

Consolidated Newsletters 2026

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January 2026 Newsletter – Life after HERSHEY

Happy New Year:

A time to reflect on last year with renewed determination for next.

Preach My Gospel Chapter 8 - Using Time Wisely!

“I am so thoroughly convinced that if we don’t set goals in our life and learn how to master the techniques of living to reach our goals, we can reach a ripe old age and look back on our life only to see that we reached but a small part of our full potential. When one learns to master the principles of setting a goal, he will then be able to make a great difference in the results he attains in this life.”

ELDER M. RUSSELL BALLARD TALK GIVEN TO SALT LAKE AREA YOUNG ADULTS, OCT. 18, 1981

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

Health:

Education:

Resource Mgt

Social Emotional Spiritual

Home Production and Storage

refrigeration and the cool room are Australian inventions

<https://www.postharvest.net.au/>

Employment

Year’s Supply

What’s after HERSHEY?

From the web page: <http://www.selfrelianceclub.com>

Please explore these resources to assist you with your personal life and stewardship:

[Welfare Services Resource \(Guide\) Book \(.pdf\)](#)

[Freeport - Sacrament meeting notes \(.pdf\)](#)

[Universal 2024 Self reliance unit training document ver 4.0 \(.pdf\)](#)

[Rockford Area Community Resources for Immigrants 2025 Woodson \(.pdf\)](#)

[New Leader Training Information \(Link\)](#)

[Area Temporal Preparedness Guide \(Link to pdf\)](#)

[Area Temporal Preparedness Guide - Spanish \(Link to pdf\)](#)

[Skill Pods Module \(Link\)](#)

[Self-Reliance Group Classes](#)

[Monthly Newsletter and Committee Minutes](#)

[General Preparedness Information](#)

[Church Temporal Preparedness Resources \(Link\)](#)

[Language Learning \(.htm\)](#)

End of web page

Zig Zigglar taught the most people are either a meaningful specific or a wondering generality. Some are detail oriented and some see the BIG picture quickly.

Questions to help your family or unit become more self-reliant:

What are the welfare/self-reliance needs of your unit?

What is the next event/activity scheduled in your unit?

Perhaps a self-reliance course, an English connect promotion, the new gospel literacy program.

Stake self-reliance conference 2027.

Plans are in the works to host another self-reliance conference in 2027.

If you, your family, quorum, group, and or unit would like to sponsor a particular topic, please let me know.

What I've learned this last year:

Plastic welding practice

Resistant and retrograde starch

Wood ash and urine fertilization process

Silica gel, oxygen absorption packet co-existence and functionality

Planting the pot process and results

Freeze drying seeds for long-term preservation

Ground cherry production

How to organize a stake-wide event – Self-Reliance Conference

How to transition into a new computer

Setup the Roland Hallert (R.H.) Shumway Memorial Seed Bank to preserve seeds for the future.

Point to ponder and something worth researching:

“Gardening is an old survival strategy!”

Building on traditional gardening to improve household food security

<https://www.fao.org/4/x0051t/X0051t02.htm>

Thoughts on Stewardship:

President Thomas S. Monson summarized this concept with these beautiful words: “God left the world unfinished for man to work his skill upon ... that man might know the joys and glories of creation.” Thomas S. Monson, “[In Quest of the Abundant Life](#),” *Ensign*, Mar. 1988

20 October 2023

The Presiding Bishopric has outlined six major sustainability priorities to help the Church of Jesus Christ be a wise steward of natural resources. Bishop Gerald Caussé spoke about them at a conference in Brazil, 20 October 2023

1. Increase energy efficiency and use of renewable resources
2. Conserve water through waterwise landscape design, smart technology use and water management plans
3. Avoid material waste through reduction, reuse and recycling; packaging solutions; and building methods
4. Improve air quality and reduce emissions
5. Practice sustainable design, development and construction
6. Engage in sustainable farming and ranching practices

<https://newsroom.churchofjesuschrist.org/article/church-leaders-environmental-conference-brazil>

Tuesday October 18th 2022

Update to wise stewardship

The Presiding Bishopric would like to announce an adjustment to the Presiding Bishopric guiding principal, Wise Stewardship, to reflect a Church's continuing commitment to caring for the earth and its resources.

“For it is expedient that I, the lord, should make every man accountable, as a steward over earthly blessings, which I have made and prepared for my creatures.” Doctrine of Covenants 104: 13.
As stewards over earthly blessings, we should carefully administer not only sacred funds, but also the natural resources the Lord has blessed us with.

Pollution is nothing but the resources we are not harvesting. We allow them to disperse because we've been ignorant of their value.

R. Buckminster Fuller

It's like “a weed is a plant whose virtue has not yet been discovered”, or utilized.
Ralph Waldo Emerson

Archive of these newsletters can be found at:

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

To Receive the newsletters, send me an email.

Respectfully Submitted,
Michael Goodwin
779-203-0451

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February 2026 Self-Reliance Newsletter – Spring Preparation

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

Health:

Education:

Resource Mgt

Social Emotional Spiritual

Home Production and Storage

Seed purchasing information:

Valley Greene Rutgers Tomato seeds

Retail \$.59, on sale for 10 cents through 8 Feb at your local Menards

70 seeds in 150 mg package, that's 70 plants for a dime.

Other limited varieties available too.

Employment

Year's Supply

Rockford Stake Disaster Preparedness Document approved for release.

<http://rockfordstake.selfrelianceclub.com/StakeDisasterplan%2012-5-2025%20ver%207.pdf>

This document explains basics of what the Stake will help with in the event of a disaster.

Units might formulate their own documents supporting the stake document.

See the links included for Church documents which support these plans.

Get ready for spring planting –

As Pr. Oaks said last Conference:

“Family gardens build family relationships.”

“Parents should educate children in the basic skills of living, including working in the yard and home.”

This document may be helpful in planning and executing your garden this year.

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

Let me reiterate to start small if you haven't gardened before. It's easy to become overwhelmed.

This document explains when to start seeds for summer/fall harvest.

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

Delve into Essentials of Home Production and Storage Booklet.

<http://rockfordstake.selfrelianceclub.com/Essentials%20of%20Home%20Production%20and%20Storage%20Booklet.en.pdf>

Home income producing hacks. If you need a little extra income, you might want to try these enterprises:

- Soap making

- Candle making

- Both use almost same equipment, scents, colors, ...

This might be a good time to review first aid techniques and proper wound care.

We went to a preparedness fair in Indianapolis many years ago and procured this audio file on how to be your own doctor with herbs.

<http://selfrelianceclub.com/Be%20your%20own%20doctor%20with%20herbs.mp3>

Herb of the Month: Nettles:

Great compost activator

Use for cordage

In early Spring, the Bulgarians went to the foothills to harvest nettles for fresh greens.

Here are some links on the topic:

<http://selfrelianceclub.com/STINGING%20NETTLES.pdf>

Cornbread is cornbread is cornbread.

Please try a new recipe which uses masa harina instead of regular cornmeal. You will be surprised and delighted at the wonderful flavor.

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I'm back on my waste free soapbox again.

We have probably all heard the expression "Waste Not, Want Not!!!"

I heard of a new one recently, "Why Waste Waste?"

Try to find a weed this year with a valuable attribute.

If for any reason you don't want to receive these emails, please let me know.

Respectfully submitted,

Michael J Goodwin

779-203-0451

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March 2026 Self-Reliance Newsletter – Preparation for Easter!

Easter is on the 5th of April this year, the second day of General Conference.

A great time to remember and celebrate the Atonement and Resurrection of the Savior Jesus Christ.

To reflect on His suffering, His sacrifice and exact obedience for all mankind.
A special musical presentation will be held at the Stake Center at 6 PM on March 29th, Palm Sunday.

Hack from February:

I mentioned this in the February Newsletter and have found an opportunity to serve.:

“Home income producing hacks. If you need a little extra income, you might want to try these enterprises:

Soap making

Candle making

Both use similar equipment, scents, colors, ...”

The Members of R3 have shown an interest and I will present a hands-on demonstration soon on how to make laundry soap, to start. They can do it in their own homes, with family help, increase their own self-reliance to start, and possibly to sell later on.

