

"It is better to prepare and prevent than to repair and repent."

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter

March, 2000

Why Be Prepared?

Being prepared is more than just food storage!

"My sincere counsel to you today is to recommit yourselves to these two basic practices that have been the source of so many blessings.... Never let a day go by without holding family prayer and family scripture study. Put this, the Lord's program, to the test and see if it does not bless your home with greater peace, hope, love, and faith. "I promise you that daily family prayer and scripture study will build within the walls of your home a security and bonding that will enrich your lives and prepare your families to meet the challenges of today and the eternities to come." (L. Tom Perry, "Back to Gospel Basics," General Conference, April 1993; see *_Ensign_* May 1993, p. 92)

Cannery

Our next cannery date is Thursday, April 6, 2000. From 6 - 8 pm. We will carpool from the Fink's home at 4:55, please be on time so that we do not lose time at the cannery. There are sign-ups going around or you can call Bekki 697-0425 or Claudia 691-1370.

Also, the cannery has lowered a lot of their prices and brought back vanilla and chocolate pudding.

Scripture to think about:

"A sensible man watches for problems ahead and prepares to meet them. The simpleton never looks, and suffers the consequences."

Proverbs 27:12

Financial Fitness

We have to realize that the credit business is the business of enticing us to get INTO debt, NOT getting us out debt (unless it is for the purpose of getting us into debt again once our balances are all paid to a level we once again feel comfortable charging). Interest is their means of making a profit. They are not benevolent unless they are enticing us to obtain more credit, or attempting to seduce payments out of us, should they discern there may a chance they might not get all their money.

Harry Littell of California

For those of us who still have some debt to pay off, I would suggest that the key is to regularly test your balance sheet. Make sure that your assets are growing and that your debts are declining. Each year, try to increase the rate of increase in the assets and the rate of decline in the debts. Over a reasonable period of time, you can build substantial reserves as a cushion, savings for retirement, missions and education while at the same time reducing not only your balances but the required monthly debt service. I would point out that having no debt, but no assets is only marginally better than having debt equal to your assets; either case your net worth is zero. Prudent planning and budget over a span of years is the surest way to be prepared for both the financial challenges and opportunities life throws at us.

By David Thorpe

<http://www.ldsfinance.com/newsletter/.htm>



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Recipes:

This months bread recipes are made in bread machines for those who don't have a bread machine you can make these breads by hand.

CHEESE HERB BREAD

1 ¼ cups warm water (110 degrees F)
3 cups bread flour 2 tbs dry milk
2 tbs white sugar 1 ½ tsp salt
2 tbs butter
2 to 3 tbs grated Parmesan cheese
1 ½ tsp dried marjoram 1 ½ tsp dried thyme
1 tsp dried basil 1 tsp dried oregano
3 tsp active dry yeast

Place ingredients in bread machine pan in order suggested by manufacturer. Select basic cycle, press Start.

I found this at

<http://www.breadrecipe.com/>

HONEY BANANA WHOLE WHEAT BREAD

*For a 2lb loaf: bread machine (Use the whole wheat setting)
2/3 cup warm water 1 ½ Tbl. butter or veg. oil ¼ cup honey 1 egg
½ tsp vanilla powder 1 tsp. salt
1 ½ cup whole wheat flour 1 ½ cup bread flour 1 banana sliced 2 tsp poppy seeds 2 tsp active dry yeast*

Note: I did it first using olive oil (all I had) and no poppy seeds. My wife substitutes the bread flour with barley flour or uses whole wheat. She (sometimes) also adds ½ cup dried cranberries or raisins; 3 Tbl. applesauce, walnuts, wheat germ, barley groats, etc. – but not all at once

in one loaf or it is just too nutty. It is just a very flexible recipe that gives excellent results when modified.

Harry Littell, Pinole CA

Sixty uses of Vinegar!

Continued from February...

14. Clean breadbox and food containers with vinegar-dampened cloth to keep fresh smelling and clean.

15. Pour boiling vinegar down drains to unclog and clean them.

16. Clean fireplace bricks with undiluted vinegar.

17. An excellent all-purpose cleaner: vinegar mixed with salt. Cleans copper, bronze, brass, dishes, pots, pans, skillets, glasses, windows. Rinse well.

18. Make your catsup and other condiments last longer by adding vinegar.

19. The clear up respiratory congestion, inhale a vapor mist from pot containing water and several spoonfuls of vinegar.

KIDS CORNER

We hope to give you some ideas for fun things to do with your kids in case there is a real emergency - no TV.

Pretzel Twist

Give your kids a bag of pretzel and challenge them to bite out every letter of the alphabet. (Or bite out an essay on how to be prepared!)

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