

# Survival During Perilous Times

An aid to enduring the tribulation.

## Chapter 1

---

### Where's The Beef?

Few Americans aren't familiar with this famous commercial, first aired by Wendy's in 1984. When Clara Peller, gruffly exclaimed, "Where's the beef?" this catch phrase soon became part of our vocabulary.

On a more serious note, our catch phrase may, soon be, "Where's the food?" From the days of the creation, one of man's main activities has been the production of food or earning the money to buy it. In latter years, volumes have been written on how the nutritional value of our food has been depleted by numerous things, such as hybrid genetics, chemical fertilizer and sprays (petroleum based), adding chemical preservatives, etc.

For decades, our government has been very successful in destroying the small U.S. farmer. This has resulted in obtaining food from other countries, such as Mexico, where quality and cleanliness has always been an issue. We are constantly-facing some food to avoid for health reasons — one of the latest being tomatoes. Each time, at least one U.S. producer goes bankrupt or simply throws in the towel.

You may not realize it, but think about your local supermarket. When you walk inside, it is well lighted, heated or air conditioned — with petroleum produced electricity. Observe the signs, packaging, labels, etc. — ink is a petroleum product!

Most of the food items before you have been transported hundreds of miles from where they were produced. This may be repeated several times between the farmer and the store. This transportation wasn't by magic carpet — it was by petroleum pow-



ered trucks and trains — where grain is concerned, possibly river barges!

This all impacts you when the check-out clerk hits the total button on the register!

Most people I know are already altering their buying habits — even their driving habits. No more dash to the market to buy that one item you're missing. Most try to combine several stops into one trip "to town."

#### Buy in Volume

Some discount stores like Sams and Costco will package canned goods in groups of six, none make case lots easily-available. Retail grocery stores and even Wal-Mart only have canned goods in single units. For economy and ease of handling, cases of 12 & 24 are more attractive.

When the cost of driving to the point of purchase has to be factored in, the internet offers a good solu-

tion.

I found that [www.amazon.com](http://www.amazon.com) and another place: [www.buythecase.net](http://www.buythecase.net) offer good selections and service. Just a click of your mouse and within a few days, UPS delivers to your door. Leave your car in the garage. Save \$\$\$

We're addressing this area of food from both economy and survival. When looking at survival, there's the "Blast From The Past" scenario, where enough supplies were stored to feed a family of 3 for nearly 20 years. This pipe dream, also, had fuel storage enough to keep generators running during this time.

Such plans have to fit your personal situation. I would recommend enough food stashed away to keep your family fed for a minimum of 30 days. Naturally, more would be better. However, what we are trying to eliminate here is the need to immediately panic when any disaster arrives. You should not have to spend your first hours trying to find something to eat!

Another factor to consider is how extra food gives you a buffer zone in cases where something prevents you going to the store for some time; such as illness, car problems or no money!

In military survival training, the soldiers are dropped into some unfriendly environment, with only a few basic items on their person; and they must live off what they can catch, kill, dig up etc. Fortunately, few have ever had to exist under these conditions. However, I tend to apply the laws of energy conservation to this situation.

It goes like this: Why burn up 500 calories catching some disgusting thing that, when eaten head, tail and all, only provides 250 calories? Clear enough?

### Share With Fideo

If you own a dog, you should include him in your food storage plan — for more than one reason. **NO**, we're not going to eat him!

Few people realize that humans can live on dry dog food! With a supplement of vitamin C, you can

remain bright eyed and bushy tailed along with your dog! A canine's body manufactures it's own vitamin C and doesn't require a supplement.

If the truth were known, some dog food might have better ingredients and be prepared under cleaner conditions than some human food! Which would you rather eat; a rat, a snake or some dog food biscuits?

So, throw on an extra bag or two of Ol-Roy, while you're loading up on groceries!

As few people as possible should know that you have extra food stored. We will see the old ant/grasshopper story come to life! While buying dog food, you might even grab a few 5 pound bags just to give to your grasshopper neighbors, if they come a knocking!

Our forefathers have faced food situations many times before us. It is recommended that you read **Exodus, Chapter 16**. It is interesting to note that God provided for them in such a manner that demanded their allegiance to him. They were instructed, through Moses, to only gather manna sufficient for the day. This kept them looking to God for food each new day. Those who disobeyed, found their stash rotted and filled with worms the next day. Today, any long term storage should not cause us to forget that God is our provider.

This scripture will certainly be of comfort for those who can barely afford minimum storage of food. Realize that God has provided you with the means to gather a sufficient amount of "manna." God has already called you out to be in the remnant. Will He not provide for your daily needs?

As the coming tribulation unfolds upon us, remain faithful to God and trust Him to provide for your needs. Continually seek His help and guidance. Read **Matthew 6:9-13**

Everett Moore

# Survival During Perilous Times

An aid to enduring the tribulation.

## Chapter 2

---

### Dehydrated Storage Food



#### What if This —

In Chapter 1, we talked briefly about the potential of food becoming a major issue in the near future and how to shift shrinking dollars into a valuable asset — food.

