



## September is National Preparedness Month

[Ready.gov](http://Ready.gov)

This year's National Preparedness Month's (NPM) focus is on planning for disasters. The theme is "Disasters Don't Plan Ahead. You Can."

All of us can and should take action to prepare. Training courses help us to help the first responders by knowing what to do when disaster strikes - wherever we are. The overall goal of NPM is to increase the overall number

of individuals, families, and communities that engage in preparedness actions at home, work, business, school, and places of worship. The month's outline includes weekly goals and links to associated training.

### **Week 1: September 1-9**

#### **Make a Plan for Yourself, Family and Friends**

- [Make an Emergency Plan.](#)
- Sign up for [alerts and warnings](#) in your area.
- Learn your evacuation zone and have an evacuation plan.
- Check your [insurance](#) coverage and review the [Document and Insure Property guide.](#)
- Plan financially for the possibility of disaster.

### **Week 2: September 10-16**

#### **Plan to Help Your Neighbor and Community**

- Learn skills you need to help yourself and others until help can arrive.
- Take [Until Help Arrives](#) training.
- [Check on your neighbors.](#)
- Talk with your Power Company about [utility safety.](#)
- On National Preparedness Day, Friday, September, 15, hold an event.

### **Week 3: September 17-23**

#### **Practice and Build Out Your Plans**

- Complete an [Emergency Financial First Aid Kit \(EFFAK\)](#) [MORE](#)



### *Ask Billie*

#### **Q. Have you reserved your place for the **Back to Basics Living Summit?****

This is a gathering of some of the top influencers in the back to basics movement, covering topics from gardening, preserving, backyard livestock, urban homesteading, and more!

- No Entrance Fee - Available 100% online
- Begins Sept 10th & runs 7 full days, with unique content daily - over 20 hours of video presentations
- To be included Register [HERE](#) to reserve your FREE ticket

• Learn new ways to use your Sun Oven® - Summit includes a class - "13 ways to utilize sunlight for delicious, efficient homesteading" Sign up today!

#### [Back to Basics Living](#)

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

Send your questions to [editor@sunoven.com](mailto:editor@sunoven.com)

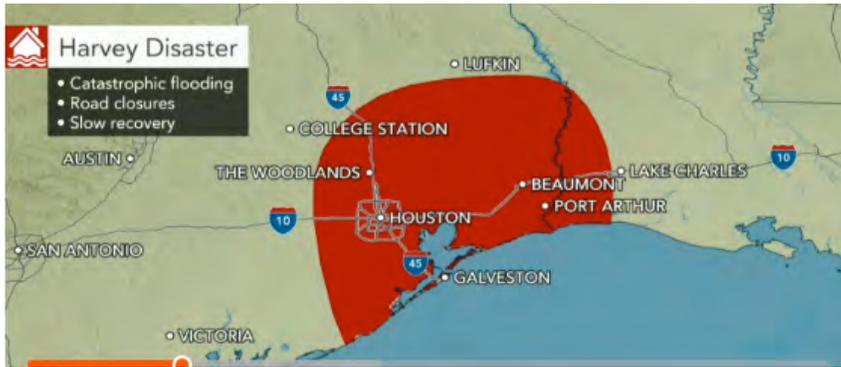


Billie Nicholson



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## Hurricane Harvey - The Ripple Effect



Accuweather.com

Hurricane Harvey made landfall in Texas last week resulting in record rains and devastating floods across a large portion of eastern Texas. 50 counties have reported flooding, over 30,000 people are reported in shelters, 300,000 people were left without electricity and a hundred thousands homes damaged. Estimated costs for recovery are still climbing and currently are reaching the \$200 billion mark. Our

sincere concern goes out to all those suffering in the storm's wake. This storm will have an effect reaching much farther than it's direct storm track. Here are some thoughts to consider:

