

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Flammable Storage, Live Free Annual Meeting Report, ReadyMan™ Survival Tool, Pocket Tourniquets, Prepper Survival Hacks, Safety and Security Team Reorganizing, Survival Medics Class 2017, Pemmican, and more

Flammable Storage Guidelines

By John Boch

While anyone can store flammables for emergencies, there are some safety rules you should be aware of.

While you can ignore the following National Fire Protection Association (NFPA) guidelines, be advised that your homeowners insurance will likely not honor your claim if you have a fire and your flammables are involved. Furthermore, if someone is injured in a fire related to your improperly stored flammables, you will be held personally liable.



Exerpts from the 2000 edition of the NFPA codes:

The following is meant to be a guideline to help you know what is safe and within the local laws. Please consult your local fire department for more complete information.

Question: Can I store emergency fuel containers inside my home, basement, and/or attached garage?

Answer: No! Generally speaking, we ask that you only store emergency fuel containers in a detached shed or garage to minimize fire hazards and ignition sources. Two or three 1-gallon DOT rated containers for gasoline, and 2-cycle fuel for general operation of lawn maintenance equipment. We have experienced many serious problems with larger quantities of fuel inside homes, basements, attached garages, and carports.

Question: Can I store as many containers as I want in my garden shed or unattached garage?

Answer: No. Depending on the type of fuel (gasoline, kerosene, diesel, and propane), you are only allowed to store limited quantities of each type of fuel, in certain kinds and sizes of containers. See the guidelines below.

Question: What authority does the fire department have to tell me what I can and cannot do I my own home?

Answer: The legal authority comes from fire prevention related portions of the State Code and local city and county ordinances. This really is a life safety (your life safety) issue. Also your homeowner's insurance provider would like you to keep the quantities of flammable liquids stored at your residence to a bare minimum.

Storage of Flammable Liquids (Gasoline and Coleman White Gas)
Maximum residential storage of flammable liquids (gasoline and white gas) shall be limited to 25 gallons; preferably stored in an unattached garage or shed. Of this 25 gallon total, no more than 10 gallons can be stored in an attached garage; and absolutely no flammable liquid storage is allowed in basements. (2000 IFC 3404.3.4.4, NFPA 30) Empty containers shall be counted as full when calculating total storage capacity. (2000 IFC 3404.3.3.4)

Flammable liquid storage containers shall be of an approved type. (2000 IFC 3404.3.1.1) Most of these containers are labeled as

approved for flammable liquid use, and indicate the standards they are designed to meet (DOT, ASTM, NFPA 30, etc.) Always use approved or original retail containers. (No Used Milk Jugs!)

If you decide to store more than 5 gallons of flammable liquids at your home, you need at least one 2A10BC rated fire extinguisher, located no closer than 10 feet, and no further than 50 feet. (2000 IFC 3404.3.3.1)

Control of sources of ignition is mandatory! All transfer and dispensing of flammable liquids requires careful attention be paid to eliminating static spark discharge, and ignition of flammable vapors. Open flames and high temperature devices must be controlled and approved for use with flammable liquids. And smoking is prohibited in the storage area. (2000 IFC 3405.3.2, 3404.2.4) Flammable and Combustible liquids in fuel tanks of motor vehicles (gasoline, diesel and 2-cycle blends) are exempt and therefore not considered as part of your total home fuel storage quantities. (2000 IFC 3404.3.3)

Home Storage of Combustible Liquids (Diesel, Kerosene and Lamp Oil)

Maximum residential storage of combustible liquids (Diesel, Kerosene and Lamp Oil) shall be limited to 60 gallons; preferably stored in an unattached garage or shed. Of this 60 gallon total, no more than 10 gallons can be stored in an attached garage; and absolutely no combustible liquid storage is allowed in basements. (2000 IFC 3404.3.4.3, 3404.3.5.1, NFPA 30)

Combustible liquid storage containers shall be of an approved

type. (2000 IFC 3405.2.4) Most of these containers are labeled as approved for flammable liquid use, and indicate the standards they are designed to meet (DOT, ASTM, NFPA30, etc). (No Used Milk Jugs!)

