

"If ye are prepared, ye shall not fear."

D&C 38:30

La Habra 1st Ward Preparedness Newsletter November, 1999

" We have witnessed in recent weeks wide and fearsome swings in the markets of the world. The economy is a fragile thing. A stumble the economy in Jakarta or Moscow can immediately affect the entire world. It can eventually reach down to each of us as individuals. There is a portent of stormy weather ahead to which we had better give heed.

We are carrying a message of self-reliance throughout the Church. Self-reliance cannot be obtained when there is serious debt hanging over a household. One has neither independence nor freedom from bondage when he is obligated to others.

I urge you, brethren, to look to the condition of your finances. I urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt to the extent possible. Pay off debt as quickly as you can, and free yourselves from bondage.

This is a part of the temporal gospel in which we believe. May the Lord bless you, my beloved brethren, to set your houses in order. If you have paid your debts, if you have a reserve, even though it be small, then should storms howl about your head, you will have shelter for your wives and children and peace in your hearts. That's all I have to say about it, but I wish to say it with all the emphasis of which I am capable."

*-Pres. Gordon B. Hinckley
Oct. General Conference, 1998*

Welcome!

It is November already! What are your storage goals this month? Have you taken inventory with the print outs you were provided with earlier this year? You don't have to start big you just need to START!

CANNERY- Dry Pack

We have 2 remaining dates for the cannery!

*Saturday, November 6, 11-1 PM
Thursday, December 2, 6-8 PM*

We have reserved the whole cannery, so it will be just us. Please sign up!

CANNERY - Wet pack

Thursday, November 11, 5 - 9 is our scheduled time to can Applesauce at the LA Cannery! There is still time to sign-up! Please see Bekki or Claudia.

Water Barrels

Have you filled yours? A great big GOOD FOR YOU if you have, but if you didn't - YOU NEED TOO! Here is the water to chlorine bleach ratio:

*2 drops per quart
2 drops per liter
4 drops per 2 liter
6 drops per 3 liter
8 drops per gallon
1/2 tsp. per 5 gallons
2 TB per 55 gallons*

Remember to rotate your water at least once a year!

Anyone interested in ordering water barrels again please see Bekki or Claudia.

Preparedness Fair

Our Fair was a success!. Thanks to all of you from our ward that attended. There was alot of useful information and great ideas.

Emergency Contact Cards

We are starting to hand out Emergency Contact Cards. On the front you fill in your Local Emergency Contacts, these include: block captains, home teachers and Bishop. On the back is for your Out of Area Contact and your personal information. The out of area contact is so that if your family is separated during an emergency they will all know which relative to call. This is helpful because most often you are able to make a long distance call before you can make a local call. You will be receiving one for each member of your family.

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Recipes

Cranberry Crunch

by: Pam Andersen

1C. rolled oats 1 C Br. Sugar
1/2 C flour 3/4 C Nuts
1/2 C butter 1 can whole berry cranberry sauce

Combine dry ingredients, then cut in butter to make coarse crumbs. Grease 8x8 pan and cover bottom with half of crumb mixture. Cover this with 1 can whole berry cranberry sauce. Then top with rest of crumb mixture. Bake at 350 for 45 min. Serve with whipped cream or vanilla ice cream, while still warm.

Idaho Chili (Meatless)

By: Sheryl Slaughter

46 oz. can tomato juice + 2 cups water (or 2 qt jars canned tomatoes or juice)
2 medium diced potatoes 1 can pork and beans
1 cup lentils 1 large chopped onion
2 diced carrots 2 tbs.. chili powder
2 teas. beef bullion or 2 cubes
1/2 teas. garlic powder

Simmer 30-45 minutes. Top with sour cream and crushed tortillas chips if desired. Serves 6.

Helpful Hints

You can use those extra pop/water bottles:

By W. David Samuelsen

Those 16 oz and 20 oz bottles...
Don't let them go to trash can. Clean them up. Air dry them. Use to store salt, sugar and other items that don't require oxy absorbers. The 16 oz size is a bit bigger than a pint size. Useful even for camping.

Water Storage Containers

By Melanie Waldmeyer

Assuming that your barrels are plastic of some type:

Storing water in an enclosed building where gasoline or other chemicals are kept is **not** a good idea, especially if either (water or chemicals) are in plastic, as it "breathes": the water will end up tasting like the chemicals. No matter what either are stored in, if there is even a slight air exchange through lids, etc., the water will likely become

tainted. If the barrels are not black, cover them with a dark tarp or paint them black: even a small amount of sunlight making its way through can cause algae growth, even with Clorox in the water.

Why Be Prepared?

Being prepared is more than just food storage! Alternative ways to save money:

by Janis the Arkkladie www.JustInCaseFoods.com

For some reason I feel the need to convey an idea to you. A dear sister I've known for years stopped by yesterday with her granddaughter. We talked about finances as we often do. This to me is a prep topic because we have been asked to be free of debt, and it takes \$\$ to have a year's supply plus paper goods, medications, non-food essentials, etc. Need I say more?

It is not uncommon these days for families to have \$10K to \$30K in installment debt. We are not talking about house payments here. My husband had been finance mgr. for years and took credit applications. 20 to 30 K is **very common**. Why so? If we have done all we can we should be debt free. It's not easy. Maybe you need to sell unused land, or an extra car or two. Check with your insurance company for older cars that you may be able to pay less for by dropping comprehensive coverage. If the car is over 15 years and less than 40 years old comprehensive may be an added bonus, but the car may not be worth the extra insurance coverage. Maybe you have to take in mending/sewing, cleaning houses, or tending children if you are in a position to do so.

PLEASE keep your eyes open, think deeper, pray more, have **real** faith, **look** for opportunities, and expect results. Nephi had the idea when he said the Lord does not give commandments to us unless he provides a way for us to accomplish them. I believe with all my heart that this also applies to the commandment to become debt free. As President Kimball said: DO IT.

Sources for Supplies:

Costco/ Sams Bulk Food Suppliers
Storehouse/Cannery Nurseries
Camping Supply Stores Local Farmers
Internet

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