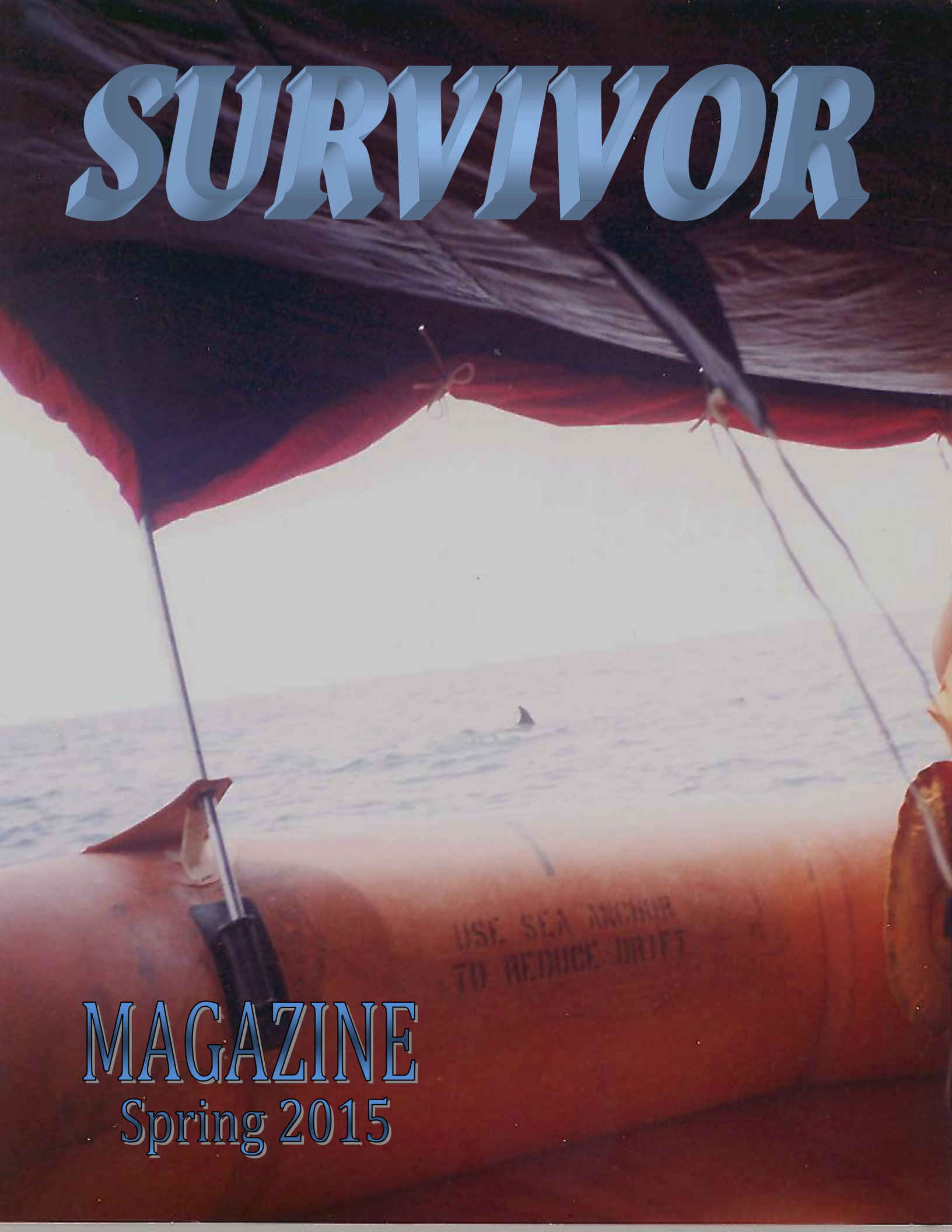


SURVIVOR

A dramatic photograph of a survival raft on the ocean. The raft is made of a red and black tarp, with ropes and a black handle visible. A red buoy is attached to the raft, featuring the text "USE SEA ANCHOR TO REDUCE DRIFT". In the distance, a shark fin is visible in the water. The sky is overcast and the water is choppy.

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Survivor's Quote:

"The closer we came in contact with the sea and what had its home there, the less strange it became and the more at home we ourselves felt"

Thor Heyerdahl (1 of 6 men who traveled 4,300 miles on a balsa wood raft)

Writer, Academic, Archaeologist, Explorer (1914–2002)

"...a sea gull landed on my head. I reached up my hand very gently and got him. We wrung his head, feathered him, carved up his carcass and ate every bit, even the little bones. We distributed and used his innards for bait. Captain Cherry caught a little mackerel about six or eight inches long and I caught a little speckled sea bass about the same size, so we had food for a couple of days. . . . That night we ran into our first rainstorm. Usually you try to avoid a black squall, but in this case we made it our business to get into it and catch water for drinking."

Eddie Rickenbacker (Adrift for 24 days in a life raft during WWII)

American Fighter Ace World War I and Medal of Honor Recipient (1890 - 1973)

"Information is a major factor in successful survival, and although survivors can learn from their own mistakes, death may intervene before the learning can be applied to a second chance!"

Dougal Robertson (37 days in a life raft)

Sea Survival and Survive the Savage Sea

THANK YOU FOR READING! If you would like to have your SERE-related article published, please write it and send it in.

Issue #; DATE

STAFF Bryan Kasmenn - Editor - KasmennB@yahoo.com

“TEACH A PERSON TO FISH...”

By SURVIVOR Staff

Give a person a fish, they eat for a day, but teach a person to fish, they eat for a lifetime.”

You could consider this old adage the morale guidance/philosophy of survival training; we don't extract or rescue our students from the situation, we teach how to deal with the situation. After spending 11 years teaching aircrews, that flew almost all their missions over water, I am more interested in the literal application of this adage to teach a hungry survivor, adrift in a life raft, how to procure food.

We know that eating helps to maintain the emotional and physical wellbeing of the survivor. We know that without water the survivor should not be eating; it takes approximately two pints of water to supply the body's demands for gastric juices and the disposal of the waste products of protein matter. Sea survivors have procured and eaten much of what the sea will provide, with a great deal less than two pints a day. Also remember that the attempt/success of procuring fish may help in preventing seasickness (keeping the mind and body active, this worked for me). They then have food when they finally get that water. It is something the survivor has some control over so they feel they are taking steps towards survival (even if they don't catch anything). Most importantly it can be a great morale booster as in, “Look Ma, I caught a fish,” a *meet my needs in this environment and improve my will to survive* kind of philosophy.

