
SURVIVOR
MAGAZINE
Summer 2014

THIS ISSUE:

Survivor's Quote:

"Home herbals advice the user to boil the plants to make a tea or poultice. This is generally not practical for an IP, who must avoid detection. Also, water can be scarce during an evasion situation.
If fire, water, and sun are all unavailable, chew the leaves, then spit out the pulp. For a decoction (made from roots), crush, scrape, and mash the root, soak in water for at least 30 minutes (between a handful and 1.5 pts), then bring to a boil and simmer until reduced by one-third. To make a poultice, mash up the plant, leaves or root and form into a pad, adding water if needed, then put it on the affected part, cover with a large flat leaf and tie into.
In a POW situation, the more standard preparation methods may be practical. For an infusion (also referred to as a tea), steep the aerial parts (everything above the ground) of the plant in boiling water for about ten minutes or so. For a decoction (tea made from the roots of the plant), simmer for about 20-30 minutes, until reduced by 1/3. To make a poultice, simmer the herb for 2-3 minutes, squeeze out the excess water and apply hot, then bandage in place."

Cheryl L. Carter, Lt Col, USAF, MC, FS
Herbal Medicine for the Isolated Person or Prisoner of War

Issue 1; 19 August 2014
STAFF

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SODIS

By SURVIVOR Staff

Solar purification, also known as Solar Water Disinfection (SODIS), is a method of purifying water using only sunlight and plastic polyethylene terephthalate (PET) bottles (see graphic below for PET symbol). SODIS is used in more than 20 countries and multiple global/US health organizations to provide fresh purified water to more than 2 million people. Different health agencies have documented in areas using SODIS methods, combined with other improved hygiene behaviors, a reduction of diarrhea incidence up to 70%.

The isolated personnel (IP) can use SODIS to make their water safer to drink with little to no modification to the methods taught globally in locations with water and hygiene issues.

The IP will need the same things: a colorless, transparent PET water or soda pop bottles (two quart or smaller size bottles), the fewer surface scratches or damage to the exterior of the bottle the better, and a water source. Remember polycarbonate bottles **(many Nalgene water bottles and other hard plastic sport water bottles)** which block UVA and UVB rays should not be used.

The IP should remove any labels and wash the bottle(s) before the first use. The idea is to try to make the bottle as "clear" as possible letting in the most amount of sunlight. Fill the bottles with water from the source. Very cloudy water must be filtered prior to exposure to the sunlight. Filled bottles are then exposed to the sun.

To improve oxygen saturation (a higher oxygen level in water is good because it helps reduce bacteria and usually makes drinking water taste better), bottles can be filled three-quarters, shaken for 20 seconds (with the cap on), then filled completely and recapped. *Note: Three different scientific studies have shown that oxygenated water fails in both quantitative analysis and practical physiological tests to improve or enhance performance and recovery of athletes.*

At a water temperature of about 90°F (33°C), it takes at least six hours ("Wilderness Medicine" states 4 hours) for SODIS to be efficient. If the water temperatures rise above 122°F (50°C), the purification process is three times faster (120 minutes). The "treated" water can be drunk and or used directly from the bottle, and then the bottle can be re-used.

Bottles will heat faster and to higher temperatures if they are placed sloping towards the sun and/or on black or dark material, similar to increasing the speed in melting ice. I have tied off water bottles to the outside of my pack (dark brown/green) and let the sun heat them while navigating (using a strip thermometer to check on their exterior heat every break) until sunlight, temperature, and time allowed the water to be safe to drink.

Disadvantages of using this method to an IP are:

- Availability of water bottles
- Quantity of purified water due to limited number of bottles
- Summer or warm climate based procedure
- Need to expose the bottle to the sunlight for 6 hours (or longer) may expose the IP

Ultimately like every other purification method the pros and cons must be weighed by the IP and balanced based on their predicament. Ultimately their decision is going to be based on what they have been taught, tried, and/or heard about. This method is just one more tool in the IP's arsenal to return with honor.

Suggested Treatment Schedule
World Health Organization

Weather Conditions at 90°F	Minimum Treatment Duration
Sunny (less than 50% cloud cover)	**6 hours**
Cloudy (50-100% cloudy, little to no rain)	**2 days**

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Field Guide to Wilderness Medicine; Paul S. Auerbach MD MS FACEP FAWM, Mosby Publishers, 4th edition
SODIS; Überlandstrasse 133 P.O.Box 611 8600 Dübendorf Switzerland Phone +41 58 765 52 86
http://www.sodis.ch/index_EN
Oxygenated Water and Athletic Performance; British Journal of Sports Medicine. Sep 2006; 40(9): 740–741. Published online Jul 19, 2006. doi: 10.1136/bjsm.2006.028936

Prickly Pear Cactus

By SURVIVOR Staff

Arizona is filled with plants that may be considered hazardous due to spines, needles and thorns. These hazardous plants are made up of trees, shrubs, and cacti. All cacti are **succulent** (have water-storing tissue), but not all succulents are cacti (i.e. the AZ plant Sotol).

