

On Being Thankful

"A single grateful thought toward heaven is the most complete prayer."

Gotthold Lessing

As we approach the fall, we can look back on our 2013 accomplishments: our family safe and secure, our garden harvested and stored, our employer, friends and neighbors well served, and our nation still united. We will gather our families together this season and consider all the things for which we are thankful. Make a habit each day of thinking of at least one thing and one person and offer a word of gratitude. It will change your life mightily, day by day.



Happy Thanksgiving

Ask Billie

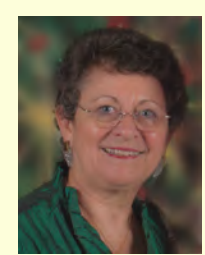
Our Question and Answer column, covering topics of interest to our readers.

Jason S from CA Asks:

How can I tell the difference between organically grown produce and genetically modified ones in the grocery store?

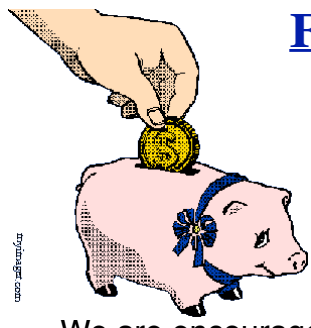
Answer: Look at the PLU (product look up) number on the little sticker on each item, a four-digit PLU starting with a 3 or 4, means it has been grown on a conventional farm that uses chemicals and pesticides. Stickers with five-digit numbers beginning with 9 are organically grown. Produce marked with a five-digit code beginning with 8 are GMO crops.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to editor@sunoven.com



Billie
Nicholson

Financial Preparedness



When we work to develop the basic needs of survival through preparedness, we begin to realize that many of these needs are interwoven. Medical preparedness is related to food and eating healthy, and being able to pay for that healthy food ties it to financial preparedness.

We are encouraged to have an emergency supply of food. In order to accomplish this, we have to CONTROL OUR EXPENSES in order to buy a little extra each shopping trip. The same goes for all of the other basic needs. We need to prioritize what we spend. In the preparedness mindset, we must ask ourselves, "What will be the most useful items to acquire to meet our long term needs?"

Having been counseled to GET OUT OF DEBT, we must look at what money we have coming in, evaluate our expenses, and decide what we need to eliminate in order to have more money (Continued on page 2)



Details on the "I'm Prepared Christmas Package"

Financial Preparedness (continued)

left over at the end of each month. Remember that “debt is voluntary enslavement.”[1] We have been brainwashed in today’s society that debt is a good thing. We must have debt to get a low “credit score;” we must have big debts like mortgages to get “tax-write-offs.” All this really accomplishes is encouraging us to live beyond our means, becoming enslaved. Paying off property debts will reduce some stress, but even if you are mortgage free, you still have to pay the taxes levied against that ownership. Just don’t pay taxes and you’ll find out how quickly that property will be jerked out of your control.

Please do not think that an economic collapse will release you from financial debt obligations. Debt collectors may be scrambling to stabilize their own lives for a time, but eventually the organizations that we owe will

send someone to collect. I can assure you that it will not be pretty and they will not say “please.”

Our nation is working a giant program of spending more money that it collects, borrowing money that comes with strings attached, and creating a culture of dependence among its citizens.[2] The question to ask is not “how did we get here” but rather, “what can we do to survive” the inevitable collection date?

This month’s issue will address several habits to develop that will help you get along should the US dollar lose its status.

Read More:

[1] <http://www.preparednesspro.com/ten-principles-preparedness-9-financial>

[2] <http://offgridsurvival.com/economiccollapse-comingchaos/>

5 Ways to Prepare for a Financial Disaster

- 1. Start now to increase your stored food and water supply.** Begin to use a coupon strategy buying items that are on sale. Be sure to check the expiration date. You do not want items with a short shelf life. Grow your own food, as much as you can. Buy non-genetically-modified seeds and plants (marked with a Product Look Up produce code, beginning with 3, 4, or 9.) This may be easier said than done, but worth the effort. Plan to preserve your own food, preferably by canning, smoking or dehydrating.
- 2. Use cash for all purchases.** Have a 90 day expenses stash of cash on hand. Get your cash in small denomination bills, like ones and fives. Keep this money safe in a fireproof storage box or safe and do not talk about it to anyone. Remember to take it with you if you must evacuate your home. Plan your shopping around a weekly menu. This will avoid over buying and having food go bad. Only buy what you have money for. If you need to send money as a check or money order, look into paying those bills online. You can save the postage. Keep small denomination size bills, they will be easier to make change. Have some money in coins, these will be useful in vending machines if you are evacuating. From time to time, take some \$20 bills and trade them in for rolls of quarters and dollar coins. Any bank will make this exchange without question. Gold and silver coins are real money, based on their standard precious metal content. You do not need to be looking for collector coins. In the case of a financial collapse, coins pre-1965, known as junk silver, dimes and quarters; silver eagle dollars and silver bars are impressive looking and will be tradable for commodities. If you have time to acquire gold, get more small value coins than larger value coins. Acquire American gold coins, they will be easier to move, but should be reserved for larger purchases. Each month set aside a fixed amount for savings and tithing. Keep this out of your monthly spending money. Out of sight is out of mind.

