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# VonuLife

formerly  
# PREFORM 1

COMMUNICATION AMONG NOMADS, TROGLDYTES AND OTHER INVULNERABLES  
VONU LIFE, Box 607, Grants Pass, OR 97526  
Editor, RAYO Associate Editor, Dr. GATHERER Publisher, MIKE FREEMAN

Back issues (VONU LIFE only): three for \$1, mailed third-class. Subscription for one year (six issues): delivery every two months by first class mail, vonuans \$1, others \$4; delivery of three issues at a time every six months by third class mail, vonuans gratis, others \$2. A vonuana (to us) is someone who lives and lets live, and who lives most of the time out of sight, sound and mind of those unwilling to live and let live.

VONU LIFE guarantees to publish without editing at least six photo-ready pages (per subscriber per year) if relevant to invulnerable living, one-half page on almost anything. (We reserve the right to refuse copy we consider slanderous or likely to provoke exceptional hostility.) Single-space type or write neatly in BLACK on WHITE paper this size, ONE SIDE ONLY. (If your ribbon is worn or your ballpoint is blue, send a black carbon copy.) Put anything not for publication on a separate sheet. Deadline for next issue: July 1.

VONU LIFE forwards without charge up to six letters from a subscriber per year; additional forwards are 25¢ each. Letters may be sent to specific individuals who have published, to people in a geographic area, or for discretionary forward to people we believe have comparable interests.

Right to reprint less than 10,000 copies of original otherwise-unrestricted contents is hereby granted to those who reciprocate. Include our name, address and price. Reprinting from VONU LIFE shall constitute permission for us to reprint in like amount.

## ABOUT VONU LIFE

"Vonu" (rhymes with SO-new) is a coined word meaning invulnerability to coercion -- coercion being physical attack by a volitional being against another volitional being or his non-coercively-acquired property. I distinguish "vonu" from "liberty" -- exemption from coercion. Liberty depends on other people; it exists only to the extent that those capable of coercion abstain from it.

Coercion, especially the institutionalized forms -- war and regimentation, is one of the major problems of mankind. Practically all past efforts at solution have been directed toward LIBERTY -- trying to change the behavior of large numbers of OTHER people. There have been countless attempts to reform governments, take over governments, destroy governments, and manipulate "public opinion". You know the results.

I believe that enduring peace and freedom can be realized only thru vonu -- by reducing vulnerability to coercion. Vonu will most likely come gradually, primarily through life-style changes by individuals and small groups. But vonu is not necessarily only for a few. Vonu will expand as far as there are people willing to do.

Purposes of VONU LIFE include: encourage individual achievement of vonu; make known useful techniques and sources; develop vonuism as a freedom philosophy without theory-practice dichotomies, to supplant the many futile utopian ideologies; make contacts among vonuans leading to various forms of association and community.

The last purpose is perhaps most important for us. If you are squatting for a while in Siskiyou region, we would enjoy meeting you. (If you are just passing thru, you will probably be gone before we know that you are here, because we are able to get mail only infrequently.)

Readability: If you have trouble reading this small type, I recommend a hand lens or cheap reading glasses plus plenty of light. With skyrocketing postage rates there is a trend toward smaller type among periodicals. With this photo-reduction we can put the equivalent of 32 typewriter pages on four sheets, which mail first-class for 8¢ (?)

Advice in brief (to be elaborated in future issues): The way to be serious about vonu and to be taken seriously is to do it. If you dream of a free city on the bottom of the Pacific, or somewhere, that's fine. But you are more likely to get there thru small steps than by your own van-nomadism, foot-nomadism, or whatever -- than by sitting in some apartment waiting for others to "get organized". (I wasted quite a few years doing the later.) Dissatisfaction with the Silly Society plus ideological eloquence, alone, won't get one anywhere.

If and when there are any large vonu ventures, the people welcome will most likely be those with demonstrated initiative and self-reliance -- ability to structure their own time -- to accomplish things on their own and to enjoy themselves in relative isolation.

Thanks to Roberta and Tom of Preform for much advice and assistance on this first issue, and to all who have sent materials. RAYO

ADS: 40¢ first line, 20¢ each additional line; or trade.  
Press run: 1000 copies.

ELECTRONIC TECHNICIAN APPRENTICESHIP. requirements include: high IQ, strong body, soft ego, love for country living. rewards include: house with sauna and sound system, new 4-wheel drive, peace and sanctuary. check it out at 716 322-7538 or address: George Warren, R.D.1 Box 103, Bliss, New York 14024.

AGORIC book store, 4700 E. 7th., Long Beach, Cal. stocks wide selection of new/used paperbacks, underground press, libertarian publications, buttons, bumper stickers, psychedelic posters. INNOVATOR back issues on alternate life-styles, nomadism, wilderness living, emigration, urban survival, tax avoidance, Swiss banking, underground storage, liberation strategy, etc.; big discount on sets. Open 11 to 10 every day. 213-434-7590. Stop by when you are in the area. Sorry, no mail orders.

REWARD of \$2 cash or \$4 credit for lead resulting in our finding someone in Siskiyou region to receive our mail, forward letters, send out initial subscription copies and back issues, etc. Prefer someone around Grants Pass or Medford. Must be trustworthy, in sympathy, relatively stationary. Job pays cash. VONU LIFE.

HAVE A HOBBY? Whether you collect stamps, coins, books, antiques, match book covers, or are interested in anything from astrology to zoology the NEW World Club Directory is for you. 112 pages, nearly 2000 club names, addresses, descriptions in every state in the USA and 80 foreign countries. Most complete listing in the world. Only \$3 p.p.d. Dept. P, Worldwide Culture Society, Box 129, Beverly Hills, CA 90213.

CRYPTOSTRIPS provide a relatively simple yet difficult-to-break cipher. Privacy is realized by use of individual, easily-remembered key phrases; a communication cannot be deciphered through knowledge of the Cryptostrip system alone. Messages of moderate length are secure without change of key, and are easily disguised to avoid arousing suspicion. Spaces and punctuation marks are included to aid deciphering in the presence of transmission errors. And the strip format makes for rapid ciphering. One set, \$1; two sets, \$1.50. VONU LIFE.

A is A Directory lists 128 libertarian periodicals, describes everything from editors' names to advertising rates and includes an evaluation of the format and content. The directory is 5 1/2 by 8 1/2 inches, has 28 pages, and is typeset and printed on quality paper in an attractive format. It is available for \$2 from Mega, Vll, 9730 Hyne Road, Brighton, Mich. 48116.

TIERED of libertarian publications that are strictly for the "in-group"? Want a magazine you can loan to colleagues without having to explain its jargon? That looks and reads like a real magazine? Try REASON, the lowest-priced, highest quality libertarian monthly. Only \$6 for a full year's subscription. REASON, Box 6151, Santa Barbara, CA 93105.

THE MOTHER EARTH NEWS tells you how: the new life style, home-steading, natural foods, free land, solar heat, wind engines, tipis, domes, free transportation, working at home, alternatives to regular employment, and much, much more. THE MOTHER EARTH NEWS. It tells you how (6 times a year, \$5) Box 38, Madison, Ohio 44057.

INVICTUS is an open forum for objectivists and libertarians. Articles on philosophy, psychology, self liberation. \$4 for a minimum of 231 pages. Sample, 25¢. Checks made to Students of Objectivism, CSLA, Los Angeles, CA 90032.

GREEN EGG, an open forum for pagans, anarchists, communarians. Sample, 50¢. Church of All Worlds, POB 2953, St. Louis, Mo. 63130.

GREEN REVOLUTION: monthly journal of the School of Living. Deals with decentralization, rural revival, natural living, land tenure questions, ecology, nonviolent community. Subscription \$4 for one year. Rt. 1, Box 129, Freeland, Md. 21053. Sample copy on request.

THE LIBERTARIAN CONNECTION is an open-forum laissez-faire magazine for libertarians. All subscribers have the privilege of contributing material, which will not be edited. LC is known for its creative ideas on practical actions and theoretical considerations in the expansion of both individual and larger-scale freedom. For a free sample write: Lisa Dawn, Box 90913-VL, Los Angeles, CA 90009.

(Note: VONU LIFE "automatically" publishes ads for exchange publications more expensive than us (\$2 for semi-annual delivery). Next issue we will advertise some we missed this time.)

## Situations / Searches

To Readers: As part of our life-style experimentation, we will live during the next year secluded in a remote wilderness area. El Rayo, Dr. Gatherer and Mike Freeman, themselves van-nomads and long-time associates, have kindly consented to manage VONU LIFE during this period.

"May the long-time sun shine upon you, all love surround you, and the pure light within you guide your path on."  
ROBERTA and TOM, Preform

To Vll: I don't plan to "pass through" Siskiyou. I'm gonna live there, summer and winter and in between. I'm following your recommendations of the region. Also I checked temperatures out there during the winter and it looks like mild winters.

I'm getting out of motorized nomadism, before I get into it. I've decided the old van and I can't make it -- I'm not rich enough for it, and owning vehicles is too much hassle for my liking. So I'm going to become pedestrian (and bicycle) nomadic. I plan to roll into your area about first of June. I head to N. J. in another week or so for a brief visit, then start pedaling west (Schwinn 10-speed) about May 7. Don't know how long it will take. On a good day (no head wind or rain) I know how long it will take. When I'm well rested, I can make 200-240 miles in a day. In windy mountain areas ... finding a good campsite to pitch my tent until I get familiar enough with the region (and camping in general) to find the good ones myself....

I can now grok those comments in Preforms 9 and 12 about light-weight, small and collapsible equipment. A 50-pound backpack IS the ideal nomad's home. The human body is the perfect ATV: requires little maintenance, can get into places NO motorized ATV can get.



Squat-spots can be in far-out places (between 4 big trees...). And for road travel, a bicycle brings great benefits at little expense or maintenance (or hassles with the State over licenses, registration and vehicle equipment), and adds plenty of cargo capacity over single backpack.

Not having a vehicle will hinder my plans to establish a thriving parallel business (import-export). If I get another vehicle, I'll go into it jointly with other business partners and it will be strictly for hauling, not live-in. Initially I'll have to find some way to bring in money mail-ordering, I guess, even though I detest the vulnerability of sending things via the postal system....

At present the fruits of technology you advertise in those ads for Preform are supplied by THAT SOCIETY, by the Coerced Economy. I want to get into making that no longer so. But I anticipate many more problems in creating a Parallel Economy via pedestrian nomadism/troglydism than by authorized nomadism. I'll be glad when I can assess the possibilities on-site. And I'll be interested in what you may have to say.

Well, here's to meeting you at the terminus of this long, strange voyage that's ahead! I can see me now, a lone figure (tall in the saddle) against the South Dakota sunset, miles from any villages, peddling toward the west, never looking back (except to see if the carrier is still attached to the back wheel... ah, the same old joys of cross-country cycling! Far-Out. Life wishes, NAME WITHHELD.

Reply: I look forward to meeting you and, hopefully, to many mutually beneficial interactions of our proto-micro-parallel-economies. We will be gone "into the woods" from early June through early July. If we don't meet before we go, please stay around. RAYO

APRIL 21, 1971

Feedback: With great satisfaction I can at last write in, and share my observations to you. On March 1, after 2 1/2 years of work and preparation I moved into my convert van to begin living as a nomad.

My van is a Ford vanette. 20' long by 10' high. 12' behind the driver, walking etc. The entrance is the door on the drivers side. Possible since the drivers seat folds forward out of the way. In front of the other front door in the cab by desk and book shelves are seats. Storage everywhere. Compartments under the floor, under the desk, above in the cab. In the first six feet behind the driver I have on the left a kitchen counter with sink, stove, space heater, oven, double glass doors with curtains, space heater, stove hood, window above sink, sinkets for food, dishes, etc., file drawer, and under the cabinets a ten gal on hot water heater while on the other side I have a over/boiler, refrigerator, drawers for clothes and hanging closet. I put the hot water heater instead of an instant heater on the basis of the opinion that now appears to be erroneous that the instant ones clog up. But I am not pleased with the way my heater works. An hour sufficient to heat 10 gallons of hot water which is far more than I need to shower etc. After that it takes minimal gas to keep it hot or the heater can be shut off. My shower is custom built by me and truly to fit my requirements of hand laid one piece fibre glass construction. It really does a great job. Monocentric in its workings great. Shower and sink with on/off button in handle on hose; conserves water but not a bit of inconvenience. Under the tank is a 30 gallon water tank (Inon plastic) made in my opinion as long as you take care in how you mount it) and water pump with pressure switch. I've found that the pressure switch is temperature sensitive so when it gets cold the pump may start and shut off. As long as my hot water heater is on connection thru the copper tubing is enough to prevent this but I've called an inside switch to shut off a water system if necessary. The refrigerator works excellently and requires little gas as long as I am moving or if stationary reasonably level have a holding tank under the shower and a 12 gallon LPG tank permanently mounted under the chassis with out of fill connector. In cold weather it lasts 3 days or so; much longer I expect than the space heater does not have to be on. My space heater keeps my van warm in freezing temperatures. The walls and ceiling are insulated with ordinary house type fibre glass insulation while much of the floor has two inches of poly-urethane under it. The only heating problem is that the front doors fit very poorly and are quite drafty. In the rear 6 feet I have on one side my bed (high bunk) with an electronics bench underneath. On the other side in the rear is a high bench on which I will put a combination bath/filling machine as soon as I can afford it. The rear doors are still functional and much of the rear is open so if needed I can carry considerable cargo.

While all the basics are in there is still quite a number of things that I have to do yet to get things to a completely finished state. My electronic and lighting system needs to be built plus the electronic instruments for my electronics bench. I am sure the electronics need to be finished.

I have yet to become completely comfortable with my new life style but with time and effort I expect I'll develop places to stay and ways of doing things; now I am really enjoying the getting there altho at times the scullery difficulties of my situation are trying.

My experience so far indicates that there is minimal danger of harassment if minimal intelligent precautions are taken.

The usual impression that PI gives is that being a nomad means being a hard, driving and actively and giving to be made by trade with other (non-libertarian at least) people. This has turned off a number of people I have talked to who were initially very interested in nomadism. While some people may wish to do this it is not necessary and not very rational. While I have some interest in the potentialities of deep wilderness I intend to be a different kind of nomad. I intend to carry on work of a high technological level and be comfortable. To live say 60% of my time in moderately accessible stationary locations away from cities and the rest of the time be in cities or travelling. The time I spend in cities will be for business, supplies and some work. While the time I live in the country for most of my work and thinking and writing. But I still have a considerable amount of work to complete before I can build my way into that desired pattern of living.

Liberty.

This very-interesting letter was typed with a worn ribbon.

RAYO

I've had a truck for about 1 1/2 yrs. now and have been living out of it for just over a year. It's a 1950 Ford van, with a 1955 Thunderbird 292 cu.in. engine, that used to be a "Mother's Cookies" delivery van. It's 20' long, approx. 7' wide, and 8 or 9 feet high (outside dimensions). It's ivory-colored and has the PI symbol attached to the back (the one you sent out last year), although the black paper has faded to gray. Also there is a poem on the back:

Don't lose your head  
To save a minute  
You need your head  
Your brain is in it.

That was put

on by the previous owner.

The main thing I don't have is a shower; got plenty of books though—probably the best mobile anarchist library in the world.

So far I've mostly stayed in Berkeley, except for going to L.A. for the March 1970 Libertarian Festival — had hoped to see you there, Tom, but I heard from Don S. that you hurt your back and couldn't make it, and since I've never met you, Roberta, I couldn't have known that you were there. Also, last fall I took a 3 1/2 week, 3700 mile trip through Nevada, Utah, Wyo, Colo., N.Mex., Ariz., & back home via Death Valley & Lake Tahoe.

I'm still working at ... since it offers a number of advantages — working for good friends ... at a reasonable rate of pay, with considerable flexibility in terms of working more or less hrs. per week, and arranging to take off when I want to. From their point of view they have a trusted person who can run the show when they want to go away. One disadvantage for me is the psychological pressure of dealing with hordes of people, many of whom are "psychologically discounteous" is not putrightly obnoxious in the way they come on — the "human zoo" aspect of the city in "microcosm, I guess. I'm not a public person and I just can't relate to herds or masses. In some ways this is probably not as severe here near the Univ. campus as it would be out among full-fledged booby Americanus... ERIC near Berkeley

Have you checked into the idea of a propane powered mobile rig. In Kansas many farmers use propane in their cars, but from what I hear they register with the state and pay tax on the propane. But there would probably be little question about extra-large tanks on a camper. Operating costs should be about 1/2 if no road taxes are paid, but this of course is up to the individual. I'm looking for an article in another Earth News on the propane conversion.

We utilized the inner tube idea on using them as strips to pull the van out of a ditch.

Do you have a copy of "Be Your Own Doctor" Ann Wigmore. I've got alot of good info on natural health. (Some of it is questionable. But the main thing is that she is really into natural health). She will really send you a packet of interesting material, plus the B.C.O.D. booklet (43 pgs) for only \$1.00

RALEIGH and ELIZABETH, Kansas

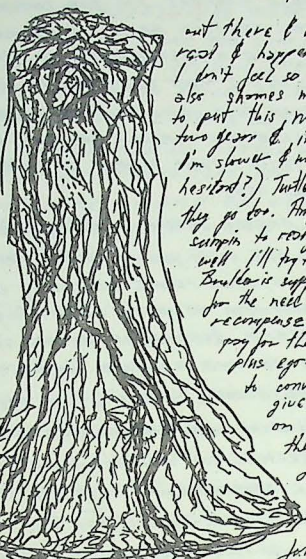


Dear Brother Tom - In-FREEDOM /  
how vastly enjoyable may

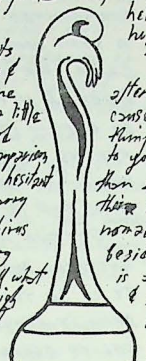
exciting  
encouraging  
helpful  
humane

Apdo. 494  
Saltillo, Coah.,  
Mexico  
15.III.71

to know you exist  
more we are  
there's lots of us.  
Preform but it  
I've been trying  
seriously for  
California people  
Are turtles  
around everywhere  
I wish I had  
being friendly -  
certain down.  
heavy. I could  
longer look for  
here on only  
of their existence  
I've found  
sculpture is  
heavily taxed  
really speaks  
looking  
offer  
supplies,  
a summer  
workbench  
dug down in chains. My oxygen & oil/fuel tanks (I'm a welder-sculptor (press)



out there & what's  
real & happening &  
I don't feel so alone  
also shames me a little  
to put this nomad  
two years & in company  
I'm slower & more hesitant  
hesitant?) Turtles come  
they go too. Amphibians  
scamper to rocks, con  
will I'll try to tell what  
Boulder is super high  
for the need of it  
recompense.  
pay for the  
plus ego-maintenance. The only way  
to convince people they need much  
give it to them if they want  
on by whatever. If the piece  
then they & their friends start  
for more. If me & mostly  
at least expenses of  
materials, a motel here,  
there. I have my  
jacket up on the right outside  
workbench



In response to your query about our life style, we - Eva & Robert -  
are freemen (sic) and our life style might be called Slipping  
Through The Cracks.  
We keep moving most of the time, in a VW camper. We never stop  
in a trailer park or the like, we are careful about talking to  
casual acquaintances and we try very hard to avoid getting mixed  
up in the affairs of others.  
It is difficult to remain completely uninvolved though; last  
month we found ourselves up to here in a (successfully) attempt to  
spring two people busted in Puerto Escondido on a drug rap. They  
had been informed on, we were bilingual, there was nothing else  
to do.  
We try to remain as inconspicuous as possible; if the need arose  
we could be seen wearing duck-billed fisherman's caps, suitable  
lapel buttons and with the usual American flag decal somewhere  
in the car.  
I suppose.

We range mostly south of the U.S.-Mexico border, going as far  
west as Panama from time to time. A grateful nation pays me  
compensation for disability incurred in time of war and Eva and  
I live on that. We buy our clothes from Goodwill when we are in  
the U.S., we try to stay near the sea - fish is cheap - watch the  
sun rise through clear air and trot naked along hard-packed and  
empty beaches. Pollution or no, the sight of a thin column of  
light blue smoke rising straight from a palm thatched hut in the  
middle distance is a fine one.

We read, we talk to each other, we keep contact with a few people  
in the world, in Canada & France & Guatemala. (Even the U.S.)  
We listen: the surf, a burro, a bird, wind in palms - or pines.  
We believe in our own integrity, two among more than a few like  
us, in "Democracy, which is a charming form of government, full  
of variety and disorder, and dispensing a sort of equality to  
equals and unequals alike" quite a bit of the time, and in the  
possibility that today may be our last - but probably won't.

Anyway, thanks for asking, Roberta & Tom,

Robert

Eva

are right just inside the door, fuel box right there too. I'm a mobile  
workshop for metal work, maybe fixing lumbies, building jungle gyms & free-  
standing abstract sculpture on location wherever.

Notes on truck: 58 Ford "breakback". Porpoise furnace, 3 burner stove,  
flash heater, sink with air-pressure tank water. Use a tire pump. Oil can to keep  
tank unfrozen. Soft solution in toilet. 2 Batteries, set going a Federal Reserve Bank  
Wormer 12v/110v. Warm, dry, HOME!! Lived in truck in Ohio/Idaho, Minor, & now  
Colorado. Hope for Yellowstone & then the Northwest this SPRING.

Om, Roger

BRAND, COLO

To Roger: Your nomad ways and equipment sound like they are very  
well put together. People who get there faster (if they do)  
start out with factory-equipped rigs. But, before that, they spent  
long years earning the bread. So who are the turtles?  
Please do illustrations in black. I don't think green or blue will  
photo-reproduce. RAYO

I have just one item which may be of general interest, and  
that is my mobile home. It is a VW bug (sedan), 1962, which  
sleeps two. Like Mr. "Urban", I sleep on city streets, below  
eye-level of passers-by. The removal of the rear seat and  
a folding platform, plus oodles and oodles of compartment  
space in door panels, trunk lids, ceiling wires, etc, etc,  
give me more than enough room. (The entire left front door  
panel is a huge litter box, with entrance thru the map  
pocket.) I call it AIKIDO, the dynamic sphere.

Alas, my one tie to society which I can never break is  
my weakness for gourmet dining; you might say, I have traded  
in a hot bath every night, in exchange for oysters rockefeller.

I shall resume my flabbergasting, now, as I continue reading  
your newsletters. (The hole under the island off Chile, WJW!)

Aikido Al. near Chicago

Presently I'm a grad in applied physics here at Cornell  
Univ. Just came last September after having spent 4 years at  
Iowa State Univ. as an undergrad. Originally I intended to get  
a Ph.D. here, but there's hardly any time left for that, with  
the people of this country abandoning reason. Unfortunately,  
I'm kind of locked in here, so I expect to leave next spring  
with just an M.S.

I have enjoyed very much the issues of Preform which  
you have sent; however, at present things are not quite so  
hopeless as to lead me to the life of a trog. Close, but not  
quite there yet. But I fear that that day is coming, and so  
I have recently begun to invest in camping equipment. By  
next spring I should have the necessary resources to do most  
anything I want: either get out or stay in.

I have kept an eye on the Atlantis people in Saugerties.  
I expect to pay them a visit in a couple weeks.

If all goes well, my roommate and I will do some exploring  
in Montana, Idaho, Utah, Wyoming, and Colorado (time permitting)  
at the end of the coming summer. From what I've read, that  
part of the country seems ideal (relatively) for survival as  
a trog; I haven't been able to understand why almost all  
our correspondents live primarily on the West coast.

I have not done any camping here, but there are at  
least several state parks in the area. Not the best place to  
stay, perhaps, but I know of no other places at present.  
I will be at the present address through this summer.  
Anyone (lovers-of-freedom only) who needs a roof over their  
head for a night or two will probably be welcome here.

1005 Hector, Ithaca, NY 14850

Dennis Edwall

my71 VII 3



April 8, 1971

HELLO TOM AND ROBERTA!

I GUESS IT HAS BEEN A WHILE SINCE I'VE BEEN IN TOUCH WITH YOU. THIS NEW METHOD OF PRINTING IS A SLIGHT PAIN-IN-THE-ASS, BUT IF MY PRINTING THIS INSTEAD OF WRITING IT SAVES YOU SOME EFFORT, THEN IT'S WORTH THE TROUBLE. I'M ENCLOSED \$1 WITH THIS DIATRIBE, HOPING YOU'LL FIND SOMETHING IN HERE TO MAKE IT WORTH PRINTING, TO PAY FOR 1st CLASS MAIL.

HOW'S LIBERATION AROUND N.Y.C., YOU ASK. WELL, I DON'T REALLY KNOW, 'CAUSE WE HAVEN'T LIVED AROUND THERE FOR A YEAR. LAST SPRING, AFTER OUR CARETAKING GIG AT THE HOTEL IN THE CATSKILLS, WE CAME HERE TO THE NEW ENGLAND COMMITTEE FOR NONVIOLENT ACTION, IN VOLUNTOWN, CONN., A PACIFIST GROUP ENGAGED IN DIRECT NON-VIOLENT POLITICAL ACTION—FIGURED TO GIVE POLITICAL ACTION A LAST DITCH TRY BEFORE GIVING UP ON IT, AND TO ALSO EXPLORE COMMUNAL-STYLE LIVING. WE'VE BEEN HERE FOR A YEAR NOW, AND WE'VE LIVED ALIFETIME IN THAT YEAR, THE LIVING HERE IS SO INTENSE, WITH SO MUCH HAPPENING. THE BUS HAS BEEN PARKED HERE, AND WE'VE BEEN LIVING IN A CONVERTED CHICKEN COOP—A BEAUTIFUL, COZY PLACE—WHILE I'VE BEEN PICKING UP A WEALTH OF SKILLS IN REPAIRING CARS, BUILDINGS, AND GROUNDSKEEPING, AND GAIL IN FOODBUYING + COOKING, AND MOST IMPORTANT OF ALL, IN RELATING TO EACH OTHER AND EVERYONE MORE OPENLY AND FREELY. NEW ENGLAND CNVA IS PRIMARILY A POLITICAL ACTION GROUP, AND THE TIME + ENERGY TO DEVOTE TO INTERPERSONAL RELATIONSHIPS IS SCARCE AND HARD TO COME BY. A COMMUNE, ON THE OTHER HAND, HAS, OR SHOULD HAVE, THE DEVELOPMENT OF INTERPERSONAL RELATIONSHIPS AS ITS PRIMARY GOAL. THIS SUBTLE DIFFERENCE IS IMPORTANT, FOR ALL INTERPERSONAL RELATING OCCURED OUTSIDE OF THE GROUP STRUCTURE (WHAT THERE WAS OF IT, ANYWAY).

RIGHT ABOUT NOW, YOU MAY BE WONDERING WHAT THE HELL ALL THIS HAS TO DO WITH LIBERATION. WELL, MY BODY HAS BEEN LIBERATED FROM 'MOST ALL UNDESIRABLE THINGS ('JOBS,' FINANCIAL CONCERNS, HOUSE, ETC.) FOR SOME TIME, BUT THE HEAD AIN'T BEEN DOING AS WELL, ABOUT A LOT OF THINGS, SOME INTERNAL, SOME EXTERNAL. WHAT FOLLOWS ARE SOME OF THE THINGS I'VE LEARNED, OR GOT SETTLED IN MY HEAD, WITHIN THE PAST YEAR.

ONE OF THE BIGGEST HASSLES HAS BEEN THE IMPLICATIONS OF INTERPERSONAL RELATIONSHIPS IN OUR LIFE STYLE: LIVING IN THE BUS, ON THE MOVE OR BY OURSELVES SOMEWHERE, LIMITS OR ELIMINATES CHANCES FOR EFFECTUALLY ENGAGING IN MEANINGFUL RELATIONSHIPS WITH OTHER PEOPLE. WHILE THIS MAY BE DESIRABLE SOMETIMES, FOR ME AT ANY RATE, A STEADY DIET OF IT SOON LEAVES ME FEELING VERY EMPTY, AND THIS WITH ME, WHO ALWAYS CONSIDERED HIMSELF A LONER. I NEED PEOPLE, BUT NOT ALL THE TIME; I ALSO NEED TO BE ALONE, BUT NOT ALL THE TIME.

THE PEOPLE I NEED ARE THOSE I CAN RELATE FULLY TO. MOST PEOPLE HAVE A WALL OR SHELL AROUND THEMSELVES TO KEEP THE OTHER WORLD OUT AND PROTECT THEMSELVES. VISITING COMMUNES, STAYING AT PLACES THEY DIG,

THIS WALL OR SHELL BECOMES A BARRIER, UNKNOWNLY KEEPING OUT THOSE WHO WE MOST WANT TO LET IN. AFTER NINE YEARS OF MARRIAGE, GAIL AND I FINALLY SURMOUNTED THESE BARRIERS, IN THE CONTEXT OF A SEMI-COMMUNAL SETTING HERE AT NEW ENGLAND CNVA. WE NOW HAVE A RELATIONSHIP SO INCREDIBLY DEEP, I NEVER WOULD HAVE BELIEVED IT COULD BE SO DEEP—IT TOOK INVOLVEMENTS WITH OTHER PEOPLE FOR US TO REALIZE HOW SHALLOW OUR OWN RELATIONSHIP WAS. IT TOOK THOSE OTHER PEOPLE TO INVOLVE US WITH AND IN EACH OTHER.

GETTING INTO ANOTHER PERSON IS FRIGHTENING, LETTING ANOTHER PERSON GET INTO YOU IS DOWNRIGHT TERRIFYING. IT IS SO TERRIFYING, SOME PEOPLE RUN AWAY COMPLETELY FROM IT—PHYSICALLY AND MENTALLY. MENTALLY, IT IS CALLED SCHIZOPHRENIA. ONE WAY OF RUNNING AWAY PHYSICALLY IS TO BECOME A HERMIT, TAKING TO THE WOODS AND LIVING ALONE, AVOIDING OTHER PEOPLE. THIS IS WHAT MOBILE LIVING IN A CAMPER IMPLIES. THERE ARE MANY GOOD REASONS FOR MOBILE LIVING—RUNNING AWAY FROM CLOSE RELATIONSHIPS IS NOT ONE OF THEM. REASSESSING OUR REASONS FOR LIVING IN THE BUS IS A JOB TO BE DONE, NOW, TO MAKE SURE WE ARE INTO IT FOR THE RIGHT REASONS.

MEANWHILE, WE ARE FAIRLY STATIONARY, COMPARATIVELY SPEAKING, IN THE PHYSICAL WORLD, WHILE OUR UNSEEN WORLD ROARS ONWARD. WE'VE MOSTLY KEPT TO THE CNVA FARM, TAKING TIME OUT EVERY NOW AND THEN TO GO ON AN ACTION PROJECT—SUCH AS A WEEK LAST SUMMER IN BALTIMORE, MARYLAND, ON A CHEMICAL + BIOLOGICAL WARFARE PROTEST ACTION, AND SEVERAL LOCAL WALKS + DEMONSTRATIONS. IN MID-JANUARY, I WAS BACK IN ROCKLAND COUNTY IN NEW YORK STATE DOING A JOB, COMMUTING BY HITCHHIKING TO AND FROM THE FARM EVERY COUPLE OF WEEKS. WE ARE ON THE VERGE OF MOVING TO WILTON, NEW HAMPSHIRE, WHERE GAIL HAS A JOB AS A COOK AT HIGH MOWING SCHOOL, A PRIVATE BOARDING HIGH SCHOOL. WE GET A WHOLE HOUSE TO OURSELVES, PLUS BOARD + SALARY. GAIL HAS BEEN UP THERE FOR THREE WEEKS, NOW—I'M STILL HERE AT CNVA GETTING ODDS + ENDS TIED UP, AND WORKING MORE ON THE BUS. IT'S BEEN THREE YEARS, NOW—ONE OF THESE DAYS IT'LL BE FINISHED.

WE EXPECT TO BE IN WILTON FOR AT LEAST A YEAR, AS WE CONTINUE TO GET OUR HEADS AND RELATIONSHIP TOGETHER, WITH LOTS OF VACATION TIME FOR TRAVEL—3 WEEKS THIS SUMMER, 2 WEEKS IN THE FALL, 2 WEEKS IN THE SPRING.

AL + BARBARA ROSE FROM LOS ANGELES BRING UP AN INTERESTING POINT—NO COMMUNE I EVER HEARD OF HAS ANY PROVISION FOR MEMBERS TRAVELING EITHER. WHY NOT? A GROUP OF PEOPLE COULD GET TOGETHER FOR THE EXPLICIT PURPOSE OF PROVIDING EACH OTHER ANY SUPPORT NECESSARY FOR EACH OF THEM TO TRAVEL. OF COURSE, THE WHOLE COMMUNE COULD TRAVEL, LIKE THE HOG FARM DOES. OR AL + BARBARA COULD TRAVEL AROUND



THEIR THOUGHTS ON PRIVACY ARE ALSO VERY PERTINANT—  
PEOPLE IN A COMMUNAL SETTING DO NEED PRIVACY, THEY  
DO NEED A PLACE TO GO TO BE ALONE. IT ISN'T SO  
NOTICEABLE IN A MARRIAGE, WHERE THERE IS ONLY ONE  
OTHER PERSON IN AN AREA AND THE LAW OF AVERAGES IS  
ON YOUR SIDE—~~YES~~ BOTH OF YOU ARE NOT ALWAYS  
GOING TO BE IN THE SAME PLACE AT THE SAME TIME—  
BUT WHEN YOU'VE GOT A HALF A DOZEN OR MORE  
PEOPLE IN A HOUSE, AND NO MATTER WHERE YOU GO  
THERE IS A PERSON AROUND THAT YOU HAVE TO RELATE  
TO, YOU WILL VERY SHORTLY BE CLIMBING THE WALLS.  
REALLY RELATING TO PEOPLE IS HARD WORK—it CANNOT  
BE DONE CONSISTANTLY, OR IT WILL WEAR A PERSON  
DOWN.

WHILE I'M ON THE TOPIC OF COMMUNES, I'D LIKE TO  
POINT OUT THAT AN INDIVIDUAL IN A COMMUNE IS NOT  
FREE. COMMUNES ARE NOT THE WAY TO TOTAL FREEDOM.  
YOU ARE ONLY AS FREE AS YOUR GOALS AND THE GROUP'S  
GOALS MATCH. EVEN THEN, YOU ARE SUBJECTING YOUR  
EVERY ACTION TO THE APPROVAL OF THE GROUP. THIS,  
OF COURSE, BRINGS UP THE DEFINITION OF JUST WHAT  
BEING "FREE" IS. TOTAL FREEDOM, IS PROBABLY UNATTAINABLE.  
IF IT WASN'T, I'M NOT SURE TOO MANY PEOPLE WOULD  
WANT IT, ANYWAY. NOW, THIS IS BEING FREE OF OTHER  
PEOPLE, FREE OF CARING FOR THEM, FREE OF FEELING  
RESPONSIBLE FOR THEM, ETC., ETC., NOT FREEDOM FROM  
MATERIAL POSSESSIONS. IF YOU HAVE ANY SORT OF A  
RELATIONSHIP WITH ANY OTHER PERSON AT ALL, YOU  
ARE NOT FREE. TOTAL FREEDOM IS CUTTING  
YOURSELF OFF FROM EVERY OTHER PERSON IN THE  
WORLD. I KNOW I DON'T WANT IT—IF I HAD TO  
DO IT, I'M NOT SURE I COULD TAKE IT. I  
LOVE LOVING TOO MUCH.

A SUGGESTION TO AL FRY'S SUGGESTIONS ON  
WOODBURNING STOVES: SEARS-ROEBUCK AND MONTGOMERY  
WARD BOTH SELL NEW WOODBURNING STOVES+HEATERS.  
FOR A SUITABLE ROOF VENT PIPE: I BOUGHT A COMMERCIAL  
MOBILE HOME VARIETY FROM A MOBILE CAMPER SUPPLY PLACE.  
IT HAS 5" PIPE, SURROUNDED BY ASBESTOS PACKING IN ANOTHER  
SLIGHTLY LARGER PIPE, AND AN AIR SPACE AROUND THAT,  
ALL WITH AN INTEGRAL SQUARE MOUNTING PLATE. I  
MOUNTED IT WITH BUTYL RUBBER CAULKING AS A SEALER,  
AND HAVE HAD NO LEAK PROBLEMS

RIGHT ON! TO HYGEIA'S JOYS OF NUDISM. THERE  
IS JUST NOTHING LIKE IT.

RIGHT OFF! TO THE GENERAL PARANOID LIVING INDICATED  
FREQUENTLY AMONG YOUR PAGES ("DON'T LAY YOURSELF OPEN  
TO A STRANGER..." ETC.). MAN, YOU CAN GO OFF YOUR  
FUCKING NUT LIVING LIKE THAT! YOU SURE AS HELL  
CAN'T LIVE FREELY LIKE THAT—IT'S AS BAD AS BIG CITY  
DWELLERS BARRICADING THEMSELVES INTO THEIR APARTMENTS  
(CAGES?) AT NIGHT; BARS ON WINDOWS, BOLTS+LOCKS ON  
DOORS... WHEW! BETTER TO LIVE A LIFE ONE CAN  
FREELY TALK ABOUT THAN GO THROUGH LIFE PARANOID.  
WHO'S DOING SUCH BLATENTLY ILLEGAL LIVING ANYWAY, THAT  
WOULD REQUIRE SUCH PARANOID? SOMETIMES YOU SOUND  
LIKE A LITTLE BOY'S DREAMS OF ADVENTURE, WHAT WITH

SECRET DWELLINGS, CACHES, SUPPLY ~~AND~~ DROPS, 'INVULNERABILITY',  
ETC. — LIKE THE FBI AND THEIR GAMES.

PEACE + LOVE  
BILL

To Bill: Thanks for the report on where/how you are and the many  
searching thoughts.

Relationships with others are not contrary to freedom (by my  
definition) so long as they are voluntary. Of course, in a free-  
marriage or commune, one accepts a "package deal" -- some unwanted  
things along with the wanted. But this holds even for solo activities --  
building a den instead of a cabin -- hunting along one mountain  
instead of another.

Who's paranoid? There are people out there trying to kill and/or  
enslave us! If you doubt this, try going nude in "public places"  
for a while. I'd rather go thru life vomit, at the cost of some  
curtailment of interrelations. Of course each of us has his own  
relative values in this matter -- each must choose, accept some  
unwanted along with the wanted. I recognize your choice. RAYO

Friends: We've really enjoyed all received issues of P-I -- first  
actual manifest key of hope (reality) that's come along in, well,  
too long a time -- since we were on the road. That's been about two  
years. For 6 years previous to coming here Neil lived pretty much  
nomadically and/or as divorced from outside society/reality as was  
practical -- rarely living in any place for longer than a few months.  
Since we hail from the east most of that travelling was in and  
around New England. But also back and forth to Canada, S. America  
and points west.

Met Lorraine in Vermont where we led a conventional existence for  
six months to get some \$ together. Split for Calif. Bought an  
old plumber's truck for \$275. Built on a camper and took off.  
After 9 months ended up in Idaho, really dug it, and because Lorraine  
was 7 months pregnant thought it would be a good thing to get  
established. Had no \$ but found this old mining village with many  
good people and managed to rent a home -- an old miners' boarding  
house, huge and empty, like a dormitory -- "on credit" until we could  
find a way to bring in some income, which was not to be for about  
two months. Thanks to a lot of wild foods and lot of dry food laid  
in in Calif. we made it quite well. Having a kid didn't change much.  
Everybody helped -- gave us diapers, etc.

Liked it here so much -- country so beautiful -- mountains -- weather  
out of sight (except long winters -- we didn't know then) -- when a  
house in our little town came available we took it (super-cheap, NATCH).  
So ended our nomadism for awhile.

Living out here -- 12 miles from town, quiet, no hassles -- we  
really dug it. Found that by working just a little we could go for  
a few months at a time without working and could just dig on the  
countryside, etc. Since we were really into good food we got into  
ordering food for people and friends and neighbors. Here -- you can  
see it coming -- we really blew it. A friend (we didn't know him  
then) got out of jail -- had a lot of bread -- wanted to do something  
with -- thought a Health Food Store would be good for area. He didn't  
know we were really into it. We volunteered. He put up \$. We got  
into it -- but just to start it off you know. That was a year ago.  
We got it together and think that by end of this summer it'll take  
care of itself and we can drop out -- and let things happen from there.

What we should have done (and are also beginning now to do) with  
those same friends and neighbors, was start a direct charge (food,  
co-operative. This works: get items needed at wholesale (food,  
gas, clothes, whatever), sell to members at wholesale (plus shipping  
and/or transportation charges, if any), and, if there are any other  
expenses, these are levied (per month, week, whatever) evenly, per  
member. Thus enabling all to get things necessary for living much  
more economically and with as little hassle (with capitalist  
retailers) as is possible. Sun Valley is a super tourist area.  
Local merchants take great advantage of that -- at the expense of  
the local populace!!

Anyway, soon we'll be able to live in the mountains around here  
(and I like to go for as long as possible.) Friends have  
laid a horse on us and we have a goat. (Goats make fantastic  
pack animals in mountains -- can go anywhere -- will carry Kyles and  
give milk! Will also breed with mountain goats -- might be a real  
good thing.)

We have friends who live 3 1/2 miles from here in two sheep camps --  
have to ski in. It's a good trip. Also many people live in  
(some abandoned, some not) cabins, trailers, etc., which are accessible  
only by skiing in. However, when the snow goes, so does your  
privacy and easiest mode of transport. But when snow travel -- we  
move back into mountains. Usual season for mountain travel -- heavy  
late June or July thru Sept, Oct. This winter was long and heavy  
but last year was okay. Entirely possible to live all summer in  
mountains away from anybody. There are quite a few who spend  
weeks and months doing so -- and occasionally run into each other.  
Mountains are pretty rugged though and running into the usual run-of-the-  
mill camper/tourist is pretty rare. (Except for the occasional  
helicopter-dropped camp -- you can't win them all.)

So, if we stay here, and we'd like to be here for a year living  
free of all society's encumbrances -- give up our house, etc.  
We'll probably do something like that. In summer the fishing is  
great. We're presently making all our own packing gear, etc. --  
we didn't have anything when we came -- and are hoping/planning  
to spend quite a bit of time away from it all...

We've often thought of living around SW Oregon (Cave Junction)  
but somehow we never made it over there. What's it like? Peace,  
NEIL, LORRAINE & KYLEX near Sun Valley, Idaho

Reply: Much thanks for the info on your area -- which trades for a  
renewal next time. SW Oregon has rather mild winters with much  
rain/snow -- snow doesn't last long except at higher elevations.  
There are creeks running the year around in even the smaller valleys.  
Great variety in topography and vegetation. Coast mountains quite  
different from Siskiyou which are different from volcanic Cascades.  
Woods range from relatively open park-like heavy underbrush,  
Cascades, to dense coastal forests, to trees plus heavy underbrush,  
to brush alone on some southern slopes. Summers are not except  
along the coast. I haven't been east of the Cascades much. RAYO



**TO VONU LIFE:** I am not what you call a nomad or trog. I live out in the suburbs of Detroit. In 10 weeks I will finish High School and then I'm leaving.

I am in the process of buying and redoing a van. I may be a Ranger in N. Ontario this summer. It's a good job -- live in a cabin away from everyone in the middle of the woods and watch fires. I have been going up into Algonquin Park every summer since I was 10 years old. It's really beautiful up there. It's all lakes and woods. If you want to get away from the tourists just take a long portage (carrying equipment and canoe over land to next lake) of about two or three miles. Once you carry into those lakes you are free -- nobody around -- and you can just dig it for a while. In July the bugs are sort of bad if you don't camp on an island, but by August no bugs at all. If you are cool about it you can go without a camping permit. (That's what I do.) Only take what you can carry in one trip on your back.

I have my own canoe but those who don't can rent them right around the park. (Best kind is WOOD!).... DETAILS near Detroit

**TO VONU LIFE:** I haven't done much in the way of exploration this past year. Been too busy working out plans for new integrated farm concept growing beef and produce. The produce is raised in a fully controlled environment. Can turn out crops all year long -- even in winter. Light, temperature, humidity, air circulation, CO<sub>2</sub> content and plant nutrient are all controlled with automated electronic system. No insecticides, bugs, DDT, etc. used; only "pollution" is oxygen.

The concept has some intriguing aspects. A lot of production can be easily hidden because virtually no one would believe actual amount turned out annually, plus the fact that some production is indoors where it is unseen and nobody knows what is going on. The concept enables marginal land to become profitable.

I have finally been severed from job via layoff at Boeing after 17 years. Was planning on outting this July and find I got an early start. Refused to work on SST two years ago -- said it was parasitical -- and my ratings went down ever since. Found it got more impossible to work in such a sick business with each passing month. Got to the point where I refused to turn out a job with known errors. Said it was dishonest and told the boss to do it himself or get another to do it. That put me on the "undesirable" list. Glad to see SST go kaput.

I saw the economic crunch coming three years ago and have saved a bundle since then. So, I'm in a good position financially to pursue a lot of new ideas and get them out. Actually feel a lot better and freer, even without all the money coming in every week. Found I don't really need it as much as I had thought.

Still have a lot of investigation and preparation work to do, but hope to be out looking for a small farm sometime this summer. Would be glad to work out some kind of exchange agreement with nomad libertarians, when I get operation going, but it will take at least a year to get started and set up.

I plan on buying a place with some woods and near foothills or mountains so I can have access to "free" land and materials and a minimum of nosy neighbors to contend with.

Would like to set up hidden camp spots in trees for free people wanting to stay for short periods. Cost would be nominal, or exchange of labor. Hope to eventually be able to design a small environmental hut in which a family can grow all its fresh produce on a year around basis. Would sell buildings, or plans, and technology needed to operate them. Could use some help on electronics -- I only have a civil (structural) background. All the produce is picked ripe and has a long shelf life, even lettuce and tomatoes last up to 30 days in refrigerator.

Concluded there is no such thing as ABSOLUTE invulnerability. Even on a desert island or in a mountain retreat, one is always subject to discovery. Admittedly, the risk is small, but it's still there. Psychological invulnerability is a different matter entirely. Most of the bureaucratic harrassment is pure bluff. I'd estimate 80% of that other 20% that causes all the trouble. There are ways to get around virtually all the bullshit laws. The best way to put libertarian theories into action is to work out advanced concepts of living that are very profitable -- financially, materially and psychologically. I've found in my studies that if you are at least a generation ahead of the rest of great mass of the public many things out in the "open" are "hidden" because no one knows what they are or what you're doing.

Now that I'm out of the wage rat race my time is free to do what I want to. Would be glad to see you for a visit. Just drop a note when. I've all kinds of maps on Wash., B.C., and Alaska and can show you a lot of good spots to stay for extended periods. Some would only be visited by two or three parties a year -- mostly lots of huckleberries, some fishing and hunting (deer), etc. Some places are hard to get to and require a lot of physical output, but nothing that a woman can't handle if enough time is available.

I've been to most of areas you've mentioned in print plus many more besides. Hope to get out myself next two years and go back to a lot of the better places. I know of one good area in Montana where a whole summer can be spent wandering around among several hundred lakes -- most with fish -- and one would be lucky to see one party every other week. It's all above 8000' and marvelous alpine meadows, but very few know about it. In fact, just a few miles away hundreds roar by in their cars to the local tourist traps and never get a glimpse of what's on top. Best time is July or August. Finally free, ROBERT near Seattle.

**Reply:** Regarding your land venture, I know of several people with similar plans for something in this region. If you are not restricted to Seattle you might send a few letters for forward. There might be possibilities for mutually advantageous association.

I don't think psychological invulnerability can be achieved in presence of physical vulnerability. I tried this for several years -- found it didn't work for me. Some things can be out in the open but I believe one needs a secure home base(s) of some kind. Choosing a vocation incomprehensible to the average person is a good idea but there are always mundane things for a bludg to pick at. (Why aren't your kids in school? Where is your permit to breathe?). Please switch to black ink. RAYO

Dear Roberts and Tom,

On the Road  
March 21, 1971

Except for the wind whistling in the hiss of my gas lantern it's pretty quiet up here on the slopes of the southern Colorado mountains. I'm living in a Ford Econoline Van whose inside I've built for living. Since I am a writer that includes a desk for my typewriter and a 70-book bookcase.

Right now I'm at a commune in southern Colorado. I've been on the road for over a month and expect to be traveling around the country for another year putting together a free lanced book on communal living in America. I wrote for Preform shortly before I left and have just got on chance to write you, to thank you for the issue you sent me.

I was in ripcord with Preform and have been intr. ated for some time on that and the various alternatives to the frantic, insane living in America and the world. My interest in both personal and as a writer (I doubt the two are really separate) since I think the spreading of information is a necessity for relatively new ideas. And I too am looking for something other than the "progressive" rat-race I've lived in for 24 years.

In addition to my current book on communes I would like to put together a book on other life style alternatives such as nomadic living, troglodyte living, ocean living, sea-borne mobility or cladothine urban living or whatever. I have already contacted Jim Perkinson of Ocean Living and he and I are going to get together to talk about those particular alternatives.

Do you think there is any possibility I can talk to people in other life style alternatives such as troglodytes or nomads? I realize people get up tight about writers (which I've encountered in about 1000 places I've visited) so I generally accept any preconceptions they have. For instance, I'm not interested specifically where a troglodyte lives, but I am interested in how he lives and why he chose that way of life.

Could you publish this letter or my name and address in Preform so people who would like to talk to me or even write me about their life styles? I will be traveling around the entire country for my book on communes so the best possible contacts could be arranged with people. If you know personally of people who would like to talk with me and rip about their life styles, maybe you could ask them to contact me. I would also like to talk to both of you if anything can be arranged.

I wish, as your Preform suggested, that I could establish beyond any reasonable doubt that I am what I say I am. But I know no well-known libertarians. I recently finished a tour of the Army which is one of the main reasons I am where I am, both physically and in my head. A close-up view of the Army is a close-up view of America -- and I didn't like the Army. I and many other people are desperately looking for new, relevant ways of living, and I not only hope to find something for myself, but to write about it for other people. I hope to hear from you soon. Peace, BRUCE W. MOSE, 1396 40th St. N.E., Cedar Rapids, IA 52402.

Dear Bruce Mose: Thank you for your letter.

I doubt that verbal-only communication, especially mass-media stuff, is much help for people looking for new, relevant ways of living; like football games on TV, it's more apt to substitute for doing than to encourage doing.

Publicity in Sept. 70 ESQUIRE magazine (which we did not instigate nor encourage) brought us few worthwhile contacts. And it may have rattled a few cages which were just as well left unrattled.

But, most important, we do not yet have much information worth spreading to "outsiders" -- our life-ways are not yet sufficiently developed. We would be like dimly-seeing trying to lead the blind.

What is most needed right now is not more publicity but more doing -- especially by full-time pioneers trying various approaches to invulnerability -- just as you are doing with van living.

Why not further develop your own nomadic life-style? Then you can write a book from first-hand experience, if you still want to.

For vonu, EL RAYO

**TO VONU LIFE:** Am planning an experimental trip across the country remaining as self-sufficient as possible and camping along the way.

If it works out, I may consider adopting my life-style to nomadic ways. Need as much info as you can spare. Our mode of transportation will be a VW bus with tents (there will be three adults plus one child 2 1/2).

I would especially like to find out about people who have children and how they cope with compulsory education laws -- also how the children adjust to the experience. BEHLE, Vermont

**Reply:** As for coping with the institutionalized child molesters, one way is: out of sight, out of mind. It's easier, I think, if several families are doing it together (within a few miles proximity) -- educational division of labor, play-mates, "social reinforcement".

See the following letter to you which I am interested in. We hope to hear more from people with children -- especially with older children who have been vonu since the children were very young. RAYO

You asked if I learned any more on how well children of nomads and other opt-outs do. The answer is, very little of value. I have made two observations along that line. First, I notice that the great majority of people who give situations in your publication and others such as the Whole Earth Catalog, and The Green Revolution are either single, childless couples, or parents of one or two pre-school children.

Second, we had an interesting experience while on vacation with our trailer in the Northwest in 1969. It was the end of the summer and we stayed in several State Parks in Oregon. The week after Labor Day was the first week of school for Oregonians, but the L. A. City Schools were not due to open until the following week. During that first Oregon schoolweek several school campers asked my wife and our children why they were not in school. We pointed out that school had not yet started in our home town in California and the matter ended. It's difficult to form conclusions on such limited and flimsy observations, but these two begin to suggest themselves:

- School-age children of nomads would most likely have to be hidden from conventional society.
- The main danger to nomads is from that segment of the general population which likes to investigate and quietly report to the authorities "suspicious" or unusual behavior.

THE WANDERERS, Los Angeles



# RE: THE ART OF TRUCKING: A BUS BOOK

Dear Friends: An important facet of our people as an alternate culture is our mobility. Many of us have travelled and continue to travel modes of transportation experiencing and developing a new life style. Many hitch-hiking, freight hopping, motorcycles, feet and hands, etc. One of the most striking is the travelling environment, particularly school buses and large trucks. These vehicles enable us to travel in large numbers, bringing not only our family and friends, but also our culture. The concept of self-made mobile homes is a new and exciting part of our culture. As with all areas of growth, I think it important that we keep all communication channels open, and spread our learnings and experiences to as many other people as possible. In hopes of making a book on school buses. It will be a guidebook on how to build and assemble a working environment inside a school bus or truck. In order to do this I will be travelling around America this coming summer, meeting, interviewing and photographing as many bus people as I can.

I am largely concerned with the following subjects, although I expect that as I meet more people who've done bus trips these areas will grow and many new ones will be added.

- I -- The legal hassles involved in bus life: What equipment is required by law for proper licensing of self-made mobile homes? What are the laws in various cities relating to living in buses? How to find places to park buses in cities to avoid constant tickets?
- II -- The installation of necessary equipment: efficient propane system; sound and light system; various methods of heating and cooking; where to obtain the necessary equipment and tools.
- III -- Designing and building furniture: bed set-ups; work benches and tool space; kitchen equipment, eating and cooking areas; play and sleeping areas for children; other interesting furniture.
- IV -- Any interesting bus stories: the joys and hazards of bus life; what can be expected in dealing with police and other people unfamiliar with our life-styles.

I'm writing you hopes that you will respond with ideas and criticisms. Any help you could give would be greatly appreciated. HOWIE RUMAH, c/o P. Snow, 3990 Marguerite St., Vancouver 9, B.C.

To YOU LIFE: Presently in the Army, discharge coming in 4 months, then I'll be back to college. Though I've learned more in the past five years since leaving college, want to go on to medical school and to general practice. Feel that there is a need both within and without present structures for more who can practice medicine for reasons not primarily dollar motivated.

At present, my idea of a good practice would be three days in a small -- 20,000 or less community -- this time and financial return being utilized to build a practice, and to pay off tuition, instruments, rent, and similar debts. Three maybe four days would be spent traveling within a specific radius -- perhaps 250 miles or less -- practicing medicine for those freemen and freewomen who would deal with me on a barter basis -- perhaps fresh produce, or labor assistance on building a medical facility bus.... PENNA, near Atlanta

## WILD WAYS

I like the specialization you plan for Preform. The more practical and useful the better. I suggest to your readers that they supply a variety of articles relating specific, useful information gained first hand. Not book reports, but detailed personal experience accounts and narratives in the areas of gathering, hunting, vehicle and equipment maintenance, concealment, cooking, cleaning, education, backwoods recreation, use of plants, etc. For openers, here's all we know about Pinyon Nuts, or Pine Nuts.

**LOCATION** - When going from Frazier Park toward the coast (West) you will pass through Lockwood Valley. Just after you leave the valley you will again enter pine tree covered hills. There they are, all over the place on both sides of the road. I would guess the elevation to be 5000'.

**TIME OF YEAR** - We found them in the Fall, October or November. (If you're a bird hunter, you might also bag some quail in this location.)

**DESCRIPTION OF TREE** - An inconspicuous pine tree, not the stereotyped stately pine tree. We didn't see any over 40' tall, and most were much shorter.

**DESCRIPTION OF CONE AND NUT** - The cone is rather poor looking, again not the classic large well shaped cone. It is medium size, still a little green here and there, and covered with pitch. (Bring along a can of paint thinner to clean your hands.) The "leaves" are wide apart and at the base of the leaf is the large nut. The nuts are 1/2" to 3/4" long and almost 1/2" across. They are dark brown, and pointed at one end and rounded at the other.

**HOW TO GATHER** - We tried two ways. First we gathered the cones from the ground and some ripe ones from the trees and put them in bags so we could dig out the nuts later. Very messy, you end up with pitch all over. We liked the second way better. This involves getting down on your hands and knees, or crouching, and picking up loose nuts that are on the ground. As the cones ripen, the nuts fall to the ground. You have to sift through the pine needles to get a large quantity. This is much faster and cleaner.

**NEXT STEP** - You will quickly learn that Pinyon Nuts were not put there just for your enjoyment. There is some form of larva (worm?) that also likes them. You will frequently see a very small hole in the side of the shell that marks his entry. (Or maybe exit?) At any rate you will find many nuts that are empty when opened. Here's a fast way to separate good from bad. When you have a good quantity of nuts pour them into a bucket or pan full of water. The good ones will sink and the empty ones will float. Discard the floaters, and keep the sinkers.

**HOW TO EAT** - You can crack them open with your teeth as with Sunflower seeds and eat them raw. In this state they are rather soft and chewy. Or, you can roast them by putting them in shallow pans in a moderate oven (325 degrees) for 15 or 20 minutes. This makes them hard and crunchy like peanuts. Either way they are sweet and very good. Hard to stop eating them once you start. We have used the roasted ones in cookies, and in Granola (natural grain cereal).

**FOR SALE?** - Price a small bag of Pinyon Nuts next time you're at the store and let your imagination wander on the prospects of a cash crop!

**QUESTIONS** - What do you know about Pinyon Nuts? Uses, food value, outlets for sale? Where am I wrong in the above writeup? We sure do enjoy them and would like to know more about them, especially recipes.

The Gatherers - Los Angeles

my71 VII 7

To YOU LIFE: I am very much impressed with the common sense and research that has gone into your pamphlets...

Foods that I have eaten include dandelions... various field mustards and water cress. I am skeptical of nettles (formic acid).

Cattail roots, fried, have a taste somewhat between garden parsnips and roast beef. They will grow anywhere there is lots of moisture and still water. Baking would probably enhance flavor.

I have eaten squirrels, once tried a mud turtle but found I was not psychologically prepared. Mental outlook seems to have a great influence over our organic mechanism.

I have eaten spring beauties (lavender flower) of mustard family (woods and brush patches), bulbs of lamb tongues and cat ears, wild onions, house or biscuit root, yampah, miners lettuce, very young salmon berry shoots. Have tried fiddle-head ferns raw and found them nauseating -- cooking may eliminate this.

My personal observations regarding wild foods is the scarcity and time consumed gathering them. It would seem to me that in the initial phase of survival a backlog of supplies would be a necessity until self sufficiency reached a point where full time could be utilized in gathering and growing. Also a great deal of thought regarding low humidity in this area is desirable. The old timers built root houses for potatoes, apples, beets, etc.

Skunk cabbage raw will blister the mouth. Cooked (pour off first simmer water) it is passable. Mixed with something else less peppery, the first water and vitamins might be saved and enjoyed. I have tried acorns (white oak) without completing proper procedure. Indications were that they would be quite acceptable.

Laurel or madrona berries (redish pink) are supposed to be poisonous. This is not so. I have eaten them by the handful. I have tried cow parsnips (low rich swampy soil, as a rule).

Pick tenderest stalks next to flower scapes, peel off skin, heat, then simmer. Taste like string beans. Have read where the Indians burned the stalks and used the ashes for salt but haven't tried that. Water hemlock looks much the same and grows under like conditions -- as it is poisonous, care is essential.

I have used mint and yerba buena for teas. Yerba buena is a trailing vine of mossy (evidently nitrogen soils) brush patches and second growth timber. The leaves are somewhat shape shaped and become purple underneath. When crushed has a very pleasant pungent odor (it is of the mint family).

I had a friend while near Redmond that claimed he and his wife lived mostly on grass under survival conditions for six months one time. As I had read of some Mexicans becoming poisoned on grass I have never tried it. Possibly if children gathered the grass, it could have contained butter cups. I am sure that grass seed would be all right.

Yarrow has feathery looking leaves, 3 to 6 inches long, favors well-drained soil often close to oak trees. The crushed leaves are very good in relieving the pain of cuts and sores.

As a boy I helped peel cascara bark to sell. A few drops in water are very good for the liver. Increased dosage is a drastic physic.

I have never gathered pitch commercially but am told the best results are obtained by finding an old growth fir on a ridge or where it is apt to be windswept; bore drainage hole, another on downward slant a distance above. Some trees are said to yield gallons; others are not so good. Trees should be plugged when through to save rotting.... Hide, wool and bark establishments are possible buyers.

Find a sleeping bag to be much warmer with a pole laid each side of the bag so that the sides are tilted upward. Pants and socks laid alongside of pole with shotpots underneath eliminate dew-soggy clothing in the morning. In the brush I always sleep with shirt on. Very chilly nights a sweat shirt wrapped around the neck is a great help; this is the area where heat escapes the bag or clothing.

Thick bark from old growth fir snags or logs, if dry, is very good for heat and little smoke. One should wear gloves in handling as fibres on inner surface can be very annoying. To start a fire in wet weather chop or knock some outer bark from an old growth fir tree (do not get down to the cambium layer). The bark is much like cork and will be at least partially dry. Use crankcase oil with a little gasoline added for ignition. When humidity is near saturation point, crankcase oil alone will be difficult if not impossible to light with few matches as everything is soggy.

Smooth bark cedar, also yew wood, is long lasting in contact with the ground; rough bark cedar and fir seldom last over seven years without excessive rotting.

A hole dug in a creek bank and lined with sticks or shakes makes an excellent water cooler. Dig several inches below water table. Put flat rocks on bottom. A cover is necessary to keep out chipmunks....

As to "people sniffers", small groups are not likely to give off more carbon dioxide or heat for infrared detectors than deer yarded up or a herd of elk. Smoke is another thing. RAY, near Eugene, Ore.

To Ray: Thanks for your information and ideas. I hope we can meet soon -- maybe spend some time together foraging.

I have eaten nettles -- well cooked -- in quantity every day for a week or more with no ill effects. This was in So. Calif. mountains (5000 to 6000 feet) in late summer when few other greens were available. They grow there along stream beds and washes. Pick with gloves as they are irritating when raw.

**GUIDE TO THE COMMON EDIBLE PLANTS OF BRITISH COLUMBIA** is the best inexpensive book I have found for this area. Most of the plants I've gathered grow from Northern California thru S.E. Alaska -- will be at somewhat higher altitudes in the lower latitudes. By Adam Szoca winski and George Hardy; Handbook #20. Was 75¢ from British Columbia Provincial Museum, Department of Recreation and Conservation, Victoria, B.C. Here is one of the 88 pages: RAYO



Miner's Lettuce

Montia perfoliata

Other Common Name -- Indian lettuce.

**Description** -- Succulent, annual plant with stems up to 1 foot tall. Basal leaves oval, long-petioled, the upper leaves often united in pairs. Flowers small, white, and nodding, in loose cluster.

**Habitat and Occurrence** -- Damp woods and shady stream-sides, abandoned cultivated wet fields. Chiefly in Coastal belt or damp Interior sections of the Province.

**Food Uses and Comments** -- The leaves can be eaten raw and make an excellent green, which tastes like spinach when cooked.



# ON ACQUISITION/USE OF "PRIVATE" LAND

While I often squat on "public lands", I have found "private property" useful in some situations; especially for unattended parking of a four-wheel vehicle and for storage of other things too big and/or not valuable enough to hide really well. I make these suggestions:

**DON'T TRY TO SUBSTITUTE "LEGAL" OWNERSHIP FOR PHYSICAL INVULNERABILITY.** Land you "own" is not truly yours. The State will try to tell you what you can or can't do with it, and will tax you for the privilege. Depending on local regulations, you may not be able to legally build a shack, put in a septic tank, plant trees, cut trees, build a house, or grow crops without special permission from various bludge agencies. "Your" land may be "condemned" and taken from you for a freeway, a dam site, or a "wilderness area". "Ownership" does not even constitute a bonafide lease from the State since the State can unilaterally change the terms at any time.

**LEASE INSTEAD OF BUY** if your expected use is short-term (a few years or less). And preferably lease from a sympathetic landlord. This can save a lot of hassles.

**COUNT THE PURCHASE PRICE AS AN EXPENSE**, not an investment. Taxes on visible stationary property are the only taxes easily collected, and will tend to rise to the rental value of the property, wiping out "equity". (Income and sales taxes are increasingly evaded and/or destroy their economic base.) Property taxes are already one-third or more of rental value in much of U.S.; often in excess of rental value in NYC, resulting in abandonment of thousands of buildings. Of course some lands may increase in value in the short term. But land speculation, along with speculation in stocks, commodity futures, rare stamps, horse races and poker games, is rationally left to full-time professionals.

**LEASE OR BUY "WASTE LAND"** to keep purchase price and taxes low. Avoid commercial farm land, commercial timber land, and land close to cities or recreation developments.

**OBTAIN ONLY "LEASE AGREES"**, but close by a "national forest" or other large stretch of unowned ("government owned") land, as an access port (for foot-nomads/trogs).

**GET LAND WITH TREES**, brush and topography adequate to conceal anything you may leave on the surface from habitations, roads and the air. (Some counties are reportedly aerial mapping for tax assessment purposes.)

**PURCHASE IN NAME** of someone ("real" or otherwise) who has few dealings in a servile society to minimize chances that land will be confiscated as a result of lawsuit, unpaid income taxes, etc. The "owner" is preferably a woman -- not subject to conscription, not expected to be employed. First check out purchase procedure. Is I.D. required to purchase? To sell? Must purchaser appear anywhere in person?

**DON'T USE LAND AS MAILING ADDRESS**, nor as "legal home address" on driver's license or other I.D. Don't have mail box there. Don't have telephone there. Maintain these addresses elsewhere. Caution everyone who uses land never to mention it as address. Bludge agencies cross-check each other's records more and more. Get on file with one and others will come asking why you are/aren't doing this and that.

**DON'T MAKE VISIBLE, PERMANENT INSTALLATIONS** or improvements. Limit surface structures to vans and trailers. Do not connect to commercial electricity or other utilities. If questioned as to use, land is unoccupied, unimproved, for occasional recreation use only. Hide vehicles as well as possible, also move occasionally.

**MINIMIZE USE OF ACCESS ROADS** to minimize attention. "Commute" to town weekly or less often, preferably on weekends when there is maximum "foreign" traffic and during darkness when vehicles are not easily identified.

**GET LAND WITH HEAVY BRUSH** to discourage interlopers. "Build" extra bushes as necessary to encourage any hikers to go around rather than thru your important places. Artificial barriers -- more elaborate than a chain across the driveway -- are seldom worthwhile. A high electrified fence may keep out an occasional hunter but will arouse curiosity as to what is going on. A well-concealed warning system will be of value if people live there often.

I have not discussed "conventional" aspects of land purchase, because I don't know them and because they will vary from place to place. **WHOLE EARTH CATALOG** has listed various reference books and guides (\$4 for catalog from 558 Santa Cruz, Menlo Park, CA94035).

RAYO

Dear Tom,

Thanks for the issues of P-I and your note. I'm having some manufacturers of BHT send you literature about its use as a food preservative. I sell BHT crystals (the only form I have) for \$10/5 pounds postpaid, and \$25/25 pounds FOB Santa Barbara. That's better than you can do from the manufacturers if you're ordering less than 100 pounds.

I'm also enclosing a report of one of the basic experiments supporting the thesis that BHT prolongs life span. As far as safety goes, it's been used for years in most packaged foods without visible ill effect, even in this day and age when almost all food additives (cyclamates, etc.) are likely to be attacked at the slightest possibility of harmfulness. I've been using the stuff for two years now, and the only problem I had was its tendency to lower the blood pressure immediately after taking (as evidenced by a tendency toward lightheadedness if violent activity was undertaken immediately after ingesting BHT). Now I just take a quarter ounce before going to bed, and never notice any effects at all (the lowering of blood pressure may be one reason for its effect on life span).

Therefore, since the stuff is cheap and safe, and since there is at least some evidence of beneficial effect, I recommend trying it.

TTA ENTERPRISES  
1015 Laguna St., Suite 10  
Santa Barbara, CA 93101

Sincerely yours,  
*Erwin S. Strauss*  
Erwin S. Strauss

NOTE TO READERS: This issue of VONU LIFE is about twice as large as we expect the average issue to be; due to the backlog of articles for reprint. RAYO

To Preform:

Planning to become a pedestrian nomad, primitive and vehicleless (FPN-Vs), i.e. owning no gasoline-burner of any kind, takes some advance planning. But many backwoodsmen would be more free from threat of statist coercion and better prepared for a post catastrophe era (PCE) by learning to live without gas-burners. Gas-burners will hereafter be referred to as MMH (man-made murder machine)...this nomenclature is derived from killing effects via air pollution. MMH on the highways as well as the same effects via air pollution. Furthermore, owning and driving a MMH puts you in line for statist coercion and associated games of people vs John Doe.

Regarding the merits of being a FPN-Vs, I'll give a couple of experiences to illustrate my point. I was riding with a game warden near a backwoods road in the timbered southeastern mountains. The deer season had opened and then been closed due to a bad drought and the game warden was more or less looking for illegal deer hunters. We were going slow, not much noise, and we came upon a man with a rifle slung on his shoulder. He took one quick look at our car, did a double take, and then leaped off the road and was gone. The warden didn't even bother to try and get him. "That guy is probably in more without a car," the warden said. "Probably lives near here. So there's no use trying to catch him." In this case, no car equaled no coercion, either justified or otherwise.

I learned something there only the lesson never became important until years later when I thought about the possible future need to live so as not to attract the attention of looters and other unfriendlies. Any kind of vehicle parked in the woods for any length of time is going to arouse attention by every statist employee, land owner, timber cutter, etc, that comes by -- you'd better believe it! During a recent hunting season I saw two state game wardens zero in on a too-long parked camper-truck because they feared (at least overtly) that the owner might have become lost or otherwise detained. They'd observed the pickup parked for several days and the statist cogs began to mesh and clank. Apparently, they like tracing people, gives them a chance to use their computers and other 1964 mechanisms.

In a before catastrophe era (BCE) a MMH will likely cause delay, worrisome and unwanted invasion of privacy, possible expulsion from your base camp (unless you own or lease it), and perhaps the unfriendlies will go tramp, tramp, tramping through your "private" domain. In a PCE the MMH could cost you your cache of food, tools and goods or your life by attracting looters. If ever a natural or man-made event pulls the social structure down around our heads, you can be certain that looters will be let loose upon the countryside. In such a time, the MMH is just a pile of junk-- I believe it to be junk even today, but then that's a personal observation. Sure, you could salvage useable crap from the old junker but the country, and even the backwoods, are pretty well seeded with good scrap iron and steel for making tools, spears, arrow heads etc.

The successful FPN-Vs might be a loner, or a couple, or several loners who have contact (overnight hiking distances) between their base camps. These people might live as seasonal nomads -- to the backwoods for 7 months and back to the city for the mid-winter months to socialize, earn money, etc. Come the "boom" or the "last whisper of civilization as we know it today" and these FPN-Vs would disappear back to the areas of their caches for fulltime living.

My second observation concerning the merits of the FPN-Vs life occurred on another mountain road. The native driving the jeep pointed to oak, hickory and muskyvine vines growing thick as dog hair on the mountain slopes and said, "A family lives back in there and they never use the same path twice." He added, "I once stumbled upon their cabin when I got turned around and took a short-cut through the brush." He said, "I was a little bit bothered and so far as I knew, nobody bothered them. This was in the mountains of southeastern Oklahoma. The important lesson is that the family (it was a straight family, incidentally, mom and dad and some kids) owned no MMH, goats, chickens, dogs and if they owned a horse or pack animal they kept him corralled or pastured far away from the cabin.

Even in the best of circumstances some of these FPN-Vs people get "found" -- see recent issue of Preform and article about man who lived close to civilization in Washington Park -- even he was discovered only by chance. Think how good the odds are for a well concealed FPN-Vs who lives in a remote retreat. And it's good to mull over the fact that the really successful FPN-Vs live don't "often get found."

As a FPN-Vs your spatial, or territorial, freedom would be limited to your chosen geographical area which would be covered by foot travel, touring skis, snowshoes, canoe, or by burro or horseback. However, your psychological freedom (the most important, probably) would be about as unlimited as you wanted to make it. The FPN-Vs would have no registration, licensing, inspection, costly insurance and the increasing multitude of worrisome freedom-eroding details that attend a MMH. Come what may these days, if you now would a FPN-Vs get food and supplies to his beachhead dump? He'd hire a retired farmer or odd-jobs man with a pickup truck. The beach-head should be 30 miles, or more, from the town where you hired this man. This will help negate any talking he might do about where he'd unloaded your goods. Further, older people are best for this job since they tend to be more understanding even if they don't understand your way of life.

For the seasonal, cyclic, FPN-Vs a typical year might go as follows:

When the warm sun of spring starts the juices flowing, the FPN-Vs (and his woman if he's got one) are in the City. They stuff selected personal goods into duffle bags and climb aboard a Greyhound bus headed for the small town where they'll hire the truck driver.

The distance to this small town is limited only by fare money available and the boundaries of the chosen geographical area. The FPN-Vs hire their truck driver and they ride with him out to their beach-head supply dump located back in the woods and reached by rough dirt roads.

After backpacking supplies to their base camp, the FPN-Vs begin dividing the supplies between one or more cache sites within 1 - 5 miles from the base. If such is the plan, they make contact with base camps of other FPN-Vs.

Supplies will be replenished when necessary by backpacking into the nearest village or boarding a Greyhound bus for a round trip to the nearest village or small town. Then, when cycling back to the City, the FPN-Vs leaves all his tools, equipment, surplus food and cash for next year or emergency use during FCB. His or a similar plan will work -- devise your own plan to accommodate the conditions and your own desires at time of departure.

Adam, Western States



NEVER A DIRTY WORD

\*\*\*\*\*  
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The Life Science Dept. of Hygeia's Hygienic Extension University of Unlearning Mislearning is now happy to offer you the unique course, available nowhere else except everywhere where there is life:

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here is happiness?

Where is happiness?  
Should I give up my search?  
Will I find it in a church?

Where is happiness?  
Is it on this earth?  
Has anyone found it?  
What gives it birth?

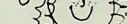
Where is happiness?  
I sure as hell don't know.  
Maybe it's in my big toe.  
Robin Sunshine  
(on a cloudy day)

Dear Robin & my other students.

you will probably never find much happiness if all you do is look for it. Happiness does not abide in a pill or place. Happiness is a habit, something to be achieved, cultivated in one's mind, not simply found. Things worth getting take work getting. And this includes the joyous things in life. Just because they don't teach it in school doesn't mean happiness can't be learned.

DEAR ROBIN & MY OTHER STUDENTS,

THE GREAT SEAL OF H. H. EXTENSION U.



THE GREAT SEAL  
OF H. H. EXTENSION CO.  
enjoy

What is happiness? and what kind of work must one do to achieve it?  
I would define happiness as a general enjoyment of life. This is arrived  
at by fulfilling one's physiological and psychological needs.

The physiological needs include good nutrition: diet can drastically effect one's mental state. To encourage an optimistic state of mind, in a strong body, the more your diet consists of fresh unprocessed, uncooked foods, the better. Refined sugars, especially, deplete your body's supply of B vitamins and therefore can cause depression!

[illegible]

"To the question of your life, you are the only answer. To the problems of your life, you are the only solution."

Happiness 1A Final Exam

1. What is your overpurpose?  
2. "As the foregoing urged your efforts to achieve happiness?  
If the answer is "YES" then my course has succeeded in your case. If the answer is "NO" then I have failed (for) you. Such a feeling some days you drive in the UOI and out the LR. "Some days you think maybe you know everything...Some days you think maybe you don't know anything...Some days you think you know a few things...Some days you don't even know how old you are." Pearls "My life is up and down. I don't want any downs. Why can't I have one up, after another UP, after another

This course comes to an end - but the lesson in happiness continues in the lab. Pay attention, keep flexible, and remember: Things work out. They will always work out while there is still life in you. Only when you are dead will things have stopped working out for you and when you're dead you won't have to worry about it again.

Far ~~to~~ be of service to you

Learning Truth is Inspiring, for children's chances will be  
 for free. The Lotto of S.B. Extension U.

[illegible]

Labelled fishing among the drop out people I notice is the gamsa in the basin was hit fifteen years ago using electric frying pans of water set in the water for the purpose of catching fish and such. Had a hole for head to stick in it so we didn't have to fish with a net.

Back on how the hot springs subject, only maintain that they are all over the northwest and Nevada and the majority I know of are 'open' even private ones can often be used just for the taking. A local owner of a private one has a small town and a few other people in the area. The owner and get his consent and blessing to use the hot springs. He is a civil engineer and has a good job with the government and has been in the business with the government look on the potential incentives of the 1980s.

TO YOUNG LIFE: I am especially interested in trog living. Can you help me with the following problem. I have a tract of land in a semi-wilderness area of a northern state. On this land I would like to bury a cache of tools, matches, water pumps and clothing. Do you have any ideas on how to do this and prevent rust and mildew from getting into the supplies? I reason now while I am still young I have the time to buy these supplies as later on my money may be worthless. The extra dollars for my time in reading and answering this letter. NAME WITHHELD, Chicago

Reply: We are just getting heavily into caching/stashing.  
I suggest you begin by using steel drums/cans -- 5-gallon paint cans for anything that will fit in them, 55-gallon wide-mouth drums for larger things.

drums for larger things. The 55-gallon drums are small enough to carry, already packed, to the caching site. The 55-gallon drum will have to be carried and lowered into the hole empty, then packed, and lid secured. You can probably secure cleaned used 55-gallon drums for about \$2 each at a local hardware store. (The 55-gallon drums are yellow, pages under coo-perage, barrels, drums.) Lids with bands which clamp around are best. Make sure that lip of drum and lid are not badly dented, clean, fit together well, and have good gasket. If gasket is not good, use a good one. The gasket is a rubber-stripping material that is hardware store which will do fairly well.

material at a hardware store which will do fairly well.

5-gallon cans, used and dirty, can often be picked up for nothing from factories which receive paint and chemicals in them. A paint store can charge \$1.50 to \$2 for new ones, if it has them. A paint store can will give megalithic protection but rarely seals well enough to block moisture. For extra protection we line cans with polyethylene garbage bags - not available at most supermarkets. To avoid puncturing bags (they puncture easily) put anything hard in several paper bags or Burlap sacks.

in several paperbags or Burlap sacks.

