

JOURNAL OF

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CIVIL  
UNREST

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## PRESIDENT'S MESSAGE



**T**he best time to prepare for a disaster is before the disaster. This axiom seems obvious, but it is amazing that most humans are so short sighted. It appears that our governments and society in general were caught totally off guard by the recent Corona virus pandemic. History provides a very good indication that we should expect an emergent virus to make a big splash every ten to twenty years.

Government preparedness manuals indicate this as well as inform people how to prepare in the way of gathering supplies and learning how to respond to such events. Recent outbreaks of SARS, MERS, and the swine flu underscore this reality.

I hope that most of our readers were prepared for the recent Corona virus outbreak and won't 'go back to sleep' when the current crisis gradually ends. Rushing out to buy protective masks, sheet plastic, duct tape, and sanitation supplies is much easier, safer, and less expensive between pandemics instead of during one.

I admonish everyone to look forward to emerging threats and take action to mitigate the potential impacts of those threats now, before it is too late. Look back in history to learn that disruptions due to civil unrest, political upheavals, economic crises, natural disasters, wars, and global pandemics are inevitable.

Sincerely,

Jay Whimpey, PE  
TACDA President

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## FROM THE EDITOR

## A DIFFERENT WORLD

*By Roseanne Hassett  
Executive Director*

**T**his is the first time that most of us have lived through a pandemic. It is a different world. Our lives have changed, and many have been disastrously affected with loved ones lost, businesses ruined, and dreams broken or deferred. Many face impossible financial hardship, even homelessness. A few days ago, I chanced upon a homeless woman while walking to a fast food restaurant. I thought her situation seemed different than I had seen before, and I was compelled to give her money. It seemed that she had just been evicted from her home. She was clean, and the household items nestled about her were fresh and neatly packed. She even had a clean broom leaning against the tree she was resting under. At first glance she appeared to be sleeping, but as I approached her, I realized her eyes were closed because she was sobbing. This scene was etched in my heart with a sadness and painful sympathy that I will not soon forget. I saw the devastating economic impact of the pandemic up close.

While we are social distancing, trying to keep ourselves and our loved ones safe, and trying to become accustomed to our new way of life, let's also keep an eye out for our neighbors, find ways to contribute to our communities, and look for ways that we can serve and make a difference. "We are all in this together" is starting to sound a little cliché, but in truth, there is no getting out of it on our own.



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# AVOIDING and SURVIVING ACTIVE SHOOTINGS

By Colonel Jim Smith,  
MSS, NRP, FABCHS, CPC, CLEE

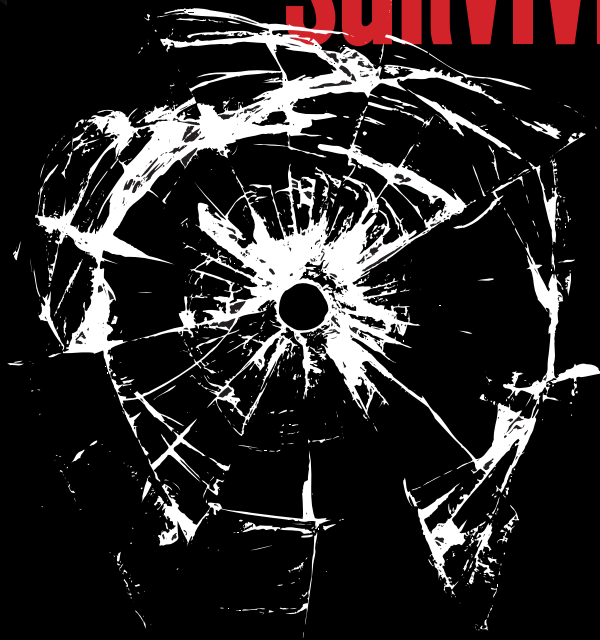


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**M**any today are focused on active shooters, and several studies have shown an inordinate amount of attention and fear by the public. The chances of one's involvement in such an event are very small. Per the FBI UCR reports, more people are killed with hammers each year than with rifles. Even with the total number of mass attacks, statistically, one's chances of a fatal injury in such an event are less than that of dying from an antibiotic-resistant disease. The CDC estimates that some 35,000 people in the US die annually of antibiotic-resistant diseases while approximately 2,000 are killed (according to FBI statistics) in mass shootings. To add more perspective, according to the National Highway Traffic Safety Administration, approximately 40,000 people die in motor vehicle crashes, and the National Safety Council says more than 5,000 people choke to death in the US annually. Thus, contrary to media reports, the chances of dying by homicide or in an active shooter situation are very low. The US media routinely sensationalizes events

to capture a larger portion of the market share. Instead of reporting facts, the media's interest is in obtaining large amounts of income from advertisers.

However, this does not mean one should be oblivious to this low probability, high consequence event. Aside from firearm incidents, active aggressive behaviors can include using cutting instruments, chemicals, IEDs, and even incendiary devices to kill and injure large numbers of people. Mass casualty shootings and attacks are not unique to the US. The United Kingdom, China, several European countries, and various Scandinavian countries have and are experiencing similar attacks from individuals of unknown or personal motivation, violent extremists not part of a group, mentally disturbed persons, and terrorist groups. One Scandinavian country experienced more than 100 bombings from gang related activities this year, and nearby Denmark has restricted access of those leaving the country because of these activities.

Perhaps the primary tool to prevent becoming a victim in these incidents is to stay situationally aware. If some person or circumstance appears out of the ordinary, suspicious, or if one has a 'gut' feeling that a person presents a threat, one should act. Many individuals subconsciously observe microbehaviors which are not registered at the conscious level. These behaviors are cues that the person or situation presents a threat. It takes experience and training to be able to articulate these observations; regardless, one should react to such feelings.

One should know where nearby exits are in any locale and be able to have at least two routes mentally planned for escape should a violent incident occur. Should an incident begin with gunshots heard, a weapon observed, or other indicators of an attack such as people fleeing, an exit out of the location is crucial.

For example, most stores in malls have a rear exit. If escape is not an option, one must be prepared to conceal their location and find cover. Facilities such as hospital rooms or restrooms may not have an available escape route or locking doors. This requires the door to be barricaded with chairs, a bed, or other heavy objects. For doors with handles on the inside, one may use a belt or other object to keep the door shut. Schools and office buildings may have doors that lock. Once a door is secured, those present should seek cover away from the door, remain out of sight, silence cellular phones, and if feasible, call 911. Do not open the door until one is certain police are present. Many agencies will have the 911 center return the call to let those hiding know the door can be opened. Avoid elevators and use stairs as the elevators have no exit. Hiding under desks should be a last resort as this impedes the ability to flee. Use a cell phone to make a call to the local 911 center. Due to the influx of calls during such crises, however, the 911 center may not have open inbound lines. Storing the alternate seven-digit numbers to law enforcement or the 911 center is advisable. Make certain to only use a cell phone when one is assured the shooter is not nearby. Otherwise, silence all phones and turn off vibration. In a quiet setting, vibrations from a cell phone can still be heard. Many 911 centers and law enforcement agencies have the ability to receive text messages. The important information to transmit is one's location, any injuries present, last location the shooter was seen, description of the shooter including clothing worn from head to feet, type of firearm if known, any explosions heard, and if the shooter is wearing body armor, carrying a backpack, or other items.



It is also important to differentiate between concealment and cover. Concealment hides the person but may not protect against bullets fired during an incident. Cover is a position or object that will resist bullets. Masonry or concrete walls, desks, tables, chairs, interior walls of many buildings and residences, and vehicles do not reliably resist bullets. Brick or block walls provide some ballistic resistance while wooden fences can only conceal. The issue with concrete and masonry walls or floors is that bullets striking them at a shallow angle may not ricochet but continue along the surface several inches. Looking around a corner of concrete and masonry walls and floors during firing could result in a bullet striking the person.

Should one become trapped with no escape, attacking the shooter could be the only option. The goal is to blind, disable, or disarm the attacker. An ideal weapon located in many buildings is a dry chemical fire extinguisher. It can be used several feet away from the attacker, and if the powder is sprayed in the attacker's face, it will temporarily blind the attacker and impede breathing. The fire extinguisher, especially when full, can be used to strike the attacker (preferably in the head) to distract and disable them. Any substantial object can serve the same purpose.





The key is to improvise from the local environment. When with a group, multiple persons should attack the shooter in hopes that some will reach them and be able to disarm or neutralize the shooter.

If injured, one can attempt to escape. When that option appears unlikely, some people feign death by lying with several other victims. The key is to hold one's breath (when under observation), not move, and be silent to convince the shooter of death. Some even urinate/defecate in their clothing to present a convincing appearance of death.

One should be familiar with expedient bleeding control and simple treatment of gunshot wounds. Place a person with a gunshot wound to the torso in the recovery position with the wounded side down. This may slow bleeding, facilitate an open airway, and allow drainage of blood or secretions from the mouth.



Two U.S. Army Sergeants, display the way they are trained to apply a tourniquet during the First Aid Best Practice Exchange between, the Djibouti Gendarmerie, 404th and 407th Civil Affairs Battalions and the 1-77 Armored Regiment health care specialists in Cheik Moussa, Djibouti, Apr. 4, 2015. (U.S. Air Force Photos by Staff Sgt. Carlin Leslie)

External bleeding can usually be controlled by direct pressure. Knowledge of how to construct a tourniquet for uncontrolled extremity bleeding is essential.

The question arises: if a person is legally armed, should he or she engage the active shooter? Only as a last resort. If law enforcement observes a person with a firearm, they may attempt to neutralize this person immediately (as will any other off-duty officers or other armed civilians) as the visible weapon will be seen as a threat. If one is not trained to shoot in a combat situation, the rounds fired may injure others. However, if no other option exists and one feels comfortable that no others will be hurt, the shooter may be engaged. If the shooter goes down, immediately conceal the firearm and notify police that you are armed while showing your hands with fingers spread above your head. If law enforcement is encountered in an active shooter setting, follow their commands, and show your hands above the head with fingers spread. Drop any carried objects such as purses, backpacks, purchased items, or cellular phones if ordered to do so. Do not run toward officers unless ordered to do so. Remember that officers responding may not know the shooter's description, and in some instances the shooter may attempt to blend in with those fleeing.