Edible sea life may take on many forms. I will try to discuss how survivors/sea adventurers have procured plankton, fish, sea birds, turtles, and barnacles in an attempt to “teach a person to fish”. I will not go over the facts related to poisonous marine life signs and symptoms (avoid those fish that look like members of a punk band), which you can get in any survival manual, but on this subject I will quote Dougal Robertson's Sea Survival: A Manual (he and his family spent 37 days adrift, half in a condemned inflatable raft and the other half in a fiberglass dingy) - “The adjustment to primitive

eating practices should be made before desperation robs the castaway of basic good judgment of the difference between what is harmful and what is simply disagreeable. It is better to live dangerously than to die cautiously.”

Besides quoting Dougal Robertson, I will also be using information from Maurice and Maralyn Bailey (117 days adrift in two inflatable rafts), Poon Lim (133 days adrift in a wooden life boat), Steven Callahan (adrift 76 days in an inflatable raft and used Dougal Robertson's book Sea Survival: A Manual to help meet his needs), Thor Heyerdahl (leader of six men who traveled 4,300 nautical miles in 101 days on board a balsa wood raft

called the Kon-Tiki), Dr. Alain Bombard (self-inflicted castaway sailed a life raft 65 days to prove an individual could survive off the bounty of the sea), and William and Simone Butler (66 days adrift in an inflatable raft).

PLANKTON. Plankton is a general name for thousands of species of visible and invisible small organisms, which drift about or near the surface of the sea. Some are plants (phyto-plankton), while others are loose fish ova and

tiny living creatures (zoo-plankton). In waters where plankton is plentiful, there are thousands of them per cup of seawater.

Thor Heyerdahl, of the Kon-Tiki, used a silk “net” sewn in the shape of a funnel with a circular mouth (formed from an iron ring) approximately 18 inches across. He would tow this behind the raft. The best catch was during night and in the cooler waters off the west coast of South America. Most of what they got was tiny shrimp-like crustaceans and fish ova, but they also got marine larvae, miniature crabs, jellyfish, and an endless variety of small creatures. Thor Heyerdahl states:

“The inedible vegetable plankton were either so small that they washed away with the water through the meshes of the net, or they were so large that we could pick them out with our fingers. “Snags” in the dish were single jellylike coelenterates like glass balloons and jellyfish about an inch long. Otherwise everything could be eaten, either as it was or cooked in a freshwater as gruel or soup.”

“And, bad as it smelled, it tasted correspondingly good if one just plucked up the courage and put a spoonful of



it into one's mouth. If this consisted of many dwarf shrimps, it tasted like shrimp paste, lobster, or crab. If it was mostly deep sea fish ova, it tasted like caviar and now and then like oysters."

Dr. Alain Bombard packed plankton “net”. His plan was to maintain his vitamin C intake by eating plankton, not really considering the protean content of this food source.

To trap plankton in large quantities the survivor may have to improvise some type of "net". I thought of occasionally bringing in the sea anchor (when its end has been pulled closed or tied off) the nights when the plankton are running thick. Or carry or have someone donate a pair of pantyhose and using line either from the survival kit (at least one 30 foot 100 pound test line per 20 man), fishing line, or the line from the activation lanyard and tie it off at two ends of this improvised "net". Without having access to nylons; a t-shirt or even socks may work. The Robertson talked about using sailcloth, but never really tried it.

BARNACLES. If plankton is not your cup of tea, Steven Callahan ate the barnacles that formed on his man overboard pole.

"I easily peeled three or four ounces of barnacles from the line. Mixed with rainwater, they made a slightly crunchy soup, which I drank from my Tupperware box. I couldn't get the idea of a McDonald's Quarter-Pounder McBarnacle Burger out of my mind."

Mr. Callahan was not alone in doing this. Poon Lim and the crew of the Kon-Tiki ate the barnacles that grew off the sides of their wooden raft/vessel. Our survivors could eat any barnacles that grew off their life raft bottle. Steven Callahan also pulled in large clumps of seaweed and ate the small mottled-skinned Sargasso fish, small shrimp, and especially the small crabs attached. He avoided the wormlike creatures and jellylike slugs.



TURTLES. Turtles were the main part of the Robertson's diet and provided a change in the diet of the Baileys (as well as a few pets and for a while a sea turtle was 'hitched' to their raft and pulling them towards shore). In most of the accounts, the sea turtle would bump up against the bottom of the raft and then pop up on the other end. This gave the survivors preparation time to grab the turtles by the hind flippers and haul it

in, keeping its beak and front flippers (claws) from doing damage to the raft and its' crew. Flip the turtle on its back and cut the neck severing the arteries and veins, sounding a great deal easier to do then it actually is. The blood has been used as a "sauce" for sun-dried fish meat and even the eggs found in the female turtle have been eaten.

SEA BIRDS. Poon Lim, the Baileys, and Steve Callahan had meals flown in or air dropped to them in the form of sea birds. Initially the Baileys and the Robertsons did not think about harvesting these meals-on-wings, but on their second opportunity the Baileys snatched and wrung the neck of the bird, while the Robertsons never did get a second chance. The wide-ranging birds, such as albatross, petrels, or frigates birds seldom approach close enough to be caught by hand, but gulls, boobies, and the like will perch on your raft and sometimes even you (Poon Lim and Douglas Robertson had birds actually land on them). A baited hook can also be used to attract low flying birds, just make sure to have the line tied to something that you can easily hold onto (second degree burns and cuts can occur from fishing line and parachute cord) like a mechanical pencil. The swift use of a flight boot, an improvised club (blunt objects being the best), or just a snatch/neck-ringing (Baileys, Lim, and Callahan) will invite your

aerial visitor to stay for dinner. It is best to skin the bird than to pluck it, especially if eating it raw.



FISH. While not quite a bird, fish have been known to land in the survivor's pot (the Robertson's, the Bailey's, Poon Lim's, Steven Callahan's, Thor Heyerdahl's, Dr. Alain Bombard's, and the Butler's pots to be exact). Specifically flying fish have landed in rafts and

on survivors (usually smacking their face or chest). Flying fish have been found on top of raft canopies and in the bellies of larger fish (flavored with stomach juices and semi-digested for that down-home goodness). They have been used as a great breakfast snack to start the day and also as bait, taking parts (heads mostly) to bait hooks for other fish.

