

EVERY NEEDFUL THING

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

Part IV: Executing the Drill



The actual execution of the drill is a powerful way to identify just how ready you and your neighbors are. Taking into account the previous three items discussed in this newsletter (organizing block captains, color codes of emergencies, and radio communication), here are the final elements to carrying out a successful drill.

PICK A DATE & TIME

The drill works best on a Saturday morning, between the hours of 7 a.m. and 10 a.m. Select a Saturday that will work best for your neighbors by taking into account school events, or sports games. Plan for the event four weeks in advance, so you have time to coordinate with block captains and other participants.

DESIGNATE DAMAGED HOUSES & INJURIES

Using the color codes, assign 15-20 yellow and red cards to random houses throughout your designated area. Write something on the card explaining the situation.

If you have difficulties identifying homeowners to participate, ask them if you can simply attach the card to an exterior portion of the house, and the

participating block captain can simply read the card, rather than knocking and interrupting the homeowner.

SELECT THE RADIO CHANNEL

If you haven't already designated a FRS channel for your radio, pick the one you plan to use for the drill, and communicate that to participating block captains.

READY? GO!

At the designated start time, announce over the radio that the drill has begun. Block captains will proceed to check their designated homes and report back to the Coordination Center. The coordinator will keep a list of the damage and injuries reported by the block captains.

If you have CERT teams in your neighborhood, they can discuss how they would address each of the injuries. If some areas are missing block captains, the coordinator will need to direct block captains who have completed their own sweep to survey other blocks, too.

Once everything has been reported, get everyone together and debrief the event. This is where you will learn the most, and can implement any best practices into your next drill. **E**

From the Editor

News stations across the country ran numerous stories about the winter storm that hit New England and knocked out power in some places for many days. I extend my sympathies to those affected by the winter storm.

Living in Utah for most of my life, I have experienced many winter storms. When my oldest son was not even one, the power went out in our apartment complex following a winter storm, and it wasn't restored for two days. Luckily, we had family nearby who did have electricity, so we moved in with them for a night or two. Not everyone is lucky enough to have that option. I'm glad we were, because we were far from prepared.

The information in this issue focuses on winter storm preparedness. With winter hitting with a vengeance in many parts of the country, I hope you find it useful and can be ready for any unexpected winter storms.

Icy roads and winter weather can put a damper on holiday get-togethers, so please drive safely, buckle up, and have a wonderful Thanksgiving. **E**



Jason M. Carlton
Editor
editor@sunoven.com

Do you have something you would like to share in an upcoming issue? Email it to us at newsletter@sunoven.com

Winter Storm Survival

Did you know that most deaths due to winter storms are indirectly related to the storm? People die of hypothermia from prolonged exposure to cold. They also die in traffic accidents on icy roads.

You may be familiar with the terms frostbite and hypothermia, but it's important to be familiar with the warning signs of each.

FROSTBITE

Frostbite is damaging to body tissue caused by that tissue being frozen. Frostbite causes loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately. If you must wait for help, slowly rewarm affected areas. However, if the person is also showing signs of hypothermia, warm the body core before the extremities.

HYPOTHERMIA

The warning signs include:

- Uncontrollable shivering
- Memory loss
- Disorientation
- Incoherence
- Slurred speech
- Drowsiness
- Apparent exhaustion

If you notice any of the above



warning signs, start by taking the person's temperature. If it's below 95 F (35 C), immediately seek medical care. If medical care is not available, begin warming the person slowly. Warm the body core first. If needed, use your own body heat to help.

Get the person into dry clothing, wrap them in a warm blanket, covering the head and neck. Do not give the person any hot beverage or food; warm broth is best. Do not warm extremities first, as it can drive cold blood toward the heart and lead to heart failure.

TIPS TO STAYING WARM

Wear a hat or wool stocking cap, because more than 50% of the body's heat is lost through the head or neck area.

Keep your feet dry by wearing a thin pair of polypropylene socks underneath heavy wool socks. The wool socks will wick moisture away from your feet.

Cover your mouth to protect your lungs from extreme cold. Also, mittens, snug at the wrist, are better than gloves.

THE C.O.L.D. RULE

When dealing with winter survival, the C.O.L.D. acronym can help you stay safe and warm.

- Keep your body and clothes **C**lean
- Avoid **O**verheating
- Dress in loose **L**ayers of clothing that will trap body heat
- Keep clothes **D**ry **E**

Learn about natural disasters specific to your state

Have you ever wondered what natural disasters your state is prone to? This interactive map allows the user to click on their state and learn about which natural disasters residents should prepare for. Those disasters include:

- | | |
|-----------------------------|----------------------------------|
| • Earthquakes | • Tornadoes |
| • Extreme Heat | • Tsunamis |
| • Floods | • Volcanoes |
| • Hurricanes | • Wildfires |
| • Landslide and Debris Flow | • Winter Storms and Extreme Cold |
| • Thunderstorms | |

The site also provides resources and checklists to help families get ready for these disasters. Use this interactive map to help you and your children learn about natural disasters relative to where you live. Visit the website by clicking on the graphic.

