

AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

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IN THIS ISSUE: Stay Home or Run?, The Panic of the Month Club, Survival Fishing, Peddle Powered Tractors, Pemican, Super Volcano, Camp Independence Report, More

Stay Home or Run?

A great deal of survival preparedness literature is devoted to evacuation plans, retreat development and bugout bags. While the ability to evacuate is a critical part of emergency preparedness the assumption that evacuation should be the first choice in any survival scenario is flawed.

- Placing all your hopes in getting to a retreat or cache with the limited supplies you can carry is a big gamble.
- At least 50-percent of the prepper I know lack the funds to fully stock both the home and any kind of retreat or large cache. Many have health issue, family obligations or other factors that simply prohibit evacuation.
- Multi-family or group evacuation plans may look good on paper, but the complexity of travel, communications and rendezvous under the chaotic conditions of a true national catastrophe may actually increase their risks.
- Premature evacuation may well increase the chances of injury; property loss and exposure to hazards while waiting too long may make evacuation impossible. I have seen survivalist that evacuated on false information and lost their jobs and families as a result.

- Once you are on the road you are dependent on just what you can carry, you are exposed to cold, heat, rain, fallout, epidemics, criminals and all of the hazards that you should be trying to escape from. Your chances of reaching any distant (100-miles or more) retreat are 50/50 at best.
- Many catastrophes will (are) develop slowly. In these cases home-based adjustment over years may replace the need to panic and run. Critical needs such as food, power, water, police protection, etc. may decline and become unreliable. Developing the home as a "base" and networking with others to create an alternative source (e.g. water gathering, food production, community defense, etc) may be the survival plan that works.

Of course there are serious hazards to staying home also. Your neighbors may gang up on you. Fires may spread through the community or roaming gangs may besiege you in your home. These hazards are greater in the urban/suburban areas, but these areas are equally more hazardous to evacuate from. Obviously events like hurricanes, tornadoes, floods and earthquakes that destroy or make your home and community untenable will require

evacuation, but these are regional events where rescue and support services would be available with a days walk and recovery would be anticipated.

The scenario that most pepper/survivalist anticipate is a massive and general catastrophe caused by an economic collapse, war, revolution, cyber attack, epidemic or similar event. The idea that there is more food and safety in the rural and wilderness regions is highly doubtful. Edible crops in the field only exist for a short time near harvest, and farmers tend to shoot intruders. Wild edibles, fish and game can be had for a short while, but with unrestricted and inexperienced hunters and foragers roaming about nothing will last long and you may get shot before you catch anything. I am not saying that you should not have these skills and options. I am saying that they have hazards and limitations comparable to staying home with your stored food, water and weapons.



A Few Notes on Urban Evacuation:

I lived in one of the most dangerous parts of Chicago for many years and I was there during several riots. Rioters looted and burned their own neighborhoods and retail centers. They never came into adjoining communities. All of the main roads lead through “riot torn” areas so evacuation by

road was out of the question. Railroad right of ways were the best option at night only. I had a very sick parent so I stayed home and ready. I could hear the gunfire and see the glow a few blocks away, but I never saw one rioter or looter.

Generally rioters and looters stick to the commercial areas and have little interest in residential area. Semi organized groups could start to raid into these residential areas after a time. With no “law and order” the residents are free to deal with these situations severely and aggressively. Better to do this on your home turf than on the road.

Conclusion

Unless you can afford to fully stock a retreat and are 100 percent sure you can get to it, your first preparedness priority is to be able to stay home. Having enough food, water, medicines, and other critical supplies to stay off the streets completely for weeks or even months’ means not having to expose you self to epidemics, gunfire, weather extremes and other hazards. If you manage to ride out the first weeks of the situation at home your chances of recovery and adjustment to the post collapse society are much better than if you find yourself out in a distant region with dwindling supplies. In short: be able to run, but be ready to stay.