Even with the occasional meal being “air mailed”, survivors have used an assortment of methods to procure other fish. The Baileys used their emergency fishing kit at an earlier point during their cruise and had not returned it to their life raft’s emergency equipment (one of those classic examples of why you don’t rob your survival kit), so they were reduced right from the start to improvising and trying different techniques. In the end, their haul of fish was an impressive one, some days getting over 100 fish, figuring an average of 40 fish a day. When procuring fish for the most part, the Baileys used safety pins, cut off short and bent back. Safety pins are found in the individual first aid kit, the in-flight first aid kit (green bags inside all multi-passenger/bomber aircraft), and in the fishing kit found in all multi-passenger life rafts (look right under all the hooks and fishing stuff). The Baileys with their converted safety pins caught most of their Dorado, also known as mahi-mahi or the dolphin-fish, directly beneath the raft or in its immediate vicinity. They fished with a vertical line. A quote by Maralyn Bailey:

“At the beginning of June when, because of Maurice's illness, I had taken over the fishing I had to be extremely careful with the hook as it was the only small one we had left. Maurice always let the fish swallow the hook before he caught them and would use six or eight pieces of bait to catch one fish. This was too slow for me and my expertise had improved so much that, as soon as the fish got close to the bait, I gave the line a jerk. Rather than discourage the fish, this had the opposite effect. Once I had jerked it away from them they swam fast towards it and held on tightly to the bait. I would haul them quickly over the side and fling them in the dinghy. My fishing had little style about it but it was fun.



Occasionally I got carried away and, jerking the line on board, the fish would whiz through the air attached to the line and land back in the sea on the other side of the dinghy. To me they seemed to enjoy this and there was no lack of contestants for the 'high-wire' act.”

Fishing by hand with bait relies on the greed of some species of fish and on the fact that, once having bitten, they do not readily let go. This was how Maralyn Bailey, after catching and dismembering a booby, came to put the wing, dripping with blood, into the water. Some fish bit straight away, and with a flick of the wrist she shot them into the raft. She had a fine day's catch and did not risk her precious 'fisherman's safety pins.

The same method was later used with a turtle's shoulder blade, some strips of flesh or the bloody skin of sharks, and so on.

An equally effective form of bait is a piece of cloth, which has just been used to wipe up blood and scraps after dismembering a fish or a turtle. Almost all carnivorous fish are extremely responsive to the smell of blood - not just sharks as everyone is apt to believe.

Poon Lim also started out with no fishing equipment. Lim explored his raft; in the locker he found some provisions, a little fresh water, a small first-aid kit and some distress flares. He rationed himself very strictly from the beginning, for the provisions were very skimpy. Frequent torrential rains provided him with large quantities of fresh water, which he collected by using his life jacket as a funnel. It was towards the



fiftieth day of his slow, solitary course that, despite the frugality he had imposed on himself, he ate his last rations. So he started to work out how to fish. These rafts are surrounded by loops of rope to allow survivors to hang on while remaining in the water. After a long, hard struggle he managed to detach one loop. Separating its strands, stiffened as they were from salt and sun,

he tied them end-to-end. As a hook he used a galvanized nail, which he had removed from the raft with great difficulty and then bent with his teeth. For bait he had put aside a piece of his last biscuit, making it into a paste with saliva and letting it dry in the sun. This lash-up fishing tackle was good enough for him to catch

his first fish. Restraining his hunger, he left it alone and kept it as bait for larger ones. This paid off, and from that point on he lived on raw fish. Mr. Lim also took apart a saltwater activated light, once it stopped functioning, and used the interior wire spring for a hook.

Even though he had plenty of hooks, Dr. Bombard improvised hooks from the body of a Dorado. Behind the Dorado's gill cover is a perfect natural bone hook. In this way the Dorado provided both hook and bait, which he used to catch many a fish.

Part of Callahan's original survival equipment was a fishing harpoon; unfortunately he lost the launching mechanism to the harpoon gun and ended up lashing the harpoon to the gun and using it like a spear. He would kneel for hours waiting for a passing fish to be at the perfect spot and then jab the "spear" down and through the fish.

While having limited luck with fishhooks and line, Dougal Robertson improvised first a spear and then later converted it to a gaff, then redesigning the gaff to allow for a swiveling hook and additional safety lines to secure it. Mr. Robertson pulled in fish ranging from 15 to 25 pounds, until failing to inspect the gaff before using it; the hook broke away from the line (lodged in a fish).

William Butler used his pocketknife in much the same manner as a spear or gaff. He opened up the knife, held it under water, and then jabbed upwards, spearing a fish. He would follow through with the motion bring the fish up and then jerking it off the knife into their inflatable raft.

The Bailey's also used something they called their Fish Trap, yet another example of Maralyn Bailey's positive genius for catching large quantities of small fish. A blue one-gallon plastic container (for kerosene), measuring 8" by 8" by 7" wide, with a handle and a spout on top was used. A square hole was cut on the opposite side of the spout. The cap from the spout was removed and a line was threaded through and then baited inside the container. Using the handle, it was lowered over the side of their raft until the hole was below the surface of the sea. With patience in the use of the "trap", letting the fish get used to it, approximately 20 fish were caught for breakfast. Unfortunately this method of fishing only attracted the triggerfish; the golden jacks and silver fish

being more timid and wary. It could also only be used in reasonably calm weather. A strong wind would make them drift too fast for the fish to swim into the hole and a disturbed sea made them misjudge distances. A young Staff Sergeant, off the coast of North Carolina, used a variation on this technique. While cleaning out the 20-man life raft bailing bucket, that had been used for a motion sickness bag, the small fish that had been

swimming under the raft came up to feed. Several of these fish (4-6 inches each) ended up inside the container. This process was repeated several times and the fish ending up as bait and "sardines".

I have tried to wet your appetites (sorry for the bad pun) by mentioning just some of the few ways that sea adventures and survivors have procured their "dinner". And even though we all know that water is more important than food, in almost every case mentioned of food procurement the individuals involved were doing more than just "getting take-out". The "fish" they were "catching" was their own survival.

Their procurement was a way of adapting to their environment. They were improvising and problem solving. They were improving their will to survive, by not just accepting their fates, but struggling against it. Dougal Robertson, a man who has taught me how to "catch a fish" and therefore to teach others to "catch all sorts of fish", sums it up best with, "...our chances of surviving among them (*sea creatures*) lay in our ability to adapt our past experiences to present circumstances. Our ability to fashion tools, to help each other physically and psychologically, and to use knowledge as a weapon of offense as well as defense, these were the attributes that would allow us to live from the sea."