If you decide to store more than 25 gallons of combustible liquids at home you need at least two 2A10BC rated extinguishers, located no closer than 10 feet, and no further away than 50 feet. (2000 IFC 3403.2.1, 906.3)

Control of ignition sources is mandatory! All transfer and dispensing of combustible liquids requires careful attention be paid to eliminating static spark discharge, and ignition of flammable vapors. Open flames and high temperature devices must be controlled and approved for use with flammable/combustible liquids. And smoking is prohibited in the storage area. (2000 IFC 3405.3.2, 3404.2.4) Portable Kerosene heating appliances shall be (UL) listed, and shall be limited to a fuel tank capacity of 2 gallons. (2000 IFC 603.4, 603.4.1) However, the Uniform Fire Code (Article 61) specifically prohibits the use of these unvented heating appliances in occupied living spaces. If you decide to use these devices, closely follow them manufacturer's instructions for use, always maintain adequate separation from combustible surfaces, maintain good ventilation in order to prevent carbon monoxide poisoning, and use a battery powered Carbon Monoxide detector to detect dangerous conditions.

Home Storage of Flammable Gases (Propane and Butane)

Residential Propane storage issues are

more complex than those for flammable and combustible liquids. If you want a permanent LP-Gas system and tank installed, county ordinance allows you up to 2000 gallons capacity in heavily populated areas, provided you obtain a permit, comply with relevant installation codes, and hire a state licensed contractor to perform the work and supply the equipment. However some cities have passed local ordinances that restrict total LP-Gas capacity to 500 gallons or less, where natural gas service is readily available. Please contact any state licensed Propane supplier, under "Gas-Propane" in the yellow pages, for more information regarding permanent Propane gas installations. (2000 IFC 3803, 3804)

For portable DOT tank storage, you are allowed up to 25 gallons total capacity. You could have up to five 5-gallon (20 lb.) portable appliance cylinders (the size usually found on barbecue grills – DOT 4BA240); or one 23 gallon (100 lb.) cylinder (DOT 4b240), in storage at your home, in an unattached garage or shed. But, if you want to store propane and flammable/combustible liquids together, they should be separated by at least 10 feet. (2000 IFC 3809.12)

You are only allowed to store up to two (2) of the small portable 1–pound disposable propane cylinders inside your home or attached garage. All other propane cylinders storage must be outside your home in an unattached garage or shed. Propane cylinders attached to heating and/or cooking appliances, as well as those mounted on trailers, motor homes, and campers, do not count towards your total storage capacity.

Unattached or empty cylinders are

counted as being full for purposes of calculating your total storage.

ReadyMan™ Pocket Survival Tools

One of my mantras is, “It’s not what you have, and it’s what you have *with* you that counts”. I have a collection of credit card-sized survival tools that are stainless steel plates machined into various combinations of wrenches, screwdrivers, knives, etc. ReadyMan has taken this concept a step further by offering a number of very thin cards with various survival tools that you can break off and use in an emergency. These are actually credit card thin, at just .42 oz. and could pass all but the most thorough pat-down search. The one I bought is the “Hostage Escape Card” that includes a handcuff shim, saw, and lock pick tool. ReadyMan also offers a “Wilderness Survival Card” that has a saw blade, fish hooks, spear points, snare locks, needs and tweezers. The Fisherman’s card includes a variety of hook, lures, a saw and a scaler. The E.V.A.C. Card is dedicated to lock picking devices.



ReadyMan Hostage Escape Tool shown on a wallet. In a hostage situation the first

thing they take is your wallet, so this thin card would be best secreted elsewhere on your person.

Go to www.ReadyMan.com

Pocket-Sized Tourniquets

I generally advocate carrying one or two large bandanas at all times. These have a myriad of survival applications and can easily be applied as bandages or used as a tourniquet when needed, but a purpose made tourniquet is still a handy thing to have. Most of the tourniquet devices, such as the C.A.T. and Israel combat bandage, are too bulky for the pocket or purse. Two exceptions are the small R.A.T.S. tourniquet device and the SWAT-T First Aid Device.

