

AMERICAN SURVIVOR

Survival Information for the New American

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IN THIS ISSUE: FREE ON-LINE PREPER SHOOTER MAGAZINE FOR ALL PAID LIVE FRES USA MEMBERS! Networking for Sustained Survival, Emergency Preparedness Score Sheet, Medical Skills Training Kits, Alas Camp Potawatomi, more

NETWORKING FOR SUSTAINED SURVIVAL

Why Network?

Many prepper/survivalists maintain that secrecy and security are more important than networking and organizing. Live Free USA has been in existence as a high profile advocate and teaching organization for survival and preparedness for over 45-years. Over these years we have seen hundreds of survival preparedness organizations come and go. A group that limits its goals to preparing for some future disaster and limits its vision to just "surviving" always deteriorates and dissolves over a few years. **Only those groups that interact with their communities and likeminded groups have been successful over the long haul.** A successful group is about growing, building, advocating, teaching and making a difference no matter what the future brings. Networking is a key factor in personal, family and group survival.

Networking can be categorized into four levels.

Personal and Family Networks are built through discussion of on-going hazards (e.g. economic decline, climate change, crime, lost freedoms, shortages, etc.) and potential disasters (e.g. financial collapse, civil unrest, storms, floods, droughts, epidemics, etc.) with coworkers, neighbors, family members and friends. Such discussions must lead to suggested actions (plans, purchases, stocking up, learning) and further cooperative activities to help each other be better prepared and move towards sustainable living (gardens, alternate energy, trade and barter, etc.). This should lead to a formal or informal network or group that strengthens everyone capabilities. The group should always be open to helping others and be involved in the community.

Community Networks are formed through involvement of existing organizations in preparedness and self-reliance activities. This may be a network of dedicated preparedness groups, but more often it should include community groups, church

groups, veteran's organizations, fraternal organizations and sports (e.g. hunting, shooting, etc.) groups. Such networks will have greater resources and a vested interest in bringing preparedness and sustainable living to the community. They can host seminars, workshops and even full scale preparedness fairs.

Regional and National Networking* is critical to the long-term survival of independent and self-reliant families. Without such networks a culture of centralized control and dependency will prevail. Although the internet can help facilitate the development of such networks, they should be built on "boots on the ground", face-to-face" contact with adjoining and linked groups of all kinds. Being represented at preparedness expos, seminars, and meetings. Is critical to this phase of network building. Live Free USA also actively links up chapters and affiliates in geographically adjoining areas. For help in contacting other groups e-mail: lfinow@aol.com

Virtual Networks are the most popular and easy way to network with other preparedness and self-reliance practitioners. While these systems boast hundreds or thousands of members they are not "real" networks. They are however very great tools and portals to developing real connections and real networks. For a variety of reasons, depending on any internet system for sustaining disaster preparedness organization would be a mistake, but it is a great starting point to facilitate networking.

One of the best networks to use is: **AmericanPreppersNetwork.com** These folks can get you networking with national a regional preppers and groups as well as

keep you informed about meetings and expos around the country

** Live Free USA established an effective national network in the late 1970, before there was an internet. It can be done!*

LIVE FREE USA IS DEDICATED TO BUILDING THE PREPAREDNESS AND SUSTAINABLE LIVING MOVEMENT. YOU CAN ALWAYS CONTACT US FOR HELP IN ORGANIZING AND NETWORKING.

Preparedness Expositions and Seminars

Attending expos is one of the best ways to establish real contacts with other preparedness groups as well as to learn new skills and try out the latest emergency survival and sustainable living equipment. Many are listed with: americanpreppersnetwork.com and in Live Free's AmericanSurvivor.org website in the "events" tab, but here are just a few sources of preparedness expo information.

- **Great Lakes Emergency Preparedness Expo** -
= www.greatlakespreppers.com/ -
- **Wisconsin Prepper & Survival Expo (also Indiana)**
Wisconsinprepperexpo.com ,
info@wisconsinprepperexpo.com
- **East Coast Preparedness Convention III (EC PREPCON III)**
<http://www.sepsllc.com/#!ec-prepcon-iii/cazn>
- **Mid-Atlantic Emergency Preparedness and Survival Expo**
<http://midatlanticsurvivalexpo.com/>

