

EVERY NEEDFUL THING

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

Part I: Organizing blocks and block captains

How often do you see a news story about a disaster that occurred and sent the city into panic and disorganization? Having a practiced and refined emergency preparedness plan in place can help reduce the panic in your own neighborhood.

It would be naive to say that in an actual emergency, your plan will go exactly as planned and practiced - every disaster may warrant different circumstances. But if the residents feel confident that a plan is in place, and has been practiced before, the level of panic will remain much lower.

If you fail to plan, then you plan to fail.
Don't let this be your neighborhood.

STEP 1: Identify a block captain

Block captains are volunteers assigned to a designated collection of houses and who help gather the information necessary to identify and address the needs of that given neighborhood.

Ideally, the block captain should be able to stand in front of their house and see the houses to which they have been assigned. In the corresponding graphic,

a few examples of block organizations have been identified, with the block captain's home identified in white.

STEP 2: Provide basic training

When asking a neighbor to "volunteer" to be a block captain, it is important to be able to provide them with an understanding of what their role is in an emergency.

Layton City (Utah) prepared a PowerPoint presentation for block captain training and has made it available on their Website. You can access the PDF file with this link:
<http://bit.ly/TrainBlockCaps>

Once your block captains have been organized, hold a meeting with as many block captains as possible so they can meet each other and start to develop the "team" mentality needed in an emergency.

CONCLUSION

Organization will be key. It may take some time to organize the block captains, and they may change as time goes by, but this is the first step in preparing your neighborhood for an emergency. **E**

From the Editor

In my role as an emergency preparedness coordinator for my neighborhood, I have had the opportunity to plan and execute a few neighborhood communication drills. The lead article is the first in a series of articles related to organizing a neighborhood in such a way that a full-scale emergency drill can be executed.

In each of the neighborhood exercises I have been a part of, I have learned something that helps me to refine my own neighborhood's communication plan.

Here is a list of the articles that you will read in upcoming issues:

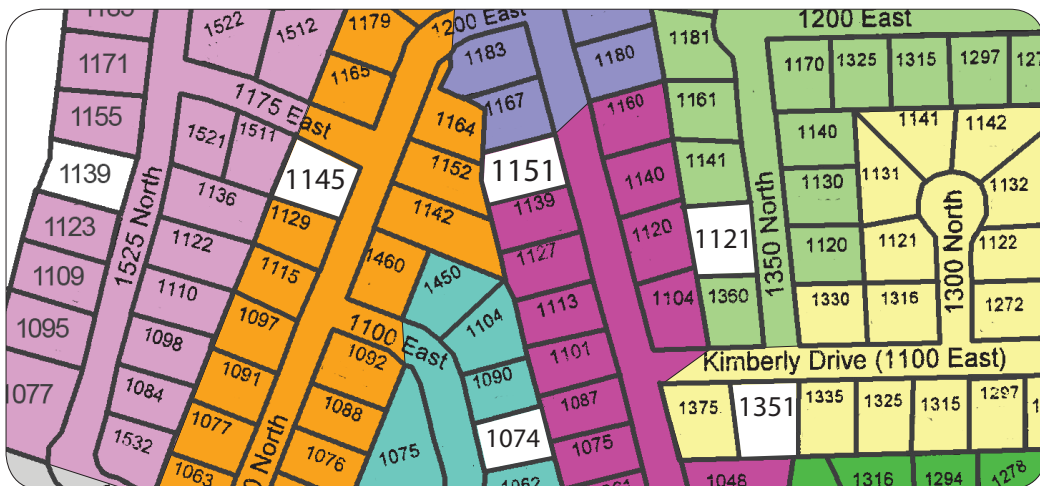
1. Organizing blocks & captains
2. Color-codes of emergencies
3. FRS radio protocol
4. Executing the drill

By the end of 2011, we hope to provide you with the information necessary to better organize your neighborhoods so you can test this organization through a communication drill and customize it to better prepare your neighbors and friends for anything that may come your way. **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



When you've "gotta go" in an emergency

Sanitation can be a serious problem during an emergency. When proper cleanliness is not maintained, disease quickly spreads.