The **R.A.T.S.** device is sold by ReadyMan. It consists of a 3/8 wide band coiled into a three-inch diameter disc with a metal locking device similar to the Israeli bandage. While the 3/8 width is a little narrower than recommended for a tourniquet, it is fast to apply and effective. At only \$15.95 from ReadyMan.com.

The **SWAT-T** came to my attention at a recent preparedness expo. This is a multi-function, trauma care device that consists of a long strip of strong, two-inch wide elastic material. The strip can quickly be used to provide a pressure bandage, hold a dressing or splint in place or pulled tighter above the wound to create a tourniquet. This device comes packaged in a 5 x 3 x 5/8 inch soft package that fits comfortably in large pockets or small first aid kits. The bright orange color (also comes in black) can aid in victim wound identification. The material is somewhat self-adhesive, but tucking the end under is need to assure that it does not unwrap. This device is priced at just \$12.50, but I

found it at \$10.45 at Rescue Essentials. Go to www.SWAT-T.com for information and an instruction video.



R.A.T.S tourniquet device on left a bit smaller, but ridged and single use. The SWAT-T on the right is larger, but soft and has multiple uses.

(Book Review)

Preppers Survival Hacks, by Jim Cobb

If you have been into survival and preparedness as long as I have (about 50 + years) there is not much in this book you haven't already done. I have made every one of the 58 improvisations and homemade gadgets described in the book. In fact, back in the early days of survivalism there were no survival and prepper supply outlets and nice premade devices, so these improvised methods were standard practice. Not a few of the techniques shown are also well known to Boy Scouts. It is quite possible that those newer to survival and preparedness will find these "hacks" useful, interesting and fun to try. In some future times we may not have access to our manufactured devices and fully stocked kits. Then we will know how to make replacements and substitutes. The ability to improvise and do-it-yourself has been lost in recent

generations. Going through these projects could be a helpful exercise for families and youth groups as well. Each "hack" is well illustrated and has step-by-step instructions. The devices described include: growing food from kitchen scraps, pocket fishing kit, solar still, buddy burner, hobo stove, DIY fire starter, Altoid's tin survival kit, Altoid's tin oil lamp, portable heater, \$1. Door fortification, and lots more fun projects and short-cuts.

133 pages, 9 x 6 inch, paper cover, \$15.95 from Ulysses Press

ATTENTION INDIANAPOLIS AREA And SOUTHWEST INDIANA PREPPERS

Live Free USA is planning a major survival education camp event in your region. We have a great location and some boots on the ground, but we will only proceed if we get more support from our members and supporters in that area. If we get enough support soon we may be able to do this by July or August of this year. If not we will plan it for next spring. We have had a lot of requests for action in that region so we hope to hear from you now and get this rolling. **This would be a tent camp, two-day event with multiple classes and field training activities.** There is a hotel nearby for those who would not be able to camp. The location is less than one-hour from Indianapolis, Bloomington, Terre Haute, and Lafayette and not far off of I-70. If you are interested in participation, teaching, demonstrating or helping please contact survivorjj@aol.com ASAP. Thanks.

SAFETY & SECURITY TEAM REORGANIZING

The Live Free USA bylaws have always provided for the establishments of teams to assure coverage of all survival and preparedness related issues. These teams have acted as agencies to advance their specialties and then lead training events to improve that capacity among all Live Free groups and members. Until last year, our Safety and Security Director had been elected into position; however, recent changes to the bylaw regulate the assignment of all specific tasks to designated “coordinators” instead. Historically, our Safety and Security team has consisted of highly trained people who have used their knowledge and skills to conduct internal field training as well as teach external classes. Unfortunately though, this team is slowly becoming more and more inactive as the years pass. This has created a wonderful opportunity for Live Free members who are trained in various aspects of self-protection, home defense, and other related skills to become the core of a newly revitalized team who would:

- Sponsor unarmed self-defense classes for Live Free events and Live Free chapter meetings;
- Sponsor and organize firearms safety and armed self-defense classes for Live Free events and Live Free chapter meetings;
- Develop advanced defense training programs;
- Create and provide safety and self-defense articles, literature, blogs, and videos as needed;
- Provide security at all Live Free sponsored events;

