

EVERY NEEDFUL THING

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The Resource for
Emergency Preparedness
and Food Storage
Specialists, and their
family, friends
and neighbors

Holiday Gift Ideas

This holiday season, many gifts will be given and received. So if you are looking for a gift for your college student, married children, siblings, parents or grandparents, you might want to think about a gift that will further them on their road to emergency preparedness.

Here are some holiday gift ideas for you to consider. The intent is not to promote one brand or product over another, but to provide you with ideas that are simple, yet useful.



Battery-powered Radio

If you find yourself without power, a radio is going to allow you to keep up to date on evacuation orders, traffic issues, damage in the area and much more. It can even provide you some stress release if you can find your favorite music station.

72-hour Kits

Giving a complete 72-hour kit can be expensive. So if you are on a limited budget, buy a portion or two of the kit. For example, the backpack and a first-aid kit, or the three-day food package. Then, each subsequent year, you can gift another portion of the kit, which covers your gift giving for a couple years, at least.

Portable Heater

If you live in an area that is prone to colder climates, a portable, propane-powered heater can be a life saver. Do your research to make sure you find one that will be the most safe indoors to avoid CO poisoning, then remind the receiver that they need to follow the directions if they decide to use it. They can be dangerous if used improperly.

Walkie-Talkies

If you recall from previous issues, two-way FRS radios can help people communicate with their neighbors if power and phone lines are lost. They can be found at many retail stores, and online. If you get the ones that require batteries, you can include a few extra batteries for them to store with the walkie-talkies.

Conclusion

We wish everyone a very Merry Christmas and Happy Holidays. As you get together with family, it doesn't hurt to take a moment and discuss your emergency preparedness plans. **E**

From the Editor

I'm feeling a little guilty. I have been involved in emergency preparedness for 2-3 years, but on Dec 1, when 75-100 mph winds hit northern Utah and caused havoc for miles, I realized I was missing a very simple, yet vital, element of emergency preparedness.

I work 35 miles from home, and more than a dozen semis had been overturned along my commute route. But when we lost power, I turned to my wife and asked her where our battery-powered radio was at so we could keep up to date on the news.

Right after I asked the question, I knew the answer - "We don't have a battery-powered radio." Luckily I had an iPhone, so I downloaded an app for our local news stations and kept apprised of traffic, power outages, weather and school closures.

So if I learned something from a real-life natural disaster, it's to buy a battery-powered radio and the batteries that accompany it. I encourage you to at least have that item available to you, even if it means making it a family Christmas gift. **E**



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Do you have something you would like to share in an upcoming issue? Email it to us at newsletter@sunoven.com

CERT: In an Emergency

Following a major disaster, first responders who provide fire and medical services will not be able to meet the demand for these services. Factors as number of victims, communication failures, and road blockages will prevent people from accessing emergency services they have come to expect at a moment's notice through 911. People will have to rely on each other for help in order to meet their immediate lifesaving and life sustaining needs.

One also expects that under these kinds of conditions, family members, fellow employees, and neighbors will spontaneously try to help each other. This was the case following the Mexico City earthquake where untrained, spontaneous volunteers saved 800 people. However, 100 people lost their lives while attempting to save others. This is a high price to pay and is preventable through training.

The CERT course is delivered in the community by a team of first responders who have the requisite knowledge and skills to instruct the sessions. It is suggested that the instructors complete a CERT Train-the-Trainer (TTT) conducted by their State Training Office for Emergency Management or the Emergency Management Institute in order to learn the training techniques that are used successfully by the LAFD.

The CERT training for community groups is usually delivered in 2 1/2 hour sessions, one evening a week over a 7 week period. The training consists of the following:

Session I, DISASTER

PREPAREDNESS: Addresses hazards to which people are vulnerable in their community. Materials cover actions that participants and their families take before, during, and after a disaster. As the session progresses, the instructor begins



*Click on the photo to learn more about CERT training in your area.
(The information and photo in this article were pulled from www.CitizenCorps.gov)*

to explore an expanded response role for civilians in that they should begin to consider themselves disaster workers. Since they will want to help their family members and neighbors, this training can help them operate in a safe and appropriate manner. The CERT concept and organization are discussed as well as applicable laws governing volunteers in that jurisdiction.

Session II, DISASTER FIRE

SUPPRESSION: Briefly covers fire chemistry, hazardous materials, fire hazards, and fire suppression strategies. However, the thrust of this session is the safe use of fire extinguishers, sizing up the situation, controlling utilities, and extinguishing a small fire.

Session III, DISASTER MEDICAL

OPERATIONS PART I: Participants practice diagnosing and treating airway obstruction, bleeding, and shock by using simple triage and rapid treatment techniques.

Session IV, DISASTER MEDICAL

OPERATIONS, PART II: Covers evaluating patients by doing a head to toe assessment, establishing a medical treatment area, performing basic first aid, and practicing in a safe and sanitary manner.

Session V, LIGHT SEARCH AND

RESCUE OPERATIONS: Participants learn about search and rescue planning,

size-up, search techniques, rescue techniques, and most important, rescuer safety.

