



# INSRA

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## MEMBERS UPDATE



## *THE BEST SURVIVAL MOVIES OF ALL TIME: PART 1*

How to Fix the 5 Most Common Handgun Misses

Proper Long-Term Water Storage



When this single most vulnerable resource you use every single day is taken out,  
**Life for everyone will fall apart and chaos will reign.**



**ECONOMIC MELTDOWN, SYSTEMIC COLLAPSE,  
PANDEMICS, FOOD SHORTAGES, WATER AND  
SANITATION BREAKDOWNS, VIOLENCE AND  
RIOTS WILL ALL HAPPEN AT THE SAME TIME**

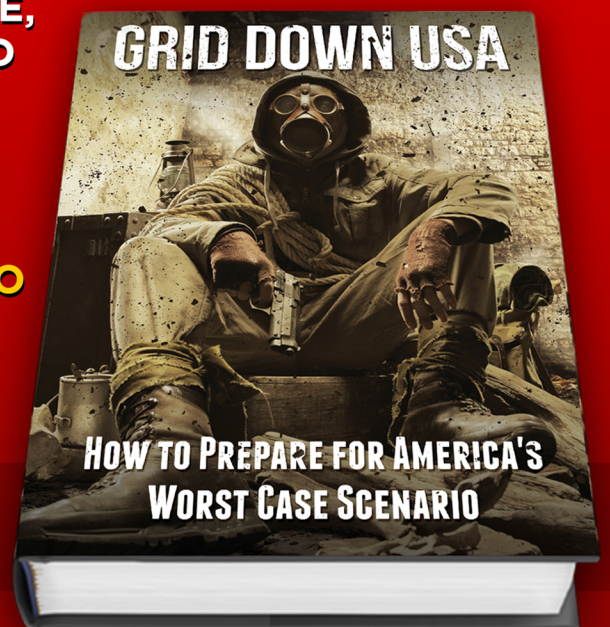
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## Fix Handgun Misses

Whether you're a new shooter or an old hand, chance are good that your target accuracy peaked much earlier than you expected it to. Don't worry. This happens to everyone. The fix for this problem isn't to keep digging these ruts deeper at the range, but to focus your attention on a little technique that's very aptly named: Troubleshooting.



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## Best Survival Movies of All Time

Perhaps now in 2021 more than ever, we can all relate to the human struggle to overcome harsh circumstances. With short days and the winter chill bearing down us, there's no better time to enjoy a good old American movie night. And when it comes to movies with a self-reliance twist, these are the best titles of all time.



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## How to Store Drinking Water

It's easily the most vital resource for human survival, yet it typically falls somewhere near the bottom of the checklist, well after ammunition and extra batteries. One reason might be that storing large quantities of water is an intimidating project. In this article, we demystify the process and examine several popular storage solutions.



# TROUBLESHOOTING: HOW TO FIX THE 5 MOST COMMON HANDGUN MISSES



As you begin to learn any new skill, there's an exciting period of rapid acceleration where you progress from complete beginner status to intermediate operator. This period is the one in which you begin to "figure it out" and build your core competencies to a level where you can apply your skill with relative ease. At this point, it is comparable to a skiing analogy where you move from the bunny slopes to the greens and on to the blues.

Unfortunately, this is the place where most of us tend to stop growing. You realized your natural ability level and now making improvements is much more deliberate and incremental. Typically, you arrive at this point so quickly that you assume you'll keep getting better and better as you go. However, most of the time that isn't reality, and if anything, it gets more frustrating to keep performing at the same level, even as you rack up more experience.

To move beyond this point, you're likely going to have to roll up your sleeves and put in some hard work, although we at the NSRA would argue that what this truly requires is intentionality (a resolve people usually avoid like the plague). In their

sunrise, or any number of other Hollywood training montage classics. Meanwhile, this work can be both more fun and a lot less "hard" than most people assume it will be.

It doesn't require any of that junk, at least when it comes to improving your handgun accuracy. The key thing to keep in mind about the journey to leveling up is that it will take some critical thinking, troubleshooting and analysis to get the job done. To go back to the skiing analogy for a moment, the difference between carving confidently down a blue run and graduating to effortlessly gliding down a black double-diamond is more dramatic than it looks.

There are two principal ways of getting to the next level when it comes to advanced motor skills. For one, ask most hot dog skiers how they reached that level, and they'll likely tell you something like, "I've been skiing since I was a kid." That represents the first variety of skiers who dedicate a very significant amount of time toward improving. That approach often works. But let's face it, time is a very precious commodity; most of us don't have that much free time to spare.



The second approach is troubleshooting, which requires using critical thinking, brainpower and analysis to diagnose your technique accurately. We'd argue that it saves you far more in terms of headaches and frustration in the long run than the first method too. What it also saves you is time, range fees, and ammo...tons of it.

## WHY TROUBLESHOOTING WORKS



Like anything else, flaws in your handgun technique take some hard work and analysis to overcome. To an experienced instructor, they are as plain as the nose on your face. Heck, if you think about it, the instructor's job is mostly done once the problem is diagnosed. The rest solely depends on your discipline.

Here's some more good news: You don't need one-on-one instruction to shoot expert-level groups with your handgun. Instead, all you need is to analyze your technique and shot groupings to figure out exactly what's holding you back. And, that's precisely what this guide is designed to do.

When it comes to handgun accuracy, the quickest and most powerful improvements come from identifying the bad habits holding you back and then working to fix them. You can read the story your targets are telling you and then diagnose your problem areas. For example, if your shots are grouping to the low left, that indicates a clear pattern you need to work on.

Attack the root cause, and you'll get noticeable improvements instantly. Keep grinding away mindlessly, trying to hold your mouth just right... and the opposite will happen; it's that simple.

Your time is valuable, range time isn't free, and there's no need to waste precious ammo when there's already a shortage. It's time to run some diagnostics and get to the root cause of why you're not putting bullets through the same hole routinely.

## THE BIG 3 PILLARS OF HANDGUN FUNDAMENTALS

To make the most significant improvements in the shortest possible time, we recommend focusing on what we call the "Big 3" pillars of handgun fundamentals: Trigger Control, Sight Picture and Grip Technique.

It's tempting to think that spending prolonged hours at the range will help your technique, but the truth is that fatigue often leads to even more bad habits. Therefore, you'll want to identify the flaws in your shooting technique as quickly as possible to avoid fatigue. Of course, there will likely be several flaws.

