

The Prepared Family



"Prepare Every Needful Thing"

January 2003

Scripture or Quote of the month:

I AM THANKFUL...

FOR THE WIFE
WHO SAYS IT'S HOT DOGS TONIGHT,
BECAUSE SHE IS HOME WITH ME,
AND NOT OUT WITH SOMEONE ELSE.

FOR THE HUSBAND
WHO IS ON THE SOFA
BEING A COUCH POTATO,
BECAUSE HE IS HOME WITH ME
AND NOT OUT AT THE BARS.

FOR THE TEENAGER
WHO IS COMPLAINING ABOUT DOING DISHES
BECAUSE THAT MEANS SHE IS AT HOME,
NOT ON THE STREETS.

FOR THE TAXES
THAT I PAY
BECAUSE IT MEANS
THAT I AM EMPLOYED.

FOR THE MESS
TO CLEAN AFTER A PARTY
BECAUSE IT MEANS THAT I HAVE
BEEN SURROUNDED BY FRIENDS.

FOR THE CLOTHES
THAT FIT A LITTLE TOO SNUG
BECAUSE IT MEANS
I HAVE ENOUGH TO EAT.

FOR MY SHADOW
THAT WATCHES ME WORK
BECAUSE IT MEANS
I AM OUT IN THE SUNSHINE.

FOR A LAWN
THAT NEEDS MOWING,
WINDOWS THAT NEED CLEANING,
AND GUTTERS THAT NEED FIXING
BECAUSE IT MEANS
I HAVE A HOME.

FOR ALL THE COMPLAINING
I HEAR ABOUT THE GOVERNMENT
BECAUSE IT MEANS
THAT WE HAVE FREEDOM OF SPEECH.

FOR THE PARKING SPOT
I FIND AT THE FAR END OF THE PARKING LOT
BECAUSE IT MEANS
I AM CAPABLE OF WALKING AND THAT I HAVE BEEN
BLESSED WITH TRANSPORTATION.

FOR MY HUGE HEATING BILL
BECAUSE IT MEANS
I AM WARM.

FOR THE LADY
BEHIND ME IN CHURCH
THAT SINGS OFF KEY
BECAUSE IT MEANS
THAT I CAN HEAR.

FOR THE PILE
OF LAUNDRY AND IRONING
BECAUSE IT MEANS
I HAVE CLOTHES TO WEAR.

FOR WEARINESS
AND ACHING MUSCLES
AT THE END OF THE DAY
BECAUSE IT MEANS
I HAVE BEEN CAPABLE OF WORKING HARD.

FOR THE ALARM
THAT GOES OFF
IN THE EARLY MORNING HOURS
BECAUSE IT MEANS
THAT I AM ALIVE.

AND FINALLY...
FOR TOO MUCH E-MAIL
BECAUSE IT MEANS I HAVE
FRIENDS WHO ARE THINKING OF ME.

Happy New Year everyone! Well the world has got off to a great start. Severe storms have hit the Northeastern United States and have dumped 6-24 inches of snow and freezing temperatures. Those who suffered through the last of December of 2002 are still getting back on their feet from tornadoes and flooding from excessive rains. In the West, late rain and snow falls may not be enough to sustain the growing population and drought conditions still linger. Debt is growing as families are facing layoffs and with company downsizing the jobs are getting harder to find in most areas of our nation. In Europe, the folks there are still cleaning up after some of the worst flooding in years and with war pending our world is suffering. And yet there is great compassion being shown, in our neighborhoods.

I chose the above theme for this year to remind us that we need to be thankful for the things we have and not dwell on what we don't have.

Simple things can be overlooked and taken for granted. Our Father in Heaven is often forgotten in our daily hustle and bustle lives.

We travel to this and that and forget that He is the one who watches out for us and provides the very things we have. Do we take the time to remember our blessings? Are we thankful for our trials and tribulations? They are given so that we may learn and become better people.

May we all remember that we should be thankful for our families, food, shelter, lawns to mow, and gutters to clean. May each of you have a blessed New Year and may our Father in Heaven be first and foremost in your thoughts.

