

# AMERICAN SURVIVOR

Survival Information for the Prepared Citizen

SPECIAL EDITION

SAMPLE ISSUE

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PLEASE ENJOY THIS SPECIAL ISSUE OF AMERICAN SURVIVOR

Live Fee USA has been publishing this survival and preparedness newsletter since 1977. We are a not-for-profit organization dedicated to promoting and supporting survival education, family preparedness and sustainable living since 1966. Join on line at [AmericanSurvivor.org](http://AmericanSurvivor.org) or use the form on the back page of this publication.

## 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.



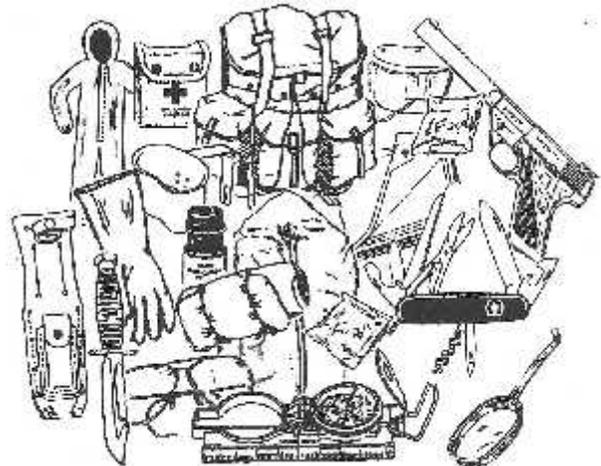
### “Level Four” Advanced

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.**

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## **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-NAPTHA 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 insulin roots (Jerusalem artichokes, Burdock etc) then.

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### **“Tourniquets Are Back”,**

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 tourniquets 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

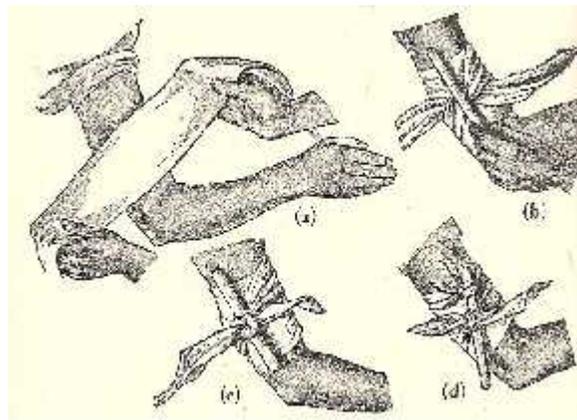
circulation. You might be justified in using one on an amputation since the limb was already lost, but then amputations seldom bleed heavily anyway. I met EMTs who had worked in the field ten, twenty and more years who had never needed to use a tourniquet even once. Tourniquets have been o-u-t for over 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. Off 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 solder under combat conditions with one hand and will stop bleeding and reduce pain quickly. This permits the solder 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.

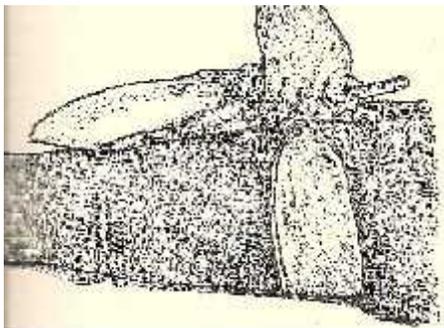
Since the emergency medical profession and volunteer first aiders have done just fine without tourniquets for at least 40-years, there does not seem to be any justification for going

back to them now. When direct pressure and elevation fail, blood stoppers usually work. Once applies 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

### AFTERMATH

#### You Survived! Now What?

*If you are concerned enough to be preparing for long-term disasters and you have faith in your ability to survive, it is logical and necessary to have a practical recovery plan and goals as well*

Virtually all preparedness and survival literature focuses on the various aspects of *how* to get through a disaster alive. Little attention is given to the challenges of recovery and resumption of life for the survivors in a post disaster world. In my view, survival alone is not a worthy objective. **Survival is a means to an end and that end must be defined in your personal and family mission.** Your survival plan is the answer to “how” you will survive, but **your recovery plan is the answer to “why”.**



Disasters aftermath can be psychologically devastating. Having a recovery plan in place can replace OMG! with “lets role”

For the purposes of this article we will not consider those local, temporary and normal disasters such as storms, minor epidemics, economic recessions from which recovery is relatively fast and complete. We will focus on those large scale, game changing events where there is no recovery to previous

conditions. In these situations the survivor will emerge, having used most or all of his/her survival supplies and probably be traumatized and possibly injured or ill.

True cataclysms fall into two categories: **Instant and massive disasters** such as nuclear war, worldwide pandemics, massive natural event (e.g. meteors, solar flares, large volcanic events) that alter the entire economic, political and environment system within a few days or months.

**Slower developing disasters** that may consist of multiple events such as economic deterioration, frequent natural disasters, growing regional conflicts and other negative situations that grind down your safety, security and freedoms. These may culminate in some sort of collapse or conflict or they may simply crush our way of life over decades.

