

Key Center Co-op News Letter  
[www.goldenmailbox.com/coop](http://www.goldenmailbox.com/coop)

8 Sept 2017

Dear Co-op Members,

I put another Stake Emergency Preparedness Plan on the web page. This one is from the Spanish Fork Utah Canyon Rim Stake. Lots of good information in it as well. You can see all of the plans that I have now collected there at [www.goldenmailbox.com/ep/plans](http://www.goldenmailbox.com/ep/plans)

I also put some information about Medical Masks on the web page in relation to their protection against the flu (or non protection). If you are interested you can read that at [www.goldenmailbox.com/ep/coop](http://www.goldenmailbox.com/ep/coop)

Loa Anderson is buying medical masks this month as a part of her order. If you are interested please join in. She needs 12 people to buy with her to get the full discount and only has 2 so far. Here is a little excerpt from her news letter if you do not get it from her:

Re group specials: please note we must have six of most items to get the discount, but TWELVE of the masks. This is an especially good buy (about 50cents per mask) so I encourage orders. Cordell Vail has given information regarding them and the flu, but I wish to remind you that they have other uses as well. I'm taking the CERTS training and they STRONGLY require masks when going among any kind of disaster....especially fires, earthquakes, tsunami, etc. Also, in case of a volcanic eruption, it will be VERY nice to have these masks! 😊 Sooooo, I hope ten more people will order them. We have two ordered now.

Loa Anderson.

**Also here is a very interesting insight on medical masks from Susan Call:**

HI, Cordell, interesting stuff, if a little disappointing that they don't protect better from the viruses, but I thought the reason we wanted to have masks in our emergency preparedness stuff was to filter out dust when we need to clear out buildings or digging for people trapped and that sort of stuff. The same reason we want to be sure to have a good pair of work gloves and sturdy shoes handy. Tony always had some masks on hand when we were helping him in his cabinet shop to use

when there was lots of sawdust. Funny I wasn't even thinking of protection from viruses!

Thanks!

Susan

I already bought medical masks for our family a few weeks ago at a store in Everett that was having a rare sale on them, but I would really encourage you to get some in your emergency supply. If you don't want to buy them with Loa's co-op, just go to the drug store and get one box of the 95's (they are a little more expensive than the dust masks Susan is talking about) and if you want a few dust masks around just for work like Susan is talking about get them from the local hardware store. However ever you do it, I would really encourage you to get some in your supply this month while we are all doing it. We are talking about less than a \$20 investment even if you buy a whole bunch. Once there is an emergency, it is almost impossible to buy them anywhere for any price. They are already so in demand that you can not buy them at much of a discount even if you buy 1000's of them.

I have the smoker done now. I have used it several times and it really works great. Wow... what taste it puts into meat. And it really was not that hard to make jerky but that takes a little more practice to get it all done just right so some is not over done before the rest is done just right. I have attached some recipes for Jerky if you are interested in making it yourself. If you want to learn how to use it, you are welcome to borrow my smoker if you have a truck to haul it in. If you want to try it I will teach you how to use it. The most expensive part is the wood chips. So Matt Drolette let me borrow his tree limb chipper and I am going to try to make me a whole 50 gallon garbage can full of wood chips if I can find someone who has an apple orchard that will let me cut down some dead limbs to chop up.

We are going to try smoking a turkey for the Drolettes (bartering is such a wonderful thing). Then if they don't die from eating it I will try one for us... (just kidding). That is why I have been using it myself to make sure I knew how to use it in a very very safe manner. But you do have to be careful using a smoker. Some people have become sick using smokers because they don't ever get the temperature above 100 or 120 degrees and that is not hot enough to kill the bacteria on meat (especially poultry). I have 2 thermostats in the side of the smoker

now so I know exactly what the inside temperature is top to bottom all the time and also a meat thermometer that you stick right inside the meat so you know it got to 180 degrees all the way through before you take it out (especially if you are doing a roast or poultry). So let me know if you want to try it. It takes about 8 to 10 hours to do something like a roast or 2 or 3 hours to do stakes or hamburgers. But you just set the temperature and pretty much let it go. Add a few wood chips ever couple of hours is all you have to do.

The Jerky is said to be able to keep up to 3 months without losing any quality and up to a year if it is kept in an air tight container (or vacuum sealed). That is the part I am still learning about on the Internet. How to store it for up to a year. The University of Oregon says jerky will actually keep almost indefinitely if stored in an air tight container like a gallon glass jar.

When I get all this research done, I will compile it into a little booklet and send it to you here in the news letter. For now I have attached some recipes that I found on the Internet if you want to just make it at home in your oven.

If you want to try it, you don't need a smoker to do it. You can use your oven at home just as easy. Just get some screwers (I bought some yesterday for \$2 for 4 at Peninsula market. They were \$2.99 for 4 at Fred Meyers) and put the meat on it and hang the meat down through your oven rack and put a pan to catch the drippings on the second rack under it. (that is actually exactly how I cook it in the smoker (see pictures I sent you last time). Or you can just use tooth picks or the wooden skewers you use for shish kabobs (they are really cheap). Then just turn your oven on the lowest setting (be sure it is at least 160 degrees) and let it cook for 4 or 5 hours. If you want smoke flavor, you put the smoke flavor in it by putting Liquid Smoke in the marinade. So there you go. You can do it right at home.

Here are some web pages where you can see how to do it at home in your oven.

<http://www.fabulousfoods.com/recipes/misc/jerky.html>



<http://www.leeners.com/jerkyrecipes.html>

<http://www.texascooking.com/features/dec2002makingjerky.htm>

<http://www.leeners.com/jerkyrecipes.html>

<http://www.wikihow.com/Make-Beef-Jerky>

Just to be safe, here is a little trick in making Jerky to make sure you have killed all the bacteria (it is called the quick cook method)

Bring a large pot of water to a rolling boil. Drop the jerky in for a minute or two until it turns white. Dry it with paper towels, season with dry seasonings and then dry it.

That is what I do when I make it. I also boil my marinade then let it cool before I put the meat in it to soak over night so I know there are no bad bugs in it either ( But as long as the temperature in the smoker or your oven gets above 160 degrees you don't have to worry about this quick cook method at all. (That is why I have the thermostats in the side of the smoker) You never can be to careful when cooking meat these days because you don't know where it has been before you got it.

So now you know a little about storing meat in your emergency preparedness storehouse.

Cordell

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