It is possible in some emergencies that the sewer and/or water systems may be disrupted. If this happens, wash basins are not available and the home toilets must not be used because they will not flush properly. However, an emergency toilet can be easily provided.

Here are some materials for an emergency sanitation kit:

1. Camping toilets with a commode seat, a collapsible frame, and a supply of plastic bags can be purchased at sporting goods stores for a relatively low cost; or as an alternative, a sturdy 5 or 6 gallon plastic bucket with snap-on type toilet seat and a tight fitting lid can be used.
2. 25 to 50 heavy-duty plastic bags (10-15 gallon-sized wastebasket liners)
3. Four rolls of toilet paper
4. One gallon of disinfectant such as liquid chlorine bleach, Lysol, or chlorinated lime powder
5. Four pair of rubber gloves
6. Large bottle of hand sanitizer
7. Feminine hygiene supplies
8. Newspaper for wrapping waste materials
9. Two liter container of water
10. Two or three spray bottles

Disinfectant: When using bleach, use 1/4 cup bleach to 1 quart water. Other commercial disinfectants include HTH, or calcium hypochlorite, which is available at swimming pool supply stores, and portable toilet chemicals are available through recreational vehicle supply stores.

Baking Soda: Helps to control odor; it stops mold, fungus and mildew, and is a natural whitener.

Three percent Hydrogen Peroxide: (put in a small spray bottle, no water added) An antiseptic and a cleaning agent for minor cuts and abrasions. To disinfect toilet seat, just spray it on and wipe it off.

White distilled Vinegar: (put in a small spray bottle, no water added) Studies show that vinegar kills 99% of bacteria, 82% of mold, and 80% of germs (viruses). To disinfect toilet seat, just spray it on and wipe off.




Using the home toilet when there isn't running water, can be a mess. When it won't flush, remove the water from your toilet bowl and line it with two sturdy trash bags. When the bag is half-full, carefully remove the bag, minimize the air content, and tie it securely for disposal (BE SURE TO WEAR THE RUBBER GLOVES).

The bag can be stored in a covered trash can until disposal service is resumed. An alternative way to dispose of the bag is to bury it in a remotely

located hole, two to three feet deep. The same hole can be used for a quantity of bags. Cover the hole while open to avoid falling in it.

If you are not able to use a standard toilet because of damage to your home, you can arrange an alternative toilet.

- Put two garbage bags as a liner in the 5 or 6 gallon bucket and snap on a toilet seat.
- Sprinkle one tablespoon of disinfectant in the bucket. The liquid will deodorize the toilet contents. Sprinkle some disinfectant on top after each usage.
- The toilet is ready to use, and you can use toilet paper as needed.
- Use baby wipes or hand sanitizer on hands after each use and dry hands with paper towels.
- Replace the tight-fitting lid after each use of the toilet. The key to disease control is to **keep the bucket tightly covered with a good lid.** 

August's solar cooking recipe: Solar Braised Chicken

Ingredients

- 1 pound grape tomatoes, cut in half
- 1 large onion, cut into wedges
- 1/2 cup drained, brine-cured black olives
- 4 large cloves garlic, sliced,
plus 1 teaspoon minced
- 2 tablespoons olive oil, divided
- 2 teaspoons herbs de Provence, divided
- 1/2 teaspoon fennel seeds
- 1 whole chicken, cut into eight pieces

Preparation

Set Global Sun Oven out to preheat



Toss together tomatoes, onion, olives, sliced garlic, 1 tablespoon oil, 1 teaspoon herbs de Provence, fennel seeds, 1/2 teaspoon salt, and 1/2 teaspoon pepper in an oval dark roasting pan with a lid.

Stir together minced garlic, 1 teaspoon salt, 1/2 teaspoon pepper, remaining teaspoon herbs de Provence, and remaining tablespoon olive oil.

