

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

D&C 38:30

*La Habra 1st Ward Preparedness Newsletter    December, 1999*

*"We encourage families to have on hand this year's supply; and we say it over and over and repeat over and over the scripture of the Lord where he says, 'Why call ye me, Lord, Lord, and do not the things which I say?' How empty it is as they put their spirituality, so-called, into action and call him by his important names, but fail to do the things which he says."*

*-Spencer W. Kimball, April Conference, 1976*

## **Cannery**

*All of our canning dates are over - we will be scheduling more after the holidays are over. We had a great turnout for our wet pack canning date on November. We canned applesauce. It was A LOT of work but we had a lot of fun too. Thanks to all those who went and helped make it a success!*

## **Y2K worries Prompt LDS Church to Issue Ban on Air Travel**

**By: Peggy Fletcher Stack  
The Salt Lake Tribune**

*The Mormon Church is taking no chances in the air with the Y2K computer bug, grounding its missionaries and employees for a solid week as the millennium turns. No missionaries, employee or church general authorities will be airline passengers between midnight Dec. 30 and Jan. 5.*

*For the complete story:  
[http://www.sltrib.com/1999/dec/12021999/natio\\_w/2064.htm](http://www.sltrib.com/1999/dec/12021999/natio_w/2064.htm)*

***Need some fast Christmas ideas? Here are some that will prepare your families in the process -***

*For stocking stuffers:*

*chemical lights sticks, flashlight and batteries, gloves or mittens, warm hats, travel games for backpacks, emergency blankets, pocket knives, small gifts of chocolate, nuts, popcorn and other comfort foods (those bags of kisses and hugs sure go a long way). Dried fruits will bring a cheer to most older folks and everyone likes a hot beverage such as hot cider or herb tea packs and don't forget hot chocolate. Books on wild edibles and other plants or basic first aid would be a great gift for everyone.*

*Other gifts, (from Janis the Arkladie)*

- 1. Give matches and a decorative candle as a present to those you love. Call it a Y2K emergency kit and it will be savvy and practical!*
- 2. A pretty cheap and practical oil lamp. Don't forget the lamp oil.*
- 3. Buy for the family the hiking boots or the sleeping bags you have been needing.*
- 4. Invest in a kerosene heater or gas grill as a family gift. Don't forget the fuel!*
- 5. If \$ allows, put a wood stove in as a gift for the whole family.*
- 6. Purchase an inexpensive wool blanket and sew fabric or a sheet around it, tacking where needed (which keeps it from being scratchy too.)*
- 7. Send a case of nitrogen packed foods to relatives, it's in vogue now you know. Might not be next year so do it now.*
- 8. Fill a backpack or an inexpensive zip up bag with emergency gear, including heat and eat meals.*
- 9. Buy hot water bottles and cover with a decorative holiday design fabric and gift as a gift.*
- 10. Give the food storage that you have saved to your adult children. They will need to use it some day and you will be able to rotate it faster. If you*

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*Gifts Contd -*

*have someone getting married, give the gift of being prepared.*

*11. Give a cookbook on how to use your food storage.*

*RECIPES: Winter is here and there is nothing better than HOT soup to warm the soul! Here are a couple of new ones to try.*

*Hamburger Soup:  
by: Janis the Arkcladie*

*Liberal amt. of hamburger 2-3 lbs.  
3 quarts tomatoes  
some water but not a lot  
sliced carrots  
garlic powder (not garlic salt)  
LIBERAL onion, sliced  
some celery  
Worcester sauce  
a little sugar  
at least a quart of beans*

*Can be doubled or tripled of course...  
Cook entire thing to death, add salt and pepper to taste...also add enough water to keep it from running to dry...ALLOW TO COOL before eating.*

*Wilderness House Soup  
Form: Soybean Cookery, by Virg and Jo Lemley*

*2 C cooked soy beans  
2 1/2 C chicken broth  
1/2 C finely chopped celery leaves  
1/2 C finely chopped onion  
1/4 tsp coarse pepper  
pinch of salt*

*Simmer ingredients for 30 min. Serve hot.*

*With the chaos of the holiday upon us - do you ever wish that you were more organized? This Web Site is a wonderful help, it is called Organize your life and you can find it at :*

*<http://www.123sortit.com/RO/Index.html>*

*There are 13 areas to organize they are attic, automobile, bathroom, bedroom, emergency preparedness, garage sales, house cleaning, household management, kids room, kitchen, laundry room, recycling and storage. If you do not have Internet access find someone who does and have them print out an area of interest for you.*



*Merry  
Christmas!*

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