

THE PREPARED AMERICAN

Official Newsletter of The Family Protection Association

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Family Protection Association (FPA) provides information, tools, training, and support for the welfare of American families.

There are more threats to our safety and security than ever before, and we want to unite members with our common goal of protecting our families at all costs. Let's keep our families healthy, safe, and secure.

COPY MACHINE ALERT!

CBS ran a fascinating (and alarming) report that we wanted to share with you.

CBS reporter Armen Keteyian revealed that used copy machines contain a hard drive, *storing an image of every document copied, scanned, or emailed by the machine.*

In the process, it's turned a common office machine into a digital time-bomb packed with highly-personal or sensitive data!

If you're in the identity theft business, this knowledge is like winning the jackpot!

An industry expert in security stated: *"The type of information we see on these machines with the social security numbers, birth certificates, bank records, income tax forms, that information would be very valuable. Nobody wants to step up and say, 'we see the problem, and we need to solve it.'"*

CBS News went with an industry insider to a warehouse in New Jersey, one of 25 across the country, to see how hard it would be to buy a used copier loaded with documents. It turned out to be very easy.

They picked four machines based on price and the number of pages printed.

In less than two hours the selections were packed and loaded onto a truck for a cost of about \$300 each. One of the copiers still had documents on the copier glass, from the Buffalo, N.Y., Police Sex Crimes Division.

In a matter of minutes, the hard drives were pulled out of the copiers. Then, using a forensic software program available for free on the Internet, they ran a scan - downloading tens of thousands of documents in less than 12 hours.

The results were stunning: from the sex crimes unit there were detailed domestic violence complaints and a list of wanted sex offenders, plus a list of targets in a major drug raid!

Another machine from a New York construction company, provided design plans for a building near Ground Zero in Manhattan; 95 pages of pay stubs with names, addresses and social security numbers; and \$40,000 in copied checks.

A copier from Affinity Health Plan, a New York insurance company contained 300 pages of medical records, including everything from drug prescriptions, to blood test results.

These copiers are actually computers that need to be cleaned up. **Be aware, and be careful.** It's commonplace to use print shops like Fedex Office to copy important documents like a drivers license, passport, medical records, or other sensitive information.

To be safe, you may be better off scanning and printing the item at home, or using a smartphone to take a photo, and then printing it yourself. As you can see, it's remarkably easy for private information to become public with most copy machines.



Family Protection ASSOCIATION

The Prepared American is the official monthly publication of the **Family Protection Association** (FPA). We provide you with the **information, tools, training, and support** you need to succeed.

WHY WE EXIST

We live in uncertain times, and now more than ever, the **health, welfare, and safety** of the American family is threatened like never before.

OUR MISSION

We equip you with the **tools, insights, and community** to protect your family from all threats, at all costs. From **health and safety to self-preparedness**, and invitations to test new gear, FPA has you covered. We aim to provide **10x the value** of your modest membership fee.

OUR MEMBERS

Our members are hard working Americans like you, from all walks of life and backgrounds, united in the same cause.

Over the years, FPA has helped over **100,000 people** care for and protect the safety, security, and success of their families.

Let's continue working together to **keep your family safe.**

YOUR ELITE MEMBER BENEFITS:

- * The option to **test and keep gear** valued at up to \$150.00 for FREE (just cover the shipping cost). Look out for our emails, text notifications and announcements in the Facebook community.
- * Thousands of **discounts, savings and giveaways** on movie tickets, oil changes, pizza, car rental and much much more. Members often tell us they're saving \$150+ a month! **Visit: www.FPAdiscounts.com** and fill in your information. In the box marked "Registration Code" enter the word: **FPAMEMBER** (all capital letters).
- * This **monthly printed publication** delivered to your door, with **articles, tips and training on developing new skills**, along with a **test** to evaluate your progress.
- * Monthly **sew-on patch** to mark your ascent through the levels of our survival skills training program
- * Commemorative **collectable challenge coins**
- * The **online community** on Facebook, where our members share ideas and tips about family protection. To join, visit **www.FPAmembers.com** and click on the **+Join Group** button. Please allow 24 hours for approval.
- * Some other **surprise gifts** from time to time!

