

Surviving Survivalism ...or... How to Avoid Survival Culture Shock

by SurvivingSurvivalism.com

Disclaimer

It's a sad commentary that we must include this as a prelude to this book:

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Introduction

Our intention in writing this book is not to tell you everything you will ever need to know about building a house or tending goats. Our intention is to give you an idea of the realities of daily life – what to expect, and at least *some* of the changes you may go through if you choose to live the survivalist/self-sufficient/off-grid/prepper lifestyle.

We've made it. We live on a 40 acre ranch within a huge working cattle ranch in the mountains of New Mexico, in a house we built by ourselves, living a life of somewhat physically hard but extremely rewarding daily work, connected to nature and working on our personal enlightenment.

People are waking up in exponential numbers to the fact that their current cushy, urban/suburban, comfy lifestyle may not be around in the very near future and that maybe it's a good time to make a change to one of more self-sufficiency. Better late than never. But our family has been making this change and working toward this goal for well over 20 years and have had the luxury of making the necessary adjustments incrementally. Frankly, we feel sorry for those who now have to make them all at once, or who will go back into “society” with their tail between their legs – and the vast majority will be the latter case.

This is not just a how to book. There are plenty of books, Internet sites, talk shows and know-it-alls who will tell you how to become a survivalist – *technically*. They will tell you their way to build a house out of rocks and

mud, how to make your own solar panels, how to cook on a wood stove, how to garden, etc., etc., etc. Most of this is very good information. But we have yet to find anyone who will also tell you what it takes *gut-wise*, i.e., psychologically – the mental and emotional changes you will go through to be successful in this lifestyle.

One reason for this is that many people who call themselves “experts” at living off the grid and away from society, don't live the life themselves. The author of one of the most popular websites on off-grid living actually lives in London. The author of many works on surviving whatever Planet X may bring lives in Orange County, CA and suggests that you do what the government tells you to do because they have your best interests at heart. We are here to tell you what it was like making all the psychological adjustments to the physical changes that this lifestyle requires, as well as practical ways to live this lifestyle.

We was blessed with being different than most in that we could see the bullshit behind the “norm” of society at a very early age. We understood how the world really works, who pulls the strings and why, and what the bigger picture portends. We agreed when we decided to share our life 25 years ago that our yet-to-be-conceived children would not attend public schools (nor private ones for that matter) and that, having the luxury of our trade not relying on where we lived, we would live as remotely as practical and possible, seeing where the road would take us.

That road eventually led us to a 40 acre parcel in New Mexico, in one of the last truly open range areas (all the free manure we could ever want), where we built our own house out of cinder block and the abundant local adobe

clay in our late 50s with our 20 year old son (more like *we* helped *him*), and where we expect to stay as the world as we know it falls apart so that a better paradigm can come to fruition.

Although many of the things that alerted us 25 years ago to the coming demise of society are now abundantly apparent, suffice it to say that 25 years ago to even broach the subject among the still-blinder-ed folk on topics such as the fiat money system, the dangers of the social welfare state, imperialism and wars was only going one place, would have you labeled as a “tin-foil-hat-wearing kook” and find you immediately dismissed.

We've made many, *many* costly mistakes along the way (and still were successful), and we intend that by reading this book you may be able to avoid some that we've had the luxury of time to repair.

After closing our successful business, after we had been on the land for a while and living off our storage foods, after “living the life” for a while, we realized that there were still some loose ends we needed to tie up in the areas of replenishing things we used more than we thought we would in our planning. We also were altruistic enough to believe that there were other people like us who knew that it was time to separate ourselves from society, but who didn't have the 20+ years we had to find their own Shangri-La. So, being the entrepreneurs we are, we decided to lease off parts of our 40 acres. We didn't need all that space and we thought that it would be good to have other people like us (we didn't realize how unique we really were) join us in a community for better chances of survival.

It was through this leasing process that we discovered the true variations of those who call themselves survivalists, but who are mostly “wanna be's” or, more correctly, “scared to be's”. Scared-to-be's feel that itch in the back of their minds, telling them that a drastic change is needed, but they only want to investigate making the change long enough to find a good enough reason NOT to make the change for real.

On this road of living the survivalist/self-sufficient life, we have met dozens of interesting, even diabolical people and seen amazing weather, majestic mountains, beautiful wildlife, but most importantly, we found peace of mind and tranquility. It takes only a sincere desire to stop beating your head against a brick wall for the pain to stop.

We know this because we have lived both lifestyles – and we prefer this one wholeheartedly. This morning after breakfast we were going to need 10 cups of flour to make bread. In this REAL world that we live in, she wasn't asking someone to run to the corner store to buy flour. She was asking to get out the hand-crank grain mill and the red wheat berries and grind them into the flour we needed to make our bread today. So this morning's “work obligation” consisted of 60 minutes of grinding red wheat into flour. We're sure this is more exercise than most get on a cardio machine. It's certainly more gratifying.

In the current paradigm, or what we here like to call “the outside world”, most of your worries are external to you. By this we mean your mortgage, your insurance payment, getting the next cool gadget because your neighbor has one. But done properly, these will not exist in your survivalist world.

As an old friend of ours, used to say, “Life is so daily.” What he meant by this was that the tasks we perform in life become our daily devotion. In the self-sufficient life, your daily devotions are entirely internal to you, that is, they affect you directly. Tending the goats and chickens, taking care of the greenhouse and gathering wood are all directly for your own daily bread, not to make someone else richer.

As you read this book you may notice that it is written from a completely different perspective than you currently have – and that's a good thing. We have attempted – and believe we have achieved – to help you understand what actually living this survivalist/self-sufficient/off-grid/prepper lifestyle is really like on a daily basis, regardless of what does or does not happen in the “outside world”.

Chapter 1

Where is Your Head?

We don't mean this in the terms of the 60's saying. We mean, what do you really believe? Nine out of ten people we've met who expressed an interest in being a survivalist or prepper, I have to say, frankly did not know their own mind. Like being at the poker table, to win you must either be all in, or don't bother playing. You can't get to home plate if you keep one foot on third base.

Often the problem comes in not with someone's own head, but with the heads of people they are attached to – wives, children, mothers, fathers, pets, friends, bosses, mild acquaintances. We could recount endlessly the amount of times we met people who were conflicted by others, who vainly labored at – or sought others to labor at – convincing their son, daughter, dog, cat, minister, rabbi, imam, boss, wife, husband that they should join in the bug-out.

Truth is, everyone of the aforementioned entities has a strong vested interest in keeping you in the system. It is like asking a butcher if it's good to eat meat. If you discuss with people your desire to drop out of society – those entrenched in society, even those at the lowest echelons of society – it gives them permission to validate their own choices through you. And believe me, they will do everything in their power to prove you wrong so that they can validate their own decisions – or because they are too afraid of the changes coming to admit that their comfy life may not be around tomorrow.

And in case you feel a need to give it a try, don't bother trying to convince anyone else that your decision is

right, either. It won't work and it will only lead to hard feelings with what once were your friends, relatives and acquaintances.

If you seek Nirvana, you seek to know yourself. Your “self” is a solitary, singular word. If you are fortunate enough to have a significant other who agrees with you on the need to get to a survivable location and live a neo-primitive lifestyle, you are very lucky. But most personal set backs by those trying to achieve this lifestyle are related to family relations. So we'll take it on face value that you are reading this book to find out how YOU can achieve this lifestyle.

First and foremost, be honest with yourself and others who may be considering going with you. Countless times we have seen a wife who wanted to do this and hoped by some miracle that didn't necessarily involve them actually *doing* anything that her husband would suddenly be on the same page as she was. That is a pipe dream. If you feel strongly a certain way (and in this case that way is to become a neo-primitive survivalist) then for God's sake please discuss it honestly with your spouse.

Innumerable times a wife or husband would schedule a visit (when we were leasing off parts of our ranch as survival retreats) in the hopes that we would somehow convince their reluctant spouse. Every time we have been asked to do that for someone, we have flatly refused. On the face of it, it's dishonest. This lifestyle is hard and any problems you had in the outside world, vis a vis, your honesty with each other, will become intensified when you have no outside distractions to mask them. A lack of honesty will turn into outright visceral resentment. This is also true of any other shortcomings your relationship may

suffer from. So having a heart-to-heart with whomever you plan to have join you and coming to terms with it is your first step. You notice I am not convincing you that you need to do this. We presume you understand that. Your biggest bug-a-boo is who you bring with you, not what.

In this circumstance, it is all about compromises. If two people really care for each other, then in any discourse there is give and take. Find your happy medium and create an intention that it be successful, then take action to see to it that it is.

To be fair, it is also a consideration towards those relationships that you are better off without. I can't tell you what they are, but deep down inside of you, you already know. The real question you have to ask yourself is, "Is this relationship worth dying for?" Of course this presupposes that you do not see a good end for this current world manifestation in the near future.

These are questions that will help you know your head and find your center. It is also a rational decision to stay in the outside world with those you love knowing that you may very well die there. You will get no greasy-eyed looks from me about it...I salute you. It takes balls to make either decision. To decide to stand with those whom you love is admirable. For them to decide to live with you is also admirable. But make a decision – one way or the other – and then make that reality.

Consider these in your dialogue with your family and friends;

1. Be honest – about what you feel, what you want, your motivations. I know for some of you this will be nearly surreal

because you may have never done it before. But you may be pleasantly surprised that honesty, especially in this case, works best of all.

2. Don't sensationalize. Many a spouse has taken the liberty to use questionable facts and outright bullshit to get their spouse to agree to a lifestyle change. There is a property to bullshit that needs to be considered. Most people can smell it coming off your lips. So don't sensationalize. Ask yourself if you would like to make a life-change decision based on bullshit and sensationalized facts. How would you feel when you found out it was bullshit? This can create problems down the road, so don't create any minefields to convince someone else that you are right. It's an easy pitfall to avoid.

3. Decide beforehand who is worth telling and who is not. Far too often people use people who mean little to them or people to whom you mean little as the first ones to approach about your lifestyle-change decision. WRONG, WRONG, WRONG!!!! Earl Nightingale gives us excellent advice on this topic... (paraphrased) don't bother discussing your goals with those not intimately involved with those goals. They will shoot you down every time and destroy your ego. Only discuss your goals with those who are intimately involved with them or who you

love. So don't use the guy who sits next to you in the subway or the guy you casually have lunch with to discuss your plans. Make a list of those who would be directly involved with your decision and talk only with them about it.

Saying you have everything ready is a misstatement for most. The most important place to have ready is your mind.

Some of you say that you can't wait till you no longer have to wait in line at Starbucks, or fight the traffic to get to your cubical at your job, but all those activities in the pop culture world create neural-synaptic connections that become your current addictions. Most of our addictions are consumer addictions. The rituals – vis a vis going to Starbucks or walking around the mall – are deep-seated in our brains through what scientists call a neural-synaptic connection.

These connections become warm, fuzzy, homey feeling. That's what they are designed to do. Nobody really pays \$8 for a cup of coffee with cream for the coffee or the cream. They are paying for the feeling they get when they do it.



If you truly want to be successful in the survivalist lifestyle, you need to begin now breaking old patterns or prepare for the culture shock of your life.

We have seen this undo people more than any other cause – more than money, more than physical hardships, more than lack of ability. The culture shock is your real enemy.

Most people, when told this, slough it off and usually say something like, “Oh, that won't be a problem for us, we're already out of the system,” when what they mean is, “I only buy organic foods at the supermarket.” It takes much more than that. Our advice to someone considering the self-sufficient lifestyle is to begin now breaking patterns.

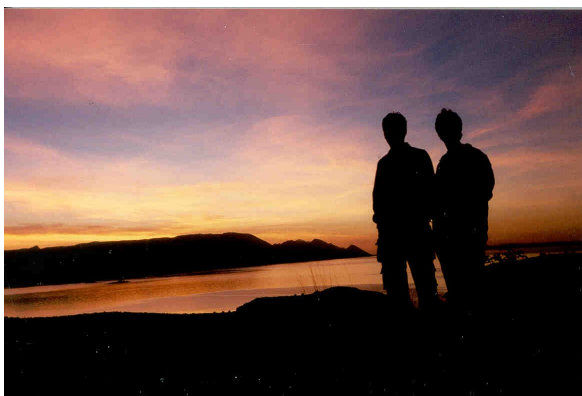
Patterns to Break:

- dependency on alcohol, tobacco, illicit drugs, sugar drinks, etc.
- watching TV
- shopping as entertainment (Wal-mart, supermarkets, etc)



It's not only about your head, but also about the heads of those you care for and love.

Now, understand this. For you to be successful in changing from an urban/suburban you must truly believe that this is the way to go. You have to believe in yourself, and you have to believe that there will be a future that will be better than the paradigm we have now. You have to believe it so deeply that it won't matter when people tell you you're crazy – and they will. Not everyone is meant to understand what is happening in the world today – even some family members will not wish you well in your endeavors. If you have been given the gift of insight, we encourage you to go with it.



Chapter 2

Why be a “Survivalist”?

If you're expecting a sales pitch on why you should be a survivalist, you won't get one here. For most of you, your reason for wanting to know more about survival is enough. Some of you want to know what to do “just in case” and others are just tired of being in a system that considers you a resource to be exploited, and still others believe in the Myan prophesies from the Popul Vu, Planet X, the Bible and other ancient wisdoms. It makes no difference what your motivations are, the end result is the same – knowing that there is something wrong out there and that never seems to get corrected.



The reasons for your adventure are yours to conjure. You don't have to look far to understand why self-

sufficiency is a good idea. Just a look at a few web pages should give you all the motivation you'll ever need.

You can find your own reason to bug out of society – war, famine, dollar collapse, civil unrest, collapsing infrastructure, weather changes, pole shift – take your pick. If you need someone to convince you then you are choosing not to be awake. You are deluding yourself if you think things will just get better from here.

Who Really Lives in Fear?



Many people excuse themselves from self-reliance/ survivalism by saying, “I don't want to live my life in fear,” assuming that we are here in our retreat because we fear the outside world. What they don't understand is that *they* are the ones living in fear day in and day out, but in living with it every day, it's hard to notice.

Answer this honestly – why do you buckle your seat belt? Is it because you are going to have an accident today and you think it will prevent you from injury? Does it protect you any better than an air bag does? There are

times when a seat belt is a detriment to the accident victim. If you are honest, you buckle your seat belt because that is the price you pay to drive on the highways, even city streets, even rural roads, without being stopped and harassed by the local or state police and given an expensive ticket. You fear the consequences of not buckling your seat belt in order to drive or be a passenger on the public roads.

Why do you not make a joke in the airport? Is it because you have no sense of humor? Or is it because you are afraid that someone will be listening and call the “See something/Say something” hotline?

We've been taught to fear the authorities starting with school days when we were afraid not to finish our homework.



So who is it who lives in fear? When you truly disconnect from society, *that's* when you have *lost* the fear. When you know that you can depend on yourself, no matter what happens, *that's* when you have *lost* the fear.

With the very delicate state of the world – geo-politics, economic collapse, strange weather, threat of war on a global scale set to break out at any moment – the real issue is not selling you on why to do this. The real issue is, will you be one of the rare ones who see the



storm coming and prepares or one of those who gets it at the very last minute and sees the need to prepare too late.

Suffice it to say that no one can or should talk you in to this life style. You are the only one who can do that. But if your reading includes books like this one, then it should be safe to say that you do understand the need to prepare and are looking for ways to accomplish that.

Chapter 3

Reasons Not to Prepare

This article first appeared on [The American Dream](#) website. Michael Snyder is a writer, speaker and activist who writes and edits his own blogs [The American Dream](#) and [Economic Collapse Blog](#).

1. "The U.S. Economy Is The Greatest Economy On The Planet - There Is No Way That It Could Ever Collapse"
2. "Once Barack Obama Wins The Election Everything Will Be Better"
3. "Once Mitt Romney Wins The Election Everything Will Be Better"
4. "When Things Get Really Bad The Government Will Take Care Of Us"
5. "When Disaster Strikes I Will Just Steal From Everyone Else That Has Been Busy Preparing"
6. "The Rapture Will Be At Any Moment So I Don't Have To Worry About Prepping"
7. "The Economy Has Always Recovered After Every Recession In The Past And This Time Will Be No Different"
8. "The People That Are Running Things Are Very Highly Educated And They Know Exactly What They Are Doing"

9. "Wal-Mart Will Always Be There"
10. "Our Politicians Are Watching Out For Our Best Interests"
11. "The 2012 Apocalypse Is Almost Here And We Are All Doomed Anyway - So Why Even Try?"
12. "Preppers Do Not Have A Positive Mental Attitude"
13. "If An Economic Collapse Comes I Will Just Go On Welfare"
14. "There Are Some Things You Just Can't Prepare For"
15. "Prepping Is Too Expensive"
16. "We Are Not Like Other Countries - U.S. Cities Are Designed To Withstand Major Earthquakes"
17. "I Need To Save Up For Retirement Instead"
18. "The Stock Market Has Been Soaring So Why Worry?"
19. "I Don't Have Room To Store Anything"
20. "Prepping Is For Crazy People"
21. "I Don't Believe In Conspiracy Theories"
22. "All The Food I Store Is Going To Go Bad"

23. "I Would Rather Spend My Time Watching American Idol"
24. "All The People Who Freaked Out About Y2K Look Really Foolish Now, Don't They?"
25. "I Don't Want To Look Like Those Idiots On 'Doomsday Preppers'"
26. "An EMP Attack Could Never Happen"
27. "There Will Never Be A Nationwide Transportation Disruption In The United States"
28. "Instead Of Being So Paranoid, I Would Rather Just Enjoy Life"
29. "If Society Falls Apart I Wouldn't Want To Continue To Live Anyway"
30. "There Will Never Be Another World War"
31. "I'm Too Lazy To Grow A Garden"
32. "If You Assume The Worst Is Going To Happen Then You Don't Believe In America"
33. "Deficits Don't Matter"
34. "I'll Always Be Able To Get A Job In My Field"
35. "If There Is A Financial Collapse All Of My Debts Will Be Wiped Out So I Might As Well Live It Up Now"

36. "If Things Hit The Fan I Will Just Go Move In With My Relatives Who Have Been Busy Prepping"
37. "Those That Believe That There Will Be Massive Riots In American Cities Someday Are Just Being Delusional"
dansheila
38. "My Spouse Would Think That I Have Finally Lost It"
39. "I Don't Know Where To Start"
40. "I'll Just Deal With Problems As They Arrive"
41. "I Don't Have To Prepare For A Natural Disaster - That Is What FEMA Is For"
42. "We'll Never See Martial Law In The United States"
43. "I Don't Want To Scare My Children"
44. "Once I Get Rid Of All My Debt Then I Will Start Thinking About Prepping"
45. "My Relatives Already Think That I Am A Nut Job - I Don't Need To Make It Any Worse"
46. "If People At Work Find Out That I Am Prepping It Could Hurt My Career"
47. "If There Really Was A Good Reason To Prepare They Would Tell Us About It On The News"

48. "People Have Been Predicting Doom And Gloom For Years And It Hasn't Happened Yet"

49. "The United States Is The Greatest Nation On Earth - There Is No Way That It Could Collapse"

50. "I Don't Plan On Becoming A Card Carrying Member Of The Tin Foil Hat Brigade"

Any of these sound familiar???

Chapter 4

Home Grown Humanity

(Ed. Note: We asked our 21 year old son, Jesse, if he would contribute to this book by writing about his viewpoint of living this life. Here are his words.)



I was recently asked “ Do you know how lucky you are never having been vaccinated?”

The question gave me pause because it had become an invariable expectation to encounter those attached to the ball and chain of the corporate world who would of course look down on anyone not suffering among them – misery loves company. You are somehow repugnant to them if you show justifiable fear of the clutches of *their* world. To be reminded by an external source that you have made the right decision can be a relief, as world events should make abundantly clear soon enough.

We (as in society) make it too easy for those trying to control the majority of the population. For the most part we already control each other. We attempt to make small changes in our lives to constructively avert control and the controllers need not do anything that our peers won't execute more promptly for them.

The “troublemaker” is expelled from urban/suburban society and he then keeps himself under control. “If I tell the neighborhood that they're all being lied to and are in grave danger, I won't be invited to Jim's barbecue.” This poor mind decides never to wake up entirely and take appropriate action for the reason of trivia such as “What

will the neighbors think?” This is a very old paradigm losing it's relevance fast. It justifies years of living among the illusioned ones who, in all of that time, have done everything to verbally poke and prod you into doing whatever it is they do – join the army, collect social security, work for a bank that is profiting from the collapse of foreign economies, etc. You might make a more honest living as a drug dealer. I find my self as confused as they are when they stare blankly and wonder why I see it more fitting to spend most of my time in the desert and actually *work* for my own living.

I have made a series of decisions that have cost me my ability to participate in so-called normal society. I can't drive on your roads, I can't work for your corporations, I can't beg your government for money. Its all been worth refusing to comply with murderers.

This will be read by some who will use the term “unpatriotic” – another of those pokes and prods we use to govern each other – and I want to ask those people if they are aware that even a chicken knows that its better outside the coop? The unfortunate suburbanite lacks this same quality. They feel safer behind concrete and steel, become uneasy and sometimes frightened when made to think about working towards survival on it's own merit. Many of them speak of desire to evolve to what they sugar-coat as sustainability but when faced with the assignment to get access to land outside of cities, design an electrical system, build houses, start a garden, etc., their motivation comes to a screeching halt. It's sad, but I've seen this so many times. It doesn't take long before they're back to soccer-town USA, back to the apartment scene and shitty jobs – as long as those are still available.

This whole group, this American public that have

collectively watched the global structure crumble piece by piece and have been compelled to do nothing until it affected their own beer and mountain dew and suddenly they strap on the Guy Fawkes mask, swinging teabags.

When our leaders send men and women to die while murdering others, we say nothing. When our leaders murdered 3,000 of us, few of us could accept even the truth behind that, and now that their madness has hit home and our pocketbooks we find it compelling to do *something...*

So we address our displeasure to the puppets of the elite – still only because we are now personally affected – these incoherent grunts, in an attempt to restore the system of control that has bound them all these years, all these centuries.

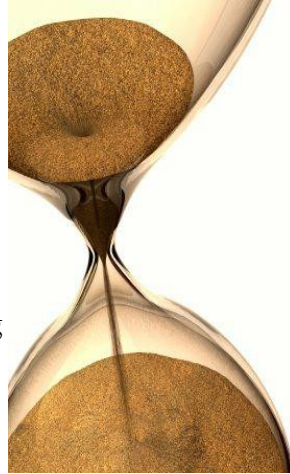
Rebellion and the spirit of anarchy is strong in many of us but is too often manipulated. We do things for the passion to defy the true criminals binding us to this world of tyranny and madness but the excuse to continue to comply is inevitable. “We can do more damage in the system than we can from outside of it,” and then we continue to vote for politicians. Some of us *become* politicians and the loop continues – in the end no damage is done, no people freer, no point made, no point taken, no change made – without sacrificing something we're not willing to give up – Status Quo.

So, yes, I know how lucky I am that I have never been vaccinated. Nor have I drunk lots of fluoride, nor have I submitted to something that I've known to be inherently wrong out of fear.

Chapter 5

It's 2012 – Is it Too Late?

If you are waiting for the bell to tell you “It's time to *GO!*”, crank up your hearing aid, because it's already rung. You shouldn't be waiting for the collapse, *IT'S ALREADY HAPPENED!* Look around.



Nearly every mid-sized to big city in America has a crumbling infrastructure (bridges, subways, water systems, etc.). The money is not available to fix these properly and they will soon become beyond repair at all. Imagine if a large city in your state suddenly has no running water. How long will it take before the store shelves have no bottled water? Now imagine that trucks can't deliver replenishments because the bridge to that part of town won't take the weight. Do you see how they are all connected?

PDD 51, NDAA, TSA, DHS et al. Presidential Defense Directive 51 states that upon a decision by the Executive Branch and without due process of law, American citizens can be picked up and held indefinitely without charge, have their assets seized, be tortured and executed upon any arbitrary and capricious decision some bureaucrat makes. **BIG ALARM BELLS SHOULD BE GOING OFF NOW!**



Not even Mao, Pol Pot, Stalin, Hitler or Kim Jung Il had the balls to put this practice in writing! TPTB are so confident that we are all so dumbed-down and sedentary, happy to be eating the poison and drinking the fluoride, watching American Idol and Monday Night Football and texting on our I-Pods that they are now free to do whatever they please, whatever makes them and their buddies the most money, regardless of who gets hurt and they can put it in our faces and hear barely a peep of complaint! Time to wake up.

People are being arrested all over the country and being given exorbitant bail (in Wisconsin a woman received bail of \$1,000,000 while an accused murderer received bail of \$25,000), having their dogs shot and families beat up by SWAT teams – all for the sin of

wanting to drink raw milk and share it (*not even for monetary gain*) with those who also want to drink raw milk.

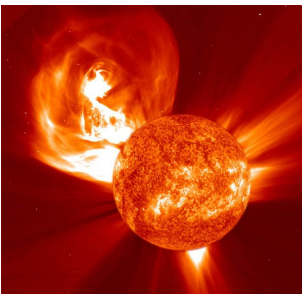


The world is being set up for war on a grand scale. We are already involved in “military actions” (read: war) in most of the Middle Eastern countries, and we are finding excuses to invade others on a daily basis. Iran is being used as the jingling keys to keep your eyes off how many other countries we have already invaded extra-Constitutionally (i.e., outside the Constitution). Frankly, who cares if it's Constitutional or not – it ain't right. Wars have always been fought to make those with riches richer. Nothing more, nothing less, never.

You have probably already noticed the planned and beginning food shortages and high prices.



Commodity traders are driving up the prices of key, staple food items – corn, rice, wheat etc. – so that even people with an average income are having a harder time affording food. Food banks can't keep up with the demand for free food and the recipients are glad to get the MSG filled, GMO impregnated, prepared foods, the white breads and the HFCS laden drinks. Is *Soylent Green* next?



There are many who believe that the increased solar activity is being caused by Planet X, Galactic Alignment, Planetary Alignment or the proving of the Mayan Calendar.

Those all deal in the speculative realm as to date there is no hard proof of any of these.

What *IS* fact is that everybody from NASA to the European Space Agency, the Russian Space Agency, the Chinese Space Agency as well as independent scientists are predicting extreme solar activity. Solar flares, CMEs (coronal mass ejections) and even possibly plasma are not only possible, but nearly a certainty between 2012 and the spring/summer of 2013. NASA went so far as to put a speech by their Director on youtube: (<http://www.youtube.com/watch?v=jXI2vzh-EQ>), in which he implores anyone who works for NASA to prepare for a cataclysmic event originating off the Earth, and even mentions “coastal areas” including “Great Lakes coastal areas” as especially vulnerable. Hunh? Please investigate this – *all of this* – for yourself.

As of June/July 2012, the earth will have moved into direct alignment with the largest sunspot ever recorded (60,000 miles in diameter) and it's only begun to become active, already having sent out several CMEs to date. One powerful CME could knock out the power grid in America and it would take *YEARS* to repair. We no longer build grid components in America, they are made in China and there is already a long backlog to purchase these. Who knows what is really in those chemtrails being laid down all across the entire planet, but supposedly one of the reasons is to protect us from the sun's newly increased effects.

In addition, increased solar activity affects increased seismic activity (earthquakes). Check out this website: <http://www.iris.edu/seismon/>

Regardless of whether you believe that weather changes are being caused by humans breathing out too

much or by solar changes that are affecting all the planets in the Solar system, or by a machine (HAARP) that is being used to wage weather wars, you can't deny that the weather sure has been wacky lately. 128 tornadoes in ONE NIGHT? “Monsoon season” coming to the Southwest in April instead of July? Record heat and record snows and cold in the same year? Unfortunately, these weather changes are already having an effect on food supplies.

Of all the things we could mention – wars, earthquakes, solar activity, food shortages – they are nothing compared to the human for danger. The most dangerous beast in the jungle is a human gone feral. There is evidence of this all around you. You just need to open your eyes and see it – a mother kills herself and 4 children, a crack-whore sells her baby to support habit, “elites” buying aborted fetuses that have been roasted and wrapped in gold foil, “flash mobs” Tweet their way into a ravaging, destructive, violent mass, one man in South Beach eats the face off another – I'm sorry to say this is all true. You don't have to run off to a deserted island, but the further you can get from heavily populated areas the better.

For some people that we have talked with, 5 years from now is their time frame to make a move and for others last year was too late. It depends on what your priorities are.

Some people are holding off till they see TSHTF, and then they will have the convenient excuse that they “meant to make the change”, but they didn't know it would happen so soon.

For some of you, your time frame going to be based on your life as it is now. An example is someone who will retire in the next 5 years and is using that time table as their bug-out time table. For most people their timetable is more temporal than expedited. Our opinion is that is just wishful thinking and shows a lack of commitment to living the lifestyle. It's talking the talk without walking the walk.

Regardless what your longterm plans are, being prepared for the NOW is important. Last year's Fukushima tsunami and melt-down should bring to mind the need to be prepared for anything at any time. Imagine where you live right now with out following:

- Electric power
- Cell phones
- Food on the grocer's shelves
- Water
- Sewage treatment
- Mountain dew
- Drugs – illicit or prescribed
- Tobacco
- Civil order



The results of there suddenly not being any of the aforementioned items available where you live would be total chaos. The figure that is bandied about is 4 hours – that's how long it will take for urban, suburban, even rural areas to go totally feral with out the those items. The bigger the area, the bigger the chaos. Big city, big chaos.

Here is a question I ask many people... If nothing happens to change the world from how it is right now, wouldn't you want to live this way (self-sufficiently) *anyway*? If you can see the beauty and the freedom of this lifestyle, why not start it now?



A guy jumped off the Empire State Building and as he passed the 50th floor he could clearly be heard saying, “So far, so good!”

If you don't know that you should be preparing now, no matter to what degree, just keep hoping that all will still be good when you get beyond the ground floor.

Chapter 6

There But for the Grace of God Go I?

You'll notice that the title has a question mark at the end of it. The reason for the question mark is that is the way most people react when they see what this lifestyle is like in reality.

It's like going on a blind date...the person is never what you imagined and your immediate reaction is disappointment. But sometimes, when you really take the time to find out who that person is, you realize you have just met Mr. or Ms. Right. It is the major the reason we wrote this book – to help people have the correct mindset about surviving.

So let me say that again in case you missed it:

THERE BUT FOR THE GRACE OF GOD GO I??

We have never heard someone *say* that but we have seen it on peoples' faces countless times. We had two domestics (husband and wife butler & housekeeper team, sorta like the Anthony Hopkins and Emma Thompson characters in the movie *Remains of the Day* – and even English!) come for a visit. It was the best case of culture shock about survivalism we have ever seen. We had, of course, corresponded with them prior to their coming to our Shangri-La and tried our best to enlighten them on the realities of wilderness living. When they arrived they looked like they



needed immediate care for their heads and perhaps a Valium.

Like most people, their thoughts about survival living was out a movie or novel they once read. We saw them eying our cabin – primitive and unfinished as it was – with horror. There were many other visitors who had the same reaction.

Not that the cabin was a bad place, not that it was unclean, but it was just a big room (16' by 32') that contained a wood cook stove, a counter top with a sink, a dining room table and our bed. The bathroom was also quite primitive, a 4' by 8' area containing an RV toilet and a hole in the floor for the shower water to drain. There were no luxuries – like running water or paint on the plywood – but we were quite proud of what we had built with our own hands and it gave us good shelter for 2 years while we built the charming adobe house we now live in.

The domestics' horror was brought on by confusing opulence – or even luxury – with *value*. Don't let others who don't understand the difference make you feel inadequate. Frankly, we feel sorry for those who don't understand that the freedom gained by living this lifestyle is worth giving up a luxury or two.

We have also known people who thought they really wanted to be survivalists, even to the point of having purchased land in Northern California and moving their family 3000 miles across country, who were horrified at the thought of *actually having to live* the self-reliant lifestyle. We knew that they weren't really “all in” about living the life when they chose to rent a house near a big city rather than rough it while they built a house on their land. One foot on third base syndrome. You'll never get

to home plate that way.

We have no vehicle and live over 20 miles from a paved road. That's OK with us. We made a conscious choice to spend the money we would have used on another vehicle (plus gas, plus insurance, etc.) on more supplies. Once in a while a friend will do us a favor and bring us up some groceries to spice up our diet. But a member of the wanna-be survivalist family who moved 3000 miles said to us, "I'm so afraid for you guys being there because when TSHTF, you won't be able to get out of there."

THAT'S THE WHOLE POINT! When TSHTF we won't *want* anything from the outside world! And we won't *need* anything from the outside world. We're here because we choose to be, not because it's the most luxurious place we could afford (or buy on credit). And we'll know that what we do have will be riches compared to those "out there".

Actually, she was simply telegraphing her own fears. It was a case of lack of honesty in the agreement between spouses in making the decision to commit to this lifestyle.



Knowing what to expect is the real issue. Some people's vision of this life is one that draws upon what they have learned from movies and books while others from what they have learned being a camper, hiker, hunter outdoors man/women. These are all good things to know and experience, but only offer a limited view of what this life style is *really* like. And until you live it and have lived it for a while, you haven't got a clue.

Chapter 7

Act As If

If there is just one thing that created our success in obtaining our goals and living this lifestyle, this is it. We never acted as if “maybe someday” we would have this, we always acted as if it was a reality, and it became so. We're not talking about wishful thinking here. That's “I hope.” This is, “It is.” This is the power of intentions, quantum physics, actualization, whatever you want to call it. It's the secret of a successful life.



What to do to mentally prepare yourself for the survivalist life style? First, get an idea what the lifestyle is actually like. Visit homesteaders, survival retreats, read the yahoo forums on survivalism and read books like this one.

Now, here is what will be hard for most of you: start *living* “as if” *NOW*. I mean begin now, while living in the system, to live the way your life will be when you make the change.

If your survival retreat is one without TV, begin now curing yourself of that addiction. If your survival retreat is one without Starbucks, start today living “as if” Starbucks is no longer in your life. Start today replacing parts of your diet that you will no longer have (McD's, prepared foods, etc.) with legumes and grains, whole wheat breads (no, not the brown white bread that most commercial bakers call whole wheat – we mean bread made without additives) and some of the foods that you will be eating once you are depending on your storage foods.



It will be easier to cut down and eventually stop these consumer habits now, before you make the change and before things in the world collapse, than to go cold turkey when you will be in great stress and missing those things real bad.

So begin now “acting as if” and when the time comes for you to bug out to your survival retreat, the culture

shock will be minimized and you'll be able to cope. No matter how well you think you are prepared for living this life style, till you really do it – *you haven't got a clue.*

Chapter 8

Don't Fix the System – Get Out of It

If you are bent on fighting the system, you're not only still in it – you are part of it. The system has no power of its own. You give it power by accepting that it has any. And if you are fighting it, it must have power.

Nine out of ten people (at least) fail at trying to extricate themselves from the system. For most people, they never had a chance. The prevailing culture is completely designed to ensure your enslavement. Every time you wonder, should I buy a new car, should I use this cosmetic, should I drink this soda or that, you are being a slave to the god of consumerism – and only because you have been conditioned to be such. The system is designed to exploit your deeply implanted insecurities.

We all have a pile of insecurities to surmount, and, truth be told, the vast majority are placed there deliberately by those who are (sadly) called “the powers that be” (TPTB).

TPTB make it no secret that they consider humanity their own personal “human resource”. Forgive me for my lack of accepting their euphemisms, but isn't calling a group of people a “human resource” contrary to the best interest of that human resource? Look at it from the perspective of a cow, chicken or pig. What do you think a “cow resource”, “chicken resource” or “pig resource” really is?