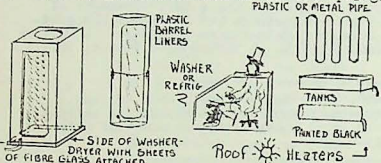
Shell Oil Company markets a white powder called Vapor Pha se Inhibitor (VPI). VPI acts by volatilizing, reaching the metal surfaces in a vapor form, and is absorbed on the metal to form a normally invisible film on the surface and prevent corrosion by passingivating the metal making it chemically inert. One merely passes in the metal things to be protected, adds the VPI powder, and seals. Quantity required: one gram per cubic foot of enclosed space, or square foot of metal surface, whichever is greater.

space or square foot of metal surface, whichever is greater.

The minimum quantity of VPI sold by Shell is five pounds. Price around \$30. Atlantis Enterprises, Box 141, 61 Middle Road, used to sell smaller quantities. (A pound will protect about 450 sq. ft.)

Lessicant is something we are just now getting experience with. Calcium chloride will absorb several times its own weight of water -- will turn to liquid when it goes so long as it's put in open glass inner container kept upright. It is available at drug stores but

We recently stored a garage-full of assorted junk in (mostly) 5-gallon cans. Took 75 of them! Row of reform





# INTER

"Inter" concerns interactions -- interrelations -- interplay -- intercourse in the broad sense; also interstices of the coercive jungle; also interference by those unwilling to live and let live: ways to communicate and exchange into and across servile societies while developing and maintaining invulnerability.

## A FEW REMARKS ON EDUCATION

Compulsory miseducation is a frequent concern of correspondents, and properly so, because children, along with military conscripts, are in literal servitude to the State. (The State delegates most of the responsibility to parents but retains overriding control.)

Anyone who rationalized that slave-schools "aren't all that bad" would do well to read "The Student and Society" -- the introductory essay to THE STUDENT AS SLAVE by Jerry Farber (\$1.10 by mail from Pocket Books, 1 West 35th St., New York, NY 10018). A few quotes:

"It's not WHAT you're taught that does the harm but HOW you're taught. In fact, for most of your school life, it doesn't make that much difference what subject you're taught. The real lesson is the method. The medium in school truly is the message. And the message is, above all, coercive. You HAVE to do homework. You MUST observe school rules. And throughout, you're bullied into docility and submissiveness...."

"You may only study geometry for a semester -- or French for two years. But DOING WHAT YOU'RE TOLD, whether or not it makes sense, is a lesson you get every blessed school day for twelve years or more. And you know what good learners we are -- how little time it takes us to learn to drive a car or a plane or to play passable guitar. So imagine what the effect must be upon our apt and impressionable minds of twelve-year courses in servility. Think about it. Twelve years of tardy bells and hall passes; of graded homework, graded tests, graded conduct; of report cards, GPA's, honors lists, citizenship ratings; of dress codes, straight lines and silence. WHAT IS IT THAT THEY'RE TEACHING YOU?...."

"History is so engrossing. Literature is so beautiful. And school is likely to turn them dull or even ugly. Can you imagine what would happen if they graded you on sex? The race would die out."

(Although Farber perceives the problem very well, his suggested solutions are superficial or contradictory -- as one must expect from someone still in the servile society. Theory rarely gets much ahead of practice.)

Anyone who thinks he can counteract the bad effects of slave-school by means of a few lectures at home, or something, should reread the above quotes and ponder them. One can perhaps refuse the WHAT. But how does one undo the HOW?

Anyone who points to himself as someone who is recovering from slave-school should ask himself: Are you content to grow a child where he may (if very exceptional) spend the second 20 years of his life overcoming the effects of the first 20 years?

Many parents are adept at seeing only what they want to see in their children, and of course children soon learn to play this game so as to minimize hassles. Some believe their child is doing fine -- right up to the day he leaves home to enlist in the Marines.

Many private schools are not much better than the State ones, not only because they must abide by innumerable State regulations but because the major market demand is for coercion -- by parents who were themselves trained to be servile. Even "free" schools have problems overcoming the contradiction between "school" and learning, as some of the most insightful teachers are admitting: the child is still forced to attend, or will be taken to State school. But many schools are trying hard and accomplishing new within the compromises they must make. I recommend NEW SCHOOLS EXCHANGE, 301 E. Canon Perdido St., Santa Barbara, CA 93101 as an info source.

I don't think education per se is much of a problem. All young mammals including humans have inherent capacities/desires to learn -- and do so. It is called "play". The problem is that the sterile residential communities of servile societies offer few play possibilities which are relevant to adult achievement. Given an opportunity where children can run free, especially one with few home-work assignments, I think most learning will occur naturally without special prompting. Any which doesn't can be accomplished later as the person discovers a need. Incidentally most of the learning relevant to my present vocation (vornu) came through play. Many children are natural vornuists -- wandering the woods, building hide-outs, digging oases, climbing trees, stepping on rocks.

As to reading/writing: How many children who receive no formal instruction but who live in homes where adults have books and enjoy reading them, grow up illiterate? (There must be information on this, since compulsion was not introduced until a hundred years ago.) Not that illiteracy is such a dire fate. The industrial revolution came largely thru the innovations of illiterate wrights, smiths and mechanics -- while the "educated" few served the State Church, and looked down their noses at the dirty men tinkering with "illwheels and forges."

This is not to put down all educational toys and home teaching aids. There are some excellent ones. There are also books and correspondence courses which merely do the memorize-regurgitate things by remote control.

Another problem I think is overrated is the matter of academic union cards. I'm not sure that someone who grows up in vornu will want to or need to earn money in a servile society. Instead he can trade services with new vornuans who already know the "import-export" ropes. But even if he does go "outside" it's not impossible to come up with some sort of a "transcript". Also, with the current glut of unemployable degree-holders, formal education may not have the same mystique in 20 years.

What can be a problem is staying out of the clutches of the mind manglers. While some have managed it in large cities by staying anonymous and on the move, their children have limited play opportunities and are affected by the warped values of enslaved play-mates and by TV programs catering to that audience. The best way seems to be to remain out-of-sight, out-of-mind -- well hidden in a wilderness area but with a cover story just in case. Trips into a servile society, which include the children should be limited to large towns on non-slave-school days.

To be "law abiding", one would locate in Virginia, Mississippi (any other states?) or some foreign country which does not have compulsory miseducation laws.

The time to establish a vornu -- secure home situation -- is before conceiving, while there are only able-bodied adults. At latest, one should move out before children are more than a few years old. Children acculturate very early; many by age 5; most after a year or two of slave-school.

For older children, the best advice in most cases may be: forget it. They will work out of it, if they do, as adults on their own slowly and painfully, as did you and I. One might consider leaving them in the care of a friend remaining in that society (or swap for very young children), knowing that skills and enterprises one develops will make it easier for them, later as adults, to opt-out in turn, if they should choose to do so.

I've had close contact with several vornuists with children -- of various ages and in various situations -- but no first-hand experience. I welcome reports from nomads and backwoodsmen who do. RAYO

## BUM SCOOP

According to official U.S. government figures, there are three million 18 year olds in the country. The figure is probably more like 4 million but so much for accuracy. About 2 of the 3 million 18 year olds will register for the draft as per instructions, the other 2 millions have differing fates in store for them.

Since the government is unsure as to how many people there are, they must be even less certain as to WHO exists, and still less sure as to where they are. So, out of 2,000,000 non-registrants, 1,999,927 will never even be noticed. Of the other seventy-odd, twenty will refuse to register under duress and end up in court, of the twenty ten will be convicted but only 2 will go to jail, that means the odds of going to jail for not registering for the draft are 1 in a million....

Not getting caught is mostly a matter of avoiding paranoia and cock-sureness. The overly paranoid turn themselves in; the overly cock-sure demand to be caught.

The safest attitude seems to be ignorance. The non-registrant isn't in the Selective Service System with a totality, doesn't worry about it, doesn't discuss it, doesn't fight it, ignores it. IF and when someone's caught there is legal aid available and draft counseling abounding. But until that time it's forgotten.

When asked for their draft card, many say they left it at home; the law states that you must have your draft card (in your personal possession), which is not the same as 'on your person'. I decided he had already affirmed the right to store a draft card in a trunk in your Grandmother's attic. When asked to give a Selective Service number on some form, it's often left blank, with the excuse that the number cannot be remembered. If asked to bring the number most forget it, and then tells them he forgot it when they come back to him. When they push too hard, he leaves town, or drops out. As a matter of fact, dropping out is probably the best thing someone could do to avoid the Selective Service on all levels. Having dropped out, people find little difficulty in maintaining their attitude of ignorance. Ignorance of the law is no excuse but it sure works good. THE KERNEL Advice: If you want to join the Army -- enlist; if not -- don't. (Condensed from ST. JOHN'S READER, 73 Market St., Venice, 90291; donation requested)

\*\*\*CAUTION\*\*\* "Draft evasion", like "tax evasion", is a serious criminal offense in most Communist countries. To remain law abiding we urge you to check with your local witch doctor or somebody before taking any action or non-action.

## RESISTING WITHHOLDING

Many people who would like to resist taxes are frustrated because much tax is withheld from their paychecks, and when tax time rolls around, the government owes THEM money. A simple form of direct civil disobedience can end this frustration.

Tax is withheld according to the number of exemptions you claim on the W-4 form ("Statement of Exemptions") on file with your employer. The more exemptions you claim, the less tax is withheld. To have no tax withheld, you simply claim more than 7-9 exemptions, depending on your income....

If you now have a legal W-4 form on file with your employer, you can go to him and change your claim at any time. Your employer must accept the form you give him, and is under no obligation to question it, or even to report it if he thinks it is false. Moreover, experience indicates that your claim is binding on him and on IRS (for withholding purposes only) even after they discover you have over-claimed.

W-4 resistance carries the risk of a year in prison and \$5,000 fine. (In fact, five people have been indicted, and two have been sentenced to the one-year maximum. Their cases are still under appeal.) It also strikes at the heart of the government's ability to get your money easily without your consent. Once you have held back your money, the IRS must go through cumbersome collection procedures to collect it. DAVE BROWN (Condensed from March 17 DIRECT ACTION, New England Committee for Nonviolent Action, RFD 1, Box 197B, Voluntown, Conn. 06384; thanks to Bill Luley.)

## COMMUNICATION SECURITY

VORNu LIFE itself is not vornu, of course, since it is sold to anyone with the price and since it is delivered mostly via The Monster's mail monopoly.

Topics which will not be covered (at least by me), beyond discussing general considerations, surveying already-published literature and perhaps warning of things NOT to do, include alternate identification procedures and camouflage -- of vehicles, dens, oases, tents, trails. This is not only to avoid tipping off any enemies but to encourage innovation and diversification -- use of a variety of techniques.

We are trying to obtain delivery drops for VL -- both for greater security and for lower costs and prices. Also we are exploring pass-arounds, ciphers, artificial languages, and electronic devices.

Greater physical proximity will aid communication. The next time you move home-base, whether to a vornu or to just another cell, try to locate near other vornuists -- not in their back yards necessarily but within easy walking distance. Wilderness areas I recommend: Siskiyou (S. Oregon and N. Calif.), Chilcotin (central B.C.). Urban areas: Los Angeles/Orange, San Francisco Bay, Vancouver BC. RAYO



# OPTING OUT YOUR SECRET PLACE

El Ray and Dr. Naomi Gatherer

OPTING OUT is concerned with freedom—your freedom here and now—freedom to live your own life as YOU see fit and to peacefully associate with others.

Your freedom is most threatened, not by petty thugs who would rape you or steal your car, but by the institutionalized criminals: the legislators, bureaucrats, judges and police who would enslave you (they call it "selective service" or "compulsory education"), extort from you (they call it "taxes"), and dictate what you can or can't make, have, wear, eat, drink, smoke, or make love with.

The institutionalized criminals are of many brands: fascists, socialists, democrats, republicans, monarchists, etc. And they quarrel among themselves as robbers and kidnappers are prone to. But all want to coerce you.

Just as survival of wolves is made possible by the weaknesses of their prey, so the success of organized coercers is made possible by the vulnerability of their victims: people who are willing to "go along"—"ask permission"—"do what they are told." One does not achieve freedom by pleading, petitioning, protesting or disputing with the predators. Nor does one achieve freedom by trying to depose the present gang and take over their racket. These things have been tried innumerable times. You know the results. The way to achieve freedom—for oneself, and eventually for all who really want freedom—is by reducing vulnerability to coercion.

OPTING OUT will discuss means for self-protection. Some are simple things you can do within your present pattern of living. Others are far-out ideas involving a radically new, liberated way of life.

Organized predation depends in large part on ability to identify and locate. To control you, the bludgies must be

able to find you when they want you. And, so long as you are easy to find, you will feel vulnerable (at least subconsciously) and be afraid to do things which might be construed as illegal or "controversial." The knock on the door at 2 a.m. is not something which happens only in other countries. So the first and most important step in opting out is to liberate your home. This means: keep your usual location a secret.

One easy way to accomplish this—it's not even illegal (yet) so far as I know—is to rent living quarters under an alias while maintaining a mailing address elsewhere. The next time you change apartments try this:

Make up a name and give this to your new landlady/lord. Pick a last name which is fairly common, but not Smith. Also change first name and initials. Practice the name beforehand so that you will answer to it naturally. Also be prepared to give fictitious former address, place of employment, etc. You will probably not be asked for I.D. You may be asked for auto license number in which case you say you don't have an automobile yet. (Park your car around the corner and walk up.) If you are paying the first month's rent in advance, this will usually dispel doubts.

If you get a telephone, do so under your alias. The phone company may ask for I.D. but can usually be satisfied with a deposit.

Arrange to receive mail at a friends house. Give this address to employer, school, motor vehicle department for driver's license and registration, draft board, prying relatives, and anyone else you prefer to keep at a distance. (If you actually stay there one night and send in address changes the next morning, you are not technically dishonest.) Limit mail at your living quarters to innocuous magazines, catalogs, and correspondence with trustworthy people.

"Opting Out" is especially for people still in a servile society; looks at some small and some large steps out. It is reproduced with permission from PROTOS, 1110 N. Edgemont, Los Angeles, CA90029; \$3/year, 25¢/copy.

If someone should inquire for you, your friend says you live there but aren't home right now. If pressed further, perhaps by bludgies who want to search your room, he says something like: "He's been away several days—visiting some relatives I think—took most of his things with him." You might store some old junk identifiable as yours in his back closet for just such an occasion. It is safer for both of you if your friend doesn't know where you actually live.

So what does this get you? You can forget about a parking ticket or make a mistake in the number of dependants you tell your employer (and the I.R.S.), without worrying about a knock on your door. You can get busted on the street and not have your room searched. You can join radical groups and have less concern about concentration camps. (Yes, baby, it does happen here. Ask anyone of Japanese ancestry over 30.)

What problems does it cause. You can't give address and phone number to numerous acquaintances without reducing security. So YOU go visit THEM. Likewise, you can't throw a big party at your pad. But it's more economical to have small and shabby living accommodations, and rent a banquet room someplace for the occasional party.

Perhaps you don't think this is worth bothering with now, since you aren't "on the run" and don't have much to hide. But if so, this is precisely the time for you to try it—to gain experience and work out any problems. Don't wait until a misstep could be disastrous.

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Leon Kaspersky

El Ray and Dr. Naomi Gatherer

## EAT BETTER, PAY LESS OPTING OUT

If you want to become free, you probably need capital for equipment such as a van, boat, tent or cave, and for a grub stake. But you don't want to put in long hours earning it. How ironic it would be—if you had your own heavily-fortified island in the middle of the ocean, but had to work a hundred hours a week in Los Angeles to pay for your anti-missile missiles.

Of course you can strive for higher hourly pay. But most soon reach a point of diminishing returns. Most high-salary jobs not only require long years of training but much conformity. And they involve sustained mental concentration, leaving one too exhausted for other endeavors. And with each pay raise The Monster takes a progressively bigger tax bite.

For most freedom-seekers economizing is a surer and easier way to financial independence. Apply some of your ability learning to live better on less money. For big savings concentrate on the so-called necessities: food, shelter, clothing and transportation. Don't worry about small luxuries so long as these ARE small. It is the cokes and hotdogs every day, not the dance or concert once a season, which keep you in servitude. The easiest item on which to realize HUGE savings is food. Here's how:

**PREPARE YOUR OWN MEALS.** Stay out of restaurants and snack bars except on very special occasions. You can buy a dozen eggs in the grocery for the cost of two in the cafe. Even if you have only a rented sleeping room you can cook on a hotplate. (If you aren't allowed to, move.) Often you can rent limited kitchen privileges along with a room. And carry a brown bag for lunch.

**EAT ONLY ONE OR TWO FOODS PER MEAL** to save preparation time and to digest most efficiently. The notion that one should eat small dabs of many different things at one sitting is not substantiated. To the contrary, there is evidence that the stomach works best on one food or a few compatible foods at a meal. When eating meat, eat ONLY meat plus maybe a raw vegetable salad. Likewise with milk. Fruits, sweets and starch foods may be (but need not be) mixed together. Green vegetables go well with almost anything. Do eat a "balanced diet" but balance it over a day or two, not at one meal.

**FILL UP ON STAPLES.** Whole-kernel wheat, purchased in hundred-pound sacks from volume feed dealers, costs about 6 cents a pound; the same wheat costs 30 cents in a loaf of bread or 60 cents as prepared breakfast cereal, and is less nutritious. For easy preparation soak wheat about 12 hours, then boil briefly. (Soaked wheat is also

delicious raw but acts as a laxative until one's digestive system becomes accustomed; eat sparingly at first.) Other staples, and approximate cost per pound in 50-to-100-pound quantities: brown rice 12 cents; dried peas 11 cents; popcorn 13 cents; hulled millet 11 cents; kidney beans 15 cents; lentils 15 cents; soy beans 15 cents; soy grits (cooked and dried beans) 15 cents; honey 20 cents; molasses (unsulphured) 6 cents; dry milk 33 cents; hulled sunflower seeds 40 cents; bone meal (feed grade—fine ground and sterilized, not fertilizer grade) 7 cents; food yeast (dry, inactive) 75 cents. Note that these staples are concentrated foods whereas fresh and canned foods are largely water. Most staples will store a year or more without refrigeration. And they require fewer shopping trips. Most do need cooking, but not all: For a tasty and nutritious instant-meal stir several teaspoonsful of dry yeast and bone meal into a cup of dry soy grits; add water (hot water if available) until moist. Or mix an economy shake out of dry milk and water. Add honey; molasses, vanilla, carob powder or malt for flavor.

**BUY IN BULK.** A hundred pounds of brown rice from Koda Brothers (in Dos Palos on highway 33 between LA and Oakland, open weekdays only) costs 12 cents per pound; a one-pound package at a supermarket costs 19 cents to 23 cents. Some animal feed dealers are good sources for grains and molasses. (One precaution: don't buy seeds intended for planting which may have been treated with pesticides; these are usually priced higher—a tip off.) Some health food stores sell in bulk at good prices—Ross Vital Foods in Portland is an example. But most offer small quantities at high prices; nutritional superiority is doubtful. Challenge in LA and Berkeley sells powdered milk in 50-pound sacks. Dyer's Honey House on highway 14 between San Fernando and Palmdale sells five-gallon cans. Quantity Discount Foods in Vancouver, a rather unique wholesale-retail establishment, has a wide variety of staples in small to large quantities at better-than-supermarket prices. None of these places are mail-order.

**SCAVENGE FRESH FRUITS AND VEGETABLES** from supermarket trash bins. Amazing quantities of blemished produce are discarded every day. Some searching and sorting is required. But we have brought home box after box of every imaginable fruit including such exotics as papayas and mangos; also celery, carrots, parsley, egg plant, lettuce, potatoes, cucumbers, melons. Simply wash well and cut away the soft or wilted parts. If you don't strike

treasure at one store, try others. Also try at different times—learn when the trash is set out and collected. Store clerks will seldom annoy you.

**TAKE VITAMINS** to make up any lack in fresh foods. Take some C and E every day. Add A if you don't eat many fresh vegetables. Add D if you don't get much sunlight. (Go easy on A and D which are toxic in large overdoses.) Mail-order sources we have found economical are: Freeda Pharmaceuticals, 110 E. 41st St., New York, N.Y. 10017; Natural Sales, Box 25, Pittsburgh, Pa. 15230. Take a calcium supplement such as ground dolomite, egg shells or bonemeal to balance high-phosphorous foods such as whole grains, pulses, meat and eggs. This is especially important for someone growing, pregnant or lactating.

**FORAGE WILD GREENS** in season in vacant lots. For identification consult books on edible wild plants at a library. (Careful! a few plants are poisonous.) This is worth much effort only if you live outside the city.

**SPROUT SOME SEEDS** for more vitamins and taste variety. We use screw-cap glass jars; cover mouths with pieces of nylon stocking secured with jar cap cut out in middle or rubber band. Place seeds in jar (about 3 teaspoonsful for alfalfa, about half full for wheat or lentils) and wash. Soak 12 to 24 hours. Drain. Rinse thereafter at least twice a day. Leave jars on side. We like wheat sprouts raw when the sprouts are barely visible; cooked when a centimeter or less long. Raw alfalfa sprouts are delicious in salads; harvest when 2 or 3 c. long. Lentils are very tasty at 1 to 2 c. of length; steam for only a few minutes.

**PATRONIZE ROADSIDE STANDS**, trucks, and door-to-door peddlers if they offer good prices. Chances are they don't pay many taxes.

**TREAT YOURSELF OCCASIONALLY.** Don't make food economy a grim ordeal. If you greatly enjoy meat, eggs, pies or other food luxuries, indulge now and then. But don't con yourself into thinking these are necessities. Chances are you will enjoy your favorite dish more as a special treat than as routine fare.

How much can be saved on food? I suspect most adult Americans spend over \$3 a day; we eat for less than 30 cents per day per person. And our diet is more healthful.

In future issues we will delve into other economies; also liberation of vocation, marriage and investments. ●

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# OPTING OUT Liberating Your Home

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by Leon Kasperky

Dr. Naomi Gatherer and El Ray

The biggest and most important step to liberty is creation of a liberated home—a place out of sight, sound and mind of others—a place where one may sleep, imbibe, love, build, grow children—do anything peaceful in relative safety from the institutionalized criminals of state.

A liberated home can take many forms. It might be a tent hidden among dense brush, a cabin in untrodden forests of the far north, a secret room within a city building, a yacht moored at some deserted South Sea atoll, or an underground cavern. One easy and convenient way to get away from those unwilling to live and let live, is to live on wheels. One neo-nomad writes:

"My freemate and I are living in a secluded mountain valley about 100 miles from Los Angeles. Our home—a truck-camper—is parked in an oak-pine forest, encircled by timbered peaks. At over 4000 feet elevation we are enjoying brisk autumn weather—mostly warm, sunny days and cool nights. In another month or so we will move to a low-desert site for the winter.

"We have been squatting in this 'National' forest—in the same spot—two months now, without permission and without trouble. About once a day the King's men patrol the one maintained road—it is several miles away from our site—their truck tearing along at double the safe speed with horn blasting—commanding any peasants to get out of their way, like feudal lords of old. Otherwise it's 'public' property

"But we don't leave self-protection to chance or to the whims of 'public servants.' We select and prepare 'squat-spots' with freedom-loving care. We prefer rolling wooded land that once was logged over for its numerous seldom-traveled trails and countless spots a free man can hide....

"I commute to work in Los Angeles about every other week. I sleep there in a station wagon, parked behind my place of work. I work as an independent contractor with no taxes withheld; I offer my client a lower rate in return for cash payment and flexible working hours.

"Since I find it fairly easy to earn money I have continued to do so. But as we grow more skillful in nomadic/wilderness living we find we can live well on less and less money. We pay no rent and travel relatively little (contrary to the average 'serf's' idea of nomadic living). We eat what we forage plus bulk-purchased staples (currently wheat, brown rice, popcorn, soy grits, soy beans, lentils, powdered milk, vegetable oil, yeast, alfalfa seed (which we sprout), vitamin C and E tablets and honey). We buy few clothes and these are wash-and-wear. Occasionally when in Los Angeles we indulge in food and entertainment luxuries, but we enjoy these more as special treats. We stay out of status games....

"I chose this way to freedom because it offers me the best of two worlds. I can live most of the time away from regimented, congested, indefensible cities, yet still profit by 'exporting' my labor into those cities. I have the freedom and security offered by mobility, yet I possess what is in most respects a permanent residence. I can enjoy life right now, yet live economically and accumulate capital for future ventures. Finally, I can 'opt out' alone; while I look forward to trade with others who may choose similar or complementary ways of life, my liberty does not depend on their decisions.

"I am also delighted with unforeseen 'fringe benefits': ease of washing or resting after a journey; no worry about what to take with me; no time spent idle while waiting on something or someone; no commuting to work. All travel is more efficient; I move only from destination to destination without intervening trips to a stationary home.

"Far from having a primitive way of life, I enjoy electric lights, running hot and cold water, shower, gas range and heater. And all are 'self-contained'—not dependent on external utility connections. With occasional refills of water, gasoline and propane, I can enjoy my 'modern conveniences' anywhere a rugged truck will take me...."

(From INNOVATOR, March '68 and Autumn '69)

## What Kind of Vehicle?

Integral vehicles—motorhomes, microbuses, commercial-delivery vans, and buses—have living space and driving controls in one compartment, allowing easy access and economical use of space. Also they are usually lighter, lower and less wind resistant than a truck plus camper with the same living space.

A motor home is built as a unit upon a standard truck chassis. Most are quite luxurious and costly—prices new range from \$6,000 to \$15,000. Only during the last few years have motorhomes been produced in quantity; few used ones are for sale yet.

Light forward-control vans, such as VW microbus, Ford econoline and Chevy-van, can be purchased either with living accommodations already installed or empty for custom installations. Light vans have the advantages of being compact, low and light. Many average over 15 miles per gallon. A light van can be parked almost anywhere without attracting unwanted attention. Disadvantages: include little space or weight capacity, few transmission options, and inside height insufficient for standing—unless a bubble top is added, which is expensive and nullifies most of the advantages. As with motorhomes, demand has been growing; used light vans sell at a premium.

Used commercial-delivery vans have more space and weight capacity than the light vans; many are one and a half or two ton trucks with GVW (gross vehicle weight) ratings of five to seven tons. And well-worn ones, unfurnished, sell for only a few hundred dollars. Of course most are sold only when they become uneconomical to maintain as delivery trucks, so they are no bargain for traveling. And most are not geared for highway use. But a retired bread or railway-express van may be ideal for the nomad who rolls only from squat-spot to squat-spot—a few hundred miles a year. Delivery vans already outfitted for living are often, for sale: sometimes at bargain prices; sometimes at absurdly high (asking) prices reflecting the time, money and psych investments of their owners-outfitters.

A used bus provides plenty of room. But getting one into out-of-the-way places is more difficult. And a bus invites harassment when parked on city streets. For a large family two smaller vehicles may be better. On highways one can tow the other; on rough trails they can be driven separately.

Camper use mass-produced trucks as carriers and therefore cost less new than comparable integral vehicles. And the truck and camper can be used or sold separately. The slide-in camper on pick-up truck is especially handy this way, if provided with jacks for removing. But the usual pick-up is a three quarter ton; even with overload springs and heavy tires it is marginal for the loads of most live-aboards. I recommend one-ton pickups—9000GVW or more; these are available but not common.

Another kind of camper is the chassis-mount, which bolts directly to an open-frame truck. Because the truck is usually one-ton and because the camper doesn't have to fit into a pick-up bed, weight-capacity and space are greater. With development of motorhomes, chassis-mounts are less popular; used ones are sometimes good buys.

Travel trailers are economical per space, and easily detached for separate use. But traction and maneuverability are poor. And a trailer is conspicuous parked on city streets. I don't recommend a trailer for a liberator new to nomadic living. Especially to be avoided are "mobihomes"—house trailers so large as to require special tow trucks. "Mobihomes" are just another form of conventional housing.

On a truck, dual-rear wheels improve off-the-road traction, since the load can be arranged so that two-thirds of the weight or more is on the rear wheels. Blowouts are less apt to be dangerous. And a spare is not essential; the truck can be driven a short distance minus one wheel, if load is shifted. Most trucks one-ton or larger will have dual-rears. Don't try to install dual-wheels on trucks not having them; the axles are not designed for it.

Four-wheel drive is expensive and raises the center of gravity, reducing stability; not worthwhile for most nomads.

A wide-ratio four-speed manual transmission is desirable for crawling over rough trails. A three-speed manual plus high-ratio rear end, which

many delivery vans have, is nearly as good on trails but slow on highways. Some automatics give plenty of torque but may overheat on a long hill with heavy load; check for this.

For getting unstuck carry a hydraulic jack (three-ton rating or more), shovel, pail, tire chains (if snow is expected), and two hundred feet of half-inch nylon rope. The rope can be rigged as a Spanish windlass (see craft/knot books). A winch is really valuable only if capable of moving the vehicle unaided by the vehicle; rated capacity should at least equal total weight of the vehicle.

## Furnishings and Appliances

If most of your life has been spent in houses or apartments, with "primitive" camping limited to short vacations, I recommend equipping your rig with most of the comforts to which you are accustomed. Someone who tries to rough it usually winds up, after a few weeks, back in an apartment with a "for sale" sign on his truck.

The easiest way to outfit is to pile portable camping gear into an empty van. This is also the most flexible way; the gear can later be moved to a tent or boat if one changes life-style. On the other hand permanently-installed equipment takes up less space and doesn't bang around.

WATER can be carried in a five-gallon collapsible plastic container with spigot (available for about \$3 from Herter's, Waseca, Minn. and at many sporting-goods stores). Most permanent installations have a fiberglass water tank, sink, and either a hand pump or "on demand" electric pump.

COOKING is easy on a propane (LPG) stove; either a portable camp stove or one permanently installed.

LIGHTS: 12-volt bulbs, operating from the truck battery, are convenient for momentary illumination. For long periods use a kerosene lantern or candles to conserve the battery. A propane lantern is bright, and efficient during cold weather when its heat is also welcome; however the mantle needs frequent replacement. An extra battery with switch-over is useful as a reserve for engine starting, in case one battery gets discharged.

BED: Polyurethane foam is light, comfortable and relatively inexpensive; a double-bed size, two inches thick, costs about \$11. An inexpensive sleeping bag can double as a comforter; get one which zips open all the way.

HEAT: A propane-fueled, vented floor-furnace is convenient; costs about \$60 to \$100, depending on size and controls, plus installation which you can probably do yourself. A floor furnace is simpler than a wall furnace, which requires an electric blower to distribute the heat. In freezing weather a gas furnace burns five gallons (\$1.25 to \$2.00) in a week or less; for cooking alone the same five gallons may last several months. Around forests a wood stove will save money. Smilie (575 Howard St., San Francisco, CA 94105) sells a 26-pound "shepherders" stove for \$25 plus shipping, not counting exhaust pipes and fittings. Or one can make a light-weight wood stove out of a five-gallon can and miscellaneous hardware. Don't depend on an UNvented stove, such as a gas cooking stove, for heating; fumes in large quantity are harmful.

BATH: Sponge bathing is not uncomfortable provided there is heat, warmed water, and a big pan to stand—and drip in. Of course in warm weather mountain streams are groovy. Around a city one may be able to use a college gym for nothing. For more convenience a camper can be equipped with shower, "instant" propane hot-water heater (no storage tank), and 12-volt "on-demand" pump for about \$200 plus installation.

COOLING: Most factory-equipped campers come with ice box. But there isn't an ice vending machine behind every tree. Camper refrigerators aren't satisfactory: a 12-volt electric frig will discharge a battery in 24 hours; a gas frig won't operate if tilted. The simple, economical solution is to eat mostly dry staples plus foraged foods.

HEAD: I recommend against a vehicle-installed flush toilet: expensive, heavy, often smelly, and requires emptying at specially-equipped disposal stations. When in the woods do like other wood-dwellers. Dig shallow holes, a new one each time; less smell and chance of ground-water contamination than with conventional privy. Around a city use



plastic bleach jugs (discarded at laundromats), plastic-top coffee cans, and plastic bags. Or get a portable john, such as Porta Potti, which can be carried into any restroom and emptied.

**AC:** A stereo, tape recorder, sewing machine electric razor or blender can be operated by a 12vdc-to-120vac inverter which runs off the battery. A 400-watt no-moving-parts inverter is sold by Sears and many others for about \$120. Make sure the inverter puts out 60 cycles, otherwise synchronous motors won't operate properly. An air conditioner or deep freeze requires an engine-driven alternator which costs \$150 or more and requires much maintenance.

**STOWAGE:** Corrugated-cardboard boxes, piled upon each other, are simple but inconvenient; most campers have permanently installed closets, cabinets and drawers. Cabinets are cheaper and lighter than drawers but not as convenient for most things. Low-down space is desirable for storing heavy items without raising center of gravity and reducing stability.

**LIVING SPACE:** While a separate cab (truck-camper rather than van) means less integral living space, it makes a handy junk room or, in cold weather, a cold room, especially if there is a crawl-through from camper. At least a small area with full stand-up height facilitates dressing and cooking, but one can learn to live without it. Attached awnings, porches, expandable rooms and telescoping roofs, which some deluxe campers have, are seldom worthwhile; for extra space at long-stay camps a separate tent is lighter, cheaper and more flexible.

#### Where to Park

Unless you are some sort of rules-and-regulations freak, stay away from "National Parks", "official" campgrounds in "National Forests", and most state parks. Also avoid commercial trailer parks where one (in effect) pays for unneeded utility connections.

Many a nomad simply squats on any "public" or unposted private land. Find a squat-spot out of sight of habitations and frequently-traveled trails; after driving in wipe out tracks at turn-off. Keep the site clean, be careful with campfires, and even if you are found you probably won't be disturbed. Do not make fires during daylight when smoke will be visible.

Other nomads look for private forest land, seasonal resorts, or non-operating mines which need care-taking, trading services for rent. Such situations may be found through classified ads or local inquiries. When traveling, one can often park overnight at a service station in exchange for a gas fillup.

In cities, for sleeping one friend parks on residential streets, chosen at random but away from beaches and other heavily patrolled areas; he moves just before lights out. For reading or domestic chores he parks in a late-closing shopping center. Some cities have ordinances against overnight parking; enforcement is spotty.

#### Storing the Overflow

We store a half-ton of food staples as an inflation hedge, for disaster insurance, and so that we can buy in bulk. And we accumulate plenty of books, magazines and assorted junk. Some ways to do this and yet be mobile:

Lease a garage or other small building, preferably in a small town or rural area at least 50 miles from any large city or other missile target. One drawback is that busybodies are apt to see you load and unload.

If your rig is a pick-up truck with slide-in camper, build extra "boxes" which fit the truck bed—transport these one at a time to/from an isolated squat-spot. A good system of jacks will be required for loading/unloading.

Park an extra vehicle, probably an old delivery van, at squat-spot. A van provides the most mobile storage but requires maintenance even when not in operation. (Check under "storage" in a good automotive maintenance book.) If it rarely moves licensing shouldn't be necessary. An old house-trailer shell needs less maintenance but is much more difficult to move.

Assemble a pre-fab metal shed near a squat-spot. For example, Spiegels sells a four by eight by six feet-high shed for \$70, plus shipping from Chicago maximum snow load is 30 pounds per square foot. Such a shed can be assembled in two days, disassembled in one day if bolts and screws have been protected from rust. A pre-fab can be hidden better than any vehicle since it can be back-packed in pieces to an isolated spot.

Buy 55-gallon drums with full-width openings. Used drums are all right if they have good gaskets and no dents on sealing surfaces. Transport empty to stashing place, then pack and seal. Line with plastic bags for extra seal. Drums are easier to hide than any walk-in structure but contents are not as accessible. Plastic drums or tarps are not recommended; animals can chew holes.

#### Doing It

For economy get a much-used vehicle and minimize movement. To migrate without moving far, live in mountain country where a few-

thousand-feet change of altitude makes a big difference in climate. Avoid back-and-forth commuting to use a motorbike or minicar.

Late fall and winter is the best time to find bargains. Thoroughly check any camper, new or used, before buying, as you would any motor vehicle. (If automobile innards are a mystery to you, contract with a mechanic you can trust.) Include: high-speed cruising to check engine and stability; long hill climb to check power and cooling; standing start upon very steep hill to check torque in lowest gear; rough dirt trail to check traction, ground clearance, suspension and ruggedness in general. Perform these tests with full load.

Drive rig to public scales and weigh each axle; don't take dealer's or manufacturer's word. Check against rating of truck (in owners' manual or on door plate). If camper is empty allow for at least 2000 pounds of passengers, equipment and supplies.

Make sure all appliances are self-contained; disconnect external lines from camper before testing.

If you expect to license, find out the idiosyncracies of the local extorters before buying. California, for example, levies both a sales tax and a per-value registration fee; these can add up to \$500 or more on a new motorhome. California also requires pick-ups to be registered as commercial vehicles—more extortion. Oregon, in contrast, charges \$10 for first ten feet of length of camper (not counting cab-over) or \$20 for first ten feet of motorhome (bumper to bumper), plus \$1.50 per additional foot. You might register in another state by arranging a mailing address with a friend there. If your rig will be hidden most of the time and rarely move, you might forget about licensing and take your chances.

Plan to move aboard soon after purchase; if you continue to live elsewhere you will be diverting time and money. Allow at least a week, full time, to arrange your things, find storage for overflow, and secure temporary parking; more time if equipment is to be installed. Don't worry if everything you want on board doesn't fit at first; with practice you will use space more efficiently and weed out the unessential.

Liberate yourself while you are cool—when you can move around freely and take the time to be careful, and when an accident won't be disastrous. Expect less liberty and safety for the first few months while you are gaining experience and locating squat-spots; have a driver's license and plausible explanation ready in case of harassment. Don't try to change life-styles while you are on the run from the SSS or when missiles are on their way; in an emergency stay with ways of living you know.

#### Dr. Naomi Gatherer and El Ray

One of the key teachings in today's state schools is that one must never, never trust oneself. One must always find out from an authority. The result is that the product of an authoritarian school system must look to an M.D. to know if he is well; a D.Psy. to know if he is sane; a Rev. to know if he is moral; a L.L.D. to know if he is ethical; an OFFICER to know if he is a good driver; etc., etc., ad nauseam. "He's a real nowhere man."

Accepting a title as a degree or competence is no substitute for making one's own independent evaluation of another's person's merit. Those who go by titles and degrees alone forego the opportunity to learn from the greatest doctor and teacher of all — LIFE. Many other excellent teachers lack titles and degrees: while those who have them in abundance may often be little more than idiots.

Even though I recommend ignoring the letters before and after other people's names, I suggest that you cash in on the sheep's faith in sheepskins by entitling yourself: go ahead and call yourself "Dr.!" (Or make up your own title!) You will thereby gain the prestige and privileges concomitant with a title and at the same time point out its absurdity, causing all those who know (or wonder) how you came by your degree to question the "legitimacy" of ANY degree.

If you are not content to confer upon yourself, the following should be helpful for obtaining quick, easy, painless and cheap degrees: Ordination (Minister's Certificate)

\* Universal Life Church, Inc., 601 Third St., Modesto, CA 95351 offers free ordination. Send stamped, self-addressed envelope: free-will offerings gladly accepted.

#### OPTING OUT Let's Play Doctor

Doctor of Divinity (D.D.)

\*Universal Life Church, Phoenix Office, offers a D.D. for \$20 to anyone but California residents, ULC, Box 3528, Phoenix, Arizona 85030.

\*Church of Universal Brotherhood, 6311 Yucca St., Dept. F.P., Hollywood, CA 90028 offers degree (D.D.) and minister's certificate for \$10.

Missionaries of the New Truth, Box 1393, Dept. A9, Evanston, IL 60204 offer Ordination Certificate, D.D., ID card, plus 12 blank ordination forms all for \$10. (Framed in glass, \$20.)

Episkopos

\*The Paratheo-Anametamystikhood of Eris Esoteric (POEE), Box 26475, S.F., Earth 94126 is the world's only undogmatic religion ("there are no rules") and exclusive source of information leading to episkoposhood. For a legal high you can expand your mind with the PRINCIPIA DISCORDIA, "Wherein is Explained Absolutely Everything Worth Knowing About Absolutely Anything" including episkoposhood. \$1 to friends, \$2 to enemies.

Doctor of Naturopathy (N.D.) et al

\*Anglo-American Institute of Drugless Therapy, 20 Talbot Avenue, Bournemouth, Hants, Great Britain offers an N.D. diploma upon completion of their correspondence course which costs \$12. N.D. graduates are eligible for D.O., homeopathic and other AADT courses.

\*Brantridge Forest School, Highfield, Dane Hill, Haywards Heath, Sussex, England, offers various correspondence courses and degrees:

D.Psy.; N.D.; D.D.; etc., including a Professor Emeritus award for \$350. Enrollment fee is \$30; courses vary from about \$40 to \$160, most costing over \$100.

\*Royal College of Science, 709 Spadina Ave., Toronto 4, Ontario, Canada grants degrees by correspondence. They offer gratis info and prospectus.

High School Diploma by Apprenticing

\*TRAVELER'S DIRECTORY, 51-02 39th Ave., Woodside, NY 11377, "The international registry of hip travelers..." in addition to providing traveling contacts for listees, offers an Apprenticeship Program which may lead to a high school diploma at 17 years of age. Participants (no age limit) are listed in the directory along with what they want to learn and/or teach. The apprentice usually moves into the home of the teacher for the duration of the learning period. Listing in the directory is \$3.

NB: To my knowledge there are no institutions offering a deification curriculum, let alone the degree of omnipotence, hence those aspiring to god or goddeshood have no alternative but to deify themselves. (NB is short for No Bull. I'm sure you all know what B.S. stands for. M.S. stands for More of Same, and Ph.D. means Piled Higher and Deeper.)

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# OVERVIEWS

WHAT IF THERE WAS A MILLENIUM ... AND NO ONE CARES? by Skye d'Aureous and Natalie Hall (condensed from 26ag70 LIBERTARIAN CONNECTION, Lisa Dawn, Box 90913, Los Angeles, CA 90009; \$1/issue, \$4.50/year)

We were born, educated, and have lived all of our lives in a society which is psychologically out of touch with reality in many respects. Do not be so naive as to think that this total immersion in the surrounding near universally-accepted fantasy world has left your unconscious mind untouched. We NOW know enough of laissez faire to interpret incoming data within a rational framework. What of the years in the past that we spent filling our minds with improperly comprehended data? We were born among sheep, raised by sheep, educated as, by, and for sheep -- and before we knew better, some of it got through. Conscious recognition, re-evaluation, and correction of unconscious attitudes is necessary if a theoretical knowledge of laissez faire is to lead you to actual concrete freedom rather than sterile word games.

Your conscious mind will find the following statements obvious. It is very unlikely that your unconscious mind fully accepts and works with all these premises, i.e., these premises have not been fully INTEGRATED into your mind. Liberate more of your mental faculties from unconsciously accepted servitude by seeing how many interesting consequences you can develop from each of the following statements. These are heuristic tools; they are useful guiding principles for self-liberation -- they are not a blueprint. Play around with them enough so that you gain an unconscious familiarity and facility in using them....

1. The general population does not know what freedom is.
2. The activities of the general population are not good indications of when and how YOU can be free and at what cost.
3. An overall decrease in freedom for the general population does not necessarily mean a decrease in freedom for you unless your actions are essentially the same as those of the general population.  
(Comments: You can't watch most people to determine when YOU are free. Most people will not take advantage of freedom -- this has been true in the past and will continue to be true for quite some time into the future. Regardless of the opportunities, their lives will continue as usual. Don't be conceptually blinded by paying too much attention to the general populace; freedom's initial manifestations will be more subtle than that.)
4. A rational person is only interested in freedom he can obtain in his own time.
5. A rational person does not count upon gaining freedom at some vague time in the future by means of sweeping social changes or other means which are beyond his control....
6. Freedom is not a monolithic indivisible entity. It is not a word. You are free when you can do what you want without coercive interference.  
(Comment: Before you can decide how free you are and how to become freer, you have to determine what you want to do. What do YOU (not the general population) want to do?
7. Freedom is not free. It would be nice if it were, but there are people willing to coerce. Making some freedom for yourself requires purposeful action. You must know what you want to be free to do, and you must organize your resources toward the end of creating that freedom for yourself.
8. Your desire for freedom does not imply an effective ability to choose between 100% or 0% freedom. Your effective range of choice -- i.e., what you can get -- depends on your desired actions, your resources, and how you use them.
9. You will not suddenly become 100% free! You will have to do it yourself, a carefully planned step at a time.
10. Your present condition of freedom is probably far from optimum for your most desired range of actions and for your present resources. Your approach to this optimum must be discovered by careful planning and investigation. You do not have automatic knowledge of this subject, and living your life like the general populace will get you what they get.
11. The State and its agencies will NEVER proclaim themselves abolished, effed, impotent, or irrelevant.
12. There are not pigs EVERYWHERE and they are at very few places all the time.
13. What the State claims to control is not the same as what it does control. YOU will have to investigate and decide for yourself. This is a corollary of 11 and 12.
- Whether or not there is a sweeping general move toward laissez faire:
14. The State will not become impotent in all geographical areas at the same time.
15. The State will not become impotent in all areas of human action at the same time....
16. You will see the effects of progressive freedom among small numbers of people and in small groups before you'll see it in large groups.
17. People who have gained relative freedom from State coercion for a particular range of actions will usually not loudly advertise to the minions of the State. You either have to think it up and do it yourself with your group, or you have to become skilled at reading between the lines and knowledgeable about less widely read material -- but you still have to do it yourself. If you are successfully doing it, chances are that you will meet others who are successfully doing it, and you can then do it better together. What's the "it"? That's up to YOU....

THOUGHTS ON FREEDOM STRATEGY -- IV (revised) El Rayo 25mr71  
(The original version appeared in 10rb71 LIBERTARIAN CONNECTION)

**Freedom Terminology** In "...Strategy III" I defined freedom as invulnerability to coercion. But this definition goes contrary to traditional usage. Funk and Wagnall's "Standard College Dictionary" 68, gives the clearest definitions and differentiations I have seen: "Freedom, liberty and license refer to the right or opportunity to do as one pleases. FREEDOM is the widest term, suggesting complete absence of restraint. LIBERTY is a measure of freedom within restraints, granted by or as though by a sovereign power.... LICENCE is an exemption from restraint granted to one person but not to another...."

Apparently no English word exists for invulnerability to coercion. "Sovereignty" comes close, but it is usually applied to States and implies not merely self-defense capability but power over others. This is not surprising since the very concept of invulnerability to coercion of individuals and non-coercive groups is relatively new, at least in European cultures. The traditional attitude is: rule or be ruled; there are no other alternatives.

Roberta and Tom of Preform have suggested "vomu", which is a contraction of "Voluntary and Not Vulnerable". "Vomu" is phonically distinctive; the closest words in major languages are German "von" (of/about), French "vont" (travel/via), and Spanish "bono" (bond, script, voucher) -- none of which suggests conflict. Forms of vomu, and the corresponding forms of liberty and freedom are:

	general	invulnerability to coercion	exemption from coercion	absence of coercion
condition of:	vomu	vomu	liberty	freedom
action of achieving:	vomu	vomu	liberate	free
quality of:	vomu	vomu	liberated	free
comparatively more:	vomuer	vomuer	freer	freer
process of achieving:	vomuence	vomuence	liberation	freeing
one who has:	vomuian	vomuian	libertarian	freeman
one who advocates:	vomunist	vomunist	libertarianism	
advocacy of:	vomism	vomism		
place/situation of:	vomum	vomum		freehold
art of achieving:	vomunary	vomunary		
one skilled at:	vomumer	vomumer	liberator	

Of course, for all of these, there are degrees. Freedom is usually a RELATIVE absence of coercion (or of the effects of coercion); rarely is there no POSSIBILITY of coercion. "Coercion" means physical attack (initiated force) against a volitional being or against his non-coercively-acquired possessions, by another volitional being.

**Vomu or Liberty?** Vomu and liberty intergrade, as do almost all concepts in the Humanities. Someone who builds his own impregnable island is achieving vomu. But how about his tenant who subcontracts protection? Perhaps the tenant is considered vomu so long as he remains able to pick and choose -- maintains a high degree of mobility. But if he becomes quite dependent for protection, he only enjoys liberty with respect to his protector, although vomu with respect to outsiders.

How about someone working as an "independent contractor" rather than as an "employee" in America, to avoid tax withholding? Superficially he seems to depend on legal loopholes -- liberty. But tax withholding from independent contractors would be difficult to enforce, so he enjoys vomu too. Two confidants who trade in secret are clearly vomu. On the other hand employment with a "non-profit" corporation, which presently is not required to collect social security taxes, is only a use of liberty.

**Is Liberty Undesirable?** Liberty depends on laws and their interpretations, and so is easily destroyed. Vomu (while not necessarily illegal) depends on reality, not legality, and so is more durable.

Vomu and liberty interact in various ways. Achievement of vomu tends to increase liberty also; for example, the unenforceability of alcohol prohibition was a major incentive for its repeal. Vomu also fosters other freedoms. For instance, with development of a relatively invulnerable home-base (vomum), one has more capability and confidence to engage in blackmarket trade.

Large-scale use of liberty, on the other hand, tends to reduce liberty. For example, the many men who remained in college to avoid conscription, prompted circumscribing of college exemptions.

A large degree of liberty, long continued, reduces vomu. In the 30's the American government was able to confiscate much of the gold mainly because of its long tradition of comparative liberty and relatively stable currency; most American residents trusted it and were unprepared to protect themselves from it. Similar confiscations in other countries were not as "successful". And American Indians were ill prepared to defend themselves against the highly-organized forms of coercion introduced from Europe.

I suspect that any kind of "liberated society" is inherently unstable. In the general absence of institutionalized coercion, people will lose self-protection capabilities and become very vulnerable to institutionalized coercion -- providing fertile ground for growth of new and (for a while) especially vicious States.

I doubt that products and services for protection against Unorganized coercers would prevent this. A good mouse trap will not stop even a small bear. Nor will immunity to smallpox keep one from getting rabies.

In a sense States may be "necessary evils"; necessary not to provide highways, mail delivery or other real services, but to stimulate development/maintenance of anti-state protection capabilities.

A state can be truly limited only by vomu -- its inability to impose servitude and collect taxes beyond a certain amount, not by liberty -- such as "constitutional checks" or a permissive king. A State which doesn't plunder as much as is possible within its social/technological environment, or which doesn't use the plunder effectively to perpetuate its power, will tend to be replaced, through political evolution, revolution or foreign conquest, by one which does. This is one of the reasons why political crusades to repeal coercive laws or have them ruled "unconstitutional" are a waste of effort -- or worse.

This is a gloomy evaluation only for those who seek to evade responsibility for their own freedom. I am optimistic about prospects for increasing vomu. Vomu is yours for the making.

## WHICH CAME FIRST ...?

"The State IS NOT the cause of most of mankind's problems. Neurosis is the cause of most of mankind's problems, INCLUDING THE STATE", someone has said.

"But neurosis is due largely to poor diet and health habits", say others.

"But these are often the result of pollution and overcrowding", say still others.

But the State, thru war and regimentation, certainly contributes to neurosis, illness and pollution.

Clearly, no one of the major human problems is more fundamental than any other. All are synergized: each causes and catalyzes the others.

None will be solved in large degree so long as the others remain. But progress toward solution of any, will in most cases contribute to the solution of the others.

I have chosen to concentrate on the problem of institutionalized coercion not because I think it is more basic but because there has so far been relatively little effective work. Many people are specializing in, and progress is being made in psychology, nutrition and ecology; whereas most of what has been done in the name of freedom amounts to abusive verbiage and struggles for power. Freedom is new, or at least a heretofore neglected approach to the problem, and an approach which seems to avoid the contradictions of previous approaches. I believe it is worth a try. MAYO



# Vonunlife <sup>formerly</sup> #2 <sup>REFORM</sup>

COMMUNICATION AMONG NOMADS, TROGLODYTES AND OTHER INVULNERABLES  
VONU LIFE, Box 607, Grants Pass, OR 97526

Editor, RAYO Associate Editor, DR. GATHERER Publisher, MIKE FREEMAN

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THE TRADING POST is a weekly advertiser serving the Rogue Valley of southwestern Oregon -- Grants Pass, Medford, Cave Junction. It is distributed gratis at many stores in the area. Good leads to land, employment, prices. Publishers are sympathetic toward vonunans, libertarians and communitarians. Out-of-region trial subscriptions: 8 weeks, \$2. 4 wks, \$1; 2 wks, \$1; 5¢ each additional word. Box 1143, Grants Pass, OR 97526. (Note: VONU LIFE people have little contact with S. Oregon substitute of the Silly Society. We know little or nothing about farms available, job opportunities, local laws, etc. For this info we recommend THE TRADING POST. RAYO)

PROTOS, a national newspaper for libertarians and vonunans, is a potpourri of opt-out suggestions, economic theory, expose of statism, underground speculation, book and record reviews, and freak comics. Many Underground Press Association and Liberation News Service articles. \$3 per year, sample 25¢. PROTOS, 4869 Santa Monica Blvd., L.A. CA 90029. (Recommendation: Many little libertarian mags like to believe they are something more than in-group organs. PROTOS is. It's a publication I enjoy, not only reading myself but passing on to others. Currently it's THE best all-around freedom periodical, in my opinion. Circulation is about 20,000. RAYO)

AGORIC BOOK STORE, 4700 E. 7th., Long Beach, Calif. stocks wide selection of new/used paperbacks, underground press, libertarian publications, buttons, bumper stickers, psychedelic posters. INNOVATOR back issues on alternate life-styles, nomadism, wilderness living, emigration, urban survival, tax avoidance, Swiss banking, underground stores, liberation strategy, etc.; big discount on sets. Open 11 or 10 every day. 213-434-7590. Stop by when you are in the area. Sorry, no mail orders.

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ALTERNATE METHODS FOR FREEDOM. Vonu Life is a publication which specializes in particular methods for self-liberation. The LIBERTARIAN CONNECTION offers a more general treatment of self and wider scale liberation. If you value VL you'll probably also value LC. Material in LC is subscriber written, similar to VL; however there are no restrictions on subject matter. With LC's wider scope of subjects, there is also a wider intellectual marketplace and greater opportunities for material trade. Many of those who write have a decent understanding of laissez faire economics. Profitable opportunities for self-liberation appear -- bootlegging, selling burglar alarms, placer gold mining, to name a few. Also appearing is longterm theoretical thinking on future conditions. You send in your stencils and we publish (regularly every 6 weeks) and distribute. Send 25¢ for sample. Lisa Dawn, Box 90913-VL2, Los Angeles, CA 90009.

## Situations / Searches

Dear friends, I read your article in the Whole Earth Catalog. To dispense with alot of bullshit I'll say that I think your ideas and thoughts are GREAT! I have come to the same conclusion as you if considering owning land and using motorized vehicles to live in. It takes licenses and deeds, etc., you're not really free and are tied to a big investment.... I am interested in PRACTICAL views only, as I have had enough "Back to the Earth" bullshit to last me a lifetime. Any new and unusual ideas as to acquiring food, shelter, and reacting unnoticed and hidden from the general populace will be appreciated. One question, I am from the mid-west (St. Louis) and have met one person who remained out in the woods for six months with short visits back about once a month. Other than this person I only know two other people who are REALLY into the whole thing seriously. I want to ask how many people you know of who also feel as strongly as you do about it. As far as I can see we are few and far between. Pax, DONALD near St. Louis.

Reply: We know maybe two dozen at present who are seriously working toward vonu. These are mostly scattered physically and are trying various approaches, which may be just as well at our present level of knowledge. There are undoubtedly hundreds, maybe thousands more we don't know. RAYO.

Dear Preform ones: I saw you in WEO. Still don't know what you deal with too well. Is it ways to get land and natural resources? Or rather ways just to use land and natural resources without legally getting them? Or are you chasing dinosaurs just for fun til you/we get stepped on (it may tickle dinosaur, too nails are hairy they say) or til you don't? I've met so many people who need access to land and we can't all go to NM or BC.... Warrack near Scranton, Penn.

Reply: I've read that less than 6% (some say 2%) of land in the U.S. is occupied. Much less is used in Canada. This is on the surface. Underground there are a few earthworms but no dinosaurs. RAYO.

To Preform: Business is very slow. We are 70% Aerospace -- test stands and special machines; 30% food processing equipment -- electronic scale, slicer, decanner and conveyors. Both areas very slow and I am just holding on to key people (?). I hope to be in Au mining in the near future. I have a small lab and working on quantitative analysis methods for Au and Pt group. Second step will be to buy or build a 3" or 4" dredge, a dry washer, trail bike and a helicopter for exploration. Long range I will try to develop a small mobile automated plant for processing low grade Au ore found in dry placer deposits. Planning to be fully in the field before the major economic crash hits. G., Los Angeles

Reply: Many abandoned mines in Siskiyou region -- Au, Ag, Hg and ? This is something we aren't into yet, but hope to be after we have shelter and food supply well in hand. RAYO

Well, What if you did get in a car or whatever and leave. Leave the whole stinking mess behind. What if you needed a job? How would you get independent contract? I've never done it before. Who would you ask? How would you get books if you had no money? How would you born your own children? (I have Rh negative and my companion, love, boyfriend or whatever has Rh positive.) Where could you go to plant, live, love and be free? Just fifty million questions. Maybe you could answer a few. TERRY, Redondo Beach, Calif.

Reply: We are still working on answers for ourselves. Hopefully these will suggest answers for you. But it is mostly up to each person to work out his own. For independent contracting I'd try small businesses which need whatever I can do. I'd tell them I want to work for them but only as an independent company, not as an employee. I'd point out that they will save on taxes, "unemployment insurance", accounting, etc. Most will say no -- too set in their ways, or scared of the bludge. But if I try enough of them, some will say yes. RAYO

To Preform: We have decided that mobility will bring us into contact with those who are already freemen themselves. Have been working on a 20 foot tipi and converting our Red and econoline into camper for very short stops. As this pattern unfolds I hope to write an article for you. Until then we send our vibes. Ra-OM, KRIS and aXy, Victoria, BC

Am I into van living? Well, I have been into it 2nd out of it several times. I all looked so easy at first. Little did I realize the problems. Not with the van but with me and other people. I'll write a longer letter soon explaining these problems. It may be of some help to others trying to free themselves.

Right now I'm getting ready to put all the fittings, bed, refreg., stove, etc. back into the van for a trip sometime soon to Cal. I hope to live there. Maybe we'll see each other. I hope so.

I have an answer for Al and Barbara Rose of L.A. If you have their address tell them to write: Mr. Tim Zell, P.O. Box 2953, St. Louis, Mo. 63130. He and some of his friends are forming a commune. They are Libertarian Pagans, Church of All Worlds. If you read Stranger in a Strange Land by Heinlein you'll understand. I know Tim and his friends personally. I can truly recommend them.



If I didn't want to live along the west coast I would be joining their group. Tom if you haven't exchanged publications with Tim you should. He has a newsletter and will run ads for you and P.I. Move in my next letter.

Sincerely,  
Daniel Norman, Chicago

Reply: We are exchanging newsletters with them. Their's, GREEN E00, is an open forum/ongoing discussion of their project. Libertarian? Yes. Voluntary? Don't seem to be -- not yet anyway. They are still trying to play legal interstate games with the Monster. RAYO

Tom and Roberta published details of my nomadism in earlier issue of FIB, with periods of work or country living, growing on food etc.

Reading of others various experiences, and the many that have not yet set out on the "Prison Life" I have a few suggestions that might help, especially to those who have a very small capital, and are tired in making a break with their daily habits.

I have a 100% payment of 10 on one of the very land deals and am the similar monthly amount. I want a tent or small plywood cabin and a place to grow your vegetables. If there is no water on the site you'll have to use the water pump. It is usually 1000 ft. if one explains that you want to put a well until your plans are more definite, or that you're taking a leave of absence from your job and trying out your country until you can come down and build. If the simple life doesn't suit you after all, it's a fair try you can leave as the land reverts to the owner. He'll be willing to sell at the full price, and your occupancy you have not been out on any tax bill as you didn't own the land.

I have 100% of the land in having my-out ideas, but I never share them until I have a reason well, in all times I have a good short haircut, warm clothes and don't let my truck with loggers.

I was not raised in areas where there were vast forests or forests, consequently I don't feel qualified to take off into wilderness areas alone to live, so when I travel I find some rural area of small farms and ask permission to pitch my tent in one of their fields.

At present the living in a small scattered community. I draw no attention to myself either by word or appearance. I don't go down the line at the mill boxes the till is of weather and garden, and when I come back I find that I've lost a job dealing with thousands of people (hotel) and that I intended to live like a hermit, (all said jokingly, but in my own mind I mean it as a fact).

I live now in Florida, Alabama, British Columbia, Nevada, Oregon, Mexico, Ireland, New Zealand, and several are like carried in other European countries.

To be really free one has to accept it mentally first, and physically I found bicycle carrying the freest way to live.

I'd be pleased to correspond with anyone interested in my life style and possibly meet them if they'd started out on their travels.

ROD REEHER, near Portland

I suppose that I am a libertarian according to the definitions which you furnished in your letter. I am not a nomad-yet--since I live in a home which is a solid old farm house, one which has had a town grow up around it. My family and I are attenders at the local Friends meeting (which is a Quaker "church"), and we abhor force which is imposed ~~XXXXXX~~ by persons whose station allows them to abuse other persons. We are also a part of the stationary community in which we live, so we are not habitual dissenters or widely known for our controversial opinions. It is likely that we hold opinions which are not controversial at all, generally speaking.

We must be bourgeois; we must be pacifists as well. We are a lot of different things--just as you are a lot of different things. Perhaps labels on people are useful to a certain point--then afterwards they become a hindrance or harmful.

We shall purchase a camper vehicle for an extended vacation trip this summer. We shall be travelling to the maritime provinces of Canada, God willing. The entire family numbers husband and wife, four children and our dog, Charlie. The van will be designed so the family members may become isolated from one another if they feel like it. We shall carry tents and minimal comforts. A canoe will perch on top.

The children will become better known to their parents, and the parents will become better known to their children. Tasks and chores will become necessary and voluntary once we have separated ourselves from the ambience of consumerism. I shall draw and do watercolors--the kids and my wife will do the same. We'll fish! It will be educational for all of us. Regards,

*David M. Sumner* near Chicago

Comments on letter on right: Like you, we have found that efficient (ingenious) use of available volume is more important than total volume. Most house-dwellers are astoundingly inefficient. I once compared exterior dimensions and weight of VW bug, squareback and bus. There is surprisingly little difference, as I recall, even in weight. The bug is nearly as long as the bus but loses much inside space because of its teardrop shape. So, for forest living, I think the bus is the better choice. It has a bit more ground clearance. But I can see the advantages of a bug around a city -- less suspect as a live-aboard vehicle (so long as the window covers aren't noticed). Please write only on one side of paper. (I made an exception to my no-retyping rule this time, but I don't make many.) Also do illus. in black only. RAYO

## TINKER TALK

My use of the VW bug (not bus) for travelling is based on economy, and the acting out of some basic principles which are essential for nomadism, whether it be on foot or car or whatever.

The total amount of room that a vehicle has is irrelevant to the usefulness it has. Rather, the usefulness is linked to two things: (1) to have a possession within easy reach when it is needed, and (2) to have that same possession out-of-the-goddamn-way when it is not needed. (#2 is probably the more important of the two.)

With these things in mind, I have fixed up the bug with many compartments for getting stuff out of the way. Although they are mainly for maintaining travelling-sanity (don't let the drives get messy), I realize that they could be used for various nefarious purposes, such as smuggling tacos out of Mexico, or foo-yong out of Eggland, etc. (Vincent Price will probably star in the maybe-forth-coming movie "The SmuggleBus".)

The door panels are hinged halfway vertically, so that instead of merely holding butting for noiseproofing, they now hold a two-man rubber raft on the right side, and a huge litter-box on the left. The map compartment is cut open in back of the elastic pouch, for a direct access. The door holds about a two-week's supply for garbage; for removal, the hinged panel is opened and Fibber McGee's closet once again comes to life!

Likewise, the panels below the side-rear windows are used as holders for books or books, etc. The regulation little spring-clips which pop into the holes are all removed, and replaced by wooden blocks epoxy'd onto the car shell behind the panels, and small screw hooks are run thru the panels. In this way the presence of a panel is concealed, because the hooks are there "to hold washcloth, etc."

The 1/8" wires supporting the ceiling fabric are exposed by cutting ONLY the threads adjacent, and now can be used for clothes hangers near the ends, and to support all manner of maps, clipboards, folders, etc., in the middle of the ceiling. A guitar is supported diagonally on these next to the ceiling, and surprisingly the guitar is more out-of-the-way than a flute, which I was unable to find a suitable cubbyhole for.

The panel under the right front floorboard conceals about a half a cubic foot of space; a custom-fitted cardboard box with its own door is inserted therein.

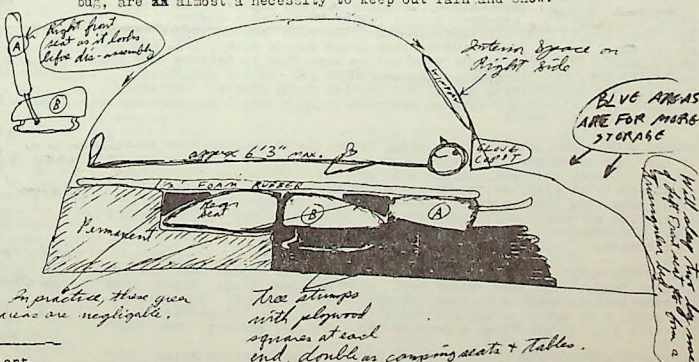
Curtains are custom-fitted to each window, and made of corrugated cardboard covered with drapery material. These are snugged into the windows, using auxiliary holders on space of them. The reason for panels rather than loose curtains is 1) storage; neat and 2) when parked on a steep hill the curtains will not hang towards the center of the living space.

The paper-back library is supported from the trunk lid by a web of rubberbands hooked to knots epoxy'd onto its inner surface. Capacity about 15 books.

The upright portion of the rear seat is stored at someone's house, possibly forever. This gives rise to the possibility of making a bed, and greatly facilitates use of the horizontal portion as a 3-cubic-foot container. Hinged cardboard panels close by means of velcro fasteners (open and close a million times and take up no space at all). Another cubic foot of space is the left side of the floor under the seat which is the other side of the battery compartment.

There are many other little cubbyholes around the place, like the fabric scuff-panels to the sides of the front feet area for holding maps, etc. Also, behind the panel in the trunk which protects the electrical wiring area, I have about 2 cigar boxes, a hand drill, about 4 smaller plastic boxes, and the piece-de-resistance, my entrenching shovel!

Now for the bed, and for this a picture will tell the story better than words. One word of caution is to always keep both windows open for good circulation, or you may die as quite a number of people have in tents, ~~XXXXXX~~ campers, etc., when their air circulation was not adequate. Two inches per window is good because more than that and strange hands may conk you while you sleep. Also, window "awnings", standard accessories for the bug, are ~~an~~ almost a necessity to keep out rain and snow.



That's about it. When the time comes to move on, the section (A) is moved backwards a foot or half a foot, and you are on your way, in about ten seconds. And you might saw off your ~~XXXX~~ gear shift till it is no higher than (A) to get it out of the way at night. And oh, yes, the two gold woods are suspended below the running board.

The more important point is that the tree stumps are of different heights and the top and bottom ends are not parallel. They are angled to best accommodate the (A) and (Y), and that way you can always have a level camp table ~~xxx~~ even on a hill, just by rotating them.







# uncover undercover

(This is one of ten parts of an Anti-Repression Kit by AESIST, rm 4, 763 Massachusetts Ave., Cambridge Mass. 02139. It is well worth the dollar cost of production.)

**POLICE AGENTS IN THE MOVEMENT;** It is clear that for some time tactics which one associates with U-2 flights, the Pueblo, and the Bay of Pigs have been applied to the primarily on evidence gathered or fabricated from wire-tapping, electronic surveillance, informers, infiltrators, undercover policemen, and agents-provocateur. Of 40 substantive prosecution witnesses in the Conspiracy trial, 35 were police agents or infiltrators of some kind. This must be taken politically as proof of the seriousness with which the govt views the Movement. It is also proof of the govt's conspiracy against us, since agents are usually placed into an organization or action well in advance of the commission of any supposedly illegal acts. The Chicago trial vindicates those who have seemed the more paranoid among us, but it is important that we avoid over-reaction to the realization that the organizations of the movement are penetrated with agents. To begin to totally distrust each other is to degenerate into agent-baiting, thus serving one of the purposes for which agents are used. It is more appropriate that we learn to exercise reasonable caution in our political activities, in order that we don't inadvertently provide evidence that can be used for our prosecution.

**WHERE THEY COME FROM;** Most undercover agents have predictable affiliations that come from local police depts, the FBI, and various branches of military intelligence. Undoubtedly the CIA also has agents in the movement, but it is unlikely that any will surface in the near future. The Chicago Police Dept. occupies a special place in undercover surveillance of the movement: it employs over 1000 people to gather information from across the country on "subversive" organizations. Some agents are full-time employees of the police depts. or FBI; others are part-time informers or provocateurs; others become agents after being arrested and threatened with long prison term. Some agents have several responsibilities - e.g. intelligence gathering, provocation, and entrapment - while others are simply snoops, picking up whatever information they can but not seeking to influence or direct policy. Some work full time with particular groups; others appear only, but consistently, before major local or national actions; still others merely report whatever useful information happens to come their way.

**SUSPICIOUS BEHAVIOR WITHIN A GROUP;** Agents often act as provocateurs. The police provocateur is almost always the most militant and aggressive in suggesting illegal activities with out providing a political justification for them. In the small group that supposedly plotted to blow up the Statue of Liberty, the deciding vote (and the most insistent voice) for the sabotage plan was that of a police agent. When one's militancy rises without a corresponding increase in theoretical radicalization, suspicions should be raised. Police provocateurs also often try to discredit leaders who will not be pushed into action without sound political reasons. Some agents engage in illegal action - e.g. dropping acid or providing grass for other members - in order to win the confidence of the group. (Once an agent's cover has been destroyed, he might assist in the prosecution of those with him when he engaged in such activities).

**MOST AGENTS are not interested in radical theory and few have a flair for it. One should be very suspicious of those who remain reluctant to be involved in theoretical discussion even after heavy attendance at meetings and conferences. Agents tend to be interested in potentially-illegal activities but not in the rationales for them. But one should also suspect leading questions related to revolutionary actions, especially those planned for the future. Agents want to collect personal statements encouraging riots, disruption, sabotage and physical violence. One can safely explain revolutionary theory in great detail, but to be legally damaging, statements must involve advocacy of actions. Often police agents will pump members of a group, hoping to shake loose such statements. Information-gathering is the chief activity of some agents. Membership lists, files, fund-raising contacts, and information on the whereabouts of radical militants are fundamental to the work of the police, and crude undercover agents often give themselves away by moving too quickly to get a mailing list or learn the identities of other contacts in other areas.**

**INCONSISTENCIES IN PRIVATE LIFE:** Undercover agents must necessarily keep their private lives quite separate from their movement activities. Many have wives or girlfriends who are not involved in the movement, and such agents are especially uncomfortable when they encounter political "friends" while off duty. If members of a political group seem to hide their private lives from other members, of course there is reason for suspicion. If on the other hand they do not "cover their tracks", other clues to their identities often appear. One Chicago agent's girl friend mentioned repeatedly that he was employed by the police dept, but movement people refused to believe it. Agents have been discovered thru straight-forward credit checks; such a checkup recently revealed that two "members" of a Chicago MDS (Movement for a Democratic Society) chapter worked for the Chicago police dept. Use of money, too, may unmask an agent. One who had affected the poverty he thought typical of the Movement suddenly had enough money for a plane ticket from Austin Texas to Chicago: - he had to be there in time to be present at a regular Monday meeting of the PIU (police intelligence unit). While some agents turn in written reports, others must report to police hqtrs on the same day every week. Other unexplained absences and/or frequent, often long-distance telephone calls, may give the agent away.



**BEHAVIOR TOWARD POLICE;** Agents usually behave peculiarly around police. They have a strange way of not being disturbed by the presence of cops. However, in confrontations or when about to be arrested, they may encourage tension and promote conflict. Undercover agents often are separated from others after they have been arrested, and the often enjoy other forms of special treatment. One agent was seen getting in and out of police cars during the Democratic National Convention, but no one drew the obvious conclusion. Part-time informers usually are more difficult to spot. They may or may not be paid. They might report directly to the local police station or central hqtrs. or they might be secondary informers whose information is passed on to the police through a third party. Often they are disgruntled or former members of a group (seeking revenge or Establishment grace), or people in the community who have had previous trouble with the law. The latter sometimes inform on an informal basis to avoid police harassment. The only unique clues to these types of informers are "special" relationships with likely secondary agents (clans, counselors, bartenders etc) or with the police.

**WHAT TO DO;** Such behavior must be taken seriously. There is no cause for panic - all radical movements for political reform have been subject to such surveillance - but there is a greater need for awareness and scrutiny. Possible clues to an agent's identity must be noted and investigated. If this is to happen, Movement people must be sensitive to the ways in which agents are likely to betray themselves.

Once identified, an agent must be handled carefully. If he is unmasked, he will only be replaced by another and the process of detection will begin all over again. Once you know someone is an agent, it may be smarter to keep him around. Then you know and can often control the information to which he has access, and you can respond to his provocative acts with the certain knowledge that they are just that. Once in a great while, it may be possible to win him over and then turn him into a counter-agent. Needless to say, this is a very risky business and must be handled with extreme care by experienced people. Another possibility not often considered is that of recruiting friendly policemen for counter-intelligence work. They usually have access to central police dept files and can obtain useful information about police strategy....The finding and dealing with agents demands our serious attention. At the same time we must refuse to be distracted from our work in the Movement, the proving of those ends which gave our foot supposed cause to spy on us in the first place. ~~~~~

## WHEN THE FBI CALLS ON YOU

Source: Berkeley Tribe

Information is a crucial ingredient in the final stage of repression. It is important for us to recognize that not all the information that we pick up comes from legal and apolitical sources. Sometimes we share and hearers of the movement supply the information.

This is how it happens. Some of us get started when an FBI agent appears at the door. We answer a few "simple" questions because we are afraid not to - afraid of committing some crime by not talking. Our fear in this situation obscures our judgment.

There is no law regarding us in talking with an FBI agent. He comes against the State is concerned when the agent is hounded off and the door shut immediately. However, a crime against our people is done when we deal with the situation by answering any of the FBI's questions.

No FBI agent asks the questions; there is no such thing as a small talk with a pig. A long answer, a short answer, a truthful answer, a lying answer - any of these will supply some sort of information which is of use to the State. The FBI visitor may be sent to make a case on you, or he may be a briber - and you have a "case" if you say anything more than: "Call my lawyer, Governor."

Remember when we open the door and the FBI agent is knocking the pig off, we get caught by an old interrogation trick. The FBI agent says, "We have some information which is important to you. (Pause and smile) a hearing. If you could answer a few questions, I'm sure we can straighten things out. Your mouth drops; your mind boggles: "What must I submit to you?"

Suddenly you've lost your cool and you're only one step from telling the pig where you were on Thursday night and who you were with, things about all he wanted to know - where you were and if (L) was with you. And, you've given him the information he needs to get his fingers in your mind about last time.

Some of us are not afraid when the FBI comes in. We ask the questions. We are in a good position to ask the FBI's questions and find out what the FBI is up to. At times, our very questions give the FBI information which is right over the top of our head. Disputed question is a body of information which may well be revealed in the question itself or in a series of questions. Some of our friends have appeared on an interview: Max, was that a dumb pig. He didn't know what he was looking for. There are several reasons for that kind of response.

What should we do when the FBI comes to call? We should be ready. Experience has shown that the best response after the initial identity blunder and flashes his badge is to say "That's nice and if you have any question, I'll listen to one of my lawyer's people. (She he he he and so on). So long."

Don't let him in. Don't be afraid. Don't be tricked. Don't be arrogant. Any talking you do may send the signal.

The history of struggle is filled with cases of slaves and brothers sent to jail and to death; "harassment" based on just enough circumstantial information to give an aura of credibility to the State's charges.

Another line of FBI investigation is to infiltrate the visit to a third person - a parent or friend, or employer. Where possible, it is helpful to talk with someone likely to be contacted, and let them know the best way to deal with FBI visitors. Bits and pieces of information from nervous employers and upset parents may make up a mosaic of trouble for every of us. We try to explain the problem and handle it ahead of time with enough tact and humor to ease the situation.

Sometimes, along with everything else we must do, a balance should be struck between our own needs and the needs of others. Long before we are ready, the pigs are moving against us. The State is its ruthless forces us to be ever more sophisticated about detecting ourselves. Perhaps the best way to learning not to respond is to have to engage the advice of our lawyer.

Prepared by the staff of the National American Guild Regional Office, Los Angeles, California.

Vonists and other out-puts/drop-outs don't attract as much attention as the various power gamsters. But, with the resources of bludg agencies, it's safest to assume that every 'non-conformist group' is monitored to some degree. Perhaps the best screening for vonists is life-style. Some snoopers may be willing to learn the lingo and a smattering of theory (some, in fact, may take pride in their ability to 'sound more radical than most radicals'). But how many will actually give up what they are accustomed to and 'go live in the woods' in a van, tent or den for a year or more? RAYO



# Liberty with Love

## OPTING OUT

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By El Rayo and Dr. Naomi Gatherer

Are you seeking someone to share your way of life? Here are some suggestions for doubling your fun while developing your freedom.

**LIBERATE YOURSELF FIRST.** Then hunt for a free-mate. Not only will you be more attractive as a doer than as just a talker, but you will attract those who want liberty rather than just talk of liberty. Finding a compatible mate before opting out is very difficult. While you remain in the servile society you will be judged mostly by its standards. And most liberationists are too independent and knowledgeable to play status games with the conviction necessary for success. But even if you superficially "succeed," you will not be achieving what you really want, and you will seem to be just another malcontented "loser." Furthermore anyone you do attract will probably be someone who likes status games. (Opting out may sound like fun to someone. But until she/he tries it, she will have little appreciation of any physical difficulties or psycho problems. This goes for you, too.) Finally, you will sabotage your self-esteem doing one thing while believing another. My own experience has been: after opting out I was able to meet/like many more interesting people during a brief visit to Los Angeles than I could, previously, living three full time.

