

Preps For Beginners

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Links On Survival:

Dave Acton Survival Videos. [Link](#) Great Dave Acton Prepper's Overview 40 Minute [Video](#)
Survival Topics [Link](#) Preparedness Advice Blog [Link](#)

Great Article for the Worst to Expect:

Bracken: When The Music Stops – How America’s Cities May Explode In Violence.

[I didn't want to post this, but felt I had to.] [Article](#)

Jim's Rant For The Day. [**Nutshell Get Your Head Right.**](#)

In order to survive, first you must decide to survive. This is not just a passing thought. It is a soul wrenching deliberate decision made with the understanding that it may require all that you've got to do so. You have to make this decision when you are mad as hell inside.

Once that decision is made, it is now your priority to commit yourself entirely to that effort, no matter what the cost. All of your free thinking time should be devoted towards the survival goal – all of it. Once we are in the actual survival fight for life for real, we are stressed out and cannot formulate plans or rationalize the way we can when calm. So

now is the time to think it all out; what we are going to do, what and where we are going to do it and what we are going to do it with. Now is the time for all of that.

We all plan to shelter in place. But we need an option in case we cannot. Where do we bug out to? What all does bugging out entail?

Once you bug out you have to decide if you are to be a Homesteader or a Survivalist. You can't make plans until you pick one or the other. Homesteader is a fall back location, being a farm, Uncle Joe's, or friends. Usually you can cache some supplies there. They know to expect you or you have a trailer loaded and ready to go there. A Survivalist is moving into the forest with your backpack and camping away from the madness. With both scenarios you need to be with a group. Once you have chosen, now you can plan your options. But you have to choose one or the other first so you know what to stock for.

Another aspect of getting your head right is to be over the guilt that you cannot save everyone you know. You have tried to discuss it. You have tried. Now it is over. You did all you could to get them to prepare. There is nothing you can do now about them so focus on working your plan. Do not overload the lifeboat as that is planned failure for all. Just save your family and move on. Remember when you first decided to survive? Well, this is part of that. Just work your plan.

Lastly, forget about all that you owned. Forget about your lovely home. Forget about your job; the job is not really who you are anyway. You are a survivor, remember? So brace yourself for lots of changes and perceived losses. You're about to get into the deep water now, so strip down and prepare to swim.

Jim's Rant For The Day. [Nutshell - Prepping Fast & Cheap.](#)

The normal Prepping process is to first spend two months building the perfect \$250 bug-out bag that will keep you alive for 3 days. Then you spend a year reading a million minute detailed articles about minor aspects of prepping, such as making a candle out of crayons. Then you are hopelessly lost in the planning, waste money and never get prepped to stay alive. In a collapse you will probably die with a lot of good information in your head.

I am going to give it to you in a nutshell with links later. Note that most numbers here are per adult.

Prepping For What? FEMA tells us that only 25% of the population can hold out for three days unassisted. 1% of the population are Preppers. Therefore, three days into a long-term disaster 75 % of your neighbors will covet your supplies, and as time builds, 99% will. That is what you are Prepping for.

Your Big Plan. There are three types of Preppers: Shelter in Place; Survivalists who will hide in the forest; and finally, those with a Fall-Back Retreat with most supplies stockpiled. Don't get lost up in prepping for all three.

Time frame: At a minimum, prepare to hold out for three months.

Food: Remember that \$250 bug out bag above to preserve you **3 days**? Skip the bag. At a minimum, purchase 100 lbs of rice at Sams or Costco for **\$30**. It will preserve you for **90 days**. You can add to your food stock later for variety.

Water: At a minimum, purchase 2 gallons of *unscented* bleach and several cans of powdered lemonade mix to just lightly kill the taste. You will have to obtain your own water source. Cost: **\$20**

Stove: Make an energy efficient Rocket Stove that burns twigs, out of old tin cans. Cost: **\$0**.

Solar Energy: Use only a penlight, radio or other devices that use rechargeable AA batteries. Purchase ten outside solar garden lights and recharge your batteries with them. Cost: **\$20**.

Warmth: With the entire neighborhood after you, you're not going to be sitting around a warm campfire. Purchase two sleeping bags: one rated for 20 degrees and the other for zero degrees. Get the 20 degree in the style that fully unzips so it can be used in the daytime as a comforter. Cost for two: **\$60**

Toilet: Build a composting toilet. Using material already in the home, you only need to buy a 5 gal. Bucket. This will reduce your water demand by 50%. Cost: **\$8**.

Sub-Total: Congratulations! Outside of buying a gun, you just added three months to your life for **\$138**. Keep in mind that the expected death rate over that three months is between 50% - 80%.

Easy Payment Plan: Take care of the food and water first. Then add other stuff as money allows.

Upgrade: To prep for six months survival, just add more rice and bleach. Cost: \$50.

What to Expect:

Most Preppers will shelter in place in suburbia. The minimum security will require two guards on duty at all times; one outside, one inside. That requires six adults to cover three shifts. Assuming some have spouses and kids, that means you will find yourself in a brick house (more bullet proof) with ten people. You collect \$50 from each of your roomies for their food and water and stockpile it now. That is their ticket in.

Daily Life: The schedule will read, "stay inside, quiet and no lights." You will cook a soup in the room the farthest away from neighbors, around 11 PM or 4 AM so they can't smell dinner. Just at sunrise, one person will run out to empty the toilet, gather water and twigs for the stove.

Security: Purchase at least two olive green or camouflaged rain ponchos and at least two cheap GMRS radios with earphones and a spare pack of AA rechargeable batteries ([Minimum link](#) Total: \$52). Inventory rail road ties for them to hide behind (\$10 each). The outside guard should be able to retreat to additional fortified positions where he can continue to ambush from safely. This allows time for the residents to muster.

The likely raid will be an attempt to throw a brick through your front glass window and enter while the buddy kicks in the back door. Their plan is to kill within thirty seconds. Consider purchasing [Shotgun Trip Alarms](#) (\$30 each). You can put multiple trip wires on each alarm. For alarm, point shell down, for defense, aim sideways. Make sure projectiles don't hit you too. One wire can go into the house for you to detonate. Another wire can be strung in front of the window for the intruder to volunteer to shoot

himself - your choice. You can even put a safety loop in the main wire with a nail at the end of another wire to be pulled out of the safety loop before firing. We added a ¾" galvanized pipe, 2.5 inches long, to slid around the shell. Cost: \$1.

Medical: Prepare for constipation and diarrhea, mainly from stress, otherwise you may have to resort to the Two Finger method or a cork. A case of sliced peaches would be great for the constipation as Mother Nature always is best. Your Medic should be the bathroom monitor to prevent the above as well as dehydration. Know the signs of malnutrition so you can increase calories per day to keep health, reasonable thinking and morale going.

More Details: Download and Print this 22 page PDF file [Prepping For Beginners](#)

Jim's Rant For The Day. [Nutshell – Starting A Group.](#)

You should be able to have your Prepper group up and running within two weeks and be fully functional within a month. How? You cheat.

