

# The Prepared Family



"Prepare Every Needful Thing"

July 2001

SCRIPTURE OR QUOTE of the month:

*"Where money, rather than morality, dictates ones actions, one is inclined away from God. Turning away from God brings broken covenants, shattered dreams, crushed hopes, and wrecked lives. Such a quagmire of quicksand I plead with you to avoid. You are of a noble birthright. Eternal life in the kingdom of our Father is your goal. Such a goal is not achieved in one glorious attempt; rather, it is the result of a lifetime of righteousness, an accumulation of wise choices, even a constancy of purpose." (Thomas S. Monson, CES Fireside February 1999; see *Ensign*, May 1999, p. 118)*

## 72-hour Evacuation Kit



- ☉ Postcards (10/pre-stamped)
- ☉ metal cups (one for each person)
- ☉ Measuring cups and spoons
- ☉ Large serving spoon and spatula
- ☉ Hot pad and small hand towel

## Stock up by the week

Remember if your goal is to stock up on your food storage this is a great way to get it done. Keep up the good work!



**Food Storage on Five Dollars a week.** Double the amount if you have a large family.

- ☉ Week 25: 50 lbs. wheat
- ☉ Week 26: 5 lbs. honey
- ☉ Week 27: 10 lbs. powdered milk
- ☉ Week 28: 20 lbs. sugar

## Gardens/Gardening Tips

**Bury Your Veggies for Bigger Harvests**

More evidence is building that some vegetables are more productive when they are buried so the first true leaves are at ground level. A number of recent field trials found that tomato and pepper plants that had been transplanted this deeply produced higher yields.

For more information on gardening look at this site:

<http://www.gardeners.com/gardening/IGjune01.asp?SC=BNA70023>

## Recipes

Here are some interesting ideas on how to use honey.

For more information check out this informative site:

<http://www.honey.com/info/index.html>

- ☼ Layer yogurt, granola and fresh fruit in parfait glasses. Drizzle with honey. Repeat twice more, ending with a drizzle of honey on top.
- ☼ Mix 2 Tbsp. honey with ½ cup of sour cream. Pour over a bowl of fresh blueberries or strawberries.
- ☼ Mix equal parts honey and peanut butter. Use as a quick sandwich filling or celery topper.

## GRILLED VEGETABLE FLATBREAD

Makes 4 servings.

Grilled Vegetables:

- ¼ cup honey
- 3 tbsp. white wine vinegar
- 1 tbsp. finely chopped fresh thyme or basil
- ¾ pound small zucchini or yellow summer squash, cut lengthwise in half
- 2 large red, yellow, orange or green bell peppers, halved, seeded

Crust:

- No-stick cooking spray
- 2 tbsp. + ½ cup toasted wheat germ
- 1- ½ cups reduced-fat baking mix
- ⅔ cup fat-free or low-fat milk
- 1 cup seeded chopped tomatoes
- One 4-oz. package crumbled feta cheese

1. In a small bowl, combine honey, vinegar and thyme; mix well. Place zucchini slices and bell peppers on oiled grid. Grill over medium-hot coals 20 to 25 minutes, turning and brushing with honey mixture every 7 to 8 minutes. Remove from grill; cool to room temperature. Coarsely chop.
2. Heat oven to 425°F. Lightly spray a cookie sheet or jelly-roll pan with cooking spray; sprinkle with 2 tablespoons wheat germ.
3. In a large bowl, combine baking mix, ½ cup wheat germ and milk; stir with fork until thoroughly combined (mixture will be moist). Turn dough out onto a floured surface. Knead, adding additional flour as needed, until dough is no longer sticky. Pat into a 12 x 8-inch rectangle on a cookie sheet. Top with chopped grilled vegetables, tomatoes and cheese. Bake 18 to 20 minutes or until crust is golden brown. Cut into squares. Serve immediately.

**NUTRITION INFORMATION (¼ of recipe):**

Cal. 400, Cal. from Fat 100, Fat 11g, Sat. Fat 5g, Chol. 25mg, Sodium 830mg, Carbo. 66g, Fiber 5g, Prot. 16g

## Emergency and Family Preparedness

### *TIPS, IDEAS:*

#### When Off is Still On

- \* When you turn off appliances and electronic equipment, you probably assume they no longer are consuming electricity.
- \* But just because the switch says "off" doesn't mean the device isn't using electricity.
- \* Thanks to the demands of our "instant-on" society, a phantom is lurking inside many of these devices.
- \* Anything that uses clocks, memory, remote control, microprocessors and instant-on features consumes electricity whenever it is plugged in: 24 hours a day, 7 days a week.
- \* While no single phantom load will break the household budget, the cumulative effect adds up to a waste of electricity.
- \* According to the Lawrence Berkeley National Laboratory, phantom energy "leaks" account for 5% of

the nation's total energy consumption, at a cost of more than \$3 billion a year. Energy consumed by idle televisions and videocassette recorders alone cost users more than \$1 billion a year.

#### When Off Isn't Off

- \* The problem of phantom loads is fairly recent.
- \* Prior to the advent of microprocessors, when you turned off an appliance or electrical equipment, it really was off.
- \* But in the 1970's, TV manufacturers began offering an "instant-on" feature. When you turned the TV on, the picture and sound came on immediately, rather than taking time to warm up.
- \* The price of this handy feature was that the TV used a small amount of electricity to remain in a ready state.
- \* Next came remote controls. TVs and stereos equipped with a remote needed to be ready to respond when the "on" button was pushed.
- \* Then came the videocassette recorder and the digital timer.
- \* Before long, these features were part of a growing number of devices: answering machines, electric razors, modems, microwave ovens, coffee makers, personal computers, TV cable boxes, battery chargers, assorted cordless devices and satellite TV systems.