**BE YOURSELF.** Don't spend time or money trying to enhance your "beauty" or "personality." Beauty and personality are highly subjective; one person's delight may be another's dismay. No matter what you have or don't have, some will like it, some won't. Of course, if your attributes are unusual or unattractive by local standards, you may spend much time looking—sorting through large numbers to find a few you are right for. Nevertheless it may be better not to be conventionally "beautiful" or "attractive" to most. If you are, you will be chased by many who want you (knowingly or not) as a status symbol. They will waste your time and perhaps involve you in unhappy affairs. Don't take this as an argument for becoming "ugly." The aim is to be healthy and vigorous (if you value health and vigor), not to impress others.

**BE GENUINE.** Act yourself. Don't try to "put on" or "have a line." Phony people not only turn off other people but lose their own capacities for joy.

**MEET PROSPECTS DIRECTLY.** Don't rely just on introductions by friends. You won't meet enough people through introductions to have a good selection.

**BE BOLD.** Don't hesitate to start conversations with strangers, so long as you are not someplace where physical assault is likely. And/or have "conversations" with you, books, unusual jewelry, or other objects which indicate your interests/activities and attract questions. Large public beaches are ideal meeting places: thousands of people spread out; most not inactively occupying space; access to them; good view of them; many indications of their interests; quiet for easy conversation; bright confidence-inspiring environment; sunshine and exercise as part of it. Don't limit yourself to customary roles; prowling if you are male, sitting and waiting if you are female. Try to be as well as well. Whether you growl or sit, do it alone; companions usually complicate things. Of course if you have found some other way of meeting which works

well with you, stay with it. Regardless of techniques, expect to sort through hundreds of people for every interesting date; thousands for every serious relation. Don't give up after a day or two.

**STAY WITH THE SIMPLE AND INEXPENSIVE** if you patronize date-finder clubs. And don't expect too much. Avoid the pretentious- and expensive matching service. One can not be adequately evaluated by a battery of psycho tests nor by a third-party interview, especially someone as unusual as you probably are.

**MEET IN A PUBLIC PLACE** or double date with your friends; for the first few dates, for maximum safety and minimum inhibitions against dating. This way you can avoid divulging your residential address to a stranger or riding with him. (For early communication with him use a friend as message service.) Other possible arrangements: exchange and check-out references first; carry a disabling device such as a tear-gas gun in your purse and train yourself to get it into action fast; become adept at karate.

**EXCHANGE PLENTY OF PICTURES AND TAPE RECORDINGS** if you develop a relation by mail. It's easy to build false images from written words alone, causing disappointment when you meet.

**CHOOSE DATING ACTIVITIES WHICH REVEAL YOUR WAY OF LIBERATION:** hiking, sailing, spelunking, camping, or whatever. Dates can also involve supporting activities such as library research and shopping for equipment and supplies. Not only will you save time and money, but you convey an idea of your life-ways. And you are able to evaluate each other under realistic conditions. Also, with liberation a rarity at present, such dates can be more entertaining than the dinner-and-movie routine—another reason for opting out before mate hunting.

**KEEP LOOKING** until you find someone who shares your values and objectives. Don't settle for a "masturbation aid." Warm bodies are more important than they are worth. If you really think a warm body is enough, make yourself a life-size electrically-heated doll, with vibrator). Don't grab onto a mate to impress friends and relatives. And don't assume someone will change to suit you.

**LIMIT YOUR REQUIREMENTS TO ESSENTIALS** if someone is compatible but seems physically unattractive, for example, give your esthetic preferences a chance to change; one's threshold of "basely" is not only subjective but fluid. On the other hand, don't involve yourself with someone you CONTINUE to find ugly, in the mistaken belief that you will have less competition; someone else will find that person beautiful. Constantly check your motives—beware of subliminal ego games.

**HAVE REALISTIC EXPECTATIONS** for a relationship; don't assume you will live together happily ever after. Each of you is continually growing-changing. And growth is much too complex to be accurately predicted even YOU. You do not know what you will be like in 10 or 20 years. A couple may grow together, remaining compatible. But often they grow apart. So be prepared to terminate your relationship, upon reasonable notice, without severe complications.

**EXECUTE AN EXPLICIT PRIVATE CONTRACT** if you enter an extensive relation.

While a written contract won't assure happiness, it will minimize chances of misunderstanding or unintentional exploitation and, most important, will encourage you to thoroughly think/talk through your relation with the mate. The contract should include: disposition of any pregnancies; authority and responsibility regarding any children (never attempt to separate authority from responsibility); items of common property, if any; disposition of common property in event of breakup; responsibility for income, and division of income between persons and common pots (if any); responsibility for expenses; outside relations, if any, allowed one person without specific approval of the other; this should cover not just sexual affairs but ALL involved relations including employment and ties with relatives; notification period required in event of breakup; method for choosing an arbitrator to resolve any disputes not resolved by the parties themselves. For a copy of our contract (as an example only) see below.

**KEEP YOUR RELATIONS FREE** of the institutionalized criminals. Don't let them dictate how you live your lives. The State makes itself a third party to any "legal" marriage and abrogates to itself the upper hand in any dispute; for example, a husband and wife cannot execute a divorce by mutual consent even though they are complete adults. If you do secure a State-recognized marriage for tax or draft purposes, put a clause in your private contract disavowing its terms. To the degree that you are liberated—invaluable to coercion—the State contract is unenforceable anyway. Don't have a church wedding for the ceremony; with some imagination you can create your own.

**LIBERATE YOURSELVES BEFORE HAVING CHILDREN.** Children become acculturated very early; many by age 5, most after a year or two of slave school. If you then become van nomads or move to a South Sea island, they will most likely be unwilling companions, yearning for pals and a life-style which is left behind. Also, think to that society as soon as they are able. Also, the time and resources needed for a young child can inhibit liberation. For a good birth-control handbook, send \$25 to 3480 McTavish St., Montreal 6, Quebec. For safe always use two contraceptive methods each time; e.g., vaginal foam AND condom. For greater safety and economy, as well as variety, frequently substitute non- genital-internal acts such as "69".

**STATE AN OVERALL OBJECTIVE**—a long-range purpose into which most interests/activities integrate. An overall objective catalyzes your energies; enhancing productiveness, happiness and attractiveness. (Happiness, itself, cannot be an overall objective because it derives from accomplishing things). For a fulfilling relationship all parties must have the same overall objective.

Our trip is liberation—reducing vulnerability to coercion—first for ourselves, then as professional liberators offering services to other liberationists. Institutionalized coercion is one of the major problems of mankind; the potential demand for realistic individually-applicable solutions is enormous. Liberation involves a wide range of physical and mental activities, and offers many satisfactions. Of course not everyone else will lay his trip on you. Your objective must be your own.

whom, etc.). And we have no fears that, if we should break up at any time, one of us would have been or would be exploited by the other. This indicates that our contract has fulfilled its primary purpose: encouraging us to learn our own minds and each other's. Another reason for the contract was to clearly differentiate our relation, in our own minds, from "living together out of wedlock," and the latter relation's connotation of guilt, whim, irresponsibility, ephemerality and exploitation. Making no contract at all would be, in a sense, sanctioning the State's claim to a monopoly of marriage. Dr. G & AaY)

**Contract:** \_\_\_\_\_ and \_\_\_\_\_ hereby agree to become free-mates in a relation of free-marriage, in accordance with and only with the provisions of this contract. Any dispute arising under this contract which is not resolved by the free-mates alone shall be resolved by and only by an arbitrator chosen at the time of the dispute, from three candidates in the following manner: beginning with the defendant, the defendant and plaintiff shall alternately reject candidates until one candidate remains; this person shall be arbitrator, and shall specify arbitration procedure and set fees for his services. The free-mates can thereafter override the decision of the arbitrator by unanimous agreement; otherwise they shall be bound by it; in either case they will pay arbitration fees. In event of a dispute each free-mate is free to interrogate or obtain a commitment of any candidate with regard to arbitration procedure, interpretation of evidence, prejudgement, arbitration fees, involvement with the other free-mate or any other matter relevant to resolution of the dispute, prior to selection of arbitrator.

\_\_\_\_\_ and \_\_\_\_\_ hereby agree to be candidates for arbitrator of this contract, in exchange for payment to each of a \$3 initiation fee. This agreement is in no way commits a candidate as to availability or capability in event of a dispute.

**P** This contract shall include as a supplement an agreement of particulars which specifies parts and only parts of this contract which appear in capital letters. The agreement of particulars may be changed at any time by mutual consent of the free-mates, and need not be furnished to candidates prior to arbitration of a dispute.

**P** With the exception of the agreement of particulars, this contract becomes effective upon consent, evidenced by signature of first name, by both prospective free-mates and all three candidates. The initial agreement of particulars becomes effective after this contract is effective upon consent by both free-mates.

**P** This contract can be terminated by either free-mate by giving notice to the other free-mate the NOTIFICATION PERIOD in advance. Or, in event of violation of this contract by a free-mate, the innocent free-mate can terminate this contract upon immediate notice and, at the option of the innocent free-mate, make time of termination retroactive to the time of violation.

**P** A free-mate will not coerce the other -- coercion is here defined as deliberate initiation of physical force against person or property of the other. An act of coercion shall constitute violation of this contract whether or not such act is in accordance with laws or traditional customs. However the use of reasonable private means to take possession of property or funds due a free-mate under terms of this contract shall not constitute coercion.

**P** Except in an emergency: joint property shall be modified or moved only with the consent of both free-mates; joint funds shall be used only with the consent of both free-mates; personal property of a free-mate shall be under sole control of that free-mate; in an emergency, if one free-mate is unavailable, the other free-mate may use property or funds, joint or personal belonging to either, for purposes reasonably considered to be in the best interests of free-mates in the context of the emergency, without consent.

**P** A free-mate shall make CONTRACTUAL PAYMENTS to the other free-mate and to joint funds. Gross income from any joint activities shall go to joint funds.

**P** Joint property shall consist of C-PROPERTY, I-PROPERTY, and D-PROPERTY. C-PROPERTY is defined as any non-divisible item purchased with joint funds or constructed through joint activity of the free-mates. D-PROPERTY is defined as supplies which are equally divisible within the relation. I-PROPERTY is defined as any non-divisible item initially provided by one free-mate but thereafter usable and maintainable by both free-mates. Each free-mate shall have one-half equity in each C-PROPERTY. A free-mate shall initially have full equity in each I-PROPERTY he furnishes; the other free-mate thereafter acquires equity in the item at the rate of 1% per month for 100 months; thereafter each free-mate shall have one-half equity. In event of termination of contract, each free-mate shall openly bid for each C-PROPERTY and I-PROPERTY, and the item shall go to the highest bidder upon payment by him to the lower bidder of bid times equity held by the lower bidder. In event of termination

## FREE-MARRIAGE CONTRACT

(Introductory comments: We composed this about two years ago for our personal use, not as a general form. We publish it only as an example. Little time was spent on the actual writing, and this shows: terminology is often cumbersome or legalistic. It consists of two parts: the contract itself, and an agreement of particulars which specifies amounts, time periods, items of property, etc. This separation helps assure that the candidates for arbitrator understand the basic contract while allowing the specifics to be changed without notifying them.

**P** The section dealing with pregnancy and children is brief because we had no children and didn't want any in the immediate future. For someone who has or plans children this needs further elaboration. **P** In comparing a free marriage with a State marriage, please remember that this contract corresponds, not with the vows said at the wedding, but with the myriad statute laws and legal precedents which a State court will follow in resolving any disputes.

**P** The traditional wedding ceremony was a strictly gingerbread **P** A State marriage is not truly an AGREEMENT at all, since the State can unilaterally alter the terms, by passing another law or reinterpreting existing laws, any time it pleases. Rather a State marriage is an affirmation of joint servitude to the State.

**P** A free marriage can include any ceremony and vows desired. We did not have an explicit ceremony. **P** Since composing and signing this contract, this is the second time we've looked at it. In two years of free-marriage we've had no contentious discussions over property and income (what belongs to whom, who owes what to



of contract, D-PROPERTY shall be divided equally between the free-mates. Each free-mate shall have equal use of and shall devote equal labor-time to the maintenance of this property, except as may be otherwise agreed. In event a free-mate dies, joint property shall go to the other. Unless/until both free-mates agree to attempt procreation, each free-mate agrees to use extra care to avoid pregnancy; this cure to include the use of at least two different reasonably-reliable contraceptive techniques with coitus. However, if despite these precautions a free-mate becomes pregnant, the other free-mate shall pay for within one month a PREGNANCY REIMBURSEMENT. The pregnant free-mate shall have sole authority and responsibility for the fetus and any resulting baby, except as may be otherwise agreed. The other free-mate shall have an OUTSIDE RELATION only with the permission of the other free-mate; an OUTSIDE RELATION is defined as any sexual relation or any extensive work, avocational, social, family or other type of relation, with any person other than the free-mate.

**Agreement of Participants:** (much abbreviated) I-PROPERTY includes the following items: (van), including permanently mounted attachments plus items used mainly for its use or maintenance including electric extension cords, water hose, jack, tire-repair tools, tire chains, cooking/eating utensils, and linens. Personal property is part of this item include moribide and electric blender. (tent). C-PROPERTY includes the following items: (storage caches); flinder's rights to squat-spots occupied since August 1, 69; each squat-spot considered to be a separate item. D-PROPERTY includes food and other items used and the van or in storage, excluding precious and semi-precious metals.

Rayo shall make the following CONTRACTUAL PAYMENTS: periodic payments of \$90 per month plus 35% of personal income to joint funds; periodic payments of \$25 per month plus 5% of personal income to Gatherer. PREGNANCY REIMBURSEMENT shall be \$1000. P NOTIFICATION PERIOD shall be six months. OUTSIDE RELATIONS permitted are: Rayo technical consulting work (a specific company) on commercial products or on standard products offered for sale to all comers; Gatherer, correspondence with mother.

#### HAVE YOUR CHILD IN YOUR OWN HOME

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Life in the United States today is nearing a famous Orwellian fantasy. Our personal lives are now tainted with government intervention. Sometimes, we are all overwhelmed with the disheartening feeling that nothing we do today is personal and private. So many young couples have shared in a moment of triumph in having outwitted the government in a few areas.

Government sanction of marriage is now being scoffed at by increasing numbers of this generation. But eventually many of these practices do make a further commitment to each other by having a child. From 1910 to 1960, the U.S. government certified the birth of every child born in a hospital delivery room. The appropriate papers were filled out with information generated from one of the newborn's parents. Before mother and child left the hospital, the information was certified and the mother signed a document that was filed in one of the state's agencies. There really was nothing that could be done.

In the early 1960's, the practice of home deliveries was resurrected. Its rebirth was due to several factors, the most notable being the popularity of unmedicated childbirth and the increase of breastfeeding. And there were also other reasons.

Fathers and mothers were dismayed at the impersonal treatment of mother and child in the hospital. Nurseries were filled with screaming infants with faces contorted by hunger. But the nurses only brought babies to their mothers for feeding. Before mother and child left the hospital, fathers were forbidden to touch their children. Mothers, supposedly "resting and recuperating" from childbirth, had time to relieve their labor. They remembered nurses popping in and out of the room at frequent and distracting intervals. They became further aggravated when they were ordered to bed although their

contractions were lasting only a few seconds and appeared every five minutes. Toward the end of their labor, they were transferred from their bed in the labor room to the delivery room where they were placed on uncomfortable delivery tables — all of this totally unnecessary. Isn't it possible to deliver in bed? Motherhood is so totally dehumanized in most hospitals that the effect could only be compared to a new mother.

At home deliveries became more popular, more and more advantages became apparent. Of course, the family pocketbook is not depleted by hospital costs. Women I know who have had both hospital and home deliveries also claim that they don't get "post-partum" blues after having a baby at home. They say it is because they can care for their babies right away in their own homes which run more smoothly since the mother has not been away for a period of time.

My husband and I decided early in my pregnancy that the prime advantage of having our baby at home would be INSURING THAT IT WOULD NOT HAVE A BIRTH CERTIFICATE. We examined every possible angle and came to the conclusion that a baby born at home — even with a doctor in attendance — need not have the state acknowledge its existence. Only when a child is born at home can this be true.

Refrained by the idea of giving our child a chance to possess an unique freedom — the chance to live his or her own life without knowing to what government whims at taxes, Social Security, Selective Service classifications, and other things the state might contract in the future — we decided to further investigate the possibility of having our own child in our home.

We started out with one advantage many young couples in similar situations don't have. My husband had known two couples in New York who had had home deliveries. We were able to profit from their experiences. We realized that there would be one prerequisite for a home delivery: we would both have to participate in natural childbirth. If we had a baby at home, it would not be a matter of taking classes and then progressing through unmedicated labor until the contractions got too strong. There would be no nurse to administer a shot in our own bedroom.

I had previously read several books on prepared childbirth and had decided before I conceived that I would want to deliver my children in that fashion. I was pleased with the idea that having a baby could be a small triumph and not a major anguish. I dug the idea that the father and the mother shared in the rewards of labor and could be together when their baby was born. I was also impressed by articles concerning the effects of drugs used in labor and delivery upon the newborn. I was a bit perplexed by doctors who heartily discouraged all of my daywork in the fourth month. Judging from my own experience and that of most of my friends who have successfully delivered their babies without medication, the earlier you start your classes the better. You are much more comfortable learning exercises and breathing techniques when your stomach has not yet obscured your face. Also, the longer you practice, the more proficient you become. Should you tire of the daily routine of exercises interspersed with "gent, puff, blow", just remember that it is a necessary part of having an unmedicated delivery. Those of us who practiced daily had shorter labors and tired less at crucial moments.

It is also quite important to most women that the child's father be with them throughout the entire labor and delivery and that he be an active participant. The extent to which the expectant mother is aided by her husband varies. I discussed this with Dr. Robert A. Bradley's *Husband-Coached Childbirth*. One of the reasons that my husband and I opted for a home delivery was that we both wanted to be as fully aware of the process of our child's birth. Hospitals are alien environments and it is hard to feel that you are there when a man is about to be a father. Hospital corridors are seldom cheerful enough to alleviate the nervousness that precedes the birth of a man's child. At home, the father is more comfortable in his familiar surroundings. No doubt, he is a better coach for the mother-to-be when he doesn't have to leave the room each time the nurse comes in to check on the course of the labor.

YOUR NEXT STEP MUST BE DETERMINING: WILL WATER OR NOT? THE DOCTOR WILL "FORGET" TO FILE A BIRTH CERTIFICATE. Before our son was born, I engaged my obstetrician in a discussion of the dreit. I started out by explaining that my husband and I were hoping for a girl because we just shuddered when we thought of our son having to be forced to bodily defend our country in a war he might consider immoral or unjust. My doctor agreed with my point and stated that he had two nephews who at that time were I-A. He was distressed at the possibility of both having to fight in Viet Nam. I then brought up the subject of a volunteer army and he expressed his belief that it was the only solution to the dilemma.

Later, my doctor and I discussed the inequity of Social Security and we agreed to discuss it again when the matter was settled. He had the suspicion that he could be talked into conveniently "forgetting" to file a birth certificate.

Also, IF YOU PLAN A HOME DELIVERY, KEEP IT A SECRET FROM FRIENDS AND FAMILY. If you simply tell the home, then be warned with a few facts to offset the mild panic you will create. You will undoubtedly be asked, "How safe is a home delivery?" The Frontier Nursing School, a group of midwives who operate in Appalachia have not had one mother mortality in twelve years. The rate of infant mortality is slightly lower than that of hospital births. The Chicago Maternity Center has assisted in the delivery of over 8,000 babies at home in the Chicago slums. They have never lost a mother. To compare this with the national average, one mother is lost during every 1,000 live births.

Next you will be bombarded with remarks about not being able to care for the baby in your weakened condition. Point out to them that the baby will require less care because you will be right there to attend to his needs. He will not be left alone to cry out his hunger in a busy nursery.

In order to further reassure critics of the idea of delivering your baby at home, tell them that your doctor does not perform this type of delivery unless the mother is in good health and lives within a fifteen minute drive from a hospital. What's more, that excuse is not even a little white lie as I know of no case where a doctor has been willing to perform a delivery at home when the pregnancy was complex and when the woman did not live within a reasonable distance from a hospital.

In the United States, there are two types of natural childbirth. The first, inaugurated by Dr. Grantly Dick-Read, is emphatically NOT the method most

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physicians prefer. But his book *Childbirth Without Fear* is a mystical and beautiful volume. Since I am a confirmed couch potato when I have a blood test, I kept my nose buried in this book from the first time I knew I couldn't go through with it. Quite honestly, after reading just a few pages, I would then decide that I could not resist being an active participant in the birth of our child.

The most respected method of prepared childbirth is the Lamaze method. For your introduction into its history and whereof, I suggest that you and your partner read *Thank You, Dr. Lamaze* by Marjorie Karmel. Mrs. Karmel goes into the history of how Dr. Ferdinand Lamaze imported the Russian idea of "psychoprophylaxis" (preparation by physical means) of pain in labor to the Western Hemisphere. She also tells of her two experiences with the Lamaze method. The paperback edition contains an appendix with several exercises which will aid in breath control, a necessity for successful natural childbirth. Should you be interested in Lamaze childbirth, another book to add to your library would be *The New Childbirth* by Enna Wright. Following the suggestions and instructions that this book offers is only a little less helpful than attending classes in breathing and exercise techniques.

Secondly, IF YOU HAVE DECIDED THAT NATURAL CHILDBIRTH IS FOR YOU, FIND AN OBSTETRICIAN WHO FAVORS UNMEDICATED LABOR — PREFERABLY BEFORE YOU ACTUALLY GET PREGNANT. The easiest way to find a doctor who agrees with your own ideas about labor and childbirth is to contact any of the following organizations in your area: Childbirth Education Association, American Society for Psychoprophylaxis in Obstetrics or The La Leche League. If you are unable to locate these organizations in your area, a listing of their national headquarters will appear at the end of this article.

When you are talking with a representative of one of these organizations, mention that you would like to deliver your baby at home. She will be able to inform you as to what doctors are willing to do home deliveries. She will also have information concerning which doctors require mothers to train in the delivery.

Make an appointment with one of the recommended doctors. If you are not yet pregnant, tell him that you plan to conceive soon. Don't be afraid to ask him as many questions as you like about natural childbirth and home deliveries. It is ideal to have the preliminaries over with early in the game.

If you are already pregnant, ask your doctor about class in the method you prefer. While some doctors recommend beginning class in the sixth or seventh month, others enthusiastically endorse initiating class in the fourth month. Judging from my own experience and that of most of my friends who have successfully delivered their babies without medication, the earlier you start your classes the better. You are much more comfortable learning exercises and breathing techniques when your stomach has not yet obscured your face. Also, the longer you practice, the more proficient you become. Should you tire of the daily routine of exercises interspersed with "gent, puff, blow", just remember that it is a necessary part of having an unmedicated delivery. Those of us who practiced daily had shorter labors and tired less at crucial moments.

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When the labor pains begin, you will share an experience that many mothers and fathers treasure. Since you will deliver at home, you are already somewhat more relaxed. If this is your first child, the first few hours of contractions will be not at all fatiguing. In fact, you can go about doing little household chores with ease as the contractions are brief and widely spaced. Staying in bed should be avoided unless you are very tired.

Most fathers are more apprehensive during this initial period than are the mothers-to-be. Keep them busy. Have them prepare a snack or a meal for those present.

If you have a midwife, she is an aid in relaxation. Most midwives are amiable and easy-going. They are more of a boon to fathers when it comes to easing fears. If you are hungry, eat. But try to eat high protein foods and fruits. After the pains become longer and more frequent, you will need extra energy. When you first notice that longer contractions have begun, taking a bath is a helpful idea. Warm water eases the sensation as well as relaxes you. Showers are taboo as your balance may be slightly affected by the contractions. As the labor progresses, it is a good idea to have a bowl of sardines passed by your bedside. Pop yourself into a semi-reclining position and pop a grape into your mouth between contractions. They are easy to swallow and that natural sugar boosts your energy level when you need it most.

Since hyper-ventilation is possible as you breathe more rapidly as the contractions increase in frequency and strength, it is advisable to KEEP A BIG PLASTIC BAG NEARBY. Place the bag over your mouth and breathe into the bag whenever you feel that you might hyper-ventilate.

AS YOUR LABOR NEARS ITS END, FIND SOMETHING PLEASANT TO CONCENTRATE ON. As the actual time for delivery approaches, you will feel the tension. To ease your mind, add something to the room. It could be a poster with names you have chosen for the coming baby. It could be a caricature of you at your most pregnant next to another sketch of a sweet you. Anything will do as long as it is bright and colorful.

When the child starts upon his actual descent to the world, FOLLOW YOUR DOCTOR'S INSTRUCTIONS TO THE LETTER. Push when he says push. Stop when he tells you to stop.

Finally, when the baby is born, share in the ecstasy that you have created.

If your doctor is going to quiz you for information for the birth certificate, he will do it shortly after the baby is born. Don't get alarmed or upset if he should go through the questioning procedure. Answer as honestly as you can. He will return to his office and give all the information to his secretary. She will type it up and send it to you for your signature. She will enclose an envelope addressed to your state's Department of Records. It will be up to you to send the signed and completed form to them. DON'T. No one will ever be the wiser.

If you are concerned about this lack of identification, forget your fears. When the baby is several weeks old, take him to get a passport. The passport authorities seldom ask for a newborn's birth certificate.

Having the baby christened or baptized is also another way to get around a birth certificate requirement. I have yet to hear of any official agency that will not accept a baptismal certificate in lieu of a birth certificate as a means of identification.

At the turn of the century, many people went through life without a proper certification of birth. Hopefully, at the close of this century, a colony of people will exist who began life by evading the state and kept on that course throughout! Maybe then our first steps toward freedom will become plain steps.

National organizations concerned with natural childbirth: International Childbirth Education Assoc. P.O. Box 5852 Milwaukee, Wisconsin American Society for Psychoprophylaxis in Obstetrics, Inc. 164 W. 79th Street N.Y., N.Y., 10024.

## Out On A Limb Of His Own

Ken Whiting built a tree house in Palo Alto, California. Ken is the caretaker of a Sequoia forest and an architectural student. So he built the tree house, using no nails, with five floors, kitchen, workshop, bathtub, all the necessities of home, 48 feet above the ground.

But his split-level high-rise was a bit too new an idea for local authorities to handle with any good sense. The police, on the other hand, had the good grace to see no harm in his effort and went back to fighting crime. But the local building inspectors had different ideas. They investigated and they investigated—for six months or more. Result? Ken can live there, but only if he agrees to certain requirements.

Part-time living, you see, does not require building codes. Full-time living requires that you build, (create) and live (free) according to county building codes and bureaucratic revenue-producing regulations.

It is just this kind of rampant bureaucratic credo that is creating a lot of part-time Americans. More citizens leave our shores every year, for good, and one of the main reasons cited etc. after TAXES AND INFLATION, is political harassment. (Reprinted from Apr. 71 DOLLARS AND SENSE, National Taxpayers Union, Suite 305 416 2nd St. NE, Wash. 20002) \$10.00/year.



# WILD WAYS

## TOWARD FOOD INDEPENDENCE

Most people who claim to 'live off the land' for a short time, in reality live mostly off their fat. A pound of body fat supplies about 3500 calories; most refugees from the Slob Society have at least 15 pounds, which will fuel them for two weeks to a month, depending on how active they are. P My own experience: Even in the middle of summer while eating wild berries in large quantity (often a gallon per day), I also consume about a pound of staples per day; in winter its more like two pounds. P Our immediate food objective is to obtain fats, proteins and vitamins -- everything but total calories and maybe some minerals -- thru a combination of foraging, hunting, trapping, underground hydroponics, and cryptoculture (camouflaged farming) plus simple processing techniques, and do so in 3 hours a day or less, on the average. We will 'import' only staples -- mostly grains and pulses -- which are very inexpensive in bulk and which can be stored many years in a cool, dry, inert atmosphere. We hope to accomplish this within an other year. P When visiting the SS we will still happily eat some of its tastier less-contaminated goodies, but will not depend on them. P We value food independence second only to a vocation (invulnerable home base). P Here are some more reprints from GUIDE TO COMMON EDIBLE PLANTS OF BRITISH COLUMBIA, Szczawinski and Hardy, British Columbia Provincial Museum, Dept. of Recreation and Conservation, Victoria. Unless otherwise noted we have foraged all of these ourselves at one time or another. KAYO & Dr. GATHERER

### Bracken Fern



### Pteridium aquilinum

**Other Common Names.**—Brake fern, eagle fern, pasture-brake.

**Description.**—Coarse fern from long underground rootstock (rhizome). Frond distinctly 3-forked, broadly triangular in outline with numerous, oblong to linear divisions. The mature spores give a brown, velvety appearance on the under-surface.

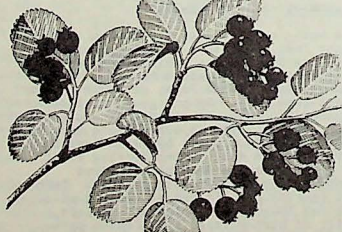
**Habitat and Occurrence.**—Dry open woods, pastures, and clearings. Generally throughout the Province except at higher altitudes, reaches its best development in the Coastal forests.

**Food Uses and Comments.**—The rootstock may be roasted, peeled, and powdered; the inner starchy substance may then be eaten or ground and used as flour. The young unfolding stems may be used as a cooked vegetable; to many people they taste like asparagus. Pick the stems when they are about 4 to 10 inches high, remove the brown wool-like covering, wash, and boil in salted water.

The bracken is most widely known and is the commonest of our ferns, but very few people realize its use as a vegetable, especially early in the spring, when cultivated vegetables are scarce.

**Other Ferns.**—A few other ferns are tender enough to be used as emergency food, but some of these are bitter and unpalatable, and as there is usually an abundance of bracken, sword fern, and ostrich fern, there is seldom need to utilize the inferior species.

**Caution.**—No one who is not absolutely sure that he knows a true fern from other delicately cut-leaf plants should try to eat them. Some plants, such as poison hemlock, have leaves that, to the untrained eye, could easily be confused with fern fronds.



### June Berry

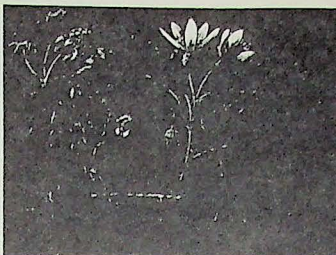
### Amelanchier species

**Other Common Names.**—Saskatoon berry, service berry.

**Description.**—A shrub or small shrubby tree, with oblong or roundish, coarsely toothed, alternate leaves and smooth greyish bark. Flowers in elongate drooping clusters, white and rather large. The berries are on slender stalks, round to pear-shaped, purplish or blue-black, with calyx lobes at the summit, very similar to the fruit of an apple in miniature.

**Habitat and Occurrence.**—Roadsides and moist banks and slopes throughout the Province.

**Food Uses and Comments.**—Because of the excellent quality of the fruit, june berry is valuable for making jellies, preserves, pies, and sauces. The berries may also be dried or canned for winter use. The dried fruit is used also as a substitute for currants. In the early days Indians used to mix the dried pounded fruit with cornmeal, meat, or other food to make cakes of pemmican.



### Blackberries

### Rubus species

There are a number of shrubs commonly called blackberries as they produce a black fruit well known to everyone. As the blackberries are so closely related and in habit are so similar, there is no point in discussing each one individually. Blackberries and raspberries belong to the Rose Family (*Rosaceae*), and it is the fruit-growers who separate them according to the colour of the fruit.

A number of blackberries occur throughout our Province, each one varying to a certain degree from the other. All have trailing stems, armed with sharp thorns, alternate leaves, deciduous or persistent, white or pinkish showy flowers, and dark-purple to black juicy fruit which is an aggregation of weakly connected drupelets.

The species illustrated is *Rubus ursinus*, our native blackberry, which has a fruit of excellent flavour and is the source of several horticultural varieties, such as loganberry, boysenberry, and many other strains.

Blackberries grow prolific in Siskiyou, but mostly around cultivated lands, unfortunately. But we have found black-raspberries in quantity on clear-cut timber lands near the coast.



### Thimbleberry

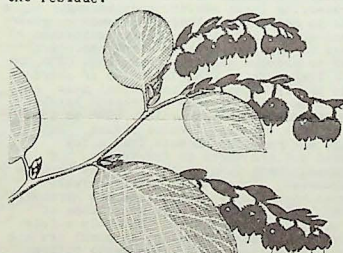
### Rubus parviflorus

**Description.**—Erect, unarmed shrub, up to 8 feet tall. Leaves large, deeply cut, resembling maple. Flowers large, white, in terminal clusters. Fruit red, hemispherical in shape.

**Habitat and Occurrence.**—Open, wooded, moist and dry places up to subalpine level, particularly abundant from the Coast to the Rockies. Occasionally very profuse, forming thickets.

**Food Uses and Comments.**—Similar to those of the blackberries.

Very squishy -- best eaten as picked. also very seedy -- I usually spit out the residue.



### Salal

### Gaultheria shallon

**Description.**—Erect or partly prostrate wiry shrub, with evergreen, leathery, ovate leaves. Flowers in clusters, whitish-pink. Fruit black, hairy, and berry-like in appearance.

**Habitat and Occurrence.**—Mostly coniferous forest thickets, rocky cliffs, ravines, and exposed shores. Restricted to the Coast and very abundant in many areas.

**Food Uses and Comments.**—Salal is the Coast Indian word for this shrub, the berries of which played an important role in their daily diet, being utilized in various ways. For example, the berries were made into a syrup or dried in cakes. Salal is so abundant on the Coast and grows to such an extent that nearly all are familiar with it.

In the opinion of the authors, the fruit is not only edible, but also pleasant in taste when ripe, and since it is so plentiful on the Coast, it should be placed high on the list of possible sources of food for those lost in the bush.

### Oregon Grape

### Berberis aquifolia and B. nervosa

**Description.**—Shrubs with evergreen, compound holly-like leaves and yellow flowers in an elongated terminal cluster and with blue berries.

**Habitat and Occurrence.**—Woods and dry hillside thickets in most parts of the Province.

**Food Uses and Comments.**—The berries may be eaten raw or used to make an excellent jelly.



### Oregon Grape



### Wild Rose

### Rosa nutkana and other species

**Description.**—Erect shrub usually with thorny stems, and with normally 7 broadly ovate, toothed leaflets. Flowers usually solitary, pink and showy. Fruit (hips) orange-red, very conspicuous.

**Habitat and Occurrence.**—Open woods, ditches, scashore, throughout the Province.

**Food Uses and Comments.**—The fruit or hips when ripe make excellent jelly or marmalade. One method for making marmalade is as follows: To 1 pound of hips add 1/2 pint of water, boil till tender, pass pulp through sieve, mix in 1 pound of sugar to 1 pound of pulp, and boil again until it jellies. Any preserve from rose hips is unusually rich in Vitamin C. For this reason, medical authorities emphasize their value as they are rich in Vitamin C than oranges. We enjoy the raw hips, which often remain on the bush and palatable well into winter. But we question the value of PRESERVES for Vitamin C. Vitamin C is easily oxidized -- destroyed in processing.

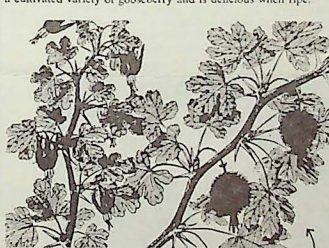
### Gooseberry and Currant

### Ribes species

Native species of gooseberry and currants are quite often found in our Province. None of them are poisonous, and some produce a very palatable fruit. Almost everyone knows them, as in habit they closely resemble the cultivated varieties, and can be easily identified by the maple-shaped foliage. The fruit is a familiar berry with quite a characteristic flavour. The fruit of the wild species of currant is generally small and often sour, but it may be eaten raw or used for preserves. That of the wild species of gooseberry varies greatly in size and quality, with some species having a pleasant sweet tasting fruit.

To represent this numerous genus, one species of gooseberry, *Ribes lobbii*, and one species of currant, *Ribes lacustre*, are illustrated and discussed.

*Ribes lobbii* is the gooseberry with the largest fruit, but is found only in a very limited area on Vancouver Island. Its fruit resembles a cultivated variety of gooseberry and is delicious when ripe.



### Elderberry

### Ribes lobbii Sambucus cerulea

**Other Common Name.**—Blue-berried elder.

**Description.**—Coarse shrub with several stems from the base, up to 15 feet tall, with brittle, pithy twigs. Leaves divided into 5-9 leaflets; leaflets lanceolate to elliptic. Flowers small, white, numerous, in flat-topped umbel. Fruit globose, bluish-black with a waxy bloom.

**Habitat and Occurrence.**—Valley and stream borders in open situations. Restricted to Vancouver Island and southern British Columbia.

**Food Uses and Comments.**—The berries may be boiled, raw berries steeped in water make a refreshing drink. They are also used for pies and jellies.



This species is known under the synonym of *S. glauca*.



The other species, red-berried elder, commonly occurring throughout the Province, has an unpleasant taste, although considered to be harmless.

Foliage said to be poisonous; pick carefully to minimize losses. Dr. G. became sick once eating elderberries in quantity (Mt. Pinos urea, S. Cal.); Rayo didn't. First try just a few.



Evergreen Huckleberry

*Vaccinium ovatum*

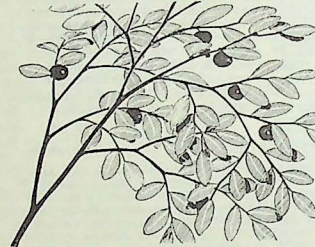
Other Common Name.—Shot huckleberry.

Description.—Erect, evergreen shrub up to 8 feet tall. Leaves very numerous, narrowly ovate, leathery, dark green and lustrous above, and paler green beneath. Flowers pink, small, up to 10 in a cluster. Fruit a shiny black or reddish-brown berry.

Habitat and Occurrence.—Shrub rich in humus in coniferous forests, particularly on the west coast of Vancouver Island.

Food Uses and Comments.—The fruit was gathered and used by Indians for food, but it is a bit too acid and too small for commercial use. As this fruit occurs in such profusion, many people along the Coast eat it fresh or preserve it for the winter.

Very common in Skagit County. Berries ripen gradually thru much of the year; not many at any one time so they are time-consuming to gather in quantity. I have picked as early as July 1; as late as New Year's Day.



Red Huckleberry

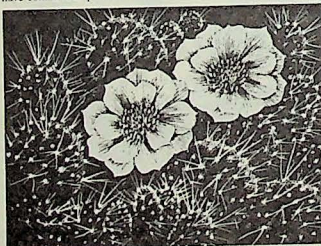
*Vaccinium parvifolium*

Other Common Name.—Red berry.

Description.—Erect shrub with green stems prominently angled, up to 12 feet tall. Mature leaves deciduous, thin, oval to oblong-elliptic, not toothed; juvenile leaves persistent, leathery, finely toothed. Flowers pink, in the axils of the leaves. Fruit a globose, bright-red berry.

Habitat and Occurrence.—Open coniferous woods in the Coastal area.

Food Uses and Comments.—The berries are a well-known article of food, very delicious and refreshing whichever way they are prepared. They may be eaten raw, or in pies, jellies, etc., and have commercial possibilities.



Cactus

*Opuntia polyacantha* and *O. fragilis*

Other Common Name.—Prickly pear.

Description.—Perennial prostrate plant, forming low spreading clumps. Stem joints egg-shaped, armed with needle-like spines. Flowers yellow, showy, short lasting.

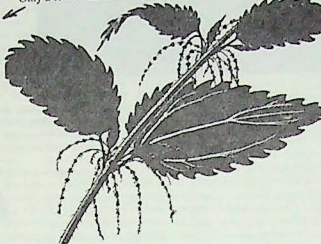
Habitat and Occurrence.—Common in the dry Interior of the Province, on Vancouver Island in isolated rocky localities on the coast, and on some of the Gulf Islands.

Food Uses and Comments.—The young fleshy joints may be roasted, boiled, or fried, after first removing the spines by burning or by slicing off joints and outer coat in one operation.

Prolific in S. Cal. coastal hills. Fruit ripe in late fall -- turns purple, wrinkled. Pulp is then easily squeezed out -- looks and tastes like jam.

Some of the best-known edible berries growing in our Province belong to the group which we indiscriminately call blueberry, huckleberry, bilberry, wortleberry, or cranberry. Whatever local or common names they are given or whatever colour of berries they produce, all belong to the same genus, *Vaccinium*, and are members of the Heather or Heath Family (*Ericaceae*). In our flora this genus is represented by some fourteen species. They are chiefly erect shrubs or sub-shrubs, and produce fruit which is so familiar to many of us. Without exception, all of them are edible and some even choice.

Only a few of the most interesting are discussed in this booklet.



Nettle

*Urtica* species

Description.—Tall perennial plant with simple erect stem. Leaves coarsely toothed, and with stinging bristles. Flowers very small, green, and inconspicuous, in the axil of opposite leaves.

Habitat and Occurrence.—Shady borders along streams, in woods along the Coast and in the Interior.

Food Uses and Comments.—The young shoots as they appear early in the spring may be boiled and used as a spinach. Nettle tea: One quart of boiling water to five large handfuls of young tips; infused for several hours.

According to Coon (1957). "Medicinally, in herbal practice, nettle tea was used freely as a blood purifier and as a possible cure for rheumatism.

"Another interesting use is as a fibre for textile purposes. In Britain nettle has been used as a substitute for flax and it is said as well, that an excellent paper may be made from these fibres."

## OVERVIEWS

SOME THOUGHTS ON FREEDOM STRATEGY -- V Rayo

Freedom through wealth? Some have said that the best way to achieve personal freedom is to first become wealthy. Here are some contrary points: P Someone pursuing wealth tends to get caught up in associated status games and neglect his real objective. Psychological paralysis sets in. P Of freedom-seekers I have known who tried to get rich, most have not been successful, perhaps because they know too much to play the games with the same dedication and intensity as do the Middle American strivers. The few wealthy libertarians of whom I know FIRST became wealthy, THEN libertarian. P One is more apt to be successful, and perhaps even get rich, doing something he enjoys doing and which he can do without contradicting his values, than he is doing supposedly-high-income activities which he doesn't enjoy. P There are formidable and increasing hazards to preserving large wealth, once earned. Access to Swiss banks largely depends on government controlled mails, telecommunication and air transport. Cashing large amounts of silver is arduous and time consuming. (\$50,000 buys a ton of it.) Also the value of precious metals partly depends on industrial uses, and industry may not continue at present levels. Personally-consumable supplies, such as food staples, are the best form of saving. But storage and rotation of more than a few thousand dollars worth is formidable. P At present there is relatively little vonu to be purchased; it's mostly do-it-yourself. P Most high-income professions are narrowly specialized; dependent upon an economy of tens of millions of people. But only a relatively few people (thousands, at most) are apt to vonu themselves in the foreseeable future; the demand in a small market is for broad skills. P Most of the relatively-free people in North America today have relatively low incomes: "hippies", hobos, some Indians, some Blacks. P Historically, Jews have been no more successful than Gypsies at surviving and maintaining heterodox cultures, despite greater emphasis on wealth. (For what it's worth, Gypsies have enjoyed better "public relations".) P The emerging vonu mini-cultures will probably be more "tribal" than "capitalist" in form; invulnerability precludes large open markets. P There are already millions of people striving for wealth by non-vonu means. So let US develop vonu techniques and practice to sell THEM. P Personal experience: I have only moderate savings; I'm not wealthy by most standards. But my achievement of vonu has been limited much more by time and personal skills than by money. There are many products and services which I could and would purchase if they were available; they aren't. P Of course someone already into a skill or business whereby they can earn much money easily may be well advised to keep at it for a few years and build a nest-egg. But, for most vonuists, I don't think wealth is worth much effort.

## Almost Anything Dept.

TO THE MOTHER EARTH NEWS: Dear Mother, We were happy to see the articles by nomads in TMEN #8 including the reprints from PREFORM-INFORM. But we were puzzled by your "warning" (p28) that "most" of us are "far-Right".

Tom ONCE was somewhat of an Ayn Rand fan. Roberta had socialistic leanings. So Preform is sort of a Left-Right merger. If anything more readers/contributors have grown out of the Left than the Right. But the important thing is: GROWN OUT OF. People busy creating freedom for themselves and comrades lose interest in power games -- Right or Left.

Among us the Left-Right thing is passe. We oppose all wars AND all taxes AND all personal interference -- anti-sex laws, anti-drug laws, 'vagrenancy' laws, etc. -- which puts us clear off the power-seekers 'spectrum'.

No, we don't see "agents of insidious Big Government lurking behind every bush" -- which is one reason we live 'out in the bushes'. We do admit to a "strident tone" now and then. What about "Big Brother's" napalm victims and political prisoners? Would you call their protests "strident"? Anyway, we'd like to hear from other nomads, whether they are "left", "right", "contra-widdershaken" or green with purple polkadots, so long as they are peaceful. PREFORM-INFORM is an open forum -- publishes what subscribers send in. To full-time nomads and troglodytes it's free; to others, three recent issues are \$1.

Peace and Freedom, ROBERTA & TOM, Preform

## THE MOTHER EARTH NEWS

...it tells you how (six times a year)

April 22, 1971

Dear Roberta & Tom:

Thanks for your March 25th letter.

No need to be puzzled nor hurt by our intro line on your material.

We are reaching and turning on a whole new audience for you and this Great Middle Class jolts easily. We have to spoonfeed 'em a little.

If we didn't like you, we wouldn't have featured you . . . but we have to do it OUR way. As for me . . . I think the whole political label thing is a bunch of bull anyway.

Just live and let live and open the channels of communication.

Right on, Polke! And we'll continue to introduce new readers to you as rapidly as we can . . . but, again, we have to do it the way we have to do it.

Peace,

John

John Shuttleworth  
Editor - Publisher

P.O. BOX 38, MADISON, OHIO 44057

SQUAT-SPOT Grants Pass NE7

This squat-spot, chosen for proximity to Grants Pass, can serve as a temporary camp-site for someone visiting the area until he is able to scout around. P From downtown Grants Pass, go north on 7th Street (one way). Do not go on to Freeway (Highway 5); stay in right lane and go under freeway. Street curves into Scoville Road. Go north about a block to Scenic Drive and turn west. Keep bearing right and street becomes Granite Hill Road. Go about four miles to Winona Road. Turn left (north) onto it and go about 1 mile. Look for rough trail going off to left, uphill to high-voltage line (which parallels road). Park along this line. Or continue on trail which curves towards southwest and goes back into the trees (where the vonce was once logging. P There is water (probably yest around, tho I'm not sure) in creek about 100 yards to east of Winona Rd. (runs parallel to Winona Rd.). There is a residence about 1 mile uphill so I recommend boiling or chlorinating the water. P This spot is not recommended for trailers nor for autos with little ground clearance. RAYO jefl



# VonLife 3

SEPTEMBER 1971

COMMUNICATION AMONG NOMADS TROLODDYTES AND OTHER INVULNERABLES

VONU LIFE, Box 607, Grants Pass, OR 97526

Editor, RAYO; Associates, DR. CATHERER, ORION; Publisher, MIKE FREEMAN

Back Issues (VONU LIFE only): 25¢ each plus 25¢ per order, mailed third class. Subscriptions for one year (six issues): delivery every two months by first-class mail, vonuana \$1, others \$4; delivery of issues in batches twice a year by third-class mail, vonuana gratis, others \$2. A vonuana (to us) is someone who lives and lets live, and who lives most of the time out of sight, sound and mind of those unwilling to let live. p VL guarantees to publish without editing at least six photo-ready pages (per subscriber per year) if relevant to invulnerable living, one-half page on almost anything. (We reserve the right to refuse copy we consider slanderous or likely to provoke exceptional hostility.) Single-space type or write neatly in BLACK on WHITE paper this size, ONE SIDE ONLY. (If your ballpoint is blue or your ribbon is worn, send a DARK black carbon copy.) Put anything not for publication on a separate sheet. Deadline for next issue: November 1. p VL forwards without charge up to six stamped envelopes from a subscriber per year; additional forwards are 25¢ each. To save postage on a single letter address it "(person), c/o Vonu Life..." and tape any message to us on the back. Letters may be sent to specific individuals who have published, to people in a geographic area, or for discretionary award to people we believe might want a computable item. p Right to reprint less than 10,000 copies of original otherwise-unrestricted contents is hereby granted to those who reciprocate. Include our name, address and price ("3 recent issues, \$1"). Reprinting from VONU LIFE shall constitute permission for us to reprint in like amount. Write for permission to reprint more than 10,000 copies.

## SMALL ADS

40¢ first line, 20¢ each additional line; or trade. 1000 copies printed this issue.

Am familar with much of Western Oregon: Douglas Co. in particular. Possibly could be of help in locating, learning areas, conditions, survival techniques for serious Vonuana. Will expect reimbursement for time spent on 'tours' exclusive or general. R. Parks, 82010 N. River Drive, Creswell, Oregon 97426.

Are you coming west this fall? Will your vehicle have spare space and weight capacity? We will pay \$6 per hundred pounds for cleaned hard red winter wheat delivered to Grants Pass: \$5 per 100 if uncleaned (a few kernels unshelled). Will buy up to 1000 pounds. You can probably pay for \$3 to \$4 per 100 in areas which grow hard red winter wheat (northern plains); maybe less direct from farmer. Also interested in lentils, red beans, minto beans and other dry pulses at \$16 per hundred; rice at \$13 per hundred (grown in Sacramento Valley). We recommend you confirm with us before purchasing. Wheat MUST be hard red winter wheat, whole grain. If you don't know how to identify it, ask us for sample. VL.

FOR SALE: 6000-pound supply cache near Bella Coola, British Columbia. Contains: 220 pounds hard-red-winter wheat, 98 pounds white sugar, 50# dry non-fat milk, 70# honey, 45# rape-seed oil, 40# soybeans, 35# brown rice, 15# split peas, 10# brown sugar, 5# sunflower seeds, 5# buckwheat, 5# table salt, 4# millet, 3# rye, 2# alfalfa seed, 25# TSP concentrated detergent, 15# "pinex" heavy-duty scrub detergent, 6000 book matches, 1000 rounds 22 long-rifle ammo. Weights are approximate but total over 600#. p Presently stored in poly bags within 17 five-imperial-gallon metal cans, within cloth shed at rural home of libertarian living full-time near Bella Coola. Purchased summer 69 in Vancouver; transported immediately to Bella Coola; untouched since. Wheat purchased from Mormon-managed Ellison Milling Co.; special book for storage by (mostly) Mormon customers. Conditions Storage paid thru Dec. 71; continued storage with same party can most likely be arranged by vonuana or libertarian. p The Bella Coola area has low population and plenty of unhabited wilderness. Good access by sea; fair access by land. Valley grows most crops including many fruits; sunnier than most of NW coast. p Price: \$100 as is. (This is less than what the supplies, not even counting milk and oil, comparably packaged, would cost in Los Angeles.) Milk and oil are included gratis. The owner certifies that he has no reason to believe that the supplies are not in good condition; with the possible exceptions of dry milk and processed oil (edible) which have relatively short storage life. For extra fees an independent appraisal of contents of cans, insurance, etc., could be arranged. p Good quality wheat stores 10 years or more if kept dry and cool, according to Mormons who have been doing it. Also wheat, most other grains, and most legumes can be sprouted in jars; a test of condition. p Food is THE best form of savings or life-insurance. (Silver and gold are actually USED by comparatively few people -- principally big companies in big cities.) Cache is for sale because of change of life-style and location. Write VONU LIFE (a)

(Note: In general we recommend the Bella Coola region over Siskiyou (where we are) for anyone to whom ANY of the following applies: seeks an emergency retreat rather than full-time wilderness living now; plans homestead (agriculture, etc.) rather than nomad/trog living; sea-nomadic rather than land-nomadic; wants extensive trade/association with local (non-vonu) populace; has children (past infancy) who have lived mostly in populated areas; is large already-formed group without heavy vonu/wilderness living experience; wishes to emigrate to Canada for draft reasons; is not making vonuism his 'main career'. See articles by ex-PF editor Tom Marshall and others in May 67 INNOVATOR or MOTHER EARTH NEWS #5. RAYO.)

THE MOTHER EARTH NEWS tells you how: the new life-style; homesteading; natural foods, free land, solar heat, wind engines, tipis, domes, free transportation, working at home, alternatives to regular employment, and much, much more. A typical issue contains over 100 packed pages. It tells you how six times per year for \$6. Box 38, Madison, Ohio 44057.

Access Catalog, a readers and researchers guide to alternatives. Resources on technical and how-to-do-it information. \$1 an issue. \$8 for year subscription, 10 to 12 issues per year. New Life Environmental Designs Institute, Box 648, Kalamazoo, Mich. 49001.

THE ATLANTIS NEWS reports on Operation Atlantis -- an attempt to found a new, liberated nation as an artificial island in the Caribbean. Our exploration and supply boat, Atlantis II, is now under construction. 5 issues, \$1. R.D.5 Box 22A, Saugerties, NY 12477.

NATURAL LIFE STYLES is an organic guide for living. We attempt to serve as a responsible information exchange for people tuning in on themselves and their environment. Real food for the body and soul is our chief concern -- painted cakes do not satisfy hunger. Single copy, \$1.60. one year (4 issues) \$3.00. Box 160, New Paltz, N.Y. 12561.

BETTER WORLD NEWS is a series of positive statements on how the people themselves can live better for less money and save their environment at the same time. "Locating and Buying Low-Cost Land", "Earning Money in the Country", and much more. Sample 26¢, money-back guarantee. Paradise Publishers, PO 5372, Santa Barbara, CA 93103.

AGORIC BOOK STORE, 4700 E. 7th., Long Beach, Calif. stocks wide selection of new/used paperbacks, underground press, libertarian publications, buttons, bumper stickers, psychedelic posters. INNOVATOR back issues on alternate life-styles, nomadism, wilderness living, emigration, urban survival, tax avoidance, Swiss banking, underground storage, liberation strategy, etc.; big discount on sets. Open 11 to 10 every day. 213-434-7590. Stop by when you are in the area. Sorry, no mail orders.

SOL III, a new journal for Students of Objectivism, is published monthly on the International Fixed Calendar (13 issues per year) at 1909 Green St., Philadelphia, PA19130. Articles on philosophy, economic theory, history. Editor, Nicholas Reader. One year, \$7.65; single issue, 75¢.

Exchange ad for VONU LIFE. If you have a newsletter, please publish it and send us yours: "Peace and freedom begin with personal invulnerability." VONU LIFE discusses nomadic, troglodytic, and other ways of living away from those unwilling to live and let live. 3 recent issues, \$1. Box 607, Grants Pass, OR 97526.

The Church of All Worlds is dedicated to celebration of Life, maximal actualization of human potential, the realization of ultimate individual freedom and personal responsibility in harmonious eco-psychic relationship with Holy Earth. Our monthly newsletter, GREEN EGG, may be obtained by subscription for a donation of whatever you can afford (ideally around \$6) 13 issues per year, 34-45 pages/issue. C.A.W., Box 2963, St. Louis, 63130.

## ABOUT US

MAIL and VISITS: Orion joined 'our tribe' last month after an epic cross-country journey. (See his letter further on.) With more of us we can time-share communication chores and have more-frequent contacts with the 'outside world'. Mail is now picked up at least once a week. So if you are traveling and will be aquatting around here for a while, and if vonu is your thing, chances are at least one of us will be around and would enjoy rapping.

DROPS: We will arrange a drop near Grants Pass, with easy access to highway 5, for any subscriber who wants to pick up there. We are still seeking drops around LA and SF Bay. Subscription rate for delivery to drop: vonuana, gratis; anyone, \$1 per year. Someone going north and south twice a year or often will get as good delivery this way as by third-class mail, at half the price. Present subscriptions may be changed over by request and will be extended proportionately.

WORDS: "Liberty with Love", VL2 page 5, and other 'Opting Out' articles in past issues, were written before our present terminology was adopted. The words "liberty" and "liberate" should be replaced with "vonu". See "Thoughts on Freedom Strategy IV", VL1 page 14, for current definitions.

ROYALTIES: I neglected to mention last issue: when reprinting we pay royalties and concern ourselves with rights only for articles originating in preeminently non-cooperative publications. People who insist on violence or advocate its institution cannot, consistently, claim 'intellectual property rights'. We are especially happy to rip off books put out by State agencies.

FENTON: There are two letters for forward to him. (He isn't a subscriber and his original envelope was accidentally thrown out.) If you are in contact and happen to be writing him, please tell him to send us a current address.

WAGE-PRICE FREEZE: This came as somewhat of a surprise -- I hadn't expected it for another two years or so. I won't attempt to guess at the motivations of the Number One Bludg and his advisors; whether the freeze is just window dressing for the dollar devaluation or the beginning of heavy fascism. But even if the bludg intend for the freeze to be temporary, political pressures are apt to bring extensions; lots of naive people believe price controls would be a good thing. p Of course inflation is not caused by greedy unions and businessmen, but by money policies of the feds. Like any counterfeiter they can't resist 'printing' more money, and more and more and more, which naturally becomes worth less and less. p The market price of something is that price at which supply and demand are equal at the moment. If government interference with which keeps this price below what it would otherwise be, increases demand and reduces supply. This means shortages. Shortages bring cries for rationing and forced labor. 'Permanent' controls usually begin on just a few commodities but this increases demand for and prices of other things which causes them to be interfered with, etc. p Raw farm products are not included in the present freeze. Most agricultural commodities have actually gone down in price since the freeze; partly in anticipation of big harvests, partly because the dock strike is holding up exports. They are only a little more expensive than at this time last year. Also most manufacturers and stores anticipated controls and raised prices and wages an advance. So I don't expect many shortages IMMEDIATELY. Which makes this an excellent time to increase stock-piles. p This autumn we plan to increase stores of foods and other essentials to a two-year supply; in the past we have only kept 6 to 12 months reserve. Eventually (next autumn) we want to have a ten-year supply. This requires storage of high-oil foods (the most difficult to forage) below freezing, which we are not yet equipped to do. (In a future article I'll tell how we do.) RAYO



## Situations / Searches

SOME "MATERIAL" FROM ORION

August 25-29, 1971



at this time I am in what I hope to be only a transition period. I am working on a secure base in Colo. Mt. for Summer and Fall, and then travel southern NM and Ariz. in Winter and Spring. I find I can blend as well as I can in all these areas. However I still have to work from time to time to gather up some money to get strung out. Fabido NM is about 260 miles away till they get new short cut road finished. E. near Farmington, NM

We've been traveling since January 1970. As so up north when it's hot down south and so south when it's cold in the north. Except this past winter -- we wanted to go through the winter to see what it's like. Kind people let us stay on their terms in a cab-house -- there's a fishing house. We went through the worst months and started traveling again. We live off the land, the food of the earth... We also have a mother out and two kittens traveling with us. ALBERT & MARY, New Hampshire

Hello. My name is Randy. My travelling companion Coke and our three children left New York in our school bus headed for Montana with high noses and trust in our fellow man. You know the story -- hassles. So after reading an old issue of *Scallop* I'm writing to ask for further details on spots we can park. We are planning to split Montana as soon as we reach some resemblance of financial stability -- heading in a southerly direction looking for a place to plant the garden we couldn't get together here in Missouri .... peace, RANDY

My current plans (June 19) are to return to the West Coast this fall. If I could meet someone I would try to stop in the Skokyo region for a spell. After that I intend to continue down to LA and try to find work. If things work out okay and I can spare the money I'll be trying to start a nomadic business this winter. It's an uncertain thing (especially without such capital) but if I can get something going it might be an easy way to stimulate us for VNU activities and people. In any case I want to meet as many such people as possible with a view toward prospective commerce. RKO

Hello! I'm a freak who lives in a strange place -- a prison... W.F.C. turned my friend on with their outlook and it was the first decent thing I've read in two years -- because they've just finally opened up the mails for us prisoners. We sell and receive matter concerning prisoners. I lived at the Federal Star for a year and in 68... a few miles from Sebastopol in Calif. I came up here to Washington after that and I was living in this house in a little town out in the woods with a landlord and rent and all the other crap that goes along with it. Dig -- I had these super square cells and one guy said a dozen of them came up to the house and told me I had to cut the grass cause I'm running down their neighborhood. And I told them grass was beautiful and so to try on it for awhile and they'd see -- but they just didn't want to see. Then my landlord says pay the rent and cut the grass and I said fuck all this shit. And by this time I was a Chevy pickup and split into the heart of the forest and loved it. Yeah there were lots of hassles and not by people -- that is for two months when a crew from the "Forest Service" discovered me and I had to split again -- unfortunately to the city, where I got busted with a healthy amount of weed. So now I've got time to do for the future (all powerful boss that they think they are). But they haven't and can't change me any no more old lifestyle it will be cause I love it.... Love, KAHN, Wash.

Am Old School of Living buff, 1946 circa. Attended Ralph Borsodi's seminars one year in Suffern, N.Y. (then fresh out of U.S. Army) and hired on as apprentice farm hand for rope, coffee and bread's wisdom. Later to U.C. Berkeley and years of Entomology (i.e. Academic Union Card) plus work for corporate U.C. in Bio. Control field (17 years). p Now retired on Soc. Sec., U.C. pension, & V.A. disability. I ever lived in the corporate State. My head has been turned on by your beautiful brochures and possibly Ayn Rand's "Atlas" -- but I must re-read her works -- now that I have time to think a philosophy thru. Of course the "Slave State" has a lesson on me as a 68-year-old. I don't think like the young ones -- but I intend to try the nomadic thing -- perhaps in 4wd camper-truck, self-contained, e.g. Jeep or Land Rover plus Alaska camper -- if possible. However another alternative (I might get "cabin fever" in camper) is a mobile home on Oregon Coast (know of one near Lincoln City) instead of trying to squat on beach or in hinter lands. Would hope to live off land, ocean, stream, etc. -- but of course then it'd be tied into the State! If younger there'd be no doubt as to course of action. p I do hope you folks keep going -- especially on practical, realistic objective side of "Flight from Urbanism" and get it going in the philosophy. Good health, good luck and peace from an old brother. Carl, near Berkeley.

Am thinking of backpacking in the northeast next year as prelude to year-round wilderness living. Would like to hear from kindred souls in Chicago area. BILL, Riverside, Illinois.

Hello and best greetings: I am a subscriber to VNU LIFE and would like to correspond with other neo-nomads, trags, etc., if possible. I will save you during last part of August and would like to travel other States and meet other people of the nomadic life attitude. p I have included a brochure on the shower king which takes care of showering in van vehicle I find.... I have a ready made one -- it works fine; just a pan and you have a bath.... DOUGLAS L. MILLER, San Diego, CA 92103.

To Douglas: Thanks for info on Shower King. Do you or anyone know their address -- the brochure had order form (with address) clipped out. RKO

anything you make or have or do that someone else can use: Put it in black and white on an 8 1/2 x 11 piece of paper (drawings, photographs, whatever) and the People's Products Clearinghouse will print, as is, in a giant catalogue of People's Products. Be sure to include: what you want in return; how many you've got or want to make; your address. Box 3102, Berkeley, Calif. 94703

We have gotten rid of our truck and camper -- now we have a nototiller and goats. We have vague plans for going nomadic again -- this time on foot -- the nototiller will stay behind, the goats will go with us. BUT -- we will not travel to "get away" from anyone or anything -- we will travel because it is good to do so -- to share with others the new freedom and knowledge internal and external. .... One of our goats kicked last month giving us a male and a female kid. Since we are not sure where and since Kevin adopted the male as his own, we are looking for ways to utilize the buck's size and strength -- goat carts -- ideal for riding to P.O. and local grocery store -- also -- if and when we travel again, cart up two or three handy for carrying needed supplies and small children. Also goats are supposed to be able to pull small play set ups. Unfortunately, I have been (as yet) unable to find plans for carts, harnesses, etc. Does anyone but there know anything about such things? Love-peace TOM, The Moco Ranch, Box 74, Fabido, NM 87831

Howdy, folks! During August, I was your mail service for VNU LIFE. No other human hands touched the insides of your envelopes once you saw them disappear down the slot. The "busy office of VNU LIFE" (where dozens of people sit around all day setting mail & answering letters, just like at TMEN (uh-huh)) this month consisted of a small nylon backpacking tent, and a paint can stuffed with envelopes. So, mistakes in processing are quite probable. If something's missing you should have got from V.L., let me know.

It surely is regrettable that most folks are still sending \$2 for subscriptions (as advertised in Fall 70 WEC). This is an old, old price from before Preform/Inform #12 which now only buys 3rd class delivery of 3 issues at a time, every 6 months. If you'd like VNU LIFE 2/5 V6 sent 1st class to you as published, please send another buck! I felt really bad watching the sub. money come in (especially cash) & not being able to send you anything. But see! You ain't been ripped.

### My life style

Is kind of nothing right now. Didn't make it cross-country by bicycle as I said I would, in VNU LIFE 1. (Glad she "name withheld"). Biking is cool if you want to go SLOW & enjoy the scenery... like, 3 1/2 - 4 months cross-country! Not 1 1/2 months...

Plan to get set up in a good sized lean-to (6 mil polyethylene to start, better materials as needed) will report more in January back on National Forest land before the mean Oregon winter attacks with its rains (in mid-October). Also have use of a friend's half-finished house for when winter gets too heavy. That's the easy way, I know, but I've never lived in anything but a house and -- well, more on puns in a moment.

Don't own any sort of vehicle now. I hitch some, backpack some, and get tazed around a lot by friends, with all my possessions. Since I got to Siskiyou region early in July, I've had 5 different week-stay spots, 2 of them while doing work for people. This sort of non-vehicle nomadism is not so real. A definite base is a necessity: place where one constructs a good fireplace & cooks most meals, has library, work & crafts "shop", and keeps majority of possessions. In other words, his

Vonum (see VL #1 for term). For people who dig truckin' around a lot, this is the place you can leave for 2 weeks while you're hitchin' to Eugene or Port Angeles, or bicycling to Crater Lake (haven't done it yet, but I'm gonna, dammit) and come back to, with no paranoia while you're on the road, of "aw shit, is some bludg, or reneek hunter going to find my camp & rip it on me?" The central point is that most people, and me, just dig having possessions & having a place to keep them together. I started to get it off onto a primitivism kick where I thought I could carry all my shit in one backpack, lead, or 2, or even "a horse, and just drift around. But it don't work that way with me. First a quarter, then a few good useful books, then some cooking utensils... & pretty soon you've got a pile, man. So, recognize the facts, & provide a place for your possessions to keep them in good shape.

Struggle! But then, nobody's ever written a book on living without a "legal" type residence, a "homestead", on getting a civilized life together in the 20th century that is "out of sight, sound and mind of those unwilling to live and let live"; how have they? Looks like it's us, people, whose writing that book. There are no "manuals" for a VNU life "save this one."

So let's here more from you people, nomads & trags! ...Anyhow, I have scouted a very small portion of Siskiyou & haven't found my vonum -- "base camp," as Western States Adam calls it, yet. Had a good camp with the Wonder Meadow Family, back in a National Forest, for about 10 days this month. The Wonder Meadow Family, we were just a flower group of funky freaks who came together by mutual love of the Meadow. But I couldn't get all the way into the Meadow camp, because it's not VNU -- it's on a Forest Service Road, albeit a poor road, marked "Dead End" at the entrance, enough to discourage most folks, and it's exposed to view. While the forest police are here cool right now (they visited us, laid on us a rap about forest fires, dig around the campfire &c.) there's no telling when the scene could get uncivil. In Takima now (just south of Cave Junction Oregon) the vibes are verrry un-mellow, people are gettin' 20 yrs when they go to harvest their cannibals, the freaks had to shoot (with GULBS) at a group of vigilante roadblocks who came to throw them off the land (mostly "public" land). So the bludg can play forest boy games too (though I suspect that the plots of manhuana weren't well hidden & were easily stalked-out). Wonder what the narcs do with all those plants. Hmmm...

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### political rant

Well, Nixon (a Republican) has done the thing we've all been waiting

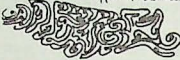


for. How much shit can you people take? "Well, let's combat inflation, o.k.?" Let's have everything planned & controlled. Let's have no more uncertainty, o.k.? It scares us. Do your part, will ya? "Things aren't quite bad enough yet to go live in a tent, are they? When will they be ...?" Well, I'm happy anyhow. A ~~good~~ very good brother just wrote me a letter and I don't think he'll mind if I share part of it with you:

"I'm coming out, soon, like 3 or 4 weeks. I've been mostly stuck in what Rayo calls psycho-paralysis for a couple months, but the latest dirty deed of the Minister - wage & price controls - has shocked me out of my lethargy. Not that it was unexpected; we knew it was imminent for months now. But the reality of it, man, it's like a nightmare come true. Anyway, I decided long ago that I'd never work for a controlled wage, so that takes it. Nothing left but to get off the sinking ship fast, get underground, start building a free life."

Beautiful.

Pardon us: we far-right libertarians" (Ayn Rand-Type) do get a little heavy when it comes to fuckers tryin' to push us. End of Political rap. (I'm not an Ayn Rand type - libertarian any longer. I'm an "Orion type" libertarian.)



Anyway, sure it is, out at the Meadows. I noticed that my hair and mustache patterns were free, loose, flowing like the creek near the meadow. When I lived in the city I'd adopted masculine my masculine patterns were geometric, circles, arrows, rigid patterns, interesting, in effect past. Before you trip, spend the whole day lying by the water, watching it swirl over the rocks.

On Runin

To Adam, Western States. Man, I can dig your trip. Very similar to mine. But watch it! Your ideas on the MMM are pretty right-on, but you are still implicitly a vehicle nomad if you hire a retired farmer or odd-job man with a pickup truck. [people wondering about this rap? see p. 8 of VONU LIFE #19] and Adam's article in Prebina #12 (?) Or the couple who "stuff selected personal goods into duffle bags & climb aboard a Greyhound bus headed for the small town where they'll hire the truck driver." I was groovin' on your article till I came to this paragraph. Man, what happens when gasoline for that farmer's truck is available on ration basis (it's coming, people - don't shit yourselves) & costs \$3.50/gallon (& \$3.50 3/4)? These PPW-Vs people better know a better way to move their stuff. What happens when the Greyhound's ain't runnin' - or are carryin' troops to quell the fucking hunger riots? (just my far-right imagination gettin' away on me) Anyway, Adam, we're interested in livin' out there in those boonies, aren't we? even when the juices ain't flowin'! [Perhaps the prettiest time of all, also the least populated time, is winter after-snow]. Not livin' in the city! I don't think the Post-Catastrophe era you envision will be too bad out in the country. At least here in Josephine County Oregon, the people are a bit of a stronger breed than elsewhere I've been. They're rough & tumble & they're rednecks, but they are more self-reliant than city/sub-urb types. They keep to themselves and they just want to be left undisturbed. You can play the freeks versus the rednecks games with them if that's where your head is at, and many of the Takilma freeks are usin' their energy this way. You can also deal with them on their terms, trade with them, learn country life from them (like, I could use some lessons in horse riding & care).

Myself, I want to make money in parallel to the state. This requires a vehicle. And PYRO EGON has helped straighten my head on the "MMM" as part of vehicles (Naw - Made Murder machines) by making me think I over some more. Thanks, much, PYRO. Really! Let's hear more from you!

- 1) Nomads drive very little, therefore pollute very little, therefore also conserve the metal resources wrapped up in their engines.
- 2) Nomads hang on to their rigs for as long as possible, since these are their homes/livelihoods. This conserves metal resources.
- 3) Nomads drive carefully as a rule. They are truckin' their homes with them, remember. Killing effects on kidneys due to ~~vehicles~~ not vehicles.
- 4) Internal combustion engines can be converted to run on methane a) fuel, which is a highly ecologically wise fuel (see Jim Stumm's excellent article elsewhere in the issue). Also, it makes engines b) pollute less, and because they burn cleaner they last longer which c) conserves metal resources.

As for what vehicle, think over the following: 2-cycle motorbikes, 4-wheel drive, small van or probably 4-wheel drive pickup. Motorbike has interesting advantages: one can easily store (cache) 100-200 gallons of gasoline which is good for 3000 - 10,000 miles depending on the bike. This way, when the rationing comes, one doesn't have to change from reliance on vehicle to feet, discontinuously. 4 wheel drive will carry more freight - an item of interest to those attempting to make money - and get out hairy spots. Best vehicle is 4 wheel drive pickup I imagine, the servicing is expensive. With all these vehicles conversion to methane combustion frees you from the gasoline racket, which is ecologically not too sound at present (kind of 'slick' at times too) & is depleting resources of oil, causing Alaska to be fucked over, as well as

being thoroughly wrapped up in the State (I hear wars are fought over oil). So who's going to be the daring entrepreneur who opens the first underground methane-bottling plant? Methane is exquisitely sensitive stuff, ain't it? Anyhow Adam, be aware of "impurities in your life-style". Recognize them & account for them. Why don't you come on out to Oregon & get together a community with us, anyway? You dig isolation from other vovnans? I sure don't.

Another "impurity" I might mention is that of associating with people not vovnu - especially living on homesteads. I see nothing wrong with staying here at my friend's half-finished home, or even when it's finished [except that I may not get enough practice in remote living], since he's sympathetic to vovnans (just doesn't want to live in a cave 'til he has to", which I can dig, especially since he's far better at survival than I am).

One other interesting "impurity" is with people who think they're being "primitive" and "gettin' back to nature" and then buy hiking boots made in a factory, or even use a plastic jug to get water (or a welled magnesium pack frame for backpacking). The Aquarius Project in Berkeley has many succinct thoughts on this matter. Fuller is right. Technology is where it's at. (You too, PYRO). Do more with less via synergy. Now the task is to get some of that technology out of the fucking hands of the state & into the hands of some vovnans. PYRO, that's your thing & I'm really comin' to dig it, man.

The word on "impurities": be aware. Don't delude yourself. (I did for a time.)

SEARCH SEARCH SEARCH SEARCH SEARCH SEARCH SEARCH SEARCH

For people who want to get into a community of nomads in SW Oregon - NW California. Nomads of all kinds, van, pebestian, horses, motorbikes. I am very interested in getting together one group initially, say 5-10 folks, for a very secluded, secure base camp. Eventually have in mind a network - a group of base camps over the entire Siskiyou area as defined by Tom of Prebina & El Rayo, then a group of these groups over the entire Western States. There are many freeks in SW Oregon, sure, but many are not either not interested in trade or even against it (que things away). And a lot of freeks rely exclusively on Food STAMPS for their income, if you can dig where that's at, shunning opportunities for trade. Still, there are many good people out here, and the local freek population will be an asset, not a liability, in the Post-Catastrophe. A lot of people will get shook up by the earthquake, I think they'll get off their asses. I think S.W. Oregon could become the world's first freehold, if the freeks get off their asses. Had a good rap with the guy who runs Field of Merits Natural Food Store in Grants Pass, on the topic of the Catastrophe. If yer passin' thru G.P. Stop in there on the 99 for some mellow vibes & not the world's best selection of nat. food.

I am especially searching for a young chick (I'm 20) who could get into the vovnans life. Please, if you think your head is any - where near where mine is, write a letter.

I've now used 6 pages! Agh! Well, here's my address, anyone:

COMMENTS: VONU LIFE [0] please don't write  
New third-class BOX 607 "Orion" anywhere  
subscribers receive 97526 on the envelope  
introductory info (Grants Pass) VONU LIFE [0] is  
plus some issues immediately (which a fully coded address head.  
may be a month by third-class mail). Thank you.

