



Resolution ... Evolution ... Revolution

The beginning of a new year is often referred to as a new canvas. How will you paint this year? It can also be seen as a time for personal re-evaluation, of goal setting, of creating new habits or rituals.

As you begin this new year, look at your situation. What changes do you want to make? Are you sure? You will need to really want to make these changes - change requires passion. Write them down. Look at your list. Let's take the first thing there. Most likely it will require several steps to accomplish. Now write down three steps needed to get you from "here to there." Repeat this process with each item on your list. Soon you will see that you have created an action plan for each change you want to make.

Is emergency preparedness on your list? Refer to the September and October issues of "Every Needful Thing" to get the basic needs list. Evaluate where your family is in relation to each of these needs. Make a list of three things that you can improve. Now write three action steps for each. Does this look like a "TO DO LIST?" What on this list can you achieve today?

Accountability is fundamental in life. If you approach each day knowing that you will some day account for your life's opportunities, you can stay focused. "When performance is measured, performance improves. When performance is measured and reported, the rate of improvement accelerates." ¹ Remember, it's the journey, not the destination, you can do it, one day at a time. Any progress makes us greater than we were before. Incorporate accountability into your DNA - evolve to be better.

Pick what you can manage to do today. You have 365 days of pure potential in this new year. Create a revolution. Manage it day by day. Write down what you accomplish. Send me a note on how you're doing along with any questions you may have. We love to hear from you.

¹ Thomas S. Monson, Worldwide Leadership Training Broadcast, June 2004

Ask Billie

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

Marianne from FL

Asks: How can we protect our important papers from water damage in hurricane prone Florida?

Answer: Good question. Digitize those papers and save them in a safe deposit box, on your computer, in the "cloud" (see article pg.5), or copy the files to a thumb drive or CD/DVD. These can be placed in your go bag. The thumb drive is solid state electronics and might travel safer than a CD/DVD, which can be broken. How to digitize? Copy with a scanner or digital camera.

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



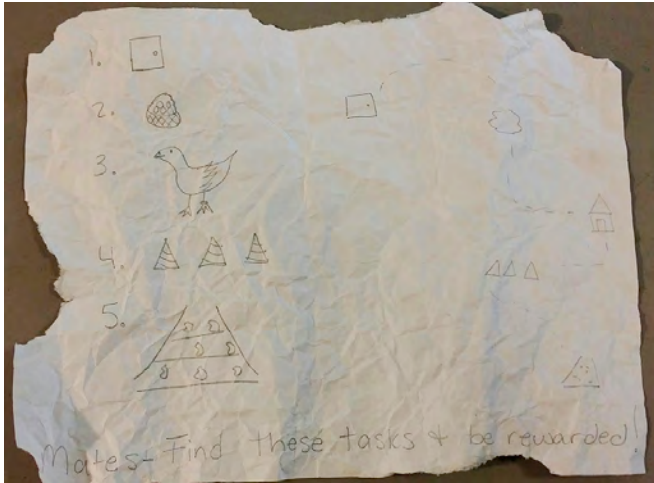
Billie
Nicholson



Join our Group Buy Program

Emergency Preparation Is Not Just For Grown Ups

As Shared by Francesca Dodge Taylor



Every year my family has a theme for family home evening. Our theme for 2013 was preparedness. Each week we would have an activity, like map reading, remembering directions with land marks, and packing go bags for a quick get away. Our four children range in age from newborn to 12 years old. We included the older three in our projects. For Christmas day, we planned a treasure hunt, which included their daily chores along with some fun.

We drew clues on the back of wrapping paper scraps and taped them around. The clues were mentioned in a treasure map, written on old crumpled paper to add a touch of authenticity.

After breakfast, the kids had their choice of opening presents inside or going outside for the “Treasure Hunt.” Even though the morning was cold, they opted for the treasure hunt first. The first clue was taped to the door knob, as they had to get outside to start. The next clue was an egg basket and was taped on the bush where one of our hens likes to lay her eggs. They went around and collected all the eggs. Next, they needed to go to the back yard chicken coup and let out the chickens and our duck. From there they headed through a course set up with cones. They all had to keep together and help one another follow directions and weave through the course.

We have a rock climbing wall attached to a playhouse. The next clue was to climb the rock wall together. Don’t you love the teamwork idea? Once at the top of the wall, they had to slide down a tunnel (sometimes you may need to be brave making an escape.) The tunnel ends at the playhouse, where they found the last clue, a “Charlie Brown” Christmas tree.

Inside the playhouse, behind the little tree were three brand new, loaded go bags, customized for each child with survival items they can use. Our son (the twelve year old) got para cord, a tree saw and a head lamp. The girls got fishing poles, astronaut blankets and age appropriate activity books among other things they will need to spend nights away from home. Funny thing, of all the gifts they received for Christmas, they spent the most time playing in their go bags.



