

COMMUNITY RESOURCE NETWORK

REVISION DATE: MARCH 21, 2022

PROTECTION & DEFENSE

*This is not a comprehensive survival guide or prepper handbook.
It is intended to help you identify weaknesses in your systems
and provide tips as to how to mitigate them.*

INTRO:

First and foremost, this is not a military or militia organization. However, as a community concerned with self-sustainability, defense becomes an important aspect to consider. The purpose of this chapter is to identify proactive steps that any individual can take in order protect themselves and their families.

PROTECTION & DEFENSE

- 1 Focus on personal protection.
- 2 Work toward home protection.
- 3 Move out to perimeter protection.
- 4 Extend to neighborhood protection.
- 5 Consider regional strategies.
- 6 Enact community response protocols.

There are a multitude of situations with varying degrees of geographic ranges that are being reviewed. It begins with the individual, then increases in scope to include the home, perimeter, neighborhood, then region. It is important to consider building in layers of defense with multiple options at each level.

We can spend too much time preparing for every scenario and every condition. But, as with any skill set, you don't need to be *proficient* in all areas. *Prepared*, but not proficient. This is where the strength of the community becomes important. Just as we have food growers and medical experts to augment our own shortcomings, we have those better capable at protection and defense. By joining forces with our other members, we can help to make our own defense as robust as possible.

PERSONAL PROTECTION:

Let's begin this discussion with our own personal security. We're going to divide this conversation into two different categories: gap and no gap. Ideally, you will be able to protect yourself before the threat ever enters your space. The first options we cover will speak to that and focus on maintaining the gap.

The first option to consider would be the firearm. If you have a firearm and are comfortable using it, feel free to defend yourself accordingly. However, knowing your limits *ahead of time* will be extremely important if faced with using one. If you have a firearm but don't feel as if you could use it, especially if it meant taking a life, then don't fool yourself into using this as your first layer of defense. Consider using something else on this list or become more comfortable with using your firearm through training. Know your strengths and weaknesses and prepare accordingly.

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Now, if you are unable to get to your firearm, don't have a firearm, or have a firearm but would be uncomfortable using it (see above), here are some suggestions. RUN. It's okay to run. Get some distance between you and whatever you are considering a threat. There is a lot of sense in the phrase "He who fights and runs away may live to fight another day." Don't be a hero. Book it.

Next are three different methods of deterring potential assailants and at the same time buying you some critical run time. First is a strobe flashlight. It can disorient an attacker. Especially if this is taking place in a location *you* are familiar with and the attacker is *not*. This might buy you enough time to either run or get to your next layer of defense.

Second on the list are different types of sprays such as pepper and bear sprays. However, there are some big differences between these two options.

Bear spray is milder and creates a fog rather than a spray. You might not have to get it right in the perp's face to be effective, but being downwind or indoors may affect you as well. The pepper spray is much more concentrated and comes out in a stream. A direct shot to the face would disable somebody rather than just temporarily irritate them like the bear spray. The take away: both would work, the bear spray is milder with a wider spray coverage and the pepper spray is more potent but requires a direct shot to the face.

TIP: Almost any spray will do in a pinch. Bug, wasp, or even hairspray!

The third on the list of sprays is a fire extinguisher. Every house should have one. A quick spray of the extinguisher could inhibit forward progress of just about any person. But as with any spray, be aware of the "spray zone" and try to stay out of it. The empty cylinder can also be used as a weapon.

Now we are moving into the undesirable territory of "no gap" between you and the assailant. For most of us, hand-to-hand combat is not even an option. So, we're going to move directly into discussing other methods of "no gap" protection. Tasers, knives, baseball bats, or other whackable items such as frying pans or lamps are layers

PERSONAL PROTECTION MAINTAIN THE GAP

- 1 Firearms. Be realistic and know your limits.
- 2 Run!
- 3 Strobe flashlight.
- 4 Sprays.

PERSONAL PROTECTION OH CRAP, NO GAP

- 1 Tasers
- 2 Knives
- 3 Baseball bats
- 4 Whackable items

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of protection that should be considered and incorporated into your strategy. Hopefully not the *first* layer. Have a multitude of these items available and placed throughout your house. Ideally, you will be able to use your “gap” options. But a baseball bat may be what you have closest and will at least provide you with a chance to get away.

HOME SECURITY:

As with any type of home security, you should walk the exterior of your home and identify any weaknesses. For example, how accessible are your windows from the ground? Do you have big picture windows or sliding glass doors? How many entrances are there into your home? These are obviously things you cannot change. But being aware of them and knowing they are vulnerabilities will give you a better chance at protecting yourself.

