

T H E O K L A H O M A C I T Y +CATHOLIC WORKER+

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How to make an emergency electric system

Why are we talking about this right now? Because fall is here, and that means winter is around the corner, and with the climate getting crazier all the time, we are at risk of massive long-lasting power-blackouts caused by snow and ice storms. Plus, hard times are here and a lot of people are getting their power shut off. **The time to put together an emergency electrical system is before your lights get cut off or the massive power black-outs begin.**

The essentials of a cheap emergency power system are ❶ a source of power (car alternator or a portable generator), ❷ batteries, ❸ an inverter, ❹ a way to distribute the power.

The inverter lets you run an AC device like a television or refrigerator from a battery. Auto parts and hardware stores sell them. Small inverters are cheap and will run a couple of lamps or a radio, or even a small TV. Often they come with an attachment that plugs into the cigarette lighter of a car. A good quality heavy duty extension cord that plugs into the inverter will bring the power into the house. When the battery gets low, the inverter automatically shuts off and the car can be started to recharge the battery. Larger inverters come with clamps that look like battery jumper cables. Attach the red to the positive post on the battery; black to the negative post. Once the inverter is connected to the battery, you can plug things into it. It has electric plugs built in, where you can plug in lights, radio, or an appliance. **BUT** – Every item you plug in takes a certain amount of watts, this is usually listed somewhere on a tag or a plate. If your inverter puts out 350 watts, you can't plug in items that use 450 watts, because there won't be enough electricity. So if you have 16 watt compact florescent bulbs and a 150 watt television, you can run the TV and several bulbs and have power left over.

To run a refrigerator or a freezer from an inverter, you need one that will handle 750 watts, and at least 1200 watt surge power. When an electric motor running a freezer starts, it uses a surge of extra power to get going. Once it gets started, it cuts back on the power and uses less to keep things running. It's like accelerating in your car to get up to speed and then backing off on the gas pedal so you don't keep going faster. An inverter of this size will run most mid-size or smaller refrigerators and freezers. There should be a plate on the back of the appliance that tells you how many watts it uses.

When it comes to batteries, bigger is better than smaller. Try to get a marine battery, but if not, an auto battery will work for emergency use. The marine battery will hold more charge and last longer than the auto battery, but the smaller auto battery is cheaper. You need a good quality heavy duty extension cord. Don't try this with those cheap little light duty extension cords. The goal is to **not burn the house down** with a fire caused by an electrical problem.

Keep the battery in **a well-ventilated area**. Do not smoke or use any open flame around it. When it is run down, you can use a battery charger to recharge it if your neighbors have power. If everybody is out of power (in a big long-lasting power blackout), recharge it from a running vehicle with battery jumper cables. It's not efficient, uses a bit of gasoline, but it charges the battery. Or use a small generator if you or a neighbor has one.

You can run emergency lights directly from a car or marine battery (such as brake or backup lights removed from a car or bought). Flashlights & battery powered lanterns are useful; for less money than you spend on batteries in a few months, you can get an inexpensive solar small battery charger and rechargeable batteries. The cheapest source for a good quality but inexpensive solar charge is at www.ccrane.com, they cost \$25 and the shipping is free. A step down voltage converter (that plugs into the cigarette lighter) can be used to run small "C" or "D" powered radios from a car battery. For all alternative power applications, an inexpensive volt meter will be very useful. This is only the bare minimum of info on how to make an emergency power system. Talk with someone who is experienced with working on cars, they can help.

How much will this cost? A new battery runs \$50 to \$100 or so. The inverter will be \$35 - \$75 or more, depending on the size. Battery charger is \$35 or so. A good quality extension cord will be \$10. So figure \$85 to \$200, and get things one at a time until you have it all put together. Maybe another \$50 for a solar battery charger and some rechargeable batteries. Someone who was handy with cars could probably rig a system to charge a second battery while a car was driving around that could be used at the house. Someone who was good at shopping at garage sales, flea markets, and pawn shops and dickering on the price could probably get this stuff for considerably less money. The hardest thing to find at a garage sale will be the inverter. Pawn shops sometimes have them. While you are out and about getting ready for bad weather and hard times. . . Look for cheap candles at dollar stores & churches, buy lots of the tall ones in glasses (they last 3 to 6 days burning continuously and produce light as well as heat, don't leave them burning unattended or while you sleep). Put candles in front of mirrors and you get more light. Also get as many blankets and quilts as you can. Besides keeping warm at night, you can hang them over windows, doors, and walls for insulation. Make a tent of blankets over your bed to keep warm when winter comes. **Expect and plan for a bad hard winter.**

WISDOM FOR LIVING

A cheat believes that everyone cheats. . . *A dog will not tell you that he has fleas but you can tell by the way he scratches.* . . A dream is a reality which has yet to materialize. . . *A wistful waste makes a woeful want.* . . Action is the antidote to despair. . . *Character is what you do when no one*

else is looking. . . Courtesy is free. . . *Dive in and learn as you go.* . . Don't be superstitious – because it is unlucky to be superstitious. . . *Don't bet the cow if you need the milk.* . . Every child that is born is proof that God has not given up on human beings. . .