We only approached one facet of a survival food situation — buying more of what we already buy — only in volume. Buying in case lots on the internet, we save money, not only on the food, but on the shipping and state sales tax, if any.

Such case-lot purchasing is mostly limited to canned goods. Because of the potential of breakage, anything packed in glass should be avoided. (I speak from experience!)

Another thing to consider when stocking up on regular canned goods is the shelf life. While there are exceptions and variables, I would recommend all case-lot purchases be



#### Became This?

eaten within 2 years. This requires never stocking more than will be consumed within this time frame.

As you buy your initial store or replenish it, you should mark the date on the lid with a marker pen or date stamp.

To augment your canned goods storage program, you might wish to consider the long storage dehydrated or freeze-dried survival foods. Most companies offer a packaged unit that provided food for one adult for 1 year.

The photo on the next page shows the compact size of a typical 1 adult/1 year unit of dehydrated long storage food. For more information, go to: <http://www.efoodsdirect.com/>

They have a lot of good information on the subject of survival food. We took the liberty and have reproduced it below.



## Reasons to Store Food

The only sure thing about the future is that there is no sure thing. Storing food for your family is one of the most prudent actions you can take. No one knows what can or will affect the functioning of society or food distribution. With stored food, you eliminate the worry.

The attention of the nation is focusing more intensely, each week, on families storing quantities of emergency food and water in their homes. Why?

Potential disruptions in the food supply can be caused by a number of factors: (Note the best estimates of the necessary time period for self-reliance.)

- Job Loss/Unemployment
- Economic Downturn
- Quarantines
- Erratic Weather - Droughts
- Earthquakes, Hurricanes and Floods
- Contamination of Food Supplies
- To Avoid Dependency on Commercial Food Storage Centers
- Transportation Disruptions

## How Much to Store

Is a one-year supply of food enough? What about a two-year supply?

If people are fortunate enough to find storable food that they can trust, and if they are fortunate enough to get it stored before it disappears or becomes illegal, and if they're wise enough to get more than a 1-year supply, here's how that supply must be handled.

We must not touch any of that supply until every other alternative has been completely exhausted. When we can no longer grow food in our plowed up lawns, barter, spend cash or trade our cars and other possessions for food, then and only then, should we break open this supply.

You see when conditions have reached the point where the "food of last resort" has to be used, the survival clock starts ticking. If there is only a 2-year supply, that's exactly how long the family has to come up with a miracle to solve the problem of survival.

What about putting in a little at a time starting with a few basic grains and building up your supply gradually? Not a good option — see why.

Let's talk about "nickel and dimeing" a supply — putting in a little at a time starting with a few basic grains and building up gradually. Ten years ago that was an option, not now. Whatever is missing in that supply needs to be filled in immediately. If the supply isn't complete and nutritionally balanced, it is not a supply.

For example, let's look at two families.

One family has a 1-year supply of all the "basic" grains. The other family has a 3-month supply of fruit, vegetables, dairy products, proteins, grains and cereals. In short a complete and balanced supply.

How long will each family survive?

The family with the grains will make it a few days before the beginning of dysentery, and scurvy -

the illnesses the pioneers experienced on the same diet.

The other family with the balanced supply will be fine for at least 3 months. Their only problem is poor judgment in the quantity of supply.

The conclusion is that if a supply is not balanced and complete, it is virtually no supply at all. The council to store what we eat is absolute.

How much is enough? That's up to every family. Is it better to have what you don't need or to need what you don't have

---

### **Food Quality Considerations**

Remember the co-op is responsible for screening the quality of food you receive. The following specifications are required of any supplier that would be allowed to supply your food.

No genetically altered food.

No imports from countries using illegal fertilizers and insecticides.

No nitrogen packing on any seeds or grains, which need to maintain germination percentages.

No "blends". (Dead seed or grain is blended with fresh grain to provide a low selling price while making a strong profit on the old grain.)

No beans raised in heavy irrigation areas. (Removal of high moisture content causes hardness and the inability to cook or use legumes.)

No "triple cleaned" wheat or other grains unless techniques for rock and insect parts removal have been used.

No old "left over" foods. A lot of 6 and 7-year old food is circulating left over from the Y2K rush.

Don't ask a retailer whether they violate these

specifications. If you were in business to sell emergency foods and you had \$30,000 worth of inventory left over from Y2K (some of which was genetically altered imported from Mexico or otherwise sub-standard), you probably couldn't morally see yourself doing anything but dumping it and taking the financial hit. You would never consider selling it to people whose lives would one day depend on it. Unfortunately, there are many who are unable to resist the temptation to get their money back by selling it to innocent, unsuspecting people who don't know what they are getting.

---

### **Food Plan Requirements**

Each 1-year Supply contains over 48 types of food. After adding water, all you do is cook like you would fresh, raw food-enjoying recipes from your favorite cookbooks.

You want your stored food to be as close to what you are currently eating as possible. Flavor and diversity are crucial. That's why the suggested food units include:

More servings of fruit per day than most people now eat.

