

# SURVIVOR

Now You  
See  
Him....

Fall 2015  
MAGAZINE



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### Survivor's Quote:

**"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.'**

**You must do the thing you think you cannot do."**

Eleanor Roosevelt



**Cover and  
Page 2  
Pictures:  
(Then) SrA  
Miles Rohde  
in a spider-  
hole evasion  
shelter.**

**If you  
would like  
to have  
your SERE  
article  
published,  
please  
write it and  
send it in.**

Issue # 5; 9 Oct 2015

STAFF

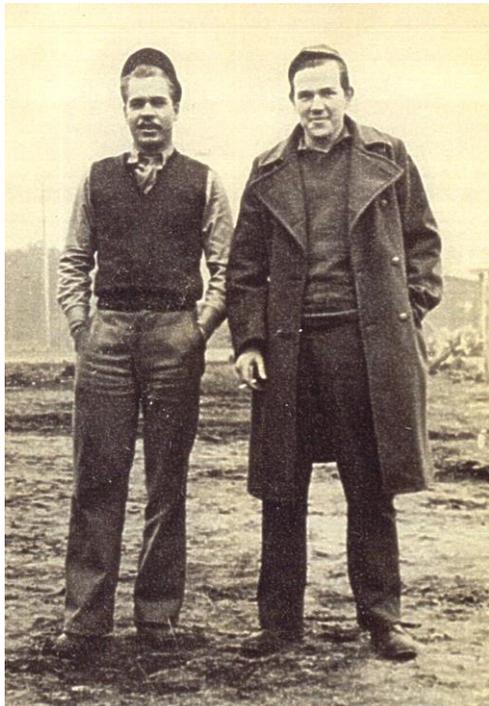
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# I Wanted Wings: How One Duck Boosted the Morale of Those with Clipped Wings

By David Lesjak

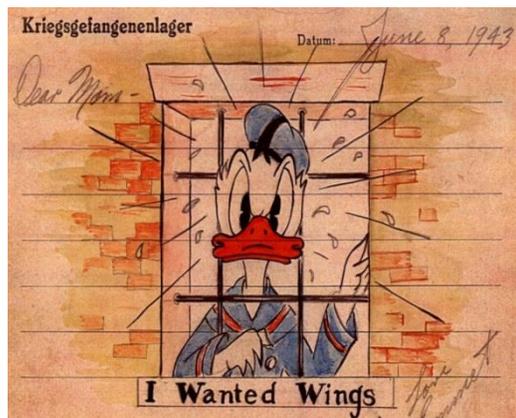
Emmet E. Cook enlisted in the Cadet Air Corps in 1940



**Emmet Cook (L) and his friend  
Dick Grice (R) at Stalag Luft III**  
Courtesy of Author

and signed-on with the Royal Canadian Air Force in 1941. With America's entry into the war, he was called back to the U.S. Army Air Force before he could report to Canada. After completing his training, Cook served as a Bombardier with the 301st Bombardment Group, 352d Squadron, aboard a B-17F named *Holey Joe*.

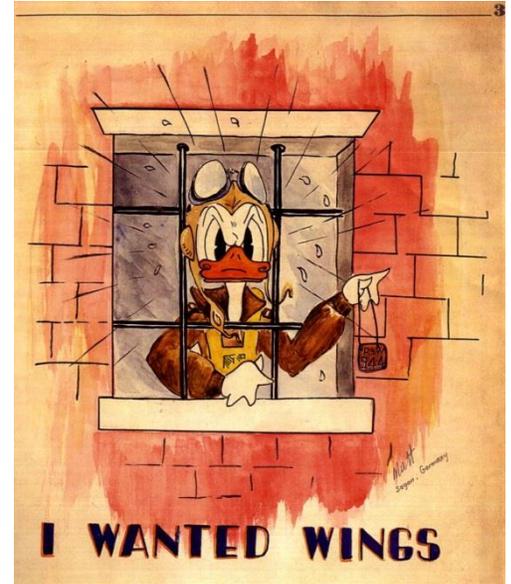
On March 22, 1943, Cook and his fellow crew were assigned to a replacement B-17 named *Junior*. The crew's regular bomber, *Holey Joe*, was grounded with mechanical problems. The day's mission was a raid on the harbor at Palermo, Italy. Cook recalled, "Our crew was with the 352d Squadron of the 301st Bomb Group flying out of North Africa. [The raid] on shipping at the Palermo, Sicily Harbor...was my 32nd mission. Several ammo ships were blown out of the harbor."



**Postcard to Mother - June 1943**  
From Author's Collection

Harbor...was my 32nd mission. Several ammo ships were blown out of the harbor."

