

# AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

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**IN THIS ISSUE:** Fire Survival, Survival Shotguns, First Aid for Arterial Bleeding, Pemmican

## FIRE!

### The Original Weapon of Mass Destruction

By James C. Jones, EMT/CHCM

**Without the intervention of fire departments cities, and parts of most suburbs will burn during a prolonged survival disaster.**



#### History

Long before there were nuclear weapons, fire was the primary destroyer of towns and cities. Firebombs killed far more people and did far more destruction in World War Two than explosive bombs and nuclear bomb combined. A single raid fire raid on Tokyo killed 124,711 people and leveled 16 square miles. The glow from the firestorm could be seen 150

miles away. The German city of Dresden was virtually wiped out with 100,000 dead from firebombing. By comparison the atomic bomb dropped on Hiroshima killed 35,000 people. Historically, accidental and arson fires have devastated Rome (27-AD), London (1666), Chicago (1871) and Boston (1872). Fortunately modern building codes and greatly improved fire extinguishing equipment has prevented the spread of urban and suburban fires in the past century. The danger of massive fires is only held at bay by our relatively flame free environment and the quick responses of fire departments. In a general collapse situation multiple uncontrolled fires would be inevitable for the following reasons.

- In a general collapse situation people will be using candles, heaters and flammable fuels more often. Many of them will not be trained or vigilant enough to prevent fires from starting.
- Broken gasoline, leaking fuel tanks and downed power lines will create intense fire that cannot be extinguished at the source.

- Looters and arsonists will be uninhibited by law enforcement and will start fires in commercial and residential areas.
- Once started, a fire doubles in size about every 60-seconds. Without prompt response from a fire department any fire will totally involve the structure within 5-10 minutes of ignition.
- Structures within several hundred feet of a burning building will ignite from the heat and burning embers may ignite buildings hundreds of yards downwind.
- If there are a sufficient number of adjoining structures burning they may generate a firestorm that will move like a tornado through a built-up area until it encounters an open (no fuel) area and consumes all of the fuel.

If you live in an apartment building or closely spaced housing development your only hope is to establish control and vigilance of the whole building or block. If the house next door, or the one next to that goes up you are doomed. A fire in the next block or across the street may or may not jump to your home. Being able to put out burning embers will be crucial. Again, you have to protect every home on your side of the street. This will require organizing your neighbors early. In the unlikely event that you still have water pressure, you can use garden hoses to damp down roofs and walls and to put out embers. A garden hose is useless once a structure has caught fire. Unless you have a functioning fire pumper truck and several hoses from an unlimited water source you are not going to put out a house fire. There are affordable systems that can supply 50+ gallons per-minute at

high pressure through a 1½ hose. These systems could prevent spreading to adjoining structures, but at 50+ GPM you would need 1,500 gallons of water for 30-minutes of fire fighting. You might consider having an inflatable pool or water tank that could be filled in anticipation of such an emergency.



Typical cart mounted, gasoline fueled, portable fire suppression system capable of 7,000 GPH at 120 PSI with a 1 ½ hose” throwing a 150 to 200 ft. stream of water.

### Prevention

Of course the one thing you can prevent is your being the source of a fire. With no fire department and limited water supplies even a small fire in your home can consume your whole home and then your whole community. In most cases, your home is still your best survival shelter. You will be using candles, oil lanterns, gasoline generators and other fire hazard devices. Keep these in safe locations, well away from paper, clothing, fuels and other combustibles. Fill gas tanks and lanterns outside well away from structures. Store flammable fuels outside. Be aware of carbon monoxide hazards. Have both smoke and carbon monoxide detectors in working order. Have at least two full, large fire ABC fire extinguishers and have one on hand whenever handling

fuels. Don't wait for the fire to read the instructions! Your local fire department may offer training in extinguisher use.

### **Evacuation From a Fire Ravaged Area**

There are many photographs of refugees fleeing through the fire and smoke of burning cities in Europe during World War Two. What a horrible fate. Your survival packs, caches and plans should serve you well if this becomes necessary. Your route and speed will be unlike evacuating from a pandemic or other situation. You will need to act quickly once you determine that you are in the path of the fire. Your priority is not so much distance as direction. Take a route that will get you out of the fires downwind and uphill path and out of the fuel supply of closely spaced buildings and woods. Seek open grass free fields and empty places. During the Chicago Fire, many people fled out into lake Michigan.

