Shared Meals: Getting Started

November 12, 2016
Dowse by Mary Jo Fahey

It’s clear that Sirians intend to continue to compartmentalize due to an emphasis on smart phones and life alert buttons. Neighbors do not talk to each other (or help) and often don’t know each others’ names. For those who want to live a connected lifestyle, a shared meal one to three times a week is a good way to get started. This page covers details about the equipment and food needed for open-faced grilled cheese which is the easiest food to prepare. It also includes an optional snack that could be served as an appetizer.

Background Information About Me

I first learned about the word compartmentalization in speeches given by Dr. Steven Greer. I saw him speak at the New York Academy of Medicine in October 2001. In the lobby after the event, I joined a group interested in forming a New York chapter of Dr. Greer’s Disclosure Project. I really liked the idea and became a founding member. We named the chapter Disclosure Network New York (DNNY).

As we began to hold monthly meetings, we learned that we were the fifth UFO group to form in the New York Area that extended into Orange County (a group in Pine Bush, New York) and on Long Island. Harold Egan took over Whitely Strieber’s Brooklyn group (Search Project for Aspects of Close Encounters, or S.P.A.C.E.) and Budd Hopkins’ (1931-2011) Intruders Foundation met regularly at the A.R.E. of New York Edgar Cayce Center on West 27th Street. While visiting the group in Pine Bush (that met at the Pine Bush City Hall the first Wednesday of the month), we learned that the Long Island group had threats from local law enforcement due to photos of Flight 800. We moved to Pine Bush City Hall the first Wednesday of the month), we learned that the Long Island group had threats from local law enforcement due to photos of Flight 800.

I attended presentations by famous ufologists such as Jacques Vallee, or John Hopkins’ (1931-2011) Intruders Foundation met regularly at the A.R.E. of New York Edgar Cayce Center on West 27th Street. While visiting the group in Pine Bush (that met at the Pine Bush City Hall the first Wednesday of the month), we learned that the Long Island group had threats from local law enforcement due to photos of Flight 800.

I attended a presentation by famous ufologists such as Jacques Vallee, or John Hopkins’ (1931-2011) Intruders Foundation met regularly at the A.R.E. of New York Edgar Cayce Center on West 27th Street. While visiting the group in Pine Bush (that met at the Pine Bush City Hall the first Wednesday of the month), we learned that the Long Island group had threats from local law enforcement due to photos of Flight 800.

I attended a presentation by famous ufologists such as Jacques Vallee, or John Hopkins’ (1931-2011) Intruders Foundation met regularly at the A.R.E. of New York Edgar Cayce Center on West 27th Street. While visiting the group in Pine Bush (that met at the Pine Bush City Hall the first Wednesday of the month), we learned that the Long Island group had threats from local law enforcement due to photos of Flight 800.

I attended a presentation by famous ufologists such as Jacques Vallee, or John Hopkins’ (1931-2011) Intruders Foundation met regularly at the A.R.E. of New York Edgar Cayce Center on West 27th Street. While visiting the group in Pine Bush (that met at the Pine Bush City Hall the first Wednesday of the month), we learned that the Long Island group had threats from local law enforcement due to photos of Flight 800.
around the dirty dishes before placing them back in the toaster oven when the slices are ready to be removed. Create a Plan for Cleanup and Equipment Storage

Toasts and peanut butter can take one of the dinner plates for the pretzels (divide how many packages of pretzels Walmart sells large white serving bowls that can be used in theREET and a few pretzels and sit at the table before the grilled cheese is ready. They’ll need to carry their plate to the toaster oven when as the slices are ready to be removed.

Wrap the dinner plates in a towel before placing them in the tote. Set the table with napkins and flatware but stack the plates near the toaster oven. At a later date, as your group expands, purchase place cards at Walmart to assign seating.