*Junior* and several of her crew would not survive the raid on Palermo. The B-17 was hit by flak. The bomber's left wing caught fire and eventually tore-off, sending the plane into a spin. Five men including the pilot, co-pilot, engineer, radio operator, and ball turret gunner were trapped and perished in the crash. Emmet was able to bail out. "[I] had a rough landing in cactus as large as Texas cactus. [I] was captured by six goat herders, one with a gun. [They were] all very scared. The older one with [the] gun spoke broken English. He acted very nervous and scared. Later that evening they turned me over to the military." The other two survivors included the Waist Gunner and the Navigator.



**Watercolor in Emmet's YMCA  
Diary - Courtesy the Author**

Cook was incarcerated at Stalag Luft III, taking up residence in Block 108 in the North Compound. "I was impressed how well the senior RAF officers and USAAF officers were organized. I played on the championship softball team [and] did a lot of oil painting and cartooning in books. [I] ran about five miles every day, weather permitting, around the circuit. [I] stayed busy and in top physical condition despite the lack of food." The young Bombardier eventually joined the Camp's Escape Committee and helped plan what would later be known as the "Great Escape." Cook recalled, "[My duties were to] map the camp and locate blind sports for gardens and a place to dispose of sand [from the tunnels.] [I] stayed busy working with Flight Lieutenant Brian Evans on maps. I thought [the escape] was a very dangerous idea and had it not been for an air raid that night in Berlin, causing the light to go out in the tunnel, the British would have emptied the camp. But, as it turned out, [the air raid] may have saved many lives."

In his spare time, Cook dabbled with watercolor paints and pencil crayons. Putting his artistic talents to work, Cook drew an emblem that would fast become the camp's unofficial insignia. The design featured Donald Duck in jail and the caption "I Wanted Wings." "I really don't remember [how the design came about.] I always enjoyed Disney's cartoons, especially Donald Duck. I suppose it was the frustration in Donald's



**Patch Emmet created while at Stalag III - Courtesy of Author**

expressions. Believe me, there were many frustrated airmen at Luft III. Around May or June of 1943 I first drew the "I Wanted Wings." Emmet couldn't remember which illustration of the design he created first — the one he drew in his YMCA diary or the one he sent home on a postcard to his mother in June 1943.

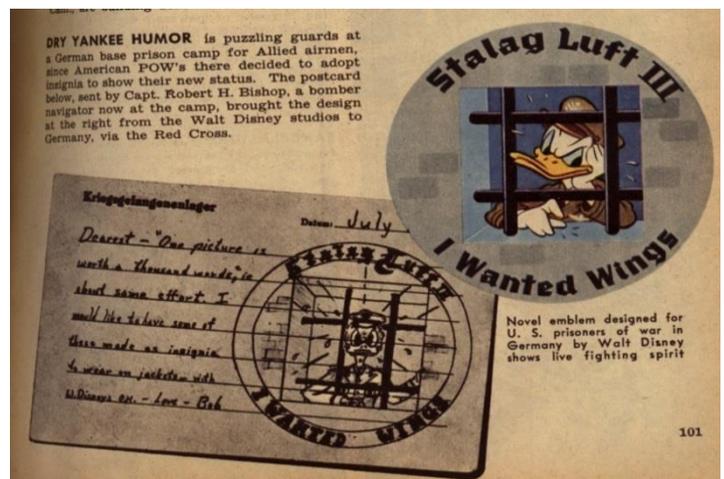
The design captured the emotions of fellow prisoners and as the cartoon circulated throughout the camp, many POWs approached Cook asking him to draw the Donald design for them. "They loved it. Many wanted me to draw it on a postcard so they could send it home. I drew it on letters that they sent home to their family. I soon had many requests to draw the same picture in other [POW] logbooks. I drew it in many logbooks. I also did one in oil [paint] on a piece of Khaki pants... that I sewed to my British jacket. [I drew] some 50 I suppose. [I] did a lot of postcards that the Kriegies sent home. I was told the German censors also enjoyed them. [I] was glad to do it." Cook's nickname was "Mutt" and he signed many of the postcards he created with the image with this signature.

Walt Disney received a copy of the insignia on a postcard sent from another airman who was incarcerated at Luft III. This airman copied Emmet's original design. Disney was impressed with the image, and he instructed his main insignia artist Hank Porter to refine the design — that finished art was sent to that POW's girlfriend — the art has since been purchased by a collector on the west coast. A story about the design appeared in the May 1944 issue of *Popular Mechanics*. The article pictured a copy of the postcard sent to Disney and the refined image created by Disney artist Hank Porter. Many of the "I Wanted Wings" Donald Duck illustration survived the war. Most known examples are found in the YMCA diaries of Stalag Luft III inmates. The prisoner-

drawn variations very closely resemble the design refined by Disney artists. Several variations of the design exist: Donald dressed in his cartoon clothes, a flight suit, and jail attire. Most POWs incorporated their prison serial number into the design. The design has since been imprinted on souvenir items distributed at various ex-POW reunions including towels, hand cloths, and tee shirts.

