

# EVERY NEEDFUL THING

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

[www.sunoven.com/everynedfulthing](http://www.sunoven.com/everynedfulthing)

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## BE DISASTER AWARE



## TAKE ACTION TO PREPARE



AMERICA'S  
**PrepareAthon!**



[The chances that your family will survive a disaster](#) depends as much on your family planning as it does on local governmental agencies like police, fire and rescue. Families should have the tools and plans to support and protect themselves for at least the first three days (72 hours) into a disaster. Research on personal preparedness shows that many people who think they're prepared are really NOT. In addition, some admit that they do not plan to prepare at all.

Our nation's emergency planners, fire fighters, EMT/Paramedics and law enforcement officers do an unbelievable job of keeping us safe, but they can't do it alone. The biggest challenge is motivating everyone to participate in disaster preparedness activities. Knowing what to do before, during and after an emergency is critical to being prepared. It may make the difference between life and death. When we accept the personal responsibility to become prepared, we participate in the safety and security of our neighborhoods and communities. September is National Preparedness Month.

**1. Get a kit, 2. Make a Plan, 3. Be Informed, Get Involved, 4. Do It NOW.**

[BE PREPARED](#)



Order Your Sun Oven® Today

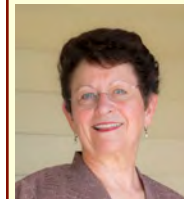
### Ask Billie

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

**FRANCES R. Asks:** Do you need to buy special pots and pans to cook in the Sun Oven®?

**Answer:** No, but dark, thin-walled pots with lids work best. Dark pots change the light from the sun into heat energy. Glass casserole dishes with lids also work well. With the exception of bakery goods, everything cooked in a SUN OVEN® should be cooked in a pot with a lid. Lids hold steam in the pot. For baking cakes, breads, cookies and pies, dark cookie sheets and baking tins work best.

What is your Most Burning Question about Food Storage or Emergency Preparedness? Send your questions to [editor@sunoven.com](mailto:editor@sunoven.com)



Billie Nicholson

## Leadership: Restoring Order During Catastrophic Chaos

from presentation by [Travis Waack](#)

As a part of the [Summer of Survival](#) webinar series, Travis Waack shared the following information about leadership and organization during a disaster. These notes were taken during that talk and are supplemented by additional details from an [ICS pdf from epa.gov](#) Editor

Sometimes we have warnings of coming disasters, sometimes we don't. Whenever they occur, the first noticeable problem is a lack of communication among the citizens of the area affected and among those involved in providing rescue and recovery. In a culture of preparedness, like our readers, we need to recognize the problems and develop ways to control the situation, not just crisis manage, for the benefit of our families and our communities.

The Incident Command System (ICS) was developed following a series of California wildfires which caused millions in damage and the death of several people. Local, state and federal fire authorities collaborated to form FIRESCOPE (Firefighting Resources of California Organized for Potential Emergencies). This group reviewed the wildfire responses and discovered that poor incident management was to blame, not a lack of resources. Major problems were associated with nonstandard terminology, nonstandard or integrated communication, lack of organizational flexibility, lack of consolidated action plans and lack of designated facilities. ICS was designed to overcome these problems. Following 9/11 this program was nationalized. Today, most major incidents demand so many resources and skills that one local, state, or federal agency couldn't provide them. The Incident Command System provides a way for many agencies to work together smoothly under one management system. [ICS pdf from epa.gov](#)

Any incident that requires action by emergency service personnel to prevent or minimize loss of life or property or locale damage can be managed by an ICS. It can operate regardless of jurisdictional boundaries and can grow or shrink to meet the needs of the incident. It is designed to develop work accountability and safety, improve communications, enforce a systematic planning process, fully integrate people and supplies, enhance communications to everyone involved and define the chain of command.

The Incident Commander depends on the information from four supporting groups to provide the necessary information to make final decisions. This command model may have two or more individuals serving as the commander who work as a team. A good commander is responsible for making sure all pieces of the structure are working together properly.

The Operations section does the work; they are the boots on the ground doing the response to whatever the emergency may be.