Several good videos exist that can help present options in such a situation. The Los Angeles County Sheriff's video "Surviving an Active Shooter" -

<https://www.youtube.com/watch?v=DFQ-oxhdFjE> is one of the better videos available, as is the Homeland Security "Run, Hide, Fight" video

<https://www.youtube.com/watch?v=5VcSwejU2D0>.

Dozens of site-specific training videos are available that present information regarding hospitals, schools, religious facilities, and the like. The FBI production "The Coming Storm" <https://www.youtube.com/watch?v=9jgS7jBXZU4> provides roughly 41 minutes of video explaining how active shootings occur and law enforcement/FBI response.

Inordinate fear of mass casualty events should not deter normal activities as these are low probability events. However, simple situational awareness can allow one to avoid or escape this high consequence event.

*Author, Colonel Jim Smith is the public safety director of a rural town and has a master's degree in safety with a certificate in system safety from the University of California. Smith has written several textbooks relating to homeland security, terrorism, weapons of mass destruction, and nuclear/radiological incidents. During his career, Smith has prevented two school bombings and one school shooting. He has served on a federal joint terrorism task force and has more than 40 years of public safety experience. Smith teaches criminal justice, terrorism, and homeland security courses for the University of Phoenix and Troy University.*



## What, How, & Why It Happens

By Brialyn Carlsen, MSW

Photo by Patrick Behn from Pixabay

Imagine it is an ordinary Wednesday morning. On your commute to work, you stop by a local bagel shop for your regular: peppermint tea and an everything bagel with cream cheese, toasted. You notice the employee taking your order seems a bit flustered. After confirming (again) that you do, in fact, want your bagel toasted, you pay and wait patiently off to the side. When your order is finally called, you check your watch and realize it has taken much longer than usual. Now you are running behind schedule. As you hurry out, you peek inside the crinkled, brown, paper bag and see a problem. Instead of your toasted everything bagel with cream cheese, you have been given an untoasted cinnamon sugar bagel with butter...far from a serious injustice, but certainly a frustrating beginning to your day. What do you do? Perhaps you roll your eyes, get in your car, and rush to work. Maybe you head back inside, wait for your correct order, then hurry to work knowing you will arrive late. You may even be the type to march back inside and request a new bagel and a refund. After all, they messed up your order, and now they are making you late for work. Whatever your course of action, it will match your individual tendencies and be your choice alone. And regardless of which reaction feels most relatable, you would probably deem all three as normal, rational, and predictable.

Now imagine you head into that same bagel shop on a similar Wednesday morning. Once again, you encounter a

frazzled employee, wait too long, and get something you did not order. This time, however, the shop is incredibly packed full of people who also repeated their orders, waited too long, and received the wrong things. Now you are not alone. Now the fifteen people standing next to you share your frustration. As each of you attempts to inform the employees of their errors, you notice a sense of camaraderie, a you-against-them sort of feeling. Emboldened, some people begin making demands on behalf of the group. Others intimidatingly crowd the counter, making clear who is at fault. Before long, the group has toppled tables and ransacked the snack stands. In other words, you just formed a mob.

### WHAT?

While the above example may be a drastic oversimplification, the theory behind it is accurate. When acting as a group, people lose their individuality. This is called deindividuation and results in a group acting as an individual regardless of the individual preferences of people within it <sup>[1,2]</sup>. Simply put, groups are much more likely to engage in behavior that those same group members would never do alone. This phenomenon is actually a common psychological process <sup>[3]</sup>. Here is a simple example: would you rather sing on a street corner by yourself or with twenty other people? When the people around you are acting in a certain manner, you feel more comfortable doing so as well, even if the behavior is



considered socially inappropriate <sup>[3]</sup>. Another example: would you rather break out your dance moves in the middle of a crowded supermarket or alongside 1,200 others at a popular concert? Behavior that may seem odd in one setting feels perfectly normal in another, usually due to how those around you are acting. Mob behavior is just that. A group forms, and the anonymity of a crowd allows individuals to act differently than they would outside the group.

## HOW?

Now that the mob has formed, how is it managed? There is a duality within mob behavior. Crowds that come together usually do so because of a shared incentive: social injustice, workers' rights, political leanings, etc. Acting on behalf of a public statement provides the group with even more rationale for their behavior <sup>[3]</sup>. These shared values and beliefs lead a mob and define what behavior is acceptable. If an individual acts contrary to the group's values, they are restrained or removed. In fact, despite the lack of behavioral inhibition, it is difficult to



Photo by Thomas De Luze from Unsplash

make group members respond to behavior outside of their belief system <sup>[4]</sup>. The irony lies on the other side of mob management. When strangers come together, rules become less defined. With the group acting as one, there is no single leader to provide boundaries if behavior gets out of control. This is how violence often enters the scene. In sum, mob norms are quickly established, determining both the limits and extremes of the group's behavior.

It seems unlikely that one small riot inside a bagel shop would preclude mobbing bagel shops three cities over, so how does it spread? One common idea is copycat theory. This theory posits that media coverage of an event

drives similar acts elsewhere <sup>[4]</sup>. The publicization the media provides increases further rioting and provocation of violence when otherwise, the event would remain isolated. Often, events are also sensationalized and exaggerated <sup>[5]</sup>. If a riot breaks out in Mobile, Alabama, for example, over a reduction in federal, paid holidays, and suddenly residents two counties over see and read detailed coverage of the event, they may be more inclined to act on their frustration and form another mob. The information precluding the behavior (reduction in paid holidays) might already be common knowledge, but the willingness to form a potentially violent group comes from knowing that others are already acting in that way (remember: it is easier to act a certain way when others are doing so).

## WHY?

Now perhaps the most important question, why do mobs happen in the first place? Why do they persist in the face of legal and social repercussions? The simple reason is due to how mob members feel. There is a shared sense of pride and joy which stems from being heard. Members momentarily feel above the law, relishing the freedom of unrestrained behavior. While the group cannot enforce how or if their so-called oppressors will respond, members deem the communication of their values a success <sup>[4]</sup>. This could help explain why riots and mobs quickly gain participants and continue for days or weeks despite any evidence of change. At last, there is an outlet, and for some, that is enough.

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*Brialyn recently graduated with her Masters in Social Work from Brigham Young University in Provo, UT with an emphasis on clinical social work. She was a research assistant both in her masters and bachelors programs and is a co-author for an article currently under review for publishing in Health and Social Care in the Community.*





# Choose Wisely

## A Brief Review on Handguns

**By Paul Seyfried,  
TACDA Advisor**

Photo by Roman Poberezhnik from Unsplash.

**T**he subject of armed self-defense has once again arrived at center stage as anarchists/insurgents (call them what you will) riot, assault business owners and bystanders, and threaten homeowners. So far, most insurgents have been incredibly careful to remain just below the threshold of triggering a lethal force response from law enforcement, who are restrained by department policy or by mayoral decree. In blue cities, many mayors order their officers to stand down while public and private property is destroyed.

It is becoming more obvious to ordinary Americans in today's political climate that we are on our own. Police just might not be on the way, or at least not arrive for hours or days. I can't speak for today, but 30 years ago, if one called 911 in south central Los Angeles on a Friday or Saturday night, the average length of time the phone would ring before anyone answered it was 38 minutes. When the dispatcher came on the line, one had to play '20 Questions' before any sort of beat car was dispatched.

I am often asked by clients and acquaintances what sort of gun they should buy for personal protection. This is much akin to asking what sort of knife one needs to have in the kitchen. In short, handguns are not immensely powerful but are portable and convenient to

carry on our person every day, all day, to enable the wearer to react to unforeseen threats. Compared to center-fire rifles and shotguns, pistol cartridges are quite anemic, and under serious circumstances, often require many hits in vital places on an aggressor's body to achieve the desired result. A solid hit from a rifle or shotgun usually proves devastating, and the fight is over very quickly.

Someday, civil unrest might become so pervasive that we will have to go about our daily chores with an AR-15 slung across our chest, although I'm sure that if I was so armed in my grocery store today, I'd be the only customer in the store. Managers do not like that. So, we are discreet, and we wear handguns - though they may lack power - under our clothing so as not to scare the daylight out of other customers.

Since events are moving at a rapid pace, we need to skip past starting off with a .22 rifle or handgun and learn the mechanics of shooting. Let's get to it.

If starting from scratch, I'd procure a reliable handgun in common use by militaries or law enforcement. Two candidates I'd consider are a Glock in models 17, 19, 22, or 23 and a Smith and Wesson M&P in 9mm and .40 S&W calibers. These are full-size, standard service pistols

that are reliable, widely available, and much easier to use than small, less reliable, difficult to use handguns. Ask yourself what expectations you have for your firearm. What do you want it to do?

For me, the pistol should be able to disable a 200+ lb.-man who has been eating high protein food and working out with weights for the last ten years in prison...with a reasonable number of shots fired. Therefore, my pistol should hold an ample reserve of ammunition and be chambered for 9mm Parabellum (aka 9x19mm), .40 S&W, or .45 ACP. The larger the caliber, the fewer rounds can be loaded into the magazine. A Glock 17 holds 18 rounds with a standard capacity magazine with one in the chamber. The Glock 22 holds 16 rounds of .40 S&W with one in the chamber. The frame size of these pistols will fit most small hands. Glock's Model 21, in .45 ACP, is an exceptionally large service pistol, and for some people, is quite suitable. However, for my hands, it is simply too large. It holds 14 rounds fully loaded. Thus, it is heavy, and wearing this around all day is a chore. Conventional wisdom nowadays holds that with modern duty ammunition, the 9mm and .40 S&W cartridges perform just as well for their intended purpose as the respected .45. No matter how you slice it, the smaller, lighter pistols are going to fit into your life better than the super-sized options and still have a significant reserve of ammunition and power.