The good news is that you can overcome many of these without a trip to the range. Running simple dry fire drills in your basement or garage is often the most effective way to install these good habits in your shooting technique.



People often stare in disbelief when we say this, but the shooting range is a terrible place to develop good habits. Dry fire training, with no live ammo anywhere near, is the best way to fine-tune your technique.

However, the whole process begins with the undeniable truth of analyzing your groupings.



## DIAGNOSING YOUR TARGETS



While returning to the range to work on mechanics isn't as important as you might think, analyzing your tendencies must begin with a target analysis. There are some pretty impressive technologies out there you can use, but the old "bullet holes on a paper target" is by far the most common method.

The bullet holes, aka "groupings" you print, will tell the real story of where your handgun technique really is. And going from there, you can determine which pillar of your handgun mechanics to work on.

We recommend shooting 3 shot groups on at least 3 separate targets at 5 yards. While you can definitely find recommendations about 4 and 5 shot groups on the same target, we find that the pausing between 3 shot groups helps shooters to reset. As we mentioned earlier, more shooting equals more fatigue and usually exaggerates your bad habits.

Often when you shoot more, your mind automatically wants to begin compensating your point of aim, which, of course, fudges the data. Plus, there's a fatigue factor we're looking to avoid. We want three unhurried shots using your best technique. This will tell us where your shots are grouping, if at all. When you've shot 3-5 targets, then you can compare them and make a rough composite of where you were grouping.

If your shots are grouping consistently, just not where you want them, then you can use that data to diagnose which parts of your grip technique to focus on. If they are grouping around the bullseye, but not tightly, this may indicate a sight picture issue.

Or, if they're not grouping consistently at all, you'll want to step back and examine your stance and shooting form first, then move to the finer tuning. Now, let's go through the 5 most common scenarios handgun shooters face when they decide to take it to the next level.

### SCENARIO 1: SHOTS NOT GROUPING



It can be discouraging when you have no problem hitting paper at 5 yards, but your shots are not grouping consistently enough to make heads or tails. Don't get frustrated, you might be closer than you think to breaking through.

The part that can be frustrating is when you feel like you need to spend a lot of time and ammo at the range. In this case, however, we recommend going back to work on your grip technique with no live ammo. Many of the common handgun mistakes result in a consistent pattern, but improper grip technique can cause inconsistent shot placement, no matter how well your sight alignment or trigger control is.

At the NSRA, we recommend a two-handed grip, with your dominant hand taking a firm grip high on the backstrap and your support hand wrapping around the front of your dominant hand's knuckles. With this interlocking grip, your thumbs should both pointing downrange toward your target.



Let's break it down to its basic parts: Reach to pick up your weapon from its holster, pushing the webbing between your thumb and index finger firmly against the back strap, just below the slide with your thumb parallel with the barrel.

As you bring the weapon from holster to your chest, use your support hand to create a little back pressure. You can even put a support hand finger on the front of the trigger guard to gain a little leverage. Then extend your arms out straight from your chest toward the target.



**TIP:** If your handgun came with multiple backstrap options, we highly recommend you swap them out to find the one that works best with your hand size.

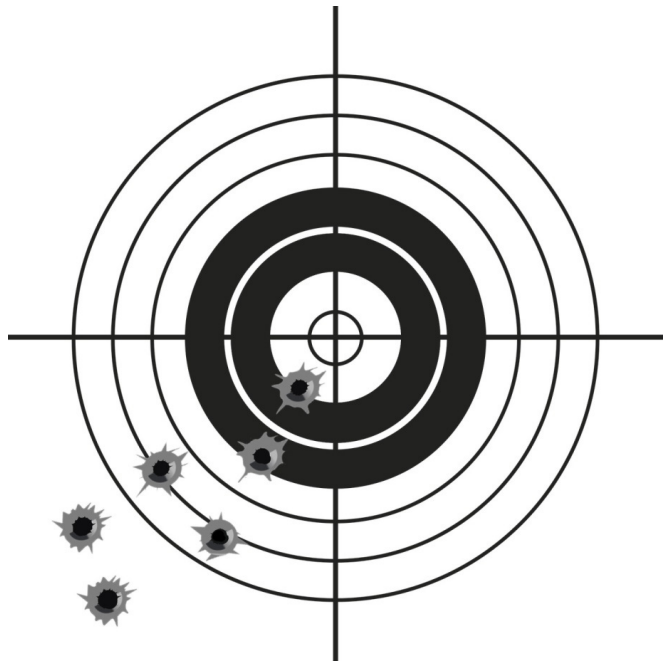
We recommend practicing this holster draw technique until it becomes second nature. What this process does for you is ensure that your grip technique is both consistent and fundamentally sound. Once you've successfully adopted a sound and consistent grip technique, you should start seeing your groupings tighten up.

It's amazing how this works, but once you systematize one part of your technique, then you start to notice other flaws you wouldn't have noticed prior. For example, you may notice inconsistencies with your focus, sight picture or trigger pull. That's because, now that you've sunk an anchor, you can see that the other parts are still moving about.

## **SCENARIO 2: HITTING LOW & LEFT (RIGHT HANDED SHOOTERS)**

This is by far one of the most common issues that shooters complain about; they seem to group consistently enough, but they're frustrated that

they're grouping low and left. In the case of left-handed shooters, the same issues will result in hitting low and right. There are 2 common diagnoses for this one, but both of them indicate a grip technique issue.



The first diagnosis is that your forearm may not be directly aligned behind your pistol. It's natural to turn your wrist inward slightly when you squeeze something with your whole hand. You can imagine milking a cow if that helps. This will place your elbow out to the side slightly, which allows your wrist to rotate slightly down and left when the trigger breaks.

The second reason you might be missing low and left is that you are "pushing the trigger." It can be surprisingly difficult to fix this one since you might assume that you simply need to adjust how your finger is positioned on the trigger. Simply adjust your hand so that your finger pad makes perfect contact with the trigger, right? Wrong, because an uneven trigger pull typically indicates improper grip technique.

Think about this for a moment. When you grip a handgun properly, you really can't do much to control what part of your finger makes contact with the trigger. It's a factor of your hand size and finger length. You may not be able to have your ideal grip AND contact the trigger with the dead center of your finger pad.



Thus, the best approach is to practice your best grip technique and let your finger land on the face of the trigger as it naturally does. This may require dry fire drills to get comfortable with. However, it pays major dividends.

