

# LMI Newsletter

July/August  
2007

## Inside This Issue

Civil Defense Guidelines  
For Surviving Natural Disasters

Emergency Food Storage

Survival Kits, Gear And Skills

**URBAN SURVIVAL**

And Much More

# Table Of Contents

Cover ----- Page 1

Table Of Contents ----- Page 2

LMI Notes ----- Page 3

Media Mix ----- Page 4

*Review of popular media with Douglas Paul Bell*

Civil defense Guidelines For Surviving  
Natural Disasters ----- Page 7

*Excerpted from In Time Of Emergency.*

Survival Kits, Gear and Skills -- Page 15

*A treatise on the basic gear you need to carry with you for survival and the importance of skill. by Corcceigh Green*

Urban Survival ----- Page 22

*Urban survival requires the mindset to look for resources that others may overlook and to stay hidden while living amongst others. by Douglas Paul Bell*

Survivalist Pets ----- Page 27

*Don't forget to consider your pets when making your survival preparations. by Corcceigh Green*

Twilight ----- Page 31

*Is the US Preparing a domestic clampdown? Pug Mahone*

Emergency Food Storage - Page 37

*One man's experience with storing food for emergencies. by Glenn Boman*

© 2007 LMI newsletter

LMI is published 6 times per year,  
once every other month.

Editor Douglas Paul Bell

Lay-Out Editor Corcceigh Green

Contributing Editors:

Douglas Paul Bell, Corcceigh Green, Tom from New England

Contributors: Glenn Boman





# LMI Notes

Notes, Observations and Introductions from the Editors



This is our July/August issue. We were very late with our last issue and this one has come out about a month late for that reason. We are on schedule with our September/October issue and should publish close to on time. We will be on time for our future issues. This issue will deal with some different aspects of survival.

We'll get right down to business with an excerpt from the 1968 Civil Defense pamphlet, *In Time Of Emergency. Civil Defense Guidelines For Surviving Natural Disasters* is a collection of common sense guides to survive a host of natural disasters. Even if you are a seasoned survivalist, you may not remember the way Civil Defense used to work. Civil Defense worked through informing the individual and setting block captains and Civil Defense leaders from the local population. The people in place knew what dangers were faced and how their local conditions would deal with it and could prepare for their own neighborhoods. We have seen how FEMA handles any given situation from Washington, D.C.. We need to go back to the basics.

Continuing on that theme, *Survival Kits, Gear and Skills* considers the minimum requirements of skill and gear that should be carried for personal survival. This is, again, just the basics and most necessary items. Douglas Paul Bell includes a work on *Urban Survival* and clues us in on some essential skills for staying alive in an urban setting. Since you are obviously contemplating your own survival, what about your pets? *Survivalist Pets* presents an often overlooked aspect to your family's survival. Pug Mahone has made us aware of some ominous warnings in his *Twilight* column. You should be made aware of this! Glenn Boman has given us another entry with *Emergency Food Storage*. Some old and new ways to lay in a supply of survival food for you and your family.

Don't forget to keep checking The Independent American web site. We will be revamping the site this winter. Be sure to check out the lines of survival gear and features we will be posting. More information will be forthcoming in the web pages of Green Mountain/Upriver Journal too. See you there.

<http://theindependentamerican.freeyellow.com>

# Media Mix

with Douglas Paul Bell

## Books

### THE ARMED OPTION

reviewed by Douglas P. Bell

“The Armed Option - Zen in the art of combat pistolcraft” by W.W. Butler (Blacksmith Corp., Box 1752, China Valley, AZ 86323, 1993, 5 1/2” x 8 1/2”. 149 pages) is a book that took some time to sink in fully and for me to really appreciate.

The first time I read it, it was sort of “Hmmm, Zen huh? Another get in touch with your feelings, touchy-feely type book.” Plus the 65 photos, eleven of which are of rifles or submachine guns, one cliff, with several photos reused, and I was ripe to ignore the message. After awhile I reread the book and WOW! Was it ever an eye opener. Well, OK. that may be a bit of an exaggeration, but it really was mind expanding the second time through. Even some (but not all) of the photos fell into place, but some are still just filler.

The twenty combat pistolcraft “Commandments” are well worth taking to heart. Things like “Trust your mind and body in an emergency. It is too late by then to think”, “Never skimp on equipment, but do not substitute equipment for skill”, “The unprepared man criticizes the prepared man until the enemy appears”, and so forth, are all well worth thinking about.

The “Equipment” chapter has such items to think about as: “Purchase or use the best equipment you can afford or obtain. A three hundred dollar pistol may offer the same performance as a seven hundred dollar pistol or even better. The operation and reliability of the arm is what is important”.

“Become familiar with your weapon. Operate the safety and other operation levers, buttons, etc. “until the handling and operation of all controls are second nature and can be done expertly under any conditions”.

“What is the best pistol? The best pistol is one you have in your hand when you need it. The best pistol if you have a choice is semi-auto, single action trigger pull, .380 and up, down stroke safety, high profile sights, reliable operation”.

“Caliber. The LOWEST caliber acceptable is the 9mm Luger or 9x19. THE LARGER THE CALIBER THE GREATER THE PERCENTAGE OF STOPPING CAPABILITY”. (For more on the .45 ACP vs. 9x19 Para. debate, check out the Vol. 5, Number 1 Spring 1999 SMALL ARMS WORLD REPORT, where Quentin C. Shears does an analysis of the two cartridges. The .45 ACP walks away with it! Anthony Bisantz, the Army program manager for the 9mm program which chose the Beretta, in the rebuttal doesn’t even TRY to make a case for the 9mm, as he states: “In conclusion.. .give me ‘ol slab sides’ (M1911A1 .45 ACP) loaded with hollowpoints”!! The guy who picked the Beretta as the least bad 9mm for the US Army picks a .45 when it’s HIS life on the line!

“Down Stroke Safety”. The safety must move DOWN to go off, the “up to fire safety is unnatural and forgotten under stress. ‘High-profile, black combat sights. The most consistent and accurate sighting system is the high-profile, plain black sight. There is not a technological sugar daddy which by simply mounting on the pistol allows us to disregard the basic principles of

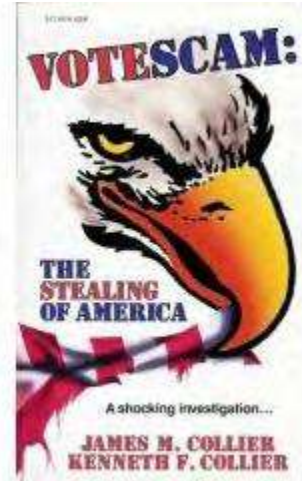
proper us of sights. Practice, practice, practice!" "Function and reliability. Above all else a combat pistol MUST be RELIABLE and must FUNCTION properly under combat conditions".

If you carry a pistol or are thinking of carrying a pistol, buy this book! I recommend it highly!

### Vote Scam

reviewed by Douglas P. Bell

"VOTESCAM: the stealing of America - the book that indicts Attorney General Janet Reno. . . a shocking investigation" by James M. Collier and Kenneth F. Collier (Victoria House Press. 67 Wall Street, New York, NY 10005, 1992. 5 1/4" x 6 7/8", 395 pages) is a book that I, jaded book reviewer that I am, couldn't put down and read cover to cover, in what seemed like no time at all.



Of course the cover, the head of an eagle with the American flag being torn apart in it's beak, might turn many people off. Others will just dismiss this book as just another paranoid conspiracy book, which admittedly, it does sometimes tend to read like. Just like no one would believe the government had deliberately infected men with syphilis so they could watch what it did to the human system, which blew up in the government's face as the "Tuskegee Experiment". Or no one would believe the government was giving young children extremely high doses of radiation to see how much radiation the human body could withstand while telling the parents that it was a "cure" for the illness the child was suffering from. Or that the government would set up a ghoulish network of doctors to secretly remove body parts to measure the radiation absorbed by young people from the above ground atomic bomb tests. All of which happened and happens to be true.

OK, if you think that the voting booth is sacred, that "we, the people" can change things at the polls, that politicians are honest servants of the people, and nothing is going to change your mind, then this book isn't for you. However if you think there is something funny going on when the news tells you who is going to win by how much five minutes after the polls open, when the most favored candidate loses big, or as happened to my personal knowledge, when the ballots are destroyed immediately after counting so there can be no recount, when 75 percent of the polls are closed in areas where the wrong candidate won big in the election, but did not get the needed majority to win in a three way race, and it had to go to a run off, then this book is for you.

This book names names, dates, places, and who did what, when, where, and how. What names you ask? Well how about Janet Reno, who as Florida Attorney General, NEVER charged a politico or other public "servant" with a single crime, no matter what they did while in office. Helen Mayer, sole owner of Dell Publishing who personally killed the "Votescam" book Dell was going to publish. Robert Lynch, a handwriting expert who forged ballots. Katherine Graham, who controlled Florida's press, and refused to print or let be printed one word about vote scamming. US Attorney Robert W. Rust, who when presented with proof of vote scamming, refused to act. Miami Judge Henry Balaban who was always good for a court order to cover up, hide, or block, any investigation of vote scam. Craig C. Donsanto, a "Justice" Department attorney who refused to act and covered up the evidence. Mike Wallace, who as a reporter for "60 Minutes", refused to do a story on vote scamming. Federal Judge Henry F. Greene who

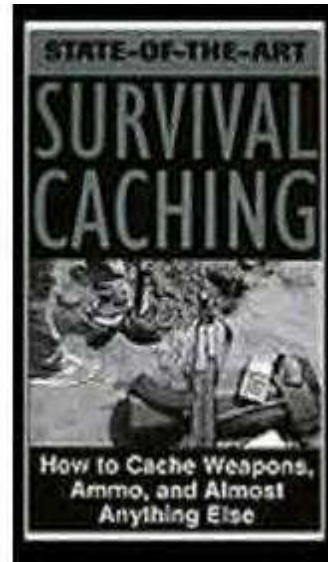
violated the law, repeatedly, to try to stall or stop the vote scam story. George Bush, who as the “wimp” in the New Hampshire primary, told NH Gov. John Sununu, a computer genius, that if Sununu could swing NH to him, there would be a place for him in the Bush White House. Bush, who was down by 8 points going in, won with a 9 point lead! Sununu also got his place at the Bush White House.

So who controls the polls? A group called “New Election Service” (NES) and “Voter Research and Surveys” (VRS), made up of ABC, CBS, NBC and CNN have total control of the vote counting process in the US of A~ Ask who or what these groups are and you are told that they “are private groups and don’t have to tell the American people a damn thing.” Ask questions about who controls the votes in this country and you will be told “This is not a proper area of inquiry.” I HIGHLY recommend this book!

## Home Videos

### State-Of-The-Art Survival Caching

“State-Of-The-Art Survival Caching - how to cache weapons, ammo, and almost anything else” video by Paladin Press (POD 1307, Boulder, CO 80306, 1995) is a VHS color video of approximately 50 minutes in length. In case you were wondering or weren’t sure, the word “cache” simply means a hiding place, especially one for hiding or preserving supplies or provisions, while “caching” simply means to place in a cache, so this tape covers how to hide things.



While much of the tape is simply common-sense and standard how-to found in any book that covers caching (this video, and most books on the subject of caching, covers how to bury your goods, but caching can also mean hiding under water, in walls, or just about anywhere else that what ever you have to hide can be hidden) there were a few surprises that I at least, hadn’t thought of or considered.

While the video didn’t cover some things I consider standard operating procedure, if you are new to the subject of caching and don’t have any idea where to start or what you are doing when it comes to hiding and preserving the things you might need in the future, then I would highly recommend you view this video. If you have a pretty good idea what you are about, or have one of the books on the market on the subject of caching (there are several out there, including a US military manual) then I would recommend that you at least give this video a look to see if it will give you any ideas that you might have overlooked.

