

Understanding Survival and What a Freemason Can Do to Prepare!



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By the Numbers....

☐ Are Americans actually prepared?

- Compared to their neighbors “about as prepared” – 53%
- More prepared than their neighbors – 23%
- Less prepared than the rest of the country - 24%

☐ How long could you last?

- Would only last two weeks based on their current supplies – 40%

☐ How fast could you evacuate?

- Need 15 – 60 minutes to leave their home – 49%
- Ready to leave with all the things they would need to survive - 8%

The major finding of the survey, conducted by Kelton Research, showed that 85% of Americans do not feel prepared for a catastrophe.

By the Numbers....

Americans Need a Disaster Reality Check



More than half of all Americans fear they will experience a natural or manmade disaster.



Believe a **72 hour emergency kit** recommended by FEMA or the Red Cross would improve their chances of surviving a disaster.

Have made no effort to put together such a kit.

BASIC EMERGENCY SUPPLY KIT



*One gallon of water per person per day

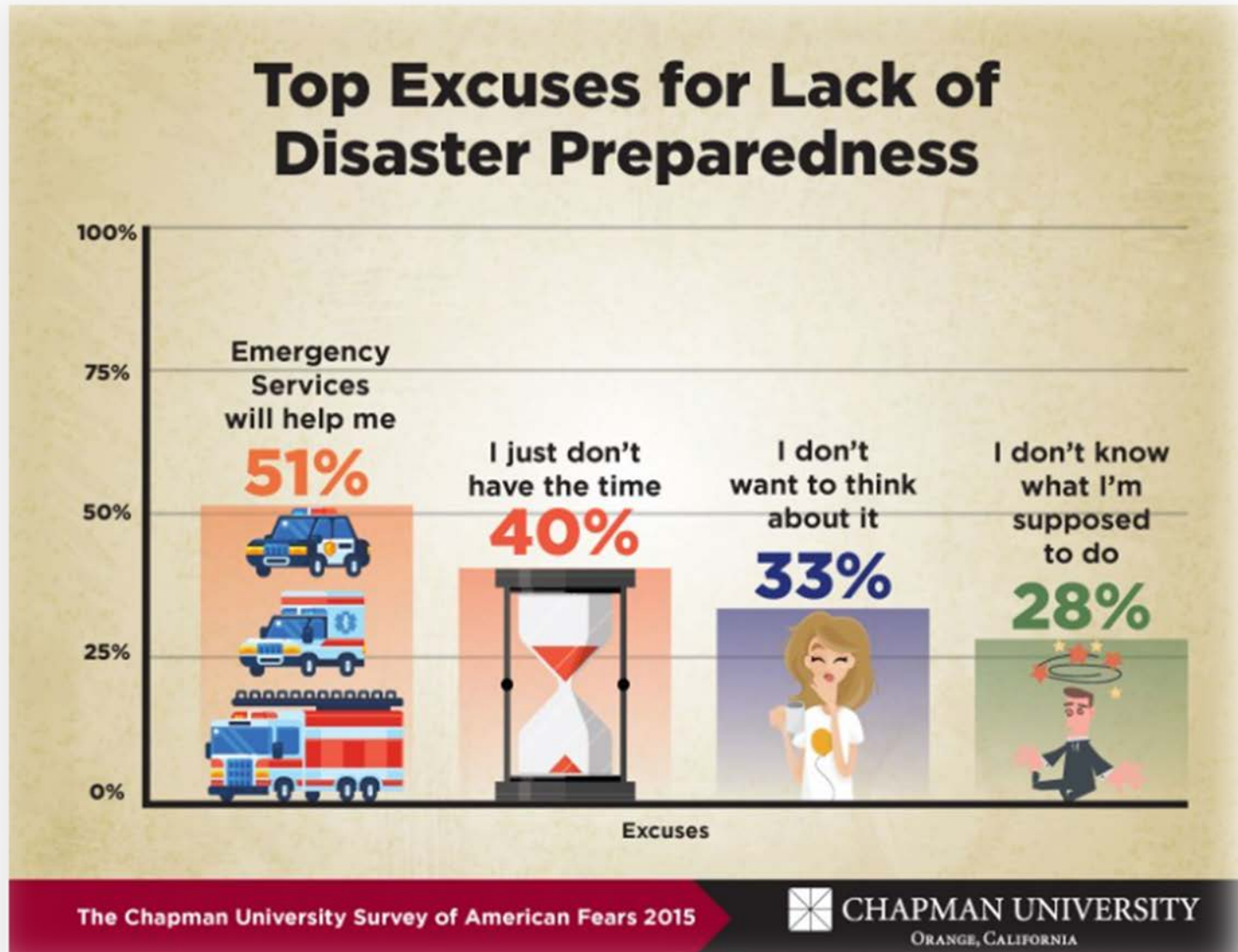
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excuse given by Americans for not owning an **emergency kit** is that they expect first responders to come to their aid. This is an **unrealistic belief** in the wake of a major disaster.



