

Rockford Stake Self-Reliance

Rockford Stake Self-Reliance Web Page Explanations

Revised 11-1-2021

A - Monthly Newsletter and Information

[November 2020 Newsletter Tomatoes and Eggs\(.pdf\)](#)

Tomato Hornworm with "Buddies", several methods to store eggs without refrigeration

[December 2020 Newsletter Finance\(.pdf\)](#)

Chapters of Personal Finance – Self-Reliance Course

All is Safely Gathered in – Family Finance link

The Richest Man in Babylon – great listening (See F3 below)

One for the Money – Guide to Family Finance – Marvin J. Ashton (See E1 and E1 below)

[January 2021 Newsletter Fire\(.pdf\)](#)

Fire and Candle Chemistry

[February 2021 Newsletter Preparedness\(.pdf\)](#)

2021 Rockford Stake Presidency Invitations, focus on principles of self-reliance and thereby, preparedness.

Notes from 1/31/2021 Zoom Sacramento Meeting talk for Sycamore Ward

[March 2021 Self-Reliance Newsletter Gardening\(.pdf\)](#)

7 P's of Gardening Document

Links for Hoop House Happiness, (F4 below), Cool season vegetable growing, (F5 below),

Container Gardening information, Getting Along with your Garden and Medicinal Herbology course textbook links.

See F4 and F5 below for links.

[April 2021 Self Reliance Newsletter Area Presidency\(.pdf\)](#)

Introduction to the North American Central Area Presidency and the Area Temporal Preparedness Guide link.

How to make beef jerky and render pure lard without chemical additives.

Pemmican information for survival food that can last 50 years without refrigeration.

[May 2021 Self Reliance Newsletter Skills and Talents \(.pdf\)](#)

Link to document to help you identify your interests, skills and talents.

See B15 for link.

B - General Preparedness Information

[1 - American Red Cross - Church MOU](#)

Memorandum of Understanding between the American National Red Cross and the Corporation of the Presiding Bishop of the Church of Jesus Christ of Latter-day Saints.
Identifies what they will do and what we will do, cooperative efforts for disaster relief.

[2 - Emergency Preparedness Handbook R1 \(.pdf\) \(27Mb\)](#)

Manual first received on floppy disks and modified to full document.
Great information on various disaster scenarios and preparedness actions.
Section on Teachings of the Brethern makes wonderful reading.

[3 - Preparedness Goals R1 \(.docx\)](#)

7 suggested goals to increase preparedness by each General Conference.
Developed by the Rockford First Ward.

[4 - Rockford First Ward Plan-updated 2017 \(.docx\)](#)

Emergency Response plan template.

[5 - Stake and Ward Emergency Planning Guide \(.doc\)](#)

Item 8 below but converted to Word format for ease of filling in the blanks.

[6 - StakeDisasterplan2016 ver2.0 \(.docx\)](#)

[7 - StakeDisasterplan2021 ver3.0 \(.docx\)](#)

Rockford Stake Disaster Response plan.

[8 - Emergency Response Guide \(.pdf\)](#)

Stake and Ward Emergency Planning Guide from the Church website.
Same as item 5 above but in pdf format.

[9 - DeKalb Local Resource links \(.docx\)](#)

DeKalb & Sycamore Local Resource links, as of 2021

[10 - 211 Information in Rockford Stake Area \(.pdf\)](#)

All counties in the Rockford Stake Boundary with specific local resource links.

[11 - Rockford Area Food Pantries \(.pdf\)](#)

Rockford Area food Pantry calendar as of 3/18.
See below for updated information

[12 - Local Pop Up Food Pantries Calendar](#)

Mobile Food Pantry Calendar by County from Northern Illinois Food Bank.

[13 - Consolidation of Bishops Storehouse Recipe Books \(.pdf\)](#)

Several BSH food use cookbooks I have collected over the years, consolidated and updated by self employed editor. Available in .docx version by request.

[14 - 3 Mission Cookbooks: Bulgaria, Turkey and Russia \(.docx\)](#)

Collection of Cookbooks while on Mission to Bulgaria, circa 2004.

[15 - Skills and Talents Survey Form \(.xls\)](#)

Document referenced in May 2021 newsletter, above.

[16 - Winnebago County PREPARE Booklet \(.pdf\)](#)

35 page Preparation booklet by Winnebago County Sheriffs Department.

[17 - Rockford IL ESDA Guide](#)

Rockford City Emergency Services Disaster Agency Guide Book by the Rockford Fire Department.

C - CERT (Community Emergency Response Team) (links) and other training opportunities

[CERT Training Manual](#)

[CERT Instructor Guide](#)

[Free CERT training at University of Utah](#)

[Emergency communications or EmComm](#)

Good information for radio amateurs, ARES and RACES.