### SCENARIO 3: SHOTS GROUPING HIGH



If your shots are tending to group high on the target, particularly at the 12 o'clock position, there are 2 fairly straightforward culprits, and at least the first one is easy to fix. The other one is one of the more stubborn boogymen of shooting accuracy. Let's start with the first.

The first reason you may be hitting high is sight alignment. Your point of aim is simply too high and there may be a very simple reason for this. First, let's start with a question: What type of target hold is recommended by your handgun's manufacturer? There are different target hold methods that each sight is calibrated for from the factory. There's the 6 o'clock hold, the center hold, and the 3-dot hold (common for self-defense weapons) methods.

If you are consistently shooting high at 5-7 yards, then your handgun may be calibrated for a 6 o'clock hold. You have 2 options, adjust where you hold on your target or purchase new sights designed for your preferred alignment method. A 6 o'clock hold can feel strange, but it allows you to fully view your target and/or where your shots are impacting

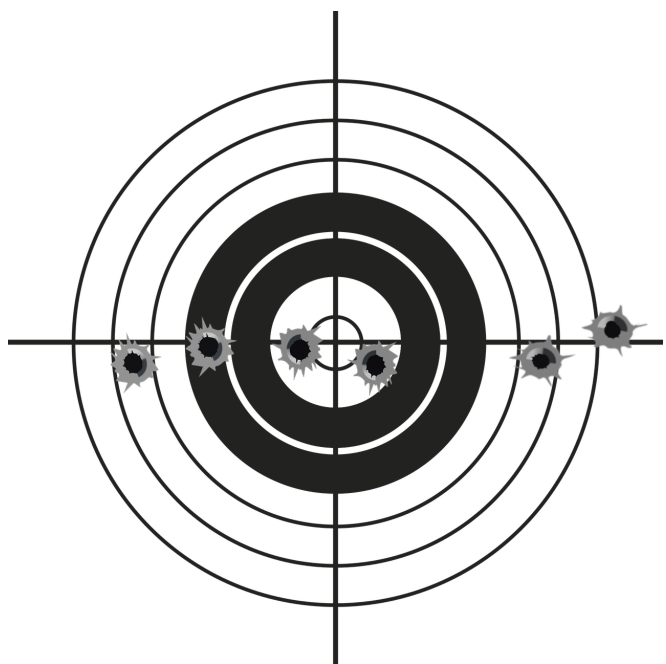
the target. If your weapon is configured for the 6 o'clock, however, and you are aligning with the center hold method, you're going to hit high.

Ok, on to the boogeyman. The reason most shooters hit high is the dreaded recoil anticipation, AKA "flinching." It's a natural response, in which your nervous system is trying to protect your head by causing you to duck ever so slightly. When you duck, it changes the geometry of your hold and your shots hit high. It's simple, yet many shooters find it a little embarrassing.

To fix this, you really have to commit to retraining your trigger control. The first thing we recommend is to tell yourself that the explosion going off in your hand is not a threat to you. It sounds dumb, but this realization seems to do some good at a psychological level. Next, you need to commit to a dry fire routine in which you take a dozen shots or more regularly for a period of at least a month.

When you do this, focus on all of your mechanics, but especially sight picture. What you want to practice here is focusing on a target before, during and after the trigger breaks. No movement at all. You want your body and vision to be still as a statue throughout your trigger pull and reset.

### SCENARIO 4: SHOTS "STRINGING" HORIZONTALLY





Here's one that can get frustrating quickly; your shots are hitting where they need to be vertically, but are all over the place from left to right. It presents lots of issues for diagnosing your targets, because your shots are not concentrating, nice and tidy, in a particular quadrant.

Thus, you're going to need to zoom out and do some diagnostics, beginning with your stance. As you may have noticed, stance isn't one of our core pillars of handgun fundamentals, but it is literally the foundation of your technique. And one thing that horizontal "stringing" can indicate is improper stance.

First, an imbalanced stance can cause you to sway as you hold on target and squeeze. Second, there are stances that can cause you to work against your natural point of aim, creating tension in your shoulders that can cause movement.

The key thing to remember about your stance is that you want to be comfortable and balanced, rock-solid as you hold on target throughout your trigger pull and reset. Yes, it's easier said than done, but adopting the proper stance will make this significantly easier.

Thus, we highly recommend the "isosceles stance." In the isosceles stance, both your feet are pointed straight ahead at the target, your knees are bent slightly, your weapon is extended straight out from your chest, and you look more or less symmetrical in a mirror.

In the old days, most shooters were trained in the Weaver stance. Asymmetrical stances like the Weaver can work for some, but for most of us this bladed approach creates fatigue faster and cause more horizontal movement which leads to... you guessed it, stringing. The Isosceles stance has replaced the Weaver in almost all competition and combat training programs.

Another possible diagnosis for stringing has to do with your subconscious and sight picture. When you shoot at a target and hit right of the bullseye, it's difficult not to adjust your point of aim left to compensate. But then if you hit left, your  
**7** subconscious mind is going to want to compensate

again. Obviously, this can lead to lots of problems with your consistency.

The prescription for this is, of course, practicing discipline with your sight alignment. Your goal is to align your sights perfectly on the target each time. A consistent target hold will eventually get you consistent groupings. And once your groupings become consistent, then you can identify other issues to work on.

## SCENARIO 5: VERTICAL STRINGING



When your shots seem to be lining up on a vertical axis above and below the bullseye, this is called vertical stringing. For some reason, most shooters are happier missing center-low or center-high than they are with missing to the left or right. Suffice it so say, if you're shooting a circular target, then it really makes no difference which direction you miss. You missed.

The good news is that this problem is often fairly easy to overcome. Typically, vertical stringing is related to trigger control, and breath control to be more specific. Modern handgun techniques break many of the old rules about breath control. In previous eras, shooters were told to hold their breath before squeezing the trigger. The question is, does holding your breath make your performance more or less consistent?



For most of us, it might help briefly, followed by distracting fatigue and panic sensations. At the NSRA, we're big believers that a relaxed mind focuses much better than one that's stressed. That's why we recommend breathing through your shots. Yes, it might take a little practice before it feels comfortable, but the truth is breathing actually doesn't impact your point of aim any more than holding your breath does.

Holding your breath is a natural impulse when your bracing for a stressful or painful event. This goes back to controlling your subconscious mind, such as in the case that you needed to reassure yourself that this little explosion is not a threat. In a way, holding your breath triggers your nervous system to anticipate a blow. This is not conducive to a consistent hold, squeeze, and follow-through.

