

# PREPAREDNESS *minute*

A MONTHLY FLIER

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## Blender {Wheat} Pancakes

- 3 T. Dry Powdered Milk
- 1 C. Water
- 1 Cup Wheat Kernels, whole & uncooked
- 2 Eggs
- 2 tsp Baking Powder
- 1 1/2 tsp Salt
- 2 T. Oil
- 2 T. Honey or Sugar

- Put water, powdered milk and wheat kernels in blender.
- Blend on highest speed for 4 or 5 minutes or until batter is smooth
- Add eggs, oil, baking powder, salt and honey or sugar to above batter. Blend on low.
- Pour out batter into pancakes from the actual blender jar onto a hot greased Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes.

## ✘ Recommit to the Principles of Self-Reliance ✘

*Nearly every family will face accidents, illness, death, unemployment, or other emergencies when they must depend on their food storage & / or savings.*

We're excited for the New Year. With every New Year comes self evaluation and for some of us that means making a very long, sometimes unrealistic, list of New Year's Resolutions. We've chatted with several of you over the year and found that everyone makes small resolutions everyday. Some resolutions could include: reading scriptures, saying prayers, being nice to a sibling, taking the kids to school, being on time to work, taking a vitamin, if you're lucky taking a shower, making lunch, taking dinner to a neighbor, going to the Temple, shoveling a driveway, doing Home & Visiting Teaching, calling a friend, buying a flash light... These are the kinds of goals that can be very attainable on a day-to-day basis but when lumped into a whole year they seem very impossible.

*"It is not requisite that a man should run faster than he has strength. ... All things must be done in order." (Mosiah 4:27.)*

"The Lord has commanded that we use the blessings we have been given to become self-reliant as individuals and families. The gospel of Jesus Christ

requires that we take individual responsibility for our own spiritual and temporal well-being. We are expected to learn and practice principles of self-reliance."

To help you in your quest to become more self-reliant and ready for any family emergency we're going to be doing a few things in 2009.

1. We have a list of "**Preparedness Baby Steps**" A simplified list so that it's not as overwhelming and makes it easier for you to attain your preparedness goals one step at a time.

2. We'll be including a "**52 Week Food Storage Purchasing Plan**" in the weekly ward bulletin, so you know what to buy on that specific week and at the end of the year you'll have obtained a 1 year's supply of food storage.

3. We're having a "**How to use Food Storage**" activity on Feb 12, 2008. More news to come later.

We wish you all a Happy New Year!  
The Emergency Preparedness Committee

## True Story!!!

"I announced to the family that I would be canning tomatoes (several crates) all day and that they would have to help a little with the project. The children had activities at school, and my husband had a busy day too, so I had to do most of the work by myself.

A few hours into the project, my husband walked into the kitchen with a large laundry

basket full to the rim of ripe apricots. He told me that since I had set aside the day for canning, he'd decided to pick the apricots, because the tree branches were about to break with the weight of so many ripe ones. He had two full baskets for me to can. I decided not to get upset, but instead, I got out the canning book, opened it to the page with instructions on making jam, and said: "I still have tons of tomatoes to can, so you can help with the apricots." He discovered

that twelve minutes of stirring the jam on the stove was the definition of "eternity." After several hours of making jam, he decided he could finish quicker by putting the apricots in the blender to make juice and freeze it. It still took the remainder of the day to finish our work. My husband learned not to increase my work load without consulting me first."

Silvia H. Allred, May 2008, BYU Women's Conference.