

AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

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Preparedness Overview

By James C. Jones, EMT/CHCM

An Overview of Why Personal Preparedness Is Important Today and the Various Levels of Preparedness Needed to Survive Common Emergencies and Future Multi-Catastrophes

Introduction

If you are reading this, you have already become concerned about future events and have begun to take responsibility for your own survival and that of your family. You may be alarmed at the increasing number, variety and severity of “disasters” throughout the world and particularly in the United States. This is not your imagination. Things *are* getting more dangerous and the infrastructure and the emergency services *are* starting to breakdown. One disaster often contributes to another.



Who can doubt that the immense costs of the 9/11 attacks and Hurricane Katrina contributed to the economic collapse. The shrinking economy reduces funds for infrastructure improvements, safety, emergency services and police; this then sets us up for further attacks and disaster. **The eventual result of these combined and multiplying manmade and natural disasters must be a general world collapse some time in the next twenty to one-hundred-years.**

The immediate mission for the responsible citizen is to prepare to survive increasingly severe and lengthy emergencies with less and less outside help. Since these events will strike closer and closer to every family and economic conditions will become more and more challenging, it is imperative that people begin an energetic and systematic program to increase their emergency preparedness and long-term self-reliance while they still have the resources and time to do so. **Furthermore, the children and grandchildren of today must be reoriented from passive dependence to active self-reliance through preparedness training and the acquisition of basic survival skills.** Here are just a few of the scientifically

calculated situations that are already in progress as you read this article:

- / As the population outpaces resources basic necessities such as water, food, and fuel will become scarce. At first the famines, droughts, epidemics, wars and massacres will ravage the third-world countries and then it will spread around the world.
- / Increased population densities combined with economic decline will mean that floods, earthquakes and storms will cause astronomical death and destruction that will not be recoverable.
- / The combination of economic decline and growing populations will result in the collapse of infrastructure and public services in many (if not all) urban and suburban areas. The failure of water supplies, electrical service, sewer systems, fire and police protection will make crime, riots, and epidemics more and more common.



- / The combination of less and less farmland and shifting climates will ultimately lead to conflicts over food and water resources that could lead to wars.
- / International travel, population densities and on-going biological

experimentation probably will lead to one or more worldwide epidemics that will kill hundred of millions sometime in the next few decades. Many scientists calculate that while the population may double or triple by the middle of this century, it will end at pre-1950 levels after starvation, war, epidemics and other events have reestablished a balanced system.

- / All of these factors will empower international crime cartels whose “street gang” soldiers are already on our streets. Desperate people will be easy recruits for extremists and terrorists. In reaction, there will be great temptations to establish Marshall Law, suspend basic liberties and even establish dictatorial governments.
- / Exactly how these events will unfold, when they will occur and how they will affect you is impossible to predict, but some of these events will strike you and your families in the foreseeable future. While there is not much you can do to prevent these complex combinations of man-made and natural disasters, there is much you can do to increase your chances of surviving them while retaining your personal freedoms and values. Never has the future depended more on what *you* do today.

The first step to survival is to assess your current situation and level of preparation against what you truly need to survive anticipated emergencies. Having done that, you can then start improving your situation in an organized and scheduled manner. To aid in this process we will establish six levels of preparedness starting with “zero”.

“Level Zero” Planning to be a victim

The individual or family prefers not to think about “bad things” and has no plans or means for surviving even a “normal” emergency. These folks are totally dependant on the political and economic system for every day-to-day necessity of life. Any disruption will panic them. They are highly likely to be a burden on public services (if they exist) and/or turn violent under severe emergencies. They are a danger to their neighbors and the community and will probably not survive long into a true catastrophic event. Unfortunately this classification describes a significant portion of the population.

“Level One” Essential

Even a casual concern for your own safety should put you here! You have a good flashlight, candles, a first aid kit, a few days of food on the shelves, a few gallons of water stashed away and you have given some thought to what you would do in emergencies such as: extended power outages, water supply interruptions, home invasion, fires, etc... It’s not much, but it’s a start. If you are lucky you will get through a few short-term situations, but if you don’t improve, you are going to be in real trouble at some point in the next few years.

“Level Two” Basic

At this level, you are making a conscious effort to prepare for common, short-term emergencies. You have put up at least 5-gallons of water per person and have a 5-10 day supply of food on hand. You have invested in several LED flashlights and lanterns and have a crank powered emergency radio. You also have at least one good fire extinguisher and probably a firearm. You may have a first aid manual and/or “how to survive” book. This is the *minimum* level for any responsible citizen.

