

I Can Sleep Through Anything

There is a story of the farmer who needed to take on a new person to help keep his farm operating. He placed a notice at the local store and soon had several young men apply for the position. The farmer interviewed them one by one, ending the session by asking each of them what he does best. When the farmer interviewed the last lad his answer to the last question was, "I can sleep through anything." He was intrigued by the young man's answer, so he hired the lad on the spot.

Time went by and one night a big storm suddenly developed. The farmer ran to the bunkhouse and to get his new farmhand to help secure the farm and animals. He was furious to find him sound asleep. When he finally was able to wake him, the lad reminded the farmer that, "he could sleep through anything."

Upon inspection of the farm, the farmer discovered that the animals were safely placed in the barn, the hay and farm equipment were covered and tied down, and all was well. After traveling the length of his property, the farmer understood why the farm hand could say, "I can sleep through anything." The farm hand had done what it took to be prepared.

Are you prepared for a short or long-term emergency? Remember, knowledge trumps equipment and working together makes life better.

As we approach the holiday season, let us consider how we can give gifts of ourselves to one another: the best present you can give is one of your presence in the lives of those you love.



Happy Holidays

From

Sun Oven International



Details on the "I'm Prepared Christmas Package"

Ask Billie

Our Question and Answer column, covering topics of interest to our readers.

Tom K from WA Asks: I've really enjoyed reading about how to prepare for an emergency. I know we should boil water for drinking, but is it necessary to use boiled water when brushing my teeth? **Answer:** Absolutely! Any exposure to contaminated water, no matter how small can introduce pathogens into your body and possibly incapacitate you, when you need your maximum health to deal with an ongoing emergency. Rinse your tooth brush with boiled or pasteurized water, too, when you have finished brushing.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to editor@sunoven.com



Billie
Nicholson

Burning a Wood Fire Safely



Image: [photobucket albums](#)

Keeping warm in cold weather without electricity may mean burning wood. This can be done in a fireplace directly or by using a wood burning stove. These are designed to safely burn wood fuel and provide heat for your shelter. They are connected to chimneys responsible for removing the by-products of combustion, including smoke, gases, tar fog, and water vapor, among other things. As the combustibles exit through the cooler chimney, they condense on the inside. This residue is known as creosote. It is very combustible and when ignited will burn at extremely high temperatures and may damage the chimney, spread through mortar cracks into the wooden

structure of your home, and even spew sparks igniting the roof. To avoid a home fire disaster, the Chimney Safety Institute of America (CSIA) offers the following safety tips:

- Get your chimney checked and cleaned annually to reduce the risk of fires and carbon monoxide poisonings due to creosote buildup or chimney obstructions.
- Keep overhanging tree branches at least 15 feet away from the top of chimney.
- Install a chimney cap to keep debris and animals out.
- Choose well seasoned wood, split for at least 6 months. Store it in a covered and raised location, away from your home foundation. Do not burn Christmas trees, cardboard, wrapping paper.
- Keep the area around your hearth clear. Keep furniture at least three feet away from the hearth.
- Install a metal mesh screen in front of fireplaces that do not have glass doors. This controls sparks.
- When building a fire, place the firewood or fire-logs in the back of the fireplace on a supporting grate. Leave air space when stacking multiple logs, so the fire can breathe. Use kindling or a commercial fire starter to ignite your fire. Never use flammable liquids. Build smaller, hotter fires that burn more completely and produce less smoke.
- The by-product of burning wood is ash. Softwoods make more ash than hardwoods. Leaving a one inch layer of ash in your stove will make it easier to build and maintain a fire. Hot coals nestling in the ash add more heat to the fuel and reflect heat back into the fire. Ash also protects the floor of your firebox. Do not remove hot ash from your firebox and put it into a paper bag or any other flammable container. Take all ash outside. At the end of heating season, ash should be removed to reduce moisture absorption, which rusts metal parts. Save the ash to add to your garden next spring.
- Install smoke and carbon monoxide detectors. Place detectors in several locations throughout the house, putting one outside your bedroom door. Check these batteries twice a year. Over 200 people die each year from carbon monoxide poisoning caused by problems in the venting of toxic gases, produced by heating systems. (U.S. Consumer Product Safety Commission). This number may be much higher because the symptoms of prolonged, low-level carbon monoxide poisoning mimic other common winter ailments (headaches, nausea, dizziness, fatigue and seasonal depression). Too much carbon monoxide in your blood will kill you. The protein, hemoglobin, in our blood will attach a carbon monoxide molecule and ignore an oxygen molecule. This attachment causes cell suffocation. Even low-level exposure can cause permanent brain and organ damage. Infants, those with blood or heart disorders, and the elderly are the most susceptible.
- Never leave a fire unattended. Learn how to keep your wood stove fire burning during the night.
- If you have a chimney fire, discontinue use of your chimney until it can be inspected and deemed safe to use.