Most cacti use CAM (Crassulacean Acid Metabolism) photosynthesis, taking in carbon dioxide at night instead of the day to save water (evaporation rates are lower at night generally), storing the carbon dioxide as an acid, and then releasing the carbon dioxide during the day for photosynthesis.

Prickly Pear

One of the most prevalent cacti (in all its variations) is the **Prickly Pear Cactus.**

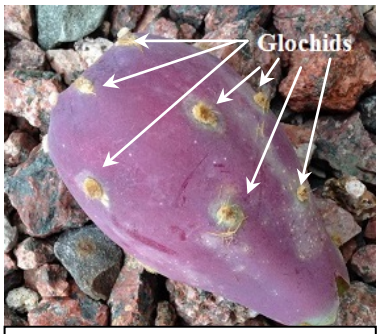
Prickly pear range from a few inches up to 20 or 30 foot "bushes" (on Accession Island the pads were larger than dinner plates and fruit was baseball-size). The flowers can be yellow, red, or purple even among the same species. The cacti pads can vary in width, length, shape and color, but tend to be roundish or paddle like in shape.

"Prickly pear cactus represents about a dozen species of the **Opuntia** genus (**Family Cactaceae**), but all have flat, fleshy pads that look like large leaves. The pads are actually modified branches/stems that serve several functions -- water storage, photosynthesis and flower production."

Like other cactus, most prickly pear plants have large spines -- actually modified leaves -- growing from small, wart-like projections on their stems. Members of the Opuntia genus are unique because of their clusters of fine (hair-like), tiny, barbed spines called glochids. Found just above the cluster of regular spines, glochids are yellow or red in color and detach easily from the pads. The color and size of these fine spines make them extremely difficult to see and even harder to remove once they puncture the skin. Care should be taken in removal, using pliers, tweezers, or other instruments to remove the fine hair-like spines.

The **prickly pear** plant has three different edible sections: the pad of the cactus (*nopal*), which can be treated like a vegetable, the petals of the flowers, which can be added to salads, and the pear (*tuna*), which can be treated like a fruit. Care needs to be taken in harvesting any part of this cacti for the large and fine needles.

Pads – can be roasted over a fire or carved/peeled to burn away or remove the thorns. The interior of the pad is the best eating. It can be diced up for boiling, frying, and/or roasting. It tends to have a strong flavor.
Petals - can be eaten raw or cooked when added in with other edibles (soups, stews, interior of game, etc.).
Fruit – once ripened (becoming a deep red color all the way through) can be eaten raw, cooked, or made into a drink, avoid the seeds and beware the exterior spines.



August, but still not ripe

Historically the pads have been used as a vitamin C source. Young stems have been boiled in water then made into a poultice to cure sore muscles. The flowers and stems have been made into tea to ease headaches, eye trouble, and insomnia. Early settlers boiled the root to make a tea to treat dysentery.

Currently there are medical studies being conducted on the Prickly Pear plant. Some studies have shown that the pectin contained in the Prickly Pear pulp lowers levels of "bad" cholesterol while leaving "good" cholesterol levels unchanged. Another study found that the fibrous pectin in the fruit may lower diabetics' need for insulin. Both fruits and pads are rich in slowly absorbed soluble fibers that help keep blood sugar stable. The studies are currently ongoing.

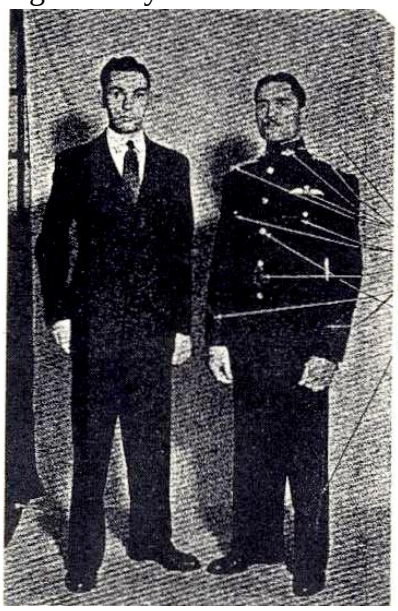
Ready to eat (interior)

Needle Concept

By SURVIVOR Staff

Many people think that the hardest place to find a needle is in a haystack. In actuality, the hardest place to find a specific needle is in a stack with a bunch of other needles.

