



Project Noah - Month 8

Billie Nicholson



Project Noah is a yearlong food storage and emergency preparedness program designed to help you set and obtain goals in the area of family preparedness. The program is divided into twelve monthly assignments touching on lots of short and long term preparedness subjects including a preparing, a reporting and a sharing segment each month. These lessons are designed to be used in church or community groups focused on self reliance and preparedness. Start your own group and use these newsletters as a reference resource. Many articles will link to previous articles on SunOven.com or other sources. Click for additional information.

Our EIGHTH month's lesson includes vital records notebook pages to keep your personal information organized. Download your [pdf copy](#) to get organized. We are continuing to add items to our 72 hour kits - remember [supplies for your pet](#); keep additional garbage bags on hand. They are also our non-food items this month. In addition to searching for the best buys on what you like to use, plan to include a three month supply. What items have you added to your 72 hour kits for morale boosters? We have some suggestions. Is your garden ready for winter? We have 8 tips.

Tornadoes are nature's most violent storms. They often develop so rapidly that little advance warning is possible. We've included some tornado facts and what to do and where to go if one develops in your neighborhood.

HOW ARE YOU DOING ON YOUR PREPAREDNESS GOALS? Review your progress with the [checklist](#).

Our long term storage topic this month is sprouting seeds. We will learn which seeds and grains to use for sprouting, tips on how to sprout and use them in your diet.

As this year comes to a close, we at Sun Ovens International, Inc. wish you a MERRY CHRISTMAS and a HAPPY NEW YEAR!

Ask Billie

Q. How can I learn to use the Sun Oven®?

A. Thanks for asking. In addition to lots of printed explanations on our website, we have a Free, 40 minute class that gives expert advice on how to harness the power of the sun to cook, pasteurize water, dehydrate fruits, vegetables and meat, be better prepared for emergencies and much more. You can access our [ONLINE CLASS](#) here.



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

Collecting Vital Records

Vital records are records of any important, valuable, irreplaceable or cherished papers, pictures and statements. These records should be compiled together in a notebook and kept with you 72 hour emergency flight kit in a waterproof container. It is recommend storing the originals in your emergency binder and store photocopies of them in a filing cabinet, and also scan a digital copy and give it to a trusted friend, put it in a safe deposit box or store in a fire-proof, off site / water-proof locked box. If your house burned down or was flooded it would be so relieving to know that you don't have to go through the hassle of replacing those documents.

Take an inventory of your home, garage, premises and place of business, making a written itemized list of the contents you want to include. Include serial numbers, make, model numbers, physical descriptions, where and when purchased, purchase price, current estimated value and a photograph in their normal locations. Attach receipts if you have them. **Reference: 72-Hour Emergency Kit by Barry Crockett**

What should I include in my Emergency Binder?

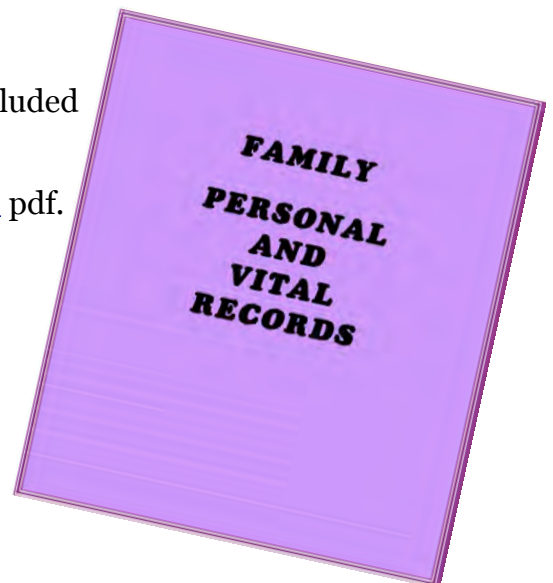
- A Family picture (mark on back descriptions of each person)
 - Academic grades and transcripts
 - Appliance list (see above)
 - Bank information and bank statements
 - Birth Certificate
 - Business files and licenses
- Cash – keep a variety of small bills and coins on hand
 - Contracts
- Copies of important contracts, certificates, funds
 - Credit card copies front and back
 - Deeds and Titles
 - Driver License
- Family or Personal Disaster Action Plan
- Financial account numbers and portfolios / Stocks
- Identification and legal papers - Utility Statements
- Immunization records (make sure your tetanus shot is up-to-date)
 - Important Family photos
 - Insurance policies
- Legal documents - Trust Documents
- Letter of Instructions – in case of death - Wills
- Internet passwords /account numbers / Website Address Information
 - Marriage Certificate / License
 - Mortgage / Property Records
- Motor Vehicle Titles / Bill of Sale (VIN number, Registration card, License Plate Numbers)
 - Passport
- Phone number and address (Include in a Communication Section a complete list)
 - Prescriptions
 - Retirement statements
 - Social Security card
 - Special family photos
- Tax documents that would be hard to replace