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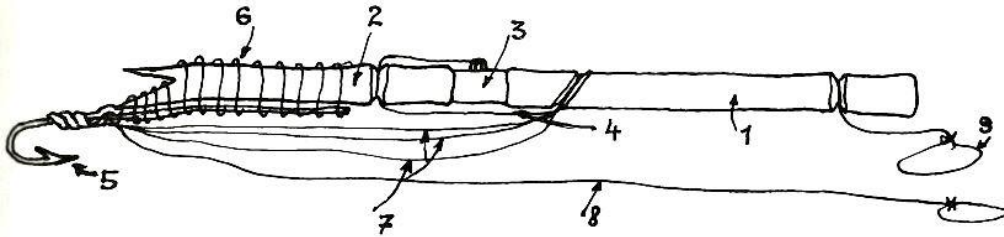
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IMPROVISED FISHING

By Survivors



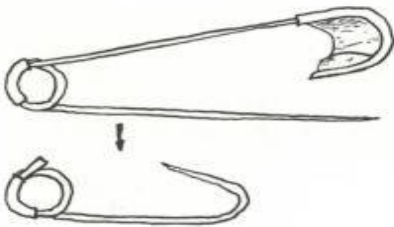
Robertson's Mark 2 Gaff

1. Paddle shaft used as handle
2. Piece of wood
3. Copper pin joining 1 & 2
4. Safety line joining 1, 2, & 3
5. Fish hook used as gaff
6. Copper wire to secure 5 to 2
7. Nylon line securing 5 to 1
8. Emergency nylon line fixed to 5
9. Wrist lanyard



Pool Lim's Nail

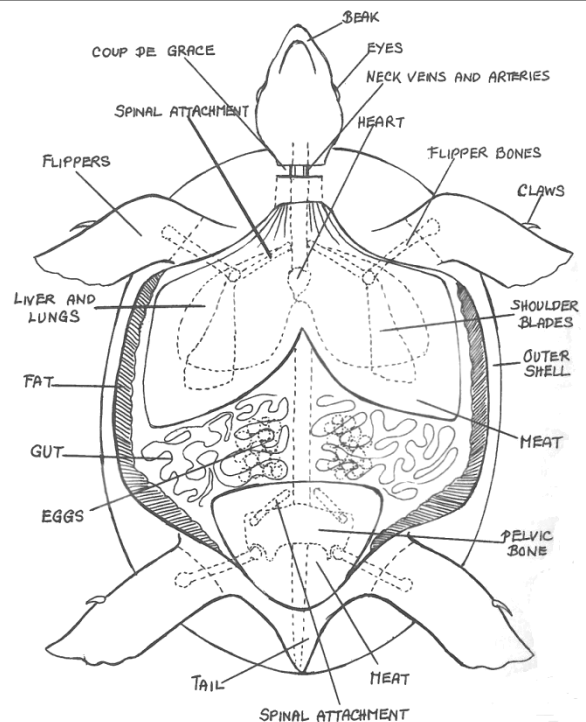
Bent using his teeth and life boat.



Bailey's Safety Pin

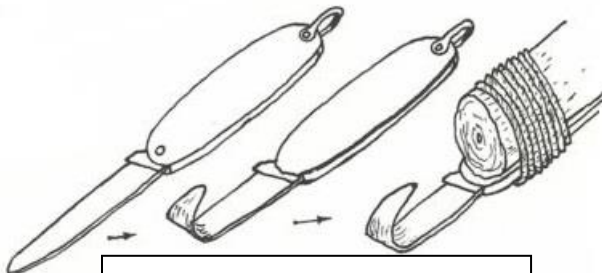
Cut and bent to make hook.

Editor's Note: Used 3 Safety Pins (w/out cutting and bending) to make a treble hook which has successfully caught fresh water fish.



Sea Turtle

Female sea turtle shown, male's tail extends past shell and no eggs.



Bombard's Knife Blade

Bent around an oar and lashed to a handle to make a gaff.



Seabird's Wing

Serves as line, hook, and bait as one; may attract larger predator fish.

Hedgehog Cactus

By SURVIVOR Staff

Species of the hedgehog cactus are low-growing succulent common throughout the Southwest United States of America, Central America, and South America.

Hedgehog cactus may refer to three genus types, *Pediocactus*, *Echinocereus*, and *Echinopsis*, totaling over 200 species. Hedgehog cactus has also been called sea-urchin and peanut cactus.

These names derive from the plants usual dense covering of spines, size, and cylinder-type shape, but these vary

a great deal between species.

The hedgehog cactus stems are cylindrical bodies with multiple ribs. Areoles – specialized areas on cacti from which spines grow – develop along the ribs. Some hedgehog cacti have long-spines which may be over 3 inches; often the cactus will develop an almost solid covering of sharp spines. Some species are single stemmed while others branch to a great extent from the base to form large clusters or mounds.

The flowers (appearing in spring) tend to be very showy and brilliant in color, the buds forming underneath the surface of the rib and then burst through the tissues. The most common hedgehog cactus varieties have intense red flowers, although the flowers may also appear in shades of pink, purple and lavender. The blossoms last for 5-10 days, usually opening in the morning and closing at night. Hedgehog cacti grow at elevations from sea level to 10,000 feet (so from flatland to the mountain tops). These cacti usually grow in sandy, rocky soil, but I have found it growing out of cracks in rock with no visible soil. Hedgehog cactus prefers full sun, but can be found in lightly shaded areas.

The red, orange, or deep purple fruit develops once flowering is complete. The fruit is round to egg-shaped averaging approximately 1-2 inches in length. It has a fleshy pale pulp tinged by the skin color. The fruit is covered in spines that fall off or can be easily brushed off as the fruit reaches maturity (a good indicator of ripeness).



Echinocereus (Chisel Cup Cactus)



Pediocactus (Mountain bull Cactus)



Echinopsis (Lightmatter Hedgehog Cactus)

Edibility. Hedgehog cactus fruit is very edible and in my opinion one of the two best tasting cactus fruits. The inner fruit pulp can be sweet and in some cases have a strawberry flavor. Separate the fruit from the plant, scrap/brush off the spines, and then slice the fruit in half. Scoop out the pulp and seeds which can be consumed raw. The inner fruit can be dried and stored for later.

Reader is warned this part is total book-learning. I have never tried this, but I have read from multiple sources that the inner limb material of a hedgehog cactus can be eaten. Cut off the top and then carve down the

sides removing the thorns and outer skin. Cube the cactus to the base, it can be eaten raw (in very limited amounts) or cooked (boiled or roasted)

tasting similar to a prickly pear pad.

WARNING. Like all wild edibles that your body is unaccustomed to consuming. Eating too much of anything your body isn't used too can cause fever, chills, and a very upset digestive system – in the desert I have heard this called “cactus fever” usually in regards to eating too much uncooked pads or inner cactus material. For non-isolating situations you should check local and state regulations, since it may be illegal to harvest this plant.

Food Procurement. *Reader is warned this part is total book-learning.* I have read from multiple sources that the *Echinocereus enneacanthus* (**common names** are Banana Cactus, Cob Cactus, Green Strawberry Hedgehog, Prostrate Hedgehog, Strawberry Cactus, and Strawberry Hedgehog) was used as a fish poison and to stun fish. The stems and flowers of this type of hedgehog cactus was crushed/mashed and then thrown into a water eddy to stun-poison fish so they would come to the surface were they were collected and eaten with no effects to the locals.