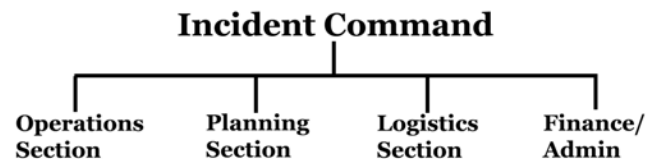
The Planning section provides support information. They know what resources are available and collaborate with operations to write incident actions plans - which are objectives for the next day.

The Logistics section procures materials and supplies; obtains and manages facilities; supports workers with food, lodging and medical care. They provide radio communications and IT support.

Finance & Administration is in charge of paying for supplies, processing compensation and tracking costs and statistics.

Each role can be adapted to meet the needs of a Prepper network. A deliberate process will be essential if a group is to be led during a catastrophic chaos. Consider this system for your community.

### Incident Command System



## Growing Your Own Food All Year

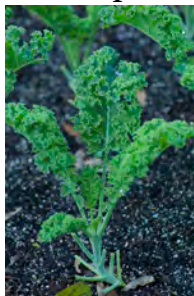
Billie Nicholson

As the summer season draws to a close, many gardeners wish for a longer growing season. Never fear, the answers are here. There are several things that the everyday gardener can do to extend the growing season for our gardens. As the weather cools, it is time to select new seeds or slips to plant that can tolerate cooler temperatures. Just as in the spring we planted lettuce, radishes, beets and carrots, the same pattern can be repeated in the fall. In addition, you can add more cold tolerant vegetables that will produce leaves and roots to eat. These can be divided into temperature tolerances, for example:

- Low temperature tolerant plants that can grow outside but are very sensitive to frost
  - lettuce
  - chickory, endive, escarole
  - broccoli
  - cauliflower
  - parsley, cilantro
  - radishes, celery, bok choy
- Medium cold tolerant plants can grow outside but it helps to cover them as the temperature drops
  - Chinese cabbage, sorrel
  - rutabaga
  - collards, kale, spinach
  - beets
  - carrots
  - parsnips
  - snow peas
- High cold tolerant may survive uncovered but can be protected by row covers
  - Turnips
  - Brussels sprouts
  - cabbage



Lettuce  
<http://www.RustyBuggy.com>



Kale  
<http://www.RustyBuggy.com>

Turnips  
thebittenword.com at <http://flickr.com/photos/22198928@N00/2622027467>



The most important factor is knowing when to plant in the fall. As the weather gets cooler and day length decreases, plant growth slows down and will eventually come to a stop when the day length gets below 10 hours. In much of the US, land north of the 30° latitude has day length shorter than 10 hours between mid-November and mid-January. [Check your location here](#). Your goal is to get plants to maturity before that day length happens. If you get them nearly mature, they will hold in the ground until you harvest them. Review the maturation date on the seed packets and plant those seeds within a time that will work. You can vary planting days to stretch your harvest. Pay attention as the night temperature begins to drop. Cover plants that are most delicate upon threats of frost. Find your [average frost dates here](#).

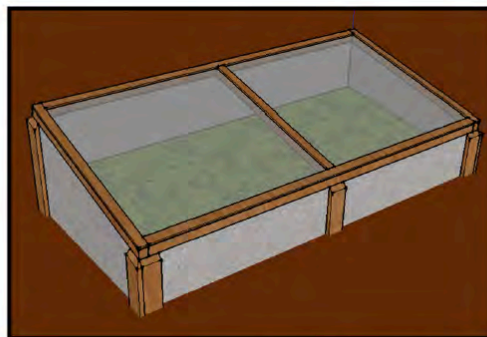
There are several techniques to protect plants as the temperatures drop.

1. Plant your garden in a south facing field. These beds will get more sun exposure and soil will retain heat longer each day.
2. Protect from wind. Wind can cause more damage than cold. Planting near a [continued page 4] protective wall, fence or hedge can raise the air temperature several degrees.

