

The Prepared Family



"Prepare Every Needful Thing"

November 2002

Scripture or Quote of the month:

"Joy and happiness are born of gratitude. Recently Sister Watts and I spent three years in another part of the world working with a very kind and gracious people. If worldly possessions equated to happiness, the majority of these Saints would be unhappy. Quite the contrary, gratitude abounds, resulting in a contagious display of rejoicing. It is evident that even though they live in a challenging environment with few advantages, they are a delightful people. A cheerfulness is generated by their gratitude for the gospel of Jesus Christ and the blessings derived from living the principles taught. One faithful district president expressed gratitude to have a bicycle for transportation to perform his calling. It seemed the more he pedaled, the happier he became. Perhaps there is a lesson here: if we are feeling ungrateful, we need to pedal a little faster. The depth and the willingness with which we serve is a direct reflection of our gratitude.

"Elder James E. Talmage said, 'Gratitude is twin sister to humility; pride is a foe to both' (Sunday Night Talks, 2nd ed. [1931], 483). Also, President James E. Faust has said, 'A grateful heart is a beginning of greatness' ('Gratitude as a Saving Principle,' Ensign, May 1990, 86). In times of trial we can accept with gratefulness that which is to come, a gratitude for the blessings and gifts the Lord has in reserve for those who keep the commandments and serve Him in thanksgiving. . . . "' And he who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more' (D&C 78:19)." (Elder Gordon T. Watts, "Gratitude," Ensign, Nov. 1998, 84)

November is such a great month. We have the opportunity to give thanks for all the Lord has blessed us with. Some folks probably don't feel that they have been given much, some are deep in sorrow, others maybe out of work, still others maybe dealing with health issues, but our Heavenly Father has given each and everyone of us the strength to get through these trying times. Strength is given and blessings come to uplift. May each of us be an instrument in His hands so that we may give strength, hope love and help. No one needs to feel alone during this time of year. If you want to help someone, do so! You will feel that your burdens are easier to carry. Donate a can of food to your local food bank, better yet take a case of canned or boxed goods to them, or spend some time helping in your local mission to help feed the homeless, send some extra quilts or blankets to your shelters so that someone less fortunate than yourself will be better off and warm this Thanksgiving. It is often said that by remembering others and finding charity (the pure Love of Christ) we will be about His work. Let us be Thankful for all we have not dwell on what

we don't have. May our Father in Heaven bless each of you with what you need this Thanksgiving season.

Gayle-Marie

Bug Out Bag-BOB



Tent with ground cover
Sleeping bag with blanket and pillow
travel size games for kids and adults
toiletries such as toilet paper, toothpaste, toothbrush, shampoo
etc.

Stock up by the week

Brown/white sugar
Flour. Unbleached white, cake, whole wheat.
Candy, e.g.,
chocolate/milk/dark/white chips,
M&M's, peanut chips, etc.
Cake mixes and frosting mix or ingredients.



Recipes

Posted by: DaddysKrieket_NC

Cream Cheese Chicken

4 pounds Chicken thighs without skin, ready to cook
 2 tablespoons Butter or Margarine, melted
 ½ teaspoon Black Pepper ½ teaspoon Salt
 1 ounce Italian Salad Dressing Mix , low salt
 1 can Condensed Cream of Chicken soup
 8 ounces Cream Cheese, cubed
 ½ cup Chicken Broth 1 large Onion, chopped
 2 tablespoons Chicken Broth, to cook onion
 2 cloves Garlic, minced

Brush chicken with butter and layer in crock pot with dry Italian seasoning mix sprinkled on each layer. Cover and cook on low for 6-7 hours. About 45 minutes before done, brown the onion in the chicken broth and then add the cream cheese, soup, salt & pepper and remaining chicken broth to the saucepan. Add the minced garlic and stir all ingredients until smooth. Pour sauce mixture over chicken in crockpot and cook an additional 30-45 minutes. Remove chicken to platter and stir sauce before putting in gravy bowl.

The following recipes could be a great start of a tradition for Thanksgiving dinner. Give them a try!