Herb of the Month

Plantain and Comfrey: Both contain Allantoin for beautiful skin, quick healing, etc.

Important Garden tip:

I've had the revelation that I might be creating 'Gullible Gulls' with regards to starting gardens, by providing plants around the Stake. See this October 1982 talk by Pr. Marion G. Romney:

<https://www.churchofjesuschrist.org/study/general-conference/1982/10/the-celestial-nature-of-self-reliance?lang=eng>

To be truly self-reliant, one should be relying on their own resources and efforts as much as possible and am encouraging gardeners to do so.

I have truly enjoyed visiting the various units with plants in hand to share God's bounty with others. I encourage everyone who gardens, to start their tomato and pepper seeds now.

If anyone needs help starting their own plants, please let me know, also, if someone wishes to provide plants on a wider scale to their ministered siblings, etc., and need information or support, contact me.

The Talcott Free Library in Rockton and the Julia Hull Library in Stillman Valley have seed libraries for free seed. There is also one starting up in the Winnebago Library. I have seeds available from the Roland Hallet (RH) Shumway Memorial Seed Bank to share. Varieties include: Antique Roman, Amish Paste, Delicious, Bystrom Cherry, Black Cherry, Roma VF and Rutgers Tomatoes and ground cherries, an annual fruit.

Hack of the Month

Outdated peanut butter, ie, rancid, and old cooking oil can always be employed as fire starters. I use them in my wood stove when the house is cold and needs some cheery warmth quickly.

Another Hack:

During one of our BSH truck deliveries, the high was -5F. Hand warmers were a great asset for all workers. Several types were used:

Electronic battery powered ones, re-chargeable.

Air powered “Shake and Bake” varieties, non-reusable (same technology as the oxygen absorption packets used in dry pack canning. Actually, these are cheaper to use for 5 gal containers and larger, than the regular 3qt size packets available at the home canning center.) One year, I worked outside every day through the winter. I duct taped bubble wrap on the toes of my tennis shoes and slipped a hand warmer inside. Kept my toes toasty.

A third type not used, sodium acetate hand warmers. These are re-chargeable, produce 130F for about an hour and can be made at home from baking soda and vinegar. Great search topic.

Still another hack:

If you bake baking soda at 300F for 1 hour, it changes from sodium bicarbonate, pH 8, to sodium carbonate, washing soda, pH 11. A stronger all-purpose cleaner, that can actually turn spaghetti into ramen noodles.

HERSHEY Corner:

How can you improve in each of these areas?

Health:

Education:

Resource Mgt

Social Emotional Spiritual

Home Production and Storage

Employment

Year's Supply

Please see the SR ARP EMPL document attached to this email for Stake Self-Reliance Resources.

Respectfully Submitted,
Michael Goodwin

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April 2026 Self-Reliance Newsletter – He is Risen!

40 days before Easter Review (or after Easter)
See attachment.

Spring has Sprung.

Do you know where a Go Bag is?

This is the season for storms.

Are you prepared?

HERSHEYS Corner:

How can you improve in each of these areas?

Health:

Education:

Resource Mgt

Social Emotional Spiritual

Home Production and Storage

Employment

Year's Supply

In the beginning, there was a seed.
See attachment.

National Garden Month is celebrated throughout April, serving as the official kickoff for the spring planting season and promoting the benefits of gardening for mental and physical health, community, and sustainability. Established by the National Garden Bureau and officially recognized in 2002, this month-long celebration encourages planting, gardening education, and community greening

If you missed the “Plant the Pot” method of gardening mentioned in a previous newsletter, you are missing out on an additional 30-45 days of outdoor growing time. That’s between 1/3 and 1/4 of the growing season. Our frost-free growing season in Zone 5 is about 150 days.

The Church’s Primary Songbook released in 1982, the song “The Prophet Said to Plant a Garden” , #237, was included, reminding children and families how and why Church leaders encouraged this element of self-reliance.

See attachment.

Soap making and soap ingredients.

In my recent renewed research into soap making, there is a wealth of material that can be included in soap for various reasons.

Such as:

Dried bean powder

Bean puree; can also be included in bread and cake recipes.

Tapioca

Tomato seed oil

Tomato leaf powder

You can make your own laundry soap for 30 x cheaper than Walmart’s cheapest price for Tide.

Only \$.042 per cup/load.

1 Cup washing soda, 1 cup borax and 1-5oz or so, bar of shaved soap.

If you don’t have washing soda, just bake baking soda.

If you save your old bacon grease and hamburger fat, you can make wonderful bar soaps with them.

Tool Library Concept

I have a lot of tools, some specialty items, that I don’t use often and they are cluttering up my garage. I am willing to loan them out.

This alleviates someone from renting such a tool for a specific project and increases the self-reliance of our Stake.

I am open to thoughts and suggestions as to how this might be accomplished.

That’s all for now.

Respectfully submitted,

Michael Goodwin

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May 2026 Self-Reliance Newsletter – Happy Spring

The Rockford Stake Welfare and Self-Reliance Team

Stake Presidency Self-Reliance Coordination

Ted Griffis, 2nd Counselor Rockford Stake Presidency

Stake Relief Society Self-Reliance Coordination

JoAnn Hamer, 1st Counselor Stake Relief Society Presidency

Stake High Council Self-Reliance Coordination

Steven Sarver, High Councilor

Employment:

Debra Goodwin, Stake Employment Specialist

Education:

Chantalle O'Grady, Stake Welfare and Self-Reliance Specialist – Education

Duane Farnsworth, Stake Welfare and Self-Reliance Specialist – Education

Diana Lubbs, Stake Welfare and Self-Reliance Specialist – Education

ShaeLee Ann Merrifield, Stake Welfare and Self-Reliance Specialist – Education

Self-Reliance Services – Self-Reliance Courses and Classes

Cynthia Prevatke, Stake Welfare and Self-Reliance Specialist

Bishops Storehouse

Dave Gunsalus, Stake Welfare Specialist

General Self-Reliance Focus

Michael Goodwin, Stake Welfare and Self-Reliance Specialist

Addiction Recovery Specialist

Michael Goodwin

Hersheys checklist

Do you have any goals along these topics?

Preparedness Segment:

Shelter in place or Bug Out?

Do you have a designated in-home shelter area?

What did you learn Mid-April when the weather talking heads were tracking 17 ½ tornados on the ground at one time?

Some of them were too close for comfort. I heard about possible tornadoes in Winnebago, Lena, Roscoe/Rockton.

Do you have multiple warning devices to learn of severe weather?

Did your ward have to implement it's emergency preparedness and response plan?

Did you have to implement your family plan?

Do your ministering siblings have their plans in place?

Interesting tip for heat and light:

72 day candle – lg can veg shortening, 8 hrs per day for 72 days

A quart size jar shortening candle will last 24 days, again 8 hours per day.

You can use cheap thrift store candles as the wick.

Gardening Segment:

April 28 is the last average day for frost in Zone 5, which is where you live.

Give or take 2 weeks. Add 2 weeks and it takes us to just about Mother's Day.

Always be prepared to cover plants after that, too. for the rare frost anomaly.

Preparing for produce, June is the month of plenty of fruit.

Other unusual plants to eat:

Cucumber – root to tip edible

Green bean leaves
Beet leaves and stems, better than root
Pea shoots/tendrils

I have some of the following plants available:

Red and black raspberries
Comfrey
Juneberry/Serviceberry bushes
Rhubarb – red stalk
Stinging nettles
Elderberry
Horseradish
Walking onions (perennial)
Contact me for availability and pickup.

There are a host of other edible plants (weeds?) perhaps in your yard/garden:

Burdock
[Chickweed](#)
Chicory
Curly Dock or Yellow Dock
Dandelion
Garlic mustard
Lamb's-quarters
Pigweed - Amaranth
Plantain – Broadleaf or Narrow Leaf
[Purslane](#)
Shepherd's purse
[Stinging Nettles](#)
To name a few.

