

EVERY NEEDFUL THING

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

www.sunoven.com/everyneedfulthing

Volume 3 ISSUE 10

OCTOBER 2014

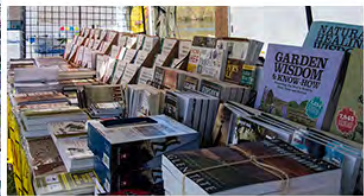
Prepper Camp™ Recap



Sun Ovens at Prepper Camp

© 2014 Billie Nicholson

In the foothills of western North Carolina, over 600 serious preparedness citizens gathered for a 3-day, total immersion experience in survival at [Prepper Camp™](#). Attendees had opportunities to learn from the best in the business about topics ranging from alternative power solutions, cheese making, first aid, herbal medicine, how to grow a camouflaged food forest, solar cooking and water filtration. In addition, they had time to talk to vendors and practice some of the skills they learned during evening activities as they camped on the meeting site.



Ask Billie

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

Q. What is the preparedness educational training series **SUMMER OF SURVIVAL?**

A. Produced by Life Changes Be Ready! it is a webinar series designed to share leading expert advice on preparedness and self-reliance.

Sun Ovens® will be featured in the current **SOS OFF Season** survival series on October 14, 2014 at 8PM EDT. [Register Here](#)

In addition, the folks at SOS have offered a special 25% discount to our readers for their archived webinars.

Order the **Complete Summer Of Survival Collection**. Don't miss this special 25% discount available only to "Every Needful Thing" readers.

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



Billie Nicholson



Order Your **Sun Oven®** Today

What's in Your Every Day Carry Kit?

Billie Nicholson

Not long ago I attended a bridal shower where one of the games gave points for a list of items in your purse. As I went down the list, a picture of preparedness emerged. All of us have items we carry every day, like photo identification in the form of driver's license, credit cards, membership cards, cell phones, and money. Don't confuse this with a Bug-Out-Bag or the emergency kit you have in your car. In an emergency, if you couldn't get to your auto or home, how would you get along? What do you carry with you every day?

The items you carry everyday are often based on your health, profession and vanity. By rethinking these with a preparedness mindset, perhaps you may modify what's in your EDC. We are limited by how much weight we are willing to carry and how we attach it to us. We are also limited by the number of pockets in clothing and by the number of free hands we have, so minimalism is critical.

The items in your EDC will be determined by several factors: do you live in an urban or rural place, where do you go every day, are you traveling on public transportation or on foot, what is the climate and the season of the year, is your route socially safe, and what are the local laws regarding what you carry? Consider adding the following items:

- Items that can help you get food like coins, cash or other small barter items.
- Energy bars that are high in calories and have a long shelf life.
- A 3 day's supply of any medicine that you take regularly.
- Water purification tablets or a straw water filter and an empty (for storage) wide mouth water bottle.
- A Mylar survival blanket can provide shelter.
- Tools that will help you scavenge for food, like a Swiss Army knife or Leatherman multi-tool.
- Remember the [Speedhook?](#)
- Edible plant guide.
- Fire starter or lighter to build a fire to cook food on or keep you warm.
- Cell phones can contain emergency contact information. Even without service you can call 911.
- Rope or string, including unflavored dental floss or 550 paracord, for many binding purposes.
- Mini flashlight will provide light when you need it. Check batteries every few months.
- Personal protection devices (where permitted by law) can range from a whistle, pepper spray, self defense tools like tactical pens to hand guns.
- Hand sanitizers will help you avoid infection if you are exposed to others that are ill or if you sustain a wound. Band-aids got me extra points at the bridal shower.
- If you wear contacts or glasses, extras are a must along with saline packets.
- Remember knowledge trumps equipment every day of the week.



Every Day Carry Kit

© 2014 Billie Nicholson

Whatever items you choose for your Every Day Carry, make sure you know how to use them.

Emergency Medical Assessment

Dr. James Hubbard, [The Survival Doctor](#)

How to Figure Out What's Wrong

Picture yourself walking down a trail and you find someone lying down, unconscious. Or it could be inside or outside your house, on the side of a road after a wreck—virtually anywhere. But let's stick with the scenario of a trail. What would you do? Put yourself in the scene. What would do?

