

THE PREPARED AMERICAN

Official Newsletter of The Family Protection Association

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MENTAL TOUGHNESS



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.

EVEN MORE DISCOUNTS FOR YOU!

Are you taking advantage of all the great discounts we offer to you, as part of your FPA membership?!

Since we established our partnership with Abenity, the variety and scope of discounts has been steadily increasing.

Recent offers have included:

- * FREE grocery delivery + \$10 credit with Shipt.
- * 20% off tax preparation at H&R Block
- * 15% off & free delivery of GE appliances
- * 50% off valentines flowers at FromYouFlowers.com
- * 35% off HP desktop & laptop computers, plus printers and ink
- * \$1500 in mortgage savings from Quicken loans.

There's thousands more generous discounts, perks, grocery coupons, and giveaways on everything from movie tickets, pizza, and oil changes, to hotels, car rentals and even NFL tickets.

To access these discounts, visit:

www.FPAdiscounts.com

On that website, when you get to the part that asks for a registration code, enter: **FPAMEMBER** (all capital letters).

It's COMPLETELY FREE to register and use this perk, and you can save a LOT of money every month. After joining, you should get one email a week with a summary of the latest offers.

We had a small group of ELITE members try this benefit, and on average, they saved around \$150.00 in just ONE month!

Be sure to also get the handy app for your smart phone - just look for "Abenity" in the app store. It will even alert you to when there's savings close by, so it works automatically for you in the background!

We're committed to providing 10x the value of your modest membership fee each month! Exciting times are ahead.

SHIPT

Get 1 Month of Unlimited Grocery Delivery + \$10 Credit Absolutely Free [View Offer](#)

H&R BLOCK

Up to 20% Off Tax Preparation Products & Services [View Offer](#)

GE APPLIANCES STORE

Save an EXTRA 15%* + Free Delivery on orders over \$999 [View Offer](#)



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 #10

HUNTING & GATHERING

In this training, you're going to learn the **essentials of hunting and gathering**.

A hunter-gatherer is someone who gets most or all of their food by foraging (collecting wild plants and pursuing wild animals).

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

Let's get started...

OVERVIEW

Sustainability is one of the most important aspects of any survival plan. Food stores and water supplies dwindle the longer you are forced to live in a bug out situation. It's for this reason that learning to find sustainable sources of food is so important for the long-term well-being of you and your family.

Hunting is an excellent way to accomplish this, but it takes up a lot of time and energy. Tracking game, stalking, and hopefully landing a kill shot make hunting a difficult survival skill to master. Even the best hunters aren't successful all the time. This means expending lots of energy without a guaranteed result.

Another sustainable food source is trapping. A skilled trapper can obtain just as much food as an experienced hunter but without expending nearly as much energy. Another plus is that once the traps are set, the trapper is free to complete other survival-related tasks while

TOP FACEBOOK GROUP CONTRIBUTORS THIS MONTH

1	 Ray Rogers	28 Posts	36
2	 Jack V. Smith	8	91
3	 Clinton Stinson	3	81
4	 Ronan Landry	0	88
5	 Rebecca Ruiz	2	64
6	 Melv R. Griffith	0	73
7	 Mark Huey	0	72
8	 Tim McMellon	1	66
9	 Dean Taylor	0	71
10	 Judy Peters	1	65

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

the food comes to him or her.

There's also the security benefits of trapping. During the aftermath of a crisis, there will be thousands, maybe even millions, of people who were not prepared to survive in a post-apocalyptic world. Discharging a firearm could let these people hone in on your location and ultimately result in a confrontation that you would be better off avoiding if possible. Trapping is silent, effective, and sustainable. What's not to like?