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Recommended Reading

AUTHOR: Brig. Davies-Scourfield, Gris

TITLE: IN PRESENCE OF MY FOES: Travels and Travails of a P.O.W.

PUBLICATION PLACE AND DATE: Wilton 65, York, Great Britain, 1991, 5th edition, 2000

Book includes detailed descriptions of the escape planning and procedures used by POWs from the famous Colditz Castle.

GENERAL DESCRIPTION OF BOOK: Author's personal narrative of his captivity. Wounded four times in battle, he was taken prisoner at Calais in May 1940. He escaped one year later from a camp in Posen and was sheltered by the Polish Resistance for 9 months until caught on his way to Vienna.

He was sent to the special camp at Colditz in March 1942, and from which he escaped the following year. However, he was recaptured and taken back to Colditz where he remained until the end of the war. His book describes his own escape and those of his comrades in various prisons, including the seven attempts made by his friend Michael Sinclair.

NOTABLE QUOTES (Identify subject, page, & paragraph):

On Capture (pg. 58): "Throughout the whole of that long day we just sat about. I myself felt that the whole situation was unreal. Only a few days ago we had been in England under comparatively peaceful conditions, yet here we were in a ruined church, filthy, dirty, wounded, unshaven, and prisoners; around us people were groaning with pain. And worst of all, we were in enemy hands."

On the thrill of escape (pg. 84): There is no doubt that escaping is a desperately exciting pastime, and my two escapes, unsuccessful though both eventually proved, were the most nerve-racking things I

have ever done, more exciting than the fighting at Calais, and more exciting even than my first point-to-point ride."

Escape (pg. 84): Author quoting Pat Reid in prologue to *The Colditz Story*: "I can think of no sport that is the peer of escape, where freedom, life and loved ones are the prize of victory, and death the possible though by no means inevitable price of failure."

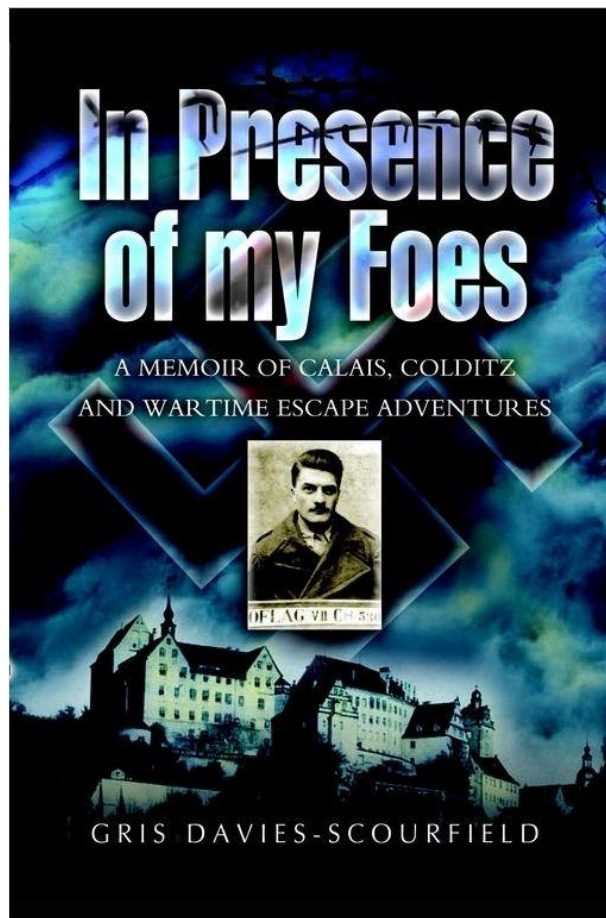
Selecting time of Escape (Pg. 84): We had selected a time when a suitably lazy sentry was on duty (discovered by constant observations over a prolonged period), and as was expected, this sentry did not bother to go right up to the pit, but stood watching from the path ten yards away."

Escape Lessons Learned

(pg. 86): "It all seemed quite unreal. This was our first escape, and if we had known more about the business we would have realized that all we needed were identities, documents and money; instead we allowed ourselves to accept offers of concealment and transport to the east and active assistance along each stage of our journey. I would soon discover that the promises made by all these splendid Poles were born of an intense desire, rather than any actual ability, to provide decisive help."

Fear of interrogation following recapture (pg. 130): "My heart sank: this was one of the really bad moments of my life. It was not just the disappointment and the thoughts of failure after such long endeavor: far worse was the fear,

which had never been far from me all these months, that I should break down under interrogation and torture and spill the blood of all those gallant Poles who had helped, sheltered and befriended me. All this went through my mind as I picked up my little case and prepared to leave the train. Where was my lucky star and would it see me through?"



On Escape planning and need for organization (pg. 156-7): “Escape from any camp, and especially Colditz where German security was tight, was never easy and required a lot of ingenuity and luck. At Colditz too it was complicated by the unusually high proportion of inmates determined to escape if they could, and there had been an occasion, I was told, when British tunnelers, aiming at a buttress from the third floor, had fallen through onto some Dutch tunnelers operating similarly on the floor below! As a result, a much closer tie up between the various national escape committees had been arranged with great success.”



On the war between POWs and the guards (pg. 158): “Apart from physical violence by the inmates, no holds were barred. The prisoners’ aims were, first to outwit the Germans and escape; secondly, to harass and annoy the Germans as much as possible; and thirdly to demonstrate their absolute confidence in final victory. The Germans’ aims were, first to prevent prisoners escaping; secondly to avoid becoming annoyed; and thirdly to demonstrate their own absolute confidence in final victory. This all-in contest raged unceasingly. Sometimes the prisoners were successful, sometimes the Germans. I do not know who really won the game.”

Captor Security Analysis (pg. 172): Sinclair was preparing for an escape attempt using the disguise of Franz Josef, a German guard. “Preparations were fascinatingly thorough and intense. Every time the real Franz Josef appeared (and ‘stooges’ were permanently on duty to watch for his approach), Mike would be advised. Mike would then study everything about him, the way he talked, the way he stood, the way he moved and so on. Others would be taking in the details of his uniform and equipment, while the make-up artist, Teddy Barton, would examine the moustache, the hair and complexion. Meanwhile the ‘tailors’ were getting busy while a special party were manufacturing the rifles,

bayonets and equipment, the whole operation being covered by intense ‘stooging’.”

Post-Escape capture and search (pg. 202): “In fact I had quite a lot of German money, together with a miniature compass, a map of Germany and a German railroad timetable, all carefully and neatly packed into a small container and concealed within my body. A vigorous search, to which I was now subjected, consequently revealed nothing.”

