JOURNAL OF
# Civil DEFENSE
VOLUME 43 ISSUE 4, 2010


## MORSE CODE
*Communicating in an*
## EMERGENCY SITUATION

## *An Alternative* POWER BOX

## Atlanta's Winter Storm
January 2011

## An Emergency Check List

THE AMERICAN CIVIL DEFENSE ASSOCIATION
TACDA™

# Country Living GRAIN MILL

DESIGNED TO LAST FOR MANY LIFETIMES

Now a fine hand mill that can actually out-grind many electric mills by 10 to 15% and all electric mills by 100% when it really counts!

The Country Living Grain Mill will grind virtually all dry grains and legumes, including wheat, corn, beans, peas, amaranth, etc. It is designed to be quickly and simply motorized. Solid construction makes a rugged and durable mill which is backed with a lifetime manufacture warranty.

- Quick and easy conversion to electric motor
- Industrial-balanced cast iron flywheel for easy turning and smooth flow of flour
- Large two-pound hopper
- Easy dial-self locking adjustment
- Double-sealed industrial ball bearings
- Hand-cast solid aluminum body
- 30% less energy required to turn than any comparable hand mill on the market

AS LOW AS

**$360.95**

VISIT OUR STORE AT

**www.tacda.org**

**1-800-425-5397**





# IN THIS ISSUE






**TACDA**
11576 South State Street, Suite 502
Draper, UT 84020
www.tacda.org
info@tacda.org
Office: (800) 425-5397
Fax: (888) 425-5339

ISSN# 0740-5537

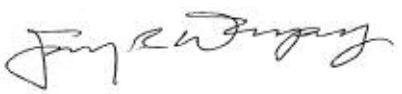
## PRESIDENT'S MESSAGE

The complacency of the American public never ceases to amaze me. We are so accustomed to our life where everything we can imagine and a few things that we have never even considered are provided to us so efficiently that we rarely consider the complexity and possible frailty of the system that serves us so well. The system has indeed served us so well that no one can remember when it hasn't worked almost perfectly. With any system however, the probability of significant change and possible failure always increase with time.

There are significant changes coming that become more apparent everyday. The debt snowball that our government and many individuals started rolling downhill over the past few decades is now practically unstoppable. Serious conflict is evolving in the world as a whole with serious problems on our southern border, the Middle East, and Asia that have the potential to plunge the world into war and create life changing events in our country. There is a developing shortage of food where once plentiful harvests are being challenged by unfavorable weather conditions and political upheaval. We can not entirely predict what the outcome will be but any of these situations can definitely reduce the standard of living for nearly everyone and may eventually even challenge our individual survival.

Those that are prepared as The American Civil Defense Association would advocate are much less susceptible to the possible problems that may seriously affect their friends and neighbors. They can face the problems that beset our world with much less anxiety because they are physically and psychologically prepared for the worst that could happen. We can all hope for the best but it is the wise and prudent that prepare for the worst.

I encourage everyone to make preparedness a higher priority in their lives and also inform and encourage their neighbors to do the same. We will all be better off and will be able to face the uncertain future with much more hope and confidence if we are prepared for potential disasters. Please prepare.



Jay R.Whimpey
TACDA President

## FROM THE EDITOR

We recently had a request for emergency communication and evacuation information.

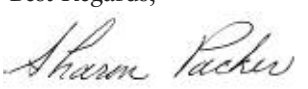
We could think of no better way to stay in touch with our loved ones, than by Morse Code. This is not quite a "lost art", but nearly so. It is a very useful communication form because the narrow signal bandwidth enhances the readability of the signal.

We have noticed a resurgence of concern about the potential for terrorist fission type weapons, and next month we will be offering expedient fallout shelter suggestions for your homes.

It has come to our attention (in a letter to the editor) that a JCD article in our previous journal, "A not so well known story from 9-11", may not actually have occurred. We noted that the author was unknown, and we do not know the source for this story. In any event, we apologize if it has offended anyone. We will be more careful in the future, not to re-print stories that have unknown sources.

We hope you will continue to send us your requests and concerns for civil defense information. We love hearing from you and want the journal to reflect your interests.

Best Regards,



Sharon Packer
Editor,
*Journal of Civil Defense*


# MORSE CODE HISTORY

*By TACDA Staff*

Morse Code is a method of representing the letters of the alphabet in a series of short and long pulses. Each letter has a unique series of one to four pulses. Each number has a series of five pulses.

The telegraph was the first device to send messages using electricity. Telegraph messages were sent by tapping out a special code for each letter of the message with a telegraph key. The telegraph changed the dots and dashes of this code into electrical impulses and transmitted them over telegraph wires. A telegraph receiver on the other end of the wire converted the electrical impulses to dots and dashes on a paper tape.

Morse code was originally invented by Samuel Finley Breese Morse (the name sake). Morse's partner Alfred Vail very likely assisted in the development of the code and the instruments used to transmit and receive it.

Samuel Morse graduated from Yale in 1810, and later became a successful portrait painter. Morse was also an inventor. His idea for the electromagnetic telegraph was conceived during a trip home to America from Europe. For the next 12 years, he experimented with various codes and electrical equipment. On May 24, 1844 he was able to demonstrate the concept of a working code and telegraph with the message, "What hath God wrought?" which was sent over telegraph wires from Washington to Baltimore. Telegraph systems were used throughout the world from 1844 to 1914. Conventional code keys have changed the original process slightly, but the concept is still the same.

As a matter of interest, on Sept. 2, 1859 (as mentioned in a previous *Journal of Civil Defense*) skies all over the earth erupted in red, green and purple auroras. Spark discharges shocked telegraph operators and set the telegraph paper and entire offices on fire. Even when telegraphers disconnected the batteries powering the lines, the induced currents in the wires still allowed messages to be transmitted. A coronal mass ejection (CME) of that intensity has not re-occurred since that time.

The first wireless transmission of Morse code was sent across the English Channel in 1899, and in 1902 the letter "S" was sent transatlantic by radiotelegraph from England to Newfoundland. Wireless transmission is called telegraphy and was used mostly in 'ship to shore' and 'ship to ship' communications. These transmissions were extremely valuable during maritime disasters when ships needed assistance. Many ocean liners quickly installed the system; followed by the navy, which up to that time had been communicating via visual signals and homing pigeons.

Most people are aware of the meaning of the 'SOS' call for help signal consisting of three short pulses, three long pulses followed by another set of three short pulses. The original call for assistance was CQD, which consisted of 11 pulses. The CQD signal was cumbersome and difficult to send; and during a conference in Berlin it was proposed to accept SOS as the new distress call. The dot-dot-dot-dash-dash-dash-dot-dot-dot signal formed a distinctive pattern that could be recognized and transmitted by even novice Morse code operators. Great Britain voted to adopt the new signal, but most British ships ignored the new proposal. The SOS signal was made famous, however, by the distress signal sent from the Titanic, when it hit an iceberg in 1912 and started to sink. This was one of the first SOS signals sent by the British.

During World War I, and in the 1920s, though used extensively for maritime communications, there were no aeronautical radios in use. Charles Lindbergh, in his flight from New York to Paris, had no communication with the ground. Aeronautical use began in the 1930s, at which time, both civilian and military pilots were required to be able to use Morse code, both for use with early communications systems and identification of navigational beacons. During World War II, because voice messages were limited in both range and security, the use of encrypted messages sent by radiotelegraphy became extremely vital to the war effort.