Besides being drawn and painted by POWs at Luft III, the "I Wanted Wings" design also found its way onto at least two aircraft: a P-47D with the

62nd Fighter Squadron, and an olive drab B-24J at Watton Airfield, (the 3rd Service Air Depot where Liberators that couldn't be repaired in the field were sent). One can only speculate that Luft III POWs included the Donald Duck image on postcards or letters sent to men in the aforementioned P-47 or B-24 squadrons, where it was admired and then painted on the planes.



**Popular Science Article Postcard to Walt Disney and Finished Art - Courtesy of Author**

The story of the creation of the Stalag Luft III Donald Duck "I Wanted Wings" insignia is one of the most fascinating insignia stories of World War II. The design certainly provided a morale boost to the men trapped behind the wire at Stalag Luft III.

**David Lesjak, Author Of:**

*Service with Character. The Disney Studio and World War II*  
*In the Service of the Red Cross: Walt Disney's Early Adventures: 1918-1919*

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 Both books are available through Amazon.com

# Treating Infection

By SURVIVOR Staff

## Treat Infection to Promote Healing

When I started in SURVIVAL one of the things always mentioned was that 70% of all isolated personnel (IP) would have some type of injury immediately and 100% of IPs would have some type of medical issue be the time recovery occurred. While I am not sure if those statistics still hold true, it seems to me the likelihood of injury in a projected long term *near-peer* isolating event still seems pretty high. FEMA, Federal Emergency Management Agency, uses the following statistics – 34% of the civilians that find themselves in a life-or-death

situation will die within the first 24-hours due to lack of medical treatment. While military personnel are better

prepared and trained, I would think their occurrence of life-or-death situations is greater. *This is completely my opinion*, but it seems to me that a lot of the medical briefings for our potential IPs focus on treatment techniques related to a short term or imminent rescue event, while long term medical concerns are focused on illness with self-treatment in captivity. While this information is critical (*see that FEMA statistic*), I also think time needs to be spent on long term aspects of injury treatment for the IP, whether in captivity or evasion. With that in mind, let us focus on some of the basics to preventing and treating infection to promote the healing process.

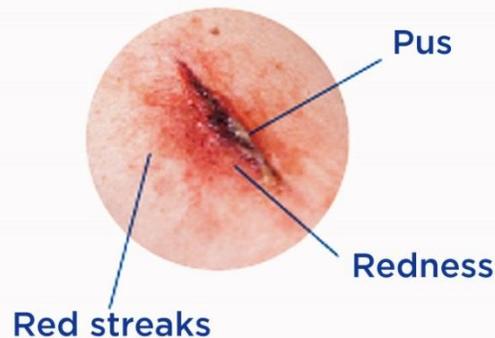
It is extremely important that an IP take proper precaution to prevent wounds from becoming infected. To help in healing, as well as help prevent infection, the wound should be kept as clean and

dry as possible. For protection, the wound may be covered with clean dressings to absorb the drainage and to prevent additional trauma to the wound. These dressings should be held in place with bandages. Whenever possible, dressings and bandages should be made from sterile and clean material. However, in the survival situation, any “clean” cloth will help to protect the wound from further infection. This open wound healing (no Sutures) is called granulation. The bandages should not be so tight that it closes the wound or to impair circulation. Splinting may also help stabilize keeping the wound from reopening once the healing/clotting process starts, but ensure that circulation distal to the injury is maintained. Check circulation multiple times with any injury type that causes swelling to avoid clothing or bandages becoming dangerously constrictive.

Healthy wound



Infected wound



## Dressings and Bandages

A proper bandage will anchor the dressing to the wound providing further protection while in the

isolating event. Bandages should be snug enough to prevent slippage, yet not constrictive, creating a slight pressure onto the dressing will reduce discomfort in most wounds and help stop bleeding. Once in place, dressing should not be changed too frequently unless required. Dirt and soiling on the outside of the bandage does not reduce the effectiveness to hold the dressing in place. Additionally, depending on the type of wound, pain and some tissue damage may occur when a dressing or even a bandage is removed. Changing dressings can increase the danger of infection. When the IP does change their dressing, disinfected and or sterile water may be used to gently rinse the wound or clean around the wound area.

infection



## Rinse the Wound or Clean Around the Wound Area

If the wound must be cleaned, use great care to avoid doing additional damage to the

wound. Water is the most universally available cleaning agent, and should be sterile whenever possible. At sea level, sterilize water by placing it in a covered container and boiling it for 10 minutes. Above 3,000 feet, water should be boiled for one hour (in a covered container) to ensure adequate sterilization. The water will remain sterile and can be stored indefinitely as long as it is covered.

Bits of debris such as clothing, plant materials, etc., should be rinsed out of wounds by pouring large amounts of water into the wounds and ensuring that even the deepest parts are clean. Open wounds with debris must be thoroughly cleansed with disinfected water. Irrigate wounds rather than scrubbing to minimize additional damage to the tissue. In a fresh wound with debris where bleeding has been a problem, care must be taken not to irrigate so vigorously that clots are washed away and the bleeding resumes. Allow a period of about an hour after the bleeding has been stopped before beginning irrigation with the disinfected water.

When water is not available for cleaning wounds, the IP should consider the use of urine. Urine may well be the most nearly sterile of all fluids available and, in some cultures, is preferred for cleaning wounds. IP should use urine from the midstream of the urine flow. Antiseptics should generally not be used **in** wounds which go beneath the skin's surface since they may produce tissue damage which will delay healing.



**Rinsing a Wound**

Once flushed clear of debris, the wound should be air dried and a clean dressing reapplied. Old dressing material should be boiled, dried, and reused whenever it's possible. During World War I, when medical

supplies ran low, front-line doctors and medics used dressing/bandage wraps with an internal layer of steamed and dried sphagnum peat moss, which will absorb more than 7 times its weight in water.

### **Some Degree of Infection May Occur**

Despite all precautions, some degree of infection may occur in any wound. The "open" treatment allows the IP to deal with any infection that might occur. Under normal conditions the human body has a tremendous capacity for combating infections. Unfortunately, in an isolating event "normal" is not a condition your body is likely to encounter. Your body is already dealing with limitations in water, food, and rest and extremes in wind, temperature, and precipitation, so any external assistance in fighting the infection may make all the difference. Allow adequate natural drainage of infected areas to promote healing and your body's ability to fight the infection. On some occasions an IP may want to remove any buildup of infectious pus, and then loosely pack clean badges to ensure continuous drainage.

### **External Assistance to Fight Infection**

IPs should attempt to maintain the best diet that the situation allows nutrition is critical to the body's ability to heal. It is important to consume all foods available to provide the best possible opportunity for the body to have the "right stuff" to aid in healing. Applying moist heat around the area of an infected wound will aid in your body's localized fight against infection.

Soaking the wound in lukewarm saltwater will help draw out infection and promote oozing of fluids from the wound, thereby removing toxic products.

A heat pack can be made with clean clay (holds the heat) mixed with disinfected water, placed between two layers of a bandage and placed over the injured site. This can also work for areas of swelling or sting sites.

Poultices can help reduce and treat infection will also draw out the infection. Poultices are made by grinding/chopping up plants or parts of plants which are then made into a paste with a small amount of water (heated or soaked). If boiled or heated, set the poultice aside to cool enough not to burn. The mixture is placed on a piece of gauze and then placed on the affected area of skin. In the cases of closed soft tissue injury, the poultices may be placed directly over the injury site. The poultice is secured

with a bandage and can be left in place for up to 24 hours. Some of the plants which have antiseptic qualities or oils which can help reduce and treat infection, such as garlic, banana leaves, birch bark/leaves, acorns, garlic, juniper berries, dandelion, larch, black birch, western sagebrush, cattail root, beech, and flaxseeds.\*

approximately 8 -12 oz. of water for 10 minutes in boiling water, strain the plant material out, and then drink. In cases where a fire is not an option, I have placed plants in a sealed Ziploc bag filled with water, left it in the sunshine for part of a day while I was in a hold-up site, creating a tea. Some of the plants which can be used in a tea are garlic, wild onion, gardenia,

burdock, willow, sagebrush, paper birch, pine, and couch grass in water.\*

**\* NOTE: The techniques outlined for making poultices and teas are very generic in nature, specifics should be researched on each plant for use as a poultice or a tea to ensure the most effect use or possible hazards are known. As an example, garlic is more effective eaten raw then being made into a tea.**



**Poultice Made From Three Types of SW Desert Plants  
(One dried & ground, one dried, and one still green all soaked/heated)**

Many plants can also be used as teas to help treat infection. Teas are made by steeping dried, crushed, or parts of the fresh plant. Place approximately one to two teaspoons (when dried, chopped, or crushed) or 8-10 small slivers/sticks, approximately pencil size or smaller (when cut, broken, or pulled apart) of the plant into



**Directly Applied Poultice**

options in their medical bag of techniques. Obviously, the IP needs to meet and treat any critical life threatening injury immediately, but with the Air Force's focus on long term evasion/evasion living teaching information to make our potential IP's primitive pharmacists and doctors will enhance their ability to survive. Without information to treat a wide range of injuries and illnesses for an extended period of time, the IPs initially treated injuries can become life threatening or compromise their ability to return with honor.