Reflecting on the failure of an escape (pg. 205): “But never mind: there is no room in the escape business for painful post-mortems or regrets of

any kind, provided the lessons are learnt. Anyway, I had survived and could always try again.”

CAPTURE METHODOLOGY AND SECURITY:
Military: German Army units

MOVEMENT METHODOLOGY AND SECURITY:

Train (cattle cars) used to transfer to first prison at Laufen, Austria.

Train (locked passenger cars) used to transfer from Laufen to Posen, Poland.

DETENTION FACILITIES:

Laufen: former palace of the archbishop of Salzburg, Austria

Posen, Poland- Fort VIII: Posen’s most difficult aspect were the fleas.

Colditz: Castle fortress used to hold the most hardened escapers and other prominent prisoners. Colditz became a virtual escape university.

Laufen: pg. 69 described as a vile place, extracts from diary gives details on the food and conditions.

Posen was “infinitely preferable to Laufen” (pg 79)

Colditz: Described throughout the bulk of the book.

INTERROGATIONS AND OTHER FORMS OF EXPLOITATION:

Tactical Interrogation: (pg 68): He described his official interrogation to be “purely routine”. He had remembered a lecture to give only name, rank, and number. Other info asked for was on his Brigade, which he told them, correctly, that he knew nothing about.

Interrogation following escape and recapture (Pg. 131); Centered on him having been seen eating chocolate – which was only for German wounded at the time – and there forged ration cards. These caused enough doubt in the policemen’s minds to warrant further investigation and interrogation – which is described in detail on pgs. 131-133.

ESCAPES:

- Laufen – tunnel effort
- Posen – through front gate on rubbish wagon
- Colditz – tunnel efforts, disguise, climbing
- Lamsdorf – use of tunnels by the prisoners to visit Polish girls in local area and return undetected.

ESCAPE METHODS:

Tunnel started inside Laufen Prison. Mouth of tunnel constructed by a sapper and was well camouflaged. Describes tunnel methods, lookouts and security. Germans discovered the tunnel before it could be used. Sinclair was part of the tunnel team.

Trash Wagon from Posen. Pair of orderlies would take loaded trash wagon through gate to large pit 80 yards from the camp. Polish worker gave Sinclair a contact for underground in Posen. Preparation, practice and rehearsal were thorough and intense. A slightly larger cart had to be constructed to hold an escaper. Civilian clothing was made from blankets and other scraps; also map, razor and German money was procured. Escape launched on 28 May 1941 – a year after capture. Each escaper was taken out in separate trips. The day of escape was selected to take advantage of a lazy sentry and his expected lack of close supervision at the rubbish pit.

Tunnel & Disguise: From Colditz - (pg. 159) Six POWs escape via tunnel, September 1942; tunnel from interior German office to outside terrace. From there, and in disguise as Polish orderlies under German escort, the march through exterior gate. Two of the four made it to Switzerland.

Across Roof and over Moat: From Colditz (pg. 160) October, 1942 – four British officers, including Pat Reid, escape and reached Switzerland.

Disguise through front Gate: From Colditz (pg. 160) Sinclair and other POW disguised as German guards without being challenged. Sinclair was captured as Swiss border when he tried to walk across a river bridge versus swimming, wading or some other method. “When one is lonely, cold and hungry one takes risks which a party of two or more might avoid by mutual encouragement: in due course I would experience this myself.”

Away strategy: From Colditz (pg. 170) a popular option for would-be escapers was to change places with people being moved to another camp. Escape would be conducted during movement or from the new camp. Author describes such a method, in this case, unsuccessful.

Disguise – ‘Franz Josef’: From Colditz (pg. 175) – 2 Sept. 1943 – Sinclair made his long planned and prepared attempt, in disguise of a German NCO. This attempt involved much effort in study and preparation and with support assistance by the other POWs. The attempt is detailed – it ended in failure when the real Franz Josef appeared. He was responding to a silent, unknown alarm raised by a final guard who refused passage in violation of standing procedures. Sinclair was shot in the attempt and his three partners were put into close security cells.

“Rubbish” Escape (pg. 180-205, Chapter XIII): Details author’s escape plan to be removed from the camp hidden in a load of rubbish. He would be taken in a rubbish cart to a cellar. From there, and in civilian clothes, he would exit the cellar and make his way out the camp – using an improvised key to unlock an exit door. The plan involved compromise of German guards. On pg. 181 he details the methods used by the POWs to systematically compromise the guards. The escape committee had a key to various German administrative offices from which the escape needed. It took the author 4 months to develop his civilian clothes needed for the post-escape evasion. Escape attempt made on 4 October 1943. Pg. 185 describes the actual event and anxiety as he made his exit from the rubbish cellar – including use of improvised key to use against door lock.

Another Sinclair escape plan (pg. 212): After many weeks of patient study of the sentries’ movements

and the air-raid blackouts, he and the escape committee had worked out a plan. It included getting out through an upper-window during an air raid; descend down a rope on the terrace behind the guardroom, descending another rope to ground level; then across an orchard and through the wire into the town. His escape prep is described, including cutting bars in advance and camouflaging them back into place, making ropes and wire cutters. Stooging and strict coordination was required. Sinclair's attempt ended in failure.

Rubbish camouflage blanket (pg. 219): POW constructed a camouflage blanket which, when placed over top of him, made him look exactly like a heap of rubbish. With practice, a skill was achieved in which he learned to snatch it from beneath his coat and twirl it over himself. On the day of the escape, we was on an escorted walk with other prisoners, and while the attention of the guard was distracted, he stepped out and transformed himself. When the coast was clear, he climbed into a tree – which had been previously selected. Following the ensuing intense search, he made his way away from the prison. Although the getaway was successful, he was later recaptured.

ESCAPE COMMITTEE/ORGANIZATION:

Compromise of German guards by committee: Pg. 181 describes methods used.

Need for an escape coordinator: Pg. 182: The rubbish escape operation need a director to coordinate and control all the arrangements for stooging, reporting, timing and to have all the concerned activities in the right place at the right time.

Manufacturing escape key: Pg. 183 – Describes an improvised device which, when placed against the keyhole and with turning knobs, would gauge the innards of the lock and provide the measurements needed to make a key.

Use of “Ghost” by committee to cover escape: Pg. 186 – describes how a “ghost” was used to cover for the escape during head counts. Prisoners would go into hiding, during earlier escapes, and remain hidden within the prison until needed. This allowed an escaper to get a head start before the attempt became known.

Identification and treatment of a “stool-pigeon”: Pg. 216-217 – after an escape tunnel was discovered, and suspicion raised by a POW who had recognized the new arrival as someone taken from another camp under suspicious circumstances, the POW security officer began in investigation. The stool pigeon provided a full confession. The POWs wanted to hang the informer, but no one was willing to do it himself.

