

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

It's hard to believe that we already spent a year working on emergency preparedness! Last year I hoped to make it all the way through *The Power of 3 Member Preparedness Program* with you, but we only made it through the first three weeks. If you completed all the monthly assignments last year, you are far better prepared than the majority of the population. However, don't worry if you didn't do last year's assignments; you can start preparing at any time. Also, the thing about emergency preparedness is that you are never actually "done." About the time you think you have everything in order, it's time to go back and replace batteries, update sizes, replace food, etc. There are also all those things that you meant to do, but somehow didn't do, or maybe you thought of a way to improve what you did before. It's all good! Just keep preparing.

We focused a lot on the temporal aspects of preparedness, so it's easy to forget that *spiritual preparedness* should be the foundation of your efforts. Don't forget that it's the first part of *The Power of 3* plan. In the October 2021 General Conference, President Nelson said, "My dear brothers and sisters, these are the latter days. If you and I are to withstand the forthcoming perils and pressures, it is imperative that we each have a firm spiritual foundation built upon the rock of our Redeemer, Jesus Christ."

Make sure you are spiritually prepared by (1) Praying daily, (2) Reading scriptures daily, and (3) Making and keeping sacred covenants.

Here's a link to President Nelson's talk, *The Temple and Your Spiritual Foundation*:

<https://abn.churchofjesuschrist.org/study/general-conference/2021/10/47nelson>

## SPIRITUAL Preparedness



Daily Prayer  
*Individually and as families*



Daily Scripture Study  
*Individually and as families*



Make and Keep Sacred Covenants  
*Weekly Sacrament Meeting Attendance*  
*Regular Temple Attendance*  
*Service*

**IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:**

## January's ONE Thing

**EVALUATE THE STATE OF YOUR SPIRITUAL FOUNDATION.**

**THEN DO WHATEVER IS NEEDED TO SHORE UP YOUR  
TESTIMONY AND UNDERSTANDING OF THE GOSPEL.**



## The Power of 3



Those of you who are new to this newsletter might not know what the *Power of 3 Member Preparedness Program* is. Simply put, it's an incremental approach to emergency preparedness. It shows you what you need to be ready for the first 3 minutes, hours, days, weeks, and months of an emergency, and beyond. Our stake adopted this program about a decade ago, but many people have forgotten about it, or moved into the area after the original introduction of the program and don't know about it. Sadly, the majority of members in our stake, as well as the population in general, are not as prepared as they should be for future emergencies.

The purpose of this newsletter is to remind people of this great resource and to encourage them to do "just one thing" each month to get better prepared. I strongly encourage you to go to the link listed below and print up a copy of the plan, then use it to help you get better prepared. This newsletter will further break down each topic and give you additional information and resources. You can also check out last year's newsletter archives.

Go to <https://www.orangestakelinks.com/emergency-preparedness> to learn more.

This is our second year of gradually preparing by going through *The Power of 3 Member Preparedness Plan*.

You can find *The Power of 3* plan at <https://www.orangestakelinks.com/>

See the "Emergency Preparedness" tab for previous issues of this newsletter and additional information.

# Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

## SELF-RELIANCE CLASSES

Being prepared is not just about being ready for an earthquake or wild fire, it's about being self-reliant. "Self-reliance is the ability, commitment, and effort to provide spiritual and temporal necessities of life for self and family. As members become self-reliant, they are also better able to serve and care for others." (Handbook 2:Administering the Church (2010), 6.1.1)

The Orange Stake is offering a series of self-reliance classes starting this month(January 2022). There are both in-person and virtual courses. Topics include financial education, job search support, start a business, emotional health, and BYU Pathways. Contact Peter or Kathie Nielsen for more information at NIELSPM@gmail.com.



**"...whenever any kind of upheaval occurs in your life, the safest place to be spiritually is living inside your temple covenants!"**

**-President Russell M. Nelson  
October 2021**



## RECIPE CORNER

It's important to regularly rotate through the food you have in your long-term storage. This helps you know how to prepare it and which recipes your family likes. This year I am going to include various recipes for you to try out so you can experiment with different food items. I'll concentrate on items that can be purchased in bulk from a Church Home Storage Center or through the Church's online store:

<https://store.churchofjesuschrist.org/usa/en/food-storage>

This month we'll try out an **oat recipe**. I'll attach a paper with some more oat tips on it too.

Here's a great recipe for the protein balls that I got from Laurie Brooks. I substituted sunflower butter for the peanut butter since my son has a peanut allergy. I have been told that you can freeze these too for a yummy frozen treat, but ours never last that long. You can probably omit the essential oil if you don't have it, but it does add a wonderful, subtle citrus flavor if you have it. Definitely add the chia seeds too.

### No Bake Protein Energy Bites

- 1 cup oatmeal
- 2/3 cup coconut flakes
- 1/2 cup peanut butter
- 1/4 cup ground flaxseed
- 1/2 cup milk or dark choc chips (Mini chips works best. You can try Enjoy Life chips for a dairy free option.)
- 1/3 cup honey
- 1 tsp vanilla
- 2 drops wild orange essential oil
- Optional: 1/3 cup chia seeds or Craisins



Mix all ingredients together. Put in the fridge for 30 minutes. Roll into small balls. Store in an airtight container in the fridge or freeze.