In this training, you will learn how the basics of trapping your own food. From modern live traps to ancient Native American techniques, there are plenty of ways

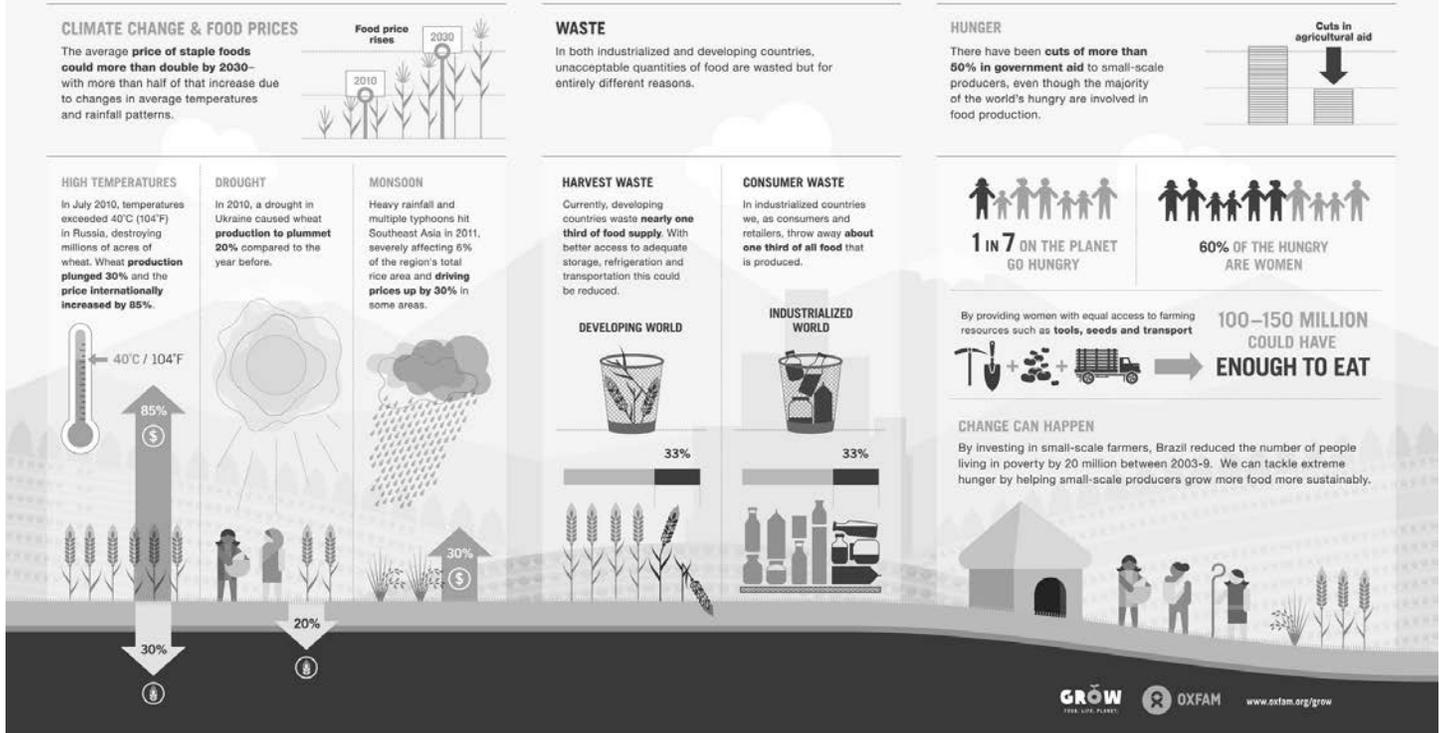
to capture your own food with a few simple materials (many of which can be sourced directly from the wilderness).

You will also learn some of the basic techniques required to become a proficient trapper. It's not as simple as just randomly placing traps in the woods. You need to learn how to find and maintain trap lines. A trap line is the art of placing traps in areas where animals travel frequently.

By learning how to look for animal sign, you will locate the best places to put your traps and greatly improve your chances of success in the field. Although this guide is meant to teach you about trapping equipment and

WHAT'S WRONG WITH OUR FOOD SYSTEM?