The Panic Of The Month Club

By James C. Jones, EMT/CHCM

One advantage of being a survivalist for over 45 years is that you get perspective and experience to guide your actions. When I founded Live Free USA as a small local group in Chicago back in the late 60s I was told that “The End of the World As We Know It” was just a few years away and long-term organization was a waste of time. In other words save yourself and run! Since then we have survived the Cuban Missile Crisis, the 1960 riots, the Cold War, Y2K and the Great Recession. Along the way many of us have

experienced more localized earthquakes, tornadoes, fires, hurricanes, and terrorist attacks. As a preparedness advocate and long-time survivalist, I regard panic peddling and fear mongering as a counter-survival anti-American action. Those who cry that “it” is going to happen and “it” is going to be big and “it” is going to happen soon do far more damage than good. In the short term these people sell a lot of equipment, books, magazines or memberships, but when “it” does not happen in a year or two they just burnout a lot of citizens who then quit the preparedness movement altogether. Of course the fear mongers and panic peddlers just come up with a new batch of “its”. This cycle has drive away more support, dispersed more preparedness groups and done more damage to responsible survivalism than any media attacks.

What if the “big one” (collapse, war, pandemic, etc.) never happens? The big one they talk about would kill millions, and leave you and your family in the dark, hungry, cold and without protection or sustenance or medical help. But, you could wind up in the exact same situation if “the big” one never happens. In fact the real danger is from a combination of “little ones” over years and decades. Here are a few examples of the slow disasters that *are* happening:

- Every storm, fire, drought and flood weakens the economy, raises prices, uses up dwindling fuel supplies and impacts food production. These events will occur with greater severity and frequency as the climate shifts. Of course some of these will also hit you more directly.
- Just the threat of terrorist attacks has cost the economy billions in non-productive security costs while initiating massive damages to our freedoms and privacy. Yes, the terrorist won.

- Drug resistant viruses and new illnesses pop up in third world countries almost monthly and are spreading to developed nations more and more often. Meanwhile healthcare costs continue to rise. Even if there is no mass epidemic we can anticipate multiple small epidemics combined with other health issues to reduce the populations over the next decades.
- Lets face it, employment is never going to fully recover. Ultimately, Social Security will fail, pensions are already failing, welfare will fail and the general economy will fail. With a failing tax base most government services including healthcare, police, EMS, fire departments, street maintenance, sanitation and even water supplies will increase in cost while declining in quality and availability.
- Ultimately the dependent, the unemployed and the desperate will demonstrate, violate the laws and turn to crime. This is already happening throughout the world and has had its early stages here. Our temporary “recover” has just put off these trends a bit. Again: there may not be a “collapse” just a long-series of economic drops interspersed with smaller “recoveries” leading to a much leaner, harder, more dangerous world in a few decades.
- On top of all of the above issues we have a declining fuel supply with no realistic equivalent in the so-called renewable energy sources. Solar, wind and the remaining natural gas supplies are just buying time. Rising fuel costs will further guarantee the decline of living standards, jobs and

food supplies while increasing world unrest.

So while everyone is worried about “it” and the “big one” the “the little ones” are whittling away at our chances to survive. **There may not be a “collapse” just a crumbling. Maybe not a boom, but a lot of pops that will bring us to the same doom if we are not persistent and patient and consistently preparing and adjusting and organizing over years and years and decades and decades.**

Americans have a tendency to want to see a clearly identifiable enemy or problem that can be dealt with by a clearly identifiable action in a fairly short time. For example: smash the Japanese Empire or go to the moon. We have problems with long-term struggles against vague or undefined threats, yet that is exactly what we face as realistic survival/preppers. **As you learn new skills, gather more equipment and hopefully build more groups and networks, you must know that you will never be ready and never be sure exactly what is going to happen, how or when.** That’s a hard sell for the average American, but it is the truth.