## ADVERTISEMENT



Thirty Years Of Hounding It by Gene Lewis is a collection of true hunting stories taking place in the Panhandle forests of Northern Idaho. Hunts take place behind hounds in pursuit of bear, cougar, bobcat and raccoon. Read, first hand, 30 years of the experiences of hounds and hunters in some of the most remote territory of continental North America. 96 pages with photos and illustrations. Soft cover. Price \$9.95 plus \$2.55 shipping and handling. Item #bk30hnd To order send check or money order and item # to North Woods Traders, P.O. Box 21, Fernwood, Idaho 83830

## Civil Defense Guidelines For Surviving Natural Disasters

excerpted from the Civil Defense pamphlet, *In Time of Emergency*.

### Major Natural Disasters

This section is intended to help you prepare for those natural disasters that may occur in your area and tell you the right actions to take if they occur.

There are certain things you can learn and do that will help you get ready for, and cope with, almost any type of natural disaster. Perhaps the most basic thing to remember is to *keep calm*. This may mean the difference between life and death. In many disasters, people have been killed or injured needlessly because they took thoughtless actions when they should have done something else—or done nothing at all just then.

In a time of emergency, taking proper action may save your life. *Take time to think*, and then take the considered action that the situation calls for. Usually, this will be the action you have planned in advance, or the action you are instructed to take by responsible authorities.

Here is other guidance that applies to most types of natural disasters.

### Warning

LEARN YOUR COMMUNITY'S WARNING SIGNALS.

In most communities having outdoor warning systems, the Attack Warning Signal is a wavering sound on the sirens, or a series of short blasts on whistles, horns, or other devices. This signal will be used only to warn of an attack against the United States.

Many communities also are using an *Attention or Alert Signal*, usually a 3- to 5 minute *steady blast* to get the attention of their people in a time of threatened or impending peacetime emergency. In most places, the Attention or Alert Signal means that people should turn on their radio or television sets to hear important emergency information being broadcast.

You should find out now, before any emergency occurs, what warning signals are being used in your community, what they sound like, what they mean, and what actions you should take when you hear them.

Also, whenever a major storm or other peacetime disaster threatens, keep your radio or television set turned on to hear Weather Bureau reports and forecasts (issued by the Environmental Science Services Administration of the U.S. Department of commerce), as well as other information and advice that may be broadcast by your local government.

When you are warned of an emergency, get your information on the radio or television. Use your telephone only to *report* important events (such as fires, flash floods, or tornado sightings) to the local authorities. If you tie up the telephone lines simply to get information, you may prevent emergency calls from being completed.

## **Emergency Supplies**

A major disaster of almost any kind may interfere with your normal supplies of water, food, heat, and other day-to-day necessities. You should keep on hand, in or around your home, a stock of emergency supplies sufficient to meet your needs for a few days or preferably for a week.

If you stayed at home during the disaster, these supplies would help you live through the period of emergency without hardship. If you had to evacuate your home and move temporarily to another location, your emergency supplies could be taken with you and used en route to or after you arrived at the new location (where regular supplies might not be available). Even if you only had to move to an emergency shelter station set up by a local agency, these supplies might be helpful to you, or make your stay easier.

The most important items to keep on hand are water (preferably in plastic jugs or other stoppered containers); canned or sealed package foods that do not require refrigeration or heat for cooking; medicines needed by family members, and a first aid kit; blankets or sleeping bags; flashlights or lanterns; a battery-powered radio; and perhaps a covered container to use as an emergency toilet. In addition, an automobile in good operating condition with an ample supply of gasoline may be necessary in case you have to leave your home.

In those parts of the country subject to hurricanes or floods, it is also wise to keep on hand certain emergency materials you may need to protect your home. from wind and water—such as plywood sheeting or lumber to board up your windows and doors, and plastic sheeting or tarpaulins to protect furniture and appliances.

## **Fire Protection and Fire Fighting**

Fires are a special hazard in a time of disaster. They may start more readily, and the help of the fire department may not be available quickly. Therefore, it is essential that you:

1. Follow the fire prevention rules and be especially careful not to start fires.
2. Know how to put out small fires yourself.
3. Have on hand simple tools and equipment needed for fire fighting.

## **After a Natural Disaster**

*Use extreme caution in entering or working in buildings that may have been damaged or weakened by the disaster, as they may collapse without warning. Also, there may be gas leaks or electrical short circuits. Don't bring lanterns, torches or lighted cigarettes into buildings that have been flooded or otherwise damaged by a natural disaster, since there may be leaking gas lines or flammable material present.*

*Stay away from fallen or damaged electric wires, which may still be dangerous.*



*Check for leaking gas pipes in your home.* Do this by *smell only!* don't use matches or candles. If you smell gas, do this: (1) Open all windows and doors, (2) Turn off the main gas valve at the meter, (3) Leave the house immediately, (4) Notify the gas company or the police or fire department, (5) Don't reenter the house until you are told it is safe to do so.

*If any of your electrical appliances are wet.* first turn off the main power switch in your house, then unplug the wet. appliance, dry it out, reconnect it, and finally, turn on the main power switch. (Caution: Don't do any of these things while *you* are wet or standing in water.)

If fuses blow when the electric power is restored, turn off the main power switch again and then inspect for short circuits in your home wiring, appliances and equipment.

*Check your food and water supplies before using them.* Foods that require refrigeration may be spoiled if electric power has been off for some time. Also, don't eat food that has come in contact with flood waters. Be sure to follow the instructions of local authorities concerning the use of food and water supplies.

If needed, get food, clothing, medical care or shelter at Red Cross stations or from local government authorities.

Stay away from disaster areas. Sightseeing could interfere with first aid or rescue work, and may be dangerous as well.

Don't drive unless necessary, and drive with caution. Watch for hazards to yourself and others, and report them to local authorities. Write, telegraph or telephone your relatives, after the emergency is over, so they will know you are safe. Otherwise local authorities may waste time locating you—or if you have evacuated to a safer location, they may not be able to find you. (However, do not tie up the phone lines if they are still needed for official emergency calls.)

Do not pass on rumors or exaggerated reports of damage.

Follow the advice and instructions of your local government on ways to help yourself and your community recover from the emergency.

## **FLOODS AND HURRICANES**

In addition to the general guidance, there are certain emergency actions particularly associated *with* major floods, hurricanes, and storm tides or surges. These types of disasters usually are preceded by extended periods of warning. People living in areas likely to be most severely affected often are warned to move to safer locations.

### **Evacuation**

If you are warned to evacuate your home and move to another location temporarily, there are certain things to remember and do. Here are the most important ones:

**FOLLOW THE INSTRUCTIONS AND ADVICE OF YOUR LOCAL GOVERNMENT.**

If you are told to evacuate, do so promptly. If you are instructed to move to a certain location, go there—don't go anywhere else. If certain travel routes are specified or recommended, use those routes rather than trying to find short cuts of your own. (It will help if you have previously become familiar with the routes likely to be used.) If you are told to shut off your water, gas or electric service before leaving home, do so. Also find out on the radio where emergency housing and mass feeding stations are located, in case you need to use them.

**SECURE YOUR HOME BEFORE LEAVING.** If you have time, and if you have not received other instructions from your local government, you should take the following actions before leaving your home:

—Bring outside possessions inside the house, or tie them down securely. This includes outdoor furniture, garbage cans, garden tools, signs, and other movable objects that might be blown or washed away.

—Board up your windows so they won't be broken by high winds, water, flying objects or debris.

—If flooding is likely, move furniture and other movable objects to the upper floor of your house. Disconnect any electrical appliances or equipment that cannot be moved—but don't touch them if you are wet or are standing in water.

**TRAVEL WITH CARE.** If your local government, is arranging transportation for you, precautions will be taken for your safety. But if you are walking or driving your own car to another location, keep in mind these things:

—Leave early enough so as not to be marooned by flooded roads, fallen trees, and wires.

—Make sure you have enough gasoline in your car.

—Follow recommended routes.

—As you travel, keep listening to the radio for additional information and instructions from your local government.

—Watch for washed-out or undermined roadways, earth slides, broken sewer or water mains, loose or downed electric wires, and falling or fallen objects.

—Watch out for areas where rivers or streams may flood suddenly.

—Don't try to cross a stream or a pool of water unless you are certain that the water will not be above your knees (or above the middle of your car's wheels) *all the way across*. Sometimes the water will hide a bridge or a part of the road that has been washed out.

If you decide it is safe to drive across it, put your car in low gear and drive very slowly, to avoid splashing water into your engine and causing it to stop. Also, remember that your brakes may not work well after the wheels of your car have been in deep water. Try them out a few times when you reach the other side.

### **During a Hurricane**

—If your house is on high ground and you haven't been instructed to evacuate, stay indoors. Don't try to travel, since you will be in danger from flying debris, flooded roads, and downed wires.

—Keep listening to your radio or television set for further information and advice. If the center or "eye" of the hurricane passes directly over you, there will be a temporary lull in the wind, lasting from a few minutes to perhaps a half-hour or more. Stay in a safe place during this lull. The wind will return—perhaps with even greater force—from the opposite direction.

### **Special Advice on Flash Floods**

In many areas, unusually heavy rains may cause quick or "flash" floods. Small creeks, gullies, dry streambeds, ravines, culverts or even low-lying grounds frequently flood very quickly and endanger people, sometimes before any warning can be given.

In a period of heavy rains, be aware of this hazard and be prepared to protect yourself against it. If you see any possibility of a flash flood occurring where you are, move immediately to a safer location (don't wait for instructions to move), and then notify your local authorities of the danger, so other people can be warned.

### **Tornadoes**

*When a tornado watch (forecast) is announced*, this means that tornadoes are expected in or near your area. Keep your radio or television set tuned to a local station for information and advice from your local government or the Weather Bureau. Also, keep watching the sky, especially to the south and southwest. (When a tornado watch is announced during the approach of a hurricane, however, keep watching the sky to the east.) If you see any revolving, funnelshaped clouds, report them by telephone immediately to your local police department, sheriff's office or Weather Bureau office. But do not use the phone to get information and advice—depend on radio or TV.

*When a tornado warning is issued, take shelter immediately.* The warning means that a tornado has actually been sighted, and this (or other tornadoes) may strike in your vicinity. You must take action to protect yourself from being blown away, struck by falling objects, or injured by flying debris. Your best protection is an underground shelter or cave, or a substantial steel-framed or reinforced-concrete building. But if none of these is available, there are other places where you can take refuge:

—If you are *at home*, go to your underground storm cellar or your basement fallout shelter, if you have, one. If not, go to a corner of your home basement and take cover under a sturdy workbench or table (but **not** underneath heavy appliances on the floor

above). If your home has no basement, take cover under heavy furniture on the ground floor in the center part of the house, or in a small room on the ground floor that is away from outside walls and windows. (As a last resort, go outside to a nearby ditch, excavation, culvert or ravine.) Doors and windows on the sides of your house *away from* the tornado may be left open to help reduce damage to the building, but stay away from them to avoid flying debris. Do not remain in a trailer or mobile home if a tornado is approaching; take cover elsewhere.

—If you are *at work* in an office building, go to the basement or to an inner hallway on a lower floor. In a factory, go to a shelter area, or to the basement if there is one.

—If you are *out side in open country*, drive away from the tornado's path, at a right angle to it. If there isn't time to do this—or if you are walking—take cover and lie flat in the nearest depression, such as a ditch, culvert, excavation, or ravine.

## Winter Storms

Here is advice that will help you protect yourself and your family against the hazards of winter storms—blizzards, heavy snows, ice storms, freezing rain, or sleet.

~KEEP POSTED ON WEATHER CONDITIONS. Use your radio, television and newspapers to keep informed of current weather conditions and forecasts in your area. Even a few hours' warning of a storm may enable you to avoid being caught outside in it, or at least be better prepared to cope with it. You should also understand the terms commonly used in weather forecasts:

—A *blizzard* is the most dangerous of all winter storms. It combines cold air, heavy snow, and strong winds that blow the snow about and may reduce visibility to only a few yards. A *blizzard warning* is issued when the Weather Bureau expects considerable snow, winds of 35 miles an hour or more, and temperatures of 20 degrees Fahrenheit or lower. A *severe blizzard warning* means that a very heavy snowfall is expected, with winds of at least 45 miles an hour and temperatures of 10 degrees or lower.

