

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

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter

April, 2000

## **We are on the WEB!!**

We have got our own web page to keep everyone informed. We also plan to take pictures at the next cannery date and post them there as well! If you have been passing our information along to friends now you can just point them to our site! The web address is:

[Http://Bekkel.tripod.com/index.html](http://Bekkel.tripod.com/index.html)

## **Mini First Aid Kit**

Place the following in a plastic 35mm film canister in this order. (You can obtain canisters free from 1-hour film processors, or save your own.) These are great! Just place one in each 72 hour kit for school or work. They also travel well so don't forget your cars, boats, travel trailers etc... (Check with local school codes about meds.) 35 cents (for emergency telephone call) Stick of Gum

2 Band-Aids

2 sterile gauze patches

1 alcohol wipe (roll up with Gauze Patches around matches)

2 matches (Heads DOWN)

2 safety pins

1 needle, threaded with polyester--or poly-blend white thread.

(Stick in Soap chip)

1 soap chip in foil. Small bars from motels/hotels are fine!

2 Tylenol tablets in foil

sandpaper - fine. Cut in circle and glue inside lid for matches 12" adhesive tape Wrap around outside of film canister.

Make a label with the contents of this canister and also place a warning regarding small and sharp objects, plus any medication.

## **Cannery**

Our cannery date is Thursday, April 27. 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. Sign-ups are full, thank you for your cooperation with the schedule change. If you have signed up and need a price list see Bekki Fink.

## **Group Milk Order**

We are putting together a group order for Country Cream Powdered Milk. You will remember that this is the milk that won our taste test. It will be \$7.00 per #10 can. If you are interested in ordering please see Claudia or Bekki.

## **Financial Fitness**

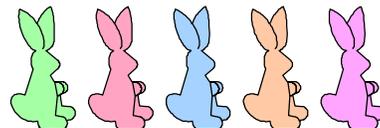
by: Dave Ramsey

<http://www.financialpeace.com>

Author of the best selling book, "Financial Peace" and "More Than Enough"

Some reasons for having credit cards all the time: To build

up credit (he says you can buy a home if your rent & utilities have been paid on time, and you've had your job long enough), to rent cars (if you call ahead, you can find companies that will take your cash), stuff like that. To increase the payment on your mortgage by even a small amount works wonders! Talking to your bank when you renew the mortgage and ask to increase your mortgage by even \$25.00 bi-weekly. Ask what the payment is on a 25 year, 20 year, even 15 year schedule, which is often only a few \$ more than the payment at the 25 year rate. What banks don't often tell you is you can actually have a 22 year mtg. or 14 year mtg if that's what you can afford (it doesn't have to be in even numbers). We actually took our mortgage from 15 years to 11 years in the first year by using bi-weekly payments and an open variable rate mortgage. Don't be afraid to ask questions at the bank or at your mortgage company! They certainly won't tell you otherwise, as it is money in their pocket. Source: Lynn and The Prepared Family



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### Water Barrels

Yes it is time to refill your water barrels!  
Wouldn't it be nice not having to refill every year?? Claudia has found a Water Preserver Concentrate. This concentrate will keep your water for 5 years. It is US and EPA approved. It prevents regrowth of bacteria in stored water. You can call SOS Survival Products at 1-800-479-7998 to order. It is \$10.98 to treat one 55 gal water barrel.

### Recipes:

#### **Grain and Garden Burgers**

2 c. cooked brown rice c t. black pepper  
2 egg whites or 1 egg ¾ t. salt  
¼ c. grated onion 2 T. red lentil flour  
2 T. grated bell pepper

Mix all ingredients together and drop by tablespoon onto lecithin sprayed skillet. Cover pan and cook over medium-low until browned on both sides. Serve plain, or top with White Bean Gravy.

#### **White Bean Gravy**

1 c. hot water 1 T. white bean flour  
1 t. chicken bouillon or soup base  
½ to 1 T. red lentil flour dash black pepper  
In a small saucepan over medium heat, whisk dry ingredients into hot water until free of lumps. Bring to a boil while stirring, then turn heat to medium-low and cook an additional 2 minutes.

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<http://www.naturalmeals.com> . Go to the  
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link to free recipes for each one.



### Sixty uses of Vinegar!

Continued from March...

20. Apple cider vinegar and honey ad a cure-all:use to prevent apathy, obesity, hay fever, asthma, rashes, food poisoning, heartburn, sore throat, bad eyesight, dandruff, brittle nails and bad breath.
21. When boiling eggs, add some vinegar to the water to prevent white form leaking out of a cracked egg.
22. When poaching eggs, add a teaspoon of vinegar to the water to prevent separation.
23. Weight loss: vinegar help prevent fat from accumulating in the body.
24. Canned fish and shrimp: to give it a freshly caught taste, soak in a mixture of sherry and 2 tablespoons of vinegar.
25. Add a spoonful of vinegar when cooking fruit to improve the flavor.
26. Soak fish in vinegar and water before cooking for a tender, sweeter taste.
27. Add vinegar to boiling ham to improve flavor and cut salty taste.
28. Improve flavor of desserts by adding a touch of vinegar.
29. Add a tablespoon of vinegar to fruit gelatin to hold it firm.
30. Add vinegar to your deep fryer to eliminate a greasy taste.

To Be Continued.....

### KIDS CORNER

#### **Suds Fun**

liquid detergent, water, bowl, eggbeater, straw (optional)

Put a few drops of liquid detergent into a bowl and fill part way with water. Use an eggbeater to whip up some big suds. Kids love to blow into the water with a straw to make really big bubbles. Food coloring can be added to the water for effect. Most kids will only suck up to water once- once they do they will not want to do it again!!

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