Dreaming of Spring

Has your mailbox started to be filled with seed catalogs? In addition to the regulars, like Burgess and Burpee's, we've received lots of information about heirloom seed companies and organizations that are focused on saving and sharing rare seeds for biodiversity. I hadn't thought much about diversity in plants, but it does make sense that different varieties might be better adapted for different locations. We are so dependent on plants for food, shelter and clothing, a diverse plant world could avoid food shortages. An estimated 75% of the world's crop diversity has been lost since the 1900's, estimates the Food and Agriculture Organization.

One of my favorite online catalogs is produced by [Seed Savers Exchange](#). A blog post at [SeedSavers.org](#) discusses the importance of food diversity and introduces the [Ark of Taste](#), supported by the [Slow Food Foundation](#). The Ark of Taste catalog contains seeds of over 200 delicious foods in danger of extinction. Each vegetable has its own story of origin and description. Since we can have a year-round garden in Pensacola, I'm always looking for plants that can be grown in cool weather, like Speckled Organic Lettuce, introduced from a Pennsylvania Mennonite family. I'm also fascinated by the Chioggia Beet, a pre-1840 Italian heirloom, named for a fishing town near Venice, Italy. It has alternating red and white concentric rings. Beets are good for lowering blood pressure, you know.



photo from SeedSavers.org

I'm looking forward to adding some unique plants to our garden in 2014. Which seed companies do you like? One thing I've learned about planting a variety of seeds is the importance of keeping a written record. Keeping a journal helps me remember what I bought when and where. Here are some suggestions for what information to keep:

Plant name and variety, where you got it, when you planted, germination date, and a very important: how did the seeds germinate (did a lot of them come up or just a few), how many plants, did you start them indoors, date of harvest and yield. One last thing, did you have any specific problem, like susceptibility to pests or fungal infection.

As a part of your preparedness plan, now is the time to plan that garden. Spring will be here soon.

Sun Oven® Group Buying Plan

Is a SUN OVEN® on your 2014 Preparedness List? Get together and save. The Group Buy Program is a way for SUN OVEN® users to help family, friends and neighbors obtain a SUN OVEN® at a reduced price. Group Buy discounts are available for as few as 5 ovens.

Check out our [Group Buy Program](#).

For additional information on the Group Buy Program email info@sunoven.com

DIY Miracle Healing Salve

By Gaye Levy

For the past six weeks, I have been exploring alternatives to over-the-counter ointments, salves, and beauty products. Not only are these products expensive, but as I have learned time and time again, they don't always work.

Starting with a basic formula for healing salve that I found on the internet, I decided to make my own all-purpose salve and to test it on various ailments to see how it worked. I added a bit of this, subtracted a bit of that and came up with I call my own **Miracle Healing Salve**. The funny thing is that when the final results came in, the formula that worked the best as an **all-purpose salve** was a version included the same blend essential oils I have been using for muscle aches these past ten plus years. Go figure.

As easy as this Miracle Healing Salve is to make – and it is easy – it just works. I will share some of the uses that I have become ecstatic about but first, the recipe.

Miracle Healing Salve - The Recipe

Ingredients:

- 1 Cup Coconut Oil (not fractionated)
- 1 Cup Extra Virgin Olive Oil
- 5 Tbl. [Organic Beeswax Pastilles](#)

Containers:

- 8 each 2 ounce jars or containers **** OR ****
- 4 each 4 ounce mason jars

To each 2 ounce jar add: (double if you are using 4 ounce Mason jars)

- 5 drops [Lavender](#) essential oil
- 5 drops [Rosemary](#) essential oil
- 5 drops [Peppermint](#) essential oil
- a few drops of Vitamin E (optional)

1. Put a pot of water on the stove to simmer. While the water is heating, put the coconut oil, olive oil and beeswax pastilles in a heatproof jar or measuring cup.

2. Set the jar filled with the coconut oil, olive oil, and wax into the water and leave it there until it melts, giving it a stir from time to time. You want a slow, gentle melt so take your time. It could take 15 or 20 minutes depending on the temperature of the water bath.

3. While the ingredients are melting, drop your essential oils into each of the containers.
Hint: I have found that it is easier to use a glass medicine dropper than the dropper that comes with the bottle of essential oil. This is optional and a matter of personal preference.

4. Pour the melted oils into each of the smaller jars containing essential oils. There is no need to stir unless you want to since the oils will mix up on their own.

5. Cover the jars with a paper towel or cloth and set them aside for up to 24 hours. Although the salve will start to firm up within minutes, it takes at least 12 hours to complete the firming process. (The purpose of the cover is to keep out dust, bugs and other nasties that may be floating around.)