*SOMEONE ELSE'S
FOOD!!!*



The intention (we believe in intentions creating our realities) of this book is to help you to extract yourself from being someone else's "human resource" and become your own resource.

We compare fighting the system to "fix" (or resurrect) it, to fighting over who gets the tenderloin steak off a dead and rotting cow. For most of you I am sure this will be an extremely radical statement. But if that system lead us to the morass of greed and evil in which we are today, wouldn't it be better to be around after it collapses and help lead society to a better paradigm, based more on caring about others than about squeezing the last penny out of some useless consumer product?

Just what is "the system"? The system is an interlocked, interdependent, inter-cooperative combine of societal control. These systems work their tentacles into all facets of society.

- Government – all levels, state, county and municipal, federal, U.N., etc.
- Banking – IMF and Federal Reserve on down.
- Education – all levels, kindergarten through graduate school.
- Corporations – releasing people from responsibility.
- Pop Culture – TV, pop music, news media (as Gerald Celente calls them – "presstitutes").

Contrary to what you may think, these institutions are not there to serve you. They serve only themselves.

The education system is designed to program you with societal lies and put you in a situation that will deeply program the insecurities that will be exploited by the corporations and governments in your later life. If you don't know why so many schools and so many scholars could be bent to the dark side, it is really not difficult to understand. It all has to do with money.

If you pride yourself as an “academic” (someone who has gone to college, gone to school most of their lives and doesn't stop because they keep getting rewarded for being such excellent repeaters), someone has to pay the tab for this to be possible for you. How is it done? It is done mostly with grants. These are used by corporations and governments to give the academic seal of approval to the governmental or corporate bullshit.

Let's say I'm a pharmaceutical company and I want research done on my particular drug so that I gain government approval. I, as the corporation, get to decide who gets this research grant. Savvy academic whores know how to make themselves desirable to government grants and corporate payoffs. The academic whores need only write “white papers” on the benefits of a particular drug (or the need for homeland security or global warming issues, etc.) and grant money will flow in their direction. So the academic merry-go-round goes, spewing bullshit as truth with the academic seal of approval.

The elementary and secondary (high) school system is just as filled with bullshit as the college level, but gives the students a good background and training in how to accept and repeat the bullshit while getting them used to taking orders from the “authorities” and being good little compliant “citizens” (read: consumer slaves). That system

also makes sure the good instincts – like asking thoughtful questions – are turned into insecurities for being different than everyone else.

Government is a euphemism for “*our gang*”. The government operates no differently than the Mafia or any common street gang. If you are an aficionado of Monty Python you may have seen one of their more popular sketches with the “Facotti Brothers”. Soaked with sarcasm and irony, the two brothers visit an army base and try to shake it down for protection money. One of the brothers says to the colonel, “You got a lot of really nice tanks here, Colonel. It’d be a shame if something happened to them.”



This, in a nutshell, is how all governments work – state, county, municipal, federal, world (the U.N. and the soon coming “one world government”) – they all have the same racket. That racket is harvesting money from their “human resources” under the guise of “serving them”.

I recently read an article about an Englishman who bought a piece of rural land in what the English call the north country and got himself some cows, goats, chickens, solar power, built himself a small home and was an excellent model of self-sufficiency. He was contacted by the Borough Council and was told that he must return to his suburban London home, enroll his children in school, pay his pole tax, get himself and his family inoculated, reconnect to the grid, buy his food at the grocery store, etc. – even though he had achieved 100% self-sufficiency

– or risk jail. It was just “*their* gang's” way of saying “we need our piece or something gets broken”.

Those of us who have seen beyond the veil understand that empty euphemisms like “for the betterment of society”, “for society as a whole” and last but not least, “for the children”, are used to hold you into society. By far their favorite is “for the children”.

Our daughter, who never had a social security number, went to get a passport. She told us that the people at the passport office actually seemed scared of her because she did not have a SSN. What on earth could possibly be frightening about not having an SSN at 18 years old? Truth is, the only thing frightening is how you are conditioned to respond to it, not the condition whatsoever.

In order for governments to maintain their hegemony, they absolutely need servile, docile taxpayers. Without that they no longer exist. Like the Mafia needs people paying them for their protection, the government needs your compliance!

At least the Mafia has a rule...they don't involve “civilians” in their business. That is, unless you borrow money from a loan shark, rent one of their prostitutes or make a bet with them, you are “hands-off” to them. But the government claims you the moment you flow out of the “river of the womb” (investigate what Jordan Maxwell says about a birth certificate being like the birthing of a boat and why Admiralty law is the de facto law of this country. Note the gold fringed flag of the seas).

It's all about taking back your sovereign rights. No government or system *gives* you those rights. They must be claimed and accepted on a daily basis by you personally.

Corporations need to maintain their status quo, and keep you in the consumerist system. The primary directive of a corporation is to extract their pound of flesh from their “human resources” at hand in the most efficient way possible.

When you consider that the “raison d’etre” of a corporation is to obtain the most profits for the corporation possible, it makes sense for them to cut every corner, pay every employee as little as possible, squeeze every penny from the consumers by making a cheaper product. What the corporation – by definition – needs not consider is, “is this the *right* thing to do, the *ethical* or *positive* thing to do?”

Efficiency is how they euphemistically describe this penny pinching money grubbing. The sterile inhospitable décor of a Wal-mart is a stunning example of corporate efficiency. Psychologists, psychiatrists and human relations experts are the directors of this environment. Their job is to find the most efficient ways to exploit all the insecurities you have had hard-wired into you by the advertising gurus and, like a combine tearing through a wheat field, harvest all the “edible fruit” it can.

If you have never seen the documentary film, “*The High Cost of Low Prices*” it is a real window into the corporate world. It shows the worker abuse, anti-union activities, lack of health care and (this is rich) Wal-mart instructing it’s employees on how they can also collect welfare, WIC, food stamps, etc., to augment their lack of a living wage.

Sadly, the only reason that I have had to ever set foot in a Wal-Mart was because the other grocery and retail establishments to whom I would have gladly paid higher prices, had been put out of business by Wal-mart.

Suffice it to say, big business/corporations are not in your best interest. Whenever posed with a choice, choose a small, local business to spend your dollars with. The goal for all American workers is for us to be like good Wal-Mart employees, making less than a paycheck you can live on, and dependent on the government hand-outs to make up the difference. Can you say “slavery”?

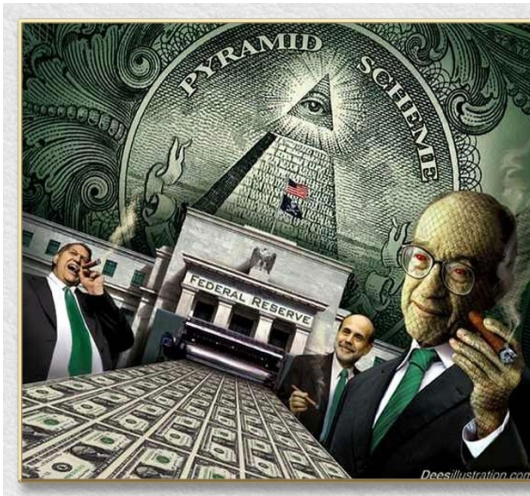
Here's someone with a clear understanding:

http://www.youtube.com/watch?feature=player_embedded&v=FeLLR3LWtv4#!

The Banking system, if you really look at it, is the greatest scam ever. In a nutshell, the Federal Reserve creates money (electronic credits, really) out of thin air – just on their own “say so” – and then sells it to the governments at interest. The money to pay the interest is also created out of thin air and is also sold at interest, so

that they system's cycle never ends.

There are plenty of places on the Internet that explain this in detail. We recommend watching at least the economic section in the movie,



Zeitgeist: Addendum by Peter Joseph or *Confessions of an Economic Hitman* by John Perkins.

Pop Culture is broadly defined as our entertainment – TV, movies, radio, music, magazines – all designed to maintain the consumerist lifestyle. Any doubt of this at all and you need only to pick up a copy of Mother Earth News and see how utterly commercial they have become.

These institutions are also employed to exploit the deep-seated insecurities we have had hard-wired into us from education, government, corporations, et al. Some things they do are very subtle, like the 29.9 flicker rate standard on a TV that is designed to put your brain into a mid-theta state.

The theta state is the one in which the subconscious mind is most vulnerable to suggestion. It is possible to watch a TV show or movie, fall deeply into a theta state without knowing it and then, exploiting the natural rhythms of your mind, they can implant, word-by-word, buried within the dialogue, a particular set of “programming” – that is, mental programming. Have you ever wondered why they call it “PROGRAMMING”?



Nothing goes across the mainstream media news outlets that isn't sanitized and specifically constructed to bring about the desired result. The CIA has had case officers working all major media outfits long before 9/11. This is even admitted by our government.

If you were aware that watching TV some number of hours a day literally changes your mind and removes your

free will, would you really watch it? Sadly for many of us, life without our favorite TV show would be just too unbearable. But if reading this has woken you up – *TURN YOUR F**KING TV OFF!!!* It does not serve you. It serves others who do not have your best interests at heart.

Even Sesame street (*especially* Sesame Street) is used to start the training early. Ignatius of Loyola, the founder of the Jesuit order said, "Give me a child for for his first seven years and I'll give you the man."

If you feel uncomfortable about disconnecting yourself from “the system”, remember TPTB have conditioned you to feel uncomfortable about thinking these kinds of thoughts.

If you choose the freedom of self-reliance, it's perfectly normal to feel even scared. If you think all your thoughts are yours, please re-read this section and try to form a clear thought process. For some of you I know it will be a new experience, but once you can see that the system is designed to make you into a “good worker (slave)/consumer” and nothing more, you should understand their need to keep you in the system, and how good it is to be out. Good luck.

Chapter 9

Don't Bring “The Outside World” With You

Many people we've met who claim they want the survivalist lifestyle are in complete shock when they come to realize that this isn't suburbia with different scenery. It requires a complete change from most peoples' current lifestyle *and mindset*.

Life in the wilderness is closely aligned with nature, the direct opposite of what your life has been conditioned to accept. You live in an air conditioned home, work in an air-conditioned office, drive in an air conditioned car, with artificial lights all around...it would be hard to more disconnected from nature than you are right now.

Living in your survivalist retreat doesn't mean you just pick up your whole suburban life and move it to a different location. If you need to hang on to having a supermarket down the block, don't move from where you are. If your retreat is in the desert and you really want to have a lawn, don't move from where you are. If you can't start the day without your economy sized bag of fruity-loops, don't move from where you are. If you can't be bothered filling the wood stove all night and really need to flick a switch to turn up the heat, don't move from where you are.

We're not saying that people cannot adjust, what we are saying is the adjustment is easier if you see it coming.

The things that you are likely to miss in the suburban world are easily replaceable with activities that we enjoy

here. Place in your mind's eye a picture of life that is sustainable *and* comfortable. If you can achieve that vision, the activities that you now enjoy in your suburban lifestyle will be transformed into new ones once you live this life for real.

We enjoy going to the green house to water the produce and see it's progress throughout the summer. We enjoy feeding the chickens, goats, cats, dogs and ourselves. We enjoy watching the sun rise and seeing the shadows change the mountains during the day. You will find new joys, too.



A very strong theme that TPTB use against us is what our self image is. Most never know their own minds. As Oscar Wilde said, “Most people are other people. Their thoughts are someone else's opinions, their lives a mimicry, their passions a quotation” This was true in the 19th century as much as it is today. Our thoughts of what our lives should look like are thoughts that are not totally

our own.

If you are living in the outside world, chances are you are defining yourself by what car you drive as compared to your neighbor's, how much money you make, and how big your plasma screen TV is. When none of that matters, you will find a new definition of yourself based on *YOUR* own abilities to live a life connected to nature and benefiting yourself and it won't matter what anyone else thinks – *you'll* know you've done well.

We've seen lots of people disappointed by creating in their minds a false ideal or a fanciful dream of what the survivalist life looks like, and then watched them pack up and move back to the urban/suburban worlds all because they wanted it to be a certain way and that way was not in harmony with the reality.

I remember someone telling me that she did not know what she would do with out a Trader Joe's near by. That is a legitimate concern for some, and we are not being sarcastic. What we are saying is that if your life needs certain things and those things are not at your survival location or not available there you'll need to learn to live without them.

Hanging on to your urban/suburban lifestyle will inhibit your seeing the beauty around you, and the peace and freedom of being self-sufficient, relying on no one other than yourself, and finding out how much you can truly accomplish.

Chapter 10

How Far Away from the World Do I Need to Be?

When TSHTF and chaos ensues, you don't want to make it easy for someone who hasn't prepared to take what you have prepared.

The Army's stated plan for when that time comes (yes – they have a plan) is to isolate the urban and suburban areas by choking off critical roads – Interstates, State roads, etc. This means that most people will be stuck in urban and suburban areas, like it or not.



Some people, though, will get out and be looking for a place to land – or a place to take over. We're talking about the possibility of some real “desperadoes” here.

You don't want to be in a place where some gang can happen upon your survival spot by accident. For most, the general rule should be at least 100 miles away from large cities and the potential of marauding hoards.

Our place is over 20 miles from even a paved road and a good part of the dirt road is “primitive” – very rocky and pretty scary for city-folks. There is nothing but some cattle drinker wells between us and the paved road. So a gang or even a sole individual would have to know for a fact that it was worth taking the trip to see if we were “pushovers” and if we had anything here worth his while. Just to get to the dirt road requires a trip of about 30 miles from even the smallest town. We're almost 200 miles from a major city, which would be where a gang might come from. They couldn't even get enough gas to make the whole trip here if they were driving, let alone being able to walk here. And if they did bother to make the trip, they'd have to be sure that they were not going to face someone who knew how to defend themselves. In itself, our location is a big deterrent.



Some people think that if they are in a “rural” area (something less populated than suburbia) they are in a good place for survival. What is mostly available in these areas is a place in a “subdivision” (sometimes called a “development”) where you can get a 5 acre lot for somewhere around \$20,000. It's very attractive to someone from a city. It gives the illusion of being “away from the world” to those who are not quite comfortable about being very remote. But we tend to call these subdivisions “suburbia with bigger lots”.

On our journey to find the right spot for ourselves, we wasted lots of time and effort and



LOTS of money in subdivisions. What we found –

without exception – was that these subdivisions are overwhelmingly populated with those living in one form or another off government checks (Social Security, Welfare, VA Disabilities, etc.) and waiting for next month's check to stock up on beer and alcohol, cigarettes, Mountain Dew and – only if they had enough left over – some prepared or “junk” foods. In addition they were dependent on the medical system for their Prozac, Viagra and Oxycodone prescriptions.

In some of the subdivisions in which we lived, within the span of a year the population tripled. Here's what often happens: Your daughter's husband is out of work and they, along with their bratty kids need to move in with you. Then you remember that you have an RV on one of these 5 acre lots in a subdivision where you planned to retire someday but rarely visit. Hey! Your daughter and her family can go live there rather than your house!

We know personally of several situations like this in which these down-on -their-luck families find it a good opportunity to steal whatever they can from the rest of the population in the subdivision. The week after we sold and moved out of one subdivision, someone came along and stole the solar panels we had left for the new owner from the roof of the house! They didn't know the new owner had already installed a video camera to watch the property. Even the nicest people's grown kids were involved. It was only because we were pretty much *always* home that our own property was not bothered.

In any event, imagine what all those neighbors will be like when the



government checks stop coming – when they can't get that rack of beer or that Prozac and their 2 days worth of food is emptied from the cabinets. It will be worse than if you had stayed in suburbia, where the Army will at least give you *hope* that “the situation is well in hand.”

Subdivisions and developments often have pages and pages of “covenants” – rules about what kind of building can be erected on your land, how long you can live in an RV on your land, what kind of livestock you can have on your land and on and on. And they usually have a “homeowners' association” to make sure the rules are followed and new ones added.

Another word about subdivisions. It is the ideal setting and a magnet for “meth chefs”, people who manufacture methamphetamine in their homes. No one nearby savvy enough to know what that smell really is, no one close enough to see what's going on, and not a lot of police in the area. If you are (fortunately) not too familiar with the meth culture, its big attraction is that with a small investment, hundreds of times of profits can be made. Here is what it does to people:



If you see people around you who look like this when you are looking for land, GO SOMEWHERE ELSE!

Essentially, you want to be as far away from people as you can. That will be different for everyone. Some people need to have others around to feel secure. But when chaos shows its head, people's reaction to that – *panic* – will be the problem.

Chapter 11

The Perfect Bug-Out Pack

For some of you this part is going to be critical – those of you who are JIC's (“just in case-ers”) or those of you who plan on bugging-out at the last moment rather than living permanently in your survival location.

I know some of you will be reading this expecting to see things like how to use a condom as a canteen and what to do with a magnifying glass and mirror if you find yourself in the desert. Those are good things to have if you have nothing else, *but* – the survivalist life style is one of being prepared, not playing catch up with substandard tools or equipment.

A bug out pack is not something you should plan on living from for an extended period of time. It should be relied upon to help you through the time it takes you to get from your “in-the-world” situation to your survival location.



Illustration 1: U.S. Army Alice Pack

Many survivalist writers like the U.S. Army “Alice pack” type back pack. It is large enough to carry an entrenching tool, a gas mask, a sleeping bag, a medical kit, 200 rounds of ammo, a poncho

(sometimes called a “shelter half” – great for using as a shelter), a rifle cleaning kit, a compass, food, two canteens, web gear and much more.

Fully loaded it can weigh as much as 60 to 70 lbs. All good things to have, but unless you are or plan to become a rough-and-ready infantryman, 60 to 70 lbs is a lot to carry on your back.



Illustration 2: NATO Back Pack

That is why I prefer the NATO back pack. It is much smaller and when traveling to your bug-out location it has ample room for necessary items, which we consider to be:

One roll of toilet paper

Dried foods – jerky, fruit, nuts, etc.

Flashlight
Matches
Compass
Blanket/Sleeping Bag
Poncho
First Aid Kit
Two Canteens filled with Water and Colloidal Silver
Hunting Knife
Swiss Army Knife
Leatherman Multi-Tool
Gun with Ammo

Most of this list is self explanatory – TP, dried foods, etc. – but when it comes to things like a first aid kit and a gun, a little explanation is in order.

Your choice of gun and ammo are important. I know that many of you already have your choices of weapons in your gear. This is for those who have not made those choices.

Your weapon should be able to be carried in the pack along with the ammo. This may limit your choices of weapon to a pistol, but the Ruger 10/22 is also a possibility. It is a very reliable 22 caliber carbine semi-automatic rifle.



Illustration 3: Ruger 10-22

It has a short foot-print, less than 37 inches long, and can be made much shorter by use of a legal (in most places in the USA) black plastic stock that is only 18 inches long. Butler Creek offers a 25 round clip for a 10-22 that is very inexpensive and reliable that we can recommend as well.



Illustration 4: 10-22 Plastic Stock

If this is the first gun you have ever owned, *please, please, please* put out of your mind what you may have learned about guns from movies and TV! Movies and TV are fantasy not reality. The only thing you can learn from movies and TV about guns is how to get yourself killed.

NEVER THREATEN ANYONE WITH A GUN!!! THIS IS COMMON IN THE MOVIES AND TV BUT IN THE REAL WORLD IT WILL GET YOU KILLED!

Only use a gun to defend your self and for hunting. Any other reason, especially if you were to point a gun at a criminal or military personnel or police, is all the excuse

they will need to shoot you. They do not draw their weapon to threaten anyone – they pull their weapons out to *use* them and for no other reason. Please, use a gun only for self-defense and hunting.

In most cases just knowing that we are armed is enough to cause any one wanting to cause us harm to choose easier pickin's.

So the intention is to have enough of a gun to drive away trouble makers and protect yourself from large critters, but not enough fire power to take on the 101st Infantry.

For most people all they will ever need is a Ruger 10/22 with 500 rounds of ammo, and/or a Mossberg 500 series 12 gauge shotgun with 50 rounds of ammo. If you prepare for war with the world you send a message to the universe that you expect war and the universe will bring you what you expect. If your intentions are for hunting and self defense then that will become your reality.



Illustration 5: Mossberg 500 Shotgun

Now for the first aid kit. You should have lots of items waiting for you at your survival location, but as for what you should carry in your back pack, we suggest the following:

Gauze and First Aid Tape
Tube of Antibiotic Cream or Gel
Band Aids
Aspirin or Ibuprofen
Hard Sugar Candy for quick energy
A supply of Medications and/or Supplements that you
take daily.

Chapter 12

What to Look For in Your Land Choice

Like we have covered in the previous chapter, rural mountain subdivisions are not a good place for a survival retreat.

What you are looking for is REAL RURAL PROPERTY. It won't be easy getting a real estate agent to be creative and find land not in a subdivision, so insist that he or she not waste your time. Keep looking until you find the right agent, or look for sellers directly on the Internet (ebay and cragslist are good places to look).

Our ideal – and where we settled – is a county of over 7500 square miles. That's bigger than most of the states in Southern New England combined. The year round population of this county is under 2500, making the population density less than one person per square mile. That's a good ratio.

You may not be able to achieve that but try to keep the number at less than 6 people per square mile.

Many people become very insecure living in a place that EMTs do not service, or living on a poorly maintained dirt road that is over 30 miles long. Fear keeps them away, and that is something you can use to your advantage. If you are planning a survival retreat somewhere, the fact that the Sheriff only comes if someone is shot and dying and EMTs dare not tread is just what you are looking for.

Here in our county in New Mexico, it is a requirement that all home owners own a firearm. This is because there is one Sheriff and 4 Deputies to cover the entire 7500

square mile county. The Sheriff can be in the county seat and you're in the north west corner of the county, a driving distance of over 190 miles, and he can't get to you very quickly. If you call to say there's a bear in your house, he'll tell you to shoot it yourself! Suffice it to say you're on your own here. Frankly, that's the way a real survivalist would rather have it anyway.



If the land you are considering is difficult to get to, that's a plus. You don't want it to be *impossible* to get to, but difficult is ok. That's a deterrent to marauding gangs as we discussed in a previous chapter. You'll probably want to be able to get to a town at least once in a while to pick things up here and there until things totally collapse.



When we do make a grocery run, we patronize the local small grocer rather than the great big supermarkets. The selection of foods is modest and the prices are just slightly higher than the big markets. But if you need something special, or if you forgot to fill your checkbook and need some short-term credit, you get to talk to the owner who is glad to offer extra customer service – not some flunky who can only do what the corporate rules say he can do. So when you are land hunting, stop in at some of the local retailers and see how you feel about them.

Water availability is a big consideration, especially here in the Southwest. This doesn't necessarily mean that the land you are considering must have its own well already. There may be a natural water source nearby that you can take advantage of, or the rainfall patterns allow you to collect enough water, or there may even be a water delivery service – I'm not talking about the “Culligan

Man” bringing you 5 gallon bottles of tap water, I mean someone local who will deliver a tanker truck load of well water for your water storage tank(s).

If you can have your own well dug, all the better. Out here wells can range from 30 feet down to 800 feet or more down. The average cost to dig a well in this area is \$22 per foot, and that includes the casing pipe. You'll still need a pump and a power source.

Another consideration would be the property tax rate and the ability to pay those taxes somewhat in advance. The property taxes on our 40 acres, before improvements is \$24 PER YEAR. Yes – *twenty-four dollars per year!* After we put a house on the land they went all the way up to \$94 per year. Yes – *ninety-four dollars per year!* Granted, we don't have a lot of amenities here, and it costs \$75 per year for a permit to dump garbage in the county dumpsters, but it suits us just fine.

Find out what – if any – building codes, building permit requirements, etc., are applicable for the land you are considering. In this area, because we are on ranch land there is no



requirement for building permits, nor restrictions on what kind of building can be erected. Also, according to NM State

law, if we do not use any licensed contractors in our construction, building codes may not need to be followed. This will allow you the freedom to build an earthship, hobbit house or other non-conventional building. So investigate this thoroughly. The State construction agencies will not always be forthcoming in telling you they aren't due a pound of flesh.

If all else fails, National Parks in wilderness areas can work as a kind of bug-out place. The rule is, that after having been at a free National Park Campground space for 14 days, you have to move – but only for a day – before you can camp at that park again for another 14 days. Now, this may be interpreted differently by the particular park ranger in some locations, but in the smaller National Parks Campgrounds, it could work for you.



Looking for *YOUR* place to go?

**Small survival community in NM,
on the Continental Divide, in the mountains,
remote, off-grid, well on property.**

Has room for one more individual or family.

E-mail: surviving@wildblue.net
This offer may withdrawn at any time –ACT NOW!

Chapter 13

Land Contracts

Land contracts, often referred to as “owner financing” is way to pay for property and is more common in the Southwest than back East. A land contract is not a mortgage, it is a contract between the buyer and seller that you pay monthly until the contract is paid off, often through an escrow company.

In this area and other very rural areas of New Mexico, banks simply will not give mortgages to purchase property. So if someone wants to sell property out here, they have to be willing to allow for a land contract or sit and wait for someone who can come up with the entire purchase price in cash. It's quite secure for the seller since, if the contact is not paid as agreed the seller gets to keep the monies paid and sell the property all over again.

On the face of it, a land contract is no different than a mortgage. Land contracts are simple and usually easier to get – most of the time there is no credit check and the biggest thing needed is the down payment (typically 10% of the purchase price). Often the interest is simple interest rather than amortized, and they generally have a shorter term (5 to 15 years) with lower payments than a mortgage.

With a mortgage, if you fail to pay the bank it will *have* to foreclose on you. This legal process can take months, even years. With a land contract you can be evicted from the property as it is stated in the contract. Most contracts have a clause that states failure to make the monthly payments constitutes default and in 45 days you can be evicted.

It is also easier to renegotiate the terms, since the owner doesn't want to have to go through reselling the property if it can be avoided. After living here and paying on our land contract for a couple of years, we found we might be able to pay off the contract if the seller would bend a little. At the time our pay-off would have been about \$14,000. The seller agreed to a lump-sum payment of \$8000, which really helped! Try doing that with a bank mortgage.

Chapter 14

Funding

For most of you – let me guess – you'll say that you don't have the resources to make this lifestyle change. But that may not be entirely true.

The differences between the survivalist life style and the worldly lifestyle is very great. Many of the things you have that have value in the outside world are nearly worthless to the survivalist.

Some of the items that are worthless here are, first and foremost, high-wattage electrical devices. These include toasters, toaster ovens, blenders, high definition TVs, exercise equipment, laser printers and most things that are commonly used in the suburban lifestyle.

For our daily use we have

- a laptop computer that can also play DVDs and music, an Internet connection (see Satellite Internet) consisting of a modem and a wireless router so we can all be on the Internet simultaneously
- a AAA through D size battery charger that works on 12 volts DC, and
- our much loved Grundig YachtBoy 400 radio (we can pick up Coast to Coast A.M.) that uses AA batteries that we charge on the 12 volt DC battery charger.

That's it for electrical items now. In our old life we had two SONY Wega flat screen TV's, a 100 watt stereo system, the kids had the latest video games – you know, the typical suburbanites. Once we decided to move to the

wilderness, we donated all those items to a yard sale for to benefit a woman who had brain cancer. It saved us a lot of trouble and we know that it went to a good cause. Don't get us wrong – we are not an independently wealthy family. But we had enough money to reach our goal and didn't need any more at the time.

Let us take a moment to say this. Part of the self-sufficiency mindset is knowing when you have enough – and that's a big threat to the consumerist paradigm.

If you are trying to gather money to make the change, you may have a good chunk of what you need in the stuff you're not going to bring with you. Yard sales are still a great way to gather the money hidden in your household items. Craigslist and ebay (use local pickup on ebay for larger items) and those type of Internet sites are also very good to sell off the excess items that have no value in the survivalist life. Ebay and Craigslist can also be used to research prices of comparable items so that you will have an idea how to price your items.



I was talking with a woman who is planning the life style change here in New Mexico, who was wondering if she may have made a mistake by bringing 4 sets of dinner

ware! The answer to that question is self evident. The 3 extra sets would be worth more where she came from than here and that does not take into consideration the cost of moving all that extra weight.

All those trappings of your former life own you more than you own them. Part of this lifestyle change is in what you decide bring with you. The greatest value those “trappings” have is to help you have a few more supplies with the cash they bring today. Believe me, once you're here you'll be looking for places to store the remnants of your old life and you'll wish you pared down more. Lighten up, bring with you what you can actually use and the rest can be a part of your start-up stake (yard sale/Internet sale).



If you have a 401K or IRA account, what better use could they be than to get you on your way to survival? Yes, there will be tax disadvantages, but how much of a disadvantage will it be when the money in those accounts no longer has any value? *(Note: we are not offering financial advice.)*

Even if you can't put all the funds together at once to find a place, have some kind of shelter on it, store foods, etc., don't think you can't prepare. Each time you go to the grocery store, pick up a large bag of beans, a bag of rice, a can or two of veggies or meats (don't forget to read the labels) – whatever you can squeeze into your budget – and put them away. It will add up and you'll be glad you did it.

There are also alternatives to buying your own piece of land – investigate intentional communities, survivalist communities or start your own cooperative community...

Chapter 15

Securing Your Property

First of all, let us say that we are not offering legal advice. If you are considering a trust, please seek legal advice from a attorney. This is simply a recounting of what we learned from what we did.

If you are like most true survivalists, you are not buying a survival retreat for its future appreciated value. (Although we have seen people do just that.) But if you want your place to be your permanent residence, placing your land holdings into a land trust may be right for you.

A land trust is an excellent way to keep your haven safe from prying eyes and anyone who may want to sue you. What a trust does is create a privacy hedge around you and your assets. In most states, creating a revocable land trust is very easy to set up. Look up private paralegal services in your area. Paying a lawyer for this service can cost several hundreds or even thousands of dollars, but most paralegals have a word processing document that they or you can just fill in the blanks and is much less expensive.

Basically, the assets named in the trust (typically the land and all improvements, vehicles and any other assets you wish to include) are moved from your legal possession to becoming a possession of the trust as a separate entity. Sort of how executives are not held personally responsible for any shortcomings or wrongdoings of a corporation. This is a common method that “the elite” employ to protect and hide their assets

from creditors, taxes, law suits, etc.

A Land Trust can include anyone you choose to be beneficiaries, including family members or community members, all having equal voting rights. No action can be taken for which there is not unanimous consent, so the other beneficiaries cannot sell the land, for example, without your consent and the consent of all other beneficiaries.

The trustee is basically the caretaker of the trust in that they ensure that the property taxes are paid, etc.. Basically, the trustee follows the directions of the beneficiaries.

The trust documents are kept by the people in the trust and are not filed anywhere except among the people involved in the trust. So if there are 4 people involved in a trust only those 4 people know who is named in the trust and it would take a court order for an outsider to find out who is named in that trust. Anyone wanting to know the identities of the beneficiaries would first need probable cause to even ask for that information. Suffice it to say that most litigious lawyers see a trust and lose interest real quick. You are not required to tell anyone who is involved in the trust. Its a great way to make your self invisible and what lawyers call “*JUDGEMENT PROOF*”!

The only part of the trust that is recorded is the transfer (grant) of the deed from you to the trust (as an entity) and is recorded in your county. It does not name the beneficiaries.

Chapter 16

Creating a Community – Who's Out There?

This has been the most – ahem – “interesting” part of our journey, by far!

By the time we had purchased our land, built a temporary shelter and lived the life for a couple of years, we found that we were in need of a few more supplies, some things needed replenishing (we had had time to determine what we actually used more than other things in living the lifestyle) and we decided upon what we wanted and could accomplish for a permanent house. That meant we needed another influx of cash.

We had sold off our business, but still had a small cash flow from some books we had written. But that would not be enough to put the finishing touches on our paradise.

We had purchased 40 acres and we knew we didn't really need all that land for ourselves. (We were lucky enough to get such a small parcel of such remote land – it's usually sold in “sections” of 160 acres.) We also thought that it would be good to be not quite so solitary – if we could find others that we could “tolerate” as neighbors. We thought that a small community would have a better chance of survival when TSHF, and we certainly had a good place to develop that. We also believed that there were others who understood where society was headed, but who hadn't had the opportunity to take the 20+ year journey we took to find the right place.

So we decided to offer portions of our land for long-

term (5 to 99 years) lease. Some people wanted a place to build a new permanent residence and some people just wanted the “insurance policy” of thinking that there was a place they could go to when TSHTF (it helped them sleep better).

Whether you are considering starting your own survivalist community or joining one, caution is urged. When we were starting our survivalist community we met con men, thieves, liars, bankruptcy cheats, VA Disability cheats, Social Security Disability cheats, child support cheats, and even someone under indictment for 2nd degree murder who was looking for a place to lam it if things didn't go his way.

As much as I would like to tell you that there is an Internet service to do background checks, you need to understand that that is superficial at best. It won't tell you if someone in bankruptcy withheld something on their asset list, or if someone is scamming the VA for Disability. At least partly, you have to trust your feelings about other possible community members.

We could write an entire book about the people we met during the process of interviewing and being interviewed by potential lessees. Here are the major survival types we encountered.

“Survival Tourists”



“Survival Tourist” is a phrase we use to describe people who are more interested in *talking* survival than actually *living* survival. They want to “investigate” the lifestyle – but just deeply enough to discover the excuse they need as to why they shouldn't make the change.

Survival Tourists may also use visiting a survival community like someone would visit a zoo. They want to “gawk at the provincials” and say to themselves, *I'm so glad I don't have to live like that!* (See the chapter, *There But For the Grace of God Go I?*) They don't have a clue – or at least can't admit to themselves – that things are about to change. They can't face it and they don't believe in their own capabilities, so they'll just go a long to get along. That's their choice.

One couple from Southern CA asked to come for a weekend to visit and see what we were offering for lease. Once they got here, their interest centered around hiking and sightseeing. The second day they were here they left to go to town (60 miles away) for dinner. Two days passed and they did not return, although their tent and belongings were still here. Naturally, we became concerned. Then on the 2nd night of their absence a

neighbor (from 5 miles away) drove them up to our place after finding them lost, confused and nearly delirious on the dirt road.

On their way back from the restaurant they made a wrong turn into an extremely inhospitable arroyo in a small hybrid rental car and became stuck. In their desire to show their “wilderness prowess”, they began to wander and did so for 2 days, dipping their now empty bottled water containers in cattle drinking tanks and getting quite sick.

It was obviously the most harrowing experience they had ever had. They told us that they were frightened to the bone upon hearing coyotes each night – as well they should be. They could have been attacked by those coyotes, wolves, mountain lions, poisonous snakes to name a few.

The reason we tell you about these particular people is that they are indicative of the survival tourist mentality. The survival tourist mentality is often “I like to go rock climbing, hiking, etc., so I will make a good survivalist.” *NOT necessarily!*

Even though this couple was very adept at mountain biking, skiing, hiking, camping, rock climbing, etc. in the outskirts of suburbia, they were hopelessly unprepared for the realities of the wilderness. A weekend camping or hiking trip has *nothing* to do with living a survivalist lifestyle.

If you find yourself falling into the category of survival tourist, we suggest you either re-assess your priorities and motivations or stay in the system. This may seem to be an unkind thing to say, but it truly isn't. It is very compassionate. We've seen too many people buy

land, build houses, store food for nothing.

Most books of ancient wisdom explain these dichotomies this way: “Two may not walk together lest they be agreed.” “Man will serve one master only...” Far too many people try to live in both worlds and then both worlds are unfinished, disheveled and chaotic. We're not saying you need to burn every bridge, but we are saying that you need to choose which path you are on.

Just In Case-ers

Another category of survivalist is the JIC-ers (Just in Case-ers). These types tend to have a successful business in the suburbs and lots of disposable cash. They are convinced, along with the survival tourists, that once the SHTF all they will need to do is get in their Land Rover, head out to their bug-out land and all will be well. Good Luck.