In either case the survivor winds up in that “world as you knew it is gone” situation

**In the case of a fast developing (boom) disaster**, your survival priorities were to escape or protect yourself from the immediate dangers with minimal injury and losses. If your combination of preparations and luck get you through the first minutes, hours and days you can begin to implement your recovery plan based on the dramatically altered conditions created by the event. Government with either be non-existent or domineering. Critical services such as water, electricity, sanitation, food supplies, fire protection and police protection will be severely damaged. Destroyed structures, dead and dying people and general chaos will be your new environment. Even your own alternative systems and survival supplies and equipment may have been lost or destroyed. If you have a plan “B” recovery stash of tools, supplies and trade goods that has survived the initial

event you will do well. Skills like medical care, food production, mechanical repair, and other basics will be essential. Scrounging, salvaging and repairing will be your recovery road. Of course you will need to be armed and able to protect what you have and what you build up in these desperate times. The most important recovery component will be your family and network of prepared, survivor friends. The old slogan TEAM Together Each Accomplishes More will apply powerfully here. Working with and helping others now will greatly help your recovery and safety as you rebuild after any form of disaster.

**In the case of slow developing (rumble) disasters’** you will find yourself responding and recovering from a variety of situations (e.g. storm damage, unemployment, high prices, power failures, etc.) while adapting to an accelerating decline in your safety, security and standard of living. You will notice the decline in infrastructure reliability (roads, electricity, water, etc.) higher prices for critical needs (food, medicine, fuel) that may lead to actual shortages, and less reliable police, fire and EMS services. Eventual budget cuts and economic recessions can result in greater crime rates and civil disorder. Over several decades things may look just like a fast (boom) disaster has struck with crumbling buildings, high death rates, and general chaos.

The difference here is that you can focus on adjustment, adaptation and even opportunities within the situations. Survival and recovery are simultaneous and ongoing operations. As something’s fail other alternatives will be needed. Some new technologies will need to be used. Some old technologies and methods will again be valuable. The “New Americans” will survive and even thrive if they learn from every challenge

and disaster and adapt accordingly. Now is the time to ally yourself with survival minded people and build your networks.

Recovery priorities are basically the same as survival priorities, but must be established and sustainable systems rather than “survival kit” items. Your recovery plans and actions must address these four priorities:

1. Restoration and maintenance of health is the first priority after a disaster. The survivor may be injured, malnourished and suffering from a variety of illnesses and medical conditions. Long-term provisions for safe water, adequate food and medical care.
2. Security and safety will be long-term needs for the survivor. Predators of all sorts will focus on those successful survivors with consistent and violent intent. Vigilance and defense become a constant responsibility
3. Shelter is always a primary survival requirement. The repair and maintenance of your home as a secure shelter and base for recovery is paramount. If your home is unsustainable there will be other abandon and damaged or undamaged structures available.
4. Income in the form of tradable goods, acceptable currency and self-provided needs such as food and, water will be the key to rebuilding a “new normal” life.

You cannot survive for long alone and you certainly cannot achieve the for

recovery necessities above without the support of family and/or an active local preparedness and self-reliance network that you developed before the events.

**Ultimately why you recover is based on your personal values and what kind of a person you want to be.** These are the things that you survive for. If you survive as a predatory, selfish, and immoral person or a subservient victimized slave your survival is meaningless or worse. Family, friends, faith and freedom are core values that must be preserved and defended in any recovery plan. One’s self-respect, property and privacy are also key values of the true survivor.



### Conclusion

The greatest achievements of mankind were the results of how people responded to difficulties and disasters. True hero’s, leaders, innovators have always been survivors first. At some point the world as we know it (WAWKI) will be gone. **It will then be the world as you let it be (WAYLIB) or the world as you make it (WAYMI). That all depends on your recovery plans and actions.**

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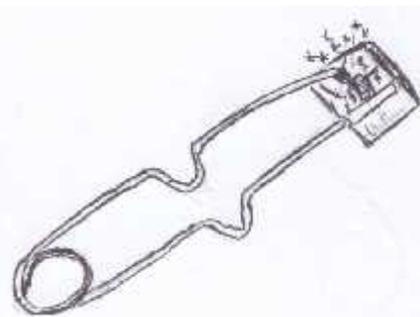
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## Cheap and Reliable Fire Starter

Welders to ignite the flame on welding torches use strikers. These are very simple devices consisting of a springwire handle with a small metal cup on the end. One end of the handle holds the cup while the other end is threaded to hold a small flint mounted on threaded nipples. There is rough grit in the cup that lies against the flint. Squeezing the handle moves the flint across the grit to generate a good spark. The cup catches a bit of the welding gas so that ignition is assured. As a survival fire starter you can place lint, cotton, very dry grass or any other fine fire starter in the cup and just squeeze the handle. The cup holds the starter near to the spark and protects it from the wind. Strikers are cheap at a few dollars each and replacement flints are even cheaper. This

reliable fire starter weighs only about 2-ounces and is available wherever welding supplies are sold. Better than the more expensive commercial fire starters. If you carry one in your pack, be sure to open it up so the flint cannot accidentally get pushed across the grit and start a fire that you do not want.



Welder's striker/igniter

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