Helpful Hints for Your Vital Records Binder

- 1- Use a 2 to 3 inch Binder. Any color will do. You may want to choose one that has an outer cover pocket holder for your cover sheet.
- 2- Buy some dividers - Choose numbered tabs or blank to write on. Colored tabs help you divide your binder easily. Hint: If you purchase dividers with pockets, they will help you store the smaller items.
- 3- Make two copies of all original documents, policies, etc. with the names, addresses of companies and numbers. Place one of the copies in your file cabinet and give a copy to a trusted family member or friend.
- 4- Store originals in your binder in sheet protectors then store in a fireproof box or in a bank safety deposit box.
- 5- You can make a back up copy of your documents and pictures on a disk or memory card and place in your binder.
- 6- Use a table of contents and/or write on the divider tabs.
- 7- Everyone's binder will be different and will grow as you "grow".
- 8- Have a Family Home Evening with your binder. Go over the contents with every family member and make sure they understand the contents. Make sure each family member knows where the original binder will be kept, where the copies are in your home and which family member or friend has the copies
- 9- Write your own Obituary (This is not a subject we like to think about but it could be fun and you can include the information you would want to be read about yourself!!)
- 10- Make your own funeral arrangements (Again, this is not a subject we like to think about but we can save our family a lot of grief if we do most to the work for them and we can have the funeral the way we would like it to be.)

REMEMBER: Anything you feel is of importance can be included in this binder! There is never too much information!!

To help with your organization, download this [Vital Records](#) pdf.



Morale Boosters

Moral Boosters are very important during an emergency. Maintaining high morale is one of the single greatest factors in successfully coping with a major evacuation emergency or disaster. Having a few diversionary items on hand will help to fortify a person’s mental, emotional and spiritual strength, especially if spending time in a public emergency shelter. Small children’s items should be carefully considered for these harder times. Choose smaller toys and trinkets that will entertain children for longer period of times. What else would you add?

Morale Booster suggestions:

Coloring books with crayons or colored pencils
 Games and puzzles
 Magazines
 Paperback books

Small craft projects
 Small stuffed animals / toys (Teddy bear, puppets)
 Story books
 Yo-Yo

PET DISASTER KIT CHECKLIST

DOCUMENTS

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Photocopied veterinary records <ul style="list-style-type: none"> <input type="checkbox"/> Rabies certificate <input type="checkbox"/> Vaccinations <input type="checkbox"/> Medical summary <input type="checkbox"/> Prescriptions for medications <input type="checkbox"/> Most recent heartworm test result (dogs). | <ul style="list-style-type: none"> <input type="checkbox"/> Photocopied registration information (ex: proof of ownership or adoption records) <input type="checkbox"/> Pet description(s) (ex: breed, sex, color, weight) <input type="checkbox"/> Recent photographs for each of your pets <input type="checkbox"/> Waterproof container for documents | <ul style="list-style-type: none"> <input type="checkbox"/> Microchip information (ex: microchip number, name and number of the microchip company) <input type="checkbox"/> Your contact information (phone numbers and addresses for your family and friends or relatives you may be staying with) |
|---|---|---|

WATER, FOOD, MEDICATIONS

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> 2-week supply of food for each animal stored in waterproof containers <input type="checkbox"/> 2-week supply of water for each animal <input type="checkbox"/> Non-spill food and water dishes | <ul style="list-style-type: none"> <input type="checkbox"/> Manual can opener <input type="checkbox"/> Feeding instructions for each animal <input type="checkbox"/> 2-week supply of any medications (if applicable) | <ul style="list-style-type: none"> <input type="checkbox"/> Medication instructions (if applicable) <input type="checkbox"/> One month supply of flea, tick, and heartworm preventative |
|---|--|---|

OTHER SUPPLIES

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Leash, collar with ID, and harness <input type="checkbox"/> Toys | <ul style="list-style-type: none"> <input type="checkbox"/> Appropriate-sized pet carrier with bedding, blanket, or towel <input type="checkbox"/> Pet first aid book and first aid kit | <ul style="list-style-type: none"> <input type="checkbox"/> Cleaning supplies for accidents (paper towels, plastic bags, disinfectant) |
|--|---|---|



U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention

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Tornadoes

What is a Tornado and it's warning signs?