Food storage items available:

The Home Storage Center in Naperville is having a closeout sale.
25# bags of red winter wheat for 75% off until gone. They will no longer stock bags of wheat.
Contact the Sr. Kearley at 630-742-6285 for availability and pickup info.

Kjkearley68@gmail.com

You may remember Elder and Sr. Kearley from their participation in our Stake Self-Reliance Conference in 2025.

They will be promoting the Home Storage Center in future communications, which I will pass along to you.

If you don't wish to receive these newsletters, please let me know.

Respectfully Submitted,
Michael Goodwin

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June 2026 Self-Reliance Newsletter – Choir, Gardening, etc.

Distribution notice:
Why are you receiving this newsletter?

You are receiving this newsletter because you are a leader in a unit or the stake or have held such position. Or you have requested to receive them. Thank You.

You may have been receiving them since April 2003, that's 23 years.

Next Month we celebrate the 4th of July.

Now every country in the world has a 4th of July, but ours is so very special. It is our Independence Day. We have just remembered those who gave the ultimate sacrifice for our country on Memorial Day. Next month, we can again remember them as we celebrate the independence and freedoms we sometimes take for granted. We must be constantly diligent to those who wish to take away our hard won independence from us.

News Flash: Tabernacle Choir:

June 26, Coronado Theater Tabernacle Choir Event information:

We are excited to invite you to join us for the Tabernacle Choir Watch Party streamed from the event performed at the Hollywood Bowl located in Los Angeles, California. This event, in part, celebrates the Choir's 100th anniversary since its first performance at the venue. Below is the link to Ticketmaster (tickets are free) for the Watch Party to be held at the Coronado Theatre located at, 314 N Main St. Rockford Illinois, IL 61101

Please follow these instructions.

1. Click on the link <https://www.ticketmaster.com/event/040064BA735520E4>
2. Be sure to sign in (upper right corner) or open an account (any problems with this process please call the Coronado ticket office at 815-968-5222)
3. Click on the unlock link near the bottom right of the screen to the right of general admission tickets
4. Enter Rockford for the passcode
5. You can reserve up to 6 tickets per email

Hersheys checklist

Do you have any goals along these topics?

HERSHEYS was introduced to most units in 5th Sunday lessons over the past couple of year. If you don't remember, contact me.

Food Storage update from the Bishops Storehouse.

Food orders will no longer be delivered to the Rockford Stake. All orders will be handled locally through Walmart. See your Bishop for more information.

The Family Storage Center will close at the end of June.

All remaining food is 50% off. Check with the Kearleys for more information.

630-742-6285, kjkearley68@gmail.com

Addiction Recovery refresher:

Addiction Recovery and Spouse and Family Support are coordinated through the Church web site.

www.Addictionrecovery.churchofjesuschrist.org

ARP principles and manuals are available at this link.

Addictions can range from using illegal and legal drugs, gambling, food and sugar overeating, cell phone usage, pornography, YouTube bingeing, vaping, anything that distracts you from the gospel and holds you captive in some way, shape or form.

Dutch oven cooking

Maybe this is a good time to dust off your camp dutch oven and warm it up.

This may be a valuable tool and skill in times of need, even camping.

Aromatherapy

A wonderful way to enhance your body and spirit. And it smells good too.

Essential oils are the basis of aromatherapy.

Look for more information in the future.

Preparedness Segment:

Sling operation:

The shepherd's sling can be a powerful tool/weapon in the right hands. Don't underestimate the potential of string and rock. Look what David did for his people.

Guest Author:

Solar Generators Thrive During a Power Outage

When the grid goes down (like it did in Lena, Illinois recently after a tornado) solar generators take up the slack. It doesn't take a big generator to power smaller medical devices like a CPAP machine. No electricity, no problem. This Predator 350 Power Station efficiently and quietly allowed a CPAP user to sleep through the night until the power was restored. Plugging in a solar panel recharges the generator in a few hours during the day, so it's ready again at night. I plan to get a bigger one to get me through uncertain times in the future.

Submitted by Richard Duede, Freeport Ward

Natural insect bite remedy:

When you see bugs, also see plantain (not the banana like fruit)

You can use the chew and rub technique where you use your teeth to break open the leaf cells and rub the liquid on a bug bite. You can also infuse dried leaves in olive or other light oil and apply that.

Or, you can add a little beeswax to the infusion and make an ointment. All relieve the discomfort.

Dr. John R. Christopher used it to remove a serious case of blood poisoning.

Gardening Segment:

The classic Essentials of Home Production and Storage booklet is available here.

<http://rockfordstake.selfrelianceclub.com/Essentials%20of%20Home%20Production%20and%20Storage%20Booklet.pdf>

All Ezra Taft Benson Institute booklets are here:

<http://selfrelianceclub.com/Benson.html>

Audio file on medicinal herbology:

<http://selfrelianceclub.com/Be%20your%20own%20doctor%20with%20herbs.mp3>

Recipe Book on using your dry pack food from the Family Storage Center:

<http://selfrelianceclub.com/BSH%20Welfare%20Food%20Recipe%20Book.pdf>

Gardening opportunity to serve:

I have recently met some wonderful people who like to garden. They are the volunteers of the Rockford Interfaith Community Garden

Where: Creekwood Baptist Church, 5973 Darlene Drive, Rockford

When: Every Saturday 9 AM, other times available too.

What: Plant, weed, water, harvest, general cleanup

Why: This is God's work. The food is distributed to several local food pantries and entities.

If you might lose your SNAP benefits because of no volunteer work, this may just be the ticket!

What a great way to learn how to garden and serve too.

Contact me or Tiffany Clarke, if you need more information.

Food storage:

Gardens are in full swing:

Short on tomatoes, sprout suckers for more plants

A trick to store peppers and tomatoes, just wash, dry and put into the freezer, raw and whole.

I'm using 3 year old peppers, perfectly preserved. Tomato skins slip off when dipped into water.

Sodium and Calcium Chemicals: Wonderful tools for the home and garden:

Sodium bicarbonate, pH 8.3, is your household baking soda. Useful for causing baked goods to rise and deodorize refrigerators, cleaning tasks, etc.

Sodium carbonate is also known as washing soda and soda ash, pH 11.3. A stronger cleaning agent than the bicarbonate. Use caution when using as it will burn skin, eyes, lungs, etc. Useful in the laundry, dishwasher, for making laundry soap, etc. Can be made by easily by baking baking soda (250F 1 hour). Drives off moisture and CO₂.

About pH, soda ash is about 1000 times more alkaline than the sodium bicarbonate. Those points on the pH scale make a big difference. It is based on a logarithmic scale so going for a pH of 8 to 9 increases the alkalinity by 10 times.

Sodium percarbonate is basically solid hydrogen peroxide. Also used in the laundry department as a non-chlorine bleach. Works in hot, not cold, water to release the peroxide. Oxi-clean is a commercial brand.

Calcium Acetate – liquid calcium fertilizer to prevent blossom end rot in tomatoes, etc. Made by treating dried, powdered egg shells with vinegar. So simple and can be used, diluted, as a foliar fertilizer. Foliar fertilizer is absorbed about 10 times better than that applied to the roots.

Not really gardening?

New topic of research of mine you might like to investigate, Algae Oil. Good for cooking, biodiesel, etc.

I hope you all have a great month and a safe Independence Day Celebration.

Respectfully Submitted,

Michael Goodwin

779-203-0451

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July 2026 Self-Reliance Newsletter – Happy Summer

Self-Reliance Training: from the Handbook

Section 22 pertains to Self-Reliance issues. You should be able to find something wonderful here.

The Prophet said to Plant a Garden.

In 1976, as part of a general conference address on family preparedness, President Spencer W. Kimball said, "We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments ... can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden ... neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities." President Kimball actually recommended gardening in several talks he gave that conference weekend, and other Church leaders like Elder

Vaughn J. Featherstone and Relief Society General President Barbara B. Smith encouraged gardening in subsequent general conference addresses, too.

<https://www.churchofjesuschrist.org/study/general-conference/1976/10?lang=eng>

Scriptures advocating gardening, etc.:

Mosiah 6:7

And king Mosiah did cause his people that they should till the earth. And he also, himself, did till the earth, that thereby he might not become burdensome to his people, that he might do according to that which his father had done in all things.