Some JIC's have gone through basic training in the military and some have even served in the infantry. This is excellent training. You learn to depend on yourself. But for most that was many years in the past, when we were all young and strong as elephants. And this does not take into consideration bringing their spouses, their children, their parents, who will be in far greater culture shock than they could even imagine.

JIC's may have some kind of house/shelter/RV with water, food, etc., some distance from where they live, but they are saving the greatest culture shock of their life for a time when they are least equipped to deal with in – under great stress.

Militia Types

“Militia types” are those who think that having enough guns and bullets will take care of all their problems. We are not saying you don't need guns and ammo. But you are not likely to need them for the reasons that militia types believe you do. If the army or police SWAT team decides to attack you, your chances would not be very good, no matter how much ammo you fired.



We believe in the law of attraction. Walking around wearing BDUs and carrying an AK-47 or AR-15 and thinking you are part of the “army of the Republic” is not only deluded, but very dangerous for those involved. If you are a militia type, you are the excuse they are looking for to institute tighter restraints and controls.

Feds love to show up at militia meetings looking like average Joes, and who say they want to share their money, illegal guns, and even supply bombs to “help with the cause”. Of course, these are all just set-ups.

Almost twenty years ago, just before the Ruby Ridge/Randy Weaver incident happened, we moved to Idaho to try out the climate (it wasn't for us...we moved south!). We were staying in an RV campground. One evening while sitting around the fire ring and listening to

Bill Cooper on WWCR, one of the campers came by and struck up a conversation with me. He said he really dug Bill Cooper and Jordan Maxwell, but that they were “pussies”. He said that what was needed was someone willing to shoot the sheriff to make a bold statement. Once he said that, I told him to get the F**K away from me and never return. I only found out later how close I came to meeting my maker when I found out that he was the “good citizen” who helped set up Randy Weaver. Suffice it to say that if you are a militia type, you are a target.

Religious Zealots

With all due respect to those who take their religion seriously, we have met many “crazies” who used their religiosity as an excuse for bad behavior. We were contacted by these religious types because we have a policy in our community of not being religion-based and not being judgmental of others beliefs. So this did open the door to people with divergent beliefs.

Now, to be frank, we are not religious at all. We are spiritual, but follow no organized religion. I understand that some people do need religion. That's something that people have to work out on their own. But many – even most – survivalist communities have strict dogmas attached to them that all members must adhere to. If that is what you are comfortable with, just understand that the problem often is that there is a patriarchal “emperor” who calls the shots. Great care should be taken before joining any dogmatic survival community, or becoming one.

Scammers and Lammers



In the words of Tommy Chong, “Things are tough all over.” With 87 million unemployed as of May 2012, con men and those on the run abound. Many misguidedly think that living a minimalist lifestyle would at least be affordable, maybe even easy, compared to the suburban hustle. In many ways this is true, however, people acting under extreme stress often times take extreme liberties.

In our opinion, if you run into any these cheats remember that if they cheat society as a whole then what problem would they have scamming YOU??

Take Care of Me's

We met many people who were just down-right freeloaders who were looking for a “benevolent community” that would relieve them of all responsibility to take care of themselves, in the areas of housing, food, etc. We're not talking about people who were trying to prepare but were just down on their luck, we're talking about people who didn't want to have to actually do anything for themselves.



One person who contacted us wanted to leave his wife

and children with us to take care of while he went around the country trying to find his own place. Many wanted to join our community but had absolutely no funds for a (very reasonable) lease, no storage food and no way to build their own shelter and would have been 100% dependent on our “generosity”.

Believe me, we would have loved to be able to just open our place to anyone who needed somewhere to land, but that's not a reality. A survival community depends on everyone pulling their own weight for the good of the community. We had needs, too, and we knew were justified to ask for some kind of compensation for the value of finding the right place and gaining the experience of actually living the life for several years. If you are considering starting your own community, don't be shy about asking other community members for help – you'll be helping them, too.

Nice People

All the aforementioned was information to help you be on guard. In our experience, every other person we met fell into the category of “nice people”. We had to kiss a lot of toads to find our Prince Charmings, but it was worth it.



We met a very nice couple from the Phoenix area who would have once been called dead-head types, but are now called phish concert types. They were very pleasant, very kind, very intelligent people. They just could not disconnect.

We also met many wonderful families. But whole families being a group of people, very infrequently – seldom ever – agree to disconnect.

We did eventually wind up with a wonderful group of people in our community, all with a great spirit of altruism and a genuine concern for each other. It wasn't easy, but we did it. And we know it isn't easy for them, trying at this late date to get used to their new chosen lifestyle and overcoming all at once the programming they have experienced to date in their lives. We're glad we're here to help guide them through.

Chapter 17

Gimme Shelter

Everyone has their own dream about what kind of shelter they want for long-term survival. The possibilities are virtually endless, from plywood shacks to earthships to hobbit houses to Taos adobe to veritable mansions.

Here are some things we learned by having built and lived in several houses over the years in the wilderness.

As with any building project, planning is the key. What we have done with the 3 houses we have built is lay an outline of the house on the ground where we plan to build. Then we wait and study it for a while. You'll find that the longer you have it laid out on the ground, the more revisions you'll come up with as you feel your way around it. Better to make revisions in dirt than lumber.

In the house we now live in, by using this technique we added a bedroom and an outdoor kitchen (a very popular addition here in the South West with our hot summers) before we set one cinder block in place.

Don't be afraid if you have never done this type of work before. I spent nearly 40 years working on watches. We watch makers are reluctant to use power tools and risk being called “Lefty” or “3-finger Jake”. But once I got in to building I found that I took to it well and got in shape real quick. Moving 1600 cinderblocks into staging position and then up walls, carrying 4 x 8 sheets of plywood and 2 x 6s around is more effective than going to a health club – and while you're doing it you get a house! Not a bad deal, eh?

RVs

For many of you your first idea for a shelter will be an RV. RV's are alright for a temporary shelter, but will not work out in the long run. They just won't stand up to the ravages of time – especially if some earth changes predictions become reality.

We were in Tucson at a large campground and had to have some repairs done to our RV (a 2003 26ft travel trailer). The repairman had previously been an engineer at one of the many Terre Haute, Indiana RV manufacturers. He told us that the average life cycle of an RV was less than 6 months of use. He explained that the life cycle was planned for the owners' use for 6 summers in a row, for a week or weekend twice a year, and the rest of the time it sits.



Illustration 6: Typical RV

Once we began using a RV as our permanent home, it begin to break down fast. For this reason it is best to use a

RV as a temporary residence while you build something permanent. It will help a bit, though, if you build a wind and snow shelter around it, that is, three walls and a roof. If you do that, be sure to leave adequate room around vents, heating and cooking exhausts and such.

The benefit of having an RV is that many parts can be salvaged and used in your permanent home – toilet, cook stove, sinks, bathtub, ice box/refrigerator, etc.

Building from the Earth

The Southwest is replete with free building supplies – ADOBE, RAMMED EARTH, ROCK – and low cost lumber from the many rough cut saw mills.

Using adobe is quite simple. It's basically the dirt here in most of the Southwest. The soil here contains sand, clay and lime. These are the ingredients of Adobe. A simple soil test will tell you what parts need to be added.



Illustration 7: Adobe Building

In some cases the soil will be deficient in one or more of these ingredients. Many sights on the Internet will show you how to test your soil for adobe build-ability.

What we did was use 9 shovels of local dirt and one of Portland Cement (not a quick mix) then mixed that with water to the consistency we needed. This made a very strong adobe. Portland cement cost around \$10 per 94 lb. bag and using it one shovel at a time to 9 of dirt is a very small cost per square foot.

We built an entire 750+ sq. ft. house out of cinder blocks and filled the cinder blocks with this adobe mixture. We only used 40 bags of Portland cement for the entire house, and this included the stuccoing we did inside and out.

I know there will be some of you who will say that adobe is not as durable as cement. But here in New Mexico there are many churches that are over 400 years old that were made out of adobe and are still standing today. The churches in Socorro and Taos stand as testaments to the durability of adobe. I can take a block of adobe and a block of cement and smash both with a sledge hammer and the adobe wins every time.



Illustration 8: Sandbag Construction

This adobe method lends itself to building with Rammed Earth, Adobe bricks, Sand bags or, like we did, filling cinder blocks.



Illustration 9: Rammed Earth Building



Illustration 10: Cinder Block Construction



Illustration 11: Making Adobe Bricks



Illustration 12: Taos Style Adobe Casa



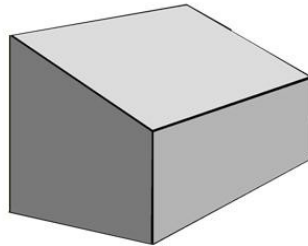
Illustration 13: Applying Stucco

Chapter 18

Water Collection

Here in the Southwest we have a weather condition in the late summer that we affectionately call “monsoon season”. This is a period of about 6 weeks when the skies get stormy in the late afternoon and it will rain very hard for about 15 minutes to a half hour. These late summer storms can drop many inches of rain in a relatively short time. Being ready to collect this water bounty is important.

In the Southwest water is key to survival. No matter what type of house you decide to build, it will have a roof. The best type of roof for water collection is a single slant roof. This type of roof drains the water on one side and therefore only requires one length of gutters under which a water tank or barrels are used to collect the water.



You'll want to avoid using tar paper if you intend to drink your roof water. The best roofing to use for water collection is corrugated steel roofing.

What we did on our adobe hacienda is use a recessed roof, tilted to one corner that has a “canale” – a pipe leading off the roof and away from the wall



We then covered the plywood with a highway billboard sign tarp. These are available on ebay and an Internet search will show that there are plenty of companies that sell these used billboard signs. Billboards are generally made from 30 mil thick Tyveck or other plastics – *VERY STRONG STUFF*. This, along with a few buckets of vinyl floor adhesive and you have a strong, inexpensive roof for collecting water.



Billboard signs can also be used to collect water from

the ground using any downhill slope leading into a cistern. We have seen this done outside of Pie Town, NM. On a hill you will see some Salem cigarette billboards among others – 12 in all – that lead downhill to an underground cistern. I understand that he collects over 50,000 gallons of water per year, even in our arid NM climate!

Chapter 19

Getting Off the Grid – Mentally

Honest – you can live a good life without three kinds of electric coffee makers. You can get along without a toaster. You can even learn to enjoy washing dishes by hand! Yes – *really!*

It starts by understanding that many of the trappings we don't think we can live without are nothing more than a part of the consumerist lifestyle forced upon us by corporations and encouraged by governments as “spending more money than you have is good for the economy.”

There is a simple joy in finding alternate ways to accomplish daily tasks. Not saying that you should live in the stone age. We do use an item or two that are powered by solar energy – the laptop computer on which we are writing this book for example. But kneading bread by hand rather than in a machine adds a level of connectedness and, indeed, love into the food you serve your family.

In fact, connectedness is one of the greatest benefits gained by living the off-grid lifestyle. We don't look at a metal box and wait till it tells us that the toast is ready. We put some olive oil on a slice of bread that we baked, place it into a heated pan or griddle and check it to see when it's browned. We don't put a coffee packet into a plastic container, put water into the top of the box, flip a switch and wait for it to tell us that the coffee is ready. We measure how much coffee we put into a French press, add boiling water, time two minutes and press down the filter

ourselves. And when we serve these to our guests, we know that we are offering a part of ourselves along with the toast and coffee, because we cared enough to do a little physical work to be hospitable.

When you have to wait a little longer for a web page to download, it forces you to slow down just a bit from the rat race. And that gives you time to notice that the birds are chirping outside.

When the movie you are watching on your laptop ends abruptly because it's been cloudy and your batteries gave out, you realize that it's just a distraction and not really that important. And that gives you an opportunity to break out the deck of cards and actually interact with your family.

When you feel the joy of not having an electric bill every month, you'll understand.

Chapter 20

Simple Solar Power



Illustration 14: Solar Panels

I have gotten many questions on how we made our solar powered survivalist home. The problem with people who sell solar power is that they are in the sales business. I have a friend who told a solar power sales person what he needed and the solar power systems sales rep sold him everything he could and went a few miles over the top. Suffice it to say he ended up with 1200 watts of solar panels and only 4 6v golf cart batteries. This was too much in solar panels and too few in batteries. You and no one else should determine how much power you really need for your solar powered home.

Let's take a look at a solar power home system, an important part of disaster preparedness for your bug out. Many survival guides don't include this basic information. It starts with a solar panel, which collects light and converts it to power. The power is stored for use in batteries, and the batteries are connected (directly or through an inverter) to the devices that require power. It's that simple.

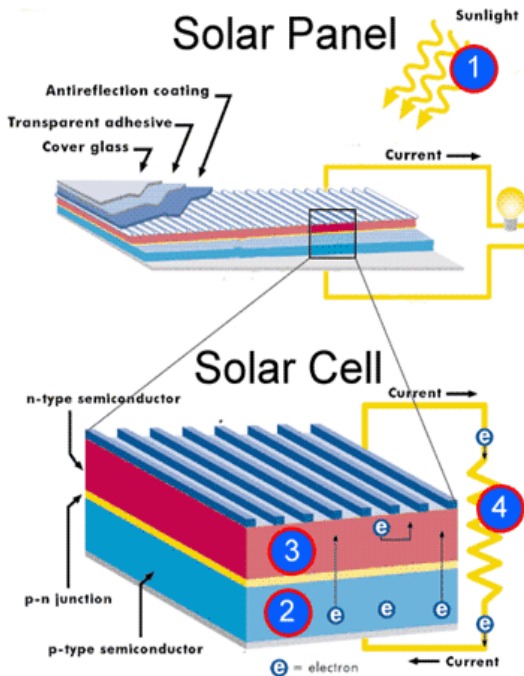


Illustration 15: Solar Panel & Solar Cell

If must power your household devices (laptops, etc.) using the AC power supply you'll need to use an "INVERTER". An inverter changes DC (direct current - 13.8 Volts DC) into 110 Volt AC (like house current).

Inverters should only be used if there is no other way to power your devices. Converters change the voltage, not the polarity, for example, they can change 13.8V DC to 30V DC. This is what my satellite Internet modem uses.

We found the converter on eBay for \$10. Inverting power from DC to AC causes too much power loss and inverters themselves are not efficient as they drain, on a continuous basis a certain wattage, even if it's not needed at the moment. Direct connection to your solar grid at 13.9V DC is best and if needed a converter can be used. Our D-Link wireless router uses 7.5V DC. We got a converter for that on eBay for \$7 that handles 1.5V, 3V, 4.5V, 6V, 7.5V and 9V for \$6. That powers the router without the use of an inverter. In the few instances in which we need to plug a device into 110 AC, we use a 750 watt inverter and this does everything we need it to do without drawing too much power. Other than that, all our devices are connected directly to the DC power.

For most folks going solar means getting your mind into a solar power state of mind. What I mean by this is that you need to understand the electrical term, "WATTAGE". Wattage is the amount of power an electrical device uses. All electrical devices have what is called a "UL" tag on the back or bottom of the device. The UL tag tells how much power the device needs to operate. For example, my Dell Laptop uses 60 watts and the power supply says 110v AC (house current) 60 watts, 60 cycles.



Illustration 16: Solar Roof Panels

You'll need to make a list of all devices you plan to put into your off the grid house. First thing to consider is how much power you really need. Many people go overboard on what they think they need. For us it is:

Laptop - 60 watts

Wireless router - 20 watts

DSL modem - 40 watts

Fluorescent (RV type) light - 50 watts

Radio - 30 watts

NOTE: We use DC fluorescent (RV) lights. These provide lots of light and use very little power (15 watts and 35 watts). This type of lighting can be had from an RV parts supplier or on eBay.

Now consider what it is you can't live without and how many of these devices you'll be using at the same time. Add up that total wattage for later calculations.

You need batteries to store the power. “Big Box” mart stores sell RV/Marine deep cell batteries for about \$70-\$75 each. These are very good because they are built to be drawn down and recharged repeatedly. Still, at some point they will lose their ability to stay recharged very long. But there is remedy for this, for those who like to tinker with things. Battery reconditioning is a simple process of removing the minerals that cause the premature death of batteries. (SEE BLOW HOW TO RESTORE BATTERIES.)

Do a web search for “battery amp hour calculator” to determine how many batteries you will need to maintain solar power in your home.

We use 6 of these RV/Marine batteries, hooked in parallel (negative to negative and positive to positive, maintaining a 12 volt system).



Illustration 17: Solar Panels

When hooking up all electrical devices, the first thing to consider is that DC loses power the longer the run of wire is, so do your best to keep all these components close together and use heavy gauge wire. 8 or 10 gauge copper wire works best.

Restoring Batteries:

FIRST THING IS YOU MUST BE CAREFUL!!!

Battery acid can burn you!!!! You'll need Rubber gloves and eye protection!!!! No exceptions!!!

Things needed:

Rubber gloves

Eye Protection

Baking soda

EDTA (most health food stores carry this)

Distilled Water

Battery Charger or solar panel

Bucket

Battery acid (most auto parts stores will have this)

First remove the old battery acid from the battery by pouring the acid into a plastic bucket that has 1 cup of baking soda in it. Then fill the battery with distilled water, close the caps and give it a good shake. Then pour the contents of the battery in to the bucket.

Now you're ready to chelate the battery. Mix one tablespoon of EDTA (can be had from any good health food store – open the capsules if that's the only way you can get it) into one gallon of distilled water, then fill the battery with the solution.

Now you're ready to put the battery on a slow, 24 hour charge.

With the overnight charging done, check the battery voltage. If the battery does not come up to 12.5 volts at

this point, putting the new battery acid in to the battery is a waste of time. If this is the case, the battery is beyond saving. If it does come up to 12.5 volts, empty the contents of the battery in to the bucket and replace it with battery acid. Then give it another 24 hour slow charge.

My track record for doing this is 9 old, "used up" batteries came up to spec and one did not.

You'll notice that most car repair shops have a place where they put old "dead" batteries. These are worth \$8 each to the shop for a core charge.

Let's say you buy 10 of these dead batteries and pay \$8 each for them.

Cost of distilled water \$1 per battery

Cost of Battery acid \$2 per battery

Cost of EDTA \$10 for a few dozen batteries

Total Cost for 10 batteries and supplies \$84

Recondition 10 and get 8 up to spec and your cost per battery is around \$10, not \$75.

Solar panels: There are many different ways to go, one retailer sells what they call 45 watt amorphic solar cells. These are very inefficient (typically less than 50% efficient). Today's technology is in the 90% efficient plus range and at a much lower cost per watt. We have a 205 watt high efficiency 90% plus that cost \$300 approx.
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Chapter 21

Wind Power

Wind power efficiency is dependent on where you are located to be successful and has nothing what so ever to do with the technology. In our case wind power was not as successful as solar power, having an average of 300+ days of sunshine each year.

Wind power relies on consistency of the power source (the wind). If you have a steady breeze anywhere from 20 to 50 feet in the air, it may be a good resource. We used a converted GM 12 volt DC, 100 amp automobile alternator with a six blades, up 26 feet on a tilt-down tower.



Illustration 18: Wind Turbine

Yes, the mountains here do have high winds. But they fail in the consistency department. Here we can have a day in which the winds blow 50 mph all day long, and then we can have days with no wind what so ever. This does not make for optimal wind power usage. On the days when the winds are strong (50mph+) your system will divert most of that power to the ground (so as not to burn out your batteries with too much voltage) and on calm days you get nothing.

In our opinion, if you live in the American Southwest your money is better spent on solar. But if you live in other areas that have a good, consistent winds of 20 mpg + at elevations of 25 feet above the ground, then wind power is another way to go for your power needs.

The GM alternator, blades and mounts are available on ebay and other Internet sites. If you are a handy type, you can find a GM, large, bird cage alternator and remove the diode from it your self, then you would only need the blades and mount.

The large bird case alternator can be found in large block GM engines (350 cubic inches +)

We sold our wind power system to a rancher outside Manhattan Kansas. We checked in with him after he had it for while and asked him how he was doing with it. He had it mounted at the top of a 40 foot Aeromotor tower and was using it to heat cattle drinking tanks and found that he needed a regulator and temp sensor because the tanks were getting too hot.

Chapter 22

Think Future, Think Sustainability

Sustainability – long term living as a self-reliant person – is a goal that too few survivalists consider. Many try diligently to live with one foot in each world. This is more taxing than standing on either side. The problem comes in where you have a mountain hideaway, hunting lodge/cabin, or a RV on a piece of rural dirt and your plan is to keep your “day job”, but buy lots of storage food, toilet paper, necessities.

Everything runs out eventually. As we say, “You can't buy enough toilet paper to save your ass!”



So, at least from our perspective – from having lived both lifestyles – you are either all in or you fold. Let me give you some examples of being all in.

The truck breaks down and you have to decide if you want to use your money to build and stock your chicken coop and greenhouse or spend the money fixing the truck. The all-in answer is chickens and greenhouse. So in order to live a sustainable lifestyle, that is, sustainable for *you*, we first must make an assessment of what sustainability means to you.

Most people eat. So having a good source of food is

paramount. We're not saying that storage food is a bad idea. It's a great idea. But it *is* finite. I remember when we started this lifestyle, we had hundreds of cans of salmon, mackerel and corned beef. That depleted in a couple of years. The sustainable lifestyle is one of renewing the renewable resources.

Some things that you may not think of till you are living the life...

- ✓ Think washable rags, not paper towels.
- ✓ Think a metal coffee/tea pot, not a glass one.
- ✓ Think renewable foods – chickens, goats, heirloom seeds for your garden
- ✓ Think Cloth Diapers, not disposables

we're sure you can think of others...

Plan for Redundancy. Plan for Redundancy.

Once you have lived the survivalist life – boots on the ground, so to speak -- you come to a bedrock realization that certain things were never made to be used long-term. Unfortunately, many of the tools and devices we've become accustomed to using fall into this category. Things like generators, electric well pumps, things that require propane gas, gasoline or diesel fuel are all on the road to becoming your next big disappointment when you actually have lived this way for a while.

In everything aeronautical, every device is completely redundant. That is, there are two of everything. Two fuel pumps, two distributors, two sets of spark plugs, etc., so that in mid-flight, if one fails the second takes over seamlessly. When you live the survivalist lifestyle, it's like being up in an airplane. If something fails, you have to be prepared to have something to take over the job – that you have primary systems and redundant fall-back systems.

Aside from certain machines' inherent nature of being unreliable, no matter how much gas, diesel or propane you have stored, you're bound to run out at some time. So we offer the following suggestions based upon our seven years experience and hard-learned lessons.

“I'm okay – I've got a well, I've got a generator and I've got a heavy duty pump.” Well, of course, the weakest link in this chain is the generator itself, followed by the need for gas. In the last 7 years we've owned a dozen generators or more. Admittedly, early on in this life we had a lot of

dependence on generators for building houses and such. But that aside, even with meticulous upkeep and maintenance, all generators have a finite amount of hours they will live and when they go, they go hard, that is, usually unrepairable. We're not saying you shouldn't use a generator at all, but relying on it solely for getting water out of the ground is looking for disappointment.

What would you give for water if an EMP knocks out your generator, or your electric well pump quits, or you run out of gas, or your generator just stops working? It would make your well a really expensive hole in the ground and not of much use. Even if you could get a bucket down there, how many times could you pull a bucket filled with water (at 11 pounds per gallon) up a few hundred feet with a rope? We found an excellent way to have a redundant (or even sole and reliable) system . It's called a [Flojak](#) deep well hand pump. So simple it's priceless. Installation only takes a few hours, most of that time spent gluing PVC together. With the PowerJak handle, it's easy to pump water out of deep well situations and releases you from the reliance on generators if you're off the grid, or from electricity if you are on the grid. No more dependence on gas, diesel or propane. And you don't have to give up your electric pump until you really have to, because the Flojak fits into the well alongside your current electric pump, ready to take over when needed.

We met up with an old mountain hermit last weekend, who lives a few miles from us. No roads to get there, we took a nice brisk walk. He told me a couple of years ago that he knew living this life I would lose weight and get washboard abs because being self-reliant usually means

chopping your own wood, pumping your own water, toting the wood back to the house and many other countless chores. But the Flojak is so easy with the PowerJak handle, that I may gain some weight back!

Chain saws, like generators, I've owned plenty of. Everything from McCullough to Stihl to Husqvarna, and being an old salt and having owned a few boats, most of them would make great anchors. In keeping with the theme or redundancy, all machines that inevitably break down or need non-renewable resources (gas) need a redundancy plan as well. Even if your chainsaw is still working and you still have gas, two-cycle oil, bar oil, a spare bar, a new chain, additional spark plug, etc., etc., we found that a better way to go is a [two-man saw](#). No stopping every few minutes to tighten the chain, or add oil, or re-fuel. And all we hear as we are cutting is the sound of birds, a gentle breeze through the trees and the rhythmic back and forth of wood being cut by hand. And all we smell is the pleasant aroma of pine or juniper.

There is no shame in using the technology that sometimes brilliant people have created to make daily life just a bit easier. But be prepared for the day when that technology is no longer usable and you still have to live on.

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in any emergency

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Chapter 23

Chickens? Cluck, Yes!

Chickens are a microcosm of sustainability. You can only store so much chicken feed and at some point the chickens must sustain themselves or become dinner.

You'll be surprised to see how little tending chickens need, and how they are actually a very tight community. We have seen the rooster wait to begin eating to make sure that his hens are fed first and he is the first one to sound the alarm if something is not right. When the hens hear this alarm they begin to crouch around the rooster for protection. Our rooster will do battle with any one any time. He is quick to let you know that he is the god of the coop – and that's a good thing.

Many years ago we lived in central PA among the Amish and Mennonites. They always said that the healthiest chicken was the one with the most varied diet.

Luckily, we humans throw out a lot of food that chickens regard as the big buffet. Into the “Chicken Bowl” that sits on our counter, we break up and put stale bread, biscuits, tortillas, leftovers of virtually every kind and a little bit of feed (when we have it).

A quick word on feed – if you buy feed, you want “scratch” which is a simple mixture grains. Any “crumble” will have additives in it, and pellets, in addition to the additives are made to be metabolized extra quickly in the chickens' digestive system. “Layer” feeds have additives that make the chickens convulse – and this is often arsenic – in order to squeeze out more eggs. We

prefer a more natural feed – “scratch” – over any of the others if we need to supplement their free-ranging and leftovers.

Chickens are naturally very adept at finding their own food. It's called free ranging. Free ranging must be done knowing a few things about your chickens first. Knowing what time of day your chickens lay their eggs is key.

If your chickens are like ours, they begin laying after noon. So we send them out to free range early in the mornings. We have them trained to return to the coop at noon by the sound of the chicken bowl shaking with the grain, leftover toast, etc., making a maraca kind of sound. Most come running once they see me carrying the bowl.

In order to train any animal you must be very consistent, that is, every time you bring them food – either when they are in the coop or free ranging – make their food container rattle and do it at approximately the same time every day. They will get used to the rhythm very quickly and you can use this to round up the chickens before their laying time. If you allow the chickens to free range all the time you'll find eggs under trees, under your house, etc., which is why we round them up before their laying time.

Molting is when a bird sheds some of it's feathers. All birds molt, it's natural, not necessarily a sign of disease. It happens every 12 to 16 months. For young chickens (those 16 months and under), molting usually happens in the Autumn



Illustration 19: Molting Chicken

of the year and last for about 4 weeks. The older the chicken is, the longer it takes for them to recover from their molting. Avoid buying molting chickens.

A dozen laying hens on average will produce a minimum of 7 or 8 eggs per day, year round, with that number spiking as the days get longer and warmer. Typically, 12 laying hens can help feed 4 people daily with minimum effort. What to do with excess eggs? Noodles that are dried very well can be stored long term. Pickling eggs is another way to keep eggs long term. We also include eggs in soups and stews etc.

Of course, the price of chickens will vary depending on your location. The best chickens to buy are pullets which are young hens, soon to lay. In so much that laying hens last an average of 5 years, it's best to get them early in their life. Prices can vary wildly. A search of craigslist will reveal what is for sale in your area. But on average, pullets range in price from \$5 to \$12, depending on your location.

There are many designs on line for small, efficient chicken coops. We prefer to use stucco netting rather than chicken wire, because it is much more sturdy and can easily be buried and surrounded with rocks to keep predators away from your chickens. All you'll need is a few 2x4s, some stucco netting and a few pieces of plywood and you'll have an inexpensive chicken coop. Here are some plans we like:



Illustration 21: Chicken Coop

The breeds of chickens that are suited for you depends on... location, location, location. In the lowlands east of the Mississippi, the Scottish Leghorn is an excellent layer and is the #1 layer of white eggs in the world. In the summer they may lay 2 eggs a day consistently. They do have sensitivities, though. Too hot, they die. Too cold, they die. Too high (above 5000 ft) they die.



Illustration 22: White Leghorn Chicken

Rhode Island reds (below) are a cross between a Scottish Leghorn and a Rhode Island red partridge (now extinct). It was necessary for the colonists to have a bird breed that could withstand the harsh winters of southern New England and the white Leghorns dropped like flies in the winter. This crossbreeding solved the problem. RI reds lay brown eggs and are one of the most hardy laying breeds in the world. They can be found in the deserts of

Arabia, the jungles of southeast Asia and the rooftop of the world, Nepal, and seem to thrive in any kind of weather at any altitude. They are not as prolific a layer as the Scottish leghorns, but are good, consistent layers.



Illustration 23: Rhode Island Red Chicken

Other brown egg layers of equal durability are New Hampshire reds, Long Island Reds and Plymouth Rocks which can also live in various climates and altitudes, however the RI Red is prized above them all. Ameraucanas (a.k.a Araucana) are also good when crossed with another, more productive breed. They lay blue eggs, but don't often lay every day.



Illustration 24: Ameraucana Chicken

So this is a quick look at a single facet of sustainability. Let's take a look at what this really would cost you.

- 12 laying hens @\$10 each \$120
- roll of stucco netting \$30
- Lumber (some 2X4s and plywood if you don't have scraps laying around) \$50

- rooster \$10 (if you are interested in brooding which will maintain your stock)
- divided by the 5 year chicken life cycle = approx. \$40 a year for eggs and meat.

If the average your 12 chickens produce year round is 8 eggs a day, for that \$40 you will get nearly 3000 eggs per year. That's a minimum of 2 eggs per day for 4 people at about 16 CENTS per dozen.

Store-bought eggs can be up to 120 days old by the time you buy them. They are loaded with built-up cholesterol and may have salmonella and other germs in them which are also reproducing while they are waiting to get onto store shelves. They would cost you an average of \$3 per dozen or \$742 for the same number of eggs your chickens produce for \$40.

Farm fresh, fertilized eggs contain nearly zero cholesterol and are loaded with essential fatty acids, essential amino acids and complex proteins. That alone makes it worthwhile to have chickens.

As you can see, the sustainability, independence and economic advantage are clear.

Chapter 24

Goats

Goats are another good choice for a sustainable lifestyle because they provide milk/cheese and meat.

If you've never tasted goat meat, it's like eating mild lamb and is great roasted, in stews, grilled or many other dishes. Goat meat is *the* red meat of choice in many cultures. I know this isn't the recipe section, but try this... equal parts raspberry jam (seedless if you can get it) and mustard (Dijon if you can get it). Heat to combine, cool and marinate some goat steaks (chops work well) in it. Then grill. Looks awful when you make the marinade, but – wow – what a taste treat!

Goat milk is easier to digest than cow's milk. When our daughter stopped nursing we immediately found out that she was allergic to cow's milk and switched her to goat's milk, with which she had no trouble at all. Goat's milk is also the basis for many popular cheeses.

Goats require little in the way of feed or attention. Goats will eat just about anything that grows. Here in the Southwest goats love to eat mesquite, chaparral, rye grass and many other local plants. They are very hardy and only need space to find their supper.



Illustration 25: Boer Goat



Illustration 26: Nubian Goat

Boer goats have an almost freakishly large rump (rear-end) and are known as a meat goat. These are best raised by those who do not like goat milk but do want the meat.

The Nubian breed is a good cross between a milk goat and a meat goat.

Toggenburgs and Alpines are good milker goats.

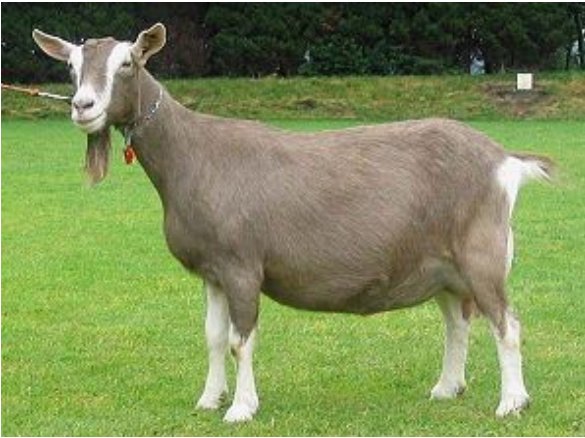


Illustration 27: Toggenburg Goat



Illustration 28: Alpine Goat

You may see a breeder selling what we like to call, “pet” goats – Pygmies, Angoras, etc. These are not useful

as milkers or meat goats.



Illustration 29: Fully Grown Pygmy Goat



Illustration 30: Angora Goat

Your goats will need a place to get out of the weather, but it should not be too large. Goats feel secure in small tight places. Mostly they will use this for sleeping and getting out of the weather. Make the goat house like you would make it for a large dog. Something large enough to handle the number of goats you may have, but just. In our case we have 7 goats and we made a 4 ½ foot tall by 10 ft. square stone house with a plywood roof. They love to play “king of the mountain” on top of the goat house and they are fun to watch. Nothing is quite as playful as young kid goats.

To begin raising goats, if your requirement is for both meat and milk you'll need one Billy (male) goat and 4 Does or Nannies (females). Nature will do the rest for you. The goal is to have two nannies milking and two pregnant in rotation at all times.

Nannies will go in to season (between milking and

having kids) twice a year. With 4 females you can choose when they go into season by discontinuing milking them (do this slowly, in stages. It will be painful for them if you discontinue milking them all at once). When their milk supply dries up they will automatically go in to season and 5 months later they will have kids.



Illustration 31: Goat Milking Stand

After their first pregnancy goats are very apt to have twins. Three out of 5 times the kids will be bucks (males). These are your meat, but they will have to be “weathered” (castrated) early in their life to be edible. Many people

have had at least one bad experience eating goat or lamb. This is almost always because they were eating mutton, a male goat that has not been weathered.

Keep the billy away from the nannies and kids when you are not trying to breed them. The billy will spray his “scent” on them constantly, making the milk and meat inedible. Male goats use their urine as “aftershave” on themselves and the other goats (milkers/kids/and weathers). The smell of male goat urine is very, very strong so you will probably want the billy as far away from your house as possible.

Chapter 25

Growing Your Own In a Greenhouse

If you are lucky enough to live in one of the truly temperate zones in the lower 48, this section may not apply to you. If you are in the deep South, the Northeast, parts of Arizona and California, you are fortunate enough to live in a climate where you can grow outside. But for those of us who face cold, frost, snow, high winds on a regular basis and abundant critters, read on.

We are located in the mountains of NM above 7000 feet. Winter high winds, frost, can come upon us early and without warning. We also need to protect our plants from critters (rabbits, deer, prairie dogs, bears, pack rats, et al.) making a greenhouse the only viable way to go.

We built ours (8' by 16') from scraps of 2x6 lumber and plywood we had, and clear corrugated panels we got from a building supply house. We built 2' tall, 2' deep boxes around the inside perimeter.

Our soil here is *extremely* alkaline, as is most of the Southwest, and very heavy with clay. Into those boxes we mixed some of this soil, and

acidified and lightened it with ash we had collected over



Illustration 32: Clear Roofing Panel

the winter, cedar/juniper droppings from under the trees (this acts like peat moss and also speeds the composting process) and “humanure”.