1. Flooding and power outages will force the relocation of many families. When the flood waters recede, homes, if they are still in place, will be for the most part, uninhabitable. Where will victims stay while they're cleaning up? According to the National Flood Insurance program, only a small percentage of people have flood insurance. Those that do will be able to go through the claims process and wait while funds are processed. Those that don't will need to begin the process of qualifying for funds to begin the reclamation process. Many may not have the ability to qualify or be physically able to replace their homes. In the case of flooding during Hurricane Katrina, thousands of people simply left for places unknown. This may be the case for Texas residents as well. Making places for people to live, creating jobs that they can work in to support themselves and security are concerns that will be faced by any community where they go. Water access, sewage treatment and electricity, food and shelter will be critical for those remaining.
2. School children may miss classes or need to change schools completely based on family relocations. Their school records and class assignments will be in question. How long will they need to catch up?
3. Texas has several large international shipping ports, petro-chemical production businesses and even online businesses whose productivity is being reduced. These business interruptions will be felt wherever their products go.
4. Supply line interruptions and oil refineries shut down or damaged could lead to fuel shortages and higher gasoline and jet fuel prices across the country.
5. When the waters recede and recovery work begins, where will the workers come from, how long will it take to get supplies, and how will they be paid for?
6. Thousands of pets have been abandoned and are being transported to other states. How will these "family members" be cared for and reunited?
7. Curfews have been in place in many affected cities to prevent looting and other crimes. If criminal activities are curtailed, the criminals will relocate too, often taking their criminal activities with them.
8. Warm weather (average high in September is 89°F), high humidity (80-90%) and standing water will create growing conditions for mosquitoes and other organisms that can cause sickness. Wet home interiors will quickly grow mold, another sickening agent. Sanitation needs will also be a concern. Primary healthcare restoration will be critical.

Recovery from this disaster will take sometime, but we know that Texans are tough and will make it.

### References



## Materia Medica - Turmeric

**Botanical Name:** *Curcuma longa*

**Common Name:** Turmeric

**Family:** Zingiberaceae

**Ayurvedic/TCM Name:** Haridra, Aushadhi, Gouri, and Kanchani

**Parts Used:** Rhizomes and tuber

**Native Region:** Southern Asia

**Geographic Distribution:** China, Bengal & Java, can be grown in pots in Florida and other sub tropical areas.

**Botanical Description:** Perennial plant that grow from rhizomes to 2.5 to 3.5 feet tall and has tufted leaves. Rhizomes/tubers oblong, palmate, and deep orange inside. Root leaves about 2 feet long, lanceolate, long, petioled, tapering at each end, smooth, of uniform green; petioles sheathing spike, erect, central, oblong, green; flowers dull yellow, three or five together surrounded by bracteolae. Propagated by cuttings from the root.[1]

**Harvesting Guidelines:** Dig rhizomes/tubers when leaves die back. Dries as a curved cylindrical, or oblong tuber 2-3 inches long and an inch in diameter. Will stain everything it touches yellow.

**Constituents:** An acrid, volatile oil, brown coloring matter, gum, starch, chloride of calcium, woody fiber and yellowish coloring matter named curcumin. Use black pepper with it to increase bioavailability.

**Uses:** Turmeric (*Curcuma longa*) has been used for 4,000 years to treat a variety of conditions. Studies show that turmeric may help fight infections and some cancers, reduce inflammation, and treat digestive problems. Turmeric is widely used in cooking and gives Indian curry its flavor and yellow color. It is also used in mustard and to color butter and cheese. Turmeric has been used in both Ayurvedic and Chinese medicine as an anti-inflammatory, to treat digestive and liver problems, skin diseases, and wounds. Curcumin is also a powerful antioxidant. Antioxidants scavenge molecules in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death. Antioxidants can fight free radicals and may reduce or even help prevent some of the damage they cause. In addition, curcumin lowers the levels of two enzymes in the body that cause inflammation. It also stops platelets from clumping together to form blood clots.[2]

Used for: arthritis, digestion, eczema, bleeding, wounds, ulcers, diarrhea, liver problems, pain, Alzheimer's, colds/flu, cancer, heart health, and diabetes. Instructions for making dried turmeric from fresh tubers [here](#).