The true survivalist/prepper must ignore the self-important, panic peddlers and adopt a philosophical dedication to the values of being prepared and self-reliant above all else while continuing to be a responsible citizen and community member. You must anticipate the need for your bugout bag and home survival and defense options, but you must accept the idea that true long-term survival will require life changes, adaptations and far more complex and demanding actions than just hunkering down for a few weeks or heading for the hills. **It’s not “panic of the month” it has to be “plan for your life”**

SURVIVAL FISHING

I once met a fellow who refused to learn other survival skill because he insisted that if you could fish you could always survive. While I would not go that far, I must admit that the ability to catch fish could be an essential life saving skill in many situations. With the exception of the desert and high mountains, most areas of the US are well supplied with rivers, streams, lakes and ocean coasts teeming with a wide variety of fish. In a sustained survival situation the ability to catch these sources of nutrition could be critical. Fishing takes less energy and materials than hunting and trapping and fish flesh is well suited to salting, smoking and drying for preservation. As any angler will attest, fishing is tricky and not always successful, but this is “sports fishing” where rules apply and it is not a life or death situation.

Fishing Tips

If fishing near the shore early morning and early evening are the best times

In deep (off shore) waters anytime is good for fishing

Some say that fishing is often good just before a storm

Watch for fish jumping at bugs to identify a good spot

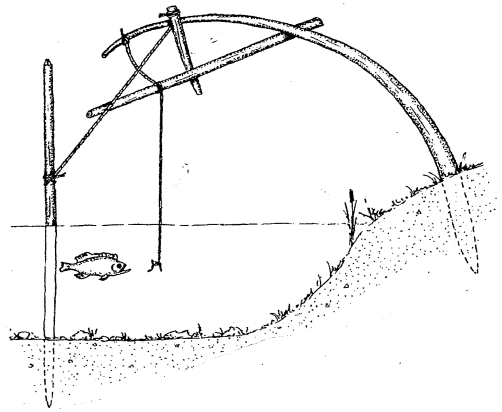
The best fishing spots may be:

- At the edge of weed beds
- Under fallen logs
- Areas full of lily pads and other plants
- At the base of rapids
- Under overhanging rocks and banks

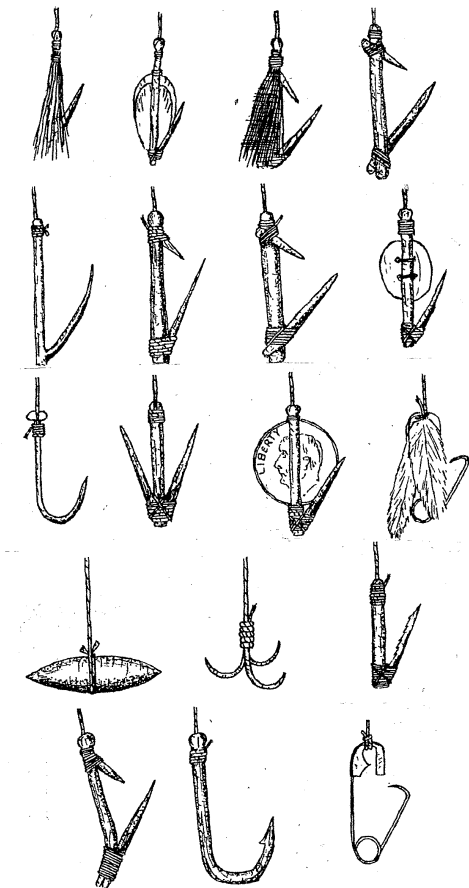
Methods and Devices

While traditional line and pole fishing may be effective, a survival situation may demand faster and more reliable methods’. You may

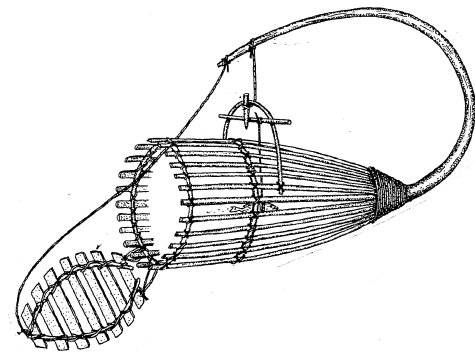
need to build shelters, forage, hunt, trap and even fight so sitting on the bank for hours may not be an option. If you do not have any traditional fishing items such as line, hooks or polls, you can certainly improvise what you need. The following illustrations provide some methods you can use. Studying them and trying them will establish a reliable food supply method for most survival situations. In an urban situation or a general collapse scenario someone who can catch, supply and preserve fish from regional sources will be able to trade and barter well.