“Level Three” Responsible & Ready

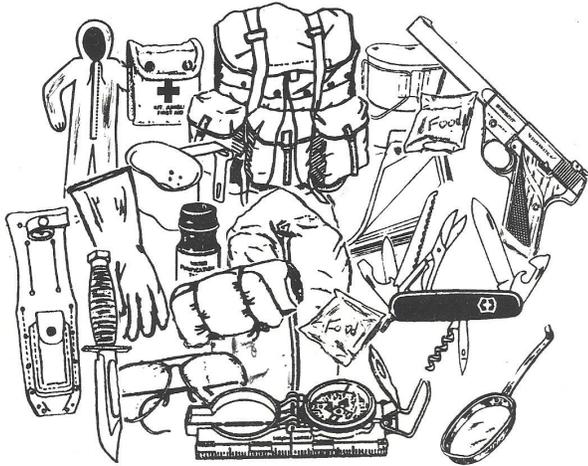
This is where everyone needs to be ASAP! At this level you should get through most “normal” emergencies and have a good chance to survive many serious and longer-term disasters. You will not be a burden to your community and may be able to help others. In addition to your “level two” supplies you will have a 30-day food and water supply. You have a small 72-hour survival pack capable of supplying essential food, water, shelter and first aid for a few days on the road. You may have a generator and fuel to run basics (e.g. sump pump, freezer etc.) for 3-6 days and a safe portable indoor heater. You have the ability to purify water, cook food, put out fires, treat minor injuries, and dispose of bodily waste without outside help.



“Level Four” Advanced

This level will make it possible to ride out (at home) or escape from (evacuate) many serious disasters. In addition to your “level two and three” supplies, you have a fully equipped evacuation pack or “bug-out-bag” capable of sustaining and sheltering you for an extended time. You now have a variety of weapons for home defense, self-defense and hunting. You have a number of survival books and have at least basic first aid and other survival related training. You may also have acquired training and equipment to cope with nuclear, biological and chemical hazards. You will have made

detailed plans for your own evacuation and may have established safe locations and caches of emergency supplies along that route. At this level you should be involved with community emergency response organizations and/or preparedness clubs in your area.



“Level Five” Self-Reliant

This goes beyond preparedness and moves towards a more self-reliant lifestyle. While the previous levels involved putting away resources from the existing sources for a future need, this level implies being able to generate and use essential supplies from the environment over a long period. At the extreme it can involve moving to a remote location and establishing a “retreat” with its own power supply, gardens, water source, etc... This may be impractical for most people, but everyone can achieve at least partial self-reliance. Adding rain barrels, wood stoves, vegetable gardens, solar panels or windmills can vastly improve your long-term survival chances. Develop skills that can be used to supply essentials such as hunting, fishing, sewing, metal working and carpentry. Stockpiling tools and supplies that can be used as trade goods. This will put you in a position to survive and even thrive during hard times.

Conclusion

While no one likes to think about a future of dangers and challenges, an open minded look at current events and recent history leads to the inescapable conclusion that humanity is entering a perfect storm of combined economic, natural and man-made disasters. No amount of preparedness can guarantee one’s survival under every conceivable situation, but a systematic and continuous effort to increase one’s material, mental and psychological capacity to survive will greatly reduce the chances of serious, injury, loss and death. **The future survival and freedom of good and responsible citizens and their children is dependent on their efforts to become better prepared and more self-reliant.**

Homemade Big-Berkey style water filter

By John Bock

Large scale water filtration for less than 2 cents per gal.

Clean, potable water is critical to survival in an emergency as we all know.

You can make potable water most commonly by chemical means or filtration. Big Berkey water filters are considered among the best, proving themselves capable of gravity filtering a lot of water day in and day out for a long time. Each element will filter over a gallon an hour and will last 3,000 gallons or more with proper care.

Here’s how to make your own Big Berkey-style filter at home for about \$100 or less.

First, you’ll need:

* A pair of Black Berkey replacement filters (\$80-\$100 online) or Super Sterasyl Ceramic filter elements (about \$35 each online - similar filtering results in quality and quantity)

* Berkey Light spigot (about \$7)

* A minimum of two white, virgin plastic 5-gallon buckets (food grade HDPE) (about \$3 each at Lowe's) and a pair of white, virgin plastic lids (also about \$3 each)

Step 1: Tape the lid for the lower bucket to the bottom of the upper bucket, then drill two one-half inch holes through the lid and the bottom of the upper bucket approximately 5-6" apart. NOTE: This plastic was brittle and you should push very gently on the drill bit or it will plunge through the plastic and break it, leaving you with a ragged hole that the washer won't cover - or worse. My advice, buy twice as many buckets as you intend to use to ensure you don't screw up in less than ideal conditions. Buckets are cheap. Life is precious.