CHANGE OF ADDRESS? CONTACT US:

Email: support@familyprotectionassociation.com

Call: 512-900-3151 (7am-11pm CST M-F, and 10am-7pm Sat)

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MEET THE EXPERTS

CRAIG CAUDILL



Craig Caudill has spent a lifetime practicing and teaching survival, preparedness and self-reliance skills. He is the director of the Nature Reliance School and teaches these skills in the midwestern and southeastern U.S.

He is an incredibly active blogger and writer for several different blogs and self-reliance magazines. He has appeared on educational television teaching self-reliance skills multiple times.

He has a worldwide student base who study with him through his online self-reliance school. Craig considers himself a student in all things and is regularly studying with other instructors, thinking and practicing outside the box of conventional wisdom, and honing both his abilities and teaching methods.

His students have included military operators, law enforcement special response units, and many average ordinary law-abiding citizens.

DAVE SCOTT



Dave is the Program Director and Lead Instructor at Earth Native Wilderness School. Dave found a lifelong love for nature as a young child exploring Texas' wild places with his brother, Michel. As a teenager, a passion for wilderness survival skills and self-reliance grew while he was involved with his county's local search and rescue team.

After spending five years in the US Army, Dave began pursuing his true passions full time, studying wilderness survival, wildlife tracking, youth and adult mentoring, naturalist studies, and sustainable living skills at wilderness schools across the country.

Dave has worked in Environmental Education since 2003 and, in addition to Earth Native Wilderness School, has instructed at several wilderness schools across the country including the Wilderness Awareness School and Alderleaf Wilderness College. Dave is currently one of only 20 individuals in North America qualified as a Track and Sign Specialist through the Cybertracker Conservation evaluation system, an

international standard for gauging and enhancing in-field knowledge of wildlife behavior and track and sign identification.

Dave is the co-author of *Bird Feathers: A Guide to North American Species* and gives classes on feather ID and Bird Track & Sign throughout the state. As an educator, Dave's passion is to help his students reconnect with the natural world through wildlife tracking, increased sensory awareness, wilderness survival skills, and the development of a strong sense of place.

KAT TRETINA



Kat Tretina is a professional writer based in sunny Orlando, FL. Her passion for personal finance and security is reflected in her work in the home protection industry, where she is a well respected authority.

Kat has a Master's degree in Communications and has also studied self-defense for over 15 years.

She also is active in the dog training community, working with potential protection animals and therapy dogs.

SURVIVAL SKILL #9 ALTERNATIVE POWER

In this training, you're going to learn the **essentials of alternative power.**

It's alarming how dependent we've become on power. Both storing and cooking food requires some kind of power. Communication also requires power - cellphones and computers can't function without being charged or connected to a power source.

Most people could cope with a day or two without power. It would feel like camping. But as more time passes without electricity, the heat or cold weather conditions becomes dangerous for elderly people, people with serious illnesses, and pets.

This information is designed to help you better protect yourself and your family.

Let's get started...

OVERVIEW

The greatest threat that could potentially cause a national power grid outage isn't EMP from a massive solar storm. Nor is it damaging EMP from a high altitude nuclear explosion two dozen miles above our land.

While the effect of EMP can be serious, the probability of an actual EMP strike is low, so these don't worry people monitoring grid vulnerability.

No, the greatest threat we face comes from home grown or imported

TOP FACEBOOK GROUP CONTRIBUTORS THIS MONTH

1		Ray Rogers	45	41
2		Robert Michael Petty	19	64
3		George O'Niel	0	104
4		Mathew Brash	6	44
5		Lynn McMichael	7	26
6		Rhonda Stroud	1	56
7		Cary Rumsey	0	61
8		Kimberly Ann	4	32
9		Mark Huey	0	50
10		Dave Cohn	3	26

Congratulations to the top contributors in the FPA Facebook group! Join us on Facebook at www.FPAmembers.com for tips, ideas, news, and more.

terrorists who are already within our country. They pose a real and significant threat for multiple, wide area physical attacks. And their threat potential is growing.

