

Consolidated newsletters – English translation format – 2025

2025 newsletters

Jan 2025	Rockford Stake Self-Reliance Conference
Feb 2025	Garden Planning, et al.
Mar 2025	Stake Self-Reliance Conference
Apr 2025	The Nature of Nature
May 2025	Youth Self-Reliance
June 2025	Stake Self-Reliance Web Site Overview and Health
July 2025	Education
Aug 2025	Resource Management
Sept 2025	Pending – Social Emotional Spiritual
Oct 2025	Pending – Home Production and Storage
Nov 2025	Pending - Employment
Dec 2025	Pending - Years Supply

2025 newsletters

=====

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/>

=====

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.

=====

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>

=====

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 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.

=====

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.

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 if 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://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.

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

=====

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

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>.

=====

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

cayenne

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, Spanish and Swahili versions available here.

The Subdomain: rockfordstake.selfrelianceclub.com

=====

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.

=====

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.

=====

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, 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>

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>

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>

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

=====

September 2025

September 2025 Self-Reliance Newsletter-Social Emotional Spiritual

=====

October 2025

October 2025 Self-Reliance Newsletter-Home Production and Storage

=====

November 2025

November 2025 Self-Reliance Newsletter-Employment

=====

December 2025

December 2025 Self-Reliance Newsletter-Years Supply

=====