Session VI, DISASTER PSYCHOLOGY AND TEAM

ORGANIZATION: Covers signs and symptoms that might be experienced by the disaster victim and worker. It addresses CERT organization and management principles and the need for documentation.

Session VII, COURSE REVIEW AND DISASTER SIMULATION:

Participants review their answers from a take home examination. Finally, they practice the skills that they have learned during the previous six sessions in disaster activity.

During each session participants are required to bring safety equipment (gloves, goggles, mask) and disaster supplies (bandages, flashlight, dressings) which will be used during the session. By doing this for each session, participants are building a disaster response kit of items that they will need during a disaster.

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December's Solar Cooking Recipe: Accordion Potatoes

Baked potatoes and the Global Sun Oven is a match made in heaven. Just place scrubbed potatoes directly on the leveling tray alongside the pot, or on top of it, for the perfect accompaniment to many a main dish. You don't even have to poke holes in them.

If you don't feel like cooking at all you can always pop a few in the cooking chamber and rustle up some toppings for a light weeknight meal. And, if you want to make it look like you put a little effort into it, make these fancy looking accordion potatoes.



INGREDIENTS

- 1 potato per person
- olive oil
- salt
- fresh rosemary
- freshly grated parmesan cheese

PREPARATION

Set Global Sun Oven out to preheat.

Put a potato on a cutting board and lay a wooden spoon next to it. Cut 8 to 10 slices down the potato until the knife reaches the spoon handle; leaving the base of the potato intact. Place the

sliced potatoes in a lidded roasting pan, drizzle with oil and sprinkle with salt. Place a sprig of rosemary between each slice. Bake until tender; about 1 hour.

For serving, remove the rosemary sprigs and sprinkle with grated cheese. **E**

Shelter-in-Place: What does it mean?

Sheltering-in-place means staying inside a building. Local authorities may issue a shelter-in-place order during a release of a hazardous material where air quality may be threatened.

If you are told to shelter-in-place, take the following precautions:

- Take your children and pets inside immediately. While gathering your family, cover your mouth and nose with a damp cloth to provide a minimal amount of protection.
- Close all windows and doors in your home as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems, and any other ventilation.
- Go to an above the ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
- Wet some towels and jam them in the crack under the door. Tape plastic sheeting or garbage bags



over the door, window, exhaust fan, vents and outlets.

- If you are told there is a danger of explosion, close the window shades, blinds or curtains. Stay away from the windows.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate. Once you are told to stop sheltering in place, vent your house by opening windows and turning on fans.

In addition to the directions listed for your home, you should take the following steps at work:

- Ensure all ventilation systems are set to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, turn off the system.
- Minimize the use of elevators as they "pump" air through the building.
- Remain in place until you receive notice that it is safe to leave. **E**

Making your home safer

Most injuries, death and economic loss in an earthquake are due to man-made problems. Included are damage to buildings, homes, roads, bridges and businesses. Many of these problems can be avoided, because many of the solutions, which limit loss, are simple and inexpensive.

If building a new home or considering retrofitting an existing home for seismic protection, seek help from a professional contractor specializing in seismic construction techniques.

In the meantime, consider the following suggestions to reduce damage to your property in the event of an earthquake.

- Secure fixtures, such as lights, cabinets, bookcases and top-heavy objects. These items can topple during the shaking. Place hard and heavy objects on lower shelves and securely fasten the shelves to the wall.
- Store bottled goods, glass, vases, china and other breakables in low or closed cabinets and use non-skid padded matting, hold-fast putty, or Velcro where possible.
- Develop a family plan, which addresses what to do if an earthquake occurs while family members are at home, school or work.
- Hold drills so each member of your family knows what to do in an earthquake.
- Check the electrical wiring and connects to gas appliances.
- Locate master switch and shut-off valves for all utilities and teach all responsible family members how to turn them off.
- Secure your water heater by strapping it to the wall or bolting it to the floor. This will help prevent broken gas and water pipes and possible fire. **E**



Multiple uses of a Sun Oven

The Sun Oven makes a great gift for family or friends. It is a gift that can be used year-round for a variety of purposes - beyond just cooking food. Here is a list of some of the additional ways you can use a Sun Oven.

Water Pasteurization

In an emergency, water sources may be contaminated with germs, making it unsafe to drink. The Sun Oven can heat water to the point of pasteurization, making it safe to drink. A WAPI (Water Pasteurization Indicator) can be used to let you know when the water has been heated high enough for the right amount of time.

Dehydration

Using easily stackable wire racks, the Sun Oven can dehydrate, using the power of the sun. This may include vegetables, fruits, meats, herbs or fish.

Sun drying is a natural, economical method of food preservation that maintains a high level of flavor and nutrients, and provides an easy-to-store supply of your favorite items.

In fact, sun drying is much easier and requires less energy than canning. While freezing is commonly viewed as the most convenient preservation method, freezers require a constant source of electricity, and food is

vulnerable to power outages and mechanical failures.

Click on the graphic below to take advantage of The Christmas Sun Dehydrating and Preparedness Kit. **E**

**THE CHRISTMAS
Sun Dehydrating
and Preparedness Kit**



Includes all
these items

BUY NOW