We recommend slow, even breaths as you go through your shooting progression. Often, the continuity of your breathing can actually help resolve issues with your follow-through. It's important that you build a natural follow-through that has you focused on the target in order to see your point of impact. Still, this is hard to master -- much more difficult still when your body is bracing for something painful.

Remember: Breathe, relax, squeeze, reset as you do dry fire drills. Soon enough you'll wonder why you were ever holding your breath. It's instinctive, of course, but not helpful to your accuracy.

## **BONUS SCENARIO: YOUR GROUPINGS AREN'T TIGHT ENOUGH**

Good work; your mechanics are strong overall. The final piece of the puzzle comes down to focus, literally. The grouping around the center of the target indicates that your trigger control, sight alignment and grip technique are working for you.

The last barrier to shooting expert level groups comes down to simply focusing your vision tighter than you're accustomed to. The best way to do this is through eye exercises where you train your eyes to laser focus on the front sight. The target and the rear sight should both be a bit out of focus as you pull the trigger.



Focus is a difficult issue, since many experienced shooters are embarrassed to ask exactly what they should be focused on. Still others are subscribers to a different school of thought when it comes to what to focus on. In our experience, though, front sight focus is by far the most successful approach when it comes to improving accuracy.

As you practice focusing on your front sight, remember to ask yourself: Am I really focused? This level of focus is a little challenging to your eyes at first, but gets more or less second nature with practice. The more completely you focus on your front sight, the tighter those groups get.

Some expert level shooters like Chris Sajnog recommend customizing your front sight to put the finest point of focus on it possible. If your sight has a white dot, like many modern semiautomatics do, that will work fine. Still, you might decide that you need an even smaller focal point.

If your weapon doesn't have a dot on the front sight, use some bright paint to place a small mark on your front sight for your eyes to focus on. Remember, the brighter and smaller the mark, the better.

When you get this skill down, your groups tighten up significantly and you'll probably be fielding questions from your shooting buddies about how you do it. Just remember, front sight focus.

# THE BEST SURVIVAL MOVIES OF ALL TIME: PART 1



Survival movies usually feature just a handful of characters who typically find themselves in the worst of situations. Plotlines often involve people battling for their lives with only a few tools and their wits to work with.

However, there are very few of these films that offer a realistic take on these man versus nature scenarios. Fortunately, we've come up with ten that represent the best in the genre. From fighting with monstrous grizzly bears to scavenging food during pandemics, characters in survival flicks get our heart rates up as we root for them.

For our list, we judged each show against three criteria to determine which ones made the cut. Movies had to show realistic survival scenarios (even though their premise may not be), had to be enjoyable or educational. Lastly, the characters had to endure genuine hardship and show true grit.

## THE REVENANT



Leonardo DiCaprio's character, Jack Dawson, fought for survival in icy waters in the *Titanic* movie when the ship went down. Unfortunately, his character, like many real passengers of the *Titanic*, didn't make it out alive. *The Revenant* sees him fighting for survival in the bitter cold yet again. The 2015 film earned DiCaprio his first Academy Award, and the action-packed story shows him at his best.



In the movie, he plays Hugh Glass, a frontiersman left for dead by his comrades in uncharted wilderness. Glass's tracking and survival skills are top-notch, and he experiences all sorts of trials and tribulations as he fights to make it to safety. After being abandoned, Glass has a burning resolve to make it out of the wilderness alive for reasons we won't spoil here.

The Revenant makes for some must-see cinema if you are a prepper or survivalist, and it also has the beauty of wide-open wilderness going for it. A nearly unrecognizable Tom Hardy plays a villain, and he uses his menacing Bane voice to let people know that he shouldn't be trifled with.

Furthermore, it's tough to watch the era that The Revenant takes place in for several reasons. For one, it is hard to tell if today's savageness is worse than the murderous actions that early settlers unleashed against Native Americans. However, it's a given that when the SHTF, attitudes will quickly devolve and you should be ready.

Additionally, Hugh Glass's nasty encounter with a monstrous grizzly bear makes you cringe and has you wondering how they even managed to achieve the powerful scene. The film is a true man vs. wild tribute, and it's not only one of the best survival movies, it is one of the best movies of all time.

Wilderness show enthusiasts will probably enjoy the horror film Man Vs. because its main character Doug Woods plays a Bear Grylls-like character who is the host of a TV show like Man vs. Wild. Woods is completely at home in the wild and knows survival skills such as which mushrooms are edible and how to set up traps to catch small game. One of the crazier scenes in the Man Vs. involves the latter.

When Woods is dropped off in the Canadian Shield to fend for himself, it is business as usual; or so he thinks. At first, the outdoorsman thinks that several odd and threatening occurrences happening to him might be pranks set up by the production crew. Ominously, he finds out the threat is real, and that he's not alone in the wilderness. Before long, he is pitting his survival skills against whomever or whatever is stalking him.

The flick has its faults, including dropping strong hints of what the antagonist is too early on in the movie. Man Vs. could have burned more slowly, as well, letting us wonder who or what is hunting Woods ala Blair Witch-style just a wee bit longer. However, one thing he casually points out during the movie is one solution that is paramount to anyone trying to survive when the SHTF; and that is you need to keep your mind active to survive. If you don't, isolation and loneliness can drive you to lose hope. On that note, let's move on to The Divide.

## MAN VS.



## THE DIVIDE



The Divide's message is that if there is a nuclear bomb detonation, the lucky ones die in the blast. The phrase is not a new one, and the plot runs with the concept which centers on a group of people that take sheltering-in-place to a completely new level.

The story starts after nuclear bombs rain down on New York City. The chaos and damage of the blasts drive eight residents of a high-rise into the bomb shelter of the building's basement. The supervisor of the building, Mickey, who is played by Michael Biehn, seals everyone in once they are inside. Veteran actor Biehn has either survived or is killed by the apocalypse's harbingers, depending on which movie you've caught him in.

As the movie goes on, you realize that Mickey is a prepper that is either a novice or is just "phoning it in." Clues that he has prepper skills include having a well-stocked cupboard of canned food and being very knowledgeable about radiation fallout.

Mickey makes a lot of rookie prepper mistakes, and as this dark movie progresses, you think that maybe one of the biggest ones he makes is that he didn't order iodine pills for his prepper arsenal.