Morse code was used as an international standard for maritime communication until 1999, when it was replaced by the Global Maritime Distress Safety

*When the French Navy ceased using Morse code on January 31, 1997, the final message transmitted was "Calling all. This is our last cry before our eternal silence."*

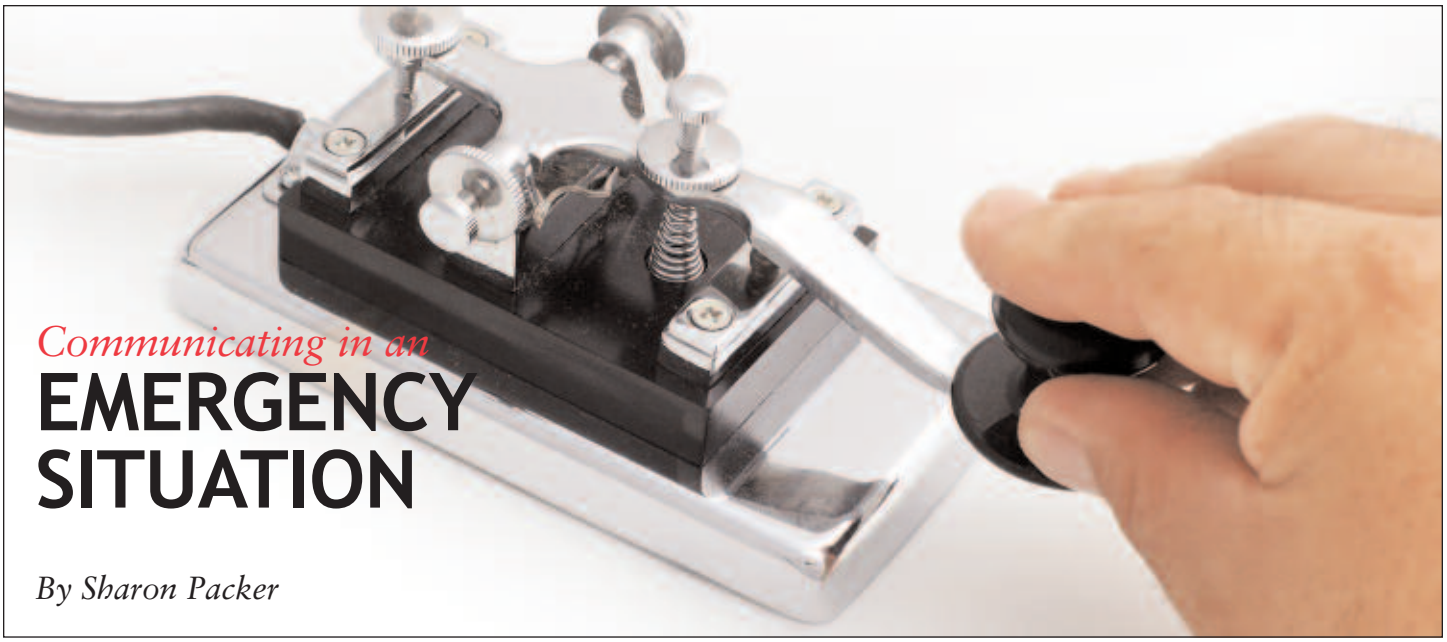
System. When the French Navy ceased using Morse code on January 31, 1997, the final message transmitted was "Calling all. This is our last cry before our eternal silence."

Amateur radio operators needing emergency assistance still commonly use the SOS distress call. Others send the signal by keying a radio off and on, flashing a mirror or light, or even tapping the signal from underground. In one case reported in the radio amateur magazine QST, an old shipboard radio operator who had a stroke and lost the ability to speak or write was able to communicate with his physician (a radio amateur) by blinking his eyes in Morse. Another example occurred in 1966 when prisoner of war, Jeremiah Denton, brought on television by his North Vietnamese captors, Morse-blinked the word 'TORTURE'. This very interesting video can be viewed at http://www.youtube.com/watch?v=BgelmcOdS38. In these two cases interpreters were available to understand those series of eye-blinks.

Morse Code will always be useful for emergency communications. TACDA encourages all members to learn and use this valuable tool. ●

**References**

http://www.qsl.net/4f5aww/module3a.htm
http://en.wikipedia.org/wiki/Morse_code
http://www.wrvmuseum.org/morsecode/morsecodehistory.htm



*Communicating in an*

# EMERGENCY SITUATION

*By Sharon Packer*

We have had several requests from our readers, expressing concern for family members that might be separated by long distances during a disaster. During the Katrina disaster, for instance, there was a great deal of confusion and worry about the condition and needs of separated family members, which added further stress to an already unbearable situation.

Morse code is a great tool for emergency communications. Morse code, sent over amateur radio frequencies, is usually received as a high-pitched audio tone, so transmissions are easier to copy than voice transmissions, and it can be used in very high noise / low signal environments. The antennas are simple and can be installed quickly. The transmitting keys are small and inexpensive. The material for the portable antennae, the Morse code key, the code reader, and a small battery can fit easily into a backpack and set up at home, or carried during a forced evacuation.

Inform your family and friends of the frequency you have chosen, and the times you will be transmitting your emergency communications, so they can be made aware of your progress and destination. Many of you already have amateur radio licenses. If not, you will need to get one in order to use Morse code on amateur radio frequencies.

## Learning Morse Code

People learning Morse code using the Farnsworth method, named for Donald R. "Russ" Farnsworth, are taught to send and receive letters and other symbols at their full target speed, that is with normal relative timing of the dots, dashes and spaces within each symbol for that speed. However, initially exaggerated spaces between symbols and words are used, to give "thinking time" to make the sound "shape" of the letters and symbols easier to learn. The spacing can then be reduced with practice and familiarity.

Another popular teaching method is the Koch method, named after German psychologist Ludwig Koch, which uses the full target speed from the outset, but begins with just two characters. Once strings containing those two characters can be copied with 90% accuracy, an additional character is added, and so on until the full character set is mastered. In North America, many thousands of individuals have increased their code recognition speed (after initial memorization of the characters) by listening to the regularly scheduled code practice transmissions broadcast by "http://en.wikipedia.org/wiki/W1AW" W1AW, the American Radio Relay League's headquarters station.

## United Kingdom Method

In the United Kingdom many people learned the Morse code by means of a series of words or phrases that have the same rhythm as a Morse character. For instance, the letter Q can be learned by saying "God save the Queen" (- - . - ). We were unable to find the rest of these phrases, and have, therefore, offered our TACDA version on the following page. As you listen to the code, say the appropriate phrase. You may find more meaningful phrases yourself that will be easier for you to memorize.

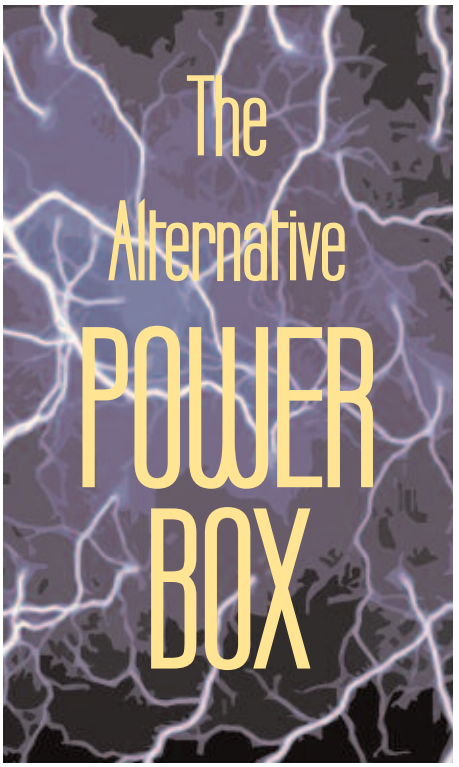
## TACDA's Combination Method

The web site http://www.learnmorsecode.com/ allows each letter to be heard at varying speeds and it is free. We would suggest that you start with the single and double pulse letters first: E, I, A, T, M, N, and then go on to the triple pulse letters in this order: S, U, R, W, O, G, K, D. After these are mastered, go to the letters with four pulses in this order: H, V, F, J, P, L, B, X, C, Y, Z, Q. Say (or think of) the phrase that goes with the letter as you listen to the code. ●

http://en.wikipedia.org/wiki/Morse_code#Learning_Morse_Code
http://www.learnmorsecode.com/

# MORSE CODE

| | | | | | |
|---|---|---|---|---|---|
| **A** | ·– | ·– A-larm | **N** | –· | –· Nan-cy |
| **B** | –··· | –··· Boa-con-strict-or | **O** | ––– | ––– O-hi-o |
| **C** | –·–· | –·–· Choc-let Pudd-ing | **P** | ·––· | ·––· Po-ta-to chip |
| **D** | –·· | –·· Dis-ney Land | **Q** | ––·– | ––·– Long live the Queen |
| **E** | · | · Ee! | **R** | ·–· | ·–· Rice Cris-pies |
| **F** | ··–· | ··–· Fifth a-mend-ment | **S** | ··· | ··· San-ta Claus |
| **G** | ––· | ––· Grass hopp-er | **T** | – | – Ta |
| **H** | ···· | ···· Har-ry Pot-ter | **U** | ··– | ··– U. F. O. |
| **I** | ·· | ·· i-Pod | **V** | ···– | ···– Vic-to-ry march |
| **J** | ·––– | ·––– Ju Jit-su belt | **W** | ·–– | ·–– Wy-o-ming |
| **K** | –·– | –·– Kan-ga-roo | **X** | –··– | –··– Ex-tra des-sert |
| **L** | ·–·· | ·–·· The lion's den | **Y** | –·–– | –·–– Yan-kee Doo-dle |
| **M** | –– | –– Moun-tain | **Z** | ––·· | ––·· Zsa Zsa Ga-bor |




*By Jay Whimpey*

I have been working towards becoming prepared for many years and have quite a lot of supplies and equipment; but organization has been my weak point. I don't always know where to find what I need, and I may or may not have all of the necessary components to perform a certain task. Recently, I vowed to become more organized.

