

EVERY NEEDFUL THING

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

When Stress is High, Get Some Sleep

If you've seen the movie, *Apollo 13* (with Tom Hanks), you may recall that days into the mission, Jim Lovell, Fred Haise and Jack Swigert were running on very little sleep. An explosion on their service module rendered most of the ship useless and it was a fight to bring those three American astronauts back to Earth. After all, could you sleep in frigid temperatures, knowing you may never see Earth again?

The flight surgeon constantly requested the astronauts to get some sleep, and they tried to get what they could. But why was sleep so important?

"When you get less sleep than you need, your body does not just "adapt," but rather you may begin to experience symptoms of sleep deprivation. Your judgment and reaction time may slow, you may experience memory loss, depression, a weakened immune system, and pain." ([WebMD](#))

In an emergency situation, adrenaline may keep you going in the first few hours, but losing sleep can impact your ability to be a help, as opposed to a hindrance. But how can you sleep better when in high-stress situations? WebMD

has an article on 20 tips to Better sleep. Some of those tips include:

1. Go to sleep and wake up at about the same time every day -- including weekends. This routine will put your brain and body on a healthy sleep-wake cycle. In time, you'll be able to fall asleep quickly and sleep soundly through the night.
2. Coffee in the morning is fine for most people, but as soon as the clock strikes noon, avoid caffeine in foods and drinks. Caffeine interferes with the deeper stages of sleep, so even small amounts found in chocolate and decaffeinated coffee may impact your rest.
3. Regular exercise has been shown to improve sleep quality, as long as you don't work out too close to bedtime. A post-workout burst of energy can keep you awake. Aim to finish any vigorous exercise 3 to 4 hours before you hit the hay.


For additional tips on sleeping better, read this [WebMD article](#). 

From the Editor

Next month is National Emergency Preparedness Month, so I would like to invite you, the reader, to submit topics for articles you would find most helpful in the September issue of *Every Needful Thing*.

For more than one year, we have been sharing articles on a variety of topics that we hope you have found helpful, but if there are topics or tips you are still seeking, let us know and we'll do the research and share that information next month.

There are a lot of resources available to the public in planning for emergencies, so we also invite you to share any of those resources with us. For example, a recent book I picked up at Barnes & Noble is *The Disaster Preparedness Handbook: A Guide for Families* (Arthur T. Bradley, PhD).

Help us build the emergency preparedness community by sharing this newsletter with your friends, family, neighbors, church group, public leaders, or others who could benefit from the information. As we've mentioned before, the more people that prepare for disasters, the better off the community as a whole will be. 



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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



Startling Facts from CDC on Emergency Preparedness

The following article was taken from a blog post on the CDC's Website.

A recent national poll by Adelphi University Center for Health Innovation surveyed 1,000 Americans about their personal preparedness behaviors and the results show that we're not ready:

More than half of Americans have not prepared copies of crucial documents.

Think of all your important documents, from the title to your house, to Social Security cards, passports and birth certificates. What would you do if you lost all these documents from a wildfire that burned your house down or a tornado that swept through town?

Make copies of your documents and keep in a sealed, waterproof pouch in your emergency kit so you can easily take them with you if you need to evacuate. It's a good idea to also scan copies of your documents and save them electronically, incase anything happens to your home before you're able to evacuate. Have original copies saved in your safety deposit box at a bank.

During Hurricane Katrina, some immigrant survivors lost identification and work authorization documents necessary to prove lawful status, falling at risk for losing legal immigration status. Getting your life back to normal after a disaster will be even more stressful if important documents are destroyed, so take time now to make copies.

48% of Americans lack emergency supplies for use in the event of a disaster.

Recent storms in the mid-Atlantic region resulted in 3 million people without power during a heat wave. In these circumstances, those individuals and families who had matches, flashlights, and non-perishable foods



and water stored in their emergency kit had an easier time. Trying to get supplies after a disaster hits often isn't feasible.