Also see: Mosiah 9:9, 10:4

Use of Slings: Mosiah 9:16 and 10:8

Hersheys checklist

Do you have any goals along these topics?

HERSHEYS was introduced to most units in 5th Sunday lessons over the past couple of year.

I will take a few lines to refresh memories or teach new members of the stake.

H – Health – this is physical health. This is what kills you. Feed yourselves right to be servants to your Heavenly Father as long as possible and be safe.

E – Education – We are admonished to get as much education as possible. I always encourage young people to get their education while young. It's difficult to go back to school when older. I had to go to Kishwaukee College 3 days each week for just 1 class; 2 lectures and 1 lab.

R – Resource Management – manage your finances and possessions to make them last as long as possible.

S – Social Emotional and Spiritual Health – Maintain good relationships with friends, family and the Lord.

H – Home Production and Storage – Make what you can at home, do necessary repairs, plant a garden and harvest the produce and store, home storage of other foodstuffs and supplies.

E – Employment – Secure adequate income to provide for your family. Keep learning and improving to be an asset to your employer.

Y – Years Supply – Food, clothing and other necessities for 1 year. Make it your family store. 2 weeks water supply with purification equipment and supplies to extend beyond this.

S – SOON – Start small and build each week.

These items follow the guidance of the Essentials of Home Production and Storage Booklet.

<http://rockfordstake.selfrelianceclub.com/Essentials%20of%20Home%20Production%20and%20Storage%20Booklet.en.pdf>

http://rockfordstake.selfrelianceclub.com/B1_Home_Production_and_Storage.htm

These principles, and many other topics for members and leaders are available on the Stake Self-Reliance Website. The following link is a sub-domain specifically for the Rockford Stake.

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

The main domain is selfrelianceclub.com and contains more information regarding personal self-reliance.

<http://selfrelianceclub.com>

The complete document used for my 5th Sunday Training is available at:

<http://rockfordstake.selfrelianceclub.com/Universal%202024%20Self%20reliance%20unit%20training%20document%20ver%204.0.pdf>

Next Month – August – topic pending (September is National Preparedness Month!)

Last full week of June is National Pollinator Week. Remember the birds and bees when planting your gardens. They will reward you greatly.

News Flash:

Members in other states have been challenged to learn a language. With all the immigrants entering the US, some of them next door, it might be a good idea to learn to communicate with them. After reviewing some herbology training tapes recently, I have learned that the Latin names of plants and medicinal herbs are known world-wide, in any country.

Reminder:

Food Storage update from the Bishops Storehouse.

Food orders will no longer be delivered to the Rockford Stake. All orders will be handled locally through Walmart. See your Bishop for more information.

~~The Family Storage Center will close at the end of June.~~

~~All remaining food is 50% off.~~

Update: the 50% off sale is discontinued and the Family Storage Center will remain open until further notice.

Check with the Kearleys for more information.

630-742-6285, kjkearley68@gmail.com

Herb of the Month

On July 31, 2017, I held a self-reliance class at my house and we discovered over 60 plants with medicinal value, right in my very yard. If we only stop, look and listen to the spirit, we can see Heavenly Fathers work in preparing the earth for man to live on. See Alma 46:40.

Last month, I mentioned seeing bugs and the antidote, plantain. This plant contains allantoin, a cell proliferant, also found in Comfrey.

See my Feb 2024 newsletter for testimonials of Comfrey and Plantain uses in the healing of man.

[http://rockfordstake.selfrelianceclub.com/Consolidated newsletters - 2024.pdf](http://rockfordstake.selfrelianceclub.com/Consolidated%20newsletters%20-%202024.pdf)

Aromatherapy

A wonderful way to enhance your body and spirit. And it smells good too.

Essential oils are the basis of aromatherapy. A room spray of lavender, eucalyptus and pine is a wonderful smelling room deodorizer.

Look for more information in the future.

Gardening Segment:

Thinking of a fall garden? Now is the time to start seeds for cauliflower and other cool weather plant seeds for a fall crop.

Cauliflower crust pizzas are a favorite of ours and you can also make mashed cauliflower to replace potatoes, for those wishing to lower their intake of carbohydrates.

Gardening opportunity to serve: Repeat from Last Month!

I have recently met some wonderful people who like to garden. They are the volunteers of the Rockford Interfaith Community Garden

Where: Creekwood Baptist Church, 5973 Darlene Drive, Rockford

When: Every Saturday 9 AM, other times available too.

What: Plant, weed, water, harvest, general cleanup

Why: This is God's work. The food is distributed to several local food pantries and entities.

If you might lose your SNAP benefits because of no volunteer work, this may just be the ticket!

What a great way to learn how to garden and serve too. I have invested several hours at this project and learn something new every time.

Contact Tiffany Clarke or me, if you need more information.

I hope you all have a great Summer.

Respectfully Submitted,

Michael Goodwin

779-203-0451

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July 2026 Self-Reliance Newsletter – Happy Summer

Self-Reliance Training: from the Handbook

Section 22 pertains to Self-Reliance issues. You should be able to find something wonderful here.

The Prophet said to Plant a Garden.

In 1976, as part of a general conference address on family preparedness, President Spencer W. Kimball said, “We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments ... can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden ... neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities.” President Kimball actually recommended gardening in several talks he gave that conference weekend, and other Church leaders like Elder Vaughn J. Featherstone and Relief Society General President Barbara B. Smith encouraged gardening in subsequent general conference addresses, too.

<https://www.churchofjesuschrist.org/study/general-conference/1976/10?lang=eng>

Scriptures advocating gardening, etc.:

Mosiah 6:7

And king Mosiah did cause his people that they should till the earth. And he also, himself, did till the earth, that thereby he might not become burdensome to his people, that he might do according to that which his father had done in all things.

Also see: Mosiah 9:9, 10:4

Use of Slings: Mosiah 9:16 and 10:8

Hersheys checklist

Do you have any goals along these topics?

HERSHEYS was introduced to most units in 5th Sunday lessons over the past couple of year.

I will take a few lines to refresh memories or teach new members of the stake.

H – Health – this is physical health. This is what kills you. Feed yourselves right to be servants to your Heavenly Father as long as possible and be safe.

E – Education – We are admonished to get as much education as possible. I always encourage young people to get their education while young. It’s difficult to go back to school when older. I had to go to Kishwaukee College 3 days each week for just 1 class; 2 lectures and 1 lab.

R – Resource Management – manage your finances and possessions to make them last as long as possible.

S – Social Emotional and Spiritual Health – Maintain good relationships with friends, family and the Lord.

H – Home Production and Storage – Make what you can at home, do necessary repairs, plant a garden and harvest the produce and store, home storage of other foodstuffs and supplies.
E – Employment – Secure adequate income to provide for your family. Keep learning and improving to be an asset to your employer.
Y – Years Supply – Food, clothing and other necessities for 1 year. Make it your family store. 2 weeks water supply with purification equipment and supplies to extend beyond this.
S – SOON – Start small and build each week.

These items follow the guidance of the Essentials of Home Production and Storage Booklet.

<http://rockfordstake.selfrelianceclub.com/Essentials%20of%20Home%20Production%20and%20Storage%20Booklet.en.pdf>

http://rockfordstake.selfrelianceclub.com/B1_Home_Production_and_Storage.htm

These principles, and many other topics for members and leaders are available on the Stake Self-Reliance Website. The following link is a sub-domain specifically for the Rockford Stake.

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

The main domain is selfrelianceclub.com and contains more information regarding personal self-reliance.

<http://selfrelianceclub.com>

The complete document used for my 5th Sunday Training is available at:

<http://rockfordstake.selfrelianceclub.com/Universal%202024%20Self%20reliance%20unit%20training%20document%20ver%204.0.pdf>

Next Month – August – topic pending (September is National Preparedness Month!)

Last full week of June is National Pollinator Week. Remember the birds and bees when planting your gardens. They will reward you greatly.

News Flash:

Members in other stakes have been challenged to learn a language. With all the immigrants entering the US, some of them next door, it might be a good idea to learn to communicate with them.

