



PD_USGOV

Measles

By [Measles & Rubella Initiative](#)

Measles is a highly contagious disease caused by a virus and spread through coughing and sneezing. 90% of people coming in contact with an infected person will become infected if they are not already immune. Immunity is achieved by either having been vaccinated or having previously contracted the disease. Symptoms include a high fever, severe skin rash, cough and sensitivity to light.

In 2000, prior to the formation of the Measles & Rubella Initiative, more than 500,000 children died worldwide from measles complications each year. About 30% of reported measles cases have complications like pneumonia, blindness, diarrhea and encephalitis. These debilitating effects are most common in children under five and adults over the age of twenty.

There is no specific treatment for measles. Most patients will recover with rest and supportive treatment. Treatments for the symptoms include ibuprofen to reduce fever and pain and fluids.

With the introduction of vaccines around the world, by 2012 the death rate had been cut significantly, but still kills about 122,000 children - mostly children less than five years old. Measles can be completely prevented with two doses of a safe, effective and inexpensive vaccine. Avoid measles parties.

A recent outbreak of measles cases has been linked to a popular theme park. The strain of measles in the California cases has been matched to the strain circulating in the Philippines. Stephen Cochi, senior advisor with the Center for Disease Control and Prevention, said, "That virus has spread around the world." From his experience tracking previous measles outbreaks in the U.S., Cochi says the source was probably an American. "It's really traveling Americans who are unvaccinated, then return to the U.S. with the virus, who are causing most of the current out-breaks."

References



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Ask Billie



Q. What materials are used in the construction of a Sun Oven®?

A. The following materials are used to make a Sun Oven®:

Reflectors: Anodized aluminum (which will never oxidize, rust or corrode)

Outer Shell: ABS plastic

Bezel: Poplar wood (kiln dried)

Inner shell: Anodized food grade aluminum

Door: Tempered low iron glass

Between the aluminum inner shell and the plastic outer shell is a thick batt of food grade fiberglass insulation. All parts are made in the USA except the thermometer.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send

your questions to
editor@sunoven.com



Billie Nicholson

Storage Closet Remedy

Suzanne Borges

I wanted to maximize storage options in our new broom closet but didn't want to add another "honey-do" list. We do too much digging under cabinets and through boxes to find things, so most storage items aren't going to help that. My first idea was door hanging shelves, but they might be noisy and tall items could fall off. My problem was also complicated by the fact that the broom closet's door is only 19-1/4" wide. I am blessed that the door has no knob on the inside and two magnetic catches. As long as what I found allowed for door closure without too much weight, I was good to go. Last night at Walmart I found my solution in the closet accessories area -- a hanging shoe bag. For \$9 I have what I want.



Sun Oven Seminars

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March 28-29 Get Prepared EXPO (<http://www.usaprepares.com/get-prepared-expo/seminars>)

Cowan Civic Center,

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There is an admission to the expo. The Sun Oven Seminars are free.

April 11-12 Mother Earth News Fair Asheville, N.C.

(<http://www.motherearthnews.com/fair/north-carolina.aspx>) To Order tickets Sun Oven Cooking Demos FREE

Western North Carolina Agricultural Center

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The Many Uses of Powdered Milk

Billie Nicholson



Photo: [Tactical Intelligence.net](http://TacticalIntelligence.net)

Wikipedia defines powdered milk as a manufactured dairy product made by evaporating milk to dryness. This technique gives milk a much longer shelf life than liquid milk; it doesn't need to be refrigerated; and in this evaporated state, it is easier to transport.