For many years, I carried the 1911 Government Model in .45 because it was designed for the small hands of teenage boys. It held only 9 rounds (8+1) because of its single column magazine. A favorite instructor, John Farnam, once asked me how many times I wanted to stop to reload during a gunfight in a dark parking lot against several adversaries...in the rain. After much reflection, I moved to embrace the much more modern polymer-framed Glock 22 which held nearly twice as many rounds in a significantly lighter pistol. Yet I did not sacrifice any power with the .40 S&W caliber. In addition, all the .40 caliber Glocks can be converted to use the 9mm round in a few seconds by installing a conversion barrel. I have been told that 9mm rounds can be loaded and fired using the original magazine, but I switch to Glock 17 magazines when using 9mm ammunition. The 9mm Glocks cannot be up rated to use larger ammunition.

Space does not allow me to mention all of the other suitable models on the market, but I am struck by the fact that nearly 90% of students attending training courses over the last 25+ years have shown up with Glocks. This has proven frustrating when we get to the instruction block of using battlefield pick-ups. You may not get to fight with your own, preferred pistol, but instead have to

use whatever pistol or other firearm that slides to your feet in the mud, the blood, and the beer. So we have every student fire drills and resolve stoppages (induced by instructors) with every other student's pistols (or rifles, in the case of Urban Rifle courses). A long time ago, there would be a plethora of 1911s, SIGs, Glocks, and maybe a Beretta 92 on the table for students to practice on. But Glock seems to have taken over the globe.

I tried to put a revolver on the table to challenge students, and I got a rude awakening when one of my daughters picked up my .38 snub nose revolver, fired the last round, and had to reload it to finish. She looked at the strange gun as if it was taken from a space alien. She had no idea how to reload it. It was not my finest hour in parenting. Mr. Farnam stepped up and gave an impromptu five-minute lesson on reloading a double action revolver and explained that this is very common. Revolvers are encountered so rarely nowadays that many have never seen one. We should, nonetheless, learn how to use them.

We have covered only handguns – and just barely – in this article, but one should consider the acquisition of far more effective rifles, particularly military pattern examples, for defense against a mob or heavily-armed threats. For most Americans, the ubiquitous AR-15 has become the weapon of choice, and understandably so because of its incredible versatility.

Above all, seek out solid training provided by law enforcement firearms instructors who have had real-life experience in the serious use of guns. Your instructor holds your life in his hands because when faced with mortal danger, you will do exactly as you were trained to do. Choose wisely.

*Paul's interest in firearms began at age 10 when he became socially aware that TV heroes that were armed were more capable than ones who were not. His firearms access was limited somewhat until the fall of 1970, when he began attending Missouri Military Academy where he was issued an M14 service rifle. Ineligible to win the Weapons Plaque at graduation because he was not a four-year Military Science student, he was awarded the plaque anyway. Membership on the school's rifle team earned him a shooting scholarship at New Mexico Military Institute. He studied tactical pistol shooting at the Mid-west Practical Pistol League, Columbia, Missouri before moving to Salt Lake City to enjoy the limitless ranges of Utah's deserts and mountains. He learned to reload ammunition in 1970 and does so to this day in 13 calibers. Serious study of tactical firearms training began with notable instructors such as Jeff Cooper, Denis Teuller, Chuck Taylor, Charles Hinson, and John Farnam. He is a shameless advocate for arming and training America's law-abiding citizens and is a student and affiliate instructor for Defense Training International.*







# STAYING SAFE

in a

RIOT

**By Sharon Packer,  
MS Nuclear Engineering**

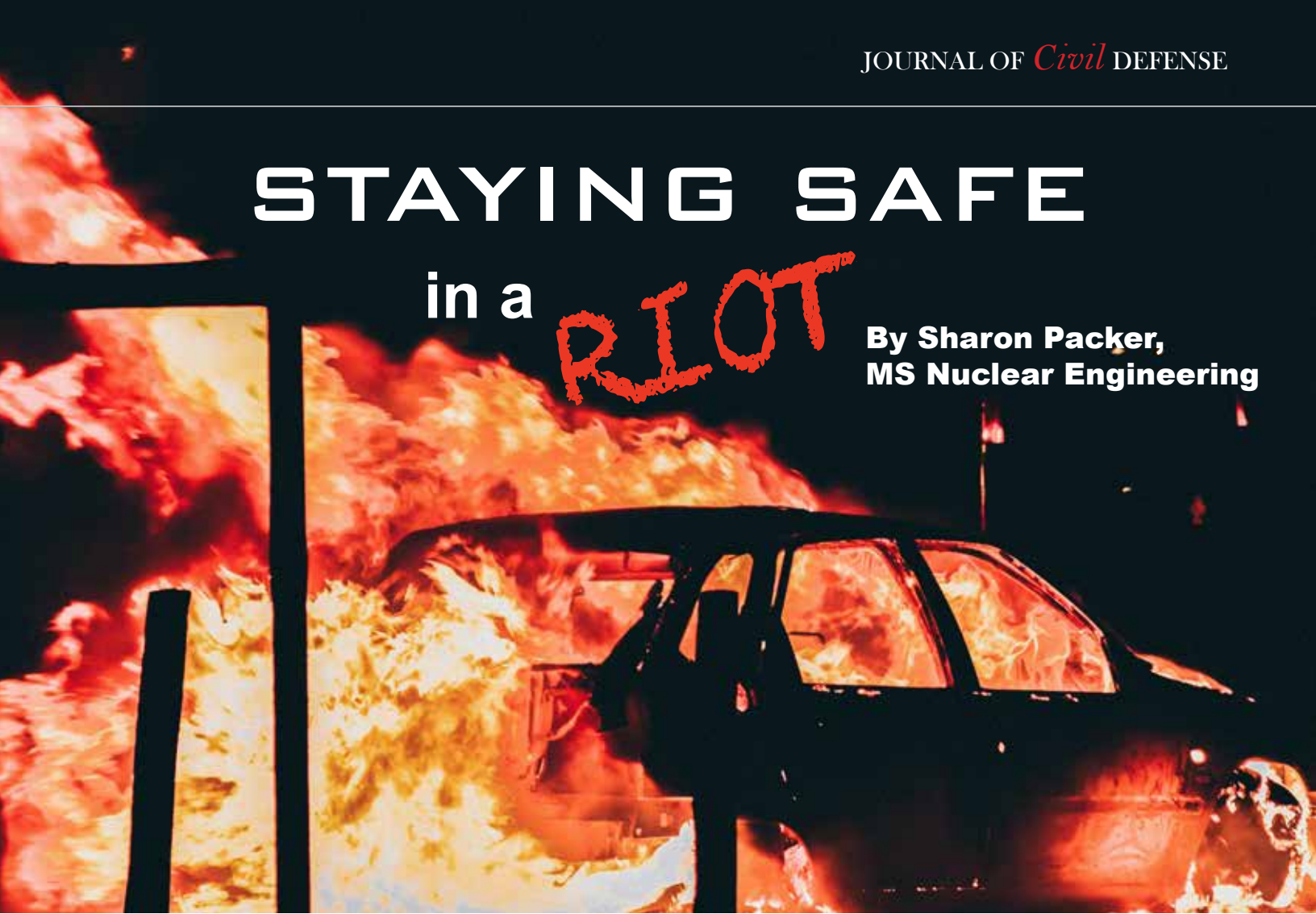


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**P**eople often have justifiable grievances, and there are proper ways to deal with these concerns. The First Amendment guarantees the right to peaceable assembly and the right to petition the government for redress of these injustices.

Many times, and for any number of reasons, peaceful demonstrations can erupt into chaos. The constitution does not give a right to loot, riot, or destroy public property. In some cases, individuals with their own nefarious agendas take advantage of a peaceful assembly and intentionally – and by design – push the crowds into a rage. These individuals often come from other places outside the community, and once the looting and rioting has begun, they safely dissolve into the crowd.

How do you stay safe during a riot? The safest plan of action is to STAY AWAY from places where you suspect a riot may occur. Riots are not a ‘spectator sport’. Avoid civil unrest ‘hot spots’ such as universities, college campuses, libraries, historical buildings, and government establishments.

The most important safety rule I have learned came

from John Farnam, our firearms instructor. It is called ‘the Stupid Rule’. Even highly intelligent people become ‘stupid’ when they allow their unleashed emotions to control their actions.

## **“Don’t go to Stupid Places, with Stupid People, doing Stupid Things”**

Sometimes, however, we are unintentionally caught in a dangerous situation. Consider the possibility beforehand. Go over scenarios in your mind.

If you **MUST** be in a location where a mob could form:

- Make yourself familiar with your surroundings
- Look for alternate exits
- Do not ‘stand out’ in the crowd
- Blend in and try to look and act ordinary
- Do not wear bright colored or expensive looking clothing
- Keep hairdos simple and unexceptional
- Wear low heeled shoes that would allow you to comfortably run or walk quickly
- Do not wear heavy, expensive watches or jewelry

- Choose a backpack that a college student might carry, instead of the large, tactical, 'bug out' pack
- Wear a fanny pack or a purse with heavy straps that can be worn diagonally



Photo by Amber Kipp from Unsplash

There may be times when we find ourselves unintentionally caught in a riotous situation. How do we protect ourselves if caught in a group that has suddenly turned violent? As I researched this subject, I found many good and practical suggestions throughout the web. I particularly appreciated the information written on 'Geek Prepper' and the 'Survival Life' web sites. I have consolidated some of their great suggestions for your consideration.