A few who ordered in August didn't, due to a mix-up of instructions. My apologies. I like most of your words; especially your report on the local 'freeks' ('long-neuts') and your thoughts on 'puritan'. I seek vovnu (invulnerability to coercion), not self-sufficiency particularly except as it contributes to vovnu. For example I see no need to dress in animal skins if I can, more easily, procure and store a 20-year supply of used clothes. (The local dump is often a good gratis source.) On one point I disagree: trade and other association with local non-vovnans should be minimized, I believe. I do some apartment furniture, to lose if they 'misbehave'. Some shows and deliver their kids to the same sort of kids schools as do their city brethren. And they are even more vulnerable in many ways: they lack the anonymity of city folk -- everyone tries to mind everyone else's business; and the mobility -- they have a house they 'own', not I do some apartment furniture, to lose if they 'misbehave'. Some freedom-seekers like to believe that, in a disaster, the federal blud will be fully occupied maintaining 'law n order' in the cities, so rural regions will be virtually autonomous. This is wishful thinking. The country is where the food is raised, which the blud need to feed the troops and agents in 'essential industrial'. In the 30's when the USSR blud had to choose between letting Moscovites go hungry, and confiscating the harvests of Ukrainian peasants and letting them starve, they chose the latter. And they were able to do so despite nationalist traditions and relative self-sufficiency of the Ukraine. The 'freeds' (freeds) here and elsewhere do not even have the self-sufficiency and courage of Ukrainian peasants. 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# OVERVIEWS

THE YEAR 2000 by Natalie Hall (reprinted from 18j71 LIBERTARIAN CONNECTION, Box 90913, Los Angeles, CA 90009; \$4.50 for 200-page subscription, \$25 for sample)

There are some powerful trends which we can see today that will exert tremendous influence upon the world in the year 2000. The ones I choose to consider for this essay are those I believe are quite unavoidable in any context I can imagine. 1) The requirements for nuclear weapons are computer time and either highly purified U235 or Pu239; or fusible material, such as deuterium and Li6, and a trigger. All of these already are or will become available to even the smallest country and to a great many organizations and even some individuals. There is no way of preventing the smuggling and planting of timer detonated nuclear weapons. Wars could become chaotic and protracted, with no safe havens outside of the wilderness, and with uncertain knowledge of who is doing what to whom and why. 2) The doubling time of knowledge will continue to decrease and accessibility of the knowledge will increase due to commercial plain language user interactive search services. 3) All sorts of medical goodies will come along. The FDA and the medieval medical guilds will slow things up, but sooner or later you can get anything you want at Alice's restaurant. 4) A general decrease in respect for the State. 5) Tolerance (not approval) toward individuals with differing values will increase. War is one critical human problem which has defied solution. It is a much worse problem today than previously due to the existence of weapons of fantastic destructive capabilities. Anyone who lives in a large city in the U.S. should be aware that there are large H bombs aimed at his city and that if he is there in the event of attack, his survival is not too likely. At first, only the United States possessed atomic weapons. Secrecy, when there are thousands of people involved, hasn't worked out too well, and the technology of atomic weaponry has spread rapidly to other countries (USSR, China, France, perhaps others). As the expense of the processes involved (such as uranium isotope separation) become cheaper, there will be more and more countries with the ability to manufacture atomic weapons (a country with the capacity is unlikely not to use it). We can assume that by the year 2000, dozens of countries will have them. And it's also likely that numerous private organizations and persons will have the resources necessary to build such weapons, plus the even cheaper (but still devastating) biological and chemical weapons. Any large concentrations of population (especially cities) will be highly vulnerable and essentially defenseless against such weapons. I see no reason to think that political mechanisms will enable people to solve their conflicts any better in 33 years than today, and there will be many embittered and hostile subgroups in America in 2000, as there are today. But while today, the more violent splinter groups can do a great deal of damage with conventional bombs, Molotov cocktails, etc., there will be a potential for immense destruction in the year 2000. Police stations will be unable to defend themselves against attack, should the attackers have atomic bombs. And woe betide any innocent bystanders! What this all means to the people living in 2000 is basically this: the existence of widespread knowledge of and possession of highly destructive weapons will limit the viable forms of living. Large concentrations of population, i.e., cities, will be obsolete. Those with the foresight will plan their lives so that they will be geographically separated from cities, away from fallout zones, but with the ability to communicate with and travel to cities for trade when desired. The back to the country movement has probably not considered this aspect of things very much; their main considerations seem to be environmental. Nevertheless, country living and survival skills will continue to increase in popularity and as the realization of the threat of planted atomic bombs becomes more known, there may be a general move out of cities for those who have the ability (and care) to do so. The State will never admit this danger because to do so would be to admit that it (the State) is incapable of defending its citizenry and this is one of the major rationales and excuses for the existence of the State. But notice that nobody talks about Civil Defense anymore (the supplies in the shelters set up years ago have not been replenished, the medicinals have aged beyond their expiration dates, etc.) because there is no way to protect civilians. Bombs can be planted in cities, either by foreign powers or domestic terrorists (you don't even know who is attacking you), and no defense is possible. Although there is a solution to the war problem -- namely, an abandonment of the political system which fosters and grows healthy on war -- this is unlikely to have occurred on any large scale by the year 2000, so we must plan on its continuing dangers. There is no single agency or group of agencies, including governments of the world, which control the accumulation of knowledge. The instruments, journals, know-how, etc. are diffusively spread through many private organizations, as well as among many government bureaus. Computer search services are now available for a large variety of types of information. Research is not the monopoly of any particular group. Consequently, attempting to control the production of information is a very costly way to get little done. Attempts to control the distribution of certain types of information, such as knowhow on atomic weaponry, can only slow down not stop the eventual spread of available information to private and public groups. The application of new theories in control of aging, increase of intelligence, cure of various diseases, etc. cannot be stopped by attempts to set up committees to evaluate technological developments (to ostensibly prevent such problems as the thalidomide situation or DDT longrange effects). Such committees simply don't possess the resources necessary to control the myriad of black market trade. LSD is an example of a drug for which a great amount of effort and resources have been spent in a futile attempt at control. When enough people want something, some black market entrepreneur will try to supply it at a profit. All the government attempts at control can accomplish is to drive up the price, as with heroin. In general, the fact that data is beyond the control of any group is a factor which leads to the only form of workable "democracy": in the marketplace, anyone who wishes to purchase something may seek a seller. There are enough producers of information that anyone will be able to find data to purchase, if it is available. The attempt by the State to control technological development will lead to increased costs and more sophisticated methods of trying to get around laws. The State bureaucrats will not, of course, stop trying. But by the year 2000, I think that widespread lawbreaking will have reduced the State's

"technological control" to a level not much higher than just propaganda. There will be available on the black market methods of increasing intelligence and lifespan, cancer cures, mind-altering mood drugs, and others. Authoritarianism versus libertarianism mood drugs, and others. The two basic means of human interaction, force and voluntarism, are mutually exclusive. The inability of politics -- i.e., force -- to solve basic human problems sanctioned by most of the populace -- to solve basic human problems (e.g., pollution, overpopulation, poverty, etc.) is not generally leading to a philosophical insight to the difficulties involved in is some conceptual understanding of the difficulties involved in attempting to solve problems using force among the younger generation which has been subjected to the slavery of the draft and to coercive sumptuary laws. But, for the most part, the failures of politics are leading people to experiment with other forms of interaction, or to drop out of participating in politics. Seeing that politics cannot solve the problem of pollution doesn't necessarily lead one to decide where the solution lies outside of politics, but may lead one to stop wasting his time trying political solutions again and again. Tolerance for different ways of living may not come about because of any great intellectual realization concerning these other life styles, but may simply result from seeing that the usual "solution" to use force to make people conform, is just not working anymore. Hippies are not being stopped by laws against drugs and rock concerts. Truancy is not being stopped by laws against school and compulsory school attendance laws. Drug evasion is not being stopped by prison sentences for evaders. Etc. The Middle American "Mr. Jones" (who knows that somethin' is happening but doesn't know what it is) is "getting used" to the existence of diverse life-styles and, while he may not like it, can see that there's nothing he can do about it. By 2000, this trend will be quite thorough in America. There are no forces left to hold America together -- no great "national goals", patriotism, etc. -- and as the old fogies die out during the next three decades, the splitting up of America into small voluntary cultures will become greater. The cultures will resist the intrusion of other alien cultures into their spheres. The "mind your own business" attitude will become stronger. A large minority of people will escape 1984 for themselves by learning how the laws can be flouted with success. Those who choose to obey will, of course, end up with the "Big Brother" they always wanted. For others, taxes can be avoided, drafts can be evaded, black markets can be set up, etc., all using the same modern technology of defense. For example, telephone scramblers will soon render wiretapping obsolete. Phony blackmarket documents can enable a person to assume many identities. The use of such opportunities has been fairly low because the tyrannies to be avoided were not worth the costs of avoidance to most people. But with the tax rate well over 40%, not many people will wish to continue working under the ordinary circumstances (with their incomes accessible to the State). More groups which used to be blindly loyal to the government are becoming rebellious (for example, miners are being harassed by forest rangers and are beginning to counter. Some rangers are even being shot). There will be even less reason to be loyal to the State in 2000 than now: the State will be able to provide no protection from attack by foreign powers or domestic terrorists (and these attacks will be real, not then imagined). The welfare programs will be bankrupt and with the tax rates rising continually. By 2000, the State may have lost most of its power to control its citizens, basically because without the voluntary sanction of its victims the State hasn't got the power to maintain itself. It's possible that by this time, a tax revolt will have rendered the State as no more powerful than, say, the Pope today. Of course, the politicians will never admit that the State has little or no power left but one can watch for the signs of its decline with little difficulty. One important signpost will be the extent of participation in elections. By 2000 I think that only a very low percentage of the population will bother to vote anymore. Another signpost is the extent to which protection of lives and property is done privately rather than through State auspices. Since there is no reason to believe that State police will be any more efficient in carrying out their "protection" in the year 2000 than now, the present trend toward private protection is very likely to continue unabated. SUMMARY: People will live in scattered communities, not cities. There will be limited wars being waged nearly continually. The State will be in a position of low esteem among the populace, as goods and services it has claimed to provide can be obtained at lower prices and made privately. America will be composed of large numbers of different subcultures, most living at peace with their neighbors. Communications and transportation technology will allow a high degree of trade among the various groups, to the extent desired. Likewise, avoidance of State agencies, with their controls and expenses, will be practiced widely. State agents will avoid certain areas where they commonly "disappear."

ATLANTIS III DEVELOPMENT (Condensed from 19m71 THE ATLANTIS NEWS R.D. 5 Box 22A, Saugerties, N.Y. 12477; 5 issues for \$10.00) Our immediate plan calls for establishing a few hundred square feet of real land in the Caribbean shoals we have located. The creation of this real land is most necessary and primary since features below the surface of the ocean cannot be claimed. This first landfill step is relatively easy. To substantiate our claim for title and sovereignty, we must continuously inhabit and use this land. We must work it. Since our first little island will be low and frequently under water when the seas are high, the second step will be to erect thereon a habitat on a tripod 20 feet above the surface. A miniature "Texas Tower" as it were. This small dwelling will house three people, and provide all facilities for a safe and relatively comfortable existence. The ATLANTIS II will be our supply vessel, and our three pioneers will spend their time charting the reefs, channels and bottom contour of this sea mount. Approximately six months after completing the first habitat, we will begin the next stage, which is the step-by-step construction of our Sea City. Many of the concepts to be employed here were developed by the Pilkington Glass Company and published in their breathtaking book "Sea City". In appearance it resembles a football stadium, but is vastly larger. The area corresponding to the playing field is a sheltered lagoon, on which floating structures can be erected, and where cargo and passenger ships can tie up. The oval outside wall is immensely solid and provides protection from both the pounding sea and the relentless prevailing wind.... (The ATLANTIS II is presently under construction at the Atlantis motel in Saugerties, NY. They hope to begin landfill soon.)



At a Vonu methane co. is the key to many things: transportation, electric power generation, light, heat, power for production machinery, etc. And the ecological aspects are very attractive. You start with waste materials, garbage, sewage, etc. The production process is clean & simple, & the residue left over is fertilizer - throw it in your garden. The end product, methane, is a clean-burning fuel (natural gas is mostly methane). Think of the market you could develop among non-vonu freaks by stressing ecology & recycling. Imagine a methane company among vonuns & vrons - revolutionize the home production of methane & stills with job opportunities in designing stills, building them, selling bottled gas, doing conversions on car engines, etc. And there are no road taxes on methane. (credit to Orion for preceding paragraph.)

Your best source for info on production of methane is THE MOTHER EARTH NEWS, issue #3, May 1970, available for \$1.00 postpaid from: TMEN/Box 38, Madison, Ohio 44057. This issue contains these pertinent articles:

p. 44 - Now...Electricity from Manure Gases - tells about a farmer named Groth, of San Diego County, Cal. who makes gas from manure & uses it to run a 10-kilowatt generator.

about building the house. The latest issue of TMEN (#8, Mar 71, also \$1.00) has a half page article (on p. 9) entitled: Harold Bate & His Marvelous Chicken-Powered Car. This tells how Bate, a British farmer, has been running his car, a 1953 Hillman, for the last few years on chicken manure. The car is a 1953 type, appears much smaller & simpler than the gas powered car described in TMEN #3 (it seems to be a modified 5-gallon can). Another story about Bate printed elsewhere says that he also runs a 5-hp. truck & heats his house with methane.

from: Earth Move/Box 10121/Portland, OR, 7/1/71  
Another reference to Bate is found in Jan 1971 WHOLE EARTH CATALOG (available for \$1.00 from WEC/558 Santa Cruz Ave./Menlo Park, CA 94025). On 12. 13 letters from Bate about methane gas production were printed. They also give his address in case you'd like to write to him directly: Harold Bate/Fennyrowden/Blackawton/Taunton/Devon/TA9 9 7 DN./England.

Also, on the same page is this short piece entitled: Methane Production in India: "For more detailed info on methane production from various organic wastes, send request & a large stamped return envelope to: Ram Bux Singh/Gobar Gas Research Station/Ajital (Etawah) U.P./India." An earlier report (Jan 1970 WEC) suggests that this source may have info on running lanterns, stoves, etc. on methane.

Also, Jan 1970 issue of WEC recommends the book COMPOSTING by Harold B. Gotaas (World Health Organization) which has a whole chapter devoted to building a methane generator. The book is available for \$5.00 postpaid from WEC (see address above).

The Mar 1970 issue of WEC, vol. 4, no. 1, p. 40 has an article entitled: The Use of Propane, much of which also applies to methane. It tells about the advantages of converting your car to run on propane. Such conversion will reduce emissions by 50% to 80%, cost about \$300 per car, reduce engine fouling, & add 2 to 10 years to engine life. Conversions leave your car still able to run on gasoline if necessary, but propane is widely available, cheaper than gasoline, & has no highway taxes on it yet. Also, this article mentions that Pacific Gas & Electric is converting some vehicles to run on compressed natural gas (methane).

The Aug 1978 issue of POPULAR SCIENCE (p. 30) has a more detailed article about Electric Lighting Corp. converting its trucks to CNG (Compressed Natural Gas; another Clean-Air Fuel). Tests show emissions reductions of up to 90% & longer engine life. But CNG vehicles accelerate poorly & have only a 30 to 40 mile range per tank. This problem can be solved by storing the fuel in liquid form. The article says: "Visionaries already call LNG the fuel of the future." That's liquid methane they're talking about.


For complete, detailed instructions on how you can convert your car to run on propane (much of this should be relevant to methane) see:

POPULAR SCIENCE, Jul 1970, p. 43 - You Can Drive a Pollution-Free Car Now - Convert to LP Gas.

POPULAR MECHANICS, Oct 1970, p. 85 - Propane Power - Should You Switch to LP Gas

You Switch to LP Gas.  
Best wishes, & "power" to the people.

THE POORMANS MOTOR HOME, ETC. ---

THE TOOPRANS HURR HURR  
Sooo here another summer is almost gone and Uncle's controls are a little tighter - New laws in some Calif. Counties (like Riverside) make any "repossessing on private property a legal no-no, Bikers have most often been burned and "overriders" will be next I presume. Arizona at last word still has an open arms policy on campers and many public camps have free electric plug ins, and propers trucks coming around to keep you in gas. Don't know if Colorado pushed through the camper tourist tax law yet but the trend in making it tougher for the vanite's plain enough. 

making. Since good used buses and vans are getting scarcer, let me mention that summertime is the right time to pick up used school buses since the new buses are acquired a little before school starts. Quickest way is to look up the new & used bus dealers in the big city phone book, but the cheapest buses can be had by making the rounds to dozens of schools. The big flat nosed rear engine rigs are generally the greatest potential motor home bargains in the country and with luck a little motor work on a less than thousand \$ investment you can turn it all into a tripple humdinger of a home worth many times. What many 'big rig' people fail to realize is that truck stops will pump you gas for at least a dime less a gallon if you have a super size tank. This makes stuffing gas down the big gas burners a lot less painful. Diesel is always a reliable way to go for, for one who really put on miles but a little tricky to work on for the 'made tree' mechanic. Lately there is also a trend for states to tax all diesel outfits going through (on fuel) engines.

body where  
the U.A. bus lots are getting at least \$1500 out of a 50 x front engine  
school bus—3 bills for a late big rear engine job—\$1000+ for a city bus with the  
big G&S diesel engine(most are handicapped by lower speed rear end) —to 8 bills for  
the beautiful little gas "Flexible" highway buses and slightly less for the  
larger diesel buses.Spotting backyard mechanics converting the lot of doors will often  
solve much of the market problems.Converting the prize is a labor of love and  
something you can possibly go into later.One thing every potential vanite is in danger  
of getting stuck with a low speed rear end.Converting to a freeray god'van can  
be a real hassle as the two speed and higher speed rear ends are really expensive &  
use ones are as scarce as hens teeth. Unfortunately far too many people fail to try  
fixing their own rigs when little more investment than a set of wrenches and a lift is  
required.For instance,brake cylinder leakage will cost you \$30 if fixed on a car  
By doing it yourself you save the replacement shouldn't be over \$10 and you can  
use the same tools and a rubber hose if you don't have a cylinder hone,generally  
your trucks will come apart just like a car but the parts may be more expensive unless  
you get a mechanic friend to get your parts or use an appropriate'ponker for truck firs-  
tensions.Really it takes a little repair money to go mobile unless a person adapts to  
becoming handy at fixin' things.Battery chargers and tools are almost always hard to  
our way of thinking.The cheapest insurance you can find is your own engine in good  
order is good high detergent oil,change your oil frequently,use a wholesale oil dealer with containers  
for at least 60 gallons,ask all and ask for the H.D. stuff that is used in the heavy  
equipment,it will run you around a quarter a quart and be better than what your service  
station will supply for twice the price.

station till supply for twice the price. ~~So~~ Soooo today we scrounged some window screens to use in drying some of the dried fruit that we scrounge...even bananas. The summer Calif. sun does wonders on most every thing edible...Yesterday it was playing in a secluded mountain stream with lots of delightfull kids. Freedom is nice. anyway till lat'r. Al & Sandy Fry

Dear Vonu-folks, 29 July, 1971

very enjoyable hearing from you frequently. I think your treatment of the Mother Earth News was superb. Their letter was so packed with phony liberal bull shit it didn't require any comment. That is not to say I don't find Mother a worthwhile source, but let's maintain the utility-affection distinction (use her, don't love her). A couple of warnings to fellow readers. The \$9.50 "Retreater's Bibliography" is probably not worth it to Vonu readers. It is a convenient and compacted source, but if you already recognize names like Rodale, Gibbons, Angier, et al, there isn't much new. A real rip-off goes by the name of Alaskan Sleeping Bag Company." They are the people who advertise the O'Connell book on making your own light weight camping gear and then charge them money and after a while they tell you they can't supply the book and that's it. Months later no refund. I heard of people who sent them money for a pair of down bags over a year ago and still nothing. P regarding Rayo's comments on wealth. I am certainly in general agreement but would add following. In "Operating Manual for Spaceship Earth," E. Fuller supplies a definition of "wealth" which comes very close to what psychological testers would use for "intelligence." Now many of us have been relatively crippled by an emphasis on symbol pushing (whether math, psych., or German Lit. is beside the point) at the expense of thing manipulation. Thus one place for investment in mobile, unexpropriable and relatively non-perishable assets is your head. That is, an increasing range and quality of abilities. While initially I thought of hunting, carpentry, gardening, etc., I have now concluded that certain "intellectual" skills might be worthwhile for some purpose. For example one or two foreign languages for personal purposes as well as possibility of earning through teaching or translating. P. Funny thing about the Harry Browne trip--Gold is currently at a two year high while silver continues downward. I am not knocking a small amount of silver coins but they clearly aren't perfect plus they are not of inherent value. We are trading on making your own photographic film in the woods. So how about .22 cartidges for barter. Have you seen the Armatite .22 which fits into its own stock? Looks nice but haven't used one. P Well enough of this rambling for now, keep up the effort and let us hear from Roberta and Tom.

Reply: Thanks much for info. "Retreater's  
Bibliography" was only thing of its kind doug and susan  
when it first came out but now there are many better, cheaper  
sources. MOTHER EARTH is still our favorite alternate-life-styles  
magazine, despite their minor transgressions. They publish info on a  
wide spectrum of non-conventional living ways, unlike some of their  
competitors who get stuck up on organic farming and such. They  
put out a big book every year and again unlike some of their  
competitors they don't try to play god - limit source listings to  
people THEY like: they accept classified ads. MOTHER EARTH NEWS is  
\$6. a year from Box 38, Madison, Ohio 44057. RAYO

*Doug*  
doug and susan

Jim Sturam

se71 VL3 5



## Scouting public lands for Primitive Living:

In early June and again in late July I lived briefly in a foothills region of the Rocky Mts. at an elevation of about 6000 to 7000 feet. One could live, without inconvenience of snow, in this region from about May through September. The foothills are gentle ridges with draws and little meadows in between. There are beaver ponds in most of the draws. The trees are mostly lodgepole pine (plenty of dead ones for tipi poles) and aspen -- the beaver seem to like to cut down small aspen poles for food and building dams.

I am writing about this certain region and will not locate or name it, for obvious reasons. But I believe there are foothills regions with similar possibilities for primitive nomadic summer living all up and down the Rocky mountains. The peaks reach to around 12,000 to 15,000 feet but I stayed in the foothills where living and back-packing were easier. Carried a 50 lb. kelly pack, slept in a 5 lb. backpacking tent and 4 1/2 lb. dacron 88 bag that even in late July froze my tail off on some nights. One needs a thicker or better sleeping bag -- probably a down bag weighing a total of 4 1/2 to 5 lbs. would be about right. Day tie is just right for shirt sleeves but it gets nippy around 2:00 a.m. and you wish for a thicker sleeping bag or a double bag with a mountain-going female wearing the other half.

Out alone in the wilds at night with only long-knife and Colonel Colt for company sometimes gets a little lonesome, but it doesn't last. It's too darn good just being out there to worry about anything. There's little to bother you unless you get between a moose and her calf -- one moose and calf came to within 50 yds. while I was trout fishing on a sandbar and the .45 was back at the supply dump. Skunk odor was coming from somewhere upwind and across me to her but she finally whined me and took off back across the creek with red calf close behind. Just like with bears, don't monkey around with mama moose and her calf.

Living alone in the mountains can give you a real sense of doing what is right in this life. You begin to realize that you can make it on your own. I've been tramping the mountains for a few years and generally used the "remember where you're going" method of not getting lost -- but I am beginning to use compass bearings more than in the past. I practiced some of this -- taking off on a certain heading into new territory and then taking the reverse heading back to the starting point. It's a great relief not to have to remember how many miles you passed or how many ridges you crossed.

This particular area would not be ideal for winter unless you prepared in September to stay in there until May. There is only one black-top road into the general region and it is about 40 miles to the nearest town -- too far to go in on snowshoes or skis. The road is closed to vehicles in winter. However, summer is another story. Parked my car within 2 miles of my base supply dump and I can back-pack goods to where I needed them. For a full summer's stay I would have to leave my car or truck in some town, so snow or other. The foothills area was not used by horsemen, hikers, campers, or backpackers. These people get on the marked trails and head for the lakes in the high country. I actually am convinced that I camped and walked over some spots that hadn't been visited by man in over 50 years -- yet, the western edge of the area was within hearing of cars on the black-top road.

A primitive style agriculture could be used in this region if you stayed in there all summer. I got the idea of using the down-hill edges of beaver ponds for little vegetable plots -- some would be so small they'd only grow a few hills of squash, melons or corn. Beaver might cut down the corn, but there's a good chance that they wouldn't. They are probably too turned on to aspen bark to bother with corn. Beans as corn stalks. Planting of melons, potatoes, tomatoes, corn and squash would be made on the downhill side of ponds in the damp, rich black earth that has built up over the centuries. Also, when needed, you could open a little hole in the dam to let irrigation water out to your crops. The beaver would plug the hole the following night. I believe this beaver pond agriculture is one way to exist and work with nature rather than against her. Try to raise a cultivated garden in the western mountains is working against nature because there is little or no rain from about June through September. The beaver and his pond has added that lacking element -- natural water and rich humus.

In this region the beaver have dammed / of the draws and rich humus has built up deep in between the ponds. Use all you can to camp back on the lodgepole and aspen covered ridges and still have water within 30 yds. for drinking, cooking and nude bathing. Let's hope no one would even consider taking soap into a pond or stream or washing crap from dishes in there. Jump in and thresh around and get wet and then soap up and pour water over yourself from a stew pot or dish pan or just use water and some benign green leaves to scrub down while in the pond.

For a long time I've been trying to mesh the idea of living a nomadic life in the mountains with carrying on a little informal agriculture. First, I thought of getting a regular cultivated garden patch downhill from a pond or stream and using gravity irrigation. This would be a lot of digging and extra work in addition to being easily spotted as a permanent fixture back in the mountains where there should be no permanent fixtures. Then I came across the beaver pond idea and believe it has some real merit for the nomadic backpacker. It would spread your garden over a square mile or so and would remain invisible from the air, as using gravity irrigation. If you're not familiar with such ponds, they are usually in strings down the center of a draw and with seepage from one leaking down to the next pond. I don't believe flooding would wipe out your crops even during heavy rains because such ponds are engineered by the beaver to control flooding and grass and forbs grow below and all around such ponds. Therefore, your crops should also do well there.

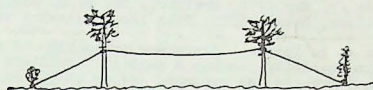
This beaver pond agriculture also fits in with the idea of backpacking and living over a large area, fishing, picking wild foods and enjoying life as you go. Early-day primitives may have used this beaver pond method of agriculture -- they usually did things the natural way in agreement with nature. I believe modern man is in deep trouble just to the degree that he has deviated from following the ways of primitive man.

For spring-to-fall living on public lands I am now thinking of using foothills areas more than the higher mountains. The high mountains have lakes, steeper trails, visiting hikers and horsemen, colder nights and longer distances from the main road -- none of which is useful to the nomadic nomad.

Adam, Western States

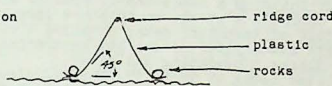
## TENTS -- SOME PRELIMINARY REMARKS

Most tent and tipi makers do not live and work in their products. If they did, few of their present models would be on the market. Specific complaints: • LIGHTING: Most tents are dark inside -- poorly suited for indoor work during cloudy weather which is when a tent is most needed. • SHAPE: Almost any tent will repel a brief shower. But after several days of steady rain condensation drips, if not leaks, wet everything inside. • SHAPE: The tipi was efficient when the only materials were animal skins which had to be sewn together anyway. But with availability of yards-wide synthetic materials, a tipi is unnecessarily complex and costly to make for the space it encloses. The same goes for round, square, hexagonal etc. tents. • FLOOR SPACE: One needs plenty on which to set things and work on things since there are not the tables or shelves of a den or cabin. Few tents are big enough for full-time living, even for one person. • MATERIALS: Canvas tents tend to mildew and rot; many nylon tents are sewed with cotton thread which rots. Zippers jam or don't hold after a few hundred uses. • These complaints assume full-time tent living. For full-weather camping during brief vacations a tent is usually not needed, other than a mosquito net. • Dr. Gatherser and I have lived in tents about half the time during the past year; full-time for periods of a month or more during every season. Six months ago, in disgust, we moved out of a large, elaborate military-surplus tent, threw a poly tarp we had been using as a ground cloth over a rope, and found this to be a big improvement. We are now experimenting with further refinements of this and some other new approaches, and will report the results in future issues. Until then, here are preliminary suggestions for anyone new to full-time tent living who is looking in a wet-season forested region: • Don't spend money on any conventional fabricated tent or tipi. Get: (1) 6-mil thick clear polyethylene plastic film; (2) cord, at least 800-pound test; dacron or polypropylene is best -- doesn't rot, stretches less than nylon. String the cord between two trees. If the trees are slim, use more cord and brace to the bases of other trees or bushes. (See below.) Drape the plastic film over the cord.



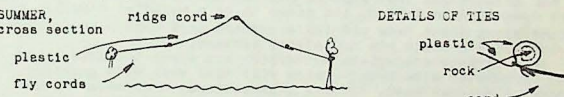
• During cold/wet seasons set rocks or logs on the edges of the film. Overlap the ends loosely, leaving at least a foot separation for ventilation. Do not stretch the plastic to a gradual slope; keep the angle 45° or more so that condensation will run down the underside of the plastic rather than drip off. For the same reason do not place anything in contact with the plastic. Ventilation will be sufficient for breathing plus a candle; if cooking is done in the tent use a wood stove (made from 5-gallon can or ?) and use stovepipe to vent to outside.

WINTER TENT, cross section



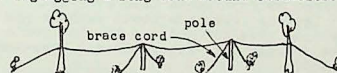
• During summer tie the sides out for greater ventilation while keeping off dew and brief showers. Tie to the plastic by bunching it over small roundish rocks. Don't tie to holes in the plastic, these will soon rip out.

SUMMER, cross section



DETAILS OF TIES

• For a very long tent (over 30 feet?) brace the ridge cord at intervals of 20 feet or so with poles. Poles can also be used in dense forest for zigzagging a long tent around obstacles. (I have not tried this.)



• 6-mil poly film is sold by some building supply stores; also by Wards and Sears catalogs. Cost is about 2¢ per ft² by the piece; 1¢ per ft in rolls of 50 or 100 feet. • A 20-by-50-foot roll costing about \$15 and weighing about 25 pounds, forms a tent 12 ft wide by 30 ft long by 8 ft high down the middle. 100 feet of light polypropylene rope costs about \$2.50. A fabricated tent of comparable size would cost hundreds of dollars and probably not be as bright, waterproof and flexible. • A piece 10 by 10 feet of 4-mil (sufficiently thick for that size), costing less than \$2 and weighing less than 2 pounds will protect 2 double beds from dew and snow during summer trips away from base camp. • Poly film can also be used for ground cover to minimize dirt pick-up and loss of small objects. But use separate pieces and keep the edges well inside of the tent plastic so that condensation running down the underside of the tent will soak into the ground rather than running along the floor. Don't use a single piece of plastic for both tent and flooring. • Disadvantages of polyethylene: gradual deterioration in sunlight; visibility (of clear) from the air; insufficient strength for high winds; easily ripped up by a large animal. The first 3 problems aren't serious in forest; a green translucent dull-finished plastic would be better but we haven't found a source yet. The last is a problem with any tent and it's suspended high in the trees (which we are also experimenting with). Supplement tent with: mosquito netting over bed during insect seasons (a nylon mosquito bar 6x33x3 feet is sold mail order by Herters, Waseca, Minn. for about \$5.); black poly film (4-mil sufficient) over bed area for black-out while reading or mending during long fall and winter nights. • I have no experience with and do not recommend this form of tent in places of high wind, full sunshine or intense, dry cold. RAYO



John Wilcock, editor. Sample 50¢; \$8 per year. Other Scenes, Village p.o. box 8, New York 10014



## STORAGE -- SOME PRELIMINARY SUGGESTIONS

I plan a more thorough article later; I am writing this now because many crops will be harvested soon and because bludg-caused shortages or rationing are likely later.)

Food objective is to continue eating without being vulnerable. Storing off the land' sounds appealing. But doing it successfully, month after month in all seasons, requires much experience and long hours. After about two years of vonu living, Dr. Gatherer and I obtain perhaps 20% of our food on the average from hunting and foraging; this is figuring raw weights, in calories. Foraged food provides less than 5%. We expect to do better as we gain experience and have more of our time. But a new vonu should not expect to live off the land immediately. Conventional agriculture is of course hopelessly vulnerable. We have thought about cryptoculture -- growing crops in small, irregular concealed plots. But there are many problems to be solved. It's feasible right now maybe for high-value crops such as vonu, but not for the bulk of one's food. So the way to become as vonu as possible as quickly as possible is to eat mostly storable foods. These must be 'imported' of course, but not every day or even every month -- many will store 10 years or longer. And, in ten-years time, we can most likely learn to live off the land if we have to.

We seek foods which are: storable for a year or longer, preferably at ordinary temperatures; inexpensive -- total cost not much over \$100 per person per year; nourishing -- a healthful diet without large additions of fresh foods; light and compact; tasty; easily tested for edibility. Here are the storable foods we are presently eating, and/or expect to eat in quantity over the next year:

Food	gr/day	calories	protein	fat lb/yr	z/lb	z/yr	storage
wheat, whole grain	188	640	24	2.9	150	8 9.00	400 750
brown rice	94	333	7	1.5	75	12 9.00	75 150
popcorn	38	97	5	1.7	30	13 3.90	30 60
lentils	75	255	15	1.0	60	15 9.00	100 200
red beans	25	85	7	0.2	20	17 3.40	50 100
dry non-fat milk	25	90	9		20	35 7.00	25 50
dry (dead) yeast	8	16	2		5	70 3.50	5 10
nuts (hulled weight)	95	570	17	52.0	75	40 30.00	75 150
dry fruit	31	83			25	40 10.00	25 50
honey	87	286			70	20 14.00	360 720
<b>totals</b>	<b>664</b>	<b>2425</b>	<b>56</b>	<b>59.3</b>	<b>530</b>	<b>103.80</b>	<b>2240</b>

All of the above figures are per person. Protein and fat are grams per day; storage is in pounds. We may substitute some other grains and pulses for some of the brown rice or lentils, etc., but this will give an idea. Weights, costs and calories assume one is sedentary (or small) and living exclusively on stores. Of course we need many more calories when active. But we eat other foods; not only wild foragings but some purchased fresh foods during trips 'outside'. The total cost includes \$5 allowance for food supplements. The maximum and minimum storage are our objectives for this Autumn; we hope to eventually increase these to a ten-year supply as we gain knowhow and facilities. Comparing nutritional elements with those recommended:

substance	recommended min.	provided by above	supplements used
protein	70 gr/day	86 gr/day	none
fat	54 gr/day*	59 gr/day	none
calcium	0.8 to 4.0gr/day*	0.6 gr/day	2.0 gr/day
phosphorus		2.0 gr/day	none
iron	10 mg/day	21.7 mg/day	none
Vit. A	5000 units/day	586 units/day	5000 units/day
Vit. B1	1.6 mg/day	2.8 mg/day	none
Vit. B2	1.8 mg/day	2.1 mg/day	none
niacin	21 mg/day	21.9 mg/day	none
Vit. C	75 mg/day	negligible	200 mg/day
Vit. D	400 units/day	none	sunshine or 400 u/day
Vit. E	25 units/day ?	substantial	200 units/day

Apparently not much is known about amount of fat needed, except that some polyunsaturated fatty acids are considered essential. The conventional wisdom right now seems to be that 20% of calories should come from fat with at least two-thirds of that from unsaturated. However many people, especially in oriental countries, live healthfully with 10% or less of total calories from fat. I have eaten as little as 6% for a month or more but developed a craving for fat. Since fat foods are the most expensive, the most difficult to store, and are often contaminated, this deserves further investigation. At the moment we are avoiding processed oils and margarine entirely. Not only are the ingredients apt to be of low quality but various chemicals of unknown toxicity are introduced during commercial processing. And such oils can apparently become appreciably rancid without change in taste; rancid oils are reputed to be a major cause of aging. Oil sold by health food stores, to which no antioxidants are added, can be even more dangerous unless it has been continuously refrigerated since manufacture; the oil becomes rancid quicker. The information on oil rancidity is scanty and often contradictory; in the absence of more knowledge we are playing it safe. p Nuts we eat include walnuts, filberts, almonds, peanuts and/or sunflower seeds; which ones we purchase depends on price and taste preferences. The above weights are for hulled nuts; however all but sunflower seeds are purchased and stored unhulled. Raw sunflower seeds are purchased (hopefully) shortly after hulling and placed immediately in a CO<sub>2</sub> atmosphere. In the future we hope to store all nuts, especially sunflower seeds, at not over 35° F; however we have stored walnuts for a year at 56° F with no appreciable change in taste. Hulled sunflower seeds sprout well; a test of their condition -- how good a test for oil rancidity we don't know. In the past we have used soy beans as a fat source. But soybeans are apparently even more difficult to store than nuts. Ominously, soybeans will not sprout if stored at room temperature for more than one year. p Our present diet includes moderate amounts of powdered milk and dry food yeast. These foods are questionable nutritionally; their processing and storage as fine particulate forms oxidized substances which are apparently a major cause of degenerative diseases. \*(1) Milk is controversial in other ways as well: some nutritionists recommend plenty of it, ESPECIALLY non-fat dry milk; others do not recommend it unless it is raw milk fresh from the cow -- drank within a few minutes of milking; still others are down on milk in all forms -- these people include not only vegetarians but some who recommend fresh meat. Also milk and yeast are relatively expensive and difficult to store. And they are not needed for protein

content. But, with the present primitive state of the 'science' of nutrition, I prefer to hedge by including at least some foods of animal origin. And I seem to digest milk well; easier than wheat or beans. As we grow in ability to hunt and trap I intend to phase out milk. \*(2) We have stored dry milk (Challenge non-instant, Jorgensen X-grade) for a year at 55° F average with no change in taste. p Dried meat and fish are much too expensive to be considered. And we can get small amounts of meat without even spending time hunting by killing the slow animals we meet: an occasional rattlesnake, crayfish or procupine. Anyone avoiding animal foods entirely should include a Vit. B12 supplement; B12 does not occur in vegetables. p Wheat continues to form a large part of our diet and an even larger part of our stores, even though it is not as palatable nor digestible as rice and many other grains. Not only is it inexpensive. It stores well. And samples can be sprouted to test condition. Rice sprouts poorly if at all and is reputedly difficult to store -- oil becomes rancid. Unless rice can be stored at a low temperature, white rice may be better than brown, despite the loss of B vitamins and the flat taste. Lentils and red beans both sprout well; we know of no special storage problem. We eat more lentils than beans because we like their taste better. p We purchase only whole grain; never flour or cracked cereals. Commercial flour and the pastries made from it are apparently the major cause of arteriosclerosis, arthritis and similar degenerative \*(1) diseases. Whole wheat flour and whole-grain cereals such as oatmeal and granola may be even more harmful than white flour because the oils quickly become rancid after grinding due to oxidation of vitamin E, the antioxidant; the vitamin E is oxidized within days after grinding. See "Hygienic Hygienic Review" this issue for uses of whole-grain wheat.

Dry fruit may not be justified for nutritional content but is included for taste variety and related psychological reasons; we don't want to unconsciously associate 'goodies' with that society. For price reasons the fruit is mostly raisins, figs, dates and prunes. We eat dry fruits mostly during Winter and Spring; during Summer and Autumn we forage fresh berries. We have experimentally dried several kinds of berries with good results but not yet in sufficient quantities to replace imports. Honey is also not justified nutritionally, but a generous amount is included, not only because it stores indefinitely, but to avoid any craving for sweets. White granulated sugar is suspect as a food; in experimental animal feedings refined sugar produced ailments in cases where equivalent amounts of honey or other sweets did not. p No dehydrated vegetables are included. In this area at least a few greens can be foraged the year around at lower altitudes. These and sprouted alfalfa seed, lentils and wheat provide taste variety and a nutritional safety factor. p For a calcium supplement we are using bone meal, but may switch to oyster shell if we can purchase it in powdered form. Oyster shell tastes better than bone meal and has a higher calcium to phosphorus ratio. Some prefer dolomite because it has magnesium as well as calcium. Some nutritionists say the minimum calcium required is 0.8 grams per day; others say twice as much calcium as phosphorus which for us would be 4 grams per day. This is further complicated by the relative assimilation of Ca and Ph from various foods. p Other supplements presently include alfalfa seed for sprouting, vitamins A, C and E, kelp for trace minerals, and various seasonings. Vitamin C and dry E will apparently store indefinitely in sealed opaque containers; vitamin A and oil E must be kept cool. Vitamin E reputedly counteracts the effects of rancid oil in the body so we take a substantial dose in addition to what our food supplies. p Dr. Gatherer and I differ on the relative merits of organic and non-organic food. Our present policy (compromise) is to pay a substantial premium for organically-grown fruits and fresh vegetables (when we buy them) but no more than 10% premium on grains or nuts. p Our long-term storage of grains and nuts is within an inert atmosphere in polyethylene bags in sealed drums. To obtain the inert atmosphere we put 3 ounces dry ice per gallon volume in bottom of drum, pour in food, tie bag loosely and place top loosely on drum. After a few hours the dry ice will evaporate, bottom of drum will no longer feel cold and pressure will be equalized. Then we tie the bag and seal the drum tightly. We have stored wheat this way for over 3 years (and it was at least a year old when we bought it); it still sprouts well. p The yearly cost can be reduced to \$60 or less per year by increasing consumption of wheat and reducing consumption of everything else. But while such a diet still provides adequate protein, B vitamins, etc., we hesitate to depend heavily on a single food, both because of nutritional uncertainty and for psycho reasons. RAO

\*(1) "Stale Food Versus Fresh Food", Robert S. Ford, Magnolia Laboratories, 701 Beach Blvd., Pascagoula, Miss. 39567. "When food is stored too long, particularly after it has been ground up, cooked, or exposed to air, sunlight, and microbes, portions of the cholesterol and other waxes, fats, oils, proteins, etc., become oxidized, hardened, dried up, and changed into durable non-food materials which the cells of our bodies cannot utilize. When we eat these stale foods, some of deteriorated materials become semi-permanently lodged in our flesh as arteriosclerotic deposits.... The condition that makes fatty rubbish from flour so much more dangerous than any other food is its finely ground form, so fine that it can slip through the walls of our intestines with the food stream and get into our blood very easily, whereas if it were coarser most of it would pass out of the body with little harm.... Taking both the food and the quantity usually eaten into consideration, flour products such as bread, biscuits, ready-to-eat cereals, cake and crackers are the big killers, probably accounting for 60% of arteriosclerosis damage. Next come bacon, ham, sausages, margarine, and ice cream probably cause less than 15% of the problem, and the other miscellaneous items only a trifle." Ford recommends eating as many foods raw as possible, and cooking only by steaming or boiling. p I've always been rather skeptical of most health-food advocates because their explanations tend to be mystical and their recommendations contradictory. But I'm quite impressed by Ford's work, partly because his hypothesis integrates a lot of seemingly contradictory evidence. I recommend his booklet despite its price: \$3.50 for 48 pages -- money-back guarantee however.

\*(2) Many adults, including most American Indians and Blacks, lack an enzyme needed for converting milk sugar, and are given indigestion by milk.



5571 VL3 8 end of issue



# VonuLife 4

## Situations / Searches

NOVEMBER 1971  
COMMUNICATION AMONG NOMADS, PROTOLOGIES AND OTHER INVULNERABLES  
VONU LIFE, Box 458, Cave Junction, OR 97523  
Editor, RAYO; Associates, DR. GATHERER, ORION; Publisher, MIKE FREEMAN

Back Issues: 25¢ each plus 25¢ per order, mailed third class.  
Subscriptions for one year (six issues): delivery every two months by first-class mail, volume \$1; others \$4; delivery of issues in batches twice a year by third-class mail, volume gratis, others \$2.  
VonuLife (to us) is someone who lives and lives live, and lives most of the time out of sight, sound and mind of those unwilling to let live.  
V. guarantees to publish without editing at least six photo-ready pages (per subscriber per year) if relevant to invulnerable living, one-half page on almost anything including ads. (We reserve the right to refuse copy we consider slanderous or likely to provoke exceptional hostility.) Single-space type or write neatly in blue or your ribbon this word, ONE SIDE ONLY. (If your ballpoint is blue or your ribbon is worn, send a DARK black carbon copy.) Put anything not for publication on a separate sheet. Deadline for next issue: January 1. V. forwards without charge up to six stamped envelopes from a subscriber per year; additional forwards are 25¢ each. Letters may be sent to specific individuals who have published, to people in a geographic area, or for discretionary forward to people we believe might have competent interests. Right to reprint less than 10,000 copies of original otherwise-unrestricted contents is hereby granted to those who reciprocate. Include our name, address and price ("3 Issues, \$1"). Reprinting from VONU LIFE shall constitute permission for us to reprint in like amount. Write for permission to reprint more than 10,000 copies.

CHANGE OF ADDRESS: Please note our new mailing address: Vonu Life, Box 458, Cave Junction, OR 97523. This change applies to VONU LIFE and stuff only; not to other people and groups using the Grants Pass and stuff only. Address any personal mail "Vonu Life (x)..." where x is the person's initial. As a new service: Any VL subscriber may address our old address (Box 607, Grants Pass, OR 97526) as the return address on the envelope when writing us. This is for your protection in case there should be a "mail cover" (recording of return addresses of incoming mail by the PO) on us at some time. (Putting NO return address on an envelope is not good practice because if the PO goof's and delivers the letter to the wrong place, the letter may wind up at the dead letter office where it will be opened.)

SMALL ADS: 40¢ first line, 20¢ each additional line. 1000 printed.

Riet an apel foniklee. Chaen'j'oevur iz uturlee simpul, an uel beeyaeubul too apel enee wurd ue kan punumnts -- koerektee, kuz thee leturuz ue uez deesturim thee apseeng. Josef Bedneah, 1515 Pusifik Av, Venus, Kelif. 90291. \$1.00 fur kumpleet gled.

The 600-pound supply cache near Bella Cools BC is still for sale. See the ad in VL3.

THE TRADING POST is a weekly advertiser serving the Rogue Valley of southwestern Oregon -- Grants Pass, Medford, Cave Junction. It is distributed gratis at many stores in the area. Good leads to land, employment, prices. Publishers are sympathetic toward volunteers, libertarians and communarians. Out-of-region trial subscriptions: 8 weeks, \$2. Ads: 5¢ per word, \$1 minimum. 241 Oak Grove Rd., Medford.

The ad for SOL III appearing in VL3 is hereby retracted.

CRYPTOSTRIPS provide a relatively simple yet difficult-to-break cipher. Privacy is realized by use of individual, easily-remembered key phrases; a communication cannot be deciphered through knowledge of the Cryptostrip system alone. Messages of moderate length are secure without change of key, and are easily disguised to avoid arousing suspicion. Spaces and punctuation marks are included to aid deciphering in the presence of transmission errors. And the strip format makes for rapid ciphering. 75¢ per set plus 25¢ per order. (Order may be combined with back issue order.) VONU LIFE.

BACK ISSUES for sale: PREFORM-INFORM #5 and #7 (published '69; we discovered a few copies); 25¢ each. Reprints of 75¢ of PI #1 thru #4 ('68-'69); 25¢ for set. Original (mimeoed) PI #1 thru #4 (only one set left); \$1. VONU LIFE #1, #2 and #3; 25¢ each. Add 25¢ per order for handling. Mailed third class. VONU LIFE.

### TO PROSPECTIVE VISITORS AND 'IMMIGRANTS'

Please come ONLY IF you: (1) are experienced at ALL-WEATHER wilderness living; (2) plan to stay for at least several weeks; (3) have food or money reserve; (4) value vonu very highly. Elaborating: At present we are busy debugging our own vonu life-ways. We have little to offer an inexperienced refugee beyond what suggestions we print in VONU LIFE. In a year or so, when our own problems are better solved, we hope to invite a few 'apprentices'. But, until then: If you have lived mostly in 'conventional' houses or apartments, with camping out limited to weekends and fair-weather vacations, I suggest you try vonu living by yourself in a nearby area. You will probably learn better. AFTER you have been doing it a year or so, we hope you will come visit; THEN perhaps we can do it better together. If you are touring and expect to be around only a few days, I believe you can most profitably spend your time scouting on your own. Usually we cannot be contacted in less than a week. Even if we are, our squat-apots are too remote for brief visits. And a day of talk rarely communicates more than can a few letters. I have little knowledge of there, if any. For various reasons I know what income opportunities -- 'export' my labor in large cities. Vonu -- invulnerability to coercion -- is new and little developed, at least in Anglo-Saxon cultures. At this time a vonu is necessarily a pioneer. To be successful and happy he must value vonu very highly -- be willing to forgo, at least temporarily, many 'comforts' and 'conveniences'. To someone who values conventional habits more than vonu, I have nothing to say. RAYO

To VONU LIFE: RAYO: Last January, I bunched the insurance business (claims adjusting) and started bumming around in my old home-made camper. At first I crashed with friends caught up in the materialistic, Plastic world. They of course being firmly entrenched in their environment, could not identify with me anymore. Some became quite hostile and bigoted, so I took off for the hills. Being divorced (hell of an experience) for several years, I went off by myself. Well not quite, I took my two cats. I had some money saved and also drew unemployment, so I managed fine. Because I bought all my groceries, I spent too much per week camping out. My salary used to vary between 800 to 1000 a month, so when I lived on 100 and less per month, I felt I had accomplished a lot. I looked strait, so no one bothered me. I did some solitary camping and hiking for a good solid 5 months. One book I read, "The Greening of America" by Richard Reich; this book and others sure helped me sort those things out. I also did a lot of rapping with other libertarians, which helped a lot. I feel quite happy with myself now that I have given up the Plastic Life Values and materialism. I had completely forgotten how happy I could be without these things. Each day, I became more at peace with myself. As we progress I hope to write some articles on what I have. At the present time I am in a State Institution (no I am not nuts!) for an old traffic violation for drunken driving. They caught up with me. I am due out of here in December. At that time, another guy and myself are going to take off in my camper. He has a valid drivers license and I don't. We are going to travel up and around the Olympic Peninsula where we are going to do claims, hunt and fish for our livelihood. He knows more about it than I do; I am learning from him. As we progress I hope to write some articles about how we did it in hopes it might encourage others. I also would like to get in touch with anyone who might want to exchange information, or any person or group who might like to get together. I cut a car in half and built my 8-foot cab-over chassis-mount camper. I can take any car (truck or bus) and make a livable basic camper for under \$300. I hope to get a group together up here so we can help each other making campers so they can also become liberated (co-ops). BRUCE in Washington

To VONU LIFE: There are three of us: Tom, Gracie and Diogenes; 22, 21 and almost 2. My occupation is injection molding mechanic; Gracie is a machine operator. We are laissez-faire libertarians; and believe in total freedom from government restrictions and deprivations, present and future, as you do. We also prefer private ownership. We are not interested in group sex. Also like crafts, music, technologies, and all outdoor activities, although we have not been able to do as much as we would like. Our money resources are almost non-existent, so we will be working in the LA area until spring. We are not yet nomadic but fully intend to become so. One of the main reasons for writing this letter is to ask for your help. I have no experience in converting a bus, and am open to any and all suggestions. For instance I am especially interested in the costs of insurance and registration (Oregon?). Any little tips would be appreciated. I plan to convert one of the smaller school buses; this would be an ideal size for my family. What do you think? ... Yours in friendship, TOM, Los Angeles. P.S. I am also interested in maybe having or being part of a caravan for part of the year.

Reply: Your letter to Tom and Roberta came to me, in their absence. I am publishing portions of it in case some readers may be able to help you. I think a bus is too big to be very vonu in most situations. Also buses are expensive to buy and maintain. I do not recommend a bus unless one is an experienced mechanic and/or has many thousands of dollars. However, for some suggestions, see Al and Susan Fry's letter in VL3. Also Howie Roman was writing a book on buses (VL1). Oregon registration is relatively inexpensive for campers not over 10 feet long (\$10). I don't know about buses. Write Department of Motor Vehicles, Salem, Oregon. Tell them you are planning to move here. RAYO

To VONU LIFE: We have been out of touch for the last six months or so, getting a retreat stocked and liquidating some of our vulnerability to government. I sold my practice and equipment. I'm now working with two other doctors in a clinic. This type of arrangement works out better with old long-term arrangements. Let me know what you think of the enclosed information. I have written a letter to Joe Cator for further details. Can you imagine a cost-free, silent, small source of power for a retreat or squat-spot? The enclosed information was taken out of proceedings Vol 9, Number 7; P.O. Box 458, Yucca Valley, CA 92284. This was put out by the people (George Van Tassle) at Glasat Rock. Have you any dealings with Van Tassle? How you are enjoying where ever you are at. RALPH, Kan.

Reply: No, we have not heard of Van Tassle. Thanks for the lead. The diagram shows what would be an electrical 'perpetual motion' machine; the article mentions taps to the earth's electro-magnetic field but these are not shown in the diagram. Of course 'perpetual motion' has not been proven impossible; the 'law' of conservation of energy is simply a summary of what has been so far observed. The information is rather vague; not enough details to build one. I have learned (from sad experience, sometimes) not to try to innovate on many different fronts at once. At this time, I believe I can achieve the most vonu in the quickest by doing most of my innovations on the 'systems level' using existing materials and devices in new ways. For now I prefer more-ready-available if less-ideal power sources. If/when Joe Cator develops and manufactures his device, I will happily buy one. RAYO

To VONU LIFE: Dear Brothers and Sisters, I saw your information in the Last Whole Earth Catalog, and I'd like to see what ideas you have. Since I've been living the same way for the last few years in Montana, Washington and Idaho. Can't afford a subscription right now but figured I might be able to pass on a useful idea ... for a warm, well camouflaged, almost free dwelling that doesn't take a whole lot of anything but a few tools like an axe and shovel and a little hard work to put it up. I got the idea from a survival manual written by a very right wing Christian dude named Dallas Rookmore called "Get There to the High Mountains" from the Adobe Hacienda in Glendale, Arizona, and used a Shuswap Indian dwelling, and the Shuswaps are a small tribe who live in the Canadian Rockies. The only non-treaty tribe left in Canada. Got a little information from one of them I was in jail with and I guess they're pretty nomadic now too. From



having had tooth as bad in various parts of the hemisphere, we have over the years decided that an ounce of prevention is better than being short in the tooth's or at the mercy of some expensive dentist. Know this much: honest with us where we go to further reduce the chances for new cavities and so it we don't denture the sugar consumption to many days a week (I've gone as soft twice two cavity) is a north eating large amount of low carbs in Pemmican.

The item that should be my favorite **diddle** bag is a little bottle of Oil of Cloves. This along with several other oils will gladly kill the most deadly bacillus in a wound or stop the most painful cellulitis in its tracks—mixed with a little bismuth or refined pitch you can fill a cavity and so for awhile with only an occasional oil pulled. After working away the decay as best you can get a bit of the oil in the hole and in a more permanent filling material.

usually, we go below the border if we have type<sup>1</sup> about the dentist situation will get some retired dentists who will also do dental

Used "LUTUL" solution and you can wash your gold with it. I have a silver coin or zinc, etc. in a little mercury and have a very decent filling or about 56. Is a bottle of audius yellow & gray FILLING PORCELAIN which you can get. You indicate you're a dental technician. My silver fillings tend to fall out not to this procedure has send me a great deal of time and money for persons with gold caps. I also come in handy, although for other purposes it is not as hard or durable. My major reason work to be done because of the cost savings, taking any "excellent" a decent job done for a lot less. Oddly enough any larger cities will have older work for much less if you can find them. Recalling many persons on the road

with bad teeth over the years) I can also see making "Hood's" is not terribly difficult. So some time ago I started making my own "Hood" so that if you have to have your "jaws" or if you make the stuff from chemical extract, ginger or go round up some coarse husk, flour is getting your hands on a stainless steel. Best of all is the 5 gallon tanks used in the steel type of beer barrels through the whole use brass or any soft metal tank or you do a laproaching a little you can now fill the tank easily for the sitting process whereby you turn on the tap in a few days and the stuff is good no matter what it is. For one has never bottling all the time that it worth it no details on using their "extract" is there. Of Hesters of *Basen*, which is an all natural in my next time window will be a good time

[illegible]

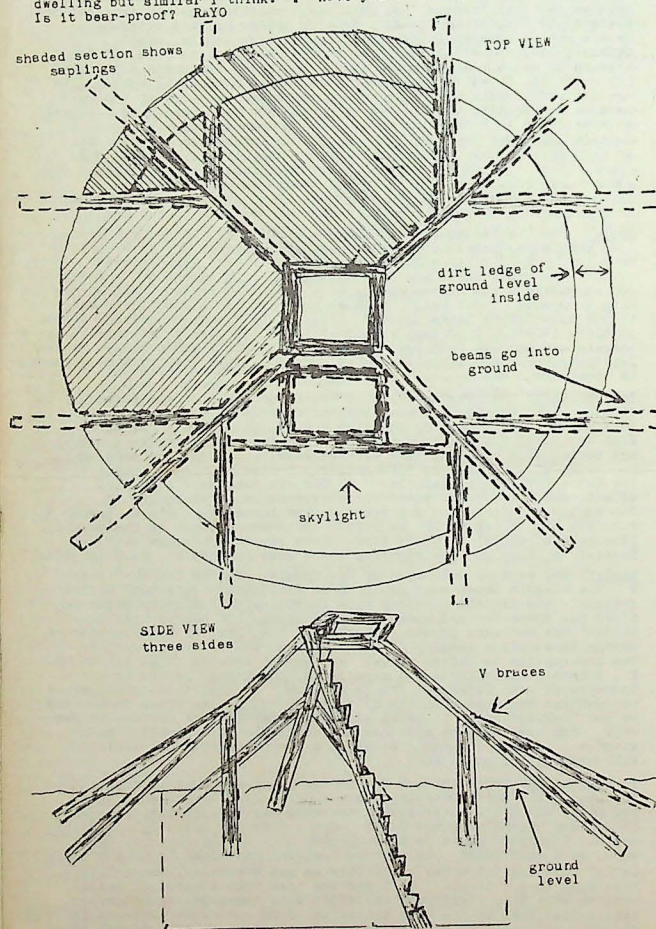
in any other case under this Code, and the court shall not be bound by the decision of the court in any other case.

Comments: The teeth repair info is especially welcome because this one potentially-big expense we have not had a way around. ♡ Merc is a VERY nasty cumulative poison if absorbed by the body. Some dentists are now using an epoxy instead of silver-mercury amalgams. Some dentists have their household epoxy gun (the kind you probably buy for filling a hole in a wall) filled with mercury. (I consider any filling not gold to be 'temporary' apt to need replacing after a few years.) ♡ Dental in that society are inflated not only by taxes and 'high overhead' the bludge monopolistic licensing requirements. I wonder if some assistants, with years of experience but no chance to work her way up as a dentist in that society, might be encouraged to become a "black market dentist" ♡ Thanks also for "How To Survive a Depressed" 602/444-1141 Fry, c/o Allison Shindler, 10000 13th Ave, CA 92370. The society which is why I haven't reviewed it. Why not send in a photo review ed (up to a half-page counts as 'almost anything'). RaZo

\_\_\_\_\_

FURTHER REPORT ON SHELTER. Dr. Fatherer and I are living in an A-tent by placing polyethylene film (20 foot wide) over a rope strung between poles. (See my article VL-3.) Our tent is 9 feet wide, 8 feet high in the middle, and 35 feet long! This is the first time we have had ample work space sheltered from the rain and snow. One change we have made from our previous A-tents is to leave the eaves open, which results in less underside condensation -- no tarpaulin plan to fabricate triangular sections from sheet metal or aluminum. The eaves are now placed so as to let breezes and allow some solar heating. Another change: bracing poles (two pairs) are also placed in an A shape which leaves an unencumbered walkway down the middle. Cost of the poly plus rope was about \$15. ¶ Near one end of the A-tent lays our newest creation, in which I lay typing this: we call it a foam hut. It's about 9 feet long by 4 feet wide and is constructed of foam insulation and special cement (which may be SM77, which was purchased at Hill's in Grants Pass, is unlabeled). In one side of the hut is the door, covered by a flap of one-inch foam; rocks are tied at the bottom to keep it snug. In the other side is a window, covered inside and out with a transparent vinyl-type plastic. (The foam itself would probably pass enough light to permit reading with age.) Ventilation when our kerosene lamp is lit or in warm weather; a plug of foam plugs the hole when not needed. The foam alone (open cell) provides sufficient ventilation for breathing. ¶ The hut is sort like a giant sleeping bag except that the domed roof is firm enough to hold position. Under the floor, extending from shoulders to knees while sleeping, is an extra 3½ ft foot piece of foam insulation. Temperature under the floor varies from 20° F above outside temperature with one person inside, 35° with two. This is with body heat alone; when the lamp is burning we must open the door. The coldest morning so far outside temperature was 20°, inside 57°. We were comfortable nude under 3 blankets. ¶ The foam hut is a big step forward for comfort-with-von. Until now, though, we've been able to do nothing but sleep, eat, and addle our heads by reading a sleeping bag doing nothing but reading, one hand; or doing strenuous physical work, on the other. But how one typewrite, sew, or repair machinery -- work requiring bare hands in below-freezing temperatures? Keeping a stove going for heat means extra work and less von. Incidentally, this issue of VL is the first one typed and pasted up in a tent; usual now is a room in our van. ¶ The next addition to the equipment for Dr. Father's sprout fry cry of glass jars keeping worm with me in the head end. Sprouts grow poorly or not at all during cold weather if just in a tent. ¶ The hut weighs about 20 pounds and rolls up into a bulky but buck-puckable bundle. So far it survived, undamaged, one trip to our van to our base camp. About four 54" by 76" sheets of E-inch foam went into the construction. Materials cost \$50; labor \$20. ¶ After the future issue will give a further report including detailed plans if the hut proves out. ¶ We expect to live in our tent and hut all time this winter except for one brief trip in our van to the Bay area. Our van is presently stashed several miles away; we are still using it for work requiring electricity, which we don't have at camp yet. In the future we expect to use our van mainly for transport-experiments.

transportation. **RATE**





You asked some questions about jungle living. My experiences may not be too applicable to your purposes as I had the problems of conducting a business to cope with. With anywhere from four to ten men working for me at any one time and with gas, oil and equipment problems as well as basic supply problems, my supply problems were on a far different order of magnitude and cost than I see discussed in your magazine. Nevertheless you might find some of my experiences in handling them interesting.

The most reliable form of transporting supplies was by back packing. I became accustomed to using a head strap and found this technique that is used universally there by the Indians to be a marvelous improvement over our Yankee method of packing. It takes a bit of experience to learn how to set this strap so that you are comfortable.

After a time I realized that back packing was consuming too much time that should have been utilized by the crew in dredging for diamonds. After a few expensive experiments I found out how to fly in the bulk of both foodstuffs and gasoline so that supplying the camp by air was more economical than by land means. The trick I had to figure out was how to drop both food and gas from a low flying plane without the use of parachutes. This can be done with very little loss if you do three things (1) keep the individual weights of dropped parcels low (2) leave room in the heavy duty jerricans for air compression. Don't fill them to the top (3) drop solids into a new growth type of jungle, preferably a formerly burnt over area with a new growth of saplings, and for liquids drop them into streams.

I have also used small 12 and 14 foot parachutes for dropping gas in small clearings and found 90 to 120 lbs of gasoline can be dropped safely and accurately from tree top height by Cessna 180's or 185. You remove the door for these drops of course.

I can also drop gas into the jungle without parachutes but that is a little more tricky.

Naturally the cost of the plane is considerable and it was made necessary only because this cost was less than what would have been lost in production time by back packing. A Cessna 180 can carry easily an 800 lb load and a 185, 1000 lbs. It is a good way to get such weights into remote areas.

I tied up all cartons of food and canned foods in old fishing webbing so that on the cartons ripped open at dropping speeds of some 100 mph, the goods could not scatter and would be easy to recover.

I supplied my camps in this way for some two years. I got 100 per cent recovery in rice, flour, etc., about 85% in canned goods (many cans would be dented but not ruptured), and about 80% in gasoline dropped into river and recovered immediately on impact (sometimes a beam would give way but quick recovery would save the contents by for instance turning the broken side up).

On my many personal prospecting trips I traveled very light. My staple food was jerky which I'd grill over the fire, farine which is dried cassava basically and which is very nourishing, sugar, and a few dried fruits. For shelter I carried a 14 x 14 plastic tarp with gromets to which I tied nylon lines. I would slash my hammock between two properly spaced trees come evening, lash a pole between the trees over the hammock and tie the nylon lines tentwise to nearby bushes. It is very quickly done. My hammock is always sooty because I build my fire close to it under the tarp so that that it is easy to throw more wood on during the night but you also have the luxury of using the hammock for a kitchen chair while doing the cooking chores. Of little things is comfort made.

Some others tried my air drop idea with less success; their commonest mistakes were in using too heavy a package or dropping in an older type jungle growth. Dropping gas in a river requires good cooperation between pilot and drop master and I don't recommend this method if you cannot afford to lose all, unless of course the river is so wide you just can't miss it.

If the river is wide enough so that the plane can come down to water level, then 50 gallon drums can be dropped directly into the water with little danger of loss provided you take the precaution of removing about ten gallons from the drum to allow for air expansion on impact. If you leave the drum full, the seams will burst.

Should any of your readers be interested in stocking a very remote place with a couple years of foodstuffs, they might find the above techniques interesting. There are laws against flying planes that are without their doors, so be sure the pilot is willing. Check same on air dropping of supplies. Where I was, we knew we could ignore the laws. DAN

PS I forgot to mention that staples like rice, flour, sugar etc are always dropped in metal drums. I have dropped up to 200 lb units successfully, but I prefer 50 lb units.

#### To Vonu Life:

I read VI to pick up material at the intersections where my plans and experiences overlap with someone on a similar trip. I'm not in favour of isolation from other vonungs. But, wouldn't a large group attract attention and also be easier to detect by smoke, by infrared (IR) scanners, etc? Also, doesn't gathering wild food require that one have a territory just as a wild animal does? I believe a couple would need around 2 to 5 square miles for good living, depending on how rich the vegetation was and how thick the game and fish.

Metane? Sounds great but given a choice I'll feed hay and grain to horses, mules or burros and get direct transportation rather than go the long way around. Anyhow, I've raised chickens and dogs and know that I don't necessarily want to be tied down that way. You take a horse or dog with you on a trip but somebody always has to feed the chickens and sloop the hogs.

Concerning living year-around in these mountains (Northern Rockies) -- it would be more like a survival exercise. They might challenge me someday and if they do I'll try them on for size...in winter. So far, it's been more fun going there in summer and fall. To live year-around in some of these places I'm experimenting with, would take good planning, equipment, and motivation. To generalize, anyone who did not see the hardship and rough conditions of primitive life as fun, as adventure, and as a challenge probably would endanger himself severely and his companion(s) or mate in trying to live such a life. A man having low motivation would be slow to learn new ways, he'd make more mistakes, have more accidents, etc. For

me, I look for challenges, and by meeting them, adventure and good life sometimes follow. It makes little difference about place and time -- there are many places and many degrees of involvement for a vonung. I draw my own pattern and when run-cutting time comes I'll do the cutting.

Interesting challenges are all around. I work at learning to break penny balloons at 50 yds. with my 50 lb. rubber bows in my back-yard. I walk out my front door and into the mts., a short pistol shot away, and see how far I can climb up those rocky canyons in a day, or a half-day. Sometimes I try the wild deer with bow and arrow -- pitting wits and instincts and they always win. But, today it's a challenge and there is enough adventure there to please me, for the present anyhow. Today's adventures have a way of becoming tomorrow's routines. Nomads are born that way. You get the urge to move to wilder regions, you progress from the boring civilized world back toward a simpler and more earthy existence -- that's real progress.

adam, Rocky Mts.

**Comment:** Your first paragraph seems directed at people who visualize a vonu 'community' as just a permanent Sierran-Club-type encampment. I agree with your implied criticism. P My vision (and a little experience): Families live separately at concealed base camps several miles apart; locations are usually kept secret not only from outsiders but from each other. This way there need be little concern about who might be a bludg informer, or simply careless. (I wouldn't want to know where someone else's camp is, even if he is willing to tell me; if he happens to get ripped-off or harassed I don't want to be suspect.) And, with a few miles separation, contact with another tribesman is usually a treat, rarely an irritant. P Each two families who associate much, have a joint squat-spot -- away from both their base camps, where they meet. A family also has another squat-spot for meeting any outside friends. There are few if any meetings of the 'whole tribe' since the 'tribe' per se does very little and since any communication to all members is more easily made in writing. The only thing common to the tribe is a message/parcel drop, both for communication within the tribe and for mail and orders from outside. Each week, someone goes outside (not always the same person) and handles mail and makes purchases for all. P What constitutes a 'family' is of course defined by each family. Families range from single individuals to 'extended families' of four or six adults. Many families are of the 'traditional' kind -- one man, one woman, plus any small children -- which is not without its advantages. (Something should not be rejected merely because it is traditional.) P Most larger children have their own separate and secret camps, where they can be vonu from their own parents as well as from everyone else. P There are many more trade possibilities at a distance of a few miles than at a separation of hundreds or thousands. Of course one should come squat in Siskiyou or other wilderness region only if he wants to be vonu and thinks that is the place to do it. Anyone who comes primarily for social pastimes is quickly disappointed. P Other comments: I wouldn't want a horse or dog; in this region anyway I think they'd be more trouble than they are worth. A dairy goat? Just possibly. But vonu living with an animal entails a whole new set of challenges, which I don't want to tackle until I have better solved problems of living vonu with myself and one or two other people. RayO

#### PROPOSAL FOR A CLANDESTINE COMMUNICATION NET

As mere individuals go beyond mere TALK of liberty to ACTS of self-liberation -- as more men find ways to live as FREE men, a market grows for secure communication -- communication invulnerable to coercive interference. Desirable attributes are:

Untraceability: A message, if intercepted, cannot be traced to source or destination.

Simplicity: Existing facilities are utilized; no special equipment is required.

Anonymity: Identity is revealed only to a few chosen friends; safety does not depend on the reliability and integrity of large numbers.

Redundancy: Alternate communication paths exist; no single individual or small group is indispensable.

Decentralization: No control center exists to attract spies or power seekers.

A communication arrangement which I will call "Privat" possesses these attributes.

A Privat net begins and grows informally. Two presently-acquainted individuals form a Privat communication link simply by exchanging Privat names -- aliases chosen specifically for Privat use. Either individual can expand the net by forming Privat links with others.

All persons who are part of a net are called "correspondents." Those with whom one maintains direct links are called "direct correspondents," those with whom one communicates through intermediaries are "indirect correspondents." Each person periodically gives to direct correspondents the Privat names (and ONLY the Privat names) of all correspondents (indirect as well as direct) of whom he knows. Routing information is thus gathered and updated. While the Privat names of everyone in the net are readily available, a person's real identity is known only to the few direct correspondents he selects.

Privat communications are of two basic types: messages and broadcasts. A MESSAGE is directed to a specific individual. A BROADCAST is distributed to all correspondents.

A message is addressed TO the Privat name of the intended recipient and passed to a direct correspondent who is closer (in terms of Privat links) to the addressee. The message is relayed from correspondent to correspondent until it reaches its destination.

A broadcast is addressed FROM the Privat name of the originator and is relayed by each intermediary to all direct correspondents who are further (in Privat links) from the originator.

Suppose Joe Smith (Privat name) has something for sale. He circulates a broadcast addressed "From Joe Smith." (Or he advertises in a Privat-circulating periodical, if any exists.) George Johnson (Privat name) wants to buy. He sends an offer addressed: "To Joe Smith."

Joe caches the merchandise and sends pick-up instructions to George through Privat. (The merchandise is probably not sent through Privat for reasons given below.)

As a Privat network expands, parallel paths form, allowing important messages to be sent by more than one route for reliability, and preserving net continuity even though individual correspondents cease functioning.

Service fees can be charged through account entries. When an intermediary relays a broadcast (addressed FROM), he debits the account of the originator. When he relays a message (addressed TO), he debits the account of the recipient. If the message was unsolicited, the recipient in turn debits the account of the sender. Accounts are cleared periodically. Each participant sets his own rates; parallel paths provide price competition.

Communications are limited to superficially innocuous subjects and may be inspected by intermediaries, unless otherwise specified by the intermediaries. This is for the protection of intermediaries in event of accidental interception. Incriminating messages can be encoded or fragmented -- divided into individually-non-suspect portions and sent at different times or by different routes. (Of course some chain of correspondents may find it profitable to offer as a special service the relaying of SEALED messages and parcels.)

While a State agent or other criminal could join Privat, what would it avail him? He can report any communications which pass through him, but these are probably in code. And he cannot identify the communicators. He could arrest his direct correspondents, but he'd make the mistake of trusting him, but messages flow by alternate routes. He might try to lure others into revealing themselves, but only the careless are endangered.

Suggestions to those seriously interested in Privat:

Don't wait for Privat to contact you. And don't wait until you have a critical need for clandestine communication -- growth takes time. Form links NOW with individuals you trust. As your net grows it will mesh with others.

Choose a nondescript male alias as your Privat name and use it only for Privat. Give no other identification in Privat communications. Maintain separate stationery items for Privat use. Print with a lettering template. Wear gloves.

Don't belabor the subject with those who lack interest; mass participation is not needed for Privat's success. If only a small fraction of potential users actually participate, an invulnerable communication net will eventually link self-liberated peoples the world over.

NAME WITHHELD

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# How to Retire Before 40— By a Couple Who Did Exactly That

A lot of people muse about early retirement: sunny latitudes, independence, time to think and do and drift... Wouldn't it be great? Of course it would. And as a couple we had done more than our share of dreaming and scheming about such an event. But there is one thing that sets us apart from most other people. Impulsively, audaciously, we made our dream come true. Four years ago, we sold our home and cars, gave up Gordon's fine job as a corporation pilot, said good-bye to treasured coworkers and neighbors and ran away to sea!

"Why would a 38-year-old man renounce his position, his Porsche and a prestige piloting job that took years of training?" our friends asked. "Why would any woman at 31 choose to give

**"We have retired with today's priceless luxuries of clean air and water, and of quiet. And the wonderful right to move on to new adventures or warmer weather. And independence—the true independence of doing for yourself. That is the kind of retirement you or any family can enjoy together right now—if you are willing to do it."**

up her laundry machines, her antiques, her bathtub?" While it may have been hard for people to understand, we had our reasons.

The first was what we called "creeping pollution" and the fact that taxes kept taking a bigger bite out of take-home pay. The second was that we were separated often by business—and we like be-

ing together. And the third was that we had known of so many couples who had waited too long for their someday, and suddenly it was too late. We vowed that this would never happen to us!

By retirement, we don't mean lolling under a palm tree. We divide our time between two homes. Winters, we live aboard a 29-foot Danish-built sailing

sloop in stoop-shouldered quarters that would send most American couples scuttling back to the corporate rat-race after one day! Except when we are in port, we seldom have refrigeration, hot showers or fresh lettuce. The galley is the size of a telephone booth, and we do all our own maintenance.

Summers, our home is a 21-foot diesel motorhome where we have more moving-around room than on the boat, but far less storage area. Again, we are independent of big-city pipes and wires and services, so we must attend to all our own needs.

This doesn't mean we don't have luxuries. We do! We have today's priceless luxuries of clean water and air, and of quiet. And the wonderful right to

move on to new adventures or warmer weather. And independence—the true independence of doing for yourself, either in rapture or agony, luxury or yoke. That is the kind of retirement you or any family can enjoy together right now—if you're willing to do it.

It all began when Gordon started adding up the total worth of the Groene estate. "I bet we could drop out for at least five years if we sold the house and the rest of this stuff," he said one day when the temperature in Danville, Ill., was nudging zero from the wrong side. We don't have children, but there are many people who have made the same decision, kids and all: the decision to sell out, adopt a new standard of living, and wander the world until the money runs out. One family we know made the break with seven young children. They have stayed "dropped out" for 10 years, earning as they go. Many others take a leave of absence from work, arrange courses for the kids by mail, and stay away a year or more.

Ideally, of course, you should wait until you have made a killing in the stock market or real estate, or have inherited a pile from an obscure relative. But we had to do it the hard way. Here's a guide to others who'd like to follow in our footsteps:

## START PLANNING TODAY

By happy coincidence, the things we enjoyed doing in our leisure time were often things that gained or saved us money. We used to spend our evenings in the basement making old woods come alive again or repairing antique pieces that charmed us. Our possessions were chosen because we liked them, restored because we wanted them in our home—and sold at delicious profit when the time came to part with them!

Your whole value picture may change when you begin planning for a young retirement. We bought an older home at a bargain and spent weekends making improvements. Because it was a roomy house in a good school district and pop-

ular price range, it sold readily. All of our major purchases were made with resale in the backs of our minds. Although we knew we would have to take a loss on many furnishings and appliances, we stuck to name brands and good woods that would find buyers speedily. As the time came closer for us to leave, every cent was spent with a new life in mind. Business suits were not replaced; tropical clothing began to replace winter wear in our wardrobes.

Could you save the money spent tonight on a movie and use it instead on a book that will be enjoyed many times in retirement? When replacing your TV, would it be wiser to buy a small portable that can travel, instead of a ponderous color set? Can the children be steered into hobbies they can pursue in your new life—like music lessons on instruments you won't have to leave behind? Are you pouring money today into fancies when you could be funding solid dreams? Are you spending these precious years in keeping up with the *wrong* Joneses?

Your savings plan may need the advice of an expert, but your spending is in *your* control. Beginning now, keep that early-retirement goal in front of you and try not to get bogged down under tons of material goods that will later have to be stored, sold, insured, moved, given away or shouldered by you.

## CULTIVATE THE TOOLS OF INDEPENDENCE

Every service or skill you cannot perform yourself must either be done without or paid for. Simple things like barbering and baking bread are a beginning. If your early retirement will be spent on land—say in the mountains or a seashore cottage—start reading about gardening, home maintenance, wiring and plumbing and all the things you want to provide for your family. Before we hoisted sail, we already had learned the basics of sewing, engine repair, knot-tying and navigation.

If you cannot live without electricity, you may have to buy (and learn to main-

tain) a generator. There is no television in many island paradises. Can you as a family learn to make a hilarious evening from a guitar and popcorn? Enjoy rainy afternoons with books and parlor games? All this is part of real away-from-it-all independence.

## EARN AS YOU GO

We didn't have enough money to live on forever, but that didn't stop us. Janet was already a free-lance writer, Gordon began studying photography. We now work, when we want to, as a writer-photographer team.

Everywhere there are ways you can earn money. Many of our friends work in boat yards or charter their boats. Others work ashore as electricians, civil engineers, teachers, technicians. The difference is that none of us strives for material goals. We live and dress very simply, give priority to important things like dental work and go without such former necessities as cars, insurance, fad styles and lavish entertainment. When our larders are stocked, we sail away until we must work again.

## ARE YOU MENTALLY PREPARED FOR A LIFE OF LEISURE?

Those who live by jangling schedules and job deadlines often ask about our typical day in the Bahamas aboard our boat. Ideally, we will be anchored off an island, perhaps an uninhabited one. We get up with the sun and Janet cooks a hearty breakfast on our Primus stove. Then she gets out the typewriter while Gordon chooses tools for the day's chores: endless painting and varnishing, engine repairs, maintaining the water pump or head, or any of the other thousand things that need attention in a killing sun-salt atmosphere.

After lunch, we like to take off in the dinghy for exploring ashore, shelling, beachcombing, visiting or picture-taking. Or we may dive over the side, snorkel or find a reef where we can spear fish. Sometimes we find conch, whelk or crawfish to eat, or we fish for grouper or grunt.

Other times we eat meals that center around Janet's home-canned meats. At dinner, we talk about the new and different sea creatures we have seen, and we get our books to read on the day's "finds." After dark, we may go to bed early to read or sit in the cockpit looking at the stars while Janet plays her autoharp and sings. These are the good days.

Of course, there are the ghastly days, too—the days when storms slam us around, engines falter, anchors drag. But always there are the new surprises and the wonderful pursuit of riches that lie just over the horizon. We still have our goals, our pleasures, good memories and exciting plans for the future. It's just that, somehow, most of them have nothing to do with money.

Often we sit down to a simple meal of home-baked bread with stuffed cabbage or homemade corned beef hash. We'll think about all those steaks we used to have, eaten on the run and frequently thousands of miles apart. Then we'll look at each other, grin, and say, "Hey! We're the richest kids on the block."

There are a great many paradises in this world of ours—but all of them demand planning, preparation and hard work. They also demand shedding so many material goods that you can squeeze through the needle's eye into an early, earthy heaven. Before we're through, we're going to visit as many of those paradises as we can. Want to come along? ♦

*Gordon Groene was a professional pilot until he "retired" at the age of 38. Since then, his articles and pictures have appeared in numerous magazines. Janet began writing for a weekly newspaper while in junior high; at age 17, she had her own column in the Cleveland Plain Dealer. She has written for a number of magazines, and her book, "Cooking on the Go," was published recently by Grosset and Dunlap.*











# VonLINE 5

JANUARY 1972 -- VONU LIFE, Box 458, Cave Junction, OR 97523.  
 Communication among nomads, troglodytes and other freedom-achievers.  
 Published every two months by Mike Freeman. Subscriptions:  
 \$1 for 3 issues mailed together, third class, after all 3 have been  
 published; vonuans, gratis. Or \$4 for 6 issues (one year) mailed  
 individually, first class, as each is published: vonuans, \$1.  
 A vonum (to us) is someone who lives and lets live, and lives most  
 of the time out of sight, sound and mind of those unwilling to let  
 live. P Beck issues: 25¢ each plus 25¢ per order; mailed third  
 class. P VL guarantees to publish without editing at least six  
 photo-ready pages (per subscriber per year) if relevant to invulner-  
 able living, one-half page on almost anything including ads. (We  
 reserve the right to refuse copy we consider slanderous or likely to  
 provoke exceptional hostility.) Single-space type or write neatly  
 in BLACK on WHITE paper this size, one side only. Put anything not  
 for publication on a separate sheet. Deadline for next issue:  
 March 1. P VL forwards without charge up to six stamped envelopes  
 from a subscriber per year; additional forwards are 25¢ each.  
 Letters may be sent to specific individuals who have published,  
 to people in a geographic area, or for discretionary forward to  
 people we believe might have compatible interests. P Right to  
 reprint less than 10,000 copies of original otherwise-unrestricted  
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 name, address and price ("3 issues, \$1"). Reprinting from VONU LIFE  
 shall constitute permission for us to reprint in like amount. Write  
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## ABOUT VONU LIFE

THE LAST WORD: Now you may have it if you want it. To make VONU  
 LIFE more of a forum, the editor no longer comments on most articles/  
 letters in the same issue in which they appear. Instead any words by  
 the editor go first to the author, and are published in the next  
 issue, along with any rebuttal. Exceptions: direct questions;  
 reprints; serious misinformation (in editor's opinion).