TIP: Place some of your personal defense items near your home’s entry (or potential entry!) points.

You may be able to offset some of your home’s defense deficiencies with iron bars, solid steel doors, or even planting some thorny bushes.

Security systems are also a great way to potentially deter breaking and entering. However, it must be stated that these systems are only good if a) there is an active and not overwhelmed law enforcement that can respond to your emergency, b) there is electricity, and c) the internet is up and running. Even if the police are unable to respond, you may be able to reconfigure and use the components of your wireless system to at least notify *you* of any unwanted activity around your house. For example, instead of having your motion sensor focused on a door on the *inside* of your house, put it on the *outside* of that same door.

And don’t forget about your family pets. Dogs don’t have to be big and scary to notify you of any disturbances outside. But a larger dog can be intimidating and hopefully act as a huge deterrent.

If there is a grid down scenario or there are groups of unsavory characters roaming your neighborhood, you want to blend in with the rest of your area. If you have a generator, be aware that it’s going to attract a lot of attention. In this same regard, if you have operating lights because of an alternative electric source, maintain black-out conditions so these cannot be seen on the outside of your home. Again, this will act as a beacon.

And lastly, if you do get broken in to, have some decoys. Keep a couple of “desirable” items such as food, candles, or matches in sensible or even somewhat hidden locations to act as decoys. Then hide the rest in secret places such as Christmas totes, file cabinets, or hollowed out mattresses. Hopefully they’ll take what they think you have and leave.

And remember, we have a community for a reason. Ask a member who is better at protection and defense to walk around your home and property and advise you.

PERIMETER SECURITY:

The first layer of your home security is actually your perimeter security. You’ll need to define an area around your house that is manageable for you to defend to some degree. This may be at your property line, your mow line, tree line, or whatever you decide. One important aspect of this will be to include any critical assets such as wells, firewood, barns, animals, generators, etc. If at all possible, fence the

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area. It may not keep everything or everyone out, but it might act as an indicator to a would-be thief that they are entering territory that the property owner sees worthy of defending.

You'll also want to determine any liabilities. Perhaps your home is located in a low spot with heavy trees all around giving you limited line of sight. Or maybe you're located on a busy highway, close to an apartment complex or next to a gas station. Make a list and do what you can to offset these weaknesses. And don't forget, ask a fellow community member for help.

As with the home security, dogs can help with perimeter security. The bigger might be better when it comes to warding off unwanted individuals. But small ones can at least give you a heads up.

There are a variety of ways to help you keep tabs on your perimeter. As previously stated, you can erect a fence or get a dog. You could also install motion lights, preferably solar powered. Or even go so far as to set up trip wires that make noise or flash a light.

TIP: You can rewire your solar powered motion sensing lights to ring a bell inside your home, letting you know someone is close.

NEIGHBORHOOD SECURITY:

Neighborhood security refers to the ability to rely on your neighbors for some level of protection or security. It could mean a temporary safe spot because of an emergency at your own place, or the entire area is under attack. The critical component is *knowing your neighbors and being able to gauge their level of help in any situation.*

For our particular community, the word "neighborhood" has a wide range of meanings. Some of us have very close neighbors, and some are quite isolated. Both of these scenarios have pros and cons. You'll need to examine your own situation and find what will work best for you and your family.

At the very least, have one place your family could run to if something happens and you must flee your home. It could be a neighbor's house, a nearby cemetery, a close barn, etc. But have a bug-out-bag (described later) ready to grab and a meet up location already determined.

REGIONAL CONSIDERATIONS:

As far as our regional considerations, we have some definite pros and cons. While the assets of our region are quite important and we are blessed to have them, they are less likely to impact our safety measures than the regional liabilities. Our focus will be on offsetting these cons. A quick overview of them can generate an overall picture for context.

REGIONAL PROS

- No military bases nearby
- Rural/agricultural
- Resource rich
- State has 3 sides of water (only one side to defend)
- Proximity to Indiana
- Strong sense of community
- Amish/Mennonite communities
- Elkhart railroad
- Strong manufacturing/labor pool
- Proximity to toll road

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For the most part, we can quantify our regional threats in terms of people and their migration routes as this will be our most likely danger. Our first wave of people will be expected to come from two sources, those from Chicago running to the relative safety of their lake houses, and those coming from neighboring Indiana cities. To put this in geographic terms, they will be coming from the west and south. The second wave is likely to come from the same direction, only in greater numbers. These will be the groups or individuals looking for food, safety, resources, etc. And again, from primarily the west and south. The third wave may come from the north. Because there is only one way out of Michigan, those looking for warmer climates, more food and resources will potentially pass right through us.