Wisdom of Romero

Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him because he defended the poor against those who attacked and killed them when they stood up for their rights.

“Jesus said, God has anointed me and sent me to give the good news to the poor.” This is Christ’s mission, to take the good news to the poor, to those who receive only bad news, to those who are always trampled by the powerful, to those who watch pass by, out of their reach, the riches that satisfy others. The Lord comes for them, to make them happy and to tell them: Do not covet. Count yourselves happy and wealthy with the great gift brought to you by the one who being rich became poor to be with you.

How beautiful will be the day when a new society, instead of selfishly hoarding and keeping, apportions, shares, divides up, and all rejoice because we all feel we are children of the same God! What else does God’s word want in these circumstances but the conversion of all, so that we can feel we are brothers and sisters?

Works of Justice and Peace

A statement of the mission and purpose of the Oscar Romero Catholic Worker House

+LIVE simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.

+HEAR the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.

+MAKE injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.

+PROTECT the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.

+WORK for reconciliation with truth, evangelism, catechesis, orthopraxis.

+CELEBRATE life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God’s creation. Pray without ceasing.

+ ENSURE fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

For more tasty low-carb recipes like these, visit <http://www.genaw.com/lowcarb/recipes.html> .

CREAMED SPINACH

9 ounce bag fresh spinach, washed and chopped fine (frozen spinach is fine)

4 ounces shredded cheese, 1/2 cup

1/4 cup butter 3 tablespoons cream cheese

1 tsp heavy cream Salt and pepper, to taste

Melt the butter in a medium pot; add the cream cheese. Stir until melted. Add the spinach and cook just until wilted. Add the cream, cheddar, and salt and pepper. Gently stir until the cheese melts and coats the spinach; serve at once. Makes 2-4 servings

Oscar Romero Catholic Worker House

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Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children.

October deliveries are Oct. 22. Deliveries to Wesley Village, Towers, Bell Air, Charles Atkins, Temple Gardens are Oct 15. We do not deliver in MWC, Del City, Yukon, Mustang, Moore, Edmond or east of Bryant in OKC.

GREEN BEAN & HAMBURGER CASSEROLE

1 pound ground beef

2 cans green beans, drained

4 ounce can mushrooms, drained

8 ounces cheddar cheese, shredded

1 small onion, diced

2 stalks celery, diced

1/4 cup mayonnaise

1/8 tspn garlic powder

1/2 teaspoon salt

1/2 teaspoon pepper

Brown the hamburger, onion, celery and mushrooms; drain the fat. Mix all ingredients in a 2 to 2 1/2 quart greased casserole. Bake, uncovered, at 350° for 40 minutes until hot and bubbly. Makes 6 servings

BAKED TURNIPS

1 pound small turnips

Butter, salt and pepper, to taste

Wash the turnips and trim off the stems and roots.

Wrap securely in foil and bake at 400° for 1 hour 20 minutes or until tender. Split open and season with butter, salt, pepper and any other toppings of your choice. Makes 4 servings

COLCANNON

1 head cauliflower, coarsely chopped,

1 pound cabbage, coarsely shredded

1 tablespoon heavy cream

Salt and pepper, to taste

2 slices bacon, chopped

1 small onion, chopped

Salt and pepper, to taste

Pinch nutmeg, optional

Chop the cauliflower into small pieces and place in a large covered casserole dish. Add 1 tablespoon water; cover and microwave on HIGH 5 minutes. Stir and cook another 5-7 minutes until very tender. Let stand covered 5 minutes; drain. Place in a food processor, with the chopping blade inserted, along with the heavy cream. Process until smooth and creamy, scraping down the sides of the processor occasionally. Or chop by hand and use a mixer. Season to taste with salt, pepper and a pinch of nutmeg, if desired.

In a large skillet, fry the bacon until crisp. Keeping the bacon fat in the skillet, add the cabbage and onion; cook and stir until the cabbage is very tender. Season with salt and pepper, to taste. Gently stir the cabbage mixture into the cauliflower without over mixing. Makes about 6 servings

The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul.