**Pulse Preparedness Groups**

by David A. Nuttle

**Introduction:** When faced with a major threat, pray for the best but prepare for the worst. If intelligence evidence is correct, the U.S., Russia, P.R. China, and North Korea may all have developed and perfected high-altitude, nuclear-type, EMP (electro-magnetic pulse) weapons that could destroy electrical grids and all electronic equipment for an entire nation. For fear of mutual mass-destruction, this horrific new weapon has not been used, but ISIS (the Islamic State) has no such fears and may purchase an EMP weapon from North Korea for detonation in the U.S. stratosphere …….. delivered by a high-altitude weather balloon (if they cannot somehow obtain an appropriate weapons delivery rocket).

It is estimated that an EMP explosion would result in three different types of pulse waves over a large continental area, and resulting destruction to power grids and electrical systems might take as long as two years to recover from the damage. If true, there would be no electricity to pump drinking water or pump fuel needed by trucks to deliver the food supplies Americans depend upon. Most of us would be in the dark with no TV, internet, or phones, and our vehicles would likely not run after the electrical systems have been “fried” by the pulse waves. There would be no sanitation or trash services, as well as no water to flush toilets, and life would return to the pioneer era without our being really prepared to survive without modern conveniences we now so fully depend on.

In theory, and based on historical reactions to armed conflict, an EMP attack or event could soon be followed by armed gangs fighting over available potable water, food supplies, and whatever communications or transportation that might still be in operation. This is not a pleasant view of the possible future, and one that might also occur due to extreme solar flares that are indicated for future years, as well as cyber-terrorist attacks on our power grid.

Survival after an EMP attack or natural event will generally depend on groups of individuals, families, relatives, friends, and local community members coming together to prepare for such a horrific circumstance well in advance. These are the so-called “Pulse Preparedness Groups (PPGs)” that are already forming in parts of the U.S. In general, these PPGs will attempt to organize themselves in each of the areas listed below.

**Needs of PPGs**

1. Potable Water … Locate and prepare use and defense plans for water wells, cisterns,

water-springs, streams, rivers, and/or lakes, as well as potable water storage containers/ tanks where sufficient safe/ easily treatable drinking water may be obtained for group members over a two-year period. (Water will also be needed for pets, and for livestock in the case of a farm or ranch.) Water filtration and purification, as may be needed, must be planned and fully prepared in advance of an EMP attack/ event.

1. Crops/ Foods … Acquire and provide safe/ secure storage of a 4 to 6 months food

supply for the entire group, using dried, canned, and bulk food items (such as grains). Prepare to garden outdoors and indoors in secure locations, and assist local farmers/ ranchers with their crops and livestock. Harvest game, fish, and wild plants., Create edible landscapes that also shelter homes.. Plan for aquaculture, as well as quail and poultry production in secure areas. Prepare to harvest, process, and preserve all food items. Obtain and store enough feed and forage for livestock. Organize an armed defense system, 24/7/365, for crops and livestock to include those on PPG member farms/ ranches. Develop alternative means of food refrigeration using solar-zeolite refrigerators and/or kerosene-powered refrigerators like those used by missionaries stationed at remote locations.

1. Power … Plan and prepare to generate your own power using solar, wind, micro-

hydro, T-Gen units (thermo-electric generators), hand-crank/ cycle generators, and generators powered by fuel (if you store enough fuel for two years.

1. Fuel Supplies … Protect the electrical equipment on vehicles, tractors, machinery, and

assorted devices using Faraday-type shielding means (see details in the footnotes). Store a two year supply of fuels for same as well as fuels for meeting cooking, heating, power generation, and other items requiring fuel to operate. Consider gasoline, diesel, propane, butane, kerosene, ethanol, wood, brush, coal, peat, dried cow ships, solid fuels, and all other fuels.

1. Transportation … Shield the electrical systems on your vehicles and store the needed

fuel for these vehicles as noted above to sustain usual transportation means. Otherwise plan to walk, bike, skate, or use horses w/ wagon. Airplanes and helicopters may also be available if electrical systems were shielded and needed fuel supplies stored.

1. Sanitation … Plan to burn trash, compost garbage, and use composting toilets to

dispose of human waste. On a short-term basis, “honey-buckets” and trench-latrines may be needed.

1. Security …Identify and prepare safe areas where PPG members may meet and provide

a collective defense as needed for personal safety. Provide a transportation plan and have basic emergency / 72-Hour kits in the event of such evacuation. Avoid making your home a very easy and attractive target with apparent resources an armed mob might seek. Use earth shelter and hedge rows to make your home less obvious from the street/ road. Alarm systems, dogs, and guinea hens may be used to provide an intruder alarm. Prepare barriers and safe rooms as may be feasible. Arm yourself with appropriate weapons and have a reserve of ammunition, as well as the means to reload your ammo. At a minimum, each individual/ family should have a pistol. 12-guage shotgun, and semi-automatic rifle w/ multiple clips. Perfect your skills in the safe use of these weapons. Make portable protective shields from bullet-proof Lexan, and have a plan to win any gun battles w/ armed gangs/ mobs. (Store weapons in a very unusual and highly secure location.)

1. Health & First Aid … Prepare medical supplies kits, and instruction manuals to meet all

PPG member needs as they relate to personal medical, dental, vision, infant, and/or special needs. Large PPGs may also want to develop the capability to create the equivalent of a self-sustained field hospital.

1. Recreation … Obtain and store board games, cards, puzzles, darts, drawing supplies,

books, craft items, sporting balls, and other forms of entertainment to replace the lost (no longer operational) TV, Internet, and assorted electronic gadgets.

1. Treats & Education … To help deal with hardships, provide periodic treats in the form

of candy, dried fruits, popcorn, jerky, nut bars, figs, gum, comics, and so on. Shield and store DVD players w/ monitors powered by rechargeable batteries having solar rechargers for same. Add and store some of your favorite movies on DVDs. Since schools would probably not be in operation, create a collection of instructional videos for youth members of the PPG.

1. Light … Use fire-starter materials to start a fire and/or light candles/ candle lanterns.

Obtain hand-crank powered flashlights as well as flashlights and lanterns w/ rechargeable batteries and solar chargers for same. Add glow sticks and flares plus torch making materials.

1. Communications … Obtain satellite-type pagers and store them in Faraday boxes as

detailed in the footnote hereto. Add signal mirrors and panels as well as flag/ flash code-signal systems. Create a network of runners to deliver messages. Secure HAM Radios in Faraday boxes for possible use after an EMP attack/ event. Provide a network of carrier pigeons. Teach some members of the PPG Morse Code as well as smoke and other visual signal systems. Store sets of walkie-talkies in Faraday boxes.

1. Faraday-Box Items … Protect the following items in a Faraday box, or boxes, for use

after an EMP attack/ event: radios, cell phones, pagers, beacons, computers/ tablets, hearing aids, O2 & CPAP machines, PV panels, T-Gen units, replacement electrical systems for cars, trucks, tractors, and electrical equipment. Also store a supply of rechargeable batteries and the solar chargers for same. (Some of these items will not be operational until damaged towers and the needed support systems are fully restored.)

1. Survival Library … Collect and store all the instructional how-to books on doing those

things the pioneers accomplished to live on the frontier; e.g. drilling water wells, basic home gardening, food preservation & storage, hunting and game processing, candle & soap making, spinning thread from wool, tanning leather and making shoes, cottage industries, and so on. The Merck Medical and Veterinary Manuals should be part of your collection.

1. Misc. Survival Items … Obtain and safely store fire starters, clothing for all seasons,

boots, blankets & sleeping bags, mosquito nets, tents, climbing ropes & gear, camp table & chairs, a field kitchen, pest control means, sun screen & glasses, binoculars, tools (all types), night vision device, compost drum, drip-irrigation kit, U.S. flag, and essentials.

1. 72-Hour Kits for Evacuation …Several companies such as Emergency Essentials make

and sell these kits (see [www.beprepared.com/72HourKits](http://www.beprepared.com/72HourKits)) and also search Google for 72 Hour Kits. (To keep this article from being too lengthy, a list of such kit items is not provided herein.)

1. Cash & Barter Needs … With no power and few surviving electronics, most businesses

will be able to sustain operations and the jobs/ incomes they provide shall be gone for an estimated two years. Each member of a PPG should have large cash reserves, barter items, and a barter plan for when they have no more cash. Cottage industries, with their own power, will be needed to produce essential items required by all …. And plans for these industries must be made and prepared in advance of any EMP attack/ event.

1. Safe Shelter … When people have been without food for days, and there is no foods

available at the usual places, food riots/ raids by armed mobs are a real possibility. The target of such mobs will typically be large homes, businesses, farms and ranches where it seems there may be stores of food supplies in one form or another. If such rioting occurs, typical shelters may not be easily secured. Groups of PPG members will need to gather at the most defendable location and prepare an armed defense. A number of Americans are constructing earth-sheltered, self-sufficiency homes in remote locations that are difficult to find, and more easily defended if found. Real Goods, a provider of self-sufficiency items for homes, reports that over 100,000 of the above types of safe homes are now being constructed in the U.S., each year.

