

# The Prepared Family



"Prepare Every Needful Thing"

March 2003

## Scripture or Quote of the month:

"I believe you can train yourself to become a positive thinker, but you must cultivate a desire to develop the skill of setting personal worthy and realistic goals. I suppose that at about every seminar or fireside you go to at your age someone talks to you about goal setting. Maybe some of you get weary of listening to the principle of setting goals. But let me tell you something about goal setting. I am so thoroughly convinced that if we don't set goals in our life and learn how to master the technique of living to reach our goals, we can reach a ripe old age and look back on our life only to see that we reached but a small part of our full potential. When one learns to master the principle of setting a goal, he will then be able to make a great difference in the results he attains in this life.

"I would suggest to you that setting goals is a simple process, but there are two or three things about it you have to learn. I learned in my business career that I could get all excited about a principle, or that I could get all excited about trying to do something, but if I did not write it down and if I did not place it in front of me where I looked at it over and over and over again until it really became part of me, I did not accomplish that goal. I would suggest that if you want to have success in the goal setting process, you learn to write your goals down. I would even put them in a very prominent place--on your mirror or on the refrigerator door. Keep your goals in front of you, in writing. Then, with the desire to reach your written goals, you will be more willing to pay the price that successful goal-oriented people must pay." (M. Russell Ballard, "Do Things That Make a Difference," Ensign, June 1983, 68)

*It has been said that March comes in like a lion and goes out like a lamb! - or it comes in like a lamb and goes out like a lion. Well let us hope this year will be a lamb when the month ends.*

*Severe snow storm on the east coast and drought in the west -- it will be wonderful to see more snow and rain in the west and minimal flooding in the east. How do we prepare for such diverse conditions? Most folks become overwhelmed with these conditions. Lack of skills, knowledge, finances, or time tend to make it difficult to deal with. I hope and pray that when times get bad that we as a community can work together and strengthen each other, share skills, time and knowledge.*

*By lifting each other we bring hope to our*

*struggles. May the Lord inspire and bless each of you.*

## Bug Out Bag-BOB



Clothes pins

Small containers of laundry soap. Make your own to save money.

Small bottle of bleach in original container

Hand sanitizer

## Stock up by the week

canning jars extra lids, and rings

pectin

sugar

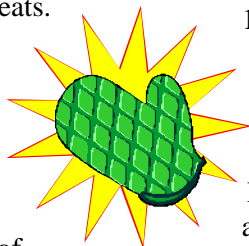
lemon juice



## Recipes

With meat cost rising it maybe time for all of us to use it more sparingly then we typically would do. The following are some great prize-winning recipes for "burgers." Try one or two of the recipes, surprise your families, or try them at Enrichment meeting. It would be a wise prepared person that is able to make something out of foods that have been stored, and with a little modification to those stores you can make your family a healthy meal with out meats.

Vegetarian Society, Inc. of Los Angeles, California. Their "Beet This Burger" recipe was developed by lifetime society member Olinda Cho-Forsythe. Olinda is a native of Guatemala and a full-blooded Mayan. She developed her burger recipe in the kitchens of the Gran Fraternidad Universal, a fraternal organization dedicated to world peace and to promoting the vegetarian diet through its centers and restaurants throughout Latin America.



The burger has the unusual addition of 1 tbs of grated beets -- just enough to give it a pleasant color.

### #1. BEET THIS BURGER

1 Tbs finely grated raw beet  
 ½ cup cooked oats (quick or regular rolled oats)  
 1 cup uncooked oats (quick or regular rolled oats)  
 ½ cup walnuts, coarsely ground  
 ¼ cup almonds, coarsely ground  
 2 Tbs sesame seeds  
 1 Tbs Vegix seasoning or instant vegetable broth  
 ¼ cup green pepper, minced  
 ¼ cup celery, minced  
 ¼ cup onion, minced  
 1 tsp dried basil  
 ¼ tsp dried thyme  
 ¼ tsp ground sage  
 ¼ tsp mustard powder  
 2 Tbs soy sauce  
 1 Tbs nutritional yeast flakes (optional)

Mix all ingredients together well. Form into patties and grill until cooked through. Serve on whole wheat rolls with tomato slices and your favorite condiments.

### #2. BASIC BEAN BURGERS

Victoria Schiloni, who owns and operates a vegetarian catering service in Philadelphia, offered her Basic Bean Burger along with a peanut-y variation.

