

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.

USE THE FACEBOOK GROUP!

Our community is growing stronger by the day, and **one of the key ways to connect with your fellow protectors**, is via our Facebook Group:

Visit: www.FPAmembers.com and you will instantly be redirected to the group.

If you're not a member already, just click on the **"Join Group"** button at the top of the page. It's a private group, so we have to approve you manually, but it will be done within 24 hours, and typically it's much faster.

Once you're inside the Facebook group, please **introduce yourself** to the other members by sharing your name and where you're from - we'd love to say hello and welcome you!

There are **3 main ways you can benefit** from the Facebook group:

- 1) **Read the experiences and reviews** that other members share.
- 2) **Share your own gear reviews, photos, videos, or news items** that you think might be of interest to the group. Members will thank you for it!
- 3) Get **early notifications** of new gear testing opportunities as well as new announcements and benefits from the FPA.

Here's a taste of what's been shared recently among members:

Shawn Helton posted a handy guide on **9 easy to identify edible plants!**

Aaron Breeden shared a handy cheat sheet with the **Top 20 acronyms used by preppers.**

Sean Kettering sparked a lively debate about the **Glock G43 vs S&W Shield.**



Photo provided by Jamie Martinez

Nathan Harris shared how to build a **cold weather survival debris hut.**

Todd Smith shared photos of his **top 50 go bag items.**

Then there's all the **gear reviews** that get added on a daily basis!

We don't want you to miss out on all this great information, so please take advantage of the Facebook Group that comes with your membership!



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 coin** each quarter
- * 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

DAVE SCOTT

CRAIG CAUDILL



Craig Caudill has spent a lifetime practicing and teaching survival, preparedness and self-reliance. Craig Caudill has spent a lifetime practicing and teaching survival 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 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.

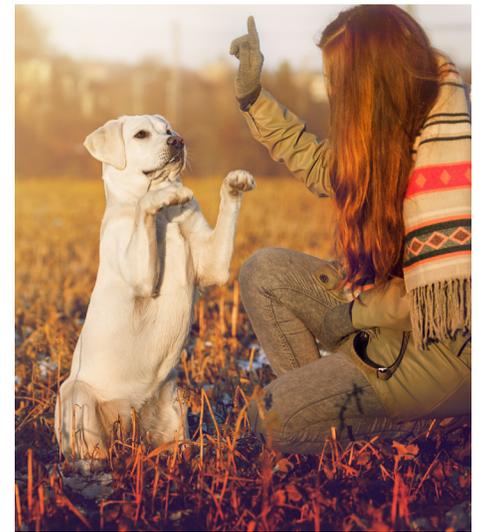
After spending five years in the US Army, Dave began pursuing his true passions full time, studying wilderness survival, wildlife tracking, youth and adult mentoring, naturalist studies, and sustainable living skills at wilderness schools across the country.

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 #2

HOME DEFENSE

In this training, you're going to learn the **essentials of home defense**, to enable you to better protect yourself and your family.

On average, an estimated 3.7 million burglaries occur each year. A household member was present in roughly 1 million burglaries, and in more than a quarter of those burglaries someone became a victim of a violent crime.

Having a home defense plan is important. Yes, the likelihood of it happening to you is slim, but the possibility definitely exists.

Let's get started...

BUYING A GUN

The best defense is a strong offense. A gun is a force multiplier that can even the odds between a 90 pound, frail old lady and a linebacker sized thug, or a man defending his family from a gang of hoodlums. Inside your home you can use a long gun, a shotgun, or a rifle, to defend your home.

Guns end fights fast. An AR 15 or a Remington 870 can handle any intruder at any time of day.

Of course, just buying a gun is not enough to defend your family. You will need ammo, magazines, a good sling, practice, and training. Seek out a competent firearms instructor and learn to defend yourself. Again, practice practice practice, and **become skilled at all aspects of manipulating your weapon.**



HOME SECURITY SYSTEM

Home security systems promise a wide variety of features which can be anything from a simple loud alarm, to something advanced like video monitoring on your smartphone.