Humanure is not as gross as it sounds. Humanure is human manure, the richest manure of all. No animals eat as well as we do and this full, varied diet makes human manure the best – loaded with minerals and it is very soft compared to cow manure, goat, etc.

The trick is to compost the humanure first. Some may choose to use a composting toilet to accomplish this.



Illustration 33: All Inside Composting Toilet

We have had a few experiences with composting toilets and can say this – the only one to consider is one

with a remote composte.



This is the type that does not have the composte box under the toilet. It is in a another place like under the house in a basement or crawl space. This is important because composting toilets with the composting box directly under the toilet have been known to spill effluent out into the house. *SMELLS REAL BAD – take our word for it!* If it has the possibility of spilling anywhere, better it should be outside and away from humans.

We use an RV toilet and a remote (outside) collection box, like the blackwater tank of any RV. When the box fills it can be emptied and placed into the composting pit.

We have experimented with humanure vs. chicken manure and cow manure. The humanure is superior to those by far. Everything we planted in the humanure grew like crazy, much better than it did in the chicken manure or cow manure.



Illustration 34: RV Toilet

For more info on humanure read the Humanure Handbook: <http://humanurehandbook.com/>

Here in the Southwest sun is always in abundance, and that can be a problem for a green house. The temperature can have a 30 degree differential, that is, the out side temp is 70 and the inside temp is 100. Because of this abundance of sunlight it is only necessary to put your glass/clear plastic panels on the side facing south. If you like you can also put glass/clear plastic panels on the east and west sides, but in our experience that is not necessary.

What we did was make an 8 x 16 foot building with a single slant roof out of leftovers from our house project, 2 x 6's and plywood. The south facing wall has 4 foot of plywood from the bottom, making the outside wall of the planting boxes, and the top 4 feet is the clear plastic panels. On the roof 4 foot of the 8 foot length is also clear

plastic panels.



Illustration 35: Homemade Greenhouse

We have found that this is almost too much sun and heat for the green house.

We have found that the seeds offered by Mountain Valley Seeds Inc, under the name “Garden in a Can” worked well for us and were the best value.

Chapter 26

Growing Your Own Outside of a Greenhouse – Wild Sowing

If you have read the section on storage foods you may have noticed hard red winter wheat, an indigenous grass that grows in the American west from Montana to Arizona and New Mexico. It is especially hardy and easy to grow. It grows best through the winter – hence “WINTER WHEAT”.

It can be sown after a rain fall in late summer simply by throwing it on the ground. Cover it up with your foot so that birds don't get it all. It will grow all winter long and even will have green ears coming up out to of the snow. Once it takes hold it will come back every Spring without fail.

Even if you do not intend to use the wheat for your own food, it will be welcomed by your goats, chickens and any grain eaters you may have. Some wandering hobos – cattle, deer, elk, antelope or any ovine or bovine – may eat the grain with an added benefit. They won't completely chew all the grain, and in their droppings somewhere down the trail they will plant the undigested seeds for it to begin growing somewhere else. In time it can be growing everywhere around you, and thats a good thing.



Chapter 27

Chain Saws, Two-Man Saws and Fire Wood

One of the chores you'll almost assuredly have to do in your self-sufficient lifestyle is gathering firewood.

If you are set on having a chain saw (read further on about alternatives), then in our opinion there is only one brand of chain saw to consider – Stihl.

No matter what brand you get, get very familiar with its operation. You will have to know how to tighten the slack of the chain on the bar, how to mix gas and two-stroke oil (most chainsaws operate at a 50:1 gas to two-stroke oil mixture – check your manual), how to tighten the slack of the chain on the bar, when to add oil and bar oil (bar oil is different than oil) and how to tighten the slack of the chain on the bar. Did I mention tightening the slack of the chain on the bar? It happens a lot!

You'll also want to learn how to sharpen the chain. We bought a DC sharpening tool, which is like a specialized Dremmel, but found we prefer doing it by hand with a round file. You can get a file and a guide wherever you purchase your chain saw.

Stihl makes many different models, but for most of us who are not going into the commercial firewood business, we find the best models are the MS280c and MS290c. These are known as the Home Boss and Farm Boss models.



Illustration 36: Stihl 280C Chainsaw



Illustration 37: Stihl 290C Chainsaw

The Home Boss and Farm Boss models are hefty enough to cut standing dead cedar and/or juniper. Cedar and juniper grow very slowly and in the bark you'll see little grains of sand that have blown in to the bark and are now part of the tree. These grains of sand will tear up your chain and bar, so when you can remove the hairy bark from cedar or juniper prior to cutting, do so. Your chains and bars will last longer. A chain will need to be sharpened for approximately every cord cut, and can take about 5-6 sharpenings before needing to be replaced. The bar will last about 8 cords before the channel gets mis-

shapen and also needs to be replaced.

As with all power tools, extreme caution must be used. One mess-up and you could be dead or severely injured. Never cut wood that is over your head, never use a chain saw with out firm footing and, of course, never use a chain saw in an inebriated state. We also highly recommend that you wear safety goggles when using a chain saw.

Needless to say, using a chain saw to gather your wood is not as simple as pulling the starter rope and cutting.

There is a simplistic alternative to a gas chain saw. A two-man saw is not as much work as you may think. Our son at 21 and myself at 59 use one together and actually have found it to be a much better experience.

We rely on our body weight more than we do brute force. Once you and your partner get a rhythm going you find that it is nearly as fast as a chain saw, but without all the noise. Also you won't be spending so much time re-attaching a chain to the bar – as they often times do come off chain saws – and sharpening.



Illustration 38: One- or Two-Man Saw



Illustration 39: Two-Man Saw

All the maintenance a two-man saw needs is to be wiped down with a good bar oil (Stihl bar oil has detergents that help remove sap from the saw) and an occasional sharpening of the teeth of the saw. All in all, if you don't mind a little manual labor you can do very well with a two man saw. Our two-man saw has a place to move one of the handles near the main handle, so it can

also be used by one person if need be. And no more worries about enough gas to get wood with in the future.

Two-man saws can be found on ebay in the \$50 to \$100 range. There are even ebay sellers who offer new post handles.

Whether you use a chainsaw or a two-man saw, you will also want a tool for splitting the wood into usable sizes. Because we use cedar, juniper and pinion which are not very hard woods, a good hatchet is sufficient.

Here in the Southwest USA, and at the altitude we are, we have a few different varieties of trees.

The pinion pine is a pine tree that has pinion nuts in its cones. This is a slow burning wood, and can create a creosote build up in chimney and stove pipes. Many pinion pines are now dying because of the Japanese pine bark beetle infestation, and, unfortunately, the federal government has imposed a ban on cutting down the pine bark beetle infected trees.

This beetle has devastated many of the Southwest's pinion, ponderosa pine and Douglas fir trees. We have observed in the areas around New Mexico towns like Cloudcroft, Ruidoso and Mayhill standing dead pine trees as far as the eye can see because of the pine bark beetle.



Illustration 40: Beetle Blighted Forest

This could have been avoided if the federal government allowed private lumber companies to go in to the infected areas and cut down the infected trees 10 years ago. On the bright side (?) in some parts of the Southwest, this makes finding standing dead pine trees less of a problem.

Cedars here are not like the great redwoods of Oregon and California, but here in the Southwest, and at this altitude, our cedar trees are seldom larger than a good sized juniper tree (typically under 12 feet tall).



*Illustration 41: Standing Dead
Juniper*

We never cut a live tree, especially here in the Southwest where trees are not plentiful, because if you look around it won't take long to find what we call a "standing dead tree". A standing dead tree is one that has died and is basically already seasoned, however it is still in the ground. Some areas of the Southwest (like where we are) have lots of standing dead cedars and junipers. These dead cedars and junipers did not die from the beetles (junipers and cedars are impervious to the bark beetle), they just got old and perhaps did not live through a drought.

Even though these standing dead trees are no longer

growing, when you overturn one to pull it out of the ground (the root systems are easily pulled out) you will find that the root is still full of water. Here in the high desert, that water could better be used by a tree that still needs water to grow. Another good reason for pulling and cutting these standing dead trees is that they pose an obvious fire hazard.

Cedar is the wood stove cook's first choice for fire wood. It burns hot, but fast. Cedar is reddish in color, has a very pleasant smell and splits very easily.

Juniper is the type of cedar that has an edible blue berry (not a blueberry, but a blue-colored berry), not the red berried shrubbery that can be found back East (called “faux juniper”). This juniper is an aromatic pine much like the cedar. The trunk is two-tone (light tan and tan) inside, burns for a moderate amount of



Illustration 42: Juniper

time (not as long as pinion) and puts off moderate heat. This tree along with the cedar tree should only be cut down if they are standing dead, no exceptions. Besides, if you cut down a green tree you'll find that you won't be able to use it for a few years while it seasons.

When gathering downed, dead trees and slash timber for firewood, USE EXTREME CAUTION! This is often the habitat of all kinds of rodents – pack rats, timber rats, field mice, deer mice – and where you find these rodents you will find snakes, including rattle snakes.

If you are about to move a downed tree or large piece of slash timber, first use a stick to tap the timber to see if it is someone's home. If it is a home to a rattler this should cause the snake to come out and coil and rattle. Its a good idea to have a side arm when doing this type of work, loaded with snake shot for the times when there is a snake living or hunting in downed trees or slash.

Removing all the downed slash and trees from an area of at least 200 feet in all directions from your house will keep the rodents and rattlers away for your house, and owning a few cats will help with the rodents and snakes as well. It has been proven that the smell of a cat's urine will cause all rodents to have an immediate and extreme anxiety attack, so own a few partly in-home kitties and partly feral – feral enough to kill rodents.

By the way, the slash (the parts of the cut trees that are scrap, limbs that are too small to bother cutting or other other unused limbs) make a fast and easy to build fence for a corral or, like us, to keep free ranging cattle from disturbing your home. A slash fence also creates a natural barrier that most wildlife is hesitant to cross.

Chapter 28

Laundry Day

Living the 12 volt DC life style makes using a Westinghouse, Maytag, etc., big house washing machine next to impossible. When we first began this adventure we used an antique Maytag wringer washing machine with a generator. The noise – oh the noise! I know that there are applications that absolutely require the use of 110 volt AC, hence using a generator, but working without the noise is my first choice.



We now use the “Armstrong” method of laundry – we have strong arms! It's a team effort, and gets done much more often in the summer than the winter.

First, a little advance work pays off here. Separate your clothes into whites, colors and jeans.

Use some warm water and a bar of Fels Naptha laundry soap. Look for stains (working on a mini ranch you come in contact with oil, manure grease, etc.) and if you give them a little scrub before you begin the general washing you can make the washing time shorter and easier. Use a soap brush, (this can be an old, no longer used tooth brush or a small 2 x 4 inch brush with nylon

bristles – the kind you find in the brooms and laundry soap aisle at the super market), wet the stain with a mixture of warm water and suds from the Fels Naptha soap, work suds into the stain then place the piece into a pile of clothes triaged for washing.

Next you'll need two barrels. We use 20 gallon plastic barrels. Place the triaged clothes into the barrel and fill with water. Add add some liquefied Fels Naptha then agitate the water with your hands or, if you have one, a boat oar. Agitate the clothes in the barrel for about 5 minutes, then remove the clothes and hand wring them out before placing them into the rinse barrel. Fill with clean water and agitate again for about two minutes, remove the clothes and wring out the rinse water from the clothes.

Now you are ready to hang the clothes to dry. Here in the rocky mountains of New Mexico the most abundant tree type is juniper. These are real junipers with deep blue berries (back east they have what is known as a faux juniper that has red – poison – berries). Junipers have a very pungent cedar smell and have virtually no insects – much like the reason we use cedar chests to store clothes for long term.

Place your clothes on the juniper tree “clothesline”. The clothes will have a very nice juniper smell and if they dry where the air is very rarefied (like it is here) you can also smell the ozone in them when you take them down. You don't need clothes pins, you just wrap a shirt around a branch and button it up. Socks are just placed over the juniper branch like it was a foot.

For heavier items that would hurt the juniper tree (like jeans) we use the corral or slash fences as our clothesline.

Chapter 29

Yes – You ARE What You Eat

First of all, let me say here that nowhere in this book are we offering medical advice. The information here is simply our opinion, based on our own research and experience.

If you are wondering how it has been so easy for TPTB to have turned the overwhelming majority of American population into sheep who believe everything they are told and comply with outrageous demands and actions, it is partly because they have been replacing our good, healthy, natural foods with foods laced with poisons for decades.

Why would anyone take pleasure in adulterating the food supply? Try this theory – if TPTB can make the masses believe that the cheap crap they get fed (butter substitutes from hydrogenated oils, sugar substitutes, flavor substitutes, etc.) is actually good food, then the less the peons need to have money and the more money is available for TPTB to harvest.

The assault has been revved up in the recent past with MSGs (monosodium glutamates – of whatever name they call it, and there's a list a mile long), HFCS (high fructose corn syrup), Artificial Sweeteners, GMO (genetically modified organisms), Canola Oil, Hydrogenated Oils and emasculating Soy products among the worst, as well as fluoride in the water.

Do some research yourself on these, but here are the highlights of what we have learned:

- MSG – is an excitotoxin, which speeds up the

body's absorption of other toxins, like mercury.

ALL of the list below are types of MSG or contain MSG:

- Glutamate
- Glutamic Acid
- Monosodium Glutamate
- Monopotassium Glutamate
- Yeast Extract
- Yeast Food
- Yeast Nutrient
- Autolyzed Yeast
- Autolyzed Yeast Extract
- Torula Yeast
- Autolyzed Soy Protein (any protein that is autolyzed)
- Hydrolyzed Protein (any protein that is hydrolyzed)
- Hydrolyzed Whey Protein
- Hydrolyzed Pea Protein
- Hydrolyzed Corn Protein
- Hydrolyzed Corn Gluten
- Calcium Caseinate
- Sodium Caseinate
- Textured Protein
- Textured Vegetable Protein (TVP)
- Natrium Glutamate (natrium is Latin/German for sodium)
- Gelatin
- Carageenan
- Malt Extract
- Malt Flavoring
- Barley Malt
- Maltodextrin
- Soy Protein Isolate

- Soy Sauce
- Soy Sauce Extract
- Soy Protein
- Soy Protein Concentrate
- Bouillon
- Broth
- Stock
- Spices* (may contain between 30% to 60% MSG)
- Natural Beef Flavoring
- Natural Chicken Flavoring
- Natural Pork Flavoring
- Ultra-Pasteurized
- Whey Protein
- Whey Protein Isolate
- Whey Protein Concentrate
- Protein Fortified Anything
- Flavor(s) & Flavoring(s)* (may contain between 30% to 60% MSG)
- Natural Flavor(s) & Flavoring(s)* (may contain between 30% to 60% MSG)
- Pectin
- Protease
- Protease Enzymes
- Enzymes Anything
- Anything Enzyme Modified
- Anything Protein Fortified
- Anything Fermented
- Seasonings (the word “seasonings”)
- Fish Sauce Extract

- HFCS – besides the corn from which it is made being GMO, these super sugars wreak havoc with the pancreas, speeding the road to obesity and Type II Diabetes.
- Artificial Sweeteners – Aspartame, Sucralose, etc. all fool your pancreas into acting as if you really ate sugar. It sends out extra insulin to gobble up the sugar that is actually in your blood, causing you to be more hungry when your sugar levels dip.
- GMO – yes, these do affect *your* genes as well!
- Canola Oil – was first developed as a cheap machine oil. It has been shown to scar arteries and is made from a GMO “rapeseed” plant, which was originally used to keep deer away from other crops. Canola is short for Canadian Oil Co.
- Hydrogenated Oils – this is a process in which natural oils are mixed with water to the point that the fat cells are broken down so that they actually emulsify with the water molecules. The detrimental effect is that now those fat cells can be absorbed through the intestines and get more fat and cholesterol into the bloodstream. This is also true of Homogenized milk. Milk is splatted against a steel wall so that the fat breaks down to be evenly distributed throughout the milk (hence, no more cream at the top of the milk carton). Again, this makes it easier for the fat to get into the bloodstream.
- Soy Products – virtually all soy is GMO and soy raises estrogen levels – in men as well as

women.

- Fluoride – fluoride is a toxic waste product of the aluminum making process. *“Hey, why not feed it to the people! Let's put it in their water! After all, it's only a heavy metal and would go straight to their brains!”*

Caring about what you eat is now classified as a mental illness – “orthorexia”. We knew someone who was a cook for one of the “elite.” He told us that his boss would eat NOTHING that wasn't grown on his own farm (meats included), and that this was the case with all of the other “elites” he was in contact with. But if one of the “peons” cares about what they eat, they are labeled a kook and told to take Prozac.

All we know is that since our family is more careful to eat as little of these detrimental foods as possible – we spend hours reading labels before we buy anything – we feel better, are healthier and have more vitality than before *and our minds are sharper.*

Speaking of reading labels, don't let a big splashy **“Organic”** on the front of a package fool you. It is now legal to call a food “organic” if only ONE ingredient in that food is actually organic! Foods that are labeled “organic” can contain any of the above foods to avoid as well, again, as long as ONE ingredient is truly organic. Bring your glasses to the grocery store and READ THE LABELS!

Unfortunately, it is *IL*-legal to mark non-GMO foods as such. According to the government, it would be unfair to the producers of GMO foods to let the consumer know

what they are about to eat. Heaven forbid they give the consumer a fair choice!

Regarding eggs, having your own chickens is the ultimate, or at least buying farm fresh eggs in smaller, local markets. Commercial eggs can be 3 months old before they get to the grocers' shelves, and can contain high levels of salmonella, listeria and e-coli.

Our diet consists mainly of whole, organic grains (wheat that we grind into our own flour and brown rice), proteins from lentils and beans, farm fresh eggs from our own chickens, sea salt, raw sugar and vegetables from our own garden. We do eat meat occasionally.

For most of you, eating nutritious food that you prepare yourself will be a new experience. Because you will actually be eating food that contains nutrients your bodies need and not just empty calories, you will find that you have to eat less to be satisfied and will lose some weight in the process.

Chapter 30

Our List of Recommended Foods to Store – *AND EAT!*

For any survivalist, it's obvious that a preparedness plan must include storage foods, kept somewhere on your bug out land. We've been living – quite well – on ours for about 4 years now, replacing what we can when we can.

Many people have no idea where to begin in getting storage foods. This will give you a good and healthy start:

(Note: We do not accept any payment for recommending any products.)

This is a guide for 2 people for about 3 years...

- Organic Hard Red Winter Wheat, figure about 500 pounds would last 2 people about 3 years comfortably. You will also need a grain mill. We suggest the Wondermill Junior Deluxe Hand Grain Mill. It costs about half as much and grinds more foods more easily than the higher priced models. An excellent value!
- Organic Short Grain Brown Rice (Lundberg is a very good brand), about 500 lb.
- Dehydrated vegetables from San Francisco Herb Company, www.sfherb.com. This is a great site! We get our tea there as well. The dehydrated veggies we get and use most from them are called "Soup Mix". This Soup Mix

does not contain *any* chemical flavorings or the like, just a mixture of healthy dehydrated veggies – carrots, onions tomatoes, spinach, celery, red bell pepper and green bell pepper. It's about \$6 a pound and a pound lasts the three of us at least a month. Check out the whole sferb site...they also sell dried fruits, etc.

- Legumes of your choice, also about 500 lb total. Any combination of lentils, Anasazi beans (highest nutrition in a bean), pinto beans, etc. We do not recommend soy beans or soy products. Besides the vast majority of them being GMO, soy itself raises the amount of estrogen in the body – in *men* as well as women!
- Turbinado (Raw) Sugar – 100 lb per year
- Sea Salt – (has iodine and other minerals in it - you will need that) 100 lb per year.

Food grade barrels are the best thing to put dried foods into, but new they're rather expensive (\$85 for a 55 gallon barrel). If you are lucky enough to find used ones, they are usually about \$10 each. If you look around you may find a food manufacturer or restaurant that has used ones for cheap. Also look at dairies for used barrels. We have large (35 and 55 gallon) food grade plastic barrels that we keep ours in, have done so for several years, with only bay leaves in with the foods and have had no problems with bugs, etc.

What you DON'T want to get is prepared foods, like MREs, so-called Survival Food Buckets, etc. They are full of things like high fructose corn syrup, extreme sodiums (like MSGs – which show up under a myriad of names – see thehealthranger.com for a list), GMO foods, soy (emasculates men's hormones), TVP – these are not things that will keep you healthy. In fact, if you are eating those things now, you should cut down on them and eventually stop. Even the big “Storage Food/Freeze-Dried” companies touted on the Internet who say that they don't include MSG are not being truthful! Look at ingredients and compare them to Mike Adams' (the Health Ranger) list of MSG and GMO foods.

Chapter 31

Wood Stove Cooking

I was very excited to begin cooking on my wood cookstove, but I was also intimidated. It seemed so complicated with all those doors, levers and implements. I got a lot of good information from the book, *Woodstove Cookery*, by Jane Cooper. But actually, it turns out that it's more "feel" than exactness. And as you use it, that "feel" becomes something you don't have to think about. But here are some basics that will shorten your "trainee time".

First, don't be afraid of your stove. Feel the different temperatures on different parts of the stove (must I say it? Be careful not to burn yourself!), notice how long things take to get to the different stages of being cooked. Try using lower temperatures and notice how the food changes, and what subtle differences there are in the end result. If it gets too hot, close down the vents and see if that brings it to the temperature you need. Even if you burn something, there's a lesson to be learned here, too --- just don't do it too often! You will find that this is really an art, and very willing to give up her secrets.

What kind of stove to get -

Some people are lucky enough to find an oldie but goodie, used but still usable, antique. eBay has them from time to time, but you have to be able to pick them up yourself, as shipping costs would be unbearable. Besides, you would want to inspect it before you closed the deal.

Most new stoves I have seen range about \$2000. I got mine at a local building supply house, for only \$411 in 2008 (I understand it's \$700 now in 2009). It's a medium-

sized model, a “Hasty Baker 1864”, cast iron, made in China. But it has 6 burners (I’ll explain more later) and an oven that holds a small roast, 2 chickens, or two loaves of bread. It’s more than adequate. I’ve been using it all day, every day for about 6 years now and I have no complaints.

We covered the kitchen floor with saltillo tile, so that sparks would not be a problem, and we built a platform out of cement board and saltillo tile so the cooking surface would be high and comfortable enough for us.

The survival cookstove was also our source of heat in a 700 sq. ft. house we used to live in. Because woodstoves have a small firebox, it was necessary to fill it more often than we would have liked, so on the coldest nights, we had to get out from under the covers about every half hour to add more wood. But it did the job.

How does it work -

Most wood cookstoves will have a front configuration like this:

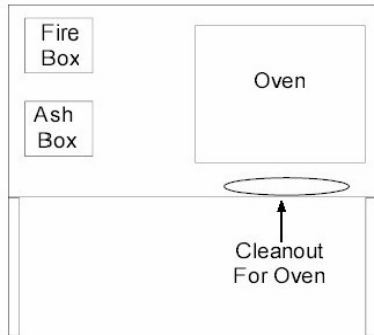


Illustration 43: Wood Cook Stove Front View

On the top, near the stovepipe, should be a lever to open and close the flue (the opening for the chimney or stovepipe). On the left side of the stove should be another grate that can be opened to allow more air to flow in.

There is another air-flow grate on the back, behind the ash box.

The top will look like this:

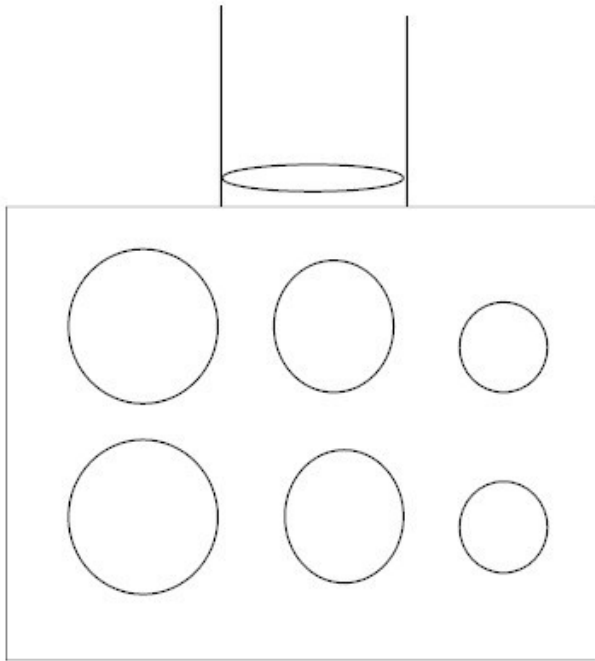


Illustration 44: Wood Cook Stove Top View

About once every month or two (depending on the type of wood I use and how often I use the stove), I burn a "creosote log" to clean out the chimney. This helps prevent a chimney fire and cleans out the chimney so that the draft is good, giving a better fire for cooking with. Some people say that if you get a really hot fire going for a while it will burn out the creosote, but I'd rather be safe than sorry. A basic concept of any survival guide.

How to **BUILD** a fire -

The first thing to do is make sure that the ash box and the area that the ash box slips into are cleaned out of yesterday's ashes. Then open the chimney flue all the way, open the left side vent grate and if you want or need to, the back air flow grate.

Whenever I am teaching someone to start a fire, I always tell them to remember this: You are *BUILDING* a fire. This means, don't start off stuffing all your big logs onto the newspaper or whatever you use for kindling, strike a match and expect it all to go poof and light. Start with small pieces and as the fire grows, add bigger pieces.

Here is another thing to keep in mind when building a fire. Fire takes fuel (the wood) *and air*. If your kindling or bigger logs are too close together, you won't have a good fire.

I place three small rolls of paper (I find paper grocery bags ripped into 8" by 12" pieces and rolled up the best, newspapers second) on the grate in the firebox, and a few pieces of kindling on that. Don't use too much paper, it's not necessary and it will "dirty-up" your stove pipe.

Kindling wood is the small pieces that come off the wood when it's being split or is out on the ground. About 1/8" thick and maybe 6"-8" long, and very dry. Rough, broken pieces light better. Make sure that there is air flow around the kindling, not all in one pile. Actually, I like to criss-cross the kindling over the newspaper to ensure that there is good air flow.

Then I light the paper with a match and let the kindling catch a good flame. When the kindling is burning well, I add a couple of bigger pieces of wood until they catch well, then I add more logs to fill the fire box, but being sure I have air flow. At this point, I close the back

vent and bring the flue to halfway closed. This will keep the heat on the cooking surface and oven, rather than mostly flowing up the chimney.

The next thing you have to do is wait – until the stove gets hot enough to cook with, usually about 15 minutes to 1/2 hour, depending on what you are cooking. First thing in the morning, I put the tea kettle on when I get the fire lit, and when it boils I know the stove is ready.

If I should let the fire go unattended for too long and find you only have a few coals left, I add a few pieces of kindling on top of some of the hot coals, and then I blow on it gently through the firebox door (move your face away when you inhale) until the kindling lights, then I rebuild the fire as above.

Cooking on the Stove Top

For the first few weeks, when what I was cooking was ready, I had to stop myself from reaching for the knob to turn off the heat! In wood stove cooking, heat is mitigated by where you place the pot or skillet. The heat on the stove top graduates like this (with 1 being hottest):

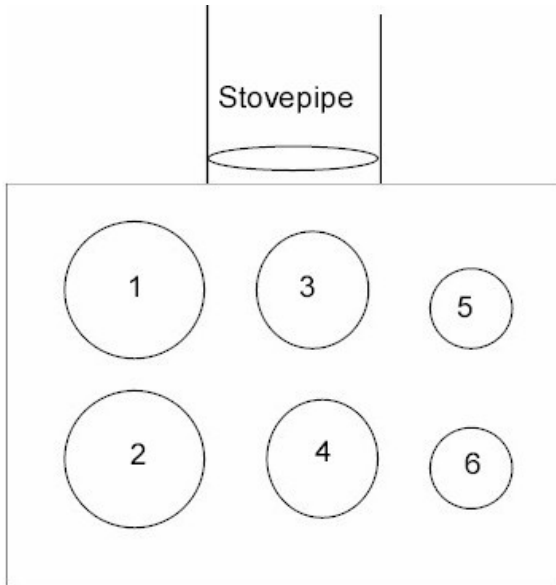


Illustration 45: Heat Distribution

Numbers 1 and 2 are the hottest, since they are directly over the firebox, with 1 being hotter because the draft of the chimney is pulling the heat up to itself.

Since the stovetop is flat, it's easy to move pans around to change the amount of heat they get.

I use mostly plain cast iron cookware, except for the few pieces of Le Creuset I have left over from a “former life” and some stainless steel pots I use for things like boiling macaroni. Once the cast iron cookware is seasoned, clean up is very easy, just remember to dry them after washing so no rust forms. But again, you have to wait until it's well heated before cooking. (Wood stove cooking allows you to learn the pleasure of patience and taking your time.) However, it heats much more evenly

and holds the heat longer.

For hotter heat, we add cedar logs, which burn hot and fast. Then I temper the cedar with pinion (pine) or juniper, which burn less hot, but longer.

If you have a cast iron wok (or even a stainless steel one), you can remove the burner #1 above and set the wok right into the open fire.

How to Bake

There is a layer of air between the oven box and the rest of the stove which is how the oven gets its heat. This is also a place where ashes and creosote can build up. On most survivalist wood cook stoves, not only the heating circles, but the surface tops that hold them in place are removable so that you can get to the top of the oven box can be cleaned. I scrape it off so that it falls below the oven box and there is an opening there to scoop them out.

Baking is a whole 'nother thing in a wood cook stove oven. It's not easy to regulate the temperature, so you have to keep an eye on what it is you are baking or roasting, and turn it often to get more uniform cooking.

Do get an oven thermometer. Even an inexpensive one is just fine, it will give you at least a good idea of the oven temperature. Once you have gotten the oven up to temperature (remember to have the flue only about 1/2 way opened so that the heat gets to the oven, not up the chimney), close the left side air grate and, sometimes, close the flue all the way (this is one of those "feel" things...you'll know). This will cause the wood in the fire box to become a big bed of coals, rather than flames, which is what you want for baking. It will hold the heat

longer and at a more steady temperature. When you do need to add more wood to the fire box, just add a couple of logs, don't fill it up. This will allow the oven to come back up to the temperature you want without over-doing it and running the risk of burning your food.

I find that sometimes the heat on the firebox side of the oven is just too intense and burns the top of what I am cooking. I make a shield out of aluminum foil (without it touching the food), or cook in a covered pot.

I will admit that when I make bread, the top of the crust *ALWAYS* burns. Try as I might, if I keep the oven cool enough that the crust doesn't burn, the bread doesn't cook. If the bread comes out right, the top burns and that's all there is to it! So -- we all have to make sacrifices sometimes. We leave the top crust, but enjoy the bread. May burnt crusts be your worst problem. At least it means you have bread - and you're a survivor.

Chapter 32

Recipes – What to Do with Your Storage Foods

I can't tell you everything there is about how to cook your storage foods. But here are some of our favorite – and most used – recipes. My hope is that it will provide you with a jumping-off point to do some successful experimenting on your own!

I have been doing all of my cooking for the last several years at more than 7500 ft. above sea level, so you may have to adjust some things for other altitudes.

Just wanted to start off with a little explanation of some of the basics...

Wheat Berries

Wheat berries are the whole grains of wheat. They contain the bran and germ that are the most nutritionally valuable part of the wheat, and they are taken away to make white flour. If I have to use some white flour (to make something a bit lighter or because I've been too lazy to grind some whole wheat flour), I at least use unbleached. I like to think it has a bit more nutritional value than bleached flour. Soothes my conscience!

Grain Mills

For several years we used a "Basics" grain mill. It has a rather small burr and takes a long time to grind any

volume of flour, but it does grind rather fine – makes a nice whole wheat pastry/bread flour – and it's held up for a good couple of years now. In the early 2000's it was \$79.

We also have a mill that only grinds coarsely, which we use to crack wheat into cereal. This breaks it up enough to allow it to cook easily, but retains enough of the "roughage/fiber" to aid good health. You can pick these up now for about \$25 on ebay.

We recently got the best grain mill we've ever had – a Wonder Junior Deluxe Hand Grain Mill by the Wondermill Company. We were investigating the Country Living Mill at about \$400, but found and chose this one instead at \$219. It has a large capacity hopper, comes with sets of both a steel and stone burrs, attaches to the table with either permanent lag bolts or a stable, double screw-on-and-off mechanism and grinds excellently. It will even do peanut butter and grind coffee. Spare parts are easily available and affordable. For the price, we have found it to be the best value.

Recipes

Cracked Wheat Cereal

The ratio of water to cracked wheat is 3:1. One cup of cracked wheat needs 3 cups of water to cook.

2 C. Cracked Wheat

6 C. Water

Salt to taste (optional)

Bring the water to a boil (salted if you like), and add the cracked wheat. Stir until the white foam disappears from the top, then cook at a simmer (still stirring) until it

is the thickness you like. We sprinkle a little sugar or syrup on it when we serve it. Makes a great breakfast for 3-4 people.

Pancakes

4 C. Flour (If you use white flour, add about ½ C. cracked wheat for some good fiber.)

1 Tbs. Baking Powder

½ tsp. Salt

½ C. Sugar

¼ C. Oil

2 Eggs

Water

Heat your griddle or pan to medium heat while you prepare the batter. If your surface is too hot they will burn before they have a chance to cook through.

Mix together the dry ingredients. Add the oil, egg(s) and enough water to form a batter (up to you how thin or thick you like it).

Put a small amount of oil on your griddle or pan, then use about ½ C. batter per pancake. Leave it alone until you see bubbles breaking on the top surface and the edges begin to dry. Then flip it and cook till done.

Home-Made Pancake Syrup

4 C. Turbanado Sugar

8 C. Water

½ tsp. Salt

Combine all ingredients in a saucepan and heat until melted. Then allow to simmer until the syrup coats the

back of a wooden spoon, to the thickness you desire. Don't over-cook it though, it will crystallize.

Biscuits

6 C. Flour (If you use white flour, add about ½ C cracked wheat)

2 Tbs. Baking Powder

1 Tbs. Salt

1 Tbs. Sugar

¼ C. Oil

Water

This is very much like the pancake recipe, except for the eggs and the amount of water. Instead of making a liquid-y batter, use enough water to form a soft dough. I drop the biscuits by spoonfuls onto a baking sheet and put them into a hot oven (around 400 degrees). I turn them (turn the whole baking sheet) about every 5 minutes or so, until the tops are well browned. Makes about 2 dozen biscuits.

Last winter we moved into our new house before the cook stove was in. For about a month I cooked on the flat top of our bedroom box-wood stove, and learned I could really get a long without an oven – except for bread, of course – if I needed to. I made these biscuits on top of that stove in a cast iron frying pan, with a fairly good fitting lid. I would place some oil in the pan, drop in the biscuits and after a bit I would flip them and cook them till done. Now, even though I have the kitchen stove/oven installed, I prefer to cook these on top of the stove!

“Two Cake”

This was another joyous discovery for stove top or oven cooking. I call this “Two Cake” because most of the ingredients have a 2 in the measurement. It's really just a spice cake. Whether cooking this on the stove or in the oven, I use a 10” round cast iron frying pan with a heavy lid to cook it in.

- 2 C. Flour (whole wheat or white or any combination)
- 2 C. Turbanado Sugar
- 2 Eggs
- 2 Tbs. Oil
- 2 tsp. Baking powder
- ½ tsp. salt.
- ½ tsp. Allspice
- ½ tsp. Nutmeg
- 2 Tbs. Cinnamon
- Water

Combine all dry ingredients, then add eggs, oil and water. Mix to a cake batter consistency. Grease your baking pan and pour in the batter. Cook on a rack in a medium-hot oven. When I cook this on the stove top, I set the pan on an old gas burner trivet so that the pan does not touch the heat surface directly. Cook till a toothpick comes out clean.