For More Info: <http://www.csia.org/homeowner-resources> and <http://www.naturalhandyman.com/iip/infchimneyfire/infchimneyfire.html>

Handling Roadside Emergencies

When you are planning a trip in your auto, take time to check your vehicle. In addition to cleaning out the trash, check the windshield washer fluid, oil, water/anti-freeze level in the radiator, and tire inflation. Remember to double check your emergency car kit, updating food and water and adding extra clothing based on the type of weather you expect to travel through. If you have a cell phone, pack it and the charger. Check your wallet for cash and any roadside emergency membership card you may have. Always maintain a half-full tank of gas. Before you leave, contact someone at your destination to let them know your estimated time of arrival.

Once you are on the road, pay attention to your vehicle's performance, listening for any odd sounds and look for any odd emissions. Once I was traveling home late. I noticed white smoke coming from my exhaust and looked down at the dash to see the temperature needle pegged to overheating. The radiator hose had burst.

If you have a breakdown, use the car's momentum to get it off the road safely. Try to get over as far as possible to remove your vehicle from on-coming traffic. Put on the emergency flashers. Exit the car from the passenger side door. If you can't get off the road, set up any warning signals you have, like flares or hazard triangle, as far behind as practical to give other motorists notice to get around you.

Raise your vehicle hood and leave it up, Get out your HELP sign or white cloth. Place it in the window. Use your cell phone, if you have one with service, to contact law enforcement. Calling 911 will put you in contact with help. Your cell phone may or may not have a GPS tracking device installed, so you will need to be able to tell the 911 operator where you are. A mile marker or landmark is helpful.

Stay with your vehicle, if possible, especially at night or in bad weather. Wait for a uniformed law enforcement officer to arrive. Rely on the items in your road-side emergency kit to keep you hydrated, warm and entertained while you wait for assistance to arrives. Keep doors and windows locked. If someone stops to assist you, crack the window and ask them to contact law enforcement. Use your best judgment accepting help from strangers.

When help arrives, if you are out of your vehicle discussing details, be sure to stand away from the vehicles, not in between them. Many people have been injured or worse when another driver has hit the back vehicle, driving the two together, crushing or amputating legs.

If you must walk, write down your name, date, time you left the vehicle and the direction you were going. Leave it on the dash. Walk facing traffic, if there are no sidewalks. If you accept a ride from a stranger, write down the plate number of the vehicle, a description of the driver and vehicle, in addition. Leave this information on the dash. As soon as possible notify law enforcement of the location and condition of your vehicle.

Read More:

<http://www.doityourself.com/stry/roadsidebreakdowns#.UpkA9ii2wqA>

<http://www.davereedinsurance.com/the-importance-of-an-emergency-car-kit>



Sun Oven® Pancakes

by Robert Nicholson

Not long ago on a lazy Saturday morning, I found myself walking the aisles of a local flea market. A methodical walking grid helped cover the hundreds of vendors and thousands of choices. After about 30 minutes I happened upon a commercial coffee grinder, which was the casualty of a supermarket makeover. The Grindmaster 500, built in 1984, was in working condition. \$50.00 changed hands and I was the proud owner a piece of Americana. A few hours of disassembly, cleaning, and lubrication made my new grinder just perfect.

I opened two cans of wheat, one soft white and the other hard white. I ran a small amount through and through as a final cleaning, discarding this first batch. Then it was show time. I mixed the soft and hard wheat in equal parts. I ran the wheat through the grinder again and again, each time choosing a finer grind.



When I was finished I used the following recipe for pancakes or waffles:

Combine dry ingredients first
 1 cup flour
 1 tsp. baking powder
 1 tsp. salt

Then add
 1 cup milk
 1 egg
 2 Tbsp. vegetable oil (we use coconut oil)

Mix well.

In the yard I set up our SunOven® to preheat. I placed a pre-greased shallow pan into the oven to get hot. I let my pancake batter set about 15 minutes to get soft and to absorb moisture. I then opened the hot oven (350 degrees F) and poured the batter into the shallow pan. A few minutes later after turning once, I had delicious, fresh and tasty SunOven® pancakes. I presented my pancakes with butter, blueberries from our yard, maple syrup, and a garnish of powdered sugar. And they were soo good!



Winterize Your Car Emergency Kit

Holidays are the time of year when much long distance traveling is done. Going home to visit families, often leaving after work in the dark, and frequently encountering bad weather, can put travelers in jeopardy. Add to that the fact that tires can get punctures, gas tanks can get empty and engines can overheat when you least expect it. Having an emergency kit in your car at all times will often save you time and money, and may even save your life. We've expanded Edmunds.com's extensive list of items to keep in your vehicle.