- **Survivalist/Preppers Expo: Back to the Land**
<http://kingmanexpos.com/>
- **Prepper Camp**
<http://www.preppercamp.com>
- **East Tennessee VOAD Emergency Preparedness Fair**
<http://prepfair.org/>
- **Self-Reliance in the Valley: Essentials of Emergency Preparedness**
<http://www.selfrelianceinthevalley.com>
- **Self Reliance Expo**
<http://www.selfrelianceexpo.com/>
- **Back to Basics Sustainable Living and Survival Expo**
<https://www.backtobasicsshow.com/home>
- **Back to the Land**
<https://www.backtobasicsshow.com/home>
- **Arizona Survivalist/Prepper Expo**
<https://www.arizonasurvivalistshow.com/>
- **Prepare2Endure**
<http://prepare2endure.com/>

Alas Camp Potawatomi

The Camp Potawatomi group camp was constructed at Tippecanoe River State Park in northern Indiana by workers of the National Recovery Agency in the 1930s. The camp consisted of four “units” of cabins each of which could house about 50 people. They also constructed a large dining and meeting hall, administration cabin, instructors cabin, training cabin, infirmary and of course sanitation facilities. These facilities were used for youth groups, fraternal organizations, sporting groups, religious groups and others for the next

eighty-plus years. Live Free USA began using the buildings in the late 1960s for what grew to become Camp Independence also known simply as “tippi” to us old-timer’s. **We started by using just one unit of eight cabins in the 1960s and eventually rented the entire facility annually for Camp Independence.** Participants could rent family cabins and groups could rent the larger cabins or even fill up a whole unit. There was no equivalent facility in the region that afforded this combination of housing and training facilities. **Over the years we have trained, inspired and networked thousands of good citizens there.** We even have third generation members whose first experiences there were as children. **We were shocked to be informed that this entire facility is being closed by the Indiana DNR.** The given reason is that an endangered species of bats inhabits some of the buildings. The bats have been there for as long as we can remember, but this was just a last straw for the DNR. **The real reasons are a sad indication of our weakening society.** Over the decades fewer and fewer groups used the facility. Scout groups and other organizations have declined and budgets for outdoor events have dwindled. At the same time the state’s budget has grown tighter and the DNR is a low priority. So the exact kinds of trends and weaknesses we were working to prevent have damaged our ability to build preparedness and family independence.



There is plenty of room for indoor and outdoor classes at Potawatomi and participants could rent the cabins in the background (there were 32 of them) cheaply.



This large dining hall was used for indoor classes and for serving meals for over 40-years. A similar hall and kitchen will be used at Tepicon, but without the surrounding cabin accommodations.

Tippecanoe River State Park is the only park with any kind of meeting facilities. This is Tepicon Hall a building much like the hall at Potawatomi so we are keeping Camp Independence there for now. Participants now will have to secure camp sites through the Indiana DNR and the programs will be adjusted to the more limited facilities. Camp Independence is America's oldest preparedness and self-reliance gathering and will still offer a great training and networking opportunity in a wonderful environment. We are still hoping to either get the Camp Potawatomi group camp reopened or find an equivalent facility. A few options we are considering are:

- Initiate a letter writing campaign to get the DNR to reconsider its decision.
- Try to get the state to let various organizations adopt or sponsor the site and fund repairs and bat-proofing.
- Seek a grant to build our own National Survival Center * facility that could be used by preparedness, survival education, self-reliance and outdoor organizations throughout the years.

Your support and suggestions are needed for these endeavors.

* NOTE: Live Free USA actually had 40-acres of great land for this site back in the 80s, but lack of support forced us to sell it.

Suturing and Other Advanced Medical Skill Kits

By James C. Jones, EMT/CHCM

In previous articles I have expressed my reservations about the necessity of suturing wounds in most cases. I will restate them here:

1. Tightly closing a wound in the absence of the correct antibiotics is an invitation to gangrene and other infections.
2. The use of a needle and thread (no matter how sterile) introduces a further source of infection and adds to the patient's pain.
3. Other methods of wound closure such as butterfly bandages are often just as effective.
4. Open wounds that are kept clean will usually heal although the scar may be larger.
5. Suturing takes considerable training, and equipment and the skills must be practiced regularly

Nevertheless many preppers feel the need to master this skill. Dr. Bones and Nurse Amy ® offer on-line videos and excellent hands-on courses. Their course runs around \$75.00, but it include a full suture kit. If you have the opportunity to take their course it is well worth the money. Generally suturing is a clinical rather than a field skill and is not one that an EMT is trained in. I did want to add suturing and a few extra skills to Live Free's Survival

Medics course this year, but I needed better training material. In the event of another epidemic, the last place you want to go is the hospital or clinic so we needed to upgrade the skills included. I also wanted to get some materials on IV administration since Ebola and almost all serious communicable diseases kill by dehydration from bleeding, sweating, vomiting, defecation and urination combined with the inability to hold orally administered fluids.

