Contention%20Business%20Card.en.pdf>

2026 Self-Reliance Suggested Goal Checklist:

Reduce food waste by 50% in your household.

Try making alkaline spaghetti, aka Ramen Noodles with baking soda or baked baking soda.

Learn a new recipe each month using storage foods like dry beans, rice, wheat, etc.

Learn a new skill for use around the household, like knot tying, plastic welding, etc.

Cook 1 meal outdoors over wood coals.

And finally:

## Here is the Newsletter: Years Supply

Note: Years Supply is not just food and water. It consists of all other necessities for one to live, such as clothing, sanitation supplies, skills, tools and other resources to help yourself and others in normal and perilous times.

Don't forget to include seeds for next year(s) gardens.

**From the web:**

<http://rockfordstake.selfrelianceclub.com/hsm.htm>

## **Home Storage Module**

[Principles of Family Preparedness - 72 Hour Kits \(.docx\)](#)

[Food Storage - 3 days \(or use Food Storage Calculator\)](#)

[Food Storage - 2 week \(or use Food Storage Calculator\)](#)  
[Food Storage - 1 month \(or use Food Storage Calculator\)](#)  
[Food Storage - 3 months \(or use Food Storage Calculator\)](#)  
[Food Storage Calculator for Long Term Food Storage Quantities](#)

[All is Safely Gathered In - Food Storage Link](#)  
[All is Safely Gathered in - Food Storage Recipes Link](#)  
[BSH Welfare Food Recipe Book \(.pdf\)](#)

[Eating Right and Enjoying Life More \(.pdf\)](#)  
[3 Mission Cookbooks: Bulgaria, Turkey and Russia \(.docx\)](#)  
[USDA Complete Home Canning Manual \(Link\)](#)  
[USDA 2015 Home Canning Manual \(.pdf\)](#)  
[Spanish Language Canning Module \(Link\)](#)  
[English Language Canning Module \(Link\)](#)  
[Skill Pods schedule handout \(.pdf\)](#)  
[Alternative Foods \(.docx\)](#)

**Also from the web:**

<http://rockfordstake.selfrelianceclub.com/wtrstg.htm>

## Water Supply Module

### Water Sources

Private and public wells, stores, home stored water, municipal water supply, rainfall,  
Less safe: swimming pools, ponds, lakes and rivers  
Least safe: standing water like puddles, etc.

Water purification - Strain and filter to remove particles. You can use sand filter system first

Some hiking filters remove many pollutants and are for smaller quantities. None remove viruses.

[3800 Gallons of water with 1 gallon Clorox bleach \(.pdf\)](#)

Water storage: best to store distilled water. Tap (municipal) water that has been chlorinated is good too. For long term storage, specific additives are needed.

Water storage containers: 2 liter soda bottles are great, glass containers too, don't use milk jugs though, designed to disintegrate in time. Use water safe barrels, if desired.

Note: all stored water must be rotated to keep it fresh!

[Emergency Disinfection of Drinking Water EPA \(.docx\)](#)

[TECHNICAL BRIEF BOIL WATER \(.docx\)](#)

[WHO boiling Water for purification \(.pdf\)](#)

[WHO guidelines for drinking water 631 pages \(.pdf\)](#)

[FEMA water and food in an emergency \(.pdf\)](#)

[Emergency Disinfection of Drinking Water \\_ US EPA \(.pdf\)](#)

Have you thought of what you are going to give the Savior for his Birthday?  
Perhaps your favorite sin?

Merry Christmas and Happy New Year

Respectfully submitted,

Michael Goodwin

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