—A *heavy snow warning* usually means an expected snowfall of 4 inches or more in a 12-hour period, or 6 inches or more in a 24-hour period. Warnings of *snow flurries*, *snow squalls*, or *blowing and drifting snow* are important mainly because visibility may be reduced and roads may become slippery or blocked.

—*Freezing rain or freezing drizzle* is forecast when expected rain is likely to freeze as soon as it strikes the ground, putting a coating of ice or glaze on roads and everything else that is exposed. If a substantial layer of ice is expected to accumulate from the freezing rain, an *ice storm* is forecast.

—*Sleet* is small particles of ice, usually mixed with rain. If enough sleet accumulates on the ground, it will make the roads slippery.

BE PREPARED FOR ISOLATION AT HOME. If you live in a rural area, make sure you could survive at home for a week or two in case a storm isolated you and made it impossible for you to leave. You should:

—Keep an adequate supply of heating fuel on hand and use it sparingly, as your regular



supplies may be curtailed by storm conditions. If necessary, conserve fuel by keeping the house cooler than usual, or by “closing off” some rooms temporarily. Also, have available some kind of emergency heating equipment and fuel so you could keep at least one room of your house warm enough to be livable. This could be a camp stove with fuel, or a supply of wood or coal if you have a fireplace. If your furnace is controlled by a thermostat and your electricity is cut off by a storm, the furnace probably would not operate and you would need emergency heat.

—Stock an emergency supply of food and water, as well as emergency cooking equipment such as a camp stove. Some of this food should be of the type that does not require refrigeration or cooking.

—Make sure you have a battery-powered radio and extra batteries on hand, so that if your electric power is cut off you could still hear weather forecasts, information and advice broadcast by local authorities. Also, flashlights or lanterns would be needed.

—Consult the pages of survival publications like LMI Newsletter for other supplies and equipment that you may need if isolated at home. Be sure to keep on hand the simple tools and equipment needed to fight a fire. Also, be certain that all family members know how to take precautions that would prevent fire at such a time, when the help of the fire department may not be available.

TRAVEL ONLY IF NECESSARY. Avoid all unnecessary trips. If you must travel, use public transportation if possible. However, if you are forced to use your automobile for a trip of any distance, take these precautions:

—Make sure your car is in good operating condition, properly serviced, and equipped with chains or snow tires.

—Take another person with you if possible.

—Make sure someone knows where you are going, your approximate schedule, and your estimated time of arrival at your destination.

—Have emergency “winter storm supplies” in the car, such as a container of sand, shovel, windshield scraper, tow chain or rope, extra gasoline, and a flashlight. It also is good to have with you heavy gloves or mittens, overshoes, extra woolen socks, and winter headgear to cover your head and face.

—Travel by daylight and use major highways if you can. Keep the car radio turned on for weather information and advice.

—Drive with all possible caution. Don’t try to save time by traveling faster than road and weather conditions permit.

—Don’t be daring or foolhardy. Stop, turn back, or seek help if conditions threaten that may test your ability or endurance, rather than risk being stalled, lost or isolated. If you are caught in a *blizzard*, seek refuge immediately.

KEEP CALM IF YOU GET IN TROUBLE If your car breaks down during a storm, or if

you become stalled or lost, don't panic. Think the problem through, decide what's the safest and best thing to do, and then do it slowly and carefully. If you are on a well traveled road, show a trouble signal. Set your directional lights to flashing, raise the hood of your car, or hang a cloth from the radio aerial or car window. Then stay with your car and wait for help to arrive. If you run the engine to keep warm, remember to open a window enough to provide ventilation and protect you from carbon monoxide poisoning.

Wherever you are., if there is no house or other source of help in sight, do not leave your car to search for assistance, as you may become con-fused and get lost.

#### AVOID OVEREXERTION.

Every winter many unnecessary deaths occur because people-especially older persons, but younger ones as well-engage in more strenuous physical activity than their bodies can stand. Cold weather it-self, without any physical exertion, puts an extra strain on your heart. If you add to this physical exercise, especially exercise, that you are not accustomed to-such as shoveling snow, pushing an automobile, or even walking fast or far- you are risking a heart attack, a stroke, or other damage to your body. In winter weather, and especially in winter storms, be aware of this danger, and avoid overexertion.

#### **Earthquakes**

If your area is one of the places in the United States where earthquakes occur, keep these points in mind:

—When an earthquake happens, *keep* calm. Don't run or panic. If you take the proper precautions, the chances are you will not be hurt.

—**REMAIN WHERE YOU ARE.** If you are outdoors, stay outdoors; if indoors, stay indoors. In earthquakes, most. injuries occur as people are entering or leaving buildings (from falling walls, electric wires, etc.).

—If you are indoors, sit or stand against an inside wall (preferably in the basement), or in an inside doorway; or else take cover under a desk, table or bench (in case the wall or ceiling should fall). Stay away from windows and outside doors.

—If you are outdoors, stay away from overhead electric wires, poles or anything else that might shake loose and fall (such as the cornices of tall buildings).

—If you are *driving an automobile*, pull off the road and stop (as soon as possible, and with caution). Remain in the car until the disturbance subsides. When you drive on, watch for hazards created by the earthquake, such as fallen or falling objects, downed electric wires, and broken or undermined roadways.

#### **After an Earthquake**

For your own safety and that of others, you should follow carefully the advice given in the section, "After a Natural Disaster"

# Survival Kits, Gear and Skills

by Corcceigh  
Green  
photos by  
Kyrole Green

More people are venturing into the outdoors every year. Most of these ventures conclude in a fun day of recreation or foraging. For a small minority of Americans, however, a pleasant day in the woods has turned into a fight for survival. A washed out road, an avalanche, or even a misstep has turned a few hours in the woods into a few days in the elements. When planning small outings into the backwoods many people do not prepare for emergency circumstances. You would be wise to have some survival gear with you when you venture into the backwoods. If you find yourself in an emergency situation the gear you carry could help keep you alive. What you want on hand is the classical idea of a survival kit.



The view from Betchel Butte, Idaho. This is not the country to be caught out without some survival gear.

Survival kits can be purchased ready made or the gear may be purchased separately and compiled into a kit. The ready made kits I have seen on the market are mostly made from products that can be compiled into kits with the greatest amount of cost effectiveness. Likewise when most people compile their own kits they do so by purchasing the lowest cost items. The kits are then stuffed into the car or closet and forgotten. This kind of attitude about survival kits must change.

Items for your survival kit must not be chosen for it's cost. Finding a bargain on e bay or at the local discount store is perfectly acceptable. A low price tag doesn't necessarily mean the item is poorly made. The problem with choosing items due to their low cost is that you will inevitably purchase a poorly made product upon which your life may depend. When purchasing items for your survival kit you must shop for quality rather than cost. It does the survivor of an emergency no good to throw on a backpack stuffed with poorly made items that will fall apart by walking in the brush for a few hours.

To be certain that the items you purchase are up to any task that may arise you must be familiar with them. You must have handled them and know what to expect from them. This is a simple

matter to accomplish. You are interested in compiling a survival kit because your hobby often leads you into the backwoods. You may also be one among many Americans who believe that you should be prepared 'just in case.' As your hobbies lead you into the backwoods, use the items you purchase. Going camping for recreation is different than building a camp under survival conditions, but it still gives you a chance to evaluate your skills and tools. Don't start that campfire with a match. Use your magnesium /flint and steel lighter. If you can't start a fire with this tool under good circumstances you won't be able to start a fire during an emergency. It's better to find out what you can and can't do before an emergency arises. Once you find out what you can't do, practice at it until you can.

Of course, this will create wear on your equipment and you will wear some of that equipment out. This is OK. Replace the equipment you wear out. If your equipment breaks because it is not up to the task, replace it with better quality equipment. If you use something up, rotate it so that you have new supplies. In this manner you will not only gain experience and skills for the ability to survive, but you will determine the best made tools for your purpose and purchase only the tools that work in the future. This will cost no more than any other hobby you may have. In fact, this costs much less than many other hobbies.

The skills you will build by gaining experience with your gear are far more important than merely maintaining an unused survival kit. Gear becomes important when you know what to do with it and how it can help you in any given situation. It is the knowledge you carry between your ears and the skills in your hands that will enable you to survive. The gear you choose to carry will make your goal to survive easier, however. Deciding on what gear to pack depends on



Survival kits do not need to be heavy and bulky. Knowledge and skill is more important than gear.

a great many environmental factors and what you have room to pack. Let's start with the basics.

First on our list for a survival kit is the ability to carry your equipment. Different people under differing circumstances will use different methods for this. Methods to carry your gear includes

backpacks, butt-packs, web harnesses, load bearing vests, even pockets. Backpacks are convenient.



They are worn across the back which is most convenient when moving across rough terrain and/or carrying a rifle. Backpacks can also hold more gear which means you can carry more with you. Drawbacks concerning backpacks is that you tend to store all your gear in them. If something causes you to drop your pack all your gear goes with it. As with all of your gear, quality must be your major concern in purchasing a backpack. Do not buy the light daypacks made for carrying a few light objects with you as you run about town. These are not made for moving through brush and thorns.

Your pack must be made of sturdy canvas or the newer synthetics like Cordura. Your pack should also have a frame. The frame will help to position and more comfortably carry the load. Frames can be internal or external. External frames are more stable and are less likely to allow your pack to shift position. This makes for more comfortable hiking and carrying of your gear. Internal frames are more maneuverable and can be more readily carried while crawling or climbing and are less likely to hang on brush. Your pack needs a waist strap and shoulder straps. I have used packs with and without padded shoulder straps. I advise you to get the padded shoulder straps, especially if you may be carrying a lot of gear. Waist straps may be padded or unpadded.

Backpacks might be considered cumbersome to many who are out for the hike and to collect berries, mushrooms or other foragings. Needing to carry something for their collectings, foragers sometimes find the extra bulk of carrying a backpack too burdensome and choose other methods to carry gear. This certainly allows for more maneuverability and more natural walking. The drawback to these methods is that you will be unable to carry as much gear. Fortunately, it is not the amount of gear you carry that will keep you alive. It is what you can do with it. You may find that you can carry all the gear necessary in a butt-pack, load bearing vest or web harnesses. The same rules of quality that applies to backpacks will apply to your other carry methods. Purchase web harnesses and butt-packs made from sturdy canvas with sturdy stitching. Military surplus in very good to excellent condition is a good choice. Stay away from mesh load bearing vests that unravel easily. Instead, purchase well made fishing and hunting vests that hold together well in the brush.



You can't carry as much on web gear, but a coat and waterproof poncho are easily hung on the back.

The items you carry must have a purpose for being carried. Don't stuff items into your kit like a baseball and glove if those items serve no purpose to keep you alive. They will just add bulk and weight to your kit forcing you to leave it behind. Three relatively bulky items you will need to



*Parkas can carry an amazing amount of gear.*

considering carrying with your kit are a sleeping bag, a coat and a waterproof poncho. If you are carrying a backpack these items may be placed within or fastened to the pack. They may also be fastened to a web harness. Sleeping bags may be left behind if you bring your coat and a blanket or Mylar bag. By building a shelter and fire, the survivor will be able to stay warm with a coat and blanket. The waterproof poncho will be very necessary as a shelter, ground cover and as personal protection during a rain storm. These

items may be purchased to match your climate, but beware leaving them behind in the summer. In my area the climate turns very cool at night even

in the summer. At thirty nine degrees Fahrenheit above zero in July, you might want to bring at least a coat along.

With a means to carry your gear and some clothing and shelter concerns taken care of, you may now focus on some tools necessary to build an improved shelter, build other tools, clean and dress game and gather food. This includes an axe or hatchet, two or three knives, some cord or leather thongs and an e-tool.

An axe performs better than a hatchet. A hatchet is made for lighter chopping tasks. The hatchet can help gather small saplings and small diameter dry logs for building shelters and fire. An axe can fell trees, build dug-out canoes and handle much heavier chopping duties. The longer handle of the axe makes it harder to carry while the shorter hatchet is more convenient to carry. I've often wished to have an axe when I was only carrying a hatchet. You'll definitely be able to gather more wood faster for a fire with an axe. Which one you carry depends on how well you can transport the longer shaft of the axe. There are shorter axes on the market that are still larger than a hatchet and will perform heavier chopping duties. You may do well to look into one of these.

