

# EVERY NEEDFUL THING

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

## Part III: FRS Radio Communication



Did you play with walkie-talkies as a child? Did you ever think that one day you would be using them as a means of communicating in a disaster? Well, if phone lines and cell towers are damaged in an emergency, a set of Family Radio Service (FRS) devices can help your neighborhood mobilize and communicate faster than boys on bikes.


In order for this tool to work most effectively, members of your neighborhood would need to have, and know how to use, FRS radios. Here are two things to consider when selecting the one that's right for you:

1. The longer the range on your radio, the better you will be able to communicate throughout your neighborhood. FRS radios are line-of-sight transmissions. So if you have a lot of houses and trees between you and the person on the other end, communication may be difficult. For example, a radio that boasts 32 miles, may only provide two-miles in a populated neighborhood.
2. Many radios come with non-removable, rechargeable packs. These can wear out over time. The recommendation is to go

with a radio that can also have this rechargeable pack replaced with AA batteries, which may help strengthen the signal when needed.

3. FRS radios contain channels, as well as subchannels. Make sure your radio has subchannel capabilities; otherwise you may be able to hear your neighbors, but not have the ability to communicate back to them.

These radios offer multiple channels that can be used in an emergency, so if your neighborhood needs to communicate, you must coordinate a channel on which all communication will take place. For example, your neighborhood can plan to communicate on channel 8, subchannel 1, while the neighborhood adjacent to yours can take channel 9, subchannel 1.

Another best practice is to designate a communications specialist for your neighborhood who can direct all radio traffic. This person will keep things orderly when crisis strikes and help those seeking to identify families' needs obtain the information vital to responding. 

## From the Editor


We're three-fourths of the way through our series on preparing to execute an emergency preparedness drill in your neighborhood. We hope you are taking this information to your neighbors and encouraging them to be prepared, too.

The adjacent article talks about using radios in an emergency, but the best way to know how to use your radios is to do just that - Use it.

My neighborhood conducts a weekly radio check, which lasts only a couple of minutes, but serves as an opportunity for neighbors to practice using their radios, so in a disaster, they don't have to try and learn.

Every Sunday at 8:30 p.m. on channel 8, subchannel 1, our communication specialists welcomes everyone to the call and invites them to check in by stating their name.

Once everyone has checked in (which is usually 3-7 people), we open it up for conversation about any topic on preparedness.

These scheduled radio checks keep radios charged and used, so in an emergency, my neighborhood understands how to use them, which gives me a lot of peace of mind. 

**You should give it a try, too!**



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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](mailto:newsletter@sunoven.com)

## Smoke detectors can save lives



Did you know that most fatal home fires occur at night when people are asleep? A person who is asleep or disoriented by toxic gases may not realize there is a fire, so smoke detectors can save your life.

A good detector or alarm should be loud, have batteries that are easily replaced, a malfunction signal, easy maintenance and cleaning, and a UL (Underwriter's Laboratory), FM (Factory Mutual) or equivalent testing label.

### Types of Smoke Detectors

There are two types of smoke alarms available: photoelectric and ionization. When smoke enters a

photoelectric alarm, light from a pulsating light source is reflected off the smoke particles and into a light sensor, which triggers the alarm. When smoke enters an ionization alarm, ionized air molecules attach to the smoke particles and reduce the ionizing current, triggering the alarm.

Photoelectric alarms generally respond faster to smoldering smoke conditions, while ionization alarms respond faster to flaming fire conditions. Either way, both types provide adequate protection.

### There is Safety in Numbers

The Utah Safety Council recommends the installation of at

least one smoke detector outside every bedroom and on every level of your home. Others recommend:

- A detector on each level of the house as an absolute minimum.
- A smoke detector in each bedroom, in the hallway closest to each sleeping area and in heavily-occupied areas like the living room.
- When bedroom doors are left open, you should have at least one detector in the hallway outside the bedroom area.

### Test, Clean and Maintain

Working smoke alarms are needed in every home and residence. Most models will make a chirping, popping or beeping sound when the battery is losing its charge. When this sound is heard, install a fresh battery, preferably an alkaline type. Test and maintain smoke alarms at least once a month, or follow the manufacturer's instructions. Smoke alarms often fail because of missing, dead or disconnected batteries. **E**

*"Safety experts recommend replacing smoke alarm batteries when clocks are changed for Daylight Savings Time"*

## Organizing a group buy saves everyone money

Have you checked the prices on various emergency preparedness items and been discouraged by the price tag? If so, you wouldn't be alone.

Rather than giving up on your efforts to be prepared, you can usually gather a couple of neighbors together and organize a group buy on various items - water barrels, 72-hour kits, and even Sun Ovens.

