

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

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter

May, 2000

FOOD FOR THOUGHT:

April 6, 2000 has come and gone. I know for years many LDS people wondered if the Lord would return before then or by that date. Y2K has come and gone. We were admired as LDS members for being ahead of the game on that one. People flocked to LDS owned companies to buy supplies. Many of them are feeling foolish for having prepared. We are hoping they hang on to their supplies.

A week ago the stock market took the biggest 1 day point loss, and then climbed back up afterward. IN ALL of these events I've been thankful the clock has NOT run out on us. YES our lives are VERY busy, we try to stretch our dollars & pray for help to get out of debt. We all try to choose wisely day by day and hour by hour. God in his mercy has given us precious time to keep moving ahead, keep paying off bills, keep filling our shelves, keep striving to do what he asked us to do. MANY LDS families are in debt and trying to get out.

LET US NOT just pray for our own families but for others as well, to have the wherewithal to fulfill the Lord's commands. We need to do our part by spending less and budgeting tighter, but some have already pinched pennies until they're/we're tired of being so tight.

WE WILL be thankful in the end, more than we can now know, for laying aside funds, fuel, clothing and a pantry full of necessities. ~ Janis the Arkladie

CANNERY

We want to Thank all of those who went to the cannery April 27. We had a great time. Our next cannery date is Saturday, June 24. You are getting plenty of advance notice!

A Survival Kit for Every Day

From: Ann Parker

aparker@umfa.utah.edu

Items Needed:

Toothpick Rubber Band

Band aid Pencil

Eraser Chewing Gum

Mint Candy Kiss

Tea Bag Scriptures

1) Toothpick – to remind you to pick out the good qualities in others – Matt. 7:1

2) Rubber Band – to remind you to be flexible, things might not always go the way you want, but it will work out –

Romans 8:28

3) Band Aid – to remind you to heal hurt feelings, yours or someone else's – Col. 3:12-14

4) Pencil – to remind you to list your blessings everyday –

Eph 1:3

5) Eraser – to remind you that everyone makes mistakes, and it's ok – Gen. 50:15-21

6) Chewing Gum -- to remind you to stick with it and you can accomplish anything with Jesus – Phil 4:13

7) Mint – to remind you that you are worth a mint to your Heavenly Father – John 3:16-17

8) Candy Kiss – to remind you that everyone needs a kiss or a hug everyday – 1 John 4:7

9) Tea Bag – to remind you to relax daily and go over that list of God's blessings – 1 Thess 5:18



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Dutch OVEN STEW

posted by: Alaska Collector

<alaska_collector@juno.com>

4 lbs. beef round steak, cut in 1 inch cubes

4 c. sliced carrots 2 c. sliced celery

4 med. onions, sliced

2 (5 oz.) cans water chestnuts, drained and sliced

2 (6 oz.) cans sliced mushrooms, drained

¼ c. plus 2 tbsp. flour 2 tbsp. sugar

2 tbsp. salt 2 (16 oz.) cans tomatoes

2 c. Burgundy

In roasting pan or Dutch oven mix meat, carrots, celery, onions, water chestnuts and mushrooms. Mix flour, sugar and salt, then add to meat mixture. Stir in tomatoes and Burgundy. Cover and bake 4 hours.

Dutch Oven BANANA BREAD

posted by: Alaska Collector

<alaska_collector@juno.com>

2 eggs

1 ¼ c. mashed bananas (about 3)

1 c. sugar ½ tsp. salt

1 tsp. soda

½ c. melted shortening or margarine

2 c. flour ½ c. nuts

12-inch Dutch oven.

Preheat oven to 350 degrees. Mash bananas first, then add all other ingredients. Bake 45 minutes to 1 hour. (To cook outdoors on campfire, put 10 coals on top of Dutch oven and 8 coals on bottom. This equals 350 degrees.)

Sixty uses of Vinegar!

Continued from April...

31. Steep your favorite herb in vinegar until you have a pleasing taste and aroma.

32. Use vinegar instead of lemon on fried and broiled foods.

33. To remove lime coating on your tea kettle; add vinegar to the water and let stand overnight.

34. To make a good liniment: beat 1 whole egg, add 1 cup vinegar and 1 cup turpentine. Blend.

35. Apply vinegar to chapped, cracked skin for quick healing.

36. Vinegar promotes skin health: rub on tired sore or swollen areas.

37. Reduce mineral deposits in pipes, radiators, kettles and tanks by adding vinegar to the system.

To be cont.....

KIDS CORNER

Bath Paint

-shaving cream -food coloring

-muffin tin -spoon

-paint brushes -sponges

Place shaving cream in each section of a muffin tin. Add food coloring to each one and stir. When kids are in the bath allow them to use the "paint" to paint themselves, the tub and the walls. Clean up is easy. Check for allergies first. Supervision is recommended for younger children.

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