Securing Valuable Documents in the Cloud

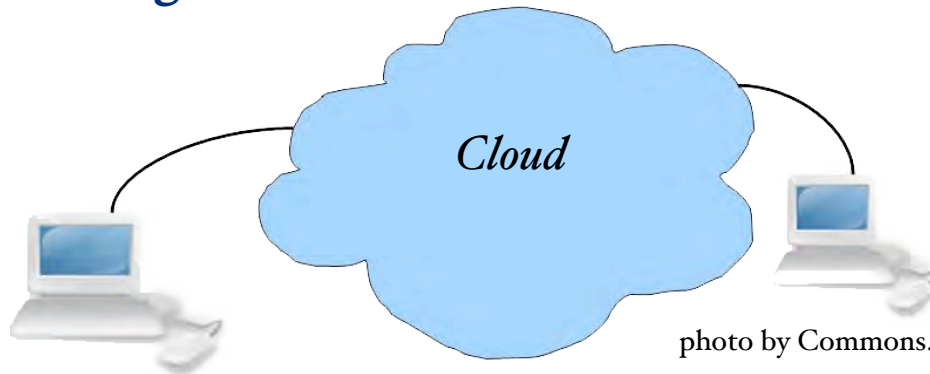


photo by Commons.WikiMedia.org

Have you heard of “cloud computing?” This is a phrase that describes the concept of lots of computers connected through a real-time network. It gives you the ability to run a program or application on many computers at the same time. It often provides storage space for data that can be accessed, with appropriate passwords, from several locations, keeping business co-workers or family members connected without having to share the same computer.

We all have important documents that we need for identification, like drivers licenses, social security cards, insurance, medical records, and property deeds as well as bank records. Many of these are in paper form. If a disaster occurs that destroys these documents, how do we prove who we are and what we owned?

Enter the cloud. There are a number of services available like Google Drive, Dropbox, and others that offer internet storage space. The beauty of using the cloud is not having to put the same information on a variety of computers. It can be stored on one that is accessible to many.

Let’s use Goggle Drive as an example. Many people already have Google email accounts. The drive can be associated with your email account as a access point. What can you store there? Anything from images of documents, word files, music and family videos and photographs. For emergency preparedness

purposes, you can store the following items in digital format:

- Drivers Licenses
- Birth Certificates
- Social Security Cards
- Marriage Certificates
- Health Insurance Cards
- Car Loan Contract
- Insurance Contracts
- Recent Bank, Loan, and Credit Card statements
- Mortgage Agreement
- Property Deed
- Life Insurance Policies

Only you and any people you choose to share access with can get to this information. When you set up this information in the cloud, it is a good idea to keep documents organized in folders. Give at least one other person access to the password.

Are you concerned with security and privacy? Of course, so use strong passwords and change them every three months. Make sure that the person you give access to uses strong passwords as well. Be sure to read and make sure you are comfortable with the privacy policy terms of whatever service you use. Often the service will have a strong password generator to help you create them.

More information on getting [Tech Ready](#)

Guinness World Record Using Solar Ovens

The most cookies baked in one hour using solar ovens is 1,225, achieved by Miami Country Day School (USA), in Miami, Florida, USA, on [20 April 2012](#).

The cookies were cooked by students, parents and teachers in an event organized by student Matthew Cohen to honor Earth Day. The cookies were donated to the Feeding South Florida food bank and the ovens were donated to Help Brings Hope to Haiti. Fifty Global Sun Ovens® and two Villager Sun Ovens® were used to bake the cookies. Photos: <http://powerfromthesun.us/>



Baking Cookies in the Sun Oven® in January

There is a cookie recipe floating around Facebook that has no wheat or added sugar. I had three really ripe bananas that desperately needed to be used so I thought I'd give the recipe a try. The sun was shining, mostly, with an air temperature of 35° F, so we set up our Sun Oven®.



Ingredients

- 3 mashed bananas (ripe)
 - 1/3 cup apple sauce
 - 2 cups oats
 - 1/4 cup coconut (or almond) milk
 - 1/2 cup raisins
 - 1 tsp vanilla
 - 1 tsp cinnamon
 - chocolate chips (optional)
- Stir together and place on parchment paper on cookie racks that come with the oven
- Bake at 350° for 15-20 minutes

The oven temperature dropped while I was stacking the racks, so I cooked them for forty minutes, which allowed time for the oven to get back to temperature. Yummy! Bet you can't eat just one.