By the Numbers....



The Survival Truth

Preparedness and survival are not just a fad – they are a mindset from our not so distant past. All we are doing is trying to make up for the time lost when we started relying on technology and government for our daily needs. Let's use today's technology and blend with the skills of the past to achieve a greater level of preparedness.



The Survival Truth

3 Minutes without air



3 Hours without shelter



3 Days without water



3 Weeks without food



Our Topics

✓ Water



✓ Shelter



✓ Food



✓ Communications



✓ Preparations



Our Topics

☐ Water

- Absolutely essential for drinking, hygiene and cooking.
- While one to two gallons per person per day is recommended, enough to drink would certainly be better than nothing at all.
- Several cases of bottled water would go a long way during an emergency and you can replace it as you use it.

☐ Food

- You can go days or even weeks without food, but who wants to?
- Granola bars, canned food and crackers could mean the difference between a clear head or confusion.
- Every time you go shopping, put in an extra few items that you normally eat. Check the expiration dates and get items with a long shelf life if possible.
- If something happens, you have food you're used to and you can use it up as part of your regular food supply.
- Make sure you rotate it in and out to maintain freshness.

Our Topics

❑ Shelter

- Staying at home would be the ideal situation.
- However, any number of situations can require “bugging out” to a shelter or other safe location.
- Have a plan. If you have to stay and shelter in place at your home, you need to have a plan and be prepared to implement it.

❑ Equipment and Preparations

- In addition to food, water and shelter, there are several essential items that will be required in the event you are on your own.
- Extra medicines are top of the list, particularly if they are required daily.
- A good first aid kit is another must have.
- An LED flashlight and lantern with extra batteries are essential.
- Warm clothes, sleeping gear, a camp stove and emergency sanitation gear are also essential.

Water



❑ Living without water – you won't!

- Here are the symptoms of going without water from bad to worst – nausea; weakness; headaches; ability to walk and speak clearly; impaired vision; delirium; death (3 – 4 days).

❑ How much water is enough?

- You should store at least one gallon of water per person per day. The individual amount needed depends on age, physical activity, physical condition, and time of year.

❑ Water Storage

- Each home should have enough potable water to last 14 days at a minimum
- For a family of four - 56 gallons
- Poland Springs – 2.5 gallon containers – 23 containers
- Water Cubes – 7 gallon – 8 containers
- 55 Gallon Drum w/pump – just 1!



Water



❑ Water treatment methods

- A few examples of water treatment – filtration; purification; distillation;



Ceramic water Filter Kit
Amazon - \$42.99



Boil - free



(2 drops per quart or liter)



Purification Tablets
Amazon - \$12.74



LifeStraw
Amazon - \$14.99

Water



❑ Where to find water

- Water can be found in some form everywhere on Earth
- Here are examples of water sources at home and in nature



Shelter



❑ Your shelter is your sanctuary

- Crucial protection for the elements
- Peace of mind for survival

❑ Shelter can take many forms

- Your home or apartment is your primary shelter
 - Ensure that your shelter is ready to protect you and your family from the elements
- “Wilderness” shelter crucial for survival



Shelter



❑ Remember to

- **Stop.....**
 - when you realize that you have a problem or a potential oncoming problem. Accept that you have (or will have) a problem and are in trouble. Do not fool yourself into thinking that what you are experiencing is not a problem, issue or obstacle.
- **Think.....**
 - about what you need to do to survive. Think about the consequences for NOT taking action. Use your brain. Consider and understand the situation.
- **Observe.....**
 - the area. Look for risk. Look for shelter and safety if need be. Inspect the space you are in, and the resources available to you.
- **Plan.....**
 - your plan and implement it. Decide how you are going to use your available resources. Do not delay. Remain calm. Think clearly and acutely.