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, they can cause fatalities and devastate a neighborhood in seconds. Tornadoes appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard, although they are more common in the Plains states.

The U. S. has more tornadoes than anywhere else in the world, averaging about 1,200 per year. Canada is #2 with the central provinces having the most risk. Some tornadoes are clearly visible, while rain or nearby low hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any advance warning is possible. They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel. The average tornado moves Southwest to Northeast, but can move in any direction along the trailing edge of a thunderstorm.

The average forward speed is 30 MPH, but may vary from stationary to 70 MPH. Peak tornado season for those areas east of the Rocky Mountains is spring and summer months; they most likely occur between 3 p.m. and 9 p.m., but can occur at any time. Before a tornado hits, the wind may die down and the air may become very still.

What causes a Tornado?

Tornadoes are most often spawned by giant thunderstorms known as "supercells." These powerful, highly organized storms form when warm, moist air along the ground rushes upward, meeting cooler, drier air. As the rising warm air cools, the moisture it carries condenses, forming a massive thundercloud, sometimes growing to as much as 50,000 feet in height. Variable winds at different levels of the atmosphere feed the updraft and cause the formation of the tornado's characteristic funnel shape.

What do the Tornado buzzwords mean?

Tornado Watch - means a tornado is possible. Remain alert for approaching storms. Watch the sky, especially to the south/southwest. Stay tuned to NOAA Weather Radio, commercial radio, or television for information.

Tornado Warning - means a tornado has been sighted or indicated by weather radar and may strike in your vicinity. Take shelter quickly and take a radio with you for updates. Make sure your kids and you know what county or area you live in and listen for that name on radio or TV updates.

What should we do to prepare for a Tornado?

During any storm, listen to local news or a NOAA weather radio to stay informed about watches and warnings. Know your community's warning system; some have recorded telephone calls others have sirens for outdoor warnings. Pick a safe room in your home where everyone can gather. practice periodic tornado drills so everyone will know what to do. Before storm season, consider reinforcing your safe room, remove any diseased and damaged limbs from trees; move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.

What should we do if a Tornado is threatening?

Take shelter immediately. Watch for dark, greenish clouds and a roaring noise especially. Your best protection is an underground shelter, cave, or substantial steel-framed or reinforced concrete building. If none of these is available, there are other places to take refuge: **(continued on page 6)**

Tornadoes (continued from page 5)

At Home - If you don't have an underground storm cellar, go to a corner of your home basement and take cover under a sturdy workbench or table (but not underneath heavy appliances on the floor above). If your home has no basement, take cover in the center part of the house, on the lowest floor, in a small room such as a closet or bathroom, or under sturdy furniture. Stay away from windows to avoid flying debris. Do not remain in a mobile home if a tornado is approaching; take cover elsewhere in a nearby shelter or lie flat in the nearest depression or ditch. Make sure the ditch is dry.

At work, shopping, dining, etc. - Take shelter in an interior hallway on the lowest floor or to the designated shelter area for that building.

At school - Follow the instructions of school authorities. These usually involve taking shelter in interior hallways on the lowest floor, and staying out of structures with wide, free-span roofs, such as auditoriums and gymnasiums.

Outside in open country or in an automobile - Take cover and lie flat in the nearest depression, such as a ditch, culvert, excavation, or ravine, and cover your head with your arms. Never stay in your automobile, except as a very, very last resort. Buckle your seatbelt.

What do we do after a Tornado?

- Continue listening to local news or NOAA weather radio for updated information and instructions.
- If you are away from home, return only when authorities say it is safe to do so.
- Wear long pants, long sleeved shirt and sturdy shoes when examining your home for damage. Use battery-powered flashlights when examining buildings, not candles.
- Watch out for fallen power lines or broken gas lines and report them to the utility company immediately.
- If you smell gas or hear a blowing or hissing noise, open a window and get everyone out of the building as quickly as possible.
- If damage is clearly evident, stay out.
- Use the telephone only for emergency calls. Texting may be quicker to contact family. RedCross.org provides a registry on the American Red Cross Safe and Well website where you can register to let your family and friends know about your welfare or call 1-800-GETINFO.
- Take pictures of damage, both of building and its contents, for insurance claims.
- Keep all pets under your direct control.
- Check for injuries. If you are trained provide first aid to persons in need until emergency responders arrive.
- If you have to rebuild, ask your contractor about strengthening garage doors and about building a safe room as well as reinforcing masonry walls, securing your chimney or permanently connecting your manufactured home to its foundation.