Chicken in a Biscuit

1-1/2 C. Canned (or fresh cooked) chicken meat, shredded

2 Tbs. Hydrated Vegetable Soup Blend (just put 2 Tbs. Veggies into enough water to cover, then wait till they absorb the water.)

Salt, Pepper and Dill to taste.

Biscuit recipe (above), but add 1-2 eggs

Mix chicken, veggies and seasonings. Drop some of the dough onto a baking sheet, flatten it out with two spoons. Add some chicken mixture to about 1/4" from the edges and cover with another layer of biscuit dough. Depending on how big you make them, should make about 6 big biscuits. Bake as above. Makes a great lunch, sort of a healthier "hot pocket".

Loaf Bread

I love this recipe. I got it from the book, Woodstove Cookery by Jane Cooper. You can use 100% whole wheat flour, 100% white flour (when I use white flour I add 1/2 C. cracked wheat), or a combination of whole and white. You can add flavorings like Italian seasonings, dill, garlic, hydrated onion flakes or whatever you like – but it's good plain, too. I use 3 Tbs. of yeast rather than the recommended 2, because I am at 7500' above sea level and it helps it rise. Adjust this for your altitude...you may need less.

3/4 C. Sugar

3 C. Hot water (about 120 degrees)

3 Tbs. Dry Yeast

1 Tbs. Salt

1/4 C. Oil

5 C. Flour

2 C. Flour (more or less for your location)

Place the sugar in a big bowl. I add the 3 C. of boiling water to this, then stir it until the temperature is correct. I

use an instant meat thermometer to measure the water temp. Add the yeast, then stir gently, just to wet the yeast. Then, walk away. Give the yeast a good 10 minutes to "proof", that is, get foamy. If it's a little longer than 10 minutes, that's ok, too.

Next add the salt and oil and any flavorings you choose. You can even add some re-hydrated vegetable soup blend. Add the 5 C. of flour. (If you are using white wheat and want to add cracked wheat, use 1/2 C. of cracked wheat and 4-1/2 C. white flour.) Stir until mixed, then stir for about 5 minutes (less for white wheat) until the mixture gets smooth. With this step you are pre-developing the gluten, so that you don't have to knead it as long.

Add 1 to 2 cups more flour, until a dough ball begins to form. Then turn out onto a floured board or countertop, and knead, absorbing more flour, about a 1/2 C. at a time. Knead and flour dough until it is smooth, elastic and not sticky. It will still be a slightly soft dough, not too dry.

Place into a large, oiled bowl. Place in upside down, then turn so that the whole surface gets oiled. Cover with a dishcloth and allow to rise in a warm, draft-free place, until at least doubled in size.

When the dough has risen, beat the dough with your fist to remove the air ("punching it down"). Then divide in two and roll each half out with a rolling pin (a piece of PVC pipe works, too) to remove as much air as you can, but not so thin that you can't work with it. Then roll this (jellyroll style) into a loaf*.

Place the rolls into two oiled loaf pans, again, turning to oil all sides and top. Let rise until the loaves come up to about 1" over the top of the pan. Bake at about 400 degrees. I set a timer every 15 minutes to turn the loaves

for more even cooking. After 45 minutes, I check for doneness. This means taking a loaf out of the pan to see if the bottom crust has browned and if it feels springy or doughy when I tap the bottom crust. It should be springy and golden brown. If it's not ready, I give it another 10 minutes before testing again. You will have to learn to judge your bread's cooking time on your own.

Like I mentioned in the woodstove cooking section, no matter what I do, The tops of my crusts burn. I do the best I can.

*If you want to add something like raisins and cinnamon or sliced hot chilies, this is the time to do it. Just place them on the top of the rolled dough, then roll into the loaf.

Pita (Pocket) Bread

Pocket bread is easier to make than you'd think. It requires a very hot oven, at least 425 degrees, to as much as 475 degrees to make the pockets form, however, if you don't get great pockets, you still get great tasting bread!

2 C. Flour
1 Tbs. Salt
1 Tbs. Yeast
2 C. Hot Water (120 degrees)
Flavorings as You Like
Flour for kneading

Pre-heat your oven to 425 degrees to 475 degrees.
Depending on the size of your oven, you might use a pizza

stone, bricks or other heat –holding surface, which need to be slowly heated along with your oven. You can also do this on a baking sheet.

Place flour (you can use any combination of whole and white wheat you like, even all whole wheat), salt, yeast and flavorings (I like dill and rehydrated onion flakes the best) and mix. Add the 2 C. of water (make sure it's at 120 degrees) and mix till smooth. Add some flour until a dough ball starts to form, then knead and add flour until you have a smooth, elastic dough, slightly soft.

Place into large, lightly oiled bowl, cover with a dishcloth and allow to rise until at least doubled.

After the dough has risen, punch it down and let rise a second time. Punch down again and divide into 12 pieces. Cover these with a dish towel while you are working so they don't dry out. Depending on the size of your oven and baking surface, take 2 or 3 pieces of the divided dough and roll each out into a circle, about 6" in diameter. Use plenty of flour while you roll these out – it will keep them from sticking in the oven. Place the rolled pieces onto the baking surface and check at about 2-1/2 to 3 minutes. At this point, they will be puffed into pockets, if they are going to do that at all. Puffed or not, flip them and cook another 2-1/2 to 3 minutes. I like to roll the next batch during the second half of the cooking. During the first half of the cooking, I'm usually stuffing the fire box in the wood stove. It's important to keep the heat up while you are making these.

I usually make a double batch (24) of these when I make them, because half of them get eaten up before I get the next batch out of the oven!

Now – here's the pleasant surprise I got when I did a

little experimenting...if you use white flour for this recipe, it makes the most wonderful “peasant loaf”! I take the batter (a double batch) after the first rising, divide it in half, pound out any air pockets and roll them, jelly roll style, into two free-form loaves. I place them on a floured baking sheet, rub in a bit of olive oil on top and sprinkle the tops with salt and garlic powder. Then I bake them in a hot oven for about an hour, turning every half hour to ensure an even baking. They pretty much double in size in the oven. This is the best white bread we've ever had!!! (Sometimes I substitute 2 cups of whole wheat flour for some of the white – no problems with the baking.)

Cooking Brown Rice

I use organic, SHORT grain brown rice. It cooks easier than long grain, and requires no soaking. But it still has all the nutritional benefit that brown rice naturally does.

The water to rice ratio is 2:1. Two cups of rice needs 4 cups of water to cook. I heat my cast iron or stainless steel rice pot while I measure the rice and water. I add salt and pepper to the measured rice, then put it in the hot pan (no oil necessary) just to toast it a bit. Then I add the 4 cups of water, cover it, and set the timer on 50 minutes. I generally cook it on a high heat, even letting it boil over a bit. After 50 minutes, I check to see if the water on the bottom of the pan has dried out – been absorbed really. If so, I remove the pot from the heat and leave it uncovered for 10 minutes. If it's still soggy, I check it every 5 minutes or so till it's dried and I can move and uncover it.

After that 10 minutes I fluff it (brining any last soggy rice to the top) and cover it till I'm ready to use it. Simple!

Easy and Delicious Vegetable Soup

6 – 8 C. Water

Approx 1/2 C. S.F. Herb's Vegetable Soup Blend
(Dehydrated Vegetables) (to taste)

Dill (or other herb to taste)

Salt & Pepper to Taste

Add all ingredients and bring to a boil. Cook until vegetables are soft.

Sometimes I add a bit of tomato powder to give it a bit more richness. Sometimes I add egg drops. Scramble eggs with a bit of flour, then stream into soup. Let cook a minute or two before stirring. Sometimes I add uncooked egg noodles and let them cook in the soup (after the soup is done). The only problem with this is that it won't take long for the noodles to get too mushy. So, as you see, this is something you can eat plain or experiment on your own. Very nutritious!

Veggie Gravy

Every time we have this, we swear it was made with turkey drippings! On mashed potatoes it is absolutely yummy!

4 C. Veggie Soup Broth (above)

¼ C. Olive (or other) Oil

½ C. Flour (white or wheat or a combo)

Seasonings

Heat the oil in a saucepan. Add the flour, whisk till combined and cook for about 2 minutes to cook the flour – it will have a slightly nutty smell. Add a ladle of the broth and whisk till you have a thick, smooth mixture. Continue adding the broth, mixing and smoothing until it's all in. I add a little garlic powder and sage (or poultry seasoning), sometimes celery salt, depending on what I am serving it with. Keep on medium heat till it is the thickness you like.

For a little variation, brown some onions in oil on a separate frying pan and add some of the veggies from the broth. Add salt, pepper, garlic and a bit of paprika and continue to fry till golden brown. Add the onions and veggie mixture into the gravy and serve!

Spaghetti Sauce

Fresh Onions or Re-Hydrated Onion Flakes

Italian Herbs

Olive Oil

Chopped Garlic or Garlic Powder

Salt & Pepper

Wine or Wine Vinegar

Tomato Powder

Water

These are the ingredients, but the amounts are up to you!

Put some olive oil in a heated pot. Add the spices and herbs and allow to cook, but not burn. Add about 1 C. of wine or wine vinegar and cook until you don't smell the strong alcohol fumes. Add about ½ C. tomato powder and

cook to form a thick paste (add a little water here if you need to). Add just enough water to make a medium-thin sauce, then cook slowly to reduce to the consistency you like.

Home Made Fresh Pasta

This is an awesome thing to do with extra eggs! Once the pasta is dried, it can be kept for long periods of time, always ready for when you're in the mood for pasta!

4 C. Flour – You can use any combination of white and whole wheat. Test ratios to your liking.

2 tsp. Salt

4 eggs

½ C. Water

Combine flour(s) and salt in a medium-large bowl. Make a well in the flour and break the eggs into it. Scramble with a fork, incorporating more and more of the flour as you mix. When the eggs are distributed evenly, pour in most of the water, and knead until you have a fairly dry dough. This will require a little trial and error. If it's too dry, it will crumble when you roll it. If it's too wet, it will stick when you roll it.

The pasta can be rolled by hand to whatever thickness you desire. If it's nice and dry, this will be hard to do, but letting it rest every now and then helps a lot. Then roll up the rolled dough and cut into strips while rolled.

I have found two pasta rolling machines (we eat a lot of pasta – I wanted to have a spare!), both made in Italy, on eBay, each for under \$25. I prefer the kind that has the cutters attached, non-removeable from the kneading roller

section.

Using a pasta machine not only saves time, but makes the job fun and quick. I always start out kneading at the widest opening (some have settings that go up from 1, others have settings that go down to 1). Take a golf-ball sized piece of dough, flatten it a bit so the roller doesn't have to work so hard, and crank it through. Fold it in half and crank again, repeating until you have the shape you want and it is smooth. Then run it through incrementally down to the thickness you want. You can use the machines cutters, or cut it yourself. If your rolled dough is a little too wet for the cutters, let it dry out a bit before trying again.

I do so much with pasta. I run it to the thinnest setting and cut with the spaghetti cutter for fine noodles for veggie or chicken soup. I use the next thickest setting for fettuccine, I hand cut the dough sheets into 1" by 1/2" strips and squeeze the middle together to make "bow ties" ("Farfale").

Here is my recipe for a special dish:

Veggie Ravioli

Sheets of pasta dough, as thin as possible, and not too dried.

Veggies from having made Veggie Soup (above)

1 Onion

Olive Oil

Salt

Pepper

Garlic Powder

Paprika
Sugar
Egg wash (1 egg yolk and 1 Tbs. water mixed)
Veggie Gravy (Above)

Brown the onion and veggies from Veggie Soup, adding some sugar and whatever seasonings you like. Set aside.

Place a sheet of pasta dough on your work surface. Drop scant teaspoonfuls of the veggie mixture onto ½ of the sheet of pasta, spaced so that you can seal and cut in-between fillings. Brush the egg wash around the filling.

As you fold the empty half of the pasta sheet over the filled ½, make sure to work out as much air space as you can before pressing to seal and form the ravioli. Cut into individual raviolis and press with your fingertips or the flat end of fork tines (don't poke holes in it). Allow the ravioli to dry a bit on a rack before boiling. Boil until the pasta is cooked, just a minute or two.

Serve with Veggie Gravy.

See? A gourmet meal from “storage foods”!

Lentil Chili

2 C. Uncooked Lentils
Chili Powder
1 – 2 Cans of Chiles or some Fresh Chiles
Salt
Pepper
Garlic Powder
Cumin
Tomato Powder or Tomato Paste

4-6 C. Water

Mix all ingredients and bring to a boil. Cook until lentils are soft and chili is as thick as you like it.

Dutch Oven Baked Beans

Being at an altitude of over 7000', water boils here at 186° F., not at 212° like at sea-level. So getting beans to break down by simple boiling *takes forever!* Especially Anasazi beans, which are extremely nutritious, but can also be tough. We discovered that cooking them in a cast iron Dutch Oven in a carefully tended “campfire” (extremely high heat) helps.

But here's a tip we learned to make bean cooking take no time at all, and we find it alleviates most of the gas beans usually cause in the digestive system! Put your beans into a pot and cover with water, about an inch or two above the beans. Add 1 Tbs. baking soda per cup of beans and bring to a boil. Boil for 10 minutes. This will turn into a green-foaming, bubbling, stinky mess. That's the sulfur leaving the beans. After 10 minutes, drain and rinse very, very well with cold water. Then use your beans in your favorite recipe. Here is ours:

2 cups beans – prepped (above)
1 Tbs. Salt
½ C. Sugar
2 Tbs .Chili powder
2 Tbs. Paprika
1 tsp. Garlic Powder
¼ c. Onion Flakes
1/3 c. Dehydrated Veggie Mix

4 c. Water

Cook until beans are soft – no crunchy spots in the middle.

New Mexico Green Chili Stew

6 lb meat roast of your choice – we prefer elk, goat or beef – rubbed with: sugar, salt, cumin, garlic powder, onion flakes, paprika (Chipolte if you can get it), then seared on all 4 sides in a hot covered roasting pan.

1 bottle of Sangria wine (or any sweet wine or fruit juice)

4 quarts of roasted green chilies – frozen or fresh

Cook in slow oven (200-250 degrees) for 8-14 hours. When the meat begins to become shredded, add either 1 cup uncooked rice or shredded potatoes and cook about 2 more hours to thicken.

Chapter 33

Hunting

The way we feel about hunting is that it is to be done only for eating – if needed – and NOT as a sport. We're just going to offer some short notes on hunting.

As a basic rule, never shoot across a road, never shoot towards or near a house, and never shoot at anything you can't positively identify. That's just common sense.

The lands of the Southwest are teeming with all sorts of wildlife, some of them edible, some not, and others only at certain times of the year.

Rabbits and hares (jackrabbits are hares, not rabbits) are very low in nutrition and can only be eaten at certain



*Illustration 46:
Cottontail Rabbit*

times of the year. Rabbits and hares in the spring can carry a disease called “March Hare Disease”, a viral infection and the inspiration for the Alice in Wonderland character. This disease can be passed onto humans during the Spring. For this reason **DO NOT HUNT RABBITS IN THE SPRING!** The disease affects the neurological system. It causes tremors and a high fever.

In our humble opinion, rabbits/hares are tough, stringy meat



*Illustration 47:
Jackrabbit
(Hare)*

and have a strong wild taste. They are certainly not for everyone, probably an acquired taste (we don't eat rabbits/hares). Some of you from places where rabbits, squirrels, possums, etc., are eaten may have a different opinion. If this is your first experience eating a wild rodent, it may not be for you.

If you choose to hunt rabbits/hares here are some things to know. Rabbits/hares never go too far from their holes and always run in concentric circles to make their way back to their holes. You can know where their holes are by watching what direction they travel when chased. Also, the vision of most of the predators of rabbits and hares is movement based. This means that rabbits and hares will stand completely still thinking that the predator (you) can't see them. This is good time to take a shot, because at any point they will take off running.

I like the Ruger 10-22 for use in hunting a rabbit or hare, or a shot gun. If you want to be really primitive, you can set traps.

Deer, antelope and elk are the great ovines and



Illustration 48: Mule Deer

bovines of the high desert. We are not going to go into great detail on this, but a little background will help. First thing you need to remember is that an elk, deer, or even an antelope is a very big animal.



Illustration 49: Antelope

Typically an elk can weigh as much as 1000 lbs. This means you'll end up with over 500 lbs. of meat to either eat right now or preserve (See our section on



Illustration 50: Elk

how to preserve meat for long term storage with out refrigeration), using brines and jerky methods. Never shoot anything that you are not prepared to eat right now or store long term. Don't waste such a precious gift.



*Illustration 52:
Deer Poop*

Here in the wilderness spotting large game is very easy. You'll see signs of their being in your area by first looking at the ground. What are



*Illustration 51:
Antelope Poop*

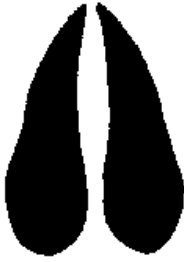
we looking for?? Poop and tracks!



Illustration 53: Elk Poop

All of the aforementioned ovines and bovines poop. Antelope and deer poop are similar – little pellets of poop about the size of a pea. The deer's poop is a little larger. After a few days on the ground the poop will change from dark brown to light brown and eventually mix in to the dirt and disappear. If you know where they like to poop,

you can find them with their tracks. See below for examples of deer, elk and antelope tracks.



*Illustration 54:
Antelope Tracks*

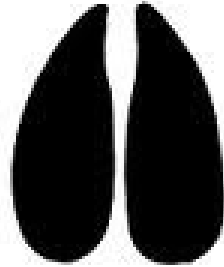
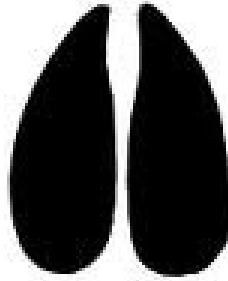


Illustration 55: Deer Tracks

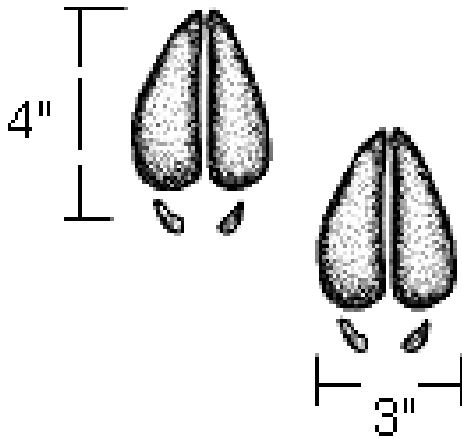


Illustration 56: Elk Tracks

I prefer using a high powered rifle to shoot a large animal like these. The last thing you want to have happen is to shoot an elk, deer or antelope and not kill it.

What we would use is the old stand-by, a 30.06 caliber high powered rifle. Others work as well, including the 30.08 NATO or 30.30.

In our opinion a .223 caliber or 5.56 millimeters or a 7.62x .39 millimeter Russian or Chinese ammunition is too light a round for elk, but is usable for smaller game like a deer or antelope.

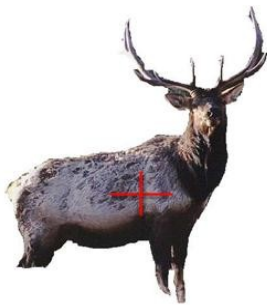


Illustration 58: Shoulder Target



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Illustration 57: Shoulder Shot

We believe that a shoulder shot is best to bring down an elk, deer or antelope. We would shoot the game in the front shoulder to break it and render the animal “legless” (can't run). Sometimes the game will run like crazy after you hit it but before dieing. I once had a large mule deer run over ½ mile through low hanging cedars in a snow storm before finding it dead. When we opened it up to field dress it, we found that it had its lungs, heart and liver all virtually destroyed by the shot (using an 8 millimeter Remington Magnum). The animal was running on pure adrenaline.

Please don't be like the New Yorkers we used to see in Pennsylvania on Buck Day (Buck Day is the first day of the whitetail deer season) – with a dead white tail buck bungee-corded to the front fender of a silver Mercedes for the trip back to Long Island where he will some time in the future take it to be processed! Waiting hours to field dress an animal will make the meat taste gamy and speeds spoilage.



Field dressing is not as gross as you may think. First, *MAKE SURE YOUR KILL IS DEAD!!!* There was a youtube video of a hunter who thought his kill was dead and as he starts to field dress it, his “kill” gets up and chases him around for a while! Not a good way to get started. If your kill is down on the ground, poke it in the eye. If there is living breath in it, it will at least flinch.

There are many great websites to help you with your first hunting experience.

<http://www.elk-hunting-tips.net/field-dressing.html>

Chapter 34

Living Without a Fridge

We're sure this sounds absolutely pre-historic to most of you! But we haven't had a refrigerator for several years and have managed just fine.

In the wintertime, a large cooler placed outside, secured so that critters can't find their way in, or in an unheated shed keeps whatever we need frozen or chilled for weeks.



Illustration 59: Cooler

In the summertime, when the garden is producing, we eat mainly those fresh foods daily.

The eggs that our hens produce are usually all eaten every day. Fresh eggs will stay edible for quite some time (weeks) unrefrigerated. Actually, it's once they are refrigerated that they require it. Store in a cool dry light-less place (try to keep under 65 degrees for storage).

If we have an abundance of eggs we make, dry and store noodles or hard-boil and pickle them. You've never had pickled eggs? You're in for a treat:

To 2 quarts of water and 2 quarts of white vinegar (you can try using other vinegars – wine vinegar, etc. – for different flavors), add ¼ cup sugar and 1 cup of salt, plus whatever seasoning you like. Dill and garlic work well. Heat till completely dissolved and allow to cool completely. Then pour over two 1 gallon jars filled with peeled, hard-boiled eggs until the eggs are covered plus a little more. We also add sliced onions to the jars. Cover the jars and put them away. The longer they stay in the brine, the better they are. In our house, they don't stay around that long.

A long time ago we gave a gallon of these pickled eggs to a family member who brought it to his favorite private bar. They got put into a closet and were re-discovered about *FIFTEEN YEARS LATER!* A brave soul decided to try one. He said they were a bit crunchy, but still good!

They don't stay around our house long enough to verify how long they'll keep this way.

As for red meats (beef, elk, goat, etc.), we use a corning brine (as in corned beef) that we got on the Internet that was advertised as a Civil War era corning brine.

6 Pounds of Salt
1 Pound of Sugar
4 Gallons of Water
Pickling Spices (optional)

Heat the salt and sugar (and pickling spices if you choose) in at least 2 gallons of the water (depends on how big a pot you have) until completely dissolved. Place into a large container (we use a 17 gallon food grade barrel), add the remaining water and allow to cool completely. Then add the meat, cut into 1-2 pound pieces. (Larger pieces will not absorb the brine quickly enough.) Be sure that in preparing the meat you remove any layers of sinew or fat so that the brine can get into the muscle. Place a weight on top of the meat so that it stays submerged in the brine. When the meat no longer floats to the top, it's completely brined.

To use the meat, we always boil it in an ample amount of water to remove most of the salt. Then we add some potatoes to the water and have a “New England Boiled Dinner”, or we fry it up with home fried potatoes. If you don't boil it first, remember that it will be extremely salty, so use it sparingly as a seasoning for soups (pea soup is especially good), etc.

We were given the front quarter of an elk last year, and pickled it using this brine. We ate from that for over three months before we ran out of meat.



Illustration 60: 12 Volt Refrigerator

There are some refrigerators and freezers available that run on 12 volt DC power.

Check out sunelec.com.

Chapter 35

On the Radio

Having good radio equipment is important for many reasons. What will you do when there is no Internet? What will you do when there is no cellphone service? How will you know what's going on in other parts of the country or the world? Radio signals don't need an intermediary (read: controller) – they just bounce all over the earth and are received by radios.

It's not even necessary that you transmit (speak) on the radio, but the information you can garner from just listening to others from far away is worth the time it takes to understand how to use a radio.

We own a used Grundig Yacht Boy 400 and recommend it highly. These were made in the 1990s, but are still state-of-the-art. The CCI radio company



Illustration 61: Grundig Yacht Boy 400
sells a clone of this model today. Good used Grundigs can be found on ebay in the \$50 to \$100 range. The YB400 has some great features:

- AM/FM and Shortwave bands
- SSB receiver
- Tuning Scan
- 40 Channel Memory
- Light

Alarm Sleep Timer

We consider it the best AM portable receiver made. At night we can listen to stations from Los Angeles CA, San Antonio TX, Omaha NE, or Denver CO and even Detroit MI and Chicago IL at times, all sounding clear from here in New Mexico.

Our Yacht Boy 400 receives from 55 Kilohertz through 30 Megahertz, covering the entire HF (high frequency) band. In a time of crisis, shortwave may be the only radio signal out there. It may come in real handy when we can't depend on the Internet to know what is going on.

WWV is the international time standard hack that can be found on the following shortwave frequencies;

2500 khz
5000 khz
10000 khz
15000 khz
20000 khz

This radio station also allows you to check space weather as well as satellite environment (interference). We can use these frequencies to gauge the effect of solar activities on our radio communications. WWV has a very strong signal. For most it will be received as a strong S 8 to 10 signal strength. But in the event of adverse solar activities even these stations can become covered up with static and noise. So if you are trying to receive a certain station and are having difficulties, check WWV to see if their signal is coming through alright, or if it is covered up

with static. In that case, the sun is most likely the cause of your problems.

Communications radios

“Family Radio Service” (FRS) and “Business Radio Service” (BRS) are the frequencies for the common walkie-talkies you see often. They often say that they have an 8 mile range, however, most of these radios have a hard time transmitting farther than 2 miles. Not everyone lives in a laboratory environment. The 8 mile range estimates take into account “line of sight” factors only. If you can see the other party that you are trying to communicate with, you can talk to them. We don't live in a flat world without a horizon and without trees, buildings, mountains, etc. Because of this, these radios are over rated and can only be used for close-up communications (typically less than 3 miles at best).



*Illustration 62:
Family Service
Radios*

They can be useful if your community uses them in a small area (40 acres or less).



*Illustration 63:
Business Service
Radio*

The Business Radio Service does have base radios that have more power than family radios, and you can add an external antenna on a mast high above the ground to stretch their effectivity (up to 10

miles).

Some of you may be FCC Ham radio operators and have a Tech Class license currently using the 2 meter band (144 megahertz band). This is a good radio for the pre-collapse world. This band uses VHF frequencies. The drawback is that this frequency range is best when using repeaters (a relay station for radios to communicate with others). Once chaos ensues and repeaters do not work, the 2 meter radio becomes strictly a local communication device (typically a few miles, mostly line of sight).

For long term planning you should consider an HF radio with a frequency range of 30 kilocycles to 30 megahertz.

There are many ways to go in purchasing a radio, depending on your budget. You can buy yourself a brand new, state-of-the-art Kenwood or I-com for example, both of which are great radios. But the expense can be quite high, typically in the many hundreds of dollars.

A less expensive but just as viable way to go is a “freeband radio”. This is a 10 meter ham radio that has had its MARS and CAPS frequencies installed. This will expand coverage to include the 12, 11 (the CB frequency



Illustration 64: RCI 2950 Freeband Radio

band) and sometimes 9 meter bands. More on freebanding later.



Illustration 65: Uniden 2510 Freeband Radio

A 10 meter radio is very common and inexpensive. Many can be found on ebay for under \$200 and may already have the additional frequencies installed.

NOTE: Expanding the frequencies coverage is often a very simple procedure. In some radios like the RCI 2950, 2970, 2990, etc., you only need to unplug a wire and press the reset button on the back of the control panel to expand the frequency coverage. Others may need a wire connected. If you have a little technical know how or know some one who does, it should not be a problem. The Internet is replete with plans to convert these radios. Just do a search for your radio model conversions.

Any frequency on the radio can be used in various modes, the most common being AM, Single Side Band (SSB) and Upper Side Band (USB).

Freebanding is when a unlicensed radio operator uses the un-allocated frequencies in the 11 meter band (CB

radio and beyond). The legal frequency range of a Citizens Band radio is 26905 megahertz through 27405 megahertz (mostly in 10 kilocycle steps per channel), covering the 40 AM channels of CB radio.

Most freebanders use the Single Side Band (SSB) mode of these channels as opposed to the AM mode. The chatter you may have heard on channel 19 (the truckers channel) is in the AM mode. AM mode of operation is limited in range, however using the SSB mode affords greater range and more out put power. A legal CB radio has 4 watts output on the AM band and 12 watts on the SSB band.

This means that when conditions are right (sunspots, etc.) SSB signals can travel greater distances than those in the AM mode. One early morning, while driving west on I-90 in Idaho, I made a contact with Tokyo, Japan using SSB and my HR 2510 Uniden radio. That was a contact of over 7000 miles with less than 20 watts of power.

Once the world goes in to collapse there will still be thousands of people using the freebands. This can be used to create a radio round-robin or *relay* to share information and help others.

The international call frequencies are
27555 USB The US and the world except for Europe
26285 USB Europe

First a little bit about how to use a call frequency. A call frequency is a frequency on which we make contact with someone who would like to have a conversation with us. The parties then go to another frequency of their choice to continue the conversation. It is unlike the chatter you may have heard on the AM side – CB Channel 19 and all that noise. The conversation is called a QSO.

First we must wait for a moment of silence to break in and make our call. The protocol for asking for a QSO is like this:

“C-Q, C-Q, NEW MEXICO CALLING AND LISTING ON 27560” this is a typical call or CQ (“seek-you”). This tells listeners on the call frequency where to find you to have a conversation. Then we move our frequency dial to that frequency. Once there we make another call like this:

“CQ CQ New Mexico calling for any and all stations.” Or if you are looking to make a contact in a specific place:

“CQ CQ New Mexico Calling for all stations in _____” (the place of your choosing) “and standing by for contact.”

These are the “Q” codes (radio shorthand) definitions:

QNC All net stations copy.

QND Net is directed.

QNE Entire net stand by.

QNF Net is free.

QNG Take over as net control station.

QNI Net stations report in.

QNM You are QRMIing the net.

QNN Net control station is [call sign].

QNO Station is leaving the net.

QNP Unable to copy you.

QNS Following stations are in the net.

QNT I request permission to leave the net.

QNU The net has traffic for you.

QNX You are excused from the net

QNY Shift to another frequency.

QNZ Zero beat your signal with mine.

QRG Will you tell me my exact frequency?
QRH Does my frequency vary?
QRJ Are you receiving me badly?
QRK What is the intelligibility of my signals?
QRL Are you busy?
QRM Is my transmission being interfered with?
QRN Are you troubled by static?
QRO Shall I increase power?
QRP Shall I decrease power?
QRQ Shall I send faster?
QRS Shall I send more slowly?

If you have a police scanner, you will hear the “10-Codes” (police/emergency shorthand).

- 10-0 Caution
- 10-1 Unable to copy -- change location
- 10-2 Signal good
- 10-3 Stop transmitting
- 10-4 Acknowledgement (OK)
- 10-5 Relay
- 10-6 Busy -- stand by unless urgent
- 10-7 Out of service
- 10-8 In service
- 10-9 Repeat
- 10-10 Fight in progress
- 10-11 Dog case
- 10-12 Stand by (stop)
- 10-13 Weather -- road report
- 10-14 Prowler report

- 10-15 Civil disturbance
- 10-16 Domestic disturbance
- 10-17 Meet complainant
- 10-18 Quickly
- 10-19 Return to ...
- 10-20 Location
- 10-21 Call ... by telephone
- 10-22 Disregard
- 10-23 Arrived at scene
- 10-24 Assignment completed
- 10-25 Report in person (meet) ...
- 10-26 Detaining subject, expedite
- 10-27 Drivers license information
- 10-28 Vehicle registration information
- 10-29 Check for wanted
- 10-30 Unnecessary use of radio
- 10-31 Crime in progress
- 10-32 Man with gun
- 10-33 Emergency
- 10-34 Riot
- 10-35 Major crime alert
- 10-36 Correct time
- 10-37 (Investigate) suspicious vehicle
- 10-38 Stopping suspicious vehicle
- 10-39 Urgent -- use light, siren
- 10-40 Silent run -- no light, siren
- 10-41 Beginning tour of duty
- 10-42 Ending tour of duty
- 10-43 Information
- 10-44 Permission to leave ... for ...
- 10-45 Animal carcass at ...

- 10-46 Assist motorist
- 10-47 Emergency road repairs at ...
- 10-48 Traffic standard repair at ...
- 10-49 Traffic light out at ...
- 10-50 Accident (fatal, personal injury, property damage)
- 10-51 Wrecker needed
- 10-52 Ambulance needed
- 10-53 Road blocked at ...
- 10-54 Livestock on highway
- 10-55 Suspected DUI
- 10-56 Intoxicated pedestrian
- 10-57 Hit and run (fatal, personal injury, property damage)
- 10-58 Direct traffic
- 10-59 Convoy or escort
- 10-60 Squad in vicinity
- 10-61 Isolate self for message
- 10-62 Reply to message
- 10-63 Prepare to make written copy
- 10-64 Message for local delivery
- 10-65 Net message assignment
- 10-66 Message cancellation
- 10-67 Clear for net message
- 10-68 Dispatch information
- 10-69 Message received
- 10-70 Fire
- 10-71 Advise nature of fire
- 10-72 Report progress on fire
- 10-73 Smoke report
- 10-74 Negative

- 10-75 In contact with ...
- 10-76 En route ...
- 10-77 ETA (estimated time of arrival)
- 10-78 Need assistance
- 10-79 Notify coroner
- 10-80 Chase in progress
- 10-81 Breathalyzer
- 10-82 Reserve lodging
- 10-83 Work school xing at ...
- 10-84 If meeting ... advise ETA
- 10-85 Delayed due to ...
- 10-86 Officer/operator on duty
- 10-87 Pick up/distribute checks
- 10-88 Present telephone number of ...
- 10-89 Bomb threat
- 10-90 Bank alarm at ...
- 10-91 Pick up prisoner/subject
- 10-92 Improperly parked vehicle
- 10-93 Blockade
- 10-94 Drag racing
- 10-95 Prisoner/subject in custody
- 10-96 Mental subject
- 10-97 Check (test) signal
- 10-98 Prison/jail break
- 10-99 Wanted/stolen indicated

Other Handy to Have Radio Equipment

The I-Com IC-R5 pocket scanner is a handy radio to own. These are available in US models and overseas models. The FCC gave the I-COM company a license to

sell this receiver in the U.S. ONLY IF CERTAIN FREQUENCIES WERE BLOCKED OUT!

With this in mind the best place to buy one is on Ebay. There are sellers on ebay from other countries such as Japan who sell UNBLOCKED IC-R5's and IC-R7's. These ebay listings will be explicit. It will say it is a Japanese model and does not have any blocked frequencies. The IC-R5 can scan from 30 kilocycles to 1400 megahertz or 1.4 Gigahertz. Within these frequencies are the following things you may find interesting to listen to.