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. This humble newsletter is my attempt to help myself and others get better prepared for life's emergencies, both big and small. Please join me on the journey and feel free to share this info with anyone and everyone. If you have any questions, comments, suggestions, or corrections, please email me at [OrangeStakePreparedness@gmail.com](mailto:OrangeStakePreparedness@gmail.com). Happy Preparing! *You can do this!*

Here is some information I put together for a class I once did on how to use oats.

## Oats: Beyond the Cookie

I have to admit that for a long time about the only thing I ever made with oats was oatmeal cookies and the occasional fruit crisp. However, recently I have discovered lots of other delicious and healthy things to do with oats. Below are some links to different sites where you can find some great recipes and be inspired to go beyond the oatmeal cookie. Feel free to contact me if you want more ideas, recipes, help, etc. ---Laurel Evans 714-832-5124 or RedHillPreparedness@gmail.com

Oats are a great food storage item to have on hand and are pretty easy to use in everyday life. They are only about \$3 for a large can from the Church's Home Storage Center - way less expensive than at the local grocery store, but you might want to buy some at the store first to try out some recipes. They sell both regular oats and quick oats, so pay attention to what you order.

- Buy locally at the Home Storage Center (Formerly known as "the Cannery".)
  - 17350 Mount Hermann St  
Fountain Valley, CA 92708
  - 714-437-9205
  - Saturdays from 9 a.m. – 1 p.m.
  - Call first to verify hours and product availability.
- Buy online at <https://store.churchofjesuschrist.org/>
  - Due to supply chain issues, they are sometimes out of stock. However, you might be able order them and they will ship once they're in stock.

(If you can't find oats in bulk, contact me and I'll share an additional resource where you might get some.)

There are a variety of oats, so here's a link to tell you more about different types of oats:

- <https://www.craftsy.com/cooking/article/different-types-of-oats/>
- I usually use regular oats, not quick oats in my recipes.
- I have successfully made oat flour by grinding steel cut oats and rolled oats in my Vitamix.

My husband loves using steel cut oats for a hearty breakfast. (FYI, steel cut oats are not sold by the Church.) He makes a large batch on Sunday night and eats it throughout the week. Here's his recipe.

- **Basic Cooked Oatmeal**
  - 4 ¼ cups water
  - 1 ½ cups steel cut oats
  - Bring the water to a boil. Add the oats, stir, and boil 1 -2 minutes. Remove from stovetop and put in a glass bowl. Cover and set on counter and allow it to cool. Stir, cover, and put in the fridge overnight. Reheat desired quantity in the morning.
- That recipe is too bland for me, so I add some cinnamon, nuts, maple syrup, granola, etc. in the morning to spice it up a bit.
- Here's a more "exciting" version of oatmeal you can make in your slow cooker or Instant Pot.
  - **Slow Cooker Cranberry Orange Oatmeal**
  - 1 c. steel cut oats
  - ½ c. dried cranberries
  - ¼ c. sugar
  - 1 tsp. vanilla
  - 2 c. orange juice
  - 2 c. water
  - Combine all ingredients in your crockpot. Cover and heat on low overnight or at least 6 hours. I've also tried it with other types of juice, like cranberry and apple cider.
  - For the Instant Pot, add all the ingredients and stir. Cook on manual pressure for 3 minutes, then do a natural release to allow liquid to be absorbed.

## Oats: Beyond the Cookie – Continued

**Refrigerator Oatmeal:** I also like to make refrigerator oatmeal. Our family favorite is the Raspberry Vanilla variety, but we also really likes the applesauce variety. Below is a link to 15 recipes. The recipes are designed to make a single serving batch in a mason jar, but I usually at least quadruple the recipe and keep it in a large container in the fridge.

- [https://www.theyummylife.com/recipes/browse/Refrigerator Oats](https://www.theyummylife.com/recipes/browse/Refrigerator_Oats)

Here's a great recipe for protein balls that I got from Laurie Brooks. I substituted sunflower butter for the peanut butter since my son has a peanut allergy. I have been told that you can freeze these for a yummy frozen treat, but ours never last that long. You can probably omit the essential oil if you don't have it, but it does add a wonderful, subtle citrus flavor.

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1/3 cup honey  
1 tsp vanilla  
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Optional: 1/3 cup chia seeds or Craisins

Mix all ingredients together. Put in the fridge for 30 minutes. Roll into small balls. Store in an airtight container in the fridge or freezer.

Here are some more great recipes that use oats from The Healthy Breakfast Book, by Katie Kimball, at <https://www.kitchenstewardship.com/>. She has lots of healthy recipes and great information on her website.

- Here's a granola recipe: <https://www.kitchenstewardship.com/healthy-homemade-granola-recipe/>
- Here's a muffin recipe: <https://www.kitchenstewardship.com/recipe-connection-one-bowl-pumpkin-breadmuffins/>
  - I have used oat flour instead of whole wheat, though I usually use whole wheat flour.\*
  - I have also used butternut squash and sweet potatoes. I think sweet potatoes taste best. Just cook your sweet potatoes in the oven, microwave, or Instant Pot, then remove the skins, and puree.

\*To make oat flour I usually just use my Vitamix since it's so easy and quick. Any other high-speed blender will do the trick or you can use an actual grain mill/grinder. It's much cheaper to grind your own flour than to buy it.