### **Protection of valuables**

Unless you are sure that fire is not likely in your area, you should take some precautions.

- Consider relocating out of high-density areas or apartment complexes.
- Move valuables and important documents to a fire-safe location. During World War Two civilians often buried valuables in the backyard so they could recover them after the fires burned out.
- Move children, pets and the elderly out of the fire area ahead of time. Your only hope may be to run and they can't.
- Always be ready to evacuate with everything you need to survive.

Fire spreads very fast. You will not have time to find, gather and load what you need once it comes your way.

### **Fire Survival**

Since fires may start and spread through populated areas at any time, it will be necessary to post a 24-hour watch. This will also guard against looters and arsonists. If you awaken to a smoke filled room, do not sit up! The air just above you may be heated to several hundred degrees and filled with toxic gasses. Roll out of bed and crawl to the nearest exit. You have only seconds. A dust mask and a flashlight kept in the bedside drawer may save your life in the dark smoke filled house. Once outside, never return to a burning building. You will not come out again! You should have trained every member of your family in escaping fire and have a meeting place outside. To illustrate the need for training and speed, I offer the following photos that I took at a test fire recently. This was setup as a normal size living room where a fire started in the sofa.



15 to 20 seconds after ignition: Smoke detectors go off. If you spotted this fire and have a good fire extinguisher you might be able to put it out, but if not you

have only about 60-seconds to get everyone out.



60 to 90 seconds: Heavy smoke and gasses obscure visibility down to a few feet above the floor. You must stay low and get out immediately.



2-3 minutes: the heat of the fire begins to ignite other materials. The TV explodes and hot, combustible gasses fill the room.



3 to 5 minutes: A “flashover” of the hot gasses explodes the fire throughout the structure.



5-minutes: Fire department arrives on scene. Even this fire hose would not be enough to extinguish a totally involved structure. The best it can do is prevent the flames from spreading to adjoining homes.

### Conclusions

Fire is often an overlooked side effect of other disaster scenarios. Storms, earthquakes, epidemics, economic collapses and other situations could create ideal conditions for the spread of massive fires through urban and suburban areas. Fire can negate all of your survival planning and preparations. Fire prevention, escape and survival must be part of your survival planning and equipment priorities.

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### Survival Shotguns

We hear a lot about the handguns and the rifles that are recommended for home defense and survival, but the shotgun is often overlooked. However, the shotgun may be the best and most versatile survival weapon of all. Okay, its not easy to conceal and its hard to employ in tight spaces, so its not ideal to foil street

crime or carjacking. However, for home defense and urban and suburban civil disorder situations the shotgun has great advantages over handguns and carbines. Just the sight of that big barrel and the sound of a round being jacked into the chamber can be enough to discourage most thugs. One shot puts multiple projectiles downrange in a pattern that has a much better chance at a first shot hit than any other firearm. A direct hit at close range will positively stop the criminal D-E-A-D in his tracks. A few round sending dozens of projectiles downrange will stop a whole gang. Lower velocity "law enforcement" round are ideal for close quarters and indoor encounters since they have reduced recoil and less likelihood of injuring innocent people further away. In the street you are getting off about six round to the handgun's one or two. Shotguns have amazing versatility. You can perforate a vehicle with buckshot or stop it with a slug or armor-piercing round. You can use breaching rounds to open doors or use exploding or incendiary rounds to discourage attackers or clear your escape rout. Of course once you are safe you can still bring down game for food with shot and slugs. Compared to good handguns and combat rifles, shotguns are relatively cheap. You can get a good, new combat style pump, shotgun for around \$300.00 to \$400.00 dollars. Shotguns are often less regulated than handguns and rifles and attract less attention. I do recommend that you replace the stock with a folding or collapsible stock for close situations. You may also want to ad a shell holder for quick reloads or to keep special round handy. Other customizing options include a magazine extension, barrel shroud, flashlight and lazar pointer. Accessories are available for most Mossberg, Winchester, and Remington

shotguns from Advanced Technology of Milwaukee Wisconsin and at most sporting goods stores.



A wide variety of ammunition is available for all occasions. Shown here are: law enforcement rounds (short), double-ought buckshot, slugs, armor -piercing, flamethrower, fireball, breaching, and non-lethal rubber rounds.