FORMAT: If you want one or more columns all to yourself, make your  
 copy 7 to 7½ inches wide and 19 to 19½ inches long. (Paste together  
 two 8½ by 11 sheets. Okay to fold.) This way your letter won't be  
 cut up or put below someone else's.

WARM BODIES: One visitor came expecting to count a large number of  
 them, and was disappointed because he couldn't. So that this doesn't  
 happen again: P Some contributors and that their geographical  
 location not be published. Don't assume that such a person lives in  
 Siskiyou. P Some subscribers in Siskiyou aren't close by; visits  
 are rare or not yet. P VL is "communication among nomads..."  
 Which hints that the staff, too, probably comes and goes. But to  
 avoid any misimpression, henceforth Mike Freeman's name will  
 appear on the masthead. P Mr. Freeman has financed VL; making  
 possible offset printing rather than mimeo. (Printing prices are  
 such that we print 1000 even though current circulation is only about  
 400. We expect to sell the back issues, of course, but this takes  
 time and printers want immediate payment.) Mike is not otherwise an  
 active vonulist though we hope he will be in the future. P Orion  
 has headed east to get some funds together. He's around NJ now  
 (Dec.); may be moving again in January. P Roberta and Tom, editors  
 of PR4FORM-INFORM, VL's predecessor, announced in May 71 VL that they  
 "will live during the next year seceded in a remote wilderness area".  
 We have nothing further to report about them. P Dr. Gutherer and  
 Rayo expect to go south in January to LA and SF Bay areas for supplies.  
 (This issue I'll probably be printed and mailed there.) We will  
 return in a month or so. P Most present or former staff members,  
 contributors or subscribers can be reached by mail c/o VONU LIFE,  
 though slowly in some cases.

COMMUNICATION: We are not easy to visit. We don't like to meet  
 people in small towns of the region. Not only are scheduled trips  
 arduous during the wet season but we don't like the social environ-  
 ment. We get mail left at a drop for us, when we can arrange it;  
 when we can't, we wait for a break in the weather and make a quick  
 trip -- not often more than once in two weeks during winter. P  
 For someone to visit us involves: (1) a several-hour drive from  
 Grants Pass, partly on dirt roads not always passable; (2) camping  
 (using his own gear) in a squat-spot to which we send him directions;  
 (3) climbing a mountain and putting up coded flags to announce  
 his presence; (4) waiting a day or two until one or more of us  
 spot his flags (not visible in snow/rain) and visit him at HIS  
 camp. Our camp is not accessible. Alternative (3)(4): schedule his  
 coming. P We welcome personal visits only after mail communication  
 possibilities are exhausted. Yes, some things can be communicated  
 better in person than by letter, but usually not in one day nor in a  
 motel room in Grants Pass. P We are thinking of ways to improve  
 communication, including electronic goodies to provide a voice/tele-  
 fax (slow picture) link with the outside. But shelter has priority  
 and is still taking up most of our time.

SHELTER: I am typing this in our second foam hut; this one is a  
 'bit hut' -- essentially an indented insulated plywood table with a  
 half-cylinder-shaped foam dome. P My elbows got very sore typing  
 and pasting up the last issue in our 'lay hut' (as we are now calling  
 our first foam hut; see "Further Report on Shelter" VL4 pgs 2).  
 Sitting seems to be more comfortable and efficient for many tasks  
 requiring two hands. Most of me is warm but my feet are cold, as  
 expected. When we get time we will add a cut-down sleeping bag or  
 something at the bottom. But, for this issue, I may chicken out  
 and retreat to our van, which has a stove. We had to add an internal  
 brace to our 'lay hut'; the foam was slowly 'flowing' and it was  
 getting squatter and squatter. Except for that it seems to be holding  
 together well -- is very comfortable for sleeping, eating, reading,  
 (hand) writing, etc. P So far as we can determine there is no  
 shelter on the market, larger than a sleeping bag, which is backpack-  
 able and heatable with body alone. Traditional winter shelters use  
 a stove going continuously: plenty of wood-cutting and smoke, or  
 imported fuel. So we must make our own. P I plan an extensive  
 article on vonu shelter, perhaps for next issue. We welcome all  
 news of others' solutions. Rayo, editor this issue.

SMALL ADS -- 40¢ first line, 20¢ each additional line; or trade.

B.C. ACCESS CATALOGUE (loaded with useful information on how to make  
 do in British Columbia or anywhere) is now available from B.C.  
 Wilderness Caching Services. Issues #1 and #2 are \$2, each, or both  
 for \$4. (US cash, check or money order OK). Order from BOWENSVL;  
 c/o C. Grove; Station G Box 6424; Vancouver 8, B.C. Canada.

THE LIBERTARIAN CONNECTION is an open-forum laissez-faire magazine  
 for libertarians. All subscribers have the privilege of contributing  
 material, which will not be edited. LC is known for its creative  
 ideas on practical actions and theoretical considerations in the  
 expansion of both individual and larger-scale freedom. For a sample,  
 send 25¢ to: Lisa Dawn, Box 90913-VL, Los Angeles, CA 90009.

THE MOTHER EARTH NEWS tells you how the new life style, home-  
 steading, natural foods, free land, solar heat, wind engines, tipis,  
 domes, free transportation, alternatives to regular employment,  
 methane production, free schools, ecology, and much, much more.  
 It tells you how six times a year for \$6; \$1.35 for sample.  
 Box 38, Madison, Ohio 44057. (More than 100 pages in typical issue.)

THE ATLANTIS NEWS reports on Operation Atlantis -- an attempt to  
 found a new, liberated nation on an artificial island in the Caribbean.  
 Atlantis II, exploration and supply boat, is now afloat. 5 issues, \$1.  
 R.D. 5 Box 22A, Seagerties, NY 12477.

Exchange ad for VONU LIFE. If you have a newsletter, please publish  
 it and send us yours. "Peace and freedom begin with personal  
 invulnerability. VONU LIFE discusses nomad, troglodyte and other  
 ways of living out of sight of those unwilling to let live.  
 3 issues, \$1. Box 458, Cave Junction, OR 97523."

## Situations / Searches

dear people, I am a young woman living in the gentle hills of Vermont  
 itching for some outdoor adventures. technically I am a college student,  
 but the experimental nature of my college allows me to spend my time  
 wandering and backpacking, occasionally doing farm work. I have  
 worked in schools and am working on teacher certification -- though  
 probably wouldn't teach in a traditional, institutional setting.  
 I am going on an ecology tour 3½ months with other students, combining  
 action, study, climbing, snowshoeing, and various other ways of travel  
 and exploration in the southwest U.S., then I travel to Alberta Canada  
 to do some survival training with a community of Cree people trying to  
 live older ways... good luck to you in your work and good wintering.  
 priscilla.

N/T People: I read your offer in The Mother Earth News -- and I can  
 dig it. Here's my way of side-stepping society. P It's nice to  
 not pay rent anymore. I was evicted by in Santa Cruz (Calif.). Real  
 estate agents, members of commerce, bankers, people with money and/or  
 land are all bringing in more people and raising rents. But it is a  
 beautiful place -- with unusually mild weather since it's facing south  
 into the Monterey Bay with mountains to the north -- blocking out the  
 rain of San Francisco. Enough advertising, if you ever want to know  
 anything about Santa Cruz call up switchboard (429-LIFE) a community  
 run energy center run by volunteers. They know everything about  
 Santa Cruz. P I would have had to leave Santa Cruz and get a job  
 (how horrible!!!) if it weren't for a 1961 international school bus  
 I walked by on my way home from a free Saturday dinner at the univer-  
 sity. As I sat in the parking lot, a guy came out and started snowing it  
 to me. A week later I'd sold my Econoline and was the proud owner of  
 a big red school bus. Right now my lady and I are parked under a  
 walnut tree in a friend's back yard paying \$20.00 a month for utilities  
 and rent rather than \$80.00 and up if we were renting spaces. In a  
 few months (and I'm hunched dollars) it will be fixed up so that  
 we won't need to spend even the \$20 -- just an occasional \$5 for  
 butene. Doing your own cabinet making, wiring, plumbing and metal-  
 work is cheaper as well as more satisfying and educational. When  
 "Sylvester" is finished we're going to take off and see if we can  
 find a place we like better than Santa Cruz. When we've found what  
 we want, we'll throw away the keys. RICK

Dear Friends, I have not slept in a house since 1963. Nomadic life  
 seems to be my lot. As soon as I read your paper I will fill you in  
 with some of my secrets on moving and eating. Please send it as soon  
 as practical -- I will wait here. KAY, Florida

Dear Roberta, Tom, and Rayo,

2304 Ford St  
 Golden, Colo. 80401  
 Dec 1, 1971

Well, it is over. At least for the present, my grand tour of  
 US and Canada had for lack of money mostly, but this is as  
 I had planned it. Having done my thing, I am content to stay put  
 for a while and regroup. But I'll never be the same. Despite my  
 quitting a lucrative job in April, and despite my present debts and  
 difficulty in getting a job now, I would do it again a thousand  
 times. I would be a cloud of the highest order if I didn't say a  
 thank you to Preford and VonuLife, because it was youse guys who  
 gave me a needed lift at a time when I needed it. When you go  
 15,000 miles in 6 mos, you often run into limbo of planning; into  
 doubt; into disorganization of a most puzzling kind; and knowing  
 that you had been working out the same kinks made all the difference.  
 My VW bug (sedan) which I told you about turned out to have  
 more than one room, and after the first week of shakedown, it  
 was a pure delight. My travels were from coast to coast and  
 Texas to Nova Scotia, but it was not all the "highlights" which  
 made it worthwhile. It was having all that time  
 living in the car gave me the freedom to afford to come and  
 go, and the time to stay in a place if it had good vibrations.  
 The time to sift out all the feelings from the past, and to savor  
 the good ones, but also to recognize the bad ones for what they  
 were and drop them forever. The time to watch sunrise over "The  
 Sleeping Indian" for a week running, and time to paddle a leaky  
 rubber raft to a distant island, only to be chased all the way  
 back by two very angry loons! This abundance of time made the  
 crucial difference, and made me look upon the traditional two-  
 week vacation as a poor substitute, like a crummy carrot doled  
 out to workers to give the illusion of independence!


My plans now are to somehow get rich enuf to do it again when-  
 ever I wanted. I'll do anything to get there. I'll sell my  
 right arm. Tell the Devil there's one soul, coming up! AKRIDO AL.



Dear Robert: While we are interested in self-sufficiency and intend to gradually become more self-sufficient, this is not our main emphasis. (See "Vom Economic Struggles" in the issue). Also we are not into agriculture, not even traditional agriculture being non-vom and vom agriculture being beyond our present capabilities. At present we are interested in/capable of associating only with vomens who have some experience; we are not able to offer any substantial assistance to newcomers, though we hope to in future. RaYo

HERE'S SOME GARBAGE - HOPE YOU APPRECIATE IT. IF NOT - THROW IT OUT.

FOR THE DISASTER: IN TIME OF EMERGENCY, #H-14, MAR 68, OFFICE OF  
CIVIL DEFENSE. MOSTLY BULLSHIT BUT IF YOU'RE WORRIED/PLANNING ETC, THIS IS IT!

DEER END: FOLD IN 6 IN., SEW 3 IN. RICK RACK STITCH. CUT TWO STRIPS 6 IN. FROM  
SIDE, STILL A HUNK A WOOD THRU AND: 

[illegible]

CAN'T USE MUCH OF IT IN A COLD CLIMATE. LIKE A PLASTIC TENT. LOTSA ROOM, ANDS  
IT KEEPS THE RAIN OUT, BUT HEAT ESCAPES RAPIDEMENT AND IT GETS TOO  
DAMP COLD: YECCH, TO BE BLUNT. MOST ISOLATED SPOTS ARE WHERE PEOPLE  
DON'T NORMALLY WANNA BE PEOPLE DON'T WANNA BE COLD SPOONERS...

ALSO, A CRITICISM - RAND, TORINO, & A FEW OTHERS PEOPLE WRITING IN  
SEEM TO BE ON A CONSISTENTLY THING. IT'S WEIRD - PEOPLE GET ALL  
UPRIGHT & OTHERS AREN'T CONSISTENT ~~IN~~ IN THEIR STATEMENTS, ETC  
I MEAN WHY LET IT HASSLE? PEOPLE AREN'T MEANT TO BE PERFECT, DON'T BE  
SO KICKY.

PERMADAK - LOW MOISTURE FOODS FOR STORAGE/EMERGENCY/DAILY USE.  
ALMOST ANY DRIED FOOD MAY BE RECALLED IN CANS, ETC. BY A PERSON YEARLY  
FOOD SUPPLY THING FOR ABOUT \$200. I'D SAY KEEP AWAY FROM THE MEAT SUBSTITUTE  
STUFF, THOUGH. 40 EAST 24TH SOUTH, SALT LAKE CITY, UTAH 84115 ALSO. THEY  
DO BULK PRDS.

NIGLER PRODUCTS (BOX 5411, PHOENIX, ARIZ. 85010) DOES SOME INTERESTING SURVIVAL + NOMADICS RELATED STUFFS. VERY INTERESTING.

AM FAIRLY HEAVILY INTO NOMADICS, CABINS + RELATED <sup>STRUCTURES</sup> ~~STRUCTURES~~;  
HOMESTEADING, ETC. IF ANYBODY HAS QUESTIONS RELATED TO  
SAME, IT'S POSSIBLE I COULD ANSWER IF YA DO. PLEASE SEND A DONATION  
(A BOOK, MAYBE) SUR MAILING ENVELOPE, PILING, ETC.

UH - ONE MORE THING. IF YOU'RE WORRIED ABOUT WHAT YOUR SOAP, ETC ARE DOING TO YOUR BODY/THROAT/WHATEVER, MAY I SUGGEST SHIT BY SHARKIE BASIC 4. NOTHING IT WON'T CLEAN: CLOMS, DINGS, PEOPLE, HAIR. NOW, SURELY, IT PUTS OUT FIRES, SETTLES CEMENT. ALL SORTS OF RIGHTIOUS STUFF.

T 120000 ENOUGH BULL.

LOVE/PEACE/VONU/WHATSOEVER,  
PHIL SMITH, WHITE DEER ROCKS ROAD,  
WOODBURY TOWN, 05798

[illegible]

You can run most any engine with brushes in it and if you rev-up your engine a little you can put out a fantastic 3000 watts of D.C. Juice. This is enough to use a power saw with or even weld with...all from your little old car alternator. I saw a 30 Gallon power engine that would run a 410 'swap Meet' alternator and put out enough juice to run a 1000 watt electric welder. I thought I was kidding but I was not. I may be able to show you the diagram in a coming issue of V.I.L. would like to hear of any one getting and using these conversions. This is a major breakthrough for persons who have not been able to afford the \$100 gas generators or the price of going through a lot of hassle to recharge these batt's

To continue the tooth filling date Mexico is the answer for many as previously stated. The dental services are available for all. For those who are not in the cheap dentist really do exist and we knew of some in L.A. & S.F. on W. coast a couple of years ago... in fact if you ever through the wooly town of Council Bluffs there is a woman dentist there who last I heard was using a price schedule. straight out of the 40's and was good to boot.

The dental schools such as the one at Long Beach CA will nick you about the same rates as the private ones and are not much better. I have been to a few dental schools and seen many many visits to ever get your work all done, in a few states it is possible to walk into a dental lab, make your own wax impressions and have the work made up on the spot (the lab man sent took you) though I have found many such critics get in CA maybe a V.I.L. member can find one and send out a consent form or mail order thing... wax impressions arent that hard to make and I would not be surprised if you could find a dental lab in your area.

administering anesthesia is a very tricky business and a black market tooth filler would be sticking his neck out over several more basic and simple uses of nerve blockage could be used such as zone therapy in which pressure against nerves is used or acupuncture in which a needle is used to denote by intercepting the electrical pain signal and so forth and so on...in the end I just isn't a real picked up a hole dental drill outfit for \$8.00 and I was able to fill cavities with a dental filling compound that I had bought and I was no longer due to the nerve deadening problem. The epoxy glue route will only work if you coat the filled cavity with wax and don't disturb the area for hours...I will wash the stuff right out if you don't, for general all around use a better glue if the rubbery silicon stuff, and not only works as a temporary filler that you can get out if you are in pain and want to get all of cloves to the area, but on a cloth patch will stop a leak in your gas or oil line. I have used it to fill a hole in a wall and it has held for over a year and I find no dimes covering a cavity to protect the silica cement below it, the main idea of a cap of course is to keep the cement from wearing...and with a little more thought on the s.

In ref. to V. J. Pl Geo. Van Tassie has his widely known flying saucer convention the last weekend of Oct. every year and it is a first rate place to meet some very unusual as well as some very alert and aware people. The huge body rejuvenation machine has to be to be used on the face and the body and it is a very interesting machine. I have investigated the only thing that fate seemed to allow success for was the roll of clothes and the roll down under the high tension lines of the power co. They promptly stopped him and he had to pay his monthly bill again. To add a few suggestions to Tom & Grace...we have noted many big bus people prefer to register the - rigs in Ariz. and Calif. I don't had as yet. Upon completion of your conversion in Calif. it is prudent to explain to the DMV, that you are a "California" and that you have a "California" license and super cheap. If for instance your rig cost \$500 and all the material and things you added to it cost \$1000 you would be paying an initial \$5 of \$1000 for the first registration fee. Don't like to be so conspicuous as in a big rig but with kids it will help one to retain a measure of sanity. Many of these big rigs aren't really beyond fixing if a person has the tools and a certain common sense. Many of the big old engines are less actual horsepower than most cars - they "just" have a lot of torque and a lot of things that you may forget to do on their own. A conversion large or small is to insulate everywhere, and as much as you can, insulate under your floor as you can and if that is not in the cards put several layers of carpet or something on the floor. I usually staple house insulation to the underside of wood floors and keep it there with light wood sheathing under metal floors...remember that heat rises right out of your rig if the cold air can come up from underneath, in the same line of that if you have a cold floor in your house, the heat will rise up and out of the house and in winter, if this is all to much to bare then you better have a heater tank or head south in the winter, hope to make it simpler in Romans bus book (V.I.I.)

V.L. readers who read Poerres letter last issue should like his various publications his "Pioneer" is really stuffed with outdoor type facts etc. he also has a treasure map, and one leaning toward the Metaphysical, I quote take my hat off to him and his type must permeate the world through the "Pioneer" through the "Pioneer" through the "Pioneer". Another interesting mag for the guy about ready to get off the treadmill is the "Outlaw Magazine" it sort of points out the fallacy of finding happiness as a 9 to 5. They want a donation for it but \$9 ought to do write: Box 84, Canyon, Calif. 94516. I was inspired by his "Pioneer" and I am inspired by his "Pioneer" and I am inspired by his "Pioneer" without "Money" while a little outdated now he inspires you by showing how many have made it in a satisfying niche in all parts of the world (P.O. #475, Fort Worth Mich. #080, \$5). Should also mention the "Margin" paradise of the world and other things which St. Norman has written a very good book on it. I am inspired by his "Pioneer" and I am inspired by his "Pioneer" and I am inspired by his "Pioneer" where more but its getting late and is punching the wrong things here. N.Y. Fry

\* **HOW TO SURVIVE THE CALLING DEPRESSION:** "A full fall of unusual moods, habits, attitudes. With or without money-as the true barometer to watch for in the lowering 'fall,' what to do before it starts. The only only form of money you can really trust and where to get it (legal ways to keep what you have now). The absolute responsibilities, finding your utilities, money or not (dramatic life styles and new ways to survive). But lastly really need passing out 11 Other depressions and the dangers of the system. The true survival method and its many fantastic cost shatters and getting the cost for your money-out to do if you can't have your 'Gimme's, 'Gimme's, 'Transpiration, Misemployment and the best reference books to help! \$20.00 300 words and dozens of (Illustration 50¢ or two copies plus a free 19 page hard book for \$1 if you want them V.L.)





## THE FREE MAN IN THE SLAVE STATE

You are free to the extent that you are able to control your life; to avoid initiated violence or threat of violence by others. Freedom often depends not on WHERE YOU ARE, but rather WHAT YOU DO. It is not necessary to hide out on a desert island or roam around like a gypsy to be free. You can live in Los Angeles — or Moscow, for that matter — and be quite free. But you must take the responsibility for your own freedom — you alone can make yourself free. If you wait for "Society" or the government or someone else to do it for you, you will wait, and wait, and wait...

I say you can live in Los Angeles and be free. But I make one major qualification: You can live in Los Angeles freely only so long as you don't openly flaunt that freedom. If you insist on exhibiting PUBLICLY "socially unacceptable" expressions of freedom, you will probably end up in a prison or a mental institution, definitely not easy places in which to remain free!

This brings me to the first and most important principle for remaining free in a slave state: **BE INCONSPICUOUS** — avoid drawing attention to yourself. With over a hundred million laws and regulations on the books and more being added daily, almost ANY activity can be interpreted as criminal. So legality, as such, becomes much less important than outward conventionality and conformity. Police and other government agents have discretionary power to arrest anyone they deem "suspicious," so avoid arousing suspicion.

As Doc Stanley said in an INNOVATOR article: "Let your appearance, equipment, and actions at all times justify your presence on some legitimate (or conventional) basis. If a police officer has no reason to suspect you, if his alerting mechanism has not been triggered, he can seldom justify, to himself, stopping and questioning you." In case you are questioned, Doc Stanley advises, "Always be able to give an explanation of why you are there, where you are from, and where you are going."

I recommend you avoid behavior that might arouse suspicion even though it be perfectly legal. For example, there is no law yet, that I know of, against taking long walks through the streets of the People's Democracy in the small hours of the morning. But if you do, expect to land in jail faster than the gum who knocks over banks in the daytime for a living. And while the "guardian of the public peace" MAY — and I emphasize MAY — decide there is no rap that can hang on you, you are apt to spend several days or even months behind bars before they reluctantly come to this conclusion. So perceive and change any aspects of your public behavior that might seem "peculiar."

Unless you are able to live far enough back in the woods to stay away from people completely, live in a large city where you have the protection of anonymity. Avoid the small town where one of the favorite pastimes is gossip — prying into other people's business.

Regardless of your income, appear to be lower-middle class; the very poor and the very rich are the most preyed upon by criminals in and out of government. Rent an apartment or house that appears "respectable," but not as swanky as the average cop can afford. Recently, Los Angeles police stopped a new Thunderbird containing several young Blacks; killed one for apparently no reason, and arrested the others. Their only "crime": Driving an automobile the police judged to be "more expensive than men of that age or race should own." If you must live it up, do it far away from where you live and work. Take your vacations in La Paz, or better yet, Switzerland.

Dress conventionally. Be clean and neat, but not ostentatious. If you are a man: avoid beard, long hair, motorcycle garb, or anything denoting non-conformity. If you are a woman: avoid mini-skirts, tight slacks, or other "sexy" attire.

Have conventional answers to common questions: where you are from, where you work, what family you have, etc. It is better to tell plausible lies, than to be tongue-tied or self-righteously silent and arouse suspicion. It is not immoral to lie if you are not perpetrating fraud. It is certainly MORAL to lie to somebody asking about things that are none of his business, it is the QUESTIONER who is immoral by all rational standards.

Around home especially, be outwardly quiet and unobtrusive. Don't keep noisy dogs. Don't throw wild parties. Don't build boilers in your kitchen. Don't play music late at night. Your neighbors are the most dangerous people you know, with the possible exception of your relatives; they will turn rat-fink at the drop of a hat. And complaining to police is a favorite pastime in towns large and small. So avoid any behavior that might antagonize them.

Be superficially cordial to your neighbors but have as little to do with them as possible; the less they know about you the better. Don't voice "controversial" opinions near home. If you wish to proselytize some neighbors, get a friend who lives on the other side of town to work on your neighbors while you go proselytize HIS. And change your neighbors at least once a year — by moving.

If you have children of compulsory school age, and there are no private schools of acceptable quality and price, keep them under cover during school hours. Tell the neighbors, if asked, that your kids are feeble-minded and you are tutoring them at home. Another possible cover is to always be a transient visitor from Virginia, South Carolina or Mississippi which have repealed compulsory attendance laws. With children, you should move more often, perhaps every two or three months during the school year, before gossip can spread very far.

Avoid traveling by bus, especially cross-country. "Only niggers, spics, college beatniks and other commie types ride buses any more." Because the bureaucrats have made this appraisal of bus clientele, terminals are mainly hang-outs of government creeps, the REAL social undesirables.

If, despite these precautions, you are harassed by criminals, public or private, **KEEP YOUR TEMPER**. Act humble and polite even though it hurts. Don't tell them off or slug them, no matter how much you would like to. Recognize that you are in a situation where they can bring superior forces to bear. A cardinal rule of guerrilla warfare is: Don't let the enemy determine your tactics. So if you wish to retaliate, do it at a time, place and with weapons of your choosing.

My second general principle for remaining free in a slave state: **INSULATE MAJOR AREAS OF YOUR LIFE**. Keep home, work, person and avocations self-contained so that conflicts with authority in one area will not endanger or inconvenience you in other areas.

Keep the address of your living quarters secret. When away from home, avoid having anything on your person or in your vehicle which gives your actual address. Establish a "legal" home address away from actual living quarters; this might be just a closet in a friend's house containing some old clothes and books, which he can point to if questioned. Use this for driver's license and other ID you carry on you. Give this to your employer if he insists on such information. Give the location of your actual living quarters only to close friends who are not only trustworthy but who have a real need to know. If you have a home phone, get it under a nom de plume. Rent under a nom de plume, or at least a variation of your name. Receive all mail at a box in a 24-hour post office. You will sleep better if you are not half expecting an authoritarian knock on your door at two in the morning.

Do any activities which might draw unfavorable attention — writing for example — under a nom de plume. And use a separate address for the nom de plume.

If you have never been fingerprinted, avoid it. Since a set of fingerprints on record with the FBI is the only way you can be definitely identified, avoiding fingerprinting is worth quite a bit of effort. Stay out of the armed forces. Don't apply for a security clearance. Don't seek employment with any company that routinely fingerprints — some do. Don't take part in street demonstrations, etc., where there might be mass arrests and bookings — there are more effective ways to fight back. The thumb print which California asks for but does not require for a driver's license does not go to the FBI, and can only be used to verify a suspected identity. A full set of prints — all fingers of both hands, is required in most cases to identify, if identity is not suspected. Nevertheless, decline to give a thumb print too. Tell them if they ask why, that you must refuse on the basis of personal religious convictions.

This brings me to my third general principle: **SET UP AN ALIAS IDENTITY FOR EMERGENCY USE**. This should include as a minimum: birth or baptismal certificate, driver's license, and passport. Even if you do not intend to KNOWINGLY break the law, alias identification is among the best "freedom insurance" you can have. As I said before, there are so many laws and regulations that one cannot possibly even KNOW all of them, let alone consistently obey them. And many laws can be interpreted very broadly; you can always be apprehended on one excuse or another, or quite likely, just by accident. And should you face prosecution, it's nice to have the OPTION to "cut and run," whether you then choose to do so or not.

Don't wait until you are in trouble to get alias ID; then you will be prone to mishaps that will get you in more trouble. Do it now while you have full resources, are able to move about openly, and can take the time to be careful. Also, getting ID is easy now, but may become more difficult.

Each individual and family will have their own requirements and problems, so by all means, think through your own procedure rather than simply follow the directions of someone else; it is generally safer NOT to follow the exact procedures used by others.

So far I have been assuming that the individual concerned is not PRESENTLY in danger. But at least two kinds of people already ARE in danger: men of draft age and children of compulsory school age. What they do about it is up to them. I would, of course, never encourage breaking the law even to save one's own skin, but...

Since the compulsory school age in California is eight, the child will be immune until he is mature enough to conduct himself safely if questioned by authorities. (He can say his parents are just visiting from out-of-state or whatever.) After that, the child and his parents must choose his course carefully.

Lest anyone should misinterpret any of the foregoing as a prescription for a successful career in crime, I would point out that committing a REAL crime is FAR more dangerous than engaging in a peaceful activity that some immoral government chooses to CALL a crime, because there is a VICTIM and this victim has STRONG incentive to kill or otherwise frustrate the criminal.

In contrast, the person who LIVES FREE creates no victim; the government creep whose job it might be to stop him has weak incentive at most. This is, of course, only one reason why real crime is very much against one's long-term interest. If, despite this warning, someone wants to become a criminal, he can hardly do better than to join an already flourishing gang of killers, kidnapers and thieves — by far the most successful criminal organization in these parts — I refer to the U.S. government and its state and local affiliates.

This brings me to my fourth general principle: **RESPECT THE ANONYMITY OF OTHERS**. For the libertarian living in the slave state, this is a form of "good manners" necessary to the continuance of freedom. All rules of etiquette, if traced back far enough, have utilitarian origins, and most of them originated in the tyranny and chaos of the feudal dark ages. For example, the custom of shaking hands was originally a way of preventing surprise attack when two persons met by showing that neither held a dagger in his sword hand. Living in the tyranny and chaos of neo-feudal America, it is proper that libertarians develop new rules of etiquette which relate to present conditions. These include the following:

**Rule of etiquette: SAFEGUARD ADDRESSES AND TELEPHONE NUMBERS** given you by other libertarians, except in those cases where the person makes clear to you that his address is public knowledge anyway. Disguise or encode addresses or phone numbers some way so they are meaningful only to you. The reason: During any kind of round-up, it is customary police practice to use any address books found as sources for more suspects. Many narcotic rings, for instance, have been busted in the following manner: One member is apprehended more or less accidentally — perhaps he is stopped for a traffic violation. His car is searched; the police find drugs and an address book. They immediately apprehend all the persons whose names appear in the book, and search their premises for drugs and address books. This may continue through three or four levels of contacts and involve hundreds of persons. Many of the people so apprehended will be entirely innocent; nevertheless, their premises will be ransacked and they may be held behind bars for several days while being checked out. Since a government creep will usually be looking for an address book and will keep searching until he finds something, it may be wise to HAVE an address book for his benefit. Pick names at random from the phone book if you wish or limit names to non-libertarian acquaintances.

Safeguarding of addresses is for your protection as well as the protection of others; if the police find illegal goods on the premises of several people whose names you have, this will cast further suspicion on you. Also, of course, if your friends get busted because of your carelessness, you will no longer be their friend. The person who does not especially want his address kept confidential — perhaps he maintains an open address for business reasons — can signify this by giving out business cards.

**Second rule of libertarian etiquette: DO NOT ENGAGE IN OPENLY ILLEGAL ACTIVITIES ON THE PROPERTY OF OTHERS**, without explicit permission. This applies to such things as smoking marijuana, disrobing, and showing off your collection of gold bars.

**Third rule of libertarian etiquette: DON'T ASK QUESTIONS WHICH INTRUDE ON THE PRIVACY OF OTHERS**, unless you have a strong and mutually understood need to know. As one libertarian has put it: "Don't ask questions which require a proper-noun answer." It is all right to ask, "What is your educational background?" but not, "What college did you attend?" It is all right to ask, "What kind of work do you do?" but not, "What company do you work for?" One may not wish to divulge specific biographical information for any number of reasons. When confronted with such a question, he must either lie or be silent and draw attention to himself. As this custom, already practiced by many, becomes more widespread, government snooping will become more difficult; the creep cannot gather personal information about others without attracting suspicion to himself.

**A last rule of etiquette: AVOID GENERATING PUBLIC RECORDS OF FINANCIAL DEALINGS**. Avoid paying by check. If you are sending too large a sum by mail to test cash, get a money order. Also, don't ask for a receipt unless the transaction is large; then make the receipt intelligible only to the parties involved plus perhaps one witness.

By following these simple guide lines, libertarians can exchange ideas, experiences, goods and services without destroying the veil of anonymity they have worked so carefully to weave.

### ALLEN HUMBLE

(Reprinted from autumn 1968 INNOVATOR, Box 85160, Box 1747, Harlingen, Texas; \$1/copy, availability unknown.)



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#### CITY VS COUNTRY DURING REVOLUTION by Walt Hayward

Many of our city people seem to have the illusion that they will be able to run to the country or mountains as soon as the revolution starts getting hot around them (the shooting starts). These city folk seem to believe they will have a better chance of survival there. How true is this?

How many of our city people have ever tried to live alone in the wild? How many would know how to survive when the food runs out and the weather is dry, when the snow is high and cold and you find yourself without blankets or fire? Take a realistic look at yourself, could you survive under these circumstances? Unless you have trained, and trained hard for these things, you would not stand a chance.

Now, let's give a little thought to the city in which you live. Though you may not realize it, the chances are that you already know most of the rules of survival there. Have you given any serious thought to city survival or defense? For the people used to city life, the advantages are many.

First, any city is like a great fort. There are very few places where cover can be found less than a few feet away. If you can't go to a fireman you will be able to defend yourself from behind doors, windows, back fences, etc. If you can get into a high building, you will be able to fire down, an advantage seldom found in the country.

Second, if you have taken the precaution of organizing and preparing, as I hope you have, you will know every avenue of escape. The enemy is not as likely to know these as every obstruction will be in his way while giving you cover. This will work to slow him down and give you the advantage.

Third, to move through your city, the enemy must move through the streets. Streets are open, thus making him the target. (Remember the riots and how long a few were able to hold off organized troops.) If you have the courage to defend your home and family, this fact alone gives you the advantage.

Fourth, supplies can usually be found in the so-called supermarkets and warehouses that abound in the cities. True, these supplies will not last long when the going gets rough, so it would be a good idea to start a storage program now. Even if you do not take the precaution of starting a storage program now, supplies can be found. You will have to fight for them then.

Believe it or not, a storage or supply cache is easier to construct and hide in the city than it is in the country. Start a storage program now, not only in your own area, but in the city as a whole. If you are organized here and throughout the city, if you take the time to get a home defense organization going, this will not be hard. With a little imagination you will find plenty of supply places. Panel boards can be removed from walls, closets can be made smaller (in appearance) giving a foot or more for supply space, the list is endless. In any event, you can see where the availability of supplies in the city gives you the advantage.

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Sixth, the chances are that you are working in or very near the city you are living in. Have you ever stopped to consider just how you will get to the wilderness? Remember, the enemy does not plan to give you advance warning of when he is going to strike. It will be sudden and unexpected. As soon as the shooting starts the street will be filled with fear-ridden people trying to escape. These people will be subject to crowding, being waylaid and killed. The city is a trap. Autos will be overturned, bridges blown or clogged, YOU will be unable to move far. But, knowing your city and knowing where supplies are cached, it will be unnecessary to. You will be able to survive or fight right where you are. Again, your advantage.

What are you going to do if you find you can't get away from your city or how you could survive if you did? Will you stay put? That's what the enemy wants and expects. (If you do, you deserve the treatment that is store for you.) Be convinced that we do not have the guts to stand up to him, and that, perhaps more than anything else, is to your advantage.

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A third approach involves a blend of concealment and deception: construct hidden, sound-proofed apartments and workshops beneath or within a "lowed" building ostensibly used for other purposes. Since such chambers could be blast, fire and fall-out resistant, this approach offers some protection against nuclear attack as well as day-to-day predation. The family of Anne Frank (DIARY OF A YOUNG GIRL) tried (unsuccessfully) to hide this way during Nazi occupation of Holland. The hidden-chamber approach seems to have much potential; also many problems. I have not attempted it nor even thought much about it. I welcome the insights of anyone who has.

A fourth approach: Build a den or camouflaged camp on unowned land such as a public park. This approach has much in common with wilderness survival. Major advantage: easier access to city. Disadvantages: more difficult to conceal; general hazards of city including fire and nuclear threat. A man built a shack and lived undetected for 17 years in a Portland city park (reported in PREPORN-INFORM, issue sold out). Park acquisition might be done easiest by vendors who first develop concealment skills in unpopulated remote areas, then opt for better city access.

The fifth approach: van nomadism with city squat-spots. Some differences from wilderness squatting: "Private" land, such as backyards of friends, is probably safer than streets for long stays. The vehicle need not be as self contained since utilities are close at hand. Off-the-road performance isn't important. Appearance, conventionality, license plates, etc., are important. **WALT**

A small is an underground house. The word is taken from J.R. Tolkien's books THE HOBBIT and THE LORD OF THE RINGS. It was a cave home used by hobbits, who were little people who ate a lot, raised gardens and were usually very jolly. The small was usually dug into a bank. The living room would have windows and face the garden but the rest of the rooms (bedrooms, kitchens, storerooms, etc.) would be off either side of a long hall which might have a fireplace. In addition, the small would be under a few feet of soil is almost unchanging winter and summer, it can also be damp. Since the surface of the land is left clear for growing things it is more ecologically sound than scattering man and his junk over the surface. Greenery will clean and cool the air and deaden sound pollution, and conceal.

Desert dwellers say we will be living in w/g shelters, at least to eat, sleep and relax, then we will go out to work, for more than 5 years after the last bomb has fallen because of residual radiation. The small amount of that time would probably not sticken us immediately but continued low exposure would cause leukemia and other cancers (as does overexposure to x-rays and sun now) and through gene damage cause future generations to be born with defects. In addition it would materially shorten our lives. It has been proven that radiation, even the small amount we get today does shorten our lives. This is done, it is surmised, by knocking part (the reconstruction memory) off the cells dna chain. This results in replacement of failing cells with less than "original quality" replacement parts.

In any case, one can live quite contently in the hottest desert land in a small. The desert cools rapidly when the suns direct rays are gone and will not heat up until the middle of the next morning. In a heat of the day the modern hobbit would stay in his small. The small, because of its construction and location is comparatively cool. In areas of fire, flood, windstorm, fallout (it should be 10 feet below soil between it and the surface), vandalism and thieves. If found by thieves, and this is not too easy since nothing shows as in an aboveground home, it may be robbed but it cannot easily be burnt nor torn up. It is also a less obvious tax object.

The small may be built of many materials. Commercially built, and you wouldn't believe how popular this type of home is becoming, it would cost \$30,000 or more. It can have an w/g swimming pool and greenhouse. But a small can be built for a few hundred, or much less if you are a good scrounger. Labor is the big thing and none of it is too technical.

The preferred material is reinforced concrete. Commercial concrete sewer pipe can be bought (dressed, it is very cheap) in 12" to 18" or more. It is generally as long as it is wide. A 6" dia x 4' length piece can be used for tunnels or storerooms or closets. A 10' can be used as a room with a wood floor part was up and under the space used as storage. Half an 18' can be a room 6' high at the center and 18' x 12'.

If you are preferred to make your own, forms can be constructed of steel pipe lined with 1/2" plywood. Set a larger form over a smaller and fill the space with stones, wire cloth and iron bars and set it all down and pour in cement. When it sets, remove the forms. Any design could be used: one level, split level, multi-level.

The hole in the ground can be used for tunnels or closets. A 10' can be a room with a wood floor part was up and under the space used as storage. Half an 18' can be a room 6' high at the center and 18' x 12'.

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# OVERVIEWS

To Vonu Life:

I have enclosed material which I believe will be of interest to you and to many of your readers. The booklet (titled *The Quiet Reality: Onrushing Nuclear War*) contains my analysis of the dynamics of the American welfare state. If you would like to review it you have my permission to quote brief passages for that purpose.

My conclusion, after a careful review of the information available to the public, is that political considerations have become predominant in the military decision-making process. Persons in positions of political power in the United States owe their success to the policy of buying votes with other people's money—i.e., to "welfare." Through long years of practice, they have come to habitually avoid lines of thought which lead to the conclusion that welfare spending should be reduced. Now their resistance to such arguments is automatic. They are psychologically incapable of sustaining their objectivity long enough to reach the conclusion, for example, that U.S. spending on strategic weapons systems ought to be reassessed. Unless they are actually forcing themselves to focus on arguments that lead in this direction, they will be automatically carping, splitting hairs, and picking fault. Arguments that military spending ought to be reduced, on the other hand, are accepted totally uncritically. The reason they want to spend the money which U.S. survival would require to buy votes.

Such a publication is relevant to Vonu Life because it leads to a conclusion, which is stated explicitly in section 7 of the booklet, that less than 500,000 people will be able to survive in this country in the conditions that will result after this country has sustained a nuclear attack. This is the approximate number of Indians that this country was able to support at a comparable level of existence prior to the coming of the white man. When this country's technological base has been destroyed—~~as will be~~ the case with the type of attack which we face—the survivors will be those who are able to survive at such a level long enough to get through the initial 6 months to 1 year of chaos, disease, and widespread starvation. At the end of that period, if a community of persons has survived which is dedicated to the philosophy of individual freedom (which you refer to as "live and let live"), then we can begin the long road back. Let me stress, however, that a community whose members value these values is absolutely essential to the achievement of this end. However good you may be at living in the woods with one or two people under present conditions, you would not have a chance under the conditions which will hold during the immediate postwar period. You will then have thousands of competitors for territory (and territory, under such conditions, is life itself). They will be faced with starvation. It will be you or them. Without organization, you will have to be totally ruthless and extremely lucky to survive. And that assumes that you got through the short term dangers of fallout and biological contaminants. To do so you would have to be far from major target areas, or have a fallout shelter complete with air filtration equipment, radiation counters, etc. In addition, you will have to deal with thousands of starving dogs. There are approximately 50 million dogs in this country. Ten to 15 million are large animals. When man stops supplying food, they will aggregate into packs and pull down whatever prey they can catch. Human beings will be, needless to say, the easiest to bring down.

Our only hope, as I see it, is to aggregate together in one or more communities in extremely remote areas of this (or, perhaps, some other) country, stockpile food and other necessary items (keeping in mind the urgent need to be capable of self-defense), and be able to sit out the extreme dangers of the immediate postwar period. When things have died down (literally!), we can pack up and migrate to an area better suited to permanent habitation. For reasons which I make clear in the booklet, you won't have to worry about the "bludge" at this point (either the American or the Soviet variety). Some fighting may be necessary, but in all likelihood we will face only isolated gangs of marauders. They will not be representatives of a giant social organism which spans the entire continent, as is the case today. Hence they can be dealt with on their own terms.

Since the community concept is absolutely essential to survival under such conditions, ownership of land is also absolutely essential. Two or three people can wander off into the woods and live for long periods without detection. But if a couple of thousand persons (and this is what we need) gravitates to a particular area, however remote, they are going to attract attention. This is true whether they are on government land or on someone else's private property. Such persons must own the land they are squatting on if they are to be left alone.

The community which I have in mind is as follows. I envision purchasing several thousand acres of land in remote areas of the U.S. (The first purchase, at any rate, will be in the U.S. If this project attracts enough support among persons wishing to leave the U.S., we can set up additional communities elsewhere.) Applicants will be closely screened. Only laissez faire libertarians who believe in the principle of collective self-defense will be welcome. To my mind, the turn-the-other-cheek variety of libertarian might as well be on the government's payroll. He preaches the doctrine of submission and thereby undercuts every positive value which he holds. I do not want such people. Nor do I want conservatives of the bible-pounding variety. Such persons labor under such high degrees of group values that I would feel that I could trust them only when I had a gun on them. Under the conditions which we face it will not be expedient to have the

enemy in our midst. At any rate, parcels of land will be leased in perpetuity to acceptable applicants upon the payment of a ~~single lump sum amount~~, which will amount to a purchase price. The only periodic payment which the land will require will be each individual lessee's share of any taxes which may be levied against the land in the prewar environment. In addition, the lessee will be eligible to subscribe to a safeguard service during any periods when his parcel is unoccupied, such as when he is temporary working in the blind community. This service would consist of daily checks by armed riders to ensure that the subscriber's food stock or other valuables were not being carted off by thieves or damaged by roaming animals. The fee for this service would be kept as low as possible. Hopefully members of the community would be willing to accept such jobs. (Note: Some of the details of the legal aspects of this plan need to be worked out. I am sure that the regulations which pertain to such arrangements vary from state to state. The purpose of the lease concept is to avoid being harassed by multitudes of regulations which crop up in some states when parcels of land are "sold." This is not merely to save me trouble as an "owner," you would in some instances find that you couldn't live on your land. If, of course, it turns out to be advantageous to "sell" parcels, this will be done. Any suggestions in this area, or any other, will be greatly appreciated. Criticism, quite frankly, will be appreciated much more than statements of agreement. I am not the least bit thin-skinned. I prefer to catch my mistakes before I have based actions on them.) It is my intention that each member have a relatively large parcel of his own—several acres, hopefully. As I have said, the primary consideration in selecting such land will not be the desirability of such areas for permanent living. Such limitation will be possible, but on a "roughing it" basis. It will, of course, be good as can be, considering the primary goals of remoteness from major targets, and fallout areas. A primary consideration will be ~~cheapness of price~~. Many of the persons whom it would be most desirable to have in such a community would have trouble scraping together more than a few hundred dollars. Many would have to obtain temporary work in the silly society to manage even that. I am shooting for a sale or "in perpetuity" lease price of less than \$200 per acre. In fact, I am presently engaged in negotiations for a large parcel which I believe will meet such conditions. It is in a "high desert" area. Subsurface water is available in the 10-50 gallons per minute range. (Those who cannot afford to sink their own wells can pool their resources in joint ventures. A 200 foot well complete with a windmill would set you back about \$2000.) Rainfall averages about 16 inches per year.

Living in such an area is rough. However, I am convinced that it can be accomplished in reasonable comfort at small cost by persons who employ ingenuity. Aluminum rods, for example, might be driven into the ground to provide a frame over which to stretch a polyethylene plastic covering. The result would be a desert hothouse. Within such a structure, evaporation should be very low. It thus should be possible to irrigate and raise good crops even with a meager water flow of ten gallons per minute. Naturally, the number of such hothouses could be multiplied up to the limits of the available topsoil on your parcel. Another desirable attribute of this location is the availability of game. Considerable trekking would be required of a hunter, as this is a desert area. But deer, mountain lion, javelina, black bear, rabbits, and pronghorn antelope are found in the area.

But that's enough. I could talk on and on about this project. If any of your readers are interested in further information, they can write to: Mitchell Jones, Aegis, P.O. Box 12963, Austin, Texas 78711. (Those who would like a copy of *The Quiet Reality: Onrushing Nuclear War* may obtain a copy at a special discount price of \$1.45 if they mention that they saw this letter in Vonu Life. The regular price is \$1.95.)

With best wishes and regards.

Sincerely,

*Mitchell Jones*

Mitchell Jones

THE QUIET REALITY: ONRUSHING NUCLEAR WAR is approximately 10,000 words. A few quotes follow:

"The result, in the near future, will be nuclear war. A year or two at the most. That's all we have.

"The most likely sequence of events during and after a Soviet first strike would seem to be as follows:

(1) SS-9 missiles will destroy most—probably around 1000—Minuteman on the ground. Thus there will be clusters of ground-launched thermonuclear explosions in the immediate vicinities of our Minuteman bases. Enormous quantities of earth and rock—millions of tons—will be scooped up, made radioactive, and injected into the atmosphere. From there it will be carried by the prevailing winds for an indefinite distance, until it settles to the earth as fallout, with the heavier particles settling out first. Areas downwind of the target areas will be rendered uninhabitable for varying lengths of time, depending upon the chemical compositions of the soils and rocks which are lifted up.

(2) Submarine-launched ballistic missiles will carry thermonuclear warheads to all areas housing either Polaris submarine bases or SAC bases. This should add from 50 to 100 thermonuclear explosions of approximately 1 megaton in size to the already awesome total.

(3) The Soviet Union's remaining 1000-plus conventional ICBMs will destroy every major source of electric power, every major refinery, and every major rail or highway junction in the U.S.

(4) The remainder of the attack force—1000 or so sea-launched ballistic missiles—will incinerate all major U.S. military bases and major cities which have escaped other weapons....

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"Now, the reader will note that no mention is made of the Red Army, Soviet occupation, or any form of Soviet involvement in the U.S. after a nuclear strike. There are three reasons for this:

(1) The Red Army is not equipped to occupy the United States. The necessary troop transport and logistical support simply is not available.

(2) The Red Army will have its hands full closer to home. There would be no point in occupying a devastated and distant United States when modern industrial nations such as Japan, Israel, and South Africa have not been dealt with. Any one of these nations could achieve an atomic capability in short order if not dealt with quickly. . . ."

This map was xeroxed from a book published early 60's (title mislabeled). Hypothetical attack released 1490 megatons of fission energy. Soviet capability now is much larger. RAYO

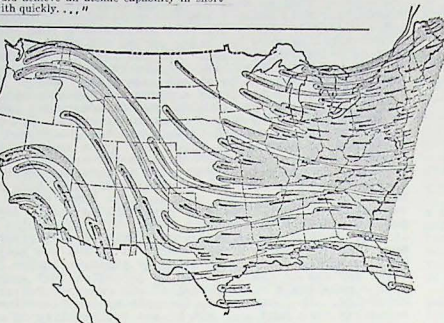


FIG. 23. Pattern of fallout on the second day after a hypothetical nuclear attack upon the major targets in the United States on October 17, 1958. The meteorological conditions (wind, etc.) on that day would have produced the fallout distribution shown on this map.

Dear Mitchell Jones: I am glad you are not thin-skinned! I disagree on various points, including your 'national defense' recommendations, but will limit myself to items directly relevant to your project.

REGARDING THE FUTURE: I would like to believe your assurance that we won't have to worry about bludge. But I hesitate to base my plans on a single scenario. Other scenarios which can be predicated on your information: P (1) The Soviet bludge launch missiles against Minutemen sites, Polaris subs and SAC bases, but avoid population centers. They then deliver an ultimatum via 'hot line' to American bludge: "If you abstain from retaliation and accept a few 'conditions', we will spare your cities." (If the American bludge launch, the Soviets will detect this on radar and have 15 minutes to launch additional ICBMs before American missiles land.) The American bludge accept. Gradually the U.S. becomes a Soviet satellite -- gradually so that American bludge are never faced with a sudden loss of power. P (2) In an all-out attack is made but weapons and crews are unreliable under pressure of war and a large percentage fail to launch, miss widely, or fail to explode. (Strategic weapons have not been tested in actual war. And rulers usually have an optimistic estimate of weapon reliability -- 'good news' travels up the chain-of-command in a bureaucracy much more easily than does 'bad news'.) There is heavy destruction but not 'social disintegration'. Although half the people are killed, 'the nation' survives -- under a military dictatorship. Livestock and poultry are slaughtered, and feeds are diverted to human consumption, averting large-scale famine. P The Soviet bludge do not attack, for reasons of their own. (The USSR apparently had a comparable weapons superiority in the early 60's. I'm not arguing for one scenario over another. Actually I find your forecast disconcertingly plausible. But I recommend considering a number of different scenarios and evaluating possible life-styles with respect to all of them (weighted by probability).

REGARDING OUR SURVIVAL: Surprise nuclear attack is one of the possibilities we considered when choosing Siskiyou region. Heavy fallout is unlikely. And our immediate strategy is not only to reach a population center but attracts relatively few tourists. (When people 'head for the hills', they usually head for hills they are already acquainted with.) P We are already living, near-full-time, in the area and (largely) in the way we would live after a nuclear attack. We 'know the territory' much better than will almost all refugees -- a big advantage. And refugees will tend to rely on 'conventional' camping techniques they have used on vacations or read about: put up a tent in a clearing or build a log cabin; keep a fire going; chop wood which makes a lot of noise, etc. For us, in contrast, concealment is an integral part of our life-style. We will usually know where they are; they won't know where we are. P Following an attack we will hole up and eat stored foods, not forage or hunt. This way we not only avoid ingestion of fall-out but minimize contact with outsiders.

REGARDING YOUR PROJECT: While one or two experienced people with food supplies (in 'our woods') have good SHORT-term survival chances, LONG-term prospects are not so good. We, too, would like to associate with more people. But only with people who are serious about freedom/survival -- who place a high value on you and will put forth sustained effort to achieve/maintain it. And such people cannot be identified by what they say, only by what they do. It's not a question of sincerity. A person simply cannot know how he will react to a new way of living -- how he will behave, and change. P Previously compatible people may react to a change of life-style in different ways, and become incompatible. This has been the experience of many intentional Communities -- even of groups who have lived together for years. Marriages often break up. I don't think that interviews or personality tests will predict such problems. P I think the way to develop durable vonu groups is: (1) opt out alone; (2) maintain relative mobility; (3) gradually come together with others and discover ways to associate to mutual advantage. P Even one or two experienced people have far better survival prospects living in a wilderness than they do sitting in an apartment in New York or Austin, Texas 'waiting to get organized'. (This is not intended as a personal chop - I have no idea what your present life-style is.) P Since you plan on migration to a more desirable area after 'die down', why try to get everyone together before then? As you point out, a thousand people is too many to hide (with present techniques). Yet there's too few for open defense against some city-kingdom. And, with large food stocks, you will be an attractive target. When it is wiser to hide out during 'die down' -- by ones and twos, or dozens, as the case may be -- and come together afterwards? P Finally, even if a large community

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were desirable, one or two years is not enough time to develop it. P Rather than trying to organize a large community, might you not accomplish more by providing survival information and training to individuals and small groups (after you have arranged for your own survival)? For examples: What areas are least likely to receive heavy fallout, assuming a probable range of attack strategies and weather conditions? How much fallout should be expected? What are sources for simple low-cost air-filtration equipment, radiation detectors, etc. (Gleason Electronics, Akron, Ohio, also stores here and there, had surplus 'Civil Defense' detectors for \$10 plus shipping; requires 224v battery costing about \$3 -- just found their address: 260 S. Forge St., Akron 44308.) When is the most likely period of attack? late Spring or early Summer when daylight hours are long at Leningrad-Moscow latitudes? Are there any up-to-date survival manuals on nuclear war? (What literature we have is ten years old or more.) Are there any worthwhile civil defense periodicals? I'll be happy to publish this kind of information in VONU LIFE. Peace through vonu, RAYO

To "Rayo":

I'll try to keep these remarks as brief as possible, as per your request. But don't feel obligated to print them if they are too long to suit you. Having the last word is the editor's prerogative.

First, let me take your alternative scenarios in order:

(1) This seems to merge the attributes of what are really two quite distinct lines of development. Viz: (1a) The Soviets wipe out our military while carefully avoiding bringing about social disintegration in the U.S. My answer: They would not do this because they will not be able to spare the 5 million troops that will then be required to occupy the U.S. (1b) The Soviets lob over a few missiles in hopes of panicking U.S. politicians into a surrender. My answer: They would not risk the possibility that Nixon (or his successor) would launch a massive defensive counterstroke, which would overwhelm their defenses.

(2) You theorize that the Soviet leaders probably have an inflated view of the capabilities of their own weapons systems, and that they may discover that their attack fails even to bring about social disintegration in the U.S. Your logic is excellent--brilliant, even. But in this case the facts are that the Soviet leaders have an exact idea of the capabilities of their weapons, due to extensive and on-going testing. Their ICBMs have been silo tested against full-range targets hundreds of times.

(3) The Soviets do not attack, due to some unspecified inconsistency in their characters. Your evidence: That the Soviet Union had military superiority in the early 60s but did not use it. My answer: You are probably referring to the 'missile gap' era in the late 50s (the post-sputnik years). This was a missile gap, not a military gap. The U.S., due to Lemay's B-52s, enjoyed overwhelming strategic military superiority during this period. This edge was retained until late in the '60s.

Which leaves only the issue of how to prepare for the postwar world. We appear to be not too far apart in our assessment of the long-range survival prospects of isolated individuals or couples. You accept the desirability of setting up some sort of group. You say: Why not agree upon a meeting place and aggregate together after the 'die down' (your usage, my phrase) is over? My answer: Individuals and small groups can travel long distances in relative safety before the fact. After the fact, large groups and almost military organization will be required. Bushwhackers and robbers will be a dime a dozen.

Mitchell Jones  
Mitchell Jones

Dear VL:

I find that I am basically in sympathy with the views expressed in this publication. It's easy to see the many advantages of invisibility. However, I don't believe that this is equivalent to invulnerability. "Out of sight, out of mind" may be true, but the fact is that the Monster may still crush us inadvertently anyhow as it shifts. One can retreat from "civilization" physically or psychologically, drop out of sight or whatever, but as long as one's life is dominated by flight and hiding, how can one be truly autonomous?

Most of your contributors seem to be elements of the "back to the Land" movement, with which I heartily agree. In fact, I'm planning to move out someplace into the California wilderness as soon as I can. However, mass diffusion into remote areas, with only infrequent incursions into the monster's cities, is no permanent solution; it seems to me. Even if this exodus escapes the Monster's attention, it will still find us eventually, even if only inadvertently, as it seeks Lebensraum for its exploding population. Besides, pretty soon all these would-be vonuans will be bumping shoulders with each other, too. It may be that less than 6%, or even 2%, of the land in this country is occupied, whatever that means, as you said in VL2. However, if you've read Eco-Catastrophe, and I'm sure you have, you know that it won't take too much longer for the Monster to nibble at the remaining 98% or whatever, at constant population density. Consequently, though we may briefly enjoy the bliss of vonu, it can't last as long as we merely retreat and curtail our wants. Eventually, we will literally have to stand our ground, and undoubtedly some sort of unified, mass movement will have to develop. Once again, we're talking about liberation.

Meanwhile, we ought to fight a holding action by supporting ZPC, even though it might go against your principles to support such a liberal organization. In fact, it almost seems to me to be a logical corollary of your starting



position. At least we ought to contribute to the dissemination of birth-control propaganda among the sheep masses. It's all right for vounens to "be fruitful and multiply," as long as the overall increase remains small. In fact, it might be possible for us to aim out in the end, not only by conversion and immediate inspiration, but also by differential fecundity, as the Muslims once hoped to do.

I agree that it is practical freedom, vounu, or whatever you wish to call it, that is important. Furthermore, I'm aware that there is still room for considerably more of it than most sheep can imagine, if one simply plays it cool. The pig is not yet ubiquitous. However, I cannot share the sanguine prediction of Natalie Hall, a review of whose book, *The Year 2000*, was reprinted in VL3. This prediction is too favorable to me. However, I must concede the accuracy of your economic prognosis. But, as state control breaks down, the state will become increasingly violent and repressive -- as we are currently witnessing.

What can we do about this coming maelstrom? I don't know. However, I suspect that it is important to think about it, while there is still time to act. But I believe that you've been largely ignoring this issue. We can't retreat indefinitely.

By the way, you might be interested to know that a psychologist would undoubtedly diagnose vounism as a schizophrenic syndrome -- infinite renunciation, yearning for a simpler life, the urge to simplify all relationships of life; all these are classical symptoms of simple schizophrenia. Not that I'd give two cents for that diagnosis, or any other, for that matter; but I thought you might be interested to know.

Oh, well, peace and love,

DAVE in southern California

(Silence does not necessarily imply agreement. Answer next issue. RAYO)

Hi,

What more "formal" education is needed than a good base in the three Rs (reading, riting, rithmatic)? If you have a good base, then you can teach yourself anything. VL is the best zine I've seen and it improves with each ish. Is it the only one on vounu subjects? No other zines, articles, etc! I'll trade Pioneer for any other zine on vounu or similar subjects, or maybe even money. A book *THE GYPSIES* is a book on the gypsies and his way of vouning.

Some say children form their personalities, etc during their first year or two. In which case, the earlier to escape the better.

I see another problem becoming greater daily...the social security number...already on all govt forms, job records...the main file number in bigbrothers inc's supercomp file in the white fathers fortress. I've seen proposals to tattoo it so no one will be better able to identify his property. Also fingerprints are almost universal. Perhaps a group would be interested in Costa Rica, as in VL 3?

You can get a po box in another town with fake id, they don't really check usually...and pay yearly by po money order and so never see them...only pick up mail after they close the desks. Also a bank account...only couple banks needed...for cover...use po for a dress.

Did I mention plastering your truck with travel stickers? An artificial language could be made with the ancient runes as used by Tolkien in his Hobbit and Lord of the Rings stories or even with the cursive form he used also. This would have the advantage of appearing to be a kids or sciencefiction club thing...much could be done with a lot of hobbit club (a shire) cover that would attract attention if not done with such a cover. This is very popular now.

If you can build up a false identity, with po, bank account, etc, you can register your truck, etc at that name and address, so no possibility of a midnight knock, court ordered confiscation, heavy tax (since nothing else owned), insurance bills or even court suit if you did have trouble. You could always abandon the identity and truck if necessary so you get a cheap old model and do minimum needed fixing. Maybe a woman mechanic would work on a hunk of beat or beat up car. These are usually more dependable than auto anyway. Use as address a burnt or unburnt house. Where could blank social security cards be obtained?

If you have your car repaired, watch out for Union 76 stations. I paid over \$100 for car repairs last brake work. It killed on the freeway ten minutes after leaving the station (Fairfield) and I didn't get money back. The car was told me to get what I want back. The Union Oil company said they were not responsible for anything in the stations.

I've always said paperback books were overpriced so, in a paper today is Yippie Abbie Hoffman's trial...they sell at \$1.95...they cost Hoffman \$1.17 mail mailing. Some of the anti-establishment types don't seem so anti when money is concerned. Just like the political hawks bleeding for their poor, down-trodden brothers.

Did I mention...I'll pay anyone to find me a real hidden piece of land cheap...enough for a garden...place to get a truck into it...or a cave or old mine...a right kind of visitors will be welcome.....

I see even the govt now admits at least a hundred (100) pounds of dirt (alone, plus how much other) in each acre of topsoil in commercial orchards, farms, pastures, etc. England rejects us wheat because it is over the test limit of strontium 90, but us govt says that test is for other things and should not be used on wheat, like the health dept says any amount of fluorine is unhealthy and over 15 is deadly (but not immediately), yet the govt puts 15 in water as a health aid. Fluorine also said to damage brain.....

Consider growing quince...wedlike tree...looks like nothing much...ten feet high...said to be good for only jelly...bush really...tastes like pineapple...try it for your hidden garden...also chinese (new Zealand) gooseberry a lazy tree.

Govt has free books on grafting...plant seedlings of fruits, nuts, shrubs & perennial plants in you camper...seeds can be started in damp paper or eggshells of dirt & then plant either plant in spots as seeds in the soil. Some which contain articles on vounu and self-liberation, along with other stuff, are MOTHER EARTH NEWS, LIBERTARIAN CONNECTION, OTHER SCENES, ACCESS CATALOG, and your PIONEER. (See 'eds' in this or past issues of VL for addresses and prices.) Regarding SS cards see "Services for Nomads", elsewhere this issue. RAYO

Read Taylor, Doomsday Book and Pendleton, 1998 Population Doomsday for some very interesting writing and some frightening facts.

Enjoy  
Paul Doctor Box 1444 vallejo cal  
94592

A smudge which may appear down the middle of Paul's letter is the editor's fault. I know of no other predominantly vounist periodicals (whether or not under the label). Some which contain articles on vounu and self-liberation, along with other stuff, are MOTHER EARTH NEWS, LIBERTARIAN CONNECTION, OTHER SCENES, ACCESS CATALOG, and your PIONEER. (See 'eds' in this or past issues of VL for addresses and prices.) Regarding SS cards see "Services for Nomads", elsewhere this issue. RAYO

Dear Doctor: We no longer carry Sno-Treads (plastic snowshoes) in our catalog because they break quite easily. Although they are guaranteed, this is of little consolation when one is miles from the nearest road. Therefore we cannot in good faith sell them until they have been improved. BOB BRUCE, Holubar.

## OPTING OUT -- VONU ECONOMIC STRATEGIES

We encounter vounists who are succeeding, also some who aren't. A few of the later may be drifters or dilittants. But most are sincere, capable strivers who fail, not for lack of ability or hard work, but through errors of strategy. Some of these errors delayed Rayo's own vounu. The following suggestions apply mainly to wilderness ways of vounu under present conditions. Of course they are generalities -- there are exceptions. You probably already 'know' most of these -- i.e., consciously agree with them. But they may be useful as a check of your subconscious values which show up in performance. Values often lag conscious conclusions.

BE AS VONU AS YOU CAN. Vonu is not an all-or-nothing thing. There is no way to be COMPLETELY invulnerable to coercion. But this doesn't justify giving up and 'adjusting' to depredation, any more than lack of complete invulnerability to disease justifies neglecting health. Select approaches which yield maximum vounu per time and resources expended.

VONU YOUR HOME FIRST. 'Domestic' activities -- sleeping, eating, cleaning, grooming, mending, reading, writing, listening to music, love making, meditating, exercising, conversing, child care, etc. -- comprise most of one's life. A vounu home seems essential for psycho well-being. And domestic activities are relatively easy to vounu; they do not require elaborate equipment or deep involvement with outsiders. In contrast, earning money takes up only a relatively small part of one's life. At \$2 per hour clear, 300 hours of city labor -- one month with overtime -- will pay for eight months of vounu living. And earning money usually requires export -- difficult to accomplish without interference. So vounu should begin at home. Most NON-vonu homes and even entire cities are only 'hardcore' communities; residents do not earn their money there. Most new towns begin this way. While it is nice for a vounu home to be financially productive, this isn't essential.

HAVE SAVINGS BEFORE MOVING. During your first year to two in a wilderness or other vounu environment, expect to be occupied developing shelter and learning vounu-living skills. You will have little time for money earning even if opportunities are at hand. Suggested minimum savings for prospective tent dwellers:

\$200 for one person, \$1200 for each additional person in family. These amounts include: initial equipment costs of \$800 for one person, \$400 for each additional person; per-year expenses for two years of \$600 for one person, \$400 for each additional person. \$600 or \$400 per year assumes: mostly staple foods; no rent except for maybe storage space; little driving; relatively few luxuries, good fashions or status games. Some vounists live on much less, but don't count on doing so during your first two years. Our total expenses (of two people, for two years ending Autumn 71) averaged \$622 per year per person, including substantial equipment costs and business expenses which, unfortunately, we didn't record separately. We lived about 7 months in tents, the rest of time in ven. Ven was bought before record period.

EARN MONEY BY EXPORTING LABOR at first. Don't expect to earn money immediately gathering herbs or dragging gold even if you have time left from home development. What opportunities there may be for wilderness income require considerable skills to pay off. Scrounging for jobs in a small town is a bad scene. Get jobs in cities (that is what you have done); preferably temporary or seasonal work which fits your living patterns. If you have a freemate or children, let them remain at your vounu home while you 'commute' weekly or seasonally. Why subject them to bludg, amog, and chances of nuclear incineration?

DON'T CHANGE VOCATIONS until you achieve a vounu home. If you can clear \$2 or more per hour in your present (non-vonu) job, you will probably achieve vounu quickest by staying with it until you have enough capital to cut loose for two years. Don't spend time getting into a slightly better NON-vonu occupation still dependent on that society if you expect to live most of your life out of that society. A do-at-home vocation such as freelance writing or mail-order selling is best developed after you have a vounu home.

BE WARY OF GET-RICH-EASY SCHEMES. If he's so smart, why ain't he already rich? If he is rich, why does he want my pocket change? Be careful of such 'get rich' schemes; many promoters sincerely believe he has found a unique way to financial independence. But, unless he is already affluent, you don't know that it worked. Even if it worked for him it may not for you -- opportunities change. But even if you could make it work, it probably requires heavy psycho-investment/involvement with the increased economy; more than would a work-a-day job.

LIVE FRUGALLY while in the coerced economy. It saddens us to meet would-be vounists who, after working ten years at well-paying job, don't have savings enough to opt out for even six months. Tactics for saving: Make a 'crash program' of it -- save a high proportion of income for a short time. Take savings off the top -- a certain percentage of income -- and live on what is left. Concentrate on big or continuing expenses -- usually shelter, transportation and food, but also be careful that 'small luxuries' don't get big. Double up with others to save rent. Drive little. See "Eat Better, Pay Less" VL1 page 11, also "Food Storage" and "Hygeia's Hygienic Review" VL3 pages 7 and 8 for food economy tips.

Make part of your monetary savings untouchable until required for emergency. Don't rationalize that such-and-such item is really preparation for vounu (unless you already have much experience in your intended life-style and know exactly what equipment and supplies you will need). Start outfitting at a local dump (discarded blankets, clothes, utensils), then try Salvation Army Stores, etc. You can gradually replace with better equipment after you set your vounu, as you learn what they really need.

KEEP MONEY IN SIMPLE, SAFE FORMS. If your savings are small and short-term (under \$2000, under two years) the best form for North Americans (all factors considered including ease of conversion) is probably U.S. or Canadian \$20 bills well-hidden in several places. Currency will suffer inflation losses but, for small amounts, any other form is apt to be more trouble than it is worth. For longer and more distant storage time, investigate gold and silver (bars or coins priced at close to metal value only). Swiss banks, etc. Avoid savings bonds or savings accounts in U.S. institutions. Don't speculate in stocks, real-estate, commodities, rare coins, etc. (unless you are already a full-time professional at one of these).

SEEK VONU, NOT SELF-SUFFICIENCY per se. A few vounists cannot live in complete, permanent isolation without many years, perhaps generations of learning. And 'primitivism', even if achieved, would result in increasing vulnerability to aggressor's technology and methods changed. A vounu association of a few dozen to a few



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# VOLUME 6

MARCH 1972 -- VONU LIFE, Box 458, Cave Junction, Oregon 97523. Communication among nomads, troglodytes and other freedom-schlevers. Published every two months by Mike Freeman. P Subscriptions: \$1 for 3 issues mailed together, third class, after all 3 have been published; vonsues, gratis. Or \$4 for 6 issues (one year) mailed individually, first class, as each is published; vonsues, \$1. A vonsue (to us) is someone who lives and lets live, and lives most of the time out of sight, sound and mind of those unwilling to let live. P Back issues: 25¢ each plus 25¢ per order, mailed third-class. P VL guarantees to publish without editing at least three photo-ready pages (per subscriber per 3 issues of subscription) if relevant to invulnerable living, one-quarter page on almost anything including ads. Contribution privileges may be transferred or accumulated. (We reserve the right to refuse copy we consider slanderous or likely to provoke exceptional hostility.) Single-space type or write neatly in BLACK on WHITE paper this size, ONE SIDE ONLY. Or send a DARK BLACK carbon copy. Put anything not for publication (complete name and address) on a separate sheet. Deadline for next issue: May 1. P VL forwards without charge up to three stamped envelopes per 3 issues of subscription, from a subscriber; additional forwards are 25¢ each. Letters may be sent to specific individuals who have published, to people in a geographic area, for discretionary distribution to people we believe might have compatible interests, etc. P Right to reprint less than 10,000 copies of original otherwise unrestricted contents is hereby granted to those who reciprocate. Include our name, address and price ("3 issues, \$1"). Reprinting from VONU LIFE shall constitute permission for us to reprint in like amount. Write for permission to reprint more than 10,000 copies.

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Or whatever you want, and we will extend your subscription proportionately. Tell us first-class or third-class.

If you are a vonsue, let us know. A vonsue (to us) is someone who lives and lets live, and lives more than half the time out of sight, sound and mind of those unwilling to let live.

SMALL ADS: 40¢ first line; 20¢ each additional line. Circulation of issues 1 thru 3 as of March 1 is ~~exclusive~~ of complimentary copies. (Most third-class subscribers will receive issues 4 and 5 with this issue.) Delivery means: first class, ; third class,

BACK ISSUES for sale: VONU LIFE 1, 2, 3, 4, 5, 6; FREEDOM-INFORM '68-'69 reprint, 5, 7. 25¢ each plus 25¢ per order, mailed third class.

CRYPTOSTRIPS provides a relatively simple yet difficult-to-break cipher. Privacy is realized by use of individual, easily-remembered key phrases; a communication cannot be deciphered through knowledge of the Cryptostrip system alone. And the strip format makes for rapid ciphering. 75¢ per set plus 25¢ per order. (May be combined with VONU LIFE back-issue order.) Vonsue Life, Box 458, Cave Junction, OR 97523.

THE LIBERTARIAN BOOK SERVICE has the lowest cost books and pamphlets of interest to all libertarians. For free booklet: LES, Box 2487-L, New York, NY 10001.

IF ANYONE CAN FIND ME 5 - 10 ACRES FOR \$500 - \$1000 IN SW OR, NW CAL, OR SAN JUAN OBISPO COUNTY. NEAR THE SEA IF POSSIBLE, MUST HAVE ROAD OR EASEMENT, I'LL GIVE THEM \$200. PAUL DOBBER, BOX 1444, VALLEJO, CAL 94590.

Am familiar with much of Western Oregon: Douglas Co. in particular. Possibly could be of help in locating, learning areas, conditions, survival techniques for serious Vonnites. Would expect reimbursement for time spent on "tours". Exclusive or general. R. Parks, 82010 N. River Dr., Creswell, Oregon 97426.

These major reezun foer thee use uv foniks azu langwil, 12' its inherunt kwolente uv givenez its uezurz thee ubilitte too apel awl wurdz koerektlee, amplee beekawz thee leturz kawld foer in thu wurd, awr poot ther ukoerdeeng too ther sownd, an sints eech letur and vowl have onlee wun tosen an wun simbul, in foniks, koerekt speleeng iz imperativ and inkorekt speleeng iz imposibul. Send foer Bednash Foniks. \$1.00 Joesif Bednash, 1515 Puelrik Av., Verna 90291 Kalif.

VONU WEEK: Live and learn wilderness-vonu living for 6 days in Siakiyo region this Summer, assisted by Roberts and Tom. P We will show you how, help you: scout site; erect shelter; finesse trails; forage wild foods; eat inexpensive whole-grains; cook invisibly; store supplies; cache valuables. 16 hours personal instruction, demonstration, assistance. P We furnish: campsite; tent; mosquito bar; ground pad; cooking gear; food (mostly wheat, beans, rice); lamp; saws; books; maps and catalogs from our library. You bring: clothes; bedding; any personal items such as snake-bite kit, camera, binoculars, firearms. Extra we can furnish (extra charge): bedding; local transportation; vehicle parking; help setting up 'permanent' shelter. P Your camp-site will be in forested, low-mountain area; swimming hole in clear creek less than half-mile away; moderately secluded -- over mile from nearest settlement. P We are still learning too. But maybe we can advance you in your quest. P One or two people, \$40; additional people \$10 each; \$10 each; additional days, \$1 per person. Sorry, no animals. 20% deposit. Say when and how you will arrive at least a month in advance; we'll send directions to meeting place. Preform, Box 607, Grants Pass, OR 97526.

"HOW TO SURVIVE THE COMING DEPRESSION" is full of unusual methods, facts and details. With or without money. Has the true barometer to watch for in the coming "fall". Why to do before it starts. The only form of money you can really trust and where to get it. Legal ways to keep what you have now. The truth about insurance. Keeping your utilities, money or not. Alternate life styles and new ways to scrounge. What laws really need passing. The best reference books to help. Almost 3000 words and dozens of illustrations. One copy, 50¢. Two copies plus a free 19-page herb book for \$1 if you mention VL. A. W. Fry, 879 Park Ave., Perris, Calif. 92370.

FULL TILT by Dervie Muray, 1965. Hardbound, 236 pages, 33 illustrations. The remarkable and exciting adventures of a young woman who, all alone, cycled from Ireland to India, travelling through Persia, Afghanistan, and over the Himalayas to Pakistan and New Delhi. Snow storms, hungry wolf packs, bandits, mountains and deserts, none could deter her from her goal. Excellent condition. One copy only. Please pay by check (if book is already sold I will destroy check). \$2.50 (Was \$1.95 new) Preform (R), Box 607, Grants Pass, OR 97526.

FEEL THE DRAFT? FREEDOM NOW! Send a stamped, self-addressed envelope and 25¢ for a safe, legal and foolproof method of getting permanently out of the draft (does not involve going underground or leaving the country): 8th Mighty Anvil, c/o Lisa Dawn, Box 90613 Worldway Postal Center, Los Angeles, CA 90009.

A is a NEWSLETTER -- A Monthly Report of the Libertarian Movement -- is setting new standards. Mailed on time, the first week of each month, by First Class Mail, since 10-71; reporting on libertarian periodicals, books, pamphlets, recordings, meetings, organizations, and people. \$5 for 12 issues, \$3/6, or \$1 for 2 back issues. Dale Haviland, A-57V, 9730 Hyne Road, Brighton, Mich. 48116.

Escape compulsory high schools? Try us. Stonehill Jackson Academy, Box 1245, Florence, SC 29501 has flexible program for learning.

B.C. ACCESS CATALOGUE (loaded with useful information on how to make do in British Columbia or anywhere) is now available from B.C. Wilderness Caching Services. Issues #1 and #2 are \$2 each, both for \$4. (US cash, check or money order OK). Order from BCWCSV; c/o C. Grove, Station G Box 6424; Vancouver 8, B.C. Canada.

## Situations / Searches

Tom - My situation, nomadic tho it be, has stabilized enough now so that explaining it will not hinder its further development. P Like many others, I live and travel in a VW camper bus, and home base is the Blue Mountains above the Walla Walla Valley in southeastern Washington State. I have land far up in the hills where I put up my 30' diameter 3-frequency, 2, geodesic dome whenever I plan to stay longer than would be comfortable in the van. P This dome, and other smaller (16', 20', 24' diam.) domes which I have built, are all portable -- minimal environmental control devices with camouflage coverings. The smaller ones are "squatting" at spots between Eugene, Ore and Vancouver, B.C. on private land belonging to like-minded individuals or deep in National Forests. As of this letter, the 16' is outside Bellingham, Wash., the 20' is in the woods ... southeast of Seattle on land belonging to a dropout Boeing electronics engineer turned technology freak, and the 24' is on another friend's land southeast of Portland, Ore.... P All these living spaces are made up of structural members and triangle wood pieces small enough in size and number to transport inside and on top of my VW bus. They were "creatively scavenged" from construction site refuse and dumps; were thus inexpensive and ecologically sane. P I am now beginning to make my living as a teacher-resource person on geodesics, zonohedra, inflatable and shelter in general for the Pacific Northwest. I teach at high schools, free schools (for nothing), state colleges and, when I have time and the situation and people are together, I explain all I know about structures and how different structures can accommodate the varying life-style requirements of the people I am talking with. Besides the scope, the future will see me getting more deeply into the sharing of information; moving information around in such a way as to spread up the counter-culture's ability to nurture itself independently of the institutions presently imposing common cultural customs upon us. Among the specific things I intend to involve myself in are (1) alternative media -- a Sony VTR portapak; (2) alternative economy -- credit unions for freaks and others discussed with "Bank of America" investment policies. P All this began when I was fired from the railroad job I held after service in Vietnam. After reading and thinking about what the necessities of existence were while receiving unemployment checks, I found myself most drawn to shelter/structure and the idea of minimal consumption to use earth's resources as minutely as possible myself while helping other's to find their own personal path out of the consumption-waste-pollution morass. P So, I would be willing to advise anyone on transportable shelter that need not necessarily be domes and would appreciate correspondence with other structure and information/communication nomads. P Help your brother get it together, Infreak, c/o EAT, 1900 SW Mill St. Terrace, Portland, OR 97201.