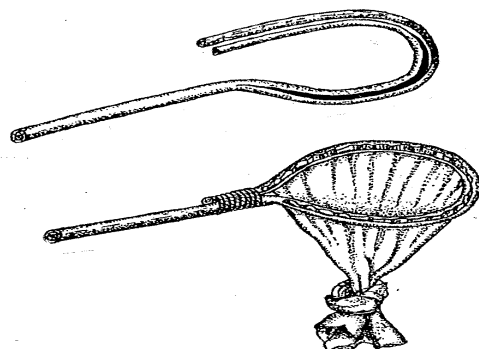
You can set this kind of trigger trap up along a stream and then go to other survival chores as needed. When the fish hits the bate the trigger stick releases the bent branch to set the hook firmly, There are several commercial devices that work the same way.



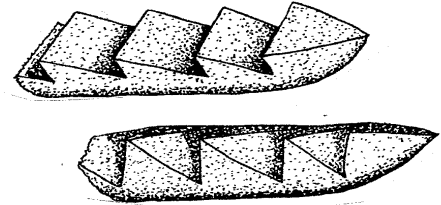
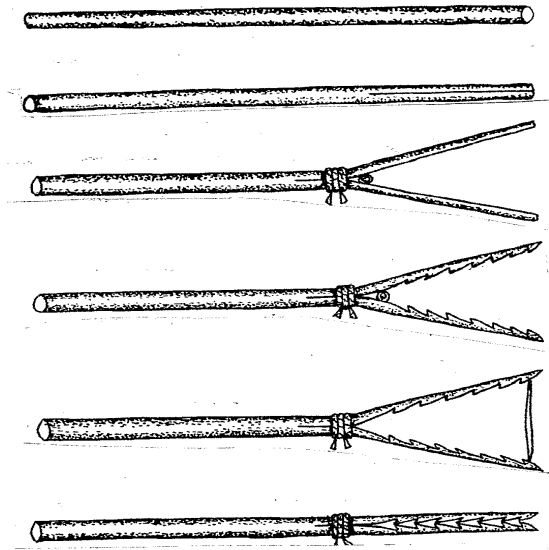
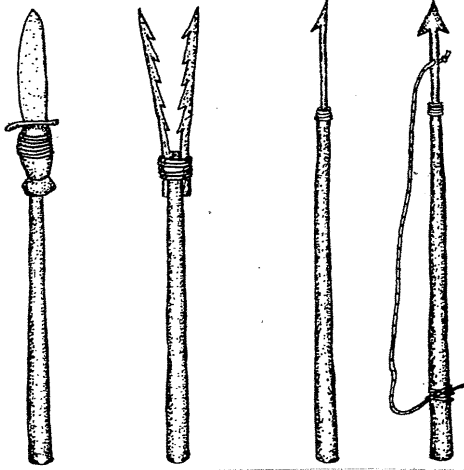
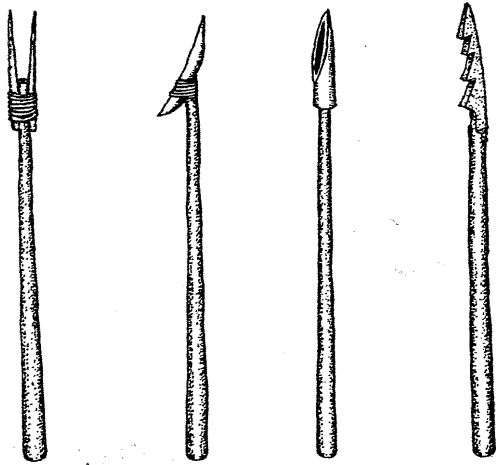
Above are just a few ways to improvise fishing hooks and lures using pins, wire, bone, wood and even stone chips



