



Suncrest 3rd Ward Relief Society NEWSLETTER

OCTOBER 2025

MARK YOUR CALENDAR

- **Sat OCT 4 & Sun OCT 5**
General Conference
- **Sat OCT 25 (5:30 PM)**
Ward Annual Chili Cook-Off
- **Tue OCT 28 (7:30 PM)**
(arrive by 7:15)
Draper Utah Temple
Proxy Initiatory
- *Please schedule your appointment*



LESSONS

1 PM: 2nd & 4th Sundays

October 12 & 26

Attend in person
OR Online via Zoom
Meeting ID: 958 2405 0414
Passcode: 84020

Link:

<https://zoom.us/j/95824050414?pwd=SWVWU00rOVgyUW1DaGdYdktWbEtrUT09>

PRESIDENCY MESSAGE

Suzanne Burdick, President



L-R: Trista Elms, 2nd Counselor
Lisa Foster, 1st Counselor
Chauntelle Fjeldsted, Secretary
Suzanne Burdick, President

Have you ever been in a restaurant where you were trying to have a conversation with someone right across the table but struggled to hear what they were saying? Or, maybe, you have a beloved family member who either refuses to get a hearing aid or use the one they have. When we can't hear others or they can't hear us, communication is frustrating or downright pointless. When we don't hear or understand what someone is trying to say, we often smile and not and then change the subject or walk away.

This is often the case with the Holy Ghost. He doesn't shout but speaks to us with a "still small voice." I often ask myself, "Do I choose to place myself in situations where I can hear the Holy Ghost or am I surrounding myself with sounds and associations which detract from the message he is trying to deliver from the Savior?" Maybe I'm not turning up my "hearing aid" to tune him in and muffle the unnecessary distractions. Worst of all, maybe I'm hearing him and smiling as if I understand and then walking away because I really don't and won't try to.

President Russell M. Nelson has taught that, "As we seek to be disciples of Jesus Christ, our efforts to hear Him need to be ever more intentional. It takes conscious and consistent effort to fill our daily lives with His words, His teachings, His truths.

"It has never been more imperative to know how the Spirit speaks to you than right now. In the Godhead, the Holy Ghost is the messenger. He will bring thoughts to your mind which the Father and Son want you to receive. He is the Comforter. He will bring a feeling of peace to your heart. He testifies of truth and will confirm what is true as you hear and read the word of the Lord."

We need the Holy Ghost to be with us every day. I hope we feel the Spirit when we watch General Conference and receive direction for what we can do in our lives. Having personal guidance from the Lord is worth every effort to find a place where we can hear Him as he speaks through the Holy Ghost. We benefit when we put away the activities that distract us from seeking for and understanding His direction. My prayer is that we all can take an extra minute out of each day to stop and listen...and hear Him! □

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BIRTHDAYS

7 Lisa Seely
8 Jessakae Maddocks
9 Diane Olsen
12 Jackie Cantarero
14 Annette Runia
17 Reina Detjen
17 Lynette Haslam
19 Jennifer (1982 E Oak Summer Dr)
19 Susan Kay Jones
22 Jan Gerday
24 Catherine Brown
25 Hailey Buchanan
25 Madison Carsey
26 Ashley Augason
26 Sage Sunderlage
30 Amanda Lance

EXCERPT FROM "10 FOODS YOU DON'T NEED TO WASH BEFORE COOKING"

by writer & chef Fred Decker

See the full article at

<https://vibrant.living/rs-news-1>

Commercially Raised Mushrooms

Mushrooms don't require rinsing or washing if they are purchased from the supermarket. Most are grown on a sterile medium or "substrate" under tightly controlled conditions, so they're already pretty clean. In the case of regular button mushrooms, that sterile medium is manure, so you'll probably want to give them a quick wipe with a paper towel, but that's all they really need. If your mushrooms look really grubby, you can wash them if you want to. This idea is flat-out heresy to generations of cooks who believe it [water] affects the mushrooms' taste and texture, but pioneering food science writer Harold McGee put this common belief to the test by soaking mushrooms for 5 minutes. He found that the myth did not hold water. It makes sense when you think about it, because mushrooms are mostly composed of water. While washing is not necessary, you can absolutely do it if you want to. Just be sure to spin them in a salad spinner to remove any moisture trapped in the gills or stems. □

SPOTLIGHT SHELLY CAMERON



Shelly and Her Grandchildren!