By the end of *The Divide*, though, you'll realize Mickey's biggest downfall is that he is too trusting of the people he allowed in the shelter. That is a big survivalist mistake, along with living in a densely populated area such as the Big Apple in the first place – the "Golden Herd" and all.

However, the movie's premise that only the lucky ones die in a nuclear bombing isn't necessarily true. For instance, we've seen decimating nuclear detonations happen in the Japanese cities of Hiroshima and Nagasaki in WWII that didn't snuff out all of its citizens.

Because of scientific research on weapons of mass destructions such as these, we now know that a point of no return for a city and its surrounding areas will depend mainly on how many bombs were dropped and the types used. Human beings, if anything, are survivors. So don't necessarily count anyone in *The Divide* out until the end.

Additionally, the aggressors that invade the NYC on foot in *The Divide* are Asian. However, you can't tell if the movie intends to state that turnabout is fair play or that North Korea made good on a long-range missile strike.

The total perimeter and affected areas of the bombing across the U.S. would be a good thing to know, but we see several nuclear missiles going off in NYC in the opening scene. However, it is never clear who actually attacks the city or how extensively damaged America is.

The bleak outlook of the survivor's circumstances slowly takes its toll and "divides" many of them, especially when it comes to the ones that don't have much character to begin with. There are other prepper lessons to be learned throughout the movie, but we don't want to give too much away.

Critics ravaged *The Divide*, and it wasn't a smashing financial success, either. That means there will probably never be a sequel, which is a pity because a continuation of the saga would have been interesting to watch if they did it right. We would especially like to see what happens to one of the main characters that did something very nasty to survive, an idea Mickey said during the movie would be the last resort.

The claustrophobic and super dark atmosphere of *The Divide* makes you want to down a shot or two of bourbon by the time it's through with you, much the same as you would if a real apocalypse was playing out. The effect is sort of as if you are saying, "The world is going to hell, so why not get drunk?" Keep in mind that you'll probably need that liver further on down the road in good times and in bad.

One important message the movie conveys that is relevant to preppers is that boredom can be fatal. To play it safe, make sure you have enough playing cards, videos and other entertainment forms in your bunker. Otherwise, you may slowly go insane if you're ever trapped there for an extended length of time.



## 10 CLOVERFIELD LANE



Rotten Tomatoes calls 10 Cloverfield Lane, “Smart, solidly crafted, and palpably tense.” We tend to agree, and the movie makes the most of its small, outstanding cast and confined setting, a format that might work really well during the social distancing measures of 2020-21.

If you watch 10 Cloverfield Lane because you want to see giant aliens or think it is a sequel to the blockbuster movie Cloverfield, you’re going to be severely disappointed. However, 10 Cloverfield Lane is about monsters, both metaphorical and literal. There’s about as much difference between the two flicks as there are between 10 Cloverfield Lane and The Cloverfield Paradox, which, incidentally, we don’t recommend you watch because of its awfulness.

Cindy (Mary Elizabeth Winstead) wakes up after a car crash to discover she’s locked in a cellar with doomsday prepper named Howard, (John Goodman) and another man, Emmett (John Gallagher Jr.). Howard insists that he saved her and that the world is unlivable after an alien invasion.

According to Howard, the aliens are crop-dusting humans out of existence to get rid of us (like the locusts we can sometimes be). He says that the dead pigs outside of the bunker compound are proof positive that the aliens mean business, but Cindy figures that he could have put them out there to support his outlandish story.

Cindy isn’t sure she buys creepy Howard’s story about the apocalyptic catastrophe and strongly

**12** suspects she is being held against her will. Not

knowing what to believe, she soon tries to escape the well-stocked bunker.

Once you get into 10 Cloverfield Lane, you’ll suspect that there is a reversal of roles from what we saw in The Divide; and, that is, maybe the man with the keys to the castle is the one that is deranged instead of his charges.

The odds are good for that because the film and television industry usually portrays survivalists and preppers as nutty doomsday preppers. The small ensemble cast alone makes checking out 10 Cloverfield Lane worth it, and some of the best scenes in the movie are when Goodman plays Howard with slack-jawed mania and menacing swagger.

Keep in mind that the entertainment industry isn’t doing too well right now, and we are hoping that they figure out ways besides parading actors in a mask, or using AI and animation to make the show go on. Survival movies such as 10 Cloverfield Lane feature only a handful of key players, making them excellent candidates for social distancing measures in filmmaking.

To adhere to the new normal, the industry could hire 2-3 actors that are COVID-19-free. They then could be sequestered and filmed nonstop for a few weeks until the movie is complete. That could mean more survival flicks being made, which we don’t have a problem with at all.

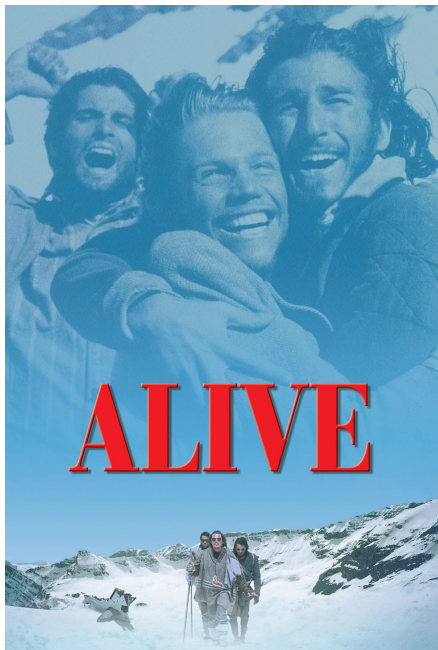
## ALIVE

In-your-face movie Alive is based on the book “Survive!,” and the story is not for the squeamish. What gives it great shock factor and grittiness is the fact that it’s about a true survival story.

Before the movie Alive came about, however, the Mexican thriller film Survive! came before it in 1976. Both movies based their plotlines on the actual events described in the book.

The late film critic Roger Ebert gave Survive! zero stars and said, “With Survive!, the audience tends

to be a little more sober, a little more thoughtful. Maybe that's because we realize that underlying this rather dumb, uninspired, even crude film is a true story of such compelling power that we're forced to think and respond."



Alive is about a Uruguayan rugby team that crashes high in the Andes Mountains. The climate and freezing temperatures where they find themselves trapped are particularly brutal. They use their wits, sparse foodstuffs, some tools and the plane wreckage to survive until conditions improve enough to leave and seek out help.