If interested in becoming part of this team should contact the new Safety and Security Coordinator at:
chad.ritter@ymail.com

Survival Medics Course

The 2016 Survival Medicine course has just completed. This is the third time we have done this course and we continue to get inquiries about future courses. The course is four intensive sessions of lecture, demonstrations and lots of hands-on training. Subject include trauma, wound management, bandaging, splinting, suturing, injections, IV setup, hypothermia, hyperthermia, stroke, heart attacks, CPR, AED and much more. Each subject is addressed from the “survival emergency” with no help coming point of view. Improvised methods and substitutions are included.

Courses like this are offered for up to \$500.00 but because we are not-for-profit and our instructors are volunteers we have been doing it for just \$50.00, Costs have gone up and doing this program is a lot of work so we must raise the rate to \$75.00 if we do the course next year. **We are offering an early registration rate of \$50.00 until September 1st. and a Live Free member’s rate of \$60.00.** Doing the class again will depend on (1) how many early registration we have before September and (2) available instructors. If we do it again in Hammond IN at Cabela’s it will be in January and February as before.

We also offer the entire program material on a DVD to qualified instructors who want to do a course in their regions and we will consider doing the course in other locations if (1) the hosting group

provides a suitable location and (2) at least 12 paid participants are guaranteed. If interested in registering or setting up a course contact: survivorjj@aol.com

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Live Free USA 2016 Annual Meeting Report

The meeting was called to order a bit after 1:00 PM on Saturday March 19th at the Hammond Indiana, Cabela's Conference Center. The Jim Jones the current president of the organization took

time to thank the various groups that supported Live Free USA in the past year. Included in the list was: Guns Save Lives, Liberty Straight Up, Cabela's, Central Indiana Gun Shows, Prepare to Survive Expo LLC, and Castle Grant, LLC..

The following is a summary of Jim Jones' State of Live Free Report.

Both mail-in and on-line memberships increased from the previous year. While our annual income was several thousand dollars more than in 2014, expenses were also higher. The result was a reduction in cash reserves. Almost 70% of the income resulted from memberships and book sales, while mailing costs, book purchases, and the costs associated with expositions and training accounted for 64% of the expenditures. Very little income came from contributions and raffles. Major achievements during 2015 included participation in four big Survival and Preparedness Expositions, the Camp Independence event at Tippecanoe River State Park in Indiana, another Survival Medics course at Cabela's, the revitalization of several chapters, major publicity in survival magazines, and a more robust presences on Email and FaceBook pages.

It was stated that the organization is healthy and growing but faces major challenges in the next few years. We almost failed to get out the American Survivor publication twice due to family emergencies and medical situation for the few volunteers involved in this work. Our original members are thinning out and less able to keep up with the increasing load of a growing organization. More new and younger members must begin to take over. Fortunately: we do see more members stepping forward to take on

projects and assume responsibilities. As we approach our 50th anniversary in the midst of times when Live Free's mission and capabilities are most needed, we know that by everyone joining together in ways that each of us can we will, adapt and improve and grow to celebrate another 50-years.

Attending chapter leaders were requested to report on their group's activities. Three chapters in Illinois and one in Indiana reported activities and plans for 2016. Chapters further away were not represented but will be contacted. **The Medical Studies Group reported on activities following the completion of the Survival Medics training course. They have over 40 trained medics and over 85 listed as "interested". The group is planning more medical training activities this year.** It was also mentioned that they considering conducting another Survival Medics course in early 2017 in Hammond, IN and some other chapters plan to do this course as well. **The newly formed Safety and Security Team hopes to begin self-defense training activities this year.** This was a major training focus throughout the 70,s and 80,s, but has been left out of courses recently. We hope to reenergize this area of training this year.