As a new Scoutmaster I learned that the annual plan should be prepared by the boy leaders. The first two years I locked them up for two hours with a giant blank calender. Upon return they always had only half of a plan, but they did tell a lot of dirty jokes and had the best farting contest ever. The third year I roughed up a plan with a lot of mistakes in it, like Brussels sprouts for dinner. Every year after that they truly developed great plans by adjusting everything until time ran out. But no matter what I knew there would be a full plan at quitting time. I suggest you steal another group's plan and adopt it as you go along. That is your overall strategy.

Step One is to learn Organizational Behavior before it beats you down. Going in you need to know these facts:

Groups have the tremendous advantage of having more hands to help and push each forward. They also have disadvantages that can tear your heart out if you are not prepared for them. The trick is to quickly move from a one man show to a shared group. That is a gradual changeover that must occur as the group builds as a group, if not the group will never succeed.

You will always have the 80/20 rule in play. It says that 20% of the people will perform 80% of the work and later the 80% will get pissed because they weren't involved or they do not like what was created. Or worse yet, the 20% will get burnt out and quit.

A fall-back survival group will have both active and inactive members. The inactive may be Granny or your grown child that does not want to hear anything about it. Therefore you will have to prepare for them.

There are leaders and there are followers. There are planners and there are non-planners. Remember that. Watch this one hour [Spotting Personalities](#) video seminar I put on that helps you instantly know who a stranger is in personality the minute you see him. The worst thing we can do is have expectations of people to do or be what they were not created to be.

Step Two is to Steal a Plan and adjust it. One or two of you do most of this work first. It can be adjusted by the members later. Plan your work then work your plan. Develop (steal) bylaws, admission and eviction policies, policies on who barter, who decides who can go outside, who can gift food to outsiders, etc.

Develop an Activation plan for the first week of the calamity. This will continually change as you develop your group but in the meantime it helps you see what you are building.

Step Three is to Assign Leadership Roles, even if just temporary. A strong leader who is a school teacher may sit in as Medical leader until a medic joins in. Have them go as far as they can go. Just because you haven't chosen a location is no reason to hold back the Medical and Food parts of your plan.

Set it up so that the leadership is continually rotated. As better leaders appear put them to work by changing roles and assignments.

Step Four is to Meet.

Hold formal meetings with set agendas, discussion material sent out beforehand and keep the meeting focused.

At each meeting start with each telling what they have accomplished since the last meeting, what they have screwed up, what they are working on and what complaints, even with the group, they have.

Make sure everyone is assigned to specialty work teams so they will know what their jobs are and can prepare themselves to do that. You can lead Medical and be a worker in Security.

For God's sake, delegate and split up the duties early on. If they fail it is only because the leadership failed to push them, support them, motivate them, reassign them or help them. Get it done.

Step Five is to Keep On Keeping On.

If a critical task may not be completed by member "A" then have member "B" also work on it in secret. He may even drop hints of ways and means to "A".

Remember the French "Whale" / Minno" theory. Focus on the big fish first. In out case it's food and water. Then decide what type of flashlights we want. As money arrives focus on the survival basics first then purchase comfort items.

Again remember that 20% of you will do the work in the beginning so don't get your feelings hurt.

Jim's Rant For The Day. Nutshell Food Storage.

If you are new to prepping these are my thoughts on food prepping **quickly and cheaply**.

1. Assumptions.

- a. Plan for three months and hope that it is overkill.
- b. No refrigeration.
 1. c. No power or gas.
 - d. Cooking secrecy is all important.
 - e. You will be in a group with others.
 - f. You can't afford wastage.

- g. Eating beans and rice within eight hours of each other produces protein.
- h. The goal is to survive, not to eat well or keep your current figure.
- i. You will still have the food in your kitchen cabinets to supplement with.
- j. Rice and Pasta will be stomach fillers.

2. Quantity Needed.

Our group uses six cubic feet of food for each adult and half that per child.

This is a stack 1 foot by 2 feet stacked 3 feet tall. It is about 8 – 10 cases of cans; or about \$100 to \$150 in Sam's or Costco.

3. Target Meals.

We will eat as a community two days and the third day members will prepare food for themselves in small groups for variation, morale and privacy.

Most of the community meals will be soup as there is no wastage, anything can go in the pot, and the food volume to water ratio can be controlled. This can be done inside and consumes the least amount of energy.

4. Forget.

Condiments, soda, chips, cookies and sugar. Remember that white flour and snack cakes or anything else made from refined flour only has a few months nourishment life.

5. Target Foods.

- * **#10 Cans of Vegetables.** They are almost half price for the volume and can be opened and stored overnight without refrigeration.
- * **Canned Tuna, Chicken and Spam.**
- * **Pasta, Roman noodles** and lots of tomato and spaghetti **sauce.**
- * **50 Lb bags of Rice.** \$15 each. Can be stored in the original bag for 18 months. Each bag is 500 servings.
NOTE: Never Rense as it will remove the supplements sprayed on it.
- * Large bags of **Dried Beans.** I am told that Costco has the 50 lb bags for about \$20, 3 different types of beans.
- * Cans of **Beanie Weenies, Canned Fruits, Dried Fruits.**
- * **Corn Meal** in sealed plastic containers. Multi-year storage.
- * **Whole Grain Flour** (longer life) Store in plastic containers.
- * Spices (optional). Salt, pepper, onion, garlic, oregano.
- * **Bullion cubes** - Lots and lots.
- * Canned Armour **Lard.** It will add needed fat and flavouring to soups.

- * **Salt Block** (deer lick) from Tractor Supply. 40 cents per pound. Salt is salt.
- * **Deer Corn** from Tractor Supply. (40 lb) They are the only one to have deer corn without the fungicide that is harmful for a human. But the corn is super cheap: \$9 to \$14.

Jim's Rant For The Day. [Nutshell Fresh Food.](#)

Assuming that you have your stored prepper's food complete, now we need to supplement with fresh foods to make it fun. When you feel TSHTF coming on, go grocery shopping before everybody else does.

Produce: Potatoes, Onions, Carrots, Cabbage, Garlic. Apples and other fruits.

Saltine Crackers;

Breakfast bars;

Eggs, Cheese;

Bread – Whole Wheat only (Nutritious and long lasting);

More Bottled Water and powdered GatorAde.

If after a few days you still feel it is eminent, go grocery shopping again. If it is that close, put everything in the cart and on a credit card.

Jim's Rant For The Day. [Nutshell Competitive Cooking.](#)

If you shelter in place with close and hungry neighbors, you may have serious competition for your cooking. Because of it, I seriously doubt that you will want to slip a few steaks on the ole barbie. In fact, my advice is to turn the barbie over in the front yard to signal all that you have nothing to put on one.

When people are starving Mother Nature enhances their sense of smell. If you have close neighbors you probably will do all cooking inside. Consider cooking at 9:00 PM or 4:00 AM for secrecy. Forget about roasting that meat. Conceal it in soup. Otherwise it will be like climbing on the roof and hollering, "Free cold beer here!"

Make, or have the kids make, a rocket stove out of old tin cans. Use cat litter in the bottom and sides to keep the bottom cool so it can be used inside, although that room must be ventilated. The advantage of the stove is that it is 100% energy efficient and can use just a few twigs, paper or even cow pies as fuel. It is also smokeless. The last advantage is that it causes one-pot cooking; perfect for a large soup pot. With one-pot cooking you can cook the rice or noodles in with the soup or gravy. Be sure to keep the pot covered so that it will cook faster. Cook in the fireplace or a room the farthest away from your nearest neighbor.