### **Caught in a mob that turns violent?**

#### **1. Don't panic. Control your emotions.**

Try to stay alert to the general atmosphere in order to anticipate potential panic in the crowd. Do not take sides. You may fully agree with their grievances, but don't get caught up in their illegal actions. You may even find yourself wanting to correct their bad behavior. This is not the time to do so. If you see looters, ignore them, and keep moving. Often the police have been ordered to 'stand down'. Do not try to be the policeman. Your first concern should be protecting yourself and your family.

#### **2. Avoid confrontation.**

Don't look the mobbers in the eye. Keep your head down while still carefully looking for an alternate exit. If you are pushed or struck, just keep moving. Try not to attract attention in any way.

#### **3. Walk slowly and keep moving.**

Don't move against the crowd. Don't stand still or sit down. Don't run or move erratically. If you stop, you run the risk of getting crushed by the mob. Move in the general direction of the people and slowly navigate to the edge of the crowd. Try to avoid bottlenecks such as tunnels, pillars, long fences, or sections of walls where you could be crushed or suffocated. If the crowd moves in and puts pressure on your body, turn to the side. Your rib cage will take the force, but you will still have the ability to breath.

#### **4. If you are with family or friends.**

If you are not alone, you may become separated from your companions. Make a plan to meet at a convenient place if you should become separated.

#### **5. Watch your footing.**

A moving crowd creates a great deal of momentum, and they will not stop easily. If you fall, roll into a ball in the fetal position, and protect your eyes and ears. You will receive less injury than if you were flat or on your stomach or back.



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**6. Keep your hands up by your chest.**

Like a boxer-- it gives you movement and acts as a buffer to protect your chest.

**7. Get inside a safe place and stay there.**

Riots of the 'civil unrest' type typically occur in the street. Try to make your way into a building and stay there until the mob has passed. Once inside the building, do not stand in front of the windows. Move to an interior location to avoid being hit by bullets or stones. Locate at least two ways to exit in case you must leave in a hurry.

**8. If you are caught in your car keep your doors and windows locked.**

Eminent domain laws may not protect you if you choose to defend your position. If possible, honk your horn and slowly move forward through the crowd. If they won't move, and your life is not in danger, you should not put theirs in danger. If your windows are broken, you may need to abandon your vehicle. Your vehicle is not worth the risk of losing your life.

**9. Secure your home against invasion.**

Choose solid doors and windows and install shatterproof, wrought iron storm doors as another level of defense. Retrofit 'peepholes' into your doors and replace hardware with long screws for your hinges and door frames. Use double deadbolts and double cylinder locks for all outside doors. Keep your windows closed and locked and place a dowel rod in the track of sliding doors. Purchase 'dog barking' sounds and be prepared to loudly play them. Apply window security film to all windows and security doors for added protection against breakage. Fortify your home with a good fence. Install the posts deep into the ground with concrete, and make sure your gate matches the strength of your fences.

**10. If the rioters are coming to homes.**

If you hear reports that civil unrest is breaking out in your area, you may want to temporarily move your family to the homes of friends or family in a safer location. Rioters will jump at the first sign of chaos and use it to their advantage to loot and steal from private homes and businesses. They will cause incredible damage. They will not care about the lives or property of the people affected by their behavior. Take your important papers and valuables with you.

If you choose to stay in your home, stay alert and keep someone awake and watching at all times. Do not open your door until you know it is safe. In some areas of rioting, the police will not be allowed to come to your defense. You have the constitutional right to protect your

home if you choose to do so. If you don't have that ability, you should leave as safely and quickly as possible. The rioters may be dissuaded if you leave your lights and TV on, believing that there is someone at home. In some instances, before you evacuate your home, and if rioters are nearby, it may be advisable to break a couple of your own windows and leave a piece of broken furniture and other items on your porch, making it appear that looters have already been there.

This is a unique and frightening time in the history of our nation. Use common sense, be alert, and stay safe.



Photo by Amber Kipp from Unsplash

*Sharon Packer has a Bachelor's degree in Mathematics with a minor in Physics, and a Master's degree in Nuclear Engineering. She has served on the TACDA board of directors for over 20 years in several different capacities. Sharon is an expert in civil defense and in NBC shelter design.*



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# Should America Be Following Taiwan's Corona Plan?

By TACDA Staff

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Taiwan's successful handling of the Corona virus (Covid-19) pandemic has been praised throughout the world. After this hard-won fight, the people of Taiwan are now traveling internally for vacations, including visiting restaurants, bars, and beaches, and most are back to the office.

As of August 27, 2020, Taiwan has had 487 cases of Covid-19 and 7 deaths with an approximate population of 23,570,000. The United States, with a population of 328,240,000, reports 6,020,896 cases and 184,127 deaths.

These amazing statistics show per capita cases of Covid-19 in the United States are 872 times greater than in Taiwan. It should be noted, however, that the case per death rate in the United States is exceptionally good and among the best in the world; it is a testimony to our amazing medical system.

*What are the reasons behind these tremendous statistics? Can something be done to create change for a better outcome in the United States, or is the cost too great?*

Before we choose to criticize our own country's response, let's consider the following facts.

Taiwan's Central Epidemic Command Center was activated on January 20, 2020. These are some of the actions taken to curb the virus:



Photo by Leo Fontes from Pixabay



**1. Border control from the air and sea, including travel restrictions and cruise ship bans:** Taiwan is a relatively small country of 14,000 square miles, just slightly larger than Maryland or barely half the size of South Carolina. As an island, its borders can be easily controlled. It would be next to impossible to isolate any one of the states in the continental United States. The United States can control air traffic from outside the nation – and quickly did so – but it cannot control travel between states. There are no barriers, and numerous roads exist between state borders.

**2. Case identification. Patients' 14-day travel history integrated into the National Health Insurance Administration and Immigration Agency database:** Taiwan has a total population of only slightly more than that of Florida. The population density of Taiwan is 1,686 people per square mile, which is considerably more than our most densely populated state of New Jersey at 1,210 people per square mile. It is much easier to track Taiwan's controlled, dense population than to keep track of people who live thousands of miles apart.

**3. Quarantine of suspicious cases and electronic monitoring of quarantined individuals via government-issued cell phones:** Most citizens of the United States will not accept government-issued surveillance cell phones or the use of electronic monitoring devices. They consider such a practice to be a violation of their personal privacy and the beginning of a totalitarian-type state.

**4. Proactive case finding:** The same privacy issues as above pertain to disease tracking. In the United States, EMTs and schoolteachers are not allowed knowledge of people diagnosed with highly contagious diseases such as HIV or AIDs, let alone the Corona virus. We have valuable rights of privacy through our HIPPA laws that protect individual identity and health information.

**5. Reassurance and education of the public while fighting misinformation:** Misinformation and rumors are rampant in the United States. People have lost trust in the media, and many people believe the virus is not a real or menacing threat. Something must be done to create more faith in our media.

**6. Negotiation with other countries and regions:** We have seen good results from negotiations and restrictions of other countries and regions. It is believed that the infections and deaths would have been much greater had we not closed our borders to some of those countries.

**7. Formulation of policies toward schools and childcare:** Almost every public building in Taipei offers sanitizers, and school children must submit to daily fever checks. School policies in the U.S. are set by individual states, not by national authority. Our form of government does not allow this type of control. No school standards have or can be mandated by the Federal Government. Some school districts have incorporated a plan for children to go to school with half-sized school room densities twice a week (Monday and Wednesday, or Tuesday and Thursday), and for children to be taught from home the other three days of the week. This relieves the density issue but will make it difficult for working parents to find day care or for them to want to go back to work. If school administrators are creative, they may find space (such as in lunchrooms, gymnasiums and auditoriums) to relieve the crowded classrooms; and then to hire additional teachers if needed. Parents should demand the separation of desks by 7 or 8 feet and the mandated use of masks for all children and school personnel. Unfortunately, some schools have no such policies. Hopefully, individual state school boards will see the wisdom in planning better and will, at least, provide masks and cleaning services to help our overburdened teachers.

**8. Relief to businesses:** It appears that many businesses and individuals in the U.S. are receiving some relief. Our congress controls expenditures. It is difficult to criticize at a time when there is such polarity in our political system.

**9. Resource allocation such as setting up test sites and taking over production of surgical and N95 masks:** Test sites are being utilized, and Covid-19 tests are becoming quite accurate and more available. N95 masks could and should be produced in bulk. Most people who choose to wear masks are using simple, single layer cloth masks which do not have the same level of protection as the N95 mask.



Photo by Shawn Ang from Unsplash

**10. Mandated use of masks:** Many people in the United States consider mandated use of the mask to be an abuse of their civil rights. The demographics of Taiwan are much different than that of the United States. Over 90% of the people in Taiwan are Han Chinese. They share a common culture and ancestry, and most speak Taiwanese Mandarin. They seem to be very family oriented and obedient. They do not seem to question the mandated use of masks. We, on the other hand, are a racially and ethnically diverse population. We tend to question authority and want our voices heard on every subject. Masks appear to be the single most effective deterrence of the Covid-19 virus. We, at TACDA, hope you will consider wearing a good mask while in public. If for no other reason, wear the mask as a courtesy to those who feel strongly about there use.

There does not appear to be one plan that fits all. Cookie cutter plans will not work for every country throughout the world. We need to give our best suggestions to those in positions of authority and carefully and objectively listen to our medical advisors. The patriot Norman Vincent Peale's famous statement, "Americans used to roar like lions for liberty, now we bleat like sheep for security", can well be articulated here. Are we willing to give away any of our hard fought-for liberties for this type of security? For some, it's a hard choice. For others, it is not.

Stay safe and wear your mask.

TACDA Staff

*"Masks appear to be the single most effective deterrence of the Covid-19 virus."*



Photo by Thomas Gerlach from Pixabay



# Electric Bicycles

For Basic Transportation

**By Jay Whimpey,  
PE Chemical Engineering**



Photo by Tower Electric Bikes from Unsplash

**T**ransportation is a basic need in our society that can become very important in a crisis. The need to haul cargo is also important. Walking is the most basic form of transportation but is rather slow, and hauling cargo is rather limited and difficult on foot. The speed of transportation and cargo hauling capability is greatly increased with something as simple and inexpensive as a bicycle. The capability of that bicycle can be significantly increased by adding electric power.