Marco Polo wrote of sun-dried skim milk during the days of Kublai Kahn, whose troops carried it in the form of a paste. The first form of modern production was invented by a Russian physician. Today powdered milk is usually made by spray drying milk products. The milk is concentrated to about 50% milk solids, which is then sprayed into a heated chamber where the water evaporates instantly, leaving powdered milk solids. Another process is freeze drying which preserves more nutrients than heat drying. The drying method may alter the solubility in cold water and the flavor.¹

Most of us have had a less than pleasing experience with powdered milk. Improvements in the processing techniques has resulted in a much more agreeable product. It is a prepper staple that we should all add to our supplies. One cup of dry milk provides you with a good source of protein, vitamins A and D, calcium, magnesium and essential fats.²

Here are some things you should know about [powdered milk](#):

- There is a big difference between Regular Nonfat Dry Milk and Instant Nonfat Dry Milk. Regular can be turned into a variety of milk products; Instant can only be drinkable milk.
- There are almost twice as many servings in Regular Nonfat Dry Milk as in Instant.
- There is more protein per serving in Regular Nonfat Dry Milk.
- Instant Nonfat Dry Milk tastes better.
- Instant dissolves easier than Regular Nonfat Dry Milk.
- Instant can be found in most grocery stores; Regular is available online in emergency preparedness stores.³

Regular Nonfat Dried Milk can be used to make:

Sour Cream by mixing 1/3 c dry milk with 3/4 cup plain yogurt. Makes a great low fat dip.⁴

Regular Milk just substitute 1/3 cup dry milk and 1 cup cold water. Best chilled.

White Sauce mix 1/3 cup dry milk, 3tsp melted butter and 3 TBS flour to form a paste. Slowly add 1 cup water and whisk until smooth.

Yogurt can be made using 1 cup Regular Nonfat Dried Milk mixed with 2 cups warm water (110°F) and 2 TBS plain yogurt as a starter. Keep at 110° about 8 hours to thicken. This technique can also be used to make Yogurt Sour Cream and Cream Cheese. These can be used in pancake mixes and Stroganoff recipes³ as well as hot cocoa, instant oatmeal and pudding mixes.²

References

Who Will Provide Education If There Are No Schools?

Billie Nicholson

Todd Sepulveda, minister and educator, has created an e-book, “Education After the Collapse” available as a free download at [EdThatMatters](#) which informs us that the education community rarely thinks about education after a disaster. “We have seen examples of this across the country. Schools pride themselves with the coordination of conducting one fire-drill a month, but what is the plan in case of a “big one?” Who will be responsible for teaching our children? Will this be on anyone’s mind?” Todd asks.

If you and your family survive a disaster that takes away government provided services, the responsibility for education of the younger generations will fall on you. Not an educator? Never fear. Common sense will kick in here. There are three techniques for learning. Some people learn by listening, others by seeing demonstrations and still others by doing. In a collapse situation, to determine how best to work with your children, you will need to know how they learn. This will take some observation and experiments.

Do you actually perform what you were formally educated to do on a daily basis? Probably not. So what is the most important part of education? Learning to think critically. Problem solving techniques often involve taking knowledge gained in one area and applying it to another. Flexibility in learning will be a critical factor.

There are three basic parts to all education: reading, math and science. Reading is the most important. Once you learn to read, you can learn anything. Do you remember the slow process you went through? Phonics is the basis for learning to read. Letter recognition, sounds and image association all fit together. There is a complete process building on these base letters, advancing to sight words and then on to putting words together to make sentences.

Math starts with basic arithmetic of adding, subtracting, multiplying and dividing. From there it advances to measurements and on to problem solving. Todd takes you through the steps of problem solving using the Window Pane technique. If you think about it, this simple approach for problem solving can be applied to all kinds of life challenges. We will all need to return to knowledge base strategies like this to overcome problems in a societal breakdown.