Unless you are going into the medical field as a profession, medical training is both too costly and too time consuming for the average survivor/prepper. Various survival groups (including Live Free USA) offer basic and some more advanced courses, but these are not within easy reach of most people. The Red Cross and other agencies do offer very basic first aid classes in most areas, and I highly recommend that you start your medical training there. Basic EMT classes are often run at regional colleges for about \$800 to \$1,000.00 and are a good investment if you have the cash and time.

There is a critical need for effective and reasonably priced clinical medical training that can be implemented by individuals or small groups without professional medical supervision. I found a source of training kits that meets this need at www.ApprenticeDoctor.com.

The **Suturing training kit** comes with a full set of instruments, training skin, practice thread, sutures and a DVD with step by step instructions. The DVD combines text, illustrations and video to walk you through several suturing techniques. The nice thing about these kits is that you can learn at your own

pace, on your own schedule and at home. There is plenty of materials for extra practice and you can purchase additional sheets of simulated skin and other supplies to sustain your skills. The suturing kit with the training material is \$69.00 and of course after you learn you have the instrument for future needs.

- They also offer a complete **Venipuncture training kit** to train you for injections and IV administration. It includes lots of practice needles, syringes, and artificial tissue and the training DVD. This kit is only \$49.99
- You may want to start with the “**Future Doctor**” **premed course**. This kit contains a DVD that focuses on analytical skills and diagnostic skills and includes basic diagnostic tools such as stethoscope, otoscope, and thermometer. Also priced at \$49.99



When you go to the Apprentice Doctor site at: www.ApprenticeDoctor.com, you can buy these items on-line. **You can also get information on attending Accredited Apprentice Doctor ® Camps and/or starting an Apprentice Doctor ® Club/Chapter.** These would certainly be

good ways to upgrade the medical response capacity of any preparedness group or family. **Live Free USA** has always recommended that there be a dedicated medical skills group within our affiliates and chapters and these kits and programs offer an excellent way to achieve and maintain that objective.



EMERGENCY PREPPAREDNESS SCORE SHEET

There is no such thing as being “prepared”. The threat matrix is constantly changing and the possible combinations of survival challenges (big and small) are endless. Preparedness is not a goal or destination, it is way of thinking and a life long journey. There is no truly accurate way of measuring preparedness. A wilderness survival “expert” will not last long in the inner city. Someone who is prepared for Armageddon may be caught off guard by a local tornado or home fire. The score sheet below measures you level of “general” preparedness for most “common” emergencies.

Circle all that apply. See bottom of page for scoring instructions

1. Shelter and Warmth

- a. None of the items below
- b. Have extra wool blankets or sleeping bags
- c. Have tarps and plastic for sealing rooms or making shelter
- d. Have tent for use outdoors or indoors
- e. Have alternative (retreat) shelter that can be accessed.

Score _____

2. Self-Protection and Defense

- a. None of the items below
- b. Have at least one handgun
- c. Have firearms for home and street defense
- d. Have had at least basic firearms defense training
- e. Have advanced combat training and arms

Score _____

3. Medical Supplies and First Aid

- a. None of the items below
- b. Have a basic first aid kit
- c. Have a full advanced medical supply kit and basic first aid skills
- d. Have stocked critical medications
- e. Have advanced first aid, EMT or other medical training

Score _____

4. Emergency Water Supplies

- a. None of the items below
- b. Have a few gallons of water stored
- c. Have at least 5-gallons of water stored per person
- d. Have water purification and filtration systems
- e. Have the ability to collect filter and purify ground and rainwater

Score _____

5. Emergency Food Supplies

- a. None of the items below
- b. Have sufficient pantry food for 5-10 days
- c. Have at least 30-days' supply of non-perishable foods
- d. Have sufficient stored food and food production capacity for many months
- e. Have the ability to forage, fish, hunt and produce food indefinitely

Score _____

6. Alternative Energy and Light

- a. None of the items below
- b. Have a few flashlights and candles
- c. Have crank and solar flashlights, radios
- d. Have portable heaters and extra fuel
- e. Have alternative energy supplies such as generators, solar panels or wind generators