(More on Page 3)

5 Ways to Prepare for a Financial Disaster (more)

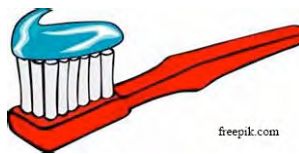
3. Invest in yourself. Ask yourself, "What can I do?" Think about the talents or special interests you have. How can you use these to develop a trade? What about basic needs, like water collection and purification? This is how our ancestors got along. They learned how to create or repair items. Look around, what needs do you see? Find one and learn how to fill it. This will build self esteem. How invigorating. Find a product or service you are passionate about. The more you learn, the more valuable you will become. Put as much information into your head as possible, as books will be too heavy to transport (if you can find them) and Google searches or YouTube videos may not be available. Learning to promote yourself will be the next talent to develop.

Do you tell your friends about items you love? Of course, you do. Share what you know how to do, passionately. Don't beg, or nag or whine, just share. Your personal value will become obvious.

4. Prepare to trade. In the case of a financial disaster, trading between locals will become the accepted form of transaction for commodities. *Bartering involves both products and services.* It has received a bad reputation mostly from government that wants to "standardize" and control exchanges (tax). Historically, that is how our early ancestors survived. In early Scotch/Irish settlements in North Carolina, each house had some sort of "shop" right next door. It could have been a wheelwright, a blacksmith, or a wash house. Talented early settlers were welcome. What had they done? They found a need and filled it. Their home-based businesses, allowed them an opportunity to support their families, meet needs in their neighborhood and give them a service to trade. *Acquire essential commodities to have on hand for trading.* Who will need a manual can opener when an emergency occurs? Everyone with a can of food and no way to open it! Review Tess Pennington's [list](#) of the first 100 items to disappear in an emergency, and buy extras to trade. Toilet paper, toothpaste and soap will be valuable trading items.



Wikipedia.com



freepik.com



ArtClips.com

5. Protect yourself. Debt can create anxiety, even under non-emergency situations. Owing someone big bucks for your home or vehicle will become a huge problem during a financial crisis. Creditors will show up to protect or reclaim their investments. Pay off your big bills as soon as you can. Make an extra \$100 monthly mortgage principle payment, when you can, it will shave up to seven years off the life of your loan. In the "new world" things will be different. To begin getting your fiscal house in order, start by reviewing your income and expenses. Make a budget. Be very conservative with the money you spend. If it is not essential, do not buy it. Create an inventory and determine weak areas. Make a priority to have some money left at the end of each month. Keep paper copies of key financial documents. Digital copies are great, but will be hard to read without electricity. Take steps to physically protect your property. Security systems will be worthless when roving looters head your way. Make your protective changes low profile. Protecting windows will be a priority. In Florida, houses with hurricane shutters are not unusual. Some homes even have plywood to cover windows. Put latches with keyed locks inside fence gates. Add steel strips to your door frames under the trim. Some serious preppers recommend having razor wire available to string inside the top of your fence. Defense will be necessary. Bats, guns and ammunitions may be helpful as well. Family members will need to share guard duty. Covered windows will allow you to use light inside at night unnoticed.

Dehydrating Apples in a Sun Oven®

Apple harvest time this year produced lots of fruit. We canned slices, made apple sauce and dried some. The SunOven® works well as a fruit dehydrator. First we set the SunOven® outside, but not focused on the sun. We wanted a slight preheat but to less than 100°. Apples were washed and aligned in a Norpro “Apple Master”, an apple peeler, corer, and slicer. A few turns of the handle made quick work of the first apple. Slide the apple spiral slices off the core and place them on a cutting board.



Slice the spiral in half. Place the apple slices in a solution of water and Fruit Fresh® ascorbic acid (follow directions on bottle) to keep the slices from turning dark.



Cover the drying racks with parchment paper and drain apple slices. Line them up on the racks. Carefully arrange the racks inside the SunOven®. Leave the door latches under the glass door to allow air flow and keep the temperature low inside. We turn the oven so it is behind the sun track. Check at the end of the day. If not completely dry, latch and leave over night. Finish the next day. When slices are dry, remove from racks and pack into a clean glass jar. Add an oxygen absorber and pull a vacuum with a Food Saver® or by hand with a clean brake bleeder. Store cool and dark.





Stop | Think | Connect - Cyber Security

The Stop.Think.Connect Campaign is a national public awareness effort to guide the nation to a higher level of Internet safety by challenging the American public to be more vigilant about practicing safer online habits. The following tips for safe internet activity are provided by StaySafeOnline.org

Keep a Clean Machine.

- Keep security software current: Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats.
- Automate software updates: Many software programs will automatically connect and update to defend against known risks. Turn on automatic updates if that's an available option.
- Protect all devices that connect to the Internet: Along with computers, smart phones, gaming systems, and other web-enabled devices also need protection from viruses and malware.
- Plug & scan: "USBs" and other external devices can be infected by viruses and malware. Use your security software to scan them.

Protect Your Personal Information.

