

THE PREPARED AMERICAN

Official Newsletter of The Family Protection Association

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MAPPING & COMMUNICATION



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.

HOW TO CONTROL ANXIETY

Anxiety disorders affect 40 million adults in the United States over the age of 18. *That's more than 18% of the population!*

There is no cure for anxiety, but it can be managed. Here are a few ways to help control anxiety:

1) TAKE TIME OUT

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

2) EAT BALANCED MEALS

Try not to skip any meals and keep healthy, energy boosting snacks on hand such as bananas, apples, almonds, or walnuts.

3) REDUCE ALCOHOL

Alcohol can aggravate anxiety and trigger panic attacks, as can caffeine, so be cautious and limiting both.

4) GET PLENTY OF SLEEP

When stressed, your body needs additional sleep and rest. If possible, 8-9 hours is ideal.

5) EXERCISE DAILY

Exercise can help you feel good and maintain your health. Jogging, walking, biking, or dancing three to five times a week for 30 minutes are great ways to stay in shape.

6) BREATHE DEEPLY

Inhale slowly for 5 seconds and exhale slowly for 5 seconds. This slows your heart rate and regulates your breathing.

7) LAUGH MORE

It might sound funny, but laughter really is the best medicine. A good, hearty laugh relieves physical tension, stress, and anxiety which leaves your muscles relaxed for up to 45 minutes after!

8) TALK TO SOMEONE

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Also, if possible, talk to your doctor or a therapist for professional help.

Finally, learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for the patterns.

There's a famous quote that says, "Worrying is like a rocking chair. It gives you something to do but it doesn't get you anywhere." How true that is. So try to adopt the attitude, if there's something you can do to fix or change a situation, then do it. If not, remind yourself not to worry!



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.

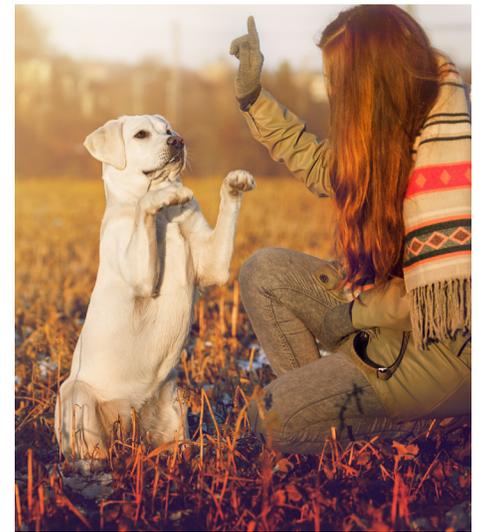
After spending five years in the US Army, Dave began pursuing his true passions full time, studying wilderness survival, wildlife tracking, youth and adult mentoring, naturalist studies, and sustainable living skills at wilderness schools across the country.

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 #4

WATER PURIFICATION

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

According to the CDC, 780 million people worldwide don't have access to a regular supply of clean drinking water!

Obviously that's a shocking stat. Here in the USA we're fortunate to have an abundance of clean water directly out of the faucet - generally.

THE FLINT DISASTER

As you may recall from watching or reading the news, there are places even in the U.S. that have had serious problems with their drinking water supply.

One of those places is Flint, Michigan, which at one time was home to the largest **General Motors** plant.

The Flint water crisis began in 2014 when the drinking water source for the city of Flint MI was changed from Lake Huron and the Detroit River to the cheaper Flint River - yes, it was a cost-cutting exercise. Due to insufficient water treatment, **over 100,000 residents were exposed to very high levels of lead in the drinking water**, and not surprisingly they grew concerned about the health risks.

Scientists at **Virginia Tech** tested tap water from one residents home in Flint and found the lead level was as high as 13,200 ppb. To put this into



perspective, water contaminated with 5,000 ppb of lead is classified by the EPA as hazardous waste!

Starting in January 2016, residents were provided with bottled water for several years while the mess was sorted out.

This example from our own backyard shows that ***we should never blindly believe that we'll always have easy access to clean drinking water***, or even any water from the state supply! Certain parts of the country face ongoing severe droughts.

As a responsible person, you owe it to yourself and your family to be aware of this issue, and be prepared to create your own water supply.