Electric bicycles have been around for quite a while, and the technology is becoming more mature. The advent of Lithium batteries made the electric bicycle much more attractive because of the relatively light weight and high power density capabilities.

There are a significant number of options when considering an electric bicycle. I hope to help sort through them and give you a head start should you decide to go this route. You can purchase a complete electric bicycle (EB) that is made by a single manufacturer with an electric drive system that is largely or entirely incompatible with other electric bicycles for roughly \$2,000 to \$4,000. Alternatively, you can purchase electric bicycle conversion kits that allow an existing bicycle to be converted to an EB with parts that are somewhat interchangeable with other EBs for roughly \$1,000 to \$1,500. Equipment that is too inexpensive will likely lead to disappointment in quality and performance. If an individual chooses a conversion

kit, there is obviously work to do that may require some effort as well as mechanical aptitude.

If you choose to buy a complete EB, it is a good idea to work through a local bicycle shop that supports the brand of EB you want to buy to ensure you can continue to obtain necessary parts and service. There are many less expensive brands that come from foreign countries that have virtually no parts or service support. There are some major retailers such as Walmart that sell EBs and even offer extended warranties, but there is virtually no actual support in the USA for those products. Sportsman's Guide also offers Rambo and QuietKat brand EBs that are designed for hunters. Some local bicycle shops sell these brands indicating potential support for the product.

Kit based EBs use largely interchangeable parts that are available from multiple manufacturers, and many bicycle shops in the USA are handling these types of bicycles. Once you have a bicycle, you simply choose a kit and make your own EB. You will need to purchase a battery, motor controller, switch and/or throttle. You might have to have a hub electric motor laced to a wheel rim by a local shop since the tools and knowledge to do this operation are very specialized.

A potential owner has to decide what kind of riding they will be doing and how much extra power they want in a bicycle. A watt is a measure of the rate of power output or usage. If most of the riding will be done on

relatively level roads, and the rider will be relatively light with minimal amount of cargo, then a 250-watt motor would be perfectly sufficient. A human in good physical condition can provide the equivalent of roughly 250 watts of power for an extended period. If the rider is larger and more hills will be encountered, then 500 to 1000 watts would be recommended.

The motor can be mounted on the front or rear hub and can either be direct drive or geared. Mounting the motor on the front wheel is somewhat less complicated than on the rear wheel since it does not involve any changes to the drive gears and chain. There is somewhat of a disadvantage with the motor on the front wheel because there is less weight on the front wheel and therefore less traction available. There are potential problems with losing traction and a spinning front wheel, causing issues with steering. A rider can overcome these disadvantages by learning to properly throttle the power to a front wheel motor EB to maintain proper control on surfaces with less available traction.

A direct drive motor is larger in diameter and is sometimes called a 'pancake' motor because of the flat shape. Direct drive motors offer the advantage of a simple design with fewer moving parts. The disadvantages include lower torque output and a slight drag when not in use. Direct drive motors can also be used for regenerative braking (using the motor as a generator to recharge the battery while slowing down the EB on a downhill slope).

Geared motors can provide more torque in a relatively small package, and they do not look substantially different than the wheel hub of a normal bicycle. They are supplied with a ratcheting mechanism so there is virtually no drag when not in use. However, they are not able to provide regenerative braking, they have more parts and are more complicated, and they are known to be less reliable.

A decision also has to be made about the size in ampere-hours and voltage of the battery. Most EB motors have a recommended battery voltage that is usually between 36 and 52 volts. The potential speed of the motor, and therefore the bicycle under electric power, is determined by the voltage. It also determines the torque of the motor. Ampere-hour is the amount of energy that is contained in the battery and the potential range and time that the bicycle can operate between recharges. Of course, larger batteries with higher voltages and higher Ampere-hour ratings are more expensive. The range of the EB can be estimated by the size of a battery and the wattage of the EB motor. The number of watts is the Amperage rating multiplied by the voltage. For example, if a battery is rated at 10 Ampere-hours and

48 volts, the battery has 480 watt-hours of energy, so it could provide 480 watts of power output for 1 hour. If the output of the battery is lowered to 240 watts, it could go for two hours before a recharge is needed.

The same is true of charging the battery. To charge a 48-volt, 10 Ampere-hour battery, it would take a 100-watt solar panel roughly 4.8 hours at full sun exposure. The batteries cannot be charged too quickly, so it is a good idea to allow at least five hours for a complete charge. There are some smart chargers that take better care of the batteries by limiting recharge rates and preventing overcharging that can reduce battery capacity.

Power controllers are mounted externally to the motors and work with a throttle to control the power being delivered to the motor. You can work with the suppliers of the motors, batteries, and other components to decide on the type of controller and throttle that will work for your EB. It is a good idea to mount the power controller where there is adequate airflow while in operation to help cool it. If you overload the motor or other electrical components, it can significantly shorten the service life of the components. It is always a good idea to slightly oversize the components to reduce the potential of overloading them and to lengthen service lives.

There are a few good websites where you can learn about EBs and purchase kits for converting your bicycle to an electric-powered bicycle. I would recommend you visit [www.ebikes.ca](http://www.ebikes.ca) or [www.gocarlite.com](http://www.gocarlite.com) for information and possible procurement of necessary components.

I have tried a few EBs, and I find the quiet power available to the rider very exhilarating and fun. The potential to move myself and supplies fairly quickly and quietly in a crisis is also an attractive idea. I hope you will consider this aspect of your preparations and do something today to become better prepared.



Photo by Tower Electric Bikes from Unsplash

*Jay Whimpey is the president of The American Civil Defense Association and the president of The Civil Defense Volunteers of Utah. He is a licensed chemical engineer with a vast amount of knowledge and experience in civil defense, developing new techniques, and teaching preparedness skills.*





# GUN SAFETY

**By Paul Seyfried,  
TACDA Advisor**

Photo by Scott Selby from Pixabay

**W**ith all the recent events still in progress, many Americans have become gun owners for the first time. It may be appropriate to mention a few tips to make owning a firearm a pleasant and beneficial experience. With gun ownership comes huge responsibilities that have serious consequences if ignored or taken lightly. First and foremost is the safe handling and storing of these powerful and dangerous machines. Let's get to it. There are four basic rules which should be rigidly adhered to at all times when handling your firearm(s).

## **1. ALL FIREARMS WILL BE CONSIDERED LOADED AT ALL TIMES.**

It is crucial when handling weapons that the user assumes a bullet will be launched from the muzzle at any moment. I like to envision that a powerful laser beam is being emitted from the barrel at all times.

## **2. THE MUZZLE MUST NEVER BE ALLOWED TO POINT IN AN UNSAFE DIRECTION.**

NEVER let your muzzle 'sweep' over any part of your body or that of anyone else. Also consider that when performing administrative handling of your firearm (loading/unloading), there may be people in other parts of your home or other building you are in of whom you are not aware. Pointing your muzzle at the floor or a wall may not be a safe direction. Bullets, even from pistols, can easily penetrate one or more floors of an apartment complex unless the floor decking is made of concrete. The wall in your bedroom might seem a safe direction, but another family member may be on the other side brush-

ing their teeth, cooking, etc. When loading or unloading your firearm, consider pointing the muzzle at something that will stop bullets such as a refrigerator, toilet, or a very handy item called a Safe Direction, which is a ballistic Kevlar pad designed expressly for stopping accidentally-launched bullets. It is small enough to be packed in your suitcase, but large enough to provide a safe area to aim at while handling your weapon.

Remember that a service handgun bullet can penetrate five or more interior walls of the average residence before coming to rest, including your exterior wall. It can get really exciting! A high-powered rifle bullet (.30-06, .338 Winchester, etc.) can penetrate several houses. Be mindful of where your bullet will go if an accident occurs. After all, you own anything your bullet lands on. Your bullet has a lawyer's name attached to it, and it is not going to be your lawyer. Accidents that result in injury or death have extremely dire consequences. Prosecutors, juries, and judges are very unsympathetic towards gross negligence, especially involving firearms.

## **3. FINGERS MUST BE KEPT OUT OF THE TRIGGER GUARD AND OUT OF CONTACT WITH THE TRIGGER UNTIL YOU HAVE A SIGHT PICTURE AND HAVE MADE THE DECISION TO FIRE.**

The habit of keeping your trigger finger 'in register' must be an ironclad part of your software. This includes anytime you remove your sights from your sight plane and begin to move to another position or location during an exercise or real situation. 'In register' means positioning the trigger finger as high up on the frame or side of the

weapon as possible. This is universal for all firearms, large or small. It is the mark of a dangerous amateur to pick up a firearm and immediately place a finger on the trigger.

Sometimes, when killing time at a Cabela's, I will watch the gun counter to see how long it takes for a customer to violate one of these rules. It's seldom more than 15 seconds and frequently less than five. In the classroom phase of firearms courses with which I sometimes help, all students seem to grasp this concept and nod their heads in agreement. But out on the firing line, I get a sore throat reminding students about that finger, which is resting directly on the trigger as the student is absorbing instruction. It takes about a day of reminding, with increasing vigor as the day passes, for the average student to engrave this critical habit in their subconscious mind. For some, it takes longer.

#### **4. YOU MUST FIRST BE SURE OF YOUR TARGET AND WHAT IS BEYOND IT BEFORE POINTING YOUR WEAPON IN A PARTICULAR DIRECTION.**

There can never be a valid reason to shoot at shadows, shapes, or suspicious sounds. That dark form coming toward you might be a family member, friend, or other innocent person. For this reason, we should carry a small, well-made tactical flashlight at all times, especially when armed. There are worse things than being shot, and one of them is shooting an innocent person. Always positively identify any potential target and what/who is beyond the target before engaging. If friendlies are behind the threat, there are maneuvers one can employ to possibly mitigate the risk of hitting innocents such as taking a knee.