Set Up an Appetizer Near the Toaster Oven

Peanut butter contains an exceptional amount of nutrients (26 minerals, 14 Vitamins and monounsaturated fat that your body can convert to saturated fat as needed). Walmart has recently started selling their own USDA organic (Great Value brand) peanut butter in glass jars. I really like the Crunchy version. Have someone in your group ask each person if they would like to try the following snacks with peanut butter:

- Unique (brand) Sprouted 100% Whole Grain Splits (sold at Whole Foods, 8 oz. packages)
- Newsman’s Own Organics Spelt Pretzels (7 oz)

Watch for the introduction of crackers made of sprouted grains (crackers containing sprouted seeds as an ingredient is not a correct choice—dowse all new products). Purchase small, glass “Prep Bowls” for everyone who you have invited. Have someone in your group add a scoop of peanut butter to bowls (remember to pack 1-2 Tablespoons).

Walmart sells large white serving bowls that can be used for the the Pretzels (dowse how many packages of pretzels to buy and how many bowls). Those who want to try pretzels and peanut butter can take one of the dinner plates and a few pretzels and sit at the table before the grilled cheese is ready. They’ll need to carry their plate to the toaster oven when as the slices are ready to be removed.

Create a Plan for Cleanup and Equipment Storage

Divide up any leftover food. Place a plastic garbage bag around the dirty dishes before placing them back in the tote. Check the inside of the oven to see if there are any surfaces than need to be wiped clean with a soapy cloth. Dowse whether you need to wash wire racks and the baking sheet with the dishes (in a dishwasher). Place the toaster oven back in the box (styrofoam is not necessary). Wipe table surfaces with one of the cloths. Divide up the tasks of washing the dishes (in an apartment dishwasher), re-freezing blue ice and storing the toaster oven.

Dishes and/or surfaces inside the toaster oven may need an application of Bon Ami Cleanser if there is baked-on cheese. Bon Ami’s abrasives are made from feldspar and limestone that don’t scratch (look for Bon Ami at Publix). Walmart sells nylon scrubbers that do not scratch. Look for a Good Cook brand set of three scrubbers (at right). Bon Ami and (safe) nylon scrubbers are particularly important for cleaning 18/10 stainless steel.

After the Meal

Depending on the time of day (or evening), those present may want to:

- Watch TV (dowse choice) after eating
- Play Cards
  - Approved:
    - Gin Rummy (2, 3 or 4 players)
    - Pinochle (2, 3 or 4 players)
    - Go Fish (2 to 5 players)
    - Crazy Eights (2 to 7 players)
    - Concentration (any number of players)
  - Note: Bridge is not approved
- Play board games
  - Approved:
    - Checkers
    - Chess
    - Game of Life
    - Chutes and Ladders
    - Wildcraft An Herbal Adventure Game
  - Note: Military games and Monopoly are not approved
- Dowse whether you need to wash wire racks and the baking sheet with the dishes (in a dishwasher). Place the toaster oven back in the box (styrofoam is not necessary). Wipe table surfaces with one of the cloths. Divide up the tasks of washing the dishes (in an apartment dishwasher), re-freezing blue ice and storing the toaster oven.

Dishes and/or surfaces inside the toaster oven may need an application of Bon Ami Cleanser if there is baked-on cheese. Bon Ami’s abrasives are made from feldspar and limestone that don’t scratch (look for Bon Ami at Publix). Walmart sells nylon scrubbers that do not scratch. Look for a Good Cook brand set of three scrubbers (at right). Bon Ami and (safe) nylon scrubbers are particularly important for cleaning 18/10 stainless steel.

After the Meal

Depending on the time of day (or evening), those present may want to:

- Watch TV (dowse choice) after eating
- Play Cards
  - Approved:
    - Gin Rummy (2, 3 or 4 players)
    - Pinochle (2, 3 or 4 players)
    - Go Fish (2 to 5 players)
    - Crazy Eights (2 to 7 players)
    - Concentration (any number of players)
  - Note: Bridge is not approved
- Play board games
  - Approved:
    - Checkers
    - Chess
    - Game of Life
    - Chutes and Ladders
    - Wildcraft An Herbal Adventure Game
  - Note: Military games and Monopoly are not approved
- Dowse these choices and:
  - Investigate/make arrangements for a TV remote or game equipment.