

JUNE EDITION

SURVIVAL LIFE

MAGAZINE

REPELLING PESTS:
KEEP YOUR LIFE PEST FREE & SMELLING GOOD

5 USES FOR EPSOM SALT IN YOUR GARDEN

COOKING WITH CAST IRON

12 ESSENTIALS FOR YOUR EMERGENCY FIRST AID KIT

HOW PREPARED ARE YOU?

PREPARED FOR ANYTHING

WE'VE COME A LONG WAY

HOW TECHNOLOGY IS CHANGING THE FUTURE

PAPA'S BEST CATFISH RECIPE

The secret behind his fishing success

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FROM THE EDITOR

DEAR SURVIVALIST,

One of my favorite things about preparedness and survival is that there's always something new to learn.

No matter how long you've been at it or how knowledgeable you are (or think you are), you can never really be an expert. The nature of survival is that it's unpredictable, and this is especially true in the rapidly changing modern world.

Technology has changed not only how we think about survival, but what we're capable of. It's given us new ways to be self-reliant. Our resident energy expert, Robert Brenner, discusses these changes in his article *We've Come a Long Way!* In this month's issue.

But despite all the changes, some things stay the same. There's still nothing better than spending a Saturday catching catfish, or making a homecooked meal in a cast iron skillet. We'll spend some

time on these topics too.

Whether you're an old-fashioned prepper who enjoys the simpler things in life, or a technology enthusiast who's excited about all the new possibilities we're seeing every day, I think you'll find something informative in this issue.

REMEMBER, WE'RE ALL IN THIS TOGETHER!

"Above Average" Joe

Editor-in-Chief
Survival Life Magazine





PAPA'S BEST CATFISH BAIT RECIPE

By: "Above Average" Joe

I recently visited my grandparents and had to help Papa clean out his tool shed.

While I was moving a tool box around, I knocked over and broke a glass bottle and was quickly hit with an absolutely disgusting smell. I couldn't pinpoint it but I knew it was vaguely familiar.

A few minutes later, Papa came around to see how things were going and saw me gagging from the smell. He just laughed and said, "I see you found my 'special blend' catfish bait." That's when the memory of the smell hit me.

When I was a kid, my family would take a week long camping trip at

the end of October, to Lake Sam Rayburn, deep in the Piney Woods National Forest of East Texas. Every morning around 4:00am, we would take the boat out and run all of our trot lines on the misty black water of the lake. I remembered the tendrils of mist that would curl around and into the boat and the faint rustling of animals at the water's edge as they came for a morning drink.

Of all these things I remember the smell the most. My grandpa would make his special blend of catfish "cheese" in January of each year and would let it sit and get "ripe," as he called it, until our camping trips.

As a child, I would get as far to the

back of the boat as possible, but nothing would escape that smell. And if it were to get on you...you would have that lingering odor on you for days on end. I could never believe it when we would pull up hundreds of pounds of catfish, a few alligator gar, the occasional snapping turtle, and — even more rare — an actual alligator. Whatever it was that made that smell so rancid, was the same thing that made it irresistible to the fish.

It wasn't until years later that I finally got a hold of my Papa's recipe for his famous cheese bait. This recipe has served my family quite well over the last few decades, and I wanted to share them with you.

PAPA'S "SPECIAL BLEND" CHEESE BAIT

WHAT YOU NEED:

- Mason jar (Papa would use an old mayonnaise jar)
- 1lb of cheese spread (cheddar is preferred) the cheaper the better



- 8 oz. of beef blood
- 1 container of minced garlic
- Sawdust
- Sponge
- Popsicle stick
- An out of the way place allow it to ripen

TO MAKE IT:

1. Allow the cheese to warm up either about 2040 seconds in the microwave or a few minutes in the sun.
2. Mix the cheese, blood, and garlic into the jar and stir until it's evenly dispersed and there are no big chunks.
3. Take the paste that you have just made and add some of the sawdust to thicken it.
4. Add a small amount at a time to avoid any big clumps.
5. You want to add enough sawdust to make it tacky, almost the consistency of thick oatmeal.
6. *If you add too much your bait will dry out and crumble; too little and it will wash off before you can land a fish
7. Once you have the right consistency, seal the cap on the jar set it in an out of the way place (preferably one that gets a good amount of sunlight).
8. You will want to let it set for a



minimum of a week, but the longer the better. Some of Papa's bait has sat for 3 years before using it.