As part of my efforts I decided to prepare an alternative power box that would contain all the necessary equipment to provide both alternating current (AC) and 12-volt direct current (DC) for lighting and communications and other critical power needs during an emergency. The kit would need to contain a small solar panel, a charge controller, a battery, and an inverter to provide 110-volt AC power from the battery. It would also contain the necessary switches and fuses to control and protect the system; and last but not least, a sturdy box that would contain and protect all of this equipment and provide protection from a potential EMP event.

I purchased a metal container used by the military for storing medical supplies. These containers are readily available at military surplus stores. The box is about 20-inches wide, 20-inches high, and about 30" long and comes apart in two halves, separating top and bottom in nearly equal halves. The upper half has an extended edge that helps to shed water and would also help protect from EMP. The box is gasketed and appears to be airtight when all ten spring-loaded latches are secured. The box also appears to significantly attenuate radio signals based on the following test: A small handheld radio was placed inside the container along with a small tape recorder. The radio volume was turned all the way up and tested before being placed inside the container. The container was closed and an attempt made to broadcast on the same channel with a second radio, which was outside of the container. My assumption is, if the radio inside did not receive a signal and the tape recorder did not record any sounds, then the container is a good attenuator of electromagnetic radiation. The personnel at the Air Force's Survivability and Vulnerability Integration Center indicated that they used similar techniques with radios to communicate to personnel in the bay where EMP testing is done. The radio inside the bay is placed inside a cage made of brass screen material that protects it during multiple EMP testing events. The radio can still receive a signal inside the brass cage but is protected during the events.

The next item that I went shopping for was a solar panel. The panel needed to be small enough to fit inside the box with enough space to allow for electrical isolation from the metal box itself. I decided on a Kyocera 30-watt panel that cost about $265 at the time. I chose a mono-crystalline panel because it provides more power in a smaller panel and was from a reputable manufacturer with a good warranty. The panel also had a sturdy aluminum frame.

The next major component was the battery. I selected an 80-amp-hour rated battery of the absorbed glass matt (AGM) design. The battery is totally sealed but has a pressure relief valve that relieves pressure if the battery is heated significantly or is over charged. Those types of batteries last longer than a flooded lead acid battery and are essentially sealed and do not leak when turned on their side or upside down. The AGM batteries are used on modern military fighter aircraft. I assumed that if it was good enough for a fighter aircraft it was good enough for my alternative power kit. Gel type batteries would also be a good selection because they last longer than flooded cells and also do not leak. They are somewhat less tolerant to overcharging so you need to make sure the charge controller is rated for those types of batteries. A good rule for battery health is not to discharge or charge the battery at over 5% of its capacity per hour, so using more than 48 watts (80 amps X 0.05 X 12-volts = 48 watts) is not good for the battery. It is also not good for the battery to be dis-

charged to less than 50% of its capacity since it starts to form sulfates at that point. The 50% discharge level is roughly 12.4 volts for lead acid type batteries.

The next component is the charge controller. I chose an Atkinson Electronics 10-amp charge controller. It is rather small but fairly rugged. The cost was only about $35 dollars and it gets the job done. It comes with a wiring diagram and is very simple to install. It has an indicator light that indicates when it has access to a source of power and another indicator light for when it is actually charging the battery. It stops charging the battery when the voltage is about 12.8 volts which is suitable for any battery but I would like it better if it would continue charging up to a few more tenths of a volt. There are much better charge controllers available that can actually increase the amount of amps delivered to the battery by adjusting the voltage and increasing amperage. These charge controllers are called maximum power point transformer (MPPT) charge controllers and they cost about $100 more but looking back I believe it would be worth the extra money due to the increased performance.

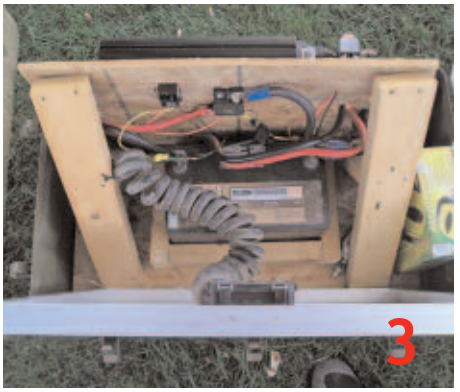
The next major component is the inverter. This component converts the 12-volt DC current from the battery to the 110-volt AC electrical current that powers most of our household appliances. I selected a 1500-watt inverter so that it would provide enough power to operate a circular saw and charge or operate other similar power tools. The battery will only power the inverter at a maximum load for about 20 minutes before the battery would be half drained and would start sulfating the battery. It would take roughly two days of charging with the 30-watt panel to replace that amount of power and recharge the battery to a full condition.

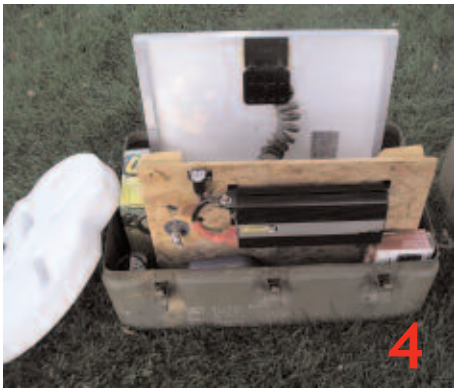
Ask a certified electrician to assemble the electrical components of this box. He will put in the proper fuses and circuit breakers. The system must have a fuse or circuit breaker to protect the wiring and various components of the system. A least a 50-amp breaker or fuse must be installed between the inverter and the battery to protect the inverter and the heavy wiring to the inverter, and the charge controller should share a 10-amp fuse coming off the positive battery terminal. Remember, a lead acid battery acts like an arc welder if the terminals are connected with a conductive item. The battery can be destroyed and serious injury could result if a fuse is not installed in the circuit. I also like a heavy duty automotive switch to disconnect all circuits connected to the positive terminals of the battery when the system is in storage. It prevents inadvertent discharging of the battery and possible short circuits of the wiring.

The box also has room for a multimeter for checking voltages and circuit connections; a set of jumper cables for using external batteries during high load uses on the battery or for charging other batteries; a small battery charger for charging small batteries (AAA, AA, C, D, and 9-volt); flashlights and radios and an extension cord for use with the 110-volt AC appliances.