The loss of the facilities at Tippecanoe and the resulting cancellation of Camp Independence was discussed at length. Camp Independence has been a major training event and network building opportunities' for over 45 years. In addition, it was a major fund raising program that is now gone. To date, we have not been able to find any equivalent facility, but we are investigating several other camp grounds and facilities. Unfortunately we will probably not be able to provide the

combination of indoor/outdoor training programs and all weather lodgings that we had at Tippecanoe River State Park, so we must use a combination of events at various locations. **Camp Independence will probably be focused on more camping and outdoor survival training while home preparedness and self-reliance programs will be held at various indoor venues.** We hope to have some firm plans and locations for these events ready by this autumn.

The issue of fund raising and use of our state gaming license was extensively discussed. Obviously we need to do better at this. Without the annual raffle at Camp Independence we have lost a significant income source. **A new member volunteered and was elected to be the Fund Raising Coordinator. He will get together with other officers and establish a plan. There will probably be several raffles going in 2016.** Hopefully we can sell tickets both at Live Free events and expos and at chapter programs.

Since there had been some confusion regarding our founding year, because we evolved from an informal group through stages in the late 1960's, a resolution was proposed to set the official starting year at 1968 there-by setting 2018 as our 50-th Anniversary. Jim Jones stated that we should have a dinner meeting and bring out the old slides, photo books and many artifacts from the archives for this occasion. A great opportunity for publicity and rededication. Two proposed amendments to the by-laws relating to filling incomplete terms of office and communication of membership information were withdrawn as being covered in recognized standard operating procedures.

Three officers whose terms were for one year, due to the changes in elections and term lengths made in 2015 were up

for reelection. Each of them made a report prior to voting and were reelected for three-year terms by unanimous vote. Adding more directors requires an amendment and at least three nominees. **The following events were listed for the coming months.** The list does not include many more chapter programs.

- April 9-10 Joliet Gun & Sportsman's Show
- May 21-22 Crown Point Gun Show
- June 11-12 Indiana Prepare to Survive Expo at Porter County Fair Grounds
- June 25-26 GLP Preparedness Expo and Alternative Energy Fair, Mason MI
- July 9-10 Crown Point Gun Show
- Aug. Possible central Illinois area expo,
- Possible event at Indianapolis Cabela's
- Sept. 3-4 Crown Point Gun Show
- Sept. 17-18 Preparedness Expo in St Louis MO
- October 29-30 Illinois Prepare to Survive Expo at Graylake IL
- Outdoor safety and first aid, Cabela's late November
- Probable winter camp location and date TBA
- Survival Medics class Jan/Feb 2017 probable (see flyer)

The meeting adjourned at about 2:40 PM

Thanks to all who attended. We have had several new volunteers to help with the newsletter, gun shows, expos and other tasks. This meeting was marked by lively discussions and a high level of participation. There were multiple mini-meetings going on after adjournment, as well. This is the sign of a healthy organization and bodes well for our future.

Live Free Group in Southern Illinois Launches Campaign to Fund Learning Center

For \$700.00 you can invest in a sports recreation learning center that will be utilized for *Live Free* during our Quarterly Events. The sister company *Hot Ideas* (also at \$700.00) has over 100 design/ideas we feel will market well globally, and return a high profit in a short time.

<http://outbaseoperationsinc.weebly.com/>

Pemmican

Pemmican is probably the best known and best remembered American Indian food. It was used by the Indians as a travel food and extensively as an emergency food when hunting and foraging was too time consuming. Pemmican is a Cree Indian word meaning "mixture", it was made from a combination of dried buffalo meat pounded into a sort of flour and mixed with dried berries and melted fat. The mix was stored in skin bags and lasted for months.

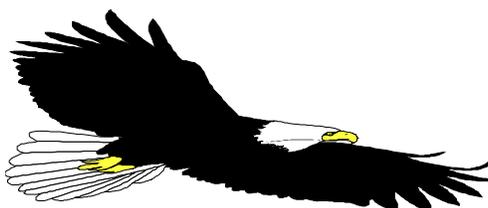
A modern version of pemmican can be made in the field providing time is available for proper drying and preparation of the ingredients. Prepare several pounds of meat by cutting it into thin strips and hanging it in the sun to dry. When the strips resemble pieces of leather. Pound them into a flour-like consistency. Smoked meat may also be used.