USING THE BAIT:

When it's time to grab your tackle box and the cheese bait, make sure that you don't forget the popsicle stick and the sponge.

Once you get to your favorite cat fishing hole it's time to break out the cheese bait. (You may want to cover your nose with a handkerchief to avoid some of the smell!)

Cut your sponge into long, thin strips and then moisten them to make the sponge more pliable. Wrap the sponge around your hook (a treble hook works best), and make sure that the barbs on the hook catch the sponge so that it will stick to the hook under water.

Use the popsicle stick to avoid getting the bait on your hands. Smear the bait on the sponge until it is saturated.

You want to gently cast and allow the bait to get close to the bottom, but not to where it drags as this will pull the bait off the hook.

If you don't feel any bites, pull the bait up about every hour or so and check the sponge, if it looks like most of the cheese has washed off of it, reapply and start over.

If you follow the above recipe you should have no trouble pulling in plenty of catfish for a meal. This recipe has worked for my family for a long time and hopefully it will work for you.



12 ESSENTIALS FOR YOUR SURVIVAL FIRST AID KIT

By: James Smith

A durable plastic case or a cloth pouch embossed with a red cross, or a green box or rucksack with a white cross, is often found in homes and in the luggage of travelers. The red or white cross is a classic and widely known symbol of a first aid kit.

As terrible it may sound, if you aren't equipped with the proper essentials, medical incidents can go from bad to worse. Do you want to be a helpless witness to an unpleasant injury or find your magic kit and save the day?

First aid kits are essential in survival situations, so when preparing for the unseen, make sure your first aid kit is ready. Items in a first aid kit vary according to place and use. A kit found in the nurse trolley in the hospital might contain different things than a kit at home. But the bare essentials of a kit remain the same. Following are the essentials of a first aid kit:

1. INSTRUMENTS TO QUICKLY TREAT AN INJURY

Includes a torch, a pair of tweezers, a syringe without a needle, a digital

thermometer, cotton wools for applying antiseptic lotions, cotton swabs, and safety pins.

2. OVER-THE-COUNTER MEDICATIONS

Common medications which are included in the first aid kit are painkillers (aspirin, paracetamol, ibuprofen or any other painkiller), medicines for symptomatic relief (anti-diarrheal, antihistamine or antiallergy, antiemetic to stop vomiting, emetics such as syrup of ipecac to induce vomiting in case of poisonous ingestion, oral rehydration salts.) Always keep kits containing medication out of reach of children.

3. ADHESIVE BANDAGES IN VARIOUS SIZES, MOLESKINS & BAND-AIDS FOR MINOR CUTS & WOUNDS

Adhesive bandages are also called sticking plaster and are applied to wounds which are not serious enough to require a proper bandage. They are a protective barrier between wounds, cuts, abrasions

and scabs and dust, damage, dirt, and bacteria. Furthermore, the bandage holds the two ends of the cut together to facilitate healing.

4. STERILE DRESSINGS & PETROLATUM GAUZE PADS

These are used as an occlusive dressing to stop the bleeding, absorb any fluid emanating from the wound, remove foreign objects from the wound, prevent infection and facilitate healing.

5. BUTTERFLY STRIPS

These are used to close small wounds and lacerations. They are applied to pull both ends of the cuts together. They can be used in replacement of sutures. On minor cuts and wounds, butterfly strips reduce scarring and are easier to care for than sutures.

6. SALINE

Saline is used for washing wounds, cuts and abrasions, as it does not sting due to having the same molarity as your body fluids. Because of similar sodium chloride



concentration, it can also be used to wash eyes and ears.

7. ANTISEPTIC WIPES & HAND SANITIZER

Antiseptic wipes help in cleaning of wounds without stinging and do not harm the tissues. Hand sanitizer is used to sanitize and disinfect hands before providing aid to the injured person.

8. SPHYGMOMANOMETER & STETHOSCOPE

A sphygmomanometer is a device to measure blood pressure, and a stethoscope can monitor breathing and heart rate.