Rayo -- I am an artist doing artwork in the parallel economy -- NO THING in the outside. I am trying to save enough \$ to for a van as self-sufficient as possible which will enable me to be all the more invulnerable.... KaREN

Wishing to make contact with you people. I think we think like you in regards owning land and living in it (with it). We're in a tipi on lumber co. land soon. H & M, British Columbia

Dear Folks.... There are bears, gulls, (more fish than enough) exciting kinds of wood, cougars and dodos living around here. I have one friend who lives out of his top hat and another who is literate.... Thank you very sanctuarily much love, B, British Columbia

To Vonu Life, I took Sharon Mach's advice and am now ensconced on 3 acres which will hopefully furnish me with subsistence. The land cost \$760 and came with a crude sugar cane processing plant -- but the structure will be usable as a living quarters once I get the cane (which covers the property) cut and processed -- to dulce (raw sugar), BUT RUM. Then I plan to plant fruit and nut trees and garden. S, Costa Rica

Dear Frogs;

I have given up on survival books that assume you have a knife or shackles or anything that can be traced back to industrial civilization. Robinson Source had his own ship to plunder. I do anything for the person who finds himself stark naked in the wilderness? How to



make a fire bow using sharp rocks for tools and making tools  
from bark fibers. How to make an axe from a hand-bulked fange.  
How to propagate vegetation that would support human life.  
I have a suspicion that I will have to compile much  
of this myself.

Could you get me in touch with publications and  
resource people?

I'm interested in acquiring the wilderness craft, and  
then working with or starting a camp where people can  
learn to go off to the wilderness and live, (not survive  
until they stumble back on civilization). The idea is that  
one can start off on any level they want; from Swiss army  
knife to back pack to van; but for emergency or esthetic  
reasons they can fall back on the basics of hands and head.  
I have heard high praise of your publication from friends at Heathcote.  
S.O.L. Railroad #3 in check room for post, present, and future issues.

To Rusty: Your program is ambitious. We are still  
exploring trade-offs between self-sufficiency, long-  
term storage, and import-export; not sure yet what is  
optimum for us. We, too, want to LIVE indefinitely  
away from the S (servile, silly, suicidal ...) Society, not just SURVIVE  
until we can get back to it or until it 'recovers'. A few possible  
sources: BOOKS ISHI IN TWO WORLDS, story of the 'last wild Indian',  
U. of Cal. Press, Berkeley 4. Now out in paperback, I don't know price.  
OUTDOOR SURVIVAL SKILLS. More than most survival books on 'primitive  
crafts' such as shaping rocks into tools. \$2 from John R. Cumbow,  
Box 05102, Detroit, Mich. 48205. THE LAST OF THE MOUNTAIN MEN,  
I haven't read it but it sounds relevant from WBC review. 95¢ from  
Whole Earth Truck Store, 558 Santa Cruz, Menlo Park, CA 94025.  
THE LAST WHOLE EARTH CATALOG. Highly recommended if you don't already  
have it. Review of many books and some sources of hardware. \$4.50  
from Libertarian Enterprises, 1700 Clarkson Road, Richmond, VA 23224.  
OTHER PERIODICALS PIONEER, \$3 for 12 issues. Paul Dorr, box 1444,  
Valejo, cal 94590. See articles by editor in VL. RAYO

Rusty

you can make your small type easier to read by  
changing the way you separate paragraphs. Leave a little space between  
quarter of a line, like I am doing here, this provides some irregularity  
to guide on so it doesn't get lost returning from the end of one line to  
beginning of the next. I learned this style from Russel Jacobs - a fantastic  
person - a 60 year old "hippie". I haven't met him for 20 years. If you should  
get an opportunity to meet him I recommend it. I've done some printing so I know  
a little about readability, etc. I am already doing it which is fine - millions of  
things like vom life, but you are already doing it which is fine - millions of  
other things worth doing. Maybe I am just chicken but I do not believe in  
deliberately breaking the law or, particularly, writing about it. There are plenty  
of legal ways to be vom and have fun. No suggestion of Rayo to not license a  
motor vehicle; why own a sv unless a (she or he) travels on the highway a lot?  
if a moves infrequently, cheaper to put up a cabin - something quick and crude  
enough to walk away from without regret. No suggestion of experimentation of orion:  
aren't there enough legal ways to get high? morning glory seeds? of course I  
think the drug laws are ridiculous. But I'd rather not resist the bludg on that  
level. I become vom not so much to avoid petty pignit as to live another 50  
or 60 years. How many un-vomans will live the next 50 years? think about all the  
says the bludg can really mess up this planet. And there is no guarantee that  
things will stay as cool as they are now until 1984 or 1999. Like malleah ball  
said, if you live in a city there are missiles aimed at you. to orion, when  
you get your group together, or group of groups, I advise not writing about it in  
your paper, so long as the bludg think you are just a few recluses they won't go  
to much trouble to bother you. But let them think you are an "organization" or  
"community" and - look out. I do not tell outsiders, not even other vomans,  
who or how many people I am around. I never use the word "we". I do not say where  
I am (closer than 200 miles) which I never give a clue to who my friends are.  
I don't write or talk about people I know (except for what they publish openly  
like you do - Russel Jacobs does too). mail I have forwarded both ways. to Rayo,  
I think you are mistaken to avoid all contact with rednecks. true, most of them  
will never become vom - true of most city slickers too. But you don't have to  
let their problems become your problems. If you are careful in your local dealings  
there is not much hazard. Some things you might do: use a different name in  
person-to-person dealings than you write under so no connection can be made that  
way. If somebody asks where you live or what you do for a living, say something  
ordinary sounding. you might say you have a job which requires you to travel  
often between cities x and y, which explains your presence anywhere between.  
or you are studying the ecology of the area for your doctorate. whatever your  
story is, have it all thought out in advance so there are no awkward pauses, and  
be consistent. better yet, if there are any elderly folk in your group, get one  
of them to do all your local dealing. e is probably sharper at it because e has  
more experience. and e won't arouse rednecks like a freak night. also e  
won't be suspected of draft dodging. e doesn't need any story to explain his e's  
presence because retired people are everywhere. okay to publish any of this  
except my address of course. good vomiting. lan  
please start my subscription with no.3.

To lan: Thanks for sub. and letter. A vomman need not describe his  
life-style (but if he doesn't he reserves the right to ask, each time  
we send him issues, if he is still vom). So your \$2 buys two years  
of first-class delivery. P "Siskiyou Region" is our own arbitrary  
label for S.W. Oregon and N. Calif. (See my article on Siskiyou this  
issue.) P What do other readers think about type-size, paragraph  
separation, etc.? I'll reply to your other comments next issue. Rayo

Dear Rayo:

2/7/72

First of 3 back issues arrived today and, re your note, was not more delayed  
than material requested from immobile organizations (an encouraging omen). Like  
a couple of other people writing in 5/71, I am feeling good about the publication,  
which (among other things) can help keep in my head the experience of a trip I  
took a few weeks back where there were many vans and campers of all descriptions  
and origins (from factory-made to self-built) over the Xmas-New Year holiday.  
Some must have been vomans, a concept that hadn't occurred to me before, and I  
guess the only less-than-perfect thing about the trip was that I didn't take the  
opportunity to ask more about how they were doing it. But for some unknown but  
beautiful reason I found the two-week nomadic life so liberating to my head in  
general that I decided "this is the way" for me (no doubt in keeping with V.L.'s  
philosophy, the liberating effects did not survive a return to this life-for-saken  
university/factory town, and await their due change to re-emerge - I hope before  
next cold season). Contrary to what one correspondent of 5/71 said about vomu  
life restricting relationships -- maybe mutually enjoying the freedom, if only  
for while -- I found once before on a shorter trip, and very rarely when "home",  
no matter where that has been. Longer relationships on this trip (2 to 3 days)  
expanded into genuine friendships out of any conformity to the time-theory of  
friendship -- though I sadly realize for many people my words, if read, would  
be only hearsay, and feelings are hard to document with words, especially when  
you're trying to convince someone they exist. Whether this phenomenon was due  
to me, then, circumstances, or a combination of all 3, the mere fact that it  
completely eliminated my previous fear of being/travelling alone was worth its  
weight in... say, 40 years? When there were no people to dig, there were animals,  
or the vistas of the (as yet?) unindustrialized, unurbanized world, and I think  
part of my experience was caused by people, including many "straights", feeling  
more respect for a woman's independence and being less inclined to question or  
move in on it when she is travelling free (of an escort/bodyguard if not of a  
companion, of a scheduled destination, tourist wardrobe, etc.). Many people tied  
down themselves seemed to dig the idea viciously, others were perhaps too  
shocked to be hostile -- in any case, they weren't. By contrast, my living here  
in a house with a bar on the first floor is a big effort deal which I hear about  
continuously until nauseous.

Contrary to what my original note implied, I did not rush out to buy a  
camper (impossible now, anyway) and am still considering the various (many!) it  
seems) logistic problems of different size, type, etcetera vans. Main problem  
being how to power an electric typewriter which will no doubt continue to be my  
source of income for some time yet.

Will subscribe soon as an "other", after perhaps seeing if there is a  
"drop" bookstore or something near here (could be -- there are a lot of what are  
called "hippie vans" locally as seen moving through traffic but well out of  
sight otherwise).

Thanks again.

S.C.

to vom life. thanks for copies. I read avidly, I especially like the absence of  
politics in most of the articles. answering your question, I live and let live  
and I have lived out of sight, sound and mind ... most of the past 5 years and  
almost all the time now. But I would rather not write about it here so am  
sending \$2. 3rd class mail is okay for now, in spring maybe I can get a relay  
from your grants pass drop. why did you pick grants pass? there are better places  
in siskiyou. (is grants pass in siskiyou? I didn't think they extended that far  
north.) of course I am assuming you live near grants pass. maybe you don't.  
I dig your jargon - vom, bludg. I am adopting it, it is good to make up words  
which suit instead of forcing ideas into other peoples' words. are you into  
general semantics by chance?

The mine near Idaho Springs is about like it was. It is  
a great excuse for spending much time in the mountains, which I  
have done. Even tho there is a lot of open space in these mountains,  
there is also an impressive number of people busily engaged in  
reducing the unoccupied spaces. The winter in the upper mountains  
is so bad that very few spend the winter up there. The summer  
influx is really something. Compared with my first extended exposure  
(1957) the summer season is really busy. Yet it is a rare  
evening that anyone is camped within 1/4 mile of me. Even on the  
weekends. One time last summer someone camped 200 yards away  
that was the closest all summer. A camper a mile away  
(a more usual distance) may be 2000' vertical away too, so that he/she  
is effectively "gone". I am slowly exploring the country around Idaho  
Springs. I suppose in 2 more summers I should have everything within  
10 miles. It does not look like good survival country for a long  
term. Anything flat and big has an old mine, mill, or house on it.  
Attesting to absent owners. Some of them approve of "rental" the  
Let me know what happened? Regards. J. Colo.

The shavings but looked pretty good (several issues back) but must  
have been ~~designed~~ designed for temple removal by the amount of force

Have read that in Tibetan where it is semi-arid, a hole  
is dug twenty five feet in diameter and twenty five ft deep  
with an alley leading down into it, a hole dug at the side  
of the alleyway for donkeys (x) and chamber dug around

The plaza for rooms.

It is very unlikely that there is time left or the desired  
for such an elaborate setup....

Things ~~about~~ about of wilderness here, am never quite ~~not~~  
sane, but am proceeding as if there is a cave. Independence can  
be derived from nearly any experience....



from domicile around next, wondered how the pleasure  
held up - has been some high winds here and  
now, so called last week as so I had to escape  
for Chomela.

Have you tried lithium paper to test the p.d. of possible  
schedules at Cant. destroyed too much that an alkaline, and  
balance is necessary to health, especially under trying  
conditions.

not much to write about sleep, the intimate-sleep  
signals that fall out is getting dangerous with emphasis  
on Oregon  
(but in literal sense) too the squeeze is  
being applied would make with all possible speed.

as the study of metaphysics has revealed universal law  
in all its phases in which I can find no contradictions  
I will (later) hereafter, <sup>about</sup> <sup>develop</sup> the name.  
Consider

Hi...Thank for the check. That about it for while since wantt pack for cash or vl and  
copies had gone out to others.

Anyone know where I could get a set of medical instruments cheap? Was medic for years  
and may get a torn fingernail or something.  
Would anyone pay \$250 for a permanent lease to a camping or aquat site? The only addi-  
tional cost would be any cost caused by you, taxes if they were raised, etc. In trying to  
get a string of sites from Canada to south Mexico but, since I am broke as most, I  
can't pay for all myself. In hunting secluded sites, on road or easement, preferably adjoining  
national forests, etc, for plenty of wild, empty space. You could put a mailbox on the  
road as a legal address and even throw up a little shack. You could be expected to care  
for the land and your lease could be cancelled with no money returned if you deliberately  
damaged it. Anyone with a couple safe aquat spots could follow the sun free forever, earning  
a few bucks, if needed, at harvest work which is very loosely redaped.

Did Robert VII-6 ever design his environmental hut/farm?  
Any canoeists/vanmen? You can paddle from Atlantic to Pacific with just portages, or  
down Atlantic or Pacific coast, or inland, Canada in summer, or Alaska...and  
Florida or central America in winter, living off country if you avoid cities. The s/can  
border canoe country is beautiful and bugs usually aren't too bad if you stay out of thick  
brush...camp on long points or sand bars...eat fish and plants. I prefer kayaks which can  
be, in the more stable models, just a covered canoe. A canoe can be covered by a waterproof  
canvas lghtened over top to hooks along sides and just holes for the paddlers. If only  
one, why not use a double paddle and work from the center position? Keep foam, balloons or  
inners for inflating in case of a leak. Carry a small pump. Carry a small pump. Carry a small pump.  
Carry life preservers and wear in water...1 pak, food...1 pak, tent, etc...1 pak, the gear  
you use on short stops, including food for the day so you won't need to open other two. At  
morn packing, pak 3rd for day. Carry short shovel, ax and/or saw blade and tied to boat  
where you want contact in fall, etc and sheath if possible. Carry pole in strong case....  
hear the voice of experience...and some repair material. Add in outdoor zines like fur-  
fish-gear carry ads for kits to build your own canoe for about \$200.00. You can just lay  
out 16' x 18' foot sheets on floor, 20" wide in center and make your own plan...bottom in 2  
halves, 1 piece each side...use 1/4" plywood and 1x1 beveled post to glue to...sides of bottknoth.

3" higher than keel, ends ditto than center or get commercial plan, or from boy scouts.  
You can buy outboard maps from us geological service and air photos from counties of al-  
most anywhere now.

Someone suggested hiring another to move your stuff. Why not rent-a-car?  
Its legal to use another name if no intent to defraud, but who knows blug interpretation  
of defraud.

Pets. Many people would like to travel but they have animals from canaries to elephants  
that must eat and drink every day and cant go along for some reason, so they're pinned down.  
Even if they travel, special care is necessary and they are obvious. Also, they might be  
wandering when you want to move out fast, so think first.

Cooking smells travel far, as does coffee or tobacco smoke. In battle scouting you are  
alarmed far sooner by smells than by sound or sight. Dont smoke. Watch the b.c. Eat it  
raw.

Anyone know the address of d.d. granting brotherhood of st anthony of padua or some  
similar name?

Olsen, Outdoor Survival Skills is the best I've ever seen on how to go out naked and  
equip yourself from weeds, stones, etc.

I think it better to make more trips than to keep animals. A man can find easier and  
he makes less trail. Also animals mean smell, noise, stirring around to find, lots of  
food, grazing, etc. In occasions, you can leave hardly a trail.

Id like to meet Tom Marshall and see how he digs/builds. What warning eq does he use?  
Solarcell power receptors are quite easily hidden...no noise nor movement...all they  
need is light...a couple batteries...flux lines use much less power than  
incandescent...but radio, etc are dependent on society for parts...also a radio CAN be  
traced...it gives off a carrier wave that can be detected with the right detector...  
I mean a regular radio, transistor of table or whatever.

A good sheet mirror of plastic is available...try Edmunds Sci.  
Frod p-1 9-5...sitting vs squatting...your right...squatting is physiologically better  
sitting can cause piles, etc. Most europe outhouses are just a hole in the floor (and  
many inside too). Comfortable US builds 1 x 2' holes where the black widow can squat  
too (and bite).

Even wished men would carry shoulderpouches. Things fall out of pockets. Also  
cloaks...a heavy wool cloak will shed rain, keep you warm walking, especially if belted  
with armholes, and be a good blanket too.

I see many mention microfilm library. Are they  
really that good? Without power for the reader...as they probably will be...it might  
be rough reading.

Taylor quotes estimates of optimum world population of 200 million, of  
the us 20 mil, and shows figures that only about 500 mil could possibly, even with all  
optimum conditions, live a us type life in the world. 362 cases of schizophrenia per  
1000 in center of big city, grading down to 55.4 on edge, to nothing in backcountry.  
He gives lab cases of deliberate stressing to show lifespans reduced by 1/4 when stress  
reductions begin. Also shown is pollution (radioactivity, mercury, etc) distribution  
which increases downwind, like from 1 in west to 4 on east coast. 40 mil tons of radio-  
active sand and mine tailings blowing uncovered in the breeze and drifting into rivers.  
San Miguel River has 30x over max allowable radiation now from pollution.

I have a Bauhaus  
Loab medical microscope for sale or trade for something, or I'll give it to whoever can  
get me a few acres in mt calif, or ore, or san Luis obispo county for not over 200¢ per  
ac or ears sell on rolled plastic and chickenwire stuff that makes fine windows or  
pit greenhouse covers.

Dont use igneous rock for your home. Tests show it has natural  
radioactivity and will increase damage rate some, like people who live in granite areas  
have more damaged kids.

Bone meal and milk is a heavy source of radact (strontium, etc).  
Cows eat the grass and concentrate the rad in milk.

I would like to get yogi or zen  
instruction.

Air spotting techniques include visual and if...heat...cameras, also various  
other radiation and meta detectors, so are good day and night. Best defense probably  
is instant freeze, even in the middle of a step. Watch a deer so easy. That's if no time  
to hide, natch. Try battle camouflage or scout and evasion tactics, or groundcolor-  
marching clothes. Soft shoes leave less trace. The pioneer fringe on clothes was to  
dry them faster and break up outline.

Perhaps those with land in ats would sell small  
cabin sites...build a small cabin or soddie (article on soddies in next Pioneer) or u/g  
room and use as basecamp for legal, mail, etc. Live there "legally" and put u/g caches  
around but build real home in wildlands behind "home". Small piece for low, low tax,  
probably only 2-3¢ p/ly. If "home" is indestructible or easily rebuilt and valuable  
are hidden, you can wander with no problems. No law against buying in another name so  
long as no legal intention to defraud provable or have in friends name.

I believe dirty  
bombs will be used in any war to further disruption and death...  
in case war is not an "8 hour affair" and invasion is needed...  
resist. one presently existing device, exploded in orbit, will forest fires over  
5 western states area. who does your photo-offset printing? paul doer box 1444  
vallejo, cal 94590

I've always said fluoride must for openers. Now, official. Bills presented to, nation-  
wide, does publicwater supplies with drugs to "cure" insanity. Who decides category?  
How many military targets on n ca/s or area. Handy info in case. Any atom/power  
plants, control centers, silt bases, etc?

I agree with M Jones ones. In an emergency, I oters, insane, hungry, terrified, etc will  
fear and act probably more than by any other stimulus. What then...? I think that any  
who will want, need and take? Vonus, etc should be in communities...even the siles trees...  
with some means of instant warning and organized defence. Air filtration in a u/g home  
not difficult...may be as easy as several heavy grapes in tunnel to stop dust particles.  
This has been proven and radiation will not turn. Move to foreign country? Since the odd  
different is attacked first in trouble times and americans are seen as snob/rich/yankies,  
who goes down first in foreign land?  
I can't maintain an open address to sell Pioneer, etc, any interested say pat land  
in any name with longterm/permanent lease in theirs if they want a bit extra to sell, and  
they pay all taxes, costs, etc.

That radiation detector with 224v battery...what good after batt dead...where get new...  
how recharge with std equip...6,9,12v better...can adapt?

Most likely attack tide would seem to me to be mass ev with crowds shopping, traveling,  
communication lines tied up, school buses, etc. I think that any  
who will want, need and take? Vonus, etc should be in communities...even the siles trees...  
with some means of instant warning and organized defence. Air filtration in a u/g home  
not difficult...may be as easy as several heavy grapes in tunnel to stop dust particles.  
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who goes down first in foreign land?  
I can't maintain an open address to sell Pioneer, etc, any interested say pat land  
in any name with longterm/permanent lease in theirs if they want a bit extra to sell, and  
they pay all taxes, costs, etc.

To answer your comments, etc...I'll be happy to be a maildrop for vonus so long as no cash  
cost to me.

riety? If not rite or ryt...chanjovr...utrie...yul...u?r?

If the Cryptoscript is any kind of substitution system its easy to break just by frequency of  
letters/ratio.

Id like to get a spot in Mexico, preferably Baja, but foreigners can't buy within 60 m of sea.  
Anyone happy with info or lease?

For tooth repair...how about twopart epoxy or dental "Plate Weld" \$2.50 or so. A Drenal highsops  
hobbit could be used with burrs to clean decay but anesthetics? An axedic should have some  
bottknoth.

Build a soddie. This is just turf out about 3x6' and stacked. Roof with poles and more turves.  
Windows & door in front. Plastics sheet to waterproof. Grows grass to hide. Staple fire on floor  
with tinshet hood & pipe. Ditch outside around for dry. Will write longer on how I built mine  
later. Colder outside? Just build thicker walls. Rainy? Cover with plastic or "sown"mat of  
lumber sticks or anything to break direct contact of water so no melt.

Wrote Univ of Ariz for info on wells drilled horizontal into hillsides...cheaper...easier...  
self flow with no pump...not so deep needed.

A small piece of land...try buy for \$10 and pay seller finders fee of \$100s if necessary...for  
low tax base...modified retratation...legal address for mail, business but real home back in wilds  
beyond your border...food trees and possibly u/g storage on your own land. Everytime tax raised,  
means dollar devalued so easier to get...worth less...so your land holds real value or gains. If  
it worth \$10,000, except for its value because of scarcity, the real value is the same  
just more lowvalue dollars. I'd pay pretty hi for land bordering national park wilderness area,  
for instance.

No, wheat to bean...about 6 to 1...gives complete protein.

Yes, the people who work at changing govt usually fill their own pockets so you're right, the  
form isn't too important. Probably a lot of little, middleclassfeudal types best in terms of little  
power, easy to handle.

WFF available direct from maker but why not make your own...cheaper...easier...fresher...healthier...  
substitute for hard to get stuff...use for backpack trips or even mail camp.

Good books SHIP'S MEDICAL CHEST & DOCTOR (MERCHANT M-RINE) or HOSPITAL CORPS HANDBOOK...NATIONAL  
FORMULARY...OUTDOOR SURVIVAL SKILLS, OLSON...PASSPORT TO SURVIVAL (Morson store).

Might sell my camper built in walk-in van for \$675 if any interested.

I've never tried to use brewer's yeast for bread yeast. You're probably right, they're dead.  
The brewer's yeast is alive tho. Hesters sells brewer's and wine yeasts? If you want cream of tartar  
isn't that in the wine laws?

Id like examples of any liberation sines, or I'll trade Pioneer. Cash, I haven't much of.  
In not so sharp I could brag but if anyone has any questions I can answer here Ill try.

Soda isn't good for the body, so why not run acorns thru meatgrinder, squeeze juice out, soak,  
drain and acid if wanted?

I will operate a magazine exchange if wanted, sending quarterly, for copy of each and costs, and  
you get stuck with a copy of Pioneer.

Would a truck/vonu truck delivery/store pay for itself? I haven't a big van. Any ideas? If I  
started it, it would be strictly pay in advance. I could continue this here or on the land. both  
nag exc and trk and possibly deliver sines too. Subs to pro zines could come to me at lotrates and  
you pay ad sub price. Any ideas?

I think that any  
who will want, need and take? Vonus, etc should be in communities...even the siles trees...  
with some means of instant warning and organized defence. Air filtration in a u/g home  
not difficult...may be as easy as several heavy grapes in tunnel to stop dust particles.  
This has been proven and radiation will not turn. Move to foreign country? Since the odd  
different is attacked first in trouble times and americans are seen as snob/rich/yankies,  
who goes down first in foreign land?

I found offset printer \$5.50/3,25 per 1000, reduction, etc free.  
Could you carry couple gal liquid, make forms of plas sheet and pour quick set foam for walls?  
I would prefer your answers/retro to follow them, with or without rebuttal, for more ideas/  
interchange.

Brush of vonu could buy apartment house of all houses in small area, plant bushes/build fence  
to exclude spyvys and have a wall all extra visible entire closed off. Buy or longterm lease  
old garages for squats, board windows but watch for "exploring" kids.

I collect knives, ax, hatchets, etc...if not stainless, paint with rubber paint or heavy grease,  
plant in caches...you can do (slower) anything with a knife...one when you've been cleaned could  
save your neck...surplus bayonets, machetes, kitchen knives from 2nd hand stores, etc good. Finny-  
sports sell good knives cheap for unfancy...3 layer acorn, stainless with sintered carbide blade,  
etc. Get cheap slingshot guns and caches. In WWII many slingshot 45 preassembled cheapies dropt  
into Europe. One Brit will get you a dinner or a machinegun if you can stalk.

PAUL

To Paul: Are you stationery enough to tackle a small-mag exchange?  
Might that not be better suited to a non-vonus? (Most of periodicals  
would be non-vonusist.) I don't think quarterly would be frequent  
enough. Thiley had a maximum delay for VL of 3 months, compared to  
a maximum of 4 months we presently experience sending bundles twice a  
year third-class. VL is presently exchanging with 27 periodicals. RAYO



IF THE FBI KNOCKS by John L. Snare (condensed from 24ja72 LIBERTARIAN CONNECTION, c/o Lisa Dawn, Box 90913 Midway Postal Center, L.A. CA90009; 25c for sample, \$4.50 for 200 pages minimum).

What would you do if the FBI called on you and asked for information about an acquaintance who had been so brave as to resist the state's efforts to rob and enslave him? If you have not decided in advance ... there is considerable danger that, in your uncertainty, you will grudgingly answer questions in an evasive manner. If so, the duel is on, and a cunning FBI man may be able to wring information from you that is damaging to your acquaintance. You will be trying to decide very rapidly whether to say you don't know, or to give a true but hopefully harmless answer, or whether to give false information. The interrogator may have enough information in his file to detect a false answer, or to point out to you that your "don't know" answer has to be wrong. It would probably be impossible to answer many questions while giving correct answers about things they already know and false answers about things they don't know. If an investigator calls on me and identifies himself, I intend to inform him that I do not wish to talk to him. Gary Greenberg says a person has a legal right to refuse to talk to an investigator. If I am seated, I will then stand up; if I am inside a building I will go to the door and hold it open for him. Quiet, gentle, polite, smooth as silk -- but as firm as iron. (Practice that on the next salesman who calls, and see how many seconds it takes him to leave!) I intend to keep no information in my home or office that would incriminate a friend. Generally I would try to avoid saying anything specific enough to be damaging in case phone conversations were recorded. In the unlikely case of being subpoenaed as a witness, I would have time to seek counsel, and could probably state, claim uncertainty, and otherwise minimize damaging information about my acquaintances. If I had a friend who was really "hot", he would probably be wise not to reveal his address to me or any other past acquaintance; one single slip might be enough to put him behind bars for years. If he wished to communicate with me, he could probably dial direct and deliver a short, preplanned message with a high degree of safety....

An agent may employ tricks to start you talking, such as: Imply that your friend (or even you) is suspected of involvement in a crime of which you know he is innocent, prompting you to volunteer information which will exonerate him (or you). Pretend to be stupid and inapt, baiting you to "duel" with him and confuse him further. (Remember that he may have years of experience at such "duels".) Threaten you (or your spouse or children, if you aren't at home) with arrest if you don't cooperate. The safest thing, not only for your friend but for yourself, is to say nothing. An investigator is like a miner -- the more he gets out the harder he'll dig. Say nothing and most likely after a while he will give up and go try his luck elsewhere. Any threat is most likely a bluff -- there aren't enough jails to hold all the people who don't "cooperate". RAYO

(Also via LIBERTARIAN CONNECTION) From Dec. 24, 1971 LOS ANGELES FREE PRESS -- analysis of the FBI documents liberated in the Media, Penn. raid, as compiled by the group that liberated them: 40% of documents pertained to surveillance of political groups; 30% of documents dealt with procedural matters; 7% of documents dealt with military AWOL's and deserters; 7% of documents dealt with draft resistance; 16% of documents pertained to "ordinary crime"; 1% of documents dealt with organized crime. (This is useful information for fore-arming any neighbors and relatives who have only a TV-image of government investigators. RAYO) ... Because of revelations resulting from the Medina, PA FBI office raid, the FBI decided they had to improve security. To accomplish this, they have had to close about half their offices throughout the country, and concentrate resources on the rest.

THE PAPER TRIP (available from Eden Press, 15951 Diamond St., Westminster, CA 92683, for \$6.95 complete). Here is something special for the SERIOUS libertarian who wishes to have available alternate identities for beating the draft, beating a bust, disappearing, changing citizenship, for that "just in case" situation, etc. This is a 28 page booklet ... which is a step-by-step guide to the procurement of LEGAL government identification documents for another (or several) identities. These are not blank phony copies or forgeries which can't stand investigation. The booklet provides details which I'm not free to divulge in this review, of course -- for establishing cheaply and without risk, a new identity supported by the proper documents. An associate company, RE Search (8986 Dayton Way, Beverly Hills, CA 90211) says they will provide for \$60: a legal birth certificate which meets your personal specs of age, sex, and race. These are found from records of actual individuals who died at an early age before obtaining other government ID, such as social security, draft card, driver's license, etc. With the birth certificate, you can then obtain these other desired ID. THE PAPER TRIP tells you how to do the same job yourself. (from 24ja72 LIBERTARIAN CONNECTION, address above)

I have not read THE PAPER TRIP but I would hesitate to employ this approach for an identity I planned to use over a long period. If there is ever a nation-wide correlation of birth, death and current records (such as drivers licenses), such identities would be immediately detected. Effort to correlate might be prompted by wide use of this approach. The actual correlation would be to mechanize with computers but, bludge agencies being what they are, would probably take several years to set up. One alternate approach is to create a whole new identity -- someone who was not born in a hospital nor delivered by a doctor and is without birth certificate. There may have been quite a few such births, even 20 or 30 years ago, in rural (but populous) counties of the U.S. South and Appalachia. This approach is less convenient in the short-run but may be safer long-range. The best approach of all may be one which someone works out for himself, which (hopefully) is not being used by many others. Each step should be thought thru carefully in advance and made fail-safe -- i.e. even if the step triggers an alarm in some bureaucracy, the applicant is not in jeopardy. The less need one has for ID the better -- even if one is as law-abiding as most vonnists are. (There are plenty of "real" identities which would not pass an investigation -- due to goofs in the bureaucracies.) This is a strong reason for vonu. RAYO

ALABAMA PLATES: "... Senator Lewis (Brooklyn) said he obtained Alabama plates and a registration certificate thru the mail for \$30 without having to submit proof of ownership ... from Probate Judge Leland Enzor of Covington Co. In Alabama, probate judges get \$6.76 plus a percentage of the fee.... I have achieved exactly what every auto thief aspires to do.... (And a person could) cheat the state out of registration money and sales tax." (from news clipping, thanks to JIM)

Student Movers was a child of a operation born when my man and I returned to New York in September of 1970 with barely enough money to take our tired VW bus across the George Washington Bridge. By spring, our moving company had grown from a struggling one-truck outfit into a full-scale, full-time enterprise. That homey little underground operation footed our rent, kept us well-fed, paid a year's college tuition and took us out of the city and over the land the following June with \$8,000 in our pockets. If you're stuck in the city, underground moving or trucking just might help you earn your way out too. All it takes is a second-hand truck or bus, a stable telephone number, strong arms and a broad back. Here's how.

Condensed from #13  
MOTHER, Box 35, Madison  
Ohio 44057, \$1.35  
Issue, \$6.16 issues.

WHY UNDERGROUND? Underground, in the case of moving, means unlicensed and uninsured ... strictly speaking, illegal. But there are dozens of underground movers in every big city that operate openly--and even advertise in establishment newspapers--without hassles from the police. It amused us to call ourselves the Bonnie and Clyde of the moving world, but we really weren't trying to circumvent the law. Working underground was simply the best way to provide a cheap and efficient alternative to high-priced professional movers.

Our customers didn't mind that we weren't insured ... our low rates made up for that. We made it clear that we couldn't be responsible for breakage and we refused to handle very delicate or very expensive items. But if we did damage something--as happened a couple of times during the year--we paid out of our pockets rather than making the customer file a claim and wait months or years for reimbursement....

We did have a slight run-in with the New York City Department of Consumer Affairs in late spring over licensing. "You're operating illegally," their inspector told us sternly. "You'd better go out of business right away."

"Yes sir," we said, "right away, sir." The inspector called back a few weeks later. "Have you gone out of business yet?"

"Yup." And that was the last we heard from him. The forces of law and order, it seems, have more pernicious enemies to wipe out than small-time underground movers.

Incidentally, you might avoid the licensing problem altogether if you call yourself "Joe's Truckers" rather than "Joe's Movers." In some areas truckers don't have to be licensed. You can check with the Small Business Bureau in your city about that.

Underground movers, working on a human rather than a corporate scale, can avoid the huge overhead in office, vans, advertising, etcetera that Allied and Marzulli rather than working the customer file, wrote our own ads and used our VW bus--our "family car"--as a van. That made it possible for us to specialize in light moving at low rates. We didn't compete directly with the big guys ... we only handled the small loads that they found unprofitable.

The big companies in New York City charge \$40 to \$50 an hour for three men and a van, but pay those men only \$3.4 an hour. Is it any wonder that movers have a reputation for being gruff, careless, inefficient and even dishonest? They know they're exploited.

\*\*\*\*\*  
\* HYGRIA'S HYGIENIC REVIEW \* #6  
\*\*\*\*\*

#### Towards a Hygienic Language

Is your choice of words consistent with your world view? If it isn't you may be subconsciously weakening your defenses. I hope the following will help you to see yourself more clear.

1. When you're attempting to put someone down do employ any of the following terms: bastard/prick/cunt?
2. Do you ask God to damn things (i.e. say "God damn it!"), call on God (by exclaiming "Oh my God!"), or tell people to go to hell?
3. When something malfunctions do you call it fucking?

No.1 Referring to a dispicable person as a bastard/prick/cunt renders those words synonymous with dispicable. Is someone dispicable because his parents didn't have a marriage license? Are the initials dispicable? Repugnance with the body and its functions is an expression of the Puritan ethic, an ethic which someone has said has as its greatest fear the possibility that someone, somewhere, may be nappy.

No.2 If one doesn't believe in God or hell why ask God to damn, call upon him, or tell someone to go to hell?

No.3 If, e.g., the door sticks and doesn't operate properly, I'd hesitate to call it fucking since to do so equates malfunctioning with sex.

(thing) DEFECTIVE DOOR → (word) "FUCKING" → (thing) SEX ACT  
(attitude) THERE IS SOMETHING WRONG WITH IT ←

Because it seems easier to substitute new invective than to just eliminate the old, I try to coin/adopt my own. "Bludg/bludg-loving" seem to work somewhat. Orion has mentioned shouting "mistake!" when one is made; and there is always "oops" or "woops". Swear words which convey my values yet provide an emotional release are not easy to devise. Perhaps you have some you will share.

If opportunity permits, doing something physical may be an even better release than swear words. For example, one may throw rocks when out doors where they won't do any damage.

Swearing is a difficult habit to change but I think it's worth working at. Swear words of that society are some of its outposts and, as Sally Kempton said, "It's hard to fight an enemy who has outposts in your head."

CHECK YOUR VALUES CHECK YOUR WORDS WHAT ARE YOU TELLING YOURSELF?



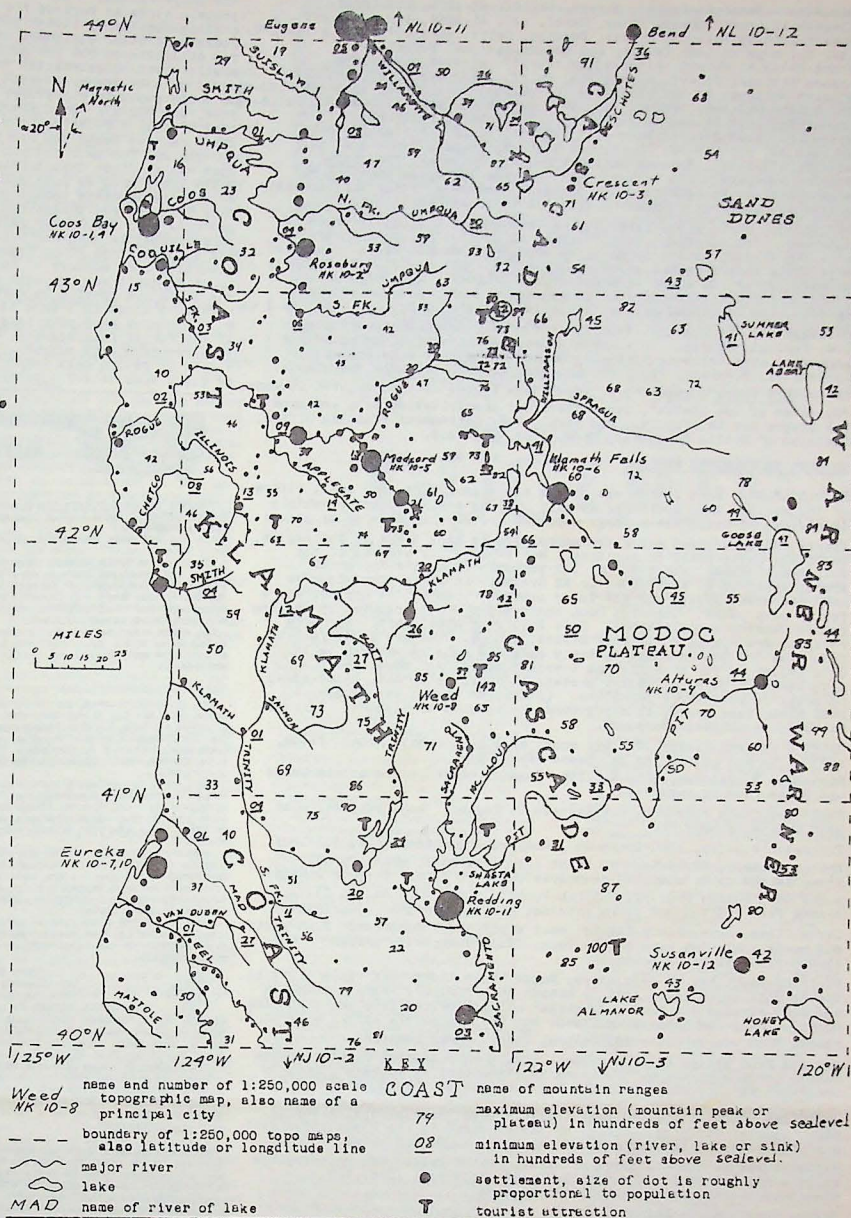
# RVY OF SISKIYOU REGION

I don't wish to recognize States by saying "Southwestern-Oregon-and-Northern-California", so we say "Siskiyou Region". The Siskiyou Region includes a wide variety of terrain, soil, climate and vegetation. The Coast ranges are mostly sedimentary rocks -- rather soft, easily eroded into soil. The Cascade and Warner ranges and the Modoc Plateau between are mostly volcanic -- hard, not easily eroded. Their surface is bare rock in many places, especially in dryer areas. The Klamath ranges are composed of many different kinds of rocks, from soft shales to hard granites. The rocks are often metamorphic -- changed by heat, pressure and intrusions of molten rock, deep underground eons ago. Most mining in the region has been in the Klamath mountains; there is little mining at present. The Siskiyou Region has a hot dry summer, June thru September, and a mild wet winter, November thru April. In winter the prevailing west winds (from the west at high altitudes, not necessarily on the surface), bring moist air from the Pacific which deposits much snow, sleet and rain. Precipitation is heaviest close to the coast and on the west slope of the higher Cascades (80 or more inches per year), moderate between the Coast and Cascade ranges (30 to 40 inches per year), and light most places east of the Cascades (10 to 15 inches per year). An occasional storm brings thunder and high winds but these are rare west of the Cascades. In winter, typically, steady rain and/or snow will fall for a day or two; then several days of showers and occasional clearing; then more steady rain/snow. In winter, on the West Coast of North America, temperature varies primarily with elevation and secondarily with distance east of the coast. Temperature varies little with latitude (north-south) -- some mountain communities in Southern California have colder (but dryer) winters than do coastal towns of Southern Alaska. In Siskiyou Region, below 2000 feet snow seldom lays on the ground more than a few days. Even in January and February there are mild spells with highs in the 50's and 60's; also occasional sunny days. Summer, especially July and August, is mostly sunny and hot, except on high mountains and along the coast. The coast is usually cool with fog or clouds, while 15 miles inland, beyond the first range of hills, the sun shines brightly. Blackberries ripen two months earlier in the Rogue Valley than on the coast. On the coast mean temperature change from Winter to Summer is only 12° -- September is the warmest month. In the Rogue Valley in summer, the daily high is usually over 90°, frequently over 100°. On the Pacific Coast summer is somewhat warmer and dryer toward the south: July and August in central British Columbia are about like June and September in Siskiyou, and May and October in Southern California.

On the well-watered Coast ranges and western slopes of the Cascades, the commonest tree is Douglasfir; on the east slope of the Cascades the commonest tree is Ponderosa pine; the plateau further east grows mostly brush. In the Klamath mountains vegetation depends very much on the soil; a lush forest may be growing on a pocket of decomposing shale while, a mile away, peridotite supports only stunted Knobcone pine and Manzanita bushes. Little virgin timber remains, except where the trees are too small to be worth cutting; commercial forest is mostly second growth. Lumber remains the biggest industry of the region but is stable-to-declining. Despite the mild climate there is relatively little agriculture. Not only is level land limited to a few river valleys, but the soil is leached in Winter and baked in Summer. Even in the Rogue Valley, most crops need irrigation and fertilization. East of the Cascades there isn't the leaching problem but irrigation water is scarce. Even stock raising is not very extensive west of the Cascades; grasses are poor in minerals, hay and alfalfa are trucked in to supplement local forage. During the last few years many non-voluntarist agrarians, both freers and retirees, have been attracted to Siskiyou because of its mild climate and proximity to major West Coast cities. This has bid up the price of what fair crop land there is. But now the net flow of these people seems to be away, to the Appalachians and Ozarks where land is less expensive and growing conditions relatively better.

What is bad for agrarians can be good for vounes. Thousands of square miles are completely uninhabited except for berry bushes and herbs, deer and bear -- and us. Except around a few settled areas and tourist attractions, one can walk a quarter-mile away from a trail and be alone. Even in deer season, few people go far from the roads; the favorite hunting tactic of rednecks is to drive along, 2 or 3 in a pickup, and blast whatever they scare up. In many areas is heavy brush; a formidable barrier to a stranger, but a friend of the vounan who has worked out trails. While there are few people in the buck country, there are enough in

nr72 VL6 5



the larger trading centers for comparative anonymity -- everyone doesn't know everyone else. And these trading centers are close enough at hand so that transportation isn't a big problem. Furthermore, San Francisco, Los Angeles or Portland is only a day's drive away. For these reasons, vounis are easier to achieve in Siskiyou than in a more remote region, such as Yukon. Siskiyou is the safest region in the U.S. in event of nuclear war; it is upwind and away from major targets. So far we have explored very little of Siskiyou. Based on what we know now, the best subregion for year-around vounas in Klamath mountains with their great variety of terrain and vegetation including large areas of 'wasteland', growing trees too small for timber and brush. While Klamath mountains include rugged 8000-foot peaks, there are also hundreds of valleys below snowline -- desirable for someone who may be hunted as well as hunter. Water is no problem except on ridges -- even small sub-subtributary creeks flow the year around. For summer van-vounas, Klamath mountains aren't too good; most terrain is too rugged or brushy to get a four-wheeled vehicle off of maintained trails. Lumbering (of Douglasfir) is mostly by clear-cutting; unused trails soon grow over. The pine forests of the southern Cascades are better; at least this is true of areas we

have seen between Medford and Klamath Falls; extensive areas are relatively level except for a few volcanic peaks; the forest is parklike with little brush. There are more tourists, however. And foraging seems not to be as good as in Coast and Klamath mountains. An Oregon city is better than a California city for local purchases and receiving mail; there is no sales tax. \*For small groups

## MAPS SUGGESTED

**FOREST SERVICE MAPS.** These indicate land status ('public' or 'private') and show most roads and jeep trails. Their road information is more up to date than are topo maps. They do not show elevation contours and tree cover as do topo maps. Scale of most of them is 1 inch equals 1 mile. There is no charge for these maps but, so far as we know, each must be individually ordered from (or picked up at) the headquarters of each National Forest. In the list below, the numbers following each address indicate approximate range of latitude and longitude covered by the map. (To cover Klamath mountains, get Siskiyou, Six Rivers, Klamath, and Rogue River maps.) Siskiyou National Forest, Box 440, Grants Pass, OR 97526, 41.8-43°N, 123.3-124.6°W. Rogue River National Forest, Box 520, Medford, OR 97501, 41.8-43°N, 122-123.2°W.



Six Rivers National Forest, Eureka, Calif. (7), 41-420N, 123-1240W.  
 Klamath National Forest, Yreka, Calif. (7), 41-420N, 123-1240W.  
 Shasta-Trinity National Forest, Redding, Calif. 40-41.70N, 120-123.50W.  
 (Ask for maps of both Trinity and Shasta National Forests.)  
 Modoc National Forest, Alturas, Calif. (7), 41-420N, 120-128W.  
 Lassen National Forest, Susanville, Calif. (7) 40-410N, 120.5-120W.  
 Shasta National Forest, Box 1148, Corvallis, Ore. 97330, 43.3-46N, 123-44W.  
 Willamette National Forest, Box 1272, Eugene OR 97401, 43.3-33.7N, 121.6-24W.  
 Umpqua National Forest, Roseburg, Ore., 42.8-44N, 122-123W.  
 Winema National Forest, Post Office Bldg., Klamath Falls, OR 97601.  
 42.1-43.2N, 121-122.2W. Deshutes National Forest, Bend, Ore. (7),  
 43-46N, 121-122W. Fremont National Forest, Lakeview, Ore. (7),  
 42-43N, 120-122W. (7) following the address indicates that I'm not  
 sure where the headquarters is located; however a letter will probably  
 arrive if addressed: "Headquarters, X National Forest...".  
 TOPOGRAPHIC MAPS, scale 1:250,000 (1 inch equals 1 mile) of areas of  
 interest. For example, order "Medford NK 10-5". The area covered by  
 each map of this series is shown on our map in dashed lines. Ask for  
 maps which show forested areas in green. 50¢ each. U.S. Geological  
 Survey, Denver, CO 80225 or Washington, DC 20242. Also ask for  
 "indexes for Calif. and Oregon of 15-minute topographic maps", no  
 charge. The 15-minute series is smaller scale: 1:62,500, 1 inch to 1 mi.  
 Geologic Map of Oregon; Geologic Map of California. Were 36¢ each.  
 U.S. Geological Survey. If you are especially interested in rocks and  
 minerals, also write to State Department of Geology and Mineral  
 Industries, Portland, Ore., for an index to geologic maps they issue.  
 We haven't found a good map of vegetation types. If you do, let us know.  
 "Climates of the States", temperature and precipitation data and maps  
 for Oregon and California. 26¢ each. U.S. Government Printing Office,  
 Division of Public Documents, Washington, DC 20402.

#### SOURCES IN SISKIYOU REGION

FOOD STAPLES: Most grains and pulses are expensive in the small cities  
 of the region, when available at all; anyone coming by motor vehicle  
 is advised to bring his supply. Sources are roughly ordered by price:  
 Albers and other feed and grain stores are in most towns of the region,  
 including quite small communities. Not every store has all of the  
 following: WHEAT, about \$4 per 100 pounds. This is soft, white  
 wheat, grown in E. Washington or NE Oregon. It is as nutritious as  
 hard red wheat except for 25% lower protein content. It may not store  
 for as many years. Contains much chaff which can be removed by winnowing  
 (chaff floats, kernels sink). Boil like rice until soft. For more  
 recipes, see Hygieia's Hygienic Review, V13 p8. Texture is different  
 from rice but boiled wheat is tasty once one gets accustomed to it.  
 (I'm eating it for breakfast as I write this.) Mix wheat about 5 to 1  
 with beans or peas for better protein balance. MOLASSES, blackstrap,  
 5¢/pound in customer's container. (Discarded bleach jug is okay.)  
 BONE MEAL, feed grade, 1¢/pound, as calcium supplement. 7¢/pound.  
 WALNUTS, in shells, 35¢/pound.

Cliff's Farmers Market, 6th St. south of river, Grants Pass: BEANS,  
 red, white and pinto, 1¢ per pound (Feb. 72).  
 Warehouse Foodstores, 2100 W. 11th, Eugene. Fair prices on red beans  
 and white rice in quantity.

Food co-ops, was near 20th and Emerald in Eugene. Most staples, some  
 good prices (summer 71)

Jorgensen's Dairy, 1300 Court St., Medford. Powdered milk, \$33/100¢.  
 Walter G. Vail, NE of Central Point (in phone book, phone first).  
 Honey is 60¢/cane, competitive prices (high in 71 due to poor season).  
 Rogue Gold cheese factory, Central Point; also store on 5th St.,  
 Grants Pass. Often has store returns, ends and seconds, 70¢/pound.

Lee's Olive House, Hwy 199 (on west side), Cave Junction. Most grains  
 and seeds including some exotic ones. Moderately-high prices  
 (brown rice, \$1 for 5 pounds).

Field of Merit health food store, Rogue River Hwy just south of river,  
 Grants Pass (bear left, next to branch post office). Nice atmosphere  
 and many staples but mostly 'organic' at high prices (17¢ per pound for  
 wheat). Okay for food-stamp freaks but not for people making do with \$.

Health food store, Hwy 98, Central Point. Same comment.  
 Getting food stamps is a horrendous hassle in Josephine County (Grants  
 Pass), perhaps anywhere. Requires ID, 'residential address', monthly  
 interview at food-stamp center. Not recommended. (Fall, 71)

'SPORTING GOODS' including pack frames, tents, camp stoves, sleeping  
 bags, special clothing. Prices of new merchandise are competitive with  
 most big-city prices; absence of sales tax in Oregon helps.

Hills Surplus, 8th St. south of river, Grants Pass. Has polyethylene  
 film, 6 mil was 2¢/foot<sup>2</sup> cut, 1.5¢/foot<sup>2</sup> whole roll (Oct. 71),  
 also polyurethane foam, various thicknesses.

Bazer, Biddle Road, Medford.  
 Pay-Less, east F St., Grants Pass; also in Medford.

USED clothing, cooking utensils: Salvation Army in Medford, Grants Pass  
 and many other cities. Good prices but wool clothing, etc. sells  
 quickly. (Goodwill stores charge very high prices; don't donate to them.)

GASOLINE is usually 4¢/gal. less around Central Point-Medford than  
 elsewhere in region; usually 29.9¢/gallon, as low as 24.9¢ during 'wars'.  
 PROPANE refills: \$1.50 for 6 gal. tank at the Gulf or Shell stations  
 on Redwood Highway (199) southwest of Grants Pass. (Most places are \$1.75)

#### SUMMERING IN SISKIYOU

Suggested minimum equipment (per adult): Polyethylene film, at least  
 20 x 30 feet, for rain fly (see "Tent..."), V13 p8). 100 foot of  
 polypropylene rope, at least 1200¢ test., and 100 feet of cord, at least  
 200¢ test. for rigging fly and miscellaneous. 2 by 3 feet by 2 inches  
 polyurethane foam for sleeping pad. Ground cloth which may be more  
 polyethylene film. Mosquito bar. Cheap sleeping bag or several heavy  
 blankets. Pack frame, plus some sort of heavy bag which can be lashed  
 to it (need not be a regular pack-frame bag). (Hills) Surplus, address  
 above, sells an airforce surplus welded aluminum frame for about \$9  
 which we have found fairly satisfactory; molded plywood frames do not  
 stand up well in this climate.) Small cooking stove. (A propane stove  
 is better than kerosene (less smell, cheaper) if you have 6-gal propane  
 tank for refilling. We like the "Grasshopper" stove sold by  
 Payless; refillable cylinder and adapted for use until night (because of smoke  
 visibility), an overhead shield which can be black polyethylene (to  
 block the light), and some sort of wood stove (an open fire will melt

the polyethylene). Unless already experienced at this, I recommend a  
 propane stove as back-up and while learning. P Dishes can be made by  
 turning down empty bleach jugs, discarded at laundromats. P Not  
 counting initial equipment costs, maintenance and travel, one can live  
 for as little as \$10 per month in summer, by squatting, and by eating  
 mostly wheat supplemented with foraging. P In a few days scouting you  
 can find a better squat-spot than any we could publish here (since to do  
 so would reduce its privacy; however for one squat-spot access to Grants  
 Pass, see V12 8). Find a wooded area, preferably on "public land", and  
 look around. P We don't recommend trying to meet us, or other voyagers,  
 the first few weeks you are in the region. Meeting would be difficult,  
 for us and for you. And you will probably learn more doing things on  
 your own at first than talking with us. A meeting will be more worth-  
 while later when we have some experiences in common. But do write us and  
 we will reciprocate (sometimes slowly). If we find ourselves exchanging  
 many letters, and things too, maybe we can set up a joint drop to save  
 postage. P For Summer fellowship you might try wandering some of the  
 more accessible mountain valleys. You will come upon assorted squatters  
 and campers, from young freeks to old prospectors (at least this was the  
 situation last summer) -- interesting people, mostly, though naturally you  
 usually won't see the more voyou ones. Don't hang around the towns --  
 the bludg are hostile to strangers, especially freeks. (One friend got  
 hassled 3 times in 3 days in Grants Pass.) Nighttime is especially bad.  
 P Of course keep your camp tidy and be very careful with fires, and even  
 if the forest fuzz discover you, they probably won't bother you (at least  
 this was true last summer). P If you are still around Siskiyou come  
 winter or return next summer, and if you are your Big Thing, let's see if  
 we might vonu together. R410

By MARCH DEXCH

## how to get land

"acquired 100 acres partially cleared, no water  
 problem, attractive setting, beautiful hippy homestead.  
 Full price \$17,500 cash."  
 - Mail order brochure from Salmon Arms

The province of British Columbia, along with New  
 Mexico, New England, and Ontario, is one of the best  
 places in the world to live in. It is the only place in  
 America. At least once a week I receive a letter  
 telling about land prices, availability, climate, etc.,  
 with pictures of the land all over the continent.  
 This column is designed to serve as a slightly guide  
 to land access in B.C. The emphasis here is on free  
 or very cheap land, although buying land will be dis-  
 cussed as well.

THE HOMESTEAD - CROWN LAND  
 East Americans, it seems, are laboring under the  
 misconception that B.C. is still under some kind of  
 Homestead Act. It isn't. Publicly owned lands  
 are called Crown lands, and about the only way to legally  
 obtain them is the lease-to-purchase method. There are  
 no 160-acre homesteads, and the Homestead Act was abolished  
 on May 1, 1970.

There are two forms of leasehold land that can be per-  
 mitted: the "lease-to-purchase" and the "lease-to-own".  
 agricultural lease, only Canadian citizens can lease  
 Crown land. The lease runs for three years, and is re-  
 newable for seven, after which an option to buy can be  
 obtained.  
 An agricultural lease entails clearing land, which is an  
 expensive undertaking. Any way you cut it, acquiring crown  
 land through legal channels is a long, complicated and  
 rather costly procedure. Research by the B.C. Land In-  
 formation Office has also revealed that agricultural lease-  
 holders are rarely, if ever, approved.

Figure on at least two years for your final ap-  
 proval. Remember that in the meantime you can't live on  
 your intended site without jeopardizing the outcome  
 of your application.

There are Land  
 Commissioner's Offices  
 in Victoria, Vancouver, New  
 Westminster, Nanaimo, Port Alberni,  
 Penticton, Nelson, Cranbrook, Kamloops, Vernon,  
 Golden, Revelstoke, Kelowna, Clinton, Williams Lake,  
 Kamloops, Prince George, Burns Lake, Bulkley, Prince  
 Rupert, Peace River, Ft. St. John, Fort Nelson and Alton.  
 All applications for leasehold land must be made in person  
 in Victoria before approval, and at least one Land Com-  
 missioner has resigned in recent years because his of-  
 fice was understaffed and thousands of applications had  
 piled up to a record.

#### FREE MINER'S LICENSES

Anyone over the age of 18 can get a free miner's li-  
 cense after paying a \$5.00 fee. Oddly, you don't even  
 have to be a Canadian citizen. The license is a passport  
 into Crown Land and serves as a legitimate reason for  
 your presence on public lands in the province.  
 A miner's ticket also allows you to stake 512 acres  
 for mining purposes, but it is not to be lived on. This  
 regulation has been tightened in recent months, appar-  
 ently because violations are considered violations in  
 the province.  
 Licenses can be obtained in Room 240, 600 W. Pen-  
 dent in the Gold Commissioner's Office. Phone 625-2505.

#### BUYING LAND

As the reader could imagine, selling real estate  
 to back-to-the-landers is big business in B.C. As  
 a general rule, you can figure on paying \$1000 an acre  
 (smaller (less than 20 acres) tracts within a 100-mile  
 radius of Vancouver, in the Okanagan Valley, on the Gulf  
 Islands, or in the Okanagan Valley).  
 Naturally, the prices in these areas drop if you  
 buy larger parcels, but it's safe to predict that the  
 going rate will still be in the tens of thousands. There  
 are exceptions, of course, but they are likely to be  
 rare, and one has to search carefully to locate a good  
 bargain.

SOYBEANS Thanks to Johnny Reb for the tip that many soybeans fail to  
 sprout because they are hybrids and therefore sterile, not because of  
 the location. P Whether or not one wishes to eat sprouts, it's  
 nice to be able to sprout as a test of condition. P As previously  
 mentioned, soybeans which came (according to man who  
 Arrowhead Mills (Box 866, Hereford, Tex. 79045; \$5/50¢/lb) have  
 sprouted well and taste delicious that way after a short steaming.  
 Unsprouted, these don't taste much different than soybeans we bought over  
 two years ago which never have sprouted well. R410

THE MAN WHO CAN FIND A WAY TO BE FREE WILL LEARN WHAT FREEDOM MEANS. R410  
 m72 VL6 6

More fruitful areas for consideration are the Prince  
 George area (the best deal here may be a smaller  
 area "recreational" sites are barred under six  
 of more, although you run the risk of finding your-  
 self with a swamp once again), the Bulkley Valley  
 (between Prince George and Prince Rupert on High-  
 way 16), and the Yellowhead Highway in the McMillan  
 area.

With the possible exception of the Bulkley Valley  
 where winters are reportedly mild, these areas are  
 sure to have sub-zero winters and short growing  
 seasons. How are these regions likely spots for  
 the weekend homesteader. The nearest cities (Edmon-  
 ton or Vancouver) are hundreds of miles away.

Land prices being what they are, you might consider  
 co-operative buying with large numbers of people pur-  
 chasing a quarter section (160 acres). Buying in quantity  
 is sure to reduce the price, and maybe with enough people  
 to pool resources, you'll be able to pull off a fair deal.

When you consider that B.C. contains 365 thousand  
 square miles, and that 50 per cent of the province's popu-  
 lation of 2 million lives within a hundred miles of the  
 U.S. border, you get some idea of the potential for  
 squatting.

Several risks are necessary: one is keeping your  
 mouth shut; another is careful not to offend the  
 locals (some of whom will probably know what  
 you're doing). Squatting requires a different frame of  
 mind, make no mistake.

The feeling that owning land somehow insulates and  
 protects you from the problems of society, which is il-  
 lusion in the first place, is absent when squatting. You  
 can plan twenty years ahead, or even ten. You have  
 to be prepared to roll with the punches and get hassled  
 from time to time.

The more compliant you become in the bush, the bet-  
 ter your chances of remaining undiscovered. If you feel  
 your skill is high enough that you can pack in, your  
 chances of privacy are much increased. The biggest  
 threat may be woods clearings in summer when even the  
 biggest companies stay home for fear of fire.

It may be wise during July and August to use a Colo-  
 nia of private stave for cutting to maintain the chances of  
 fire.

Outside the woods, another prime area for squatting  
 is the coastline between high and low tide which is lo-  
 cally considered public land. The region here is that  
 a group combine resources to buy a plot which can  
 provide foundations for building. Far out, maybe, but  
 there are thousands of miles of coastline in B.C. and  
 on the islands.

#### CARETAKING

Another way of getting back to the land cheaply is by  
 arranging with an aboriginal land owner to caretake his  
 land, maintain his buildings, protect against vandalism,  
 etc.

Visit an area you think you'd like to live in. Check out  
 the climate, trees, summer cottages, etc. Find out who  
 owns them and give the owner a call.

Another approach is to advertise yourself in the local  
 dailies. One young couple tried this back last year and  
 wound up with four other of winter homes.

#### FINALLY...

Remember that money is not necessarily a limitation  
 on getting back to the land. There are many ways to ob-  
 tain the use of land without having for outright legal  
 ownership. Personally, it seems to me that the syndrome  
 of "owning land" is somewhat akin to the mentality that  
 destroyed this continent in the first place.

Like Thoreau, you might first ask yourself if you  
 really want to wind up paying 150 acres down the road  
 of 100. Like him, too, you might say to yourself, "I  
 want to live in the land, not own it." The next time you see a beautiful mountain scene, "I am  
 master of all I survey. My right there is none to dispute."

Thanks to Claudia and Colin of R.C. Land Information  
 for most of the research.

Thanks to Johnny Reb for the tip that many soybeans fail to  
 sprout because they are hybrids and therefore sterile, not because of  
 the location. P Whether or not one wishes to eat sprouts, it's  
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 two years ago which never have sprouted well. R410



## THE SODDY

Why not build a soddy? More people in more lands of this world have lived in soddies or something similar than in any other type of structure. Even the igloo is a sort of soddy and the dugout is at least part soddy. It may be built of free, local materials, it is windproof, quiet, insulated, ecologically correct, grows its own paintjob, and is suitable, with modifications, almost anywhere in the world, tho it can get buggy. Once the grass on the outside grows long and droopy it can be almost unfindable, even by its owner.

For a location, choose a dry spot, preferably a slope. Dig a 2' deep trench for drainage a couple feet from the outer walls and fill it with stones. The floor area should be dug flat and may be built up a foot or so above the surrounding ground level. It is dryer to have separate walls and not use the earth so dig your space to outside dimensions plus a foot or two for air space.

The floor may be harrowed earth, sand, gravel, plowed on 2x4s with builders plastic sheet (like from Sears or Wards), henceforth called bps, beneath, or puncheons which are round sawed timbers long, sawed from various sized logs and sticks and fit together into a level floor. Any cracks remaining are filled with sand. The top inch or two of this sand may be mixed with cement and tamped for a more permanent finish. If you use sand, you can sprinkle with cement and mix the top inch with a rake, then all tamped and tamped smooth. You could even put bps beneath this as a vapor barrier. Concrete is harder on the feet, some say.

Lay out your soddy, perhaps 12x18 which is big enough for two and easily heated. Pioneer and trapper cabins vary from 5x7 to 18x24 or so. The outside dimensions, with 3' sids, would be about 18x24'.

Find good turf, preferably long-established heavy season turf which will be thick and heavy-rooted and not as hard to cut as rooty woods turf. Cut out 3x6' pieces, using a wood frame as a guide, with straight-down cuts of a sharp shovel, preferably a square blade type holl from one end, cutting under as you roll and tie with rags which want cut like rope. These are heavy so perhaps rolling to the site would be easiest.

Arrange in any shape you want, rectangular is most efficient, and pile one atop another until you have the wanted height. Keep your ceiling as low as possible for more efficient heat use. The outside of the wall can be left as is, unless your area has driving rain.

If so, weave a close mat (over one, under the next) or fiber sticks and nail to the ground. A wallcover of straight, branchless poles can be set against the wall, held in place by a few horizontal poles nailed to the wall by driving forced branches into the sids, the branch ends up and pointing in so the horizontal poles rest of the nails and are held by the stubs. The grass will grow long and hanging in either case and is very attractive waving in the breeze. If the soddy is properly located in a grassy, uneven or rocky spot, you will be able to look right at it and not see it.

You can also nail boards as the ancients did, using trenails. Drill a hole in a board and drive a dowel or rounded stick all the proper size into the hole. The head can be left overhanging or a wedge-shaped spliver can be driven in to wedge and hold all.

I suggest bps on the inside walls to reduce moisture and exclude bugs but one is absolutely necessary under the roof. The woman living in a soddy had one big gripe but it was a beauty. In rain the roof leaked mud. The inside wall can be finished like the outer.

Set a log or pour a cement log in the top of the turf walls, top edges flush to bear the weight of the roof and spread the burden. You could also put supports in the walls at each corner.

The roof can be very heavy, explain accordingly. It can be gable or shed. If gable, continue the side walls turves up to the finish lines. Shed is lower, takes less turf, easier to work on and not so obvious. The roof should overhang to shield the walls and may be broken or jagged to break outline. Straight lines are not often seen in nature.

Cut logs to lay across the top as base for the roof. Plywood can be laid over these or woven pole mats can be made or long poles may be laid parallel over the logs. Bps must be used, either between, under or over these layers. Keep it loose so it won't tear but not so loose that it will hang in balloons of mud and water. Another could be hung, tentstyle, over supports fastened beneath the logs.

Turves should be laid over the poles to a height of 1 to 3 feet, depending on the climate. The thicker the walls and roof, the less the temperature outside will affect the inside.

Another bps could be used a turf or three beneath the top if you want, to keep those beneath it drier and so lighter and more insulating. You could build the turves higher on one end, in addition to the slope of the roof, and set the top turves on this steeper slant for better drainage. More top turves will be added over the years as those on top disintegrate. Walls can be several feet thick or you can pile earth up against them, in effect building a cave, but protect the drainage ditches. Do not try to seal an earth cut in sloping ground. The water will gather behind the barrier and increase pressure and slipperiness until the earth breaks thru and slides.

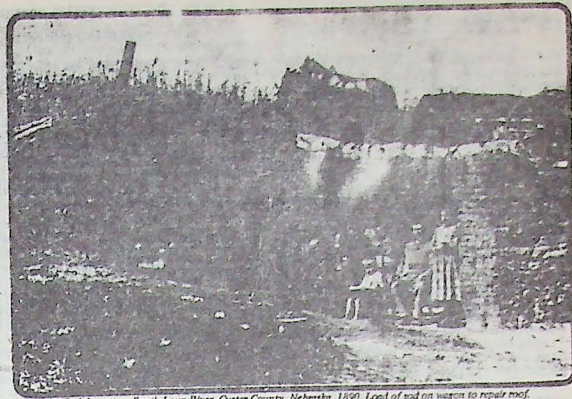
Boards and windows should be in the one wall for convenience and strength. Frame them with split logs, placing the bottom first, then the top, holding in place with sticks, then the sides, cut to length and driven into place. These can be built as the wall is built to avoid tunneling and they can be planned from the top with trenails. The bottoms could be trenailed too by sitting the side logs down on the trenails. Use 2" trenails dipped in tar or preservative.

6, 8, or 12 light chickenhouse windows are best, harder to break, easier to replace and pack. Remember, windows will reflect the sun and may show location after off. They can be set deep in walls or a tree can be used to constantly shade them.

The fireplace may be dug out in the center of the floor and lined with nonwaterabsorbent stone so it won't explode. Let a bed of ash build up to bed the fire and enable you to bank it nights. The old timers just cut a hole in the roof and let the smoke find its own way out, if it did, but you need it. Cut and rivet, from galvanized sheetmetal, a flat disc 6' dia. (6" stovepipe) and hang it over the fire. A damper can be made of a circular piece of galv, a long nail to pivot on, and a piece of wire for a control. Keep the pipe inside to the roof so you lose as little heat as possible. The pipe out of the roof may need wire anchors but keep it as low as possible. Make a screen and cap over the pipe to exclude rain and bugs and prevent sparks.

The first goal is concealment. The building/digging activities should not be obvious to ground or air observation. Measure out your dimensions first and mark with sticks. Dig out the ditch first and fill with stones, saving sod and disposing of the earth, then covering with cut branches, noncompacting heavy-duty weeds, etc. Avoid any outline that would be seen from the air. All counties air photo now and the longer a project sits obvious, the more likely to be seen. Outlines, ditches, etc. are very obvious from the air. Read any modern text on air archaeology and the finding of ancient house sites and diggings from the air by shadows, depressions, flora changes, color, etc. These are new techniques and must be considered. Perhaps the best would be to build under trees. Next, dig out wall ditches and the space between them and earth cuts, saving the sod and disposing of the earth. If the soil is used to extend the ditch in front of the soddy, trap solids/flat and cover with debris, and weeds and plant grass in front of the soddy. A damper can be made of a circular piece of galv, a long nail to pivot on, and a piece of wire for a control. Keep the pipe inside to the roof so you lose as little heat as possible. The pipe out of the roof may need wire anchors but keep it as low as possible. Make a screen and cap over the pipe to exclude rain and bugs and prevent sparks.

Paul Doorr



Sod dugout on South Long River, Carter County, Nebraska, 1890. Load of sod on wagon to repair roof.

## THE FRONTIER DUGOUT

© Copyright 1970 by VICTOR A. CROLEY  
THE MOTHER EARTH NEWS

When grandpa came home from the War Between the States, he was 24 and in a hurry to settle down to some worthwhile living. Business was in a severe depression following the war boom but the federal government had passed the Homestead Act offering free land—with additional concessions to veterans—for those who could "prove up" by living on the land and farming it for a prescribed number of years. Grandpa, with wife and two small babies, was among the first to take advantage of that offer.

The family soon found themselves on the Nebraska frontier with all their household goods packed in a canvas-covered wagon. They had no home and the spindly wild plum thickets and sparse cottonwoods along the few streams were not trees enough for the log cabins they had known back in Ohio and Indiana.

Shelter was the first essential and grandpa and the hundreds of other homesteaders who pioneered with him were resourceful men. They had brought a few farming tools along and first in importance was the heavy iron breaking plow. Drawn by a team of horses or oxen, this instrument could turn up an eighteen inch ribbon of the thick virgin prairie sod. The strip could then be cut into two foot sections, four to six inches deep, to make an almost perfect building block.

The first—and most desirable—homes were simply small rooms dug into the lee side of a low rolling hill. The walls were built up with sod blocks to a height of seven or eight feet. Holes were left for doors and windows which were usually store-bought and hauled from the nearest town or railroad point. Cottonwood poles laid side by side, then spread with a thick layer of coarse prairie grass to provide insulation and prevent dirt from sifting through, formed the roof. Over the roof was carefully fitted a double layer of the sod building blocks. The first good rain started this sod to growing and soon the dugout roof was covered with waving grass. The grass almost concealed the roof but did not affect its insulating or protective properties.

The floor of the dugout home was of rough wooden planks if the family could afford to buy them. Otherwise, it was treated as the neighbor-

ing Indian squaws treated their tipi floors: Sprinkled with water daily and swept with crude grass hoes until the surface was as hard and smooth as finished concrete.

Walls of the sod houses were lined with newspapers pasted on pinned up with small, sharpened sticks to keep the dirt from brushing off. Some of the more ambitious families located outcroppings of limestone rock which they turned and mixed with screened sand to make a plaster coat for the walls.

The dugouts were amazingly comfortable homes; cool in summer, snug and easily heated in winter. The thick sod walls and roof made excellent insulation in a day when few knew or appreciated the value of insulation. When property located on the south side of a low hill, with adequate drainage to provide run-off for rain and melting snow, the dugout was probably as comfortable a home as any other pioneering forerunners ever knew.

Unfortunately, the pioneer dugout had a very short life. It couldn't stand prosperity. The fertile Nebraska prairie sod—turned over in the fall and broken down to mellow richness by winter snows, freezing and thawing—produced bumper crops of corn and small grains. With money in the bank, the status symbol was a clapboard house and grandpa couldn't be satisfied until he had gotten her family out of "that hole in the ground" and into her uninsulated clapboard structure: A house that was stifling hot in the summer and poorly heated in the winter by buffalo chips in the kitchen range or costly store-bought coal that had to be hauled from town, carefully hoarded and sparingly doled out.

Prosperity put an end to the dugout in little more than a decade of pioneering, but a few pictures still exist to show how these homes looked and memories and journals of the old-timers record the dugout's comforts and advantages... advantages that are still available to today's pioneers, homesteaders and freedom folk who want to get away from big city congestion and find a quiet, simple life close to the land.

MOTHER EARTH NEWS, Box 38, Madison, Ohio 44717, \$1.32/issue, 86¢/6 issues.

## CONDENSATION IN DUGOUTS AND DENS

In Siskiyou, walls and ceilings with high thermal capacity (thick and heavy) are usually wet in summer. (This conclusion is based on my experience with one small den plus theoretical analysis.) Warm outside air comes in and deposits moisture on everything much cooler than itself. Earth temperature a few feet underground in Siskiyou remains close to 55° (at moderate altitudes) summer and winter. A thick earthen wall will probably also be close to this temperature. Air if saturated with moisture will hold about 24 grams per meter<sup>3</sup> at 80°F but only about 11 grams/m<sup>3</sup> at 55°F. If the day is warm and sunny, 80° with relative humidity of 60%, outside air will be carrying over 14 grams/m<sup>3</sup> as dew. Any moisture from breathing or cooking will add to the problem. Condensation will be a problem in Summer only if humidity is over 30% or so (depending on temperatures), which may not be the case in desert regions. In Winter condensation is rarely a problem. Even tho the outside air has 100% humidity (raining), it will be warmed by contact with the den walls humidity (raining). Possible solutions: a Have a constant heat source. (In a Frontier dugout a stove was probably burning most of the time. But this means more work and less vonu.) b Seal the shelter and spread desiccant to absorb what moisture leaks in (okay for some kinds of caches but not for living quarters.) c Let the walls and ceiling be wet but design so that water doesn't drip onto furnishings. d Have a light insulative layer inside of the earthen walls; insulation should be sufficient so that the inner surface is always close to air temperature. (More on this in a future issue.) RAYO

To Paul: I'm responding to your invitation to comment in the same issue. I've learned to distrust any but first-hand information. Accordingly I ask: Have you built one or more soddies? Where -- what region -- what sort of terrain? What was the one(s) YOU built like -- how big? How did you make the windows, doors, stove, etc? How long did you live in it? During what seasons? Was it hidden? What problems did you encounter? How many working days were required to build it? What were the most time-consuming jobs? RAYO



## OPTING OUT by Rayo

### UNDERGROUND BANKING

Where can one keep his hard-earned money while preparing to leave the Silly Society and take to the woods or the oceans? For an American bank isn't a safe place. If a savings account isn't lost in a financial crisis or garnished by the IRS, its value is eroded thru inflation -- often faster than interest on government bonds and life insurance. P Swiss banks should be considered as a place for part of one's savings by anyone with several grand or more. But they are a little risky for anyone who must 'bank by mail'. You know who runs the mails. P So more and more people are switching their accounts to that oldest and most reliable safe depository -- the earth. Here are some suggestions for doing it, based on my personal experience.

FORM: The best form of savings is supplies and equipment one can personally use: food staples, soap, tools, paper, matches, rope, thread, ammunition, nails, or whatever. Every person should have at least a year's store of food. But larger quantities are bulky, difficult to preserve, and inflexible in event of life-style change. P The next form of savings to have is currency sufficient for a year or two of ordinary expenses -- \$20 bills or smaller. The stuff will lose value as the government 'prints' more and more of it (called 'inflation') but it's likely to be the easiest form to spend for some time. P For savings over and above supplies plus spending money, consider silver coins. Not only are they relatively inflation proof because of their silver value, but they're a convenient size for trade, unlike gold bars. P Silver coins as SAVINGS should not be confused with SPECULATION in silver futures. Commodity speculation is essentially gambling on short-term price fluctuations. If the speculator guesses wrong he may lose everything he has bet. Commodity speculation, like 'investing' in stocks, real-estate, rare stamps, horse races or poker games, is rationally left for highly-experienced full-time professionals. The dollar price of silver coins can go down as well as up in the short term. So I would buy them not in hopes of making a quick profit, but as a long-term (multi-year) store of value. P I would buy only 'common-date' coins -- those worth not much more than their silver content. U.S., Canadian and Mexican coins are the most familiar to people, and therefore are easiest to trade. Avoid 'rare coins' unless you are already a highly experienced numismatist. P I do not expect great increases in the value of silver coins; to the contrary I think their value may decline relative to the value of perishable commodities such as food, abruptly if there is any general disaster, slowly in event of long-term declines in productivity. But they are the best form of saving I can think of. P Computer parts, which someone has suggested, are not promising, I think, except conceivably for short-term speculation by someone VERY knowledgeable in that industry. Computer technology is changing very rapidly; computers and the parts for them become obsolete in just a few years. And, in event of a general disaster, any industrial supplies in short demand are likely to be sold only to the relatively few users. They are incomprehensible mysteries to others, unlike silver coins which are recognized by non-users as well as by makers of jewelry and dentists.