Make a Flu Emergency Kit

Seasonal influenza is a contagious respiratory infection caused by different flu viruses. The major symptoms are fever, headache, fatigue and body aches. New Year's eve saw 67 people in the Portland, OR area alone, hospitalized suffering from a flu strain similar to the 2009 pandemic. Striking middle-aged people, this strain causes an almost comatose sleeping state for hours. It has been identified as a re-assortment of the Avian, Swine and Human strains. With lots of holiday travel and people contained in close quarters, germs can travel far. ¹ Since the flu can sneak up on you, your flu emergency kit should include:

- **Thermometer** - a high fever is one of the first clues that you have the flu. Get a digital one and wash it before and after using. Watch out for a fever that goes away and then comes back. This could mean it has turned into a bacterial infection. Seek medical attention for children who have a fever over 104°F or for adults who have difficulty breathing, persistent vomiting, sudden dizziness or confusion.
- Keep your **ibuprofen or acetaminophen** up to date. These will relieve fever and muscle aches in adults and children over six months. Don't use aspirin or aspirin containing medicine in children who have cold or flu symptoms. This can lead to Reye's syndrome. For babies under six months, the CDC recommends only acetaminophen. Follow all label directions closely.
- **Decongestant** - Use this to treat nasal blockage. For children under age four consult your doctor before giving decongestants. Saline nasal sprays can be used in adults and children to loosen mucus. Decongestant sprays shrink nasal passages. Only use them for a few days and never in children.
- **Cough Suppressant** - Include this to take at night. Avoid taking this during the day, it is better to expel any phlegm. Be careful when mixing over the counter medications. Some may have the same ingredients, resulting in an overdose. Pediatric cough and cold formulas are not recommended for children under 2.
- **Tissues and Hand Sanitizer** - Stock up on these. Put every used tissue into the trash as soon as you are finished using it. Runny noses, sneezing and coughing are the main way that flu droplets spread germs. Always cover your coughs and sneezes with tissues and teach kids to do the same. If a tissue isn't handy cough into your elbow instead of your hand. Wash your hands often with soap and water between tissue uses. Use hand sanitizer gel, if you can't wash often. A good alcohol based sanitizer should contain 60% alcohol. Keep your hands away from your face. Germs have ready entry through your nose, mouth and eyes.
- **Liquids** - Stock up on water and other clear liquids. They help restore fluids lost from a fever and help keep mucus secretions flowing. Bottled water may taste better than tap water and may limit the use of glasses and cups. Don't share it. You can add salt to water (1/2 tsp per 8 ounces) to make a gargle. Sports drinks contain electrolytes that will help avoid dehydration. Include herbal teas and soups. Hot liquids can be soothing. A bowl of broth based soup is easier on an upset stomach and the steam can help loosen mucus. If you're sick, you probably will not feel like cooking.
- **Lozenges** - Throat lozenges can soothe a cough or sore throat, but they are not a cure. Many of their ingredients, like honey, herbs, or eucalyptus, have been used for years. Zinc can also help. Studies have shown if taken within 24 hours of symptom onset, it helps reduce the duration and severity in normally healthy individuals. Don't take more than 50 mg per day.
- **DVD's** - Include some comedy DVD's in your emergency kit. Laughter can be the best medicine.

Influenza vaccines can help stimulate your immune system before you get the flu. The CDC (Center for Disease Control) recommends all children, six months and older get a flu vaccine every year.

¹ <http://www.koin.com/news/oregon/pandemic-flu-hits-oregon-in-big-way>

Solar Salt and Cider Chicken from our Solar Chef



Chicken cut up into pieces cook quickly and is a good choice when the hours of sun light are limited.

Ingredients

1 1/2 cups cider vinegar

1/4 cup vegetable oil

1 egg, lightly beaten

2 teaspoons kosher salt

1 teaspoon poultry seasoning

6 bone-in, skin-on chicken thighs, trimmed of excess fat

Preparation

Set Sun Oven out to preheat

In a large bowl, mix together the vinegar, oil, egg, salt, and poultry seasoning. Add the chicken thighs to the bowl. Cover and marinate in the refrigerator for at least 1 hour. Place a rack in a baking pan. Arrange the thighs in a single layer on the rack. Cover and transfer to the Sun Oven. Cook until the juices run clear and the skin is browned, 1 to 1 1/2 hours. Serve with steamed rice.

Makes 6 servings.

Thanks for Helping Us Help Haiti

During November and December 2013 donations to the Friends of Haiti Organization (FOHO) **SUN OVEN**[®] project were matched dollar for dollar by a private donor. The donations collected for Haiti were \$2,235. With the matching dollars, the total amount came to \$4,470. This will send 23 Global Sun Ovens[®] to Haiti. Thank You, generous Sun Oven[®] customers! To make a donation on line visit: [Help Us Help Haiti](#)
To learn more about our work in Haiti visit:

<https://www.sunoven.com/haiti>