## Growing Your Own Food All Year

[continued from page 3]

3. Plant in cold frames. These boxes are constructed with slanted walls and designed to have a top cover of plastic or glass. The top can be raised during the day and during watering but replaced at night when temperatures may drop to the frost level. There are many ways to build cold frames, but the idea is to create a warm place for plants to continue growing. See [“The Cold Frame Handbook”](#) to get plans and more details.
4. Use row covers. Made from wire or 1/2” PVC electrical conduit pipe bent into the ground. A 10’ pipe can be bent to cover a 5-6’ bed. Use sand bags to secure at each hoop or insert a



*Cold frame concept using more advanced materials (insulated glazing and walls). Top glazing slopes towards the south to absorb solar radiation.*

*Photo from “The Cold Frame Handbook” by Derek Weiss H’12*



*GardeningKnowhow.com*

small piece of rebar in each end . Cover with spun fabric which is light weight, translucent, and breathable. This will provide wind protection and increase ground temperatures 5-10° F. Fabric that is made to 1 oz thickness allows 70% sunlight through. You can double this cover in real cold weather. Be sure to take it off during the warmest part of the day. Get precise construction directions [here](#).

5. Greenhouses are the final answer for those gardeners who feel the need for dirty fingers all year long. The sky is the limit for greenhouse kits. They can range in size from table-top starter

boxes to arboretums. They can be attached or free standing. A greenhouse should be large enough to walk into. The frame cover can be plastic sheets, vinyl panels or glass inserts. You will need a source of water, vents and perhaps a fan to make it most useful. Here is an extensive article on [“Choosing the Best Greenhouse Kit”](#)

In locations that have harsh winters, use row covers in the green house.



<http://homedecorreport.com/tips-for-building-glass-house-easily-3083/>

References:

<http://www.BorntoGrow.net>

<http://www.BeyondOffGrid.com>

<http://www.fourseasonfarm.com/books/>

## Home Security Check List

Use this guide as you check your home for safety measures. Column “no” indicates areas where you could take action to improve your home’s security. These are just some of the steps you can take to decrease the likelihood that you or your home is targeted.

### Exterior Doors

All doors are locked at night and every time we leave the house - even for just a few minutes.

Doors are solid hardwood or metal-clad.

Doors feature wide-angle peepholes at heights everyone can use.

If there are glass panels in or near our doors, they are reinforced in some way so they can not be shattered.

All Entryways have a working, keyed entry lock and sturdy deadbolt lock installed into the frame of the door.

Spare keys are kept with a trusted neighbor, not under a doormat or planter, on a ledge, or in a mailbox.

### Garage Sliding Doors

The door leading from an attached garage into the house is solid wood or metal-clad with a keyed door lock and deadbolt.

The overhead garage door has has a lock.

Garage doors are all locked when leaving the house.

The sliding glass door has a strong, key lock.

A dowel or pin to secure a glass door has been installed to prevent lifting off track. It is locked every night.

**Yes No**

### Windows

Every window in your house has a working key lock or is security pinned.

Windows are always locked, even when they are opened a few inches for ventilation.

### Outdoor Security

Shrubs and bushes are trimmed so there are no hiding places.

There are no dark areas around our house, garage, or yard that could hide prowlers.

Every outside door has a bright, working light to illuminate visitors.

Floodlights are used appropriately to ensure effective illumination.

Outdoor lights are on in the evening - on an auto timer, photo-cell or motion sensors.

Our house number, is clearly displayed so police and other emergency vehicles can find the house quickly.

### Security When Away from Home

At least two light timers have been set to lights on and off in logical sequence.

Alarm system has been activated when leaving home.

Mail and newspaper deliveries stopped.