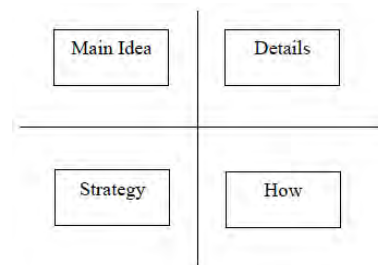


Photo: Education_After_The_Collapse

In a collapse scenario, science will be your friend. The knowledge of which plants are safe to eat, which animals should be hunted for the most nutrition, gardening, all come under science. Moon phases [link] and cloud identification to recognize upcoming weather conditions are basics of survival, too. Do not wait to [download this ebook](#). It is filled with explanations and even flash cards you can use. Here’s what another expert in the survival arena said about this book:

In [Education After the Collapse](#), you will be reminded that different children - and people for that matter - have different capacities and styles of learning. That said, within the scope of those differences, teaching children to solve problems and think critically is probably the most important lesson of all.....But even more important, if you care about our world and you care about society, you will want to read the rest of [Education After the Collapse](#). And after reading it? You just might - like me - want to stock up on some textbooks, paper, writing materials and flash cards so that you will have them for the children of the unprepared - if and when the time comes.

Gaye @ www.backdoorsurvival.com

Programmable In-Oven Thermometer

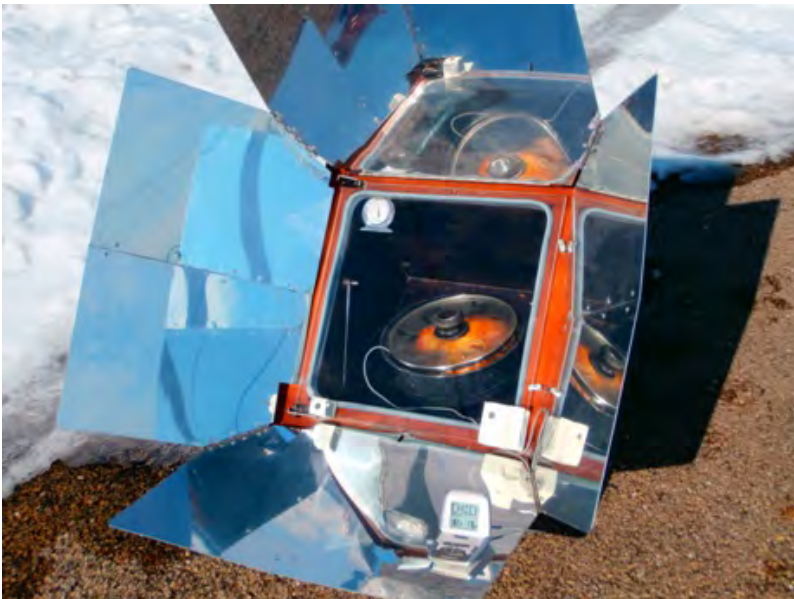


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Egg Casserole To the Rescue From Our Solar Chef



I recently signed up for one of those services that deliver a box of fresh produce to your door. This service lets you pick and choose. However, using all the fresh vegetables before they turn to compost is still a challenge. Starting with the green tops of the beets. The beets themselves keep for quite a while, but I know from experience that if I don't use the tops immediately they will spoil. To stop that from happening I trimmed and steamed them right away, before they ever got a chance to see the inside of the refrigerator. This morning, in the [spirit of preventing waste](#), I tossed them with a few other things that may have wound up in the compost bin. The result was this tasty baked egg casserole. The ingredient and amounts of the following recipe are just guidelines since the contents of your refrigerator will not be the same.

“Everything” Sun Baked Egg and Cheese Casserole

INGREDIENTS

1 tablespoon olive oil
 3 green onions, thinly sliced
 About 2 cups cooked mixed green vegetables
 (I used beet greens and green beans)
 About 1/2 cup chopped fresh parsley
 About 1 1/2 cups ricotta cheese
 6 eggs
 salt and pepper to taste

PREPARATIONS

Preheat Sun Oven®
 Spray a baking pan with cooking oil

Heat the oil in small skillet over. Add the green onions and cook, stirring often, until softened, about 5 minutes. In a large bowl, mix together the cooked onions, mixed greens, and chopped parsley. In another large bowl, beat together the cheese and the eggs. Mix the vegetables into the egg mixture. Season with salt and pepper. Pour the mixture into the prepared baking pan. Cover with a second baking pan and transfer to the Sun Oven. Cook until set and starting to brown around the edges. Let rest 10 minutes before serving. Serve warm or at room temperature.