3-4 daily servings of vegetables.

3-5 servings of protein source foods.

Meat substitutes are made from high-quality vegetable protein, which tends to be more usable by the body than meat. (Real meat cannot be stored without refrigeration or excessive chemicals.)

**Never** store flour-based mixes.

Enough sprouting seeds to grow 1 1/2 cups of highly nutritious fresh sprout salad each and every day.

All foods must have a 12-15 year shelf life.

---

## Packaging and Storage

### Packaging

All foods are packed in double enameled cans. Each container holds between 40 and 60 servings. Use the plastic lids once the can is opened. Store this way for up to one year.

### Storage

Food for 2 adults (2 1-year units) takes about as much space as an average refrigerator. (The equivalent of canned foods would take up around 900 cubic feet or half of a normal size basement.) You can easily store your food in a corner of your basement or in a closet. Do not store in a garage or attic. Avoid temperatures in excess of 110° Fahrenheit (43° Celsius), for prolonged periods.

---

### Additional Items

This is stuff you've got to have!

No matter what emergency food program you choose there are some items without which you won't be able to function. The following are some items that are both easier and more economical for you to acquire yourself. Quantities suggested are for one person for one year.

**Sugar:** Store 25 pounds of sugar for each adult. Sugar is heavy and shipping costs are more than it's worth. Sugar is self-storing and generally does not spoil. (You might consider honey in place of sugar. It's much healthier and stores for ever! — ed.)

**Wheat:** Store 200lbs. of whole wheat per adult. Hard white or hard red winter wheat is best. Wheat, just like sugar, is heavy and shipping costs become excessive. Always avoid storing flour due to rancidity and infestation.

**Cooking oil:** Get at least 10 quarts of your favorite cooking oil at the store. Oil has a shelf life of up to 2 years. It must be rotated. Buy it in quarts rather than gallons. You will have a smaller container open

to spoil if you don't do a lot of cooking regularly.

**Salt:** This is another item to buy in the store. Do not pay "food storage" prices for salt or containers to store it in. Store 10 lbs.

**Raising Ingredients:** Watch the expiration dates on these items and when necessary replenish your supply.

**Yeast:** (2 lbs.)

**Baking Powder:** (2 lbs.)

**Baking Soda:** (2 lbs.)

**Water:** Even though the recommendation is to store a gallon per day for a 2-week period, store more if you can. The average person needs a minimum of 2 gallons a day for drinking, cooking, food preparation and personal hygiene not including showers and baths.

**Water filter:** Start using water purification equipment immediately. If this council is a bit strong for your acceptance, look into present and threatened water contamination in this country. You'll want to clean every bit of water you consume.

**Garden Seeds-the restorable food supply:** Whether a family has a garden or not, we suggest a supply of garden seed be stored. These seeds must be "non-hybrid", called heritage seeds like the pioneers used. They can be grown and replanted year after year endlessly. (Hybrid seeds won't reproduce properly after the first year.) These seeds must also be matched to the climate and growing season of your area.

### Seven Mistakes You Should Never Make

If you don't have enough variety and get "appetite fatigue," you might as well have no food at all.

If you have a lot of basic food and nothing to make it work, you might as well have no food all.

If you don't have the vitamins to keep healthy, the whole supply is devalued.

If you don't have some easy foods for when you can't take another step, life can get hard.

If the supply is not balanced for a complete diet, you really do have no food at all.

If the supply is not stored properly, you will have no food at all.

If you don't know how to use the food and your family won't eat it, you might as well have saved your money because you still have no food at all.

Everybody has heard that we need to "store what we eat and eat what we store." The problem is that what most people eat, doesn't store.

---

## Questions and Answers

These are some of the most common questions we hear from people considering food storage.

**Question.** We've got some of that dehydrated stuff we bought about 15 years ago. It's probably no good. Should we give it away to a "needy" program or just throw it away?

**Answer.** Probably neither one. First replace it. Much of it is probably more than "passed its prime." But if you have the space, keep it. When you have to use your emergency food, open the old stuff first. If it's no good, you can always throw it away then. If it's good, use it or share it with the people we all will be feeding who weren't wise enough to prepare.

**Question.** My parents had a whole bunch of food stored for the last 20 years and never used it. Dad probably spent \$2000. Did he end up wasting his money? Is it possible to waste money storing food?

**Answer.** It's all in how you look at it. Your dad would probably consider that \$8.33 a month for the ultimate life insurance was a pretty prudent investment.

**Question.** We opened some food we bought a couple years ago in the Y2K rush. It was terrible, virtually unusable. We bought from an organization that had the cheapest prices. How could we avoid bad food?

**Answer.** Realize that with any product, expected value must be paid for reasonably. Be more skeptical of low prices than of high ones. Remember the old council "if it looks too good to be true, it probably is." When prices are particular low or high there's always a reason. Ask why.

**Question.** We've stored food for a long time and haven't needed it yet. Why should we store more?

**Answer.** Great, just like with health insurance, the best thing I could wish anyone is that they would never have to use their emergency food insurance.