Gayle-Marie

Bug Out Bag-BOB



To start the new year right it is probably time to recheck our BOB's. If you use a backpack are the straps frayed? Seams tight and sealed against water infiltration? Are grommets tight and not frayed? If these items are not up to snuff maybe it's time to fix it or get something new if the pack can't be fixed. If you use a bucket, is the handle free of cracks, is the bucket sound and not fragile? If left in the sun buckets do break down and need to be replaced. What about the weight you are carrying? What is missing? What condition is your BOB in?

Stock up by the week

Towels, sheets (flat would be best), pillow cases, blankets
Sweaters, coats, hats, gloves, other outdoor winter clothing.
(Everything for winter will be less expensive as the stores clear out for spring and summer clothing)



Recipes

WHEATBERRY CHILI

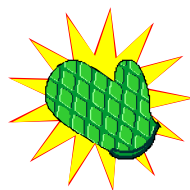
by Nadine Young

1 c. wheat	3 c. water
1# ground beef	1 lg onion, chopped
1 lg green pepper, chopped (or use dehydrated)	1 t. chili powder (to taste)
1 t. salt	1/8 t. black pepper
1/8 t. red pepper flakes	
1 quart of home canned tomatoes (can make your own substitution w/ whatever you like)	
4 c. beef broth	1 can kidney beans (15oz)

Prepare the wheat by way of your usual method or boil 1 c. wheat in 3 c. water for one hour. Add more water if needed. Drain and rinse. Set aside. Brown beef, onion and pepper. Add remaining ingredients, including the wheat. Simmer for 1 hour and adjust spice level if necessary.

*NOTE: I found a basic recipe online somewhere but the above is what I actually used last night. I thought afterwards that a can of green chilies might be good in it as well. I also will add more beans next time, simply because I like them and

didn't think there was enough. It would also stretch it further...always a bonus.



Exported from MasterCook

Basic Biscuit Mix Recipe

Serving Size : 11

Categories : Master Mix

Amount Measure Ingredient -- Preparation Method

10 Cups flour -- all-purpose	7 Tbsps baking powder
2 1/2 Tsp salt	2 1/2 Tsp cream of tartar
3 1/2 Tbsps sugar	

Sift everything together several times to mix evenly. Store in an air-tight container. Makes about 11 cups of mix. Note: You may substitute whole wheat flour for 3 -4 cups of the white flour.

DIABETIC FUDGE

Yield: 8 Servings

1 Env gelatin	1/4 c Water
1 Sq. unsweetened chocolate	1/8 tsp Cinnamon
3/4 tsp Liquid food sweetener	1/4 c Water
1/2 tsp Vanilla	1/4 c Chopped nuts

Soften gelatin in 1/4 cup water for 5 minutes. Melt chocolate with cinnamon and sweetener; add milk and water slowly. Add gelatin. Stir until dissolved. Remove from fire. Add vanilla, cool. When mixture begins to thicken, add nuts. Turn into cold pan. When firm cut into pieces.

Gardens/Gardening Tips

During the winter there are special things that need to be done to protect gardens and trees, and to prepare for spring. Here are some things that can be done to assist in the process of wonderful spring and summer production. Do you know what zone you live in? If not talk to your local nursery or county extension office.

Zones 1-6:

- Check mulch for winter protection.
- Pot tender bulbs for indoor bloom
- Purchase packaged plants and seeds for spring and plan lawn and garden projects.
- Repair and paint outdoor furniture, trellises, arbors, fences, benches and garden accessories
- Clean, sharpen, and oil garden tools and mower blades
- Gently brush snow from trees and shrubs to prevent damage from weight of snow.
- Avoid walking on frozen lawn to prevent winter damage
- Prune trees and shrubs before buds break

- Spray evergreens with antidesiccant
- Check for storm damage to trees and shrubs
- Start controlling crabgrass in February or when weather breaks.