The horror the passengers endured to survive is legendary, but it also illustrates why it's best to be prepared wherever you go. In fact, the remaining crew survived for a long time by rationing out food contained in the luggage.

Roger Ebert returned to critique Alive decades later when it was released in 1993. He wrote, "There are some stories you simply can't tell. The story of the Andes survivors may be one of them." Ebert also said he wasn't fond of how normal the actors' bodies looked in the movie since they supposedly endured months of near starvation.

The lengths people go to for survival in Alive are a preview of what happens in cases of societal collapse. If you haven't seen the movie or read the book it's based on; give them a whirl. They are truly an experience that survivalists shouldn't miss.

With the cold weather outside and the pandemic still rolling on, we might as well queue up some killer movies that are both entertaining and instructive! Keep an eye out for our action-packed "Best Survival Movies: Part 2" in next month's NSRA.







## *Proper Long-Term Storage Techniques for Drinkable Water*

The importance of drinkable water during an emergency situation cannot possibly be overstated. No matter how tough you are, how much food you have, and how much ammo you've got in storage, a lack of water could easily kill you within three to four days. That's why every survivalist worth their salt has a large supply of water among their SHTF provisions.

But is it enough to simply load up on case after case of bottled water? And what's the best way to store water long-term for optimum freshness? How can you prevent storage deterioration that could make the water unsafe or even cause it to leak out? We're going to cover these topics and more in this article!

### *Is Bottled Water Good Enough?*

Grab a bottle of water and look at the manufacturing fine print. You'll see info about the lot number, when it was made, and the expiration



“how in the heck does water expire?” The reality is that water doesn't expire, especially if the bottles are kept properly sealed and stored. However, the plastic bottles that are used do not have an indefinite shelf life. It will take much longer than the one-year optimal life frame selected by most bottled water manufacturers, but eventually, the plastic in the bottle will break down and begin leaching into the water.

When leaching occurs, the taste of the water is affected. Some people are also extremely concerned about ingesting the chemicals that leach into the

water. Studies seem to indicate that water doesn't become toxic during this phase – at least as long as you don't wait several years before consuming it – but drinking the water is probably not going to be a very pleasant experience.

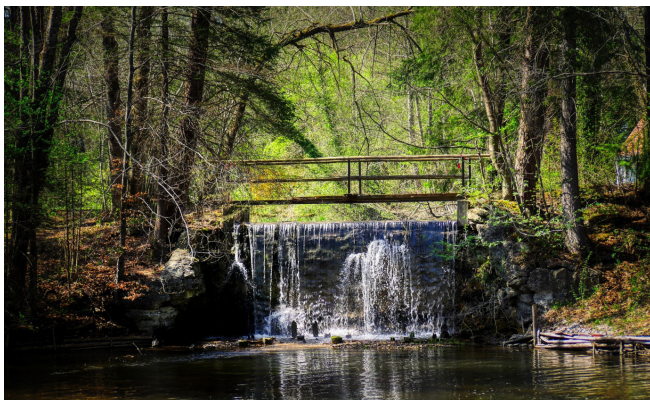
What does this mean for long-term storage? First off, some survivalists like to rotate their bottled water every year or two. If you're doing this and plan to fully consume the older water shortly after rotating your stock, then you really don't have to be concerned about creating other storage solutions. Unless, of course, you can't store enough bottled water to keep your family properly hydrated during a water outage. Keep in mind that drinking older water isn't your only option. You can also use it for cooking, cleaning, bathing, etc.

## *How to Extend the Life of Your Bottled Water*

Since there's technically no expiration for the water itself, there are some things you can do to extend the lifespan of the plastic bottles.

- Keep the bottles out of direct sunlight.
- Store the bottles at room temperature or below.
- Keep all chemicals and solvents away from the bottles, including cleaners, paint thinners, dry cleaning chemicals, and gasoline. Failure to do this could result in the water taking on the taste of these chemicals/solvents.

## *Wait, I Need HOW Much Water, Again?*



One of the primary reasons that bottled water isn't a good long-term solution for survivalists is that it can be difficult to find a proper storage solution for all the water you'll need.

At a minimum, you must have one gallon of water per person (and per pet), per day. So, let's say you've got a family of four and two pets. Building even a three-day supply requires a baseline of 18 gallons of water. That's not enough, though, as you'll also need water for cleaning and cooking. Add in at least one extra gallon per day (two would be best with a larger family), and suddenly you're at 21 to 24 gallons. And that's just for three days!

In a serious emergency, you can ration the water to make it stretch twice as far. Will six days be enough to get you to the other side of the crisis? If it's a natural disaster like a tornado, hurricane, or earthquake, the odds are pretty good. However, a bigger situation may knock out the water for an extended period of time. That's why most survivalists prefer to keep a minimum of two weeks' worth of water on hand at all times.

Even if you have room to store 100 gallons of water, you're eventually going to need to either rotate it or designate it for cleaning only. And if you make it for cleaning only, you'll need to find room to store another 100 gallons of water for drinking and cooking. Eventually, you're going to run out of space, right?

## *Food Grade Water Barrels*

Rather than sticking bottles of water everywhere, why not grab a couple water barrels and be done with it? Barrels like the one pictured above typically hold 55 gallons of water, and they're constructed for long-term duty. Although they are plastic, they're made to be much more durable and are also food grade.





Yes, these barrels are large, but two of them next to each other in a garage or utility room will give you a lot of peace of mind. Even just one barrel should get a family of four with two pets through a week without needing to institute rationing measures. If you do use rationing, which means giving each person and pet only ½ a gallon of drinking water per day, you'll be able to stretch just one of these barrels for two weeks (or much longer if you have a smaller family).

Again, don't allow these barrels to sit in direct sunlight. The freshness of the water will be maintained by keeping the barrel tightly sealed and ensuring the environment doesn't go above the standard room temperature (68 to 72 degrees).

## *Rain Barrels Are Perfect for Hygiene Purposes, But Not So Great for Drinking*

Rainwater collection barrels are all the rage among survivalists, and they can technically be used to harvest drinking water. However, you'll need to know how to properly sanitize the water before you can even consider drinking it. Fortunately, if you already have the drinking water issue taken care of, you can turn to rainwater harvesting for your basic cleaning needs.



One highly practical purpose for rainwater is flushing your toilet. Remember: if you keep the back of the tank full enough, the toilet will still be able to flush.

