

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

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter

January, 2000

## **A YEARS SUPPLY**

*It sounds SO big and costly. But you do not have to go right for an entire year! Start small and grow from there, consider a two week supply. When you get that, go for a month and so on. No one can just go out and buy a years supply. It is like gardening. You need to plant a seed in your brain that you are going to do this and grow from there. You can do it!!*

*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**

*Our next cannery date is April , 2000. We are scheduling this a few months down the road so that you can mark your calendars and NOTHING will get in the way of your going!*

## **Are you making excuses?**

*From the book "I Would if I Could, But..." by Jim Brinkerhoff; BF Publishing, Lawrenceville, GA.*

### Dry Packing

*I Would if I cloud, but I don't like it.  
I would if I could, but I haven't the time.  
I would if I could, but my storage is limited.*

### Emergency Preparedness

*I would if I could, but I will get ready next week.*

*I would if I could, but it's all in the attic.*

*I would if I could, but I am tired of preparing - this is the 21st century.*

### Food Storage

*I would if I could, but I have had it over the years, and it is all spoiled now.*

*I would if I could, but I have no room to store things as it is now.*

*I would if I could, but nothing will happen - these are modern days.*

### 72-hour Preparations

*I would if I could, but I have already memorized the Holiday Inn's 800 number.*

*I would if I could, but I will just call my home teacher.*

*I would if I could, but nothing will happen that I can't handle.*

*These are some of the things that Brother Brinkerhoff was hearing during church and from his LDS friends. Are you saying these same things? I have included only a portion of the list. I could add more that I have heard over the years, and think it is time we re-evaluate our priorities. This year many opportunities will arise to help ourselves and our families become better prepared. Please make the effort to do so. Consequently, when hard times fall upon us we shall not fear.*

*~from THE PREPARED FAMILY, Gayle-Marie Noga Jan. 1999*



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## **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 Arkladie

*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.*



Don't forget dessert!

### Monster Cookies

6 eggs                      2 cubes margarine  
2 1/4 c. Sugar      2c. peanut butter  
1 t. vanilla              9c. oatmeal  
1 t. Karo Syrup      12oz. M&M's  
4 t. Soda                12oz. chocolate chips

*Mix together. Scoop onto cookie sheet.  
Bake 12 minutes at 350. Makes a lot!  
( This would be a great recipe to make  
and share with all the sisters that you  
visit!)*

### **Sixty uses of Vinegar!**

*Here are some uses of vinegar ~I will  
have to save some for next month!*

- 1. Arthritis tonic and treatment; 2  
spoonfuls of apple cider vinegar and  
honey in a glass of water several times  
daily.*
- 2. Thirst quenching drink; apple cider  
vinegar mixed with cold water.*
- 3. Sagging cane chairs: Sponge them  
with a hot solution of half vinegar and  
half water. Place chairs out in the hot  
sun to dry.*
- 4. Skin burns: apply ice cold vinegar  
right away for fast relief. Will prevent  
burn blisters.*
- 5. Add a spoonful of vinegar to cooking  
water to make cauliflower white and  
clean.*
- 6. Storing cheese: keep it fresh longer  
by wrapping it with a  
vinegar-dampened cloth keeping it in a  
sealed container.*

*To be Cont'd*

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