

EVERY NEEDFUL THING

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

4 Tips for Hosting a Successful Emergency Preparedness Open House



The more prepared a community is, the better the outcome of a disaster. Organizing an emergency preparedness open house is a great way to bring your neighborhoods together to share information, resources and discussion. Here are four tips to help you organize and execute a successful open house.

TIP 1: Pick the best date & time

Saturday's are busy days - soccer games, errands, vacations, etc. But an open house can last for 4 hours, allowing the greatest number of people possible. Think about what works best for your neighborhood, but the recommended time is 8 am to noon.

TIP 3: Informational booths

Schedules may not allow people to attend the classes, but they still want information about emergency preparedness. Booths can provide people with those resources from organizations such as:

- Local Red Cross chapter
- City Emergency Preparedness
- State Emergency Preparedness
- Hospitals
- Others with info to share

Depending on your organization, for-profit companies may need to be avoided, but that is a case-by-case basis.

TIP 2: Bring in experts

As a specialist, you know a lot of things, but that doesn't make you an expert on everything. Workshops are your opportunity to recruit experts to come present a 30-minute class, sharing their best practices and experiences.


Workshop topics can include:

- Generators
- First aid kits
- Water purification & storage
- Solar cooking
- Food storage
- Gardening/Canning
- Communications

TIP 4: Get others involved

You don't have to plan an open house alone. Find other specialists in your area who will recruit and lead a committee for one aspect of the event. Committees can include: Venue Logistics, Event Promotion, Workshop Organizer, and Booth Organizer. The more people involved in planning, the easier your job will be.

Conclusion


Start planning your event about two or three months in advance, divide up responsibilities, and do the best you can. While it may be stressful, it will be worth it. 

From the Editor

Watch the news. Pick up a newspaper. Surf the Internet. It always seems like there is one disaster or another impacting some other region of the world. But the question many of us ask is, "When and what will hit my region of the world?"

As an emergency preparedness specialist, there are many challenges you face. But the biggest challenge is motivating your family, friends or neighbors to take action to be ready for the unexpected. The purpose of this newsletter is to provide you with the resources you need as a specialist to address these challenges, and provide helpful information to those you care about.

In this, the first issue of *Every Needful Thing*, our front page will focus on information specific to emergency preparedness specialists, while the inside pages will provide information applicable to all.

I encourage you apply this information to your role in emergency preparedness, and to provide it to your family, friends and neighbors as a resources for their use in preparing for any type of "emergency." 



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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

The anatomy of a first aid kit (article courtesy of The American Red Cross)

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies, keep a first aid kit in your home and in your car. Carry a first aid kit with you or know where you can find one. Find out the location of first aid kits where you work. First aid kits come in many shapes and sizes. You can purchase one from the Red Cross Store or your local American Red Cross chapter. Your local drug store may sell them, too.

You may also make your own. Some kits are designed for specific activities, such as hiking, camping or boating. Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents. The Red Cross recommends that all first aid kits for a family of four include the items listed in the following two columns.



- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards by 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

Access the article online at:
<http://www.redcross.org/services/hss/lifeline/fakit.html> **E**

Vehicle safety during summer travels

Are you planning to travel 100 miles for your family vacation, or more than 1,000 miles? Regardless of the length, it is important to assure you are prepared while out on the road. The article above explains what should be in a first aid kit, but it is recommended that you also carry a vehicle safety kit while on the road.

Find a bag or container that can hold all of these materials, and store it someplace in your car that can be easily accessible.

- Flares
- Non-perishable high-energy foods (candy, raisins, nuts, etc.)
- Bottled water
- First aid kit
- Shovel
- Emergency candles and matches
- Windshield scraper
- Signal flares
- Utility knife
- Sack of sand
- Small amount of money in small increments

One of the most important things to do before you hit the road is to take the time to service your vehicle. This includes changing the oil, checking tire pressure (including the spare tire),

and checking all fluids.

A vacation is much more enjoyable when you don't spend it along the side of the road waiting for a tow truck.

Have a great vacation and be sure to wear your seatbelt, too. **E**




- Flashlight, battery-powered radio and extra batteries
- Booster cables
- Blankets or sleeping bags, extra clothing

Half full should be the new empty

The ever-fluctuating, and often rising price of gasoline, is causing people to stretching the life of their gas tank to a maximum. But in an emergency, a nearly empty gas tank can create some real challenges.

When natural disasters hit, such as flooding, hurricanes or landslides, people often need transportation to flee the area and find safety. A gas tank less than half full may not allow you to travel as far as necessary, and could place you in a more challenging situation if you run out of fuel and end up on the side of the road.

Encourage your family, friends and neighbors to keep their gas tank above half. While this requires more frequent stops at the gas station, it can provide peace of mind. 