Knives are the focus of most survival kits. They are the tools that accomplish the most jobs at camp, in the field or in a survival situation. They are used for cutting cord, carving fishing gigs, and inappropriately, cutting wood and digging roots. Knives are cutting tools and should be used in tasks requiring cutting or carving, never digging or chopping. Because you will use your knife to perform intricate tasks choose knives with blades that are seven inches in length or less. These blades aren't glamorous, they are working blades that allow you to dress game, sharpen sticks, set traps and carve tools. Choose a blade that is easy to work with. Knives need to be strong. They need to have full tangs as hollow handle knives with small tangs are too weak for heavy cutting tasks and often break.

There are several blade designs that will serve a survivor quite well in differing cutting tasks. This is one reason you will want more than one knife with you. The first knife I want on hand is

a Swiss type army knife. This knife doesn't have to have a lot of gadgets on it. All you need for this knife is at least one knife blade, a can opener and a bottle opener. The purpose of the knife blade is for tasks already mentioned. The can opener is an obvious advantage. There are other ways to open a can, but a can opener will ensure no spillage and the can may be reused to carry water, foraged food and to cook if it is not destroyed. Although most bottled drinks come with twist off caps these days, it is still possible to run across an old fashioned pressed on cap. Aside from running across older, pressed on bottle caps, it is possible for bottles to crack across their mouths making twisting off the cap a process than can break off the stem and mouth of the bottle as well as cut your hand. It is possible to gently lift the cap off with a bottle opener in this case.



Three of the author's favorite knives. These are for cutting chores. An axe or hatchet is used for heavy chopping.

The second knife I want with me would be a lock back folder with a belt sheath. I can carry this knife on my belt or in my pocket. The blade should be of a skinning design ending in a clip point with the clip starting on the rearward end of the blade near the ricasso. The upward curve of such a blade provides for an extended cutting edge and a good sharp point used for puncturing bark or leather when preparing shelters or repairing/manufacturing clothing and shoes not to mention dressing game. It is important that this blade be a lock back. Many non-locking folders have folded on people while being used to puncture holes in objects. This is an occurrence you wish to avoid.

My third knife is a fixed blade belt knife. It should have between a 5 and 7 inch blade which can be worked easily while carving or skinning and is strong enough to sharpen some thick stakes, peel logs, cut branches and clear a camp site (with help from your axe). One of the best multi-purpose utility knives developed is the Bowie. I see no reason to change this design. It is a clip point whose clip begins forward on the blade closer to the point. The blade has little vertical distal taper, so the point is not as needle sharp, however, the blade has a longer spine making the blade stronger in case you absolutely *must* do some prying with it.

Cord or strips of leather comes in very handy in this portion of your kit. These cords will be used



for lashing when building a shelter and to lash spears and fishing gigs to poles. They may also be used to build bows and fire drills. In fact, there are so many uses for cord and twine that listing them all may be an impossibility. Carry lots. You'll find you always need more.

An e-tool, or entrenching tool, is essential for every survival kit. An e-tool is anything that can dig a hole. Be careful of the quality of these tools as well. Military surplus folding shovels work very well, but most commercial copies are poorly made. Good alternatives are ordinary gardening trowels and small, take-down mattocks. The purpose for these tools is to dig out areas for shelters and to dig privies. They also come in handy when digging roots, digging for fish bait or digging into bends in stream beds for water.

You will need a fire building kit in your survival kit as well. Whatever circumstance has stranded you in the situation you find yourself in, it is probable that you are going to have to build a fire to at least cook food if not provide heat to remain alive. Gear for this portion of your kit is simple and very inexpensive. I like to carry some strike anywhere matches and a small sandstone to strike the matches on, a magnesium/flint and steel fire starter, dry tinder (paper, cedar bark, used gun cleaning patches and/or petroleum jelly soaked cotton balls), some dry kindling, a candle stub, tootsie-pop suckers and a lighter.



Contents of a firestarting kit left to right. Firesticks act as kindling, a firestarter for spark, used guncleaning patches and cotton for tinder and a candle.

When you need a fire it is usually because weather conditions are bad. Dry tinder and kindling will be most likely hard to find. It is always good to have some with you to help start a fire under adverse circumstances. These items can be replenished easily in the field. A candle stub can be lit and placed under some moist or wet tinder and kindling to allow the flame to dry them out and ignite them. Tootsie-pop suckers use tightly rolled paper sticks as stems which make good kindling. They are wrapped in wax paper which is good tinder and their sugary edible portion provides a shot of instant energy to the blood stream which could come in handy as you are shivering and trying to get a fire lighted. This kit should be wrapped in aluminum foil and placed in a zip lock bag to be wrapped in more aluminum foil and placed in a second zip lock bag. This



will keep your tinder and kit dry.

Water is the second most important consideration in survival after shelter and heat. You need to carry clean, potable water with you and have a means to collect more. I have chosen to carry a canteen and canteen cup on a web belt for this. The canteen and especially the canteen cup needs to be of good quality stainless steel construction. This will allow you to cook, melt snow for water or boil water to kill contaminants. Water filters are another subject and been covered in an earlier article on finding water in the desert. A simple canteen and canteen cup are a complete system used for carrying water, collecting and making water potable.

Food is your next concern. If an emergency is extended you will need to gather food in the wilds. Become experienced at foraging wild foods now. Wild foods are great supplements to your monthly grocery bill. They are delicious and provide excellent nutrition. Just in case you're no expert right now include a deck of wild foods identification cards in this portion of your kit. It does help to have a little food in your kit, so that you can build and improve a shelter and fire without the need to immediately find food. The best foods to carry are those you like and are light enough to carry in your kit. The Ramen style noodles that are sold in grocery stores for as little as 10 cents a package are excellent for survival kits. They are light, deliver a lot of carbohydrates necessary for survival conditions and contain a bouillon based seasoning pack which delivers necessary fats. These can be prepared by boiling in your canteen cup. Jerky makes an excellent protein source and is light enough for your kit. Dried fruits may also be included and keep the weight of the kit down. Make certain you are in an area with plenty of water if you are packing dried foods. Dried foods require water for preparation or they will take water from your body when digesting.

Hunting and fishing can provide a great amount of nutrition. Unless you are facing a truly survival situation, however, do not hunt or fish game animals out of season. This can get you into trouble. Most of the equipment for hunting, trapping and fishing can be improvised in the field. Fishing gigs can be carved from wood and lashed to a pole. Fishing poles have been improvised for years from willow or cane poles. Deadfall traps and figure four triggers are easily made from materials found everywhere. Firearms should be carried for hunting and defense. A sidearm is easily carried on your web belt or a rifle or shotgun may be carried on a sling. The caliber of your firearm depends on the most prevalent or most dangerous game in your area. Fishing line should be included in your kit, as well as hooks, sinkers and swivels.

Much of the problems of a survival situation may be avoided if you know where to go to find help. Being familiar with your territory should be on everyone's knowledge list. It is always possible to become 'turned around', however. When this happens, it is important to recognize it as early as possible to avoid becoming irrecoverably lost. As soon as you find you have become 'turned around', stop in your tracks and pull out a map and compass, which you need to place in your survival kit. Maps must be of territories that you travel through. A compass will let you know if the direction you are traveling in is really the direction you *thought* you were taking. A good map and compass course or orientation course is a great skill base.

This article has only been a cursory examination of survival kits and gear. There is much more to say on the subject. The gear covered in this kit was selected to form a survival kit that will provide just over the bare minimum needed for survival. As you can see it does not require a great deal of gear to survive. Mental attitude and knowledge are the factors that will allow you to survive. Be certain you know what to do with your gear and what your gear can do before you venture out with your kit. Survival is not a game. It is a matter of life and death.

# URBAN SURVIVAL

by Douglas Paul Bell

To start with, let's get over the idea that all survivalists are going to get out of "the city" in time to set up a "survival retreat". Not all survivalists are going to have the money, time or inclination to leave the city life and move to the middle of nowhere. First off, leaving your job and having no money will doom you faster than anything you can think of! Also, some of us just enjoy the city lifestyle and do not enjoy the bucolic life. So the problem remains, what are the urban survivalists to do?

Let's start with shelter. Most of us live in either single family homes or apartments and if you rent your house or apartment that limits what you can and can not do there. After all, it would do little good if you were to set up a fully equipped nuclear bomb shelter in the basement and got thrown out the following week!

However, this does not mean you are totally at the mercy of the landlord and the elements. First off, try talking to your landlord about survivalism, or just feel them out about their ideas of the future. This might include nuclear war, depression, government control over their life, etc. If done carefully, many people who would otherwise think of you as a fool or nut case will come around very nicely. If not, well you aren't out anything.

If you live in one of the impersonal high-rise apartment buildings, and they have nothing to do with you outside of getting your rent check, you might try and find out where the chimney and venting pipes are and if you are near enough you can tap into them for your heat and air without anyone knowing. If the heat supply was cut off for some reason, you could put in a small wood/oil burning stove, vent it right out the chimney, and no one would know it was you.

For a water supply, you could use 2 liter pop bottles or plastic gallon milk jugs. If you happen to live in an apartment building with a gravity fed water system, that is the water supply is on the roof, during bad times you could simply go up on the roof, shut the valves off, and tell everyone the water supply ran out. No matter what you do, it would not hurt to have a good supply of water stored just in case.

As to food, a years supply of freeze dried, air dried and canned goods can be stored in a closet; so space, if you really want it, should not be a big problem. Normally there is a lot of "dead" space to be found, under tables, beds, dressers, desks, etc., so that you should be able to store a goodly amount of stuff away where it will be out of sight, or at least out of the way.

For cooking that food a wood stove will work just fine; although camp stoves, such as the Coleman, are also small, reasonably light weight and easy to use. Remember however that burning anything will use up your Oxygen, so have an outside air supply coming in. This is especially true of charcoal stoves or grills. Used in an enclosed area it will simply put you to sleep, for good! Also, beware of treated wood or plastics that will give off toxic fumes, so you don't poison yourself.

Now I know you've been waiting for this, so we will now talk about guns. What exactly you need is not easily done from long distance, although there are a few basic things that most people can agree on. In urban fighting, distances are not likely to be long, a few hundred yards at most, so you don't need a full power battle rifle capable of shooting 1000 yards and through several walls. Also depending on where you are, you may not be able to legally own handguns or "assault" style weapons.

All is not lost however. A short barreled lever action rifle, such as the Winchester 94 "Trapper" model, Marlin 336, 1894 or Rossie M92 is not likely to send the neighbors into fits of rage as would a H&K 91 or 94. The SKS in 7.62x39 is in about the same power range as the .30-30 and is extremely cheap right now (in the \$150-\$200 range, although this is always going up), as is the ammo, so you might consider it as well.

The Marlin "Camp" guns in either 9mm Luger or .45 ACP would also make good "house" guns, although the range out of the short barrels or in the pistol calibers would be limited.

That's not all bad however, as a city in break down is likely to have roving bands of gangs or even National Guard units (remember after Hurricane Hugo when the Guard units joined in the looting? During hurricanes Katrina and Rita, local police joined in on the looting. And the Oklahoma National Guard helped to confiscate private guns in Louisiana. This included areas that had already recovered from damage and weren't in danger other than being disarmed and open to criminal attack.) that are better armed and/or more willing to use their weapons than you. So the less shooting you do, the less attention you will attract to yourself.

For close range firepower or "street sweeping" it is hard to beat a shotgun. A discount house here (and many gunshows) often have the Remington 870 Express model with a rifle slug barrel and a vent rib "Rem-Choke" (interchangeable screw in choke) barrel for under \$400.00, which has to be one of the great bargains in the firearms field. The only down side of this gun is it is only available in 12 gauge, and many smaller or less experienced shooters might prefer 20 gauge, although regular 870s are available in just about any gauge you could want.