Go for help? Yell for help? Run over and actually try to help? Ignore the whole ordeal? That's going to be a little awkward given the situation that you're the only one around, but I'm sure it would be tempting to some. But, in fact, after you're viewed all the segments in this video series, I hope they'll prompt you not only to help out, but in some instances take charge, even in a crowd of people—at least until expert help becomes available, if that is an option.

Okay, have you thought about it? Someone's unconscious. What you should do?

Your Safety First

First is make sure you're safe. Make sure whatever might have injured this person isn't going to injure you. I mean, you're not helping anyone if you get injured also. In fact, you're doing more harm because now there are two victims to save. So, look for possible falling rocks, animals, other people who may wish you harm. Next, if you deem it safe, go over and check the person. Yell, "Are you okay?" Shake their shoulder. Pinch their face.

You might get a pinch back if they wake up, but do whatever you can to wake the person ... except, what's the number one thing you should not do at this time? Do you know?

Do not move the person. Not even their head. Not even a little bit.

Only in dire circumstances, like a fire is coming right toward you, should you move the victim. Why? You don't know whether there's been neck or back trauma. If you move a person with a broken neck, for instance, and the person pulls through, you could potentially have caused paralysis. More on how to protect the neck and back in my spine segment.

If you can't get a response, check for any signs of life at all. Such as is the person breathing?

Check for Breathing

So how to check for breathing? Look at and feel the chest. Is it moving?

If the person is moving the chest or any other part, say a hand or foot, you can assume they must be breathing and the heart is beating. If the person is making any sounds, even a grunt, you can assume there's breathing and a beating heart.

You should do this assessment within a few seconds. Also, about now, you want to shout for help and call 911 if it's available. If someone's with you, they should do it, while you continue to assess.

If There's No Breathing

If there's no breathing, begin chest compressions right away. But why not check for a pulse? Current thinking is, unless you're experienced in doing that, you may be uncertain of whether you're feeling one and waste valuable time before you start compressions.

Why no mouth-to-mouth? Doing chest compressions alone has been found to revive as many people as combining it with artificial breathing. Again, this assumes you're not a medical professional. If the person is not breathing, you can assume the heart is not beating. Start compressions.

If you cannot get 911 and someone is with you, they should immediately go for help or at least go until they get into cell range.

From "[The Survival Doctor's Emergency Training Course](#)" Reprinted with Permission

How's Your Battery Health?

Robert and Billie Nicholson

We as a species take for granted many aspects of our modern lives. Most of our daily routine uses devices that require batteries. From automobiles to fire alarms to iPods and beyond, the list of battery using devices we depend on is almost endless. We prepare for the unforeseen emergencies of life by purchasing life, home and car insurance. Likewise, we insure our safety and comfort by preparing for emergencies by putting aside a short wave radio, extra flashlights, walkie-talkies, and other supplies. Most all of these devices require batteries and are useless without them. A regular schedule of battery checking and maintenance helps insure that our devices work correctly when we need them.



When we store emergency electronic devices we always store the batteries separately from the device in a Zip lock bag. This way if a battery fails and corrodes the device is not damaged. We recently checked all our batteries and found that some had leaked, others were out of date, and others were too weak to be effective. We are changing over to rechargeable batteries to save money. Rechargeable batteries cost more, but save money over their useful life. One could decide that a solar or hand

generated electric device is the way to go. If so consider the human energy needed to use the device over long periods of time. We have a solar battery charger. It is slow to charge but it does work. Our battery charger handles AAA, AA, C, D and 9volt sizes. I also use a multi task meter to keep track of battery voltage. With the winter season coming soon cooler temperatures will make your battery health even more challenging as cold drains batteries of their charge more quickly.

If your device ends up having minor battery acid leakage, use baking soda and water on a Q tip to clean. If your device has minor alkaline battery leakage, use vinegar on a Q tip to clean. Follow with clean water on a Q tip and a dry paper towel. Use liquid sparingly around electronic devices. Complete instructions are posted on the internet in videos.

For every cloud there is always a silver lining. In an emergency, if your batteries fail because you didn't take care of them on a regular schedule, you can always use your electronic devices as doorstops.



10 Things You'll Regret Not Having Enough of When the SHTF

Elise Xavier

MoreThanJustSurviving.com

If you begin prepping for TEOTWAWKI, and a good stockpile is on your list of preps, it will quickly become evident just how many different items are useful to stockpile for a SHTF situation. Your list can be short and sweet at first, but once you really get into things, you'll see just how [enormous a list of gear to stockpile](#) can really get.

