

## Self Reliance Club Meeting History

1 – July 8 2014

First Charter Meeting July 8 2014 @ 7:00 PM with garden walk at 6:30 PM.

Location: Home of Michael and Debra Goodwin

Purpose of the group: Strive for Family Self Reliance in time of uncertainty  
Exchange of information/skills, exchanging of tools, bulk purchases (books, seeds, medical supplies, plants....) M.N.

Purchasing - volume buying discount, bulk and wholesale buying

Gardening to produce food and medicine.

Medicinal Herbs

Distributed Dr. Christopher CDs; discussed the website: HerbalLegacy.com;

discussed Herbal Oils—Plantain, Garlic;

Food Storage and Food Preservation

How to graft an apple tree

A short discussion was held regarding how to graft fruit trees; the need for rootstock, etc.

Topics to be considered for upcoming meetings:

Plant identification

Food storage- dry pack/wet pack

Use of herbs

Plant identification

Home remedies (Debra's class)

How to build things

Balanced meals.

Bread making

Making of apple cider, juice, sauce

Tree crafting (grafting)

Field dressing of animals and processing

Produce preservation

how to make leavening without buying yeast continually

2 – Aug 12 2014

Meeting held at Christiansen's Home

GMO vs GE clarification:

Food Class: Tomatoes were cooked down to sauce.

Gardening Class: Tomato seed saving demonstration for the start of the fermentation process to dissolve the jelly from the seeds for ease of processing. Tomato direct seeding was discussed of planting tomatoes/seeds directly in the ground in the fall for spring crops.

Herb Class: The two local varieties of Plantain were displayed for identification and discussion of how to process them into oil as a bite pain relief. Garlic oil was discussed as an insect repellent.

Oil of Garlic: [http://www.herballegacy.com/Porritt\\_Formulas.html](http://www.herballegacy.com/Porritt_Formulas.html)

Plantain Preparations: [http://www.herballegacy.com/Ahlborn\\_Formulas.html](http://www.herballegacy.com/Ahlborn_Formulas.html)

Samples of granola, beef jerky and venison sausage were enjoyed at the meeting.

3 – Sept 9 2014

Meeting Location: Ben & Jamie Christiansens

Food Class - Dry pack canning in mylar pouches  
Apple Cider/Juice making, apple sauce too  
Made apple cider and applesauce from red and green apples.  
Herbs: Comfrey and Echinacea

4 – Oct 14 2014

Meeting Location: Byron and Miriam Nielsons  
Food Class: Bread Making with Miriam Nielson. See web page for recipes. Learned how to make Honey oat bread and Indian flatbreads, Roti, and tortillas. Sampled both with homemade grape jelly and home produced honey.

Impromptu meeting at the Christensens when Ben bags a Buck, for instruction on dressing a deer. Let me know if you are interested in attending and I will send you an email/text when this event will occur.

5 – Nov 11 2014

Meeting Location: Goodwins  
Food Class: Home Made Caramels and Nougat

Dec 2014 – no meeting

6 – Jan 13 2015

Meeting Location: Goodwins  
Gardening Class: Preparing for your 2015 garden  
Herb Class: Lotion Bars, Echinacea, Comfrey, Simple Home Remedies - video

7 – Feb 20 2015

Meeting Location: Byron and Miriam Nielsons

Food Class: Water purification and storage  
Sprouting and Shooting  
Other: Assignment: Research Struvite

8 – Mar 10 2015

Meeting Location: Goodwins  
Food Class: Sprouts, Shoots and Grass, sampling and discussion  
Gardening Class: Redworm culture demonstration and discussion  
Herb Class: Dandelion  
Other: Buddy Burner demonstration  
Grafting scion wood onto rootstock – grafting practice on soft maples

9 – Apr 14 2015

Meeting Location: Christiansens,  
Food Class: shoots  
Gardening Class: Apple tree grafting, whip grafting, Garden planning  
Follow-up on Etiolation, demonstration and practice.

10 – May 12 2015

Meeting Location: Christiansens Home  
Gardening Class: Adventitious Tissue  
Plant Distribution  
72 hour Kits or Bug-Out-Bags- Steve Adams  
Spinning demonstration - Barb Frampton

11 – Jun 16 2015

Tour of Dr. Frampton's Farm  
Red Raspberry Health Benefits

12 – Jul 21 2015

At Goodwins – gardening basics, trellising  
GARDENING CLASS: Garden tour, tomato seed saving; several stages, seed saving, drip irrigation  
FOOD STORAGE: discussion on pressure canning of tomatoes vs boiling water bath (use Ball manuals)  
HERB CLASS: Stinging Nettles, yellow dock, curly dock, etc.

13 – Aug 2015 – no meeting

14 – Sep 15 2015 At Adams House

FOOD STORAGE: Making grape juice and grape jelly

15 – Oct 20 2015

At Goodwins  
Preparedness Class: Fire starting, Fire usage  
Discussion of producer gas generator to run an engine from wood  
Gardening Class: Tomato seed saving demo of decanting liquid off fermented seed solution to separate and dry seeds, Naked seeded pumpkins – seed sampling

16 – Nov 17 2015

Caramel making at Christiansens house  
Distributed sheets on skills, talents and preparedness survey, Boy Scout merit badge list and personal and family preparedness standards and goals.

New Goals for 2016

- high tunnel / Walapini with rocket mass heater
- dutch oven cooking
- suturing / emergency first aid - second aid, wound care
- make soap / lotion bars
- apple butter / apple sauce, juice, chutney
- making homemade yeast
- knots and rope use
- trapping and snaring

Dec 2015 – No Meeting

17 - Jan 19 2016 5:30PM - At Christiansens

Learned how to skin and cut up a deer for processing: vacuum bagging for freezing, hamburger and jerky.

18 – Feb 16 2016 6:30PM - At Goodwins

Butter/Lotion bars, ointments, poultices, start of knot tying class for April fishing trip and May suturing class.

19 – Mar 15 2016 6:30 PM at Passmores

Basic fishing introduction with tips on fish trapping and aquaculture.

20 – April 9 2016 9AM fishing trip at Four Lakes Forest Preserve.

Basic fishing and cleaning.

21 – May 17 2016 6:30 AM at Passmores. Basic introduction and practice at emergency suturing.

22 – June 21 2016 6PM at Christiansens.

Farewell potluck for the Goodwins.

23 – July 19 2016 at 6PM at Nielsons

Bees, Chicken recipes.

Learned about bee hives and nuc hives, queens and frames.

August

September

October

November 1 2016 6 PM at Passmores

how to make apple butter and apple sauce and chutney.

December

2017

January

February – hike at Nygren Wetlands

March – Seed Starting- at Passmores

April – Continuation of Seed Starting with lesson on etiolation. – at Passmores

May – Aquaponics/Walapinis – at Passmores

June – Shooting (rifles, shotguns, pistols) – at Christiansens

July – No meeting scheduled

August – Medicinal herbs found on many properties and how to process them – at Goodwins

September – Dr. Chang introduced us to olive processing along with Gingko nuts and other home grown food items. – at Changs

October Tuesday – Apple processing – made apple juice and apple cider, started vinegar, apple sauce.

October Saturday – Seed saving of tomatoes, peppers and cucumbers for SOIL stock.

November 14, Tuesday – Wheat Use Class – wheat flakes, wheat 'sugar', sprouts, grass, cereal, ...

December impromptu meeting of Caramel making.

2018

January – Tentative – SOIL seed packaging activity

February –  
March –  
April –