Make sure that you include items to keep you and your passengers warm in case your break down leaves you stranded in the cold. Some of the basic items include:

- 12-foot jumper cables
- Four 15-minute roadside flares
- Two quarts of oil and Gallon of antifreeze
- First aid kit (including an assortment of bandages, gauze, adhesive tape, antiseptic cream, instant ice and heat compresses, scissors and aspirin)
- Wool blanket or sleeping bag
- Extra clothes and boots/shoes (for winter: coat, hat gloves and scarf)
- Extra fuses
- Flashlight and extra batteries, lighted headband or lighted brimmed cap
- Tools to include: Flat head screwdrivers, Phillips head screwdrivers, Pliers, Vise Grips, Adjustable wrench
- Tire inflator (such as a Fix-A-Flat) and Tire pressure gauge
- Rags and Roll of paper towels
- plastic garbage bags for trash and to help insulate feet
- A couple of old newspapers to use for insulation under coats
- Roll of duct tape and Roll of reflective tape for visibility
- Windshield washer fluid and Anti-freeze
- Pocketknife
- Ice scraper and kitty litter or sand for tire traction
- fire extinguisher (5 pound, A-B-C type)
- tow rope or chain
- Whistle, compass and Road maps
- Dollar bills and quarters, dimes and nickels
- Toilet paper and paper towels
- gas can, 2 gallon size plus funnel & short hose for siphoning
- hand warmer packs
- Pen and paper and Help sign or strip of white cloth
- Cell phone & charger
- Granola or energy bars - dried fruit, peanut butter crackers, canned goods; remember a manual can opener and basic eating utensils
- Bottled water - a case or a gallon as fits
- Book, puzzle or other non-battery operated item to pass the time
- Heavy-duty nylon bag or two to carry it all

The most important tip is to familiarize yourself with all the items in your car road-side emergency kit, how you have them arranged, and how to use them properly.

<http://www.edmunds.com/how-to/how-to-create-your-own-roadside-emergency-kit.html>

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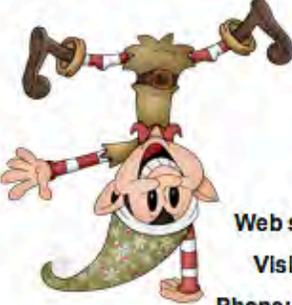
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Calling 9-1-1

Everyone should know what to in an Emergency. Whenever there is an emergency, use the following tips to help decide if you should call 9-1-1 (or local emergency number) for an ambulance.

911 should be called IMMEDIATELY for any emergency which is threatening to life, health, safety, or property. This includes crimes in progress, medical problems, suspicious persons or activities. Fire emergencies, criminal offenses, drug activity, and domestic problems should also be promptly reported to 9-1-1.

Non-emergency requests for service should be directed to an administrative number. Add your local number to your emergency contacts. Listen to the recorded options and select the line # for non emergency. Stay on the line until a dispatcher answers.

Call if victim...

- ... is trapped
- ... is not responding or is passed out
- ... is bleeding badly or bleeding cannot be stopped
- ... has a cut or wound so bad and deep that you can see bone or muscles
- ... has a body part missing or is torn away
- ... has pain below the rib cage that does not go away
- ... is peeing, pooping or puking blood (called passing blood)
- ... is breathing weird or having trouble breathing
- ... seems to have hurt their head, neck or back
- ... is jerking uncontrollably (called having a seizure)
- ... has broken bones and cannot be moved carefully
- ... acts like they had a heart attack (chest pain or pressure)
- ... If you call 9-1-1 there may be a recording or delay while your call is being processed. DO NOT HANG UP -- wait for a 9-1-1 dispatcher.

When you talk to 9-1-1 or the emergency number...

- ... try to stay CALM and describe what happened and what is wrong with the victim
- ... give the location of the emergency, your name and the phone number you are calling from
- ... follow their instructions in case they tell you what to do for the victim
- ... do NOT hang up until the 9-1-1 operator tells you to.
- Since you are calling from a cell phone, your call may be disconnected if the signal is lost. Be sure to call back if you are cut off.

- ... When calling 9-1-1 on a cellular phone, be sure to stop if you are in a moving vehicle. It is difficult to obtain all of the information needed if you are getting further from the emergency.
- ... Your call may need to be transferred to another agency because cell phone calls are sent to a 9-1-1 answering point based on cell radio coverage. Cell coverage areas don't always match political boundaries, so most calls are routed to a 9-1-1 answering point that serves the majority of the area.