Let's get started...

The first point to clarify on this topic is the difference between water filters and water purifiers.

Water filters remove particles, contaminants, and impurities from your drinking water as it flows out. The water typically flows through

some kind of filter cartridge that captures the impurities.

These systems can be used to remove even tiny particles including bacteria and microbial cysts. Note that ***water filtration systems do not treat viruses in any way***. And while water filters do clean water to an extent, they should not be relied upon as the sole means of getting safe drinking water for you and your family.

Water **purification** systems on the other hand not only remove what filters do, they also remove minerals, biological contaminants, viruses, chemicals, and other materials.

Water purification is a chemical process typically using either iodine or chlorine.

Although iodine is the preferred chemical, chlorine is often used in its place to make sure those with an iodine allergy are still able to consume the cleansed water.

So both water filtration and purification serve useful functions.



In a disaster situation, water is the most precious resource. Safe drinking water is essential for your survival.

Preparing for an emergency situation means keeping water supplies on hand. But it's very important to consider water purification supplies and not rely solely on stores of water, as they can quickly run out.

7 WAYS TO PURIFY WATER WITHOUT ELECTRICITY

Many people have prepared emergency kits in case of regular disasters, such as a power outage or intense snow storm.

The kits usually include food, medicine and jugs of water. But in an actual emergency situation, stores of water will be depleted quickly, and

clean drinking water can be hard to find.

Water is the most essential supply you can have; your body can only go three days without it.

Thankfully, water is prevalent in most areas in the forms of creeks, streams and lakes. However, the water can be filled with bacteria and other harmful substances that can make you violently ill if you drink it.

Finding a reliable way to purify the water is a necessary survival skill. If electricity and gas are not accessible, you need to find alternative ways to get the water you need other than boiling water on the stove-top to keep your body running.

Here are seven ways to purify water, without relying on electricity or gas-powered appliances:

1. Boil water over a fire:

A pot is an essential emergency kit tool. If you can start a fire, you can boil water in the pot over the flames. **A rolling boil for at least ten minutes will kill any bacteria in the water.**

2. Place hot rocks in a canteen:

If you don't have access to a pot and only have a water bottle or canteen, you still can use the fire to purify the liquid.

Throw some rocks into the fire and let them sit there for thirty minutes to make sure they are really hot. Then fish them out using gloves or other material to protect your hands, and place the rocks in your container.

The hot rocks will heat the water; within a half hour, the water will be safe to drink.

3. Create a solar still:

The solar still works via the same principle as the “greenhouse effect”.

Solar energy heats the ground by passing through a clear plastic barrier. Moisture from the soil then evaporates, rises and condenses on the underside of the plastic barrier above.

If you cannot start a fire but have access to the sun’s rays, a solar still is a good water collection (and natural purification option).

Use a bowl or anything that can hold water, and put a weighted cup or smaller bowl inside of it that cannot float.

Fill the first bowl with water, making sure to get no liquid in the inner container. Cover the bowl with clear plastic wrap or a tarp, securing it tightly with string or twine.

Place a rock or other heavy object on top of the wrap, over the inner cup. Then, position the bowl in a very sunny area.

The water will evaporate but become trapped under the plastic wrap. It will form under the rock and drip into the cup; any particles or dirt will be left in the main bowl, and the

water in the cup will be drinkable.

While this is an admittedly low-tech option, it can take at least half a day or longer for this to work fully.

4. Pump water purifier:

A pump water purifier has many uses, whether you’re camping for leisure or are in an emergency situation.

Many options are available, from small, portable models that easily fit into a backpack to larger versions that can pump several liters of water quickly.

Smaller versions require your manpower to work, with you doing the pumping yourself. The more sophisticated ones lessen or eliminate the need for hand-pumping, saving you valuable energy in a disaster when you need your strength. More on these later.

5. Water bottles with built-in purifiers:

One of the most convenient options, many water bottles are available now with built-in purifiers. When shopping, look for ones meant for camping or survival preparation, rather than everyday bottle filters intended to improve taste. Be sure you know what you’re buying!

6. Purification drops or tablets:

While iodine tablets tend to leave a bitter taste, they are a convenient and fast method to get clean drinking water and one of the most inexpensive options.