See: [Youtube](#) [Written Instructions](#)

10/8/15 Jim's Rant For The Day. Nutshell - Cheap Food Supply.

In baseball or football, the only thing that counts is points on the scoreboard, At the end of the game, nothing else matters. In Prepping for food, 2,000 calories per day is all that matters. Little else counts. Appearance, taste, all vitamins & minerals, variety or freshness does not count. When you move down to less than 1,500 calories per day, starvation begins. This is the area where dysentery, depression, confusion, lack of energy, thinking irrationally, etc. come into play, thus endangering you more in an already bad situation.

What we discovered at our bug out retreat is what half the inhabitants on earth already know – rice is king. If we purchase from Sams Wholesale House, this is what we get in order to purchase **2,000 calories per day for 90 days per adult:**

- a. Non-Rice foods: \$270, **or**
- b. Rice Only: \$30 (Two 50 lb bags @ \$15 each)

Benefits of Rice:

Easy to prepare; Energy efficient cooking; simple in soups; long storage life; when eaten with or within eight hours, with peas or beans, it produces protein.

Storage: Stores in the shipping bag. In the heat and humidity of the South, we get two years before spoilage concerns. You can seal in Mylar bags or place two 50 lb bags in a food grade barrel (\$30) for up to 10 years. But for us, it's cheaper just to store as is and add to our existing inventory every two years.

Your Cost: If each adult, each week, skips ordering out once and skips purchasing 2 bags of potato chips per week, in ten days you can save the \$30 and sustain your life for three months in a crisis!

Math: Calories per pound of uncooked rice: 1,600

Cups of uncooked rice per pound:	2.5
Calories per cup of uncooked rice:	650
2,000 calorie days per 100 lbs:	80
1,800 calorie days per 100 lbs	: 90
1,500 calorie days per 100 lbs. (just above starvation)	106

NOTE: NEVER rinse the rice prior to cooking as it will remove the sprayed on vitamin and mineral supplements.

Imagination: Throwing green beans or other vegetables or sauces on it will only increase the calories as well as tastes and vitamins and minerals plus prolonging survival days.

Jim's Rant For The Day. [Nutshell - Meals Ready To Eat \(MREs\)](#)

Before you run out and purchase a lot of MREs consider these pointers on Meals Ready To Eat. They were created to feed troops carrying 60 lbs all day long without the use of a cook fire to reveal their locations. The normal adult requires 2,000 calories per day; troopers require 3,000. Therefore, each MRE is 1,000 calories each.

Three Day Limit: Military MREs and freeze dried foods are designed to be eaten for no more than three consecutive days, after that your bowels lock up. Cut the constipation by serving a one person meal to two people by putting it over rice, beans or pasta. This will allow you to “go” daily with the dry meals; or every other day serve canned or boxed fruit such as peaches or prunes; or every third day serve canned vegetables and non-dried foods; or check to see if a daily serving of cooking oil might be in order.

Military MREs Are Expensive: The traditional military MRE is terribly expensive. All sent into the field must be sold off as surplus. The problem is if they sat out in the hot sun they could be bad. There is a small possibility that it could make you sick instead of sustaining you. I recently purchased factory fresh military MREs for \$12 per meal. If you intend to provide 3,000 calories per day, that is \$36 per day! If you reduce to 2,000 calories per day, that is a cost of \$24 per day.

Military surplus MREs run about \$7.50 each, but again, some may make you ill. New non-military MREs (with heaters too) run the same \$7.50 each, with a three year shelf life.

Homemade MRE's can be made for as little as \$3 per meal with a three year life.

Therefore, a 2,000 calorie man day can cost from \$24 to \$6 depending on your needs and choices.

Determine Your Needs: Here are the times you may need a Meal Ready To Eat:

- A) You are on foot, weight matters and there will be no fire.
- B) You are on foot, weight matters and there will be fire.
- C) *****, weight does not matter and there will be **no** fire,
- D) *****, weight does not matter and there will be fire.

Note: If you are not carrying 60 lbs then a can of Beenie Weenies, fruit cocktail etc. will do for \$3.

If weight matters but there will be a fire, a homemade Hikers meal can be made for \$4.

If you are stationary but in a non-fire situation, then \$3 canned meals are appropriate.

Also Note: Ramon Noodles are fully cooked and can be eaten dry as are Hormel Complete dinners.

MRE heaters can be purchased for \$1.25 each.

You can make a flameless and smokeless [Rocket Heater](#) for free and cook before sundown.

Google: Homemade MRE or Hikers MRE, or cold camp meals.

Conclusion: Determine how many of the high end meals you may need, then improvise your own for the rest of your true MRE needs.

Jim's Rant For The Day. Nutshell Dehydrated Water.

The number one Prepper's problem would totally disappear if the FDA would approve the new dehydrated water but they won't. So the wet stuff is still our number one problem. We each need 3 gallons of it per day; three days without it and you are in serious trouble. If the grid goes down water will be our main focus. You will need to do a lot of planning and research in this area. I will only gloss over a few concepts here, but you still need to do the research.

Leveraged Alchemy: Make a little go a long way. Use the little saliva in your mouth to help swallow your pride – and stop flushing the toilet immediately when water stops flowing. Switch to composting toilets. **This will cut**

your water problem in half! This means having a \$25 toilet pre-built or at least having two covered 5 gallon buckets available. See: [Sanitary Shit](#)

Bathtub Gin: Line the bathtub with a plastic sheet or the shower curtain. If the curtain won't fit then put junk in the end so the curtain now fits. Do this the minute you think the grid may go down. Use this to flush with and refill the tub daily to keep the chlorine active. When the water stops this is your drinking water, not flushing water.

Rain Catchment: Plan on it. Purchase \$25 plastic barrels, Purchase rain gutters. Buy a dolly to move it. Even plan on holding tarps to flow into barrels if necessary, but do what you have to do. Once the rain stops transfer the water inside before your neighbors see it.

Bleached Blond: Do not send the bleached blond to purchase the bleach as she will come back with the scented stuff. Go yourself and get the unscented. You may have to look for it. If they only thought to make a rum flavored one. Otherwise have a few grains of lemonade or other powered drink to kill the bleach taste. Dose: ¼ Teaspoon per gallon. **Other Doses** Only purify drinking, cooking and medical water.

Storage: If you go outside to get water you may die. Purchase food grade 30 gallon blue barrels for \$25, add bleach and cover. The water can last for years. You can also purchase a 300 gallon 4 foot plastic cube, food grade, for \$100. See [picture](#).

Filters: You can use these to drink the nastiest water on earth. They come in straw models to **5 gallon ones**, or you can make your own.

Water Heater: Save it for drinking only. This is your absolute emergency supply!

Neighborhood: Note the location of swimming pools, creeks, drainage ditches, etc. Consider visiting them at night only.

Jim's Rant For The Day. Bugging Out From Hurricanes.

I live on the Florida Gulf coast near Pensacola Florida, twenty miles north of the beaches. Several years ago hurricane Ivan tore this area apart. The day afterward, I drove twenty miles to my Mom's to cut two trees off her neighbor's house. This was a freebee just to release the pressure on the roof and put a temporary patch on.