Before the execution could occur, the Germans removed the prisoner from the camp. After the war the prisoner was prosecuted and sentenced to death. The sentence was commuted to life imprisonment; however he was released after 8 years.

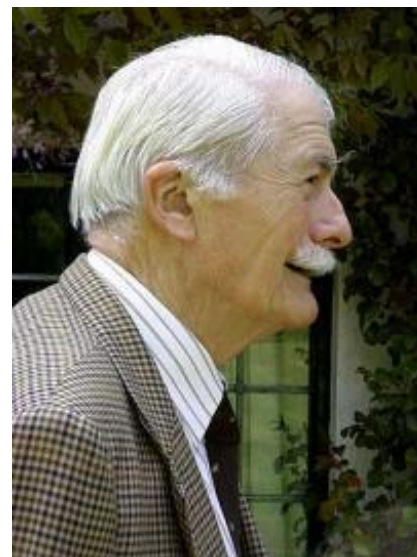
MAJOR LESSONS LEARNED: Escape was serious business that required extensive security analysis and preparation. By describing the number of escape plots and attempts, the reader is provided a good foundation for the methods used by the prisoners to develop escape strategies. Sinclair, the author's good friend and a devoted escaper, made 8 separate attempts, with the last one ending in his death.

TRAINING AND/OR OPERATIONAL SUPPORT: The escape strategy and planning, plus the details on escape methods are the most useful in support of training and development of escape methodology. The prisoners improvised methods and tools to defeat locked doors. Although the exact methods are not described in extreme detail, there is enough to give the reader an idea of what methods were used. The author also discussed the need to develop post-escape evasion plans, including good disguises, forged travel papers, learning a bit of the language, and studying methods to blend into the population.

Other details, including ‘ghosting’ and compromising of guards is valuable. The author gives excellent, concrete examples of how the escape committee conducted these activities. Plus, it is illustrated how important it was to have coordination for escape efforts. Many of the described escape attempts required study, ‘stooging’ and coordinated actions of many prisoners to effect the escape of a single or small group of prisoners.

FINAL NOTE: An interview was conducted with the Brig. Davies-Scourfield in June, 2000 by Joint

Personnel Recovery Agency. His post-WWII military career included becoming involved with the formation of David Stirling's SAS Regiments, of which he later became commander.



WEATHER INDICATORS

By SURVIVOR Staff

Weather, the state of the atmosphere at a place and time as regards heat, dryness, sunshine, wind, rain, etc., is a condition that directly effects every aspect in the IP's life, but it is also can help meet those same aspects and needs. While it is always seems easier to view the negative implications, we must also be aware of the positive uses. Weather provides resources to meet critical needs such as life-giving water, signs of game, material for shelter, and sound/sight concealment during escape/evasion to name a few. An IP's ability to recognize changes in the basic climatic elements, temperature, moisture, and wind can be of great benefit as well as a possible deadly consequence if unrecognized.

Cloud Formations

The types of clouds that form above 20,000 feet above earth include:

Cirrus - wispy, delicate looking clouds that are the sign of an approaching warm front.

Cirrocumulus - a layer of tiny individual clouds, which look like scales on a fish, (hence the term mackerel sky) indicating unsettled weather.

Cirrostratus - an opaque (almost see-through) sheet or layer of clouds, usually indicating the approach of rain within a day or so.

The types of clouds that form between 7,000 and 20,000 feet above earth include:

Cumulus - puffy cotton ball or cauliflower shaped clouds, indicating fair weather

Altostratus - composed of parallel bands or rounded masses, with a distinct shaded area, which may indicate thundershowers on a warm, humid day.

Altostratus - a uniformly light gray sheet of clouds, indicating continuous rain or snow.

The types of clouds that form closest to the Earth's surface, below 7,000 feet include:

Stratus - a uniformly flat, horizontal, layered cloud, most often associated with fog.

Nimbostratus - a formless, uniformly dark gray layer of clouds that produce light to moderate precipitation.

Stratocumulus - a lumpy layer of clouds varying from light to dark gray, that typically produces drizzle or



intermittent rain either when bad weather is on the way or when the weather is just about to clear.

One type of cloud formation that grows vertically and may extend beyond the boundary in the Earth's atmosphere between the troposphere and the stratosphere is the Cumulonimbus - these are thunder clouds, which can form as individual clouds or as a line of towers (called a squall line), and are associated with severe weather, including hail, lightning, tornadoes, as well as rain and snow. Notice the "anvil" to the top

right of the cloud that helps define the Cumulonimbus formation.

Elementary Weather Indicators:

Wildlife. Animals' senses are more in tune with natural weather indicators than ours, so we can learn a lot by observing their behavior. Before rain, ants will build their hills with steeper sides, turtles will seek higher ground and can often be spotted on roads, and seagulls will avoid flying and instead take shelter on the coast. In the lead up to a storm, cows will often congregate and, if thunder is brewing, they may even lie down. Another clue to look for is low-flying birds; it is believed they fly lower before a storm to allow them to alleviate a discomfort in their inner ears when air pressure falls rapidly.

Listen To Your Body.

Approaching storms can be felt in the human body. A good barometer is your hair; when your hair is particularly frizzy humidity levels are likely to be high. This occurs before heavy rain so your bad-hair day may be a good reason not to venture too far from shelter. Many arthritis sufferers complain of heightened joint pain as air pressure drops.

Moon, Sun, and Stars. A low-pressure change (indicating a possible shower) will clear dust from the atmosphere so the moon appears bright and sharply focused. A ring around the Moon or Sun means rain. The ring is created when tiny ice particles in fine cirrus clouds scatter the light of the Moon and the Sun in different directions. When stars appear to twinkle, it indicates that strong winds are not far off, and will become strong surface winds within a few hours. Also, a large number of stars in the heavens at night show clear visibility with a good chance of frost or dew in the morning.

Red Skies. The old saying "red skies at night, sailor's delight; red skies at morning, sailors take warning," has validity. The morning Sun turning the eastern sky

crimson often signals the arrival of stormy weather. As the storm moves east, clouds may turn red as a clearing western sky opens for the setting Sun.

Sight and Weather. "The farther the sight, the nearer the rain," is a seaman's chant. When bad weather is near, the air pressure decreases. High atmospheric pressure with stable and dusty air means fair weather.

Cold Front in Summer. A cold front arriving in the mountains during the summer usually means several hours of rain and thunderstorms. However, the passing of a cold front associated with stronger winds could mean several days of clear, dry weather. During this type of weather, sound will also travel shorter distances.