Other shotguns you might also want to look at are the Winchester 1200/1300 or Ranger models as well as the Mossberg 500, especially the Bullpup model that moves the action back just in front of the recoil pad and gives the gun an overall length of under 30" with an 18" barrel or just over 30" with a 20" barrel. Get the longer 20" barrel as the added few inches will dampen the recoil and especially the noise or blast when compared to an 18" barrel.

For left handed shooters or others who don't want the shells ejected from the side for some reason, the Ithaca 37 (or Model 87 as the later models are called) and Browning BPS ejects the shells out the bottom, so the shells land at your feet instead of flinging past the left handers' face. Remington also makes a left handed 870 if you would want one.

As to handguns, police departments all over America have turned in their revolvers for 9mm automatics. This has placed a goodly number of revolvers in either .38 Special or .357 Magnum on the market at very reasonable prices. Many of these guns will have holster wear, that is the bluing of the gun will be worn, but this will in no way affect how the gun shoots. If possible, get the .357 Magnum over the same model in .38 Special (such as the S&W Model 10 in .38 Special and the same thing in .357 called the Model 13) and adjustable sights if offered. The .357 Magnum can shoot .38 Specials just fine, and this gives you the choice of two different cartridges (.38 Special and .357 Magnum) rather than just one (.38 Special), as well as being able to sight in for the different loads.

Now that you have decided you are going to weather out the coming bad times, in your house or apartment, what you are going to eat, the years' worth (or more!) of food you have stored, and what you are going to defend yourself with, your urban weapons cache, now what? What else is there?

Well how about sanitation and hygiene! What are you going to do when you can't flush your toilet? Do you have any soap or toilet paper stored away? Dish washing soap, laundry detergent, shampoo, hand soap, anything? What about toothbrushes and toothpaste? How about flyswatters, bug repellent or screens and netting?

The epidemics that ran over much of Europe in the Middle Ages, and most war zones even today, are because of the improper disposal of human waste and/or the improper handling of food, but how many times do you hear about it? Not often. After all no one wants to read about toilets and guns in the same article. It brings the idea home a little closer than most of us want to admit to.

For the urban survivalist this is more pressing than for their rural counterparts, simply because the urban survivalist will (generally) not have the room to build an outhouse or some way to easily dispose of the waste. Sure you can get a chemical toilet, but what happens when you run out of plastic bags and

chemicals? You should think about getting a composting toilet or some other form of an alternate disposal unit. For more about sanitation and alternate forms of doing things, I recommend you go down to your local library or magazine rack and get *Garbage* (435 Ninth St., Brooklyn, NY 11215-9937, bi-monthly, \$21.00 a year), or write the following for catalogs: Bay Conservation Systems, Inc., POB 67, Wicomico Church, VA 22579, and Real Goods Trading Co., 966 Mazzonei St., Ukiah, CA 95482.

Another useful idea is the use of camouflage. No, I don't mean you should be running around in a set of "cammies", I mean the art of hiding yourself or home so that they would be overlooked by someone looking for someone or something to attack. After "the day", there probably will not be many homes with a fresh coat of paint or that are all neatly kept, so yours shouldn't be either. Also a beaten path to your door just might lead the world to it. The less inviting or lived in a place looks the less likely someone will want to check it out.

Also your garden need not be in neat rows or even in normal garden plants, as there are many plants that most people would not even recognize as food plants, that are easily grown. Look into getting an indoor green house or have pots of food plants inside. A source of energy (light or heat) was touched on briefly with a wood burning stove or camping stove, but sooner or later you will want or need more than that. What could you use?

How about setting up your own still? No you aren't going to drink the stuff, you are going to use it to run the camp stove, or with slight modification, to run the gas engine on your generator or other power tools. Alcohol can be made from almost any plant matter from grass to pine needles, so as long as vegetation grows you should be able to get some sort of alcohol. Wind power or solar panels would also be possibilities, as would water power; although a full scale water power plant that would provide enough power to be of any great use by itself would be more than most would be able to manage, at least at first. However, this still leaves solar and wind, two items that can be used with a minimum of resources or material.

Another item that is often overlooked or not fully explained are medical items and medicines. Some books or articles simply tell you to talk to your doctor and explain what you want and get prescriptions for the needed items. I don't know what kind of doctors these people have been dealing with, but none that I have talked to were willing to consider it, or even talk about the subject or need.

This leaves you with the supermarket and drug store items or buying veterinarian supplies, neither of which is ideal. However if you are able to get to Mexico, you can buy prescription drugs across the counter, and many non-narcotic drugs are readily available. Mexican and Canadian pharmacies are online that are able to get you your prescription medications by mail. Just type in "prescription" "Mexican" "medications" in your google search engine. You find a myriad of online pharmacies through which you may mail order prescription medications. Substitute "Canada" for "Mexico" to find Canadian pharmacies. For narcotic drugs, simply see your local drug dealer.

The medical "tools of the trade" normally recommended here are either so basic you would be hard pressed to do general first aid, or more than you will ever need or could use, and often are more than most survivalists would know how to use. This is not to say you shouldn't have anything your little heart desires, but don't waste money on an item you have no idea of how to use, at least until you have the other needed survival supplies like food and ammunition stored. For a basic first aid/medical kit it might be wise to get one of the better commercial first aid kits and then one of the more advanced "field medical kits" that includes scissors, hemostats, etc.

Do you have a good set of tools needed to rebuild your home? If not you might consider getting a basic set of hand tools, as any power produced may be needed for other than running your power shop tools. The "Craftsman" line of tools from Sears is warranted for life and many people feel they are among the best, especially in their price range.

While I didn't mention it above, you will need a set of gun cleaning kits. First off you should get a set of one

piece stainless steel cleaning rods in .22 and .30 caliber about 30" long and a shotgun cleaning kit as well, such as the "universal" cleaning kits offered by many firms such as Outers, Hoppe's, or Klean-Bore.

After that get a good supply of bore cleaning solvent, either commercial or military, as well as lubricating oil. One advantage of military bore solvents is that they are designed to be used with corrosive ammunition, and are generally much cheaper than commercial solvents. No matter what type of bore solvent and lubricating oil you get, get plenty! Any you don't use would be snapped up by other survivalists who either didn't get any or get enough.

Now that we have housing, guns, hygiene, and other good stuff out of the way, what next? Well how about food production/procuring! OK so we talked about a garden that didn't look like a garden, and wasn't in "normal" garden plants, but just what plants are these? What would be a good book on the subject?

One of the best books for this is "The Edible Ornamental Garden" by John E. Bryan and Coralie Castle (101 Productions, 1974, 192 pages, 8 1/2" x 8 1/4"). The nice thing about this book is it covers the usual garden plants as well as the less usual ones. The chapters in the book include general culture of plants, cooking with flowers, leaves and herbs, plants, their culture, history and recipes, and mail order nurseries.

This book is a must have for the urban home owner who has a small plot of land and wants a garden that most people wouldn't bother because they wouldn't even know it was there. The book will also provide you with food ideas that you may have been missing out on right under your own nose, right in your own yard or flower garden.

Well, so much for your outdoor garden, what about an indoor garden? That's right, set up a small "flower box" garden in a window sill or even a terrarium garden. For the terrarium, you might try to find "Gardening With Terrariums", although this booklet has almost nothing on food growing indoors as it is actually a book about ornamental plants.

If a window box of terrarium garden isn't big enough for you, there are other ways of doing this, such as setting up a greenhouse. Books on greenhouses run from how to build your own "window box" greenhouse to commercial production set-ups. Go down to your library or used book store and look over the books they have. There should be something that will be of interest if you are serious about plant production and propagation.

Well, if gardening isn't your cup of tea, and you can't put in a greenhouse or "indoor garden", but still want plant food in your diet, what is left? Sprouting! Sprouting is very easy to learn and requires almost no room or equipment to do, and so is perfect for the urban survivor. Sprouting not only increases the amount of food over just eating the grains or seeds you might have stored (such as mung, pinto, or wheat), but provides much more nutrition as well. A booklet on the subject you might like to find is "Seeds and Sprouts For Life" by B. Jensen.

Now that you have all that garden produce, what are you going to do with it all? Yet another booklet for the continually short of space urban survivor is "Rodale's Gardening Harvest Book" which covers freezing, canning, jams, jellies and drying. well so much for plants, what else is there? What about meat? Well how about traps!

In one "survival" magazine there are ads for leg hold traps, "you may not want the fur, but you will want to eat" or something like that is how the ad runs. Well OK, leg hold traps are a good way to get food and furs, but I don't recommend them for the urban survivor. The reason is simple, if my best rat catcher or favorite hunting hound comes back with a messed-up leg or worse yet, doesn't come home at all, I'll know there is someone else out there and start looking for them and their traps!

Another reason I don't like leg hold traps for the urban survivor, especially now with the current anti-gun/anti-trapping scum about, is if you don't check your traps every day (any decent trapper checks his traps AT LEAST once a day!), someone else might find your traps with an animal caught in it and turn you in to

the local power structure which will be more than happy to harass an honest survivalist rather than fight crimes such as murder, rape, etc.! After all they might get hurt fighting crime!

Now I'm not against trapping mind you, it's just that you have to be a little tricky about it. If you live in an area with a lot of raccoons (and who doesn't?), you might try the "egg-trap", so called because the commercial version is egg shaped. This is a very safe and very good trap. It doesn't grab the leg like the leg hold traps and it is safe around dogs, cats and children.

The way this works is, you take off the back of the egg trap, put the bait in, and close it up. The trap is then put in an area where raccoons are likely to see it. The raccoon can see and smell the food, but can't get at it. So the raccoon reaches in, grabs the bait and pulls. Now the trap is so designed that the leg is held as long as the bait is pulled. Let go of the bait and the leg is released. In almost all cases the raccoon will hold on to the bait and you have him trapped!

Another good way to trap animals without hurting them (and getting the neighbors mad at you) is to use a box trap. A box trap is just what it sounds like, a trap in the form of a box. Normally the animal walks into the trap to get some sort of bait and trips a level closing the trap door; trapping the animal with no harm. These traps are available commercially and can be easily built out of wire mesh and scrap lumber to fit just about any size or area you want to put one.

These traps can be built to trap birds, squirrels, and most any animal to about a small to medium sized dog or good sized coon. After that, the size and strength needed limit the practical usefulness of the trap as far as most urban survivalists are concerned, as it would be hard to explain away a German Shepherd sized trap in the back yard; while a "raccoon" or "groundhog" trap will not raise too many questions. I know one person who built one of these traps for squirrels and normally catches about ten to twelve a week! About the only problem they have encountered is the trap needs rebuilding/repairing every week or so, as the squirrels really tear the hell out of trap!

The next set of traps are the so-called "kill traps", as they kill their prey by breaking the animal's neck or back when the trap is tripped. Needless to say, you don't want to use this trap where children or pets can get at it, as most people would get a little upset by this! As these traps are normally in the mink/martin size, they are not good "meat" traps, although for protecting your food supply from rats and mice they would work fairly well.

For more information about traps and trapping, you should get "Survival Poaching" by Ragnar Benson (Paladin Press), "Animal Traps and Trapping" by Bateman (Stackpole Books), and go to your local magazine rack and get a subscription to "Fur/Fish/Game - A Harding Magazine" (Fur-Fish-Game, 2878 E. Main St., Columbus, OH 43209), \$12/year, \$21/two years), as well as buying all the Harding Press books.

Urban survival presents the same problems as rural survival with the exception that stealth is much more important when considering procurement of supplies and food. Staying hidden is vitally important. Never advertise or show any sign of what you have, while you look for opportunity to acquire what you need to live. This is the essence of urban survival.



An entire 4 piece set of flashlights. Power outages, storms and outside uses. Everywhere you need light right now! Sizes large to micro takes batteries (not included) size large (2 D), medium (2 c), small (2 AA) micro (1 AA)

Price: \$10.50

Item #: bns-4pcflshlt

Shipping: \$4.00

send check or money order with item #  
to: North Woods Traders, P.O. Box 211,  
Fernwood, Idaho 83830



# Survivalist Pets

by Corcceigh Green

Survivalists prepare for their family's survival in many ways for many different situations. When considering the situations we may find ourselves in, we stock back supplies and gear for the youngest of our children to the oldest of our parents. We prepare for the care of our own. The need for this has been brought to the forefront recently in the Gulf States when hurricanes Rita and Katrina devastated large areas leaving many people without shelter, food, water and the necessities of survival. The inadequacies of relying on government to provide the



necessaries of life for your family in an emergency was demonstrated in this situation. Those who prepare for their family's needs will survive such emergencies provided that they are left to their own business and their survival plans are not interfered with by government.