Food



❑ Food supply for the home

- Every home should have enough food stored to every person in your home for at least one month
- Non-perishable foods are ideal
 - Rice; grains; pasta; beans
- Canned goods
 - Track expiration dates
- Granola bars
- Buy foods that your family normally eats
- Treats such as chocolates will really boost morale



Food



❑ Food supply “on the road”

- “Meals Ready to Eat” (MREs) are an excellent choice
 - Travel well – compact
- Canned foods are NOT made to travel
 - Weight is an issue
- Granola bars – homemade!
- Jerky – dehydrated foods



Communications



❑ Radio

- A crank style with AM/FM/Weather/Multiband
- Capable of charging small electronics (cell phone)
- With built-in flashlight



❑ Personal Communications

- Make sure your family has a communications plan
 - Meeting points
 - If/then scenarios – if cell phones are not available then everyone meet at designated location

Preparations



❑ This is a major area of time/expense and learning

- Commitment of time to prepare – small steps
- Survival equipment will require funds
- Equipment is of no use without the knowledge of use

❑ Make a plan

- The first and perhaps most critical step in becoming more prepared is to make a plan.
- Consider what you have and what you need. Then figure out a way to get from here to there.
- Prioritize your purchases. Plan your time and focus on the most pressing things first.
- Be prepared to adapt – always!



Preparations



❑ Assemble your basic needs

- Everyone should have the following items at all times
 - Water
 - Food
 - First Aid kit
 - LED flash lights (with extra batteries)
 - Emergency crank radio



Preparations



☐ Do research

- Prepping is not all about buying. There's a lot more to it than just acquiring stuff. Go to the library or search online and learn new things, adopt new skills, that will help you during rough times.

☐ Make a budget

- Being intentional about our expenses, planning them out ahead of time rather than just going through the month spending wherever we think we have a need, will help us to find a little extra money each month. That money helps you to prepare.

☐ Make a Prepper Book

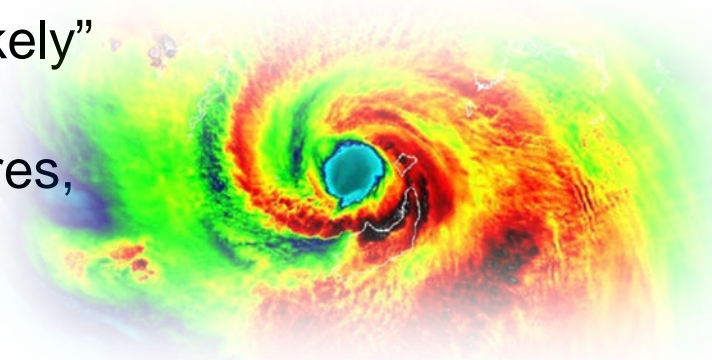
- Information is critical and having it all readily available to you in one place (or better yet, having multiple copies of it) will help you during times of trials.
- Keep phone numbers and places to meet during an emergency as well as other plans in your Prepper Notebook.

Preparations



❑ Most Likely to Happen

- Plan your preps based on the “most likely” event
- Tornadoes, hurricanes, blizzards, wildfires, loss of power



❑ Situational Awareness

- Wake up!
- Develop outward appearance – relaxed and aware
- Put down the phone
- Practice until it's second nature

❑ Miscellaneous Preps

- Toilet Paper
- Spare eyeglasses
- Cash (small bills)
- Personal protection



Preparations



☐ Fill'er Up

- Make it a practice to fill your vehicle when the gas gauge reaches the 1/2 mark. Keeping a nearly full tank of fuel in your vehicle will help with life's little emergencies (like running late to a dental appointment) as well as in an emergency.

☐ Start a garden

- Seeds (heirloom) are not very expensive, but knowing when and how to plant them, knowing how to nurture them and when to harvest them is priceless.



☐ Practice

- Some skills are like riding a bike; once you've learned them you'll never forget. However, you didn't learn to ride a bike over night. You can read about it and intellectually know how to do something yet still not be able to actually do it. Practice your homesteading skills. Practice building a fire without matches. Practice cooking in a Dutch oven.

Preparations



First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

- ☐ Sterile adhesive bandages in assorted sizes
 - ☐ 2-inch sterile gauze pads (4-6)
 - ☐ 4-inch sterile gauze pads (4-6)
 - ☐ Hypoallergenic adhesive tape
 - ☐ Triangular bandages (3)
 - ☐ 2-inch sterile roller bandages (3 rolls)
 - ☐ 3-inch sterile roller bandages (3 rolls)
 - ☐ Scissors
 - ☐ Tweezers
 - ☐ Needle
 - ☐ Moistened towelettes
 - ☐ Antiseptic
 - ☐ Thermometer
 - ☐ Tongue blades (2)
 - ☐ Tube of petroleum jelly or other lubricant
 - ☐ Assorted sizes of safety pins
 - ☐ Cleansing agent/soap
 - ☐ Latex gloves (2 pair)
 - ☐ Sunscreen
- ### Non-prescription drugs
- ☐ Aspirin or nonaspirin pain reliever
 - ☐ Anti-diarrhea medication
 - ☐ Antacid (for stomach upset)
 - ☐ Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
 - ☐ Laxative
 - ☐ Activated charcoal (use if advised by the Poison Control Center)