The drive that usually took thirty minutes took about two hours. The traffic was massive and moving at an average of fifteen to twenty miles per hour at best. There were downed trees, many emergency vehicles and everybody in town was trying to get out of town to somewhere else. What I discovered was that cars are not built to go twenty miles an hour. What normally took a quarter of a tank for that trip consumed a full tank. Prior to a hurricane all the gasoline is consumed by residents topping off their tanks. This takes about four hours for an entire town to go dry. After an event like a hurricane it can take two or three days for the town to refuel. Of course this is just for a small local. How long would it take to refuel an entire country?

Prior to another hurricane I witnessed a trip to hell for many. I lived a half block from a main artery north away from the coast. We were about six hours from landfall and I noticed around six PM a solid line of cars heading North at about five to ten miles per hour. Now you have to remember that I live in a small rural community where we don't have traffic. It was near one hundred degrees outside and most of the cars had their air conditioners turned off to keep their radiators from overheating. My guess was that a lot of these vehicles were going to end up riding out the storm on the side of the highway out of gas and with the passengers hungry and having to pee.

So here's my advice if you plan on bugging out if things go bad or Martial Law is declared. Don't, unless it is for a short run, say an hour's drive under normal circumstances. Any distance farther than that is a mistake waiting to happen.

Plan on four times the normal fuel consumption. Bring your own spare fuel as the service stations will be empty. If you store the fuel longer than three months add a fuel saver additive to the cans.

Load the trunk with lots of bottled water, canned meals such as Bennie Weenies, fruit cocktail, plastic utensils and snacks. Make sure all of the cans are pop-top. Lay off the sodas as your stomach is going to be upset enough. Leave the MREs alone too. They will just make you full of energy while you have to sit still for hours and they will constipate you. You've got enough problems already.

Lets face it, guys are pigs. Ladies, purchase a \$3 urinal bottle from the drugstore with a roll of toilet paper and Handi-Wipes and keep them in the trunk. The bottle has a two inch opening that you can't miss. If you don't have a urinal bottle, then wear a poncho. Trust me, you won't be able to or want to use the highway bathrooms on that trip. If you do, carry your own paper and soap.

Have bug-out bags with clothes, including clean underwear, blankets, etc. This will be the trip from hell so you had better prepare for it. Also prepare for it to take a full day longer than the two hours you expected. Be prepared.

Lastly, consider that Martial law will be put into play either by the good guys or the bad guys. But either way, it's purpose will be to keep the citizens pinned down. The last thing they need is for every Floridian to go to California and for Californians to go to Florida. During a national crisis all fuel will be dedicated to the government, emergency organizations and the military. Major intersections may possibly be locked down. But you can believe that fuel will be rationed to perhaps a five gallon limit and it may take you hours to get it. Good luck.

Jim's Rant For The Day. Landless Preppers.

This article is just for city slickers who may wish that they weren't if we go into a long crisis. I keep hearing from wanna-be preppers that they are stuck where they are as they don't have enough money for land in the country. This is the dumbest thing I ever heard. People, get your head out of your asses, stop doing as you were trained to do and make the decision that your extended family will survive. That's right, you have to decide to survive!

In order to solve the country land problem simply stick \$50 in an envelope marked "Land" and you are done.

We have a country fall-back farm. I surveyed every house within a half mile radius of us for future organization, help and threats. What I discovered was that one third of the houses either are vacant or would be vacant in a long crisis. Most of the current vacancies were related to deaths or owners in nursing homes. You see, the average age of our neighbors is above 65. When some people die their land sits for several years due to lack of wills and also from Medicaid confusion if Medicaid can seize the property for payment for assistance given. Then there is the inheritance city slickers gain but cannot use and thus end up with divided siblings unable to move forward. I think you are beginning to get the picture here.

I suggest that your extended family go land hunting. In a crisis, there are no land boundaries, no trespassing laws and no real rules. You do as you must to stay alive. So do it. Locate several abandoned properties, close to each other, with pump houses (wells). Plan on moving in at crisis time. If the owner shows up then simply move to the next. But in the meantime, be of service to the community. Camp out back or move in. Lay low so it still appears abandoned. But at least now you have a plan to go forward.

Now back to the \$50. Purchase a piece of plastic window pane that you can cut, a tube of clear silicone and an exterior door knob. On moving day break out a back window for entry. Change the back door lock and repair the window. No harm done.

Have someone prepared to power the well with a generator (simple process). Run the generator ten minutes every three days to fill up the bath tub, water heater, kiddie swimming pool etc. so that now you have safe drinking water. Purchase \$25 worth of 4 inch tin stove piping and an elbow so that you can take the generator exhaust and blow it eight feet straight up into the clouds. Not only will this muffle the sound but it will make it impossible for neighbors to pinpoint the sound source. Then all you have to do is construct a \$25 composting toilet that uses no water.

For \$100 you have just resolved your land, shelter, water and sewage problems. Get your head out your ass and start thinking family survival instead of poor pitiful you.

Jim's Rant For The Day. Hide and Seek

One of my fondest childhood memories was playing hide and seek on summer evenings around twilight. Your only care in the world was to find a good spot and not get caught. Nothing else mattered in life.

But as life would have it, we were poor and my parents could not afford a lot of neat hiding places. Because there were nine of us kids and considering all the neighborhood kids playing, there was a shortage of good hiding places. Even so, you could always find a place to hide.

You know, in all of those summer memories I never recall anyone demanding to see my papers authorizing me to hide in that particular spot. The way we played the game it was simply first come first serve. Besides, we were just hiding there during the game, we weren't claiming that spot forever.

So too will it be if you have to relocate to a better hiding place in the event of a long emergency. I spent a lot of time studying the strategy and tactics of Robert E. Lee. With the exception of Gettysburg, he almost always fought a defensive war and chose the location of an upcoming battle. And that choice was always to a great advantage to the defender. His philosophy was probably, "As long as you have to choose, choose to your advantage." Did you know that a dug in defender has a 3 to 1 to a 6 to 1 advantage over an attacker? The military term for this is Force Multiplier.

This is precisely why no one has ever invaded Switzerland, and not because of the popular belief that they are all armed with Swiss army knives. Then if you consider that if your land choice makes you invisible you always win as you cannot lose a battle you do not have to fight. O.K. Enough said about bugging out.

Jim's Rant For The Day. [Nutshell – Buy Out Your Neighbor.](#)

What do you do if you don't have a brick home to bunker down in but your neighbor does? Do what Donald Trump would do = buy him out. Problem solved.

What do you do if you have a brick home, a lot of prepared extended family but not enough room in your home for all of them? Again, buy your neighbor out. Then your two houses can protect each other

as long as you have the walkie talkies to coordinate things.

Isn't it amazing how easy it is to solve insurmountable problems? By the way, with the drop in home prices, I wouldn't store up more than a six month supply of rice (\$60) per each current home-owner there. Post collapse I am sure they will bargain with you for the food and protection.

Jim's Rant For The Day. [Nutshell Minimum Security.](#)

My first exposure to minimum security was on our honeymoon when she looked into my eyes and said, "I trust you completely" after she chained a cannon ball to my ankle accompanied by a small chastity cup. Then this summer I attended a Prepper seminar about minimum security in the event of all out hell.