**Precautions:** Consult healthcare professional if taking blood thinners or diabetes medication.

*Disclaimer: The information in any Every Needful Thing article is not intended to replace medical advice.*

[Recipes](#)

[References](#)

## 12 Areas of Preparedness

### Emergency Essentials

September is preparedness month. It's the time of year as the seasons change to prepare for the future. Preparing for the future should not be overwhelming. We've included 12 primary areas of preparedness. Use your specific situation to decide what you need. Make a plan for how you will gather these items and get started. As you and your family become better prepared for the storms of life, you will be on your way to turning this September into Preptember!™

- 1. Water** - 1 gallon per person per day minimum - 3 gallons is recommended. Items to consider for storage: storage barrels & tanks, bottles/pouches/cans; purifiers/distillers/filters.
- 2. Food** - 2,000 calories per person per day recommended. Items to consider for storage: fruits, vegetables, dairy, grains, legumes, meats, drinks; food can be dehydrated, freeze-dried, or canned.
- 3. Shelter** - An item to provide protection from the elements. Items to consider obtaining: tents, sleeping bags, hats, coats, rain gear.
- 4. Warmth** - Safe reliable things to burn and equipment to use them. Things to consider obtaining: stoves, heaters, fireplaces, propane, wood, kerosene, paraffin.
- 5. Light** - A good light source gives you power to overcome the darkness. Items to consider acquiring: candles, flashlights, oil lamps, glow sticks, lanterns, headlamps, solar lights.
- 6. Power** - Power back-up is now inexpensive, lightweight, portable & easy to use. Items to consider: solar & fueled generators, solar collectors & chargers, batteries, hand-cranked chargers.
- 7. Sanitation** - Unsanitary conditions in the aftermath of a disaster can be more hazardous than the actual disaster. Items to consider acquiring: waste disposal, toilet facilities, hand & body wash, clothing washer, dental supplies.
- 8. First Aid** - Be prepared to provide first care while waiting for first responders. Obtain First aid kits and don't forget prescription medicines.
- 9. Communications** - Always keep your cell phones charged and use texting to communicate. With cell towers down you will need alternative ways to contact loved ones. Items to consider: Whistles, air horns, emergency band radio, walkie talkies.
- 10. Cooking** - Alternative ways to cook will be necessities in an electrical power down situation. Every time you cook outside, you're practicing preparedness. Items to consider: Outdoor cooker and fuel, solar ovens, hand powered opener, hand mills for grinding grains, food dryers and canning pots/pans/utensils.
- 11. Tools** - With no electricity and no handyman to call, it will pay-off to have a few hand tools, and to know how to use them. Be sure to know how to turn off the city water and gas if you have them. Tools to consider: building, repairing, clearing, cutting, mechanical.
- 12. Planning** - Start planning today, before a disaster occurs. Then the time for preparation will be over. Do you have: food storage plan, evacuation & gathering plan, insurance coverage, list of out of area contacts, a 72 hour kit?



## Recovering from a Flood



[Photo: Wikimedia.org](http://Wikimedia.org)

Floods are among the most frequent and costly natural disasters. Conditions that cause floods include heavy or steady rain for several hours or days that saturates the ground. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

Many times flooding occurs when you least expect it. This is the kind of emergency where your bug-out-bag should be packed with a minimum of 72 hours of supplies and ready to put in your car for evacuation. Make sure you pack some cleanup clothes, hat, sturdy shoes and your camera to document damage when you return.

Listen to your area radio and television stations and a NOAA Radio for possible evacuation warnings. When a warning for your area is issued, go to higher ground and stay there. It's a good idea to plan this route ahead of time. If you come upon a flooded road while you are traveling, turn around and go another way. Traveling at night, it is hard to recognize where the road is or isn't. In a recent flood in Pensacola, we had a road wash away leaving a 25-foot drop!