I was born in Salt Lake City in the Sugarhouse area and was the second of 7 children. I grew up in the gospel and have always been very appreciative to have had it in my life through all of the hard times. It is always my go to when things get hard. Of all my brothers and sisters I am the only one that ever moved away for any length of time.

I went to BYU where I met my husband and we had 5 beautiful kids and now have an additional 15 grandkids. We lived out of state in California, Arizona, and Texas for about 12 years. My older kids still call Texas home as that is where they spent most of their teenage years. I used to travel a lot and have been to St. Thomas, St. Kitts, Italy, Carribean, Mexico, Hawaii, Greece, Holland, Scotland, Iceland, and London. I stopped traveling when I got a divorce in 2019.

I have been blessed to live in Suncrest since 2006 and have loved all the many friendships I have had here. Family has always been so important to me as I come from a large family that is really close and we still love getting together often throughout the year. We have a yearly camping trip to Fish Lake that has grown to around 80 people. It includes my parents, then their kids, and grandkids, and great grandkids. Every-

one comes and goes as they are able to attend. Most of my siblings try and stay the whole week so we can catch up and see all the cousins, etc., during the week as they come with their families. We craft and hike and fish with those that want to fish (my mom has never fished in all the years we have gone, but she has been fully involved in the crafts while the others are gone. She even brought her sewing machine one year and all the grandkids made their own quilt). We have group dinners every night and play games and sit around the fire each night. We have been doing this for over 20 years and look forward to it every year. We also all still get together for large family dinners during the holidays and it is so awesome that I still have my parents with me to keep this great tradition alive.

I like to sew and create crafty things, but I am lousy at sewing clothes or wearable things. I have done a lot of crafty things for my girls cheerleading teams and gym bags, towels, and t-shirts for boys and their sports teams. I still enjoy to crochet, embroider and sew blankets for others. I love genealogy and have been doing it since I was a teenager. I enjoy helping people get started or help them research their lines as it brings me so much happiness to see family members found. □

It should come as no surprise then that my favorite scripture is 3 Nephi 25:6

*"And he shall turn the hearts of the fathers to the children,
and the hearts of the children to their fathers,
lest I come and smite the earth with a curse."*

— Shelly Cameron
Cameron1998@msn.com

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10 FOODS YOU DON'T NEED TO WASH BEFORE COOKING

by Writer Fred Decker

Fred Decker is a trained chef and former restaurateur. Since closing his restaurants over a decade ago he has been a prolific freelance writer, publishing several thousand articles on dozens of high-volume websites including Taste Of Home, Hunker, Tasting Table, Week&, eHow, and GOBankingRates. He lives on a rural acreage shared with a big garden, chickens, rabbits, and grandkids. Republished here from House Outlook

<https://houseoutlook.com/foods-dont-need-wash-before-cooking/?lctg=e9f16fad-1dd5-4720-a1b4-97fbee6cfff>

Home cooks should have at least a basic understanding of food safety to keep their kitchens safe and their families healthy. In fact, when I started culinary school, we weren't even allowed into the kitchen until we had passed our food safety exam. One of the fundamentals of food safety is proper hygiene, which includes washing your hands and work surfaces frequently.

So, it only makes sense to wash your food items as well, right? Well ... yes, but only sometimes. There are several foods that don't require washing or rinsing — here are 10 common examples.



1. Store-Bought Eggs

I have the luxury of getting my own eggs straight from my backyard hens. They're

super fresh but often encrusted with, ahem, stuff I don't want to eat. You can bet I wash those thoroughly.