Every night **1 in 7 people go to bed hungry**—that's almost 1 billion people worldwide. People are hungry not because there isn't enough food produced but because our food system is broken. In fact, **80% of the world's hungry are directly involved in food production**. We can address this hunger if we support small-scale food producers, tackle climate change and reduce food waste.



techniques, it's also worth pointing out the bigger picture when it comes to food sustainability.

Trapping should not be your only option just as hunting or fishing shouldn't be.

The idea here is that variety is the absolute best way to reliably procure food during a survival situation. By combining hunting, fishing, and trapping techniques, there is absolutely no reason why you cannot guarantee survival even in the worst of circumstances.

TRAPPING TOOLS

It takes some time to master the art of trapping but fortunately, understanding the tools of the trade isn't hard at all.

The tools of trapping vary greatly

but the end result is always the same. Once you understand proper trap placement, it's easy to modify your traps to reflect the conditions of the environment you're in. In many cases, you can even build improvised traps using only the materials found in the wilderness. This level of versatility is one of the reasons why trapping is such an essential survival skill and one that you should definitely take the time to master.

SNARES

The snare is one of the simplest traps to make and use. Basically, a snare is nothing more than a wire noose designed to tighten around an animal as it passes through the trap. This wire is anchored to a heavy object so the animal becomes stuck until you come to check on the trap. Depending on how the animal

is snared, it may be suffocated relatively quickly but this is not always the case. If using snare traps, be prepared to come across animals that are still alive and need to be properly dispatched before taking them home for cleaning and cooking.

Effectively using snares requires proper trap placement because most snare setups do not rely on bait. Snares should be placed directly in front of animal dens or along used game trails for best results.

MAKING A BASIC SNARE

A basic snare can be made from materials probably already in your home. They can also be purchased inexpensively from most sporting goods and outdoors retailers.

If you choose to make your own

snare, you can make snares capable of trapping animals of up to about 10 pounds using copper wire sourced from an old lamp or another appliance. This wire (usually 18-2 gauge) provides enough material to construct multiple snares.

If you don't have an old appliance lying around, a quick trip to the hardware store should provide you with plenty of copper wire options of varying lengths and sizes.

Appliance wire is actually two strands of wire held together by insulation. The first step is to cut the wire into a two foot section (this makes it easier to work with). Next, split the two strands of wire. You should be left with two lengths of copper wire each two feet long.

Use a sharp knife to peel back the layers of insulation from both strands of wire. You should notice that the copper wire is actually composed of multiple thin strands of copper. Take care not to damage these fine strands of copper while removing the insulation. Next, separate the strands in half again. Once finished, you'll be left with four strands of copper wire that are the perfect thickness for making snares.

Twist each strand together to compress the individual copper strands into a single, solid piece. You should twist each strand until it is about the size of a pencil lead. After twisting to size, cut off the ends and twist well to prevent the copper from unraveling in the future.

Now make a loop the size of a dime in each end of all four strands of wire. One of these loops will attach to the anchor point and the other

loop forms the noose. Put one loop through the other to form the noose and then tighten the loop that forms the noose so there is just enough room for the wire to pass through when the snare is under tension.

Once you have completed these steps for all four strands, you will be left with four snares using only two feet of appliance wire. Make as many of these as you want and can carry. The more snares you set up, the better your chances of success assuming you place them properly (covered in a later chapter) and check them often as predators may stumble across your catch and consume it before you get a chance to check the traps.

SPECIALIZED SNARE DESIGNS

The instructions above describe how to make a simple snare but skilled trappers have learned to use this simple snare to create an assortment of designs that can be much more effective than a simple snare alone. One of these variations is known as a *spring pole snare*.

A basic snare requires that the animal walk through the snare and get stuck. As the animal struggles, the noose becomes tighter and the animal is unable to escape. A spring pole snare, on the other hand, forces the snare into action using a trigger system and can greatly improve your trapping success rate.