**Question.** A common quotation is "If you're hungry enough, you'll eat anything." Is this true?

**Answer.** This quotation is usually repeated by someone who is not hungry. If you're hungry enough that you're willing to eat anything, your health is already in danger. So much of our health is affected by emotions that the majority of people, particularly children, are not able to stay healthy on food they dislike or are not accustomed to. (Our country's aid programs have proven time and time again that if you try to feed starving people whose diet consists of rice and raw fish by sending them boat loads of wheat and beef it doesn't work. The people continue to starve, the wheat is dumped in the ocean and the beef gets fed to dogs.)

**Question.** I have plenty of money. Will I always be able to buy what I need?

**Answer.** If food is not available, what value will cash or gold have to a person who has life itself (food) in his possession? What value does money have if it is unable to buy food?

**Interesting note:** The capacity to get enough or more than enough food has always been the ultimate

and final measure of wealth. In hard times, food will establish the value of gold.

---

## Warnings to Consider

Please think carefully about each of these warnings. They just may save your life!

### Warning #1

There's a lot of sub-standard and old food available in the marketplace at this time. Some is 6 or 7-year old, leftover food from Y2K preparations. Some of the food is very low quality because some suppliers who are less than moral have discovered that the average person can't tell the difference between one dry carrot and another dry carrot. Many still have large leftover inventories from 1999. (It's certainly more profitable to unload \$30,000 worth of six year old food. After all it has a 15 year shelf life.)

### Warning #2

Carefully check any supplies that you purchased in 1999. During 1999 over 200 food supply companies popped up many were selling inferior grade food to say the least. You're betting your life on what the lowest bidder put in those cans.

### Warning #3

Absolutely avoid premixed flour based recipes like pancake mix, muffin mix, bread mixes, any items containing flour and raising ingredients. The flour will go rancid and the raising ingredients will go flat. Premixed flour-based recipes will also have chemical reactions between ingredients. Shelf life is usually very, very short. The reason these are included in plans by suppliers is that they are very cheap and they can make a supply look like you are getting a tremendous amount of food.

### Warning #4

Avoid suppliers that include large amounts of wheat and sugar in their supplies (units.) Don't be fooled into comparing weight and calorie count of food units with excessive amount of wheat and canned or bucketed sugar. Suppliers put wheat and sugar in food units in order to raise the calorie count and also

the shipping weight of the unit to make you think you are getting more for your money. Don't buy more grains than you have fruits, vegetables, dairy products and sprouting seeds to balance in your diet. It's usually best to buy your wheat separately and never pay a supplier to sell you stored sugar. (Sugar is self storing. Buy your own.)

### Warning #5

Never buy incomplete sections of food storage. For example, buying a lot of wheat. Second, buying grains and later some powered milk, etc.

A food supply is like baking a cake. You can put in the flour and the sugar and the raising ingredients, but if you can't afford the eggs, you have nothing. It's better to bake a smaller cake with all the ingredients.

Spend your available resources on a complete supply (balanced with fruits, vegetables, dairy products, grains and sprouting seeds), even if it will only feed your family for 3 months. Unless the supply is balance it just won't work.

Melvin has a two-year supply of wheat, beans, honey, milk and salt. John has a 3-month balanced supply of everything. Question: Who will last the longest in hard times? John has a sure 3 months. Melvin might not make it 3 days.

### Warning #6

Buy enough food. Never rationalize what is enough based on your pocketbook. Think, study and plan!!! There are very few situations we are facing where a one-year supply would prove adequate. If we end up needing to be independent for three years, the poor guy that only has a one-year supply only prolonged his personal disaster. You can compare it to needing to make a phone call, but ending up standing in the phone booth all day long with 24 cents in your hand. Less than enough is no better than nothing.

---

## Packing Food Supplies for Long-Term Storage

### Food Grade Buckets

Five gallon plastic buckets for storing grain and legumes can be purchased in your local community. However, you should be careful to purchase food grade buckets as non-food grade plastic buckets can leach gas that will permeate through your food. Round plastic containers protect the contents better than square ones. Food grade, heavy-duty sealable plastic liners in new galvanized steel drums will work as well. The best buckets are opaque. You don't want to expose your food to light as it will diminish shelf life. If you are unable to find food grade buckets locally they are available from eFoods Direct.

### **Protection from Pests — The Bay Leaf Method**

Pests are the the greatest threat to stored food. There are several methods used to insure that pests won't spoil your food supply. We recommend the bay leaf method as it is the easiest and least expensive.

Fill the bucket about one quarter full and place several whole bay leaves directly on the food. Pour in more grain or legumes until the bucket is about half full and put several more bay leaves on top. Do the same thing at three quarters full and finally place bay leaves on top of the filled bucket. Seal the bucket with an air-tight lid.

### **Proper Storage of Filled and Sealed Food Buckets**

To insure that your food stays dry, buckets should be stored on a shelf or pallet and never directly on a cement floor. To maximize shelf life, store your food in a cool (40 to 68 degrees fahrenheit), dry place away from direct sunlight.