Step 2: Remove the lid and install the filter in the bottom of the upper bucket.

Step 3: Drill a three-quarter inch hole in the side of the bottom bucket so the bottom of the hole is about 1/2 inch above the bottom on the inside of the bucket. This will allow room for the washer. Install the spigot (use the washers on both sides of the bucket wall).

Step 4: Drill a small weep hole in the lid for the upper bucket to ensure that the lid doesn't seal and cause a vacuum and stop the filtration when nobody is looking.

Step 5: Santize the lower bucket with a bleach solution and rinse before use. 1/4 cup of bleach in 5 gallons of water for ten minutes should be fine after you've washed it out with soap and water.

Usage: If you're filtering turbid water, be sure to pre-filter using coffee filters or other crude filtration to extend the life of your filters inside the Berkey. If you need faster filtration, you can use additional filters in the top bucket (three or four). Under ideal

conditions, you can get over 7 gallons per hour with four filters.

Simply fill the top with clean, but suspect water and clean water will dribble into the bottom container.

Be sure to buy additional containers to hold the filtered, pure water for later consumption!

You can make your own laundry soap at home for a tiny fraction of what you would pay for brand name soaps like Tide. As an added bonus, this home-made soap doesn't have brighteners or fragrances, so it's ideal especially for hunting clothes.

If you buy three bars of Fels-Naptha, along with the single box of Borax and Super Washing Soda, you will have the materials to make soap for about 576 standard loads of laundry for about \$11 worth of ingredients (Rural King prices).

All three ingredients can be found at Schnucks and Rural King and they may all three be available at other stores in the laundry aisle as well.

How does it work? I've been using it for a month now and am pleased. I've heard back from a couple of other Guns Save Life members who've tried it and they are impressed as well.

Step 1: Finely grate approximately 1/3 bar of FELS-NAPHTHA bar soap and put it in a sauce pan with six cups of hot (not boiling) water. Keep hot and stir until soap melts.

Step 2: Add one half cup of BORAX laundry booster and one half cup of WASHING SODA to sauce pan. Stir until dissolved.

Step 3: Add four cups of hot water into bucket (two gallon minimum), then add soap mixture. Stir briefly to mix.

Step 4: Add 22 additional cups (1 gal, 6 cups) of room temperature water. Stir to mix and let stand for 24 hours or so. Contents of bucket should gel.

Use one half cup of final product per standard load.

If it doesn't gel, it will still work fine. Store product in a closed container or the water will evaporate out of the mix.

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How to Eat Your EOTWAWKI Meals

By Ken

Many people rush through the day, with no time for anything. When they have time to get a bite to eat, they gobble it down. That leads to stressful, unhealthy living today and must be unlearned.

5 physical and psychological reasons to eat more slowly during a survival situation:

1. Better digestion. Eat slower and consciously chew your food better to facilitate better digestion. Digestion actually starts in the mouth, so the more work you do up there, the less, and more thoroughly, your stomach will have to work.
2. By eating slower, your hunger will be more satisfied with consume the fewer calories typical in a survival situation meal. It takes about 20 minutes for your blood sugar to rise enough for your brain to register that you are full. If you eat fast, you can continue to feel hungry and want to eat past the point where you are actually full enough.
3. Less stress. Eating slowly, and paying attention to our eating, can be a great form of mindfulness exercise. Rather than rushing through a meal, thinking about what you need to do next, taking more time helps you relax.

4. Enjoy your food! It's hard to enjoy your food if it goes by too quickly. Make your meals as much of a gastronomic pleasure as possible. Eating may be one of the few enjoyable events in a stressful environment.

5. Eat your larges meal with your more difficult to digest foods in your evening meals. The more relaxed down time after the evening meal, and during your night's rest, promote more efficient digestion of proteins, fats and complex carbohydrates. So plan to eat your meats (or TVPs), beans and high inulin roots (Jerusalem artichokes, Burdock etc) then.

The Unit (book review)

By Terry DeHart

There is nothing very new about the plot and scenario in The Unit. We have a family on the road after a nuclear war. It's winter. There is fallout. They have limited supplies and weapons. An electromagnetic plus has disabled most of the vehicles and there is no sign of government help at any level. The family (unit) consists of the father who is a former Marine* with some survival skills and instincts. The mother who is committed to the protection of her family, the son who is focused and ready to do whatever it take, and the strong willed pacifist, vegetarian daughter. Ultimately they have multiple encounters with a band of road pirates. A lot of bad things happen to the family. Needless to say, the daughter's stubborn pacifism works against their survival. In addition to hunger and assaults, our family suffers from radiation sickness and cold, and a variety of wounds throughout the story. The book is not particularly preachy and it does not try to provide technical

data, but there are some tactical and technical lessons integrated into the plot.