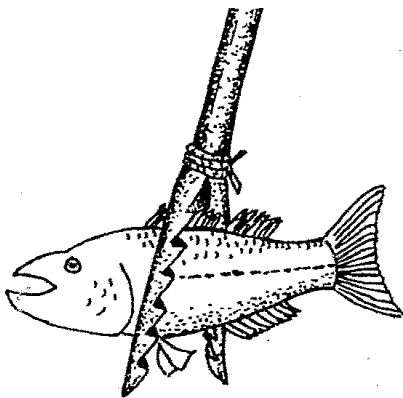
There are many designs for fish traps. This one is based on an old Indian design. The release of the trigger closes the door.



If you have any kind of porous material you can make a simple net like this and scoop up fish.



Here are a variety of improvised fishing spears. Note the detachable head on the one at lower right.



Indians used trigger sticks for centuries. If built well they are even better than spears. Start with a green pole about 5 ½ feet long and 1 ½ inches in diameter. Split carefully about 18 inches up. Tie off to keep the split from growing and then spread the two sides. Cut the teeth as shown. Insert the trigger stick so it hold the jaws open but will trip away on impact with the fish. Be sure to store the trigger stick closed.

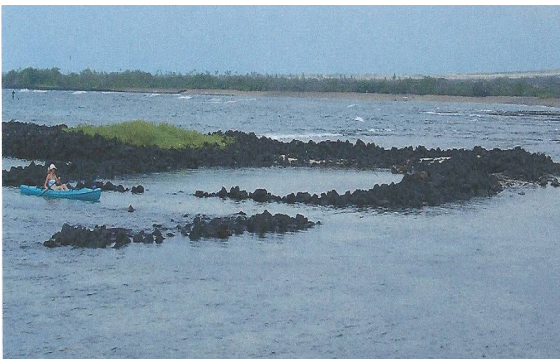
NOTE: when using a spear or a trigger stick be aware that water distorts the location of the fish a bit. Practice will help you compensate for this.



Gigging is a method of fishing where a device with multiple gills, points is dangled in the water. When a fish goes to the bait on the shaft the device is yanked upwards gigging the fish

Tidal Fishing

When I was in Hawaii, I met natives who were using simple stone fish traps to catch fish every day. A simple stone square with the open end facing in towards shore in shallow water. When the tide goes out the fish are left trapped. The natives just go out and net them to feed their families and sell to local markets.



Simple tidal fish trap made from volcanic rocks on the Kona Coast



Hawaiian fisherman readies his net

Survival Fishing Kits

Fishing kits are usually included in military survival kits. Such kits take up very little room and have the potential of providing reliable supply of food with the minimum of effort.

- 20-30 feet of 20# test fishing line also usable for snares and other applications
- Assorted hooks and sinkers
- Assorted lures and dehydrated bait (optional)
- Poles and bobbers can usually be improvised from available materials

Acts of Desperation

There are some drastic methods of catching fish that would only be justified as a last resort. They are illegal and irresponsible, but if a number of people are starving these methods could provide a number of fish in a short time. The down side is that they may deplete the stock of fish that you will need for the long-term.

Using explosives to shock the fish to the surface is pretty drastic and may attract unwanted attention. The fish that float to the surface are easy to net or spear until they recover.

Rotenone is a commercial pesticide available at many garden centers. It is made from the same plants used by natives to poison fish for centuries. This product is very toxic to fish and insects but only slightly toxic to humans. Used in smaller lakes and ponds it can result in a lot of dead but edible fish. It won't be much good if used in flowing water or larger rivers and lakes.