### **Salt and Sugar**

Salt and sugar store almost indefinitely if they are kept dry. These items can be stored in the same way as grain and legumes. Because the volume of sugar and salt needed is considerably less than grains and legumes, you might consider storing them in #10 cans rather than five gallon buckets.

If you are a coffee drinker and purchase your coffee in the standard 2 pound cans with re-sealable plastic lids, you can save these and reuse them for storing salt, sugar, baking powder, baking soda and yeast. For added protection, you can line the cans with one

gallon zip lock bags, then fill them with the desired product. Seal them tightly and store them in the same way you do the larger five gallon buckets.

---

## **Basic Food Supply for Local Purchase and Self-Storage**

Ideally we should all have enough food stored to feed ourselves and our families for three to five years. Unfortunately, with the collapsing dollar, record unemployment and global food shortages it's not possible for some people to prepare what they need in order to achieve ideal storage goals. For those people, having a supply of basic food items such as those listed below, may be the only option.

For people who have already ordered the one-year Freedom and Liberty Units, or are in the process of doing so, eFoods Direct has always recommended that these supplies be supplemented by purchasing the following list of basics locally.

Due to shipping costs, it is less expensive to buy these items locally and package them for long term storage using the step-by-step instructions for self-storage. The list below supplements a one-year, one-adult supply of food. It is not to be considered a full year supply in and of itself. A healthy diet requires the additional items included in the Liberty unit.

### **Basic Food List**

100 pounds of whole wheat  
150 pounds of other whole grains (barley, corn, oats, popcorn, quinoa, rye, triticale, rice, etc.)  
75 pounds of Legumes (anasazi, kidney beans, lentils, lima beans, navy beans, black-eyed peas, green or split peas, pinto beans, soybeans, etc.)  
65 pounds of sweeteners (granulated sugar, honey, powdered sugar, molasses)  
2 gallons of cooking oil (vegetable oil, olive oil, etc.)  
2 pounds of baking powder  
2 pounds of baking soda  
10 pounds of salt  
2 pounds of yeast

This list is designed for the average American/western pallet. The Asian diet is more dependent on rice than wheat or other grains and your family should adjust the volume of these items to suite your taste and preferences.

---

Again, go to: <http://www.efoodsdirect.com/> and checkout all they have to offer. This is an excellent source of information, survival food and supplies.

To see a complete list of ingredients contained on one of their survival units, go to:

[www.efoodsdirect.com/files/freedom\\_liberty\\_ingredients.pdf](http://www.efoodsdirect.com/files/freedom_liberty_ingredients.pdf)

**NOTE:**

When reading the contents, you will notice the mention of bacon and sausage and may assume that pork is contained. This is not true. If you read further, you will note that this is specified as TVP (Textured Vegetable Protein) — an all vegetable product. In fact it is listed as being certified Kosher!

These survival units contain no meat products as it simply won't store well, even as dehydrated.

— Everett Moore



**— The “Horn of Plenty” concept of America’s food supply is dissappearing —  
We pray that Americans will soon become aware of our situation!**

# Survival During Perilous Times

An aid to enduring the tribulation.

## Chapter 3

---

# Let's Think About Bad Times

### Could something like this happen to you?

Let's fast-forward a bit in time. Maybe years, maybe as soon as a few weeks — more likely a few months. You have been listening to and studying everything made available to you by myself, Ben Williams and other such sources. You are a listener of Alex Jones. You have the assurance that you are a called-out one by our Heavenly Father and are anxiously-waiting for the return of our King Jesus. For this alone, we need to thank God for choosing us.

Without such hope, we would be facing some pretty terrifying times ahead. It is only natural that you would want to know just what you might be facing. So join me as we examine some “possibles.”

You awaken in the wee hours of the morning and start your trek to the bathroom. Strange, the night light is off and you must grab your standby flashlight to safely find your way without dislocating a toe on some unseen obstruction. You flip the first light switch you encounter — nothing! You turn, look out your window — not a light in the neighborhood.

So far, you haven't encountered anything you haven't experienced before. We have all laughed about how we, even though we know the electricity is off, still, out of habit, will for-

get and flip a light switch!

Again, out of habit, you flush the toilet. It was then you failed to hear the sound of water refilling the tank — you turn a faucet with only a few drops coming out. You're beginning to realize that this is not a usual power outage.

By now you are wide awake, so you decide to have a cup of coffee before you proceed further. Hmmm no electricity — that fancy Mr Joe coffee maker, with all the bells and whistles, sets useless on the counter. No problem, you think, I'll just heat some water for a cup of instant. Habit, again, takes over as you hold a pan under the sink faucet — drip, drip.

A horrible feeling overtakes you as you look at your nice, counter-top gas range. You try it only to learn your gas is, also, off.

Grabbing a few coffee beans to chew on, you grab a portable phone to call a good friend on the other side of town. Only then did you realize that cordless phones require electricity from a receptacle. You found the one old phone that didn't require any AC. No luck as the phone lines are dead.