A Rutgers study showed that homes with alarms were far less likely to be robbed, and communities in general are safer when security systems are used.

As with all things, there are pros and cons. The main 'con' would be the possible collapse of our delicate power grid. Alarms need electricity!

So why is an alarm system a good idea? First, prior to a SHTF situation you probably have a good bit of money invested in gear, preps and supplies. It would be a shame if they got stolen before anything bad happened. So prior to a collapse the protection of preps is still a good thing to do. After a collapse and pre grid failure, an unmonitored alarm system can still alert you of any intruders. An unmonitored alarm system simply runs off

electricity, and requires no monthly subscription fee. These systems include manufacturers like the popular Simplisafe or Lowe's Iris.

UPGRADE YOUR LOCKS

I can't stress how important it is to upgrade the locks on your exterior doors. Its shocking how poor the locks are on **most** people's doors.

The locksmith who installed my new locks recently showed me how easy and simple it was to open my locked doors. He did it without leaving any trace of his actions!

So what kind of locks should you be using? There are a variety of grades.

The strongest, Grade 1, is not that expensive. We are talking about 50 bucks per lock, which depending on the amount of doors you have is a wise investment.

You could also install deadbolts. Top and bottom dead-bolts make it very hard to kick a door in. Again deadbolts are inexpensive, around 12 dollars, that's all.

SECURITY WINDOW FILM

Protecting windows as a means of entry has always been popular, but planting steel or iron bars on your window is unsightly, expensive and a fire hazard. 3M have created a unique and interesting way to increase your security.

3M offer a window film that easily attaches to the glass on your windows that instantly improves security.

The film makes your windows near shatterproof. Not unbreakable, but shatterproof. When a thief tries to smash a window, instead of the window shattering, the glass breaks but the film holds it all together. So the thief can't get in through the window without trying to cut through the film and break more glass.

AROUND THE HOUSE

Believe it or not there are a lot of things you can do around the house to improve your security that don't require spending any money.

First, lock up your tools! Tools make it easy to break into a home. For example a sledgehammer can open most doors, a crow bar can pry almost anything open, and we all know what a chainsaw can do. Locking up your home may be in vain if someone still has easy access to your tools!

DO SOME TRIMMING

Do you have high bushes? Garden variety or all natural? I suggest trimming anything that's tall enough for someone to hide behind. Any



thief worth his salt is going to be terrified of wide open spaces, and open fields of observation.

In Afghanistan we used open fields as a security measure for our patrol base. The effective range of an AK47 in trained hands is around 300 meters, and we had over 300 meters of open visibility. That was a huge protection for us!

BARRIERS

If you have a long driveway you may decide to make it more difficult for some to simply cruise down the road.

Small barriers made from nothing more than dirt can slow a vehicle down. This barrier only needs to be a few feet high, and positioned

in a serpentine manner. This allows access to the driveway, but slow controlled access.

This type of barrier can be built a variety of different ways, from dirt hills, to an arrangement of 20 gallon planting pots full of dirt.

Of course if you have an abundance of materials you could help control roads as well as driveways in your community. They simply need to be arranged in a staggered formation to make people turn left or right to steer in between them. This slows vehicles down significantly, and makes it nearly impossible for a mobile attack.

BARBED WIRE

A great way to ruin someone's day is a few strings of barbed wire. I suggest barbed wire over "c" wire for a few reasons, the first being cost, because barbed wire is much cheaper.

Another big factor is availability. Any hardware store worth it's salt will carry barbed wire. It can be purchased and stored very easily, and hides well. It lasts, too. As long as it's stored in a dry place, rust won't become an issue.

Tactic 1:

A barbed wire fence is good at slowing people down, but it can be diverted or cut. A better tactic is to use fences to funnel people. People in general will pursue the path of least resistance. So if they see a gate, why cut or try to go through the wire? A gate or controlled entry point makes it very easy to funnel a group or an individual into one area, making it much easier to locate and target a potential threat.