A spring is constructed using a sapling that is healthy enough to spring back to its original position after being bent over and held at tension. It takes some practice to find suitable saplings but if you have any doubt about whether or not a particular sapling will work, bend it

an release it a few times. If it springs back into shape each time, chances are it's a good choice for the trap.

The purpose of the spring pole snare is to pull the noose tight around the animal as soon as the trap is triggered. These traps can be designed to kill the animal quickly by lifting it clear off the ground or to keep the animal alive until you have a chance to check the trap by keeping the animal off the ground but anchored in place. The strength of the sapling used for the spring pole and the weight of the animal determine whether it the snare will be a live trap or kill the animal quickly. Of course, this isn't an exact science which is why it's important to check your traps frequently.

There are quite a few variations of the spring pole snare mostly dealing with how the trigger mechanism is implemented. Two small pieces of wood are used to create the trigger mechanism. The first piece of wood is used as a stake driven into the ground. This stake is used to hold the spring pole under tension.

Once the stake is in place, the other small piece of wood (3" -4") is attached to the stake. A piece of cordage is attached to this piece of wood and the other end is attached to the end of the spring pole. The loop of the snare is also attached to the trigger mechanism. When the trigger is activated, the sapling springs up, taking the snare and the animal with it.

A spring pole snare can be set up anywhere a suitable tree is present. If there are no saplings around, you can make a similar design by suspending rocks or large branches in the air. When the trigger is

activated, the weight falls and creates an action similar to the spring pole. This is a perfect example of how versatile snare traps can be. Once you understand the basics of trap construction, there is no limit to the number of traps that can be configured using whatever materials are at your disposal.

As another example of how versatile the snare trap is, consider the squirrel pole. This trap plays on the natural curiosity of squirrels to capture multiple animals. To create a squirrel pole, locate a fallen tree or large branch. Remove all small branches and attach multiple snares along the length of this pole. Next, lean the pole against a tree showing signs of squirrel activity. You may be able to catch several squirrels per day using a simple design like this.

DEADFALLS

Another basic trap is known as a deadfall. This type of trap can almost always be constructed from materials you stumble across in the wilderness. Rocks and tree branches are both excellent materials to use when creating a deadfall. In its simplest form, a deadfall is nothing more than a heavy object propped up by sticks to form a trigger system. When an animal enters the trap (usually because of bait stashed within the trap), the trigger mechanism is tripped and the heavy object falls on the animal, crushing it instantly.

Another deadfall design that is much easier to construct is one that has been used by the Paiute Indians for centuries. Aply named the Paiute deadfall, this design relies on a piece of cordage to maintain tension on the support sticks until the trigger

CHOOSING THE RIGHT CALIBER

IF THERE IS ONE THING HUNTERS LOVE AS MUCH AS HUNTING, IT'S ARGUING THE MERITS OF THEIR FAVORITE RIFLE AND CALIBER. BUT, THE FACTS IS, THERE IS NO PERFECT RIFLE CARTRIDGE FOR EACH GAME ANIMAL. EACH CALIBER IS GOOD FOR A SPECTRUM OF GAME, AND AT ONE END IT IS BORDERING ON TOO LIGHT, WHILE ON THE OTHER END OF THE SPECTRUM IT IS TOO HEAVY



SMALL GAME

Rimfire rounds are the perfect choice for hunting short-range varmints



THE LIGHT KICKERS

These calibers are powerful enough to drop deer while still being light and accurate



ALL-AROUND ROUNDS

For everything in between wild boar and white tail deer, these calibers excel



BIG GAME-LONG RANGE

Capable of killing elk and bear some four football fields away



HEAVY GAME

Large, tough calibers for large, tough game. Warning: they kick both ways



JURASSIC

Better call the national guard



ONE GUN FOR EVERYTHING...

... is a concept that has existed for decades. The fact is, a .22 long rifle has been used to kill an elephant - but it's still a really bad idea to hunt elephants with a .22.

And the .30-06 is the cartridge most referred to as an 'all around gun', because there is a wide variety of bullet weights and types for it.