Purification tablets or drops are available at most outdoor recreation stores and even at some big retailers.

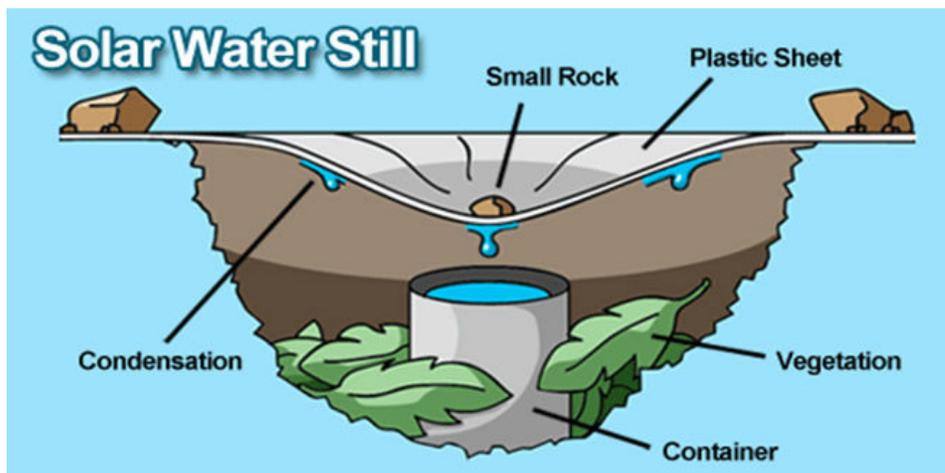
For best results, the water you use should be over 68 degrees Fahrenheit (21 degrees Celsius) as colder water does not react as well to the tablets.

After dropping in the tablet, you normally have to wait about thirty minutes or more for the water to be cleansed, so it does take some time, it’s not a rapid option.



7. Ultraviolet purifier:

A convenient option that fits easily in a pack or kit is an ultraviolet (UV) purifier. Running on batteries, an ultraviolet purifier can cleanse a liter of water in under one minute and eliminates almost all bacteria and contaminants. To use, you simply put the UV wand in a container holding up to one liter of water. You hold the wand in the water for approximately one minute, until the signal on the side of the purifier lights up. While UV purifiers are effective, it’s important to remember that it will only clean the water of bacteria; it cannot filter out dirt or mud, so you will need to filter it first.



HOW TO MAKE A WATER FILTER IN THE WILD

Remember, just because water looks fresh and clean out in the wild, doesn't mean that it is. This means that learning how to purify water anywhere is a valuable skill to learn.

Here's how to purify water using a handmade filter so it's safe enough to drink.

You will Need:

Empty Bottle

Sand

Rocks (small and medium)

Charcoal

Grass (or) Leaves (or) Fabric (or) Coffee Filter (or) Cheesecloth

Water

You'll need to first cut the bottom of the bottle, which will become the top of your filter (see the illustration on the right). You can use a knife or scissors to do this.

Then, layer the materials into the bottle in this order:

First - Fabric

Second - Small Rocks (gravel sized)

Third - Sand

Fourth - Charcoal

Fifth - Sand (again)

Sixth - Medium Rocks (pebble sized)

The idea is that as the water passes

each layer, it becomes more cleansed. Charcoal has natural purifying qualities. The sand captures all the fine dirt particles. By the time the water has reached the bottom of the vessel, it has to pass through the cloth, coffee filter, the grass or whatever else you've used.

This layer catches all the large particles left, and you're left with good clean drinking water coming out the other end.



