

This is week 4 of working to prepare home and family in case of an emergency. This week's focus is on tools and other emergency supplies.

If there were an emergency situation in your community and you are left without water, lights, and heat, what would you need to survive in your house or elsewhere? What would I need to cook and stay warm? If you were forced to evacuate your home, what personal items would be needed to take with me. What tools or equipment would help during an emergency situation? These are questions that you should be asking and discussing with your family.

Activity: Discuss what tools and equipment would be needed to make living during an emergency bearable? Make a list and begin collecting and placing items in your emergency kits. Suggested items include:

- nylon cord or rope
- battery-powered radio (with extra batteries)
- flashlight with batteries
- candles
- heavy duty aluminum foil
- waterproof matches and/or butane lighter
- pocketknife
- small hatchet
- safety pins
- plastic sheeting
- tarp
- hammer
- weather radio (NOAA radios can be purchased on-line or any electronic store such as Radio Shack)

I welcome other suggestions for tools and supplies you may think of to share with staff.

During week 2 of preparedness, the focus was on food storage. Betty Wakefield suggests packing tuna packs that comes with low fat mayo, relish and crackers. Great idea!

This week's focus has been on tools and supplies needed for any emergency. Although food storage and cooking supplies have already been discussed, I want to briefly return to cooking supplies that can be used in an emergency. Anyone remember tin can stoves or buddy burners from their boy or girl scout days? Well, let me take you back in time when delicious campfire stews and earmuff toast were made with using coffee and tuna cans, cardboard and paraffin.

Stove:

Start with a one gallon can. Remove one end from the can. Using a pair of tin snips, cut a door 3



inches high and 4 inches wide on one side of the can at the open end. Turn the can upside-down, with open end up. Insert the end of the can that was removed. Using a can opener punch several holes near the top of the can. This will hold the inserted end of the can in place and create a double layer at the cook top of your stove. (See picture). Use a piece of foil or the top of a small can to use as a damper to control the heat (See Buddy Burner instructions) You now have a stove

to boil water, fry bacon and eggs, roast marshmallow, and even bake.

Fuel:

Fuel for you stove can include using twigs or small branches, charcoal or make your own "Buddy Burner"!

You need an empty, clean tuna can, corrugated cardboard, a birthday candle (or wick), and paraffin wax.

Cut and roll the corrugated cardboard so it fits inside the empty tuna can. The cardboard should be as tall as the can and as long as needed to coil up and fill the entire can. Roll it tight. Place a birthday candle (or wick) in the center of the buddy burner. Fill the can with melted paraffin. Now when you are ready to cook, just light the birthday candle. You can use the tuna can lid as a damper to control the heat or to extinguish the flame.

Try this out before an emergency! This can be a fun activity for families and kids (make sure children are supervised). Now the recipe for earmuff toast is as follows. While you are cooking your eggs and bacon on top of the tin can stove, take two halves of an English muffin or two slices of bread. Place the muffin halves in the palms of your hands and press the muffins to the warm sides of the tin can stove. After a few seconds the muffins or bread should stick to the can, and will toast. If using bread toasting will only occur on one side. Enjoy!

Be careful not to burn your hands, and do not let children attempt to cook or make their own toast without adult supervision. **NEVER cook with a tin can stove or buddy burn indoors.**

We only have one more week of activities regarding home preparedness. Remember to answer the questions on the Home EP form and send it back to me by Thursday May 12th. The drawing for the backpacks will take place on Friday May 13th.