In Zone 10:

- Pot tender bulbs for indoor bloom
 - Plant tender bulbs outdoors
 - Refrigerate hardy bulbs that require chilling
 - Purchase packaged plants and seeds for spring and plan lawn and garden projects
 - Prepare soil for planting; test soil for nutritional value
 - Plant potted, bare root or burlapped plants
 - Divide and transplant perennial herbs, flowers, and ground cover
 - Prune and transplant roses, shrubs and trees
 - Sow biennial and perennial herb and flower seeds
 - Plant hardy and half-hardy seeds, and transplants outdoors
 - Fertilize plants, if needed
 - Check for signs of disease of insect damage
 - Spray evergreens with antidesiccant
 - Harvest herb roots, leaves, seed and stems
 - Repair and paint trellises, arbors, fences, benches, and garden accessories
 - Clean, sharpen, and oil garden tools and mower blades
 - lay sod or plant plugs
 - Overseed, dormant, warm-season grass
- Next month zones 7, 8, and 9

Financial Preparedness

(AVOID THESE) 10 WAYS TO WASTE MONEY:

The following is a list of 10 things to absolutely avoid if you are to keep your Thrifty Tips membership card! They are extremely hazardous to the health of your wallet, pocketbook, bank account - whatever you keep money in.

1. Buying anything at convenience stores (except maybe for the gas if the cheapest around.)
2. Paying an annual fee on a credit card. (There are no-fee cards out there.)
3. Paying fees on your checking account. (There are banks that offer free checking, just look for them.)
4. Buying lottery tickets. (You have a better chance at getting struck by lightning seven times than you do of winning the big money.)
5. Lending money to friends. (You know you'll never get it back. Consider any loan a "gift.")
6. Buying credit life insurance. (Not necessary!)
7. Purchasing extended warranties on appliances and electronics. (Never a good deal!)

8. Keeping money in low-interest savings accounts. (Better interest is earned in money market accounts, or get a CD, just do a little homework to find something ELSE!)
9. Purchasing a new car every two years. (This is VERY costly. Buy a new car if you must, but keep it for eight to ten years!)
10. Using credit cards like a regular loan. (Have you looked at the interest rates on these? - not a good way to borrow money!)

If you're doing any of these STOP right now, okay? You can change your ways! If you're not doing any of these, I congratulate you on your thriftiness, frugality, and common sense! Keep up the good work!

What can you do with your saved Christmas cards? There are many things you can do with them, including:

- * Display them standing up
- * Display them hanging from string
- * Display under glass on tables
- * Cut out pieces and place on bulletin boards
- * Cut out pieces, attach a magnet, and put on your refrigerator
- * Make a collage
- * Make gift tags, postcards, and tree ornaments
- * Take the front of the card (picture side) and write a brief saying on the blank side and make a postcard out of it. Not only do you save money, you also recycle the card.
- * Send e-mail cards to you family list and save the money used on postage and cards and use the money for paying down bills.

The possibilities are endless!

Here are some great ideas in small family businesses you can begin with LOW INVESTMENT, since most of us could use some extra income now and then.

- Gift wrapping or shipping service.
- Balloon delivery.
- Grocery delivery.
- Catering.
- Table/chair rental
- Tent rental.
- Clown for hire.
- Birthday party service.
- Shrub trimming.
- Window washing.
- Power washing (siding etc.)
- Flower planting.
- Laundry service.
- House Sitting.
- Dog Grooming.
- Pool/hot tub care.

- Bread Roll Baking (licensed kitchen)
- Gift shopping
- Rides to medical appointments for aged
- Chopping firewood on public lands
- Alterations
- Music lessons
- Cooking lessons
- Delivery of home cooked meals
- Teaching sewing/craft classes
- Painting murals
- Resume service
- Wedding/party planner

Family History Tips

This month's tip: Zero in on a family member that you would like to get to know better – Maybe a grandparent or favorite uncle or aunt. Find out where they lived, what job they had or what religious belief they were. Once you find that out, discover what type of a community they lived in; a bustling city, rural agricultural or if they have Native American background did they live on a reservation. This information will help you better understand them and appreciate them and what they became. You maybe able to locate histories, newspaper articles, church records, maybe even pictures in some museum about your ancestor. Take the time and remember our dear ones.

A Thought

“For the righteous the gospel provides a warning before a calamity, a program for the crises, a refuge for each disaster,” said Elder Ezra Taft Benson. “The Lord has warned us of famines, but the righteous will have listened to prophets and stored at least a year’s supply of survival food.”
 (“Prepare Ye,” Ensign, Jan. 1974, 69)

Get Physical



Get out and play, enjoy the weather; even snow can be fun if you remember to play like a child.

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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