The expert said that the bare minimum was for six adults to rotate with two person team shifts; one inside and one outside. That was bare bones.

The ideal was to have six persons on each shift. Two inside and two outside in such positions that each one covers two sides of the dwelling. That leaves two guarding the entrance. If anything goes wrong, they would fire, then fall back to other ambush sites.

I also like the suggestion that you board up the back so an intruder had to approach by the front, on your terms.

10/13/15 Jim's Rant For The Day. [Nutshell – Fortifying A Home](#)

If you plan to shelter in place then inventory for some of the following projects and install when needed.

Doors:

The purpose here is to slow down and confuse an intruder while you safely lay on the floor and shoot through the door.

First fortify the striker plate with longer screws or a heavier plate. Cost per door: **\$1 or \$10**

Add optional one or two Swing Latch Guards to each door. Cost per Latch **\$11**

Strengthen hollow core door by covering the outside with OSB plywood. Cut a large square around the doorknob. Place screws around the edges of the door. Cost: **\$8**

Deluxe option is to place sets of angle pieces (looks like shelf brackets), one on each side of the door, bend the bracket ends to hold a 2"X4" board that drops into place. Consider two sets per door. Cost per one set: **\$5**

For *Sliding Glass Doors*, place broomstick in bottom track to keep from opening. Nail one-by boards vertically along the sides on the outside to keep persons from lifting doors out. Place an 18" strip of OSB plywood up high across both mid top and mid bottom, leaving one foot open across the top for light. Hang a curtain across the bottom of the Mid top piece so you can look through. Leave a large cutout in the bottom corner so you can open the door while someone crawls out; cover with curtain.

Cost: **\$10**

Windows:

The purpose here is to prevent an intruder from entering the smashed glass as well as to keep bullets from splattering glass on you, all while not allowing the intruder from seeing inside while you lay safely on the floor and shoot through the window.

For *large front windows* screw in 1/2" OSB plywood sheet over curtains so neighbors do not notice that you have something to protect. Leave one foot at top for light and one foot at bottom for air and lookout. Place screws across board so curtains can be propped open at bottom when needed. Cost **\$8**

Or, for large windows, cover with [anti-smash clear film](#). Cost: **\$30**

For *smaller windows*, screw 2"X4" board across middle of window to prevent entry. Cost: \$1

Jim's Rant For The Day. [Militia Man](#) (partial)

Repost from 10/7/2012

I survived my first militia training exercise. What else can I tell you, other than I am a most humbled person. Being that I was never in the military or closely related to anyone who was, I never understood those people. What an eye opener! "It's not just a job," it's an art form. I can see now that three ex-military, twenty-year olds, can walk into a building containing twenty non-military trained armed persons and easily walk away with their candy.

Here's what I experienced the past two days. Because I had no military training at all but was good at computers, the day prior to the exercise they told me I was rated to be the "Drone Observer." I was quite honored with this prospect until I received an email not intended for me. It discussed the fact that my butt was the biggest in the group and just right to fit the cannon muzzle! They were going to fire me off as an aerial observer, as we have no observation drones.

I immediately went into panic mode and gorged myself all day thinking that I would be too tight in the cannon barrel. But that night I realized that was just what they wanted. So, I overdosed on laxatives to make me too thin. The laxatives hadn't kicked in Saturday morning when it was time. I hated the idea of this job and was relieved momentarily when I overheard two of them saying they "needed to fire Jim." They made me wear a white sheet so I would appear from the ground as a cloud, gave me a walkie-talkie, and shot my ass. They hailed it a success and said I looked like "Super Klu Klux Klan Man" arching across the sky, leaving a brown chem-trail (it kicked in). I'll post the pictures when I get them. After that I assisted in a Medic bandaging demonstration.

Later, they taught basic patrol hand signals and movements. They all carried loaded weapons except me. I explained that I was not a "gun person." One nice gentleman gave me his AR-15 which contained a huge magazine with heavy bullets in it. I thought "Thank God" when he lightened the weapon by removing the magazine. He then placed it in an ammo belt and told me to wear the fifty-pound belt. That was the first time I ever needed suspenders just to hold up my belt.

The signals and movements came somewhat easy to me, after a lot of special coaching. What got me was the "Hit the dirt," "Get up," "Hit the dirt," "Get up and charge forward" that killed me. I would have been less winded if the AR manufacturer put a handle on the gun barrel to make it easier climbing up the weapon to get back up.

To Be Continued.

10/9/12 Jim's Rant For The Day. Militia Man - Part II

Read this only if you are into prepping either as a family or as a larger group. These are simply my notes taken during my militia experience.

1. A friend called me this morning after reading my first Militia Man article. He summed up the entire militia experience simply as "That's a young boy's game."

If you don't fit that profile, you'd best be in a comfortable defensive position. Forget about the running, hiding, climbing assault manoeuvres. This isn't paintball. Put a comfy lawn chair behind a concrete wall. If you are in shape like me, that's the best you're gonna do. The numbers sixteen and sixty-one have some things in common, but running isn't one of them.

2. I don't mean to scare anyone, but I have to be honest here. My biggest weekend shock was learning this. If two or three young ex-military persons equipped wanted your stores, all they have to do is walk in with a shopping cart. You can't stop them if you are not on their level.

3. If you have a large group, you had better establish your own militia and allocate a lot of training time and materials to that effort.

4. Communications:

A . **Storm whistles** costing about \$7 are your best bet. They make an amazing loud noise capable of being heard a long distance away. Sentries and neighbours need them as a community muster alarm.

B . **GMRS Walkie Talkies** are cheap and valuable, don't require a license, and they all communicate with each other. In reality, they have a range of up to a quarter of a mile. Your sentries should have an earphone (\$16). Train all in their use as they are more complex than the toys we grew up with. Locate the dead spots in your neighbourhood, as there will surely be some in which they cannot communicate from.

C . **GMRS Antennas**, a di-pole piece of wire to be placed on a roof or between trees, can be purchased for about \$70. This may increase your overall range from the base radio by 50% more in distance. The cheap radios have a permanent antenna. If you desire the increased range, you will have to purchase a more expensive (\$150) base model (one only needed) with a removable antenna so you can attach the wire antenna connection in its place. This base radio will communicate with all the cheaper radios with permanent antennas. The total cost of this upgrade is around \$210.

D . **Cricket Clickers** (\$3 per dozen) will be needed by night patrols in place of hand signals.

E . **CB Radios** are the next move up. This will help communicate with neighbours up to ten miles away, depending on weather and a lot of other factors. Don't count on repeater stations to extend your range as is common now, as those stations may go down.

F . **Radios** is a deep subject. Do your research.

5. **Clothing.** At best, if you are in the woods, purchase cheap olive-coloured tee shirts. Be aware that camouflaged BDU tops or pants can be purchased from thrift stores for about \$5 each. This is because the military went to a computer generated graphic pattern making the old patterns obsolete. They are versatile, and as for comfort, the next-best thing to going naked. Ladies, they tie everywhere so bugs can't get in and with the loose fit and pattern, no one will know your butt size if you remove the tag. Be certain to purchase long Johns to go with them in the winter.