July's solar cooking recipe: Solar Pesto Lasagna

This lasagna can be as easy or as labor intensive as you want it to be. The pesto and tomato sauce can be purchased or home-made. I like using my solar roasted tomatoes ([click here for recipe](#)) but a chunky store-bought sauce works just fine. I much prefer homemade pesto to the commercial kind, but again, if pressed for time, go with high-quality store-bought.




Ingredients:

- 3 cups ricotta cheese
- 1 cup freshly grated Parmesan cheese
- 1 large egg, beaten
- 2 10-oz packages frozen chopped spinach, thawed, squeezed dry
- 1 7-oz package prepared, or 3/4 cup homemade
- 4 cups purchased chunky tomato sauce or chopped solar roasted tomatoes (from about 3 pounds fresh tomatoes)
- 12 no-boil whole-wheat lasagna noodles
- 1 cups shredded mozzarella cheese

Preparation:

Set Global Sun Oven out to preheat

Mix together ricotta, parmesan, egg in a large bowl. Add salt and pepper to taste. Stir spinach and pesto into the cheese mixture. Spread 3/4 cup of the tomato sauce on the bottom of a 11 x 7 x 2-inch baking dish. Arrange three lasagna noodles on top of sauce. Top noodles with more tomato sauce then the cheese and spinach mixture. Repeat with remaining ingredients. Top last layer of noodles with tomato sauce. Place baking dish in a large oven bag and bake in GSO until noodles are soft, about 1 hour. Cut bag open and sprinkle mozzarella cheese on top of lasagna. Continue baking until the cheese has melted, about 10 minutes. Let lasagna rest 10 minutes before serving 

Options for lighting your house in an emergency

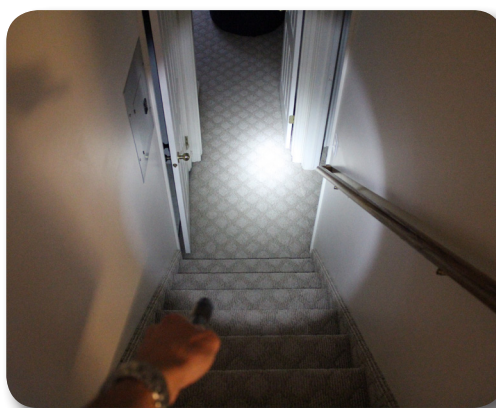
Electricity is often one of the first services households lose in severe weather or a natural disaster. What are you planning to use to be able to see and what are the benefits/dangers of each option? Here is a closer look.

CANDLES

Candles are fairly inexpensive and can be easily lit in an emergency. But if it gets knocked over, it can create an even bigger problem. The best advice is to not leave a candle, or any other open flame, burning without someone attending to it.

FLASHLIGHTS

Flashlights come in many different shapes, sizes and brightness. But it's portable and is not a fire hazard. However, do you have enough batteries to outlast the need? Do you have the right size of batteries (AA, AAA,



C, D, etc.)? Some flashlights are self generating, which means there is no need for a battery, and LED flashlights consume less electricity than your standard-bulb flashlight. Consider all of these elements as you purchase flashlights and store them in a very accessible spot in your home.

GENERATORS

If you search for generator options, you'll find gas-powered generators or

products like the Duracell Powerpack. The costs in both options range from \$100 to \$600+, but the gas-powered option requires a storage of gasoline, and some local laws prohibit large amounts of fuels to be stored in a home. They can also be noisy and emit carbon dioxide from the spent fuel, so it should not be run inside a closed room to avoid poisoning.

Regardless of the type of generator you have, strands of LED christmas lights can be very illuminating and consume very little amounts of electricity (plus it adds a little festive atmosphere to the situation!).

CONCLUSION

While each option has its advantages and disadvantages, having options to choose from in an emergency, including redundant options, will be a handy convenience. **E**

The cultural challenge of solar cooking

Careful research and experience has proven that the challenges of introducing solar cooking in the developing world are far more cultural than they are technical. The GLOBAL SUN OVEN® has been carefully designed to overcome many of the cultural barriers that have limited the success of solar cooking in the past.

While there are a number of cultural challenges that are unique to each people or group, which must be accounted for. The two major obstacles that have limited the success of the wide spread introduction of solar cooking have successfully been overcome:

1. In most countries people work while the sun is out and eat their

main meal of the day after the sun has set. Food that is cooked in most solar cooking devices must be consumed immediately or it will become cold. The GLOBAL SUN OVEN® is very well insulated, which allows food that is cooked in the afternoon sun to stay warm until it is ready to be consumed later in the evening.

2. In many countries a woman is working from very early in the morning until well after sundown. Many solar cooking devices do not get hot enough requiring the food to be cooked at a lower temperature for a longer period of time. Women are often far too busy to devote additional time to solar cooking. The time required to cook in a GLOBAL SUN OVEN® is comparable to

cooking with a wood or charcoal fire, which makes it easier to gain the acceptance of the women who use it.

(NOTE: Each month, one article will highlight the international efforts of Sun Ovens International to benefit developing countries around the globe.) **E**