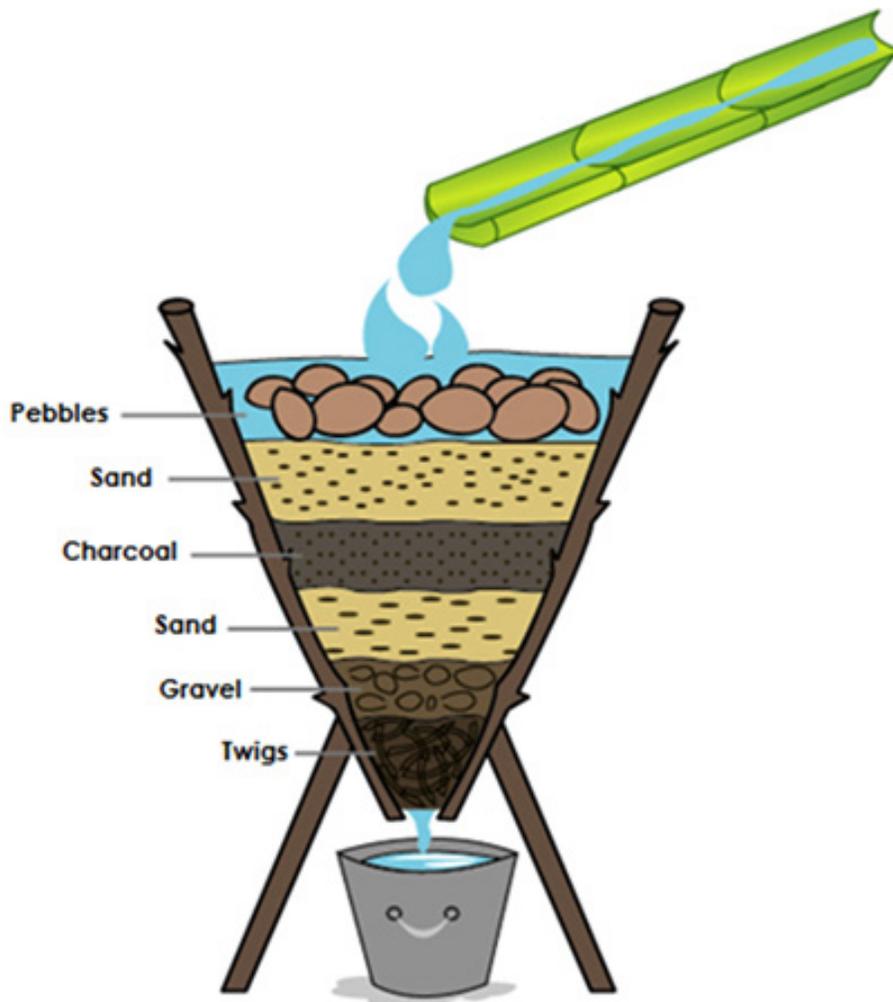
On the left you can see another variation of the same principle in action, using a makeshift stand instead of a water bottle.

If you have kids, this is a really fun science project you can do with them, to demonstrate how easy it is to filter water with commonly found items.

It will teach the kids about the same fundamental processes that water plants use.

As you can see here, putting the filter together is a simple process, and it's easily done on a tabletop in about an hour or less. It's perfect for a rainy day!

Since it's just an experiment, avoid drinking the water just in case!



DISINFECTING WATER WITH SUNLIGHT

When you think about purifying water, most people think of iodine crystals, chlorine tablets, ceramic filtration systems, and boiling, but what happens when these common purification methods aren't available?

Well, let's now review yet another method for disinfecting water that is a lot easier than most people think.

It's called **Solar Water Disinfection**, or SODIS for short, removes 99.9% of harmful pathogens from any source of drinking water using only the power of the sun and a clear glass or plastic container.

Seems simple enough, right?

Here's how it works: Sunlight contains a wide spectrum of light; some of it is visible to the naked eye and some of it, well, isn't. One

component of sunlight is ultraviolet light and this UV spectrum is what makes SODIS work.

Without getting too scientific, let's take a look why SODIS is effective before moving into practical survival applications of the technique.

One component of the UV light emitted from the sun is known as UV-A and it is what allows us to leverage sunlight to kill bacteria and other harmful biological contaminants through a two-part process.