Score _____

7. Safety and Fire Suppression

- a. None of the items below
- b. Have working smoke and CO detectors and small extinguisher
- c. Have several large fire extinguisher
- d. Have been trained in fire extinguisher use
- e. Have advanced fire suppression systems and water sources

Score _____

8. Alternative Sanitation

- a. None of the items below
- b. Store a few gallons of bleach at all times
- c. Have stocked up on bleach, soap, TP and other sanitation needs
- d. Have emergency toilet and chemicals
- e. Have N95 or better respirators, gloves and decontamination gear

Score _____

9. Evacuation Capacity

- a. None of the items below
- b. Have a basic 72-hore evacuation pack
- c. Have developed an evacuation plan and alternative routs
- d. Have a full Bug-Out-Bag sufficient for 5-7 days without help in any weather
- e. Fully capable of extended evacuation and survival

Score _____

10. Field Survival Capacity

- a. None of the items below
- b. Have basic camping skills and gear
- c. Always carry a survival kit and/or survival item in pockets when outdoors
- d. Have attended outdoor survival classes (e.g. fire starting, shelter building, etc.)
- e. Have participated in extended outdoor survival course or excursions

Score _____

Total Score _____

Scoring:

a. = 0, b. = 1, c. = 2, d. = 3, e. = 4 for a maximum cumulative score of 10 per category or 100 total

Scoring is cumulative. In each category you can give yourself the accumulated points for the highest level. For example: Under Medical Supplies and First Aid, if you have "d." for 3 points you get the points for "b." (1-point) and "c." (2-points) for a total score of six points.

0-20 points: Unprepared to survive most emergency situations

20-50 points: Prepared to meet the most common short term emergencies

50-75 points: Well prepared to survive sustained disasters

75-100 points: Advanced preparedness for long-term survival and recovery

This score sheet is just a guide to help you determine how well your preparedness efforts are going and identify things to be improved. Even acquired supplies and mastered skills need to be constantly maintained and adjusted. There is not satisfactory level in emergency preparedness and there is no such thing as complete self-sufficiency. The objective is continuous improvements in knowledge, experience and supplies.

PLAN TO ATTEND!
LIVE FREE, USA 46th ANNUAL MEETING
Sunday March 22nd, 2015, 1:00 PM
CABELA'S Sporting Goods Store
7700 Cabela Drive, Hammond IN
Open To Members, Families and Supporters

ACTIVITIES WILL INCLUDE
Videos, Exhibits, Speakers, Presentations, Awards,
Election of Officers, State of Live Free Report and Planning for 201 and 2016
Chapter and Affiliated Group Support
Training Events, Camps and Expositions.
Send Nominations and Proposals to: Survivorjj@aol.com

LIVE FREE MEMBERS GET FREE ON-LINE SUBSCRIPTION TO PREPPER & SHOOTER MAGAZINE!!



If you are currently a paid member of Live Free USA* and have a current e-mail address on file with your membership you will receive a link to activate your copy of Prepper Shooter magazine soon. This is a full sized magazine filled with great articles for the preparedness and self-defense practitioner. **This adds a \$24.00 per year extra value to your membership in Live Free USA at no additional cost to you.** This is another good reason to join or renew your membership in Live Free USA today.

* When your paid or temporary/complementary subscription ends you will no longer receive these links.

IMPORTANT NOTES:

- If you receive a printed hard-copy of American Survivor and provide an e-mail address with your recent paper registration you will get this offer. If you have been a member for many years your e-mail address may be obsolete or never listed. **If in doubt send us your e-mail address to LFINOW@AOL.COM today.** If you joined on-line through PayPal you must **send an e-mail titled "Prepper & Shooter Offer" to LFINOW@AOL.COM to assure that you are put on the list for this offer.**
- WE HAVE PROVIDE ONLY THE EMAIL ADDRESS'S FOR IMPLEMENTATION OF THIS OFFER ISSUE BY ISSUE. WE HAVE NOT PROVIDED ANY NAMES, ADDRESSES OR OTHER INFORMATION TO THE PUBLISHING AGENCY.