If these individuals or groups remain relatively calm and peacefully pass us by, then we can potentially remain at our homes and maintain a watchful eye. If, however, this is not the case, we have established some procedures that can be called upon for greater security.

COMMUNITY RESPONSE PROTOCOLS:

These protocols are really where the community comes together as a larger support network. It is extremely difficult to predict any scenario and develop a corresponding plan of action when there are literally millions of possibilities. That being said, this plan should cover most situations and can be adapted as needed.

COLOR-CODED CONDITIONS

- WHITE – all clear
- ORANGE – watchful
- RED – individual under duress
- BLACK – all under duress

First, we developed 4 “Condition Codes” based on color. This will let us easily communicate the current status of each location to the rest of the group. More will be discussed in the Communications chapter of the plan. However, it is important to touch on them here. The first color, white, means all is clear. Color orange indicates that you are watchful. Red means that you are under duress and black means that all are under duress.

Then we attempted to quantify and categorize the threats. Essentially, most of the scary scenarios revolved around food and the length of time that will transpire between hunger and raving mad hunger. It is estimated that weeks 1 to 2 will be

fairly civil. Many will have the food they need to survive this short amount of time in their own homes. They may be hungry but will not be staring starvation in the face.

REGIONAL CONS

- Nuclear plants
- Proximity to large Indiana cities
- Proximity to Chicago
- Tank Town
- Natural gas pipelines
- Transmission lines
- Amazon distribution center
- Elkhart railroad
- State has 3 sides of water (only one way out of Michigan)
- Proximity to toll road and US 12
- Cold winter climate
- Expensive energy

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The next couple of weeks, 3 and 4, will ramp up scavenging. We will enter a phase of extreme hunger that will make people do things they wouldn't normally do in order to survive, especially if they have children to feed.

And last will be the time beyond 4 weeks. Even things that shouldn't be eaten will be considered a food source, desperation will be unconscionable, and people will be driven mad with starvation. A very bleak picture to paint.

WEEKS 1 AND 2

- 1 Stay at home.
- 2 Keep in contact.
- 3 Be vigilant.
- 4 If necessary, begin "bug out" preparations to your micro-communities.

So, the community response to these timeframes is as follows. For the first couple of weeks, prepare to remain at home. Keep in constant contact with the group using the communications protocols set in place (next chapter). Be vigilant with your neighborhood, perimeter, and home security. If no relief is in sight, begin preparing for the appropriate level of "bug out". ("Bug out" is having to leave your current stronghold and relocate to another).

The next couple of weeks, 3 to 4, will begin to test the civil and moral fabric of our society. For this phase, we have developed the "Battle

Buddy" system, or micro-communities. Essentially, two to three households will come together at an agreed upon homestead. This location should have enough room for the additional occupants, easy access to water and resources, and is somewhat defensible. If there is a consensus between these homes to come together at this time, then suitable bug out arrangements should be made.

Depending on the situation, this could be temporary, long duration, or permanent. Refer to the following lists of items recommended for bugging out. As with weeks 1 and 2, keep in contact with the group and be ever watchful of your existing conditions.

If there still does not appear to be any help in sight, food is becoming increasingly scarce, and people are becoming more desperate, then we may need to relocate as a group to one of the predetermined fallback zones. Nobody wants to consider this scenario, but it is important we do. To at least have a rudimentary plan in place during a crisis like this could easily be the difference between life and death.

WEEKS 3 AND 4

- 1 If necessary, relocate to micro-communities (battle buddies).
- 2 Keep in contact.
- 3 Be vigilant.
- 4 If necessary, begin "bug out" preparations to the fall back locations.

Ideally, these places will be located in the southeast corner of Cass County, have a decent sized structure, multiple restrooms, a large or commercial kitchen, alternative heating, nearby water

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resources, room for tents/RVs/campers, a basement or storm shelter and be close to local food sources and easily defensible.

It must be stated that a situation such as this will require a defensive posture. If it comes down to this, our heels will be dug in and we will fight. IF YOU ARE UNCOMFORTABLE WITH THIS, THEN DO NOT COME. YOU DON'T NEED TO FIGHT, BUT YOU NEED TO BE ALRIGHT WITH THE FACT THAT IT MIGHT HAPPEN.