Scalloped Apples

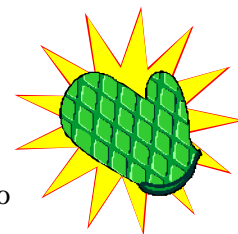
4 medium tart apples, peeled, cored, and sliced
 ½ C sugar ¼ tsp. cinnamon
 ¼ tsp. cloves ½ C butter (real)
 2 C fresh bread crumbs (4 slices bread, torn into small pieces)

Toss apples with sugar and spices. In skillet, melt butter; add crumbs, stirring until crispy and slightly brown. In a greased 8-in. pan, layer half the apples, then half the crumbs. Repeat. Bake at 350° for 45 minutes or until tender. (Check after 20 minutes or so that the crumbs are not browning too quickly, and if so, lightly cover with foil.) Also, rather than layering, I usually end up putting all the bread crumbs on top for extra crunchiness

Cauliflower Cheese Soup

1 cup minced onions 1 clove garlic, finely minced
 1 tsp. olive oil
 14 ½ ounces fat-free chicken broth
 1 head cauliflower, steamed until very soft
 1 cup skim milk 1 cup fat-free half and half
 8 ounces Velveeta Light ¼ cup chopped parsley
 Salt to taste White pepper to taste

Sauté onion and garlic in olive oil until very soft and slightly caramelized. Add chicken broth and simmer while you cut the cauliflower in half; mash half of it well; add to onion/garlic/broth mixture. Stir to thicken. Add milk and bring back to simmer; add cheese in small finger-full portions until thoroughly melted and incorporated. Coarsely chop other half of cauliflower; add to the pot. Add parsley.
 Note: don't use packaged grated cheese.



Banana whole wheat bread (sugar free fat free)

2 ½ cups whole wheat flour
 1 ½ cups mashed ripe bananas (3-4)
 ½ cup brown sugar substitute
 ⅔ cup plain nonfat yogurt
 ½ cup fat free egg product or 2 eggs
 ⅓ cup applesauce 1 tsp. baking soda
 1 t. salt 1 tsp. vanilla

Heat oven 350F; spray bottoms of 2 loaf pans or 1 big stir all together, pour into pans bake 1 hour or 1 hour 15 min for one big pan

Gardens/Gardening Tips

To prevent weeds from taking hold and sprouting, cover the exposed areas in and around your garden with newspaper and grass clippings, allowing enough room and sunlight for the plants to grow through. Kim Brooks of Indiana

Till the garden area now and add amendments such as nitrogen, compost, manure, lime, etc. Till and let set over the winter. If you would like to put a green manure cover such as buckwheat, do so now and till in the spring.

Financial Preparedness

Being financially prepared may be easier if you don't need to spend extra money on things that you maybe able to purchase large quantities of ingredients and put together yourself. The following items are just some ideas that could start you in the right direction. Give them a try and see what happens. The following were sent to me by my MIL and I thank her.

I just did my second load of laundry with this stuff. This load was whites and lights. I don't remember the last time they got this clean (the white pants she had been wearing out in the dirt). I used no pre-treatments! This stuff is cheap and concentrated and so easy to make.

1 box Borax – detergent booster, NOT Boraxo

1 Box Arm and Hammer Super Washing Soda
1 bar of Soap, I used Ivory

Grate the bar of soap fine and mix all three ingredients together well. Use 2 TBSP per load. The instructions I got said 1 TBSP for a normal load, 2 TBSP for a large or heavily soiled load.

I am so impressed with this and it really makes me wonder about all the fillers we must be paying for in regular detergents. It also struck me that the clothes don't smell like anything. Just clean.

Fabric Softener

It amazes me every time it works...

2 cups of baking soda 2 cups of white vinegar
4 cups of water

Mix it all together and store in a good bottle. To use it: Add ¼ cup to the final rinse cycle. The Baking soda settles a bit, so shake up the bottle before measuring it out. You don't need to use more for a larger load

This stuff is great and it works on practically anything and I bet you a dollar to a donut you have the ingredients right on hand as it.

Don't worry about it fizzing up at first. It will settle down in a bit.

Prewash

In a spray bottle mix

½ cup white vinegar ½ cup water
½ cup plain ammonia
½ cup liquid laundry detergent
(use up your old stuff)

Shake well before using.

LEMON "AID" FOR YOUR BUTCHER BLOCK:

Have tomatoes and berries left their marks on your butcher block counters? Well, don't reach for those harsh, damaging detergents and chemicals! The best way to bleach out the stains is with a bit of lemon juice. Squeeze the juice from a wedge of fresh lemon over the stain, sprinkle with salt, and scrub gently with the wedge until the stain is gone.

Space Bags

Now is a good time to store away those summer clothes. Are you thinking about getting one of those "space bag" things?

Before you spend any money, think about this:

A friend told me how she made her own storage "spacebag" by using a regular trash bag and her vacuum cleaner...

She placed some items in the bag, gathered the opening around the hose of her vacuum, sucked all the air out, secured with a twist tie and a piece of tape. It's just like on TV, but she didn't have to fork out all that money! Give it a try yourself and see!

Family History Tips

The Church of Jesus Christ of Latter-day Saints has placed three valuable databases online, all free to search:

1880 United States Census

1881 Canadian Census

1881 British Census

<http://www.familysearch.org/>

A Thought

Spencer W. Kimball

Welfare Services Meeting, April 6, 1974

We have had many calamities in this past period. It seems that every day or two there is an earthquake or a flood or a tornado or distress that brings trouble to many people. I am grateful to see that our people and our leaders are beginning to catch the vision of their self-help.