November's Solar Cooking Recipe: Solar Baked Rigatoni

INGREDIENTS

- 1 pound rigatoni
- 2 cups beef ragù or you favorite bolognese sauce
- 1 cup Béchamel sauce
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup frozen peas

PREPARATION

Lightly butter a baking dish that can go from freezer to oven.

Cook the rigatoni in abundant, boiling salted water. Drain when still quite firm, a little less cooked than al dente.

Transfer to a large mixing bowl. Add the meat sauce, Béchamel, and 1/4 cup Parmesan cheese. Toss thoroughly to coat the pasta well. Pour pasta into the baking dish; top with peas and remaining Parmesan cheese. Tightly wrap dish with plastic wrap than tin foil and freeze for up to 1 month.



When ready to bake, remove tin foil and plastic wrap. Cover with a glass, oven-proof lid and bake in a preheated Sun Oven until hot all the way through, about 1.5 to 2 hours. **E**

NOTE: Don't be afraid to try cooking in the cold of winter. Remember, all you need is enough sun to cast a shadow. So if it's only 40 degrees outside, but sunny, your oven can still reach temperatures required for cooking.

Comforting children in a disaster

The following information was taken from Be Ready Utah's Website. Click on the graphic at the end of this article to be taken to the webpage.

Children experience trauma and fear during a natural disaster, too.

If they know what to do during a disaster because they have practiced family disaster drills, they will be better off. When parents are calm, children calm down more quickly.

Before a disaster, parents can:

- Familiarize yourself with the emergency response plans of schools and/or daycare your children attend.
- Find out if the school/daycare will keep your kids or send them home in an emergency.
- Decide if your child gets into your home if you are not there.

- Decide if your children take care of themselves or if a neighbor takes care of them.
- Develop and practice a family disaster plan.
- Teach children how to recognize danger signals.
- Explain how to call for help (911).
- Help children memorize important family information.
- Help children memorize their street address, not the PO Box.
- Include children's toys and special foods in 72-HOUR KIT.

After a disaster, children are most afraid the disaster will happen again, someone will be hurt or killed, or they will be separated from family and left alone.

Parents can help minimize their children's fears by:

- Keeping the family together;

DO NOT leave children with relatives or friends - take your children with you.

- Calmly and firmly explain the situation and your plans.
- Talk to your children at eye level.
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve their anxieties.
- Hold your children and spend more time with them. **E**



If you get caught in a winter storm

There are times when people just end up getting caught in a winter storm, whether in their car, home or building. Here are some pointers to help increase the odds of survival for those who find themselves in these situations.

WHILE DRIVING

If you end up stuck on the road in a winter storm:

- Do not leave the vehicle.
- Run the engine for about 10 minutes each hour for heat
- Open the window a little for fresh air to avoid carbon monoxide poisoning
- Ensure the exhaust pipe is not blocked

It's important to make yourself visible to rescuers.

- Turn on the dome light when the engine is running
- Tie a colored cloth (preferably red) to your antenna or door
- Raise the hood indicating trouble after the snow stops falling
- Exercise from time to time by vigorously moving arms, legs,



fingers and toes to keep blood circulating and to keep warm.

AT HOME OR IN A BUILDING

The most important thing to remember is to stay inside the building. If you are using alternative heat from a fireplace, wood stove or space heater, use the proper fire safeguards and be sure the area is properly ventilated.

If no heat source is available:

- Close off unneeded rooms

- Stuff towels or rags in the cracks under doors
- Cover windows at night
- Open up faucet slightly to keep pipes from freezing

Be sure to eat and drink appropriately. Food provides the body with energy for producing body heat. Keep the body replenished with fluids to prevent dehydration. ^E

New and improved Sun Oven website

SunOven.com has been totally redesigned to enhance navigation and allow users to find what they are looking for much faster and easier than ever before.

This information-rich website has been designed to allow first time visitors to educate themselves on how to cook in a Sun Oven and help Veteran Sun Oven Chefs expand their sun-cooking even more.

Some of the new features include:

- Recipe blog: Featuring cooking tips and recipes by Gabrielle the Solar Oven Chef
- YouTube Channel: With more than 50 videos

- Easily indexed recipes: Hundreds of recipes for everything from the most basic meals to gourmet delights
- Search Feature: To quickly find information you need
- Every Needful Thing Newsletter: A free monthly newsletter for Emergency Preparedness and Food Storage Specialists and their family friends and neighbors

Visit the new site by clicking the graphic on the right and don't forget to check out Sun Ovens on Facebook, too. ^E