Ah, your cell phone — you always report phone problems on the cell phone. As you turned it on, you failed to notice the lack of signal strength bars, usually displayed. The cell phone system is down!

You stay calm, grab a few more coffee beans to chew on and retrieve the small, bat-

tery powered radio from a shelf. You are concerned that the batteries might have expired. Luck is with you and it fired up. You tune around, finding only one station on the air — broadcasting “government” information for you. Yes, the very people responsible for our conditions are now providing information for your “well being.”

You are soon to learn that there had been a “national disaster” — so bad, you were being spared the details. The main thrust of the broadcast is to inform you that martial law is in effect and the entire USA is on lockdown! All available national guardsman, police, fireman — yes, even game wardens and forestry service personal are being advised to report to their post for “peace keeping” assignments.

Gas, as a safety precaution, has been shut off. Water has been shut off to preserve as much as possible for fire-fighting.

Common sense tells you that as soon as the sun comes up, there will be total civil breakdown, with looting of everything the looters think they need. Within a few hours, stores will be depleted of all food, water, batteries, flashlights, tools, guns — you name it. It will be like Katrina on steroids!

Where are the civil protectors during all this? The same place they were during Katrina — stealing for themselves.

It is at this juncture that you feel thankful for having heeded warnings and converted a shaky bank account into storage food and a few other necessary items.

It isn't quite daylight yet when there is a knock at your back door. Your grandson has ridden his bicycle over to check on you. You quickly set-up a signal system, whereby all he has to do is simply ride down your street and not even enter. You have some colored

flower pots on the entryway to your house and if you need him to stop in, you merely arrange the pots in a certain order, to signal him.

Finally, you are able to sit down and plan your strategy. A few more coffee beans in order!

Potable water should be everyone's concern. You had stashed a couple of dozen cases of bottled drinking water for just this occasion. Some people forget that their toilet tanks contain about 3 gal each. Your water heater is another source, with anywhere between 30 and 80 or more gal of water.

First attention to your food supply has to be the contents of your freezer and refrigerator. Remember to only open the door just enough to reach something and quickly shut it. Leave ice-cube trays until food is out. Then save for water.

Assess the contents of your refrigerator. Keep only what you can use before spoilage. The balance can best serve your other family or friends. When this is done, re-arrange the flower pots as a signal.

Frozen meats can be cooked on a gas barbecue grill. Hey, you just remembered the gas grill out back — finally a pot of coffee! ! !

We'll end our little scenario at this point. I hope I have gotten you to thinking and planning. No one person will have the same situation so re-write this (if only in your mind) to fit what you may have to endure.

\*\*\*\*\*

## Non-eatable aspect of survival

Since most of your storage food is in tin cans, you'll need a can opener! However, most people use a counter-top electric can opener, and it is easy to forget this one simple item! If you don't have one of those old hand-driven openers, get a couple the next time you're where they're sold.

I want to call your attention to an item that should be on everyone's key ring. and that is:

### P-38 Can Opener

During the WWII, Korean and Vietnam Wars when hungry GI's were ready to dive into their delicious meals of K or C-Rations, they used their trusty P-38s to open the cans. No, it wasn't the famous WWII fighter plane or a German pistol, it was an amazingly simple little piece of 1-1/2 inch stamped metal that was developed in just 30 days during the Summer of 1942 by the Subsistence Research Laboratory in Chicago.

It's official designation is 'US ARMY POCKET CAN OPENER' or 'OPENER, CAN, HAND, FOLDING, TYPE I', but it is more commonly know by its nickname the P-38, which it supposedly acquired from the 38 Punctures required to open a C-Ration can. It is also known by many as a "John Wayne" by those in the Navy and Marines because he was shown opening a can of C-Rations, using a P-38, in a WWII training film. From then on Sailors and Marines referred to them as a "John Wayne."



<http://www.georgia-outfitters.com/index.html>

---

## Emergency lighting

**Q.** What is a flashlight?

**A.** A cylindrical shaped container for storing burned out flashlight batteries!

We have all grabbed a flashlight for a quick job, only to find out the batteries were

dead — because we can't remember the last time we put in a fresh set of batteries. Even the top of the line sealed batteries can and will leak corrosive material, ruining a high-dollar flash light.

Properly-maintained, a good flashlight is a welcomed friend, when the power is off. It's not expensive to keep spare batteries on hand. However, the conventional bulb has

become obsolete for the use we have in mind. These bulbs, beside producing light, also, produce an excessive amount of heat — a huge energy loss.

The new kid on the block is referred to as an LED bulb. Light Emitting Diodes produce very little heat and all the energy goes to making light. A regular flashlight, equipped with such a bulb, will allow much longer battery life. Later, in this article, we'll give you the URL to a excellent source of these items.

The fact that we might have to live for months without electric power, coupled with depleted sources of spare batteries, makes this next little lantern very attractive.