This concept of hiding with all the other "needles" may be adapted for use by present day evaders and escapers, depending on the conflicts situation and the local population's tendencies. Many evaders and prisoners of war (POWs) have tried to capitalize on this "needle" concept in past conflicts with some outstanding successes and, unfortunately, some life costing failures as well. Throughout history evaders and escapers have used disguises to make good their return to friendly forces or make "homeruns". Since this concept has been successfully employed, it may benefit us to look at some reasons why others have used disguises, present day laws governing disguises by the military, and actual usage of disguises by evaders/escapers in past conflicts. Keep in mind there are plenty additional benefits to blending into the crowd even when not in an isolating event. Blending in with the locals can possibly help you avoid being in an isolating event.



Evaders/escapers reasons for using a disguise are varied. Most figured that there were so many homeless indigenous individuals wandering in remote areas that it would be very difficult to avoid detection, but "one more" homeless indigenous would not attract attention while a downed evader or soldier would cause the alarms to be sounded. Some thought that by looking like anyone besides an "evading" evader, they could utilize the available transportation resources such as trains, planes, and boats through highly populated areas that blocked their evasion route. Others had to use disguises as the only way to blend in with an assisted evasion net or the only way to get out of their detention facility.

The use of a disguise should be backed up by the evader doing a great deal of prior preparation. The problem is that people catch people, so an evader's best bet is to avoid people and the areas they would be seen in. This kind of runs contrary to the aspect of disguise, which is a "deception" or "false front". With a disguise you're trying to mislead people. They are not seeing "isolated-Joe/Joan-USA citizen", they are seeing the local guy/gal from the next town over walking through the woods or down the street. Depending on your disguise this may force you into areas of higher risk, someone dressed in dress or business clothing would not necessarily be evading, they would be walking "normally" in plain sight heading towards their "business" destination. If you aren't carrying the type of clothing local's have in your hit-and-run bag then you will have to acquire it, forcing the evader to go where there are people to steal the clothing, again creates a strong possibility of notice, which increases (not decreases) the chances of getting caught. All of this running contrary to avoiding contact with other people/locals.

Potential evaders/escapers should get knowledge of the political, social, and economic situation of the local people before using a disguise. Many evaders during World War II (WWII) tried to stay in remote areas (with and without disguises), but unfortunately so did the local indigenous population. Locals were in pursuit of wild foods and resources that were hard to find in the war torn economy, unfortunately for the evaders/escapees they were in the same area, pursuing the same wild foods, resources, and remote locations. Individuals that have knowledge of local customs, languages, and cultural information are at a greater advantage then those that do not, but this is true whether using a disguise or not. Unfamiliarity with simple mannerisms has gotten people caught even when they looked

exactly like the locals. Ask yourself this before using a disguise, "Is a disguise logical, appropriate, and required to evade or escape?" and "Do I have the means to carry it off?"

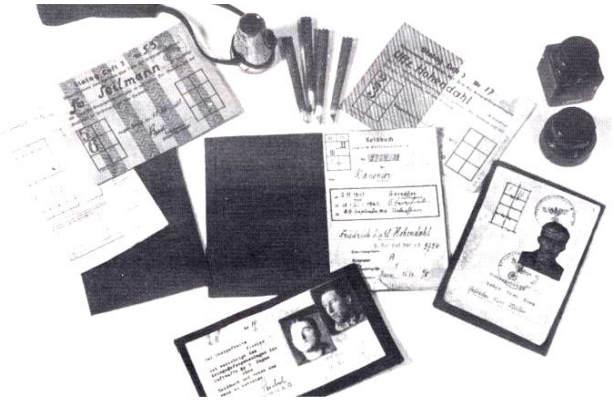
US Joint Doctrine and international law states "it is permissible for military personnel isolated in hostile territory to feign civilian status while evading, though they should avoid combatant or espionage activities while dressed as civilians" and "potential and actual evaders may at some time consider the possibility of trying to disguise themselves as local (enemy) people by putting on civilian attire in the expectation of passing as natives." It goes on to state that this is "extremely dangerous". US Joint Doctrine and international law gives only two examples when a civilian disguise might be necessary, but remember other situations might dictate a disguise, such as an escape attempt. The first example is when population density does not allow you to evade in a uniform. The second example is when an indigenous assisted evasion net insists that the evader disguise themselves to aid in movement. US Joint Doctrine and international law goes on to state that evaders should retain at least some of their uniform, such as insignia, identification (dog) tags, US Armed Forces/Geneva Convention Identification Card, and blood chit to use as proof of status and identity in the event of capture. While international law dictates that it is a violation to "make improper use of" enemy uniforms (fighting and killing the enemy in their uniform as an example). It is still permissible for military personnel isolated in hostile territory to use enemy uniforms to evade capture, as long as no other military operations are conducted while dressed in the enemy's uniform. It would stand to reason, that an escapee could be dressed in the enemy's uniform also, as long as no other military operations except for escape are conducted while dressed that way. This means no attacking then enemy, gathering military information, or engaging in combatant operations. Escapees have disguised themselves like guards and soldiers to get out of the POW camp, but in many cases (not all) planned and prepared to change into civilian clothing once far enough away. However, dressing like an enemy soldier could very likely get you treated like a spy, before you could convince the enemy that you are an evader/escapee. We know what usually happens to spies during war as in, "Do you have any last requests?" and "Would you care for a blindfold?" So be warned and ready.