When preparing for our family's needs it is often easy to overlook those who depend on us everyday for their needs. They are our pets. Though many animals have a working relationship with us and earn their keep on our homesteads, they are still considered pets and members of our families by a great many of us. It is important to prepare for our pets when preparing for our families when making our survival plans.

Not all survival situations are the same. Emergencies can be short term, like inclement weather, tornados, hurricanes or fires, floods and earthquakes. Emergencies can also be long term such as an economic collapse, war, earth changes or a social change such as the collapse of a social system into a full blown totalitarian regime.

In the short term emergency your pet's survival planning is not much different than your own. Basic needs are food, shelter and water. If you are riding out the emergency in place or at your home, shelter is provided by your home or storm/fallout/emergency shelter. Make space for your pets and allow them to shelter with you until the emergency has passed. In the case of storms, tornadic outbreaks and hurricanes this will last only a matter of hours. If your home is damaged, you may need to continue using your storm/fallout/emergency shelter for some time. You can move into tents and build dog (or other animal) houses to shelter your pets until your home is repaired.

In the case of earthquakes, it is preferable to remove yourself from your home/shelter because structures could be damaged and fall. After the emergency, inspect your home to make sure it is structurally sound. Beware that aftershocks could take place for several days afterwards. Again, keep alternate shelters like tents and dog houses handy.

For some emergencies, evacuation is called for. For example, if you live in a city such as New Orleans, it is prudent to evacuate before landfall of a category 5 hurricane. Do not leave your pets at home if you must evacuate. Chances are, they will be hurt or worse by the emergency. As you would make arrangements for your family by staying with relatives or procuring a retreat area, include your pets in your plans. Ask family or friends if they could arrange some room for your pets. At worst, board your pets at a kennel well outside the disaster zone.

Be aware of your surroundings and your pets. It is times of emergency that pets are very stressed and frightened. They are most likely to run off and disappear when in unfamiliar surroundings and those around them are performing unfamiliar and scary tasks. It is important to return some normalcy to their world as soon as possible. When performing tasks, do so calmly and without anxiety. Reassure your pets often and let them know you are in charge of the situation and that all will be fine. These situations will be less stressful on your pets if they enjoy part of their time in the outdoors in a tent. Perhaps on camping or hunting trips. They will know what to expect and how to behave while in an alternative shelter like a tent in this way.



*Your little family members depend on you for their preparedness and safety. By including them in camping trips and supplying them with survival gear, food, water and shelter, you will fulfill your obligation to them.*

Evacuations and even survival preparedness around the home are better accomplished with a survival kit. Also known as bug-out bags, these kits are packed for every member of the family and contain necessities for individual survival. Each of your pets should have a survival kit as well as the human members of your family.

Your pets' kits will differ somewhat from the human members of your family. Your pets will not use tools or build shelters and traps or fish. They will need only a few items which you will use to feed, water and transport them as well as see to their safety. Kits for your pet can either take up room in your own kit or, if your pet is a large enough breed, he/she can carry his/her kit in saddle bags or a pooch pouch. The first bit of equipment your pet should have is a collar with a tag. The tag should be inscribed with your pet's name, your name and your address and phone number. This will help to relocate you with your pet should you become separated. A photo of yourself with your pet kept by you will help to prove ownership. If you have young children, include a photo of your youngest with your pet affixed to your pet's collar. This will help to ensure that whoever finds your pet will want to reunite the pet with the child.

Also include in your pets' survival kits a leash for each pet. Leashes should be as long as possible to double as a lash to tie your pet to a tree in camp for the night. Some of our little family members are unable to walk beside us should our main mode of transportation break down. This is usually the case with cats, birds or reptiles. You will need pet carriers or cages for these pets. You will have to carry them along with you, but you can put everything they need into the pet carrier with them. Pet carriers provide more shelter than do cages and they are more convenient to carry. They will keep wind, rain and sun off your pet and can double as a shelter at night. Pets can be loaded into their carriers and then loaded quickly into your vehicle during an evacuation.



*This is a small, portable cage. It collapses to be easily carried and can accompany you and your pets. Though this one holds a chicken, cats, small dogs and other small pets can be held safely inside during an emergency.*

*Care should be taken to make sure your pet does not climb out through the open top. A tarp would be ideal for this.*

Your pet will also need a water and/or food dish. You may save space and weight by including only one dish to double as a food and water dish. Water is very important to your pet. While traveling, whether in a vehicle or on foot, make frequent stops to check your pet and give him/her water and to cool him/her down or keep him/her warm. When traveling by vehicle water may be easily carried in jugs. While on foot you should have at least one canteen per human member of your family. If you are able, carry an extra. You will also need to carry at least one water filter for the family. You are better off if every member of your family has their own personal water filter. Include at least one filter for your pets as well. You probably won't need this many, but water is an asset you can't afford not to have.

Food is another commodity that your pets should not do without. You should be feeding your pet a quality pet food and following the recommended dietary rations printed on the label. If you are producing your own food for your pets, you should be following the instructions of a reliable authority on the subject. A good example of this would be the book, *Dr. Pitcairn's Guide to the Complete Health of Dogs and Cats*. You know from your daily regimen the dietary requirements of your pets, therefore you know how much food to pack for your pet for each day you plan to be gone. During an extended emergency, you may not be able to carry as much food with you as necessary. If the emergency does not disrupt the infrastructure, food may be purchased when outside disaster areas. As in any emergency, your evacuation plans must include a safe area where you and your pets can go during the emergency. The safe area must be pre-stocked with survival essentials including food.

The above is the basic essentials of a survival kit for your pets. Some pets may differ in their needs. For instance, parakeets need grit and cuddle stones. Keep all of your pets needs in mind when putting together their survival kits. Keep in mind your pets' medical needs as well. For instance, I have a Skye terrier that is diabetic. I include needles and test strips in his kit. I also have to include insulin which I must store in a refrigerator. To pack the insulin in an evacuation, I must store it in a cooler to carry with me. I also carry his prescription and the phone number of

his vet, so I can have the prescription refilled at any destination with a vet's clinic.

A first aid kit is also necessary to include in your pets' preparations. This can be included in your family's kit which should include items for wound care, disinfection and common ailments. Beside such items as you keep for your family, store extra razors for shaving wound areas, gauze for absorption and bandaging, iodine, rubbing alcohol, antibiotics, sutures, hemostats, surgical kit, saline solution, muzzles to fit each of your pets, flea and tick repellent and tea tree based anti-itch ointment. Ointments for minor lacerations and abrasions based on plantain and olive oil will help heal chafed paw pads and scratches.

The pet survival kits, with your actions, will help your pet survive the short term, but beware what is often envisioned as the short term. FEMA pamphlets are calling for a three day supply kit ~~at minimum~~. America has experienced many emergencies we think of as short term, yet has lasted for a good deal more than three days. In most instances, a three day kit will fall far short of supplying a family with pets for an emergency. Prepare your kits to supply you for a three week short term situation. Most natural disaster areas will begin to recover by this time. If they have not, you will need to implement your long term survival plans.

Survivalists will have one of two basic long term plans. They either live where they plan to ride out a long term emergency or they plan to evacuate to a safe area. If you plan to evacuate, keep your stock of long term survival supplies at your safe area. Your survival kits will see you through until you reach your long term stocks and shelter. If you plan to ride out any emergencies where you live, have long term supplies in place. Your long term stocks for your pets will be much like your own, again without the tools. Where you will include tools for food production, defense and a host of other necessary chores, your pets will only need water, shelter and food to perform their tasks on your survival homestead.

Water should be provided on sight, via spring, stream, river or well. The deep water well with an alternative hand pump backup being the best option. Again, filters like the Aqua-Rain or Berkey are necessary and are the best brands of filters. Extra filter elements to last several years are also necessary. Food will ultimately be provided by your production on the homestead. Farming, gardening and animal husbandry, with which your pets will help in the chores, will provide your family and your pets with food. Your pets will guard your herd/flock and gardens from pests and alert you to raiders. Refer to *Dr. Pitcairn's Guide to the Complete Health of Dogs and Cats* for instructions on preparing home grown food for your pets. Shelter for your pets will be provided by your home, outbuildings or barn.

As you would prepare for crop failures and food shortages for yourself, also prepare for your pets. You stock back at least a year's supply of beans, wheat and other bulk foods for each member of your family. You should follow the same principal for your pets. Purchase at least a year's supply of canned food for each of your pets now. If you prepare your own pet food, can and stock back a year's supply now. Keep extra medicines and supplies. Provide a first aid kit and make friends with your vet. If/when the balloon goes up, let your vet know he/she can count on you for supplies and necessities from your homestead/retreat. In return, they will treat your pets well and help you with medical supplies.

Being a responsible pet owner means caring for your pets through all possible situations. This includes survival situations as well as in good times. The time to prepare for bad situations is before they happen. Begin planning for your family and include your pets now, before times become bad.

# TWILIGHT

PLUG MAHONE

*Before the darkness of night becomes a pitch black, there are degrees of darkness that bring blacker shades as the face of the land loses its source of light. When the sun sinks below the rim of the earth, a cold twilight comes over the land.*

OK, screw the regular entry I was supposed to hand in. We are facing a very dangerous threat. We no longer have a legitimate government under the authority of the Constitution. It is a matter of fact that we haven't had a legitimate government for many years. As I must continually point out, the Constitution is the lawful document that defines our government and our country. If you step outside the bounds of the Constitution, you have stepped outside the bounds of American law. Those who step outside the bounds of our laws are criminals.

There are many people in government today who have made the conscious decision to no longer use their office to represent their constituents, but to abuse their office to either further a global, socialist agenda, or for their own personal gain, sell their official influence to further that agenda. It matters not which branch of government you look into. Each branch is violating its authority under the Constitution. The judicial branch no longer considers your constitutionally enumerated Rights and no longer allows juries to consider them when deliberating a verdict. The legislative branch has publicly stated that whatever silly legislation they vote for, it is *presumed* constitutional until challenged in a "court." Even if such legislation obviously violates one of the first ten amendments that comprise America's Bill Of Rights.

The executive branch has been usurping powers so fast that it is about to implode into a singularity of governmental abuses of power! We have so much power invested into the executive branch today that was never granted by the Constitution. Congress has 'delegated' its authority to the president to negotiate and sign treaties and to wage war, but Congress has never had the authority to 'delegate' its authority. All of the duties and powers to perform those duties granted by the Constitution to Congress are the responsibility of Congress and it is Congress that must see to those assigned duties. This keeps an inordinate amount of power out of the hands of any one, single branch of government.

Executive orders are given the same force of imposition as law, though they were never meant to be. Politicians will tell you that executive orders have a history all the way back to George Washington's administration, but those early executive orders were only administrative and never had the effect of creating law. They were basically orders for ink, pens and papers to supply the office of president.

Sadly, we no longer have representatives in government that are willing to adhere to the bounds of the Constitution. Now we have a threat from an executive branch that refers to the Constitution as a G\*\*d\*mned piece of paper. The current regime in control of the executive branch is openly considering itself above the law and above the Constitution. These criminals have become a severe threat and are now organizing their bureaucracies and military forces to completely suspend America's lawful government and to control the populous through totalitarian means.

We, in the Northwest operations of *LMI Newsletter* have recently been made aware through Jack McLamb's radio broadcast and [www.rense.com](http://www.rense.com) of a communique to certain US military units that plans are being drawn up to "combat domestic US civil insurrections." Jack McLamb, a veteran soldier and police officer, has stated his belief that the communique is for real. *LMI Newsletter* is publishing the report from [www.rense.com](http://www.rense.com) subsequently. Throughout this communique, the term insurrection is used. Webster's dictionary describes the term insurrection as a rising up against established authority. As you read this, let us not forget that established authority in this country is the Constitution. As such, it would do well for any military personnel to consider the true nature of any insurrection in America. It is not from those supporting the Constitution and wishing to live free. It is with the violators of the Constitution and committing crimes against Americans.