- Secure your accounts: Ask for protection beyond passwords. Many account providers now offer additional ways for you to verify who you are before you conduct business on that site.
- Make passwords long and strong: Combine capital and lowercase letters with numbers and symbols to create a more secure password.
- Unique account, unique password: Separate passwords for every account helps to thwart cybercriminals.
- Write it down and keep it safe: Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer.
- Own your online presence: When available, set the privacy and security settings on websites to your comfort level for information sharing. It's ok to limit how and with whom you share information.

Connect with Care.

- When in doubt, throw it out: Links in email, tweets, posts, and online advertising are often the way cyber-criminals compromise your computer. If it looks suspicious, even if you know the source, it's best to delete or if appropriate, mark as junk email.
- Get savvy about Wi-Fi hotspots: Limit the type of business you conduct and adjust the security settings on your device to limit who can access your machine.
- Protect your \$\$: When banking and shopping, check to be sure the site is security enabled. Look for web addresses with "https://" or "shttp://", which means the site takes extra measures to help secure your information. "Http://" is not secure.

Be Web Wise.

- Stay current. Keep pace with new ways to stay safe online. Check trusted websites for the latest information, and share with friends, family, and colleagues and encourage them to be web wise.
- Think before you act: Be wary of communications that implores you to act immediately, offers something that sounds too good to be true, or asks for personal information.
- Back it up: Protect your valuable work, music, photos, and other digital information by making an electronic copy and storing it safely.

Be a Good Online Citizen.

- Safer for me more secure for all: What you do online has the potential to affect everyone – at home, at work and around the world. Practicing good online habits benefits the global digital community.
- Post only about others as you have them post about you.
- Help the authorities fight cybercrime: Report stolen finances or identities and other cybercrime to <http://www.ic3.gov> (Internet Crime Complaint Center).

Solar Roasted Turkey from the [Solar Chef](#)



If you are lucky enough to be in a part of the world where you'll get enough sunshine, solar roasted turkey is as easy as it is delicious. When I lived in Arizona I was able to cook a 14 pound bird (unstuffed) in three and a half hours. Here's how it's done:

Ingredients

Turkey less than 15 lbs.

I plan to brine the turkey first, the day before cooking. [My favorite Brine recipe](#) includes seasoning herbs as well.

Preparation

Set Sun Oven® out to preheat.

Remove the leveling tray from the Sun Oven's cooking chamber attachments and place it on the bottom of the chamber. Add a trivet. Put the seasoned turkey in an oven roasting bag, place a probe thermometer in the thickest part of the thigh, seal the oven bag, and place the turkey in the Sun Oven. Roast until thermometer reaches 180 °F. Carefully transfer cooked turkey to a large roasting pan. Cut bag open, allowing cooking juices to drain into the pan. Transfer turkey to a cutting board and let rest for ten minutes before carving. Use cooking liquid to prepare gravy. Enjoy!

The hardest part, without the hanging rack, is getting the cooked turkey, with all its cooking juices, out of the oven and on to the counter for carving. So I was delighted to discover that with the American Sun Oven® hanging rack, lifting the heavy bird out of the Sun Oven® is a piece of cake. It works so much better than any other turkey lifter I've ever used that, should Thanksgiving day happen to be too cloudy for solar cooking, I'll still use it in my conventional oven.

Happy Thanksgiving!



Give A Gift That Keeps on Giving



ORDER TODAY

Everything for Cooking, Dehydrating, Roasting and Water Pasteurization

Our 2013 Christmas Package Sun Oven® comes stuffed with a double decker pot, water pasteurization kit, three dehydrating/cookie racks complete with parchment paper, and a roasting pan for your SunOven® Holiday meal.

Sun Ovens® in Haiti

Haiti is one of the world's most deforested countries. In some parts of Haiti, families spend up to half of their household income to buy charcoal. It is not uncommon for women to face the dilemma of choosing between buying enough food to feed their family or the charcoal to cook it. To maximize the charcoal's value, much of the cooking is done in enclosed kitchens, exposing women and children to the harmful effects of smoke.



Bringing home charcoal



These families in Haiti proudly display their new Sun Ovens®



Sun Ovens International has been working in Haiti since 1998, and is committed to providing an alternative to cooking with charcoal. Haiti is blessed with an abundance of sunshine; the sun can be harnessed as the fuel source for up to 70% of household cooking.

Help Us Help Haiti

During November and December 2013 donations to the Friends of Haiti Organization (FOHO) **SUN OVEN®** project will be matched dollar for dollar.

The cost of each **SUN OVEN®** with two pots and WAPIs is \$199. Donations of any amount will be greatly appreciated.

Credit card donations can be made through the **SUN OVEN®** website. Donations will be forwarded to FOHO and FOHO will issue a receipt by mail.

FOHO is a 501C3 nonprofit organization so all donations will be tax deductible. 100% of the donation will go directly to sending **SUN OVENS®** to Haiti; no administrative expenses will be deducted.

To make a donation on line visit: <https://www.sunoven.com/products-page/donation/help-us-help-haiti-donation>

To learn more about our work in Haiti visit: <https://www.sunoven.com/haiti>