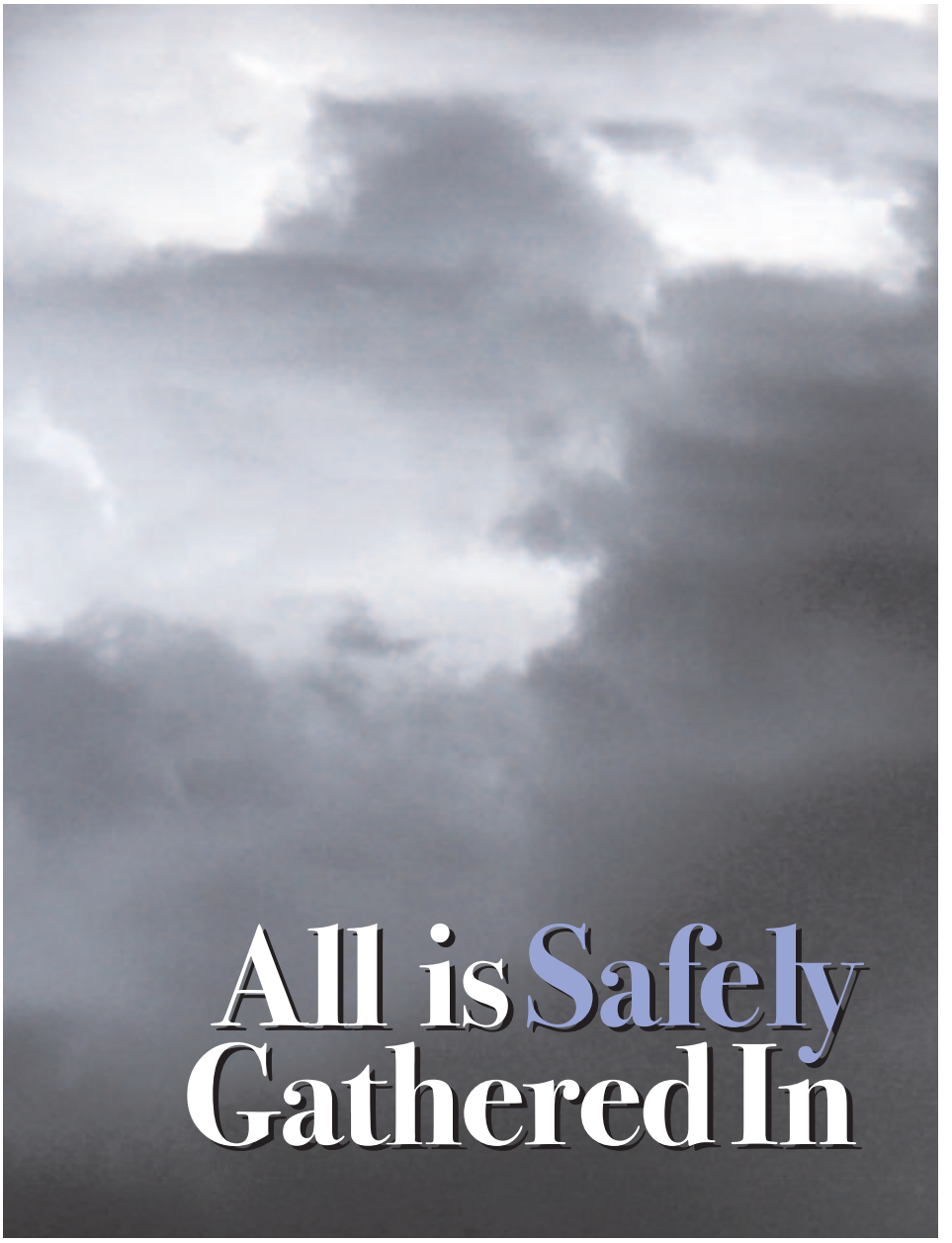
Overall, the kit takes care of electrical power needs for lighting and communication as well as small power tools in a survival situation and is also very useful for camping and other similar needs. ●









# All is Safely Gathered In

*By Jonathan B. and Kylene Anne Jones*

"All *is safely gathered in, ere the winter storms begin"* are lyrics from the popular Christian hymn, "Come, Ye Thankful People Come." Throughout history people have prepared during the plentiful harvests of fall for the upcoming winter when food would be scarce and the time to harvest past. Great comfort could be found in stores of food which would see families through the cold winter. Lack of stores could result in hunger, illness and even death before a chance for another harvest.

While winter storms are still an important consideration, our society has a system in place where fresh fruits and vegetables, along with a wide variety of foods, are available year round at local markets. There is little consideration given to preparing for the upcoming winter because of a year round bountiful harvest. May we suggest this false sense of security may prove to be disastrous?

In addition to winter storms, there are other dangers to consider-- man-made disasters such as war, terrorism, EMP (electromagnetic pulse), food contamination, riots, civil unrest and the list goes on; as well as natural disasters including earthquakes, hurricanes, fires, floods, drought, famine and epidemics, which may strike with little or no warning. We need not look far to see evidence of these dangers throughout the world. The best way to protect our family is to take personal action.

In this article we will give you information which will help you develop a workable food storage plan unique to your family's needs and preferences. Then you can take that information and get to work.

## Why We Eat

We eat for several different reasons. The calories in food give us the energy we need to live. Food is our source of vitamins and minerals providing the nutrition our bodies require for life and health. Memories, traditions, and good times revolve around food and bring us great comfort. My favorite reason for eating is pure pleasure. I love to eat. I love the taste, the smell, the textures; I love to look at food. I love the way the house smells when bread is baking in the oven. The most difficult challenges can be conquered if I have a full belly and a piece of chocolate.

## Caloric Requirements

We must eat to produce the energy we need. It is critical to understand caloric requirements. A man who weighs 150 pounds would have a base requirement of 1650 calories a day. Next, we adjust for activity level. Let us assume an average activity level which adds 850 calories to the base. Thermogenesis (calories needed for digestion) would add 247 more.

That means this man would need to consume 2,722 calories to maintain 150 pounds. A healthy food storage plan must take into account your unique caloric requirements.

"We have a supply of everyday foods as well as longer-term storage and we rotate through most of it. We have fruit trees, berry bushes, a vegetable garden and chickens. We spend time bottling, freezing and dehydrating during the harvest. It is a life style that is not possible, or even desirable for some, but we love it."

### Nutritional Consideration

Balanced nutrition is vital to health, especially in situations of heightened stress. There are two types of vitamins; water-soluble and fat-soluble. Water-soluble vitamins include B complex (except B12) and C. They can only be stored in the body in small amounts, and if deficient in these vitamins, symptoms may appear within a few weeks to several months. Fat-soluble vitamins include D, E, K and A. They dissolve in fat and are stored in the liver, body fat and other body parts. Deficiencies take longer to develop due to the storage in fat.

There are 15 minerals which are an essential part of our diet. These include; calcium, phosphorus, magnesium, iron, zinc, fluoride, iodine, selenium, copper, manganese, chromium, molybdenum, sodium, potassium, and chloride.

Vitamin and mineral deficiencies may cause a wide variety of ailments including; pain, blindness, confusion, weakness, diarrhea, bleeding, nausea, vomiting, neurological disorders, slow infection/wound recovery, heart irregularity or failure, etc. Get the picture? Vitamin and mineral deficiencies are serious business.

### Where Can I Find Them

That is a lot to think about, but it is actually quite easy to get all the right vitamins and minerals when you eat the right basic foods. If you store wheat, rice, pasta, oats, dried beans, and dry milk you have all the important vitamins and minerals covered with the exception of Vitamin A (beta-carotene) and vitamin C. Vitamin A is found in deep orange, yellow and green vegetables. Vitamin C is found in citrus, peppers, broccoli, etc. Both of these can be found in tomatoes. Storing the right fruits and vegetables or growing a garden will take care of these requirements. It may be wise to store vitamin supplements; but remember, the body assimilates natural sources better than supplements. The only missing mineral is fluoride, which is essential for the support of bones and teeth. Storing fluoride toothpaste or dental rinse will take care of the missing fluoride. Children may require fluoride tablets.

### Now You Know - Let's Develop a Plan

Now that you know the basics. Let us get to work on developing a plan. You need to know the number of people, ages, special nutritional requirements of each, personal preferences, dietary limitations along with any special needs. My big one is chocolate. You think I'm kidding. I promise that you would not want to be around me when I'm having chocolate withdrawals. Next, set a goal for the amount of time you want your storage to last. We recommend having a three month supply of foods you eat every day and at least a one year supply of longer-term storage items. Every family's storage plan is unique and needs to take each individual into consideration. Let us look at a few.

### Grandpa Ray's Chunky Soup Plan

Grandpa Ray leads a busy life. His day usually begins with breakfast from McDonald's, lunch at the cafeteria at work and a simple dinner or out to a restaurant. His cooking skills are limited and he likes it that way. He came up with a plan to store a year's worth of white rice and a variety of Chunky Soups. Not a bad plan. Let us take a closer look.

He would need to store 150 pounds of rice and 365 cans of soup to have two cups of rice and one can of soup over the top. The daily caloric intake would be between 900-1100 calories a day. A one year supply would cost less than $500, if he's a good shopper. It would be easy to rotate because he makes this exact meal a couple of times a week.