9. ANTIFUNGAL, TRIPLE ANTIBIOTIC OINTMENT

Apply this to cuts and abrasions for prevention of infection. Calamine will cool down the skin in case of dermatitis, pruritus or any dermal allergy. Antiitch cream will calm down skin in case of contact dermatitis. Povidone iodine is used to irrigate and wash a wound and provides tincture effect.

10. HYDROGEN PEROXIDE

This is a mild disinfectant used to wash small wounds. It is also used as a mouth rinse to relieve mouth irritation in case of gingivitis and cold sores.

11. BURN GEL

This is a water based gel which contains a local anesthetic such as lidocaine and/or a tea tree oil which acts as an antiseptic.

12. INSTANT COLD PACKS

These are devices which, when squeezed, become very cold and replace ice packs in situations where ice is not available.

In addition to these items, a first aid kit should also include a manual which includes instructions on what to do during various emergency situations, and emergency contact numbers.





5 USES FOR EPSOM SALT IN YOUR GARDEN

>THE RECIPE FOR A HEALTHY, THRIVING GARDEN

By: Stacy Bravo

Epsom salt has a wide variety of uses, anything from home remedies to uses around your home and garden. Epsom salt can be found in your local grocery store, pharmacy, and even at your local garden supply store. Here are 5 great uses for Epsom salt in your garden.

1. GET RID OF RACCOONS

If you know you have raccoons lurking around your outside trash cans, then they very well could be lurking in other areas around your home such as your garden.

Take a few tablespoons of Epsom salt and spread it around the trash cans — this is usually the area they hang around the most. The Epsom salt will deter that pesky raccoon — they hate the odor! The raccoons will most likely leave that area and not return which means they won't be in your garden. Remember to reapply after it rains.

2. DETER SLUGS

Sprinkle Epsom salt around the snail prone areas of your garden... no more slugs!

3. MAKE YOUR GRASS GREENER

Epsom salt, which adds much needed magnesium and iron to your soil, may be the answer to a much greener lawn. Add 2 tablespoons of Epsom salt to 1 gallon of water. Spread on your lawn with a garden sprayer and make sure it soaks into the grass. Repeat this process about every 2 weeks.

4. BIGGER, BETTER & MORE PRODUCE

Studies have shown that Epsom salt increases the production of peppers, tomatoes, and blooms. 1 teaspoon per gallon of water sprayed onto your plants every 12 weeks can create beautiful and plentiful results.

5. SOIL PREP

1 cup of Epsom salt per 100 feet will help create the perfect gardening mix for this summer's bounty. Use a fertilizer spreader and mix into the soil.



CAST IRON COOKING

>NOT COOKING WITH CAST IRON? YOU DON'T KNOW WHAT YOU'RE MISSING.

• • • • • By: "Above Average" Joe

When it comes to cooking, one of the best items you can have in your pantry or on your rack is a good solid cast iron skillet. Cast iron is one of the most durable forms of cookware around, and if you know how to use it, it can provide some of the best tasting foods you can imagine.

My family has used cast iron cookware for as long as I can remember and there is just something nostalgic about cooking with it, regardless of whether I am cooking eggs over a campfire or baking biscuits in the oven.

THERE ARE SOME BIG BENEFITS OF USING A CAST IRON SKILLET...

- Durability. Some cast iron skillets are still in use today that were crafted well over a century ago. With proper care, there is no reason that your skillet shouldn't last at least several decades.

- Flexibility. Cast iron skillets can be used over an open flame, on a grill, on a gas range, in the oven, and even on electric ranges. I have found that cast irons work best

over a flame, but I have an electric oven and it works quite well on that too. This is one of the best factors when thinking about keeping cast iron in your survival supplies. You can cook with it no matter what heat source you have.

- Heat Retention and Dispersion. A properly made cast iron skillet will evenly disperse the heat and allow for cooking without worrying about hot spots unlike aluminum and steel cookware. This is a huge deal if you have to cook over an open flame where the flames will only kiss the bottom of the pan and not

have the constant regulated heat of a stovetop.

- Iron. Cooking on a cast iron skillet will leach a bit of iron into your meals, up to a few milligrams per item cooked. In a survival situation you will need as much iron as you can get, especially if you are in any way anemic.