The book is written in short chapters, each one from the viewpoint of one of the characters, including the bad guys. We bounce back-and-forth from person to person and violent situation to situation. The uncomplicated plot and constant action pulls the reader along from page to page. A fun read for those who like survival action stories.

The Unit, by Terry DeHart, 307 pg. Paperback, www.orbitbooks.net, Borders, \$13.99

* The author is a former Marine

“Tourniquets Are Back”, WHAT!!

While attending a recent EMT update class our instructor informed us that tourniquets were coming back as an acceptable method of stopping arterial bleeding. What! we all exclaimed. When I was a Boy Scout back in the 50s tourniquets were very much in vogue. Knowing how to apply a tourniquet was the very essence of Boy Scout first aid skill. You applied at the first sight of spurting blood. But, by the time I was taking First Responder classes in the 70s tourniquets were only to be used as a last resort after direct pressure, elevation and pressure points had failed. By the time I was in EMT school in the 80s tourniquets were practically outlawed. Since direct pressure, elevation and pressure points virtually always worked, why even think about tourniquets. We were taught that the application of a tourniquet was almost sure to result in the loss of the limb below the tourniquet because of lost circulation. You might be justified in using one on an amputation since the limb was already lost, but then amputations seldom bleed heavily anyway. I met EMTs who had worked in the field ten, twenty and more years who

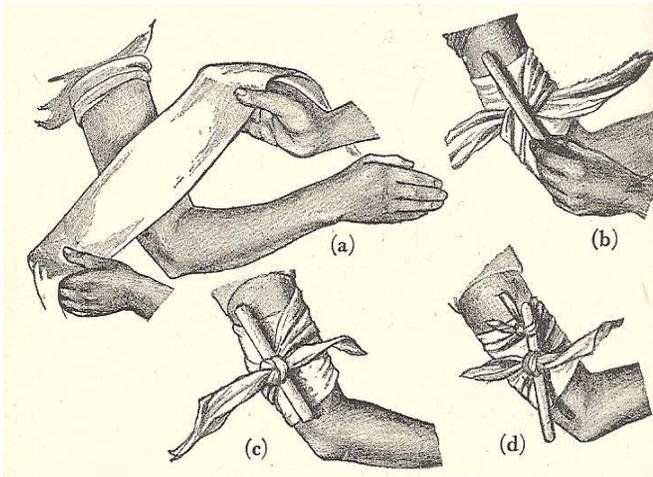
had never needed to use a tourniquet even once. Tourniquets have been out for over 40-years. So you can imagine our surprise. So have we been wrong for 40-years? The fact is that a lot of basic medical techniques change and even come and go over the years. For example: there is nothing new about CPR or the Heimlich Maneuver. Variations of both go back centuries. CPR has changed at least a dozen times since the 70s. Changes often come from the most recent (not necessarily more credible) studies or social standards. Anyway, tourniquets are back.

The return of the tourniquet seems to come from the military's acceptance and distribution of the CAT or Combat Application Tourniquet. A rather fancy device that costs about \$40.00 each. Of course! The military and probably lobbyists for the CAT did a study that found that the concerns about tourniquets were unfounded. The advantages of the CAT is that it can be applied by the wounded soldier under combat conditions with one hand and will stop bleeding and reduce pain quickly. This permits the soldier to continue fighting or evacuate alone. Direct pressure, elevation, pressure points and even chemical blood stoppers require time and usually help in application. Under these conditions the benefits to survival outweigh the risks of further damage.

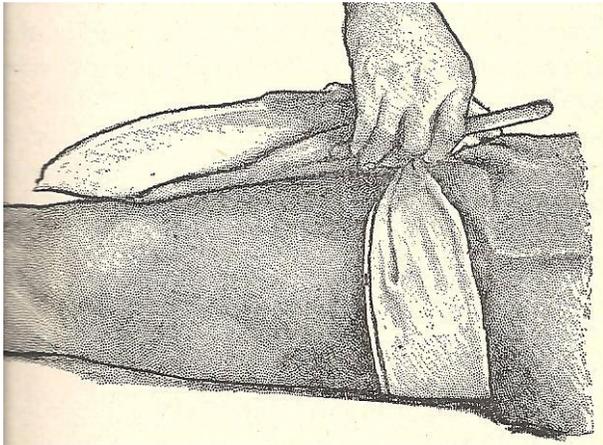
Since the emergency medical profession and volunteer first aiders have done just fine without tourniquets for at least 40-years, there does not seem to be any justification for going back to them now. When direct pressure and elevation fail, blood stoppers usually work. Once applied a tourniquet does present threats to the survival of the limb and may also create hazards to survival when removed. While short-term use of a tourniquet may be safe when the patient will quickly be in the ER a tourniquet applied in the field under long-term survival conditions could be disastrous. Still, there may be those