Pretty good plan Grandpa, but let's make it better. There is no vitamin C. We could add cans of mandarin oranges and V8 juice for vitamin C. Calcium is missing and Grandpa hates milk. Maybe some powdered or shelf-stable chocolate milk and Tums could be added. In addition, I would add a variety of canned fruits to increase caloric intake. Grandpa might want to store some pasta to add a little variety. Think about upping the quantities to allow for more than one meal a day.

It is important to develop a realistic plan. This is not the best diet, but during a crisis is not the time to make dietary changes. This plan is high in MSG, preservatives, sodium, and could present a problem with diet fatigue even with 30 different types of Chunky soup. However, this is what Grandpa likes and eats, which makes it the perfect plan for him.

### Grandma's Basement Plan

Grandma is the best. She's been gardening, bottling, and storing food for over 50 years. It is all tucked away in her cool basement including the very first bottle of peaches she ever canned. She has stocked up at every case lot sale since 1972. There is a whole lot of food down there, some of it quite dangerous, some of it quite deli-

cious, but who knows what is what.

This kind of plan may provide a false sense of security. There is never a good time to get botulism, especially during a crisis with limited medical care. Those 20 year old boxes of Cheerios probably contain the powdered remains of a booming insect infestation that has worked its way through even the fresher foods. Thanks for trying so hard, Grandma. Let's fix it.

The shelf life of foods stored in a cool, dry basement can be significantly more than the "best-if-used-by" date on the package. Food decreases in nutritional value as it ages but tends to retain caloric value. It is time to have a cleaning party and go through Grandma's basement. Because she has seen hard times, she has an attitude of "someday you might be really glad you have that." A firm gentle approach may be necessary. If the wheat is stored in #10 cans or buckets and does not show signs of infestation, it is probably quite safe to keep and use. That first bottle of peaches from 1950 has got to go. Pour it out in a compost pit and explain that it will help the garden grow even more beautiful next year.

Once all of the questionable food has been disposed of, inventory the rest. Organize the basement into categories such as proteins, fruits, vegetables, grains, etc., which will make locating items much simpler. Keep up the good work Grandma.

### Special Diets - Celiac Disease (Gluten Allergy)

It is important to pay close attention to special diets when storing foods. Celiac disease is an allergy to gluten. Reactions and intensity vary between people. A basic diet for gluten allergies would not allow for wheat, barley or rye. However, they may still eat and store long term items such as; dried beans, white rice, oats, corn, dried potatoes, powdered milk, along with dehydrated fruits and vegetables. I would recommend packaging the grains yourself, to ensure that cross contamination does not occur during the packaging process.

A person with a special diet might consider storing a six-month supply of every day foods due to the specialized dietary requirements and consequences of eating foods which cause serious health concerns. It may take a little more thought and creativity, but it absolutely can be done. No one knows your dietary needs like you do.

### Basic Longer-Term Storage Plan

A generic, basic long-term storage plan for one adult might include 300 pounds of grain, 60 pounds of beans/legumes, 40 pounds of sugar, 60 pounds of dry milk, 24 cans of dehydrated or freeze dried fruits and vegetables, baking soda, and salt. These items have a long shelf life (15-30+ years) if packaged and stored appropriately. It would be wise to include some items with a shorter shelf life such as; 25 pounds of fats such as oil, shortening, mayonnaise, salad dressing, and peanut butter along with baking powder, yeast and vinegar. Remember to store vitamin supplements, especially vitamin C.

### Commercial Food Storage Plans

Buyers should beware of pre-packaged commercial food storage plans. Advertising may be misleading so be sure you understand exactly what you are getting. There are some great benefits to some of these plans, such as a long shelf life and variety of freeze-dried foods. They are quite expensive. Some may be misleading as to the supply of food actually provided and not meet nutritional requirements. We evaluated a few of these plans. Here is what we found.

**Example A**: One Year Supply $1,199.99 - three servings per day for one adult. On the surface this sounds great with menu items such as chicken teriyaki, blueberry pancakes, and maple and brown sugar oatmeal. A closer look reveals a daily caloric intake of only 500-700 calories. In order to achieve the caloric intake required for our 150 pound man we would have to purchase five of these supplies for a grand total of $10,000 for a one year supply of food for one person.

**Example B**: One Year Supply $8,999.99 - three entrées per day for two adults and three children – only $2.37 per serving. This plan provides between 600-800 calories per day per person. When did you last pay $2.37

"Our food is stored in a cool basement on sturdy shelves that make rotation easy, organization possible, and quick assessment of needs simple. It is our own little store."


The space under one twin bed can store 12 cases of #10 cans, containing an average of 360 pounds of grains and legumes that have a shelf life of 30+ years.

for a packet of instant oatmeal or tomato soup? In order to achieve an adequate caloric intake you would need to purchase at least four of these packages for a total of $36,000. That is significantly more than my annual food budget.

Many retail stores carry buckets and #10 cans of food storage items that go on sale periodically. The Church of Jesus Christ of Latter-day Saints has basics in #10 cans at reasonable prices available online at www.lds.org or in local canneries. Shop around and get the foods that are right for your storage plan. We personally use a variety of sources to meet our storage needs.

### Jones' Storage Plan

Our storage plan is unique to our family. We eat lots of whole grains and beans. Most of our food is made from scratch. We have a supply of everyday foods as well as longer-term storage and we rotate through most of it. We have fruit trees, berry bushes, a vegetable garden and chickens. We spend time bottling, freezing and dehydrating during the harvest. It is a life style that is not possible, or even desirable for some, but we love it.

Our longer-term storage contains; hard white wheat, Kamut, white rice, variety of pastas, oatmeal, black beans, kidney beans, white beans, lima beans, pinto beans, pink beans, green split peas, yellow split peas, lentils, corn, popcorn, dehydrated onions, carrots, red and green peppers, celery, potatoes (pearls, flakes, cubed, shredded), apple slices, powdered milk, chocolate milk, hot cocoa, pudding, cheese powder, canned butter and cheese, powdered eggs, Knox gelatin, honey, white sugar, brown sugar, powdered sugar, fruit drink mix, flavored gelatin, yeast, baking soda, salt, and bouillon.

Our food is stored in a cool basement on sturdy shelves that make rotation easy, organization possible, and quick assessment of needs simple. It is our own little store. When there is an incredible sale on an item, such as ketchup, we purchase several cases. We have a kitchen pantry that we take supplies from to cook everyday. When the pantry gets low, we replenish from our basement stores. Newly purchased foods are always taken to the basement storage and placed behind the older food. Our grocery budget is smaller than many and yet we eat well and have a healthy supply of food stored.

### Gift of Food Security

You can give a child the gift of food security with very little money and space. The space under one twin bed can store 12 cases of #10 cans (72 cans), containing an average of 360 pounds of grains and legumes that have a shelf life of 30+ years. The cost would be around $200. This amount might provide half of a loaf of bread and one cup cooked beans every day for one year with a little yeast, salt and oil. No rotation required. Think about it--a one year supply of basic, life-saving food and you would never have to clean under the bed.

### Enemies to Your Food storage

It is important to protect your food storage by storing it appropriately. Air, chemical contamination, insects, light, moisture, rodents, temperature, and time are all enemies to your investment. Choose a location which is cool and dry whenever possible. Basements are ideal, however; any place inside your home will work. Store food in appropriate containers such as #10 cans, food-grade plastic buckets, PETE bottles, or food grade Mylar pouches.

Use caution when packaging foods for storage. Select low oil foods, and grains with 10% moisture or less. Botulism poisoning may result if moist products are stored in packaging that reduces oxygen (cans, foil pouches, or bottles containing oxygen absorber packets). Granola, nuts or brown sugar are susceptible to microbial growth in reduced oxygen environments. Pearled barley, whole-wheat flour, and brown rice will go rancid. Be careful. Just because someone else does it, doesn't make it safe.