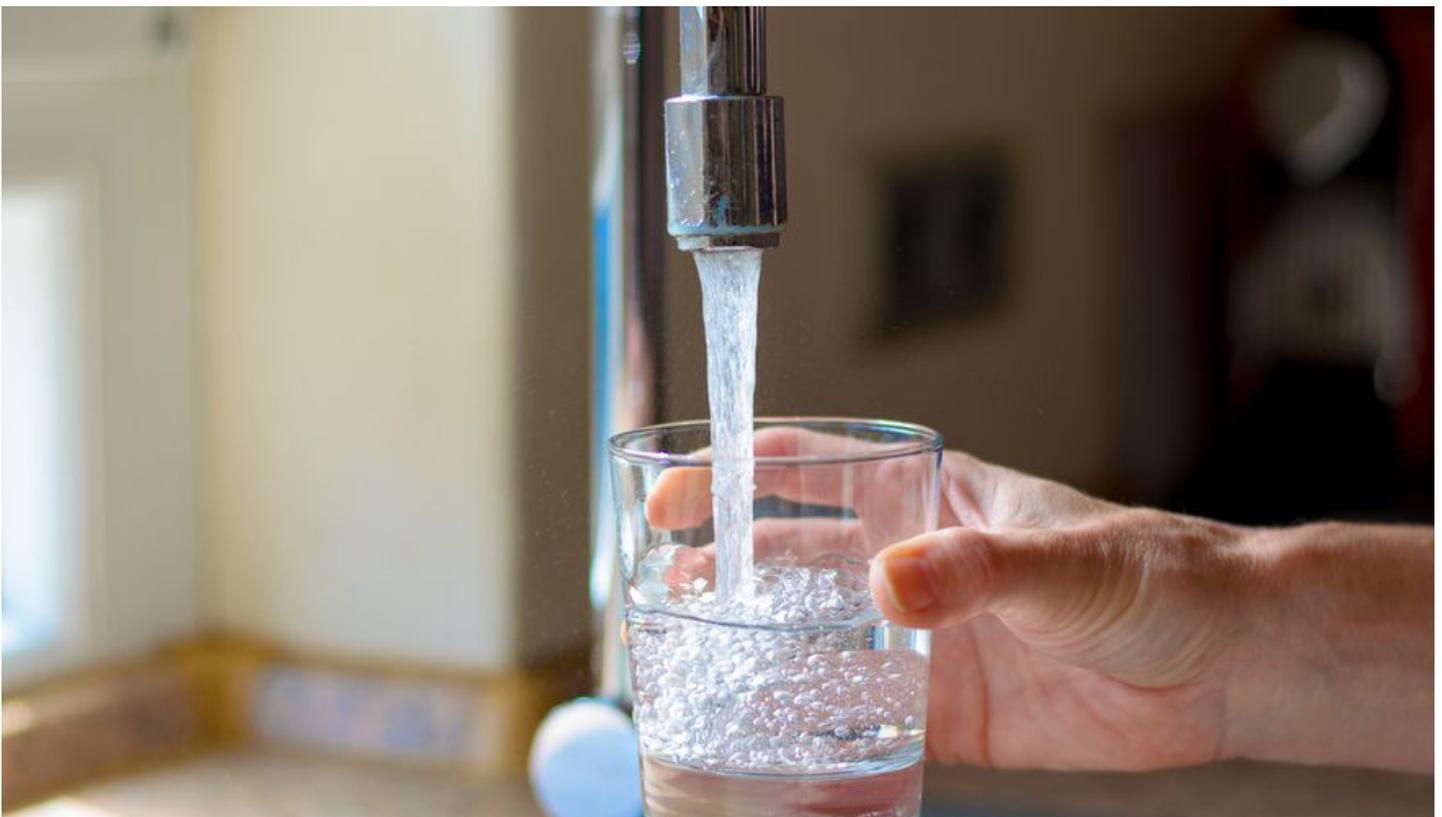
First, UV-A interferes with the metabolism of bacteria by destroying the cellular membranes encapsulating these pathogens. UV-A also reacts with dissolved oxygen in the water to further damage bacteria.

This "one-two" punch is an extremely effective way to disinfect any water sample without specialized

equipment or supplies. In fact, the only requirements to make SODIS work are water and a clear glass or plastic container which allows sunlight to penetrate the water sample.

Let's say you find yourself in a survival situation without any way to purify water using more conventional methods. SODIS is the answer. Simply take some water, put it into a clear glass or plastic container, and place it in direct sunlight. You might already have a suitable container on hand or you may have to source one from the area. Ground litter (unfortunately) and dumpsters are both good sources if you need to find a container.