If this does happen, we will truly be in a state of crisis and extra considerations must be taken. For example, you, your spouse, and 2 children may be a part of this group. But your in-laws, sister and her family, and 2 neighbors are not. As much as we would like to take care of all, we need to recognize that this increase in numbers can severely affect our survival. Also, we all love our pets. Unfortunately, if they don't bring an immediate benefit to the group (i.e., they are edible, can pull a cart, or can act as protection), then they will also strain our resources. These are not topics that have easy or palatable answers, but we must bring attention to them.

BUGGING OUT:

The final portion of this chapter describes the varying levels of bugging out. This has been broken into 3 different categories; Bug Out Level 1, 2, and 3.

BEYOND WEEK 4

- 1 If necessary, relocate to the fall back zones.
- 2 Make every effort to bring every item on the bug out list.
- 3 Pray.

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BUG OUT LEVEL 1 ITEMS

Conditions: operating vehicle and time

1. Bug out bag (see Bug Out Level 3 for contents)
2. ALL food (including spices, seeds, etc)
3. ALL medicines and medical supplies
4. ALL firearms, ammunition, and other methods of protection
5. ALL candles, oil lamps, flashlights, headlamps, solar powered lights
6. ALL matches, lighters, fire starters, gas, kerosene, propane, charcoal, firewood, pellets
7. ALL batteries, including car batteries
8. Farm animals (not pets) and necessary feed and supplies
9. Bedding, sewing kit, as well as appropriate clothing and shoes
10. Communication equipment, HAM radios, crank radios
11. Solar powered charging stations, lights, radios
12. Gardening equipment and supplies
13. Large pots and pans, extra dishes and silverware, canning items and other methods of food preservation
14. Hygiene products, toilet paper, Kleenex, paper towels, soaps, cleaners, laundry soap, clothes pins
15. Survival and camping gear (paracord, ratchet straps, axes, knives, camping stoves, sand bags, etc.)
16. Tools (duct tape, saws, screwdrivers, chainsaws, hammers, nails, etc.)
17. Generators
18. Precious metals
19. Bikes, wagons, carts, sleds
20. Water catchment systems
21. Food grade buckets and sealable totes
22. Large tarps, tents, RVs, campers
23. Fire extinguishers
24. Games, puzzles, books

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BUG OUT LEVEL 2 ITEMS

Conditions: bicycle/wagon and some level of time

1. Bug out bag (see Bug Out Level 3 for contents)
2. Carriable food and seeds
3. ALL medicines and medical supplies
4. Bedding and appropriate clothing and shoes
5. Carriable firearms, ammunition, and other methods of protection
6. Candles, flashlights, headlamps, solar powered lights
7. Matches, lighters, fire starters
8. Batteries (if possible)
9. Communication equipment, HAM radios, crank radios
10. Solar powered charging stations, lights, radios
11. Water for traveling
12. Hygiene products
13. Survival and camping gear (paracord, ratchet straps, axes, knives, camping stoves, sand bags, tarps, etc.)
14. Tools (duct tape, saws, screwdrivers, chainsaws, hammers, nails, etc.)
15. Precious metals

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BUG OUT LEVEL 3 ITEMS (BUG OUT BAG)

Conditions: on foot, emergency escape

1. Backpack or duffle bag
2. Water filtration, straw, purification tablets, etc.
3. Emergency food (energy bars, MREs, etc.)
4. Small tarp, thick trash bag, or individual tent
5. Solar or survival blanket
6. Fire starters, kindling, matches, lighters, etc.
7. Multi-tool, knife, pocket knife, axe, hatchet
8. First aid kit and personal medicines
9. 550 paracord
10. Quality duct tape
11. Bungee cords
12. Solar powered or crank power source
13. Tactical multiuse flashlight, headlamp, lantern
14. Leather gloves
15. Hat
16. Rain jacket
17. Fleece jacket
18. Walking shoes and extra socks
19. Stainless steel water bottle/canteen
20. HAM radio, walkie talkie, signal mirror, whistle
21. Sewing kit
22. Insect repellent, sun screen, sun glasses
23. Handkerchiefs
24. Mini fishing kit
25. Local maps and compass
26. Seeds
27. Hygiene products, roll of toilet paper
28. Camping cookware
29. Grocery store plastic bags, small and large ziplock bags
30. Survival guidebook, important and personal documents