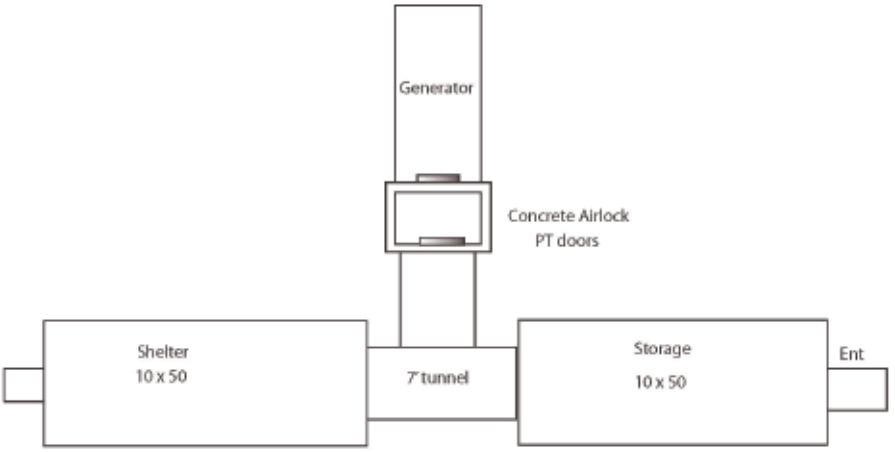
### All is Safely Gathered In

Just as winter storms are inevitable, we have challenging times in our future. You now have the information you need to develop a healthy, realistic food storage plan and implement it. It is time to evaluate what you already have. Do you need to make changes? Where do you need to bolster your supplies? How can you make it better? Get to work while the harvest is plentiful!

As the winter storms and crisis rage all around, you will find great comfort in knowing that all is safely gathered in. You can ride out the storms because during the plentiful harvest you prepared for the winter storms. ●

# GENERATOR ROOMS & AIRLOCKS

*By Paul Seyfried and Sharon Packer*




**Dear Paul and Sharon,**

*I would like to access my 5 KW generator from my storage and my main shelter. The generator will be a water-cooled marine generator with a ground loop for an auxiliary heat exchanger to heat water. The ventilation requirements are only for combustion air and I believe this can be piped directly into the intake of the generator, so the room shouldn't need to be very large. I am installing a 1,000 gallon buried steel tank adjacent to the shelter. Please draw a design for this shelter.*

*Thanks,*
*Mark*

**Dear Mark,**

After an NBC event, the generator room is considered "contaminated" because it is cooled by unfiltered, outside air. This contaminated air from the generator room must not be allowed to contaminate your living quarters. The generator room is kept at ambient air pressure. The shelter is kept at a slightly positive air pressure, to insure that war gasses from the outside and carbon monoxide from the generator will not enter the shelter. After an NBC event, you will need to "suit up" with protective clothing and gas mask, before entering the generator room.

**Air lock**

In order to access your generator room directly from the shelter, you will need to incorporate a concrete airlock into your design. Airlocks should not be more than 64 square feet in size and should have two, air tight doors. The generator side of the wall and door will need to be lined with metal, in order to protect the generator from an EMP.

We would suggest that you use a 6 ft. diameter tunnel to connect your two shelters, and that you "T" perpendicularly off the connecting tunnel to access the generator room. The airtight concrete door from the 6' access tunnel will open into the airlock. The concrete door on the other side of the airlock will open into the generator room (doors always open towards potential blast danger). You may argue that a 7' diameter access tunnel would be more convenient, but the larger "T" may weaken the structure.

Some designers in America try to incorporate a filter for the air coming into the generator room; claiming this will allow safe access to and from the generator room without the use of gas masks and suits. This is a poor design practice. The Swiss, with all their wonderful shelter technology, do not allow this practice for two reasons:

The massive amounts of air needed for cooling and combustion of the generator would require the use of huge ventilators and filters, with much larger air volumes than are required in the sheltered areas. These filters must be of the same high efficiency as the shelter filters, with metering devices to guarantee the proper residence time for all war gasses passing through the filters. The tiniest exposure to these war

gasses could prove fatal.

Air flows from areas of high pressure to areas of lower pressure. To guarantee clean air, the generator room must be kept at a positive pressure. The air in the shelter must also be kept at a positive pressure. There is, therefore, no natural flow of air from the shelter, through the airlock into the generator room to protect the residents from the carbon monoxide (CM) produced by the generator (even through an airlock). Symptoms of mild acute poisoning include headaches, vertigo, and flu-like effects; and may not be recognized as such; as these symptoms mimic the effects of stress and radiation poisoning. Exposures of CM at 100 ppm or greater can be dangerous to human health. People can experience symptoms of CM poisoning at levels as low as 25 ppm. If the door is not perfectly airtight or has not been closed properly, there is potential for cross contamination. It's just not worth the chance.

**Outside fuel tanks:**
The 1,000-gallon outside fuel tank is great in theory. Consider, however, that you will not be able to monitor or easily repair it. If it has a leak, you could lose all your storage from the one large tank. You may want to consider at least one farm type fuel tank (20 in. square x 4 ft. high) of about 270 gallon capacity, inside the generator room, that is fed from your larger, underground fuel storage tank. These farm tanks come on skids and have good plumbing ports for access. If you get a leak in a small tank, you have only lost 270 gallons.

We would suggest an 8 x 20' generator room for the 5 KW. You will also need a cooling fan that automatically starts up when your generator is turned on. Even with the heat exchanger, you will still have some significant waste heat off the engine that can't be captured. Water-cooled marine generators work because they are always discharging the heated water and pulling new, cool water from the sea. Water-cooled generators on land do not have this "heat sink" available to them.

The concrete airlock and special gas tight doors may run as much as $50,000. We normally recommend that the customer save this expense and install the generator into a steel generator room in a separate location from the shelter. The generator can still have remote starting capability. The steel tank acts as a faraday cage and all the fuel can be stored inside the generator shelter. The main shelter is designed to function without backup power for a 2-4 week period, after which you could access the generator from outside if necessary. In either event, because the air in the generator room could be contaminated with war gasses, you would need to "suit up" with protective gear before entering the generator room. ●

Best Regards,
Paul and Sharon

## Observations on Atlanta's January 2011

# ICE STORM

*Re-printed with permission from James W. Rawles; © 2011*
*"Letter from John C., Atlanta, GA"*
*http://www.survivalblog.com*

One of the parts of SurvivalBlog that I enjoy the most is when folks contribute their real life experiences after going through some sort of hardship. Reading the examples from others helps me to fine tune my preps. Let me participate by providing my observations from the ice storm, amusingly titled Snowpocalypse 2011, that hit Atlanta recently. The roads were impassible due to the city's lack of snow removal equipment, and pretty much the entire city was stranded in their houses. What would've been a blip of a storm in the north ended up crippling this city, and everything ground to a halt. I started creating this list of observations for myself, but decided to share. Here they are, in no particular order:

- The statistic I've frequently heard of "every family has only three days of food on hand" always sounded like bunk to me. Who goes grocery shopping every three days? Shopping once a week seems more realistic, so I figure a week's supply of food is in everyone's home. However, consider the pattern where Family A typically shops on Mondays, Family B shops on Tuesdays, Family C on Wednesdays, etc. Imagine what happens if the stores are closed for three days in a row, like they were due to this storm. Everybody that missed their typical shopping day now has to go, and the stores were cleared out. That, plus the expected panic buying, happened here. Imagine, say, 40 feet of shelving without a single item of food on it. I saw photos. It was real.

- Injuries exponentially increase stress, especially if it is impossible to get to a doctor. A family member developed a wound that needed seven stitches, and I had no way of making that happen for five days. I've recently purchased a skin staple gun.

- No matter how deep your larder, chances are excellent that you will not have something very important when you need it. In my case, it was antibiotics. I had topicals, but I needed something more significant because the above-mentioned wound got infected. Mentally prepare yourself for the idea that you won't have everything, and when you do discover that you are missing something, the idea won't come as such a shock.

- A routine is a powerful thing, and three days without the ability to leave the house is enough for cabin fever. It would have been much worse without Internet or television, and even that got old after visiting all of my usual web sites. Have something to read. Have a lot to read. I personally suggest studying some sort of skill during your normal work/school hours, then having fiction or entertainment to read during your normal off hours. It helps keep a semblance of a routine.

- Keep enough of your regular food for at least every other meal. My wife and I feared a power outage, so we ate all of our typical "Sunday fancy meal" foods from the freezer in succession, and it made me sick.

- Expect typical governmental lunacy. Some of Atlanta's main streets downtown weren't touched for days because the roads themselves belong to the state. The city said clearing the roads was the state's job/expense, and the state said that since the roads were downtown, they were the city's responsibility. So nothing happened.