Careless handling is responsible for the vast majority of gun accidents. Very rarely, however, guns can malfunction and discharge unexpectedly. That is why muzzle control is essential in avoiding injury and death to the user and those around him/her. Usually, the violation of two or more of the above rules is necessary to cause a serious accident.

#### **Other things to know:**

Whenever an unloaded gun changes hands, the recipient must verify that the gun is, indeed, unloaded. Never assume! Vendors at gun shows are supposed to make sure all their firearms are unloaded before the exhibition begins. That was not the case when I picked up a brand new 1911 pistol on a vendor's table and opened the slide. A live .45 ACP round flipped out and bounced around on the table, much to the horror of the owner. It was a thrill for me, too. Talk about an awkward moment. He immediately examined each and every one of his firearms to be sure they all were, in fact, unloaded.

Safe storage is also an issue, especially if you have children or irresponsible adults in your vicinity. In any case, firearms not intended for emergency use should always be secured in a sturdy safe or concealed from easy view. A safe should be securely fastened to the floor to deter theft of your entire inventory. 'Seed guns', those which are stashed in hidden places intended for unexpected need, should be out of reach of children. Consider that children are quite creative at reaching high places. After attaining what you think is a responsible age, children should be taught correct gun handling procedures and to respect the power of firearms and their risks. In my experience, all curiosity in my children disappeared after participating in a rigorous, serious, pistol course. Shooting 500 rounds of service ammunition in two days removed the mystique of guns in their presence. The best place for any firearm intended for emergency use (usually a pistol) is in the owner's holster, worn daily, concealed. This makes the pistol impossible to be used by a curious child, difficult to steal for a thief, and quite available for use in an emergency. Consider that each year, hundreds of Americans are murdered within a few feet of their guns, safely locked away in a safe. Guns which are perfectly safe are perfectly useless. Guns which are useful are inherently dangerous. There is no such thing as a risk-free life. Nor is there such thing as risk-free gun use. Learn to mitigate those risks by seeking out law enforcement firearms instructors and taking several training courses. Refresh your training regularly. These are perishable skills. NOT having firearms in your life also includes risk.

With an abundance of caution and solid instruction by experienced trainers, owning a firearm has many benefits. Deviation from the foregoing has potential for disaster. None of the above comes close to a complete exposure to correct and safe gun handling. It's more of a primer to get the untrained aimed in the direction of obtaining thorough instruction.



Photo by Jackson McGinley from Pixabay



I highly recommend John S. Farnam's book, "The Farnam Method of Defensive Handgunning". (Note that no book is a substitute for training with a qualified instructor.) Farnam is a nationally ranked LE trainer with 48 years in law enforcement and was a US Marine infantry officer for 20 years, starting with his Vietnam service in 1968. His web site is <http://defense-training.com>. His courses are not cheap, but neither is a trial lawyer if you make a serious mistake. (John charges \$35 an hour. A trial lawyer can charge \$800 an hour, and you'll need a trial lawyer for hundreds of hours, plus expert witnesses, and more.)

There are many other fine trainers out there, and one should take courses from several to see what ideas and methods work best for you.

*Paul's interest in firearms began at age 10 when he became socially aware that TV heroes that were armed were more capable than ones who were not. His firearms access was limited somewhat until the fall of 1970, when he began attending Missouri Military Academy where he was issued an M14 service rifle. Ineligible to win the Weapons Plaque at graduation because he was not a four-year Military Science student, he was awarded the plaque anyway. Membership on the school's rifle team earned him a shooting scholarship at New Mexico Military Institute. He studied tactical pistol shooting at the Midwest Practical Pistol League, Columbia, Missouri before moving to Salt Lake City to enjoy the limitless ranges of Utah's deserts and mountains. He learned to reload ammunition in 1970 and does so to this day in 13 calibers. Serious study of tactical firearms training began with notable instructors such as Jeff Cooper, Denis Teuller, Chuck Taylor, Charles Hinson, and John Farnam. He is a shameless advocate for arming and training America's law-abiding citizens and is a student and affiliate instructor for Defense Training International.*



Photo by Timothy Dykes on Unsplash

# I'M DEFENDING AN UNPOPULAR IDEA

## — AMERICA IS GOOD

By Rep. Chris Stewart

(Reprinted with permission from Rep. Chris Stewart.)

Photo by Jon Sailer on Unsplash

I want to defend a radical idea. An idea that is increasingly unpopular — mocked and sneered at by some: The United States of America is good.

In fact, this country has been the greatest force for good the world has ever seen. We have sacrificed blood and treasure to free hundreds of millions of people from oppression worldwide. Free markets and liberal democracy have normalized a standard of living unmatched in human history. Our defense of individual freedom has allowed genius to flourish and enabled generosity to the needy at home and abroad.

### Three important things make this possible:

1. The Declaration of Independence is the world's definitive statement on human rights;
2. The U.S. Constitution is the greatest document of self-governance ever written; and
3. The Bill of Rights is the strongest guarantor of liberty in the history of mankind.

I do not praise our founding documents out of a sense of arrogance, but of gratitude. Americans have lofty ideals to live up to — ideals that drive achievements and course corrections that make the United States a force for good.

*Why, then, are so many of my fellow Americans taking to the streets and the internet to express their hatred for our country and culture?*

A growing number of people believe that America's foundations are rotten to the core. While reflection and a dose of humility are healthy, we all must resist any calls to division and disdain. Choosing an ideological group over our country is tribalism. It's alarming that it seems to be in vogue to condemn the U.S. as a hateful place founded on deep moral sin and oppression. Those calling for a complete systemic teardown fundamentally misunderstand, or intentionally ignore, what makes America worth fighting for.

The current popular condemnations are neo-Marxist in that they portray societal and individual struggles through a tribal dichotomy of winners and victims. Neo-Marxism disenfranchises people by telling them they have no power to improve their lives.



Even important discussions on race have devolved into neo-Marxist diatribes about unequal outcomes rather than equality under the law. It would be more helpful to empower individuals by ensuring the Bill of Rights is applied fairly than to focus on past sins.

Our goodness grows or is diminished in direct proportion to our commitment to our founding principles of liberty, justice and equality. The Declaration of Independence and the U.S. Constitution, including the Bill of Rights, keep those ideas constantly in front of us as our guiding star.

I am not blind to the fact that a review of American history provides examples of moral failings. We have not always been led by perfect people. Some of them were not even good people — selfish, arrogant or power hungry. Slavery is a stain upon our nation. We have not always implemented laws, divided responsibilities, guaranteed religious freedom or instituted foreign policy fairly. But, any fair reading of our history also reveals that things are getting better. By nearly every measure — racism, care for our environment, standard of living, protection of the middle class, human rights, education and many more — we are improving. I hope that future generations will build on our progress and be better than we are now. That is the great American promise.

Our Founding Fathers knew that imperfect people need noble principles to counter the human tendency toward abuse of power. We should be grateful that they recognized their failings and designed a system of checks and balances.

Many nations are unified primarily by ethnic identity and tradition. We are something different. Americans' common bond is our commitment to our founding principles, our striving to uphold inalienable human rights, and progress toward a more perfect union. American patriotism is our love of and commitment to the process. We rally to liberty, justice and equality. We salute the flag — never a king, party or faction. American patriotism is the very antithesis of tribalism, and if we want to remain special, we must root out any tribal tendencies.

The U.S. is, and always has been, a symbol of opportunity. Opportunity is directly linked to capitalism. Without our economic system, the U.S. would not be a land of opportunity. Capitalism does result in unequal outcomes, but it has proven better than any other economic system at raising living standards for all.

If our common commitment to the Declaration of Independence and the Constitution wanes — if we abandon our pursuit of opportunities for individuals or we divide into warring factions — we will cease to be exceptional.

All of us, therefore, must choose: Do we swear allegiance to a nation that is flawed but getting better? Or do we give in to tribalism, even while knowing that division and oppression have always left people destitute and disappointed?

**I choose to defend the goodness of America.**

*Chris Stewart is the Congressman from Utah's Second Congressional District. He is a multiple New York Times best-selling and national award-winning author, world-record-setting Air Force pilot, and the former owner/CEO of a small business.*



Photo by Tom Coe from Unsplash

## Question from a Member

### Question:

Hi Sharon & Paul,

*I plan to build an NBC shelter. I would like water storage, and also would like to place a 7K generator nearby, in a safe place from NBC effects. I found these pictures on the internet. Could you please give your evaluation of the water tank and this generator pod?*

### Answer:

Thanks,  
Rich

Hi Rich,

The water tank (Figure 1) is a good size and appears not to have gravity feed down to the shelter. Gravity feed from the bottom of the tank is dangerous because in a blast, the connection could fail and empty the water into the shelter. The water should be taken from the top of the tank, as shown in the picture, and then pumped down to the shelter.

I would be concerned about the small size of the generator pod (Figure 2). There does not appear to be adequate space for fuel storage. I prefer to have room for a couple of farm-sized fuel tanks (Figure 3). A nuclear attack will most likely destroy our country's power grid. You will need adequate fuel to get you through the first few months of the event. Hopefully, after that you will have found other sources of energy such as solar or wind.

The diameter of the intake and exhaust air pipes (Figure 2) appear to be too small. It only requires 3 cfm per Kw for combustion, but the requirement for cooling is 65 cfm per Kw! Generator exhaust must be piped directly from the generator to the outside. Cooling intake and exhaust must all have their own pipes. If the pod were designed for a 15-psi or greater blast attenuation (which it appears that it is not), you would need a blast valve on the exhaust pipe of the generator.