The first cast iron skillet that I bought was an 8" flat bottom skillet from Lodge, simply because they are a made in the USA product and Lodge has been crafting cast iron skillets since 1896. They are pretty



much the name in cast iron and readily available at most stores.

They are also relatively inexpensive, the 8" skillet bringing in a whopping \$10.00 bottom line. My skillet has lasted me about 3 years so far, and aside from a little mishap with olive oil (see below) I have never had any problems cooking with it.

Lodge makes a very wellcrafted product that will last for decades or longer with proper care.

A LITTLE NOTE ON PROPER CARE...

It is good practice to reseason your cast iron pans about once a year.

When reseasoning your pan NEVER use olive oil, always use oils and fats with high smoke points. I prefer to use Crisco and I like to season my pans inside my grill to avoid any mess.



Olive oil has too low of a smoke point to be an effective seasoning agent. It will create an acrid smoke and absolutely ruin the season and finish of your skillet. If you do use olive oil, all you will need to do is strip and reseason your pan.

Never use soap on your cast iron. Soap will ruin your seasoning on the pan.

Never take your pan from a heat source and drench it in cold water, doing so will shock the pan and cause it to crack or shatter.

The major drawback to cast iron skillets is size and weight. I chose the 8" flat bottom skillet from Lodge because it has a "light" weight of about 4lbs with a small size that is easily storable. Lodge makes a large array of cast iron products, and if you have the space to store them and are okay with their weight (i.e. you don't plan on carrying them far), a cast iron skillet is a necessity when it comes to prepping your survival kitchen.



HOW TO REPEL PESTS WITH ESSENTIAL OILS: >WHY USE STINKY, STICKY BUG SPRAY WHEN YOU CAN USE FRAGRANT ESSENTIAL OILS?

By Stacy Bravo

In my previous article I talked about natural pest control for spiders using anything from a salt water solution and a white vinegar spray to essential oils...and much more!

Now, let's talk about natural pest control using essential oils for other common pests such as cockroaches, ants, flies, mosquitoes, and mice.



1. COCKROACHES

Essential Oils: Citronella, Peppermint, Lemongrass, and Cypress

Apply a few drops of citronella oil to a few cotton balls – also, consider adding peppermint oil or

lemongrass as well. Then place the cotton balls in trouble areas such as cupboards or under the sink. You can also make a spray solution by adding a half cup of water and 5 drops of cypress essential oil and 10 drops of peppermint oil. Spray the solution wherever the cockroaches appear.

2. ANTS

Essential Oils: Peppermint

Lightly sprinkle peppermint oil within the trouble areas.

Other Natural Ways to Control Ants

Another common natural way to get rid of ants is by using white vinegar. Fill a spray bottle with white vinegar and spray where ants commonly appear inside your home. Black pepper or cayenne pepper may also be used to defend areas from ants by sprinkling it in places where ants tend to show up.

3. FLIES

Essential Oils: Clove, Lavender, Citronella, and Peppermint

Place a handful of dried cloves into a bowl and sprinkle a few drops of clove oil, lavender oil, and citronella oil or peppermint oil on the dried cloves. Add these essential oils to the dried cloves regularly. Place in areas where flies may linger such as your front and back doors, kitchen, and near the garage.

4. MOSQUITOS

Essential Oils: Citronella, Lemongrass, Peppermint, and Lavender

Put a few drops of citronella oil or lemongrass oil in an oil burner. Using a citronella candle works well too. Also, you can place five drops each of citronella oil, lemongrass oil, peppermint oil, and lavender oil on a ribbon. Hang the ribbon from doorways, your patio, or a window



to deter flies from entering your home.

5. MICE

Essential Oils: Peppermint, Eucalyptus, and Spearmint

Place a few drops of peppermint, eucalyptus, or spearmint oil on a few cotton balls and position them

where you suspect mice are. Mice may appear behind appliances such as a fridge, washer, and dryer. Mice can also reside in an attic and/or garage. Look for places where mice may be entering the house and place cotton balls there as well. This can deter mice but further measures may be required if the infestation is serious.