You can also use a rainwater barrel to keep your garden in good shape. Many home gardeners estimate that they get at least three days' worth of

water for their crops. To meet this metric, you would leave the spigot open for four hours per day. Make sure the attached hose is in the right position for optimal garden watering.

If you hook your rain barrel to one of your roof's downspouts, you'll be able to quickly fill it to the top after just a couple of really good rains. Some people get a rain barrel for each downspout, which gives them a tremendous capacity to harvest and store water for hygienic and gardening purposes.

### **How to Disinfect Rainwater from Barrels**

During a crisis, you may have no choice but to disinfect and drink harvested rainwater. As long as the barrel already has a filter to keep out larger pieces, you'll be ready to move straight to the sanitizing process. If not, be sure to filter the water before moving forward.

**1. Boil the Water** – Bring the water to a rolling boil. From there, allow it to continue boiling for one to three minutes. If you're at an altitude above 6,562 feet (2,000 meters), you'll need to leave the water boiling for three minutes. Lower altitudes can make do with one to two minutes of boiling.

**2. Disinfect the Water with Bleach** – You can use unscented bleach to sanitize drinking water. The formula is 2.3 ounces of bleach for every 1,000 gallons. This comes out to 0.0023 ounces per gallon or 0.1265 ounces for a 55-gallon rainwater barrel. In other words, a small splash of chlorine should be more than sufficient. Don't seal the water up immediately. It's best to let it breathe for about 24 hours so that the bleach can dissipate.

**3. Consider Iodine** – If the water is cloudy, you may need to use iodine instead of bleach. This will very effectively sanitize the water, but it will also leave an unpleasant aftertaste. Additionally, women who are pregnant, along with anyone who has a thyroid problem, should not drink water that's been treated with iodine.

Your absolute best course of action is to filter the rainwater, followed by boiling it and treating it with bleach. This process will take more than 24 hours, so you'll need to prepare your daily drinking water in advance.

If you choose to use the water for gardening or hygiene instead, you'll be able to move forward with it immediately for things such as flushing toilets. To clean with the water, though, it's still best to filter and boil it.

## *Bathtub Storage During an Emergency*



You've heard the advice before: if there's a potential emergency headed your way (like a hurricane), fill your bathtub with water. That's great if you're planning to use the water to flush your toilet, but it's not so helpful if you're looking for drinking water.

The good news is that several manufacturers offer bathtub water bladder storage containers such as the WaterBOB in the above image. Simply pop the bladder into the bathtub, fill it up, and you'll be able to store up to 100 gallons of fresh water.

This isn't the longest of long-term solutions, of course. The water will stay good for up to 16 weeks, but you'll likely use it all or empty it long before that in order to utilize the bathtub for personal cleaning. But this option is still a good idea when you're able to plan for an emergency, especially as it enables you to keep your other water stored in the event that the situation goes on for much longer than anticipated.

## *A Water Cistern System*

The ultimate way to become fully self-reliant for water is via a water cistern system. This requires a lot of land, along with some serious start-up cash.

**17** If you can pull one of these systems together,



though, you could store enough water to not even need the city water system anymore (or the grid, for that matter).

Water cistern systems and containers come in many shapes and sizes. They can also be built above or underground. Depending on your setup, you could easily store 12,000+ gallons of water at any given time.

These systems require rainwater harvesting, and the containers aren't typically food grade. Therefore, you'll need to develop a sanitization protocol if you plan to use these tanks for drinking water. Follow the steps listed in the rain barrel section above to ensure your water is safe to drink (filter it, boil it, and disinfect it).

## *Glass Bottles Work, But They're Heavy*



Glass bottles that have been sanitized (not old ones that had other drinks in them aside from water, though) are a high-quality solution for long-term storage. On the downside, you must keep the bottles from breaking, and they're very heavy. This would make it practically impossible to bug out with them, and it could also complicate your storage shelf situation.



On the upside, sanitizing new bottles (and those that have previously held only water) is simple and you can run these bottles through the dishwasher. You also won't have to worry about glass breaking down or leaching into the water.

## *How Do You Know Which Containers Are Food Grade?*

So, you're at the store (or, more likely, browsing your favorite store online), and you see a ton of different storage containers. Some are much cheaper than others, and that's understandably attractive. To be as safe as possible, though, it's always best to stick with food grade containers. How do you know you've found one?

- Always thoroughly read the product description and glance at the reviews.
- Look for the container's recycling symbol. Does it contain a 1, 2, 4, or 7 inside the triangle? If the answer is yes, you're good to go! If not, keep looking.
- Does the packaging say food grade or mention that the container is pantry, freezer, or refrigerator safe? These are prime indicators for long-term storage.

Many people think the perfect solution is to reuse old food grade containers such as milk jugs or soda pop two liters. Sadly, this is a terrible idea that could easily cause your water to become unsafe. You see, the biggest risk for your water is the introduction of bacteria or sugar. And that's exactly what's going to happen with a reused container.

I know what you're going to say: "but what if I clean it out really, really well?" We're here to tell you that's not going to cut it. You'll be taking a very unnecessary risk that could cause you or a family member to get sick or even die when you drink the stored water.

## *Can't You Tell When the Water is Bad?*



Take a close look at this glass of water. What do you see? There are bubbles in the water and what appears to be dishwashing spots on the glass. Do you have any idea if this water is actually safe to drink?

Your instinct is probably to say yes because the water is so clear. People tend to envision contaminated water as being cloudy, discolored, or otherwise dirty looking. While it's definitely wise to steer clear of untreated water that has any of those qualities, it's equally important to remember that bacteria and pathogens are often invisible, odorless, and tasteless. In other words, you could have a tasty, refreshing drink of water and still get sick from it.

Keep this in mind when you're deciding whether or not to boil and sanitize stored water. Some people drink directly from their rainwater barrels without taking any steps to disinfect the water. And, of course, most of them are fine. But some of them get very ill, with a smaller amount never recovering. Is a little less effort worth the risk? It's not to us, and we don't advise that you let it be worthwhile for you, either.

## *How to Make Older Water Taste Better*

We've all picked up a glass of water that's been sitting out for a day or so and taken a drink. The results are never pretty. Stale water tastes flat out wrong, and no one wants to deal with that on top of a SHTF crisis.

After you crack open a stored bottle or container of water and take that first sip, you'll instantly know if the water has gone stale. Don't despair if this is the case. Instead, start swishing and swirling the water in the cup for a few seconds before drinking it. This will help circulate oxygen in the water, which will restore at least some of the water's former palatability.