SODIS is easy, but it isn't quick. Water disinfected using this method must be left in direct sunlight for at least 6 – 8 hours for best results. If the water is very cloudy (known as high turbidity), it will take even longer because UV-A light won't



be able to penetrate the water as efficiently compared to clear (low turbidity) water.

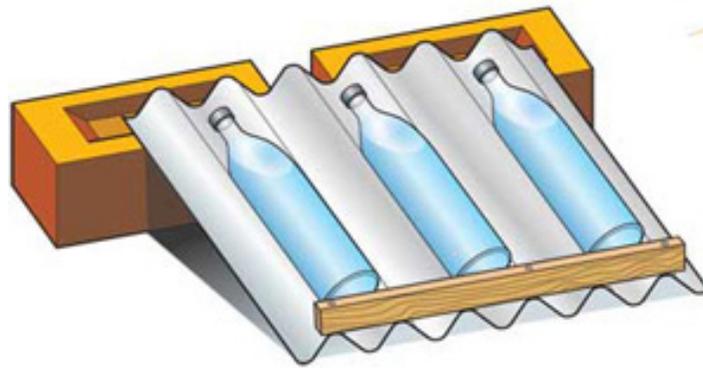
If the only water source in the area has a high turbidity, you can increase the effectiveness of the SODIS technique by filtering water first.

At the very least, a piece of scrap cotton can be used to remove larger sediments and slightly decrease turbidity.

Stretch the fabric over the mouth of the SODIS container and slowly pour contaminated water through the fabric, discarding any debris collected.

Another, more effective option is to fabricate a makeshift charcoal filtration system using charcoal collected from a campfire and an assortment of graduated pebbles.

Not only will this remove most sediment from a water sample, it also has the added benefit of removing other harmful organic compounds (like VOCs) from the water before disinfection using SODIS.



While creating an improvised charcoal filtration system isn't always possible, this is definitely the best technique to use in conjunction with SODIS for purified drinking water in any survival situation.

Although this technique seems simple enough, do not underestimate its effectiveness.

In many underdeveloped countries, SODIS is a primary means of water purification; especially in areas where electricity and chemical purification methods are unavailable. In Indonesia, for instance, SODIS is used on a large scale to disinfect

hundreds of gallons of water at a time.

Add this technique to your bag of tricks and be confident that no matter where you are, you can purify drinking water with just sunlight, a suitable container, and enough patience to let UV-A work its magic on harmful bacteria.



THE 7 WATER SOURCES

1. *Groundwater*
2. *Upland lakes and reservoirs*
3. *Atmospheric water generation*
4. *Rainwater harvesting or fog collection*
5. *Rivers, canals and low land reservoirs*
6. *Desalination of seawater (by distillation or reverse osmosis).*
7. *Surface Water (Freshwater bodies that are open to the atmosphere)*

WATER FILTERS FOR YOUR BUG OUT BAG

All of the preceding methods we've covered in this guide require a fair amount of effort, so are there any off the shelf products that can help you filter water faster and more efficiently in a SHTF situation, or even frankly when you're camping.

Yes!

One such product that's popular is called *LifeStraw*.

LifeStraw and similar products are ideal for hiking, backpacking, camping, travel, and emergency preparedness.

The straw-style filter design lets you turn up to 4,000 liters of contaminated water into safe drinking water.

*** Filters up to 4,000 liters (1,000 gallons) of water**

*** Removes 99.999999% of water-borne bacteria (>LOG 8 reduction), including E-Coli**

*** Removes 99.999% of water-borne protozoan parasites (>LOG 5 reduction), including Giardia & Cryptosporidium**

*** Removes 99.999% of Microplastics**

*** Reduces turbidity, filtering down to 0.2 microns**

*** Ultralight (weighs only 2oz)**

*** Does not use iodine or iodine resin**

*** Reasonably priced (around \$15 each)**



A *Time Magazine* Invention of the Year winner, the LifeStraw Water Filter contains no chemicals, no batteries and no moving parts to wear out.

The straw design is ideal for purifying water from streams, lakes, ponds and other contaminated sources.

Interestingly, LifeStraw has met (and in some cases surpassed) EPA standards for water filtration in independent testing.

LifeStraw has been used around the world under extreme conditions for humanitarian relief, providing clean drinking water in developing

communities. The unit shown on the left measures 9" x 1" x 1" and weighs 0.1 pounds.