**REFERENCES:**

Field Guide to Wilderness Medicine; Paul S. Auerbach MD MS  
FACEP FAWM, Mosby Publishers, 4<sup>th</sup> Ed.  
Guide to the Medicinal Plants of the United States; Arnold & Connie Krochmal, New York Times Publishing  
Plants of China, edited by De-Yuan Hong, Stephen Blackmore, Science Press Beijing/Cambridge University Press  
USAF SERE Manual, *AFM 10-Draft*, July 2012

**“Patience is the poultice for all wounds”  
Irish Proverb**

## Medicinal Maggots

By SURVIVOR Staff

Maggot therapy is the controlled, therapeutic use of live blow fly larvae ("maggots") to treat skin and soft tissue wounds.

Maggots have been known for centuries to help heal wounds. During WWI, Military surgeons noted wounds that became infested with maggots had better outcomes than those not infested. William Baer, at Johns Hopkins University, may have been the first in the Northern Hemisphere to have intentionally applied larvae to wounds in order to induce wound healing. In late 1920's, he identified specific species, raised them in the laboratory, and used their larvae to treat several children with bone and soft tissue infections. In 1931, after treating 98 children, his findings were published posthumously.

Debridement is the medical removal foreign material and dead/dying tissue. The debridement of severe wounds may be necessary to minimize infection and to reduce toxic (septic) shock. In the 1930's, maggot debridement was successfully and commonly performed by thousands of physicians, but was replaced by the new antibiotics and surgical techniques developed during WW II. In the 1970-80's, maggot therapy was used when antibiotics, surgery, and wound care failed to control the advancing wound.

Modern medicine conducts maggot debridement by using germ-free ("disinfected") live fly larvae ("maggots") to treat and manage wounds. The maggots

are applied to the wound for 2 or 3 days within special dressings to keep the maggots from migrating.

While in captivity, deep open wounds will frequently become infested with maggots. The natural tendency is to remove these maggots, but actually, they do a good job of cleansing a wound by removing dead tissue. The scavenging activity of the maggots removes the dead tissue. The maggots excrete a digestive fluid which liquefies the dead tissue's proteins, which the maggots then ingest. The maggots exude calcium carbonate which alkalizes the wound and increases the destruction of



**Debridement Clearing  
Necrotic Tissue with Maggots**

bacteria and dead tissue by the body's white blood cells. The maggot's excretion also contains two chemicals which stimulate growth of healthy tissue and hasten wound healing; allantoin and urea which stimulate growth of healthy tissue and hasten wound healing.

**2015 - USAF and USA have conducted tests to certify medicinal maggots to facilitate rapid healing of traumatic and chronic wound infections in wounded warriors being transported onboard military aircraft. Specific aims included (1) to test the ability of medical grade larvae to withstand the rigors of US military aeromedical certification, including tolerance to change in pressure, temperature, and humidity inside ground-based chambers; (2) to evaluate the efficacy of the medical grade larvae during a high-vibration rotary-wing medical transport flight; and (3) to gain U.S. Army aeromedical certification and U.S. Air Force safe-to-fly approval and begin the steps needed to deploy/implement the use of medicinal maggots in patient care regimes for medical airlift standard operating procedures. Overall, the results of these tests suggest that medicinal maggots can withstand the rigors of aeromedical evacuation flights in simulated flight environments and rotary- or fixed-wing aircraft.**

Maggots may (unlikely) damage healthy tissue when the dead tissue is removed or (likely) crawl elsewhere as soon as the wounds are clean. Maggots should be removed if they start to affect healthy tissue.

Several SERE publications suggest that when maggots start to appear in an injury they should be counted (removed if needed) and returned to the wound site, so once the dead tissue is gone they all can be accounted for and removed. Recent (2010-

2012) medical test by the French found maggots to be effective for debridement of chronic venous leg ulcers in the first week of treatment, but no better than surgical debridement by day 15 of therapy.

### **REFERENCES:**

Survival Medicine: Therapy for Wound Debridement; Armstrong Aerospace Laboratory, 1980.  
MedPage Today Dermatology; Nancy Walsh 2011

## Recommended Reading

**AUTHOR:** Lena Constante

**TITLE: THE SILENT ESCAPE**

**SUBTITLE:** Three Thousand Days in Romanian Prisons

1950-1961, Political Prisoner. Eight-and-a-half years in isolation.

### GENERAL DESCRIPTION OF

**BOOK:** This book is a powerful work and testament to the endurance of the human spirit, as well as a documentation of the frightening realities of totalitarianism. An artist, Lena Constante was arrested in January 1950 on trumped-up charges of “espionage”. The trial lasted 6 days after a five year “investigation period” (interrogation). She spent seven more years in Romanian prisons- (the first eight of the total in solitary confinement), where she was tortured, starved, and subjected to daily degradations. Her only crime was being friends with the wife of a popular communist leader who was purged in one of the period’s infamous “show trials”. Constante had befriended the woman when they had worked together to create the first puppet theater in Bucharest.