Preparations



Tools and Supplies

- | | |
|---|--|
| <input type="checkbox"/> Mess kits, or paper cups, plates and plastic utensils* | <input type="checkbox"/> Needles, thread |
| <input type="checkbox"/> Emergency preparedness manual* | <input type="checkbox"/> Medicine dropper |
| <input type="checkbox"/> Battery operated radio and extra batteries* | <input type="checkbox"/> Shut-off wrench, to turn off household gas and water |
| <input type="checkbox"/> Flashlight and extra batteries* | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Cash or traveler's checks, change* | <input type="checkbox"/> Plastic sheeting |
| <input type="checkbox"/> Non-electric can opener, utility knife* | <input type="checkbox"/> Map of the area (for locating shelters) |
| <input type="checkbox"/> Fire extinguisher: small canister, ABC type | |
| <input type="checkbox"/> Tube tent | Sanitation |
| <input type="checkbox"/> Pliers | <input type="checkbox"/> Toilet paper, towelettes* |
| <input type="checkbox"/> Tape | <input type="checkbox"/> Soap, liquid detergent* |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Feminine supplies* |
| <input type="checkbox"/> Matches in a waterproof container | <input type="checkbox"/> Personal hygiene items* |
| <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) |
| <input type="checkbox"/> Plastic storage containers | <input type="checkbox"/> Plastic bucket with tight lid |
| <input type="checkbox"/> Signal flare | <input type="checkbox"/> Disinfectant |
| <input type="checkbox"/> Paper, pencil | <input type="checkbox"/> Household chlorine bleach |

Preparations



Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications

For Adults*

- ☐ Heart and high blood pressure medication
- ☐ Insulin
- ☐ Prescription drugs
- ☐ Denture needs
- ☐ Contact lenses and supplies
- ☐ Extra eye glasses

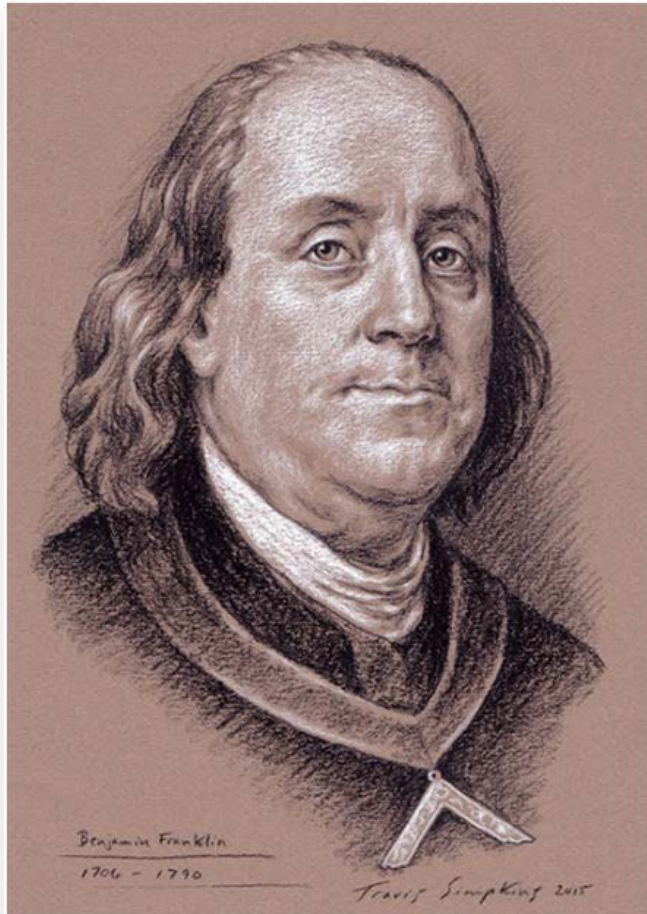
☐ **Entertainment** - games and books

☐ **Important Family Documents**

Keep these records in a waterproof, portable container.

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

The End is Near or is it?



If life is a journey and all journeys start with the first step take the first step in the journey today.

For Failing to Prepare – is Preparing to Fail!

- Brother Benjamin Franklin