If the air-pipe shown from the corrugated steel pipe (CSP) shelter is an intake pipe (Figure 2), the generator exhaust is too close to the shelter, and there could be some cross-ventilation issues. Carbon monoxide from the generator exhaust is deadly and could quickly build up inside the shelter.

Thankfully, this generator was placed alone, in its own pod, and does not have access from the shelter. We sometimes see generators placed inside the shelter living space. If placing a generator inside a shelter, there MUST be a perfect and separate airlock separating the two spaces. Your ventilator will create a slightly positive pressure inside the shelter's living quarters for filtration of war gasses.

Generator cooling fans often create a pressure change inside the generator enclosure (sometimes positive and sometimes negative). If that pressure is greater than the pressure of the living quarters, carbon monoxide and contaminated air will flow from the generator area into the living space. Always consult a good, mechanical engineer before designing a generator space and airlock into the same shelter as your living quarters.

Sharon Packer & Paul Seyfried, Utah Shelter Systems



Figure 1



Figure 2



Figure 3



Figure 4



## HISTORY OF CIVIL DEFENSE COLUMN

## Congress Sees “RED”

Over CD V-156  
Blood Shipping  
Container

**By Dr. Nicholas Studer**  
**Director, National Museum of**  
**Civil Defense**

Figure 1

Bailey Engineering Corporation submitted sample box with "Vapor Barrier Bag" in place and solid sheets of insulation.



Figure 2

Randomly sampled Bailey Engineering Corporation sample box with no "Vapor Barrier Bag," asphalt material, and connected scraps of insulation.



As the Nation experiences a novel Coronavirus pandemic, the ability to manage a sudden surge of patients is on the minds of the medical field, lawmakers, and the general public in a way that is novel itself. However, this is not the first time that the Government felt it necessary to make preparations for large-scale, catastrophic medical needs. The winter of 1950 was a particularly dark time for the United States, with the dramatic rout of the United Nations Expeditionary Force by the surprise entry of the Chinese People's Volunteer Force (CPVF) when victory over the Democratic People's Republic of Korea had otherwise seemed imminent<sup>[1]</sup>. On 4 January 1951, enemy forces had recaptured Seoul and US leaders anticipated that this conflict with proxy states might rapidly progress into direct engagement with a recently fission-bomb armed Soviet Union. On 12 January 1951, the recently passed Federal Civil Defense Act of 1950 was signed by President Truman<sup>[2]</sup>. While the Soviets were only estimated to have a few fission weapons at this time, they had massive conventional bombing capacity. Some historians retrospectively view Cold War-era civil defense in the light of the much later National Fallout Shelter Program. However, the then-new Federal Civil Defense Administration (FCDA) was designed to respond to a Third World War expected to be very similar to the Second<sup>[3]</sup>. The well-studied experience of the British Air Raid Precautions organization during the torrential German

bombing during the 'Blitz' of 1941 led FCDA<sup>18</sup> to prioritize Auxiliary Fire, Auxiliary Police, Medical, and Rescue Services to respond to damage and casualties.

When a traumatically injured person is bleeding internally (into the abdomen or chest) or externally into the environment, they can quickly develop shock, a dangerous state where there is inadequate blood volume in the body for the heart to pump to the brain and other organs. If left unchecked, shock can result in damage to vital organs from inadequate oxygenation, eventually leading to death. A cornerstone of battlefield trauma care during World War II and Korea was the far-forward delivery of blood products, most importantly whole blood which replaces what has been lost by the casualty<sup>[4]</sup>. FCDA planned to deploy "Blood and Blood Derivatives" to aid stations and hospitals in and near damaged areas. The difficulty with whole blood, in particular, is the need for carefully controlled temperature storage at all times. This would obviously present difficulties with shipment and storage within a bomb-damaged city. As the Korean War raged on into 1952, FCDA planners leveraged military lessons learned as the Department of Defense routinely shipped blood products to the Korean Peninsula.

The Hollinger Corporation of Arlington, VA was the vendor for the reusable blood shipping container used by the American Red Cross with the start of their civilian-focused blood program in 1948. Such a container would be loaded with blood bottles and ice to ensure a consistent

temperature below 50 degrees Fahrenheit to prevent growth of bacteria in the blood. Previously, the Red Cross had only supported the Armed Forces. A disposable 'one way' 16-bottle box had been used for shipment from the US to combat zones in the Pacific and European Theater of Operations of World War II but was found to be performing poorly in the Korean conflict. In May 1951, the Armed Services Medical Procurement Agency (ASMPA) reached out to Hollinger president, R. H. Hollinger, with an urgent requirement for their reusable blood shipping containers and ordered 500 to be delivered in three days, eventually ordering 2,100 boxes. The ASMPA developed an item specification for a reusable 16-bottle container apparently based on the Hollinger box but later expanded the foam insulation requirement from 2 to 3 inches, adding 2 cubic inches to the dimensions and 16 pounds of weight, without reasoning that Congress could understand. While the FCDA initially consulted with industry leader Hollinger for their needs, they delegated procurement to ASMPA. FCDA had agreed that except for unusual circumstances, it would use standard military medical items. FCDA management agreed to standardize the military box on 29 May 1952 after discussion with the ASMPA's then-Deputy Chief, Air Force physician Colonel Howard Currie<sup>[5]</sup>.

The ASMPA solicited contractors to produce 33,750 containers (then termed CD V-156) and received bids from a variety of luggage and refrigeration manufacturers including Hollinger and the Texas Trunk Company, the preceding military vendors. However, the Bailey Engineering Company changed their initial pricing of \$40.11 each to \$31.60 two days prior to the opening of the sealed bid. A lower bidder - a small company that had no existing manufacturing capabilities of any kind - was eliminated for practicality. Bailey was awarded the contract for \$1,203,600 (a sum far larger than the company had ever competed for previously) despite the reservations of the contracting officer, a young Air Force officer named Lieutenant James Ketchum, and other ASMPA staff who felt distrust for Bailey. This straightforward procurement was to be followed by a complicated string of events, leading to contentious House hearings on 30 July 1953 and 23 February 1954. The end result was a salacious Congressional report demanding fundamental change in the military's procurement processes, disciplinary action against the military leadership of the ASMPA, and even implied fraudulent activity by Bailey<sup>[6]</sup>.

The contract did not specify more than a single pre-production sample and a single production sample (also made before primary production) be submitted for testing by the ASMPA. These submitted containers were

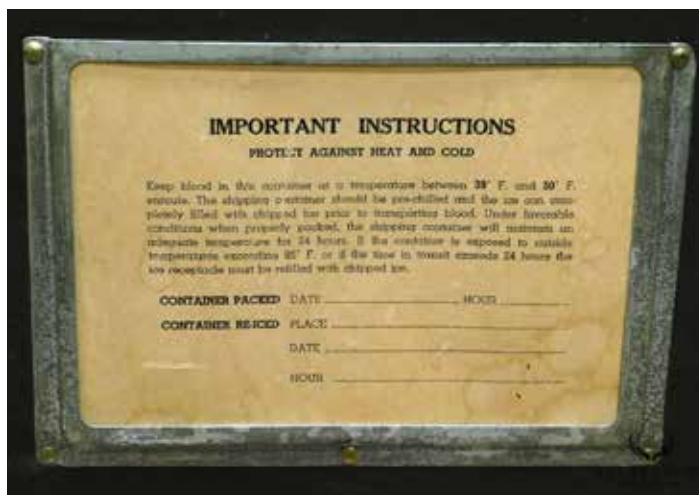
noted to include a foil "vapor barrier bag," known to be an expensive component in the industry (Figure 1). However, Bailey chose to omit the bag and instead sprayed a cheaper asphalt-latex material into the box's liner during production (Figure 2). Although claiming later that such change had been submitted by a subordinate to the ASMPA and approved, company president L.H. Bailey was reported to be bragging at industry social occasions about his cost-cutting. Hollinger and Texas Trunk Company leadership related that Bailey admitted freely he was not making the containers to specification and cut corners wherever he could as it was impossible to see once the container was assembled. Other manufacturers got the attention of ASMPA and Congress. By that point, 18,000 boxes had been delivered in April 1953. ASMPA personnel visited the Bailey plant on a supposedly routine visit and found that the bag was indeed being omitted without approval. ASMPA ordered a halt to production, and further found that failures in the Navy inspection service had accepted 432 containers that had never actually been delivered. Essentially, ASMPA was providing an interest-free cash advance to Bailey.

Caught with thousands of improperly made boxes in stock, ASMPA engineers tested the Bailey container and came to the conclusion that the asphalt material was perhaps a superior method to the foil bag in preventing the saturation of the insulation with water from melting ice. Colonel Currie, now ASMPA Director, allowed Bailey on 5 June 1953 to continue producing containers with the belief the deviation from the specifications and the overpayments for non-delivered goods were from poor business practices and made in good faith. This seemed to contrast with the conflicting statements made by Bailey as to the reason for the deviations and the fact that the two pre-production samples provided to ASMPA as well as two others issued to the FCDA during the actual production run included the specification vapor bag. ASMPA, the Government Accounting Office, and House investigators found numerous other defects in Bailey containers ranging from cheap/inadequate rubber seals to warping of the fiberboard materials. Bailey offered a \$3 price reduction per box, but by 15 September 1953, Colonel Currie directed termination of the contract with continued failures to meet specifications and deliver on schedule. On 22 September 1953, the case was referred to the Department of Justice for consideration of fraud charges, and the Bailey Engineering Company declared bankruptcy. Perhaps the most lasting effect was that Congress demanded that the Department of Defense find experienced businessmen to oversee procurements, whereas previously it was generally military officers with only government service.