Another option to increase the taste factor is adding a packet of Crystal Light or any other drink mix. By doing this and swishing/swirling the water in your glass, you'll transform old stale water into a tasty way to quench your thirst.

### **Storage Solutions to Avoid**

There are many popular water storage solutions that are a terrible idea for the long term. Stay away from the following at all costs:

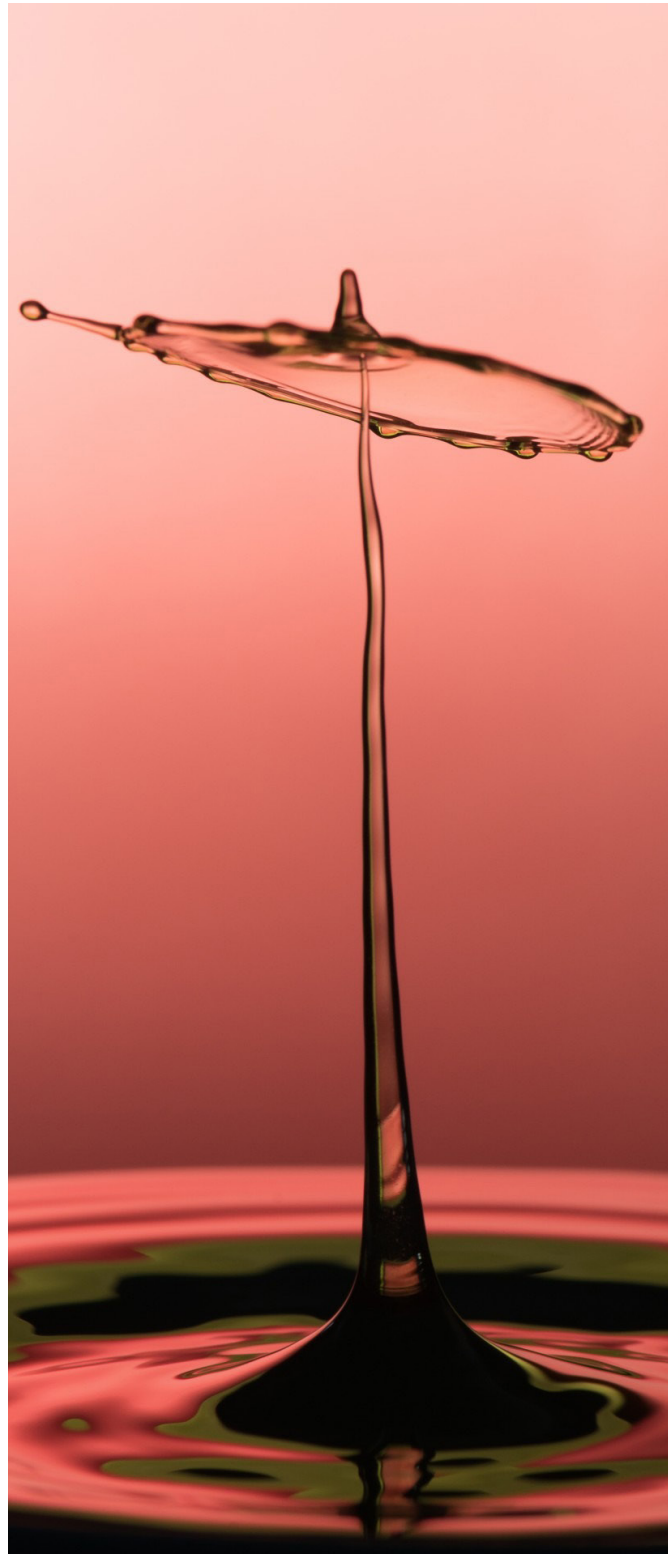
- Non-food grade plastics.
- Containers that cannot be sealed.
- Metal containers (aside from stainless steel).
- Cardboard containers.
- Containers that have any holes or tears.
- Containers that run the risk of being compromised.
- Old containers for milk, soda, etc.

### *Recap and Final Thoughts*

By far, the most important takeaway here is that you need to keep your stored water out of direct sunlight. Additionally, heat is the enemy, especially with plastic storage containers, so choose the coolest, darkest place possible in your home or garage. Basements are typically ideal.

Don't forget to stock up on bleach if you're going to use rainwater barrels or other similar options for collecting and storing water that you intend to drink. When using bleach, always stick with the unscented variety and give the water up to 24 hours for the bleach to dissipate before sealing the container.

Water is critically important. Therefore, anyone who has extremely limited storage space should ensure that they focus on filling it with water before food. After all, you won't live more than three or four days without water, but you could live (very uncomfortably) for up to three weeks without food. It's much better to ration your calories to 1,000 or below daily than to cut your water rations to less than 1/2 a gallon per day.







## NSRA'S SUPER SIMPLE "DEER CHILI" RECIPE



Hunting season has come to an end and we all know what that means: Tons of deer meat to grub on! And good thing too, because venison has one of the highest protein profiles and is extremely healthy if prepared correctly.

Here's one of the NSRA's most popular venison recipes, and it's simple to boot!

# VINISON CHILI

### Ingredients

- 2 onions medium in size, chopped and sautéed
- Pepper and salt to taste
- 2 medium sized peppers (red, orange, yellow or green) chopped and sautéed
- 3 tsp. garlic powder
- 1 tsp. ground red pepper
- 1 ½ tsp. paprika
- ½ tsp. oregano
- 4 – 5 tsp. chili powder
- 1 dash of Worcestershire sauce
- 3 lbs. venison (ground, diced or sliced) browned
- 4 (16 oz.) cans diced tomatoes
- 1 (18 oz.) can tomato paste
- 1 (32 oz.) bottle ketchup
- 1 (28 oz.) can pinto beans
- 1 (28 oz.) can black beans
- 1 (28 oz.) can red kidney beans

### Directions

1. Sauté the onions and peppers until tender in a large cooking pot. Add the venison until nicely browned.
2. Mix the rest of the ingredients together and stir gently. If you like your chili spicy, you can add liquid hot sauce until it's to the desired spiciness.
3. Simmer over low heat, covered, approximately 3 hours. Stir after every hour.

The chili is especially good a day after cooking and reheated just before serving. You can add your own toppings such as cheese, jalapenos, chopped onions, black olives and diced tomatoes.



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