Guiltless Pumpkin Oatmeal Cookies



These cookies are not low fat or low sugar but still qualify as guilt free because you can use your Sun Oven to bake as many, or as few, as you want. No need to fret over wasting energy by turning on the oven for just one treat. Perfect for those of us who lack self control and would eat the whole batch in one sitting.

INGREDIENTS

- 1/2 cup coconut oil, melted
- 1/2 cup canned pumpkin (not pie filling)
- 1/2 cup sugar
- 1/4 cup light brown sugar, packed
- 1 tablespoon mild molasses
- 1 1/2 teaspoons vanilla extract
- 1 1/2 cups old-fashioned rolled oats
- 1 1/4 cups all-purpose flour
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup raisins

PREPARATIONS

Set *Sun Oven*® out to preheat.

Make the dough:

In a large bowl, whisk together the coconut oil, pumpkin, sugar, brown sugar, molasses, and vanilla extract. In a medium bowl, mix together the oats, flour, pie spice, baking soda, and salt. Stir the oat mixture into the pumpkin mixture until just combined. Stir in the raisins. Use a 1/4 cup measuring cup to make 13 cookies and place them on a tray. Cover with plastic wrap and refrigerate for at least 3 hours or over night. Unbaked dough can be stored in the refrigerator in an airtight container for up to 5 days or in the freezer up to 4 months (do not defrost before baking).

When ready to bake:

Set Sun Oven out to preheat 20 minutes before baking.

Line a baking rack or rimmed baking sheet with a silicone mat or parchment paper. Place the cookies on the mat about 2-inches apart. If baking all the cookies at once bake in batches. Bake in the Sun Oven 15 to 20 minutes. (baking time will be longer if dough is frozen). Cool 10 minutes before serving.

Makes 13 cookies.

[Sprouting Seeds for Fresh Greens](#)

If you are craving some green, crunchy plants in your diet, or have kids that need a science project, consider sprouting some seeds. Seeds are dormant baby plants sleeping inside and connected to their food supply. To be classified as *living*, this dormancy must end for a new life to begin. In nature, this seed will grow into a plant, which will make more seeds and the circle of life continues. In just a few days and in less than a square foot of counter space, you can grow tasty miniature plants - components of salads, snacks, sandwiches and stir-fries. Sprouting can be done year round. Eat them after 3-4 days as sprouts or 3-4 weeks as [microgreens](#).

Ending seed dormancy is easy, just add water. Seeds absorb lots of water, usually 2-3 times the volume of seeds is enough. It is a good idea to clean seeds first to remove debris and dust. In addition to washing them, look through the seeds for small rocks, or mounds of dirt and any broken or odd looking seeds accumulated during the harvesting process. Due to the possibility of bacterial contamination, resulting in food-borne illness, be sure to keep your sprouting environment and the sprouts clean. Home-growers could wash seeds in a mixture of lime juice and vinegar, followed by a hot water rinse and then a cold soak. Soaking time varies, but the norm is 8-12 hours.

Seeds use their stored food supply to get life started, until they get to sunlight and start making their own food through the process of photosynthesis. A primary ingredient in the raw food diet, sprouts are claimed to have higher concentrations of nutrients and enzymes than the grown plant. In addition to lots of anti-oxidants, vitamins and protein, they also boost your dietary fiber. What an amazing nutritional gift! [Add sprouting seeds](#) to your food storage.

You can sprout a variety of tasty seeds. Some of the most favorite are alfalfa, chickpeas, broccoli, and Mung beans. Here are the [basic directions for sprouting](#).

- Soaking: After cleaning the seeds, add two to three parts of water to each measure of seeds. Remember that larger seeds will soak up more water. Times vary, so check the instructions accompanying the seeds you have selected. Warm water may encourage some hard seeds like Adzuki to absorb water.
- Rinsing: This is a critical step in sprouting. Rinse with cool water - a lot of it, usually two to three times a day.
- Draining: The second critical step is draining. This allows oxygen to get to the seed. Spin, shake, bounce or twirl your sprouter. Get the water out.
- Air Circulation: Plants need to breathe while they grow. Leave them out in the open air, not in a dark cabinet.
- Greening: Plants only begin photosynthesis once they get leaves. Contrary to some popular dogma, it does no harm. Sprouts of all colors are packed with flavor and nutrition. Use indirect sunlight and don't let the plants get dried out.
- Cleanliness: Wash your sprouter well between crops. Sterilize when necessary. You can use food-grade Hydrogen Peroxide to cleanse your sprouting device. Be sure to rinse it well. Small seeds like alfalfa can get stuck in the drain holes, use a paper clip or tooth pick to push them through.
- Storage: Properly stored, fresh sprouts will keep for up to 6 weeks in your refrigerator, but eat them sooner, fresher is better. Make sure sprouts are dry before refrigeration.