Unlike other prison diaries, which focus on political events, this book describes the practical and emotional experiences of day-to-day life in isolation. With candor and eloquence, Constante describes the continuous forced walks, interrogations, beatings, exposure to cold, sleep deprivation and constant humiliation she suffered as a woman. She survived by silently escaping into her mind- translating favorite poems, creating entire plays in

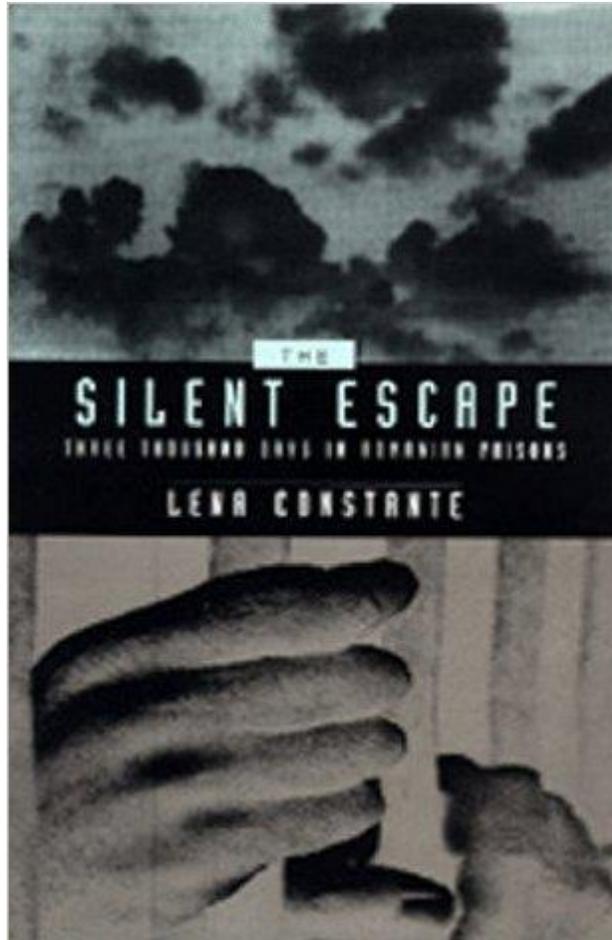
rhyme, designing homes and constructing word games. Finally, she discovered the prisoners’ covert communication method of wall tapping which enabled her to communicate outside of solitary confinement.

**THE MOST IMPORTANT ASPECT OF THE BOOK:** Despite outrageous privations of every kind, the lack of basic hygiene, illness, barbarous punishments, the cold, malnutrition, humiliation, repressed resentment, and the permanent, powerless desire for revenge, the author never capitulated. She attempted to engage (discipline) her mind so as not to lose it to the temptations of fear, submission, and so on.

### NOTABLE QUOTES:

**FIRST INTERROGATION:**  
p.6 - “I thought I was in luck. Knowing nothing, I could give nothing away. I’d never heard of some of the names he was talking about. He also mentioned a few names I did know, but they were of my best friends. All estimable and respected. This was no problem for me, and I could in all sincerity answer “no.” I was extremely surprised to see he didn’t believe me. He persisted. Urged me to tell the truth. This went on for quite some time. Then he got angry. Shouted. Claimed he had proof my denials were false. I became frightened. He seems sure of himself. He says it is for my own good that he is wasting his time persuading me to confess. He gives me time to think. All the time I need. I am overcome with fear.”

**INTERROGATION PRESSURES (DEFINING THE “TRUTH”):** pp. 6-7- “One interrogation follows another. Several days go by in this unequal contest. His tone grows more menacing. I wouldn’t recognize this man now. My memory has clung only to the sensation of fear. I was no longer a person. I was nothing. My truth was no longer the truth. My truth was not their truth. But what *was* their truth? It took me a long time to grasp it. Hope and fear are the interrogator’s



weapons. In those first days of interrogation, I didn't doubt the investigator's good faith. I took his questions to be sincere. Honest questions from his point of view. Back in my cell, I racked my brains. What arguments could I come up with to persuade him? To show him his mistake. I really had nothing to tell him. My denials are fruitless. All they do is infuriate him. He studies me with eyes filled with hate. To impose "his" truth becomes his singular goal. For this madman, the law doesn't exist, because he is the law. And he is justice, too. And vengeance. He is God. After a few days, he punishes me."

### **PUNISHMENT BY COLD AND CRAMPED**

**CONFINEMENT:** pp. 8-9 and picks up again on page 17. These pages describe how the detainer tried to break her will to resist by requiring her to stand in a small, unheated room. It was January and it was freezing cold. They also kept her awake. It was during this time that she began what she described as "...a long apprenticeship"- in other words, to escape mentally from the situation. Her body would of course stay- but "she" could leave. After a long period of time, she is brought before the interrogator. He promises her a house, clothing, food, books etc., in exchange for her testimony against others at the upcoming trial. If she refuses, it's back to the cold room. In order to think about it, she is placed back in the unheated cell.