A report in Self-Reliance Central states that the U.S. power grid is attacked at least once every four days by cyberterrorists or people attempting to physically damage or destroy parts of our electrical infrastructure. These attacks are real and they are potentially quite destructive.

Last year Frank Bates at Patriot Headquarters wrote that one power

company reported receiving about 10,000 cyberattacks each month, and many other utility companies noted frequent cyberattacks each day as our adversaries probed networks to find weaknesses.

Our power industry and Homeland Security have kept ahead of cyber terrorists, but it's a constant battle to keep our national grid safe. Terrorists are persistent. They keep trying to find our Achilles heel.

In the last five years **more than 362 such attacks have caused electrical disturbances or partial power outages.** Many are probing tests to



see just how prepared we are and to identify our weaknesses. Every time I hear or read about an outage, I immediately suspect foul play. A high profile power outage at LaGuardia International Airport in New York made me question how workers could “accidentally” cut through the exact cable that provides power to Terminal C and Parking Lots four and five.

Delta Airlines had to cancel over 100 flights—among all the airlines using LaGuardia 170 flights were canceled, disrupting lives for thousands of travelers. The Delta

communications system was down for over 5 hours and jet ways (jet bridges) and people movers at the terminal were inoperable for almost 12 hours. Normally a construction job does not start without prior knowledge of all the underground objects that are in the area of a work site and appropriate flags or markers are installed on the ground above the work area. What was different about this job?

A short term outage can be endured, but loss of electrical power for several days or longer can cause havoc on society. Communications

can go down, commerce, banking, healthcare, fuel supplies and travel can simply stop working. Countless organizations and individuals will energize backup generators to keep their facilities open and electricity flowing. What happens when they can't keep their generators running because fuel trucks can't deliver the diesel, natural gas, or propane needed to sustain operation?

Our lack of foresight will delight our enemies. They will be happy, but others will suffer because they failed to prepare once again. What's comforting in all of this is that

because EMP is not involved, those who are well prepared should do just fine.

WHAT TO EXPECT

The immediate aftermath of a power grid failure means a loss of communications, sanitation, lighting, cooking, refrigeration, and transportation.

After a couple of days, the disruption in transporting fuel will lead to shortages in other supplies such as food and medication. The supermarket shelves will be emptied very fast. Oh, and the emergency services will more than likely be completely overwhelmed and unavailable.

After a week or so, generators will run out of fuel, and many will experience a disruption in their finances.

As you can see, it will be essential to quickly implement alternative sources of power.

LIGHTING

In a power outage, electrical lighting sources will be unavailable so be sure to have lighting that can run independently of electricity, e.g. flashlights, candles and headlamps, as well as a way to power or light those items such as batteries, matches and lighters.

You should also have a lantern that is bright enough to light an entire room.

Whether you choose lights powered by batteries, propane, or a hand crank depends on your own personal preference.

To conserve as much power as possible, consider storing a solar battery charger set, along with multiple batteries of different sizes to accommodate all of your emergency gear. Solar garden lights and glow sticks can also be brought inside to light up hallways and other frequently traveled areas without draining your battery power.

HEATING

In the case of a power outage in cold climates, conserving and maintaining heat will be key to survival.

Should you find yourself in this situation, gather everyone in your household into one room and lay a towel along the bottom of the door to seal it. Do the same for any windows to limit the possibility of drafts.

By lighting several candles and relying on residual and body heat, you can expect to keep the temperature comfortable for at least 48 hours. After that, you will need an alternative source of heat until the power is restored.

A fireplace or wood stove can also serve as an excellent alternative source for heating.

Should you have access to either, ensure your stockpiles include plenty of fuel to keep your fireplace or stove burning. If this is how you will be warming your family, building an upside-down fire is a good way to have a long burning, self feeding fire. Learn how to make an upside-down fire here.

Another option is a portable propane space heater; however, this carries the risk of carbon monoxide poisoning without proper ventilation. No matter what heating source you choose, ensure you have a fire extinguisher available and ready should you need it.

An option for overnight heating that doesn't involve the risk of flames or noxious fumes is to heat rocks on a fire then transfer them to a Dutch oven or other heat-safe cookware. The heat emitted from the rocks should be enough to provide heat throughout the night without compromising your safety.