Tactic 2:

Another way to slow people down is to lay barbed wire down on the ground in very tight lines.

The wire should be laid in strands roughly ten inches apart, and a few inches off the ground. This makes it a nightmare to navigate, and slows down anyone trying to cross it. This is a similar trick people sometimes use to keep deer from their gardens.

The wire acts as a potential tripping obstacle, but is easy to spot. So people either have to lift their

legs exceptionally high, or trip and fall in the mess.

This doesn't work as a complete barrier, but it does slow potential attackers down. Again this should be used post collapse, as it opens you up to liability issues and lawsuits.

OP SEC

Op Sec, aka Operational Security should be practiced at all times, post and pre collapse, disaster, or during a SHTF scenario.

Have you ever heard the saying, 'Loose lips sink ships?'

That saying originated during the World War. Essentially, as Sailor Bob tells his wife the battle plans, Bob's wife may innocently tell another, and another and another, until someone unfavorable mentions it to the wrong person, and bad things happen to Sailor Bob and his ship.

So how does Op Sec affect you? Well first it comes down to your preps.

I assume you are prepared. You have invested your time and hard earned money into purchasing food, water, weapons, ammo, etc, and it is yours.

If you start telling people about all your preps before the situation



gets rough it seems pretty innocent. You're not bragging, perhaps just sharing a hobby, or trying to convince another the importance of prepping.

However if the situation gets bad, and people get desperate, well, hungry people are desperate.

Desperate people do desperate things out of fear, and your closest neighbor could become a threat overnight.

So your preps should be hush hush, and your family should be aware of the need for discretion. Avoid talking about your plans to anyone.

GUARD DOGS

The presence of dogs works in much the same way as a security system.

At their root, burglars do not want to bring unwanted attention to themselves. Therefore if they are

looking for places to rob, they will also avoid places where there are dogs.

Why?

Dogs have a tendency to bark at strangers. This serves to bring attention to a location. Therefore a burglar will avoid places that have even signage indicating dogs are present.

So, even if you do not have a dog, get a sign indicating you do! These types of signs are readily available from local stores. A suitable sign states a person must “Enter at their own risk, guard dog on duty” or similar. Again, if a burglar thinks there’s a protective dog on the other side of the door, they will often move on to homes without such protections.

LIGHTING

Although many burglars are brazen enough to rob a house during daylight hours, many will watch patterns or look for signs of absence in your home. Or they may look for opportunities to attempt a break-in at dark.

If you light both the front and back of your home, it’s one more way to protect yourself from night-time break-ins.

PLAN AND DRILL

The sage advice from the boy-scouts to ‘be prepared’ is good advice for protecting your home.

Remember the fire drills that were practiced in elementary school? The

alarm bell sounded and a swarm of generally chaotic people with an inclination for ignoring direction suddenly fell into line and moved to a predetermined point of safety with precision.

In the same vein, create a simple plan for your family, in case of a home invasion.

Move everyone living in your house to a pre-determined point of safety, which ideally will be a room with few exit points. Only leave the security of the room if other loved ones need to be secured.

Everyone should know what starts the plan. It could be an alarm, a whistle, or a predetermined action initiating word. Adults should plan to move to children or the elderly.



Older children should move to younger ones, and you should all move to a predetermined meeting point or hiding place in a room, and stay put.

Panicked people tend to wander around if they don't have a highly defined place, and that's dangerous.

Designating predetermined locations will give you the ability to discriminate targets far more quickly and effectively, especially if an assailant has made it into the kids rooms.

Using techniques similar to those the police employ to deal with active shooters is best for the solo shooter: Don't clear every room or move tepidly through the house. Instead, move quickly and decisively to the objective point, and only engage bad

guys that are an immediate threat or in the way.

Understand the layout of your house and identify likely entry points/weak points. Set up a primary route and secondary route if available to get to your objective, and plot out areas an invader will be likely to move through or toward.