Let me say that as a stake president long ago, we had a flood in the Duncan Valley in Arizona. As soon as we overcame the excitement of the first report of it, my counselors and I formulated a telegram and sent it to Salt Lake City and said, "Please send us \$10,000 by return mail." I found that I was learning about welfare programs when no \$10,000 came. When President Lee, President Romney, and President Moyle came down and took me back in my little office in my business place we sat down around the table and they said, "This isn't a program of 'give me.' This is a program of 'self-help.'" And so we learned much from those brethren.

....Something was said about gardens and about trees. I should say that in our little yard Sister Kimball is our farmer, and she nearly feeds us through the year from that little yard in the back. We have carrots, and we have apricots, and we have applesauce, and we have other things that help. Then she plants beans along the grillwork of our back porch, down among the roses, and they climb up over this grillwork. I joke with her a lot of times about having done that so she can sit in her rocking chair and pick the beans, but we just almost live on beans and it is good food, very good food. The little gardens and the few trees are very valuable. I remember when the sisters used to say, "Well, but we could buy it at the store a lot cheaper than we can put it up." But that isn't quite the answer, it is, Sister Spafford? Because there will come a time when there isn't a store.

Get Physical

Well with winter fast approaching it is time to prepare our snow equipment. Here are some safety guidelines to help in your winter fun. Take care of fallen leaves early, before they build up and can cause slippery place to put your feet. When removing ice or snow, use vegetable oil on the blade first. This will make shoveling snow easier as it won't build up as easy. Keep a bucket of rock salt or de-icer close to the door so that you won't have to walk far and slip in the process. When shoveling snow take it easy, take brakes and don't over exert yourself. You could save yourself from a heart attack. And if you are using a snow blower keep your hands away from the blades, more injuries happen because moving blades. Remember use the same caution you would with a lawn mower.

Have fun! Build a snowman with the kids, make snow angels, throw snowballs and relax. Winter comes once a year and in some area snow is just a picture.

FYI

<http://www.nursehealer.com/Guide.htm>

Triangular Bandages (Cravats)

Cravats are large triangular pieces of cloth that are used to secure bandages in place, to make a sling, or to tie splints in place. They should be large enough to make a suitable arm sling. You can make cravats from muslin or any clean scraps of material. Roll a cravat up along its longer side to use as a tie-down for splints. Tie two cravats together to make it long enough to secure a sling to the body. Pad between all knots and the body with bandages, folded rags, or folded cravats. A standard size for Triangular Bandages is 37" x 37" x 52".

More FYI

DON'T EVER DIAL AREA CODE 809 "Hoax"

This one is being distributed all over the US.

HERE'S HOW IT WORKS:

You will receive a message on your answering machine or your pager, which asks you to call a number beginning with area code 809. The reason you're asked to call varies. It can be to receive information about a family member who has been ill, to tell you someone has been arrested, died, to let you know you have won a wonderful prize, etc. In each case, you are told to call the 809 number right away. Since there are so many new area codes these days, people unknowingly return these calls.

If you call from the US, you may be charged \$25 per-minute. Or, you'll get a long recorded message. The point is, they will try to keep you on the phone as long as possible to increase the charges.

WHY IT WORKS:

The 809 area code can be used as a "pay-per-call" number, similar to 900 numbers in the US. Since 809 is not in the US, it is not covered by U.S. regulations of 900 numbers, which require that you be notified and warned of charges and rates involved when you call a "pay-per-call" number.

There is also no requirement that the company provide a time period during which you may terminate the call without being charged. Further, whereas many U.S. homes that have 900 number blocking to avoid these kinds of charges, do not work in preventing calls to the 809 area code.

The Facts:

All of the prefixes in area code 809 are in the Caribbean country of the Dominican Republic, not the British Virgin Islands as often stated in the warning message. You don't need to completely avoid calling area 809, especially if you know who you are calling. AT&T says there are international long distance charges for calling 809 numbers, but not excessive charges for normal calls.

The problem is that there have been scam artists in area 809 who trick people into returning calls to phone numbers that are set up to charge a fee, and that's where the risk of the higher charges becomes a problem.

The bottom line, according to AT&T, is that if you get an usual message via e-mail, pager, or voice mail to return a call to an unfamiliar area code about an overdue bill or that you've won a contest, be wary. Check the area code first to see if you are making an international call. Most calls to other countries require "011" to be dialed first, but not calls to the Caribbean which has area codes such as 809, 284 and 876. It's easy to think they are just unfamiliar U.S. area codes.

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	Local Farmers/Farmers Markets

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