6. **Your butt** should be off the couch and walking for exercise NOW. After this weekend, mine is. I learned real

quick that otherwise my body is useless to the community and may cause injury to someone else. There is no excuse for this.

7. Cache for Groceries. Whether you are alone or in a group, you must break up your supplies into smaller bundles and cache them in secret locations in and around your position. Seal it up in rubber containers duct taped closed and bury it if you have to. As I said earlier, experienced people can walk in anytime to raid you. Cut your losses in half or even less. Give yourself an option besides fighting to the death as you currently plan to do.

8. Bug Out. Have a good bug out plan(s) if you have to retreat. Know the rally point(s). Practice it over and over.

9. Know who you are against. I asked the group who they thought they might be firing upon. All of them said "zombies," referring to scared looters and pillagers. Several of the militia members were Dept. of Defence contractors who worked closely with military personnel. They agreed that the military will not support its might being turned on the American citizens. Nor do they believe we will be invaded by NATO or other foreign troops, as the military will never allow that to happen. So that only leaves scavengers to be feared.

10. Note for the ladies. Invest in urinal bottles (\$3). Put one in each car. They have a two inch opening - you can't miss standing up.

11. Size does and doesn't count. The conversation was always the same around camp. Which is better, AK or AR? I didn't understand the passion and so kept quiet. But for me, it's either FL or CA.

I read an article by a Serbian war survivor in which he discussed this issue. He said he came across six young men at an intersection all holding boards as weapons. A seventh had a twenty-two rifle and a big smile on his face. The Serbian's point was to be happy with what you have.

Jim's Rant For The Day. [Nutshell Keeping Warm.](#)

Most of my prepper contacts live in NW Florida and so it is those folks that I address here. When I was a Scout Master the boys studied winter camping one December and over the Christmas holidays we camped to practice their new skills; they went swimming for a half hour.

Get yourself two sleeping bags, one rated 20 Degrees and the other Zero degrees. They are only about \$30 each. When you go on minimum calories and/or are under extreme stress and cannot digest normally, your body may have a harder time in maintaining its heat. It is one thing to be camping in 30 degrees with a 2 lb. steak in your belly topped off by a late night candy bar, and totally something else when in survival mode.

Next build a Rocket Stove Heater (50 gallon drum). It will burn paper, twigs, cow pies and even forbidden oily Florida pine that cannot be burned in traditional fireplaces. It is 100% energy efficient compared to 60% Ben Franklin stove and puts out no smoke. It costs \$125 to make. Use cat litter in the bottom. It is simpler to build using an "Oversized" metal drum with a removable top.

See [Youtube](#)

Jim's Rant For The Day. [Nutshell Hygiene.](#)

Below are the notes for the Hygiene Seminar we will give to all of our members in the event of activation of our fall-back farm. I present them simply as the notes they are.

TOILETS

Composting Toilets.

1. Compost toilets are wooden boxes with a 5 gallon bucket under a toilet seat.
2. You can urinate and defecate in the #2 toilet.
3. When finished, cover the mess, including toilet paper, with sawdust.
4. Put the seat back down.
5. Women can place urination only in the #1 toilet (woman's urinal); no solids. Place the toilet paper in the waste basket instead of the toilet.
6. When a bucket is full, remove and cover it with a lid. Install an empty bucket under the seat.
7. The full bucket should be buried in the Human manure compost pile.

Toilets in Campers.

1. The septic tanks are very small and not designed for high usage.
Some campers will not have septic tank hook-up and will have to be emptied by hand, a difficult, unpleasant and sometimes unsanitary task.
2. Therefore, urinate in them only and dispose of the toilet paper in a trash can. Lay the cover down.
 3. Do not flush after every use. Let it mellow, then do a group flush.

Portable Camp Toilets.

1. Raise the cover.
2. Pull the center tray out.
3. Sit and do your business.
4. Throw the toilet paper into the toilet.
5. Rinse, then close the tray.
6. Pump or pour a cup of water onto the top of the tray.
7. Lower the cover.

Human Manure Composting.

To empty buckets / toilets into the compost pile:

1. Using a hoe or pitchfork, scoop a hole in the top of the compost pile.
2. Empty buckets into the pile.
3. Rinse and clean the first bucket with a toilet brush and a gallon of water.

Pour used water into the second bucket.
Clean the second bucket.

4. Pour dirty water onto the compost pile to be buried.
5. Cover pile with a few inches of hay, straw, other compost, or dirt.
6. Put an inch of sawdust or dirt in the bottom of each empty bucket.
7. Wash your hands.

BATHING

Hot Towel Method

1. Heat one half quart of water in a covered pot.
2. Check frequently. As water starts to steam and form small bubbles on bottom of pot, remove from fire.
3. Get a medium-sized hand towel, large kitchen towel, large clean shirt or whatever.

Slowly and carefully immerse towel into pot. Move towel around slightly to allow capillary action of cloth wick up hot water.

If towel is completely saturated, use less water next time as a fully wet towel will be too hot to pick up, let alone wring out, and it will drip all over the place.

4. When towel is very hot but not too hot to handle, pick up towel and vigorously wash body.
5. Wipe your butt with toilet paper. Then using the towel, wash your face, arms torso, back, legs. Then wash your armpits, crotch and butt.

Bucket and Bench Method

1. Wet your rag in the bucket to wet the body.
2. Soap and wash.
3. Rinse with the remaining water in the bucket.

Navy Shower

- 1) Rinse quickly. 2) Turn off water. 3) Soap up and bathe. 4) Rinse quickly. 5) Get out.

BEDDING

Sun Drying

1. All sleeping bags, sheets and blankets should be taken outside, turned inside out, and shaken.
- 2 They should be hung on bushes, across something, or placed on a clothes line so that the sun and fresh air can clean them.

3. After several hours, remake bed.
4. This should keep down bed bugs and lice, as well as remove the extra dead skin caused from infrequent baths.

-

TRASH

Human Manure

1. The human manure compost pile can take **anything bio-degradable**, except large bones. This includes baby diapers, handi-wipes, tampons, all food scraps and road kill.
2. After the pile is built up to a four cubic foot, it will age for another twelve months to kill the last of the human pathogens. It will then be used as fertilizer on the vegetable crops.
3. This method has long been approved by EPA.
4. Not only does this method cut down on hepatitis, cholera and diphtheria, it also cuts our water usage in half.
5. Two trash cans will be available in several places, including the bath rooms. One for bio-degradable refuse for the compost pile, and one for plastic, glass and metal.

Recycle

WATER

Recycle

Potable vs Non-Potable

Proper Hydration

Because of the uprooting and changes of place, diet and stress, proper hydration is most important. If you are not peeing you are not drinking.

This may cause your bowels to lock up. And cause fatigue when you are needed most.

Make sure everyone in your group is drinking plenty of water.

Swimming Pool

LAUNDRY

Sun Washing

Laundry Process

Jim's Rant For The Day. [Nutshell – No Toilet Paper](#)

Yes, you can survive it.

Best Answer: Purchase a [liquid bug sprayer](#), adjust the wand and you have a beday. Cost **\$10**
You may have to heat the wand to bend it a little.