Conclusion

Fishing as a survival food source and a long-term adjunct to one's self-reliance system is often overlooked. Fancy recreational fishing gear may not be as effective as no-nonsense methods under survival conditions. Having even basic fishing knowledge and equipment gives the survivor another advantage when food is in short

BOOM! Super Volcano Eruption

Not a book review, by Jim Jones, EMT/CHCM

Although this article is inspired by the three book "Super Volcano" series by Harry Turtledove, it is not intended as a book review. Harry Turtledove's forte is alternative history and science fiction. Harry does his research well. I know this because two of his books described in detail the inside of a building across the street from my former residents. I enjoy alternative history because it illustrates how the slightest thing can change the entire course of the future. A rainy day, a bullet that drifts a bit to the right, a malfunctioning catapult on a Japanese cruiser and the world is a different place and goes in a different direction. This is why people may conspire, but conspiracies seldom work.

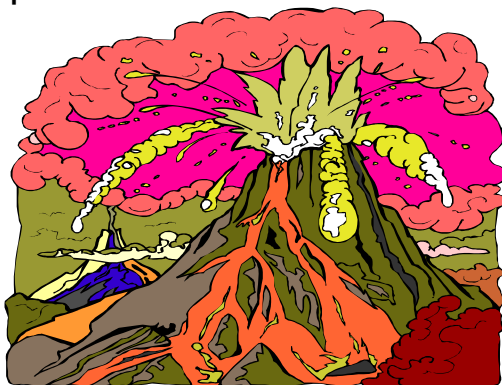
Ah, but I digress. Back to the super volcano! The great Yellowstone caldera has been acting up lately. More geysers and more earthquakes are recorded so it's in the news from time to time. The fact that

Yellowstone Park is really the caldera (hardened over top of a huge volcano) is not well known. The spectacular scenery and the active geysers and bubbling lakes are caused by the fact that lava is fairly near the surface and comes up through vents going down to the earth's molten core. This huge volcano erupted 2.1 million-years ago, 1.3 million-years ago and again 640 thousand years ago. Most geologists agree that it is overdue to erupt again, but in geological terms that means some time between next week and 300 thousand-year from now. **If and when it does go boom it will drop a chunk of the US the size of a small state about one-half mile down into the molten magma. The resulting blast would level most of Utah, Colorado, Idaho and Montana. They would hear the blast in Europe! 600 cubic miles of dirt and ash would be thrown miles into the sky.** The heavier ash would bury most of the Midwest and ruin 75 percent of the US. Without the Midwest crops and cattle, food shortages would be worldwide. The grit from the blast would disable almost every motor vehicle and mechanical device. **The US economy would simply evaporate and the US would cease to exist as world power.** The lighter dust would stay in the upper atmosphere for decades causing millions to die of lung diseases'. The biggest problem would be a worldwide drop in temperature. Canada and Alaska and most of Europe would be uninhabitable for decades, The northern US would be Alaska-like with very short cold summers.. Los Angeles would be a cold wet place. All this would further exacerbate the fuel and food shortages. The books are pretty dull reading. After the big boom nothing dramatic happens. We experience the lives of family members living in various parts of the Country for about ten years after the event as they adjust and cope with a colder, lower tech, leaner life. The federal government loses most of its capacity to

government and tax and is unable to provide much help or services. Local and county governments reassert their influence.

The most interesting thing about the books was that most of the fictional results of this cataclysm are happening without a big boom. The climate change is in the opposite direction (too hot instead of too cold) but the resulting loss of food production, water supplies, and energy depletion is the same. **The decline in America as a world power in the book results in Russia invading the Ukraine and the Middle East going up in flames. Sound familiar.** The inability of the Federal Government to manage multiple disasters results in a resurgent's of local and state authority. That to is happening now. And last, but not least the economy falls down and can't get up. People go back to bicycles, home gardening and other self-reliance methods. Ultimately (in the last book) we find a society of hybrid technologies. **A mixture of 19th, 20th and 21st century sources for energy, food, shelter and other necessities in a more localized society. This is almost certainly where we are going even without a big boom.** You may or may not want to wade through this three book series, but it does seem to give a glimpse of life in the mid to late twenty-first century.