#### Taking Charge

When shopping for your next appliance or electronic device, look for ones with battery backups and other energy-saving features, which can help reduce the phantom load.

## FYI

*Since this is the season of outdoor events I thought this article of suggestions would help all of us to have a cleaner and more environmentally friendly time. Gayle-Marie*

Source: Los Angeles County Department of Public Works:

For more information:

<http://news.excite.com/news/bw/010621/ca-la-dept-public-works>

The Department of Public Works offers the following list of simple ways to do your part.

### TOP 10 WAYS TO BARBECUE AND PICNIC SMART THIS SUMMER

1. Set your picnic table with cloth napkins and reusable plates, cups and utensils. Tablecloths and plates look better, cost less than throw-away paper and plastic products in the long run and decrease the trash going to landfills. If you do use plastic, remember that it can be washed and used again.
2. Use a sturdy, reusable tablecloth instead of a disposable one.
3. Bring an extra trash bag with you when you go to the park or on a hike so you can pick up your own trash and any that other people have left behind.
4. Buy your food and picnic items in bulk. This saves you money and reduces the amount of packaging waste. Individually packaged items produce more waste.
5. Citronella candles and sprays are great methods for keeping away bugs without polluting the air or hurting living things – including you and your family.
6. Are ants marching toward your table? Keep them away safely by sprinkling one of the following where you don't want them to go: salt, sage, red chili powder, cucumber peelings, or cream of tartar powder.
7. If you're decorating for a summer party, avoid releasing any helium balloons into the atmosphere. When the balloons pop, the rubber particles that fall back to Earth can be harmful to animals and fish if swallowed.
8. Instead of using toxic lighter fluid or petroleum-based fire starter products, try a safer alternative like a chimney-style or electric starter. If you can't give up your lighter fluid, use the minimum amount to help reduce air pollution.
9. If you barbecue a lot, consider replacing your charcoal grill with an electric one to reduce pollutants.

10. When taking advantage of the abundance of fresh fruits and vegetables available in summer, buy organic. Pesticides are harmful to your health and the planet.

## Herbs and Spices

Water lemon balm, mint, and rhubarb. Harvest the inflorescences of lavender and oregano, the heads of thyme, lemon balm, and tarragon. Virtually all herbs, especially the labiates, can be propagated by cuttings this month. Propagate iris and also harvest the rhizomes for drying so as to obtain the delicate fragrance, which resembles that of violets.

Aren't herbs fun? We are halfway through this year and by now everyone that is working on herbs should have something growing and by now you should be enjoying the taste of fresh herbs.

## A Thought

When riding your bike's, Ride Smart. Be Predictable. Be Alert and Be Equipped.

- ★ Ride in a Straight line. Whenever possible, ride in a straight line, to the right of traffic, but a car door width away from parked cars.
- ★ Choose the Best Way to Turn Left. There are 2 ways to make a left turn: 1) as an auto: look back, signal, move into the left lane, and turn left. 2) As a pedestrian: ride straight to the far-side crosswalk.
- ★ Ride a Well-Equipped Bike. Be sure your bike is adjusted to fit you properly: outfit it with a water bottle, tool kit, fenders (for rainy rides), and bike bags. Always use a strong headlight and taillight at night and when visibility is poor.
- ★ Dress Appropriately. Wear a hard shell helmet whenever you ride. Wear light-colored clothes at night. Bright clothes aid visibility. Dressing in layers allows you to adjust to temperature changes.

## Family History Helps

Spanish American War Resources

If one of your ancestors fought for the U.S. in the Spanish American War in 1898, you may not have much understanding of the history of the conflict, the battles fought, or information about your ancestors' involvement. The Spanish American War resources located at <http://www.historesearch.com/spainamwarmil.html>

contain historical, military, and photographic materials to help you.

Included are timelines, action reports, first-hand accounts, information about the ships involved on both sides, commentary about Theodore Roosevelt and his Rough Riders, and information about yellow fever and malaria epidemics. Coupled with the war records at the National Archives, this collection of Web sites can provide detailed insight into the era and its events. - George G. Morgan

## Get Physical

Riding your bikes can be fun, but by following these simple "rules of the road" you and your families should be better able to have a safe and sane ride.

- ★ Show courtesy to other trail users at all times. Use the right side of the trail except when otherwise designated. Always pass on the left. Respects the rights of property owners. Keep dogs on a leash and remove pet feces from the trails.
- ★ Bicyclists. Always yield to pedestrians. Give audible warning when passing pedestrians or other bicyclists. Ride at a safe speed. Slow down and form a single line in congested conditions, reduced visibility, and other hazardous conditions.
- ★ Pedestrians. Stay to the right side of the trail, except when otherwise designated. Watch for other trail users. Be especially alert when running. Listen for audible signals and allow faster trail users (runners and bicyclists) to pass safely. This can also be used for roller blader's and skateboarders.
- ★ Lock your Bike. Buy the best locking system you can. A U-shaped high security lock is best. Lock your frame and rear wheel to a fixed object. If you have a quick release, lock the front wheel also.

### Where to get supplies:

Costco/Sam's	URM/Cash & Carry
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Food Co-Ops
Nurseries/Seed Suppliers	Emergency Supply Houses
Internet Suppliers of your choice	
Local Farmers/Farmers Markets	