Once sprouted, you can eat them raw or add them to other meals, like stir-fry or soups. Try this [Sprouted Chickpea Hummus](#) from the Sprout People.

How Are You Doing?

We are eight months into the year long Project Noah preparedness lessons. How are you doing? Have you completed the items discussed in the past months' issues? Preparedness is not something that just falls together with a twitch of the nose, it takes time and effort. Thanks for hanging in there.

Now it is time to do an analysis of what we've learned and what things we have collected toward our goal of a year's supply. Review the Preparedness Goals_2016 [Check List](#) to see how far you've come.

As you begin to accumulate items for long term storage, making an inventory of what you have on hand and where you have them stored will save time and stress when you need to locate them. Use this Long Term Storage [Inventory sheet](#) as page 1 to record what you have and where it is.

8 Ways to Winterize Your Garden

We're always sad to see the plants in our gardens wither and die, but we know that most of what we planted are actually annuals that only live one season. So, as they wither away, be thankful for their produce, save any seeds, and pull the dead plants putting them into the compost pile (if they're disease free). All the clean up you do in the fall will save you time come spring.

First set up your Sun Oven®, combine fresh milk and cocoa in a small pot and cover.

Flower and vegetable gardens

- Pull out dead plants and any invasive weeds. Add compost to the soil and turn it with a spade (or rototiller if you have an open ground garden). Now is a good time to get a soil test to determine what deficiencies exist.
- Trim back perennials to about 6 inches tall, continue to water these until the ground freezes. Cut back herbs and freeze or dry the cuttings.
- Now is a good time to plant spring bulbs and garlic!
- Dig up any remaining basil or parsley, put them in pots and bring them inside to a window ledge for continued use. Don't be surprised if they become a little spindly at first. Cut and use them anyway.
- To protect cold susceptible plants, build a cage around them with wooden or metal stakes and burlap. Fill the cage with shredded leaves, straw or mulch to protect them from harsh winds and extreme cold.
- Plant cole crops if your area has a late killing frost. These include broccoli, cabbage, cauliflower, Brussels sprouts. Collards, turnips and some lettuce varieties are also cold resistant and make a welcome addition to cold weather meals.
- Leave root crops like turnips, carrots, leeks, garlic and parsnips in the ground for late fall harvest. Add extra mulch to slow the ground's freezing.
- You can never add too much mulch, the more the better. It acts as an insulating blanket as well as decomposing partially to add nutrients to your soil.

What about your lawn, garden tools and cocoa? [Read More](#)

Project Noah - Eighth Month Assignments



[Project Noah](#)

1. Pre-Disaster Preparation:
 - a. Collect all your vital records,
 - b. Copy and include them in a Vital Records notebook
2. Pre-Disaster Preparation:
 - a. Add to your 72 Hr. Kit - Garbage bags
 - b. Collect some morale boosters
 - c. Work out a safety plan in case of a tornado
 - d. Put together a disaster kit for your pet(s)
3. Non-Food Items: Garbage Bags
 - a. Determine how much your family will need for 90 days and for a year - is this doable?

b. Shop for the best prices and buy what you can afford

4. Short Term: Analysis - How are you doing with your preparedness goals?
 - a. Add some supplemental items to your food storage to expand your meal options
 - b. Collect some of your favorite recipes using food storage ingredients
 - c. Review the checklist to see what a great success you've had this year so far!
5. Long Term Storage Item: Sprouting Seeds
 - a. Select some seeds to store for sprouting or purchase a can of sprouting seeds, store in a cool place
 - b. Make a batch of sprouted hummus
 - c. Sprouting seeds add a touch of life to winter meals, sprout lentils
6. [Winter garden clean up](#)
 - a. Drain and put away hoses; cover freezable outdoor spigots
 - b. Compost dead plant debris

Next Month's topics will be: Canning and Dehydrating

Preparing for hurricanes, evacuations and pandemics

Short Term Storage: Vitamins, pain relievers and candles