Mossberg 500, 12-gauge "camper" model came with a pistol grip (no stock) This was easily replaced with a Advanced Technology folding stock and a 5-round shell holder



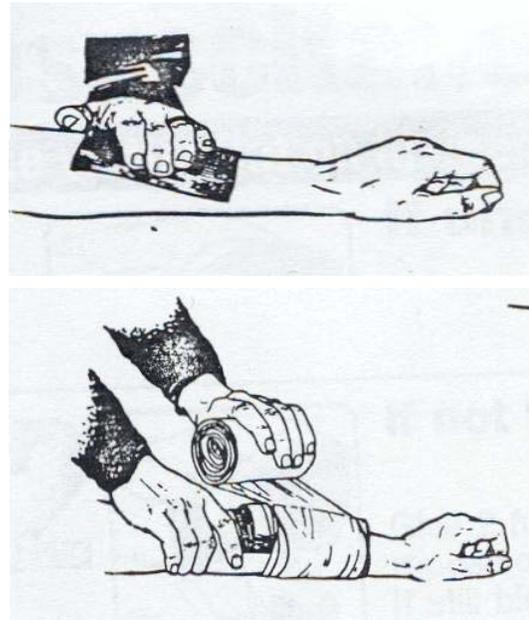
Ithaca “riot gun” designed for police use outdoors. A little less maneuverable indoors and not as convertible. Though you could saw off the stock and refinish the pistol grip.

## BASIC FIRST AID: ARTERIAL BLEEDING

Severe bleeding is a true life threatening emergency that you must find and treat as soon as you have established that the victim is breathing and has a pulse. The loss of anything near two pints of blood is serious. Dark Red flowing blood is venous bleeding to be treated as second priority. Bright Red spurting blood is arterial bleeding to be treated (stopped) immediately!

- Direct Pressure over the wound:** Place any kind of cloth or gauze pad on the wound and apply hand pressure.
  - If the dressing soaks through pile on more dressings but never remove the first one.
  - Secure the dressings in firmly place with tape or cloth but not so

tight that it cuts off circulation to the limb. Check the distal pulse.

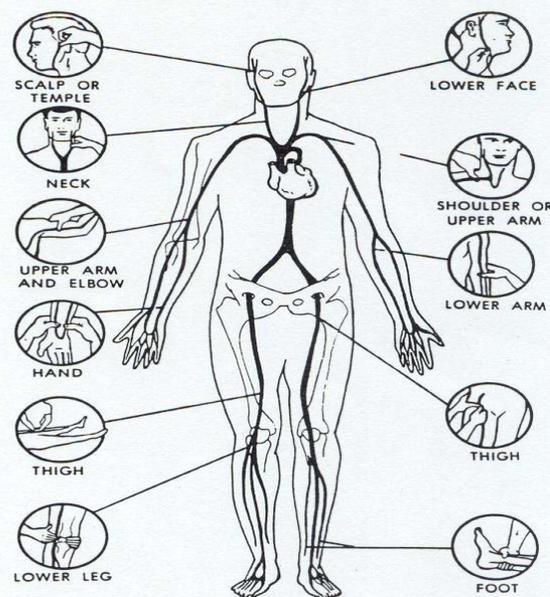


### Elevation of bleeding limb above the heart level.

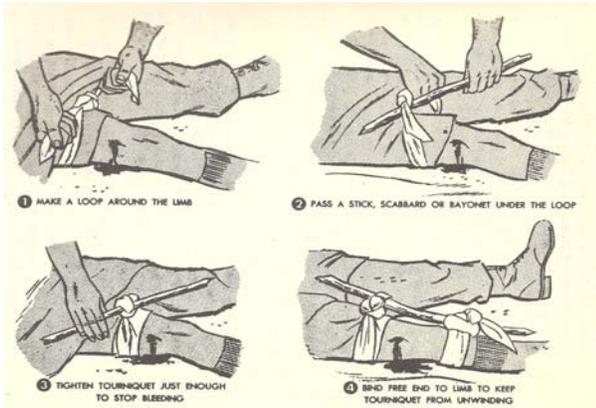
- Usually used in combination with direct pressure.
- May need to quickly splint limb if fractures are present

### Digital Pressure on arteries.

- Only if direct pressure and elevation fail.
- Hard to maintain for extended time



## Tourniquets are now an option when you need to self-rescue or no other method works



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## 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 to sufficient. Pemmican is a Cree word meaning mixture, pemmican was made from a combination of dried buffalo meat pounded into a sort of flour and mixed with dried berries and melted fat. This 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

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## Survival Shovels

When I was a kid just after World War Two every kid in the neighborhood had an "Army Shovel". These were childproof and child sized digging tools. The result was that every vacant lot was a warren of trenches and underground tunnels. Unfortunately a few kids did get killed in cave-ins.