After reviewing some herbology training tapes recently, I have learned that the Latin names of plants and medicinal herbs are known world-wide, in any country.

Reminder:

Food Storage update from the Bishops Storehouse.

Food orders will no longer be delivered to the Rockford Stake. All orders will be handled locally through Walmart. See your Bishop for more information.

~~The Family Storage Center will close at the end of June.~~

~~All remaining food is 50% off.~~

Update: the 50% off sale is discontinued and the Family Storage Center will remain open until further notice.

Check with the Kearleys for more information.

630-742-6285, kjkearley68@gmail.com

Herb of the Month

On July 31, 2017, I held a self-reliance class at my house and we discovered over 60 plants with medicinal value, right in my very yard. If we only stop, look and listen to the spirit, we can see Heavenly Fathers work in preparing the earth for man to live on. See Alma 46:40.

Last month, I mentioned seeing bugs and the antidote, plantain. This plant contains allantoin, a cell proliferant, also found in Comfrey.

See my Feb 2024 newsletter for testimonials of Comfrey and Plantain uses in the healing of man.

[http://rockfordstake.selfrelianceclub.com/Consolidated newsletters - 2024.pdf](http://rockfordstake.selfrelianceclub.com/Consolidated%20newsletters%20-%202024.pdf)

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Michael Goodwin

779-203-0451

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August 2026

August 2026 Self-Reliance Newsletter – August - This and That

September is National Preparedness Month!

Hello to Everyone,

Self-Reliance Training: from the Handbook

22. Providing for Temporal Needs and Building Self-Reliance

Members of the Church strive to “bear one another’s burdens ... and comfort those that stand in need of comfort. Caring for those who have temporal needs is part of God’s work of salvation and exaltation.

Church members are also counseled to strengthen their own self-reliance through diligent work and with the help of the Lord. Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family. As members become more self-reliant, they are also better able to serve others.

Significant conference talks of the past about preparedness:

Peace and contentment through temporal self-reliance – Gordon Hinckley

<https://www.churchofjesuschrist.org/study/manual/teachings-of-presidents-of-the-church-gordon-b-hinckley/chapter-13-peace-and-contentment-through-temporal-self-reliance?lang=eng>

Food Storage -Vaughn Featherstone

“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.”

<https://www.churchofjesuschrist.org/study/general-conference/1976/04/food-storage?lang=eng>

The Need to Teach Personal and Family Preparedness - L. Tom Perry

<https://www.churchofjesuschrist.org/study/general-conference/1981/04/the-need-to-teach-personal-and-family-preparedness?lang=eng>

US Area presidency preparedness guide Introduction:

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

4 key components:

- 1 – Emergency Planning
- 2 – Home Storage and Production
- 3 – Financial Preparedness
- 4 – Emotional Preparedness

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

Hersheys checklist

Have you added any goals along these topics?

Speaking of Hershey’s, here is a wonderful chocolate pudding recipe that has been in our family for years:

For 2 servings, blend:

3 Tbsp Cocoa powder

3 Tbsp Corn starch

3 Tbsp sugar

Add:

2 C milk and whisk

Bring to boil over medium heat, stirring constantly.

Remove from heat and stir in:

1 tsp vanilla extract

2 Tbsp Butter

Cool and Enjoy, or eat warm!

Web site focus

An archived of my past newsletters are available on the web site through July 2026.

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

News Flash:

9 meals away from anarchy?
Kind of makes you think differently about 72-hour kits.
See next month's newsletter for links and more!

Herb of the Month

On July 31, 2017, I held a self-reliance class at my house and we discovered over 60 plants with medicinal value, right in my very yard. If we only stop, look and listen to the spirit, we can see Heavenly Fathers work in preparing the earth for man to live on. See Alma 46:40.

I found an article on stinging nettles: Beyond the Sting.

<https://www.wishgardenherbs.com/blogs/wishgarden/nettle-urtica-dioica-gracilis>

What the heck is urtication anyways? – or how to stay warmer in the winter.

Aromatherapy

A wonderful way to enhance your body and spirit. And it smells good too.

Essential oils are the basis of aromatherapy. A room spray of lavender, eucalyptus and pine is a wonderful smelling room deodorizer. Here are some other recipes:

Hope and Harmony

1.5 ounces distilled water

1.5 ounces witch hazel

4-ounce spray bottle

15 drops Bergamot oil

10 drops Clary Sage oil

10 drops Sandalwood oil

Welcome Home

1.5 ounces distilled water

1.5 ounces witch hazel

4-ounce spray bottle

15 drops Lavender oil

15 drops Lemon oil

Pause and Refresh

1.5 ounces distilled water

1.5 ounces witch hazel

4-ounce spray bottle

15 drops Roman Chamomile oil

15 drops Rosemary oil

Gardening Segment:

See "In the beginning, there was a seed" document, attached

"Sitting on the Pot" method of planting.

I stack used pots, full of medium, to store until I need them. A Lambs quarter plant grew in the top of one of three pots. I picked it up to move it and all three pots came with it. All were joined by the root of one plant, descending into the medium of the lower pots. It was gathering moisture and nutrients from the lower pots. This was an inspiration from Heavenly Father to grow plants vertically in multiple pots.

Interesting information: The Power of the At Home Garden

<https://www.adirondackexplorer.org/communities/food-and-farms/power-of-the-at-home-garden/>

I hope you all have a great Summer and enjoy the bounty of the Earth.

Respectfully Submitted,
Michael Goodwin
Stake Welfare and Self-Reliance Specialist
Stake Addiction Recovery Specialist
779-203-0451

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September 2026
September 2026 Self-Reliance Newsletter – National Preparedness Month!

Hello to Everyone,

This is a rather large newsletter with 6 attachments. Enjoy!

September is the last month of our growing season. Make the best of it. You can still grow a crop of radishes.

The Month of September has been designated as National Preparedness Month.

September National Preparedness Month Theme: Americans Stand Ready

<https://www.ready.gov/stand-ready>

Temporal Preparedness Handbook

<http://rockfordstake.selfrelianceclub.com/Emergency%20Preparedness%20Handbook%20R1%20new.pdf>

Rockford Stake Disaster Plan 2025

<http://rockfordstake.selfrelianceclub.com/StakeDisasterplan%2012-5-2025%20ver%207.pdf>

Presiding Bishopric care of the Earth principles

Personal email received: Update to Wise Stewardship – Oct 18, 2022

The presiding bishopric would like to announce an adjustment to the presiding bishopric guiding principle, Wise Stewardship, to reflect the church's continuing commitment to caring for the earth and its resources.

“For it is expedient that I, the Lord, shall make every man accountable as a steward over earthly blessings, which I have made and prepared for my creatures.” D&C 104:13. As stewards over earthly blessings, we should carefully administer not only sacred funds, but also the natural resources the Lord has blessed us with.

In caring for God's children, the Presiding Bishopric has also focused on caring for God's creations. One example of this is the major [environmental sustainability priorities](#) the Church has established to help Latter-day Saints be wise stewards of the earth.

<https://newsroom.churchofjesuschrist.org/article/environmental-sustainability-church-operations>

Self-Reliance Training: from the Handbook

22. Providing for Temporal Needs and Building Self-Reliance

Church members are also counseled to strengthen their own self-reliance through diligent work and with the help of the Lord. Self-reliance is the ability, commitment, and effort to provide the spiritual and

temporal necessities of life for self and family. As members become more self-reliant, they are also better able to serve others.

Education News Flash!

Trade schooling can now be funded with Pell Grants !!!!!!!

Workforce Pell Grant program launched on July 1, 2026

See the following two websites for more information:

<https://www.ed.gov/about/news/press-release/us-department-of-education-issues-final-rule-create-new-workforce-pell-grant-program>

<https://studentaid.gov/articles/dont-miss-out-on-pell-grants/>

Employment Information:

The Rockford Stake has an Employment Specialist who will assist anyone within stake boundaries who seeks to find employment. If anyone in your unit becomes unemployed or wants to update their resume or practice their interview skills, please refer them to contact me at the information shown below. Also, if anyone becomes aware of an open position within the organization in which they work, or become aware of an open employment position, please contact me with that information and it will be added to the Stake Website (see the link below). I am in the process of updating the employment section of the Rockford Stake Website where open jobs will be listed as members and friends send that information to me.