Makes 6 - 8 servings.

Predicting the Weather

Billie Nicholson

What is weather, how is it formed and how can future weather be predicted? Weather is the state of the atmosphere, to the degree that it is hot or cold, wet or dry, calm or stormy, clear or cloudy.¹ Almost all weather conditions begin with the sun. It provides the energy to raise temperatures, and the uneven warming (water warms slower than soil and shady soil warms slower than soil in the sun) triggers air movement. Add to that a spinning earth and you have a weather producing machine.² Weather forms when the air masses begin to move, based on air pressure (temperature and moisture) differences, interacting with the surface of the earth and one another. This air movement influences air throughout all levels of the atmosphere, not just close to the earth's surface. Weather conditions have a profound influence on human life and humans have been thinking about it for centuries. Even today it is a frequent topic of conversation.



ROBERT SIMMON/NASA EARTH OBSERVATORY/NOAA⁵

Ancient weather forecasting relied on observed patterns. Over the years these observations became known as weather lore and were used as the basis of predicting weather. With the invention of the electric telegraph in 1835 modern forecasting began. The telegraphed reports of weather conditions from a wide area almost instantaneously allowed predictions of impending weather events to be made using the knowledge of what was going on upwind.³

The Weather Bureau, established in 1870, originally was assigned to the U.S. Army Signal Service within the Department of War. Twenty years later it was transferred to the Department of Agriculture. In the early 1900's scientists proposed that the evolution and motion of the atmosphere was governed by

complex mathematical equations, the laws of fluid motion and thermodynamics, could be used to calculate and thus predict the coming weather. Today we use supercomputers to carry out these calculations. Granted current weather forecasters do not always get it right, things have come a long way since 1870.⁴

How will we anticipate weather conditions in a survival situation? We will need to return to the knowledge base of observations in nature to help us guesstimate weather changes. An article in The Preparedness Review, Winter 2014 ([TPR5-Winter 2014.pdf](#)) includes some behaviors to note:

- Wild animals tend to feed heavily before a storm.
- Animals make noise before a storm.
- Herding animals get together before a storm.
- Bees are nowhere to be found before a storm.
- "Red sky in the morning, sailors (and everyone else) take warning."
- Body aches and pains appear before a storm
- The lower the clouds the greater the chances for a storm.

[References](#)

Home-Made Sun Dried Tomato Vinaigrette

Billie and Robert Nicholson

Tired of purchasing salad dressings with all kinds of “secret” ingredients and unknown preservatives? Here is an alternative. Compare this with store-bought salad dressings and you will find: a. Cost savings b. Tastes better c. Known contents (what you know and trust) d. You can vary the ingredients to your taste e. Gives you the satisfaction of being independent, more in charge of your food sources & improving your family’s quality of life. Send us your modifications for comparison.



Ingredients

2 Sun dried tomatoes (or 1/2 cup dried slices - we dried our tomatoes by slicing & putting them in dehydrator - [Sun Oven® works great](#) - on parchment, added some herbs and dried them @ 95° F)

1 large clove garlic, sliced

1 tsp capers, rinsed

3 sprigs fresh Oregano (dried will work)

3 sprigs fresh Parsley

1 TBS Tomato Paste (we open can of paste & freeze the leftover paste in ice cube tray, wrap each spoonful in plastic wrap and store in zip-lock bag in freezer for later use)

1/8 cup filtered water

1/4 cup Red Wine Vinegar

1/2 cup Extra Virgin Olive Oil

Pinch of Red Pepper (we dried ours, then ground up seeds and all for more kick)

Pinch of fresh ground Black Pepper

Pinch of salt (optional)



Preparation

Start with the dry ingredients first in a blender on high, then add other ingredients and blend together. Decant into bottle of your choice and refrigerate between uses. This delicious salad dressing will thicken over time and you can add a touch more water to help it pour easily. We serve one to two tablespoons per 2 cup salad.