



**THE SACRAMENTO STAKE
SELF-RELIANCE NEWSLETTER
FOR FEBRUARY 10, 2013**

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**RESCUING OURSELVES TO ALLOW
US TO RESCUE OTHERS**

In Stake Conference last week we learned that self-reliance principles, such as eliminating debt, saving a little each week/month, gaining additional education, and storing food and other supplies as needed for ourselves would allow us to rescue our own families and others who need help around us.

Let's make 2013 the year that we RESCUE our families from those events that will shadow these latter days. The Lord desires us to be happy and as prepared as possible. Let's do as we are instructed.

GARDENS:

If you haven't started gardening yet, make this the year you do. Choose seedlings and seeds that will grow vegetables your family will enjoy, from broccoli to green beans to tomatoes. Buy a book that teaches you how to grow successfully, or go online to find all kinds of blogs and pages describing how to grow a garden. Check out the YouTube videos too!



Photo credit:

<http://ledlighting2011.typepad.com/blog/2011/03/vegeta>



ble-garden-layout-ideas-with-picture.html

Let's heed the warnings and advice we have been given by our leaders since the beginning of time. How can we bless our family and neighbors if we don't have anything to share?

**The following quotes are from
President Spencer W. Kimball, 12th**

President of the church (all bold and underlines are mine)

"...we call upon Latter-day Saints everywhere to (renew effort) in these specific areas: **food production, reservation, storage; the production and storage of nonfood items...**

"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. ...**



If there are children in your home, involve them in the process with assigned

responsibilities...Develop your skills in your home preservation and storage.

"We reaffirm the previous counsel the Church has always given, to **acquire and maintain a year's supply—a year's supply of the basic commodities for us.**

"We encourage families to have on hand this **year's supply**; and we say it over and over and over and repeat over and over the scripture of the Lord where He says, **"Why call ye me, Lord, Lord, and do not the things which I say?"**

WANT TO LEARN HOW TO PRESERVE FOOD?

These classes are available every year and are FREE:

Sat, May 11 10 a.m.-noon	Safe dehydration techniques
Sat, June 8 10 a.m.-noon	Safe water bath canning techniques
Sat, July 20 10 a.m.-noon	The Pressure's On Safe pressure canning techniques

Find them here:

Cooperative Extension-Sacramento County
4145 Branch Center Road, Sacramento, CA 95827-3823
(916) 875-6913 Office ☐ (916) 875-6233 Fax

Wanna keep your iPhone going if the power goes out?

The Bio-Lite Camp Stove:
http://shop.biolitestove.com/BioLite-CampStove_p_15.html

This little stove is fueled by kindling wood and changes the heat of the fire to energy to fuel your electronic devices!

Or how about this, for water purifying, sold through church distributions:

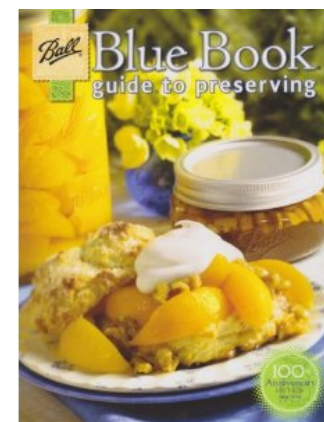


Or a starter kit for the food stuffs:



Ask yourself, why would the Church sell such products as those available online and in the canneries if they weren't serious about us getting our food storage???

President J. Reuben Clark Jr. said, "The counsel to have a year's supply of food, clothing, and other necessary items is wise counsel for several reasons....Political unrest ...could interfere with the transport of foods. Other types of disasters, such as famine resulting from drought, hurricanes, floods, and even wars, have occurred in many countries and could occur again. When such disasters affect the entire community, food and other supplies often cannot be obtained, even if money is available."



Once you decide to can, take a class and then **ALWAYS** Work with approved recipes. **NEVER** go by internet pages and/or videos of unknown quality.

START PLANNING WHERE YOU WILL STORAGE YOUR FOOD STORAGE!