Every once in a while, it's good to go back to the basics: to make sure that out of all those things you've already stockpiled, you've got enough of the stuff that you'll really miss the most. Here's 10 items that instantly make the cut.

1. Alcohol

There are many reasons why alcohol is an excellent resource. The top two are obvious: its physical impact on us when we consume it, and its ability to disinfect wounds. Whether you're personally into drinking alcohol or not, you're going to regret not having enough alcohol when the SHTF. After all, think of all the people who would be willing to trade almost anything for a bottle of their favorite whisky or beer.

2. Soap

Along the lines of disinfecting, you're going to really regret not having enough soap post-crisis. Without basic sanitation, you're going to get sick fast, and ill is something you definitely don't want to be when medicine is in short supply and you need as much energy and strength as you can possibly have. The best tip you could possibly have in terms of soap shopping for post-crisis scenarios: try to stock up on soap that's anti-bacterial.

Think [Lysol](#).

3. Can Openers

It's great to have a [high quality can opener](#), but if you lose it or break it, you're in a lot of trouble. The majority of stockpiles will have a very large number of canned goods, and without a can opener, it's going to be difficult to get what's in the can out without wasting a good chunk of the insides or cutting yourself trying to get that can open. Do yourself a favor and get a backup or two, just in case.

4. Lighters and Matches

Really and truly, you cannot have enough of these lying around. Sure you can make fire without them, but it's hard: really hard. Unless you have apt practice in the fire-making field, stock up on these as much as possible. They're so inexpensive you might as well. Spare wicks and flints for your gas-fueled lighters wouldn't be a bad idea either.

5. Toilet Paper

There's a reason why this one makes it onto pretty much every list like this. Yes, it's a simple thing, and yes, of course you can live without it, but you probably really won't want to. Do yourself a favor and make sure you're always (and I mean always) heavily stocked up on toilet paper. You can keep a back up of tissue paper and paper towels to use when the toilet paper runs out, just remember not to use them elsewhere or that back up plan will go flying out the window.

Reproduced with Permission

[Read More ...](#)

Escaping a Riot

Billie Nicholson



[Photo Credit](#)

Riots can be as dangerous and as unpredictable as a natural disaster. They result in thousands of deaths and billions of dollars in property damage each year. Here are some steps to help protect yourself, should you get caught in the middle of a “community unrest” situation.

- 1. Be aware** - pay attention to events happening in your community or a city you might be visiting. Avoid riot-prone areas. Any crowd can become dangerous if the general mood becomes angry or hysteric. Know where you are in the community and be aware of escape routes; have several of them. Look for crossroads. This will give you an alternate route to take away from protestors or riot police. Always carry some cash in case you need to arrange another form of transportation or purchase food or drinks. You do not want to be considered a looter.
- 2. Stay Calm** - keep your emotions in check and don't get caught up in the “mob mentality.” Avoid confrontations, keep your head down but be looking for an escape route, keep moving at a steady pace. Move to a place you can get inside away from the mayhem. Keep away from windows when inside, lock doors and windows, and look for a couple of exits in case you need them.
- 3. Keep Companions Close** - lock elbows, hold children in your arms, and keep up a reassuring dialog. Your focus should be getting away from the danger.
- 4. Don't Get Involved** - your goal should be to keep as low a profile as possible and continue to move away from the center of action. If you are in the middle of a crowd, move toward the outside calmly and slowly.
- 5. Drive Appropriately** - stay in your car and remain calm, lock your doors, driving carefully but with intent. Should your vehicle become a target, get out and leave it behind. Otherwise, sound your horn and drive carefully around or through a group. Give them time to get out of the way. **DO NOT** drive toward a police line. They consider vehicles a deadly weapon and may react accordingly.
- 6. Avoid Heavy Traffic areas** - know alternate routes to get you over, around, or through a crowded area. Safety is the major issue here, not necessarily the quickest way home.
- 7. Maintain Maneuverability** - if a mob or the police rush your way, step sideways or move diagonally between groups rather than trying to out-run them.
- 8. Communication** - cell phone channels may be unavailable in the event of a major event. Resort to text messages. Look for phone booths; often they will have priority over other land lines when a system overloads.
- 9. Carry a Flashlight** - people often panic in the dark. Light a path and you can see where to go.
- 10. Avoid Public Transportation** - buses and taxis can become a target you don't want to be trapped inside. Metro trains may be shut down and the stations can be full of people, waiting for another spark of hysteria to incite violence.
- 11. Be Bold** - act like you know what you're doing and where you are going. Move and speak with confidence. Use an authoritarian, but not hostile, voice and people will listen. Most of all, think clearly about escape.