Besides, part of the fun of hunting is having more guns!

"USE ENOUGH GUN"

SURVIVAL MASTERY
Source: survival-mastery.com

is activated. This type of deadfall is actually more sensitive (increasing the chances of catching game) and it is also safer to construct because your hands are not underneath the weighted object during the assembly process. The Paiute deadfall is easy to build.

Two sticks of similar length support the weight of the rock, tree stump, or other heavy object. A small twig is used to form the trigger mechanism and a long, thin branch is used to hold the bait. Cordage is attached to both the trigger stick and the upper support stick. The trigger is wrapped around the lower support stick and held in place by the bait stick. When an animal attempts to get the bait, the bait stick moves, the trigger stick unwraps from the lower support stick, and the entire trap falls down on the animal.

CAPTURE TRAPS

Capture traps are another type of trap that the skilled trappers should become familiar with. Rather than killing the animal, a capture trap is designed to keep the animal alive until you arrive to check the trap. There are a few reasons why you may want to keep an animal alive until you get to the trapping area, but the most common is to prevent meat spoilage.

This is a problem in extremely hot regions of the country where meat could spoil within a couple of hours after the animal dies. In cold climates, the animal carcass is likely to freeze, so meat spoilage isn't as much of a concern.

There are many types of capture traps available but the most commonly used is known as a box

trap. These traps can be fabricated at home although in most cases it makes more sense to purchase them from a sporting goods store when you are first starting out. There will be plenty of time to learn the art of making a box trap in the future.

A box trap works by luring an animal into an enclosed rectangular box (using bait). Once the animal is inside the trap, a trigger mechanism is activated and a trap door closes. The animal is trapped inside the box until you arrive to harvest it. Some trappers drape a cloth over the box trap to help conceal it from animals. Draping a cloth over the trap also helps to protect a trapped animal from the elements until you arrive.

Successful trappers often drape a cloth over these traps to camouflage the trap. Animals are very cautious of new items in their surroundings and will be less likely to go into the trap if it is obvious that it doesn't belong in the wilderness. Draping a cloth over the trap also helps to protect trapped animals from the elements. If an animal dies of exposure before you get a chance to check the trap you have defeated the purpose of using a live capture trap in the first place.

OTHER CONSIDERATIONS

There are few other tricks that successful trappers use when setting up snares, deadfalls, and other trapping mechanisms. While these tricks don't guarantee success, they certainly improve your chances of success.

Channelization is one such technique. This refers to creating a natural looking set of obstacles around the trap in an attempt to

funnel animals toward the trap. You can create such a channel by using three logs around the trap. This setup is known as a 'box canyon' and it works because animals prefer not to move backward while traveling. Once an animal has wondered into the box canyon, that animal is more likely to move forward, toward the trap, instead of turning around. This is especially true when the trap contains bait that is appealing to the type of animal you are targeting.

The box canyon should not be impassable. In fact, it should appear as a naturally occurring barrier for best results. Using small logs, like the ones you might use for a campfire, is sufficient for most small game.

Animals are extremely sensitive to human scent and will take extraordinary measures to avoid this scent whenever possible. Successful trappers always take care to avoid leaving their scent on trapping equipment or on anything in the area of the trap line. There are many ways to cover human scent when setting a trap line. Urine or blood from another animal often works to mask human scent. You can also try cover your hands and anything you touch with mud. Leaving unused traps outside for a couple of days also helps to greatly reduce human scent.

Taking the extra time to reduce or eliminate human scent greatly improves your chances of catching animals so do not skip this important step when setting your traps.

USING BAIT

It's important to understand how to effectively use bait to become a successful trapper. Some traps do

not require bait while others rely on bait almost exclusively to lure animals within range (deadfalls and box traps are good examples of traps that require bait to be effective). You should also be familiar with the types of animals you are targeting. Some animals do not respond to bait at all, some will respond favorably only to certain types of bait, and some animals will be attracted to practically anything you place in the trap.