The only real legal disguise "no-no" under US Joint Doctrine, is using protected emblems. The US Military has determined that the Red Cross, Red Crescent, medical, religious, and other protected emblems may not be used for the purpose of escape or evasion during an armed conflict. Historically this has been the case, but there are exceptions such as: a couple of British evaders in WWII who dressed like monks to successful evaded across Italy and Vatican clergy (priests, sisters, and even a Monsignor) who were critical in establishing and maintaining the Roman Evasion lines, helping over 3000 isolated personnel. The reason for not using these symbols is simply the ramification if caught. How are enemy soldiers going to treat the folks wearing the real protected emblems if they believe that people are using them as disguises? The personnel who wear these protected emblems have served the fighting forces of the US and her allies well. The idea is not to misuse them.

Historically, disguises have been used to varying degrees in every conflict. Depending on the physical similarities, prior preparation of the potential evader, availability of indigenous assisted evasion nets, and the E&E training/aids of their military. Some disguises have been the key to providing the isolated person a homerun (a successful return to friendly forces).

During WWII, the likely-hood of an evader getting into civilian clothing (and usually helped by an indigenous assisted evasion net) was so great that the allied evaders carried personal photographs of themselves in civilian attire for their travel passports, as in "Hand over your papers, please!", found in their Escape & Evasion (E&E) kits. Evaders that made contact with an assisted evasion net were easily (usually) provided clothing and the appropriate props to look less conspicuous, but the photograph part of their "papers" was too hard to obtain in such short notice, so that is why they carried them in their E&E kits. This became such a standardized item that the German interrogators/intelligence could identify what flying unit you were assigned by the civilian clothing and backgrounds found in your picture.

Clothing obtained for escape from the POW Camps or Stalags was obtained from many sources. Clothing was gotten from parcels from POW's next of kin, Red Cross Clothing, successful trading with "tamed" guards, and through clandestine shipments from American and British intelligence services. The items sent by the home government were cleverly concealed. Blankets were sent with concealed detailed suit patterns that were only visible when rubbed with a damp cloth. One Royal Air Force officer's uniform that was sent, but on closer inspection it was a disguised Luftwaffe uniform. Dyes were created using things like ink, tea, and calcium hypochlorite (chloride of lime) from the outhouses.



Records from Stalag III show that a variety of escape clothing was made in preparation for the planned escape of two hundred POWs (called the Great Escape) and other attempts. Some of the clothing disguises that were developed are as follows: Forty-six overalls (similar to what the "ferrets" or in-camp guards wore) from sheets dyed dark blue. Forty-six German and foreign workers coveralls were made from plain white pajamas. Forty-two German uniforms were put together to include buckles and badges created by pouring molten silver paper from cigarette packages or tin cans. Belts were made from black paper from the barracks wall. Two hundred sixty civilian jackets were made from uniforms dyed, pockets removed, and corners rounded off. Two hundred thirty civilian pants were made from uniforms and blankets. One hundred forty overcoats were made from Officer's greatcoats with their shoulder straps removed and buttons substituted. Over one hundred civilian suits were made from military uniforms. Over three hundred civilian caps emerged from every conceivable type of material from military hats to cardboard. Over ninety neckties were made from military ties. Sixty haversacks were created from military kit bags and the mackintosh covers that game boards were sometimes sent in. An unmeasured number of shirts and waistcoats were modified with pockets to carry a 10-day supply of food concentrates.

For a WWII escaper forged papers were just as important as civilian apparel. Materials needed for forging included copies of the original document, tracing paper, paper, pens, ink, and brushes. Using toilet paper and flyleaves from books and Bibles got them tracing paper. Inks were created and "borrowed" from supplies sent by the Red Cross for art and entertainment. Stamps were cut from shoe heels and linoleum. Original documents were gotten from "tamed" guards and stolen from "untamed" guards. Some documents were sent by secret means from the government, but these were usually out of date by the time they reached the POWs. Everything from a soldier's transfer paperwork, to a foreign workers police permits, and area passes were created. Sometimes the work on one pass would take a single individual a month working five hours a day.