A neighbor will tend the yard and watch the house while we’re away. [\[More\]](#)

**Yes No**

## UV Paqlite - Never Needs Batteries

# THE UV PAQLITE



**NO BATTERIES. NO BULBS. NO ELECTRCITY**

Have you ever reached for a flashlight only to find the batteries were dead? The problem with most emergency light sources is that they require batteries which die and need to be replaced at the most inconvenient times. Batteries are troublesome and require a steady stream of purchases. Rechargeable batteries need to be charged but how often do we forget to keep them charged? We have found an intriguing product that solves all those problems. Introducing the UV Paqlite:

### Facts

- The UV Paqlite (U-V- Pack- Light) is a reusable light source designed to provide a night light illumination in an enclosed environment all night long.
- UV Paqlites contain glow crystals that are rechargeable in light and last **forever**.
- Packaged in a vacuum sealed bag, it is lightweight, waterproof, and portable.
- The UV Paqlite quickly absorbs light from any source to charge, glows in the dark for 10 hours, and can be reused indefinitely forever. It is fully charged with 1 minute of direct sunlight exposure, in 5-10 minutes in ambient room light, or just a few seconds when exposed to a flashlight.
- The glowing photons captured in this product are composed of strontium, aluminum and other rare earth elements, but not radioactive uranium.
- They have an indefinite shelf life and can be stored anywhere.

Sun Ovens® leaves no stone unturned to find unique products for our customers. Just like our ovens, this product uses FREE energy. The Paqlite folks made us a deal we couldn't refuse and we're passing the savings on to you. While supplies last, get the large UV Paqlites at a special price.

**Buy one, get the second one for 1/2 price. The more you buy, the more you save!**

To view a video, learn more, and Order Yours Today: Click here <http://www.sunoven.com/Paqlites>

## Emergency Preparedness for People with Disabilities



[Ready.gov](http://Ready.gov)

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. For people with special needs disabilities, being prepared is a matter of life or death. If you are on your own, you need to have a plan.

**The first step is to consider how an emergency might affect your individual needs.** Think about a given day, what do you do, what do you need and who can help you? Work on a plan to make it on your own for at least three to five days. It is possible in an emergency that you will not have ready access to a medical facility or pharmacy. Basic supplies for survival include food, water and clean air. Consider assembling two kits. One to use at home and one to take with you if you have to leave home.

Recommended basic emergency supplies include:

- \* Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- \* Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food and where possible, extra medication.
- \* Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- \* Flashlight and extra batteries for any necessary electronic equipment
- \* First aid kit; a week's supply of any prescription medicines; include copies of all prescriptions and dosage instructions; copies of medical insurance, Medicare and Medicaid cards; instruction for operating any equipment or life-saving devices you rely on
- \* Whistle to signal for help
- \* Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- \* Moist towelettes, garbage bags and plastic ties for personal sanitation
- \* Wrench or pliers to turn off utilities
- \* Local maps
- \* Pet food, extra water, collar with ID tag and supplies for your pet or service animal

Make a plan for what you will do in an emergency. Write it down and keep it with your emergency supply kit. For every aspect of your daily routine, plan an alternative procedure. Create a personal support network. Share your plans with them and make sure that someone in your support network has a key to your home and knows where you keep your emergency supplies. Practice it. Keep a list of network contact information in your wallet. If you need to evacuate, select a shelter that can accommodate your needs.

It's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. For more information about preparing for emergencies for people with disabilities, click here for a [printable document](#).

## Solar Meatball Stew from the Solar Chef



*The spices in this stew are reminiscent of Northern African cuisine and go best with couscous, but it could also be served with a good, crusty bread or pasta.*

### *Solar Moroccan Style Meatballs*

### Ingredients

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 pound ground lean ground beef
- 2 teaspoons ground cumin, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, divided
- 1 cup diced tomatoes
- 1/2 cup water
- 3 tablespoons tomato paste
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped fresh mint

### Preparation

Set Sun Oven® out to preheat.

In a large pot, combine the oil, onion, and garlic. Cover and cook in the Sun Oven until the onion is soft, 15 to 20 minutes.

Prepare the meatballs while the onion mixture is cooking. In a large bowl, mix together the beef, 1 teaspoon cumin, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Using damp hands, shape the beef mixture into 24 meatballs; set aside.

Bring the pot with the onions in and leave Sun Oven out. Add the tomatoes, water, and tomato paste. Stir in the remaining 1 teaspoon cumin, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Add the meatballs. Cover and return the pot to the Sun Oven. Cook until the meatballs are cooked through, 45 minutes to 1 hour. Remove the pot from the Sun Oven. Stir in the lemon juice and mint. Serve over couscous.