Morning Rainbow. A morning rainbow is often followed by rain. An afternoon rainbow often means unsettled weather, while an evening rainbow can mark a passing storm. A faint rainbow around the Sun may precede colder weather.



Increased Flower Fragrance is a Sign of Stormy Weather. Stormy weather may follow within hours when flowers seem to have increased their fragrance.

Looking to Plant Behavior for Signs of Rain. The flowers

of many plants, like the dandelion, will close as humidity increases and rain is approaching due to the change in temperature with an updraft associated with a thunderstorm.

Sounds as a Predictor of Rain. People say "when sounds are clear, rain is near," because sound travels farther before storms.

Birds as a Predictor of Rain. Even birds can help predict the weather. Water birds may fly lower than normal across the water when a storm is approaching. Birds will huddle close together before a storm.

Rocks as a Predictor of Rain. As humidity increases, the rocks in high mountain areas will "sweat" and provide an indication of forthcoming rain.

Campfire Smoke. During clear weather smoke should rise steadily upwards. Prior to rain, when air-pressure is low, smoke from your campfire will swirl about and eventually descend.

Deteriorating Weather Indicators:

- Clouds lowering and thickening, ceiling lowers
- Puffy clouds begin to develop vertically and darken
- Sky is dark and threatening
- Clouds increasing in numbers, moving rapidly across the sky
- Clouds at different heights moving in different directions
- Heavy rain occurring at night
- Barometer falling steadily or rapidly
- Smoke from stacks lowers
- Static on AM radio
- Wind shifting from to prevailing wind pattern
- There is a ring (halo) around the moon
- Leaves that grow according to prevailing winds turn over and show their backs
- Strong wind and/or a red sky in the morning
- Temperature far above or below normal for the time of year

Impending Precipitation Weather Indicators:

- Distant objects seem to stand above the horizon
- Sounds are very clear and can be heard for great distances
- Transparent veil-like cirrus clouds thicken, ceiling lowers
- Hazy and sticky air. Rain may occur in 18-36 hours
- Steadily falling barometer
- Pale sunset
- Red sky to the West at dawn
- No dew after a hot day

Impending Strong Winds Weather Indicators:

- Light, scattered clouds alone in a clear sky
- Sharp, clearly defined edges to clouds
- Yellow sunset
- Unusually bright stars
- Major changes in the temperature

Clearing Weather Indicators:

- Cloud bases rise
- Smoke from stacks rises
- Barometer rises quickly
- A cold front has passed in the past 4 to 7 hours
- Gray early morning sky shows signs of clearing
- Morning fog or dew
- Rain stopping and clouds breaking away at sunset



Continuing Fair Weather Indicators:

- Early morning fog that clears
- Gentle wind from the West or Northwest (USA)
- Barometer steady or rising slightly
- Red sky to East with clear sky to the West at sunset
- Bright moon and light breeze at night
- Heavy dew or frost
- Clear blue morning sky to West
- Clouds dot the afternoon summer sky

Even with the modern equipment available, forecasting tomorrow's weather is often difficult. By understanding the basic characteristics that effect development of weather phenomena, the IP can take action to better prepare for and take advantage of its effects and how to meet the IP's mission "to return with honor!"

Survivor's Quote:

"In all, there were 181 escapes attempted from Colditz during the war. Over 68% of these escapes (123) occurred during the six-month period from April through September. This certainly supports the argument that there was a definite time of the year in which escapes were most prevalent. Specifically, the months with the most escape attempts were May and July, while those with the fewest attempts (at Colditz) were February and March."

**Randall Cervený and Brent Skeeter
Professors and Authors "Escaper's Weather"**

KEEP CALM & PRIORITIZE

By Tony Fancher

As you may or may not know, one of the most terrifying things a survivor can face is the unknown. Isolated and alone, not knowing when you might get home or *if* you will ever get home and the fear & psychological stress can overwhelm Isolated Personnel (IP). This article will help you understand some of the psychological processes an IP can go through to calm, prioritize and execute the survivor's mission (Return, in good health, with honor) successfully. The IP may or may not know they are even going through these processes.



One process a person executes without much thought at times is attention. A person's psychological state in a survival situation has a lot to do with a person's

attention. It is defined from a psychological perspective as, "how we process specific information in our environment" (Attention, What is it?, 1890). So if an IP's attention is solely focused on the fact that they are isolated, afraid, and all the negative psychological aspects of survival, then it will be hard for them to re-focus on the positive aspects. An article by Dr. Dan Goleman, *The Brain & Emotional Intelligence*, postulates that "attention regulates emotion" (Goleman, 2013). So just like a baby that is crying can be calmed by redirecting his/her focus off of the cause of the pain, so too can a crying IP be calmed by refocusing on things other than what is causing them pain; for example, treating a wound instead of focusing on the pain of it.

So how do you re-focus someone to the positive aspects of survival? The first is to address the stimulus that is pulling your attention away from the positive. If you are hurt and are in pain, then address those medical concerns. If you fear for your life, then start recalling the aspects of your evasion training. This re-focusing of your attention some athletes call "getting in the Zone." It's the happy little area of your brain that keeps you mentally sharp and helps you to calm down.

An even harder question is what if you are hit with a multitude of stimuli that are screaming for your attention? When athletes get in the Zone, they use their attention skills to help them concentrate on 4 different aspects of concentration to address the multiple stimuli

associated with sports. The last of the four we use in dangerous situations without us knowing we are using it. It is called External, broad concentration which is defined as quickly assessing your situation and reacting without "thinking"; in laymen's terms, "instinct." It can also be assessing your environment so you can explore different aspects of it. For example, is there enemy nearby? With the myriad of events happening all at the same time in a survival situation, an IP needs to have a game plan. This is where External, Broad and Internal, Broad concentration comes into play to work together (Bull, Albinson, & Shambrook, 1996).

Internal, Broad is defined as, "analyzing a situation and developing a game plan" (Bull, Albinson, & Shambrook, 1996). In an IP's case, that would be prioritizing. In any survival situation, you have the 5 basic needs (8 with military aspects); health, communication, travel, sustenance, & personal protection. So after assessing your environment and analyzing your situation, one can use that information to make a game plan. For example, if you just crashed your plane and you assess the plane is on fire, it's snowing outside, and you have a broken leg, and enemy nearby; you can now start prioritizing your needs. Maybe grab your hit-and-run kit, a GorTex jacket, drag yourself away from the plane, address your medical needs, and maybe use that "instinct" to decide which way to travel.

Through attention, we can regulate emotion, once calm, we can re-focus our concentration onto the environment and situation. Finally we can start prioritizing our needs. Thus ultimately keeping our mind off of the negative aspects of survival and helping us to be successful returnees.



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