

Preparedness Newsletter

First Presidency



Food Storage



March News

Welcome to the “Preparedness” Group! We look around in our community today and see many of our friends and neighbors who are struggling due to loss of employment, homes in foreclosure and personal debt. We listen to the news and hear of more bankrupt companies and bailouts. What is a person to do in these troubled times? I’m often referred to as “Chicken Little” among my friends and associates. So from his wisdom I would like to share this with you: “One day, while Chicken Little was walking in the woods, an acorn fell and hit him on his head. ‘Goodness gracious me!’ said Chicken Little, ‘The sky is falling, the sky is falling. I must go warn everyone.’” My goal in starting up this Preparedness group is to “warn others” and to help people prepare for harder times by becoming more “self-reliant.”

The church I belong to, The Church of Jesus Christ of Latter-day Saints, has been teaching its members since the beginning on how to be “self-reliant.” Our leaders have taught us: “Often in my ministry have I heard the sad tale of those who are struggling to become self-reliant but in fact are becoming more dependent upon others because of their inability to think straight and apply common sense in the decisions they make. Much of life’s misery centers in the lack of common sense...*Helping people to think straight and use common sense will, in my judgment, always be a very important step in helping them to reach economic self-reliance*” (Elder Russell M. Ballard, *Ensign*, March 2009, p. 54). Our current prophet, President Thomas S. Monson has stated: “Many areas of the world have experienced difficult economic times. Businesses have failed, jobs have been lost, and investments have been jeopardized. We must make certain that those for whom we share responsibility do not go hungry or unclothed or unsheltered...*We urge all Latter-day Saints to be prudent in their planning, to be conservative in their living, and to avoid excessive or unnecessary debt*” (President Thomas S. Monson, *To Learn, To do, To Be*. General Conference, October 2008). Many other great prophetic quotes exist out there that we can learn from and use as a motivation tool to get started on our family’s preparedness! See web site link on “Prophetic Quotes” to read all of these at www.reynoldsnet.org/preparedness/Preparedness_index.html.

My heart goes out to those families out there that are struggling. Turn to the Lord in prayer and he will guide you on what to do for your family. “Prepare now” for hard times so you can have that reserve to carry you through and so “you will have no need to fear.” This is my prayer! In the name of Jesus Christ. Amen.

-Jennifer Reynolds

Calendar

March 27th, 9-11am- Introduction to Preparedness/Family Inventory. What have our prophets counseled us to do? What do I have and what do I need?

March 28th, 9-11am- Introduction to Preparedness/Family Inventory. What have our prophets counseled us to do? What do I have and what do I need?

Food Storage Recipe and Internet Links

Basic Whole Wheat Bread

3, 2-lb loaves or 2, 12-in loaves

6 c. warm liquid- water, milk, potato water, etc. (no warmer than 115 degrees)

2 Tbs. yeast

½ c. oil

½ c. raw sugar, honey or molasses (I use honey ☺)

2 Tbs. salt

11-12 c. unsifted whole wheat flour (I used 14 c. fresh, ground wheat flour since it has a lot more air in it)

I separated this recipe into 2 bowls and used my Kitchen Aide to process. It can only handle around 9 c. or so before the motor heats up too much so that's why I did this. Dissolve yeast in warm water. Add remaining liquid ingredients and mix well. Let liquid mixture rest for 10-15 minutes. Add salt and flour slowly to mixture and knead with dough hook until dough just starts pulling away from bowl (it will be slightly sticky). Stop mixer and grease hands with shortening. Shape dough into a ball and place in greased bowl. Cover loosely with plastic wrap and let rise for 1 ½ hours in a warm place or until double in bulk. (I put ours under the fume hood light on the stove).

Punch down dough and separate into number of balls to match your loaf pans. Roll out each ball out on a floured surface into a rectangle the length of your loaf pan. Pull in a third of the dough into the middle of the rectangle from the top and bottom. Pinch down seam of each third pulled in with your finger tips to remove any air bubbles. Tuck in edges under the loaf and pinch down to remove air bubbles. You now have a "loaf." Repeat process for other loaves and place each one in greased loaf pans and rise for another 1 ½ hrs or until double in bulk. Bake loaves at 350°F for 1 hr and 5 min (Time used for 12-in loaves. May need to increase or decrease based on your loaf pan size) or until the internal temperature of the loaf is 200°F. Bread is great with butter and homemade peach jam! ☺

"Wheat for Man Cookbook, p. 54-55"

Manual Wheat Grinder (best on market!)

Country Grain Living Mill

www.survivalunlimited.com/grainmills.htm

Electric Wheat Grinder

K-Tec Wheat Grinder

www.harvestessentials.com/kteckitmil.html

Wheat Grinder Comparisons

www.waltonfeed.com/blog/show/article_id/154

12-in loaf pans

[www.amazon.com/Kaiser-Bakeware-Tinplate-12-](http://www.amazon.com/Kaiser-Bakeware-Tinplate-12-InchLoaf/dp/B0009IK170/ref=sr_1_2?ie=UTF8&s=home-garden&qid=1236434683&sr=8-2)

[InchLoaf/dp/B0009IK170/ref=sr_1_2?ie=UTF8&s=home-garden&qid=1236434683&sr=8-2](http://www.amazon.com/Kaiser-Bakeware-Tinplate-12-InchLoaf/dp/B0009IK170/ref=sr_1_2?ie=UTF8&s=home-garden&qid=1236434683&sr=8-2)