Move to the hold point and wait it out. Remain silent and listen. After sufficient time has passed, go through the home.

If anything indicates that an intruder is present, call the police and let them clear the house in a team.

Better to look a little sheepish than go on a one-man house clearing suicide mission leaving your family members unprotected.

When you call the police, tell them precisely where you and your family are located within the house. Tell them that you are armed, have received firearms training and that all your family members are safe and secure with you.

Ask them to carefully and loudly identify themselves when entering your stronghold.

Once the plan is set, drill it multiple times. Practice. Practice. Practice.

Your wife may think you're a tin-foil, hat-wearing wacko and the kids will probably think it is cool!

Run through it several times, both during the day, then again at night with low light/no light. Also have an occasional surprise drill, just like you did at school. It works!



If and when the real thing happens, you'll be surprised to see how a standard operating procedure keeps a stressful situation a lot calmer and more coordinated.

EARLY WARNING SYSTEM

Police response to home alarms is notoriously slow, and often seems to be set as a priority right above extracting cats from trees.

Forget or even disconnect that part of it, but have a good alarm system installed, set to activate instantly when a door or window is breached. Use it religiously so you'll be acutely aware of the moment someone enters your perimeter.

You have the luxury of knowing who belongs inside those walls and who doesn't. Remember that.

Once your alarm system is in place, the moment you hear it go off, it's time to execute your plan. Make sure to disengage the alarm quickly so you can listen carefully to detect interior movement.

Monitored alarm systems will have the benefit of calling the police.



USING A FAKE TV

Most home invasions occur between 10:00 a.m. and 3:00 p.m., when the majority of people are at work.

You can trick criminals into thinking someone is always there, even when you're away. A fake TV is

inexpensive (around \$30), and uses very little energy. The flickering light mimics a working television, and changing channels. Anyone peering in the windows through blinds or curtains will see the lights and assume someone is there. Just make sure the fake TV unit is out of sight, obviously!

HE DEFENDED HIS CASTLE

An 18-year-old young man's life was cut short unnecessarily when he and another man burglarized a home on Arlington's southwest side.

According to police, "The homeowner shot at the two men who had forced entry into his home." The young man was pronounced dead at the hospital.

Police reports did not describe any weapons among the burglars. Nevertheless, "burglary is risky behavior", said Sergeant Paul Rodriguez of the Police Department. "In this case, a man got up and found two people in his kitchen. He defended his castle."

PREPARE YOUR RESOURCES

Make sure your firearms, flashlights, and telephones are readily available.

Waking up to an alarm, still groggy from sleep, is not the time to be fumbling with combination locks on a gun safe, or searching through a drawer looking for a light.

Install quick-access gun safes next to your bed, and make sure a phone and flashlight are on the night stand. Practice using them.

A good alternative is a vehicle-style shotgun lock like those used by the police. These can be attached

to bed frames and hidden by dust covers but accessed with a hidden switch. Computer cash drawers can be purchased on eBay for peanuts, and with rudimentary knowledge of electronics, they can be wired with battery backup and hidden activation switch.

Stash an old cell phone and charging cord in your stronghold room. ***Even deactivated phones can still call 911.***

Also, store critical first-aid supplies, such as a CAT tourniquet, quick clot agent, and any prescription medicines necessary for household members.

If for some reason you take a hit on

the way to your secure point you'll be able to buy yourself time.

Add a few bottles of water for a short potential wait.

Enter the direct dispatch number for the local law enforcement on your phone, and print detailed directions to your house (and to the stronghold inside the house), and tuck them away in your safe room.

Direct dispatch will almost always function faster than 911. For the ultra-prepared, a great innocuous cover barricade can be made by putting a full set of bookshelves, tightly packed with books, in a strategic place in your strong room.



GET TRAINING!

Don't let the first time you shoot your gun in the dark be when a bad guy has just broken in.

The fewer first-time variables you experience in a real break-in, the better off you will be.