Debra Goodwin, Stake Employment Specialist

debragoodwin6@gmail.com

815-986-4466

See the Employment page of the Stake web site at:

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

Significant conference talks of the past about preparedness:

President Spencer W. Kimball said: "We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments or condominiums can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden ... neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities"

<https://www.churchofjesuschrist.org/study/manual/duties-and-blessings-of-the-priesthood-basic-manual-for-priesthood-holders-part-b/home-and-family-relations/lesson-16-home-gardening?lang=eng>

<https://www.churchofjesuschrist.org/media/music/songs/the-prophet-said-to-plant-a-garden?lang=eng>

<https://www.churchofjesuschrist.org/study/general-conference/1981/10/the-honored-place-of-woman?lang=eng>

Priesthood and Relief Society Manuals

From LDS Woman Basic Manual

<https://www.churchofjesuschrist.org/study/manual/the-latter-day-saint-woman-basic-manual-for-women-part-a/homemaking/lesson-25-home-gardening?lang=eng>

From LDS Priesthood Manual

<https://www.churchofjesuschrist.org/study/manual/duties-and-blessings-of-the-priesthood-basic-manual-for-priesthood-holders-part-b/home-and-family-relations/lesson-16-home-gardening?lang=eng>

New Member Discussion booklet 6,
Principle 2: Self-Reliance and
Principle 3: Personal and Family Preparedness

See attachment 1

Remember the tornados we had in Roscoe and Lena several months ago.
We need to plan now for the events in the future and how can we plan to help those affected by these disasters.

Apr 17 2026 EF2 Lena, IL
EF1 Roscoe, IL
EF 1 Harrison, IL
EF U Pecatonica, IL
2013 EF4 Washington, IL
2015 EF4 Fairdale, IL

US Central Area presidency preparedness guide:

See attachment 2

Complete manual available at:

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

News Flash: Food Security

9 meals away from anarchy?

Kind of makes you think differently about 72-hour kits.

See attachment 3

Herb/Plant of the Month

Forsythia, etc. What the heck is Phenology anyway and how does it affect my garden?

When the forsythia blooms, the soil temperature is about 55F. This is the time when vectors start to appear, these are the insects that transmit diseases in plants. All pruning should be done by this time so the new cuttings cannot be infected. Biological activity starts to ramp up at this soil temperature.

More information can be found at:

<https://www.almanac.com/phenology-garden-planting-natures-signs>

Many years ago, I came across a product called Fire Feet. It was a foot warmer using brassica seed and cayenne, etc. to increase blood flow to the extremities, keeping them warm.

Some new methods involve piezoelectric, pyroelectric or acupuncture methods

And then there is this one: New foot warming socks!

Tourmaline self-heating socks using acupressure to increase blood circulation

What will they think of next?

Gardening Segment:

Its time to select your finest plants to propagate sprouts to keep indoors for next year's crop.

Don't forget to save the seeds too from your best plants for next year, open-pollinated, of course.

"...the most valuable of all arts will be the art of deriving a comfortable subsistence from the smallest area of soil." – Abraham Lincoln

In case you have some hydrangeas and forsythias that aren't blooming, see these links:

<https://extension.illinois.edu/blogs/good-growing/2025-03-28-help-my-forsythia-isnt-blooming-it-used>
<https://www.bloomingbackyard.com/hydrangea-blooms/>

Going Greens Beet – Carrot - Radish and Dandelion

<https://edibleventuracounty.ediblecommunities.com/recipes/what-cook-going-greens-beet-carrot-radish-and-dandelion/>

Putting a garden to bed for the winter – presentation to the RS in Freeport 2026
See Attachment 4

The Power of At Home Gardening
See Attachment 5

Last date to plant in the Garden
See Attachment 6

Humor as told by the late Jim Giometta
A person went up to a librarian and asked if they could tell them where the Self-Help section was.
They said they could but that would be self-defeating.

I hope you have a great Autumn.

Respectfully Submitted,
Michael Goodwin
Stake Welfare and Self-Reliance Specialist
Stake Addiction Recovery Specialist
779-203-0451

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Addendum:

Attachment 1 – New Member Discussions

Attachment 1

From the North America Central Area Guide:

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

1 – Emergency Planning – September Focus

Preparing Your Home for Emergencies
General Preparation:

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

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.

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.

Store an emergency supply of nonrefrigerated foods.

Plan on one gallon of water per person per day for 3 days for drinking, food preparation, and sanitation.

Store medical supplies, clothing, blankets, flashlights, extra batteries, sanitation supplies, and so on.

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.

A fireplace.

Grills or camp stoves (use outdoors only).

Outdoor fire pit with a camp dutch oven or foil cooking

Preparing for Specific Disasters: Consider what disasters are common for your area and prepare for those emergencies. Here are some examples:

Earthquakes Secure heavy furniture and your water heater to the wall.

Winter weather: Protect your home from the cold with insulation, caulking, and weather stripping.

Insulate pipes to keep them from freezing.

Tornadoes: Secure or get rid of outdoor items that could be picked up and thrown by the wind.

An emergency kit can help you be prepared if you need to leave your home quickly or if you need to survive for a short period of time. Having a kit ready will help bring peace to your mind. When making a kit, consider:

Medical Supplies: Prescriptions, over-the-counter medicines, first-aid items.

Shelter: Tents, blankets, and clothes.

Money: Cash or valuables to trade for what you need.

Food and Water: Simple foods and water and a water filter.

Important Documents: Identification, property, and vehicle records, financial and legal forms, medical information, insurance policies, estate documents, and an emergency contact list.

Light: Flashlight, batteries, candles, and matches.

Entertainment and Comfort Items: Games, balls, puzzles, coloring books and crayons, books.

Communication: Battery-powered radio, phone with charger, backup battery.

Your local county and city are great sources of information on emergency planning. You can find more about this topic at the sites listed below:

<https://www.ready.gov/stand-ready>

emergency.cdc.gov

fema.gov

www.redcross.org/get-help/how-to-prepare-for-emergencies.html

www.savethechildren.org/us/what-we-do/us-programs/disaster-relief-in-america

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

<https://www.ready.gov/kids/teen-cert>

Community Emergency Response Team (CERT)

<https://www.fema.gov/emergency-managers/individuals-communities/preparedness-activities-webinars/community-emergency-response-team>

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Attachment 2 – North America Central Preparedness Guide

Attachment 2

From the North America Central Area Guide:

<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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emergency.cdc.gov

fema.gov

www.redcross.org/get-help/how-to-prepare-for-emergencies.html

www.savethechildren.org/us/what-we-do/us-programs/disaster-relief-in-america

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

<https://www.ready.gov/kids/teen-cert>

Community Emergency Response Team (CERT)

<https://www.fema.gov/emergency-managers/individuals-communities/preparedness-activities-webinars/community-emergency-response-team>

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Attachment 3 – Food Security – 9 Meals to Anarchy

Attachment 3

Food Security

<https://ruralresurrection.com/nine-meals-from-anarchy/>

The chilling idea that society is just "nine meals away from anarchy"—roughly three days without food—was coined by writer Alfred Henry Lewis in [Cosmopolitan Magazine](#) in 1906. It highlights the fragility of our modern, "just-in-time" supply chains.

When distribution systems are disrupted by labor, pandemics, weather, etc. both on the supply and demand sides, stores can become barren very quickly.

We must develop and maintain personal supplies and make preparedness a focus point in our homes and communities.

Most people don't grow food. They depend upon the supermarket, mostly, for their daily bread. This source can become disrupted when the distribution system goes down but also is affected by

inventory methods used and events happening around the globe as we just found out about the vulnerability of the Strait of Hormuz.

To change this dependence upon others for our food, we can do several things:

1 – grow as much of our food as possible. That is not a valid option for most of us.

Support farmers markets and urban gardening.

Americans feeding Americans, vs rest of the world through exports.