WE'VE COME A LONG WAY! >HOW TECHNOLOGY IS CHANGING THE FUTURE OF SURVIVAL

By: Robert Brenner

Technology and survivalists have come a long way in creating independent sustainable lifestyles. Since feelings developed that our government leaders were not working in our interests, savvy people began exploring ways to become independent from bureaucracies and political domination. Many wanted to just be left alone to live their lives free of draconian restrictions and oppression. They admired the Amish and Mennonite communities who dedicated their lives to living off the grid and operating independent of government influence and direction.

Most of us accept the need for government to provide geographic security but want political leaders who work for the people, not for sources of money and influence. This has not happened as desired, so living off the grid away from those who live off the “system” has become a driving force in our new alternative society.

Small business entrepreneurs felt the same pull and began designing tools and devices for self-generating power, water and food. About 10 years ago, the solar industry began ramping up to make homes energy independent. The belief was that the best way to counter the declining condition of the national power grid is to make each home its own power generation station—a micro grid if you will.

MY EXPERIENCES WITH SOLAR

I liked the idea and invested in solar back in 2006. At the time, 140 watt panels were the standard, although 200 watt panels were being introduced. However, 200 watt panels—called “modules” today—were not readily available. So I ended up with a 7.4 kW solar power system using 140 watt panels. This takes a lot of roof space, and the investment wasn't cheap. I invited six solar installation

companies to bid on the job. The responses went from \$40,000 up to \$90,000 and included all sorts of bells and whistles that I didn't really need. I went back to the bidders and requested they tell me how much their job would cost as a total package and how many watts I would receive for each dollar spent. Two bidders immediately backed out explaining that they decided to focus on commercial installs only—likely to find customers who weren't as knowledgeable in evaluating proposals. One didn't even reply. Of the three remaining bidders, two were close on their prices, and one was selected.

The installed panels were arranged into two arrays with a DCtoAC inverter connected to each array. When this “beefy” power generation system began producing electricity, my electric bill dropped significantly and my cost reduction was allocated to payback on my investment.

I calculated 11 years for payback, but each year the utility company raised the electrical rates for homeowners. So I recalculated payback each year based on the new rates; payback time steadily shrunk until effective payback occurred in year six. I wrote a book on my experience and gave “going solar” presentations at libraries, community centers, and service club meetings. The acceptance of solar grew exponentially as the public realized the value in this power generation technology. This was a huge market, and solar became the darling industry for thousands of inventors and entrepreneurs. Federal and state rebates were introduced to encourage homeowners to make the plunge into clean solar energy. And many did.

TECHNOLOGICAL ADVANCES

Innovation brought rapid advances in technology. The analog meters that monitored electrical use were replaced with digital meters—although I missed watching my meter run backwards as my system

created power for the grid—and people with solar quickly realized the value in managing electrical energy use. As better solar panel material became available, the watts generated by these modules increased steadily. Soon 200 watt panels were standard, then 240 watt, 255 watt, 280 watt, then 300+ watts. Industry was finding ways to get ever more power out of each square foot of solar panel. Today you’ll find 365 watt panels offered by solar vendors.

Technology and buyer acceptance drove the cost per watt down significantly. From the \$7.50/watt I paid in 2006 to under \$6/watt in 2011 and to less than \$1/watt in 2015—just 64¢ a watt according to Renewable Energy World.

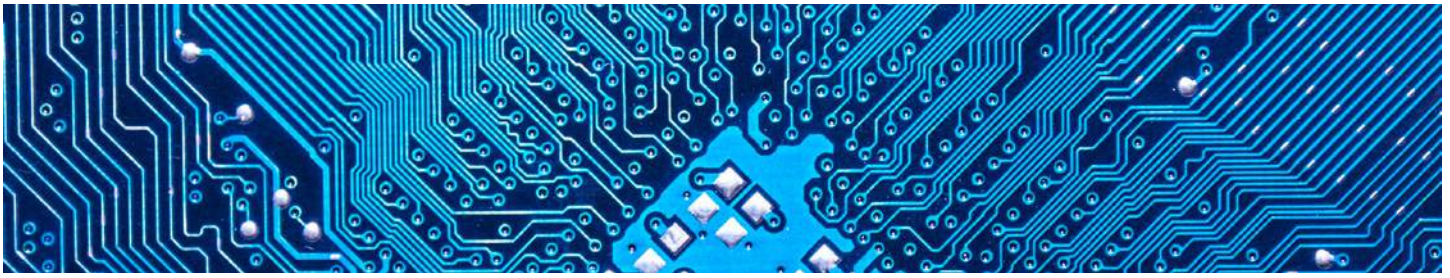
In addition, microinverters were introduced with dedicated inverters mounted under each solar module. AC from the microinverters was routed to a distribution box connected to the power distribution panel at the side of each house. My neighbor has this design and has three 10 amp strings leading off his roof to the power grid connection.