For entertainment purposes only, here are some of the stations you can listen to that are hard to find frequencies

fbi tactical 167.400 fm
fema 138.400 fm
fema 138.5750 fm
fema 139.9500 fm
fema 155.340 fm
army civil disturbances 34.9000 ssb
fema 130.0500 fm
fema 139.1000 fm
fema 138.2250 fm
fema 139.4500 fm
fema 140.0250 fm
fed disaster network 170.2000 fm
border patrol 163.6750 fm
border patrol 163.7250 fm



*Illustration 66:
ICOM IC-R5
Scanner*

border patrol 163.7750 fm
bp 164.1150 fm
bp 165.8500 fm
bp 165.9250 fm
natl emerg weather svc (news) 173.1875 fm
news 167.9750 fm
news 169.8750 fm
news 167.9250 fm
fed disaster net 170.2000 fm
fema 5.210 ssb
fema 10.493750 ssb
fema 4.7250 ssb
fema 139.350 fm
fema 143.0250 fm
fema 143.2500 fm
fema 167.9750 fm
blm 169.6500 fm
forest svc 170.5250 fm
omaha sac 11.17500 ssb
norad 13.2000 ssb
norad 15.0150 ssb
omaha sac 4.7250 ssb
norad 6.7400 ssb
air force bomber eam 4.743750 ssb
eams 6.71250 ssb
eams 6.7400 ssb
eams 8.993750 ssb
eams 11.1750 ssb
eams 13.2000 ssb
eams 15.0150 ssb
norad 228.6000 fm
norad 228.9000 fm
fema 5.2100 ssb

fema 16.9500 ssb
fed emerg task force 165.23750 fm
task force 169.4500 fm
fbi tactical 167.21250 fm

To find local frequencies, check out
<http://www.radioreference.com/>

Emergency Action Messages are the encoded radio traffic between NORAD and SAC with the nuclear bomber fleet, like in the movie *Fail Safe*)

With Fusion Centers operating, the radio traffic is mostly digitized and scrambled. But you will notice that when they are “working together” the scanner's frequencies will all seem to light up at the same time. By this I mean you'll notice you local sheriff/state police/ local cops/ FEMA/DHS/Border Patrol/FBI, etc., all going encrypted and all talking at the same time.

The Fusion Centers work with the local authorities, so when you hear this it usually means that there is a VIPER team closing down some road to perform unwarranted stops and searches under the guise of (take your pick) sobriety check points, looking for seatbelt terrorists, looking for insurance terrorists, etc.

If the local VIPERS are not encrypted, you will hear things like the officer waiting for a “29 check”. This means they are checking to see if there are any outstanding warrants for that driver. When you hear this you will also hear things like “we're set up at mile marker XX”. If you don't want to have to claim your right under the 4th amendment with these VIPER TERRORISTS, then stay away.

Suffice to say that if you hear a lot of cross agency traffic, it's nearly a sure bet that a VIPER team is out making sure that the country is safe for their brand of freedom.

Antennas

There are many different kinds of viable antennas to use with your communications radio, some very cheap some very expensive.

Some of you may choose to make a wire antenna. One of the simplest wire antennas is the “Inverted V” – very good for long distance communications that the radio community calls “skip”. The inverted V can be made for the cost of some wire and a pole.

Others may prefer to purchase something ready made, in a box. For those of you who do, we can strongly suggest the “V Quad”. This is a directional aluminum antenna that sends a strong signal in only one direction. Like the directional TV antennas of past times, this antenna needs a rotor (this is a motor to turn the antenna from the radio shack). It is the best non-homebrew antenna that I have ever used.

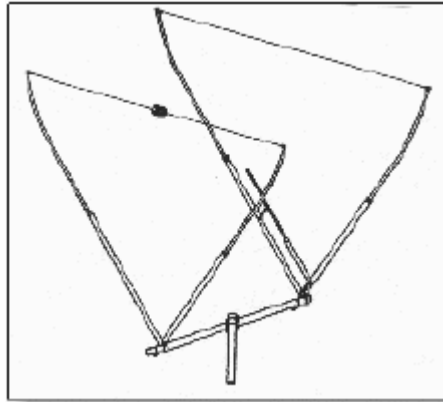


Illustration 67: V-Quad Antenna

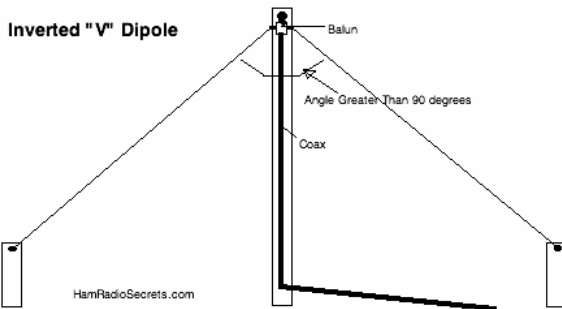


Illustration 68: Inverted V Antenna

Either way, when the conditions are right you'll be talking to the world.

When radio operators say, “conditions are right” they mean that the skip conditions are good, allowing the radio signals to be received over longer distances than normal. Skip is when the signal travels along a mostly horizontal plane before it eventually hits the ionosphere. Like a flat rock across a lake, the signal will skip along rather than pierce the ionosphere and go out into space. This skip can

cause your signal to be received with nearly as much strength as it had when it left your antenna. The contact I had with Tokyo gave me an S10 signal strength, and that is as high as it gets. Sunspots are generally the cause for good skip conditions.

Chapter 36

Satellite Internet

If your survival retreat is remote enough, the only way to have an Internet connection is with what is called satellite Internet. This is an Internet connection that uses a synchronous satellite/earth uplink. Our satellite Internet connection is our only connection to the “outside world”, since we have no phone service (land line nor cell phone signal) available here.

Satellite Internet connection speed is generally somewhere between the old dial-up AOL and a slow DSL connection. What we have experienced is about 150 kilobytes upload and 250 kilobytes download, not fast enough for a VOIP (Voice Over Internet Protocol – Internet phone) but it's OK for email, surfing and light duty stuff.

These are some of the companies that offer satellite Internet services;

- Wild Blue – not much on customer service, does not offer upload speeds that support VOIP.
- Direct TV – Offers a package that includes a basic TV service and basic Internet service.
- Hughes net – good customer service.
- Starband – Offers speeds that support VOIP, however, our experience with their customer service caused us not to use their service.

Some satellite Internet modems can be converted for use with a direct DC connection. For example, the WildBlue modem uses a 30 volt DC, 2 amp power source and the Direct TV service uses a 24 volt DC, 2 amp power supply. Devices that can convert the 12 volt DC power from your batteries to the correct voltage for your satellite Internet modem can be found on ebay or other Internet sites. Just search 12v DC to 24v DC (or whatever voltage you need for your system) converters. Most cost under \$20.

We tried to purchase one from an out-of-country seller on ebay. The shipping time was outrageous and by the time they sent the wrong product, the refund time had expired. At least it was only a few dollars – no big loss. Suffice it to say that we suggest you buy one from an ebay seller who ships from the U.S.



If you still need to make a living after you have moved to your survivalist retreat, there are many ways to do so on the Internet. Remember, though, that up- and down-load speeds are not like those you will find in the city, so if your business requires lots of graphics uploads and the like, be prepared to wait.

Chapter 37

Entertainment

Over ten years ago we canceled our satellite TV subscription and never looked back. TV is not entertaining, it's mind-numbing. And it's not just the shows aired on TV, it's the TV itself. TV uses a standard flicker rate of 29.9 frames per second. As we discussed earlier in this book, this flicker rate will put your mind into a state (Theta) that is perfect to program suggestions into your subconscious while you think you are just watching a mindless sitcom or other show.



If you haven't seen John Carpenter's movie, *They Live*, do your self a favor and watch it. It's truer than you know and was produced way back in the 1980's!

If you think you are being informed because you watch the mainstream media on that box, you sure are. You are being informed of exactly what TPTB want you to think. Well before 9/11/01 there were government agents in the

news offices – mostly CIA – directing what information you were to be told, and what information you shouldn't have. Remember *journalism*? It's a thing of the past in mainstream media. We now have only “news readers”, who try to make us believe that “Radiation [from Fukushima] is good for you,” (Ann Coulter on FOX News), and that “mercury is good for children's brains” and other out-and-out lies.

Once you pull yourself out of this spell, you gain a new perspective about what is on the TV, and what is real in the world. A couple of years after we stopped watching TV we had occasion to spend a night in a hotel. Having been away from it for a while and having nothing else to do in the hotel room, we decided to turn on the TV.

WOW!

We were appalled, not only by the moronic programming, but the commercials just blew our mind! We are not slow-minded people, but we couldn't read the words flickering by within the commercials fast enough to read a complete sentence. We were truly out of that system, mentally.

Same with the newscasts. There are now at least three different things flying by your eyes on the news screens *all the time!*



If you'll recall, this practice only began on 9/11/01. Funny how all the news channels were suddenly set up to broadcast this way simultaneously, and have been doing so ever since! It's not done to give you more information, it's done to confuse you and cause your conscious walls to break down so that the neuro-linguistic programming (do some research on NLP) can take a hold of your subconscious more easily.

So, now that you've given up TV, what do you do with all those hours you used to spend in front of the box? Well, there is still talking available! One of the nicest parts of our days is first thing in the morning, when our son comes over from his house, we get the cook stove fired up and we all sit around the stove talking while the stove and the house warm up.

There are also – believe it or not – *books!* The kind that have pages you actually turn as you read each one to go on to the next, that don't depend on a machine and electricity being available. We stock up on books whenever we hit a thrift store. I'm partial to John Grisham and Mario Puzo books for entertainment, and our library also includes several books by David Icke, Bullfinch's Mythology, Forbidden Archeology by Michael Cremo, and Atlas Shrugged by Ayn Rand. For the cost of books at thrift shops, just grab an armful and if



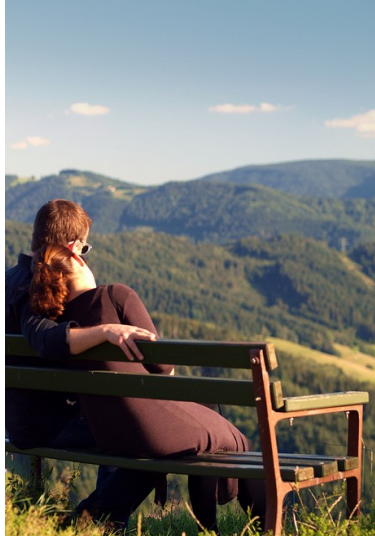
you don't like some of the ones you grabbed, pass them on!

Reading a book is very different from watching a TV show. Reading actually exercises your mind by transforming the words into images (which is how the brain handles thought – you think in images, not words) and you get to sort the puzzle out for yourself. I remember reading Stephen King's Cujo and wondering how they could possibly make a movie out of this book and relay all those thoughts the dog was having as the rabies overtook him.

Radio is another form of entertainment and information gathering that we use around here. But here, too, you must be discriminating about what you listen to. The same mainstream, CIA directed news is broadcast on the radio as on TV, just in shorter spurts. And the noise level of all the “news analysis”/call-in shows, from Rush Limbaugh to Michael Savage to Glen Beck is enough to keep listeners off-balance and wondering just what the truth is. NPR stations spew the same garbage, they just sound a little better while they are doing it. But there is alternative news as well as other countries' views available on shortwave radio, and it's not that mysterious.

For those times when we just really want to “zone out”, we have a collection of about 1200 DVDs that we watch – over and over again. They've become like old friends. We make each other laugh by speaking the lines we've memorized from so many views! And we try to beat each other to the punch in identifying actors – even small-role actors – by what other movies we've seen them in. But, like I said, it's for zone-out times.

Then there are the times we just sit outside, under a tree, watching the sun play on the mountains and think about how lucky we are to live this way.



Chapter 38

Heal Thyself

Again I will state that nowhere in this book are we offering medical advice. The information here is simply our own experience.

Say the (expected) worst happens. Say that for whatever reason, chaos has completely taken over society and none of the basic systems are in working order, including the medical system. Could you live without seeing a doctor on a regular basis? Can you handle a medical emergency or a first aid need? There are many courses available out there now, and you may want to take advantage of them while you can.

The more knowledge you have in this area, the better. We received some basic first aid training in the Army, and, believe me, it's come in handy. But he's the kind of guy who can – and has – stitched his own hand when he needed to! (My cousin, an O.D., checked it out afterward and his only comment was, “Good job!”)

Most of the knowledge we have about keeping our family healthy we gained through many years of using herbs and supplements. We depend on the book, Prescription for Nutritional Healing, by James F. Balch, M.D. And Phyllis A. Balch, C.N.C., for lots of information about what herb, supplements and nutrients will help which diseases/illnesses. There are many other books from which you can also learn how to manage your family's health by what is euphemistically called “alternative methods”.

It's very important to maintain your health, not just treat problems. It's especially important to keep your

immune system in good order, particularly because stress will bring it down, and when TS really does HTE, I don't care *HOW* prepared you are, how away from civilization you live, your stress level will hit the roof. You won't need opportunistic maladies to feel welcome in your body just when you'll need all your strength.

So become familiar with alternative ways to maintain your health – even to get healthier – in case you find yourself on your own in that circumstance.

We find that these are some of the supplements that help us stay healthy.

Colloidal Silver – We have a colloidal silver machine by SOTA and constantly have it running. It uses a 9 volt battery or DC current that we modify from 12 volt to 9 volt. This type actually ionizes the silver to be suspended in the water molecules. There are many do-it-yourself silver machines touted on youtube.com and elsewhere that use three 9-volt batteries and a common U.S. coin.

PLEASE DON'T USE THIS KIND! You will get more than silver in the water, you'll get lots of heavy – even some toxic – metals in your body as well! If you do try this method, please use only a FINE SILVER (99.9% pure) coin.

We use colloidal silver as an antibiotic, both topical (on the skin) and internal. If we feel a sore throat coming on, we take some and it's gone before it has a chance to develop. If we cut ourselves we pour a little on the cut to keep an infection from grabbing hold.

We also give colloidal silver to our dog and cats in their water dish. We even pour colloidal silver on the plants in our greenhouse to keep away molds and make the plants' stems stronger and the plants healthier in

general!

MMS “Miracle Mineral Solution”, is available at <http://www.h2oairwateramericas.com>. We use this for the more hard-core or systemic infections – like serious sinus or bronchial infections – and have never been disappointed with the results.

Vitamin C – This is a *MUST HAVE ON HAND!* We take massive doses (20 to 40 grams per day) at the first snuffle and it's gone in no time. We think it is great for the immune system.

Chapter 39

Teaching Children HOW to Think – Not WHAT to Think

The purpose of public education has nothing whatsoever to do with educating. It's only purpose is to create willing workers and consumers for the future. So when we drop our kids off at elementary through high school, what we really are doing is dropping them off at the indoctrination camp. What are they being indoctrinated to do?



Lately, from what I see with armed guards, metal detectors, RFID tags, retina scanning, finger printing it's conditioning to live in a prison without bars. We learn how to be in



the military by playing team sports. We learn being regimented by the bells that sound in the hall. Most importantly, we learn the price of non-conformity.

I venture to say that there isn't anyone who attended public or private school who isn't damaged in some way with feelings of inadequacy and insecurity brought on by not being like – nor accepted by – everyone else. Some of us feel this more than others.

Not being chosen for the football team, cheerleading squad, French club, student council – whatever – leaves immutable scars that can be exploited later on in your life. Most of our feelings of inadequacy come from the school experience.

All these feelings of inadequacy are programmed into children five days a week, 9 hours a day. So it's no wonder we are slow to take action. For lack of a better word, “the Man” (governments, corporations, et al) knows your inadequacies and exactly what to do to use them to their own benefit. The implanted insecurities are later exploited by advertisers to ensure that we are turned into consumers as soon as we are old enough to be given a credit card – or beg our parents to use theirs – and by governments to ensure that we are controllable and controlled.

Michael Cremo's book, Forbidden Archeology, proves beyond a doubt that academia is solely interested in maintaining the status quo and a chosen orthodoxy, with out any regard to what is true, scientific or provable. In this fabulous book, there are hundreds of accounts of academia disregarding scientific facts to protect their orthodoxy.

There are examples such as human bones over 1

million years old – not a human-*LIKE* creature, but a human creature just the same as those walking the earth today. This flies in the face of Darwin and all eugenicists/evolutionists. Even though you would think this would have been a fantastic find, one that the scientific community would cheer and acclaim, not a word of it gets aired in academic circles. Not a word at all.

The reason you never hear of these “startling discoveries” is that the system is designed to produce “repeaters”, not thinkers. (I borrow this euphemism from David Icke.) Go to school for 12 years and repeat all the bullshit they stuff in your ears and you will be given a diploma that says you can repeat what they told you.

I used to ask of people (and I always got strange responses), how much bullshit can I put into your gallon of milk? Even if we said that your milk was 99% bullshit free, would that be OK? Of course, the answer is you don't want *ANY* bullshit in your milk. Then why would anyone want bullshit in what they *learn*?

The system is not working wrong or badly. As magus Jordan Maxwell says, there is nothing wrong with the school system. It is working the way it was planned to. Schools are paid for by your taxes and spent by your government. And in the further words of Jordan Maxwell, “The government always gets what they pay for”. It seems that the government is paying to have dumbed down, placid, docile workers and consumers turned out.

When I taught watch repair, one thing I taught was how to use a digital caliper. It measures millimeters and tenths of a millimeters. It reads “19.5mm”. I have been asked several times what the “period” in the middle of the read-out meant. These questions came from supposedly

educated people, mostly from young people under 30 not ever being taught the concept of 10ths of anything. There are masses of functionally illiterate people being passed off as educated.

Our children were homeschooled (except for the one short time at the elementary level that they attended a public school – it was a disaster). Our daughter completed her high school work – and attended the local college – by the time she was 12 years old. Our son discussed – and understood – the theory of relativity at 9 years old and is currently attending M.I.T.'s online classes. Their curriculum was never dependent on memorizing what year the French and Indian War began, but rather understanding the real reasons for its beginning. When we taught them to read, we used *both* “Hooked on Phonics” for the technical aspect of reading, *and* the McGuffey Reader so that they would learn to *comprehend* what they were reading.

We always would have discussions with the children in a way that treated them as adults, with respect for their intelligence. We didn't water down facts or lower the bar, and they rose to a much higher level of intelligence than their peers.

Chapter 40

When Money is No Longer Important

Hey, John Lennon, you forgot one... *Imagine there's no money...* What in the world would we do if we didn't have to spend the day chasing a buck? Unfortunately, many people die very soon after retirement because they have no vision of life after being an employee.

For all of our almost 25 years together, we have been working toward getting into a secure position so that tomorrow's dollar wouldn't be necessary. We currently enjoy a fully paid-for house on fully paid-for land, no debts, and sustainable and storage food to last us quite some time. We worked our asses off to get here, but it was worth it. We pick up a few bucks here and there by selling some of our possessions if we want to, maybe to get a “luxury” or two, but if we couldn't do that, we'd still be OK. It's a good feeling.

Not feeling guilty about not having a job

As hard as it may be to believe, you *will* feel the effect of this when you dive all-in to living in your survival retreat. For myself, I spent 40 years doing one thing, having one trade. When the time came for me to stop doing that, I did feel guilty. It's natural. But if you see it coming you can prepare.

Consider lining up things to do to keep your mind busy. Books are a wonderful resource. Planning ahead means planning to learn new skills and using those new skills. Those skills might include gardening, carpentry,

plumbing, solar power, water collection – these are very useful skills for a survivalist.

You may have always wanted to learn to paint, write poetry, write the story of your life, or learn wildcrafting. None of these pursuits are dependent upon the system.

Remember, we are conditioned to feel worthless without FRNs (Federal Reserve Notes – dollars). But the truth is, your greatest treasures have nothing to do with money. You may have spent the last 40 years doing one thing very well, and not having the time never found out that there is a poet/writer/musician/artist/healer hiding inside you. Use this time to really answer the question that high school guidance councilors ask, “If you were a millionaire, what would you do with the rest of your life?” (Remember, the million is just an illusion.)

Choose what you want to do with the rest of your life, and remember – you *have* a job! Tending the chickens, getting water, tending the greenhouse, cutting firewood, tending the goats, cleaning up from preparing all your own food – that's job enough for anyone and it is the most rewarding work you will ever do.

Chapter 41

Life's Luxuries

(Things that are a good idea to have)

There are many items that our grand- and great-grandparents used – for a reason – that are still available and more useful in the survival environment than a newer product. We've included them in this list and explained them as we could.

This is just a list of those things that we are so glad we have, and have been most useful in our years here. It's amazing how little is needed for a good life.

Candles/Oil Lamp/Lamp Oil

Army surgical kit

Assortment of fuses – Car fuses, glass tube and GM type. Living a 12 volt lifestyle means having 12 volt parts on hand.



Multi voltage converter

Tire repair kit – well stocked. You might also consider the manual tire changing stand that sells for about \$50 in some tool stores.

12v DC Air Pump – or hand air pump – for tires. If you live in the right place, the AAA won't come change your tire.

12v DC Soldering Iron – these are available on ebay, very inexpensive.

Digital Multi Meter – you want to keep an eye on your 12 DC system, making sure your batteries don't over charge, etc. Used also, of course, for any electronic repair you might



make.

Chemical Gloves – Not the disposable kind

Transistors – If you are going to be using inverters to create 110 AC from 12 Volt DC, open your inverter and see what type of voltage regulator transistors it uses. This is about the only thing that goes wrong with them and you can replace them yourself for about \$1 a piece. See illustration.



Book on emergency care.

Field surgical kit (first aid kit)

Tire iron

Gas Cans – empty ones won't help you. Keep them in a safe place.

12v DC Battery Charger for AAA through D cells as needed and

Supply of rechargeable AAA through D cells

Gun Cleaning Kit

Machine Oil, 3-in-One type – use it to oil the axel on the grain mill, the bar on your two-man saw. Hundreds of uses, very handy.

Caulk Gun – just handy to have.

Axe – Maul or for splitting wood, type depends on what kind of wood you'll be splitting.

Mattoc/Pick Axe

Two-Man Saw – These can be found on ebay and you'll be surprised – it really is much less work than using a chain saw.

Chain Saw – if you prefer

Files – for sharpening the saws

Bar oil – Stihl type, yes for your two man saw

Tarps
Framing Hammer
Finish Hammer
Finish saw
Rough cut saw
Screw drivers
Pliers
Wire cutting pliers
Pry bar/crow bar
Bolt cutters
Socket set
Hydraulic jack, 2 ton
Shovels
Levels
Lots of nails and screws
Bungee cords
Johnson (spud) bar
Container for saving ashes
Fels Naptha soap – laundry bar.

Usually found in the laundry section of supermarkets. It is a strong soap that is used for washing clothes. Very good at getting stains out and can be liquefied by breaking off a piece and boiling it in water.



Wheel barrow or garden cart.

Pitchers, barrels.

Break Resistant Dishes and Extra Bowls

Break Resistant Cups/Mugs

Measuring cups and spoons

Pot Holders – especially silicone ones that don't burn or rip.

Cast Iron Cookware – including a Dutch oven, different sizes of frying pans, lids, etc



and utensils to use with them.

Roasting Pans

Stainless steel bowls – various sizes.

Humanure book

Garden in a Can

Clear panels for greenhouse

Colloidal Silver maker – SOTA brand

MMS

Shovels – 1 spade and 1 square masonry,

Hoe

Rake

Lumber (scrap) for greenhouse or other building

projects

Cal-Ben Soaps (real soap – highly recommended)

Again, this is just a list of the things we find it handy to have in daily life. Don't fret if you can't get everything on the list – sometimes that's what inspires creativity and inventiveness.

And remember – you can't stock enough toilet paper to save your ass!

Chapter 42

A Day in the Life

One thing I can tell you that is sure, you'll get in shape quick in this life style. When we started this life I weighed 300 lbs. Now I barely weigh 200 lbs. Hard work out side will get you buff quick. And then theres the tan!

Our house is cinder block and adobe and is under 800 sq. ft. That's barely the size of a moderate apartment. Our son, Jesse, and we built it from the ground up, block by block, and hand-stuccoed the walls, inside and out. It took about 3 months to get to move-in stage. If we knew how much work this would be, we might have opted for something different. We're glad we didn't know – we just did it.

Move-in Stage means that after the walls were built we had the windows and outside doors in and got the floor and roof in for the bedroom section, where we also had installed a box wood stove where I would be cooking meals for the next couple of months. We had plywood separating the bedroom from the rest of the house, which had dirt floors and still needed a roof put over it! We moved in on Dec 4th, 2011 and that night we were hit with our first cold snap – 7° below zero!

Now that we are settled into our beautiful adobe hacienda, here is what our daily life is like:

- We carry water to the house from the storage tank or well with a dolly for the two 17 gallon water barrels we use on an average day.
- We cut fire wood with a two man saw and split it with a hatchet.

- We cook on a wood cook stove that has an oven. One of the nicest parts of the day is in the mornings, when we sit around the stove as it warms the cooking surface as well as the kitchen and just take time to talk with each other.
- We grind organic dark winter red wheat to make flour.
- We preserve food using brines or air drying
- We repair our clothes rather than go to Walmart
- We wash dishes by hand. *NOTE: This is not a woman's chore or man's chore. As with many of the chores here, it gets done by whomever has the time and ability at the moment.*
- We dip a pitcher into a barrel to use the water.
- We water our garden with the “grey water” from washing the dishes
- We eat no prepared food what so ever. We make our bread almost every day, as well as all our meals.
- We use our humanure as fertilizer, which means we have to dig it out periodically and put into the compost pile.
- We do our laundry by hand.
- We “shower” by warming a big pot of water and dumping it over our heads. In the summer, we shower outside in the buff!
- If we're too cold at night in the winter, we add a 3rd or 4th blanket.
- We wake up every hour or two in the winter to keep the woodstove fed.
- We sweep the floors every day – and still

never get rid of all the dust.

- We feed the chickens virtually all of our food scraps to augment their free-ranging.
- We tend the greenhouse.
- We spend time on the Internet.
- We read books.
- We listen to the radio.
- We watch DVDs in the evenings on a laptop (which takes a small amount of power, so can be used most of the evening and into the night).
- We take time between chores to sit outside, in the sun or under the shade of a tree, marveling at the stunning scenery and appreciating what we have. With no electrical grid or ringing phones to interfere, it's quite a state of peace.

We don't live this way because we are frightened of something. We live this way because we choose to and have made a commitment to it. And we choose to because this lifestyle is the most freeing and satisfying we have ever lived. We sleep well every night because we are tired from the work we do during the day, not because we are exhausted by keeping up with the rat race.

If we make mistakes, it is OUR choice. We don't worry about any of the systems out there in “the world”. They have no effect on us, we are not part of them. We don't hurt anyone and we make as small an impact on the environment that we can.

We don't say your life will be the same as ours. It's not necessary for our ego that you do everything the way we have done it. We just want to give you a glimpse into

what this lifestyle is like in the daily reality.

So we guess we can say that your level of culture shock will be in direct line with your experiences to this point.

For some the transition will be easy – those who diligently work at removing themselves from the system, and those who are used to living a solitary life in which everything you do for yourself is of your own choosing.

The ones who will find the transition hardest will be people who can't live with out a Trader Joe's/Starbucks/TV.

In a nut shell, to successfully live this way you simply do what you gotta do, and do it with a good heart. If you can 't do that don't try it.

Sadly, the majority of people who attempt this will find the culture shock more than they can handle. We hope that this will help you make this decision with your eyes open.

Chapter 43

Signs of Self-Sabotage

We mentioned early in this book that it is important to be honest with those who may take this adventure with you. It's also important – maybe a matter of life and death – that you be honest *with yourself*.

No force on earth is more powerful than the subconscious. The subconscious is responsible for directing your actions so that what you think the world should look like is the same as what the world looks like when you view it. Simply put, if deep-down you don't think you should be living the survivalist life – or if you don't really *want* to – the subconscious will cause you to screw up badly enough to make that lifestyle impossible for you. And those actions can harm not only yourself, but others around you as well.

It's understandable that giving up some creature comforts, fast Internet speeds and proximity to a supermarket *is scary*. Frankly, suburbia will be a much *more scary* place when TSHTF.

If you are smart enough to understand that the pressure you feel on your sphincter is the 800 pound gorilla behind you, don't let your fear – or insecurities about your own abilities – stop you from taking a step forward to relieve the pressure.

Chapter 44

Sitting Back and Watching the World Fall Apart – Or Not

This may seem like morbid entertainment for the survivalist, but it is just another way to say to yourself that you are in a safe place. No one really wants to see the world self-destruct, but like it or not at some point the bloated, rotting cow is going to explode in the noon day sun.

When we say, “sit back and watch the world fall apart – or not,” what we are saying is that the best situation to be in is one in which it doesn't matter what happens in the “outside” world, you know you'll be alright – or at least as alright as you can possibly be.

That means having your home – of whatever type you choose – built; having your land paid for and secured; having enough food – whether it's storage food or sustainable foods (gardens, goats, chickens, etc.); and having experience with the daily activities of the survivalist lifestyle.

When you have learned that you can face whatever challenges this lifestyle offers and make it through, when you have learned that you can live without much of the consumerist junk we have been conditioned to think we need, when you have learned that no one has power over you that you don't consent to give them... when life becomes “so daily” then you are free to enjoy the peace and tranquility that this lifestyle offers.

You will notice that you are connected to the life you lead when you must take deliberate action to keep the wood stove lit on cold nights or grind the flour for the

bread you eat. You will notice that you are connected to the seasons when you plant your seeds in the spring and harvest the food in the fall.

You will realize that you are connected to the universe when you look up into the sky on a clear summer night, unobstructed by city lights, and can see the stars that share the firmament with our sun.

And you will realize that you're alright, no matter what.

Essays

The following are many of the highly acclaimed essays written by SurvivingSurvivalism.com. They have been published/re-printed with permission by such websites as:

[Activist Post](#)

[Lew Rockwell](#)

[Zen Gardener](#)

[The Daily Sheeple](#)

[Joel Skousen](#)

[USA Prepares](#)

[Before It's News](#)

[Oathkeepers](#)

[The Survival Mom](#)

[From the Trenches World Report](#)

[Alt-Market](#)

[David Icke](#)

[SHTF Plan](#)

[Personal Security](#)

[The Emergency Food Supply](#)

[Disaster and Emergency Survival](#)

[The Debt We Owe](#)

[This Is The End Of the World As We Know It](#)

[The Sleuth Journal](#)

[American Survival Newsletter](#)

and many others who reprint from these sites.

We have placed them here to provoke *your* thoughts.

I. Will Enough of Us Refuse?

Living without the bonds of TV affords me the luxury of having time to read. As my third book this month, I happened to pick the Leon Uris novel, QB VII, written in the 1970s, when there was still something to be proud about in America, and when there were still enough people around who could remember the horrors of WWII.

The story takes place in post-WWII England, and is about a libel suit brought by a Polish Nationalist doctor (Kelno), a former POW in Jadwiga concentration camp, against a Jewish-American author (Cady) who names him as performing surgeries for German doctors who were experimenting on Jewish prisoners.

This is part of the opening statement made by the defense attorney (for Cady) in the British courtroom:

“ “Well, as a matter of fact there were some Germans, soldiers, officers, priests, doctors, and ordinary civilians who refused to obey these orders and said, ‘I am not going to do this because I would not like to live and have this on my conscience. I’m not going to push them into gas chambers, and then say later I was under orders and justify it by saying that they were going to be pushed in by someone anyhow and I can’t stop it and other people will push them more cruelly. Therefore, it’s in their best interest that I shove them in gently.’ You see, the trouble was, not enough of these people refused.”¹”

When my tears subsided I thought, what an amazing time to be reading this. How appropriate to what is happening

in our country now.

Day after day we see headlines about the indignities suffered by air travelers at the hands of TSA agents who are content to place their hands on the genitals of passengers of no matter what ages for their daily ration of bread (read: HFCS, MSG, GMO, etc.). And still the passengers line up for the privilege of being “man-handled” so that they can get to grandma’s house or their next business meeting a little faster instead of saying, “I am a free American and you may NOT touch me without cause,” or even, “I will not ride your airplane if I must be accosted so.”

Day after day we see headlines about some police officer tazing an elderly citizen for asking a question, or throwing the occupant of a wheelchair to the ground to prove that he is handicapped... or killing a veteran for having a gun in his own home. And still we say, “Yes, sir” to the police and skulk away in fear, instead of saying, “Don’t do that to this person!”

Day after day we see headlines about what a potential criminal/terrorist -- someone to be suspected regardless of their actions -- is the person who cites the U.S. Constitution to affirm their rights, or likes a certain political candidate, or has served his or her country in the military, or just wants to be left alone by “the system”, or has the audacity to disagree with the current administration -- or who asks for acknowledgement of the truth instead of ridicule on a point of fact. And still we say, “Thank goodness you’re taking care of my safety and security, because I don’t want to get my hands dirty,”

instead of saying, “I have a right to my opinion, to think my own thoughts.”

Day after day we see headlines about the millions cheated out of their homes, loosing their jobs, forced to beg the government for poisoned food that will make their children imbeciles compared to who they could have been so that those who control the money can amass more and more for themselves, reaching orgasm at the thought of how much they have attained and how they can hold the “cattle” as slaves. And still we say, “Thank you for the job as a hamburger flipper so that I can pay you most of my wages in taxes,” instead of saying, “I will take care of my money myself.”

Stand up. Don’t let them grope you. Don’t let them go through your car at a warrant-less checkpoint. Don’t let them search your home without cause or due process. Don’t let them control your money. TPTB’s philosophy is, if you don’t complain, nothing is wrong. Start complaining. Start deciding that you won’t allow yourself -- or others -- to be treated this way.

We are at the proverbial “slippery slope”. From here it will be easy to fall into the same state as was controlled by the German nazis. The slogan of the time was, “Never Forget!” But TPTB are doing everything possible -- dumbing us down, directing thought -- to make us forget so that they can use the same tactics unencumbered by the ghosts of the slaughtered. Don’t allow us and our children to be next. Those who forget history are doomed to repeat it. Just make sure the history you remember is the truth.

Aldus Huxley is quoted as saying (paraphrased) that the ideal situation is one in which the slave is contented with his enslavement. You are an accomplice to your own enslavement. Stop being contented. Stop rationalizing your own enslavement as the best you can hope for.

TPTB know that if you don't resist, you are theirs to exploit in any way they see fit. Stop complying. Imagine what would happen to TPTB if we all just said, "hell, no" -- no matter how gently they grab our balls.

Through our website, survivingsurvivalism.com, we talk to far too many docile, I-have-a-million-reasons-not-to-take-action kind of people. The time to stand up is now, not as they close the gas chamber door behind you. No football game, airline flight, bus trip, concert, prom, no job, no social group is worth your human dignity -- nor your freedom. Spread the word that we are enslaved by our own volition -- and that it doesn't have to be so. Stop complying now with that which is, at its essence, wrong. There is no excuse.

"... You see, the trouble was, not enough of these people refused."²

¹ QB VII, by Leon Uris, Copyright 1970. Bantam Books edition, published 1972, page 295

² Ibid.

II. 6 Essential Attributes of Successful Survivalists

Having lived off the grid for the last 7 years, you see 'em come, and you see 'em go. The dozens of people we've seen succeed and the dozens of people we've seen fail gave us a keen eye to the attributes necessary to be a survivalist. Like we've told many people before, no matter how prepared you think you are, you're gonna go through some changes! So after many years of observation, below are listed the 6 essential traits every survivalist should possess to be successful.

1. Tenacity (“stick-to-it-ness”). This more than anything else has beaten many a would-be survivalist. We knew a young couple from TX who bought a 5 acre parcel in a very rural, mountain subdivision. They purchased a camper and a 40' shipping container and filled them with supplies. Before they ever made the move, the husband freaked out when he discovered that there were *ants* on the property! (Aren't ants *everywhere*?) These weren't Fire Ants, just plain old picnic ants, and it was a real problem for him, resulting in their abandoning the property for the comfort of their old apartment. The ants were just his way out of a situation he never was committed to in the first place.
As Sun Tzu said, “No one can ever be defeated who has made a strong resolve to win.”
2. Resourcefulness – in today's modern world, being resourceful usually means knowing what aisle at home depot has that pair of pliers. What we're

talking about here is *true* resourcefulness.