As an example, a fresh poplar branch is excellent bait while trapping beaver, but it is useless as bait when trapping any other type of game. By taking the time to understand your prey, you greatly improve your chances of success.

That said, there are some bait choices that work well for a variety of small game. Two of these are peanut butter and salt. Both of these items can be stored for long periods of time and are most likely part of your survival rations anyway. The most effective way to use these baits is to spread small portions around the trap line.

This allows the animals to acquire a taste for the bait meaning they will

be less wary of wandering into your trap to get some more.

There are a lot of other foods that work well as bait, but what works and what doesn't may differ from region to region. For instance, while peanut butter may work in 90% of the areas where you trap, there may be areas where animals simply are not interested in this bait.

It helps to study the diet of local animals as animals are much more likely to eat your bait if it happens to be something their natural diet lacks. Trial and error is the rule of the game when it comes to finding the correct bait for a given area and species.

When setting bait, make sure to set it up in a way that ensures the trap will be triggered. Improperly set bait affords the animal with a free meal and is a missed meal for you. If using a deadfall for instance, make sure the bait is placed far enough under the weighted object so the animal doesn't have a chance to escape when the trap is activated.

For animals that don't respond well to bait, lures can sometimes

to an effective way to attract prey. Naturally occurring scents, such as the urine of another animal, can sometimes be effective. These lures, known as curiosity lures, work by playing on the natural curiosity of some animals. Foxes and coyotes are particularly known to be attracted to lures.

Choosing the proper bait for a given area is about trial and error and a little bit of common sense.

If you are in an area with a high concentration of carnivorous animals, it wouldn't make sense to use plant or vegetable baits. Birds, fish, cheese, and even rotten eggs would all be better choices in this scenario.

It may be impossible to capture trap shy animals who have almost been trapped before. If you see plenty of evidence of animal activity in the area but aren't catching anything, you may have trap shy animals in the area.

Congratulations, you have now completed the hunting and gathering training, it's time to test your knowledge on the back page.

ANIMALS THAT CAN BE TRAPPED

RABBIT
BEAVER
SQUIRREL
RACCOON
OPOSSUM
BEAR
DEER

86%

of active hunters
hunted in their
home state only



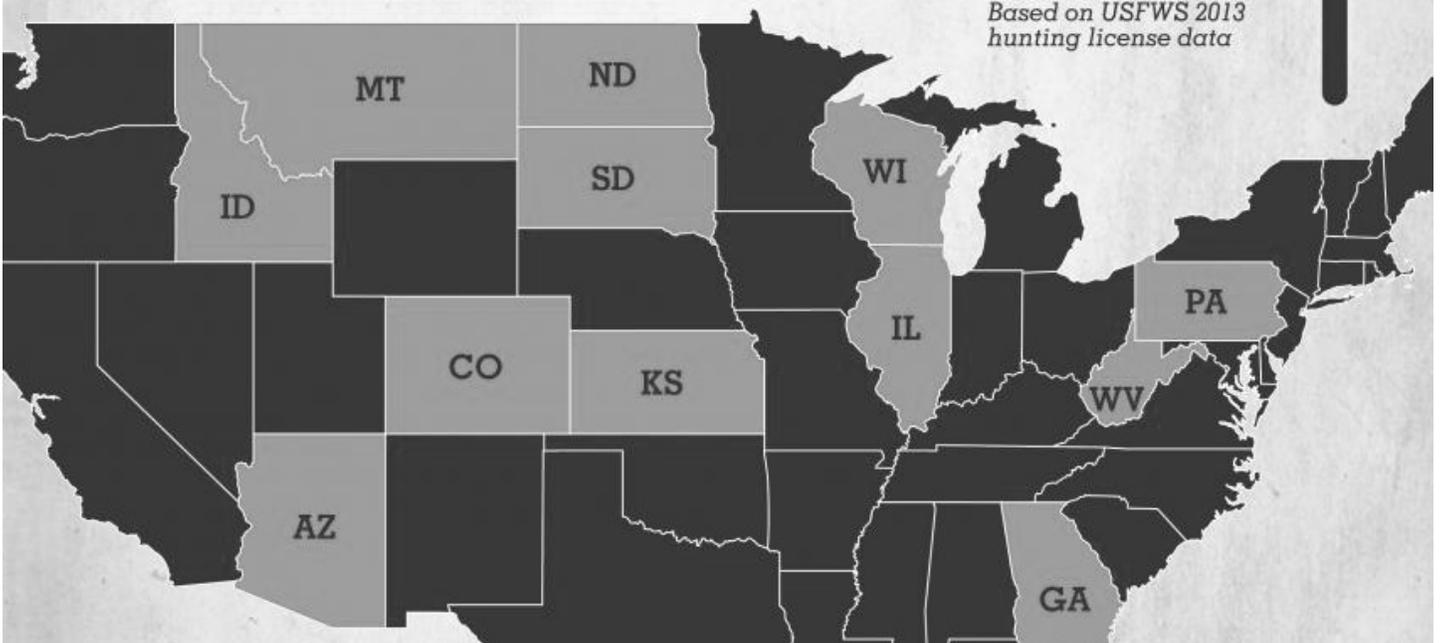
8% hunted in both their
home state and at least
one other state