**BATTLE OF WILLS WITHIN THE SELF:** p. 17- "I wake up closed in by the cement walls. Paralyzed by the cold. Aching all over. With the obsessional idea of death. To die. I'd like to die. To escape? What a mockery. Reality holds me in its grip. A pincers. Breaking my bones. Crushing my brain. No way out. Apart from my will. My will, which is also disintegrating. For, the hardest part is keeping alive the willpower to will. Resisting the urge to give way. To give up. To give up even oneself. The urge to wish nothing more. To let oneself go. Adrift. To lose everything. To lose oneself. To sink into mental vacancy. The most difficult struggle. Against the most treacherous enemy. And the subtlest. Oneself."



**USING BLOOD TO WRITE WITH:** p. 21- She obtained paper from a trip to the toilet (they used newspaper for T.P.). This bit of newspaper is a piece of the margin, so it has no printing on it. For a writing instrument, she extracts a splinter from a wooden board that has been affixed over her window. For "ink" she decides to use blood. To acquire the blood she makes a fist and bites an area of skin between her thumb and forefinger until a drop appears.

**FORCED WALKING:** pp. 24-33- A description of being made to walk three six hour periods during every day with two hours rest in between each session. This punishment, designed to help her memory (as in force her to make a false confession) was continued for 20 days. She managed a few "tricks" to get some relief- but was caught once and endured having the bottoms of her sore

feet beaten with a metal belt buckle. **On page 33 she says (hind-sight is 2020!) the following regarding her little stratagems:** "This system seemed to be helpful. It helped me to bear for long days what I could normally have stood only for a short while. I was not prepared for prison life. I was not prepared for physical suffering. I managed. Badly. But I did my best. I didn't have time to think. *Today, I realize that what I did was the opposite of what I should have done. After being beaten, I should have refused to walk. Stretched out on the bed and stopped agreeing to obey them. Overcome my fear not by bits but totally. Not to be a coward at the prospect of suffering. They would have beaten me again. Twice. Three times. What more could they do? Kill me? No. They needed me at the trial. Now I know that one should always protest. But I know this only because of the experience of living through twelve years of detention and penitentiary.*"

**"TRUTH":** p.81 - "...I have finally understood that the word *truth* means their "truth" and not mine."

**DEALING WITH HUNGER:** p.85 - Here she spends 8 months in a dank underground cell. "After a few days I was hungry. By the end of the month I was starving. Once again, seventeen hours of hunger to keep in check.

To endure. At midday and in the evening I forced myself to chew slowly the two tiny portions, for in facing the empty plate, my hunger became even more acute. I got in the habit of keeping a crust of bread for the torment of the morning. I broke it into fourteen very small pieces, more like large crumbs. During the night, the crumbs dried. Became hard. I had seven hours to deceive my hunger while waiting for lunch. Around every half-hour I took one of these nuggets of bread in my mouth. I couldn't bite, suck, or swallow it. Just let it become soaked in saliva, as slowly as possible. Melt in my mouth."

**CREATIVE PROJECTS:** pp. 88-89 - Descriptions of doing little projects. This demanded great patience and required extreme watchfulness. She had to work in secret and hid items from searches- even being frisked from head to toe. However, this was usually cursory; the guards knew that she had been locked up all alone for a great long while- so how could she have anything to hide? With the following: a bit of iron wire, broom straws, hair, thread, bits of bone (from her meals) and teeth that had broken off of her comb, she made: a tiny knife blade, a nail file, a sewing kit and pouch to put it in, a crochet hook and tool handles. Later, (p. 96) she makes a paintbrush from pigeon feathers. Some examples of mental diversions are on page 136.

**CHANGE= DANGER:** p. 99 - "That morning around nine o'clock I heard the doors opening. One after the other, all along the corridor. For a prisoner, anything out of the ordinary spells *danger!* His instinct never deceives him."

**SHOW TRIAL DETAILS:** pp. 109-117- After 1540 days of detention, she is finally taken to "trial". These pages explain the proceedings, which were quite interesting, and her reactions to them. Her answers of course had been memorized. She was convicted. She hoped for a sentence of death.

**RULE BREAKING:** p.126 - "This was my first unconscious encounter with one of the dilemmas faced by prisoners. To follow or not follow the rules set down

by the jailors? But I didn't even consider this problem. The answer had imposed itself. This choice remained irrevocable during all my years in prison. To follow the rules is to respect the rules. I hadn't the least respect for my jailors nor for their so-called rules. I hadn't accepted them, and each time I had the courage to break them, I was deeply gratified."

"The abuse of power leads to rebellion. Resistance is triggered by injustice, force, the prison system, the poor treatment, the lies."