<https://edibleventuracounty.ediblecommunities.com/recipes/what-cook-going-greens-beet-carrot-radish-and-dandelion/>

Help your community with disaster preparedness and possibly post-disaster communication plans. Learn about local resources such as emergency shelters, food and water supplies and delivery.

Support food banks and pantries to improve resiliency and sustainability.

Promote energy independence as much as possible.

Stock up on basic, essential supplies like medical supplies, tools and non-perishable foods.

Buy open-pollinated vegetable seeds and store.

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Attachment 4 – Prepare your garden bed for winter

Prepare to put your garden to bed for the winter.

Presentation to the Freeport Ward Relief Society, September 2026

Promote stake self-reliance web site:

Gardening manual link:

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

Add Sheets, Blankets and pillows! These will take many shapes and forms.

Finish up this year

Plan for next year

Garden Cleanup:

Pull up dead annuals and discard diseased plants.

Put down mulch to keep fall weeds from growing.

Disconnect hoses from faucets and drain, especially frost proof faucets

Section 1:

A Garden is a Solar Collector!

It is a solar-powered food-producing machine!

First: what are you growing in your garden now?

What do have yet to harvest up to that first frost?

What about beyond that frost? Some plants become sweeter after being frosted. The plants convert some of the starch into sugar which acts like an antifreeze.

Some plants include carrots, parsnips, beets, turnips, radishes, also kale, spinach, brussels sprouts, cabbage and broccoli.

Fall is the time to plant for next spring crops.

One example is garlic.

Garlic is best planted at the time children return to school, for the largest bulbs next year.

The reason is planting in the fall allows the garlic bulbs to develop stems and send roots into the soil and prepare it for the next growing season, when it will spring forth with great growth. This is how you get the wonderfully large cloves from your plants. Most garden stores only sell garlic for planting in the Spring. If only they knew.

We make a wonderful sore throat remedy with crushed garlic, cayenne pepper and honey.

Another fall planted crop can be tomatoes.

Plant your garden for next year?

Yes, now is a good time to plant tomatoes, spinach, etc.....

One fall, I dug a furrow and deposited whole cherry tomatoes in the row.

I had cherry tomato plants spanning 6 feet from either side of the row in the spring.

This is before I learned to trellis.

This is a good way to produce transplants, too. Almost like cold stratifying the seed.

Do you have winter or over-winter crops? Your garden can be an in-ground root cellar for root crops. One year, I planted late carrots in my garden. When winter approached, I covered the carrots with a tarp and many inches of leaves for insulation. The day after Christmas, I pulled the tarp up and dug fresh carrots in the unfrozen ground. After a couple of days of -20 temperatures, I again dug some fresh, unfrozen carrots to eat.

The ground acts as a heat sink in the summer and stores the heat, if insulated. Think of root cellars dug into the earth. They don't freeze and keep produce fresh through the winter.

Make raised beds for use next year!

Gather fill containers for the bottom of deep beds and fill with compost/soil mixture to prepare for next year. Cover with mulch to hold moisture in from snowfall and rain.

Plan your garden for next year to determine what you are going to plant and where. This will help in determining how to treat the soil for these crops. Identify sun and partial sun plants for positioning.

Note where you have grown heavy feeders: like tomatoes, corn, broccoli, peppers, eggplant, celery, cucumbers, squash and pumpkins and heavy givers, like legumes.

This helps you schedule crop rotations and fertilizing requirements.

If you use rock powders for fertilizer, adding now will allow some weathering to occur to break them down due to the freezing and thawing processes of the winter.

Examples are rock phosphate, green sand, marl, granite powder, lime, etc.

Wood ash, in moderation, is good to be added now. Provides calcium (20%), phosphorus (2%) and potassium (3%).

Garden Use during the Winter:

Refuge for beneficial insects with layers of leaves.

Mulch to maintain moisture in the ground and keep weeds from growing. Examples are leaves, grass clippings, wood chips, cardboard, etc.

Leave some bare soil for ground nesting bees to overwinter.

Use of wood chips in the garden as mulch?

Nature maintains a carbon/nitrogen ration of about 15:1

If you put wood chips into the garden, this is a heavy carbon load and the decomposition of it will tie up the nitrogen from the soil, depriving it from plant use, until it decomposes.

Be sure to add a nitrogen supplement to counteract this deficit.

This could be in the form of blood meal, soybean meal or other high nitrogen product.

I tend to steer away from any chemical fertilizers in my garden, but if you don't mind, you could add ammonium nitrate, potassium nitrate, urea or other man-made nitrogenous material.

Cover crops One example is cereal rye which creates over 5000 miles of root hairs from 1 plant in a single season, and it also deters other plants from growing. This will keep weeds from growing but you will want to mow and till it in several weeks before planting your crops so it has a chance to decompose to remove this feature.

Green manure

A legume like clover, beans, peas, etc. to add nitrogen to the soil. Meant to be tilled in in the spring.

What about perennials?

Hydrangeas, forsythias, peony, horseradish, joe pye weed?

Mulch, ie, "Blanket" the base of the perennials to protect from frost, etc.

In case your hydrangeas and forsythias aren't blooming, check these links:

<https://extension.illinois.edu/blogs/good-growing/2025-03-28-help-my-forsythia-isnt-blooming-it-used>
<https://www.bloomingbackyard.com/hydrangea-blooms/>

The watering of newly planted perennials is necessary up until ground freeze. New root systems cannot store water yet. Roots continue to grow after above ground part becomes dormant. Moist soil prevents plant tissues from dehydrating in the dry, winter wind.

Some plants susceptible to winter damage include Peonies, coneflowers, asters and astilbe.

Give plants about an inch of water weekly, deeply and slowly to a depth of 4 or more inches. Water before nighttime frosting and mulch to help plants keep that moisture.

Be sure to bring in the frost tender plants you wish to save for next year. This could include rosemary, lavender, sage, etc. I brought in a couple of potted pepper plants and kept them alive and one got off to a great start this spring. You can even take cuttings for propagation through the winter.

If you have hybrid vegetables, ie, tomatoes, and you don't have leftover seed or want to buy seed again next year, you can bring in cuttings, in small pots, and "hibernate" them through the winter with a little water and light.

If they grow big enough, you can take cuttings from them for propagating into more plants.

There is a process called tissue culture where one can produce a lot of plants in a short period of time. This is a form of that process but you have to have the room and desire.

Since I start some of my plants in January or early February, especially onion seed, it's not a great leap to keep plants alive from October till then, when I'm maintaining plants for spring planting.

Section 2:

Pollinators:

While cleaning out the trash from your yard, especially perennial stalks, you might want to leave some hollow stalks for the native bees for next year to nest in. I'm talking about asters, joe pye weed, and elderberry stems, to mention a few. You can cut them to 12 and 18" and leave for next year. You can stack the cut stems in a dry location for bees to use, also.

This might be a time to consider making bee houses for the next year for bumblebees.

Some commercial bee hotels for native bees are available but I find them to be too short. Native bees like the blue orchard mason bee or the leaf cutter bee will lay female eggs in the deepest cavity of the hotel. The male eggs will be placed near the opening. The deeper the straws, the more female bees will be produced. The males will hatch first and wait for the female to emerge for fertilization.

https://xerces.org/sites/default/files/publications/22-005_01_web-print.pdf

Leave some leaves on the ground for insects that overwinter and nest in them. Perhaps a small pile in the corner of your garden. Intend to leave them until the bumblebees come out in the spring.

Section 3: cold stratification

If you need to cold, wet stratify seeds to grow, why not plant them now to automatically achieve that process. Such plants as joe pye weed, asters, purple coneflower, milkweed, rudbeckia, etc. Also, lavender, catnip, St. John's Wort, Marshmallow, trees like walnut, oak and shrubs like redbud and serviceberry. Don't forget, arnica, butterfly bush, catmint, evening primrose, hollyhock, anise hyssop, lobelia, soapwort, berberis, monarda, chives both varieties, ginseng, goldenseal, goldenseal, oregano, plantain, rose, rosemary, sage, stinging nettles and thyme.