[References](#)

Waste Not ... Want Not ... Making Apple Cider Vinegar



Waste Not ... Want Not © 2014 Billie Nicholson

Billie Nicholson

Last fall we wrote about several ways to [preserve apples](#). We canned apple slices, apple sauce and dried apple slices in the Sun Oven®. This year, we've had an abundant harvest of apples again. With all that apple preservation, we were left with piles of apple cores and peelings. Homemakers of times past had the perfect use for all this "waste" - making vinegar! So this year, we decided to give it a try.

The process includes four steps and can take up to six weeks to complete.

1. Make a clean cider from ripe apples.
2. Convert all the fruit sugar to alcohol through a process called alcohol fermentation.
3. Change all the alcohol to acetic acid referred to as acetic acid fermentation.
4. Clarify the acetic acid to prevent further fermentation and decomposition.¹

Fall and winter apple varieties are best for making vinegar because their sugar content is higher than summer apples. Gather fruit and wash it well. We soaked our apples in a diluted solution of vinegar in water. This is recommended to remove any [surface pesticides](#) and most of the surface bacteria. While the fruit is soaking in the vinegar solution, thoroughly wash and rinse some half-gallon jars (a good run through the dishwasher works well, too).

Peel and core the apples. Leave the scraps to air. They'll turn brown. Fill the jar about 3/4 full of scraps and top with filtered (non-chlorinated) water. We covered the jars with coffee filters held in place with a rubber band and placed the jars into a container (to catch the foam-over from the fermentation process.) Cover and place in a warm, dark place (60-80°F.) You can leave it for up to a month. You'll notice the contents of the jar thickens and foams and a grayish scum forms on top. ²

We separated the peelings and cores from the liquid after a week, strained the liquid into clean jars, covered them, put them back in the warm space and left them to ferment. After about a month, you can taste test it for strength. When it pleases you, strain it again and bottle it. It may be cloudy and have a sediment. This is "the mother." This slimy looking thing consists of acetic acid bacteria and cellulose. It's a natural product of the vinegar-making process. Filtration through a coffee filter will remove most of it. There are lots of uses for apple cider vinegar,³ from drinking it, rinsing your hair with it and using it as a cleaning product - don't forget making pickles! Let us know what uses you have for apple cider vinegar at editor@sunoven.com.



In the Process © 2014 Billie Nicholson



Step Three: Straining © 2014 Billie Nicholson



Store in Clean Jars © 2014 Billie Nicholson

[References](#)

Slightly Spicy Apple Potato Soup from the Solar Chef



This savory soup is an fabulous fusion of classic fall flavors.

Solar Apple-Potato Soup

Ingredients

- 1 tablespoon butter

- 2/3 cup finely sliced leek, white and pale green parts only

- 1 stalk celery, finely sliced

- 1/2 teaspoon dried sage

- 1/4 teaspoon paprika

- 2 medium tart apples, peeled, cored, and chopped

- 2 medium Yukon gold potatoes (about 1 1/2 cups), peeled and diced

- 3 1/2 cups vegetable broth

- salt and pepper to taste

- 1/4 cup sour cream (regular or reduced fat)

- chopped fresh chives for garnish (optional)

Preparation

Set Sun Oven® out to preheat.

In a large pot, heat the butter over medium heat. Add the onion and celery and cook, stirring often, until softened; about 4 minutes. Stir in the dried sage and paprika. Add the apples, potatoes, and broth. Season with salt and pepper. Cover and transfer to the Sun Oven and cook until the potatoes are very soft; 1 to 1 1/2 hours. Remove the pot from the Sun Oven. Use an immersion blender to puree the soup until smooth. (can be prepared up to this point then gently reheated before serving) Stir in the sour cream.. Ladle into bowls and garnish with chives (if using).

Makes 4 servings.