**Organization of PPGs:** …Most PPGs will be organized on a local basis to seek mutual security of its members on some type of quid pro quo basis with each member providing what they can best provide to help meet group needs in the event of an EMP attack/ event. These groups will seek to include a mix of assets, skills, and contributions to the group with a goal of collective survival for all group members. PPGs will generally seek to have a safe retreat area where members may quickly gather and organize in the event of a EMP attack/ event. Overall, these groups help to re-create the cooperative community spirit of the old West and members should expect to receive many supplemental benefits even if an EMP attack never occurs.

**Nature of EMP Threat(s):** Assuming the reports of Russia and China having EMP weapons are true, in a conflict situation either country could probably launch such weapons using rockets launched from submarines on the east and west coast of the U.S. The deterrent from such an attack is the fear that the U.S. has similar EMP weapons that could be launched from our U.S. submarines. However, North Korea reportedly has EMP weapons and may be willing to sell a few to ISIS (the Islamic State) …. and leaders of the Islamic State seem to be following the 109 verses of the Muslim Quran directing Muslims to kill and/or enslave non-Muslims by the most horrific means possible. The many terrorist acts of radical Muslim jihadists, in Iraq, Syria, and elsewhere, provide evidence that ISIS may be willing and able to attack the U.S. … possibly using a nuclear-type, high-altitude weather balloon to create an EMP explosion in the stratosphere over the U.S. ISIS is now reported to have a base in Mexico a few miles from the Texas border and what they are actually preparing to do is unknown.

Most Americans will take a simple solution to the above threat and ignore all the evidence of what could cause their horrific ends. However, a few Americans will follow the advice herein provided and organize local PPGs to prepare a collective defense as their best type of survival insurance.

**U.S. Preparedness Actions for a Possible EMP Attack/ Event:** The White House and U.S. Dept. of Defense (DOD) are reportedly making preparations to-defend against any EMP attack. The public is not being warned of the possibility of such an attack, even if intelligence suggests that the threat may become a reality. Perhaps government officials do not wish to alarm the public, or the public safety is being ignored for the time being. My personal concern is that President Obama seems to have taken actions to harm Americans and the U.S. as a matter of error or by design (only historical documents and analysis may determine the truth).

The U.S. Congress could direct and fund defensive measures to protect the U.S. power grid from an EMP attack. Congress seems to have avoided taking such defensive measures for two reasons: 1) Many Congressmen/ women prefer to use large parts of our defense budget for “political pork,” and they force the military to buy military hardware they do not want or need under contacts that help to “line-the-pockets” of our elected officials; and 2) The U.S. Congress is now effectively controlled by an oligarchy (the wealthy elite) who only want to spend tax dollars on things that help improve the profits of corporations being a party to this elite organization. Thus, Congress has ignored the possible EMP threat. (N.B. The fact that the U.S. is now controlled by an oligarchy was confirmed by two recent university studies at Princeton & Northwestern.)

**About the Author:** David A. Nuttle is a former GS-14 CIA Special Operations Officer very well experienced in collective defense organization and group survival. He has unique survival training and experience, and has written a distinguished survival handbook posted on the website of his charity, NPI ([www.needfulprovision.org](http://www.needfulprovision.org)) … the 2nd topic on the upper right of this site. One of his first community defense projects is detailed in a study entitled “Buon Enao Experiment … JP Harris,” as posted on Google. Under Nuttle’s guidance, NPI provides training, by distance education means, in assorted subject designed to make PPGs more effective. One example of such an effort is the “Healthy Foods Handbook” also posted on NPI’s website (the 3rd topic on the upper left of this site). This handbook and related distance education instructions will help PPGs grow crops and produce their own foods indoors 24/7/365. PPGs interested in this instruction may receive same, at any location, via computers, tablets, iPads, 3G & 4G cell phones, and satellite-type devises for remote areas. (For details, contact the author via his email: [npiinc2000@aol.com](mailto:npiinc2000@aol.com).)

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**Footnote on Creating Faraday Boxes:** These boxes are containers for the above described electrical items requiring protection for destructive EMP pulses. Generally these boxes are made of wood or foam-type materials, of the size needed, fully covered in heavy aluminum foil having a conductive tape to seal any cracks and hold everything together. Modified versions of such boxes may be made for, and placed on, electrical systems on vehicles and/or equipment.