Assign one washrag to each person. After several uses, wash it;
Optional washer: Cost: **\$86, OR**
make your own with a quart Mayonnaise jar and a handful of pebbles. Cost: **\$0.**

Cut up **books**;

Handful of **grass**;

Use your hands and wash.

Optional; Put bleach in tray of water to sterilize **after** washing your hands.

Jim's Rant For The Day. [Nutshell Sanitary Shit.](#)

Shit happens, and it's going to continue to happen when the shit happens. The question is what are we going to do about our shit? We have all heard the stories of people in high rises unable to get rid of their shit. When that happens expect cholera, hepatitis and diphtheria in your neighborhood. So what's a mother to do?

If you are a city slicker you may get a double whammy: no water and no sewage. Then on top of that the people uphill, or up from an underground lift station, will continue to use rainwater to flush with. But without electricity the lift station will not function, distributing shit to about ten percent of the households, making them uninhabitable. To prevent this, all homes should have a \$4 four inch sewer pipe cap. If you discover you are a lucky recipient, just dig up the line, cut it and install the cap with a rock holding it in place.

If you have a water shortage however, you still have a shit problem so now we have two problems in one. So lets solve them as one. First make a composting toilet with \$25 in materials or for free using a toilet seat, a closet door and its two hinges, plus a five gallon pail. It will take a family of four a week to fill two buckets. Cover it with dirt, sawdust, shredded paper, compost or grass. I swear, there is no odor.

A normal family uses 15,000 gallons of water each month with half of that, 7,500 gallons, used to flush. The compost toilet requires only 4 gallons per month. We just solved half of your biggest survival problem – water!

We are now going to use the Human Manure Composting method to dispose of it. We will eventually build a 4 cubic foot compost pile. Stake out a 4 foot by 4 foot location. Empty the bucket, making sure that it is slightly wet if you choose not to urinate in it for some reason. Try to build sides to it. Cover each flush with a few inches of dirt, grass or paper. Never turn this compost pile. The idea is to let the shit cook and build up steam. It will completely cook down in two weeks. Continue to build the pile up to a height of four feet. When finished, let it age one year to kill the human pathogens. It is now ready as a fertilizer on your garden!

By the way, anything bio-degradable can go in that pile, including Pampers, bloody bandages, road kill, Tampons, etc. It will all cook down.

Get your neighbors to do this as well and you have just prevented the dreaded unsanitary diseases, no shit.

See my other website: <http://co-opvillagefoundation.org/vHumanmanure.asp>

Jim's Rant For The Day. Nutshell Generators.

Don't even think about it if you live in suburbia and have not organized your neighborhood into a Mutual Assistance Group for Survival. Your immediate neighbors will know that you are a well stocked prepper and you will be dead. The electricity is not worth it.

But it's a different story if your community is organized. The generators are constructed for a limited number of lifetime hours so use it sparingly. We will run ours fifteen minute every three days just to pump water. That's it. Also note that they require a lot of oil changes so stock up. Gasoline can be obtained by punching a hole in the bottom of a plastic auto gas tank with a Phillips screwdriver.

We have some three inch wood burning stove pipe (\$15) to conceal the noise and location. Slip it over the muffler and using an elbow and straight pipe, run it up about six feet towards the clouds. Others may hear it but cannot pinpoint its direction. If you need 220 volts, make sure that you have the connector and wire on hand.

Make sure it is well ventilated and guarded with a gun.

Jim's Rant For The Day. Mutual Assistance Groups.

Over the weekend we activated our fall-back farm. It was only physically completed up until now. What we did was train the 30 members in spotting personalities in each other so that we can work more cohesively together; to being a family. We divided ourselves into six focus groups concentrating on the areas that will insure our success, that being: Physical, Medical, Nourishment, Morale, Planning and Security. We then formed teams under each group, such as Hunting under Nourishment. Each member joined several teams. All of this makes us functioning as a family the day that all members are forced to move here. We will know what we will be doing so that we can each concentrate on our jobs only, not general prepping.

When people hear of "prepper groups" that is what they think of. But that is wrong. To me, as a member of several prepper groups, they are actually just loose strangers listening to more experienced members explain what they have learned in preparing to go it alone, such as how to make candles out of crayons. When talking to such groups all I see is just people staring back. There is seldom feedback from them as to how they plan to react to a collapse. If groups are forming in their neighborhoods it is never revealed. I get the impression that most of them are loners.

A Mutual Assistance Group is a group of those awakened preppers forming a fall-back plan to be together for mutual survival, most likely under a systems approach to problem solving. It is not possible for one person to do and know all that is needed to get smoothly through such a radical adventure as we have before us. In our particular fall-back position, we have water and food covered forever. We have one heck of a medical team – we couldn't ask for a better one. Security is almost overkill if you will pardon the pun. We plan to close our concealed gate and for the most part, be left alone. For at least three or four months no one will know that we are there on our 30 acres.

Our only weakness and vulnerability will be from drama and conflict from inside. That is why we are placing so much emphasis on the Morale Focus group. Just like the fact that when boats are built it is planned that they will leak, we have planned for the fact that members will be stressed to the maximum.

This is where your emphasis should be as well. Plan on the stress preventing you and your family of going it alone. Create your own Mutual Assistance Group with a few neighbors and your extended family. Plan on a few campers being parked in your yard. Plan on utilizing the skills each other brings. Plan on one house storing the groups food and the surrounding houses acting as "redoubt" forts protecting it. Plan on a lot of people living in shifts in your house. Plan on . . . well, you get the picture.

Jim's Rant For The Day. Nutshell Our Organizational Chart.

See: <http://costa4669.wix.com/paradisefarm#!organizational-chart/c1dlw>

In a nutshell, we have 6 persons in leadership for:

Nourishment, Medical, Security, Planning, Morale and Physical.

Physical is maintaining inventories, supplies, motor maintenance, construction, scavenging, etc.

Jim's Rant For The Day. Nutshell - Insanity Of Not Calming Them.

Twenty five years ago a commercial flight crashed in the Everglades. A stewardess began rounding up the shocked survivors. As they walked around in the swamp she had them sing the first verse of **Jingle Bells** then pause listening for others calling out. Later when the survivors were interviewed, they all said that the singing calmed them down. That and the search for others gave them a sense of purpose to focus on instead on their own plight. Strangely the stewardess could not explain why she had them sing other than to keep them together in the dark.

If we have a collapse and if you decide to go it alone, it won't take you long to coalesce into a neighborhood group of at least a dozen for protection and mutual assistance. If this continues for several months the odds are that your group will contain some members separating from their pot, beer, cigarettes, anti-depressants and sleep disorder medications. At a minimum, some going cold turkey on anti-depressants may experience thoughts of suicide for awhile. But it is safe to assume that most of those off the anti-depressants will become depressed. Of course, we need not forget all of the normal people that realize their life has been turned upside down in a non-air-conditioned world with mosquitoes and fear.

Now comes the insanity part – we are going to strap a hand gun on all of them and feel more secure!

Needless to say, your group had better do something to calm all of the packers down. Our Fall-back farm of sixty persons has some plans in place now to accomplish this.

First let's deal with the depressed. Have them go on half medication to wean themselves and be sure that they have stocked up on St. Johns Wort as a replacement.