D - Addiction Recovery and Spouse and Family Support Program Information

[Church Addiction Recovery Web Site](#)

Addiction Recovery Program - Tue 7 PM

Phone dial-in for audio only: +13126266799,,92146275256#

<https://churchofjesuschrist.zoom.us/j/92146275256?pwd=MmNBUXJXbHovcmpRc1lCMldoYk16dz09>

[Zoom link for audio and/or video](#)

Spouse/Family Support Program - Thu 7 PM

Phone dial-in for audio only: +13126266799,,92269174832#

<https://churchofjesuschrist.zoom.us/j/92269174832?pwd=K3prVnlBRi9aMWZ2eDFKelR3Kys2dz09>

[Zoom link for audio and/or video](#)

Group Leaders

Elder Michael Goodwin 779-203-0451

Sister Debra Goodwin 815-986-4466

Email: rockfordstakearpmissonaries@gmail.com

[1 - Support in Recovery \(.pdf\)](#)

Identifies sources of support

[1A – Choosing a Sponsor \(.pdf\)](#)

Choosing a Support Person and Qualities of Effective Support

[2 - Addiction Recovery Program Manual Link \(English\)](#)

[3 - Addiction Recovery Program Manual Link \(Spanish\)](#)

[4 - Addiction Recovery Program Manual Link \(French\)](#)

Above 3 are self-explanatory.

[5 - Spouse and Family Guide Link \(English\)](#)

[6 - Spouse and Family Guide Link \(Spanish\)](#)

[7 - Spouse and Family Guide Link \(French\)](#)

Above 3 are self-explanatory.

[8 - Addiction Recovery Program Administration Guide \(English\)](#)

[9 - Landscape of the Mind in Addiction](#)

How the brain works in addictions.

[10 - Hope Works](#)

Self-Explanatory!

E - Church Resources

[1 - One for the Money \(English\)](#)

[2 - One for the Money \(Spanish\)](#)

Resource book referenced in Dec 2020 Newsletter, above. By Marvin J. Ashton.

F - Other Information

[1 - R.H. Shumway: Cedar Bluff Cemetery \(.docx\)](#)

Information on RH Shumway, Rockford Seedsman. Business, historical building and Cemetery Gravesite. Compiled for 2021 Chicago Mission President Steven Shumway.

[2 - The race - Poem Groberg \(.docx\)](#)

Excellent inspiration for those thinking about quitting.

[3 - The Richest Man in Babylon, part 1 of 17 parts \(.mp3\) 20Mb](#)

Wonderful audio segment about finances, referenced in Dec 2020 Newsletter, above.

[4 - Hoop House Happiness.pdf\(.pdf\)](#)

[5 - Cool Season Vegetable Gardening\(.pdf\)](#)

Two documents referenced in March 2021 Newsletter, above.

G -Self-Reliance Group Classes

[1 - Self Reliance Resources \(.pdf\)](#)

[2 - Welfare Self Reliance 2 page Took Kit \(.pdf\)](#)

[3 - Welfare Self Reliance Tool Kit Details \(.pdf\)](#)

[4 - Personal Finance Information Galore!!! Supplement to Personal Finance Manual](#)

[5 - Church Self-Reliance Web Site](#)

H - Ezra Taft Benson Institute Manuals and Information page

[Ezra Taft Benson Institute Publications](#)

(Contents of this page listed below)

Ezra Taft Benson Institute Manuals and Information

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

Popular manual of growing and storing food and making items for use.

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

Good beginner manual on food storage.

[Getting Along With Your Garden \(.pdf\)](#)

Introductory manual on gardening.

[Small Scale Agriculture Module \(.pdf\)](#)

20 page document helping with understanding of food production utilizing both crops and animals. Good details on vitamins and minerals produced by both. One of my favorite resource guides.

[Container Gardening \(.pdf\)](#)

Good basic family gardening manual. (21 pages)

[Eating Right and Enjoying Life More \(.pdf\)](#)

29 page nutritional guide book.

[Walipina Manual \(Underground Greenhouse\) \(.pdf\)](#)

2002 update of earth sheltered greenhouse in colder climates to increase food production.

[Agronomy \(.zip\)](#)

Good information on growing field crops.

[Farmers Organizations \(.zip\)](#)

How to organization and operate a Farmers Organization.

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

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

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

[Small Animals \(.zip\)](#)

Large documents on indicated self-reliance topics.

I - New Church Leader Training Information (Bishops, EQ and RS Presidents)

[1 - Presiding Bishopric Vision Pamphlet\(.pdf\)](#)

2020 Published Pamphlet by the Presiding Bishopric

[2 - North Central Area Preparedness Guide\(.pdf\)](#)

Area Temporal Preparedness Guide – Dec 2 2020

[3 - Providing in the Lord's Way \(.pdf\)](#)

[4 - Self-Reliance Plan Instructions for Leaders](#)

[5 - Self-Reliance Plan Member Worksheet](#)

[6 - Bishop's Storehouse commodity ordering sample form](#)

[7 - Bishop's Storehouse commodity ordering leader guide](#)

[8 - Home storage food order form](#)

[9 - Self-Reliance and Welfare Resources Website](#)

10 – Employment Services – Church of Jesus Christ of Latter-day Saints

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Contact Webmaster: miklgoodwin@gmail.com

Contact information for web maintenance issues.