Additionally WWII escapers had made compasses (many of the ones from Stalag III had their back stamped "Made in Stalag Luft III"), maps, food concentrate bars, and props to make their disguise complete. Such props might include fake rifles, briefcases, and paperwork for "business", workmen's tools, and anything else they thought they might need to prove that they were who they said they were. As can be seen from some of the facts above a great deal of work went into preparing the two hundred escapers to go out the three tunnels in the "Great Escape". Of the two hundred escapers selected and prepared, eighty prisoners managed to get out the tunnel Harry before the Germans discovered the hole. Four of the eighty were captured at the mouth of the tunnel, while seventy-six made it clear of the camp area. The cost in man-hours (estimates of over a million) , the danger of coordinated sabotage, and embarrassment led Hitler to give the infamous Sagan Order, which led to the death, by shooting of fifty of the seventy-six escapers. Three of the seventy-six POWs made homeruns to England.

In WWII, escapers disguised themselves as guards, ferrets, electricians, local/foreign businessmen, and workers to get out of the camps. Depending on their command of a foreign language, the availability of forged papers, and the type of escape, they would either "hard-line" it (walk cross country) or try the trains to travel were evading would be shorter, a ship might be available, or a resistance net could be met. One of the best stories of WWII where disguise or the

"needle" concept is used came out of the North (American) Compound of Stalag Luft III. Two German-speaking POWs dressed as guards and took a group of twenty-five other POWs to be deloused (this had been done earlier by real guards). This allowed 27 individuals to escape through the wire. On the second attempt one of the ferrets recognized the "guard" as a POW. Everyone in both groups was recaptured, but not before one man traveled within several hundred yards from the Swiss Boarder and two others were caught trying to start a plane (actually their second plane, the first plane they had gotten ready to fly when a German pilot came out and it took from them).

Something that many didn't consider initially in WWII, but complicated every escaper's disguise is the time they escaped. Two aspects of time effected disguise/clothing. The first being the time of year – this drives the need for clothing to match the weather, as well as the type of clothes needed to blend. The second was the conflict time of day of escaping - getting as far as possible before the escape was noticed sounding the alarm (making people wary and watchful for the escapees). The factors of time caused many complications on when/if to travel by rail or move through open/populated areas to get the greatest distance possible, as fast as possible. Both time factors could cause trouble for the evader/escapee since a traveler dressed to hike through extreme cold or arriving many hours before the train at a train station would likely draw the attention of the authorities. Also many a disguise was ruined or out of place because the escapee initially kept to the woods and then decided to evade through towns, but the weather or physical aspects of the woods made them look unsavory enough to draw the attention of the local police and military.

In the Korean Conflict, the racial dissimilarities would betray the evader or escaper. So avoidance again became the common rule with evaders and escapers trying to stay in remote terrain. Unfortunately, due to population density, especially near the coast (area needed to travel to return to friendly forces), it became increasingly difficult for evaders/escapers to avoid any contact with the enemy soldiers or the local population. This problem was recognized by several-downed evader so they tried to pose, at least at a distance, as local citizens or Koreans/Chinese soldiers. This was done by using discarded or stolen clothing items found while evading or as preparation for their escape attempt. Captain Ward Miller, an F-80 pilot, was shot down in June 1951, utilized discarded clothing to aid in his escape after being captured. Miller eventually was recaptured, due to injuries slowing his ability to travel, but eventually escaped again and made a successful "homerun" to friendly forces. Captains Clinton Summersill, an USAF T-6 pilot, and Wayne Sawyer, an USA T-6 observer, were shot down in January 1951. They utilized the clothing they had been wearing when they crashed to seem more like elderly peasants from a distance while evading. The weather was so severe that it was difficult for them to hear and see any enemy patrols as they walked closer to the friendly forces. They successfully used the clothing to try to look like a couple of "fellow" citizens, making homeruns to friendly forces.

Like Korea, in the Vietnam Conflict, racial dissimilarities would betray the evader. With this in mind a Navy pilot, Dieter Dengler, shot down over Laos in 1966, tried to disguise himself as a German citizen providing support for the Laotians. Dengler carried his old German identification papers and had German hiking clothing, boots, and paraphernalia under his flight clothing. Captured by Laotian forces, Dengler did not seem to press the issue of German citizenship vs. being a US Navy evader much, but it also seems that his captors did not seem to care. He was not Laotian, definitely occidental, so he must be the enemy in their eyes. Eventually, helped by the monsoon season and jungle survival tactics, Dengler and six other prisoners escaped from the camp. Dengler was the only one to make it back to the U.S. alive.