SOURCES: U.S. silver quarters and dimes (identifiable by 1964 or earlier date) went out of circulation several years ago but can be bought in quantity from some coin dealers and individuals. (Don't save 1965 or later coins; these are made of copper and nickel, and worth much less than face.) COIN WORLD, weekly newspaper sold at most coin shops, or 35¢ from Sidney News Building, Sidney, Ohio 45366, has a large classified section and is a fair lead to who is buying and selling at the prices they will be about a month behind. Also check classified ads in large-city Sunday papers. Coins commonly sell in bags of \$500 or \$1000 FACE value. If I live in a sales-tax state, I buy either from a private party or from an out-of-state dealer. Air freight will be less than sales tax. When phoning a dealer ask for both his buy and sell quantity-price; volume dealers try to make about 5% commission. P Price of common-date coins should be close to the value of their silver content. To calculate silver value, multiply their FACE value (i.e., 25¢ for a quarter) times 0.722, then times the spot price of silver (listed on WALL STREET JOURNAL commodity page). For example, if the price of silver is \$1.60 per troy ounce, 2000 U.S. silver quarters (\$500 face) will contain silver worth \$500 x 0.722 x 1.60 = \$580.00. P If the price of the coins is more than 5% or 10% more than silver value, I would postpone purchase, buy silver bars (if I can buy for close to silver value) or consider a silver account with a Swiss bank. (Two large banks are Swiss Bank Corporation and Swiss Credit Bank; address Zurich, Switzerland.) P If the price of silver should get high with respect to other commodities (more than 1/20th the price of gold, for example), I would look for another form of savings.

PACKAGING: The outside container must be sturdy to withstand soil pressures. Tightly packing any empty space with crumpled newspapers or dry straw will help. A 5-gallon can with crimp-on lid is usually adequate for stores not requiring an air-tight seal, except some moisture to get in. New cans sold at some hardware stores, made of dirty ones cleaned in them. Rarely will it rust thru in less than 5 years; it can be preserved longer by thoroughly coating with asphalt undercoating or roofing compound. P Also double or triple wrap so that your stores will remain intact even if the outside container gives way. One way is to wrap each subpackage in several successive layers of 4 or 6-mil polyethylene film, sold at building-supply stores. Of course silver coins will do no more than tarnish even if ground water reaches them; this will depreciate them only if they should develop numismatic value. Make density of the outside container roughly the same as the soil to avoid any risk of the can settling or working to the surface; 80-100 pounds for a five-gallon can.

LOCATION: Most people hide valuables in or around their homes. So a home is the first place a thief, governmental or private, will search. Nor are safety deposit boxes (in North America) safe. Choose an area remote from population; perhaps a 'National Forest' or other unowned land. P Allow several days for exploration to find a suitable spot. If possible pick land with heavy brush, which is unattractive for hikers and hunters and which will not be logged or farmed. Avoid sites which are: subject to heavy erosion such as gullies or steep slopes; close to power lines or roads which may be widened or moved; visible beyond a few hundred yards; near any tourist attraction or habitation; close to any exceptional landmark, such as the base of the only tree within miles. ESPECIALLY avoid any ruins, ghost-town sites, old mines or placer workings since such places attract treasure hunters.

BURYING: Digging will be easiest and chance of intrusion least during the wet season (preferably after deer-hunting season but before snow remains on the ground). But most any season is fairly safe at a secluded

site. Fewer people are around on weekdays. P Bring: your package, a short-handled pick (or hammer plus large chisel), an empty coffee can (for balling dirt, a shovel won't reach deep), a pall for carrying can (for balling dirt, tarpaulins or other large piece of heavy plastic or away surplus dirt, tarpaulins or other large piece of heavy plastic or cloth, a measuring tape (or strong string with a mark every foot), compass, paper and pencil. P Hide the package in some bushes away from the site, also away from vehicle, while digging the hole and taking measurements. To minimize surface disturbance pile dirt on tarp. Put plants and surface debris in one pile, top soil in another, and subsoil in still a third. Try to preserve plants. P It's unlikely that anyone will pass over a spot with a metal detector. But if this is a fear, bury so that top of can is at least three-feet deep; a metal detector cannot sense that deep in most rocky or sandy soil. One-foot depth will usually protect from erosion and small animals. P Take measurements before burying, for greatest accuracy and to minimize time variables are vulnerable. Pack soil well when refilling. Carry surplus dirt away from the site; if possible dump in a gully or slide and cover with surface debris. Finally, spend at least an hour rearranging and adding leaves, twigs, pebbles, etc., until the site blends with the neighborhood. If you have a polaroid camera you might take a before picture and restore to original appearance. Return in a month or two to check appearance and your directions.

RECORDS: Measure distances from at least five (for redundancy) relatively permanent objects such as rock outcrops or large bushes. Use a tape measure but also pace each distance as a rough check. Note distances and directions for getting to the general area; for this, pacing is sufficiently accurate. Encode records and/or keep the location of the general area separate from measurements to the specific spot. Label them deceptively. Make duplicate copies and keep in different places. P If you give copies to an agent or heir, carefully seal these some way so that if your cache should be disturbed your agent can prove his innocence. For example, wrap record in aluminum foil for opacity, put in envelope, tape seams of envelope on inside, and write on envelope so that you can identify it.

GENERAL: If caching seems formidable or risky, do one or two practice caches first to develop skills and confidence. Or first cache something of low value. Get help with your practice burials, if you want. But do high-value caches alone. Don't even involve your freemate; freemates sometimes break up. Beware of helping others; if something goes wrong do you want to be even subconsciously suspected? P The greatest risk is usually, not that someone else will find it, but that you or your agent will not be able to. But with even moderate care, the good earth is your safest safe depository.

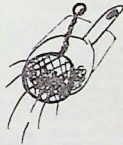
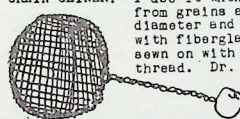
## making do

POPCORN IS DANDY. IT'S MUCH BETTER THAN CANDY.  
AND THERE'S NO NEED TO FRY IF YOU GIVE SHAKING A TRY.

We eat a lot of popcorn. We pop it without oil or anything in an old aluminum pan (with lid). We just cover the bottom of the pan with kernels and apply low heat. After a couple minutes we turn the heat up a little and shake the pan now and then until things start popping. Then we turn heat up once more and shake pan almost constantly. The pan gets discolored; we don't try to keep it shiny. Kernels don't burn unless we get the heat too high, in which case we scorch the pan and start over again. P We've popped on a wood fire too but it's trickier -- now and then we burn a panful. P If you like oil on your popcorn we recommend you put it on after popping since high heat deteriorates oils, creating carcinogenic substances.

### GRAIN GAINER.

I use it when pouring off wash/rinse water from grains and pulses. Mine has a 7-inch diameter and is made of coat-hanger wire with fiberglass screen (building supply) sewn on with an overcast stitch of decron thread. Dr. GATHERER



Rayo:

February 2, 1972

Here is a report on our trip, including supply sources. You are welcome to publish any part of this in VONU LIFE.

BROWN RICE: Farmers Rice Co-op Mill and Rice Growers Association of Calif., both on/near S. River Rd., West Sacramento, both charge \$10 per hundred pounds. A petty bureaucrat at Co-op was a pain; at first he refused to sell to us because we didn't have a resale license, then relented when we produced a letter from Co-op giving quote. After that we decided to also buy a hundred pounds from Association to see if they would be friendlier. They were, but rice doesn't seem to be as good quality: many cracked and bruised grains, chunky appearance; tastes okay but we wonder about keeping qualities. We have previously bought from Farmers Rice Co-op in Dos Palos, also from Koda Brothers there, with no problems.

PINK BEANS: E. M. Olson Warehouse, 821 Riske Lane, next door to Rice Association, had some. No, he doesn't ordinarily sell by the bag, the man told Roberts. However he did, for cash: \$11/100# -- best price we have encountered for any food legume. They taste somewhat milder than red beans.

RAISINS: Bonner Packing Co., 568 S. Temperance, Fresno (about 7 miles SE of Fresno). 30# box "pel seedless" (unbleached) \$6.75 (equal to 22.5¢/#); 25# zanti currants (made from a small grape, not a Ribes despite the name) \$5.25 (21¢/#).

WALNUTS: We made a wrong turn in Fresno -- serendipity -- saw sign for walnuts -- Urdesiches, just west of Fresno on W. Belmont -- 25¢/pound, in shells.

HARD RED WHEAT: C. H. Kruse Grain & Milling, 1459 Santa Anita, So. El Monte, Calif. \$4.50/100#, \$44/1000#. Also had corn and milo at about the same price.

KELP: Kruse (above) \$5.00/50#, "Ocean-Pak kelp, pacific coast kelp meal, Macrocystis pyrifera, machine dehydrated -- protein 6% min, fat 0.4% min, fiber 8% max, potassium 10% min, calcium 1.5% min, phosphorus 0.25% min, iodine 0.1% min, NaCl 7.5% max.))

LIMESTONE FLOUR: Kruse (above) \$1.60/100#. 25# bags (11 1/2" dia). It is sold as feed supplement for wide variety of animals so probably okay for humans too.

mr72 VL6 8



NOTE: The above sources are NOT mail-order. Prices will vary depending on supply and demand. In my opinion going direct to packing companies (such as Bonners and rice mills) is worth the trouble only on purchases of \$50 or more.

**HONEY:** Poor season, world-wide shortage, we've heard. Prices very high; some wholesalers are rationing their regular customers. We didn't buy any; bought more raisins instead.

**LENTILS:** We didn't find a good source. Either that or basic price is high this year. If you go south and find any for under \$15/100#, buy us a hundred.

**DRUMS:** A. Rooke Copperage, 7702 Maile Ave., Los Angeles. 10 gal, 15 gal., and 19 gal. steel wide-mouth drums, covered, clamped on by circumferential bands tightened by bolts. Military surplus, used but relatively clean, contained equipment. Asking price for one drum was \$3.50. Bought 50 15-gal. drums as is for \$100. Most came with gaskets, not all in good condition.

**GASKETS:** Myer Drum Co., LA, offered to sell 100 5-gal.-can gaskets for \$10. Seems high. Couldn't find source for 15-gal.

**POLYETHYLENE BAGS:** Bradley's Plastic Bag Co., 9130 Firestone Blvd., Downey, Calif. 90241. (Examples) 20"x30" 4-mil (5 gal. drum liner) \$16.30/100; 26"x45" 4-mil (15 gal. drum) 37¢ each, \$26.50/100; 38"x55" 4-mil (55 gal. drum), 60¢ each, \$48.25/100. These bags are much heavier than plastic garbage bags sold in grocery stores, most of which are 1-mil. Prices are FOB; they will ship, however. \$5 minimum. Catalog gratis.

**POLYETHYLENE FILM:** Plastic Sales Inc., 863 Polson St., San Francisco, Calif. 94107, quotes \$20 for one 100-foot roll, 20 foot wide, 6 mil. fob. **ROPE:** Frenz Enterprises, 10907 Ingleside Ave., Ingleside, Cal. sells mill ends of polypropylene and polyethylene rope and cord for \$1/pound. \$80/1000 pounds. Wide variety of colors and gauges. Also good price on WD40 anti-rust oil: \$4.67/gallon.

**RUBBER CEMENT:** Tandy Leather Co., 2046 University Ave., Berkeley. \$2.25/gallon. There are Tandy stores in many cities.

**DENTISTS:** We went to Ensenada because we had leads there, also because we thought getting would be easier and pleasanter than around Tijuana. Dr. Miguel Galvan, associate of Dr. Wilhelm Backhoff O., Calle 3A, 469, installed a gold crown for \$20 U.S.; job was completed less than 24 hours after we first walked into his office. examination gratis. (In contrast, 3 years ago in LA I paid \$80 for a gold crown; had to wait one week for first appointment, another week to make the crown.) Galvan speaks very little English; Roberta speaks fair Spanish, fortunately. Galvan & Backhoff had modern equipment, including high-speed air-driven drill. He seemed to do a good job; of course only time will tell. Other dentists suggested \$25 for gold crown, \$25 for filling in English. Galvan quoted \$25 for gold crown, examination \$2, fairly fluent in English. Galvan & Backhoff (2 bks E. of downtown), \$30 for gold crown, speaks English well (suggested by Al Fry). One other dentist quoted \$30 for gold crown. Both Galvan and Carrillo quoted \$6 for filling small cavity with silver-mercury -- less expensive than U.S. but not by much. Apparently the big price break in Mexico is on lab work, not what the dentists net. (I have a small chip out of one tooth. Galvan diagnosed no caries, no filling needed. In contrast, a dentist in Grants Pass tried to sell a gold crown (\$100, his price for that tooth.) After our dental work was complete we learned of a dental clinic thru local newspaper ad (attached) which advertises 125 pesos (\$10 U.S.) for gold crown.

When we visited them, however, they quoted \$14 U.S. and 3 days wait for gold crown, \$3.20 for small filling (because we were rich gringos?). No indication that clinic was bludg run, but it might be. Dentists did not seem busy in Ensenada, despite U.S. dock strike which brings extra ships to Port of Ensenada. Al Fry said winter is off season.

**HAND GRINDER:** "Estrella" molino; made by Talleres Industriales, Apdo Mex, Monterrey, N.L., Mexico; sold in Ensenada for \$5.04 U.S. by Mercado El Centro, 248 Calle Ruiz. Similar to Corona in construction and performance but less than half the price; grinds wheat to coarse flour in two passes.

We encountered no problems street-squatting with camper in LA, Ensenada and Berkeley. We few nights we were there. We stayed out of the few suburbs which post bans against all overnight parking on streets. No problem at border except for long wait reentering U.S. The marijuana-sniffing dogs (bludg-hounds?) were on the job.

Suggestion for avoiding Calif. (any state) sales tax on quantity purchases: Find a friend with a resale permit who will let you use his number. Give friends name and number to seller in lieu of paying tax. Keep list of what you buy. Send order, pre-dated, postmarked out of state, to your friend's business, asking him to sell and ship you these items. Your friend files the letter for cover in case the bludg should check (unlikely on small purchases). NOTE: This practice may be illegal in some states.

A special salutation to one hard-working proprietress in LA -- an old lady who could barely speak English -- who, when I offered to fill out a resale card, said: "If you don't need receipt I don't need resale number."

For dealing with shy wholesalers in Calif., Al Fry suggests reciting an E number ("E" followed by 6 digits). There is no law in Calif. nor in most states limiting whom wholesalers can sell to, but some wholesalers present this as a reason to placate irrational retailers who think they are losing sales this way.

Thanks to all our friends and acquaintances along the way who provided helpful information and gracious hospitality. TOM & ROBERTA

P.S.: Yes, we will write a report on our small construction for VONU LIFE. Sorry for delay.

## COMMENTS ON OVERVIEWS, VONU LIFE 6 -- by Rayo & Dr. Getherer

To DAVE: There are degrees of vonu -- invulnerability to coercion. I prefer a 90% probability to a 10% probability of remaining alive and well the next 20 years. P If a majority of people ever become vonu, it will be by developing many DIFFERENT vonu ways, not by adopting any single life-style. Vonuans will not bump shoulders very much because they will be 'invisible' to other kinds of vonuans as well as to bludg. P The earth's big problem right now is not too many people, but too many people trying to live the same way. That's bad ecology. The earth supports a tremendous quantity of life, without serious problems (except for mankind), because that life is extremely diverse -- grows in different habitats, eats different foods, behaves in different ways. At one time there may have been only a single life-form -- the first life-form on earth. But life inevitably diversifies because there are survival advantages to diversity. (A lone Madrone growing among Douglasfirs, is immune to insects and diseases which prey on Douglasfir, and relatively isolated from sources of insects and diseases which prey on Madrone. And it utilizes somewhat different soil nutrients than Douglasfir, etc.) Humans will diversify for similar reasons -- culturally at least, perhaps biologically as well. (Some humans may be able to digest cellulose, as can cattle and one kind of monkey. Others may be able to live underwater.) To the degree that humans diversify, the earth will support more of them with fewer problems. P That's looking long range. In the shorter range: A recent survey concluded that only half of all children born in the United States are wanted by their parents, world-wide the proportion is probably even lower. If this is true, the birth rate will be cut in half as cheaper and easier-to-use contraceptives are developed. Population will soon be declining, not increasing. P The only thing I know about Zero Population Growth is their ad, offering to sell an abortion to any woman who wants one, which is commendable. Unfortunately, many of the 'concerned people' are eco-fascists -- seeking coercive political solutions to population and ecology problems. That's like taking whiskey to cure a hangover. Government has been and continues to be a big cause of population problems: laws against contraceptives, laws against abortion, laws against 'sodom' taxes on childless people, military conscription, FDA interference with development of birth-control drugs, etc. P A 'unified, mass movement' is unlikely to develop but would be harmful if it did. A mass movement cannot individualize benefits and responsibilities, and so is fueled by the irrationality and irresponsibility of its followers. Every mass movement of history I know of has had laudable, often liberating goals, but inherently bad ecology. Bludg go only almost as long as to achieve uniformity -- witness the busing of slave-school children -- favored by practically no one except bludg. But the advantages of diversity become greater and greater. Soon, all the King's horses and all the King's men... P Vonuism, and the whole alternate life-styles quest, is only the beginning. RAYO

To DAVE: By the way, you might be interested to know that I have professionally diagnosed you as suffering from feelings of ineffectualness, helplessness and depression. Such feelings are the inevitable outcome of trying to change other people in order to solve the world's problems. Dr. GATHERER N.E. Some less astute doctor might even diagnose YOU as a schizophrenic. This is because the term "schizophrenia" is employed by the psychiatric profession whenever it is at a loss to come up with any other diagnosis. I.e. the psychiatrist says "schizophrenia" instead of saying "I do not know."

To "Mitchell Jones": (Reply to your rebuttal in VL5.) ALTERNATE SCENARIOS. Examining scenario 1a: 5 million troops wouldn't be required, only 5 thousand technicians to observe dismantling of military industries. The U.S. bludg will do the rest, providing the Soviets use finesse. Avoid anything crude like 'unconditional surrender'. Let the U.S. bludg keep their flag, their national anthem and most of their jobs. Name the headmen of FBI and CIA, etc. 'Increase U.S. 'trade' with U.S.S.R., and set the terms. P U.S. economy is a bigger, juicier plum than Japan or Israel. Why shouldn't the Soviets take over a going concern when they can so easily? P Soviet bludg were crude in Eastern Europe after WWII. But situation was much different; they didn't have an advantage in strategic weaponry. P Of course it's not wise to count on seal-rationality of bludg. So your scenario should be prepared for, also.

Examining scenario 3: Hindsight is usually keener than foresight. In the late 50's the gap was thought to be an overall military gap. At that time an acquaintance -- a weapon-systems planner in aerospace, very knowledgeable in the field -- hypothesized the following: The Soviets would launch a surprise attack near the time of summer solstice. Their missiles would hit SAC bases, destroying most bombers on the ground, also early U.S. missiles, which had a countdown of an hour or more (when they worked at all). The few U.S. bombers on airborne or flightline alert would arrive over U.S.S.R. during long summer daylight hours; Soviets had large numbers of high performance daylight interceptor aircraft; most major targets are thousands of miles within Soviet airspace. P He put the probability of an attack at 50% EACH SUMMER. Certainly one can poke holes in his scenario NOW. He couldn't THEN, nor could I.

POSTWAR WORLD. Assume your scenario: After 'die-down' only 600,000 people are left in America. Even if they are all in western third (as completely annihilated by fallout) that's about one and a half family per 10 square miles. I don't believe bushwhacking will be very rewarding at that population density. Survivors will have turned to other means of support. P If I am mistaken and looting is still common, die-down will continue to a still-lower population level. P Small groups can then travel -- with caution. P But, whether or not a large community is desirable, one or two years is not enough time to come together, sort out (weed out drifters, gamblers, etc.) and get prepared. So let's do the best we can with what we have.

A NEW THOUGHT: If your military analysis is correct (and I've no reason to doubt it) I wonder if there is even one or two years. U.S. bludg just obsolete the SS-9. Soviet strategists realize this and so they urge: "do it now". Dangerously unstable. Best regards, RAYO



Dear Editors:

## OVERVIEWS

Recent issues mention "Communications", "Innate Economy", Rayo has mentioned the idea of a truck making weekly trips up and down the west Coast and of course there is the on-going dialogue about vans, trucks, various types of automotive nomadism...all kinds of transportation schemes.

I think I detect a common vein running thru all this. Perhaps it can give us a tip to Vonnans and other contemplating alternatives styles of living.

To me Trailer, Van, Truck-living is an extension of the 50-year American hang-up with the automobile. It still means dependency on a technology beyond the control of the user and upon the very system he seeks to escape. It hardly seems a move toward invulnerability to put your body and your house on the highway. That's the same small space occupied largely by those guys with the red lights on their cars and often by the migratory bureaucrats they protect and then there's the fact this is the best population reducing machine ( overlooking pills and small devices) we have developed yet. Communication in a post-Armasadden world rules out public mails, Ma Bell, and is not so efficient or economical right now. Some talk.

Parallel Economy to mean some underground production and distribution of the industrial junk we now have, but by a complex outside the existing system. This is like saying, "We will change everything and when we get it all changed it will be just the same as before". We need to confront the fact that Vonnans and other irregulars are not now self-sufficient, can never be in the long run and will continue to need many things not the product of their natural environments, nor within the scope of their own talents and resources to provide. Further, that many of these things, especially those needed to enrich our lives, are not in fact the products of the existing production-consumption-industrial system. (r, at least do not seem to be such. It would appear there is both a need and an opportunity for a special kind of commerce among those of us outside the system...much of it in goods not really the product of the system.

Autonomous Libertarians and Vonnans need more and better communication or we sink into alienation, isolation and ignorance. Carrier pigeons and smoke signals don't seem a good answer. How about a higher order of technology using very low-power, non-licensed 2-way radios. ... If aid bands could be used for networking and linking together a Co-op Communications system. This presumes cooperators spaced out along a route not too far apart and the use of equipment not much beyond that employed to open garage doors or in radio controlled model airplanes. Living close to the route of the old Army helicopter system (a line of mirrors flashing dots and dashes of reflected sun light) I was spurred to do a little research on that. Messages were relayed in the mid-1800's from remote Cavalry patrols to Hdqtrs. in Santa Fe, N.M. and San Diego. In about the time it presently takes to send a Western Union message.

In transportation considerations we are not only hung up on the auto., but get caught in its system, routes, and the flows of commerce it has created. Often these are totally unrelated to the world of non-system commerce Vonnans might need and use. For us, distance, time and cost factors are on a different scale. Example: If it is vital for you to personally travel a long distance quickly, get the jet and go, but seasonal migrations, leisure movements may not need to be hurried. If a flow of supplies and goods need to be moving to you and arriving on time, you are not at all concerned about when they depart nor how long they spent on the way.

The cheapest, simplest, most primitive way of moving things is to put them in a vessel and float them on water. A glance at the map will show you that enormous areas of this country are on water or very close to it. The East and Gulf coasts and mid-West with the coastal and river water systems are an obvious water commerce situation. Even the West coast picture is good if you consider the "Pacific Canal" and the vast areas accessible to streams classed legally as "navigable waters".....over 1500 miles of shoreline in the San Francisco Bay-Sacramento-San Joaquin river complex. Puget Sound is a whole water world. You can boat inland to a surprising number of places and of course, Lewiston, Idaho is accessible. Draw lines parallel to the coast, the waterways and 50 or 60 miles inland from their shore-lines and you will find you have encompassed not only vast areas, centers of population, but most of the Vonnans hide-out sanctuaries in this country! The intervening few miles between you and boating water is probably less than a day's walk, bike ride, horseback trip. All other factors being favorable, it might warrant finding squat spots on or nearer these waters.

Conclusion: Maybe we need a Communications-Transportation Co-op..... a sort of forum and agency for establishing non-system, invulnerable contacts and commerce between ourselves designed to more efficiently and certainly more economically supply our special needs in these areas.

Example: Via the communications network we exchange ideas and information and let one another know what we have and what we need. You might pick herbs and berries in Oregon and make jam. I might trade you a ton of dried apricots acronized here. We pass things along an Underground Railroad facilitated by the Co-op. When quantities are involved we might bring in a third party(ies) in the form of boat-based Vonnans who can move things along for us.

If all this strikes a chord with you or your readers, I'll send along specific on how to operate a non-Government regulated shipping enterprise, how to build boats for living and hauling, pack-horse transportation schemes and routes, etc..

Suggestion: It would be most helpful in assessing the needs of a parallel economy and alternative communication-transportation systems if a survey could be made of what actually are the needs of Vonnans and how they supply them now.

## A SEARCH -- OF DR. G AND RAYO

We find wilderness-vonu adding; often delightfully so, sometimes painfully so. Several years ago, when we became van-nomads, that life-style seemed to offer the optimum combination of isolation and access. We were content to spend a week or two in that society if we could spend several weeks out of it. As time passed so did some of our hang-ups and we wanted to be further out and out more of the time. Now, much of the time, we no longer live in our van -- we can't get it far enough out. But we still use our van for supply/communication trips into that society. And, more and more, those trips are bunnies. We, it's not that society setting us worse, we are not bear up, thrown in jail, nor run out of town wherever we show up. It's just that our tolerance for shit becomes progressively lower -- keeping up ID (licenses) expire, and need a 'residential address'; keeping things on and in our van 'legal'; worrying about our personal appearance being too freaky, etc. I really liked B's comment this issue about putting one's body and house on the highway ... "the small space occupied largely by those guys with the red lights on their cars ...". Of course bludg-land isn't just the pavement, it's all the space visible from and easily accessible from highways, streets and roads -- i.e., almost all the houses, shops and farms of that society. (A big advantage of van-nomadism over 'conventional' ways, is not that the pavements are safer than the rest of bludg-land, but that a nomad spends less time on the pavements and in the rest of bludg-land.) Several years ago, when I was just a sheep-person with illusions of enlightenment, maintaining self-tegs (ID, etc.) seemed trivial. (What one is waste-deep in sewerage, what's another turd more or less.) Now these are the most unworkable parts of our lives and are correspondingly unpleasant. We have some experience with bicycles and don't think they're an answer. A bike means MORE time in bludg-land per trip -- MORE red-lighters and other dangerous drivers whizzing by. As for bikes not needing licenses, that is just a liberty (legal interstice), not a vonu (relative physical invulnerability), and probably a short-lived one. Already tax-hungry bludg in Calif. are proposing state licensing of bikes, just like automobiles. (The fees will supposedly go for maintenance of highways -- big deal!) Nor are we interested in total isolation (yet, at least). We believe primitivism would mean less vonu in the long run. (Primitive societies run afoul of bludg-land sooner or later -- consistent avoidance of something requires some knowledge of it.) And there are too many capabilities/things we wish to develop which require equipment, materials and knowledge out of the other society -- necessary for import-export. But personal travel isn't necessary for import-export. All that is needed (for now) is a way to get parcels and messages in and out -- interfaces with the freight and communication services of that society. Avoidance of personal travel into bludg-land is not without costs. We must buy a particular part, new, thru Sears catalog instead of picking it up, used, at a swap-meet. Nor can we engage in a business which requires face-to-face encounters. But these costs are small compared to the savings, at least for us. This brings me to the retired farmer with a pickup truck who Adam proposes hiring (Vol 8). It is one thing to get some stuff hauled around once a year. It is something else to get mail/parcels picked up and delivered every couple of weeks, which is what we would like. The latter service requires somebody who is not only reliable, but close-mouthed and in sympathy since he is apt to be hassled sooner or later. There are such people (we know several) but they are few and far between. Dr. G and I would probably be happy to pay \$4 per trip (\$100 per year) for such a service. For \$4, someone in that society cannot afford to go much out of his way. Even though the retired farmer is sympathetic, he is very much in that society, insure the 'high overhead' (psychic even more than financial) there, and will expect to be paid at that society's going rate. Assuming he goes to town every other week anyway, for \$4 it might be worth his while to drive five miles out of his way to pickup/deliver at our drop. This severely limits our base location -- a desirable wilderness area is not apt to be near the few miles of the relatively few applied-libertarians we could trust to provide such a service. Even if we did such a combination of person and place, suppose he gets sick or moves away: we must move too or pay much higher fees to somebody living further away. BUT, if say ten vonu families or groups lived within a 20-mile-diameter area, and each would pay \$4 for interface service, that's \$40. \$40 will hire an applied lib, one day every two weeks -- pay for his time and 100-miles or more driving expenses. We and our drops need not be near his home. His service is not to replace long-term food storage of supplies we know we will use, such as hundreds of pounds of food staples, but for procurement of the unpredictable items and information -- a special part for a new device we are developing, a drug to treat a rare disease, a new book. SO, Dr. G and I are seeking other vonuans who (1) have enough mobility to locate in the same area and (2) have interfacing needs similar to our own -- i.e., desire fairly frequent parcel carrying to/from the other society, but do not wish to visit that society more often than once a year (if that often). Our association needn't be a close-togetherness thing. One needn't approve the way another combs his face. We can have as much or as little internal trade and personal contact as we want. Dr. G. and I are fairly mobile. At present we can move our base with less than one month's labor. And we are not hung-up on any particular wilderness spot. (Nor is 'moving' VONU LIFE to a new post office box especially difficult.) For climate and nuclear-fallout reasons, we probably are interested in any area between the Pacific Northwest (W. Calif thru SW Alaska) unless it is outside North America. We want to be at least 100 miles away from and up wind of the metro areas of Vancouver, Seattle, Portland, and San Francisco. Perhaps we can first come together in Siskiyou region, then when there are more (80? 30? families) move to the north coast of British Columbia and find an applied-libertarian with a boat instead of a pickup truck. (There are probably more miles of waterways along B.C. coast than there are miles of roads and streets in Calif. plus Oregon. Climate and terrain there aren't too different from here -- somewhat wetter, only a little colder. More people would be necessary there than here for fortuitously-interfacing to be economical, since the interfacers would probably travel hundreds of miles. We are seeking only those with enough vonu-living experience, especially living in relative isolation, to know their own minds. And with savings, or a source of income not requiring physical presence in that society much of the time. If this idea appeals to you, but you are inexperienced, I suggest first trying vonu-living, by yourself, in an area convenient to you. We already know at least two applied-libertarians in Siskiyou Region who would probably be interested in providing pickup/delivery; the problem is coming up with enough of a market to make it worth their while. If you think your head is anywhere close to ours, do write. Let us know your experience, present situation and objectives; also thoughts you have about interfacing with that society. (If you don't want your letter published, say so. This is a long-term project of ours and we probably won't happen in a month or two. So if you order it and first read this many moons from now, chances are we will still be interested if not already coming together. RAYO



# Vonulife

formerly  
# "PREFORM"

may 1972 --- vonu life, box 458, cave junction, oregon 97523. communication among nomads, troglodytes and other freedom achievers. published every two months by mike freeman. compiled by lan.

subscriptions: \$1 for 3 issues mailed together three times after all 3 have been published; vomans, gratis. Or \$4 for 6 issues (one year) mailed individually first class as each is published; vomans, \$1 a vomun (to me) is someone who lives and lets live, and lives most of the time out of sight, sound and mind of those unwilling to let live. back issues: 25¢ each plus 25¢ per order, mailed third class.

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The 600-pound supply cache near Bella Coola, BC is still for sale. See VL #3.

lan will retype for vonulife publication. 25¢ per page. about 500 words per page. not over 5 uncorrected mistakes by lan per page. advance pay. no carbon copies. enclosed stamped envelope for return of original.

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exchange ad for vonulife. if you have a newsletter, please publish it and send us yours. " **NOMADS AND TROGLDYTES** newsletter: tents, vans, equat-spots, foraging, storage, personal contacts, unedited raps. 3 issues, \$1 free to "invisible" people. Vonulife (formerly Preform), Box 458, Cave Junction, OR 97523."

## VONU LIFE CHANGES EDITORS

Lan, a vonun of considerable experience, is now editor of VONU LIFE. Dr. Gatherer and I are quitting so that we can devote more time to shelter and food. P Last Winter we failed to accomplish many of the things we intended because we didn't have a shelter that was both warm and roomy. (Our lay foam-hut is warm but not roomy; our poly tent is roomy but not warm.) We want better shelter before another Winter comes. P Also we intend to forage more, to see if we can economically reduce our dependence on food imports. P We intend to write for VONU LIFE occasionally. Please address any personal mail for us to Vonu Life (G) or Vonu Life (R). RAYO

## by and about lan

i volunteered to compile (not edit) vonulife because i like to share ideas, vonu living is a great adventure and i enjoy writing and reading about it. i want to share, if only vicariously, in the trials and triumphs of other vomans and enable others to share mine. i can converse face to face with a few others. they are

intelligent but i have heard their repertoire of thoughts and they have heard mine. each adds to e's repertoire but does so slowly. so i like to communicate with outsiders, too.

also, compiling vonulife is a pleasant way to earn the price of rice and spice. vonulife would be an unprofitable organization if done out there. but, like rayo wrote to me, a vonun has few overhead. many people read and write for vonulife because they want to link up with other people. this is a good use of vonulife but it is not one of mine. i am not open to visitors. nor do i want new members. i will explain why in my article on community.

reading back issues, i observe that most subscribers do not write for publication. are you shy? do you fear that what you write isn't literature? for me, the biggest value of vonulife is not polished articles. these i read elsewhere. for me vonulife is a way to converse with many other vomans. i try to write what i might say to you if we could get together. sometimes i may digress, repeat, contradict, confuse, bore. but also i can say things i would leave out of a polished article. if i got time to write one. some of you, like me, cannot accommodate visitors in the flesh but want to converse. this is a way.

i would like to see more detailed how-to-do-it articles in vonulife, polished or otherwise. but also i like accounts of how vomans are actually living - maybe a diary of an ordinary day or week - telling what was done and how - telling of the little adventures and joys and comforts and hardships and inconveniences. what seems commonplace or trivial to you or i, may be revealing and attractive to a reader still trapped in the corporate state who is struggling to get out.

i am continuing rayo's payment policy. i will extend subscriptions for writing i think is especially helpful; maybe a couple of issues for a detailed account of your adventures, maybe six issues for a good how-to-do article. if you want cash i pay 2¢ per word, but at that point i become editor, not just compiler. some of you may not want your handwriting or typewriting published. i can retype - 25¢ a type page if you will put up with a few mistakes and blurry letters. (i type fast but not well. and my typewriter ordinary makes indistinct letters, like my later in vonulife 6.) or send some dried apricots or herbs or whatever you make or harvest. leave off your name and address if you want or make up one.

if you don't want even me to know who you are, cut off the issue numbers, which are on the top right of the first page of each issue, and send them along. then i will know that no one is publishing more than e's share. you may use vonulife's old address as return address on your envelope - box 607, grants pass, ore 97525. please say whether or not your letter is for publication. when i get a letter which doesn't say, i retype and publish any parts i think are exceptionally interesting, but leave off names and addresses.

i don't go to cave junction so i must wait for others to relay mail to me. i usually get mail once every two months. i'm trying to get mail more often and faster but until i do please be patient if i'm slow answering letters.

some people like a story that's written in the first person. this is fine for them. but others are shy. like me. so don't hesitate to write about an unnamed friend, or fictionalize your story.

i am continuing rayo's policy of not criticizing an article in the same issue, unless the author gives permission. i will wait until the next issue. but i won't be able to send e my comments before publication. so e will not be able to reply until the issue following my comments.

i am embarrassed. last issue i lectured rayo on how to make vonulife more legible. and my own letter came out a blur. it may have been the ribbon. this i am typing without ribbon directly on a sheet of carbon. this makes crisp letters, like an fm. but it riddles the carbon so i can do only one page per sheet of carbon. and i can't see what i am typing. and mistakes are harder to correct. and sometimes holes get punched in the paper. nevertheless it may be a useful trick for a freelance typist who gets an order for fancy work but has only a manual typewriter. i will also try a nylon ribbon on this typewriter and see what that does.

jim stumm wrote in vonulife 3 about methane generation. is anyone making it out of vegetable matter such as dead leaves? i would like to switch from butane but i don't raise animals.

is anyone into vonu bee keeping? e.g., hide hives in remote places and go around once or twice a year to collect the honey? or do bees need more care than that? bee books give that impression. several people have mentioned the need for vonun communication. what is being done? anything i could get in on? mail is a problem for backwoodsmen. the vonun they are the bigger the problem.

ciphers? cryptostrips may be unbreakable but they are as slow as little orphan annie's secret code badge. what is a pass-around? i wonder if english spelling is worth trying to change. english is messy in many ways. how about esperanto? i think that already has a phonetic alphabet, and it is supposed to be easy to learn. or do too many people know it? russel jague, freebe philosopher has made up his own language. a cipher or artificial language still depends on the mail until you and i get another way. in vonulife 5, i proposed a low-power radio network. how far will a single two-way radio reach? how much does it cost? will it operate off a truck battery?

until a radio net is operating, or maybe as part of it, how about a privat net? it was described in vonulife 4. rayo and i now have a drop where we have things for each other. i think that is the easiest way for vomans to link. if i link with 4 people and each of them links with an average of four people (one of which is me) that is 12 people i can reach in two steps. 36 in 3 steps, 108 in 4 steps, 972 in 5 steps. if each relay takes a week, i could send to almost 1000 people in six weeks or less. that would be fast enough for vonulife. the article about privat was originally printed in '67. maybe there are already nets.

rayo told me he tried to interest a couple of bookstore in dealing vonulife, but no interest so far. problem may be that only a few people want vonulife so a bookstore doesn't want it taking up rack space. i suppose i could fancy it up. put a cover on it. go to bigger type. more illustrations, and spread it over more pages. but then i'd have to sell 10,000 copies to make it pay. soon i'd need an office in town. then i'd be a nonvoman busy telling people how to not be like me! but if you know a bookstore that is interested, tell me.

in vonulife 1 rayo said that most children are natural vomans. they explore woods, build hideouts, climb trees, dig caves. new people do these things even though the old people around tell them these things are a silly waste of time, and that they ought to be doing something important like memorizing the names of the presidents for school. and new people do these things might be useful when they get old. i wonder what new people might do if they knew that there are old people (over 13) who approve of these things and do these things, and who probably live happier than do the old people who depreciate these things. anyone for a vonu pararevolution?

as an experiment i offer to give a vonulife subscription to anyone less than 62 inches tall who writes and tells me about vonu things e is doing. to qualify e doesn't need be vonu most of the time. i'm qualifying this offer by height rather than age because i feel that aging age is an invasion of privacy. so if you know a new prevoman, please pass the word.

to the critic who says vonulife sounds like a little boy's dream of adventure, i say, better late than never. in vonulife 4 w.j. recommended "the first and last freedom" by jiddu Krishnamurti. where can i get it? i am starting a list of vonulist books and authors. besides thoreau i've read lao tse. also lin yutang - i don't know if e was just a preacher or a doer too. when you recommend a book please include source and price if you know.

"the greening of america" has expanded my mind as much as any book i have read, "greening" isn't pure vonulism. and i don't know how accurate reich's diagnosis of society is (nor do i especially care). but i value what e says about people and mental processes - loss of sensitivity and recovery of sensitivity - especially "the lost self" and "consciousness III" chapters. rayo said in vonulife 1.



vonuliam may not be new, just heretofore neglected. I'm interested in any vonu groups of the past. there were, maybe still are vonu indians: seminole, yara, shiswap which the wildcat from montana mentioned in vonulife 4. but they are remnants of older cultures. how about people who weren't born into a vonu tribe but became vonu? there may not be much information. the more vonu a people are, the less outsiders will know about them. I wonder about the value of things like "the paper trip" which was reviewed in vonulife 6. it's not that someone shouldn't protect himself. but I wonder if that kind of information is useful after it's been circulated widely. bludge can read too. maybe that sort of information should go person to person. also, printing it could draw the attention of hostiles.

to me vonulife is more valuable for talking about the many vonuways which are legal. this is just my personal attitude. I will print anything any subscriber asks me to, unless I think it's just barking trouble. in my drop I found many magazines which vonulife exchanges with. thanks to whoever left them. most are new to me. three which I haven't seen mentioned in vonulife already are "black bards", "win", and "akwesane notes". "black bards" no. 5 is "cheap and easy transportation". plans for a pickup shelter, converting old cars to trailers, changing bicycles in various ways, riffs, burros, orienteering. "black bards" has stopped publishing but is still selling back issues. number 5 is 45 pages and has too much white space for \$1. theodore merrill, 4154 sacramento st., concord, cal 94521.

march 72 "win" contains "the complete collection of political documents ripped-off from the f.b.i. office in alaska, per march 8, 1971. I recommend this to people who fear the feds. it seems that the feds are a lot like other bureaucrats of the corporate state. for one thing they spend a lot of time reading each other's memos. the issue is 75¢. win, p.o. box 547, rifton, n.y. 12471. "akwesane notes" is mostly about and by american indians. it is a big paper. much of it is crying to the clouds. but also interesting history. also horror tales, like how an indian in b.c. was stomped to death by f.c.m.p. and how amazon natives are given sugar mixed with arsenic by brazilian bludge to exterminate them. for example send donation to akwesane notes, mohawk nation, via roosevelt town, n.y. 13683.

## Situations - Searches

to vonulife Hi! Info-freak here is quite willing to write people who have questions on power, shelter, etc. but is not willing to do this at a deficit! So please put in next issue that all letters expecting reply should enclose a self-addressed, stamped envelope. Also, change of address after April 1, 1972 to: Info-freak, c/o Good Earth Pottery, 1100 Harris Ave., Bellingham, Wash. 98225. Also print that I am holding letters so far received until the writers meet the above stipulation. Let us nurture ourselves.

to vonulife In Vonu Life #1 made some remarks on education. J is a year and a half now. Has not been made vulnerable to TV, radio, newspapers, movies, et al. Am convinced that most coercion done through the media, which is controlled by Big Brother. What does he do? He plays all day every day. We play with him as much as we can in between gathering and chopping wood, cooking, washing clothes and craft work. We had a radio for a long time but finally got rid of it - used money to acquire a spinning wheel. Wool is our livelihood. Used to buy colored yarn whole-sale! Now we buy wool (haven't got a sheep yet - hope to soon), spin it, dye it (with local plants and ones we can grow) and crochets it into useful and beautiful things. Made 3 gorgeous rugs this winter along with sweaters, hats, purses, slippers, shawls, vests. Want to get into weaving, too. Maybe make ourselves a loom. We're just beginning, though. The possibilities are endless.

Anyway, I've strayed. We are determined to keep J out of schools for the reasons you so clearly understand. Problem? Only thing is BC page say your kids got to go school and they come lookin for ya if you don't make em. Only solution we can see (as you mentioned) are alternative school or hide. Would like to hear more from people facing this problem. We still have 3 years or so before a confrontation. Could you forward a letter or two or maybe have some more info in V17 (yes, see top left first page. Ian) Our kids are our real hope. They're gonna go higher and farther than us (if we let em).

More about us. Have a college degree - which as you know is completely irrelevant. But may give you an idea of what we have had and are still having to overcome. We use no motor machines (of our own). So the pigs have no car licenses, no electric or phone bills to work with. Our only fuel is wood (I use a rowboat to haul it as we live right on the ocean) and kerosene (for lamps in the winter) and that's it. Everything else can be accomplished with an ax, pick and shovel, pitch fork, hammer, machete and lesser tools (smaller tools) and most of all work - but after awhile the work becomes a skill and a joy - "when the whole man is involved - there is no work" - the Indian never used to work - hunting, fishing and everything else was his life. He didn't work, just lived. I can't describe in ordinary language the feeling that comes when we discard the notions like - "Sure would be easier to have a chain saw, or truck, or washing machine, or whatever" - and realize that we don't need any of them. It's been our first taste of real freedom and carries us further toward total freedom - also makes us want total freedom even more. Many inquiries in our life style which would probably not class us as true vonuans. We are aware of them, however, and can only eliminate them one at a time. Like we buy wool, but will eventually get a sheep or two. We use kerosene - hope to raise a hive or 2 of bees soon (bees for candles). We only use about \$2 - worth of kerosene a month now. We use other's vehicles occasionally - to get rides or to haul food - but the idea of having a horse is coming more and more to the front. We spent this winter (a fairly rugged one in BC - so they tell us - about 4 feet of snow on the ground for two full months) in a cabin with a wood stove. Very comfortable.

Where we were here - let us live here for free. We're moving to the tipi around May 1. Which will liberate our home. Nobody but nobody knows where it is (will be). Got the spot picked out. Meadow, stream, wilderness woods. I'll probably pack all our shit there little by little. No roads or nothing.

Your comments about minimizing contact with non-vonuans (V16/3) I can only emphatically second. The locals here watch TV just to be watching it, send their kids to a school on the island which must be experienced to be believed and are very far from being self-sufficient on top of which most are just plain alcoholics. They're friendly, sure, but how vulnerable can you get. And, of course, they mind everybody else's business but their own. As for the tipi, get ahold of Laubin's tipi book (Bellantine - \$1.65). They'll tell you all. We'll tell you all as we experience it. I'm convinced anyway that you can live comfortably in one, any time, any place. All you got to do is get yourself together and DO IT. Another helpful book might be LAST OF THE MOUNTAIN MEN about Sylvan Hart - it's in WEC.

We're looking forward to May. That's all we're living for now. There will be problems, sure. But I think the biggest are now behind. Finally we can take off our clothes and with care and imagination no body will tell us to put em back on. Won't be able to find us. Another sort thing about wool and bees. Fantastic trade items. Couldn't you dig to trade something for a wool coat dyed with sunflower petals and a few lbs. of honey from wild plants? That's where we're at now - pushing carefully farther. Major problem: No other vonuans near by.

Makes it lonelier and harder as you know. Some freaks, sure. But they all want or want to buy land. Ugh. Can anyone "own" a piece of their mother or town? Anything for that matter? We're not communal people, basically, but our possessions we use, not own. It's a whole other topic, though - not relevant here.

One island we know of is big and the northern part very wild; very, very beautiful, and very uninhabited. Many abandoned orchards (apples, plums, pears, cherries - free for the taking and lots of em) Lots of other islands, too, even more intriguing. No roads, power lines, cars, or people. All you need is a small boat in good condition - probably not even a motor. If you have any letters from vonuans near us or anywhere in Canada, especially - could you forward ours to them and vice versa? Just a scattered rap - but there's no one else near we can share it with. You people - really lifted our spirits. Please keep in touch.

For vonu. H & M

to H & M Sure, send envelopes and I'll forward - but slowly. vonulife readers, recent past and present: 15 in b.c., 23 in Washington, 7 in Alaska. Ian

to vonulife Hello. We'll be moving on in another month or so. (Seven of us) in a school bus we're converting to self-sufficient living. We've grown thru free schools into a total environment in which we can do our doings, money making, schools, learnings, lovings, playings, growings without having to go into compartmentalized roles.

the only fixed places are a Gestalt community in Utah, a Navaho reservation in N. Mex., Scottsdale Ariz., Esalen, Point Arena Calif. and maybe a lake in B.C. We're looking for a place to set for a while to get more into farming for survival and our other doings - heavily into Gestalt, massage, free schooling and beyond. VW repair, taping, organic-vegetarian food, circus-carnival-theatre-impromptu joyous fun. We're looking for places to visit to make new contacts, learn new skills, new relationships, additions to our family, expand our horizons. Also place to set. Also we're trying to get together some medical skills for barter in addition to the above. Can you help? B. N.Y.

to vonulife Dear Rayo, please forgive me for not answering any sooner, but we've been moving around lately quite a bit and I haven't picked up my mail until just recently. Thanks for the subscription.

In answer to your questions about the Shuswap I've been building they have never had any serious attacks by bears, but they have been built in bear country and I've had both blacks and grizzlies around with no problems. But then I don't eat meat, or keep anything too appetizing for them to smell in the open. I've had some success making friends with a two year old black who would come around every few days to visit and never cause any hassle. Other than once getting into some salt I forgot to bring inside after cooking dinner outdoors one summer evening then taking a walk. In relation to condensation, I've had some problems when I've left for awhile, a week or more, but by keeping a fire going for cooking, and heating in winter it's kept it pretty dry. This is in semi arid country though, and I imagine around the coast there would be more of a problem. I've got a new mailing address now. Its Jeffrey, 28000 60th N.W., Stanwood, Wash. 98292.

There's a fair amount of abandoned houses around these parts and the vibes are pretty good. Sue and I are hanging around, just caretaking a friends place and doing some leather and beadwork for awhile I guess. Maybe till summer. If anyone is coming up from So. Calif. and/or other places and wants to bring me some abalone shells, which can be had free for talking to the right ab-divers, or doing it yourself, or anything else I like that to trade or sell cheap that's organic and nice to work with I could dig hearing from them. Jeffrey

to vonulife We've been living aboard our 35' tug for almost two years now, and one's gradually becoming the homeboat we want. Along with seven or eight other liveaboards, we're moored at the municipal marina, but during the summer months we cast off and cruise around the waters (inland) of Washington and British Columbia. This coming summer we plan to go up to the Queen Charlotte Islands (B.C.) to see a couple of Haida Indian villages that have as yet escaped the real estate developers' notice. A lot of people live aboard for a few months or years while they're in school or until they can afford something "permanent", but we consider the boat our permanent home. Our ultimate dream is our own little bit of land with float attached in a protected bay. That way, we can live on the coast and be mobile but also have a garden, some running room for kids and dogs, more privacy, and freedom from civil servants (e.g., harbormasters), land lords and uptight neighbors. Given the horrendous prices of waterfront land from Washington to the Alaska peninsula this may have to be a group program - say three or four compatible families each with a small amount of cash and a stream like ours. I'd love to hear from anybody who might be interested, either for the immediate future or a few years from now.

We'd also like to hear any ideas people might have on solutions to the sewage disposal problem on boats. We feel guilty every time we flush the head, but know of no practicable systems which would work both at dock and away. Incidentally, if somebody has developed a sewage disposal system that really works and isn't too expensive, he should really consider marketing it; both liveaboards and pleasure crafters are desperate for a solution. I know we'd buy such a system right now if it were available. (Mrs.) Nancy Logan, P.O. Box 1428, Bellingham, Wash 98225.

To the people of the Vonu Life. We are two people living in a converted school bus in Santa Rosa, Calif. We're attending Sonoma State College and acquiring a field across from the college with about 40 other vans, buses, tents, and homes. This life is quite enjoyable and we hate to think of going back to paying rent. Perhaps your newsletter could give us clues in living this way - for example, how to pay for food and gas.

In regard to your other letter about paying someone to truck things for you from the San Francisco Bay area, could you send us some information on this? It sounds very interesting, but we would need to know what you need, how many times a year, and what you could afford to pay.

To E: Regarding trucking: We don't buy enough stuff (1000\$ per year?) to make it worth anyone's while to truck just to us. One would have to develop a route serving many people in this area or along the route - long-term thing. It costs us 2¢ to 3¢ a pound to make a special trip to Bay Area for 2000\$, plus our time. Best sources for staples around here are 3¢ to 10¢ per pound, more expensive than best sources around S.F. Rayo (edited by Ian)

to vonulife I have a 60 Chev Step Van I have converted to a Motor Home. I am a blacksmith and carrier by trade. This Summer I hope to travel around the country and do a lot of camping and a fair amount of back packing. Peace & Love Ron, Colo.

to vonulife I WAS BORN IN OREGON...BUT HAVE LIVED IN CALIFORNIA MOST OF MY LIFE. I'D LIKE TO FIND A PEN-PAL (FEMALE PREFERENCE) TO RAP WITH. I'M 38, TALL, SINGLE AND LOVE OUTDOOR LIVING, HIKING & CAMPING. HOLLISS PROPER, 12475 BANCROFT AVE., APT. 200, SAN LEANDRO, CALIF. 94578



# Notice for SAVORS of FORTUNE:

A well-known operation (libertarian references will be supplied on request) offers an outstanding opportunity for one or two adventurers with \$5,000 to \$15,000 to invest (and a taste for long hours and hard work) to make \$100,000 or more per year (to start) in an exciting new (and legal) venture. This situation will involve command of a thirty- to forty-foot Diesel motorboat; prior experience in this area will be helpful but is not necessary. Individuals should be non-U.S. citizens or be willing to acquire this status. A finder's fee of one hundred dollars is available to whomever first brings the name of any person ultimately engaged by us to our attention. Write via air mail (no telephone calls, visits or telegrams, please) to Jolly Roger, 736 Cloverdale Road, Montgomery, Alabama 36106, U.S.A.

Well I received issues 4,5,6 in response to my answering a piece in Mother Earth News. Your contributions were repeatedly of interest and occasionally disagreeable. I believe we may have a few things to share and thereby offer a short sketch of HERE with my questions about THERE.

Here, I am not vonu, but do not partake of the culture beyond that which pleases me or is minimally necessary to live. That which pleases me is communication with others, resulting in stimulation of thought. I study philosophy at Sonoma State college.

Resistance for two here is a bus in a community squatting in a field across from the college, right in the middle of public sight(hence not vonu). And as you may expect, hassled. In this case with the academic community there is support and the hassles are legal threats which are successfully delayed each time(for 4 years) and no confrontation as yet. However the end is anticipated this coming June to a fine self sufficient community. There are about 40 vehicles and tents here, with population of 60 or so on three acres or less. Growing too fast. The land owner has refused to post the land(in sympathy with squatters) while at the same time specifically not giving his permission, to avoid legal liability.

For support I deliver newspapers in a very spread out rural route, 80 miles per night factually 3 to 6 AM. Very unhasseled job, shared with woman here alternate nights. Maintain my own car in addition, but still not much of a drain, except that one of us must be here regularly.

Now to be consistent, while I resist violence of war, or of tyranny over myself from bureaucracy, I cannot at the same time reserve the right for myself to injure others with firearms, bayonettes, etc. Do you value consistency and concur or do you only value your own survival?

And what value survival? If that is the end, then we all surely fail eventually. No, it is how I do until death, not how long, that I value. May I refer to issue 5, Dave in Southern California for a summary of some similar thinking. I am open to discussion.

Openness is a way of relieving the load of seclusion. Zen, I believe describes the fearlessness possible to one otherwise "vulnerable". But so it is with quakers and other free types. So I am here indeed, not believing in ability to make changes, but in importance of living my statement, not hiding it.

Now comes the dilemma. I dig communication. And living. And nature. Since these are somewhat incompatible, I have not yet found a location of wilderness where I could simultaneously get my teeth into some delicious interaction with people. Right here is delicious interaction, but with it comes pollution, laws, zoning, use permits, building permits... I haven't paid taxes some say I owe them, because it would only help them to buy weapons. But I must remain VISIBLE and refuse face to face.

So why write to the invisible? Because your own communication is excellent. Perhaps we share the need to interact?????

Guess I'm a retreatist, if I were to be jailed and knew in advance, I would possibly become invisible with some vigor.

Now I used to be an electronics technician, before quitting for retirement and philosophy. (the back side was also interesting but won't print. lan)

may '72 vonalife ? page 3

To Vonu life: We reside for the time being in an airplane hanger which is very modern. Half of it is where I park my vehicles. The other half of the hanger is a laboratory and a couple of rooms that we have used like an apartment. It is kind of weird since there are no windows in it. You don't know whether the sun is shining or what the weather is. Push a button and up goes and door, drive out and close. The kids use the place like a play ground inside and don't fool around outside much. Of course they are not in school and I have not been approached yet. I haven't worked out a schedule yet but would like to be here say a month and gone a month to make it us if I am a transient. Perhaps I can get things worked out in time .... GUY, Southwest (retyped by Rayo)

to vonalife You can put us on your map of places to stop and stay for awhile if you want. We live 6 miles north of Lemars, and can be contacted to locate us exactly through the radio station (KCM) where I work. Do you know a girl named Kelly from Portland? I want to find her. Blessings, Paul Davis, Rt. 4, Lemars, Iowa 51631 (712)662-7363

to vonalife Troglydites: I have returned from the woods for a stay in the city of Madison. I'll be moving in a month back to the woods. Where you live, it is freedom to walk and now at the moon. Ails rice is easy to harvest in a cardboard box. Just pull the rice over the side and let it with your hand or some similar shaped flat thing - instrument. peace and love to all. Don, Wisc.

to vonalife Howdy. Presently we (a group of 6 builders/designers) are working on a prototype of a terra-cotta building. Recently we completed building a free school for some people in Woodstock, New York. Would like to hear more of what you all are up to over there in Oregon. I was just through Grants Pass about a month ago, but didn't have time to truck around much. What I saw, though, was pretty far out. M. R.I.

to vonalife Dear People, I'm presently here in Chicago taking a course in Swedish Vassage. I should be done in 3-4 months, after which I'm not sure where I'm headed yet. I'm 19, female, and apparently alone. I seek others, have been without residence for 3 years. Recently I thought I had what I was looking for, in the form of another person, but he wasn't it, so I'm trucking on again, and again, and again. Love, Roberta, Chicago

to vonalife I am interested in survival type technology. I'm presently planning to live in Nova Scotia on a 24' sloop and may on deserted islands and headlands along the coast. I hope to explore the possibility of combining the backpacking techniques with cruising. T, Maryland

to vonalife I'm planning a traveling summer - starting in New York State - to Florida - to Calif - to Washington - to Iowa, etc. I'll be motorcycling (and bicycling in Calif.) and camping. I have completed a masters degree in biology and am 23, looking for someone to travel with or visit. If you can make notice of this - or however your organization operates - I'd appreciate it. Doug Carlson, Fernow Cornell U., Ithaca, ny 14850

to vonalife I am not a woman myself and probably never will be one, but it's good to know you're out there, proving it can be done. My thing is staying in the city - 'fraternizing with the enemy' - and 'slipping through the cracks', which is a good trick in my nightly visible job.

to vonalife Dear Nomads n' Troglydites newsletter folks, I'm in the Air Force right now doing my honorable duty. When I get out I want to take me, wife, and bairn to (...7...) with a tipl and our two horses and squat for a couple of months to get back in touch without the speedtrip of the nine-to-five moron mass hare. So, I'm looking around early (I get out June '73) to see if there's anyone I can turn to when I'm freed. whatever is open now may not be then, but let's see if you'll have what I'll want. shanti, Doug, Sacramento

to vonalife Dear Rayo, I read your letter in 4.R. --- I want to be free, the way you describe. --- But, --- First I want to try to be free without running away. --- Can I get unstuck without leaving behind what I like? Not worrying about feeding my six children (2-yr 9rs). A place to stay where we can feel safe? --- Can't I be vigilant and make careful concessions to gain liberty? --- No! I don't know how to make careful concessions. --- What of the concessions for the nomad? --- Yes, I must learn to balance, I must be vigilant, I must be honest. --- But, must does not work, either. --- All is left is to be. Yes, the only alternative, there is no choice. --- Yes. I want. Yes! Walter

We plan on leaving our house this summer and want to travel everywhere, maybe for ever. We have a large step-van and need more ideas on fixing it up to make life with small children in a close area bearable. We have dreams of someday finding an area that we would like to live for a long time, but we want to share life with others also. Hope to meet others on our journey. Carol, Santa Barbara

I am an employee of, if you will pardon the expression, the State of California. 34 years old, very square and hopelessly behind times. However, I thoroughly admire you and other vonuans as the ultimate do-it-yourself-ers. While I'm sure I have not given the matter as much thought as you have, I feel that by avoiding the ownership of even a remote, secluded bit of land you lose more than you gain and unnecessarily sentence yourself to much hard labor and inconvenience. You seem to grossly overestimate the government's energy and ability. Remember the government is just a collection of clerks and other working types - a cross-section of the general population. There are freeze in any group - but, in general, if you give the bureaucrats no trouble - they'll give you no trouble. Have you given any thought to trying for the best of both worlds by adopting the techniques suggested in Poet's "The Purloined Letter"? R. H., Sacramento

THE TRAVELER'S LOG is seeking authors, distributors and paid correspondents. "Journal" issues (3 or more yearly) serve as information exchanges for readers on the move, with in-depth articles on people, cultures and how-to problems of low-cost, sign-return travel and life in other lands. "Almanac" issues (1 each year) serve as ready catalogs for products, services and information sources of use to the earth traveler. (on advance announcement) Free sample copy is offered. P.O. Box 128 VI, Marlborough, Wash. 98267.

From my travels lead me to seeking what is termed the black cat. It grows at certain altitudes on the northern slopes of the mountains in this area. The oil is extracted from these and it is anti-viral and the ideal tanning for flu virus and all claims indicate that it works. After digging 5-600 lbs of these at better than a 45 degree slopes and out between rocks I then extracted the oil. The digging took place before cold weather during the latter part of Oct. and finally got the oil out by the first week of Dec. Believe it or not he has been getting a truck a drop for the stuff and I guess I got about 25 to 3 gals. They will be put up in capsules in the near future. So that is about what I have done in the category called work and that is really little. Right after the first of Dec. we took off for Texas to spend Christmas with and stayed there a m at 3 weeks and



But if you are not, I am sure you are also interested collecting  
birds. I am, would you be the same, and will continue to am in the process  
of collecting a small interesting and old some of the birds a few hundred  
birds, mainly at St. Paul's. I think it may be can help other birds to gain some  
information, may not be very much. I have for instance, a raven, I would have  
to get it, I think it was paid there once to find it and dry it. For what it  
would cost me to travel and spend a couple of weeks doing it may not pay me,  
but if I could get it, I could do it then perhaps that would be the way.  
I have a few ideas, I am sure that this would be the better way to get  
the birds, I am sure, I like to see. I don't want a sound commercial  
thing, I want to see the birds, I want to see the birds through Vonelle, I think  
that the birds would be fair, and I think that the birds may be interest  
ing and the birds of the birds of life, and I think that the birds  
I think that I could also see through on it. Let me know what you think or  
if you don't, I would be the most appreciable.

To F.W.: It is nice to hear from you, and to hear that you are finding export products which are compatible with your ways of living. P  
In this area we can easily gather Bay leaves any time. If you want some, make offer. Yarrow, Anemolicher (serviceberry) leaves and berries, Herba Buena and rose hips also grow here. But they are more work to harvest so we don't want to gather them (except for our own use) until we have shelter and food supply better developed. HAYO and Dr. G.

R. M. Ontario





myo's view of "group" living wherein no one knows the exact location of another's den-camp (issue # 4) appeals to me because I, for one, do not want a steady stream of "visitors", although I am not completely anti-group. I just want a large measure of solitude and peace and quiet. Those values are good reasons for living in the more remote locations. This kind of "group" living seems to have many of the advantages and not too many of the disadvantages usually connected with regular group living.

One source states that horses were first regularly shod around 600 A.D. Someone using horses in the mountains could easily see the danger. If you don't shoe them then you are dead. A pair of hippos, hoof knife, rasp and hoof pick to clean out the iron, etc. Of course, horses are never shod. My view is that having horses shod every 6 weeks or so would be too inconvenient. The Indians didn't shoe horses in the earlier days, and I'm sure that by treating a horse right and not running him over bad, rocky ground, one could easily forget about the shoes. The same goes for humans -- the German boot area who lived in the Galapagos Islands to avoid serving in Hitler's army found that their shoes were cut to ribbons in a matter of weeks on the sharp coral and stuff. Without shoes, their feet became tough as tanned leather and they did not wear shoes after that.

When legal ownership is not used as a territory marker, then hiding the "den" serves to protect one's territory. In many ways we are frequently reminded that men need territory markers just as do birds, and the other animals. In his book, "Newer City and Newer World" (1960), G. P. Huxley had to establish his own urination posts around his camp; after that, the wolves (in northern Canada) stopped wandering through camp uninvited and unannounced. They respected his "posts" just as they did those of other wolves.

General health may be vastly improved by living in semi-isolation in the backwoods and by having few contacts with world-travelers. I believe that much of the flu, colds and other sicknesses come from contact with people who have traveled widely and picked up "wild" strains of virus and bacteria to which one is not immune. I have lived through one relatively cold and damp winter during which none of the small group had any flu, virus, or other illness. This one winter of no contact with travelers has been the only winter during which I had complete freedom from virus or flu type sickness.

Man's natural evolution occurred while he was living within a rather small area and probably had little or no contact with strangers from far-away places. Based on this assumption, then man is not naturally equipped to suppress new strains of virus or bacteria -- but, he can become immune to a given set of virus or bacteria. Today, even those living in the backwoods are constantly exposed to new strains of virus and bacteria from all over the world. Man's love of travel keeps him sick, so to speak.

Furthermore, I'm convinced that constant bouts with virus and flu of all kinds tends to prematurely age modern man and to keep his health at low ebb. Finally, it is possible that humans living in remote areas may find their health much improved just because they are not in contact with a steady influx of virus and bacteria to which they are not immune.

During the past several years I've read everything I could find on cold-weather clothing and equipment. The paperback by V. Stefansson (available from Adobe Hacienda) has much good material. It was written around the turn of the century but is still applicable. V.S. states that a man can easily live in the regions inhabited by Eskimos if he will take the time to learn the techniques used by the Eskimo. V.S. says that you can keep a check on whether or not your face is freezing by "continually wrinkling it and making faces." If a spot becomes "stiff" then you take your warm hand out of the mitten and press it on the frozen spot for a moment until the stiffness is gone. In the very coldest weather, a man should have a loose-fitting coat and large sleeves so that he can curl his arms out of the sleeves and press them against his naked breasts inside the coat. Then, when any part of the face becomes stiff he pushes his hand up under the neck of the coat (parka) and for a moment presses warm hand on the stiff spot. V.S. says, "In this way one can walk all day facing a steady breeze at -35 or -40 which is the worst kind of weather one ever gets in the Arctic, for when the temperature falls to -50 or below -50 there is always a dead calm." The tip of the above quote by V.S. is "My Life With The Eskimo". He states that if you want to know what is going on, or want to get the true story, then you must ask the women of the tribe. He continues, "...to keep the face from freezing; it must always be clean shaven. ...if you wear a beard the moisture from your breath congeals on it and makes a face mask that is separated by an air space of a quarter of an inch or so from your face. If you face the wind and press the face against the beard, the beard will freeze. If you face the wind, you can not get your warm palm against it." He also adds that a face mask is of no use in really cold weather, because eventually the face mask will become a mask of ice. Also, he says that the hood (parka hood) should not come close around the face. "The typical Eskimo hood merely covers the ears and leaves the whole forward half of the head unprotected." He further states that the white-man's manufactured hood comes further forward so as to fit snug around the face and leaves but a small part exposed -- the result is that a circle of hoarfrost forms on the face along the edge of the trimming of the hood, and soon the skin under the frost freezes. His advice is to wear the Eskimo type of hood and then, every few minutes with your mitten brush the snow, or frost, from your hood trimming and keep your face free of ice, using your warm hand on stiff spots when needed to thaw the face.

After all his adventures on thin-ice, with wolves and polar and grizzly bears and blizzards, the closest shave with death came as a result of using a white-man's invention -- the primus stove inside a tightly sealed snow house -- men just toppled over but V.S. realized in time that they were poisoned by coal gas and drug them outside. His advice on being caught in a winter storm was, "...the best thing you can do when caught in a winter storm is to build a snow house. If this was impossible, then, the thing to do is sit on a bit of sod or stone that can be brushed dry of snow with your back to the wind; rest your head on your knees and go to sleep if you can. Sleeping will help you pass the time away and there is no danger in it, for as soon as you get cold the chill will wake you up -- always provided your clothes are

dry and that you are not exhausted before you sit down."

The Alternate society depicting life in Canada, but no longer published, related how one Indian woman lived just in temporary shelters even in extreme weather. She made her home under a fir tree wherever she killed a moose. You clear out the lower branches and build a fire in front and reflected heat keeps you snuggly and comfortable. Vols. writing in the above journal told how common wool clothing was superior to most of the artificial fiber-filled clothing. Also, the account of a retired group of men who lived in the snow and dressed in conventional woolen clothing stayed more comfortable and safe than others who wore such outfits as snowmobile coveralls, down-filled clothing and other new-fangled gear. Wool keeps you warm even after it becomes soaked with sweat or from falling through the ice.

For really cold weather I favour medium weight wool longjohns, heavy wool underwear (or two, if needed), soft cut bulky wool trousers (aid up by suspenders but also a belt), over the wool shirt(s) a down vest, wool sweater, or similar garment depending on availability and then a buckskin or double thickness parka of cotton poplin or 60/40 cloth. The extra shirt, sweater, etc. can be removed while moving and put back on when stopping to rest or eat. Getting overexerted and sweating your clothing is just as much a problem as getting too cold. Try to regulate clothing and movement so you do not sweat to the extent that your inner clothing becomes damp. As I hate to even mention snowmobiles, one Canadian hunting "expert" swears by the boot of flexible nylon and rubber bottoms with felt inserts used by snowmobilers.

I'm getting some home-tanned native deer hides together for building a buckskin parka with detachable hood. I'll put the seams to the outside as Buckskin Bill advises in "The Mountain Man". That title is slightly misleading in that I'm quite certain that we are going to stay when there will be more mountain men than ever before. Anyhow, B.B. gave me the idea for making my buckskin shirt into a parka. Buckskin will outlast wool or cotton about 5 to 1 or 10 to 1 depending on whom you listen to. I'll sew my buckskin clothing by hand, using a 3-cornered buckskin needle and heavy black waxed thread obtained from peddlers. Now, about stopping, or at least slowing down, and various ill-tempered brutes including human ones, at a base camp. Barbwire currently sells for \$15.50 for about 420 yards....this comes in a roll on a wire spool and should be more than enough to fortify any base camp. My idea is to construct a perimeter barricade at some distance out away from the shelter, den or tent. The wire will, when possible, be around trees and thereby using them as posts. Necessary posts will be set in rocks and tamped earth in deep holes. Bruin can go under such a fence but its going to slow him down a lot. You'll have time to decide on how to handle him. Also, those wires are going to twang like guitar strings if bruin starts tampering with them in the middle of the night. Regardless of all the wild-eyed stories about always having to have a .300 magnum, or better yet, a bear, a defense against a grizzly or a correctly placed (between the shoulders, neck, .30-30 hunting bullet, however, shoot only if you have to -- a wounded grizzly, or even a wounded black, can apparently wrap you up pretty quickly. According to a man who has killed several grizzlies in B.C. when they were either attacking, or working up to an attack, a .30-30 lightweight lever-action is a good rifle to carry on a sling all the time when you are traveling or working in country heavily populated with grizzlies -- also, bears are scared of fire -- if in known grizzly country and sleeping in a tent or other unprotected place, keep a fire going all night. I believe that the lean-to tent with a fire in front is popular with many outdoorsemen not so much because of the warmth of the fire but because it is a very good deterrent for bear. Horizontal strands of barbed wire are woven between the horizontal strands, every four feet or so, then the fence will be more secure and harder to break through. A narrow gap can be left between two trees and a barbwire "gap" type of gate used there.

An account in Fur, Fish and Game magazine tells how a man being pestered by black bears finally put skunk scent on himself and all around his camp. The bears no longer smelled the curious man-scent and they stopped fooling around his camp. These bears were in an area seldom visited by man. According to recent research, the most dangerous grizzly, or black is one that has become accustomed to feeding openly and without fear in the presence of man. Heavy-duty, 2-ply military duck tents of 12.65 weight are available from two outdoor outfitters that I know of (I will give the names as yet, since I've never dealt with either company). I have lived one winter in such a wall tent with an oil drum heater, and no lining or tent fly. We stayed warm and dry, but this was not in a severely cold climate. For a really cold region, the wall tent can be pitched over a wooden floor having 4" walls and a superstructure of 2" x 4" bars with foam rubber pads sewn on can be used next to the frame (under the tent, as insulation). Then, a tent fly can be pitched over the top of the tent. The stove pipe can be right-angled out the rear of the tent. Small windows of heavy clear plastic can be sewn or cemented into each side of the tent. Such shelter would probably be comfortable in anything short of an arctic blizzard. Nomads (the tipi people in Oregon) have brought out a new kind of material for ever cold-weather living. It is a cold duck canvas, especially prepared for rigorous climate.

One last word on "group" living for humans. My research indicates that closely-knit groups work only in certain restricted situations (i.e. strong leader and followers; religious group; family group; or temporary group). The "group" route probably becomes useful for adult strangers coming together in one area to the extent that the "group" ceases to be a group in any sense. As I've suggested, a common meeting ground used only as necessary, and no close ties except between certain members, but a sharing of a few large needs such as trips to town -- all this appears to bypass the well-known evils of the usual intentional group. Adam



DEAR VULN LIFE: THE DEVICE MENTIONED BY (SOMEHOW?) FRY IN YOUR JAN. 72 ISSUE CHANGES LOW VOLTAGE TO HIGH VOLTAGE BUT NOT AC TO DC. LOTS OF THINGS (POWERBOARDS) WILL RUN ON DC AS WELL AS AC, BUT SOME THINGS WON'T. (LIKE PHOTOCOPYERS) - IN THE MAY 1971 ISSUE OF POPULAR MECHANICS, ON PAGE 169, 170 INSTRUCTIONS + PARTS LIST ARE GIVEN TO BUILD A SMALL INVERTER, WHICH MAKES 117 VOLT AC OUT OF 12 VOLT DC. ONLY 100 WATTS, BUT THAT SHOULD BE PLENTY, COST A LITTLE MORE, OF COURSE (WELL, ACTUALLY, A LOT MORE - OVER \$20) - K -

## RICE GROWERS ASSOCIATION OF CALIFORNIA

P. O. BOX 958 • SACRAMENTO, CALIFORNIA 95801 • PHONE (916) 371-6941

Dear Dr. Gathener:

March 28, 1972

We have received your letter of February 29, and have set forth the answers to your questions on the format you supplied. We hope your questions have been satisfied, and please let us know if we can be of further assistance....

ROBERT A. MICKUS

Director of Research

A. RGA J.V.-#1 Brown Rice

B. Previously used brown rice including Farmers Rice Coop and Koda Brothers

What explains the difference in appearance (of the uncooked rice)? Why does A's surface seem scratched and covered with a fine powder? While B's surface is shiny?

The difference in appearance of the two samples are based on the technique employed in the removal of the hull from the brown rice.

Does this have anything to do with the kind of rollers used? What kind do you use? Steel? or rubber?

In the case of "A", a stone sheller is employed which scuffs up the surface and leaves a fine powder. In the case of "B", a rubber-type sheller is used which leaves an undisturbed bran layer on the surface of the rice.

In washing, the water of B becomes clear with fewer rinsings than for A. What explains this? What comes off the rice that makes the water cloudy? (Is the rice coated with anything?)

As indicated above, "A" is shelled on an abrasive stone, scuffing up the surface, yielding a fine powder appearance - the reason for the cloudy water when washing. The brown rice is not coated with any agents whatsoever.

How many times should I rinse the rice? Until the water is clear? (I usually rinse it just 2 times even though the second rinse water is still cloudy.)

For optimum cooking qualities, it is suggested that the rice be rinsed until the water runs clear. However, if maximum retention of nutritive properties is desired, it is best to minimize the washing so that the soluble factors will be retained.

Why does A cook faster than B and take less water? (If I use more than one cup of water to one cup of rice A gets gummy; why is this?)

"A" cooks faster for the reason that the bran layers have been ruptured, permitting faster penetration of the cooking water. For the same reason it is best to reduce the cooking time in the case of "A" so that gumminess is minimized.