From Rense.com

US Preparing Domestic Clampdown?  
TBRN News  
7-18-7

Green Zone Follies  
BAGHDAD -- "Yesterday, one of my good friends from another office was telling me they were going to start issuing armored vests to us office types because of the growing danger from mortars. We



are being shelled daily and, like everything else, casualties are way underreported. But more important than the flak vests was a file he had copied out and which he gave to me to smuggle out of the country. As I have said, we have strict censorship here on all incoming and outgoing snail mail, email, phone calls and so on. This report is so serious I am making a précis of it and am even now sending it around to various news outlets, both Stateside and elsewhere. I have my sources and believe me, the CIC people here are so stupid they couldn't pour piss out of a boot if the directions were on the bottom.

It states that because of "growing popular unrest in the United States, caused by the prolonged war in Iraq coupled with obvious Congressional inaction," the U.S. military has drawn up plans for combating domestic U.S. civil insurrections. This is not a theoretical study but a very specific one. Units to be used domestically are listed in detail as are detention centers, etc.

As a result of this, plans are now in train to segregate, retrain and reequip certain anti-insurgent U.S. military units now serving in Iraq and to prepare them for quick transfer back to the United States for use "as needed." The Pentagon command believes that such civil insurrections are not only a possibility but a very real probability in the event that the President and his advisors maintain their present course vis a vis the Iraqi war.

It is interesting to note that "foreign intelligence representatives, now active in the United States" (read Mossad) are to be subject to "arrest, confinement and eventual deportation to their country of origin."

The report and several attached ones, run to almost 900 pages and cannot be put up in their current form. However, I will list some of the more important data here:

Classification: Top Secret-NoFORN as of 1 June 2007  
Distribution Restriction: Distribution authorized to the DOD and DOD contractors only to maintain operations security. This determination was made on 1 June 2007. Other requests for this document must be referred to (redacted)

Destruction Notice: Destroy by any method that will prevent disclosure of contents or reconstruction of the document.

This publication uses the term insurgent to describe those taking part in any activity designed to undermine or to overthrow the established authorities

Counterinsurgency is those military, paramilitary, political, economic, psychological, and civic actions taken by a government to defeat insurgency (JP 1-

02). It is an offensive approach involving all elements of national power; it can take place across the range of operations and spectrum of conflict. In dealing with the local populace, the primary aims must be to:

- Protect the population.
- Establish local political institutions.
- Reinforce local governments.
- Eliminate insurgent capabilities.
- Exploit information from local sources.

An insurgency is organized movement aimed at the overthrow of a constituted government through use of subversion and armed conflict (JP 1-02). It is a protracted politico-military struggle designed to weaken government control and legitimacy while increasing insurgent control. Political power is the central issue in an insurgency.

An insurgent organization normally consists of four elements:

Leadership.

Combatants (main forces, regional forces, local forces).

Cadre (local political leaders that are also called the militants).

Mass base (the bulk of the membership).

A perceived serious potential of dissident American groups rising up against constituted authority has been clearly identified by counter-intelligence agencies. The stated cause for such an uprising appear to be growing dissatisfaction with the course and conduct of the war in Iraq, the chronic inability of Congress to deal with various pressing issues and the perception of widespread corruption and indifference to public needs.

The support of the people, passive or active then, is the center of gravity. It must be gained in whatever proportion is necessary to sustain the insurgent movement (or, contrariwise, to defeat it). As in any political campaign, all levels of support are relative. Insurgent movements begin as "fire in the minds of men." Insurgent leaders commit themselves to building a new world. They construct the organization to carry through this desire. Generally, popular grievances become insurgent causes when interpreted and shaped by the insurgent leadership. The insurgency grows if the cadre that is local insurgent leaders and representatives can establish a link between the insurgent movement and the desire for solutions to grievances sought by the local population

Insurgent leaders will exploit opportunities created by government security force actions. The behavior of security forces is critical. Lack of security force discipline leads to alienation, and security force abuse of the populace is a very effective insurgent

recruiting tool. Consequently, specific insurgent tactical actions are often planned to frequently elicit overreaction from security force individuals and units.

Insurgencies are dynamic political movements, resulting from real or perceived grievance or neglect that leads to alienation from an established government.

A successful counterinsurgency will result in the neutralization by the state of the insurgency and its effort to form a counterstate. While many abortive insurgencies are defeated by military and police actions alone, if an insurgency has tapped into serious grievances and has mobilized a significant portion of the population, simply returning to the status quo may not be an option. Reform may be necessary, but reform is a matter for the state, using all of its human and material resources. Security forces are only one such resource. The response must be multifaceted and coordinated, yet states typically charge their security forces with "waging counterinsurgency." This the security forces cannot do alone.

These imperatives are-

- Facilitate establishment or reestablishment of a 'legitimate government'.
- Counterinsurgency requires perseverance.
- Foster popular support for the incumbent US government.
- Prepare to perform functions and conduct operations that are outside normal scope of training.
- Coordinate with US governmental departments and agencies, and with vital non-governmental, agencies.

Urban operations.

- Protection of government facilities.
- Protection of infrastructure.
- Protection of commercial enterprises vital to the HN economy.
- Protection of cultural facilities.
- Prevention of looting.
- Military police functions.
- Close interaction with civilians.
- Assistance with reconstruction projects.
- Securing the national borders.
- Training or retraining a national military police and security force.

Establishing and maintaining local government credibility.

- Contributing local government is both tangible and psychological. Local security forces must reinforce and be integrated into the plan at every stage.
- Facilitate and use information and intelligence obtained from local sources to gain access to the insurgent's economic and social base of support,

order of battle, tactics, techniques, and procedures. Army forces help local pro-government police, paramilitary, and military forces perform counterinsurgency, area security, or local security operations. They advise and assist in finding, dispersing, capturing, and destroying the insurgent force.

US forces may conduct offensive operations to disrupt and destroy insurgent combat formations. These operations prevent the insurgents from attacking government-controlled areas.

There are many organizations and extensive resources available to aid counterinsurgent forces. Commanders should not overlook the aid these organizations may provide. All forces assigned an AO or function should determine which departments and agencies are assisting in that AO and coordinate actions so that there is no duplication of effort. Such departments, councils and agencies include-

- National Security Council.
- Department of Defense.
- Department of State.
- Department of Justice.
- Department of the Treasury.
- Department of Homeland Security.
- Department of Agriculture.
- Department of Commerce.
- Central Intelligence Agency.
- Department of Transportation

Various governmental departments directly administer or support other governmental agencies.

Examples of these US agencies are-

- The US Coast Guard (under Department of Homeland Security).
- The Federal Bureau of Investigation (under Department of Justice).
- Immigration Customs Enforcement (under Department of Homeland Security).
- Federal Communications Commission

The proper application of force is a critical component to any successful counterinsurgency operation. In a counterinsurgency, the center of gravity is public support. In order to defeat an insurgent force, US forces must be able to separate insurgents from the population. At the same time, US forces must conduct themselves in a manner that enables them to maintain popular domestic support. Excessive or indiscriminant use of force is likely to alienate the local populace, thereby increasing support for insurgent forces. Insufficient use of force results in increased risks to US forces and perceived weaknesses that can jeopardize the mission by emboldening insurgents and undermining domestic popular support. Achieving

the appropriate balance requires a thorough understanding of the nature and causes of the insurgency, the end state, and the military's role in a counterinsurgency operation. Nevertheless, US forces always retain the right to use necessary and proportional force for individual and unit self-defense in response to a hostile act or demonstrated hostile intent.

The media, print and broadcast (radio, television and the Internet), play a vital role in societies involved in a counterinsurgency. Members of the media have a significant influence and shaping impact on political direction, national security objectives, and policy and national will. The media is a factor in military operations. It is their right and obligation to report to their respective audiences on the use of military force. They demand logistic support and access to military operations while refusing to be controlled. Their desire for immediate footage and on-the-spot coverage of events, and the increasing contact with units and Soldiers (for example, with embedded reporters) require commanders and public affairs officers to provide guidance to leaders and Soldiers on media relations. However, military planners must provide and enforce ground rules to the media to ensure operations security. Public affairs offices plan for daily briefings and a special briefing after each significant event because the media affect and influence each potential target audience external and internal to the AO. Speaking with the media in a forward-deployed area is an opportunity to explain what our organizations and efforts have accomplished.

Continuous PSYOP are mounted to-

- Counter the effects of insurgent propaganda.
- Relate controls to the security and well-being of the population.
- Portray a favorable governmental image.
- Control measures must-
- Be authorized by national laws and regulations (counterparts should be trained not to improvise unauthorized measures).
- Be tailored to fit the situation (apply the minimum force required to achieve the de-sired result).
- Be supported by effective local intelligence.
- Be instituted in as wide an area as possible to prevent bypass or evasion.
- Be supported by good communications.
- Be enforceable.
- Be lifted as the need diminishes.
- Be compatible, where possible, with local customs and traditions.
- Establish and maintain credibility of local government.

A control program may be developed in five phases:

- Securing and defending the area internally and externally.
- Organizing for law enforcement.
- Executing cordon and search operations.
- Screening and documenting the population (performing a detailed census).
- Performing public administration, to include resource control.

Support to the judiciary may be limited to providing security to the existing courts or may lead to more comprehensive actions to build local, regional, and national courts and the required support apparatus. To avoid overcrowding in police jails, the courts must have an efficient and timely magistrate capability, ideally co-located with police stations and police jails, to review cases for trial. Cordon and search is a technique used by military and police forces in both urban and rural environments. It is frequently used by counterinsurgency forces conducting a population and resource control mission against small centers of population or subdivisions of a larger community. To be effective, cordon and search operations must have sufficient forces to effectively cordon off and thoroughly search target areas, to include subsurface areas.

PSYOP, civil affairs, and specialist interrogation teams should augment cordon and search forces to increase the effectiveness of operations. Consider the following when conducting cordon and search operations:

Cordon and search operations may be conducted as follows:

Disposition of troops should-

- Facilitate visual contact between posts within the cordon.
- Provide for adequate patrolling and immediate deployment of an effective re-serve force.

Priority should be given to-

- Sealing the administrative center of the community.
- Occupying all critical facilities.
- Detaining personnel in place.
- Preserving and securing all records, files, and other archives.

Key facilities include-

- Administrative buildings.
- Police stations.
- News media facilities.
- Post offices.
- Communications centers.
- Transportation offices and motor pools.
- Prisons and other places of detention.

- Schools.
  - Medical facilities.
- Search Techniques include-
- Search teams of squad size organized in assault, support, and security elements.
- One target is assigned per team.
- Room searches are conducted by two-person teams.
  - Room search teams are armed with pistols, assault weapons, and automatic weapons.
  - Providing security for search teams screening operations and facilities.
- Pre-search coordination includes-
- Between control personnel and screening team leaders.
  - Study of layout plans.
  - Communications, that is, radio, whistle, and hand signals.
  - Disposition of suspects.
  - On-site security.
  - Guard entrances, exits (to include the roof), halls, corridors, and tunnels.
  - Assign contingency tasks for reserve.
  - Room searches conducted by two- or three-person teams.
  - Immobilize occupants with one team member.
  - Search room with other team member.
  - Search all occupants. When available, a third team member should be the recorder.
  - Place documents in a numbered envelope and tag the associated individual with a corresponding number.

#### SCREENING AND DOCUMENTING THE POPULATION

Screening and documentation include following:

- Systematic identification and registration.
- Issuance of individual identification cards containing-
  - A unique number.
  - Picture of individual.
  - Personal identification data.
  - Fingerprints.
- An official stamp (use different colors for each administration region).
- Family group census cards, an official copy of which is retained at the local police agency. These must include a picture and appropriate personal data.
- Frequent use of mobile and fixed checkpoints for inspection, identification, and registration of documents.
- Preventing counterfeiting of identification and registration documents by laminating and embossing.
- Programs to inform the population of the need for

identification and registration.