Remove excess fat from chicken pieces and pat dry, then rub with seasoning mixture. Place chicken pieces on top of vegetable mixture. Cover and place in preheated Global Sun Oven for 1 1/2 to 2 hours.

Serve chicken pieces with vegetables and pan juices. Makes 4 to 6 servings. **E**

Can you take the heat?

Heat waves have been hitting the nation hard this summer. In many areas, people retreat to their air conditioned homes, but that doesn't always protect families from the effects of high temperatures.

The American Red Cross has put together a Heat Wave Safety Checklist, which easily helps you know how to prepare for a future heat wave, what to do during a heat wave, and what to keep an eye on in order to identify when someone needs immediate attention.

You can access the checklist by clicking the following link:
<http://rdcrss.org/oyQC9B>

Twitter users can follow @RedCross for updates on emergency preparedness information. **E**

Be Red Cross Ready

Heat Wave Safety Checklist

In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally temperatures are 10 degrees or more above the average high temperature for the region during summer months, last for a long period of time and occur with high humidity as well.

Know the Difference

Excessive Heat Watch—Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning—Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory—Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

How can I prepare?



- ☐ Listen to local weather forecasts and stay aware of upcoming temperature changes.
- ☐ The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.

What should I do during a heat wave?



- ☐ Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).
- ☐ Never leave children or pets alone in enclosed vehicles.
- ☐ Stay hydrated by drinking plenty of fluids even if you do not feel thirsty.

Recognize and care for heat-related emergencies ...



Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity and loss of fluids and electrolytes. Heat cramps are often an early sign that the body is having trouble with the heat.

Heat exhaustion typically involves the

Putting food in your 72-hour kit

In an emergency, many people may need to leave their home quickly. Are you prepared for that, too? Hopefully you have put together a 72-hour kit for each member of your family and have it ready to go at a moment's notice.

If you haven't put one together, this article will help you develop a menu for a 3-day food packet that can be easily put together for each family member.

Day 1

Breakfast - Granola, hot chocolate

Lunch - Tomato soup, jerky, fruit roll up, candy

Dinner - 1/2 Ramen noodle soup, fruit bar

Day 2

Breakfast - Oatmeal, apple cider

Lunch - Chicken noodle soup, jerky, raisins, candy

Dinner - Peanut Butter/Jelly, MRE Bread



Day 3

Breakfast - Granola, apple cider

Lunch - 1/2 Ramen noodle soup, trail mix, candy

Dinner - Cheese & crackers, fruit cup

Feel free to add any additional items to this menu to help make your taste

buds happy, as needed. If you are taking any medications, it is wise to include three days' worth of those medications in your 72-hour kit.

Plan to rotate the food in your kit between six and 12 months. **E**

NOTE: You also want to make sure you have the supplies to cook the food!

Schedule a solar-cooking seminar during SOI tour

An increasing number of families have obtained a SUN OVEN to have on hand in the event of an emergency and have been pleasantly surprised by the improved taste of sun cooked foods and the lifestyle advantages of cooking with the sun.

As part of the ongoing effort to encourage the widespread use of SUN OVENS, SUN OVENS International has developed an educational seminar.

The SUN OVEN Cooking Essentials Seminar teaches how to harness the power of the sun to bake, boil and steam foods. Learn how practical and easy it is to cook in a SUN OVEN and the many economic, health and environmental benefits of cooking with the sun.

Discover how to never have to worry about burning dinner again and

how to use a SUN OVEN to naturally dehydrate fruits and vegetables, heat water for drinking and washing dishes, and enhance winter sprouting. Find out how to reduce your utility bills and the amount of fuel you need to store for emergency preparedness while helping families in deforested developing countries around the world.

This fall, SUN OVEN Cooking Essentials Seminars will be

conducted in Colorado, Utah and southern Idaho, and seminars will be available in 2012 in a number of other states.

If you would like to invite SUN OVEN representatives conduct a seminar in your home, church or business, please email us at: info@sunoven.com **E**

