



THE PREPARED FAMILY



"Prepare Every Needful Thing"

February 1999

Scripture or Quote of the Month:

"When the time of need arrives, the time for preparation is past"

"There is no royal road to anything. Careful planning, hard work, and determination to reach an objective is the plan to success."



Dry Pack

Rice, Oats, Popcorn, Flour, Wheat, Millet, Farina

Grocery Items

Mayonnaise, Salad Dressing

Wet Pack

March 20th Beef Stew: \$27.25 a case.

Non-Food

10 candles, 10 bars soap, batteries, matches, flashlights, extra flashlight bulbs

72-hour kits

Back pack or tote bag and 2 bars of soap. 1 large candle, 3 day supply food (Milk carton with 2 liters of water), water purifying tablets, supplies for infants.

Gardens/Gardening tips

Time to prune trees for spring. Plan your gardens and order seeds that are not hybrids, they only produce infertile seeds.

Recipes:

Peachy Rice Dessert

by. Monica Staff

2 c. cooked rice	1 ½ c. milk
¼ c. sugar	½ t. salt
2 eggs	½ t. vanilla
1 can(15oz.) Sliced peaches drained	
¾ c. packed brown sugar	½ t. ground cinnamon
¼ c. sour cream	

In a saucepan, combine rice, milk, sugar and salt. Bring to boil. Reduce heat; simmer, uncovered, for 10 min., stirring occasionally. Stir a small amount of rice mixture into eggs; return all to the pan. Cook and stir for 2-3 min., or until a thermometer reads 160°. Remove from the heat; stir in vanilla. Pour into a greased shallow 1-qt. Baking pan. Top with peaches. Combine brown sugar and cinnamon; sprinkle 1 T. over peaches. Broil for 3-5 min. or until browned. Let stand for 5-10 min. Serve, top with sour cream and sprinkle remaining cinnamon and sugar.

Hot Cereals

One dish of oatmeal: (This is so quick and easy it makes the invention of instant oatmeal obsolete... and of course it's much cheaper): Add ½ cup oats, ½ tsp salt, ¾ cup of water (slightly less if you like thick oatmeal), and any sweetener/spices you want. Microwave on high 3 minutes or until thick. Stir.

Directions for other cereals:

Cracked wheat, 4 servings: Crack ½ cup whole wheat. Bring 2 cups water and ¼ tsp salt to a boil, add cracked wheat, stirring to avoid lumps. Bring to a boil, reduce heat to low, simmer for 15-20 minutes stirring occasionally.

Whole wheat, 6 servings: Thermos method, place wheat in a thermos, add ¼ tsp salt and 2 cups boiling water, let sit overnight, reheat just before serving. Conventional method: Boil water & salt, add wheat, cook 45-60 minutes

Millet: 2 cups water, ¼ tsp salt, ½ cup millet, cook 25-30 minutes

If you do a multi-grain cereal and if you have a grinder that lets you crack the grain, it helps to grind it to a similar consistency first. The finer the cereal is ground, the quicker it cooks.

Add a spoonful of brown sugar, a sprinkle of cinnamon, and sometimes some fruit. The storehouse's dried apple slices are excellent for this... just add a little extra water when cooking. Other ideas are maple syrup, milk, raisins... look at the Quaker oatmeal flavors for ideas.

Maple Syrups

1 ½ c. water	1 ½ c. brown sugar
1 ½ c. sugar	

Mix together in a one quart glass measuring cup: Cook on high in microwave for five minutes. Stir, then cook on 50% power for five more minutes. Let cool slightly then stir in vanilla and maple extract to taste (about 1½ t. each) This keeps well in the refrigerator. If you don't have a microwave you can cook this on the stove top. Bring water and sugars to boil until clear. Set aside and add vanilla and maple extract.

OR:

2 cups sugar	1 cup water
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2 glugs corn syrup - this keeps it from crystalizing. (If I had to guess what a glug was I would guess it is about a Tablespoon or so.) Bring to a boil, continuing until it just goes clear. Remove from heat and add ½ tsp. vanilla and ½ tsp. maple extract.