Covert surveillance is a collection effort with the responsibility fixed at the intelligence/security division or detective division of the police department. Covert techniques, ranging from application of sophisticated electronics systems to informants, should include-

Informant nets. Reliability of informants should be verified. Protection of identity is a must.

Block control. Dividing a community or populated area into zones where a trusted resident reports on the activities of the population. If the loyalty of block leaders is questionable, an informant net can be established to verify questionable areas.

Units designated for counterinsurgency operations

- 115th MIB, Schofield, HI
- 704th MIB, Fort Made, MD, Collaboration with NSA
- 513st MIB, Fort Gordon, GA in Collaboration with NSA
- Arlington Hall Station, VA
- Aberdeen Proving Ground (Maryland)
- US Army Intelligence and Security Command - INSCOM- Huachuca ( Arizona )
- INTELLIGENCE THREAT and ANALYSIS CENTER ( Center Analysis for threat and Intelligence )
- 501st Military Intelligence Brigade EAC
- 3rd Military Intelligence Battalion Exploitation Area

<http://www.tbrnews.org/Archives/a2720.htm#004>

Though, this communique attempts to place a good light on such un-American activities, the reader can see the violations of American freedoms, liberties, Natural Rights and Law in directing the military to commit such actions against the American People.

The threat is before us. It is time to take action like never before. Contact your representatives and let them know that we know about this and tell them to reign in the executive branch and restore our Constitutional Republic. Next we must begin a physical preparation. Store back and cache food, water filters and ammunition. Extra firearms would be good, too. I'm sure we'll get around to more preps in a future issue. This is very highly dangerous! I will address the issue of survival and resistance against a totalitarian regime in upcoming columns. I am certain that our other writers will as well. Until then, it's up to each of us to begin our preps and resistance by contacting our so called representatives and holding their feet to the fire to force them to act on this information.



#### Pump Action Airsoft Shotgun w/ Laser

Pump action shot gun w/ red dot laser beam and mock scope. Comes with starter pack of pellets, safety glasses and 3 AG13 batteries for laser. Hard shooting gun, fires at approximately 230 FPS. Has a mock clip. Pellets load into top of gun. Holds about 30-40 rounds. Spring loaded, but will shoot as fast as you can pump to reload. 12 pcs per master case.

Please note this gun shoots very hard and very straight. Do not shoot at humans or animals. Comes with orange tip, as required by law. Measures approximately 24 inches in length. Comes gift boxed

While this gun comes with a small starter pack of pellets, we recommend adding our 1000 or 2000 bottle of pellets to your order.

While not advertised, depending on current stock, this gun may also come with a blue LED flashlight as pictured.

Order # vw-airstgn Price \$39.95 S&H \$6.00



#### M16A5 Airsoft Rifle w/ Collapsible Stock

Made by Well, this MR722 M16 airsoft rifle is full scale (1:1). Shoots both 6mm Pellets (included) and 6mm Paintballs (not included). Shoots approximately 240 FPS. Spring loaded (cock and shoot). Adjustable stock (from 30" - 34"). Includes starter pack of pellets

Order # vw-airm16  
Price \$39.95  
S&H \$6.00



#### 1000 6mm Seamless AirSoft Pellets

1000 6mm Pellets designed to be used in all our AirSoft guns, these are top quality, seamless 6mm bb's that work in all our Airsoft guns. Comes in a speedloader with screw off cap and nozzle for easy loading into your Airsoft gun. Bottle can be refilled when empty. Pellet color may vary from picture.

Order # vw-airpell1000  
Price \$7.95  
S&H 4.00

To order, send check or money order with order # and description to:  
North Woods Traders, P.O. Box 211, Fernwood, Idaho 83830 or order online at:  
<http://theindependentamerican.freeyellow.com>



# Emergency Food Storage

by Glenn Boman

Food? Yes, food. Our nation has been consummately blessed with a food abundance and our waist-lines show it, at least mine does! HA! Only a few of us, however, live in an area where folks produce a great deal of what they consume each year. Living where I now live and lived as a young boy, I remember the days when the only "store bought" foodstuffs were bags of sugar, coffee and generally speaking, flour made from wheat, but even that was so folks could get the free washcloths sewed into the ends of the bags and then use the flour sack which was also cloth as material for sewing homemade garments or making bed sheets. I slept many a night on my Aunt Dot's hand sewn "flour sack sheets".

Uncle Olus, Dot's husband, would kill hogs in the late fall during a cold spell, render the lard, and cut up the meat so it could be salted down in a saltbox, hung in the smokehouse, or canned in jars for later use. Their garden literally supplied their every need except for the wild berries and orchard produce that I helped to gather. I would often open their new refrigerator only to see fresh milk, some eggs from the chickens, and a bottle of ketchup, nothing else. The refrigerator was used mainly for making the luxury called "ice" and keeping me from having to draw the milk up from the bottom of the well where it was kept submerged in a bucket to keep it cool, the milk was in a sealed jar in the bucket!

So, what about food? Well, the fact is, like everything else, our food supply has become subject to the whims of the marketplace, networking, transportation delays and malaise, and other factors. With the current Wall Street plummet as described on today's news, and the rising energy prices causing transportation of our food to the stores to go up in price, our stomachs just may become a little less tight from within and a little more distressed from being empty.

Is that a real likelihood? Maybe and only "maybe". A few questions first, be truthful, if the corner grocery store folded up and there was no chance of re-supply for, months, would you have to eat the goldfish and the canary? Would the family dog begin to look like fair game? Be honest with yourself... we have become dependent upon the grocery store haven't we? Do you have health insurance even though you might be healthy as a horse? What about automobile insurance? Why? Unless we get over the preconceived notion that the store will always be there for us, and until we can view a food storage closet as an insurance policy that is paid up, then we just might not make it if this country does go down the tubes for whatever reason! Remember this as you think upon these things, the food storage plan, food storage area, food rotation program in your home may very well be the best insurance that you will ever invest in. Even if the food is never utilized during famine times, but is merely used up to provide you with nutrition after a few months or years... remember, you'll be eating cheaper than you could go buy it right then!

So, what is my reason for writing this monologue? Simply this, we face the devaluing dollar, the collapse of Asian economy and the whole of the Pacific rim, threats from third world countries, not to mention stupid leadership in Washington, D.C., and a myriad of other real or imagined possibilities. Not to mention real threats to our food structure from

terrorists or bad leadership. You have to eat. And, you have to eat well nutritionally speaking in order to survive at all. Your health, wellness, capabilities, and state of mind will depend upon how well you nutritionalize yourself under adverse conditions. Yes, I know that Rambo eats tree bark and rocks. Fine, let him. But, do you? My friend I have never written a more poignant or important column than this one. No, don't send me your money!!! It is important because you must provide for yourself and your loved ones in this area. The time is growing short when you will have the luxury to go down to the local grocery and stock up on pizza and pasta and hard red tomatoes called "vine ripened" to fool you and me. You MUST begin an immediate food procurement and storage program or later suffer the consequences as circumstance will mete them out to you. Make your plans and for goodness sake at least begin to lay aside a few things!

What are we to lay aside? My personal recommendation would be to begin stocking dried pastas such as spaghetti, lasagna, macaroni, etc. These will keep forever if kept from dampness and they will retain much of their nutritional value over many years as well. With these, lay aside large quantities of beans, rice, whole grains such as corn and hard red winter wheat. I personally prefer the seven and fifteen bean soup mixes in the plastic bags which come with their own flavoring pouch. Even if you don't have a grinder or mill, you can still utilize the whole grains like corn by soaking a few cups full over night and boiling it a pot with spices or your latest squirrel acquisition, salt well and enjoy. No, it isn't dining at the Ritz, but it will sustain you. If you can afford it, get a small, hand-turned grain mill for making your corn into meal for cornbread or the wheat into flour for making breads of the more common variety.

Along with the dried pastas, grains, etc., I would highly recommend that you lay aside any other dried foods that you can. I have literally eaten dried apples that were over eleven years old and stored out of light and dampness in a sealed jar and they were delicious! That particular eating session was from some apples that my grandmother had dried and given to me the fall before she died. I ate them eleven years later!!! A very smart investment right now would be one of the Wal Mart specials.. .a food drier for about \$29 + tax. With that little item, you can dry everything in the way of fruits and vegetables and everything in between. For really long term storage, I generally forget the recommendations of the company or the instructions that come with such appliances that read "dry until leathery in consistency", etc. I dry the heck out of everything until they are almost breakable by dropping! That way, they are lighter, almost totally dehydrated and thus provide no moisture for bacteria/molds/etc. and will store until the cows come home.

I NEVER handle the dried product after drying with bare hands, but use rubber gloves to place the produce directly from the drying trays while still warm into freezer grade sealable plastic bags or into sterilized jars sealed with a lid and rings. Put these away into the back of any storage closet so that light will not degrade the quality of the produce. You can literally eat the produce "as is" by re-hydrating it in your mouth or cook it in water (love apples done that way!), or soak it overnight in water and then use it as normal. Apart from our more modern methods of preserving food, drying is the easiest, least expensive, and most carefree.

You can even dry meats into jerky, dandelion roots for making Coffee after roasting or a hundred other things, dry your kid's bug collection for biology class! Believe me, dry bags of produce can't be beaten for "grab and go" emergencies either, ever try to grab and go with a half dozen quart jars of beans in water that you canned last summer? No,

this doesn't mean that you should abandon conventional canning methods at all certainly not! Use these to lay aside more vast quantities at a time from the garden, for example, after a morning's picking. Just be aware that these do have limited shelf lives, about two years will be the limit for most foods, especially for acidic items like canned tomatoes. Also, remember to keep these from any exposure to light and wildly fluctuating temperatures.

With the above said, let me also advise you lay aside canning supplies such as jar lids and rings, heavy duty plastic bags like the freezer type self-sealing bags, preserving aids like pectin, and spices of all kinds and in great quantity. About spices let me state that even common table salt (iodized for personal consumption!) would be one of the first "spices" that I'd lay aside in huge quantities! Next would be black pepper followed by a lot of "also rans" like allspice, cinnamon, cayenne powder, etc. A little spice will go a long way, so don't forget to lay some aside, again, especially the salt and pepper!

Finally, get a wagon load of garden seeds, preferably in the non-hybrid varieties. But, if you have to use the hybrids, go by this rule when planning for a two year stretch you will need twice as many seeds planted the second year from a batch of seeds as you bought the first year to get the same number of plants. In my experience, for some reason(???) the hybrid seeds just don't keep well over the years like many of the nonhybrid seeds do. This may just be my prejudice for the old seed types, but like I said, this has been my experience. Lay aside enough chemical fertilizer for at least two growing seasons and enough seeds for that long with a heavy emphasis on nonhybrid varieties so that you can perpetually save your seeds for the next year's garden.

Why chemical fertilizer? Come on! It takes a very intensive gardening effort to get the same results with organic gardens that have to rot and mix with the soil, etc. Yes, I've done it that way, too, so I know what I'm talking about. You won't have the time necessary under survival conditions nor will you want the exposure in a garden plot you'd have to grow your things organically..., get the 13-13-13 type or as we say around here, "triple 13". [\[Editor's note: Check into the fertilizers that work the best in your own soil. Soils do not have the same qualities in differing regions of America.\]](#)

Finally, have those fruit trees in the ground and growing! Keep them pruned and fertilized. Baby them for the first few years and they will reward you with food for the belly! With fruit trees, berry patches, wild berries, etc. keep this in mind, "long term". It will take a while, so don't delay in this area of your food preparations.

#### ADVERTISEMENT

**Airsoft Fast Magazine Loader. 5.25" Overall, Make loading easy and less time consuming. It can be used with all airsoft guns we sell.**

Price: \$9.95

Item #: bns-asmagldr

Shipping: \$4.00



To order, send check or money  
order with item # to:  
North Woods Traders  
P.O. Box 211  
Fernwood, Idaho 83830

# **LMI NEWSLETTER**

Survival, Homesteading, Freedom



LMI Newsletter  
P.O. Box 21  
Fernwood, Idaho 83830

<http://theindependentamerican.freeyellow.com>