Return home only after officials have declared the area safe. Before entering your home check for downed power lines, damaged gas lines, foundation cracks or other damage. As you enter, check ceilings for sagging or other structural damage that might lead to a collapse. If you smell or hear hissing gas, leave immediately and telephone the fire department. Don't take children into hazardous areas.

The first thing to do is contact your insurance agent to file a claim. Make sure you have the name of your insurance company, your policy number and a telephone or email address where you can be reached at all times. An adjuster should get back to you within a few days.

Meanwhile, take photographs of any floodwater in your home and begin the process of saving personal property. Make a list of damaged or lost items. These can be added to your home inventory, which already contains the purchase date and value. Take photographs of any items that need to be discarded. Do not turn on electricity until an electrician has deemed your property safe. Mold is the enemy. Remove all wet items immediately. During cleanup, you should wear protective clothing, including rubber gloves and boots.

If you have a basement full or nearly full of water, pump out 2 or 3 feet of water each day. If you drain it too quickly, the pressure outside the walls will be greater than the pressure inside the walls, resulting in cracks or collapse.

For general cleanup, follow a three-step process.

1. Remove mud – shovel out as much as possible, then use a garden hose to wash away mud on hard surfaces. This should include metal heating ducts. Remember to disconnect the furnace first. Discard any porous materials since they are contaminated.

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## Recovering from a Flood

2. Clean – scrub surfaces with hot water and a heavy-duty detergent. Clean from the bottom to the top.
3. Disinfect – Use a solution of ¼ cup chlorine bleach per gallon of water or a product that is labeled as a disinfectant to kill germs. Don't mix cleaning products as some combinations give off toxic fumes. Your house should be thoroughly cleaned and dry before you move back in.

Flood soaked dry-wall must be removed. Plaster and paneling can perhaps be saved if thoroughly dried. Air should be circulated in the wall cavities to dry studs and sills. What about insulation? Styrofoam can be hosed off; fiberglass bats should be thrown out if muddy, but can be reused if thoroughly dried. Loose or blown-in cellulose or fiberglass must be replaced.

Mold will grow in only a couple of days if the temperature and humidity are right. Bedding, rugs and clothing should be taken outside to dry as soon as possible. Open your windows and use fans to ventilate the house with outdoor air or use an air conditioner or dehumidifier. Mold can be removed from hard surfaces but not from porous surfaces like paper, drywall and carpet padding. These items must be removed and discarded. Wear a two-strap (n-95 rated or better) protective mask to prevent breathing mold spores.

To remove mold, first vacuum or brush off items outdoors to prevent spreading spores inside. Vacuum with a HEPA filtered vacuum to remove loose mold and spores. Then scrub using a stiff brush with a non-ammonia detergent. Structural wood may need to be sanded to remove all the mold growth. Then disinfect with a bleach solution diluted 1 cup per gallon of water. The surface must remain wet for 15 minutes to successfully disinfect. Then rinse with clean water and rapidly dry the surfaces. Provide adequate ventilation during the disinfecting and wear rubber gloves.

Discard any carpet or rugs if they were wet or damp for more than a couple of days. If sewage-contaminated water covered your carpets, discard them for health reasons. To clean carpets, drape them outdoors and wash down with a hose. Use a disinfecting carpet cleaner on soiled spots. Dry carpets and floors thoroughly before putting them back in place.

If you have hardwood floors, remove a board every few feet to reduce buckling. Clean and dry the wood before trying to repair it. If you have wooden subflooring, the floor covering must be removed to allow air to dry the subflooring thoroughly. This may take months.

Wooden furniture worth saving should be dried indoors to prevent warping by the sun. It can be wiped down with turpentine to remove white spots that may develop on damp wood. Wipe dry and polish with wax or furniture polish. Throw away water soaked mattresses and pillows. Wash bedding in a bleach solution as recommended on the label. Treat clothing and other washable textiles with stain removal products before washing.