John Dramesi, an USAF F-105 pilot shot down in April 1967, and Edwin Atterberry, an USAF RF-4C pilot shot down in August 1967, used disguise as main focus of their escape attempt. They used a combination of ground iodine pills and redbrick dust to match the average skin color of the North Vietnamese. Sandals modeled after the shoes of the North Vietnamese peasant. They gathered bits of cloth and string and made white "surgical" masks to disguise

facial features. Using thread pulled from towels and needles made of copper wire, they fixed their black prison clothes to look like peasant dress. Out of strips of rice-straw pulled from sleeping mats, they wove two conical hats. Originally they had camouflage nets made from three blankets with clumps of rice-straw from brooms sew on them, but were forced to turn them over to the rest of their cell mates, so they used mosquito netting with clumps woven into them. They also stole a burlap bag, two baskets, and a carrying-pole as props to look like traveling peasants. While their disguised allowed them to get out Hanoi, unfortunately they did not travel far enough before going to a hold-up site and were subsequently captured. Dramesi calculated that, by dawn, they had traveled four or five miles from the compound. A North Vietnamese patrol found the pair hiding in a bramble thicket near an abandoned churchyard. The two were captured, blindfolded, handcuffed, and returned to prison. Dramesi was tortured for thirty-eight days, flogged with a fan belt, punched, strapped into excruciating positions by ropes, and kept awake. He was strung in the ropes fifteen times. In a horror chamber close to Dramesi, the communists tortured Atterberry so gruesomely that his shrieks of pain could be heard two blocks away. Atterberry died on May 18, 1969, just eight days after the breakout. The communists didn't stop with punishing Dramesi and killing Atterberry. They tortured other prisoners, some for weeks, who had not participated in the escape attempt and even extended the torture to other prisons. John Dramesi repeated almost all of his preparation of disguise and escape aids for a second attempt at escape. Dramesi modified his clothes, gathered iodine to color his skin, made more sandals, made another conical hat, collected his fellow POW's hair during their haircuts, procured other resources (forty feet of copper rope-wire, food, map, and a plan), and made a white "surgical" mask to disguise facial features; all to pose as a pregnant Vietnamese women. Though eventually the Senior Ranking Officer of his cell turned down his second escape attempt, who can tell how successful he might have been?

I have tried to detail some of the reasons why disguises have been attempted in the past and the laws governing the use of disguises by today's military. There are certain inherent dangers involved with disguises the logic of supporting the role or image you are attempting to portray may get you caught since it involves being near people.

Remember an individual that has knowledge of local customs, languages, and cultural information has a greater advantage in evading or escaping then those that do not, whether using a disguise or not. Knowledge is power to an evader or escaper.

By depicting some historical examples of how disguise or the "needle" concept has been used in past conflicts it will hopefully help you recall this knowledge in the future, no matter what circumstance you find yourself in. In every situation were a disguise was used it took a great deal of time, energy, and preparation on the part of the user. Unfortunately, that hard work and disguise has not always been enough to even temporarily hide the "needle". So ask yourself these questions prior to using a disguise, "Is a disguise logical, appropriate, and required to evade or escape this situation?" and most importantly "Can I be a needle in a stack with a bunch of other needles?" Hopefully, no matter what your answer is, they will lead you to a homerun back to friendly forces.

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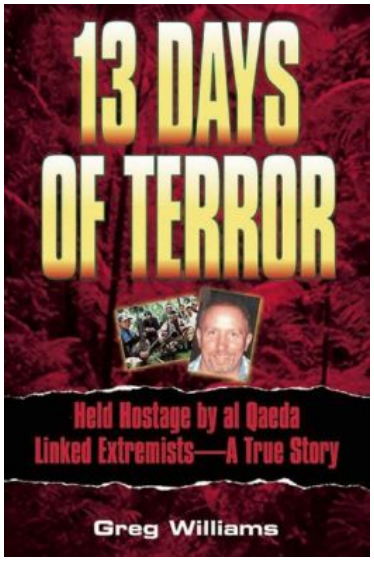
Who is the tourist?