Resourcefulness like building a house out of local rocks and local adobe, taking apart another house to use the lumber for your roof. Resourcefulness like butchering a chicken, foraging for Navajo figs, Yucca fruit and Pinion nuts, and then creating a glorious dinner with them. Resourcefulness like seeing the potential in a junker truck or a broken washing machine to be used in a new way. There is a house outside of Taos NM that was built entirely out of adobe and the windows from an abandoned truck, total cost for the house, \$200 for 20 bags of lime.

Resourcefulness is thinking outside the box.

3. Thick Skin – There will be countless people all around you who are more than willing to tell you you're crazy. You need to understand that *you're* the one who is seeing the world unveiled. Most people are very reluctant to admit that they are a product of television programming. Edward Bernaise coined the term “programming” because that's exactly what he intended. TV was developed to program society to take certain actions, feel certain emotions, want certain items and live a certain way – *and to fear those who do not*. Many people will try to validate their life choices by convincing you that *you* made the wrong choice, not them. Also, those who will try to take advantage of you are all too common. Many people who are conscious enough to be looking for a better way to live tend to be overly charitable. Be on the look out for those who are on the look out

for you. Being kind is one thing, being a fool is another.

If you've been given the gift of a vision of a better life, don't let someone take that away.

4. **Improvise, Adapt and Overcome** – This is the mantra of the U.S. Marines and should be the mantra of every survivalist. To improvise means to take what you have and use it in unconventional way to accomplish your goals, such as removing the alternator from a car and giving it new life as a generator to power your home. To adapt means to make course adjustments along the way to accomplish your goal, such as changing your house plans from stick-built to rock construction because rocks are plentiful. To overcome means to let *nothing* stand in the way of accomplishing your goals – to know that you can solve any puzzle put before you, face any foe and triumph.
Be flexible and ready to make adjustments.

5. **Solidarity** – with everyone in your party. Whether you are a family or non-related group, everyone should be striving towards a common goal. This is much overlooked, however, crucial. I can't tell you how many times a wife or husband has asked us to convince their spouse of the importance of preparing. You must all be of the same resolve deep within to be successful. A disgruntled spouse or family member can scuttle the entire enterprise, whether overtly or covertly, often even below the consciousness of the scuttler.
Have a sincere talk with anyone you plan on

joining forces with and make sure everyone is on the same page.

6. Trust – not trust in foolishness, meant only to create self-sabotage, but real trust in yourself, in your own abilities.
And trust in a universal energy, a natural law that knows the difference between right and wrong and will lead you towards right, if you listen.

III. The One Most Important Question Survivalists Can Ask Themselves

Why Are You Trying to Survive?

With the news being what it is, the world has now come to the point at which a huge shake-up is undeniable – to anyone who has 2 cents worth of brain matter between their ears. So hoards are joining the stampede to become “survivalists”. The movement has even spurred the development of the “survival *industry*”, with commercials now being played on mainstream media stations for freeze-dried storage foods and solar generators.

There is an old saying, “If you don't know where you're going, any road will do.” So if you are going to go the path of being a “survivalist”, first you'll want to know where you are going – and why.

Plenty of alternative news outlets are trumpeting that “martial law” is soon to be implemented – and the facts they present in support can only lead to that conclusion. So everyone wants to survive martial law. But what is on the other side of the martial law? The reality is that martial law can't go on forever, but what will society/government look like after it has been dismantled?

If 9/11 caused so much restriction – by law or by fiat – of travel, of personal dignity rights, of speech, of redress of grievances, what will the next event (planned by man or by the hand of The Almighty) bring? Will you take the chip to be given your ration of food? If you allow your children to stand naked to be viewed by pedophiles in order to shop in a mall or fly on a plane, will you say no to anything else demanded of you?

Another major story all over the internet – alternative *AND* mainstream outlets – is that virtually the entire world's economy is about to collapse – again, a foregone

conclusion. Not a matter of if, but when. Eventually, the creditors demand their due. So everyone wants to survive an economic collapse and the chaos that will bring. But what is on the other side of the collapse?

Putting aside all the sensationalism, putting aside all the hype and all the wishes, the most likely scenario is that a new monetary system, digital in format, no cash, will be instituted and run by the same bankers who run the dollar systems now – if not the same people, people with the same heart. They will tout the new system as being just like before (hush.... except that everyone's every financial move will be tracked, incoming and outgoing).

It will usher in the removal of personal privacy and the instilling of fear. Fear that stops you from doing something, not because it's not right, but because someone says you shouldn't do it – usually because it does not benefit them. Is that alright with you? Will you join that society? Is that why you want to survive – to end up just as entrapped, even more so, than you are now?

Far too many people die soon after reaching retirement. The reason for this is that they have spent their entire careers with the only goal being that retirement. They did not have a vision of life *after* retirement, and so they had none. An unfortunate fact.

We have met many people who believe that they truly want to be survivalists. They have many reasons for wanting to survive, based on what they understand of the news. But over time they show that they still want to have one foot on third base, and so will never make it to home plate. They really don't want their comfy lives upset, they don't really want to have to give up their 62" plasma screen TV, they don't really want to eat foods they actually have to cook, they want to be able to whip out their credit

card at Trader Joe's forever...but they want to be out of the way when TSHTF, too. Their vision is to “hole-up” in a sanctuary until the noise stops, and then go back to the same rat race they were in before – the same rat race that got us all in the predicament in which we now find ourselves as a society.

So why bother? If your ultimate goal is to save your neck so that you can go back to the same old same old, why would you put yourself through this? It's like quitting smoking and starting again, knowing that you'll just have to go through the withdrawal all over again. To be more exact, an ancient book of wisdom talked of “a dog returning to its own vomit.” Why put yourself through that? Why dislocate yourself and your family, mentally as well as physically, if you are ultimately happy right where you are?

If you are contented to fight your way through the morning commute so that you can be given a paycheck for performing a job you hate just so you can still afford your \$8 Latte Enema at the local coffee chain and you can use that money to buy your kids every throw-away toy the commercials tell them they want, *STAY THERE!* You won't be comfortable outside of those bonds.

The right answer to the question proposed in the title is: I want to survive because there is a better way to live, regardless of what the world “out there” does or does not do. I want to be paid by nature for my own labor and that of my family (by blood or otherwise) in being good stewards of the Earth. I want to help others who are also willing to work toward a common goal, each lightening the load of the other. I want to look out my window and be invigorated by the Earth's natural beauty before my eyes, by the stars in the sky. I want to be judged by my acts of

kindness, not by how much money I can obtain. I want to give something of real value to my children and to theirs. It's not impossible. It's not a foolish wish. It is being lived now by those who have stopped complying with that which is wrong. It is being lived now by those who know the depth of their own power and use it – not to impose evil acts upon another but to lead a good and natural life for themselves. It is being lived now by those who choose to survive – not to survive the chaos, but to survive the beating down of the human spirit so that they may be a beacon to renew that spirit in light. It ain't easy – but it sure is worth it.

IV. 24 Signs that You Just Might Be a Closet Prepper

Here are 24 signs that you might be a closet prepper:

1. You've had a survival blog for 4 years and your husband/wife doesn't know.
2. Your family does not know there's a case of Dinty Moore stew hidden in the basement
3. You stand around the office water cooler laughing with your buddies about all those tin-foil hat wearers – but you have your own roll of Reynolds Wrap at home.
4. You're an anonymous poster on Infowars.
5. While you were supposed to be grocery shopping, you were checking out escape routes out of the city.
6. You've got a Swiss Army knife on your keychain that looks like a roach clip, instead of a roach clip that looks like a Swiss Army knife.
7. You've read The Turner Diaries with a flashlight under the bed covers, so now you think you know what's coming.
8. You download Steve Quayle's podcasts to your i-pod so you can listen to him on your way to work, alone.
9. You anonymously put your spouse on a mailing list for wilderness vacation pots.
10. You've got a browser bookmarks folder named “Recipes” that includes links to Survival Blog, Preparedness Society Forum, the Economic Collapse Blog, Survival Mom, and Surviving Survivalism.

- 11.**You've told your in-laws that the camping equipment in the garage is because you love the great outdoors.
- 12.**You've convinced yourself that you like the taste of freeze-dried storage foods.
- 13.**You play the video game, Half-Life II to practice what you will do when chaos breaks out.
- 14.***Doomsday Preppers* is your favorite TV show, but you have to TiVO it so you can watch it when your family is out of the house.
- 15.**You've asked a survivalist group to try to convince your spouse that prepping is a good idea.
- 16.**Your family thinks you've become a religious fanatic, but every Sunday morning you are really taking trips into the wilderness.
- 17.**You tell your wife the gas mask you bought is to spark up your sex life – you'd rather have her think you're a pervert than a prepper.
- 18.**You run a large “off-grid” website from your London apartment, but you tell your friends it's just for the monthly Google Analytics check.
- 19.**You tell your neighbors that you bought a HumVee for its gas mileage.
- 20.**You visit different survival communities every weekend, telling your girlfriend/boyfriend that “It's just a free camping weekend!”
- 21.**You've built a house out of rocks deep in the woods while your wife/husband thought you were taking philosophy classes at the local college.
- 22.**While you are in the bathroom getting ready for work, you day dream about leaving society behind and living the self-sufficient life.
- 23.**You pray that company doesn't want to stay

overnight, because if you open the sofa bed they'll see all your Survival magazines.

24. You're just waiting for the day when you can say, ***"See? I told you!"***

V. 10 Ways to Keep Your Power and Computers Operational When TSHTF

One of the biggest questions we get on our website, survivingsurvivalism.com, is how to begin achieving off-grid/energy independent status. Not everyone can afford to go out and buy a 5 kilowatt solar array and the associated batteries. This article is written for those of you who want to begin your road to energy independence, as well as being able to use your laptop, mobile devices, or home security gear like the stuff at [Safemart](#). Being self-sufficient doesn't necessarily mean living like a caveman..

1. Switch to Linux

Linux is an operating system – the way that Windows is an operating system – usable on PCs, MAC and Android devices. Linux's biggest advantage, other than being free, is that it does not allow viruses to infect your system. Any change to your system must be verified with your system password, so a virus cannot slip in. Applications such as word processing, video editing, spreadsheet programs and just about anything you can do on a Windows system are all also free. The goal of Linux as a community is to make software available to anyone who can use or develop it. One of its biggest advantages is the lack of anti-distribution or pirating measures like product keys or need to activate. As Windows operating systems require online activation, if the Internet is for any reason not available making activation impossible, you could potentially be unable to restore your hard drive without the ability to activate in 30 days.

2. Set up local communications with routers.

So, the internet is down and your modem rendered useless. What ever you do, don't dispose of that wireless router. This can be an indispensable device for keeping local communication possible. This can be done by setting up a VPN (Virtual Private Network).

The installation process of a VPN will depend on which operating system you use. If running Linux, you can easily set up an alternate to a VPN called IPTux. It is less secure than a VPN, but simpler. This simple to setup piece of software works more or less plug and play. Have your router powered up and broadcasting and have all PCs that receive your wi-fi signal run the IPTux application. To use it, just start the program in the system hooked up to your router (does not have to be connected to the Internet) and start chatting. This is a simple and effective way to keep in touch with a small community in a blackout scenario and can go as far as you have repeaters for. If you are concerned about securing your communications, a VPN would be recommended.

3. Keep alternative power systems, even if you're tied into the grid.

There's no reason not to use solar or any other type of free energy, even if your needs are more than a simple off-grid power system can handle . You could still have your lower wattage devices running on solar or wind or other power source and not only save on your electric bill, but be prepared to still have basic appliances working if power is unavailable. It is always a good idea to dabble with off the grid technology. The more you put in to it, the more prepared you are to handle potential blackouts.

4. Have at least one man-powered generator for low

sun/wind days.

With the many natural forces that you can harness as clean electricity, there will still be days when mother nature needs a break. If you want to keep your power more reliable than the forces of nature, it's good to have a hand crank, stationary bicycle, treadmill, or anything you could use to manually spin a generator. Something as simple as a battery operated drill gun can be used to generate safe, reliable, clean power. This can be crucial. You may have a dire need of your power and be forced to wait until more favorable weather. You can avoid this by using a power source that runs on calories, the most simple of which is a hand crank. A generator with a crank handle can produce power right away. The stationary bicycle can also be an excellent choice. A treadmill however is unique because it already has a motor connected to it that can be reversed with blocking diodes.

5. Save important software and operating systems.

You can download a Linux operating system and keep it on a flashdrive for posterity. Many contemporary Linux users will just download the software each time they restore, but you may eventually want to restore your hard drive or update your Operating System when the internet is not available. In this case, you want to have any software, operating systems, and data files backed up. It's as simple as saving packs and folders to a thumb drive.

6. Become familiar with your computer's finer components and keep spares.

Generally, you won't have to take anything off your motherboard but, for example, you can look at your power supply. This has one component in particular that is

normally the cause of the power supply itself coming to an untimely demise ... that would be a voltage regulator. This very small, three legged piece of silicon can be replaced on a board level if you're somewhat familiar with a soldering iron. Notice the serial number on the regulator and make sure you have a few to spare. Other small, easily dispensed parts are, DC input jacks, diodes, resistors, peripherals (internal and external drives, etc.), and such.

7. Chelate Your Lead Acid (6 and 12 volt) Batteries.

NOTE: Use extreme caution when doing this...use chemical gloves and eye protection. If you are not comfortable with this process – don't do it! Do not try to do this with a sealed-cell battery.

This is a very simple and safe chemical process. What you will need will be battery acid (available at auto parts stores), distilled water, a 12v power source, baking soda and a supplement available in health food stores known as EDTA. In a nutshell, what you do is empty old the acid out of the battery and cover it with the baking soda to neutralize it. Rinse the battery's cell with distilled water and drain it, and again cover with baking soda. Once you're sure the acid is properly rinsed out of the cell, add a mixture of EDTA and distilled water. Hook the battery up to your solar panel or other 12 volt source and allow to charge until the battery is at 12.7 to 13.4 volts. The EDTA combined with the electrical charge will remove any minerals clinging to the lead plates. Rinse the cells again with more distilled water and cover the rinse water with baking soda. Then add the new acid and distilled water mixture.

This will bring new life to old batteries. It is still important not to do this unnecessarily. You may waste acid

if you do this too often and you will gradually eat away more lead as you repeat this process.

8. Regularly recondition lithium batteries.

This method of restoring smaller batteries used for your portable electronic devices (e.g. laptops, cellphones, mobile devices) is simpler than it may sound. It is done entirely by tricking the software. Turn off any of your operating system's functions used to save battery power and allow the battery to completely discharge. Once you've done this, plug it back in and charge it, uninterrupted, until completely charged. It is vitally important not to unnecessarily stop a charge before it's completely done. Your battery may eventually lose the ability to charge up passed a certain point if it gets used to being partially charged (battery memory).

9. Did I mention back up?

Okay, I did. But this is, as I said, crucial if the Internet becomes unavailable. Always have duplicates or even triplicates if you find it absolutely necessary to have access to a particular file. Backing up is rarely punished and often rewarded.

10. Keep devices in a grounded box if you're concerned about an EMP (Electro Magnetic Pulse).

If you're concerned about an EMP rendering your electronics to mere plastic and silicon, maybe a shield is in order. The design is pretty simple. You want to place your electronics into a metal covered box (it can be a cardboard box covered with aluminum foil), lined with a non-conductive foam rubber and grounded. This may protect your devices from damage from an unexpected "space

goat fart”.

VI. Choosing a Chief

As the nation readies to choose a leader, to choose the one “on top” of the country, forget about the choices you have been given and consider what the criteria for a leader *should* be. Here's a concept to consider: Being on top means you serve others.

Many Native American tribes choose a new chief by determining who has done the most for the tribe. Who has given the most to the tribe, in time, labor, courage? Who has taken in the most orphaned children, taken care of the most widows, given his plate of food to a hungry mouth? Who has done these things without thought of compensation for doing them? This is the one who knows the right path to follow, the path on which to lead the people.

Who is our leader today? It is a man whose speeches use the word “I” more than any other past President's speeches. “*I* did this...” “*I* did that...” He has told business builders that they are nothing special and would have nothing without the government. Aggrandizement of self is not the sign of a good leader.

Our current President stated that his wife should receive a salary for all the wonderful works she does. I guess all those taxpayer funded social trips to the luxury spots of the world for her, their children, plus her entourage of secret service agents, stylists and family members along for the ride isn't compensation enough. And I guess it isn't enough just to know you've done something positive (Has she? Is making school children eat scallions a positive act?). That statement by the President can only be translated to say, “I'm only in this for the money.” Who do we have to choose from in this “election” (read:

imaginary choice between the lesser of two evils)? One candidate has already had 4 years in office and has benefited only the bankers and a few huge corporations while more and more Americans go sleepless worrying about feeding their family tomorrow.

The other candidate has spent most of his career amassing huge sums of money by sending American jobs overseas. How does that help the people of this country? How does that make him qualified – let alone worthy – of being the leader of the American people?

Do we base our choice for a leader on promises never to be kept? Why do we even ask a candidate what laws he wants to create? *A PRESIDENT DOESN'T MAKE THE LAWS!* That is the job of the Congress – not simply to pass, without review, anything the President says to pass. The strength of the Constitution, the “checks and balances”, has been done away with along with most of the Bill of Rights.

Is the question “who to vote for?”, or is it “why vote?” If your only choice is between two people unworthy of the office because the main factor in choosing a candidate is how much money they have and can amass (money is the key to candidacy and election), that is antithetical to the Native American way – with predictable results.

Choosing the lesser between two evils is not the right way to choose any leader, it's like choosing which poison you'd like to die from. So if the choice is between demonstrably the worst president ever, and a corporate stooge who's only claim to fame is that he is really good at sending American jobs to China, then there is no choice at all.

In an election, we are only allowed to make a choice between the candidates that have been “anointed” by the powers that be. And they have already chosen the winner,

and that choice was “announced” by the winner's attendance at the table of the powers that be. Lets take a look at the last 8 Presidents:

- Richard Nixon – TriLateral Commission Member (TLC), Council on Foreign Relations member (CFR), Bohemian Grove attendee (BG)
- Gerald Ford – CFR, 33rd degree Free Mason (FM)
- Jimmy Carter – TLC, CFR, Personal Valet to Rockefeller
- Ronald Regan – 32nd degree Free Mason, BG
- George H.W. Bush (Bush 1) – Palladian Rite Free Mason, Skull and Bones Fraternity, CFR, TLC, BG and Bilderberger Meeting Attendee, as well as being the head of the CIA
- William Clinton – CFR, BG, Palladian Rite Free Mason
- George W. Bush (Bush 2) – CFR, BG, Palladian Rite Free Mason, Skull and Bones Fraternity
- Barak Obama – Known CIA asset, Prince Hall 32nd degree Free Mason.

And ALL are related to each other and the royal families of Europe.

Voting for no one when given a choice of two absolutely dreadful candidates *is* truly voting. Your not voting sends a message. The mainstream media rationalize that the reason why the numbers of people voting is dwindling due to apathy. Just the opposite, it is a declaration of dissatisfaction with the choices.

A little known fact about elections: unless you are a member of the “demopoops” or “repopolicans”, getting into a congressional race or even the local dog catcher race becomes an unsolvable, deterring maze and nearly

impossible to accomplish. In the State of Georgia, there is a half-million dollar cash bond required to enter a state-wide race (senator, governor, etc.) if you are not acting under one of the two main parties. Then, if you do not receive 5% of the vote, your bond is forfeited. Any American can become President?????

American democracy is strikingly different from European democracy. In Germany for example, there are the communist party, social democrat party, socialist party, workers party, Christian democrat party, the green party to name a few. And *all* have a place on the ballot. Also in Europe, the parliamentary system allows a vote of “no confidence”. If that vote is approved, the prime minister and his cabinet step down. If our Constitution included that feature, would our Presidents be a little more motivated to do a better job?

We must stop choosing leaders by how well they did for “themselves”, and begin looking for the person who will do the most for his people – not someone whose only interest is what they are going to get out of it. Wouldn't you prefer to vote for someone with the spirit of the Great Chiefs: Pontiac, Seathl, Joesph? These men gave selflessly of themselves, for the greater good of their people. There's a new paradigm coming. The old rotting edifice of the current society is soon enough going to come to an end. If we have wisdom we will remember the lessons that the great Native American chiefs left for us...***to be a leader means to serve.***

VII. The Top 8 Deadly Myths About Survivalism

For the last several years, our family – Dan, our son Jesse and I – have been living what some may call the “survivalist” lifestyle. Actually, we live the off-grid (so far off the grid that there is no land line and no cell phone service available), self-sufficient life. We're not here to get away from the world for a few days while chaos happens and calms down – we don't think that's the way it will go, anyway. We're here because we have chosen to separate ourselves from the rat race, the system, and not be swept away in the tide of what we see as society running amok. This is not a temporary lifestyle to us, it's a wonderfully peaceful, sometimes difficult and always rewarding life. Regardless of what does or doesn't happen “out there”, this is how we choose to live.

We were basically “city folk”. But over the past 20-plus years, we formulated, clarified and realized our vision to make the transformation to our current life. We understand the fear and panic many are now feeling in contemplating making a lifestyle change in a short time because world events require that it be done. That is why we wrote our book, Surviving Survivalism – How to Avoid Survivalism Culture Shock.

At one point we chose to lease parts of our land to form a small community of “like-minded” people (I would rather call it “like-spirited”) to help each other make it through what we know is coming down the pike soon – geographically, earth-changes-wise, etc. In that search for the right people (who we eventually did find) we met many types of self-proclaimed “survivalists”, most of whom were in reality “survival tourists”, a phrase our son coined for those who only wanted to investigate survivalism just

deeply enough to find the reason they couldn't/shouldn't do it (“Phew, I almost had to wash my dishes by *hand!*”). We met people who spent lots of money on land, a shelter and storage foods, only to forget the prepare the most important thing – their minds! It's going to take so much more than a gross of toilet paper to save your ass. You're going to have to put on your “big boy pants” and deal with things like going out in the cold to get firewood, learning to make pancakes with just flour you've ground, an egg and water and wearing the same clothes for years without falling apart (neither the clothes nor you!).

The things you might think are important now will seem silly to you when you're more concerned with the dailiness of your chores that simply keep you alive through a cold winter. We met people who didn't think they could live without their 62” plasma screen TV. We've been watching the same 1200 piece library of DVDs on our laptop for our evening's entertainment for several years. We know the scripts backwards and forwards, but it takes our minds off the day's work when we need it.

Before we were able to have our well drilled, we were depending on a local water delivery service (2500 gallons at a time, not a 5 gallon visit from the “Culligan Man”) who suddenly decided that he didn't want to make the rough trip to our ranch any longer. We had to make our last 500 gallons last throughout a brutally cold winter, washing dishes with 2 gallons a day, washing our hair about once very 2 weeks. But you find that you make it through.

Here are **The Top 8 Deadly Myths about Survivalism:**

- 1. It's just like camping.** It's *nothing* like camping. When you go camping, if you can't take a shower

for a couple of days, no problem, you'll take one when you get home. *This will be your home*, and you'll have to figure out how to keep your body (and clothing) clean all year long, in the cold, snow or wind. You can do without anything for a couple of days, even weeks, on a camping trip or you can jump back in the car and go to the nearest grocery store to pick up what you need. What if there were no grocery store available? How will you feel when your daily habits are interrupted, not just for a few days trip, but for the foreseeable future?

2. **You can buy enough food and supplies for forever.** No, someday what you have will run out. You'll have to learn to grow and/or gather new food supplies and to learn to use what you have, even if that means pancakes without baking powder. Someday you will have to wipe your butt with a washable rag instead of disposable toilet paper. Someday there will be no gas to get to the store and the store won't have anything on the shelves anyway.
3. **Your neighbors will gather around and help each other.** Think about your neighbors who haven't got a clue – or can't bear the thought – about their comfy suburban lives changing when the reality of where society is going hits them “upside the head”. What if your neighbors can't get their daily supply of cigarettes, beer, Prozac, soda pop, etc., etc., etc.? Are they going to be the kind of people you can depend on? For how long?
4. **If I buy enough gadgets** (mini washing machine,

generator, solar tracker,) **I'll be OK.** If you truly believe that society is in for a big shake up, you'll realize that this is not a time to spend money unnecessarily, but to put every penny you can into what is *practical*. Gadgets are going to break down and then you will have to learn to live without them anyway. Why not learn now?

5. I can get to my survival location when TSHTF.

This is the most flawed – and perhaps the most popular – plan: thinking that when all hell breaks loose you will know in advance enough to travel the hundreds of miles to your survival location. When the door slams shut the highways will be blocked, the urban and suburban streets will be blocked and patrolled and no one will be going anywhere!

Even if your survival location is only a few miles away, you probably won't be able to get there. If you truly understand the need for being “survival-minded”, why not begin living the self-sufficient lifestyle NOW? Learn what it really means to live off-the-grid NOW, not when there is chaos all around you. You may find that it's a much better lifestyle than the one you are living now.

6. I can convince my “significant other” that this is the right move. No, you can't – and you shouldn't. All you can do is give them information and allow them to do with it what they do. People either get this or they don't. It's not for everyone. This goes for all family members. I'm not saying go or don't go without them. That's an individual, circumstantial decision and action. If all members

of your family are not on the same page, you'll have to determine what to do. Staying where you are may be your choice. Just do it as an *informed* decision.

7. **I don't need to prepare a place. I'll just grab my Bug-Out-Bag and find a cave somewhere.** How many others do you think have that same plan? Especially those who live near caves, already know where they are and already expect to be occupying them? And can your bug out bag hold what you really need for an extended period of time?
8. **My kids will be bored.** Your kids will be learning so many new ways of living, so many daily activities and chores, connecting with nature in so many new ways, they won't have time to be bored. Allow them the freedom to discover things like what bugs are in the grass around your home, what plants grow, what wildlife is still abundant on this beautiful land...if your attitude is one of wonder, not worry, so will theirs be. Help them look at this as an adventure, not a burden.

If you do not yet understand why it might be time to make a move from your comfy, familiar, suburban lifestyle, you're not watching the news. Or maybe you are only watching mainstream news, who tell you “everything is as it should be.” It's not.

Friedrich *Nietzsche* was right... “That which does not kill us makes us stronger.” It's amazing to see just what we are capable of living through, of accomplishing when we depend only on ourselves. When there is no safety net, sometimes you just learn to fly.

VIII. A Day In the *Real* Life

Thank you for the wonderful response to our article, Top 8 Deadly Myths About Survival. Many of you wrote asking for more information about the day-to-day life. Here's a peek at a typical non-winter day.

It's noon-ish. The first round of chores are pretty much done. So far today, here is what we've been up to: Woke up at 4:00 a.m. because a pack of coyotes was howling too close to the chicken coop and we had to let the dog out to protect them. Then we went back to sleep to the sound of the dog barking. Well, okay. That's not exactly a *daily* happening, but it did happen – last night!

Around 6:00 a.m. we get up for real. I light the kitchen wood stove to warm up the house and get breakfast going. Breakfast is usually fresh farm eggs, pancakes, biscuits, cracked wheat cereal or such.

We grind our own flour by hand. That means attaching the grain mill (we use and recommend the Wondermill Junior Deluxe Hand Grain Mill) to the kitchen table and the guys taking turns cranking for about ½ hour to an hour, depending on how much flour I think I'll need that day. Sometimes we add rice flour with the wheat, and rice is even harder (and slower) to grind than wheat berries. The guys are getting such bulging biceps! If you'd like to know how to use that flour for biscuits, etc., we've got a great recipe section in our book, [Surviving Survivalism – How to Avoid Survivalism Culture Shock](#).

While breakfast is being made, the guys feed the chickens yesterday's leftovers, and feed the dog and cats. Cats are an absolutely necessary tool in the wilderness. They not only keep the mice at bay, they take care of snakes and

large bugs, too.

Also while breakfast is made, the guys tend the garden and greenhouse. They water it, feed it with a little extra compost and prune the suckers off the vegetables. Then they jump on the Internet to check things out...and see if the outside world is still in existence!

Breakfast is done about 8:00 a.m., when the guys go out to cut and gather wood, tote water from the large storage tanks into the house and into the garden for afternoon waterings (don't forget we live in the desert) while I clean the house – clean the kitchen, make the bed, sweep the floor (a never ending battle between us and the dust!) Before I do the dishes, we need to make sure the gray water collection barrel under the sink is emptied to be used for plant watering or mixing mortar. *I want to note here that we do not assign chores based on gender, but by ability and availability.* Many days I have something else taking my time and by the time that chore is done, the kitchen and cleaning chores have been done by Dan or Jesse. I can't help cut the firewood, so since the dishes need doing, I do them – with a happy heart. If I am interrupted in the middle of cooking, one of the guys steps in to take over so I don't have to worry about it while I'm busy with something else.

While I'm cleaning, I put up a big pot of rice for later meals. Usually we'll fry up the cooked rice with seasonings, herbs, maybe scramble an egg or two in it for lunch. Sometimes we make fried rice balls. Sometimes we make veggie gravy to go with it. You really can do a lot with just a few ingredients!

After I'm done cleaning, I get the bread dough mixed and rising. I make two loaves of peasant bread (a very simple bread, only flour, water, salt and yeast in the ingredients

list, baked free-form – no loaf pan) each day. They're usually both gone by the evening, but if I'm lucky I have a half loaf left for toasting for breakfast the next day. Some days I make whole-wheat tortillas instead.

By mid-afternoon (often earlier) it's time to get dinner going. Often it's lentil chili, or home made pasta, boiled then sautéed with our garden vegetables, or beans and rice, or stir-fried veggies, or maybe this week we've got a chicken for soup with fine noodles.

After dinner we generally watch DVDs to just chill out. In between chores, at any time of day, we take a break here and there outside, under a juniper tree, enjoying the light breezes and just stopping for a moment to smell the roses – well, cactus anyway!

In addition to the daily chores, we experience some things that throw our schedule off –

- The toilet is backed up and needs fixing.
- No power because of clouds several days in a row.
- Having to stay indoors more for a few days because of smoke conditions in the air from distant wildfires.
- Someone gives us a gift of a ¼ of an elk and we spend the day butchering, pickling and feasting!
- Some days it's the day we plant the garden.
- Some days we pump water from the well into the storage tank.
- Some days we do laundry – during “monsoon season”, July and August, that means we put the dirty clothes into a barrel of soapy water, stir them around, squeeze them by hand and lay them, soapy, along the slash fence, waiting for the next rainstorm to rinse them and the next morning's sun to dry them.

Add to that in winter months that we are constantly filling both wood stoves to keep warm. Although, we don't get out of bed till one of us is warm enough to brave the cold and light the first fire of the morning! We have woken up to temperatures of 12 degrees – *in the house!*

In between all this, Jesse is building a new house for himself, made from local rocks and local mortar (adobe) while we write more books, essays and articles and produce a podcast.

I often ask this questions of people considering the self-sufficient lifestyle: Even if nothing happens in the outside world to change things from how they are today, wouldn't you want to live this way *anyway?*

IX. Removal of Choice

This is a special report from the outskirts of the action as the U.S. – as we grew up to know it – is in its final death throws.

This is less than a week from the infamous Batman Massacre and the new talk – not unexpectedly – is for more gun control, to the point of total disarmament – *but of the people, only!* This morning I heard an excerpt from a speech by Mr. Obama in which he said that he was as for the 2nd amendment as anyone, because he understood that it's an American tradition to hunt and shoot, but that you don't need an AK47 to do that. Well, that's not what the second amendment is about. They've been trying to make us forget that the second amendment was put there for the people to protect themselves against a tyrannical government. If we were true to that, we would have weapons that were equal to those the government has! But we don't, and, frankly, we don't even want them. We have a weapon far superior to anything they can put in our faces... the power to say “no” to doing something that is, at its essence, wrong.

Many people are awaiting the “big event” so they will know it's time to do something. Well, it's not going to happen that way. It is happening now and has been happening for decades in the “bologna slice” method. Say someone gives you a whole bologna. Then they take one slice and, well, that's ok, it's just a little slice. You still got plenty. Then they take another slice, and another slice and pretty soon, you got no bologna left. Like I said, they've been doing this to the U. S. for decades, but it's been put into hyperspeed since 9/11. And it's all to take away your choice and turn you into smiling, happy

servants/consumers who keep working so that the few can move the funds – real or not – to themselves.

By do “something”, I don't mean fix the system. That's a rotting cow and even the tenderloin doesn't taste good.

What I mean is for people to change their life to be sustainable and survivable through the coming chaos and beyond, without depending on some government agency or other to give you *ANYTHING*. And learn to live with what you have and can figure out. This is what frees you to choose what is right over what is wrong. And there isn't one of you out there who doesn't know the difference way inside of you.

They can make whatever rules they want, they can run the country however they want, and it doesn't matter. What matters is that they are trying to completely take away your *CHOICE*! That's the most egregious aspect of this slaughter of America – the removal of choice. And they have done it with your permission – it could not be done in any other way.

I was in my 20s when the “women's lib” thing happened. It was also when Marabel Morgan wrote the book, the total woman, which was about being extremely – even overly – feminine. Time magazine did a story on the book and I wrote a letter to the editor which actually got printed. It said, “I wish to thank Marabel Morgan for allowing me to feel good about being a feminine woman. And I wish to thank the national organization of women for giving me a choice.”

Having a choice is what is important. And the more it's ok with you that you have no choice in this or that, the more choices will be taken from you.

Codex Alimentarius will not only be severely limiting what supplements or herbs you can buy to keep yourself

healthy in a way you choose, but they will define what can and cannot be called a banana or a green pepper.

The new “affordable health care” act, “Obamacare” is the ultimate in no choice. Your only choice will be, do I give my money to the health insurance company for medical care or do I give money to the government for not getting medical care. And if your decision is to take the medical care, how long will it be before you have no choice as to what drugs you do or do not take. If you're overweight, will you be allowed NOT to take the newest weight loss drugs, regardless of any side effects they may have? Or regardless of the fact that you may be happy with yourself at whatever weight you are? Slice of bologna, slice of bologna.

Who makes the choice of how you live your life? Very few – a minuscule number – of people can say they do and be telling the truth. You may think you choose where you work, but the schools have guided you and trained you to have what TPTB consider a good job. Good enough to filter most of your paycheck up to them. You may think you choose where you live, but the corporations set up their offices in the place that is best (i.e., most cost effective) for them and you live nearby because you have been guided by the schools and every commercial you see to get the most money you can, and the big corporations seem to promise that.

Think about this .. Why Asian communism works – and I'm not saying communism is good – or bad – I'm not judging it, but it certainly has control of the people.... take the recent death of Kim Jung Il. The people were told they'd better be crying – and real loud – for Kim Jung Il because if they don't – they'll be shot. If they had their way, they'd probably be cheering like the castle guards

when the wicked witch of the west was “liquidated”.
It comes to the point where you have to make that decision. "I can resist that which is wrong, but only to the point of the choice of life or death. Then I must save myself by obeying." But truly 'free' people will go past that point, to the point of "I will never obey a controlling, enslaving organization's orders, even if I must die to do it." That removes the fear and once the fear is removed, it is easier to choose right over wrong.

Even if you do choose right out of fear, it's still not a right choice. Right must be chosen only on the basis of knowing it is the right thing to do, regardless of what you may seem to lose because of your decision.

If the cost of flying includes being physically molested or irradiated – DON'T FLY.

If they move the checkpoints to the highways – DON'T DRIVE

If you don't want to eat the poison available as food today – GROW YOUR OWN.

If your job requires you to perform acts of wrongness – GET ANOTHER JOB, NO MATTER WHAT THE DIFFERENCE IN WAGES WILL BE. And I'm soft-soaping it here. If you have to learn to live without money – DO IT.

Stop Complying with your own slavery.

Become an example of righteousness. You don't need to shout your good works, simply let others who will see, see. Empower them, encourage them to do right on their own that they may become beacons themselves. Then you won't be rebuilding the old, unbalanced, rotten paradigm, *you* will be one who ushers in the *new* paradigm. And isn't that worth surviving for?

X. An Unusual Perspective

Some may call it a self imposed exile, but several years ago we separated ourselves from so-called “society”. It's a 90 minute ride to even get to a town from here, mostly across dirt ranch road, some of it “primitive” (white knuckles). About a year ago, our Ford Bronco died, and we got swindled out of \$3000 for a replacement truck that...well, long story, but suffice it to say we haven't had a vehicle since then. We haven't left the ranch in about a year. The handful of times we had visitors since then, they have been so kind as to bring us up some small amount of groceries for a “treat” or two, but we gained something very special in that time – *perspective*.

It's not like we've always lived so remotely and we don't know what the other side of the world is like. Many of the past 25 years we lived in suburbia, raising our kids and working our successful business. We traversed the country more times than I can count as we drove to the seminars we taught, kids in tow, giving them a better education than they could have gotten in a classroom. We stayed in major cities when we, too, were involved in the never-ending rat race. We went to restaurants too crowded to enjoy a meal, we took the kids to the requisite amusement parks, we stayed in hotels that didn't realize their business was *hospitality*. But our vision was always to walk away from that life, towards one more connected to the *nature* part of human nature. To live a more natural life, abiding by natural law – which is the only absolute law under which humanity lives, anyway, whether we know it or not. As our culture fights natural law, believing that it can overcome the natural consequences of our actions, we

simply screw things up for ourselves.

In fulfilling our vision, in breaking away from riding that wave all the way to the shore, we halted those pieces of personality from their natural path within the human psyche – their final destination to dehumanize those caught within it.

What we see from our vantage point is too many people living around millions of other people and having no connection to them whatsoever. Thirty years or so ago, and for a couple of years, I commuted from New Jersey to my job in Manhattan by train, walking through Penn Station at the rush hours to get to and from my office. This was about the time that the Sony Walkman (a personal audio cassette player if you're *really* that young!) was developed. Daily I saw hordes of people, walking around – no, shuffling around, it was too crowded to really walk – who believed that if they had their Walkman headphones on in that sea of bodies they would be carried away to a place that was not so frighteningly crowded. They actually felt like they had some kind of privacy while trying to catch the next train home. It was like thinking that if you close your eyes, the world no longer exists.

What we see from our vantage point is too many people trying so hard to keep their heads above water that they are sure to drown. It's so hard these days to just make a mortgage or rent payment, hard – and soon to be much harder – to feed yourself and your family a satisfying meal (let alone what *is* available as food) that the population can do little else but think of themselves. By financial and other manipulations by TPTB, we have been taken from a prosperous culture with a bright and hopeful future to a slave society with no future other than to push papers around, serve a hamburger, or take a government job in

which we can get to feel superior to the masses, so that we can pay for our own room and board while any spare change goes to the top echelons, leaving most people with no time to be kind and considerate to themselves nor to others. It's an attempt to drain the life's blood of your soul. What we see from our vantage point is too many people who have no soul left, no more light of intelligence, common sense or even lust for life left in their eyes, following the daily routine they have been given to follow without question of its rationale. The masses wait placidly on line to be physically molested or irradiated for the privilege of boarding an airplane, watching silently as the 87 year old granny is strip searched for a fabled threat. Too many drivers go past and don't really see the newly stacked jersey barriers on the highway that wait their turn to be used to choke off the traffic flow. Or they stop dutifully to offer proof of license and insurance for no reason other than the sheer control factor (can I make you stop along your journey?) to the goons who guard the "king's roads".

What we see from our vantage point is too many people who think that if something doesn't affect *them*, it has no relevance in the world at all. So it's alright to disrespect those who offer you kindness, to confuse that kindness as something to be tread upon because that disrespect somehow makes you a rung further up on the ladder of society. As long as they don't have to give up their 62" plasma TV or their nightly rack of beer, all is well with the world.

Well, all is not right with the world. It's been orchestrated by those who wish to make us forget that ***we are all one.*** They do so because ***that oneness is our power.*** Each of us is connected to the same universal energy. We are all made

of the same electrons, protons and neutrons and so are the stars and planets that surround us. And there are energies all around us of which we do not even conceive at this juncture in history. So we *all* have something at stake. We *are* all one.

There is a Cardinal Rule for humanity, based on allowing higher energies to flow... *Do unto others as you would have them do unto you.* It's not a matter of how big your house is. It's not a matter of what church you attend. It's not a matter of what you learned in school. It's a matter of how much kindness and positive intentions we give to each other. And do this good for others not because they are the same religion as you, not because they are the same color as you, not because they are in the same financial stratus as you – do it because we are all brothers and sisters in humanity. What you do to the least of us is done to all of us, so choose what you do wisely.

TPTB are about separating us. They do this because separately we are easily dominated. What connects us is the humanity we show each other:

hu-man-i-ty *n. pl.* **hu-man-i-ties**

1. Humans considered as a group; the human race.
2. The condition or quality of being human.
3. **The quality of being humane; benevolence.**
4. A humane characteristic, attribute, or act.

Human benevolence (a positive act toward another human) is what we want to try to achieve. Without one bullet being fired, if we can learn this one thing – to consider another before ourselves *and to accept the kindness of others* – we could defeat TPTB in a single day. As in the final scene of the movie, “V for Vendetta”, when all the people come together, unarmed but for their understanding of righteousness no bullets, no cannons, no

goon squads could defeat them.

The next time you have a chance, smile at someone you don't know. The next time you have a chance, do a kindness for someone that in no way could ever benefit you, without them even asking. If we have love for others as well as for ourselves in our hearts ***and take action on that***, we have higher consciousness. Without it we are stuck in lower consciousness. Don't allow TPTB to take what is rightfully yours – the understanding that we are all one and that understanding is power. Show some humanity today and reap the rewards.

XI. Running Out – A Prepper's Worst Nightmare

September is “National Preparedness Month”. The one thing left out of all the hype for this new “celebration” (yes, I've read an ad on a web site that said “Celebrate [9/11] with a 20% discount...”)is, for how long do you need to be “prepared”? You have to understand that you cannot buy enough toilet paper to save your ass.

Say you're one of the smart ones who has been prepared for *whatever* is coming down the pike to survive through. You're already set up in a remote location, gotten your dwelling built, and you have separated yourself and your family from “normal society (the system)”. You've been studying and experimenting with gardens, but haven't perfected the art yet. You haven't had a need for money in a year or two, because you've been living off your well-stocked larder for that time. Suddenly, and seemingly all at once, things in that larder begin to run out. Now what do you do???

When the baking powder runs out, you learn to make flat pancakes. When your chickens aren't laying to put eggs in the pancakes, you make breads instead (and a pot of chicken soup here and there). When the flour runs out, you grind rice and get creative with it. When the rice runs out, you start eating lentil soup, lentil burgers, lentil chili (even though your chili powder ran out a month ago, too) – and you lose a lot of weight.

Just take a trip into town to re-supply? Well, maybe that's ok for now, while there still is some semblance of an economy. But what will you do if that economy – and society – have completely collapsed and there are no stores in which to shop? Prepping is a great way to start to get you mentally ready for separating from the current average urban/suburban lifestyle. After “prepping” comes

real survival.

You may have to check out the local flora for edible items. Do you know how to test a plant to see if it is poisonous? (Rub it on your arm and look for a rash, rub it on your gums and check for tingling... There's much more to it. [Here is one site you may want to read](#) about it.) You may need to go hunting. Do you know how to “field dress” an animal? Do you know where to shoot? Do you know *how* to shoot?

I'm not talking about being a weekend warrior. I'm not even talking about going on an extended hunting trip. I'm talking about learning to live a new way, a way that includes new ways to find food other than going to the local supermarket. A way that includes using washable rags instead of disposable toilet paper. The idea may be frightening to many – probably most – of you. You've been taught that there is only one way to live and that is the consumerist life. A sure sign of success is how much “stuff” you have. Well, in the near future, success may be boiled down to did you eat today, did you feed your family today, did you sleep inside, out of the cold last night? With all the new “preparedness” consumables available, here is one thing you can't stock up on: TIME. Are you running out of time? Preparedness not only means buying as much “prepper stuff” as you can, it means watching world events so you will know 1) *what* you are prepping for and; 2) *when* you are prepping for. Believe me, it's not easy to look at everything going wrong with the world these days – economies in shambles, major war looming, wacky weather, violent solar activity. But you must gather up your skirts and stare it in the face, or why bother prepping?

So go ahead and get that extra bag of rice or beans at

every trip to the grocery store. But have a plan, start educating yourself about what to do when that runs out.

XII. Fear Itself

If we were to pinpoint the one pervasive emotion in society today, it would be fear. People all around you are fearful of almost everything. They fear the police. They fear the IRS, ATF, TSA and all the other “alphabet police”. They fear losing their job. They fear loosing their house. They fear their city or town government. And they fear the mother of them all – fear of continuing life without enough money to maintain their current lifestyle (or at least the one the remember from a decade ago). Most people rationalize these fears as normal because “everyone has them”.

We are trained from a very early age to act out of fear. We fear our teachers wrath, so we do our homework. We fear clergymen, for they decide if we go to heaven or hell, so we say all the right prayers. We fear older children who may bully us so we cross the street to avoid them. Later on in life we fear the cost and hassle of a ticket, so we fasten our seatbelts. We fear losing our house so we work in a job that means nothing, offers us no personal satisfaction other than just enough money to keep us trying to reach the carrot on the stick.

Try this experiment... list all your obligations for the next 30 days – work, social and financial – then place a star beside those that cause you any concern (fear). Most people who do this discover there are multiple things in their immediate lives that cause them fear.

Today, in 2012, there is plenty outside of our daily lives to fear: Will the world end on December 21st? Will WWII start in Iran? Will the economy collapse? Will the poles shift position? Will the sun (or another country) send an EMP that knocks out the electrical grid? Will martial law

be implemented? Have we foolishly given the President of the United States so much power that he can become a dictator? Will food supplies run out? Will the weather continue to be abnormal? Will chemtrails ultimately poison us? Will GMO crops take over all others?

Are you scared yet?

Many of these fears are constantly and purposely reinforced by what I like to call “the pop culture”.

Television is the greatest purveyor of fear, usually by embedding feelings of inadequacy. I recently read that the average American watches 34 hours and 39 minutes of TV per week. That's a good deal more than it would take to participate in a college course. Like the college course, you *are* being instructed and trained by the TV. Edward Bernaise coined the term “television programming” and his rationale was crystal clear – television was designed to program people into becoming happy consumers. These happy consumers are being motivated to purchase garbage by an external force that exploits feelings of inadequacy. Every time we watch a commercial that shows the handsome man with a real “babe” sitting next to him in his shiny new car, in our minds we feel inadequate for not having a new car, too. These feelings of inadequacy open the door to fear, especially when we are given nothing of real value to replace those desires.

Fear is the toolbox of “the powers that be” (TPTB). Fear is the lowest vibration humans can be affected by or give off. It impedes our path to higher (vibratory) levels of consciousness and ascension as human beings. People who live in a constant state of fear are very manipulatable. TPTB understand that if they can make people fearful, they can make them do anything.

It is fear – manipulated fear – that makes us compliantly

stand in line to be groped before embarking on a plane, regardless of the fact that no terrorist plot has ever been discovered nor stopped by such action! Although some who suffer through the TSA's groping express anger, the real motivation for compliance is fear.

The manipulators, TPTB, are fostering fear of *everything*. The intensification of this fear began as a full-frontal assault in the days immediately after 9-11. It was fear that caused Americans to lay down – not once, not twice, but 3 times – and approve and abide by the Patriot Act and now NDAA. It was fear, not patriotism that caused many of us to cheer the invasions of Afghanistan and Iraq. It is manipulated fear that allows a once free society to accept such a campaign such as “see something/say something” – fear your neighbors, fear those who think the Constitution was a pretty good document before it was overruled by executive orders, fear those who are not dependent on “the system” for their lives, fear those who have a different opinion than you do. It is fear that keeps us from opening our mouths and saying “No” to those actions that we *know* are not right.

TPTB know this music very well and play it long and hard for all it's worth. They are congratulating themselves, patting each other on the back for causing 350 million people to be so fearful that they consistently act against their own self-interest – and against the last vestiges of freedom. Their jubilation is caused by knowing that 99.9% of you are easily controllable and predictable. Hitler's “final solution” required countless numbers of troops, gestapo and SS to carry it out. Today it is done with a TV ad campaign, shown in the aisles of Wal-Mart. Today TPTB brag that most will walk into what they know is their execution without even having to be told the lie that

they are going being de-loused.

How do we overcome this fear that has been instilled in us? When I was a child and afraid of lightening and thunder, my mother go out the encyclopedia and we read about thunderstorms, about how the lightening was 1 mile away for every 5 second delay before hearing the thunder. I was never afraid of a thunder storm again.

Look at the reality of that which you fear. Do we need to fear Al-qaeda because of 9-11 to the point of fearing any Muslim person? It wasn't they who planned it out, they were simply to stooges used to perpetrate an evil action against 3000 innocent Americans, which action was at its essence an excuse to take Americans' freedoms away.

There has been no secondary attack in the 11 years since that horrific event. If they wanted to destroy us, wouldn't they attack when we were still reeling from the first one? Do we need to fear a neighbor who might be having an exercised conversation on his cellphone in a Wal-Mart to the point of calling in a SWAT team? Not if we take the time to take a walk passed our own house to our neighbor's to introduce ourselves and thereby learn who he or she is.

Do we need to fear an 83 year old grandmother taking her final flight to see her grandchildren to the point of humiliating her before allowing her on a plane? Or a 4 year old child screaming in terror? Or a business executive? Or **YOU?** What do they have to fear from *you* that they need to grab your genitals as you run the gauntlet of TSA "agents", wherever they set up shop?

The truth is, they *do* fear *you*. They fear that too many of us are waking up, thinking for ourselves and replacing that fear with self-determination. TPTB fear anyone who claims their own birthright to live the life they choose that

does not harm another, without fear. ***They need you to fear them,*** or their plans won't work. You can't control 6 billion people with a whip, but you can control them with fear. It has worked since the days of Nimrod, who convinced his people to store all their grain in his grain bin to keep it safe from imagined attackers “lurking” outside the city walls.

Shed the fear. Be kind to each other. Help each other. Love each other. These actions leave less and less room for fear to take hold of you. If this is a new concept for you, start small. Start with your family, expand it to your co-workers, and then to people you don't even know. Once you feel how good it is to not live in fear, it may become a habit. And wouldn't that foil their plans?

XIII. One In a Million

One in a million spouses, that is, would dare live the survivalist/self-sufficient lifestyle. The thought came to me as I watched my wife, Sheila, sweep the plywood floors of our hacienda style house and thought to myself, how many wives would even consider living this way? The plywood floors will be replaced next spring with tapped clay floors – and that will present its own challenges – but really, when you break it down, how many of us have a spouse who would even for minute consider the self-sufficient, minimalist life style? Truth is, *maybe* 1 in a million.

Just take a look at survivalist single sites. It's mostly men looking for a woman to share their cabin in the wilderness with. Women have a nesting instinct (nothing sexist in that remark, it's just a truth of physiology) and usually seem to know exactly what they want. Men also know exactly what they want. Regrettably, the two seldom find common ground.

One of the books of ancient wisdom says, “Two cannot walk together lest they be agreed.” Unfortunately, we have seen a lot of people trying to do just that – living the off-grid life because that's what their *partner* wants, not because that's what *they* want. This always results in failure. All too often that failure exhibits itself in sub-conscious self-sabotage.

I can't count the number of times someone has contacted us to ask us to convince their spouse to agree with them about the need to prepare. Certainly more than the number of times we've met a couple who shared the same sentiments about the self-sufficient lifestyle. And it's about 50/50 as to whether it's the woman or the man in the relationship who “needs convincing”.

But the truth is, you can't – and shouldn't try – to convince anyone to live a lifestyle that is foreign to them. All you can do is put the information before them and allow them to do with it what they will. If that is ignore it or run away from it, then they'll ignore it and run away from it. If they ask more questions, perhaps they can face the reality of what is happening and can understand the need to take action after being given a bit more information. But if the significant other cannot bring themselves to make a life-change, then the next step is to make your decision. You may choose to go on to a new lifestyle without your spouse – or you may choose to stay where you both are. Each circumstance is unique and no decision about this should be judged by others outside of the relationship. But if you make the decision to stay, do it with your eyes open and without resentment of the other person. Do it because it's your choice, given all the information, emotional information included.

However, in the infinitesimal number of cases in which both spouses are of the same mind about living the self-sufficient/survivalist life, amazing things can be accomplished by two people who love each other and work together on a common goal.

Certainly, one can survive alone. But if you are going to live the self-sufficient life with someone, make sure it's someone who honestly has the same goal as you.

XIV. Confusing Money for Value

You should have seen us when we wore Rolexes™, big diamonds and the latest fashions. You should have seen our 3000 sq. ft. house that required a full-time housekeeper and gardeners, not to mention the electric, phone and water bills. You should have seen my long, weekly manicured fingernails and perfectly coiffed hair. You should have seen the Cadillacs we drove. It was the image of monetary wealth – unfortunately, all too often confused with real value.

You wouldn't have known we were people who could be happy in a 1 bedroom cinderblock house in which we must keep a fire going in order to stay warm. That is, of course, unless you chose to look under the surface. All that opulence never impressed us, even though it was never bought on credit but with money we had worked our buns off to make. It was just a tool we used to get ourselves to our goal – a self-sufficient, off-grid survivalist retreat. Our first house in the wilderness was a 16' by 32' plywood shack, finished only well enough to be livable, not aesthetically pleasing. It didn't take much of our funds and we chose not to put a lot of money into it at the time. We knew we were going to build another someday (it happened a mere 2 years later). But that plywood shack had *VALUE*. It kept us warm and protected from the weather and gave us the freedom to finish other projects. Many people came for a visit to our Shangri-la, to decide if the off-grid life was for them. Many of them looked at our house and left in terror. They thought we were just some down-and-out, poor-trash types who were living in the best place they could afford, never having had the

experience of living what they understood to be “the good life”. What they didn't know and what they couldn't understand was that we had lived their ideal of “the good life”, but we were not so taken in by it that we couldn't shed it for a much better way of life – one that was based on what you could do or what you could figure out, rather than what you could buy. You see, if you always have to buy what you need, you are trapped in the rat race, always having to make more money as the prices go up and up for that which you are used to having. So does the \$6 you pay for a loaf of bread today have any more *VALUE* than the \$3 you used to pay for that same loaf of bread? Does your McMansion keep the rain out any better than a tent? When you come into contact with people who have less money than you do, do you automatically judge them as lesser beings than you are based on their bank account? Do you treat people who have more money than you do as your betters? Try this instead – find out who they are deep inside before you judge them at all. See if you can ignore their bank balance completely as you learn who they are. Do they have the milk of human kindness within them, or is their only concern what *you* can do for *them*, how *you* can be used to add to *their* money pile, *their* feeling of self-worth?

Last week, while we were waiting for a few more sales of our [book](#), we ran out of some things and dinners had become rather meager. So we went into the garden and picked a few green tomatoes and a butternut squash that was not quite ripe yet. We added a yucca fruit and some desert figs (prickly pear berries) from our yard. We fried them up with pasta we made from a few eggs we collected from the chicken coop, and sat down to a beautiful dinner, cooked with love. A smile came over our son Jesse's face

as he exclaimed, “Abundance!” He knows the difference between money and value.

Don't assume that because someone has no bank account that they have no value or that or that the reverse is also the case. We know a family that has virtually no money and no vehicle. They work hard and listen to classical music much of the day and they have wonderful, intellectual conversations with each other. Meals are cooked from simple, whole foods and are eaten together. I know another family that lives in a big suburban house in a gated community. Dad goes off to work every day and is not involved with the children much except to pay for what they see on TV with his 12-14 daily hours of labor. Dinners are usually eaten separately and consist of whatever was convenient to pick up from a fast-food restaurant on the way home. Their conversations – rare as they are – revolve around this weekend's football game and what trouble Lindsay Lohan has gotten into this week. And each of them is only looking for what they can get for themselves.

Take away the first family's money – what little they have – and they still have their brains because they use them in conversation. They still have their health because they eat nutritious foods they cook themselves. Take away the later family's money and there's not much left.

We have been programmed for a long time now (since the inception of TV) to go only for the brass ring and not to bother enjoying the ride. We've been programmed to place our self-worth in the hands of consumerism. And that means our personal value derives from an accounting of our money. What if there *is* no more money? Will you have any value without it?

The world is primed for a major shake up. It's almost

tangible. It's certainly undeniable at this point. But the outcome is not certain. It can be pulled towards the same old lower vibrational paradigm of caring only about yourself and thinking that money is the true measure of value, or it can be pulled towards the higher vibrational paradigm of caring about others, giving of yourself and sharing the best – the most valuable – traits of humanity. “He who dies with the most toys wins,” is how the bumper sticker of the 80s read. Let's create a bumper sticker for the new paradigm – “He who lives with the most love in their heart has already won.”

XV. Fear Itself – Part II The Power of NO

Some people in the scientific community speak of “genetic memory”, also known as racial memory. This is the way in which a person's DNA can be permanently altered by external, psychological forces. This change – and its emotional effect – is then carried forward to the next generations. There are genetic fears implanted deeply within us by which we are manipulated on a daily basis. It is also possible to be free of these fears and loosen the controls under which you live.

The purpose of programming fear into the masses of people is to control us – and is it ever effective! Fear, although it is a very low vibrational force, is an extremely powerful emotion. It is used extensively in brainwashing programs, because nothing makes the implanting stronger than a good dose of fear.

In order to rid ourselves of the fear, we must look at the methods used to instill it.

According to ancient stories, Nimrod of old Babylon, King of the Chaldees, known as a brave hunter of boars, convinced his people that there were great dangers outside his city walls (See Hegelian Dialectic and external threat), and that not only should the people live within its walls, but they should give him all their grain and other produce, plus any precious metals or gems, to hold in his protected bins for “security” (or rather, the illusion of safety). He even gave them a little clay tablet as a receipt that he told them could be traded for other goods. (Sound familiar?) But the people did as they were told because they were given a dose of fear. That is, until all the goods in

Nimrod's treasury were spent, leaving the city and its people bankrupt and open to invasion and defeat by the Persians. But still it left a genetic memory implant to fear a non-existent external threat.

In the dark ages the feudal system trained us to fear the lord of the manor, who was, in turn, controlled by the church. The lord promised to protect his serfs from marauding bands of strangers (the fear factor) if they would work the land and give him all but a minuscule part of what they produce – just enough for the serfs to stay alive to be able to work the land next spring. If he sold his estate, they were considered part of the property – nothing more important than a plow. Education was repressed for the masses and allowed only to the gentry, lest the serfs discover the deception they had been enslaved under. The people did as they were told because they were given a dose of fear. That is, until the repression was so heavy that it gave rise to all manner of secret societies where scholars could freely discuss more enlightened ideas. But still it left a genetic memory implant to fear a non-existent external threat.

The European Royalty did not bother inventing an outside entity for the people to fear. They taught their subjects to fear the kings and queens by the public execution of those who disobeyed their commandments. They used the guillotine or draw-and-quartering, and they made sure that the people watched the event. The people weren't there because they wanted to see the blood and gore, they were there because they were commanded to do so. So the people did as they were told, because they were given a dose of fear. That is, until the people had enough and revolted, overturning or changing the monarchies. But still it left a genetic memory implant to fear “authority”.

I'm going to use the term “Black Magic” here, but call it what you will – propaganda, mind control, group think, 100th monkey, etc., it's all the same thing under different names. Regardless of whether or not you believe it or believe in it, it is what TBTP use, so it bears discussion. Under black magic rules, the subject of the malicious intent MUST ACQUIESCE FIRST. The victim must be in agreement on some level for the power to work. When you do not acquiesce, they have no power over you whatsoever.

So the choice of being groped so you can travel by air or not is very important, but not in the ways you may think. Most will say “I need to travel for my job.” Others will say “I want to be able to visit Grandma for the holidays.” And still others figure it's a small price to pay to be able to go to Hawaii for vacation. But few really understand what is going on. The malicious, occult intent of all the enhanced security procedures is pure black magic being used against you.

It doesn't matter to those who practice black magic whether you believe in it or not. For most of those who are employed by TPTB, they don't really believe in it either – they are just compartmentalized functionaries, being used to carry out an esoteric mission. But the choice is still the same: you can either go through the cancer causing scanners or the pervert grope line. Either way they've got you by the balls. And they have you by your own choice, your own acquiescence.

How long would it take to get rid of the naked body scanners and the groping cretins of the TSA if only 10% of the air travelers, bus travelers, train travelers, shopping mall pedestrians, prom goers, et al, said' “NO”, regardless of the personal consequences to their travel plans, but

“YES” to the great awakening of their self-respect. There is something far more valuable going on than your ability to have a job, to visit granny, to vacation in Hawaii. They really don't want you to know how much they've gotten you to give up. Nothing you possess is more valuable than your sacred choice. The most important thing TPTB try to do is make you forget that you *have* a choice. And they do it with fear.

Those who allow this fear into their lives – with excuses like it's my job, my visit with relatives, my vacation – need to realize they are being deeply conditioned to acquiesce to the next piece of your humanity that TPTB want to take from you.

TPTB are just waiting for you to say “please let me visit granny, please let me have my job, please let me have my vacation” or whatever carrot they dangle in front of you next, whatever next manufactured fear they have a solution for, waiting for you to acquiesce, to ask them to take your natural rights, so that you feel secure against whatever imaginary monster they have caused you to fear.

No to What?

No to someone's else controlling your mind

No to having your genitals grabbed to board an airplane or go ANYWHERE!

No to wars fought in your name!

No to being programmed by TV

No to the false Left/Right paradigm

No to accepting anything as truth just because someone “in authority” told you so!

Now we are being taught to fear “Al-CIA-da”, Muslims as a whole, and most of all, each other. Are you perfectly willing to accept travel papers to travel within the USA? Taser bracelets to fly? Aggressive cavity searches (a TSA

term, I didn't make it up)? Having your passport invalidated by the IRS? Being put on a no-fly/no-gun buy/no work list because of your opinion?

The greatest occult secret is your ability to say “NO” to that which is wrong. Remember the story that saying “Get behind me, Satan” requires him to step aside? You have that much power, and they – all the Satans out there – have none UNLESS YOU GIVE IT TO THEM. Your power – and your sacred duty – is to say “NO” to that which is wrong.

- A lone man faced Chinese tanks in Beijing's Tienanmen Square by saying NO and the tanks stopped.
- Nelson Mandela faced life in prison by saying NO and apartheid in South Africa stopped.
- The French Revolutionaries faced the guillotine by saying NO and the oppression stopped.
- Gandhi faced the British Empire by saying NO and the servitude of the Indian people stopped.
- A woman from Atlanta, Georgia was told she had to go to a distant seminar for her job. She said NO. She told her employer that she would not agree to being groped nor irradiated in order to fly. They sent another employee in her place. Her co-workers asked why going through the TSA was a problem for her. She said, “Because it's not a problem for you,” and then proceeded to educate them on what is going on around them.

What sets these people apart in history is not only that they said NO, but that they continued to say NO in the face of adversity – even under extreme persecution, some even unto the threat of death.

If we acquiesce to being controlled, if we give up our

personal dignity to be a part of that which is indisputably a corrupt system, then are we not the reason for its existence? Don't we hold some amount of responsibility for the tyranny and oppression by not exercising our sacred responsibility to say NO?

The next time you're in line at the airport, realize a very sacred thing is about to happen. You will be given a choice. You can choose to continue in that line, inching closer to the scanner and the gropers who will decide if you are someone worthy to be allowed to fly, pushed forward by the masses at your back. Or you can choose not to give away your power, you can choose not to acquiesce to their control. You can say NO.

What genetic memory do *you* want to leave to your progeny? Will you evolve into someone who makes their own life choices without fear? Will you break the chain of fear and allow your DNA to repair itself in and for future generations?

Gandhi defeated the British Empire by saying NO. Say NO to the fear. The pain will stop when you stop hitting your head against the wall.

XVII. Would You Recognize Kindness If You Saw It?

Do you sit in traffic on the morning commute trying to get an inch ahead of the next guy, while he's trying to get an inch ahead of you? Would you consider fighting someone for a would-be holiday gift on Thanksgiving shopping day? Do you have to endeavor to keep your work noticed so that you get the promotion instead of your co-worker getting it? Are you sleepless many nights because your income doesn't quite cover your outgo? Are you so used to the dog-eat-dog world that you unconsciously nip at everyone around you?

What happens when you are confronted with kindness? Can you shed that persona needed in what you call the "real world" long enough to accept it, much less return it? Do you take it as a sign of weakness and take advantage of the kind person? Does kindness confuse you?

More and more people are noticing how badly kindness is dealt with. Apparently, it makes the receiver believe that the giver feels they *owe* something to the receiver. It is so strange to come across a kind person that it causes confusion and even suspicion. How tragic.

In today's society, suspicion has been so ingrained in the masses that there is little room for kindness.

We are told, "see something/say something," and we are so well programmed with fear that we call the DHS at the slightest imagined provocation. Our children are taught that any "stranger [is a] danger" so thoroughly that any adult who attempts to have a civil conversation with a child, even in the presence of a parent, is immediately viewed as a pedophile.

It is apparently now a crime to be kind to your neighbors by giving – yes, I said *giving* – them real food (that is,

garden produce, raw milk, etc.). But don't worry, it's still OK to buy Frankenfoods! And if you are kind enough to your own body to want only whole, organic foods to nourish it, you are labeled an orthorexic, derived from the Greek word, *orthorexia*, literally meaning a *correct diet*, and now used to describe a “neurotic” behavior.

Many so-called “acts of kindness” are merely disguised acts of self-servitude. An act of kindness done for its direct reward (or for any reward for that matter) is not an act of kindness. But true kindness given does, indeed, reward the giver. Of course, rewards from acts of kindness are rarely seen in conjunction with the act itself. They happen when you are the one in need of kindness and it appears from out of the blue.

Kindness – *real* kindness – can take many forms. It can be as simple as someone asking if you need some groceries brought from town, or some help building that new storage shed. Or it might be something you don't really *need* per se, but appreciate having. It's a jar of jelly or a listening ear when you needed one. But it always comes from someone caring enough about someone else (you) enough to know what might be needed or appreciated or make you smile, without being told or asked.

Performing a kind act is one of those things that resonates on a higher frequency, a place in which you want to spend more time – another reward from “out of nowhere.”

Higher frequencies are where peace resides. Higher frequencies are where meditators and yogis strive to be. Higher frequencies allow us to connect with the universal energy – some call it ascension.

Some of us feel we are so unworthy of kindness when we are offered it that we refuse it as a matter of course. But it is also a kindness to allow someone to be kind to you. Get

used to being treated well.

Take a look at your behaviors. How do you react to kindness? Do you disregard it? Do you assume there's a catch? Or do you accept the kindness and then allow it to inspire an act of kindness from yourself to another? Never a truer saying than, “what goes around, comes around.”

XVII. Get a Job

Our commitment to living the survivalist lifestyle includes living so far off the beaten path as to make a daily commute to work impractical to say the least. And so, in monetary terms, we have been living on just a few hundred dollars a year. Someone, not understanding the essence of survivalism, suggested recently that we “get a job”. For their sake, as well as anyone else out there who thinks that living a survivalist life means transferring your suburban life to another location, here is my job description and “payment” schedule:

- 1. Collect firewood.** Much of this is done by dragging fallen and standing dead pinion, cedar and juniper trees, later to be cut into correct sizes for the wood cook stove and the wood heating stove.
That replaces our gas bill.
- 2. Keep the storage batteries full of water and check connections to the solar panels.**
That replaces our electric bill.
- 3. Do the laundry by the "Armstrong" method.** That is, wait until the rainwater barrels are full enough to wash and rinse the clothes by hand.
More replacement of the electric bill.
- 4. Tend the garden and greenhouse.** This is a 9 month a year job, and includes collecting manure from the pastures, turning the soil, planting the seeds, watering, removing bugs by hand, pulling weeds,

staking plants, pollinating as needed and harvesting.

This replaces our food bill.

5. Tend the animals. This includes feeding the chickens, feeding the goats, feeding the cats and dog, providing them all with water, collecting eggs, milking and butchering.

Also replaces our food bill.

6. Pumping water from the well to the storage tank *by hand*.

This replaces our water bill.

7. We don't have phone service available here, so one of my tasks is to not jump when the phone doesn't ring.

This negates our phone bill.

8. Use herbal and natural remedies for staying healthy.

This replaces our medical bills.

9. Take time to enjoy the stunning scenery, the warmth of the sun, read a book, have conversations with loved ones, cook an exquisite dinner.

This replaces psychiatrist bills.

In my *spare time*, I write books, articles and podcasts, answer e-mailers' questions about living the survivalist lifestyle – and all before dark.

I may be without money, but I'm not without value. And I certainly don't need a job.

XVII. 22 Things to Do Around Your Survivalist Homestead When It's Cloudy and You Don't Have Enough Solar Power to Surf the Internet

We had an elongated “monsoon” season this year. It rained about 4 weeks longer than usual. And it stayed cloudy most of that time. This led to precious little time available to run the Internet modem, since the batteries weren't getting a direct sunlight charge during this rainy spell. So we had to find things to do other than surf!

1. Play cards
2. Scrape the burnt food from the kitchen wood stove top
3. Read a book
4. Increase the winter woodpile
5. Pump water into the holding tank from the well
6. Butcher a chicken for dinner
7. Collect juniper berries
8. Paint the wood trim
9. Bake an extra loaf of bread
10. Bring the extra loaf of bread to a neighbor
11. Take the dog on a hike
12. Take a luxurious bath
13. Write another chapter in your novel
14. Make whoopee
15. Dust behind the pictures
16. Mend socks
17. Make a kitchen planter box for herbs
18. Decide what you want to plant in next year's garden
19. Daydream
20. Sunbathe
21. Air out the pillows and blankets
22. You know what – some times I just like to spend

time with my husband and our son, talking about the day, talking about current events or the latest upgrade for Linux – not text messaging, not talking in quick spurts on a cell phone, not emailing each other... talking face to face having a conversation. Sometimes we forget what time it is and wind up talking late into the night. Sometimes in the middle of a conversation we decide to cook up something unusual (saueeed ground chicken meat marinated in ginger, mustard, sugar, leeks and vinegar this week) and have a feed.

Truth is, there's a lot you can do besides going to the mall or watching TV or playing video games on a cloudy day. Maybe I'll be lucky and it will be cloudy tomorrow.

Recommended Reading

Books:

Back to Basics – A Readers' Digest publication

The Encyclopedia of Country Living by Carla Emery – ISBN 1-57061-377-X

Prescription for Nutritional Healing by James F. Balch, M.D. and Phyllis A. Balch, C.N.C – ISBN 0-89529-727-2

ARRL Antenna Book (American Radio Relay League)

The Official Urban & Wilderness Emergency Survival Guide by Robert W. Pelton – ISBN 0-74140946-1

Earthbag Building by Kaki Hunter and Donald Kiffmeyer – ISBN 978-0-86571-507-3

The \$50 & Up Underground House Book by Mike Oehler – ISBN 978-0-442-27311-8

Woodstove Cookery – At Home on the Range by Jane Cooper – ISBN 978-0-88266-108-7

Infinite Love is the Only Truth – *Everything* Else is Illusion by David Icke – ISBN 0-9538810-6-7

Between Land & Sky – A Fire Lookout Story by Dixie Boyle – ISBN 1-4327-0439-7

Walden; Or, Life In The Woods by Henry David Thoreau – ISBN 0-486-28495-6

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