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 meet may also be used.

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

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

After all ingredients have been mixed, add several pounds of melted suit, blend thoroughly and let cool. Store in skin bag, 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.

The shovel of the static trench warfare of World War One was the M-1910. This was just a small "T" handled spade. World War Two was a more mobile operation requiring the soldier to dig quickly in any kind of soil and then move and dig again. The M1943 folding shovel was strong enough to dig in frozen and rocky soil and included a pick to chop and pry. It was a bit heavy, but troops were

generally tucked for long distances. This was the shovel that somehow cam home after the war. The very similar M-1951 served through the Korean War and Vietnam. There were and still are a wide variety of commercially made imitations of this well designed tool. The tri-folding shovel with its triangular grip handle came into use late in the Vietnam conflict. It is a much more compact and lightweight tool than the M-1951, but a bit less capable.

Shovels have somewhat limited use in urban area where an axe or pry bar may be of more help, but they are a must once the brick and concrete are left behind. Uses include: digging shelters, digging fire pits, burying waste, drainage trenching, building defensive positions, and making animal traps. There may be the need to clear ground and shovel snow for cold weather camps as well.

There is a variety of small “camp shovels” on the market. Your choice depends on how much weight you can add to your survival pack. The two main designs are miniaturized version of the old M-1951 and the current tri-fold designs. If you are really pressed for space and weight, a good quality garden trowel gives you a limited digging capacity. Of course you may want a bigger shovel in your vehicle or survival cache.



Special Ops Gear™ shovel fully deployed



Two versions of the ubiquitous Army Shovel of WW Two vintage



Folding shovel takes up little room  
In the pack and are very useful

## **SAVE THESE DATES!**

**LIVE FREE, USA**

### **44<sup>th</sup>\* ANNUAL MEETING**

**Open To Members, Families and Supporters**

**Videos, Exhibits, Speakers, Presentations, Awards,  
Raffles, Elections and more**

**Day/Date: Saturday March 24th, 2012, 1:00 PM**

**Location: CABELA'S Sporting Goods Store**

**7700 Cabela Drive, Hammond IN**

**Just South of I-80 at the Indianapolis Blvd. Exit**

*\*To be honest, the exact year that "Live Free" started is difficult to establish. We evolved from an informal group of outdoors and self-reliance minded young people into a more formal organization in the late 1960's. The name "Live Free" and the preparedness and self-reliance mission was well established by 1969. Incorporation, the logo, the newsletter and recognition came later. We continue to evolve and respond to the ever-changing world. The next 40-years of Live Free will be in the hands of others.*

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## **CAMP INDEPENDENCE**



**Safety Through Preparedness, Freedom Through Self-Reliance**

**Saturday, May 5th 2012**

**Tippecanoe River State Park, Winamac Indiana**

**Advanced Registration Before April 15<sup>th</sup>: Individual \$20.00, Family \$30.00, Add \$10.00 for a cabin. Come Friday night and stay over Saturday night for extra activities.**

**Registration after April 15<sup>th</sup> or at the site: Individual \$25.00, Family \$35.00, Add \$15.00 for a cabin Group Rates Available before April 1<sup>st</sup>. Bring the whole family.**

**Stay overnight. Enjoy the park in spring. Become more self-reliant,**

<p><b>SURVIVAL &amp; SELFRELIANCE EXHIBIT AND DEMONSTRATION CONTEST CASH PRIZES NO ENTRY FEE</b></p>	<p><b>SURVIVAL STUFF RAFFLE Lots of survival and preparedness related supplies and equipment. Tickets on sale at the event.</b></p>
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**SPECIAL WARNING!**

Experts now predict gasoline prices to continue to rise past \$4.50 and \$5.00 per gallon in 2012. Gas prices are likely to reach at least \$10.00 per gallon by the end of this decade. Even with improved mileage, long trips to survival education and training events will become unaffordable. It is extremely important that preparedness and self-reliance advocates attend these events while they can. The organization and development of localized and regional groups and events networked throughout the nation will be the key to future success and family independence.

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