With store-bought eggs, that's not something you'll typically need to do. By law, all USDA-graded eggs must be washed and sanitized before they reach consumers. (Egg grading is not mandatory, however, so you should look for the USDA shield on your egg carton.) An additional wash is not necessary and could even do more harm than good. At best, you're wasting a few precious minutes of your day by washing them, and at worst — according to the USDA — you may actually contaminate the eggs yourself. Go ahead and use those store-bought eggs as is, and don't worry about scrubbing them clean.



2. Commercially Raised Mushrooms

Mushrooms also don't require rinsing or washing if they are purchased from the supermarket. Most are grown on a sterile medium or "substrate" under tightly controlled conditions, so they're already pretty clean. In the case of regular button mushrooms, that sterile medium is manure, so you'll probably want to give them a quick wipe with a paper towel, but that's all they really need.

That said, if your mushrooms look really grubby, you certainly can wash them if you want to. This idea is flat-out heresy to generations of cooks who believe it affects the mushrooms' taste and texture, but pioneering food science writer Harold McGee put this common belief to the test in one of his books, outright soaking mushrooms for five minutes. He found that the myth did not hold water (forgive me), and neither did the mushrooms. It makes sense when you think about it, be-

cause mushrooms are mostly composed of water. Have you ever tried to soak up a spill with an already-wet sponge?

So while washing is by no means necessary, you can absolutely do it if you want to. Just be sure to spin them in a salad spinner to remove any moisture trapped in the gills or stems.



3. Prewashed Produce

Fresh produce is high on the list of things we really should wash before eating, especially if it will be eaten raw without cooking. Cooking is the stage that kills bacteria, which is why vegetables such as lettuce and sprouts so often cause food-borne illness.

While the USDA endorses washing or rinsing most produce before you eat or cut into it, there's a noteworthy exception. If you regularly buy bagged or packaged fresh produce that's labeled as "prerinsed" or "prewashed," you can save yourself a trip to the sink. Those foods are meticulously cleaned during the production process and then sealed inside sterile packaging, so it's safe to eat them straight out of the bag.



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As with eggs, rinsing prewashed produce can increase the risk of contamination by introducing new bacteria.

4. Fresh Poultry

I know a lot of people who get a definite “ick” at the very thought of washing their holiday bird or a piece of raw chicken. Many force themselves to do it, though — gloves are your friend! — because chicken is strongly associated with the risk of illness.

Here’s the thing: It’s true that nasty bugs such as salmonella and E. coli are often found on chicken, but washing them doesn’t help a whole lot. Salmonella is difficult to wash off, for example, and with E. coli, even a small number of surviving bacteria can still make you sick. Cooking to the recommended temperature of 165 degrees Fahrenheit is the only way to make sure your chicken is safe.

Washing it has the exact opposite effect because if any bacteria are present on your chicken, they will spatter all over you and the area around your sink. That increases the risk of transferring those bacteria to other foods or utensils, so it’s really not worth the risk. The only time you should rinse chicken is after you’ve brined the bird, simply because the excess salt needs to be rinsed off.



5. Fresh Meats and Fish

Fresh meats and fish are also poor candidates for washing, largely for the same reasons as raw chicken. Take a look at the surface of that chop or steak you’ve just pulled out of the refrigerator: It’s porous and filled with crevices where it was sliced from a larger cut. The most diligent washing you can muster won’t get the bacteria out of them, and you’ll like-

ly spatter bacteria around your kitchen while trying.

There are other, equally pragmatic reasons for not rinsing meats and fish. Adding unnecessary moisture is the biggest one. Even after blotting your chops or filets carefully on a paper towel, they’ll still retain some added water. That can prevent the breading or batter from sticking to your fish or chicken-fried steak.

Even worse, it inhibits browning when your steak or chop hits the pan or grill. That moisture must be converted to steam and dissipated before browning can even start, so your steaks and chops will lose out on the flavor boost they would otherwise get from a good, hard sear.