**CATEGORIES OF PRISONERS:** p. 127 - She states that there are three categories, but that the percentage of the categories varied according to gender and the offense: political (keep in mind that the so called female political prisoners were hardly that. Mostly they had

failed to properly denounce a father, a husband, a son, or they might be a peasant whose husband had resisted land collectivization, or perhaps a peasant who had helped out a partisan in some way- they were all small fry) or common law. For women, the vast majority belong to the first category, the one that respects- as much as possible- the rules. "Seventy-five percent of the female political prisoners were passive- owing to fear, despair, an edgy apathy, a lack of imagination, a desire to gain the goodwill of the authorities, or to preserve a minimum of physical health. They were probably right."

She says the second category- the agitated ones, the insurgents or revolutionaries only made trouble for themselves. They lived in a permanent state of anxiety. They brought punishment upon themselves which in turn gave a new and more forceful impetus to engage in even more resistance- a vicious cycle.

The third category was very small among women. "For many of the male political prisoners "squealed." They were informers and betrayers. Always for some illusory gain, they betrayed their companions in adversity. Their brothers and sisters."

**FORMING HABITS:** p.159 - She had a fear of having to live many years in prison. "But I felt that to be able to live them, I had to want to live them. The physical part did not depend on me. The mental part did. What

**"I have lived, alone,  
in a cell, 157,852,800  
seconds of solitude  
and fear. Cause for  
screaming! They  
sentence me to live  
yet another  
220,838,400 seconds!  
To live them or to die  
from them."—from  
*The Silent Escape***

solution could I find? I finally seemed to have the answer: the meticulous planning of my use of time. I had to form habits. The desire to stick to them rigorously. Become fanatical. I felt the need to be able to measure the time by my actions. All this didn't happen in a day. I summarized the effort made during my initial weeks at the penitentiary. Only a year later did I achieve inner equilibrium. Setbacks were certainly not lacking. But I knew that in the future they would be transient. Some surface ripples. As the basis of my existence I had taken pride in the mind and had contempt for the body. I concentrated all my will on this lone goal. Respect for, in a person of flesh, what is least fleshly. Respect for humankind in its uniqueness."

**WALK THE TAP CODE:** p.175 - She attempts to communicate with the cell below hers- "I tried changing my walk into language. Each of my steps struck the floor a little harder. Each becoming a letter of the alphabet. I began with "Who are you?" (This is only two words in Romanian) So twenty-three steps for *w*, pause; eight for *h*, pause; fifteen for *o*. Three quick taps of the heel to mark the end of the word and so on. The attempt seemed absurd. Nevertheless, I repeated it several times. Contrary to all credibility, the answer

came through clear and distinct."

**MENTAL DIVERSION:** p.185 - She describes constructing a humorous, rhyming children's play in her mind during her fifth year of isolation. "It was truly difficult work." "Only this purely mental labor could completely absorb my memory, my attention, my will."

**MAKING GLOVES:** p.192- A description of stealing rags right from under the guard's nose and sewing them into gloves.

**MAKING CHARCOAL AND SUBSEQUENT FIRE STARTING:** p.192 - Each day (in this particular prison) she was given a pitiful amount of wood for a fire. It was very difficult to start, and to feed it slowly and continuously so that the daily ration would keep the cell somewhat warm for most of the day. One day she used two twigs to pick up an ember, and dropped it in water. This she dried out in a hiding place. She now had charcoal. She used two or three such pieces to start the morning fire by placing them on a glowing ember in the ash and blowing on them. She states that this method of fire craft was much easier than starting with having to make wood splinters, etc.

## A Lighter Survival Kit

By SURVIVOR Staff

Instead of throwing out that empty disposable lighter turn it into a minimum survival kit. Take an empty disposable lighter, one that still creates a spark, but no flame. This allows you to use the flint like a sparking device – **fire starter**.

Press and hold down the fuel lever to ensure the lighter body is empty of fuel. Cut the bottom from the body of the lighter. Once the bottom is removed you have a storage space.

This empty space becomes your storage space for your survival items. In some of the lighters this storage space is divided in half. Depending on what you want to put inside of this storage space you may have to remove this divider, a pair of needle nose pliers works great to accomplish this.

While the space is small it does allow you to pack some useful basic items in to it. Some examples of items I have packed into this space are: cotton and Vaseline tinder(done ones just with this as fire kits), trick birthday candles (the kind that re-light after being blown out), threaded magnetized needles, Band-Aids, fishing items, and wire. Basically you can put whatever you want into it, depending on the type of kit you want.



The bottom of the disposable lighter can then be duck taped shut. This way you have a kit with a durable flint and steel sparking/fire starting device built in and a water resistant container. When using the sparking device on tinder, it may work

better if you can remove the metal plate in front of the lighter (this usually acts as a wind protector), that way your spark is closer to your tinder.

Voilà, you have a small lighter personal survival kit!