Emergency and Family Preparedness

TIPS, IDEAS:

Buy a half pound garlic when on sale and chop it up (save time use a food processor) and place in a heavy-duty resealable freezer bag and lay flat in freezer. Once frozen, break into small pieces and take out just the right amount of fresh tasting garlic. Works well with onions and green peppers.

Do you and your family have enough tarps to cover your home if the roof was blown away? Or if needed to cover a tent or ground if you could not live in your home for a short time? Do you have supplies that could be used during an emergency?

When shopping look for specials, buy on Monday and on Saturday so if the store is out of stock ask for a rain check, which can extend your buying power for 30-60 days. This is especially useful for items that you use a lot, i.e. tuna fish, olives, chili, soups etc.

"If your outgo exceeds your income, then your upkeep will be your downfall." -- Bill Earle

Internet sites of interest

Sam Andy

<http://www.foodbanking.com/>

Rocky Mountain Candle Co.

<http://www.rockymountaincandle.com/index.htm>

Emergency and Survival Supplies

<http://www.sonlightcandle.com/emergency.htm>

Emergency Preparedness Items

<http://www2.4dcomm.com/doublem/emergency.html>

FYI

Americans annually consume 21 pounds of rice, while Asians eat as much as 300 pounds each year.

Lentils contain vitamin E and calcium.

Y2k

Intro By William Pollard, Jr.

As this century nears its end the Year 2000 (Y2K) Bug is increasingly a topic for conversation. Just what is the Y2K Bug? And how will it affect me? Good questions, but the answers are not simple.

The problem is - most systems in use today which control our modern business operations, heating and cooling systems, power utilities and other essential infrastructure our lives depend upon - are computerized.

Why is this a problem?

Many of these computerized systems operate on software and hardware based on a standard two-digit year format, YY. This two-digit year format forces the operating systems to use two digits to represent and store the year.

Simple, right?

A comparison based on the two-digit year format would incorrectly claim that the year 2000 (00) falls before the year 1999 (99). If the computer system reads the date incorrectly, then all Y2K afflicted systems are predicted to have operational problems. Can you say down-time?

Notes taken by Steve Nichols, a member of the Arlington Ward, McLean, Virginia Stake in October 1998:

On Sunday, our stake had a family preparedness fireside on the year 2000 (Y2K). The speaker was Senator Bennett of Utah who is the chairman of the Senate Committee on Y2K. I went to the fireside thinking that it would be interesting, but also thinking that Y2K was not a big deal. Senator Bennett convinced me otherwise.

To test a water treatment plant, the plant management rolled the clocks ahead to 2000 to see how the computer systems of the plant would react. The computer responded by immediately dumping all the chemicals it had into the water supply instead of slowing dispensing the chemicals as it was supposed to do. The water was then poison and unusable.

Senator Bennett told of warning one of his daughters about these problems. His daughter asked if he has spoken to the Church. He thought that was good idea, so he contacted an employee at Church headquarters responsible for worrying about these kinds of problems. That employee assured Senator Bennett that the Church has, or is, upgrading all of its computer systems to deal with the problem. Senator Bennett then asked if he could question this Church employee. The senator wanted to know how the Church is going to contact missions, temples and members around the world when the international and national phone systems won't work; how the Church is going to transfer funds around the world with the banking systems not working; how the Church will respond to members who are out of work for three months or more because the equipment at the factory or office where they are employed is malfunctioning. The Church employee had to admit that while the Church has fixed its own systems, they had never considered how they would be affected by other systems that had not been fixed. Senator Bennett was then invited to a meeting with the First Presidency, Council of the Twelve, Presiding Bishopric, etc. to brief them on the Y2K problem. Senator Bennett told the Brethren that he had been asked by someone in government when the Mormons were going to start warning their people to get ready for the year 2000. **President Faust immediately responded, "We've been warning them for thirty years."**

Are you going to be caught off guard? Are you following the prophets warning?

Y2K web sites

<http://www.scm-ae.com/y2k/default.asp>

<http://www.cnet.com/Content/Reports/Special/Y2K/?dd.cn>

Where to get supplies:

Costco/Sams Club

URM

Storehouse/Cannery

Bulk Food Sellers

Camping Supply Stores

Nurseries/Seed Suppliers

Emergency Supply Houses

Connell Grain Growers Co-op

Internet Suppliers of your choice

Local Farmers

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