6. Rice for Risotto

A lot of rice recipes call for rinsing the rice before you begin. I’m a big advocate of that technique in my cooking classes, as well. Rinsing the rice until its water runs clear helps it cook up light and fluffy. Rinsing can substantially reduce rice’s arsenic content, too, if you eat enough of it for that to be a concern.

That said, this step is entirely optional. If the brand of rice you buy cooks up fine without rinsing, keep doing what you’re doing. There are also a couple of specific cases when you absolutely don’t want to rinse your rice. If you’re making a batch of risotto or paella, or even a much less-glamorous rice pudding, you want that extra surface starch to stay on your rice. It’s what helps give the finished dish its texture, and your meal won’t be the same without it.



7. Pre-rinsed Quinoa

Like rice, quinoa is something that recipes encourage you to rinse. There’s a good reason for that, because quinoa is naturally coated with compounds called saponins that foam up like soap (that’s what the name means) and taste bitter. They’re intended to deter animals and insects from eating quinoa, and they certainly taste unpleasant to humans as well.

The good news is that they rinse off pretty easily, which is how quinoa became a staple food in parts of South America. If you’ve bought your quinoa at the supermarket, though, you usually don’t need to worry about it. Brands sold in North America are typically rinsed and dried before they’re packaged for sale, so it’s a step you can skip when you’re whipping up your next grain bowl.

Prerinsing makes quinoa more convenient to cook and eat, and convenience is what drives the market. When in doubt, give the packaging a once-over. If it says anything about being prerinsed, or “no rinsing necessary,” or just plain omits that step from the instructions, you’re good to go.



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8. Frozen Produce

Fresh produce is a prime candidate for rinsing or washing, as we've already mentioned, but the same doesn't hold true for frozen produce. At first blush this may seem odd: It's the same plant, so why rinse fresh broccoli, for instance, but not frozen?

The answer is that frozen vegetables are processed with food safety in mind at the manufacturing facility. They're not only washed (a lot more thoroughly than you could at home), but they're also parcooked or "blanched" to help preserve their color and switch off the enzymes that cause spoilage. That's enough to kill most bacteria, and any that remain can't reproduce at freezer temperatures. So giving them a further rinse at home is pointless.

The only exception to that rule is if you've forgotten to seal the bag, and the veggies are crusted with ice. Rinsing the ice away will show you whether your food is freezer-burnt, and also reduces the likelihood of having off flavors from the freezer.



9. Packaged Pasta

Pasta is a less-obvious candidate for this list, because as a shelf-stable dried food, it's already food safe by definition. The only reason some people feel impelled to give it a quick rinse is that sometimes dried pasta seems to have loose, powdery starch on the noodles or in the package.

It's not something you need to worry about. The extra starch comes off quickly enough in your cooking water anyway, and in fact, some famous recipes — like cacio e pepe — rely on starchy pasta water to help make the sauce. A bit of extra starch, in that case, is actually a positive.

You should especially not rinse pasta after it's cooked. Freshly cooked pasta has a starchy, gelatinized surface that helps your sauce cling to the noodles, instead of pooling on your plate. The only time you should rinse pasta after it's cooked is if you're going to be eating it cold or saving it for later. Then, rinsing helps keep the pasta from clumping together as it cools.



10. Most Canned Foods

Most of us, even dedicated foodies, keep a few kinds of canned foods in our pantries. They're convenient to have on hand: Canned beans lend themselves to impromptu dishes a lot better than dried beans, and canned potatoes are ready to slice into a hot skillet at a moment's notice for home fries.

Most of these foods don't need to be rinsed. They're food safe and thoroughly cooked when they leave the cannery, and the liquids inside the cans are usually salted water (for vegetables) or a light sugar syrup (for fruit). Yes, there are a few preservatives as well, but they're pretty innocuous and not a lot stays on the food after it's drained.

Canned beans are a judgment call, depending on the recipe you're making. Often a quick strain is all they need, though some recipes may call for rinsing away the thick liquid from the can. It's just water thickened with the beans' own starch, so you don't need to compulsively wash it away. In fact, the liquid from chickpeas (aquafaba) is a versatile vegan ingredient in its own right. □

