

## Semper Paratus - Always Ready

This Latin phrase is most well known as the motto and the official marching tune for the United States Coast Guard. Perhaps it should become the motto of the emergency preparedness and food storage specialists as well.

In the [September issue](#) we discussed the basic needs for preparedness. This month we will continue this conversation beginning with what to do when we have to evacuate. What reasons would cause you to leave your shelter? Make your list of top 10.

## Before Evacuation

When sheltering in place is not possible and you know you must go, there are some steps to take to secure and minimize future damage to your property.

Assuming that you have already prepared your evacuation kits (each family member has one), often referred to as "bug out bags," get them into your escape vehicle, which you **NEVER, EVER** let the gas tank drop below half full.

Identify where you are going, get the address, and look at your maps to determine alternate routes to the shelter before you get on the road. Take the maps with you.

Remember to take your stash of cash. Hopefully, you have small bills and some coins, too, in case you need to have exact change in vending machines.

Grab your important papers, including emergency contact

telephone numbers, extra glasses, medicines and any supplies for children and pets. And don't forget to pack the children and pets.

Secure the following items:

1. Find your main electric breaker and turn off the main power switch.
2. If you have city water, find your water meter. The shut off valve will be there. This can be a handle (move it perpendicular to the pipe) or a knob (turn it clockwise to close). If you have a well, shutting off the electric will suffice.
3. Turn off any natural gas valve. This will be at the gas meter. May need a wrench.
4. Secure outdoor furniture so they do not become missiles.
5. Lock all doors and windows.

## Ask Billie

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

**Marilyn E.** from **OK** asks: I love cooking with my charcoal hibachi. This winter can I cook with it just inside the kitchen door?

**Answer: NEVER** use a charcoal burning devise in doors. It is a voracious consumer of oxygen. Furthermore, it produces vast amounts of carbon monoxide, which is a deadly poison. It could prove fatal for your entire family. Never burn charcoal in doors, period!

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to [editor@sunoven.com](mailto:editor@sunoven.com)

Billie  
Nicholson



Get Details about the New  
**All American Sun Oven®**

## Public Shelters

To search for an open shelter, text SHELTER and a zip code to 43362 (4FEMA). The Red Cross will have shelters after a disaster, too. You will be able to search online: [Local Chapter](#). Red Cross also has an iPhone Shelter Finder app available in the [iTunes Store](#). They have a website where you can register first and last names and a brief message. Concerned family members can check this site to learn if you are [safe and well](#).

When you arrive at a public shelter, there are some things you need to know. First of all, make up your mind to be one of the good guys. Every person in the shelter is a refugee, some in better condition than others. Mass sheltering puts many people in a small space, so your part will be limited. Respect the rights and privacy of others. Most public disaster shelters can provide some water, food, medicine and basic sanitary facilities. Keep your emergency kits with you, and in your immediate control, so you will have the specific supplies you need.

You will be required to sign in before being admitted to any shelter. The name and contact information of a “next of kin” not in the shelter is required. You will sign an agreement to abide by the shelter’s regulations, which means you will be required to stay until an authority determines it is safe to leave. You will be responsible for your

personal belongings. Keep valuables locked in your car or with you at all times, as the shelter will not be responsible for lost, stolen or damaged items. Begin making alternative plans to leave as soon as you are settled.

If you are part of a family in the shelter, plan to take turns on watch duty to make sure your belongings don’t grow legs. Keep your supplies contained and concealed. You will decide if you are willing to share. If you know other families in the shelter, team up to help one another.

No weapons will be allowed, except those carried by security personnel. No alcohol or illegal drugs are permitted. Parents are responsible for controlling the behavior and location of their children at all times. Keep your space in the shelter clean and organized. Noise levels must be kept low. Quiet time is observed after 11 PM. Be sure to tell the shelter registrar if you have any medical condition that needs attention. You will be referred to a paramedic for treatment.

The amount of time you need to be in a public shelter may be short or long, depending on the conditions that brought you in. Take turns listening to radio broadcasts to stay informed.

Additional information: [Red Cross](#) and [FEMA](#)

## Evacuating with a Sun Oven®



Evacuating with you Sun Oven® makes sense. Here’s why. You can pack it full of cold items to eat and drink in the shelter. They will stay cool for some time because of its insulated design. When the storm passes, you will be able to set up outside and make a welcomed hot meal. Don’t forget to take your WAPI kit to be able to pasteurize water, too.