- People who make poor decisions during normal circumstances will continue to make poor decisions, only now the impact will be worse. Despite repeated pleas by the local government not to drive, folks went out anyway, and got stuck or crashed. Some were killed. Those stranded/abandoned cars prevented the few plow trucks the city has from clearing the roadways. Also, the crashes were so frequent, the police said they would respond to accidents only if somebody involved was injured because they were overwhelmed by the volume. If no injuries took place, you were on your own.

- Your family is just as stressed as you are. Don't be at each other's throats. If you've been with your spouse long enough, you know what will make him/her happy, even if it is just a small gesture. Do them. Such efforts will pay dividends when the crisis is over, too.

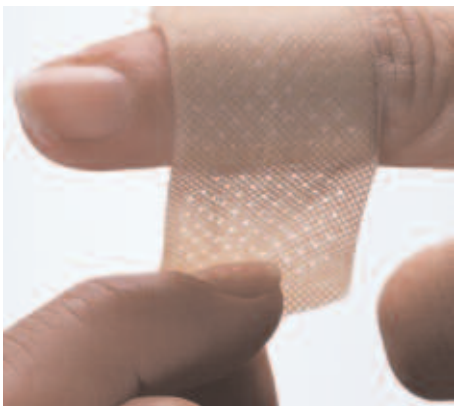
- Those with alcohol will drink it, to the point where it was treated like a mandatory vacation. I frequented an Atlanta-based message board online, and was surprised to discover how many people posting said they were doing not much more than spending the entire time drunk. I would say that 65 percent of the posters said so. I don't have anything against alcohol, but decided to spend the duration sober, if only to stay sharp. If the huge tree in my back yard fell on the house due to the ice load, I didn't want to have to evacuate my house while inebriated. See my point above about the people with poor decision making skills. In this case, they knew the ice would eventually melt, and things would go back to normal. When it is TEOTWAWKI, these folks might make some unpredictable choices.

- A job that can be worked from home is a huge benefit. I racked up hours even though I wasn't able to get to the office.

- Ice is the great equalizer. Traffic was snarled, cars abandoned, making roads impassible. Everyone should

have chains for their vehicles, even if they live in the south and own a 4X4. A recent news story said that 49 of the states had snow. It can happen anywhere. My four-wheel drive was parked because I didn't have chains. I live on a slight hill, and a neighbor of mine had his car slide down the hill. Bear in mind that no one was in it at the time, as it was parked and the doors were locked. It just slid away. He managed to run after and catch it in time before it hit another car. If anything, this observation should reveal just how slippery the roads were.

- Down here, some houses are poorly insulated compared to northern levels, and many heaters weren't able to keep up when the weather got record-breaking cold. Be prepared for the idea of wearing outdoor clothes indoors. A co-worker of mine had her furnace fail because of the stress load. She spent three days freezing (temperatures were in the teens) because the service technicians weren't able to get to her. An alternate source of heat would've saved her a load of turmoil. Keeping her equipment maintained would've been a good idea, too. She confessed that she skips the typical service checks to save money. Guess that didn't work out so well.



Injuries exponentially increase stress, especially if it is impossible to get to a doctor.

- Unless you are very fit, everything will be sore as you are forced to vary from your daily routine. Have pain reliever ready. I'm a black belt, and consider my balance exceptional. That said, I still slipped and fell on the ice. It can happen to anyone. My training included the ability to take a fall and not get hurt, so I came out ok. Not to say that I wasn't sore, of course. I'll take sore over a broken bone any day. The news reported of one poor gentleman that fell and died.

- Have enough preps in your home to last at least a couple of weeks, even if there is a store within walking distance of your house. Depending on the circumstances, even three blocks will be an impossible distance. I read stories about locals who fell on the ice and broke bones. Also, not only will the stores get cleared out by panicked buyers, some employees were not able to make it to work so the stores couldn't open, and in other cases, resupply trucks were not be able to restock due to the roads.

- Services, such as mail or trash pick-up, stopped; public transportation didn't run; schools were closed. I haven't had mail for an entire week, and UPS and FedEx suspended deliveries completely. That's a shame, because I had some stuff on order that would've been nice to have. Banks were also closed, which ended up no big deal because not only could you not get to them, few stores were open anyway so you had no place to spend your money. A town north of here had a "boil water" advisory, for whatever reason. I wonder how they got the word out if people were without power. A Berkey, with a policy of using it regularly instead of just in emergencies, would probably be pretty useful for those folks.
- Local television newscasters couldn't get in to the stations, and were posting their on-the-scene news reports online by using the video capture provided from their iPhones.

- Emergency services were also compromised. An ambulance is nothing but a big car, and in some circumstances they weren't able to get where they needed to go, either. I saw a fire truck, with chains on, stuck. The crews were using shovels to clear a path under the wheels, one foot at a time. Slow, hard work.

- A retreat is useless if you can't get to it. Pre-stage your preps there, if you have one, but have something to fall back on at your regular home. You might find that you have to dive into those reserves unexpectedly.

- Fortunately I never lost power or water/sewer, though some did lose electricity. If the lights had gone out in mass quantities, with impassible roads and well below freezing temperatures, people would've died all over the city. There would've been no way to extricate them from their homes, and if the outage was wide spread enough, no place to put them.

- There is one bright spot in the story. In my area, neighbors relied on each other, communicated, and provided assistance to each other. My neighborhood has a Google message board, and if anybody learned any useful knowledge, it was passed along to the group. I highly recommend setting up one of these, no matter how big your community is. Our group is populated by a wide variety of socioeconomic levels, and it still works. Even if no useful information is conveyed, the gallows humor passed along provided a great stress reliever and offered the "We're all in this together" attitude. Hopefully, this list will provide value to someone.


# Let's Take Stock

*Reference Material from:*
*California Governor's Emergency Check List*
*Tess Pennington of Ready Nutrition*

Most of these items are already in our homes. During an emergency, any one of them may become an essential tool for our survival or comfort. Are they organized or stored where each family member can find them? Survival depends on the physical and emotional well being of ourselves and those we love. Take a moment to take stock of what best fits your needs.

## Essentials

Cash (small bills and change)
Generators and fuel
Gasoline containers (metal)
Seasoned firewood
Extra house and car keys
How-to books (electrical, plumbing, etc.)
Boy Scout Handbook
Binoculars
Notebooks, pencils, pencil sharpeners, lead, writing paper
Important legal papers: copies of deeds, mortgages, insurance policies, wills, trusts, etc.
Contact information: family and friends; doctors, other professionals, financial/banks, etc.
Fishing accessories (line, hooks, bobbers etc.)
Wagons and carts
Bicycles, tires, tubes, pumps, chains, etc.
Coleman's pump repair kit
Tents, tarps, stakes, twine, nails, rope, spikes
Backpacks, duffel bags
Sleeping bags, blankets, pillows, mats
Cots and inflatable mattresses
Carbon monoxide alarm (battery powered)
Goats, chickens and rabbits
Personal defense items
Water and Sanitation
Water Storage in Containers
Water filters/purifiers
Hand pumps and siphons (for water and for fuels)
Portable toilet and disinfectants
Toilet paper
Zip lock bags
Plastic garbage cans with wheels (great for storage and water transport)
Trash bags
Plastic containers with lids
Rat poison, d-con
Mouse traps, ant traps and cockroach magnets
Fly and wasp traps
Alternative energy sources
Matches, butane lighters
Lamps, wicks, oil (purchase clear oil)
Light bulbs
Flash lights, extra bulbs
Candles, lanterns and lantern hangers
Kerosene
Radios: (AM/FM, shortwave, CB, two-way)
Batteries in all sizes

## Cooking

Camping stove, fuel (outside use, only)
Charcoal and lighter fluid (outside use, only)
Fire extinguishers or baking soda
Cooking utensils (hand can opener, whisk, etc.)
Cooking pots (large and small)
Cast iron cookware
Ice Chests
Knives and sharpening tools (files, stones, steel)
Aluminum foil (both reg. and heavy duty
Canning supplies (jars, lids, paraffin wax)

## Food

Honey/sugar/syrups
Rice, beans, wheat, oats
Vegetable oil, olive oil
Chocolate, cocoa, Tang™, punch (water enhancers)
Teas and coffee
Popcorn, peanut butter, nuts, jerky
Soy sauce, vinegar, bullion, gravy, soup base
Spices, vinegar, baking supplies, yeast, salt, spices
Milk (canned, powdered and infant formula)
Dehydrated foods (canned)
Canned fruits, veggies, soups, stews, etc.
Vitamins and minerals
Dog food, leash or carrier
Paper plates, cups, paper towels

## Cleaning Supplies

Dish pan, dish soap, scrubbers
Cleaning supplies (toilet cleaners, disinfectants)
Basin to do laundry, wash boards, laundry soap
Bleach (plain, NOT scented: 4% to 6% sodium hypochlorite)
Clothes pins, line and hangers

## Clothing Items

Work boots, work clothes, hiking boots
Thermal underwear (tops and bottoms)
Winter coats and boots
Hats and cotton neckerchief
Extra socks, underwear, t-shirts, etc.
Woolen clothing, scarves, ear-muffs, mittens
Rain gear, rubberized boots, etc.
Gloves: leather, gardening, rubber, etc.