Reproduced with Permission:

<http://www.ItsaDisaster.net> from "It's a Disaster ...and what are YOU gonna do about it?" by Bill and Janet Liebsch

Morgan County, TN "911 Tips" version of above

TIPS ON GOOD SAMARITAN LAWS

The definition of a "Samaritan" is a charitable or helpful person. Most states have Good Samaritan laws that were designed to protect citizens who try to help injured victims with emergency care. If a citizen uses "logical" or "rational" actions while making wise or careful decisions during an emergency situation then they can be protected from being sued.

To learn more about your state's Good Samaritan laws, check with your local library, search the web or

Sun Oven® Lunches for Busy Days from our Solar Chef



As far as weight gain goes, the most critical days can be the days leading up to and following Thanksgiving. We might be making multiple trips to the store for all the ingredients for the big feast only to forget to pick up anything for lunch or dinner today. Luckily, once you get something in going in the Sun Oven it doesn't require a lot of your attention and before you know it you'll have a healthy, tasty meal to help tide you over.

Sun Oven® Stuffed Squash

Stuffed squash is a favorite around our house this time of year. Any variety of squash will work and the choices for filling are practically unlimited. Some of my favorites are couscous, feta cheese, chickpeas, leftover stuffing, crumbled cooked bacon, cooked rice (white or brown), cherry tomatoes, - you get the idea. Be creative, use your imagination. Change it up each time and every meal will be like a little surprise party. Here's how I prepared mine today.

Ingredients

2 golden nugget

1 tablespoon olive oil

3 tablespoons dry couscous

2 tablespoons crumbled feta cheese

1/4 cup chickpeas

1 small tomato, seeded and diced

4 leaves fresh basil, torn into pieces

salt

Preparation

Set Sun Oven out to preheat. Place a rack in a baking pan. Cut the tops off the squash. Dig out and discard the seeds. Rub the inside of the squash with the olive oil. Toss together the remaining ingredients (couscous through salt) in a medium bowl. Add enough water to just moisten, about 2 tablespoons. Spoon the mixture into the hollowed out squash. Cover with the tops. Set the squash on the rack in the baking pan. Bake until the flesh is soft and the filling is cooked, about 1 hour. Serve warm.

Makes 2 servings.

Tips on Reducing the Spread of Germs or Diseases

Whenever you perform first aid on anyone, there is always a chance of spreading germs or diseases between yourself and the victim. These steps should be followed no matter what kind of first aid is being done -- from very minor scrapes to major emergencies -- to reduce the risk of infection.

BE AWARE...this is an emergency situation - you could be putting yourself in danger!

... Try to avoid body fluids like blood or urine (pee).

... Cover any open cuts or wounds you have on your body since they are doorways for germs!

BE PREPARED...Stay calm and Think before you act

... Wash your hands with soap and water before and after giving first aid. If using hand sanitizer, rub hands for at least 15 seconds.

... Have a first aid kit handy, if possible.

... Put something between yourself and victim's body fluids, if possible

... Blood or urine - wear disposable gloves or use a clean dry cloth

... Saliva or spittle – use a disposable Face Shield during Rescue Breathing

... Clean up area with household bleach to kill germs.

... **and... HAVE A PLAN! Check the ABC's, call 9-1-1 and help victim**

Airway. Open the airway by tilting the head back, gently lifting the jaw up, and leaving mouth open.

Breathing. Place your ear over victim's mouth and nose. Look at chest, listen, and feel for breathing for 3-5 seconds.

Circulation. Check for a pulse using fingertips (not your thumb) in the soft spot between throat and the muscle on the side of the neck for 5-10 seconds.

Before giving first aid, you must have the victim's permission. Tell them who you are, how much training you've had, and how you plan to help. Do not give care to someone who refuses it - unless they are unable to respond.

Reproduced with Permission: <http://www.ItsaDisaster.net> "It's a Disaster ...and what are YOU gonna do about it?"

Help Us Help Haiti

During November and December 2013 donations to the Friends of Haiti Organization (FOHO) **SUN OVEN®** project will be matched dollar for dollar.

The cost of each **SUN OVEN®** with two pots and WAPIs is \$199. Donations of any amount will be greatly appreciated.

Credit card donations can be made through the **SUN OVEN®** website. Donations will be forwarded to FOHO and FOHO will issue a receipt by mail. FOHO is a 501C3 nonprofit organization so all donations will be tax deductible. 100% of the donation will go directly to sending **SUN OVENS®** to Haiti; no administrative expenses will be deducted.

To make a donation on line visit: [Help Us Help Haiti](http://www.sunoven.com/haiti)

To learn more about our work in Haiti visit:

<https://www.sunoven.com/haiti>