Numerous schools exist that provide valuable instruction and practice in night shooting, civilian room combat, and scenario-based gunfighting skills. Often this instruction is provided by individuals with substantial combat experience.

Find a solid firearms school and make sure you're prepared. *CSAT, TFFT, Gunsite and EAG Tactical* are all good choices, and there are plenty of other good ones out there.

Also consider taking an intensive first aid course that will help you deal with a serious medical issue while waiting for the police to arrive and clear your house.

PREPARED OR PARANOID?

The information in this training will be met by some with the objection that, "home invasions are rare and will never happen to me."

They're partly right, of course. The likelihood of a home invasion happening to you is rare. Insurance companies are highly profitable institutions that bet on bad things not happening. Still, *nearly all of us spend thousands yearly with insurance companies to prepare ourselves for those rare contingencies.* So isn't it logical to be prepared, in case something bad

does happen? We will also hear people say, "that level of preparation is paranoid." One man's paranoia is another man's preparation until the preparation is needed. At that point, paranoia is reclassified as insight. *I'm not paranoid when I drive my car because I wear my seatbelt!*

Being prepared gives you options, and puts you in greater control of your situation. While a home invasion is unlikely, consider the value of the people and things inside your four walls. *A little inconvenience and time spent in planning and practice is a small price to pay to increase the surety of their safety and well-being.*

Congratulations! You've completed this month's training, and you can now turn to the back page to test your knowledge.



TEST YOUR KNOWLEDGE

The FPA works on an honor system. We have enclosed your sew-on patch with this issue, based on you studying this training and answering the questions below.

1: HOW MANY BURGLARIES OCCUR ANNUALLY ON AVERAGE?

- A) 525,000
- B) 1.8 million
- C) 3.7 million

2: WHAT GRADE ARE THE STRONGEST LOCKS? FOR SECURITY

- A) Grade 1
- B) Grade A
- C) Grade 3

3: HOW IS SECURITY WINDOW FILM HELPFUL FOR HOME SECURITY?

- A) Makes a window unbreakable
- B) Makes it difficult to break glass
- C) Stops people looking inside

4: WHY SHOULD YOU LOCK UP YOUR TOOLS?

- A) A burglar could use them
- B) It's more likely they'll be stolen
- C) Both A and B

5: WHY TRIM THE TREES AND BUSHES AROUND YOUR HOME?

- A) So you can see your surroundings
- B) Eliminate places to hide
- C) To keep your garden tidy

6: HOW CAN YOU SLOW DOWN APPROACHING VEHICLES NEAR YOUR HOME?

- A) Put a flashing beacon in place
- B) Put a SLOW DOWN sign
- C) Use barriers in your driveway

7: HOW CAN BARBED WIRE BE USED FOR HOME SECURITY?

- A) To slow down an intruder
- B) To funnel intruders
- C) Both A and B

8: WHAT'S THE MAIN BENEFIT OF HAVING A GUARD DOG ?

- A) They bite strangers
- B) They detect strangers and bark
- C) They fetch balls

9: WHAT DOES THE EXPRESSION 'PLAN & DRILL' MEAN?

- A) It's a construction term
- B) It's unrelated to home safety
- C) Pre-plan and train others

10: WHAT IS THE MAIN BENEFIT OF USING A FAKE TV?

- A) Simulates someone at home
- B) Detached from the house
- C) Either detached or attached

COMING UP NEXT MONTH



In the next issue, we're going to focus on the topic of **field medicine**, with a new training for you.

Did you know:

* **Poisoning is one of the leading causes of accidental death**

* **You should NOT put your head back when you have a nosebleed**

* **Butter applied to burns usually makes it worse, not better**

* **Should you use a hot or cold compress on an ankle sprain? One makes it worse, while the other soothes the pain reduces swelling**

* **Should you break or bleed a blister? Most people get this one wrong**

* **More than half the population don't feel confident in trying to save someone's life, when they are in need of help.**

Let us help you stay safe and secure, and keep your health protected! See you next month!

QUIZ ANSWERS

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