CAMP INDEPENDENCE 2015

Safety Through Preparedness Freedom Through Self-Reliance

Saturday*, May 16th 2015
Tippecanoe River State Park, Tepicon Hall
Winamac Indiana
PREPAREDNESS EVENTS FOR THE WHOLE FAMILY

GUEST SPEAKERS WELCOME

Activities start at 9:00 AM (Eastern Time). A full schedule of emergency preparedness, self-reliance, first aid and outdoor survival education programs will be conducted throughout the day. Lunch on site at reasonable prices. Advanced

Registration before May 5th Individual \$20.00*, Family \$25.00*,
Live Free Members Rates \$10.00 per person, \$15.00 per family.
Group Rates Available before April 1st

Camp Friday Night and Saturday Night Family camp sites available through Live Free USA
Other Camp sites available through the Indiana DNR

For Details go to: AmericanSurvivor.org/events, or e-mail LFINOW@aol.com . Send Check or Money Order to: Live Free USA , P.O. Box 3295 Munster, IN 46321

GREATLAKES EMERGENCY PREPAREDNESS EXPO

Saturday, April 11th, 2015
Birch Run Expo Center, Birch Run, MI

This one-day event features scores of vendors and exhibitors offering a wide variety of the latest emergency preparedness, self-reliance and sustainable living products. Two stages offer continuous training and demonstration programs throughout the day. Attendees will have a great opportunity to acquire new equipment, gain new skills and network with likeminded families.

Live Free USA will have a booth and also a presentation at this event. We look forward to meeting members from this region and supporting Live Free USA chapters in attendance. If you plan to attend and want to volunteer to help man the booth please contact survivorjj@aol.com

**For fair information and vendor registration go to: www.greatlakespreppers.com or call:
800-880-2485**



Come out to Guns Save Life's monthly meetings in Central Illinois. Meet great, like-minded friends and families and share fun, fellowship and good food with the GSL family.

Win a gun!

We hold a drawing for a gun each month at each and every meeting location.



Rantoul: Second Tuesday of month

The Linden, 224 Wheat Ave., Rantoul, IL 61866

Pontiac: First Tuesday of month.

Pontiac VFW Post 886, 531 W. Lincoln Ave., Pontiac, Illinois 61764

Effingham: First Thursday of the month.

Effingham Elk's Club, 2102 S. Banker Street, Effingham, IL 62401

Peoria: First Thursday of the month.

Knights of Columbus, 7403 North Radnor Road, Peoria, IL 61615

Visit our website if the regular monthly meeting date falls on a holiday to confirm time and date of the meeting. If you're interested in bringing a monthly Guns Save Life meeting to your community, contact us!

ATTENTION ILLINOIS MEMBERS

The Southern Illinois Chapter/Live Free working with Christian Refuge attempting to acquire land to build a Disaster Preparedness Learning Center for Self Reliance as well as outdoor enthusiasts, paintballers Law Enforcement and Military. Once established we wish to work with Live Free members as much as possible as instructors bug out plans etc. Training will cover all 20 vitals plus setting up a permanent site, holding your home in hard times, urban tactics, A S>E>R>E> course, We will also have monthly group discount buys as well as other programs we ask for all Live Free membership input ideas suggestions etc. The ground is in Beautiful Southern Illinois in the heart of a state game preserve. Please go to www.dplcenter.weebly.com for more information contact Allen at ibro@frontier.com

MEMBERSHIP SUBSCRIPTION APPLICATION

- Yes, I agree with the mission of Live Free and want to join now. My \$20.00 is enclosed []
- Put me down for 3-years membership for just \$50.00 []
- I want to make an additional contribution of \$_____ to help Live Free.

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____

E-mail _____

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Contributed Material

Contributed articles are welcome and needed. We do not pay for material but we are tax-deductible. All articles must be in MS-Word or compatible format via e-mail or on a diskette.

Inquiries

Address all general inquiries, subscriptions and advertisements to:

Live Free, P.O. Box 3295, Munster, IN 46321, USA or lfinow@aol.com

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ATTENTION MEMBERS AND SUPPORTERS!

GET MORE FROM YOUR MEMBERSHIP, SUPPLY AN E-MAIL ADDRESS PLEASE

Live Free USA sends out periodic e-mails to members and supporters. These timely communications include information on local and regional preparedness events and classes, contact information about Live Free chapters and affiliated groups in your areas, networking opportunities and time sensitive survival preparedness information. **If you have not provided us with a current e-mail address recently and/or have not been getting recent e-mails from Live Free USA such as the "Live Free Preparedness News" e-mail please send your current e-mail address to lfinow@aol.com.** Please include your name and town so we can match it with our files.

**LIVE FREE USA
P. O. BOX 3295
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**Join or renew on-line at:
WWW.AMERICANSURVIVOR.ORG**

Membership: \$20.00 per year, \$50.00 for 3-years