Flooding contaminates or damages everything it touches. For more details on cleaning and what to save or discard, see [Flood Recovery and Cleanup](#).

## Wheat Berries Cooked in the Sun



### Wheat Berry Salad with Melon & Feta\*

#### Ingredients

- 1 cup dried wheat
- 2 cups chicken or vegetable broth

#### Salad Ingredients

- 3 Tbs extra virgin olive oil
- 2 Tbs white wine vinegar
- 1/2 tsp Kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp tomato paste
- 1 1/2 cups cooked wheat berries
- 1 cup sliced English cucumber
- 1 cup chopped watermelon
- 1 cup grape tomatoes, halved
- 3 Tbs chopped fresh mint
- 2 oz feta cheese, crumbled (about 1/2 cup)
- 2 Tbs unsalted sunflower seed kernels

\* [Cooking Light](#)

### MORE WHEAT RECIPES

*Storing wheat grains and wondering what to do with them? Wheat Berry Salads will change the way you think about stored grain forever.*

#### Directions

Wash and soak wheat overnight. When they absorb the water they become wheat berries. Set Sun Oven out to preheat. Bake wheat berries for two hours at 350°F or until tender and water has absorbed. Yields 2.5 - 3 cups cooked berries.

#### Salad Directions

Combine first 5 ingredients in a large bowl, stirring well with a whisk. Stir in wheat berries, toss to coat. Stir in cucumber, watermelon, tomato, and mint; toss to coat. Sprinkle with cheese and sunflower seeds.



## **If You Have to Go, What About a Portable Kitchen?**



If you have to leave your home, knowing that you will be in “camp-out” conditions, what items would you want to take with you to be able to cook? This kit could be optional or out of the question, depending on the emergency situation, but consider assembling these items. If your kitchen is all together in a tub, you could just grab it and go. Each person in your group can be responsible for their own eating utensils attached to their emergency packs, but items for group cooking and clean up can be pre-packed. Think beyond a grill on wheels!

- Sun Oven® - packed with two, pots, pans, WAPI kit, and whatever racks will fit. Using this to rehydrate foods, cook items from raw and pasteurize water, it will meet a lot of cooking needs.

- Cloudy Day Cube Stove and fuel blocks will cover short term weather conditions without the sun.
- Spatulas, cooking forks and spoons, large ladle
- Measuring cups and spoons, hot pads
- Cutting board and 2 sharp knives (one large, one small)
- Knife sharpener
- Waterproof matches or other fire starter
- 2 hunting knives for cleaning game and fish
- 1 Roll of heavy duty garbage bags - can be used to store food items as well as trash
- 1 gallon bleach - can be used for wiping down and sterilizing cutting boards, knives and other cooking surfaces after cutting meats.
- Non-soap scrubbing pads - use for cleaning
- 1 gallon vinegar
- 1 large box baking soda - can be used for tooth brushing, breath freshening, relieve insect bites, deodorant, use as shampoo and follow with vinegar rinse, relieve diaper rash and soaking your feet
- 2 jugs of liquid soap - Remember that a little will go a long way. Use for washing hands: mix dish soap and vinegar to make an effective anti-bacterial soap without drying out your skin. Will work well for washing clothes. Use 1 part dish soap and three parts vinegar to keep clothes clean and odor free. One container should be kept at cooking area and other at bathroom area.  
Note: washing your hands after using the toilet and before cooking or eating, as well as washing cooking utensils will cut down on illness. Stressful emergency situations weaken the body, so be as sanitary as possible.
- Water as much as you can carry.

If you are traveling by car, this mini-kitchen will be easy to fit in. If you have to be on foot, consider taking a wheel barrow, wagon or travois to be pulled.

*Thanks to Holly Deyo's book "[Dare to Prepare!](#)" for some of these ideas.*