1 cup TVP granules (this is a textured vegetable protein. It is a soy protein product that is available in most health food stores)

1 scant cup boiling water  
 1 Tbs tomato paste or ketchup  
 1 16-oz can pinto, kidney, or other beans, drained  
 ¼ cup whole wheat bread crumbs  
 2 cloves garlic, finely minced  
 ½ tsp oregano  
 1 Tbs tarmari or soy sauce  
 1 tsp sweetener  
 salt and pepper to taste  
 whole wheat flour for dusting

Pour boiling water over TVP and tomato paste in a bowl. Stir and let rest for 10 minutes. In food processor, combine TVP mixture and remaining ingredients except for flour. Pulse until mixture is almost a puree. Dust hands with flour and shape mixture into 6 burgers. Dust them lightly in flour. Layer the burgers with sheets of waxed paper and refrigerate for at least one hour. Cook on a grill covered with foil for about 10 minutes on each side.

### #3. PEANUT BURGERS WITH SATAY SAUCE

Follow the direction for Basic Bean Burgers above with the following changes: Omit the oregano and add ½ teaspoon ginger. During the last pulse of the food processor add ¼ cup chopped peanuts. Leave them crunchy. Form into patties as described above and serve with Satay Sauce:

1 small onion, minced  
 1 clove garlic, minced  
 1 small chili pepper, chopped  
 1 tsp sesame oil  
 1 tsp sesame oil  
 1 cup natural chunky peanut butter  
 ¼ cup teriyaki sauce  
 2 tsp brown sugar  
 ¼ cup water  
 1 tsp tomato paste  
 1 tsp sesame tahini  
 salt & pepper to taste

In a heavy saucepan saute the onion, garlic, and chili pepper in the sesame oil and corn oil. When translucent, add the peanut butter and stir until melted. Add the rest of the ingredients. Simmer over medium heat for 10 minutes. Serve over grilled peanut burgers.

### #4. BANGKOK BEAN BURGERS WITH PEANUT CILANTRO SAUCE

Carol Ann Islam of Corvallis, Oregon, sent this recipe for a burger with a touch of Thailand.

1 lb firm tofu  
 2 cups cooked black beans, well drained  
 ¾ cup quick-cooking oats, uncooked  
 ½ cup red onion, finely chopped  
 ½ cup carrots, finely grated  
 1 tsp plus 1 tsp grated fresh ginger root  
 2 tsp tarmari or soy sauce  
 2 tsp packed brown sugar  
 2 cloves garlic, minced  
 1 to 3/2 tsp red pepper flakes  
 vegetable oil  
 flour for dusting thin slices peeled cucumber

Squeeze tofu in paper towels to discard excess water. Mash tofu in a large bowl. Add rest of ingredients except for oil, flour, and cucumbers. Mix well. Lightly brush both sides of patties with vegetable oil and dust with flour. Brush grill rack with oil. Cook over medium-hot coals about 4 minutes on each side. Serve on toasted buns and top with Peanut Cilantro Sauce and cucumber slices.

Peanut Cilantro Sauce:

3 Tbs natural crunchy peanut butter  
 3 Tbs fresh lemon juice  
 ¼ cup fresh cilantro, minced

In a small bowl, blend peanut butter and lemon juice. Mix in cilantro to combine.

## #5. BEST VEGGIE BURGER

Rhea Gendizer of Lexington, Mass., makes a veggie burger that adds the tang of a Granny Smith apple to the wonderful crunch of fresh vegetables.

½ cup cracked wheat  
 ¼ lb green beans  
 1 small zucchini  
 1 small carrot, peeled  
 ½ Granny Smith apple, peeled  
 ½ cup canned chick peas, rinsed and drained  
 1 Tbs onion, minced  
 1 Tbs sesame tahini or peanut butter  
 2 or 3 Tbs canola oil  
 ½ tsp curry powder  
 ½ tsp chili powder  
 ½ teaspoon salt  
 server grinds black pepper, to taste  
 ½ cup bread crumbs

Cook green beans in boiling water until tender-crisp. Drain and chop finely. Cook cracked wheat in 1 cup boiling water for 1 minute. Remove from heat and cover. Grate the zucchini, carrot, and apple. Place shreds in a dish towel and squeeze out excess moisture. Combine with chopped beans.

In a food processor blend chickpeas, onions, garlic, tahini, curry powder, chili powder, salt, pepper, and canola oil until smooth. Add to shredded mixture. Drain cracked wheat into strainer, pressing with back of spoon to extract excess liquid. Add to bowl with vegetables. Add bread crumbs. Refrigerate for one hour. With wet hands, shape into 4 burgers. Cook 3 minutes on each side on grill lightly brushed with oil.

## Gardens/Gardening Tips

During the spring we need to start planting our gardens and flower beds. Here is some information for zones 1-5. Next month we will see what other zones need to do. Happy gardening.