situations where direct pressure, elevation, pressure points and chemical blood stoppers are not an option or are not effective. The patient will bleed out in just a few minutes. In these rare cases a tourniquet is the only option and you must trust to luck for the future outcome.

I couldn't find a tourniquet illustration in my 1955 Boy Scout Manual. I had to go back to a 1945 Red Cross first aid textbook for this one.



Tourniquet applied to upper arm



Tourniquet applied to upper leg

Spy Drones Over Your Backyard

The Federal Aviation Administration has been requested to issue flying rights for a variety of pilotless planes to carry out a

variety of law enforcement tasks. These are the same armed and unarmed drones that have been extremely effective against gorilla fighters in Afghanistan and Iraq. These birds can circle over an area for extended periods of time. Looking up you hear and see nothing while they can read your lips and recognize your face. In use they can follow a terrorist back to his leader and then follow his leader to his leader so that the leadership can be targeted. They are very effective in open country where they can see over a large area and pickup individuals easily. They would be less effective against urban crime where buildings block view and crowded conditions mix perpetrators with the innocent. These aircraft are not easy to see on radar or eye and do not have an onboard pilot or collision avoidance system and there-for pose a significant hazard to manned aircraft of all types. The founding fathers clearly intended that we have the right to privacy in our homes, but did not envision any form of aerial intrusion. While these devices might be legally effective in patrolling public areas and streets or staking out a location, they should not be able to randomly snoop or observe activities on privet property without a specific and limited warrant. What you do in your backyard or your back forty is and should be protected unless there is "probable cause" for intrusion.

Midwest Earthquakes Just A Matter Of Time

While most people think that serious earthquakes are confined to the west-coast the fact is that the central Mississippi valley is highly likely to experience a 7 to 8 magnitude earthquake in the next few decades or next week. Back in 1811 and 1812 earthquakes of 7.7 to 8.0 struck the region, but there were few towns and the area was very thinly populated so loss of life and property was not significant.

However it did change the course of the Mississippi River. The primary hazard is from the New Madrid Fault lying across this zone. Because of the nature of the underlying rock in this area the waves would travel much further than similar quakes do in the west-coast. The shockwaves would cover one-million square miles of heavily populated territory. Major cities such as Nashville, Cincinnati, St. Louis, Memphis, Louisville, and Little Rock would be devastated. Cities as far away as Chicago, Indianapolis and Kansas City would suffer damages. Damage to key bridges, power stations, nuclear power plants, chemical plants, dams and highways would virtually shut-down to whole center of the United States crippling the economy for years and years. The loss of life would be in the many millions. The US might well never recover from such a catastrophic event, yet many geologists think that the New Madrid fault is overdue for a shift. Unlike the west-coast most of the buildings and bridges in this area are not "earthquake resistant" and even a less severe quake could do serious damage. With no power, water, fire or police services cities would become war zones in hours. Only armed and well prepared citizens would have a chance to hold-out or get out.

On a survival level we can only recommend that readers in these areas avoid living in urban areas and maintain

survival supplies well away from structures that might collapse or catch fire. Carry a basic survival kit with you. If you survive the initial earthquake you will have a chance

Costco Emergency Food Kits Available

Merchants generally do their homework before placing products on the shelf. The fact that a large national retailer is selling packaged family emergency food supplies is a clear indication of the deep public concern about the future and about the reliability of the government to help them. Costco offers a Food For Health™ Emergency Food Kit with 275 food servings in a weather proof pail for \$89.99. This beats most "survival supply" outlet pricing and gives the average family a fast way to upgrade their preparedness without breaking Afghanistan and Iraq. the budget. The contents include many savings of Corn chowder, potato soup, Western stew, Country noodles, Blueberry pancakes, and Whey milk. The foods are vitamin fortified and have a 20-year shelf life. Weighing 20-pounds it can be easily transported as needed. Other Costco survival food items include A "Deluxe Family Food Supply Kit" for \$139.99, a full pail of Whey Milk for \$69.99, and a pail of Precooked and dehydrated pinto beans for \$59.99. This would seem to be a good starter or a backup cache.

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