In terms of gear, you will want to have blankets and low-temperature rated sleeping bags stored in an easily accessible location, so as to ensure quick retrieval even in the dark. You will also want to ensure each member of your household has enough clothing to cover them from head to toe, and enough layers so that they can add or remove clothing to regulate their temperature.

COMMUNICATION

Having a hand crank radio can be invaluable in a power outage. In addition to providing important communications from the outside world, it can also be used to charge other electronic devices, such as cell phones.

Keep in mind that cell phones and landlines cannot be depended on to work during power outages. It is always best to have backup methods of communication ready.

Immediately after the power goes out, fill your bathtub and, if you have one, your washing machine with water to use for flushing and washing; if you don't have a bathtub, fill as many buckets as you can from the shower or sink.

Find out ahead of time whether or not your toilet will flush without power – this can prevent sewage backup in your home.

If manually flushing your toilet by pouring water into the tank is not an option, make sure to add heavy duty contractor bags and kitty litter to your stockpile – these can be used to craft a toilet by lining a bucket with the contractor bags and adding kitty litter.

You can also purchase a toilet seat to attach to the top of the bucket, which can be especially helpful with children who may be apprehensive about using it

When the bag is full, or before it becomes too heavy to lift, tie it off and store it outside.

Keep a supply of baby wipes on hand to use in place of bathing, this will help conserve water.

In the case of a long-term outage, you will need a means of doing laundry; consider purchasing a hand-operated mobile washer with two buckets – one for washing and one for rinsing.

Don't wait until you are down to your last set of clean clothes before doing laundry – remember, there are no dryers and air drying can sometimes take all night.

FIRST AID

In the case of a power outage, you will most likely be bugging-in and therefore have access to your household first aid supplies.

However, it is still prudent to have a separate store of essential items such as bandages, antibiotic ointments, tools, any over-the-counter medications your family uses, and antidiarrheal medication to help your family cope with the change in sanitary and dietary conditions.

It is also important to remember that emergency services will most likely be overloaded and response times could be slow or the services unavailable completely.

Include a copy of The American Red Cross First Aid & Safety Handbook to help you independently deal with medical emergencies.





PROTECTION

As a power outage drags on, people will become increasingly desperate and the need to protect yourself and your family from those who aren't so well prepared may arise. While firearms are always a popular choice, there are other options as well. Consider reinforcing the entranceways to your home and stocking weapons such as pepper spray.

BACKUP POWER

Depending on your budget and location, having a backup power system for your home can be an excellent way to prepare for power grid failure.

A generator will keep the lights on until power is restored.

The most popular choice as a backup power source for emergencies are gas-powered generators. The **DuroMax XP4400E** is an excellent choice for a gas-powered generator for your home. If you choose to get a generator, make sure it's installed correctly and that you test it out to ensure you're familiar with how it works.

Solar panels mounted on the roof are a great option for homes with adequate sun exposure, and can be used year-round to save on energy bills; however, they are often expensive to purchase and install. From time to time, certain states provide incentives to install such panels, so it's worth checking the cost locally. Of course, as they don't require fuel, solar panels are an excellent way to live off the grid in the long-term.

You may also want to consider the following, less expensive alternatives:

A **bicycle generator** can be used to power small devices and appliances; some kits even include 12V battery charging attachments for creating stored power.

A **solar battery charger** can provide power indefinitely for cell phones and battery-operated devices.

A **portable generator**, such as the WEN 56200i can come in handy for charging cell phones or running a small space heater.

For cooking, the **GoSun Sport Solar Stove** is a clever innovation

to capture the sun's rays and convert them to heat for cooking. You can cook meals and desserts in 20 minutes, reaching temperatures up to 550°F / 290°C, and finish the cooking even under cloudy skies.

By effectively capturing light from a broad range of angles, the GoSun does not require frequent readjustment, making it the lowest maintenance fuel free cooking device on the market.



The **EcoZoom Rocket Stove** is another alternative that can produce heat in minutes from the small sticks you find lying on the ground.

A central combustion chamber forces the heat to mix with the flame, decreasing harmful emissions, while a cast-iron top offers stability for most pot sizes.