THE NEED FOR ALTERNATIVE ENERGY

However, as industry and consumers became more knowledgeable about electricity and the vulnerability of our antiquated electrical grid, people began to worry about how to still have electricity if the grid failed and power was not available. Inverters are designed to isolate the solar panels from the power grid to prevent solar-generated electricity from getting out and putting power line workers at risk. So when the grid went down, solar arrays did not provide usable electricity. Nevertheless, many solar system owners wanted to be able to use solar whenever the sun was shining. I was one of those who pushed for this capability in a safe environment.

Solar any time, any place was missing from self-sufficiency protocols. Solutions were designed and in prototype, but the utility industry and government supporters staunchly refused to let inverter manufacturers offer this feature, feeling this would





encourage too many people to avoid the local power grids as long as the sun was shining. This could significantly reduce utility company's revenue while still requiring power companies to provide electricity 24/7 based on consumer demand.

The problem centered on the huge rampup of electrical demand from the grid once the sun was not producing DC in the solar panels and homeowners still wanted power. They typically drew it from the local power grid. This caused a huge need to bring nonrenewable power generators quickly on line based on consumer demands for electricity.

HOW FUKUSHIMA CHANGED THE GAME

This was a point of contention between homeowners, industry, and government until the March 2011 9.0 earthquake and 49foot tsunami took down the Fukushima Daiichi nuclear power plant in Japan and caused damages that are still being felt today. Over 16,000 people died, over 100,000 people were evacuated, and radioactive water has polluted the Pacific waters from Japan all the way east to the North American coast. Electrical power went out for over 600,000 Japanese citizens—and stayed out for many.

The Japanese power company TEPCO immediately instituted rolling blackouts to ease the electrical situation. However, solar power was available all along to thousands of Japanese solar home owners. They just couldn't access it without the power grid. These people demanded the government allow them to use their solar panels to create electricity since power grids were still out or unreliable.

The Japanese government gave in. Inverter manufacturers in Japan had a ready solution—the independentoperator function—a design that could provide up to 1500 watts of AC power to one or more electrical sockets when local grid power was out. Kyocera and Mitsubishi Electric both quickly introduced inverters with this backup capability.

In the US, SMA America, maker of Sunny Boy inverters, had a ready solution in their Secure Power Supply inverters—equivalent to the independentoperation function in Japanese -inverters. Sunny Boy inverters can provide up to 1500 watts of AC—that's 12.5 amps at 120 volts—completely disconnected from the local power grid. Now that there was an existing—and authorized—solution in Japan, SMA pushed their request forward.

U.S. lawmakers and the utility industry gave in, and SMA inverters bolted out of the starting gate into the market. Today, inverters sold by this company include the secure power supply feature. It has been a terrific resource for homeowners who couldn't or didn't want to install battery banks for cloudy days or nighttime backup.

I paid just over \$40,000 for my 7.4 kW PV system. Local vendors wanted another \$40,000 to install battery backup. This exceeded my threshold of cost, so I opted for the Sunny Boy inverter. It's working well.

CONCLUSION

I was intrigued when Tesla announced their batteryofthe-future manufacturing plant and developing products. However, I'm still waiting to see empirical results with fully functional battery walls in home environments. Until battery technology catches up with homeowner desires, micro power grids will manage with whatever technology is currently available. Progress is often challenging, but sustainability has indeed come a long way.

3 ENTER TO WIN

LUCKY SURVIVALISTS WILL WIN THE ULTIMATE SURVIVOR'S GEAR

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