Big or small, if something happens in your area like flooding, winter storms, or black outs you may not be able to access road ways, grocery stores may be closed, and ATMs may not even be working. Responding to an emergency starts with you. Local, state, and federal help may not be available right away so it's important that you're able to provide for yourself and your family following an event.

More than half of parents do not have a designated meeting place in case of a disaster.

Following a major disaster, telephone lines will likely be down or jammed, making it hard to find your loved ones. After the earthquake hit Haiti in January 2010, many children and families became separated and had no way of contacting loved ones or knowing if their family members were alright.

Pick one meeting place right outside your home for sudden emergencies that require evacuations like fires and one place outside of your neighborhood in case you are unable to return home right away. Make sure you discuss the disaster plan with your family so everyone knows

where to go. Hurricanes, flooding and other emergencies require an evacuation plan that involves leaving your home, so if you live in an area prone to these types of emergencies, identify where you will go ahead of time. If phone lines are down and you are separated from your family during an evacuation, you'll know where the planned meeting place is and have an easier time reuniting.

42% of cell phone owners do not know all their immediate family members phone numbers.

Don't count on using your cell phone during a disaster or using it as storage for emergency contact numbers. You never know when a disaster will hit and you may be without your cell. In addition to writing down family members phone numbers, write down other emergency contact numbers like the fire and police departments, poison control, your family practitioner, a trusted neighbor, and an out of town friend or relative. Put a copy of this list in your emergency kit and post another copy on your fridge.

Have your child carry a list of important phone numbers in their backpack to use in case they are at school when disaster strikes. It's helpful to write down numbers in case you're injured and someone needs to know who to call. **E**

August's Solar Cooking Recipe: Vegan Chocolate Cupcakes

(adapted for the Sun Oven from Martha Stewart's Cupcakes)

Another frosting free cupcake recipe from Martha Stewart. Plus, it's vegan. Perfect for those days when I forget to take the butter out of the refrigerator to soften. The batter is very thin, so be sure to get the leveling tray as straight as possible before put the pans in the cooking chamber. It's a good idea to plan on baking around midday when the Sun Oven won't need to be tilted.

INGREDIENTS

- 1 1/2 cups cake flour
- 3/4 cup granulated sugar
- 1/4 cup unsweetened cocoa powder, plus more for dusting
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup plus 1 tablespoon vegetable oil
- 1 tablespoon distilled white vinegar
- 1 teaspoon vanilla extract
- 1 1/4 cups water
- Powdered sugar for dusting

PREPARATION

Set Global Sun Oven out to preheat. Line two 6-muffin pans with paper liners.

Sift together the flour, sugar, cocoa powder, baking soda, and salt in a medium bowl. Set aside.

In a large bowl, beat the oil, vinegar, vanilla, and water with an electric mixer on medium-high speed until well combined. Add the flour mixture and continue beating until smooth, scraping

down the sides of the bowl as needed.

Divide the batter among the prepared muffin tins, filling each one three-quarters full. Using a rack to separate the pans, cross stack the muffin tins in the Sun Oven and bake until a toothpick inserted in the center of one cupcake comes out clean, 30 to 35 minutes (the top cupcakes will cook slightly faster).

Turn cupcakes out onto a wire rack and cool completely. Dust with powdered sugar and cocoa just before serving. **E**



Understanding the Types of Disasters to Prepare for

When you think about emergency preparedness, you probably think of earthquakes, hurricanes, or floods. But in today's world, there are five different types of disasters that everyone should be prepared for.

NATURAL DISASTERS

This type of disaster gets the most attention. It includes hurricanes, floods, tornadoes, droughts, extreme heat/cold, earthquakes, volcanic eruptions, etc.

PANDEMICS

A few years ago, H1N1 was common place in the media. Before that, SARS. Those are both strong examples of a pandemic.

MAN-MADE DISASTERS

Air pollution, radiation leaks, oil spills and electrical blackouts are

all examples of man-made disasters. But it should be noted that at times, natural disasters can directly or indirectly cause any one of these types of disasters.

WAR/TERRORISM/CRIME

September 11, 2001 is a day that many Americans remember. News stations report on wars and oppression across the globe, and in many instances, we can only imagine the impacts those have on resources used by the public.

PERSONAL DISASTERS

We've previously talked about finances and the importance of having funds set aside for a rainy day. Illnesses, losing your job or other financial "surprises" can impact families and make them rely on

resources they may have previously set aside.

CONCLUSION

Depending on the disaster, you'll need to have certain resources in place. But generally speaking, if you have the essentials on hand - food, water, power - you'll be ready for most disasters. **E**



Dangers of Not Beating the Heat

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

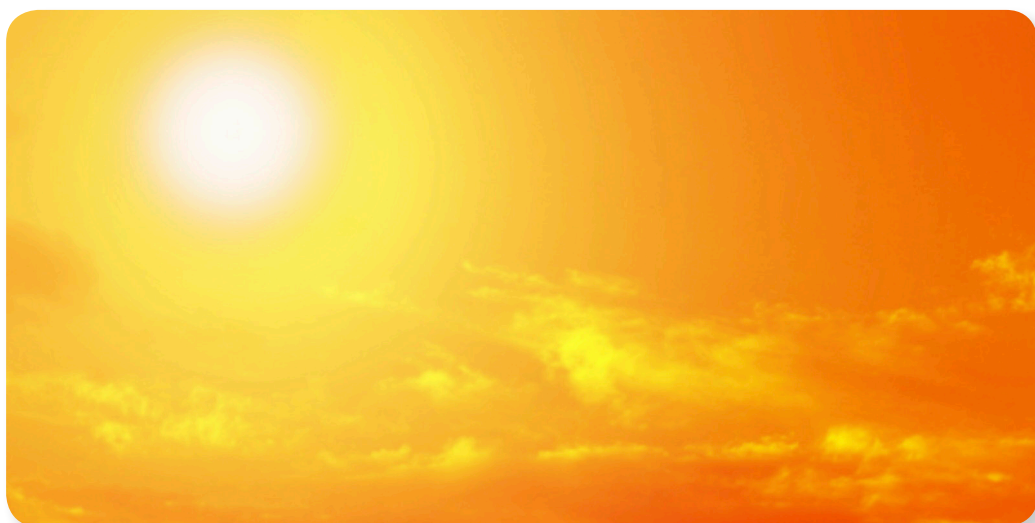
Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt

and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied

by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions. **E**

Access additional information on how to beat the heat by [clicking here](#).



Sun Ovens Online Video Series Available

If a picture says a 1,000 words, then what does a video say? Sun Ovens International has produced multiple videos that will help you get the most out of your Sun Oven.

The following videos are available online, and we encourage you to share the videos with your friends and family. Do you have a video of you using your Sun Oven? Share it with us on our Facebook page.

VIDEO 1 - What is a Global Sun Oven? Learn how easy it is to harness the power of the sun.

VIDEO 2 - Emergency Preparedness. Discover the advantages of a SUN OVEN® when the power goes out.

Find out why a SUN OVEN® is the most fuel efficient way to cook freeze dried and dehydrated food storage.

VIDEO 3 - Pots and Pans. See the wide variety of pots and pans of pots and pans which can be used in a SUN OVEN® and how to cook more than one thing at a time. Hear how to bake up to an 18 lbs. turkey.

VIDEO 4 - Even, non-drying heat. Understand why food does not burn and how sun enhances the taste.

VIDEO 5 - Dehydrating. Find out how the Sun Oven can dry and dehydrate foods.

VIDEO 6 - Water. Check out how a SUN OVEN® can be used to boil, or pasteurize water, heat dish-water or hot water for personal hygiene.

VIDEO 7 - Additional Resources. Learn about additional free resources to help you make better use of your SUN OVEN® and be prepared for

emergencies. Find out about other uses, too.

VIDEO 8 - Business Model. Sun Ovens International takes an entrepreneurial approach to promote self-sustaining solutions to deforestation while improving the health of women and children. **E**

Access the complete video series by clicking on the graphic below.