Infant supplies: formula, food, bottles
Cloth diapers, safety pins, plastic pants, diaper pale
Baby wipes, baby soap, disposable diapers
Scissors, fabrics, needles and other sewing supplies
Hard hat/head protection (if you plan on any work amid rubble or debris, etc.)

**Medical**

First aid kits and first aid book
Blood pressure kit
Essential prescription and OTC Medications
Extra reading glasses, sun glasses
Suntan lotion, body lotions
Insect repellent sprays and creams
Dental repair kit

**Personal hygiene**

Feminine hygiene
Hair-care, shampoo, brush, combs
Skin care products
Toothbrushes, toothpaste, mouthwash, floss, nail clippers, etc.
Shaving supplies
Spray bottles, bar soap, hand sanitizers

**Tools and Repair**

Plastic sheeting (black and clear)
Garden tools, hoses and supplies
Seeds (non-hybrid)
Tools: bow saw, axes, hatchets, wedges honing oil
Tools for carpentry, plumbing, gardening, electrical
Super glue, wood glue
Staple gun and staples (light weight and heavy)
Duct tape, nails, screws, nuts and bolts
Screen patches
Roll-on window insulation kit ●

http://www.oes.ca.gov/Operational/OESHome nsf/0/55c950f3be85d1c688256cd8007cd9cb
Tess Pennington, Ready Nutrition
http://readynutrition.com/resources/emergency-items-what-will-disappear-first_11112009/

# *Making a* DIFFERENCE

*TACDA STAFF Remembers the Father of the Neutron Bomb*

Samuel T. Cohen was considered to be the father of the tactical nuclear weapon known as the Neutron Bomb. Mr. Cohen died on November 28, 2010 in Los Angeles, from complications of stomach cancer.

The neutron bomb has only a fraction of the explosive power of a comparable fission weapon, and most of its output is in the form of neutrons — tiny neutral particles that can pass through walls, vehicles, tanks, armor and other inanimate objects with little or no collateral damage. It was designed for a detonation height of 500 meters and produces little if any fallout. Though never deployed, it was designed to deter tank invasions by killing the tank operators, while inflicting minimal damage to the civilian population, their homes or buildings.

Mr. Cohen was born on January 25, 1921 and raised in New York City. He was a respected mathematician and physicist and worked on the Manhattan project in 1944, developing calculations of neutron behavior. He later worked for the RAND Corporation. His radiation calculations were included in the special appendix of the book, **The Effects of Atomic Weapons**, by Samuel Glasstone. The book is still in current use.

Mr. Cohen was a member of the Los Alamos Tactical Nuclear Weapons Panel in the early 1970's. He was a great supporter of civil defense and a regular speaker at the Annual Meetings for the Doctor's for Disaster Preparedness. He freely shared his knowledge at the meetings and at his home. He was well known and admired by many members of the TACDA Board, and we send our sincere condolences to his family. ●

# Violent Crime **Prevented!**

*Reprinted with permission from John Farnam, Defensive Firearms Instructor*
*"Letter by G. Tate"*

"ONE of our DTI (Defense Training International) graduates was involved in an incident here in south Texas on December 24th. Relying on his training, he engineered a good result! Our student is a forty-ish male. As with all our students down here, he has a current Texas concealed handgun license, and carries regularly.

Yesterday morning, he was fueling-up at a local convenience store. We've both been to this same store many times. Nice part of town. Bright sunlight. Lots of traffic.

A car full of youths pulled into the parking area, very fast, and then came to a sudden, screeching halt. They did not pull up to a gas-pump, nor into a marked, parking place. Our student noticed, and immediately alerted.

One of the vehicle's slovenly occupants leaned out an open window, made eye-contact with our student, and said, ". . . hey mister, give us some money."

Adhering to his training, our student turned to face them, briefly glanced back over his shoulder, and replied, "I'm sorry, sir. I can't help you."

Another youth then exited the vehicle, slammed the door, and said in a loud, gruff, and threatening tone, ". . . you don't understand. You *are* going to give us your money!"

Our student gracefully assumed a classic 'Interview Stance'*, side-stepped, threw back his cover-garment, and obtained a master-grip on his Glock Model 23 (although the pistol was not visible to the suspect doing the talking). Pointing at the suspect with his support-hand index and middle-fingers, he said, clearly, and in perfect English, "No! *You* don't understand, sir. I can't help you!"

The suspect, who, moments before, had been so intimidating and cocksure, glanced away, drooped his shoulders, mumbled incoherently, and then quickly turned and re-entered the vehicle, which precipitously departed as quickly as it had arrived.

No license plates on the suspect vehicle.

Our student then experienced an adrenaline dump, and noticed that his heart was racing. However, he knew from his training, that this was all perfectly normal. He took a few deep breaths, and soon regained normal composure.

Police were not involved, and our student finished fueling his car and then went on his way, in peace.

A violent crime was probably prevented, due to competent training, alertness, and adequate preparation. In this threatening situation, my student knew what to do, stayed in control, didn't panic, and was fully prepared to go all the way, when necessary.

The hoodlum got the distinct and correct impression that he wasn't kidding! Like all bullies, when his bluff was called, this sleazy punk promptly "folded his hand" and slunk away. They usually do!

**Comments from John Farnam:**
This happy ending will never be reflected in any statistic, nor will it be part of any news story. Nonetheless, training, alertness, and preparation, once again, combined to keep a good person from being harmed by evil ones.

And, that's what it comes down to: Good and Evil. Good people need to be armed, aware, competently trained, and prepared to successfully confront evil, when necessary. This world does not deal kindly with people, even "good" ones, who are clueless, naive, and willfully unprepared.

Second place doesn't exist!

** **The Interview Stance**, as defined by John Farnam, is the confrontational position from which students learn to interface with all potential threats. It combines body language with solid technique. Staying in motion, and looking around for additional threats, the student "blades'" his body toward the threat with the left arm and shoulder forward. Support (left) hand is raised and outstretched, palm outward as if the hand were a shield- like a traffic cop signaling a motorist to "stop". The right hand (gun hand) drops down and grasps the leading edge of whatever garment is covering the waistline, ready to move it out of the way and assume a master grip on the pistol. At this point, the standard tape loop is recited forcefully, "I'm sorry, sir . . . I can't help you!" Additional verbalization may be necessary, "Don't come any closer!" Most career criminals know that odds are, the person they are about to tangle with is carrying a gun, and want no further contact. Few confrontations escalate beyond this point.* ●

**TACDA**
11576 S. State St.
Suite 502
Draper, UT 84020

www.tacda.org
info@tacda.org
Office: (800) 425-5397
Fax: (888) 425-5339

ISSN# 0740-5537

# Just $36 buys you PEACE of MIND

Photo by iStockphoto

**The American Civil Defense Association**
is created to educate, empower and equip individuals, families and communities for emergency preparedness.

**Become a member now** and receive information and resources to better understand current threats and practical solutions for handling emergencies. The full TACDA™ membership offers basic educational and technical needs for those who have an interest in learning about civil defense and disaster preparedness concepts, strategies and techniques.


TACDA members and gift membership holders receive a full year of these benefits:

- Subscription to *The Journal of Civil Defense*, a quarterly publication
- Access to all back issues of the *Journal of Civil Defense* Archives, beginning with Edition #1, May, 1968
- Member discounts on products and services through the TACDA Store
- Voting privileges at member meetings

## www.tacda.org

TACDA™, is a registered 501(C)3 non-profit, non-political organization.
All memberships and contributions are tax-deductible.