6% hunted only outside
their home state

TOP 12 STATES For Hosting Non-Resident Hunters

■ North Dakota – 155,865	■ Kansas – 134,220
■ Wisconsin – 150,850	■ Illinois – 130,598
■ Georgia – 144,964	■ Arizona – 118,520
■ West Virginia – 138,662	■ Idaho – 111,428
■ South Dakota – 138,034	■ Colorado – 105,693
■ Montana – 137,756	■ Pennsylvania – 104,188

*Based on USFWS 2013
hunting license data*



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: A HUNTER/GATHERER IS SOMEONE WHO GETS THEIR FOOD BY:

- A) Bartering with others
- B) Going to the supermarket
- C) Foraging

2: A SNARE IS:

- A) A type of battery
- B) A type of drum
- C) A wire noose

3: THE BEST TYPE OF WIRE FOR A SNARE IS:

- A) Copper
- B) Steel
- C) Aluminium

4: A SPRING POLE SNARE USES:

- A) A trigger
- B) A gate
- C) Gravity

5: A DEADFALL SNARE USES:

- A) Another dead animal
- B) A heavy weight
- C) A firearm

6: A CAPTURE TRAP IS DESIGNED TO:

- A) Capture more than one animal
- B) Keep the animal alive
- C) Fit easily in your car

7: DRAPING A CLOTH OVER A TRAP HELPS TO:

- A) Camouflage the trap
- B) Protect the animal from elements
- C) Both A and B

8: TWO OF THE BEST TYPES OF BAIT FOR MANY TYPES OF ANIMALS ARE:

- A) Peanut butter and jelly
- B) Peanut butter and salt
- C) Big Mac and fries

9: A LURE ATTRACTS ANIMAL VIA

- A) Scent
- B) Lasso
- C) A hole in the ground

10: ANIMALS THAT CAN BE TRAPPED IN THE USA INCLUDE:

- A) Bears, beavers, deer
- B) Sheep and cows
- C) Alligators and Crocodiles

COMING UP NEXT MONTH:



MENTAL TOUGHNESS

Mental toughness is a measure of individual resilience and confidence that may predict success in various aspects of life.

As a concept, it originally emerged in the context of sports training, and subsequently it's become about being able to cope with difficult situations, without losing confidence.

To develop and maintain the kind of mental toughness that you need, it's crucial you keep your thoughts and self-talk positive and avoid the habits that lead to negativity and unhealthy behaviors.

We'll discuss this topic in detail, and give you some techniques for developing mental toughness.

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

QUIZ ANSWERS

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

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