## Emergency Communications

There are two major aspects of communication. First is remaining informed. What is the current situation, what alternatives are available and how can you get this information? The second is keeping in touch with family members to implement your personal emergency plan, and contacting emergency service personnel, should you require immediate attention.

The biggest problem with keeping informed will come if electricity is out. This means no television or radio and no internet. Your computer can run on batteries for a while, but without internet you will not be up to date. What do you do?

A battery operated radio, tuned into an AM channel (AM radio waves are omni-directional) will provide some news and weather updates. A hand cranked radio will not require a stock of batteries. Emergency alert radios broadcast weather forecasts and warnings provided by the Emergency Broadcast System. These radios have an alarm system that comes on automatically to give warnings if an alert has been issued in your area.

Citizen Band radio (CB) popular a few years back, can provide useful information about road conditions, but don't have a long range.

Local emergency scanners will let you listen in to local communications between fire, police, local safety personnel as well as government transmissions. These are more expensive and most useful if you are involved professionally.

Ham radios, also known as amateur radios, are reliable and involve thousands of operators throughout the world. In addition to equipment, and a tower, an FCC license is required. [<http://www.aarl.org>]

If an emergency occurs when your family is separated, your stress level as to their location and condition will raise. Your first thought will be to grab your telephone. Is it working? If it needs electricity and the power is out, it is useless. An old, landline phone will.

Hopefully, you have kept your cell phone batteries charged. As long as the towers are functioning, it will work. In a local disaster, the circuits may be jammed with users doing exactly what you are. Shift modes to text messaging. These take less band width and will go through easier.

Also consider that a long distance telephone call may be easier to make than a local one. When you make your [Family Emergency Plan](#), include an out-of-town contact as your family's contact person. Everyone in your family should have a copy of this contact information and be instructed to phone that number to check in. Take the time to make hard copies of this just in case high-tech equipment doesn't work.

Another option is to have a set of "walkie-talkie" radios. Formally referred to as a hand held transceiver, these are useful for communicating with others while hiking, biking, and working; keeping track of family members in a crowded public event; checking with travel companions between cars; or talking with neighbors and arranging meeting places. The [Cobra Microtalk](#) set we have also has a NOAA all hazards radio channel.



## Emergency Sanitation

If you have no water service during an emergency, turn off all faucets, valves and outlets. This includes the valve at your toilet. This will prevent flooding when water service is restored. Turn off gas or electricity to your hot water heater. If it runs out of water and keeps heating, the heater will be ruined or might explode.

With no water service, you must find a way to safely dispose of human waste and garbage. If you don't, you will soon be spending your time taking care of sick people, including yourself. The leading cause of illness and death during disasters is inadequate sanitation, poor hygiene, and contaminated water supplies.

There are three kinds of water. Potable water is drinkable and can be used for cooking and bathing. Gray water is leftover from cooking, washing and other hygienic purposes. It can be used for irrigation of plants or flushing toilets into a septic system or a functioning city sewer. The third kind is black water, sewage containing human waste. You will be responsible for disposing of black water if your septic/sewage system is not working.

A Luggable Loo or bucket toilet can be a good option to have along with your 72 hour kit. Keep basic supplies inside the bucket. They can include toilet paper, baby wipes, garbage bags, disinfectant wipes, feminine products, spray deodorizer and chlorine bleach or other sanitizing chemicals.

To set up a bucket toilet for use, put a garbage bag inside the bucket. Mix one cup of liquid bleach to two quarts of gray water and pour into the lined bucket. Add a little more disinfectant after each use. Change the bag when it is one-third to one-half full. Carefully tie the top and place bag into a larger lined can. Close toilet lid after each use to control odors. There is a variety of commercial chemicals which will make your emergency toilet smell much better.

If you are able to shelter in place, make a permanent port-a-potty out of your toilet, assuming you do not have sewage backing up into your toilet. With advanced planning, you can have an

automatic sewage back-up prevention valve installed on the sewer pipe which exits your house. This will be worth it's weight in food or gold, if the sewer system fails. It will also prevent rats from crawling up an out of commission sewer pipe into your home.