### Zones 1-5

- Start tubers, tuberous roots and rhizomes indoors.
- Plant potted, bare root or burlapped plants.
- Divide and transplant perennial herbs, flowers and ground covers.
- Prune and transplant roses, shrubs, and trees.
- Prune and train ground covers and vines.
- Sow seeds of tender annuals and perennials indoors for plants that require 12 weeks or more germination in late winter.
- Plant annuals and transplants outside.
- Thatch and aerate the lawn to alleviate winter compaction.
- Control crabgrass with a pre-emergent and fertilize lawn.
- Plant tubers, tuberous roots, and rhizomes outdoors.
- Remove winter protection as growth starts.
- Prepare soil for planting and apply mulch.

## Financial Preparedness

Around the first part of February, my husband and I were hit with check fraud. I won't go into the details but here are the lessons learned from this experience.

- I. Even on a closed account you can still be asked to provide information to the creditors trying to collect the forged debt.
- II. Go to the banking institution that you work with and get copies of all fraudulent checks, and signature card(s) for the account.
- III. File a police report as soon as possible. You will need the case number to complete the necessary paper work to help clear your name and credit.
- IV. Get an Affidavit of Forgery from the bank or credit union and completely fill out the form. You will need to have it notarized and most banks will do this for free if you have an account with them.

- V. Take copies of everything to the police and keep the original copies for yourself. You will need them.
- VI. Send a fax of all Affidavit of Forgery with the notary seal intact to the credit agencies that are holding the debts. This may take several calls and faxes to them so be prepared.
- VII. Keep a record of all correspondence, written or phone, with date, time, who you spoke to, their ID number and results of the conversation.
- VIII. Keep a good record of all expenses that you may incur while working with the creditors. You may be able to receive compensation for this. Check with your local law enforcement agency or district attorney.
- IX. Don't rely on companies such as Telecheck, Scan or other check validation agencies to know if the account is closed or not. According to them they only check if there is good or bad credit history. Some companies such as The Bon have their own check clearance system and they will know if you have funds or not before they will accept your checks.
- X. Remember that it takes several weeks to get your name cleared and the credit agencies to process the paper work on a forgery claim. You may need to use cash or credit/debit cards until all is cleared.

## Family History Tips

Do you have a time line set up for your ancestors? It would be helpful in locating documents, establishing travel routes, possible natural or manmade disasters, epidemics, or local events that would change the lifestyle of your ancestors.

## A Thought

“With All Thy Getting Get Understanding”

By President Gordon B. Hinckley  
First Counselor in the First Presidency

Faith is not a theological platitude. It is a fact of life. Faith can become the very wellspring of purposeful living. There is no more compelling motivation to worthwhile endeavor than the knowledge that we are children of God, the Creator of the universe, our all-wise Heavenly Father! God expects us to do something with our lives, and he will give us help when help is sought.

Jesus said: “Learn of me. ... For my yoke is easy, and my burden is light.” (Matt. 11:29-30.)

I should like to suggest that we follow that injunction given by the Son of God. With all of our learning, let us also learn of him. With all of our study, we need to seek knowledge of the Master. That knowledge will complement in a wonderful way our secular training and will give us character and a fulness to life that can come in no other way.

We were aboard a plane some years ago flying between Honolulu and Los Angeles. It was in the days when only propeller-driven aircraft were available. About midway in the journey one of the motors stopped. There was a decrease in speed, a lowering in altitude, and a certain amount of nervousness among those aboard. The fact of the matter was that much of the power was missing, and the hazards were increased accordingly. Without that power, we could not fly high, fast, and safely.

It is so with our lives when we discount the need for faith and disregard knowledge of the Lord.

Passive acceptance of the Lord is not enough. Vibrant testimony comes of anxious seeking. Strength comes of active service in the Master's cause. “Learn of me,” was Jesus' injunction. He further declared that he that doeth the will of the Father “shall know of the doctrine, whether it be of God, or whether I speak of myself.” (John 7:17.)



## Get Physical

Fly a kite, take a walk, work in the flower beds, or till your garden to prepare it for the new season. Do something that makes you feel good. Exercise is great for making the last of the winter blues fade into memory. Flowers make the dullest day brighter. I have daffodils that have come up and it sure makes the day seem nicer. Enjoy the sights and sounds of early spring.

## FYI

Those living in the drought areas of the world, it may be a wise and prudent thing to be prepared for the worst. Save rain water for watering gardens, if possible use bath “gray” water for washing clothes or watering plants. Don't wash your vehicles, or wash down your sidewalks and drives, use a broom if you need. Kids can do their part; no sprinklers, or pools. Use the public pool -- it may cost a little but the benefits are better. Use good judgement and you will help yourselves and community.

## 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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