By organizing a larger buy, the company often provides a volume discount, which saves the buyer anywhere from \$10 to \$50, depending

on the item and quantity. The best way to know how many items you would need to buy in order to make it worth the effort is to do a little research.

The Internet provides valuable information on organizations, and something as simple as a phone call can be very helpful.

With the holiday season quickly approaching, group buys may be an excellent way to gather various presents for extended family members, and that may also allow you to take advantage of seasonal sales and promotions, too. **E**



**Thinking about doing a Sun Oven group buy?  
Click here.**

## Understanding the dangers of Carbon Monoxide

Carbon Monoxide, known by the chemical formula "CO", is a poisonous gas that kills approximately 534 people in the United States every year. Of that number, roughly 207 were killed by CO emitted from a consumer product like a stove or water heater. You can't hear, taste, see or smell it. It's nicknamed the *Silent Killer* because it sneaks up on its victims and can take lives without warning.

CO is a by-product of incomplete combustion, and its sources often include malfunctioning appliances that operate by burning fossil fuels. When these malfunctioning appliances aren't adequately ventilated, the amount of CO in the air may rise to a level that may cause illness or death. Other CO sources include vehicle exhaust, blocked chimney flues, fuel-burning cooking appliances used for heating purposes, and charcoal grills used in the home, tent, camper, garage or other unventilated areas.

When victims inhale CO, the toxic

gas enters the bloodstream and replaces the oxygen molecules found on the critical blood component, hemoglobin, depriving the heart and brain of the oxygen necessary to function.

The following symptoms of CO poisoning should be discussed with all members of the household:

- **Mild Exposure:** Flu-like symptoms, including headache, nausea, vomiting and fatigue.
- **Medium Exposure:** Severe throbbing headache, drowsiness, confusion, fast heart rate.
- **Extreme Exposure:** Unconsciousness, convulsions, cardiorespiratory failure, death.

Young children and household pets are typically the first affected. Carbon Monoxide alarms are intended to signal at CO levels below those that cause a loss of ability to react to the danger of CO exposure.

CO detectors are not a replacement for proper use and maintenance of fuel-burning appliances.

### CO Safety Precautions

Install a CO detector in the hallway near every separate sleeping area of the home and make sure it cannot be covered up by furniture or draperies.

- **NEVER** burn charcoal inside a home, garage, vehicle, or tent.
- **NEVER** use portable fuel-burning camping equipment inside a home, garage, vehicle, or tent.
- **NEVER** leave a car running in an attached garage, even when the garage door is open.
- **NEVER** service fuel-burning appliances without proper knowledge, skills and tools.
- **NEVER** use gas appliances such as ranges, ovens or clothes dryers for heating your home.
- **NEVER** operate unvented fuel-burning appliances in any room with closed doors or windows, or in any room where people are sleeping.
- **NEVER** use gas-powered tools and engines indoors. **E**

## Red Cross can help families "Get Trained"

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 local Red Cross chapter. The course 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?

Click on this graphic below to access additional information about American Red Cross classes in your area. **E**



## October's Solar Cooking Recipe: Zucchini-Carrot Bread

### INGREDIENTS

- 1 1/2 cups whole-wheat flour
- 1 cup all-purpose flour
- 1 1/2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup plain low fat yogurt
- 1/2 cup packed light brown sugar
- 1/2 cup unsweetened applesauce
- 1/4 cup canola oil
- 2 large egg whites
- 1 1/2 cups carrots, shredded
- 1 cup zucchini, shredded
- 1/2 cup walnuts, chopped

Set Global Sun Oven out to preheat. Coat a 5×9-inch loaf pan with cooking spray.

Whisk together flours, cinnamon, baking powder, baking soda, and salt in large bowl. Whisk together yogurt, brown sugar, applesauce, oil, and egg whites in a medium bowl.



Add the yogurt mixture to the flour mixture; stir just until the flour mixture is moistened. Gently stir in carrots, zucchini, and walnuts.

Scrape batter into the pan. Bake in GSO until a toothpick inserted into the

center comes out clean, 60-70 minutes.

Cool in pan on a rack 10 minutes.

Remove bread from the pan and let cool completely on the rack.

Yields 16 slices. 

## Cooking brownies on a cold winter day

Have you seen a Sun Oven in action? There are videos all over YouTube of people cooking a variety of meals and desserts.

*"The high temperature for the day was 41 degrees, but I was able to get my Sun Oven to 325+ degrees to cook some brownies on a Saturday afternoon, even with all the snow on the ground. The recipe only called for 55 minutes, but I had to run an errand in the middle so they ended up cooking for 85 minutes, but they did not burn. Check out the video to see that it really worked."*

Do you have a video of your Sun Oven in action? Share a link to it on Sun Oven's Facebook wall so others can see the variety of things you can cook with the power of the sun.

Click on the image to link to the video on YouTube. 