To set up your toilet, make sure the water supply is off. Empty the toilet bowl. Insert a large rag into the exit hole to keep sewer gas from coming up and entering the house. Line the toilet bowl with a 13 gallon plastic trash bag. Duct tape the edges around the back and sides of the bowl completely. Then insert a second bag inside the first. Tape this bag lightly around the sides and lower the seat to hold it in place. Pour a small amount of disinfectant into the bag after each use to help prevent the spread of germs and disease. You may want to add sawdust or poo powder to solidify the liquids. The bag may be used several times before changing.

To change the bag, lift the seat and carefully remove the inside bag by loosening the taped edges. Twist the top edges together and seal the bag. To avoid accidental spills, place an empty bucket right next to the toilet and lift the bag into the bucket. Use this bucket to transport the black water waste outside. Put in a fresh bag, lightly tape and repeat as above. Cover the entire toilet with a 30 gallon trash bag to control odor.

Each person creates an average of five gallons of human waste each week. The waste, if not handled properly, will stink and make people sick. Never throw human waste on the open ground. If no other alternative is available, bury it in deep trenches and cover with two to three feet of soil, 100 feet away from your house or water supply to avoid contamination. ([LDS Preparedness Manual](#))



## First Aid: Healing With Water

Did it ever occur to you that if we make the best use of water, we could reduce the amount of sickness and death in the world? From microbes to soap, contaminated water is a major source of diarrhea. An important part of its prevention is to purify water used for drinking and preparing foods.



If cooking fuel is limited, pasteurization (using the WAPI kit in a Sun Oven®) will make water safe for consumption. Hand washing with soap and water before eating or preparing foods and after defecation is important.

Babies are especially susceptible to diarrhea. A common cause of death in babies and small children, is severe dehydration. By giving the infant or child plenty of water, this can be prevented, even if given a spoonful at a time.

A rehydration drink made with half a teaspoon of salt and 8 teaspoons of sugar per liter (~16 oz.) combined with half a cup of fruit juice, coconut water, or mashed banana will replenish the electrolytes. This should be given often in small sips, every five minutes, until the person begins to urinate normally.

Additional uses of purified water include bathing skin infections, washing wounds, lowering high fevers, hot water vapors to loosen mucus and using hot and cold compresses. When water is used correctly, often medicines are not needed, and the body will heal itself. ("[When There is No Doctor](#)," Hesperian Health Guides.)

## First Aid: Over-the-Counter Medications

There are thousands of over-the-counter medications used to treat an unlimited variety of ailments. This can make stockpiling medications difficult. Every health care professional has their personal recommendations, but the following are the five OTC items that should be bought in bulk. They are cheap, effective, and each covers a wide range of potential maladies:

1) Aspirin

Can be used to relieve pain, relieve inflammation, thin the blood and lower fever (do not take on an empty stomach)

2) Benadryl (diphenhydramine)

Can be used to treat itching, rash, allergic reactions, and is the most common ingredient in over the counter sleep aids (will cause drowsiness)

3) Pepto-Bismol

Can be used to treat indigestion, nausea, heartburn and diarrhea.

4) Neosporin

Antibiotic ointment for cuts, scrapes and burns

5) Primatene Mist

The only over the counter inhaler capable of minimizing the symptoms of or stopping an acute asthma attack.

No first aid kit is complete without those five. - LA, R.Ph . [SurvivalBlog.com](http://SurvivalBlog.com)

## Solar Lime Chicken from the Solar Chef



*Here is a great dinner suggestion using limes. In addition, check out our recent post, [Spicy Solar Snack](#). We believe in getting the most use out of our fruits and vegetables.*

### Ingredients

- 5 bone-in, skinless chicken breast halves
- 1/2 cup soy sauce
- 1/4 cup lime juice
- 1 tablespoon Worcestershire sauce
- 2 cloves garlic, minced
- 1/2 teaspoon dry mustard
- 1/2 teaspoon freshly ground pepper

### Preparation

Set Sun Oven® out to preheat.

Place the chicken breasts in a large pot. Combine the remaining ingredients in a small bowl and pour over the chicken. Cover and transfer to the Sun Oven®. Cook until the meat is tender and the juices run clear, 1 1/2 to 2 hours. Serve with rice.

Makes 5 servings

*Using the double graniteware pan, you can prepare rice in the Sun Oven® at the same time. Be sure to check it after 1 hour.*