Around 20,000 of these Bailey-produced 16-bottle reusable containers were delivered to the FCDA medical depots, with no known further procurements after 1953. Testing by the National Bureau of Standards requested by Congress found that no boxes in Government inventory (including Hollinger's) actually met performance standards when chopped ice was used per instructions. However, all would meet performance specifications if ice water was added to improve heat transfer. While the instructions for use were initially modified, they were later reversed as the ice water was found to leak out of the cans once practical tests were conducted (Figure 3). The 1961-dated Quality Control Guide for Civil Defense Medical Materiel listed a 60-month period to inspect CD V-156 containers in storage<sup>[7]</sup>. With the ever-increasing arsenals of Soviet weapons threatening to blanket the Continental US in fallout, plans to ship blood into bomb-damaged cities were quickly deprioritized with the limited resources being primarily aimed at the National Fallout Shelter Program. The National Museum of Civil Defense has a single Bailey container in its permanent collections (Figure 4). Unfortunately, the Museum's example is missing its ice can and wire blood bottle holding rack, but we're on the lookout for one!

**Figure 3**  
Instruction card.



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*Dr. Studer is a practicing Emergency Medicine Physician and the founder of the National Museum of Civil Defense (NMCD). The terrorist attacks of 9/11 first catalyzed Dr. Studer's interest in the history of our Nation's Civil Defense program, which grew into a desire to share his research with others. He volunteered for the Brevard County (FL) Office of Emergency Management during the early 2000s, and later served at the Florida Department of Health - Bureau of Radiation Control's Radiological Instrument Maintenance & Calibration Laboratory prior to attending medical school at the University of South Florida.*

**Figure 4**  
Interior of CD V-156 Insulated Whole Blood Shipping Container with wire rack and ice can.



# THE AIR RAID WARDEN

By Jack Walters,  
TACDA Contributing Member

Photo by Felix Mittermeier from Unsplash

Growing up in the post-World War II 1950's era, The Cold War was in full swing. Civil Defense was an important part of our lives. From the minute a five-year-old child started school, Civil Defense animated films like "Duck and Cover" were shown on a regular basis. We also enjoyed visits from Civil Defense officials to further instruct us on what to do when we were at our homes. This was all in an effort to teach us what to do in the event of a nuclear attack no matter where we were. This entertaining training, although extremely basic, would stay with us for many years.

In the Great Lakes area of the Northeastern United States, sudden weather changes are generally expected. In the colder winter months, it is not unusual to wake up to several inches or even feet of lake effect snow. As the prevailing winds in the Northwest transport corridor pull the warmer water vapors up and deposit them onto the frozen ground of the somewhat elevated south shore of Lake Erie, the result is lake effect snow. We are used to this winter event, and we prepare for it accordingly.

The other three seasons are much more predictable. Spring is usually damp and mushy. Summers are found to be in the 80 to 90-degree range and are usually hot and very humid. Fall is somewhat cooler and dryer until mid to late November when winter begins to creep in.

Tuesday, July 27th, 1993 was a day that will be long remembered. Starting out extremely hot and humid, only

a few rain showers were predicted for later in the day. Then the sky turned black, and all hell broke loose. While never officially listed as a tornado (the storm was eventually listed as "high wind shear") with winds in the 100-mph range, it created millions and millions of dollars in damages. Garages, out buildings, century-old trees, telephone poles, and in some cases, entire houses, were damaged beyond repair. Even roads as large and wide as Lake Shore Blvd. were made largely impassable. The affected area along the lake stretched from the city of Bratenahl in Cuyahoga County about 13 miles eastward to the city of Willowick in Lake County. Power lines were dancing and sparking in the streets, and many fires resulted. Even the usually-reliable phone system was down in most neighborhoods.

Everyone within a half-mile to three quarters of a mile from the shore of Lake Erie was without electric power. Without the normal background noise, it was eerie. As it has been said, "The silence was deafening".

The first few hours, there were very few signs of anyone outdoors. As evening approached, more neighbors began to venture out to see if everyone was in the same situation as they had found themselves. Most had nothing other than water and piped-in natural gas.

My mom, at age 76, was totally confused. How long was this going to last? How would she be able to make her coffee? Was her milk going to go bad? Since I only lived





Photo from Pixabay Public Domain Picture



Photo by Skeeze from Pixabay

about 15 minutes away from her with a Finast Super Market on the way, I offered to help her out with most items right away. This was the way it always had been. But not on this second day in Euclid, Ohio without any power.

The store was open but very dark. They, like us, had no power. As I pulled in the parking lot, I could see a few folks moving in and out. When I entered, I asked the lone checkout lady what they had left. She said, "Not much, just look around." After seeing nothing on the walls – no dairy products, produce, meats, nothing – I did see a few folks looking at some items a few aisles over and quickly turned in that direction.

*"I discovered the only items left in the entire store were mops, brooms, and dustpans. That image is still in my head all these years later and would drastically and permanently change my views on preparedness."*

What about all her neighbors that needed assistance as well?

Was I going to be able to be of some help to them?

The answer from the past was about to reveal itself.

A few years after my dad passed away in 1970, my Mom was re-introduced to an older gentleman who had recently lost his wife due to a long illness. My mom and Art previously worked together at the Federal Reserve Bank in downtown Cleveland years before. They shared many common friends, so it was easy to understand how Art quickly became part of our family.

Art was never able to serve with the military during the war due to his 4F rating. He was, however, allowed to volunteer and be sworn in as an Air Raid Warden. This was a job he took seriously.

Over the next few years, Art would show me some of the items he saved from his days as a warden. His white steel helmet with the Civil Defense logo, ward (neighborhood) log books, resident counts, lists of old people (yes, that's what they called seniors back in those days!), general task assignments, and a host of other items used to identify and keep track of all in his ward. One by one, we would discuss their purpose, use, and need.

The basic driving force behind the Civil Defense organization was volunteerism. Each ward, or neighborhood, would have some structure with the Civil Defense but would rely heavily on voluntary participation of the residents. I did not write down or copy this information, but I did listen carefully and was able to get a good mental framework of the need and use for it.

### **The day of the storm - July 27th, 1993:**

We were advised that morning on the radio and tv that a storm was coming our way. We assumed that it would be what we were used to. The advisory then turned to the warning which meant it could be severe. 'Ho-hum'. Been there, done that.

A lot of time has gone by since that day, and I do not remember the exact times, but later in the afternoon our 'ho-hum' attitude changed rapidly to 'full-on panic'. Eighty to ninety mile-per-hour winds really get your attention... especially when huge sections of your neighbor's garage roof go flying by your living room window!

**Results of the storm:**

All local businesses were almost instantly closed; no gas stations, food stores, or any business that depended on the electric power grid. Most roads were impassable by cars or even trucks due to so many downed trees and other debris. Other than car radios, there was no communication.

Someone had to take charge and assess the situation in which we had found ourselves. This person would also delegate tasks to others as necessary.

No one told me what had to be done. I just started doing it. The Civil Defense training that Art had shown me was coming out. It was as if Art was standing behind me and guiding my actions. I found myself becoming what is now known in the Emergency Management circles as the Incident Commander.

**First task: Assessment of current and immediate needs of residences and folks in our immediate area.**

**1. Everybody Okay?** -- Any falls? Any broken bones? Any emergencies of any kind? Any special-needs seniors? If needed, arrange transport to local Euclid General hospital if possible. It was only a mile or so away. I knew how to get there through the back streets if necessary.

**2. Medicines and First Aid** -- We asked every one of the folks we could contact if they could donate any type of non-prescription medicine and first aid products to be distributed from my mom's house. We were blessed with the generosity of many neighbors.

**3. Assignment of a Person** -- Someone was needed to make sure every window screen and screen door worked in all houses. There was no electricity for window fans or air conditioning. With extremely high humidity and temperatures close to 90 degrees, cross ventilation was a must.

**4. Flashlight Check** -- Of those who had flashlights, most batteries were dead. Finding flashlights and batteries of any kind would turn out to be the most challenging task we would face. My company car had a business-class radio installed that connected me to my office in a southern area of Brecksville, so I decided to make good use of it. I authorized my administrative assistant to withdraw enough money from petty cash to buy 20 standard, two-cell flashlights and the batteries to fit. I also instructed her to buy as many spare AAA, AA, C, and D batteries she could get her hands on.

As my office was about 25 miles south of where I lived, she could call me on the radio at a predetermined time, and I would meet her someplace in-between to pick up the new flashlights and batteries. It was a good plan - or

so I thought. We did end up getting the flashlights and batteries the next day, but we had to drive an additional 45 minutes past Brecksville to Akron, Ohio to get them. There is a lesson in these words!

**5. Food and Cooking** -- Our goal was to get through this event using existing fresh or frozen food in all the idle refrigerators and freezers. My mom had a gas grill in the backyard that used natural gas that was permanently piped in. This would work very well! I asked for volunteers to help with the cooking, and just about everyone raised their hand. Men and women alike! We had hot dogs, hamburgers, homemade meatloaf, and everybody's family recipe for spaghetti. We ate a lot of spaghetti! There were no set times for meals. If you were hungry, something would be ready to eat. When several neighbors were there at the same time, there usually would be laughter - something we all sorely needed.

**Summary**

Our "high wind shear" event lasted a short time but left us without electric power for seven long days.

The sheer enormity of the damage was mind boggling. Two electric companies were involved. Both Cleveland Public Power and Cleveland Electric Illuminating Co. worked together 24-hours a day to get power restored. They did a magnificent job!

This emergency brought out the absolute best in our neighbors. Their unselfish willingness to help others in distress was something to behold.

**What did we learn?**

- We learned who our neighbors were.
- We learned that even though we did not know each other and had many differences, we could work together.
- We learned that we really all had the same basic wants and needs.
- We learned to keep a flashlight in good working order.
- We learned to keep a manual can opener in our kitchens.
- We learned to keep a good sense of humor, and of course,
- We learned to love spaghetti.

*After spending a long career in both automotive and aircraft maintenance, Jack became a teacher and presenter in several fields. His favorite was Family Preparedness. He hosted a weekly Radio program, "Survival for the 90's", which aired Sunday evenings on WHK AM 1420 for two years. Jack is now retired and lives in Mentor, Ohio.*



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