Super Volcano: Eruption, by Harry Turtledove, ROC/Penguin Publishers, 417 pages, hardcover \$24.95., Book #2 All Fall Down, Book #3 Things Fall Apart



A Pedal Powered Tractor?

About a year ago I did a presentation in a small farm town in Illinois. Just down the road was a big corn processing plant that used a petroleum product to process feed corn. Next to the meeting place was a yard with dozens of massive diesel powered harvester machines. I warned my rural audience that time was running out. We all know that we will run out of petroleum well before this century is gone and that petroleum is the only reason we have been able to feed such a large world population. We also know that even the most optimistic hope for "alternative" energy will never match petroleum for cost and effectiveness. Simply put: at some point we will be back to smaller farms and a smaller population. Shortages of fertilizers, insecticides and fuel combined with increasing droughts, floods and storms will hit rural America hard. Adjustment to smaller more intensive farming and even sharecropping must be anticipated. One of our members recently called my attention to the device that is a pedal powered tractor. This would probably work well in Midwestern soft soil, but not so well in eastern clay. We can anticipate a variety of powered and semi-powered devices including a return to animal power as time goes on. We are not going to go back to 19th century farming, but we can hardly anticipate sustaining the current food production rates much further.

Pemmican

Pemmican is probably the best known and best remembered American Indian Food. It was used by the Indians as as a travel food and extensively as an emergency food when hunting and foraging was to sufficient. Pemmican is a Cree word meaning mixture, pemmican was made from a combination of dried buffalo meat pounded into a sort of flour and mixed with dried berries and

melted fat. This mix was stored in skin bags and lasted for months.

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

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

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

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

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

Camp Independence 2014

Long before the term “survivalist” was in the dictionary, long before the word “prepper” was heard of and long before there were any preparedness expos, Live Free USA was conducting survival and preparedness education seminars at Tippecanoe River State Park in northern Indiana. At first we didn’t call the events anything, but it was often referred to as “Tippi”. It has been “camp Independence” for a long-time and has hosted hundreds of classes, workshops and field events. The event has helped sustain the movement and developed a whole generation of new advocates and instructors. Two thousand and fourteen marks the 46th year of this event. In addition to guest instructors there were programs presented by first, second and third generation Live Free Certified Survival Instructors and officers. Representatives from 5 states and seven Live Free chapters networked and exchanged ideas. Once again we had great food provided by a local Amish group. The day was packed with classes on everything from archery, camouflage and first aid to radiation detection, chemical hazards and evacuation packs. Many participants took advantage of the low-cost cabins available on site and came in on Friday night and/or stayed over Saturday night.

The great fund raising raffle featured several thousand dollars worth of donated survival and preparedness related items. Ticket sales created funding for more of Live Free’s self-reliance education programs. Camp Independence 2015 is already in the planning stages. Those wishing to make a presentation are encouraged to contact Jim Jones at survovorjj@aol.com soon.

CAMP INDEPENDENCE 2014 is set for May 15-17 next year. .

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PREPAREDNESS EXPO

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At the Dewitt County Sportsman's Club

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Come out to Guns Save Life's monthly meetings in Central Illinois. Meet great, like-minded friends and families and share fun, fellowship and good food with the GSL family.

Win a gun!

We hold a drawing for a gun each month at each and every meeting location.



Rantoul: Second Tuesday of month

The Linden, 224 Wheat Ave., Rantoul, IL 61866

Pontiac: First Tuesday of month.

Pontiac VFW Post 886, 531 W. Lincoln Ave., Pontiac, Illinois 61764

Effingham: First Thursday of the month.

Effingham Elk's Club, 2102 S. Banker Street, Effingham, IL 62401

Peoria: First Thursday of the month.

Knights of Columbus, 7403 North Radnor Road, Peoria, IL 61615

Visit our website if the regular monthly meeting date falls on a holiday to confirm time and date of the meeting. If you're interested in bringing a monthly Guns Save Life meeting to your community, contact us!

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