As our reliance on electrical devices and appliances grows, the need to have a solid plan prepared in case of power grid failure becomes ever more pressing. As severe ice storms demonstrate, going without power for even several days can have devastating effects.



Finally, consider using portable USB power banks, as they're ideal for charging the numerous devices that connect via a USB port, and they're also inexpensive.

While power grid failure may be one of the more likely disaster scenarios, it is by no means any less calamitous than other scenarios.

Look for units that have a power rating of at least 20,000 mAh, which can charge a phone approximately 8 times. Some of the more powerful units also now include an AC port too.

Use the advice and tips provided in this training to ensure you and your family will fare well should you be faced with having to survive without power for a prolonged period of time.

THE ESSENTIAL KIT FOR OUTAGES

- AA / AAA RECHARGEABLE BATTERIES
- SOLAR POWERED BATTERY CHARGER
- PORTABLE GENERATOR
- USB OUTLET BATTERY POWER BANKS
- BATTERY POWERED PORTABLE LIGHTING
- CANDLES

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE PLAN AHEAD (IF YOU CAN) ...



Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer**
0°F
or below



Group foods together in the freezer to help food stay colder longer.



Store nonperishable foods on higher shelves to avoid flood water.

Freeze **containers of water** and **gel packs** to help keep food cold if the power goes out.

Refrigerator
40°F
or below

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.



DURING WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed to **maintain cold temperature.**

CLOSED

IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for **48 HOURS** if half-full **24 HOURS**

... a fridge will keep food safe for **4 HOURS**

AFTER ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!



Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.



Never taste food to **determine its safety!**

WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:



WHAT SHOULD I THROW OUT?



TEST YOUR KNOWLEDGE

After studying this training, we encourage you to test your knowledge with this quiz. The answers can be found at the bottom right hand corner of this page.

1: THE GREATEST THREAT TO THE NATIONAL GRID POWER SUPPLY IS:

- A) An EMP from the Sun
- B) An EMP from a nuclear attack
- C) Terrorist attack

2: THE MOST USEFUL BATTERY CHARGER IS:

- A) Mains powered
- B) Solar powered
- C) Wind powered

3: IN A POWER OUTAGE, CANDLES CAN BE USED:

- A) For heating
- B) For light
- C) For both light and heating

4: IN A POWER OUTAGE, CELLPHONES:

- A) May not be able to connect
- B) Will always be able to connect
- C) Will be banned from use

5: IMMEDIATELY AFTER A POWER OUTAGE YOU SHOULD:

- A) Panic
- B) Fill the bathtub with water
- C) Check supplies in the fridge

6: SOLAR PANELS MOUNTED ON YOUR ROOF ARE:

- A) Not recommended
- B) Useful in any home
- C) Useful in sunny climates

7: A POPULAR BRAND OF GENERATOR IS:

- A) Durocell
- B) DuroGen
- C) DuroMax

8: COOKING CAN BE DONE WITHOUT ELECTRICITY, USING:

- A) A solar stove
- B) A box of matches
- C) A neighbors oven

9: IN CHOOSING A PORTABLE USB POWER BANK, LOOK FOR A UNIT THAT HAS A CAPACITY OF:

- A) At least 5,000 mAh
- B) At least 10,000 mAh
- C) At least 20,000 mAh

10: AN APPLIANCE THERMOMETER IS:

- A) Useful for monitoring food safety
- B) Unnecessary
- C) Too expensive for most people

COMING UP NEXT MONTH:



HUNTING & GATHERING

Until humans began to domesticate plants and animals about ten thousand years ago, all human societies were hunter-gatherers.

Also called foraging, strategies include hunting or trapping big game, hunting or trapping smaller animals, fishing, gathering shellfish or insects, and gathering wild plant foods such as fruits, vegetables, tubers, seeds, and nuts.

Most hunters and gatherers combine a variety of these strategies.

As a preparedness topic, this is a helpful one so as to be self-sufficient with your food supply.

Look out for next month's training on this important topic!

QUIZ ANSWERS

1c, 2b, 3c, 4a, 5b, 6c, 7c, 8a, 9c, 10a

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