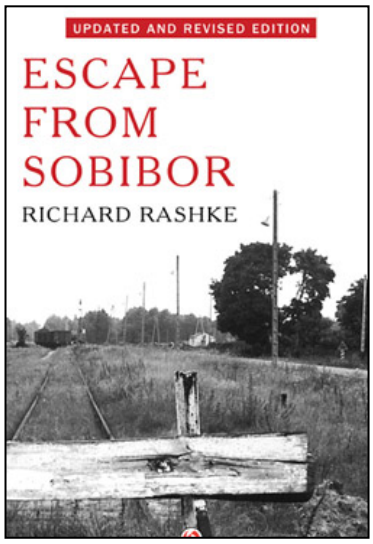
Recommended Reading
By SURVIVOR Staff

Title: **Thirteen Days of Terror**
Author Greg Williams
Publisher New Horizon Press, 2003
ISBN 0882822292, 9780882822297
Length 310 pages

When American missionary Greg Williams travels to the Philippines, he dreams of helping the starving children of the island nation. His dreams turn into a nightmare when, within days of his arrival, he is taken hostage by an Islamic terrorist organization, Abu Sayyaf. Linked to Osama bin Laden's Al Qaeda network, the terrorists put a high price on the missionary's head.
Imprisoned in a jungle camp and caves, Williams is brutally beaten and ordered to turn over the name of someone who will pay for his freedom. Williams knows no one in the Philippines and has no name to give. Realizing that he is marked for death, Williams turns to his religious beliefs to sustain him through the darkness. His faith helps him endure days of torture and nights of despair. However, just at the moment when his death seems certain, Williams is saved by an utterly remarkable and surprising turn of events.
An excellent book filled with great examples of what can happen without travel preparation, hostage captivity, and resistance/survival.
The reader can obtain many useful motivational and training points throughout the account towards all aspects of survival, communication, organize, resistance, and escape (**SCORE**), as well as strong points on will to survive and the value of escape.



Title **Escape from Sobibor**
Author Richard Rashke
Publisher Delphinium Books, Incorporated, 2013
ISBN 1480458511, 9781480458512
Length 572 pages



Is the story of the mass escape from the Nazi extermination camp at Sobibor which was responsible for torturing and killing over 250,000 Jews. Sobibor was the most successful uprising by Jewish prisoners of a German extermination camps (uprisings also took place at Auschwitz and Treblinka).
On October 14, 1943 Alexander Pechersky, a Soviet army Lieutenant Quartermaster (class II), led a prisoner uprising/escape from Sobibor, a Nazi Extermination Camp, with the assistance of Leon Feldhendler, a Polish-Jewish resistance fighter. Of the 600 inmates in the camp, spared to maintain the camp, assist with "processing" prisoners, and perform other duties for the Nazis, aapproximately 340 Jewish prisoners escaped the Sobibor death camp and 80 were killed during the escape either by machine gun fire or landmines. 170 were recaptured by the Nazis during large-scale searches, approximately 70 individuals were not re-captured and killed, successfully escaped the camp. Everyone who remained in the camp or was caught after the escape was executed. After the escape, the death camp closed, dismantled, bulldozed under the earth, and planted over with trees to cover it up. Fifty three Sobibor escapees survived the war.
Through interviews with survivors and meticulous research, the author describes in detail the atrocities committed at the Extermination Camp in Poland, as well as the prisoner's planning, strength, cooperation, and spirit which allowed them to succeed in their mission – to resist the Nazis, to escape the camp, and let the world know what was really going on at Sobibor.
Not only is ***Escape from Sobibor*** an excellent book which provides details and examples of escape preparation, escape planning, and the will to survive, but it was also made into an outstanding award-winning movie by a British production company in 1987.
Escape from Sobibor is a well done made-for-TV film which can be watched (or downloaded) for free at the Internet Archive - https://archive.org/details/Escape_From_Sobibor.avi

"Practically Everybody Deviates"

By SURVIVOR Staff

Something every one of us knows, "People get lost." maybe not us, but certainly others. ☺

People who do not use natural or man-made aids to navigation (such as Southern Cross, landmarks, back-marks, the moon, the sun, North star, compass, map, GPS, terrain features, prevailing wind, and others to name a few) can get lost even to the point of coming full circle. Even when using these navigation tools individuals may deviate or veer off their direction of travel or heading - adding travel time/distance or even getting lost. At some point, we have all experienced this either personally or through others, but surprisingly, there have been only a few scientific reports on this phenomenon.

There are accounts of this being tested prior to this century, but I am going to limit my discussion to those in the past 75 years or so (no matter how old you think I am).