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Driller radishes, also known as Daikon, break up clay soil and hardpan. They leave the roots in the soil to rot which provide passages for air and water to get to deeper places. Sunflowers also have a deep tap root to provide aeration.

Encourage earthworms too, to provide holes in the earth and additional fertility. Ever hear of worm castings?

Do you have perennial compost plants that can bring nutrients from deep in the soil? When used as mulch, they can add the nutrients to the soil. Putting them in the compost pile, they add nitrogen. Such plants include Comfrey and Nettles, which are also good for man.

<https://extension.umn.edu/gardening-minnesota/living-soil-healthy-garden>

<https://ia801606.us.archive.org/14/items/textbookofphysic00king/textbookofphysic00king.pdf>

Some winter garden activities to consider:

Making bee houses

seed sorting, packaging and labeling

flower seed collecting

save egg shells to make calcium acetate

save bones to roast for phosphorus element

save wood ashes for calcium, potassium and phosphorus

add food scraps to the compost pile

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Attachment 5 – Power of At-Home Gardening

Attachment 5

The Power of the At Home Garden

<https://www.adirondackexplorer.org/communities/food-and-farms/power-of-the-at-home-garden/>

The power of community gardens

Search these links for more information:

10 Amazing Benefits of Home Garden in 2026

<https://nativeindianorganics.com/blogs/online-india/amazing-benefits-of-home-garden>

10 Reasons to Start a Backyard Garden and How to do it!

<https://richmondvale.org/backyard-garden/>

Archives: The power of the at-home garden

<https://www.adirondackexplorer.org/tag/adirondack-gardener/>

<https://www.growing-gardens.org/blog/home-gardens-in-action>

<https://www.thegardencontinuum.com/blog/why-create-home-vegetable-garden>

healthy lifestyle through home gardening

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6600618/>

How to harvest fresh vegetables all winter in the adirondacks

<https://www.adirondackexplorer.org/communities/food-and-farms/how-to-harvest-fresh-vegetables-all-winter-in-the-adirondacks/>

soil improvement plants

<https://insectsandorganicgardening.com.au/organic-gardening/plants/soil-improvement-plants/>

<https://www.adirondackexplorer.org/communities/food-and-farms/the-long-game-of-gardening-lessons-from-a-robust-compost-pile/>

the power of community gardens.pdf

<https://experiencelife.lifetime.life/article/the-power-of-community-gardens/>

<https://www.botanicgardens.org/blog/power-plants-promoting-human-well-being>

ways to help Adirondack pollinators

[file:///C:/Users/iopsn/Documents/Documents/Gardening%20Benefits/Ways%20to%20help%20Adirondack%20pollinators%20 %20Adirondack%20Explorer.pdf](file:///C:/Users/iopsn/Documents/Documents/Gardening%20Benefits/Ways%20to%20help%20Adirondack%20pollinators%20%20Adirondack%20Explorer.pdf)

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Attachment 6- ::Latest Dates to plant in garden chart

Latest dates to plant in garden chart:

Cucumbers 1 july seed outdoors

Watermelon 1 july seed outdoors

Pole bean 1 july seed outdoors

Cauliflower 20 july seed indoors, transplant outdoors 6 weeks later

Broccoli 15 july to 30 july seed indoors, transplant outdoors 6 weeks later

Beets 30 july seed outdoors

Carrots 30 july seed outdoors

Turnip 5 aug seed outdoors

Rutabaga 5 aug seed outdoors

Bush bean 30 july to 14 aug seed outdoors

Spinach 5 aug to 15 sept seed outdoors

Garlic – plant mid September

Northern Illinois Planting Guide

Planting date ranges below are recommendations for Northern Illinois based on average first and last frost dates for this region. Always confirm plant dates with plant tags and seed packets. Note: Due to the urban heat effect, the Chicago area has a warmer zone than the rest of Northern Illinois and may be closer to Central Illinois dates.

Vegetable	Type	Planting Date Range	Space Apart (Inches)	Sowing Depth (Inches)	Growing Instructions
Asparagus	Crowns	April 1 to 30	12" to 18"	6"	Spread roots and cover crown bud with 2 inches of soil; do not harvest first year; mow foliage after fall frost.
Bean (bush)	Seed	May 24 to June 30, July 30 to Aug. 14	2" to 4"	1"	
Bean (pole)	Seed	May 24 to June 30	4" to 6"	1"	
Beets	Seed	April 24 to July 30	1"	½"	Soak in water 24 hours before planting; thin seedlings to 2 inches apart.
Broccoli	Transplant	April 24 to May 15, July 15 to 30	12" to 24"	¼ " to ½"	
Cabbage	Transplant	April 24 to July 30	12" to 24"		
Carrots	Seed	April 24 to July 30	½"	½"	Mix with sand or soil to spread seed more evenly; keep moist during germination; thin to 1 inch.
Cauliflower	Transplant	July 24 to Aug. 10	18" to 24"		

Chard	Seed or Transplant	April 24 to June 14, Aug. 1 to 14	2" to 4"	1"	Thin to 6 inches if seeded.
Corn	Seed	May 15 to July 1	12"	1"	
Cucumber	Seed	May 24 to June 30	12"	1"	
Eggplant	Transplant	May 24 to June 30	18" to 24"		
Endive	Seed	April 14 to May 14, Aug. 5 to 30	Broadcast seed		Top dress with ¼ inch of soil; thin to 9 inches.
Garlic	Clove	Mid-Sept.	2" to 4"	1" to 2"	
Kale	Transplant	April 14 to May 14, Aug. 1 to 14	6"	½"	Thin to 12 inches.
Kohlrabi	Seed	April 8 to 20, July 15	4"	½"	
Lettuce	Seed	April 15 to May 15, July 15 to Sept. 15	Broadcast seed		Top dress with ¼ inch of soil; thin to 4 inches; consider shade for late plantings.
Muskmelon	Seed	June 3 to 24	24"		
Mustard	Seed	April 15 to June 15, July 15 to Sept. 15	4"	½"	
Okra	Transplant	May 24 to June 30	12" to 24"		

Northern Illinois Planting Guide (continued)

Vegetable	Type	Planting Date Range	Space Apart (Inches)	Sowing Depth (Inches)	Growing Instructions
Onion (green)	Sets	April 9 to May 15	2"	1"	
Onion (bulb)	Sets	April 9 to May 15	4"	1"	
Parsnip	Seed	May 15 to Aug. 5 (fall crop)	3"	½"	Thin to 18 to 24 inches.
Peas	Seed	April 24 to May 15	1"	1"	
Pepper	Transplant	June 15 to July 30	24"		
Potato	Whole or 2 oz piece with 2 eyes	April 15 to 30	12"	2"	
Pumpkin	Seed	June 3 to 24	36" to 72" (between hills)	1"	5 seeds per hill; thin to 2 or 3 best seedlings.
Radish	Seed	April 20 to June 15, Aug. 15 to Sept. 15	1" to 4"	½"	

Rhubarb	Roots or Crown buds	April 9 to May 30, Aug. 3 to 15	24"	2"	Perennial crop.
Rutabaga	Seed	May 15 to Aug. 5 (fall crop)	2"	½"	Thin to 6 inches when plants are 2 inches tall.
Spinach	Seed	April 5 to 30, Aug. 5 to Sept. 15	Broadcast seed		Top dress with ½ inch soil; thin to 2 to 4 inches.
Squash (summer)	Seed	May 24 to June 30	24" to 36"	1"	2 seeds per hole; thin weaker seedlings.
Squash (winter)	Seed	June 5 to 15	72" (between hills)	1"	4 seeds per hill; thin to 2 strongest seedlings.
Sweet Potato	Slips	May 24 to June 15	12"		Plant in raised ridge 8 inches tall.
Tomato	Transplant	May 24 to June 15	24 "to 36"		Bury transplant up to bottom two leaves.
Turnip	Seed	May 15 to Aug. 5 (fall crop)	2"	½"	Thin to 4 inches when plants are 4 inches tall.
Watermelon	Seed	May 24 to July 1	48" to 72"	1"	3 to 4 seeds per hole; thin to 2 strongest seedlings.

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October 2026

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November 2026

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December 2026

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