As a way of giving back, the company promised to insure that one child in a developing community receives safe drinking water for an entire school year.

HOW DO YOU USE IT?

By uncapping both ends and taking 5 quick sips from the mouthpiece, in the same way as a regular straw.

HOW DOES IT WORK?

LifeStraw uses an advanced hollow fiber technology. What is that? It's a resistant material with pores that are smaller than the size of bacteria and parasites.

Through suction, only clean water passes through the pores. This highly efficient method of filtration requires no chemicals.

HOW LONG DOES IT LAST?

Once the filter reaches the end of its life, the membrane clogs naturally and won't allow any more water to pass through.

USE CAUTION

This type of filter will NOT filter out chemicals, toxins, or human waste. For example, don't use it if you believe there to be a factory or mine upstream, or if you believe there's human waste in the water (either urine or excrement).

It's also unsuitable for use with sea water, since it cannot remove the salt that makes the water unsafe.

Another option on the premium end of the scale is the **Katadyn Pocket Microfilter**.

This unit is made of the highest quality construction, to be robust and durable. It's a water filter that's ideal for long lasting continuous use, even under extreme circumstances.

The filter's silver impregnated ceramic element is effective against bacteria and protozoa, using a micro filtration method.

Up to 1 quart (1 liter)/minute Cartridge Capacity, up to 13,000 gallons (50,000 liters), depending on water quality.

This pocket water filter is a favorite of outdoor enthusiasts, international travelers, and even the U.S. Military.

The round pump handle at the top makes it easy to do the pumping; and an outlet hose attaches to containers with a clip. So you would insert the bottom hose into the water supply, and the top hose into the container you want to fill.

The initial outlay is admittedly expensive, at around \$270. But if it's something you plan on using regularly it may be better value for you than some of the other cheaper, pocket water filters.

Why?

The Katadyn is rated to filter a whopping 13,000 gallons of water. You would need many many replacement filters from the other brands to match this level of water filtering.



TEST YOUR KNOWLEDGE

The FPA works on an honor system. You can claim your sew-on patch, based on you studying this training and answering the questions below.

1: WATER FILTRATION IS ALL ABOUT REMOVING:

- A) Bacteria and viruses
- B) Contaminants and impurities
- C) Dirt

2: WATER PURIFICATION SYSTEMS REMOVE:

- A) Minerals, viruses and chemicals
- B) Dirt
- C) Radiation

3: WATER PURIFICATION IS WHAT TYPE OF PROCESS?

- A) Filtration
- B) Chemical
- C) Filtration and chemical

4: HOW LONG SHOULD YOU BOIL WATER FOR, TO MAKE IT SAFE TO DRINK?

- A) 5 minutes
- B) 8 minutes
- C) 10 minutes

5: HOW LONG CAN THE BODY SURVIVE WITHOUT WATER?

- A) 2 days
- B) 5 days
- C) 3 days

6: PURIFYING TABLETS WORK BEST WITH:

- A) Cold water
- B) Room temperature water
- C) Hot water

7: "SODIS" IS AN ACRONYM THAT DESCRIBES WHAT POPULAR WAY TO FILTER WATER?

- A) Solar water disinfection
- B) Solar heating system
- C) Solar disintegration system

8: HOW MANY SOURCES OF WATER DO WE HAVE?

- A) 9
- B) 6
- C) 7

9: ONE POPULAR PORTABLE WATER FILTER IS CALLED:

- A) LifeStraw
- B) LifeVest
- C) LivelyStraw

10: ARE IODINE TABLETS THE IDEAL WATER PURIFICATION METHOD?

- A) Yes, it can be used by everyone
- B) Iodine should never be used
- C) Some have allergic reactions

COMING UP NEXT MONTH



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

Did you know:

* Every year thousands of people get lost just a few miles away from civilization.

* There are 4 critical things you should do immediately after realizing your lost.

* It's easier than most people think to carry and use an emergency locator beacon.

* It's essential to plan ahead even when on familiar trails, because the unexpected can happen at anytime.

* You can learn useful skills that enable you to accurately retrace your steps if needed.

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

QUIZ ANSWERS

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