For thousands of years all across the planet, tribes have assembled for dinner to the tune of monotonous drumming. Scientists tell us that it changes the rhythms of the brain so that you are not angry or depressed. We have two drums of different sizes for this to be used by the most depressed or angry. The differing tones help in the process. It is also a great aid in meditation as the brain cannot process all of the sounds and blanks out. Here is a 30 minute soundtrack of what I am speaking of: **Drumming** http://www.youtube.com/watch?v=Q8Gj23t_ZqQ See Also: <http://www.youtube.com/watch?v=TIwv3eh4Mq4>

I have spoken of this before and so will just mention it lightly. Group meditation heals and calms those around you. Two meditators acting twice a day can calm a group of 600 persons in the geographical area around you. This will be a great job for the feeble bodied residents. See this article on meditation:

Learning Meditation: <https://soundcloud.com/karmadorje/ancient-forces-timeless-sacred-sounds-instrumental-1-12>

We will then concentrate on training. We will teach all members how to use Roberts Rules of Order and Consensus methods of meeting procedure so that our meetings are calmed down. We will use the Proposal method of idea presentation with a team ready to assist a member in preparing a proposal. That method is a written presentation of your idea containing all of its pros and cons, and presented timely prior to a meeting. This

cuts the discussion down to just a few points. When the vote is called it will be in reverse. Only the negative votes will be called. This means that those that haven't taken the time to read it cannot vote. This process also evens the field between the loud leaders and the introverts. The entire process is dependent on the written presentation rather than the personalities involved, making for a smooth and quiet meeting. See [Proposal Writing](http://www.co-opvillagefoundation.org/pdf/Leadership%20Classes/Proposal%20Writing.pdf) <http://www.co-opvillagefoundation.org/pdf/Leadership%20Classes/Proposal%20Writing.pdf>

We will also require training in Spotting Personalities In Others. This is achieved by looking at the body types and instantly knowing if another is a leader or follower, introvert or extrovert, planner or non-planner, what motivates them and pisses them off. All through life we get our feelings hurt thinking others are just like us when they are not. We expect them to act a certain way when they were created to act another. This process keeps us calm by our recognizing others talents and weaknesses and appreciating both. This stops a lot of the drama. See one hour seminar I recorded: **Spotting Personalities**: <http://src-fla.us/index.php/toolkit/training/14-sample-data-articles/87-spotting-personalities>

The next action taken was organizational. When more than seven members are at a table the meeting falters. We keep our meetings at that maximum level with lots of meetings so that all can voice their opinions. I will discuss this later in another Rant. What I will point out here is that all meetings are open to the public. I will also mention that all of our leaders are up for reelection on a monthly basis. This precludes a mutiny or having to shoot the son-of-a-gun. You just have to wait two weeks and vote him out.

And finally the best part. We will have our leadership focus on six areas of survival, that being: Physical, Nourishment, Medical, Morale, Planning and Security. Notice that one sixth of our attention, Morale, will be devoted to training, calming down, meeting processes, problem interventions and eviction if needed. We will even have one team, the Having Fun team, made up of extroverts, organizing the Practical Joke day, the Panty Raids, Surprise Birthday Parties and anything else that elicits a laugh.

And oh yeah, I almost forgot the singing. You know how you control an unruly dog by teaching it to sit on command so when it gets out of control you simply command it to sit? Well, all members will sing Sail On Sailor on command daily. If two packers get out of hand we will simply command all members to "Sit". This will let them know that the whole community demands calmness and hopefully resets their brains. See: The Beach Boys, **Sail On Sailor** with Lyrics <http://www.youtube.com/watch?v=kdDtOOJgTzc>

Spotting Personalities

This one hour seminar will help you walk into a room full of strangers and immediately recognize:

- Who the leaders are,
- Who the followers are,
- When to follow a person,
and when not to follow that same person's lead,
- How each person makes decisions
(in 5 seconds, after research for two weeks, etc.)
- Who are planners are and who are not planners.

This seminar uses [Personality Plus](#) and also introduces [body types](#) so that you immediately see the personalities of others.

Video Seminar here:

First download and take this 15 minute test: [Personality Plus](#)

Then download these notes: [Body Types](#)

Review page 5 of the Personality Test.

Then watch the following videos (total time of 50 minutes):

Note: NOW FUNCTIONING!!!!

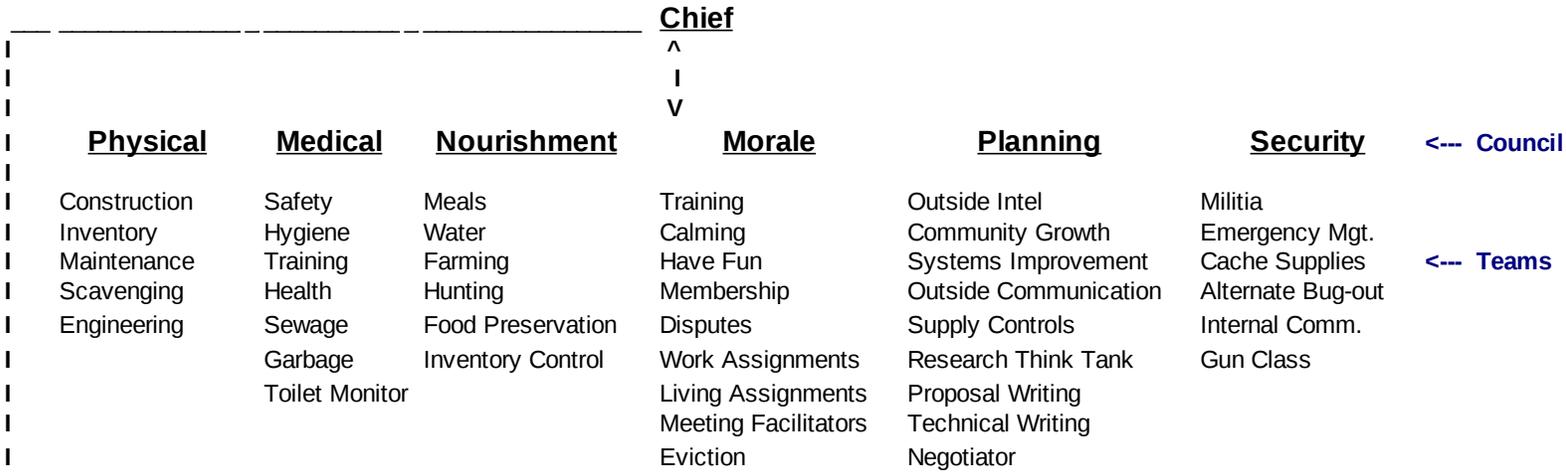
Part I

Part II

Part III

Part IV

Part V



Council:

1. All meetings are open to public.
2. Chief elected by Focus Leaders Monthly.
3. Focus Heads elected monthly.
4. Council run by Committee Reports and Proposals only.
5. Camp Director's emergency decisions can be reversed by Council.

General Membership:

1. A person may be a member of as many Teams and Focus Groups as they choose.

Camp Director

Daily Operations

Makes Emergency decisions

Carries out will of Council.

Takes orders only from Chief, but sparingly, to insure the will of the Council.

Elected Monthly by Membership at large.

OUR ORGANIZATIONAL CHART: