

EVERY NEEDFUL THING

June 2012

www.sunoven.com/everynedfulthing

Volume 1 | Issue 12

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

Summer Camping & Emergency Prep

Memorial Day usually marks the unofficial start of summer, so many families will probably be hitting the road for a summer getaway. If your family vacation includes camping, here are a few things you may want to consider preparing for, before you hit the road.

Mountain/Backcountry Accident

One of the best modes of preparedness is to anticipate any dangers you may face, before you face them. Study a map of the area you will be camping or hiking. Understand the terrain (rocky, steep, an open field, rivers or streams) and bring the right equipment.

The Boy Scouts follow the “Rule of Three”, which is to stay in groups of no less than three. This way, if one person gets hurt, there are two people who can work to get the injured person to safety. It will also help your chances of getting lost.

You probably have a first-aid and survival kit in your 72-hour kit, but make sure you have both of those if you’re in the outdoors. Important items include hooks and line, emergency food, and a plastic bag for water storage.

Basic hiking necessities include a pocketknife, compass (or a GPS with fresh batteries), matched stored in a waterproof container, and adhesive bandages.

One of the most common injuries in the outdoors is a fall. It’s important to watch your step. Bradford Angier, author of *How to Stay Alive in the Woods*, says, “Never step on anything you can step over, and never step over anything you can step around.”

If you come to a point where you

must wade across a stream, carefully examine it from the short to find the safest place to cross. A long pole can serve as support, and also to identify any deeper-than-expected spots in the river. It’s also a good idea to loosen pack straps before you start your crossing, that way you can more easily slip the pack off if trouble develops.

Stay Aware of Weather

Lighting and thunder storms can be dangerous, but knowing how to find safety can save your life. If a storm is approaching, take shelter in a low area under a thick growth of small trees. DO NOT stand under a tall, isolated tree in an open space, and avoid bodies of water or metal fences - they conduct electricity.

If you’re setting up a tent, don’t place it in a gully or dry streambed, because a storm miles away can cause a flash flood right through your campsite.



Conclusion

The Boy Scout merit badge book for Emergency Preparedness includes great information about preparing for back country adventures, and only cost a few dollars. It can be a helpful resource to a family looking to have a fun, and safe adventure in the great outdoors. **E**

From the Editor

When you are dealing with an emergency, it’s important to stay calm. I can offer this advice from recent, first-hand experience.

While driving to work, I noticed a woman lying on a park strip next to the sidewalk, with another woman looking at me like she needed something. When I pulled over to see what I could do to help, she asked if I had a cell phone and could call 9-1-1.

I went to the unconscious woman and pushed on her shoulder to ask if she was okay. No response. She was breathing, but other than that, there were no signs of movement. I calmly called 9-1-1 and they sent a crew.

Another woman, who arrived on the scene after me, had more trouble staying calm. When 9-1-1 hadn’t arrived after 10 minutes, she called them again and frantically explained that there was a body on the side of the road. I was hoping she didn’t get to be a problem for the situation, but paramedics arrived and handled the situation.

On the rest of my drive in to work, I was glad I stayed calm and didn’t make the situation worse by freaking out--because when that happens, you become a hindrance to the situation. **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

Mobile wireless emergency alerting capabilities will be available nationwide through participating carriers

The following article was distributed as a bulletin from FEMA and can be accessed by [clicking here](#).

Hurricane Season begins June 1, 2012, FEMA is providing additional tools for federal, state, local, tribal and territorial officials to alert and warn the public about severe weather. Using the Commercial Mobile Alert System, or CMAS, which is a part of FEMA's Integrated Public Alert and Warning System, this structure will be used to deliver Wireless Emergency Alerts (WEA) to wireless carriers for distribution to the public.

The CMAS system will allow the National Weather Service to soon begin issuing WEAs for the most dangerous weather through participating wireless carriers directly to cell phones. The alerts will be broadcast by cell towers much like an AM/FM radio station, and cell phones within range will immediately pick up the signal, provided they are capable of receiving these alerts. The availability of WEA alerts will be dependent on the network status of the wireless carriers and handset availability, since not all cell phones can receive WEAs. People should check with their cellular carriers to see if WEA alerts are available in their area.

"The wireless emergency alert capability provides an additional opportunity for the public to receive life-saving information needed to get out of harm's way when a threat exists," said Timothy Manning, FEMA deputy administrator for protection and national preparedness. "The public also has a critical role in their personal preparedness. There are a few simple steps that everyone can take to be prepared, like knowing which risks exist in your area and making a family emergency plan. Information



and resources to help individuals and families prepare can be found at ready.gov."

WEAs will look like a text message, and will automatically appear on the mobile device screen showing the type and time of alert along with any action that should be taken. The message will be no more than 90 characters, and will have a unique tone and vibration, indicating a WEA has been received. If an alert is received, citizens should follow the instructions and seek additional information from radio, television, NOAA Weather Radio, and other official sources for emergency information. Citizens should only call 911 in a life threatening situation.

Only authorized federal, state, local, tribal or territorial officials can send WEA alerts to the public. As with all new cellular services, it will take time for upgrades in infrastructure, coverage, and handset technology to allow WEA alerts to reach all cellular customers.

FEMA urges individuals and businesses to take action to prepare themselves in advance of severe weather and hurricanes such as taking

the pledge to prepare at www.ready.gov/pledge. This is the first step in making sure you and your family is ready for an emergency. This includes filling out your family communications plan that you can email to yourself, assembling an emergency kit, keeping important papers and valuables in a safe place, and getting involved.

With the start of hurricanes season it is even more important to know your risk, take action, and be an example. While hurricanes often offer some warning that a threat is approaching, severe weather can occur at any time and in any place, including high winds, inland flooding, severe storms and tornadoes.

For more on family preparedness, visit www.ready.gov/hurricanes for more planning information and safety tips.

*FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards. **E***

June's Solar Cooking Recipe: Sun Oven Oat Crackers

A cross between a cracker and a cookie, these super easy to make, slightly sweet squares go well with cheese, soups, or even yogurt.

INGREDIENTS

- 1/2 cup steel cut oats
- 2/3 cup whole wheat flour
- 1 teaspoons baking powder
- pinch of salt
- 3 1/2 tablespoons cold butter, cut into pieces
- 1 tablespoon sugar
- 2 tablespoons milk

PREPARATION

Set Global Sun Oven out to preheat. Line baking rack or rimmed baking sheet with parchment paper or a silicone mat, set aside.

Whisk together the oats, flour, baking powder, and salt. Using your fingertips, run the butter and sugar into the flour



mixture until it resembles breadcrumbs. Add the milk and continue working with your hands to make a dough.

Turn the dough out onto a lightly floured surface. Using a floured rolling pin, roll the dough out to a rectangle

about 1/4-inch thick. Cut into 12 squares. Using a spatula transfer the cut squares to the prepared baking rack, prick the tops with a fork. Bake in the Sun Oven until light golden, 20 to 30 minutes. Cool completely before storing in an airtight container up to 1 week. **E**

Preparing for an Emergency in Your Car

Taking a family trip across the country in an airplane can be pretty expensive. So many families hit the road. A car accident is probably the most common emergency people think of when driving, but there are a few other points to consider.

- Consider any weather you might encounter and prepare for the worst. There are many websites you can use to find out the weather forecast in other locations.
- While traveling, stop frequently for fuel. You don't want your vehicle's gas tank to get too close to empty.
- It's always a good idea to let someone who isn't going with you know the route you are planning to take and when you expect to arrive.

- Pack extra food, water, and any needed medications, along with extra clothing appropriate for the weather conditions.
- Keep a first-aid kit, flares and booster cables in your car - they can come in quite handy in an emergency.
- **MOST IMPORTANTLY**, buckle up every time you are in the vehicle, and have the appropriate

car seat or booster seat for younger children.

Before you leave on a long road trip, be sure your car is up to date on its maintenance checks - oil change, fluid levels, and tire pressure. If your car does stall en route, pull it safely off the road, raise the hood and trunk to indicate you are in distress, and stay with, not in, the car. **E**



Hands-only CPR training available through Red Cross

This article can be found online by [clicking here](#).

One quarter of Americans say they've been in a situation where someone needed CPR. If you were one of them, would you know what to do?

Getting Trained

Studies have shown that being trained in hands-only CPR can make the lifesaving difference when someone suffers sudden cardiac arrest.

Join the millions of people we train each year by taking a 30-minute Citizen CPR class at your that teaches how the hands-only technique can save a life.

Download the Hands-only CPR Ready Reference sheet depicting the steps of this technique in [English](#) and [Spanish](#).

The Red Cross also offers [courses](#) that certify people in first aid, full CPR and using Automated External Defibrillators (AEDs).

What is hands-only CPR?

Hands-only CPR is a potentially lifesaving technique involving no



mouth to mouth contact. It is best used in emergencies where someone has seen another person suddenly collapse. The hands-only technique increases the likelihood of surviving cardiac emergencies that occur outside medical settings.

How is full CPR different from hands-only CPR?

Full CPR combines rescue breaths

with chest compressions and is the best option in some emergencies, including those involving infants and children, drowning victims, or people who collapse due to breathing problems.

How else can I get involved?

The American Red Cross wants to educate 5 million people about hands-only CPR. Will you help us spread the word about this lifesaving technique? [E](#)

Who is using a Sun Oven?

Diverse peoples use Sun Ovens around the world for many and varied reasons. Sun Ovens have been adopted by everyone, including...

- From governments in developing countries looking for solutions to deforestation – to North American families looking for a way to bake without heating up their kitchens.
- From women in the rain forests of Africa who can't find wood to cook with – to deer hunters in North America who love moist venison.
- From ice fishermen in

Minnesota baking their catch on a frozen lake – to desert dwellers in Kuwait baking lamb.

- From RV enthusiasts looking for fresh moist roasts – to environmentalists trying to preserve the planet for future generations.
- From micro-bakeries in Honduras making bread and pastries to an orphanage in Uganda feeding hundreds daily.

The one thing they all have in common is that they have all discovered that solar energy is the least polluting and most inexhaustible of all known energy sources and it is free. [E](#)

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