From about 1895 to the 1950s, the basic thought was that deviation was caused by one foot being longer than the other. In 1929, Professor Frederick H. Lund, Bucknell University, conducted 3542 tests of 125 students. He placed them blindfolded in an open area and observed their deviation/veering while attempting to maintain a heading. Professor Lund evidence noted in 80% of the group of students tested, that the greater the difference in leg length in each individual, the greater was the degree of deviation or veering. His tests also showed the consistency of veering in a number of trials of the same students. The 20 per cent of cases which did not fit involved students who deliberately gave great force or energy to their shorter leg resulting in compensating changes in their direction of deviation. Lund's experiments also showed that deviation and veering had little or nothing to do with right- or left-handedness; since approximately 55 per cent of his test subjects consistently veered to the right and 45 per cent to the left (20% of the world's population is left-handed). This experiment was reconfirmed in 1951 by Carl Ivor Sandstrom

Since then additional test have been conducted, one to test the length of leg with 15 blindfolded test subjects. Another had very limited test subjects (six) under varied conditions (no blind-fold) and environmental conditions of an open desert and wooded forest. Each of these tests should that individuals may eventually deviate into a circle, but disproved the notion of leg length. Over all, I found these tests did more to support environmental aspects which may cause the individual to deviate/veer then being useful on why/how an individual my deviate from a heading.

In my opinion, the best test experiment was conducted in 2012 in which 15 test subjects were placed in a large interior open space (90 m x 150 m) and tacked by GPS through six pattern tests each. Subjects were told to try and walk "straight ahead" while blindfolded, they were not given a visual objective before being blindfolded to walk too. Subjects were analyzed electromyography (evaluating and recording the electrical activity produced by skeletal muscles), kinetically (energy that it possesses due to its motion), and kinematical (a branch of dynamics that deals with aspects of motion apart from considerations of mass and force) to help determine any underlying mechanisms of why they may have deviated or veered. Since this test was conducted in an enclosed interior space all environmental forces which may cause deviation were mitigated. The scientist conducting the test also used a much larger space then had ever been used during any of the other interior testing, hoping to gain more accurate data. Their tests showed that deviation didn't usually start until 10 m into the test and could be as much as 30 m. They also established that test subjects did not reach a steady "fast" speed until approximately 8 m, indicating any previous study which used shorter test areas were inaccurate on their correlation between a fast steady pace helping to maintain straight line direction.

What the 2012 test did come up with was that there is no definite correlation between length of leg and direction of deviation/veering. Deviation and veering is as individual as the person themselves. The individual's posture, center of pressure, and vestibular system

(***balance,*** equilibrium, and spatial orientation system) which is individualized is the main component in each test subject's degree of deviation and veering. Usually when all things were controlled (no exterior influences) the individual deviated/veered basically consistently the same way each time.

When I first read of this pattern of deviation and veering in 1983, I tested myself in a snowy parade ground. I found consistently that I tended to deviate and veer to the right, no matter what direction I started from. While the veering angle differed (I think due to wind and noise) I always tended to go to the right. I was able to incorporate this information during my navigation, especially when using terrain features and natural aids to navigation. I felt it has kept me aware and assisted me in times to avoid being lost. As well as helped me when I have been a "bit confused" as to where I am and how I went wrong. When you add today's common technology, GPS (hand-held or cell phone) figuring your deviation and veering is even easier.

A deviation/ veering test is comparatively easy to make. Walk blindfold in a large open area free of obstacles, use your GPS to provide an image of your track showing any deviation and veering. If your GPS does not provide a track or route image try using a field covered in snow or a sandy beach free of obstacles; these environments will show the swerve pattern of your footprints. If these environments are not available, work in an open area with the assistance of others who can observe and record your deviation and veering. The important point is to obtain information by assessing your footsteps and route of travel to determine your probable deviation in the future so you can compensate/be prepared for it.

The problem with using any exterior area is the inability to avoid environmental forces such as wind, sound, sunlight, etc. These will have an effect on your walking and veering, modifying your ability to walk in a straight line – direction of travel. Instead, you may want to use a large open space such as a gym, hall, indoor arena, and etc. which may provide you a more accurate test. Your GPS may not function indoors, so again obtain the assistance of a friend to ensure you don't walk into any obstacles and who can also provide feedback on your veering and deviation patterns.

Some basics on deviation/veering which seem consistent no matter the test are:

- A person tends to deviate/veer in one direction or another consistently.
- Environmental forces such as wind, rain, snow, and even sunlight can affect an individual's ability to maintain direction.
- Other sources which may cause an individual to deviate or go off their intended path are an unbalanced backpack and carrying a weighted object in one hand such as rope, axe, walking-stick, etc.
- Noises can effect an individual's deviation.
- In meeting obstacles or environmental forces directly on the individual's intended path, the individual is likely to pass or veer to the right.
- Availability and knowledge of a source of navigational information will assist in maintaining an individual's course of direction even in unfamiliar terrain.

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Survivor's Quote:

A predator's behaviour depends on three factors: instinct, individual learning, and tradition.

Urs & Christine Breitenmoser
Snow Leopard Survival Strategy