## Wind-up lanterns

**Item DLL \$49.95**

This new Dynamo Hand Crank Wind-Up LED Lantern is lightweight, collapsible, and it will give you endless hours of room-illuminating light while in a blackout, camping, or hiking. The compact design fits easily into a closet or a car trunk for emergencies. It has 15 bright white LEDs that can be dimmed to 9 LEDs to suit your lighting needs. Best of all – it's a wind-up! The Dynamo LED Lantern will even charge most cell phones. Just five minutes of winding gives you 15-20 minutes of light or five minutes of cell phone talk time. Crank folds neatly into the top of the lantern when not in use. It can also be powered via the 12 Volt DC vehicle adapter (included) or with the optional AC adapter (see below). When fully charged the Dynamo Lantern's onboard NiMH battery will provide five to seven hours of light. The Lantern also has a built-in obnoxious, attention-getting emergency alarm. Weight: 1 lb. Size: 8.75" H x 5" Dia. Collapsed size: 6.1" H.

I would recommend everyone have two of these great little lanterns. One in each end of the house.



They can be ordered from:

<http://www.ccrane.com/>

C. Crane is a great source for other items like this. A first class operation — highly recommended.

On the next page I call your attention to another wind-up item you might find desirable.



**Item FRP \$99.95**

If you don't have a radio that will work during a power failure...it's time to look into the Freeplay Plus, the best alternative power, AM/FM, Shortwave radio in America. There's just no better choice for dealing with the frustration of a power failure. You can charge the built-in, NiMH battery pack through the wind-up generator, the solar cells, or the optional AC adapter. A fully-charged battery will run the radio for over 40 hours, and when the battery gets low, you can always wind it. The Freeplay Plus, also, comes with a detachable, 3-White LED light with a magnetic base, making it the perfect combination of essentials you need during a power failure, when you're just "away from it all." Whether camping in remote country, playing cards in a blacked-out living room, or greening your thumb in the garden, the Freeplay Plus can go where you need it, when you want it, and without the need for any external power. Its superior AM, FM and Shortwave reception, also, make it an excellent everyday radio. Continuous coverage of 10 SW bands from 3.0 to 18.1 MHz. Built-in stereo headphone jack. Weight: 5 lbs. Size: 11" W x 8" H x 8" D. With four ways to power it, the Freeplay Plus almost becomes a perpetual radio. This is a C. Crane exclusive.



I highly recommend that you visit C. Crane's website and get on their catalog mailing list.

**Go to:** <http://www.ccrane.com/>

\*\*\*\*\*

If you visit the sporting goods department in stores such as WalMart, you will find several racks of "survival" and camping gear. Most of the items, while neat gadgets, are designed for weekend camping trips and/or backpacking.

Since the scenario at the first part of this article, was about "surviving" in one's own home, most of the items aren't applicable to our situation. However, some WalMart stores carry packets of Mountain House freeze-dried foods for backpacking. If you have no experience with such food, I recommend buying a couple of packs to try out.

You merely cut the package open and pour in a measured amount of boiling water. After mixing, it can be eaten directly from the package. No dish-washing here! The package is, also, re-sealable for eating later.

## More about storage food

E-Food Direct offers two popular 1 adult - 1 year units, the least expensive is their Liberty unit at \$1575 each. They, also, give a list of “must have” items that aren’t included. They are:

1. 20 lbs of sugar or honey. If you plan on sugar, I would recommend Raw sugar as opposed to the white. Honey is a better choice.
2. 100 - 200 lbs of whole wheat in buckets per adult.
3. 2 Gal of cooking oil.
4. 10 lbs of salt and seasonings according to your personal preferences.
5. 6 lbs of raising ingredients - baking powder 2 lbs; baking soda 2 lbs; yeast 2 lbs. Replace according to expiration dates.

If you are new to storage food, this may seem like a large expenditure, especially if you have children. (Depending on ages, you will have to estimate how many adult units to buy for them) However, you should evaluate your investment from more than one direction.

1. If you invest money previously held in a savings account (against God’s usury laws) you are not only pleasing God, but are transferring funds from a bank that could close or devaluate with no warning into a commodity that will appreciate in time.
2. Your dollars are buying food that would cost over twice as much at the grocery stores. This lets you stretch your shrinking dollars.
3. To the right we are showing another, less expensive way to store, 2 months worth of food for one person for only \$350.



### The Grab-N-Go patriot pack

#### Pack Contents

3 Meals a day for 60 days PLUS 20 Extra Meals.  
\$1.75 a meal.

Most meals are 150% or 2 cup servings. All orders are canned fresh and date stamped then shipped within 45 days.

Ama-amA Cereal\*: 36 Meals  
Granola: 14 Meals  
Apple Cinnamon Oatmeal: 18 Meals  
Ama-amA Nutrition Bars\*: 40 Meals  
Chicken Noodle Soup: 14 Meals  
Cheddar Potato Soup: 12 Meals  
Zesty Tortilla Soup: 12 Meals  
Creamy Potato Soup: 12 Meals  
Vegetable Beef Stew: 10 Meals  
Chili Mac: 12 Meals  
Chicken & Rice Casserole: 10 Meals  
Lasagna: 10 Meals

#### In Addition:

Tropical Fruit Snack: 1.5lbs.  
Ama-J Juice Mix\*: 64 Servings  
Sprouting Seed Mix: 4 cups sprout salad per day  
Sprouter  
Multi-Vitamin Tablets: 180 count  
Can Opener

#### (Patriot Pack)

1 adult supply for 2 months Freedom through stored food The Two Month Grab-n-Go Pack (Patriot Pack) is a two-month emergency supply of healthy, delicious meals packed in two cases. All meals are fast and simple to prepare-just add water and heat.