If no sugar is available, substitute Maple or birch sap boiled down to a syrup. The root of the bulrush can also yield a sweet syrup if the root is lacerated and boiled. If sugar is available, raw or brown sugar is preferable. Add ½ cup.

Raisins are generally the fruit of choice, but any dried berries may be substituted in an emergency. Dried wild onions, leech, or crushed sunflower seeds may be added in small amounts to improve flavor.

After all ingredients have been mixed, add several pounds of melted suit, blend thoroughly and let cool. Store in skin or cloth bag thoroughly sealed with wax. This may be eaten raw, fried or added to water the make a thick gruel.

Fresh pemmican that is properly made is not unpleasant to the taste, but grows tasteless as it ages. Smoking in a cloth bag for several days can extend preservation and enhance flavor. Having seasoning handy will also help the taste. Pemmican is high in calories and nutrition and makes an excellent winter survival ration.



**VISIT THE LIVE FREE USA BOOTH at the
INDIANA PREPARE TO SURVIVE EXPO 2016**
The Preparedness Expo held at the Porter County Fair Grounds Expo Center in May 2015 was so successful that it will be returning bigger and better in 2016.

INDIANA PREPARE TO SURVIVE EXPO, JUNE 11th and 12th 2016
PORTER COUNTY INDIANA EXPO CENTER
South of Interstate 80 on US 49 a few miles past the US 30/
Valparaiso exit, MAIN BUILDING AND EXPO EAST BUILDING
9:00 AM till 400 PM

Prepare Today to Survive Tomorrow: A hands-on exploration into prepping, self-reliance, preparedness, and sustainable living techniques. Two stages with speakers, workshops and classes throughout both days.

preparetosurviveexpo@gmail.com or go to www.surviveexpo.com

Upcoming Live Free Classes at Hammond Indiana Cabela's

Sunday August 7 th at 1:00 PM

Preparedness 101: Preparing for and surviving the ten most likely emergencies at home and outdoors

Sunday December 4th at 1:00 PM

Winter Survival at Home and Outdoors
(including planning for winter camping)

Attention Michigan Members

Live Free USA will be exhibiting and presenting at the
**GREAT LAKES EMERGENCY PREPAREDNESS EXPO & MICHIGAN
RENEWABLE ENERGY FAIR**

At Ingrams County Fair Grounds, Mason Michigan
Friday June 24th and Saturday June 25th
9:00 AM till 4:00 PM

Go to: www.GLEPE.com or info@glepe.com

GUNS SAVE LIFE MEETINGS

Active regional gun rights and self-defense organization hosts monthly meetings in Champaign, Springfield, Pontiac, Peoria and Charleston Illinois and Chicago. Meetings at Phelps Veterans of Foreign Wars Post 5220 at 9514 S. 52nd. Ave. Oak Lawn IL 60453 on the last Sunday of each month. For latest information visit their site at: www.GunSaveLife.com, or contact estpierre@gunssavelife.com

CRITICAL THREAT MANAGEMENT TRAINING

A dynamic course in “force-on-force” training as used by law enforcement and the military. Students will learn proven tactics and techniques for armed self-protection as well as the legal considerations and implications of using deadly force. Empty-hand Krav Meg combative methods will be covered. A live-fire segment with 150 rounds completes the course. There are no prerequisites, but experience in the safe handling effective use of firearms is recommended. Fee: Location: Timber Points Outdoor Center, Hudson IL. Dates: April 9-10, May 21-22, August 27-28, October 8-9 2016. Contact: GSLDefenseTraining.com or contact John Boch at templar223@comcast.net, 217-640-3702

Calling ALL Live Free Chapter Leaders!

*What's
happening*

**When is your next
meeting or event?**

Please send your event details to
LiveFreeUSANews@gmail.com
for posting on the American Survivor
website, Facebook Page and to be
included in our e-mail news.

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Save these Dates!

OCTOBER 29-30 2016. , 9:00 AM till 4:00 PM

ILLINOIS PREPARE TO SURVIVE EXPO

GRAYSLAKE FAIR AND EXPO CENTER

Go to: www.survivaexpo.com or info@surviveexpo.com

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