**\$349.00 + UPS shipping.**

While more expensive per month than buying a year unit, you can obtain some immediate food backup on a tight budget.

5. You should consider obtaining your supply of storage food, regardless of size, ASAP. We, as a nation, are facing many potential bad situations that preparedness for the wise is certainly in order.

You're buying insurance, only your insurance could later be "cashed in" for more than you paid for it.

6. There's even more economical ways to experience storage food. E-food and other producers have available smaller, back-pack type units. Designed for weekend hiking trips, they are affordable to most.

7. As I previously pointed out, some WalMart stores and Super-Centers, carry Mountain House freeze-dried foods in individual packets. They usually contain 2 meals and cost less than \$6.00 each. This is an excellent way to "try-out" this food, if you are not familiar with it.

I prefer E-food products over Mountain House for several of reasons:

a. At this time, MH is back ordered several months because of a large sale to the government. (apparently the Gov is stocking up for the next war!!) American Patriots have to wait!

b. MH packs meat in some of their entrees and uses PORK in some of them.

c. E-food advertises with and thus helps Alex Jones" info-wars program. They are on our side and will ship your orders with a 2 week turn-around.

\*\*\*\*\*

## Wheat

Because of the shipping costs, it is recommended that you buy your wheat supply locally, if possible. We recommend buying hard, red, winter or spring wheat if possible. A supplier in Phoenix Arizona with whom I have dealt in years gone by, has wheat available in 45 lb buckets, filled with nitrogen gas and sealed with air-tight lids.

I am presently-awaiting their latest catalog. When I get this information, I will make it available to our readership.

Besides various grains (wheat, corn, rice, beans, etc.) they sell other "survival" items.

\*\*\*\*\*

## Storing items for barter or trade

This is all predicated on how much disposable money you have available, after obtaining all the storable food and supplies you think you should have. Depending on the seriousness and duration of our "predicament," close-nit communities may develop a primitive form of bartering.

What will have the most value that you could trade to someone else or receive in trade from them. Surprisingly, to most, Gold and silver, coin or otherwise, will not have the buying power that you might consider.

Again, we have to let our mind's eye take us to a long-term survival situation and what impact is placed on items other than food.

Clothing will wear out and need replaced or mended. Therefore, sewing supplies could become a valuable commodity. A small package of sewing needles and a few spools of thread might buy you a months worth of food or other items of equal value.

A 50 round box of .22 Long Rifle cartridges could, also, be a valuable item. Likewise for shotgun shells, both 12 ga and .410. A few extra firearms might be worth a fortune.

Extra first aid supplies might acquire a bartering value.

Another item that few think about is ethel alcohol (booze). Besides serving as a cleansing agent and a base for homemade medications, it will become a valuable bartering item. I recommend storing a case or two of vodka (the mid-price stuff). Take advantage of discount stores and case-lot discounts.

\*\*\*\*\*

### More about lighting

As I was closing out this issue, I noticed another package deal of “wind-up” lights and radio that you might find attractive. These, also, are available from C. Crane and are quality items at a good price.

The following is the write-up by Crane about what they call the Calamity Kit!



Power outages seem to be more common lately. Fortuna is home to the Triple Junction of the North American plates so we have earthquakes. After many "dinner in the dark" experiences, C. Crane has the perfect solution for a power failure or other natural disaster that leaves you in the dark – the Calamity Kit! The three-piece kit includes our Indigo Lantern, Sherpa Flashlight, and EyeMax Weather Radio, and this kit is well suited for making dinner for the family and staying informed of any new weather events or other news in your area. These are three items you will truly treasure when the power is out and it is time to eat. With the Calamity kit you can move about safely, see what's cooking and hear what's happening.

Item CLM \$119.95

\*\*\*\*\*

We almost forgot to mention Kerosene lamps and lanterns. Several years ago Alladin lamps were considered in back-to-basic planning. However, their price is now too high to consider. We must, also, consider that petroleum scarcity is part of our problem.

Therefore, I recommend the simple old wick type kerosene lamp and barn type lanterns. Both are available new and inexpensive at large department stores such as WalMart. Consider buying a few containers of their lamp fuel. By using sparingly, a couple of gallons will go a long way.

It is important to remember the safety factor when using these. Basically, you are using a lit, but un-thrown Molentov cocktail! Use maximum precautions around these lamps. Both barns and houses have burned by having a lamp or lantern knocked over! In 1871, Chicago nearly burned down because Mrs. O'leary's cow knocked over a kerosene lantern!

\*\*\*\*\*

Everett Moore