Dear Vul: Thanks for the info on cheap Mexican dentists, I'd forgotten. Dental schools sometimes take people for students to work on; in-the-chair time is usually long, though. P is good for paragraph. I think, re your question in #6. Before I read any more, P Before I read any more, P Before I read any more, P Based on practical, ecological, or whatever else grounds, I must flip the coin. One of my pre-vonu acquisitions to date is a 6-month old shepherd/collie (mixed, that is). My feeling is that the warnings of mothers to their daughters about going off to live in the forest alone are not without some substance. I never had a dog when I lived in the cities, but if I had, I probably would have been spared a couple of unpleasant experiences. I've noted a couple of references in past issues to the likelihood of 'looters' in a time of social upheaval - my explanation would be or is that there are quite a few 'straight' citizens who somehow feel that even mankind's gentler, more sensible laws (non-violence) don't count outside civilized domains. Most of a dog's deterrent potential is psychological - few people care to find out if a dog will attack an enemy of its owner. I find that quite a few people are afraid of dogs regardless of how friendly the animal might be - can't say that I find this a reason not to have one. Just having a sentient being along on dark nights, I think, will be nice. Some dogs have both sense of smell and also sight, which, if the dog is trained beyond the house-breaking stuff, could offset the danger of the dog's attracting attention by barking - dogs can be trained not to bark, if you're reasonable about it. My dog likes to follow footprints with her nose - possibly an advantage should I want to eliminate you of my camp site. Of course it's true that if somebody really usually is true and I wouldn't substitute a dog for caution. However, a dog, even if feared, is a socially-accepted occurrence, whereas a gun in sight of an enemy could provoke an attack. In the event of the dog's being off somewhere when you have to split - you can split and return later; or not return, if it's a matter of life and death. To me the cost of x pounds of dog food per year is/ will be more than returned, for the reasons I've stated. Guys sometimes forget that what applies to them doesn't always apply to women as well (like lifting those 100-pound grain sacks...). And I don't think it's good sense always to count on strangers' good-will, esp. if you're wandering around or living somewhere where others wander around unexpectedly. Wow, this is a long defense of dogs. Final: Vets, dog handlers, and such that I've asked, say that the belief that dogs can inherit 'vicious streaks' and suddenly attack for no reason is a myth - that a dog who does this has invariably been mistreated by someone - whether that someone is coping to it or not. I wouldn't, for instance, investigate an ad for a full-grown dog reputed to be a 'good watchdog', because that could mean a lot of things. Meanwhile... anyone want a slightly used canary or elephant? P While I am carping about P's letter, I'll say that the type of drug used in the "In-lane" (a different type than that used on hysterical executives) is, to my knowledge, the same old cortizone and its relatives, used almost universally in hospitals. This stuff could affect a public water supply unless it was put in in tremendous quantity, in which case it would put everybody in a daze. The dose used for a normally-upset patient runs well out everybody in a daze. The dose and the only good thing that can be said about it is that eventually the swallower develops a tolerance, so that one can go from 800 mg to 0 mg in one day and feel no better and no worse. I know that shrinks/bludg-consultants are as know-nothing as ever, but certainly they know the immediate effects? And would hardly advocate its being put in the water? (Factual-type statements made above on the experience of your correspondent.) Dr. G. is perfectly right about the definition of schizo-etcetera ("I don't know"), only it's sometimes unfortunately defined as

'incurable disease' (or, 'ghastlyhorrid incurable disease'). However, recent unofficial studies show that diagnostes cure themselves all the time - therefore, this disease cannot actually exist. P For future vonans who don't want to leave their record albums behind, I think the AM-FM radio/tape recorders are pretty

*i.e., non-functioning daze*

good to have if you will live in a van, tent, or outside (where a stereo won't be likely to give its full effect anyway - though such recorders do come in stereo models). You can tape records onto the cassette tapes with the hook-ups found on many stereo sets, if you get a 'patch cord' to fit the recorder. Also from radio with no external hook-up; silently, too, if you don't want to broadcast the program you're taping. Also come with microphones, earphones, and all that. You can also continue to buy records, tape from a friend's stereo, and then re-sell the records. In this area (Conn.) FM reception is good on several stations up to 55 miles - don't know if that's generally true. Check out mfg.'s reputation - Wollensak, for instance, is well designed to give good results in optimum operating condition, but often is put together badly at the factory. Try to find dealer who offers exchange or refund for defective machines. Should run along with, say, typewriter, off the de-ac inverter you mentioned a while ago. P Thanks again for the Mexican dentists. Sue

Dear R & M: I read of a suggestion somewhere (I think MEC) for using a plumber's plunger as no-cost washine machine, and gave it an A. In a couple of weeks I've not only saved lots of quarters and dimes, but lots of time, and have more clean clothes, etc. around than usual. The few minutes spent pumping the plunger up and down on the clothes (in tub for large stuff or bucket for small) I think is much better than hassling with 9 lbs. of laundry, out of order machines, surly attendants, and what to do with the 2 half-hours while the laundry washes and dries. The action is the same as that of an automatic washing machine, or better, depending on how much energy you use. If I were nomadic already, I would heat enough water on the stove to fill half a bucket, before I would start scouting for a stream, rock, and stick, a custom which doesn't sound especially picturesque somehow. P The Deseret Supply Co., whose grain grinder was recommended a few issues back, sent a whole batch of xeroxed descriptions of their numerous models, and a letter. According to them, their (cheapest) \$11.95 model will not grind anything but grain, and requires two grindings for flour. They did mention a grinder which will grind beans, etc., and flour with one grinding, but it costs around \$29. I passed and ordered one, hopefully, from Nelson & Sons in Salt Lake City for \$12.95 (plus post.). It's still on route, but they did send a receipted bill and notice it had been sent the day they got the check. They claim emphatically it will do all those things with beans, etc. P After working on typing jobs at home for 8 months, I think anybody who types in an office should consider a switch, especially if they live in or near a college town. The bulletin boards are free for advertising and get good results. People with long dissertations are usually just happy to get a definite commitment and leave you alone while you work. The format for footnotes slows you down for awhile if you're not used to it, and the rates (usually stops around 100 a page) are not that great. But 100 or 200 pages means \$50-100, and most dissertation-writers compose on their own typewriters - handwritten stuff would best be charged by the hour, with the offer of an estimate and explanation as to why. I didn't have too good results with continuing arrangements with businessmen. One was very tax-and-receipt conscious, but mostly I found the same relationship began to emerge as when I was an "employee" of somebody's corporation. Advice about personal life, complaints if any time off was taken (Sundays, summer weekends), and much running back and forth for a couple of dollars became more the rule the longer I worked for them (two different businesses). I think independent contracting on a continuing basis may be good for someone with a recognized technical skill, which, unfortunately, typing is not (even though it is, esp. if you can spell). Relations broke down (or blew up) in the same time my previous employer seemed usually have, and I find the short-term work for students, professors, much better with less ego being forced to the line. I plan to try typing in college towns when on the road, when I find myself near one. Can't say how it will work, but it seems at least a possibility, with a formal or informal answering service set-up to replace the apartment-telephone. I'm still considering a de-ac inverter for an electric typewriter - sometimes these are in demand when there are a lot of typists available in an area, though people are not willing to pay more for the special ribbons (expensive) and inevitable repairs (more expensive). P The 'Liberty with Love' article in VL 2 is about the best I've read on the subject, generally or for vonans particularly. Which had, no doubt, something to do with my perturbed state upon reading the advice to women pre-vonans in #6 (finding a sort of ready-made vonism by finding a guy with the life style, equipment, etc.) It may be that some people could work this out, but for myself I can't see how it would be any different than choosing a mate for his/her assets in any society, including that much-to-be-avoided one whose male-female relationships get bad-rapped so often. If I thought for, say, 30 minutes, I think I could think of at least 64 reasons to why this method wouldn't work out well - some of which have to do with me personally (though not necessarily only me), maybe other more general reasons. But I hesitate to begin such an epic. In any case, there seem to be a lot of people who don't function that effectively in relationships to begin with, not necessarily candidates for psychoanalysis and I think that would tend to get bogged down - I don't think I'd be learning much seriously about wilderness techniques, etc., if there was someone around to worry about power sources and other mysteries, for instance. Going off on a slight tangent, I also think the definition of how much isolation from society is generally desirable depends also on individual situations. Complete isolation for two people is a lot different than complete isolation for one person. Rock concerts and towns are apt to seem less dreadful, I would imagine - as I sit here imagining an indefinite period living in a forest. As you say, the reality is the test. P I thought your 'Search' idea on last page of #6 was very interesting. I like the idea of boat supply and travel - tied in a lot with E's ideas on same page. 25 winters in NYC have warped my feelings about cold climates, though I've considered the fact that they can be good since many people feel the same way. Would like to try stashing supplies by canoe on some rarely/never used land; thinking more of 'public' land in such a place as Canada as opposed to 'public' land here... here! mostly seeming a vast Coney Island from the point of view of an Easterner. P I think if I take the guarantee of un-edited printing up to and including 'almost anything' seriously much longer, I will cease writing at all. Please feel free to discard, substitute, whatever. I'm content as is that I'm getting my subscription's worth. P A sunny spring to you in Siskiyoo. Sue

It takes you all a month to move?

Now about the soybeans: the danger with hybrids is not only that they won't sprout, but that if you plant them you get only about 2 of the same kind and 3/4 of something else, or even the whole crop of an F2 hybrid which isn't the same as the F1 hybrid you started. This applies to any kind of seed; if you buy hybrid seed, you have to go back & buy seed from the hybridizer every year. You can't replant part of your crop, because it won't breed true.

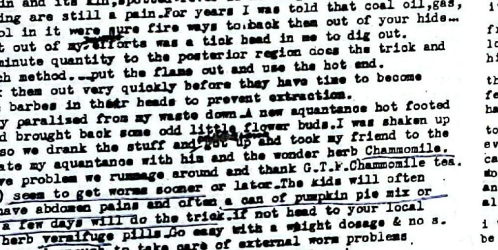
*Shirley Kib*



damaging laws of nature it is usually only the good or gray matter upstairs that will bring us through it all. So even though the mending of damaged or sick bodies is a bit weighty for these sparse pages we think that it might be nice to hit a few high spots for those who haven't given the subject much thought before

The medicine scene changes periodically but at the moment I've got several natural and new discovery\* type potions in my siffle. I've got clouted with a good infection and a little penicillin is by the way. Penicillin is now nearly all synthetic (no one was ever suff) but no matter...the standard pill is usually 200 thousand I'll knock out the new foreign bacteria while the bodys natural attackers. If your not allergic to the stuff, use it until your in a half and go for a couple of days for good measure. If your a week give it up. In the big city jungle it is best to get your stuff such if you have V.D.,...the gon. bugs like the staph. are bad and you'll need a whopping (expensive) 8/ million units to overcome gon. I was thankful for my stockpile when I tried to plow up motorcycle....sure nuff, several days later infection showed up. a county hospital it is a little hard to get P. unless you find to stock up in Mexico or my local stockpans or vets supply. I would form is a little more crude...but is not dangerous at all. I have another wonder drug with it and this won't be any problem. sake of your kidneys don't over use Sulpha...takes such a heavy. a good and mouldy loaf of bread would theoretically get you never been that desperate yet.

the fighters whereas from the dawn of history, the pygmies and  
and unions to keep the workers healthy and if I use the stuff  
avoid it even more than my mate John's position. Really a  
cap last summer and wound up with 3rd degree burns over a  
the Ala Vera leaves were all we had for 2 weeks and this precious  
the soles recovery was all we had for 2 weeks. Without enough juice  
the plenty of concentration and such. If you cant round up  
very cold until the pain goes away is by far better than any  
to other things that will work well also are charcoal packs  
is has been put down and neglected by the learned profession  
itiable but if you get hold of a good herb book you can find a  
to make up an alcohol tincture. I depend on it to rid my bod  
the chips are really down.  
from pneumonia to sinus trouble. Its potent and a life saver.  
the pneumonia and fever is no longer a dreaded thing in



was good enough to use  
was used for ages to drive out worms and such.  
al. america when a friend was in acute agony for days  
could put his Dysentary amoebas to sleep. The doctors  
ough I don't stock or use this particular herb he thinks  
WULD BE WISE TAKE A STRICH IN TIME WITH NEEDS.-PAUL LUTHER  
with an interest in converting their IQ V. auto

[illegible]

on less than \$500. A diesel truck alternator, I phoned  
maker would be a diesel truck alternator...I phoned  
maker would be a diesel truck alternator...I phoned  
considering that the little \$100 - commercial generators  
age as one of those cheap little units it would seem this  
ct to get all figured out. Any electric shave and such  
der, waffle iron is something else again...cheap  
der, waffle iron is something else again...cheap  
der, waffle iron is something else again...cheap  
der, waffle iron is usually enough enhance the appreciation  
the subject let me say the rotary blade grinders that  
are pretty efficient little beasts and in a pinch even some  
same purpose by simply grinding of the sharp blade edge  
washed instead of sliced. Millet, rice, corn, wheat and such  
could tempt the gods and seeds to replace the troublesome  
spread you can use sesame seeds. Roast them brown in a pan  
equal amount of raw seeds adding a little solar oil. It  
cannot butter to blame. Hence the tasty corn folic acid  
a must to ingest in a teflon coated W.I.Planet. You will  
cook from saffron in oil and all humor. I usually put a little  
dishes...it helps push a sluggish diet of meat and such through  
u with huge amounts of V.E (Proif. Avast of Quadrijera  
are using the V.E rich sesame seed oil)  
are combination of grains are used and keep in mind that  
are combination of grains are used and keep in mind that

...unfortunately most B. powders contain a form of  
...and such is an accumulative poison.  
...of rose hips in our blender (add water) and strained  
... Spread out in pans in an oven

an instant requiem - or, well, almost  
by Ian

gumones was a truck nomad, he had a big camper, one and the pickup bed in the rear and has such amenities as a propane stove, heater and refrigerator. gumones enjoyed the uninvited visitors who occasionally showed up at s's squat place - could get s's truck into, others could get into too. in and out, s's trail got more worn and conspicuous.

aming and wanted to settle for a while where e would have wanted to be able to move. e was willing to lease land but private property any visible trail would attract prowlers.

searched and found a secluded spot on a big piece of  
could lease cheap. the spot was about a mile off a back road  
the land had heavy brush and young second growth trees.  
there were many old logging trails

only a quarter mile, there were many old roads  
it or grown over. gumona wasn't such of a jeep-jockey so  
they made a trail of sorts, as much as possible they  
needed back rubbers instead of cutting. where they had to

and tied back bushes instead of cutting them out. He cut a level and put the cutoff pieces beneath other bushes. He dug out of the way out didn't disturb the ground. This was the friend didn't think gumbo's old pickup would do the work they could find. They got

the friend didn't know where to go. They found a pickup they could find. They loaded gumon's camper on and hauled it at in case. They loaded gumon's camper on and hauled it day to get it from the driveway, over the crude trail, to a second trip with the 4-wheel-

loaded the camper and made a second trip with the  
of supplies. they returned the 4-wheel-drive. then they  
ginal condition as much as they could. they wiped out  
and again they even added extra rocks and

was lower and less visible than when it was on the truck.  
The camper was lowered into a 3 foot deep hole and lowered the camper in  
the hole. The camper was lowered into the hole so the

ible they dug a 3-foot deep hole and put a plastic drain pipe so the  
were above ground. gumbo put in plastic drain pipe so the  
nd. e tied some of the bushes to grow over e's camper  
nd. the brush is so thick e can hear anyone coming through

gusona has his pickup parked well away  
e's foot path meanders about and has a  
e wears foam mukluks when e  
ecology and vocu. maybe gusona lives

ground, both for ecology and food. maybe (unclear) but should want to move, all a has to do is move a more, rent a 4-wheel-drive and away a goes. meantime a rent a home if a wants. now, in the time it

even more vonu home if I want. now, in the  
 's camper, I might have built a log cabin. but I hadn't  
 and didn't want to rush on e's first. besides, a log  
 would still need insulation, windows, shades, lights,  
 would have out of rocks

[illegible]

1 don't think  
mass produced lightweight life-support packages  
is it. (thanks to rayo and dr. gatherer for proofing and

Ryback: Canada to stepped cautiously through miles of rattlesnake-laden territory. He battled scores of mosquitoes, felt one that his whole body was one big lump of mosquito bites, and he came across and put out a snake.

2300 miles from the  
nning Park on June  
border at the Cleve-

16. Eric Ryback, 18  
an 80-pound pack,  
aces along the way,  
the Park Service.

Part of the way through northern California, he

made observations for the Forest Service on the terrain. That section was trackless. Ryback is skilled at dead reckoning with map and compass. Throughout the journey welcomed him with admiration and respect.

the rangers welcomed him and his family, a respect for his fortitude and trail-finding ability, a respect which he fully deserved. This is a record of a remarkable adventure.

bag and contents  
very slowly away  
e and two friends  
(Chronicle Books 24995347)  
Pub. Pr. \$6.95

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WALK BEASTIVE HOUSE *R +* ... hidden in forests and

house. This is used by some tribes hidden in forests and  
smooth it, leaving clusters of branches at top and

ing poles to the log a couple of feet above the lower end  
r poles to the outer ends of these spokes, equidistant f  
a large log vertical with a large wheel, the diameter of

the bottom.  
into these spokes (over one, under the next), round an  
ark floor as solid as you want it.  
Close to the center log some distance down fr

ing, liaber poles to the center ice cage. The  
circumference of the wheel at opposite sides until you have  
around the cage, through the cagebars and tying in t

... sturdy wickerwork cage/basket.  
... or big leaves, starting at the bottom, fastening the

the log; using the branch bases at the top to better  
positions separated by several feet will prevent twirling  
should break. INSPECT THESE ROPES OFTEN.

should break. This is the entrance. A hole in the bottom near the log. The house is the ladder. BIG knots are tied in it at regular intervals. The rope can be drawn up for privacy.

land or if some group has bought some

land or if some group  
of good, I'll buy or trade for it if  
free in exchange for demonstration on  
ALL land, too steep, too dry, swamp or  
any other kind

and provide a homesite for the right kind way i can i  
ing to accept the home that will fit on it extra page  
will produce. Ive studied this for a going over  
lan

Paul Doerr Box 1444 Vallejo Ca 94590  
Jan  
May 72 VI

... have <sup>to</sup> out on <sup>the</sup> Gettin' <sup>and</sup> the <sup>ready</sup> sa



We find wilderness-vonu addicting; often delightfully so, sometimes  
 a natural years ago. when we became van-nomads, that

I wonder if readers wouldnt be willing to buy a reduced reprint of all P-1, VI and any other writings on this life-style? There is so little available that, if all were collected from whatever source and offered as a lot, it might have a good sale. If I can help...

An interesting commune idea to try, and some have written they are hunting some such thing would be the line family in Heinlein's MOON IS A HARSH MISTRESS. His STRANGER IN A STRANGE LAND is a deeper version of the same thing. A family...all ages from birth to old age...all married as a group...new blood brought in, young marry out probably...all individuals free to stay permanently or leave to travel for years, but when they return the family is still there to receive them again as the they never left...always enough for home protection, to carry on family life, care for sick, pregnant, children, etc...children welcome anywhere and can choose own associates, such as in Polynesia...education within family...evidently "family" is a legal nonprofit entity capable of owning property, business, etc and continues forever the members change (born, die, marry in)...board of family, incl children, sits on any question affecting family and decides after all heard...some problems would need work but seems a good idea and maybe even practical if the right people can be found.

Have Bausch & Lomb medical microscope, geliger counter, kayak, etc for trade...want land, potbelly wood stove, old panel truck, Ashley, etc.

You can build a wood stove from a section of steel cylinder or flatsteel welded together in long narrow rectangle...set upright with door and top lid and feed 2" wood in from top...6" pipe with damper...cook on top...set on steel legs...could set folding oven on top.

Medics say some fluorescent light damages eyes...wavelengths warning eyes absent so eyes dont narrow pupils and other waves enter and damage lbaides...this found in some offices.

Build a small cheap shack from any material and dig mail from inside...when all finished including camouflage, remove shack.

Forwarding mail...put address in pencil then c/o removes with eraser and add real address so no intermediate left for bludg to dig on.

Several publishers in one location with lo-volume production could join to buy p.o. permit and all send under for postage cost...can these be sent from different p.o. so long as 200 sent at one time (or less)?

If present deal goes thru I will have 20A near Mt Shasta to sell for \$300/A if any want. The couple dug into the arroyo...those things can be 30' in water in minutes...how do they avoid the chance?

I know of 2 real soaps...ivory and fels...also washing soda or borax will replace scrub-detergents.

Garlic ground and watermixed is a bug chaser. Massive doses of brewers yeast every 4 hours mosquito and leech-proofs the body. Vic C ditto starting before exercise prevents sore muscles by preventing capillary rupture...these in recent med lab releases I have read pressurecooking reduces more food values than regular cooking.

Can BHM land be homesteaded? Any land will grow something that can be called farmcrops. Wouldnt a very lo output watergenerator be enuf to dc battery to keep radio, etc, or even tiny windpump?

Orbital thermal h bombs will start fires over vast areas. Heat and metal, etc spotting info can be found in various issues of Electronic Design & E News, E Products, etc.

Since airborne heat/metal detectors are so good and better on drawing boards for guerrilla war capable of finding a hammer on a mountainside, consider replacements for metal. I have heard of wood/plastic usable for knife or ax. Any kno source of supply? Plastic surplus canteen osmotes into water slowly. What of metal eyelets, fillings, shoe nails...too small? Indians hnd moccasins with extra heavy soles sewed on bottoms. Indian tanned & smoked leather far better than our commercial.

I have seen leather "safari" bags, cylindrical, which could be used as backpacks in woods and suitcases in straits.

Id like info on the warning devices used by some trogs around their cave entrances. Could epoxy glue on the lid with a dusting of dirt, pebbles and leaves be used to hide, or a big slab of flat stone? Could a smoke pipe be disguised as a dead sapling to put smoke 10-15 ft in the air? Could a motorcycle be fitted with a sidecar-bin to carry gear overlan to a troghole? There are footpower sewing machines, kero/butane refrigerators, stoves with ovens, battery lites and fans, gas motor washers, etc for fancier mails

machines exist to take voice patterns, even disguised or over phones to be used like fingerprint or eye prints.

El...Right. Unless something happens Ill have this address for at least another year. Ill be glad to collect the zines and rebundle them out to each address. I can send them out quarterly or bimonthly, whichever most want. If any use my address as a maildrop I can send that in the same bundle. Each could send me a jetaipak or something or I could just wrap them in newspaper. They could send money (the postage on the package) or a deposit and Ill debit it. Anything goes so long as it doesnt cost me any money.

Anyone feel like roaming? I take off of gas...protdland closer?...or you could pickup at his place at your convenience...all in middle of open land...Im interested if anything comes of it...paul

for trips to various places and could use company...female, that is. Maybe a few weeks in Baja...Bills have been introduced directing the introduction of drugs like thallium into the water in as depressants to calm the crazies. I said fluorine was a foot in the door and only second a way for the big companies to make money selling their waste poisons.

prospecting, perhaps in the desert? I don't know what I sent you before so if anything on these sheets in duplicating, just snip it out.

Make a mold to be assembled in sections in your tunnel if you build a mail. Put in some wire to tie it together, fill with clean stones and pebbles and pour a wet mix of concrete in form the top. With enough stones you wont need such cement. When set, remove the form, dig another section of maybe 3 - 4 feet and repeat. Make your exit tunnels only about 3 feet hi to lessen digging and make harder to find. A big stone laid up against entrance will hide it.

Im hunting thru my piles of stuff to find the address of the \$3-4/1000 with reduction free photoreproducer. It is considerably cheaper than quoted price tho I dont kno quality.

Buckekin Bill (The Last of the Mountaineers mentioned in #6 lives on the Salmon and makes all...ALL...his stuff himself, including guns, tools, house, garden, house eq, and you name it. In his last letter, he writes he is doing fine and digging a riflepit high on a cliffside.

If this zine exchange goes thru, anyone could send me a typed stencil and I could run it off and add to bundles or put in Pioneer or something, then any editor who wants could copy into their zine.

A simple system of phonetic writing was in Readers Digest some year ago...drop dual sound letters like c and give new sound...drop double letters and silent ones.

hide your pack, throw a brown nylon line over a tree limb, pull pack high into tree and tie off line someplace concealed.

Ishi pocketbook is \$1.95 but check used book stores. It is used in several collage courses so plenty copies are around.

I want a sextant, chronometer, rdf, heavy Danforth and will trade stuff or even money iff cheap.

That map showing all land east of L Huron/Ark will be falloutkilled interesting and wouldnt airpollution patterns be same so all east of deadline should move?

Your type size is ok and even could be bit smaller to get more on page...could always use magnify glass.

Paper says present local fallout from china bomb tests in many powers above normal now, around bay.

Was offered 40A near Gazelle...good road...yearround spring...fabulous view from top of Mounts Lassen, Shasta, Goosenest, Gregory, etc. Havent enuf cash & wont borrow so first \$2500 gets 20A if still unsold.

John...no address so cant reply...sippers break and add weight...Taylor wrote Doomsday Book...yep, attack on New Years/Ymas week on year of political officeholders change would catch even more theists absent and do more damage to eventual defence...maybe it wouldnt get organized until much too late.

Hygels...why not use a real insult-word? cann then politician...bureaucrat...lawyer...car salesman...doctor...etc. why throw your rocks outdoor where they wont do any damage? pick a good target.....

enjoy...paul doerr...pob 1444...vallejo...ca...94590

May 78, youmlife 7 page 8

W...to convert your auto to propane/methane: A Manual of Step-by-Step Procedures for the Complete Idiot, illustrated and photos yet, \$2. Tells all you need to know and then some about equipment, where to buy, costs, tools and supplies, do-it-yourself installation, buying LP and more. For ANY vehicle. From: Jerry Friedberg, Arroyo Volkswagen, Box 551, Point Arena, California 94957. Jerry will also provide a kit, including all you need to do your own conversion, cheap, passing a fine cut of his dealer's discount to you.

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*FIRST CLASS MAIL*



# Vonulife 8

july 1972 - vonulife, box 458, cave junction, oregon 97523. communication among nomads, troglodytes and other freedom achievers, published every two months by mike freeman. compiled by lan. subscriptions: \$1 for 3 issues mailed together third class after all three have been published; vonuans, gratis, or \$4 for 6 issues (one year) mailed individually first class as each is published; vonuans, \$1. a vonuman (to me) is someone who lives and lets live, and lives most of the time out of sight, round and mind of those unwilling to let live.

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all back issues of vonulife are in stock and for sale - #1 through #8. also 1968-69 reprint of preform-inform. 25¢ each plus 25¢ per order, third class.

**INTEGRITY**, advertised last issue, has suspended publication.

**INNOVATOR SETS FOR SALE.** INNOVATOR, the original self-liberator's magazine, can now be obtained in sets of 28 from the period March 1965 to Autumn 1969; includes 14 issues of the accompanying adpaper and forum, FREE TRADE. Topics covered in detail include self-defense, "country shopping", nomadism, and "retreats." Money back guarantee (if issues returned postpaid in saleable condition). \$5 per set. Lisa Damm, Box 90913VL, Worldway Postal Center, Los Angeles, CA 90009.

**THE GREEN REVOLUTION** - the original, rural decentralist magazine from the School of Living. Put together by a country commune, covering the theoretical and practical aspects of our life. \$4 per year, sample copy .25¢. Write The GREEN REVOLUTION, Freeland, Maryland 21053

exchange ad for vonulife. if you have nine please publish it and send me yours: "VONULIFE - unedited newsletter for freedom achievers. theory, practice, contacts. nomads, van dwellers, backwoodsmen, troglodytes, 'invisible' urbanites, freetraders. 3 issues/\$1. Box 458, Cave Junction, OR 97523."

## about vonulife by lan

to people who have written asking for someone's address. i don't give out addresses but you can send a letter addressed "(name of person), c/o vonulife ...." and i will try to forward.

curiously during the three months i've been doing vonulife no letters have come for forward, yet there have been several requests for addresses. also, people who publish their addresses mention getting letters in reply, so why the inhibition about forwarding through vonulife? rays mentioned this too, can't just be because i'm slow responding, else why the requests for addresses? i don't think the people requesting are bludg. anyway, if you publish in vonulife and want personal replies, you are more apt to receive one if you can get a mailing address you can publish. at least two vonulife subscribers do mail forwarding. to get in touch send letters to vonulife for forwarding to them. beginning this issue i'm adding headings, like "situations and searches", "overviews", etc., only to what i write or retype, not on ready to print letters sent in. most letters don't fit neatly into categories. so make your own logo or heading, like hygeia and chandler, sally davis have done. i do like headings and logos, they make things easier to find. they needn't be big - take up much room. somebody expressed concern about letters being traced by the typing. so i reprint this item from "libertarian connection" (box 90913, los angeles, ca 90009; 25¢ for sample): "BACK IN THE USSR... Worried about being traced through the particular typesets produced by your typewriter? They have the same problem in Russia, where 'underground' publications are reproduced by typewriter, since mimeo's aren't available. Here's how they handle it (and the MKVD has tried to trace them through the typesets, but they can't do it): normally, by the time you get to the 2nd or 3rd carbon copy, the typeset is untraceable. So, all you have to do is insert 2 or 3 sheets of paper, a piece of carbon paper, and the final piece of paper, which you then send out. Don't forget to send the carbon copy, not the original! Freedom of speech isn't free, but the Russian dissenters have found a remarkably cheap method of paying for it! If you have a typewriter with a misplaced letter ... this form of protection won't help you, but with an ordinary typewriter, it's foolproof." i think the cheap offset printing with photoreduction, used for vonulife, accomplishes the same end, even printing from originals. i get the impression that much can be learned from russian vonuists and blackmarketers. do any russian 'underground' papers get to the western hemisphere? into english?

## excerpts from letters

to vonulife: My husband and I read with great interest your ad in a recent Rampart College Newsletter. We are among those who are "striving to live out of sight and mind of those unwilling to let live." We are mainly interested in accomplishing this by boat. We would very much like ... to be put in touch with others who share our interest in long-range boating. Mary, So. Calif.

info-freak has a new mailing address: c/o Lee Johnson, route 2 box 345, portland, ore 97231.

to vonulife: At present i am living on 24' sailboat in ... Nova Scotia. Lovely waters in the summer, in the winter i'm in Key West or in the Caribbean. 2.

to vonulife: .... Here are some conclusions that may be helpful: Mexico is a poor place to travel by boat. Because a. it brings you into contact with too many petty officials with a rubber stamp (worn out) and a hand extended for the "bite". b. Everyone expects you to be rich, there has been too many rich Gringos yacht owners ahead of you. c. There are too few safe anchorages and too many hurricanes (chubascos) to stay the summer and fall months. d. Never found the people friendly to boating people. e. Mexico by car, bus, camper, cycle, even the train seems to be a whole different game. The "South Seas" to most yachters means French Oceania and Tahiti in particular. The Bomb has brought great changes. Airfields, big ships stopping in the Marqueses (?), fantastic inflation with the pacific franc being devalued, Tahiti is probably one of the most expensive places tourists can easily reach. With all its drawbacks it's still a keen spot to visit. A bit of time spent visiting the islands that yachters rarely or never visit are really worth while. Most people seem to use the same routes in cruising the world and find no one pays much attention to them. You expect the natives to swim or at least paddle a canoe out to meet you but it doesn't happen. Really out of the way places will make you a novelty, something to break up a very routine existence. Rivers could be keen spots with a cheaply operated "shanty boat". Our trip up the Sacramento was really super. We were considerably limited on side trips because of our height, about 65 feet off the water, and draft of about 7 feet. Very few people will travel in an inexpensive manner, so small boating becomes one of the most expensive ways to travel the poorest class you can find.

Family groups can make successful cruises. Groups of friends almost always break up. The owner of the boat can expect to lose part or all of his crew at the first opportunity after an ocean passage. Replacements probably won't last either. Living aboard in So. Cal. gets harder every day. Slip rent is very high. Slips are hard to find. Almost no place where it's safe can you anchor much more than overnight for free. Pollution is a real drag. You are very visible but the wheels that be can't decide what steps to take to overcome the pollution (other than don't) you might make. The so-called Race-Cruiser or Cruise-Racer are mighty poor cruising boats. Only a couple of designs that i know of even approach being a usable cruiser that are being built out of fiberglass. J. B., So. Calif.

to vonulife: Will be moving out of my house on June 1st or so, and will be moving into a school bus with four others. This will be a new way of life for us and we would definitely like to communicate with others who are doing it.

to vonulife: I have been looking for "that" van ever since my first brief writing to you. But, alas, due to limited funds and limited supply I have yet to find it. But i'm sure that by keeping my eyes and ears open i'll find the right vehicle and adapt it to my needs. In the meantime i'm reading everything i can beg, liberate, borrow and buy that would give me the necessary knowledge to be self-sufficient and happy living away from "civilization". I regressed a bit to take a job which was high paying in order to speed up the purchasing of my backpacking equipment. This is my last week on the job and i'm looking forward to getting back into my artwork... I do portraits, figures, and miscellaneous (animals, scenes, etc.). Most of my jobs come from "word of mouth" spread by happy customers. i'm going to try to sell nudie to bars and hopefully have a snow someplace soon. My free-mate runs a moving business as described in your brief from Mother Earth News. He also looking forward to doing his house-painting business again. That always waits for good weather. We have both found that the biggest expense and headache in any vonu business venture is marketing... Karen

## To Vonulife,

In VL#7 Adam said a few things about barbed wire that i feel i have to respond to. I live on a dairy farm in PA. This is my rut and i hate it and fences too. Fences are symbols (and physical realities) of all the things i consider vonuans to be against. Even being practical, a barbed wire fence would defeat the purpose of "living wherein no one knows the exact location of another's den-camp" which Adam says appeals to him. Even if the area is remote, anyone coming across a barbed wire fence in the middle of nowhere would definitely know that someone lived there. Since Adam's stated purpose is to keep bears away, the fence would have to encircle his den-camp and therefore the fence would pin-point the location P Besides i don't think it would be effective. I have seen cows walk thru a barbed wire fence as though it wasn't there. They usually don't but only because they are content to remain where they are. However, if they take it in their minds to cross over, then no fence will hold them. Their strength is tremendous and a farmer's only salvation lies in the fact that cows don't know their own strength. I am sure that bears would also find no difficulty walking right through. The bars really serve no purpose. Animals don't seem to be even slightly fazed by the few scratches they might get. The bars are much more dangerous to the man erecting the fence. P The twanging of the wires is no defense. If constructed as Adam suggests the fence will never twang. To stretch a wire taut enough to twang requires a device called (you guessed it) a fence stretcher. It is simply a block and tackle device. Also wrapping the wire around trees will do no more than injure the trees. To stay taut for even a little while the wire must be stapled. But even when a fence is so constructed, due to the cheapness of mass produced materials the best fence loses its tautness very shortly. When the fence is a year old it very noticeably sags. In 2 or 3 years all the galvanizing has rusted off and the wire then begins to decay into nothingness very rapidly. P Getting back to fences in general what right has Adam to keep bears out or me to keep cows in? They were much more likely to be useful to us. They have a right to roam where they will just as much or even more so than we do. To put fences around them we do to them what we criticize the bludg for doing to us. P Occasionally as i read VL the word "paranoia" comes to mind. A beard or long hair doesn't make one a hippie any more than living in the wilderness makes one a vonuman. A certain frame of mind is also necessary. To be paranoid is not to be vonu no matter what the outer appearances say. P But i have only criticized. And that is wrong. I really look forward to VL. VL if nothing else will give me the inspiration and courage to stop being a hypocrite and get out of my rut. Thank you vonulife and vonuans.

Rev. Ray.

Dear Ian: People who work on company books earning less than \$2050 (like \$2049) a year can file a W-4E form and have no tax deducted except soc.sec. Doesn't matter if you earn the \$2049 in 2 months or however long. It's good if/when no independent work is available. You're supposed to have had no tax liability the previous year, which some clerks define as "tax owed" and others as "tax paid" (including any withholding). Pick a clerk. 100% worth of work in NY is now taxed at about 25% all tolled, which is hardly worth it considering the other indignities involved. Has anyone tried the abandoned building route. Would be game but doesn't sound like a good solo trip. When you were talking about underground connections for distributing V.L., I thought maybe you were thinking of having it go underground, i.e. distributed discriminately to attract no untoward attention. Have you ever been hassled, I was also wondering. Question mark. Have a good time, anyway.



## SELECTING A SITE FOR A VONU HOME

Desirable attributes of a site depend on living patterns, type of shelter, permanency, overall geography, and other factors. Use the following only as a guide for developing your own check list.

**TERRAIN** -- I prefer slopes and tributary valleys. Most human off-road travel is along ridges and the bottoms of main valleys, where the ground is relatively level and there is little brush. (During seasonal floods many valley streams sweep clear channels wider than their usual courses.) Also: ridges are exposed to wind and lightning; fog, cold air, and mosquitos often lay in valleys.

**SLOPE** -- In much of Siskiyou region there is little level land except on valley floors and ridges. So I would choose a type of shelter which can be built on at least a 20% slope (one foot rise per five feet horizontal). On sloping ground, a level surface, such as a bed foundation, requires either digging out or building up. If the slope is steep, disposing of dug-out dirt may be difficult; unless a retaining wall is built, the dirt will slide a long way and be conspicuous. For a big structure on a steep slope I would plan on multi-split levels. On slopes steeper than 30% the only suitable shelter may be a tree-house or a cabin on pilings. This is providing trees and brush are sufficient to screen a raised structure; vegetation is usually less on a steep slope. Fortunately in most areas slopes are irregular; moderate inclines and sometimes near-level benches alternate with steep places.

**SOIL** -- If my shelter requires much digging, I would avoid extremely rocky ground (especially outcrops of bed rock) unless I were using hard-rock mining techniques to bore a tunnel. If digging isn't necessary I might choose a rocky place so that I can use the rock in construction.

**BRUSH** will discourage intruders or give warning of their approach. People tend to walk where the walking is easy so a few hundred yards of heavy brush on a steep slope may keep them away more effectively than several miles of open level ground. On the other hand in heavy brush areas, I have to find/make trails and arrange/maintain them so that strangers cannot easily follow them. But once I do, I enjoy a big advantage over any intruder. I enjoy having a few relatively-open-and-level spots near my home for play or lounging. But most brushy areas have a few openings. All in all, I prefer brush if my shelter is relatively permanent and access is by foot only; open woods or meadows for temporary camps and ven living.

**TREES** provide concealment from the air. And in Summer they offer cooling shade. On the other hand they block solar heating in Winter, increase hazard in event of forest fire (so does brush), and, if large conifers, may attract logging. In very few areas of Siskiyou is tree foliage dense enough to completely hide an uncampaufaged structure. But even light foliage obscures; partial shade breaks up outlines. Evergreen trees and bushes are best. In Siskiyou most are evergreen; broadleaf as well as conifer. Spotting of small ground objects from the air is not as easy as some think. Many times I have attempted to spot my own shelters from nearby hills. But even with a stable-supported telescope, and knowing what I was looking for and where to look, I was often in doubt. And this was with poorly camouflaged tents. Now and then the bludg plant a story about some new spy satellite to awe their subjects. But their claims, if truthful, assume ideal conditions such as a man dressed in white on a black-asphalt parking lot. Lights at night are something else. Even a candle flame is visible for miles on a clear, moonless night. But lights can be blocked with opaque material in the structure itself. Another no no is a smoky fire during daylight. I check for dead trees and large dead limbs which might blow down in a storm. I pull these down before they cause trouble.

**DISTANCE** -- The less accessible my area is to outsiders, the less accessible their supply and communication channels are to me. The pros and cons tend to balance. I like to be at least a hundred miles from a large city to minimize fallout danger and to reduce number of recreation seekers; few people will drive more than 200 miles during a weekend. On the other hand I like to be within a half-day's travel of a town of 5000 population minimum for communication purposes. I try to locate at least a mile from any residence or popular campground; children and their dogs, who are the most foot-mobile members of that society, seldom go more than a mile cross-country on their own; their parents mostly stay on the roads or, if 'roughing it', on official trails. Distance minimizes chances of cooking smells or noises being detected. I like to be at least a quarter mile from any road. Noise is a big consideration. If one insists on keeping a dog, cutting wood with axe or power saw, or shooting close to home, perhaps no place in Siskiyou is sufficiently remote. A point against remote location: if a structure, vehicle, or person should be spotted from the air, it will arouse less curiosity if it is where people are known to be. I prefer to locate my roadhead (where I unload supplies from a vehicle), base camp, water source, stashes and any other facilities all on the same side of a road, so that road crossing is minimal. If this isn't possible I pick crossings away from creeks so that I will hear approaching vehicles before they can see me. I look for human debris such as beer cans and shotgun shells to ascertain how much an area is frequented. But there are logged-over areas, with much debris left from time of logging, which may not be frequented again until new growth is ready for thinning, which may be in 30 to 60 years.

**ACCESS** -- I am interested in two kinds: seasonal access to bring in heavy supplies once a year; year-around access for communication. Since I am not living off the land, I pack in over 500 pounds of supplies per person per year, plus initial equipment. So distance of site from the nearest roadhead is a big cost factor. Assuming 50 pounds average load (some items may be bulky and awkward), one mph average speed over a rough trail, 500 pounds of supplies per year, and 1000 pounds of initial gear with change of base every two years: for every mile of distance I will spend 40 hours per year backpacking. In addition I may spend 20 hours initially scouting and clearing trail. This assumes an average grade no greater than 20% -- i.e., 1000 feet elevation change per mile. I would estimate each additional 1000 feet vertically to be equivalent to an extra mile in distance. Beyond a certain distance, remoteness may actually decrease vonu -- the longer the access trail the greater the chance of encountering someone or of the trail being identified by a skilled tracker. The roadhead doesn't have to be on a paved road; a rough trail which a truck can drive with difficulty in summer (or maybe a snowmobile in winter) is sufficient. Or I might rent an all-terrain-vehicle once a year. (I haven't yet.) I find a roadhead which is out of sight of the

road. Or I unload late at night on a rainy night. Or I unload openly during the day but have a cover story in case anyone is curious. A roadhead is better located if not at the end of the road, since recreationites tend to drive until they can drive no more and then walk until they get tired. The year-around communication trail may be only a foot trail. Some considerations: Does it cross a creek which will require special equipment for safe crossing during wet season? Is part of it at an elevation where snowshoes will be needed in Winter which might be an advantage or a disadvantage.

**WATER** for drinking and cooking. Is a creek or spring close by? Does it flow the year around? If not, will a shallow well reach water? Will the water need purification? If I can carry 10 gallons (about 80 pounds) of water at one mph (average for round trip) and I use five gallons per day for drinking, food preparation, dish washing, and hand washing; each 100 yards of distance from a water source will cost me 20 hours per year. If I expect to occupy a site for several years I would consider laying plastic pipe from the closest uphill source. Half-inch polyethylene pipe costs about \$7 per 100 yards, plus time spent purchasing, packing in, laying in shallow ditch and covering. (The ditch is for concealment; most poly pipe will not burst if the pipe freezes.) Are there latrine areas which are downhill from or well away from the water source? If a person uses a square foot of area each day and an area is reused every two years, 700 square feet (about 20 by 35 feet) will be needed.

**WATER** for bathing, laundry and perhaps hydroelectric power. I will most likely take myself and my clothes to the water for washing, so distance is not so critical. Is there a pool big enough to emerge my body? If not I can lay hose along a creek until a slower (also handy for filling, start the water siphoning, and have a water wheel like sufficient water power so that, at a later time I could install a small impulse turbine capable of driving an auto generator and recharging batteries. This is a subject for a separate article.

**QUIET** -- absence of wind and water noise. Away from open plains, ridges and passes, wind is rarely a problem. But a large creek is noisy. Water sounds not only mask other sounds I want to hear but become irritating after a while. On the other hand, water noises may mask my sounds from outsiders. Perhaps I can locate where there is a bench or the shoulder of a hill between the site and the creek. Or maybe there is a small brook or spring which doesn't make much noise. If the brook doesn't flow part of the year, I must walk further then. If my dwelling is mostly or entirely underground, noise may not be a problem.

**RAINFALL.** Advantages of a high-rainfall area: availability of water; ample brush and trees where soil is fair; eradication of tracks; unattractiveness to most people. Disadvantages: materials rot or rust if not protected; special clothing is needed; wet clothing is difficult to dry; rain noise can mask other noises; soil is leached of minerals. Vehicle trails, such as old logging or mining roads, soon wash out or grow over, which may be an advantage or disadvantage depending on one's way of life. When I first moved to Siskiyou from S. Calif., I disliked the long rains. But, as I obtain suitable shelter and clothing, I enjoy the increased seclusion.

**ELEVATION** and direction of slope. The lower the elevation and the more southerly the exposure, the warmer the climate and the less time snow remains on the ground. In Siskiyou, below 2500 feet, snow does not remain on the ground for more than a few weeks during most Winters. On a south-facing slope snowline may be 1000 feet higher than on a north-facing slope. Snow shows tracks, which is helpful when hunting but not when being hunted. Areas with much brush and rocks but not many trees will be more accessible in Winter if the rocks and brush are buried under several feet of snow. Areas with small trees close together will be less accessible. For now, at least, I prefer to locate my base camp where there is relatively little snow. But snow can be an advantage for those who learn to work and live with it.

**CULTURE** of natives. If I were completely self-sufficient this wouldn't matter much. But if I engage in outside trade and communication, I am less conspicuous and therefore more vonu in a country where I know the language and customs -- where I can pass as a native.

**GENERAL:** I do not expect to find an ideal spot. Attributes often conflict: a spot with good tree cover will not be sunny; a spot close to water may be noisy. When comparing sites I try to estimate the cost of the various factors in man-hours per year. If one site is more remote, how many additional hours will I spend packing in supplies? If an other site is less secluded, what is the additional probability per year of loss due to discovery, and how much will I probably lose? If I prefer the view or other aesthetic feature of a site, how many hours of work per year would I pay for it? When converting money costs to man-hours I consider not merely the wage I can earn in a job outside but the indirect costs of such a job. Perhaps in Los Angeles I can earn \$5 per hour clear. But, when I include risk of nuclear attack while I am there, degradation of health by smog, travel expense, city shelter expense, time spent looking for job, and other risks and discomforts, maybe the subjective costs of one hour work in Los Angeles are as great as the subjective costs of ten hours of monotonous work in a vonu place. So I will figure my time in vonu as worth 50% per hour. What is a good shelter partly depends on the terrain. So I do not finalize a design until I select a site. But I think thru several kinds of shelter in advance so that I can better identify likely areas and spots. I try to design a shelter for terrain and vegetation that is typical of a region, rather than find a unique spot suitable for a particular shelter. For example, if trees are generally sparse in an area, I would build a low, heavily-camouflaged structure, rather than erect a dome in one of the few dense groves. In each area I try to pick at least one specific site. Then, when comparing areas, I can compare site against site as well as comparing areas in general. When scouting I make one-day trips from a base camp. To go further I move base camp. Two or three day trips are uneconomical because, with weight of bedding and food, I cannot cover two or three times the area. A conventional, uncampaufaged shelter is not without its advantages; not only is it easier to build but, if it is discovered, it will arouse less curiosity. Especially at a temporary camp, camouflage may not be worthwhile. On the other hand there are many possible explanations for a concealed structure: fear of private marauders, especially when a woman is there alone; study of particular plants which grow in the area; conservationist desire to alter the appearance of an area as little as possible; warmth of an underground structure. RAYO





# SIMPLIFY by Dr. Hy

I want to have as much time as possible for the things I like to do most. That's why I try to spend as little time as possible doing other things. Here's how I do it:

**Dressing** I don't wear clothes! except as protection against the elements: cold, extreme sun, brambles, bugs and bludg. I never wear a bra or girdle and usually dispense with all underwear. For economy most of my clothes come from thrift stores and/or the dump. The less money I spend, the less time I must spend earning it, at work I may not like.

The clothes I do wear, I don't iron. So I wear a few wrinkles. That way I keep my wrinkles removable.

**Grooming** I don't use toothpaste. Water suffices except for an occasional scrub with baking soda/dental pumice. Price (Nutrition and Physical Degeneration) observed perfect teeth and gums in peoples who never brushed, though they did have deposits on their teeth.

I don't use a deoderant. I do wash. I use water and friction lavishly but soap sparingly since its alkalinity interferes with the skin's protective acidity.

I don't use make-up. In addition to being a big nuisance, lipstick may have carcinogenic coal tars, mineral oil leaches oil soluble vitamins from the body, powder clogs the pores, and perfumes often contain the products of what I consider needlessly slaughtered animals. Furthermore my lover likes me a la natural. (Maybe that's one of the reasons why I like him!)

I don't cut my hair nor shave my legs or underarms. I do brush my hair one hundred strokes or more each day and give my scalp a finger massage. I find this minimizes the number of shampoos necessary.

**Plumbing** I don't have any. I pee in a coffee can (the plastic lid's nice -- doesn't rust) and I shit in the ground. I don't mean a dark, smelly outhouse either. I just shovel a hole each time I need one, under the blue sky. (If you live in the city this method would pose problems; but who says you have to live in the city?)

For water, my system consists of a couple of five gallon pails or a few one gallon bleach jugs plus me. (The me part walks the containers to the creek, fills them and brings them home.)

**Possessing** I strive to have a minimum of material possessions. If I must spend a good deal of my time transporting, maintaining, keeping track of and fretting over labor saving devices, they become more labor engendering than saving.

I'm still eliminating junk acquired prior to becoming a non-consumer. Now, before adding any item to my impedimenta, I ask myself "Do I need it? for basic survival?" Probably not! but if I still feel like I want it I ask myself "Will I use it?" "Do I already have something that does the same job?" "Do I really want it?" "Will it give pleasure for a long time or become a piece of clutter as I grow tired of it?" (E.g., I was recently tempted to buy some disposable plastic gloves to protect my hands while doing certain jobs. But I decided not to buy them because I already had plastic bags which I found could double as gloves, even though they didn't fit perfectly. This way I avoided one more item to buy and keep track of.) NO NEED FOR TWO WHEN ONE WILL DO.

I don't try to possess any land. I prefer to use it instead. This way Mother Nature serves as my landlord, gardener, game keeper, and swimming pool attendant.

**Cleaning and Neating** Cleanliness and neatness are becoming less and less ends in themselves for me. Whiter than white and brighter than bright are part of the compulsive, conspicuous consumption society. I prefer "clean enough to be healthy, dirty enough to be happy;" neat enough to be accessible, messy enough to be usable.

**Eating** Often I don't. I fast (i.e. just imbibe water, period) for two days each week, and for four or more days now and then. When I do eat, I strive to make it only one, at most two, meals a day. (Otherwise I get fat.)

Less eating means less time devoted to food, in all its many aspects; such as planning, procuring, storing, preparing and dining, not to mention time spent earning the money to buy it. Not that I begrudge food time, quite the contrary, but I've found that by eating less I enjoy it more; I personally have to be very careful least food ruin my life, and that I don't want.

**Cooking** I spend relatively little time cooking, instead I eat many foods just as they come from nature (minus any dirt). I do this to conserve nutrients, which I feel are necessary for health.

When I do cook I seldom use oil. I think it healthier to get my essential fatty acids from whole vegetable foods such as seeds and nuts. This, coupled with eating little meat, makes dishwashing a breeze. (For popping corn without oil, see VL6; bread baking without oil, see VL3.)

**Medicating** The only pills I take are some vitamins. I don't seek any treatments from medics, surgeons, psychiatrists or any other practitioners. If any practicing is going to be done on me, I'd just as soon do it myself.

**Believing** Some people believe in God. I believe in myself. Therefore, I must be God!

**Arguing** I try not to argue. Why argue? If it's something very important to me at stake and the other person doesn't see my way I figure we'd best go our separate ways. If it's something less significant I try to simply state my point of view and let the other person agree or not, as he will.

**Entertaining** I don't have a T.V. and seldom go to the movies (like maybe once last year). I do own a radio: in weaker moments I listen to it. Most of the values conveyed by these media are repugnant to me. They are the values of a sick, sadistic, stifling, straight-jacket society. Of the good things shown on film I rather go them than watch someone else. The greatest adventure in life is living and I figure I can't do it through somebody else. (Upon rereading that sounds rather overgeneralizing; a movie could be beautiful, inspirational and educational. And I do watch other people in books, if not in movies.)

**Quoting** "The more you quote the less quotable you are."  
 The Wise Old Unquotable Sage

All the don't may sound negative, but because I don't do all the foregoing I've actually created more time for the positive, the things I most enjoy.

Strange as it may seem, it's been just as difficult deciding what those things are as making time for them. I'm sorry to say that I've spent many years letting others decide what I would do with my time. First it was parents and teachers, then promisors. Would you believe I even considered joining the WACS? There was also a psychiatrist to top thing off. (He thought I should wear make-up. Sure, paint a smile on my face. Worked about as well as the pills he gave me.) But I'm happy to say all that is behind me. Now I manage (or mismanage) my time myself. May you also. And may you peacefully live the life you envision.

## SIMPLY DO YOUR OWN THING



Last Issue we covered a few medicinal things of interest and I suppose it would be the thing to do if we continued for a few more sheets Herb books are now easily found and the only is that many don't have enough illustrations and for westerners therefore few that cover the more common western plants. Joseph Meyer's "The Herbalist" is probably one of the most complete of the smaller more inexpensive herbals and if one wants to really get into the subject it is valid to look into the art of gathering and administering the various phases of the thing further but Llewellyns listed below can fill in any gaps in this area.

Another fascinating offshoot of herbal medicine is the art of flower healing. The English outfit below has about the only works I can find on the subject and the theory goes something like: Conflicting moods produce unhappiness, fear, or the theory which lowers the body's resistance and allows disease to enter the picture. Minute extracts of Star of Bethlehem or vervain for instance, would ease tension which would allow a case of ulcers to clear up. You can get basic info in "Twelve Healers" & "Bach's Repertory" (\$1 apiece) and this system is not to far removed from the minute dosages of Homeopathic medicine...still popular in Mexico etc.

Any way not to stray...saves are easy to make and store longer than dried herb itself which tends to lose some of its virtue after a few years. The whole southwest is planted in Eucalyptus and the white variety (hard to distinguish from the blue) makes a very fine decongestant. I chop the leaves and pod up and put the whole mess in a can of lard (warm). After a day or so in the sun I repeat the operation and after a while you can really get a potent salve. This procedure can be used with any suitable herb and is the way the french have captured the flower fragrance for their perfume for who knows how long. Lard and goose grease are the only things which will absorb the essence virtue of herbs etc. in the salve form.

I have always wanted to take the time to experiment with plant poison antidote. The very irritation the unheated plant produced...there are many similar reports. In a similar vein I have a friend who uses her own urine to treat various skin rashes and while I have not her a bit to aromatic at the times she swears it works. In fact it is quite well known in certain circles that one of the quickest ways to get over any infections etc. is to imbibe a little of the purulent matter of the problem area. This evidently stimulates the body's own defense system to greater effort and the resulting antibodies are really effective. Ever watch what animals do when they have an infection or are sick? There was a time when I recalled all the bad news that entered a dog's mouth and got a little nervous about a big dog really first rate as a germ killer. Might be that we take closer look at the lessons nature has to teach through her more diminutive creatures.

Many forms of supermarket medicine will keep you from the doctors door and a good example is well watered down Clorox bleach. Any form of fungus is taken care of quickly and if you should have a case of athlete's foot for instance all you need to do is soak those little tootsies for a while every time you get re-infected.

A short while back I was non-plussed when I asked an intern Dr. a question about epon salts. The fellow had never heard of the stuff, that was a bit much considering most of the bathroom shelves in the country were well stocked with it only a scant few years ago. Asks out poisons/infections as a poultice or in hot water. Hydrogen Peroxide over any wound will do a better job of germ killing than any other thing that has come along yet and Potassium Permanganate has saved as the most effective douch for gonorrhea as a matter of fact it was used as the most effective douch for gonorrhea for the working girls of the world. (see more details in the "How to Survive the Depression")

Things have gotten so dependent on the pharmaceutical trusts that our population seems to be lost now without the more expensive poisons and pills. Several generations ago things were simpler and some of the healers of the time could cure such drastic conditions as tetanus & rabies...things still hold. I consider pretty bad news. Hoarhound and Mad Wort were used to neutralize the venomousness of snakes & rabid animals and by a combination of hot vapor baths (160° or more), cold water, stomach purging etc. most any toxic condition could be stopped short. More than one snake bite victim has been saved from an untimely demise by becoming panicky and running in a sweat for miles. Getting poisons out of the body through the sweat pores is not the only way by any means though. Oxygen is unsurpassed for cutting & burning out poisons and toxins in the body. A Coyote will run for miles after being poisoned and will often survive after the oxygen has done its cleansing work.

Just as important to any one in the boonsy long, is a rudimentary knowledge of how to deal with broken bones, deep cuts and the like. Briefly, I will say it is prepared for the unlikely by including some elastic bandage in ones duff. A little hole the size of a pea can cause you to bleed to death in ten minutes so so if you don't get the thing shut off it in a vital spot. You may well be able to cut off main arterial blood supply between the wound and the heart since the arteries all come to the surface at the point of the body's joint areas. If pressure at the wound point work do the trick remember Alum, spider webs and puff balls... things that have been used for clotting blood for a long long time. Any way most skin irritations and bug bites can usually be soothed with baking soda, urine, or mud and porcupine quills will even come out if you will soak them in a spoon full of vinegar to which a little pinch of baking soda has been added. In any event stimulating further investigation. We will be more than happy to see our little herb book to V.L. readers for a little coin or to (to cover the postage and such).

It lists a number of complaints and the various herbs that have helped them. The Flower Healing info can be had from Bach healing Center, Mt. Vernon, Wallingford, Vt., England, and the Astro-Herb books from Llewellyn Pubs 100 S. Wabash St., St. Paul, Minn. 55100 and a scant few of the many herb dealers are as follows.  
 Penn-Herb Co. 405 N. 3rd Philadelphia, Pa. 19106 (Phonect)  
 Botanical Research Labs P.O. Box 351, Chicago, Ill. 60606  
 Dominion Herb Distributors, 1447-SI St. Lawrence Blvd. Montreal 129 Quebec, Canada.  
 A.Fry, 879 Park, Perris, Calif. 92370



**VI.:**

Once you see jerusalem artichokes you'll remember the high weeds you plowed thru, it grows like a weed, no bugs at all disease. the tubers so close they bulge the ground up., tho it doesnt spore well. It needs water and thats about all. other good plants that give much food and dont look like whats comfrey, buckdock, chard, mustard, willow, daylilly, rose, thistle...all hardy and letalone. hardy potatoes and turnips are good too. proso is the easiest to grow. I prefer nuts for easiest harvest and storeability and nutrition.

I'm nearing completion of a small boat. its a rowing boat, 16' long, twin keel, turtle cock, diamond hull, rudder, stick tiller, chinese lug rig, stayless but stowable mast, 80% fiberglass, 20% wood flotation, 3 compartment, arranged for easy living, woodburning stove, snuff canister, stove food and water for more than 3 months. With a modified guzziizer I could probably stay at sea indefinitely. I have sailed some before and on a lake erie/san francisco trip i listed all the things I did and didnt want, particularly to avoid breakdowns, and then had a marine mechanic design what I wanted. it can be built for just a few \$ in material and isnt too hard (all plywood and trait wood). I have plans copied off for about \$5 if anyone is interested. It doesnt look like much so the thieves wont steal it but study confineate in emergency. the proper paint job would make it look even more like a nosedive boat. now to find a short girl, headroom is only about 4' to make her more seaworthy. berth net, even in a big city is only \$25 or less/month and elect, water, garbage is free and a payphone is at end of dock. I burn driftwood tho a kerosene/oil burner could be set into fireproof with no tank, but kero costs \$\$ and driftwood is free. with a sail the wind moves the boat so your engine power is extra. there's a red one, pretty light, golden. for in harbors, use standup cars to manuever. a couple outboards can be used on the sides. live along rivers or in small harbors or stream mouths and eat fish. a life preserver, a jug will get at least one fish a day. if you have the rite tackle, and preferably twin keels you can get into VERY shallow water or even drag up on shore in lonely places using a buried anchor like the old hellenese (ulyssues & greeks). they were always hauling up on shore to wait out a storm or hunt, etc. this is a life a girl can live too. the work isnt hard if you dont mind carrying a sail, nor boat. anyone can live in and handle a 16'/25' boat, or get a kicker and just sit back and watch movies. anyone gets nossey. plenty of fish in the water, no identify. so, you become a vegetarian a lot. you can also plant a couple books and learn how to grow them. you can grow fruit trees and have a route to gather. pick the foamant that dont look like much and plant among weeds and brush. paint your boat with old floorcolor paint and tar, then flake bits off or do it with another color to look old and beat. use salvaged iron fittings...cheaper, stronger, dont look yachty. carry plenty dry stores (canned goods, raisins, pears, walnuts, almond milk, p nute), you can gro/make yr own. squeeze fruit juice and wine and dry the squeezed fruit. you can make beer. you can hunt fish/shrimp and eat them fresh. you can make soap. you can make candles. you can make anything you want repeat here. carry stored food and water and you'll never starve. you can hunt fish/shrimp for times. if some hassle, be a small, move with your home on your 'backs'. a small boat can be hidden easy, particularly with mast down and is not easy to locate even in open areas over other boats or on sea. carry paint (water soluble for shorthine change?) or painted canvas to stretch over deck/sides. see what the Q ships did in war. Ive lived alone on mine for 7 years. plenty of space for 2 or full family. go to library and read books written by families who live on boats. ask questions. Or come live with me a while and here, or personally if anyone wants. ask specific questions. If I can see it. several families/people, each with their own way for your boat..easier to group and move with seasons....sacramento or frazer river industry....scannan lagoon south america in winter, gather/hunt in groups of 9 have some small industry for cash. use torch range cb communication and rdf on it would keep boats near even in storm/dark, for long overcast trips for those who dont kno navigation. in other countries some go ashore while others stay on boats. for real seamenade, practically any part of world is just easy to reach, the only danger is some swamp people live on islands. the philippine canoe people live on small islands. I'd like to buy a cheap shotgun, working or not, brl may be blown up. also black powder guns. publishers spend quite a bit of money sending copies of their pubs to other editors. if you're enough are interested, send me a bundle of you pub and ill make bundles of one copy in each bundle and mail them to each trader. your only cost will be bundle postage to me and bundle postage from me and you get one copy of all published unless this becomes heavy trip and I charge dime or quarter for my work. you can use my addresses mail drop and ill take care of it. you can mail to me. you can have mail dropped to me and ill forward, so long as no one writes to me. this could save editors some cash. Also a bundle subscription price might be worked out for libraries, etc

folding bike can be stowed in little space or carried in town on a sling. it makes little track in woods. my problem...the tiny ones are usually only 1 speed. the best i've seen, a bit bigger and harder to carry are only 3 speed. any 5 or 10 speed that fold into bundles about 2 1/2' or less by about 6"



To Rayo:

This is in reply to your letter of December 19.

First, let me apologize for the six month delay in answering your letter. Two main factors are responsible for the delay: (1) I am spread rather thin, and have very little free time. I am holding down a full time job as a computer programmer/systems analyst. I am writing and publishing a monthly newsletter, The New Individualist. I am writing, publishing, advertising and selling material such as The Quiet Reality. And I am pushing ahead with the survival community project as rapidly as my limited resources permit. (2) I realized that much of the discussion and debate which would ensue when I answered your letter would require me to duplicate effort which I would be expending anyway, in my articles in The New Individualist. So I decided to hold off on my reply until I had covered my basic assumptions in considerable detail via such articles, and then write up my reply to your letter, sending the pertinent issues along with it as background material.

So much for the six month delay. Now let's get back to those alternative scenarios.

To review:

(1) You asked why the Soviets do not launch a limited first strike, wiping out the U.S. military while carefully avoiding bringing about social disintegration. My answer: They will not do this because they will not be able to spare the 5 million troops which will then be required to occupy the U.S.

(2) You asked why the Soviets don't lob over a few missiles as a threat, in hopes of panicking U.S. politicians into a surrender. My answer: They will not be willing to risk the preemptive first strike which such an act might provoke.

In reference to (1), you suggested that the Soviet rulers might intend to set up a puppet regime in the U.S. Thus they would launch a limited first strike against military targets, force a U.S. surrender, and then rule the U.S. from afar, without the necessity of occupation. The purpose of such a plan would be to enable the Soviet rulers to get control of U.S. industry, which you felt they regarded as a "juicy plum." The total attack would destroy U.S. industry; the limited attack would not. Therefore you suggested that they would opt in favor of the limited attack.

To begin with, it is probably not feasible for the Soviet Union to carry out a limited attack. U.S. military bases tend to be nestled in population centers. Any attempt to blast them with hydrogen bombs would almost certainly break the industrial back of this country. Social disintegration would be the result.

However, the main problem with the limited attack scenario lies much deeper than that. We may assume, for the sake of argument, that such an attack could achieve its aim. It would still be aversive to Mr. Brezhnev, for the following reason: Any attempt by Mr. Brezhnev to control U.S. industry from afar suffers from the drawback that it may not succeed. He may not be able to control it. If he fails, then whoever does control it becomes a threat to Mr. Brezhnev's power. If, for example, the 5,000 Soviet technicians you suggested would be adequate to supervise the dismantling of U.S. military industries proves inadequate—if it turns out that they can be endlessly hoodwinked and intimidated, that they literally do not know what they are witnessing the dismantling of, that they have to take it on faith that they are witnessing the dismantling of armaments machinery, that they are no more able to conduct surprise inspections than are generals in the U.S. military—then the "puppet" regime in the U.S. will be free to engage in clandestine arms efforts. If so, then physical occupation becomes necessary. However, the physical occupation of all the industrial areas of the world is beyond the capabilities of the Soviet military. Which means that they must either destroy the industrial base of the United States, or run the risk of not being able to prevent clandestine arms efforts.

When I suggest that the puppet regime in the U.S. may be able to engage in clandestine arms efforts, by the way, I do not intend to imply that such a regime would be loyal to traditional American values. I am quite willing to grant that Mr. Brezhnev can install a tyrant in Washington. My point is that subordination, in totalitarian regimes, is based on fear rather than loyalty. If Mr. Brezhnev's U.S. puppet can figure out a way to free himself of Soviet domination, he will do so. Efforts along this line by Soviet puppets in Eastern Europe are history. There, occupation has repeatedly proved necessary to preserve Soviet control. In other areas, where Soviet occupation proved impractical (China, for example), former puppet regimes have achieved independence.

There is, in short, a big difference between physical occupation of the United States on the one hand, and a loose sort of surveillance on the other. Occupation, if possible, would lower the risk that U.S. industry would be turned against Mr. Brezhnev. However, occupation is not possible. And surveillance from afar is a highly risky proposition. The existence of this risk is the disadvantage which Mr. Brezhnev will perceive in the limited attack scenario.

Note, however, that I am not saying that the strategy of surveillance from afar cannot work. What I am arguing is that it is a highly risky proposition. I will go so far as to concede that there may be a way to handle it so that it would work. But what we are interested in determining is what Leonid I. Brezhnev is going to do. If you will think about the surveillance strategy for a moment with a mind to anticipating possible objections which might be raised to it, you will see that we could debate the pros and cons for months. At the end of that time, we would doubtless have something approximating certainty regarding whether or not it would work. But in the process we would not have advanced one inch in our understanding of what Leonid I. Brezhnev is going to do. The reason is simple: We would trace out the logic of the surveillance strategy because we are interested in ideas. But Mr. Brezhnev is not interested in ideas. Not for their own sake. He is interested in power. He quickly becomes impatient with abstract theorizing which does not deal with questions of power. It will be obvious to him after two seconds of thought that a limited attack and the preservation of American industry would not serve to maximize his power. Once he has determined this, he will have no further interest in thinking about the alternative. He will not be interested in pursuing a course of reasoning which aims to make the best of an inferior alternative.

Why do I say that a total attack will serve to maximize Mr. Brezhnev's power, while a limited attack would not? Because power, to men such as Mr. Brezhnev, means the ability to impose terror. The more total the terror he can invoke, the more tightly knit the organization under his command. Factors which limit the extent of the terror he can invoke limit his power. They are perceived as threatening and are objects of hatred. His response is to undertake unceasing efforts to subvert and destroy them. The industrial capacity of the United States, the alien values of its people, and the physical obstacles to Soviet occupation, taken together, mean that the very existence of the United States constitutes a limitation on Mr. Brezhnev's power. A puppet regime in the U.S. would, of necessity, be too independent for Mr. Brezhnev's thinking. The destruction of the United States, therefore, is a necessary means to the maximization of his power.

Nor are there any advantages which a limited attack offers which a total attack does not. Not to Mr. Brezhnev. In theory, control of the industrial might of the U.S. ought to be good for something. But to a man in Mr. Brezhnev's position, the advantages are far from obvious. All of the material comforts of which human technology is capable are already his. They have been his for years. Nor will it do to argue that freedom, in the West, has produced persons with capabilities which Mr. Brezhnev ought to want access to. It is true that Western doctors are incomparably superior to Soviet doctors, and that one day Mr. Brezhnev may die because he does not have access to their skills. But such considerations are not factors in his motivations. He lacks the conceptual equipment to appreciate them. They will not persuade him to forego a total attack. Neither he nor his supporters in the Soviet power elite can possibly expect to enhance their own personal standards of living by conquering the world. Insofar as they are concerned, improvements in the productive capacities of the economies over which they have dominion are not a means to their own material gain. If the productivity of the conquered world is less, it means that the people have less, not that the power elite has less. The cold fact of the matter is that modern factories have been deemed desirable by Mr. Brezhnev and his predecessors only because they have been regarded as the furtherance of quests for personal power. It is the existence of the United States which is and has been the basis for the Soviet Union's quest for technological supremacy. In fact, the true goal has been conquest. Technology has merely been the means. It is only so long as the Soviet rulers do not have supreme power throughout the world that they will remain concerned with technological supremacy. Once the United States has been destroyed, technology will no longer be a means to the furtherance of Mr. Brezhnev's personal power. Its sole desirable aspect, to him, will be gone. All that will remain will be its undesirable aspect: the fact that, in order to maintain an industrial economy, the Soviet rulers must permit the continued existence of an elite of scientists and technical personnel who think. It is an unpleasant fact which the Soviet leadership has learned to endure, that computer programmers, electronic technicians, and research scientists are much more difficult to rule than are disease-ridden peasants in rice paddies. The former, by their very nature, are positions which must be filled by men who think. The latter are not. The peasant toiling in a rice paddy can repeat the same motions which have been employed by his ancestors for a thousand generations. All he needs to know is how to obey. For the computer programmer, it is quite another story.

My conclusion: To the Soviet rulers, the U.S. economy is not and never has been a "juicy plum." It is and always has been, purely and simply, a threat. Indeed, but for the existence of the U.S., the Soviet rulers would have regarded Soviet technology as a threat. The Soviet attack, therefore, will be a total attack. There is no purpose to which the Soviet rulers wish to put the U.S. economy. Thus they will destroy it.

On the subject of bushwhacking and the dangers of travel in the postwar environment, you said that once the "die-down" is complete—i.e., after the population is once again at equilibrium—bushwhacking will not be very rewarding. (You divided the area of the U.S. west of the Mississippi into 500,000 and arrived at an average population density of one person for every 10 square miles. I will assume that this is correct.)



On this subject I would like to remind you that we are talking about feudalism. Feudalism is the result of social disintegration. In earlier periods of human history, feudalism has been characterized by extreme danger to travelers. After the fall of the Roman Empire (which was social disintegration in its purest form), the restoration of population equilibrium did not render it safe for individuals or small groups to travel. Gangs of robbers infested the forests throughout the period. The small size of the territories controlled by individual feudal "lords" and the tenuous relations between them precluded the success of any organized attempts to eradicate them. The brigands could always slip across the border into the territory of some thug ("lord") who was not participating in the eradication effort. The small size of the fiefs meant that such a border was never very far away. Hence it was virtually impossible to do anything about the threat to travelers.

Like causes lead to like effects. Social disintegration in the United States will follow the Soviet attack, and it will result in feudalism. With the exception of extremely remote areas, every square mile of this territory will be claimed by a local gang. Some will be based in the smaller municipalities. Others will be merely gangs of brigands who live in the woods. In either case, they will constitute a threat to travelers. The only difference between the two will be a matter of numbers and self-image. The municipal dictatorships will be numerically superior and will regard themselves as legitimately constituted authorities, whereas the small gangs will regard themselves as robbers. It will be they who pose the threat of bushwhacking. Travelers will be their prey. They will lack the strength to go against the feudal towns. The fact that the average population density is one person for each ten square miles does not mean that travel will be an undertaking which were caution will render practicable. If you travel for nine days without encountering anyone, it will in no way compensate for the effects of the gang of robbers which attacks without warning when you stray into their territory during your tenth day of travel. The fact that you enjoyed more days of tranquility than of trouble will not entitle you to say that, in the net, things are all right.

Nor does your danger and if you avoid being set upon and killed by brigands. You will have to cross the territories claimed by feudal municipalities. Any area which is really suited to human habitation will doubtless lie in such a territory. This means you will have to choose between living in abject poverty in a remote area, or being impressed into a forced labor battalion by the functionaries of some addle-brained city state.

Such considerations force me to the conclusion that those who value their freedom must aggregate together before the war. Any attempt to travel to a prearranged meeting place after the die-down will be very hazardous. It is a last resort--a desperation measure suitable only for the very few who literally cannot work their way out of their present circumstances before the war. For such persons, of course, it should be tried. But, in all honesty, I wouldn't give a dime for their chances.

Regarding the merits of the Siskiyou region as a survival community location and/or place to hole up until after the die-down, you said that it is not a popular vacation area and that not too many outsiders are familiar with it. Thus you anticipated very little problem with neages, looters, bushwhackers, etc. As you put it, when people "head for the hills, they generally head for hills they are familiar with."

Not quite. It depends on the type of hills. Many people love to vacation in desert areas, yet virtually no one would think of fleeing into the desert in hopes of living off the land subsequent to a nuclear war. For the person who is unprepared, the desert is a forbidding place. A desert community, with food and ammunition stockpiled, with underground living quarters set up, would be left almost entirely alone. Thousands of starving refugees would not swarm into such an area, driven by vague hopes of "living off the land." Of the few who did, most would either go in the wrong direction, or perish in the extreme conditions they encountered. Those who got through and attempted to approach the community would be easily detected. Lookouts in fixed positions, with binoculars, could see without being seen. To approach the community, skulkers would have to move. And in desert country, it would be virtually impossible for them to move without being seen.

Siskiyou, on the other hand, falls on both these grounds. It is surrounded with areas having a high population density. And it is the kind of place toward which thousands of starving refugees will gravitate, driven by vague hopes of living off the land. They will swarm over you like locusts. True, you can argue that you know the area while they do not, that you know dozens of hiding places, etc. But remember, you only get one mistake. It only takes one instance in which a group of skulkers comes upon you by surprise. When that happens, you are done. If, of course, you had a group with you, you wouldn't be so vulnerable. But the fact that you do not own the land you are squatting on (ignoring, for the moment, the legitimacy of the bludg criteria for deeming ownership legitimate) will mean that no sizable group can be built up there. You will always face the danger that "the authorities" will discover such a group and confiscate your supplies. Such a danger will discourage (and rightly) others from joining a group in such an

area. Further, your location is of the sort which lends itself to skulkers. It would be virtually impossible to provide protection to individual dwellings in a forest community unless they were grouped together in a stockade or a rabbit warren type of underground structure. And the danger of discovery and the destruction of such a structure by the bludg would render it folly to attempt it. Hence those who joined you would be forced to either establish separate camps, where they could be surprised by skulkers, or accept the obvious disadvantages of a communal and nomadic life style. Such conditions would render it very difficult for you to build up a group, and impossible for you to go it alone.

#### COMMENTS ON VONU LIFE #7

by Rayo

15je

To Suz: Resolving the inconsistency between recommendations to vonu oneself first (VL2 5) and become vonu by linking up with someone already vonu (VL5 8): P The first course I suggest to someone who wants to live vonu with a freemate, but is neither vonu nor attracting likely freemates. I suggest it partly because doers are more attractive than malcontents, and are more apt to attract other doers. Even if a person cannot immediately vonu alone, any progress made will increase confidence, competence and thereby attractiveness to other vonuans. But, perhaps because of more rigorous conditioning' as children, fewer girls than men vonu on their own. So a girl interested in but not yet vonu, will probably attract vonu males. Should she vonu alone and link up later (if at all)? Or should she link up now and learn from him? This depends on her. If she can vonu alone she probably should. But if she fears that she can't, or believes that it will take her a very long time, then linking up may be better. P If, later, they grow apart, she can split -- probably easier than she could from someone in that society. P I can't see making a general rule that one should NEVER associate with someone more experienced in a shared activity. P My major point in the second article was (should have been): IF a girl seeks to vonu by linking, she should link only with someone who has ACHIEVED considerable vonu, not with someone just talking or perpetually 'preparing'.

Your report of experience with businessmen as free-lance typist was interesting. I've had somewhat similar experience even though I had 'recognized technical skill'. Basic problem maybe: if someone needs somebody frequently, they would like him always at hand. A vonuan must avoid developing this kind of dependency.

To Len: "The Phantomfield Chronicle": Need there be a dichotomy between Loose Open Association and Close Closed Community? I conceive of an LOA as embracing CCCs as well as small families and individuals. P Why limit vonu trading to other vonunes? When deciding whether to trade or not, the relevant factor is, not warm-body count, but how much someone wants of what you are able to provide and what they will trade for it that you want. P I think the only intentional communities likely to move AS COMMUNITIES towards vonu are urban groups. or, at least, non-agricultural groups. Agricultural communities get heavily involved, economically and psychologically, in the problems of non-vonu farming and lose sight of freedom.

THE GREENING OF AMERICA: I, too, liked what Reich said about "the lost self". But his politico-economic ideas are rather bad. Repeatedly he berates 'society' for neglecting education. But 'more money for education' would mean, in the present context, only more extorted funds spent on those concentration camps for children called 'public schools'. (Perhaps they could lower compulsory schooling age to two! This has been proposed!)

Artificial language: Esperanto is phonetic, I believe. So is Gloneo, Russel Jaques'. But Esperanto, Gloneo, Ido, Interlingua and other would-be world languages have most of the semantic and cultural hangups of natural languages. Example (from Gloneo): viro - M&N; virino - WOM&N (feminine-man). I have also considered aU, Liblan and Loglan. Loglan has many desirable features but one serious shortcoming (for my intended uses): it won't 'pigeon' -- non-Loglan words (especially predicates) can't be used within Loglan sentences. Consequently one needs to know a vocabulary of 10,000 or more Loglan words to use Loglan in ordinary conversation. P On a low-priority basis I'm working on a Vonuist Basic Language (VBL) -- a 'logical language' along the lines of Loglan but capable of pigeoning and with an initial vocabulary of only a few hundred words. I'll report on it in VL, probably this coming winter.

To Badnash: I believe the five 'cardinal' vowel letters should be assigned to sounds in dune, Obey, father, get and machine; for compatibility with Spanish, Esperanto, Italian, German (to a degree), Loglan, Roman-Japanese, etc. Treat the inbetween vowels of English (bit, bat, but, bought, foot) as variants in pronunciation and represent with closest cardinal letters. This system is less phonetic than yours, but simpler. And no system is PERFECTLY phonetic -- able to represent every variation in pronunciation. P Your ad spelled this way: "Dha meijr rizn for dha yus av faniks az a langwej, iz its inherent kwaliti av giving its yuzrz dha abiliti tu spel ol wrdz krektli, simpli bikoz dha letz kold for in dha wrd, ar put dher akording tu dher saund, and sins ich letr and vaul hav onli wantoun and wan simbl, in faniks, krekt spelling iz imperativ and inkrekt spelling iz impasibl...." Du yu laik it?

#### more excerpts from letters

to vonulife: I am presently living in a small shack that I built out of discarded tomatoe bins. I live mostly out of my pack so that I can split at a moments notice. The shack is located in a fairly invisible spot, which I squatted on, with easy access to wilderness type areas. Phil

to vonulife: We have been nomads full time since August and previously spent weekends in a nudist camp-commune. We have loads of squat spots to share... Our present spot is a small road well in view of everybody but no one has questioned us. It is a land developers area where they put houses on 1/8 acre sites so we're "looking at the area." We even have wild berries to eat and are close to New Orleans. V & L



# FREE WORLD TRANSPORTATION COMPANY

## It's A Trip!

After six months of talking-about and planning-to and getting-up-for, The Trip is On! Omni Bus, a 1955 Ford 45-passenger schoolbus from the Corydon, Ind. school system, is all fixed up and equipped with propane stove, ice box, dinette-bed, and bunks, drawers and cabinets, water tanks, electricity and a bathroom (all of which for something around \$1,500), painted gleaming silver with \$9 worth of K-Mart spray paint and (more or less) running. Had to overhaul the ignition system, now working on the cooling system and it needs new tires and the engine needs some work. Lots of other details to be worked out yet - like bread - but all our old-life jetsam is stored away in friend basements or given away. And it's really going to happen!

## Home Sweet Bus

I've already left the (good old) Louisville Courier-Journal and Sally has just given notice. "Since we are a nation of gypsies," Abbie Hoffman says, "dope on how to move around and dig in anywhere is always needed" and I guess that's what will write about for the "time being" (anybody wants buy a story about making it on the road?). It looks like we'll be ready to leave in early July (Yea, Independence Day?!). Till then we'll house-sit for people on vacation and/or camp out in the city parks (I don't know about other cities, but Louisville has overnight camping in eight parks for up to two weeks at a time for \$1 a night!). In the past month we've met two other pre-nomads: Richard and Zandy and their kid, who plan to take off soon in a bread truck and John, of The Frog Farm near Siliro, Ky., whose nearly-ratty '40 Ford Army bus has huge stained glass church windows cut into the sides, old barn board paneling and an ancient pot-bellied stove inside! John will head initial y for Montana, Richard and Zandy for South Dakota. We figure to head up to New England first then maybe Canada, then the Northwest, then down the Coast, then the Southwest, then maybe the Sunny South -

the little road says GO  
the little house says STAY  
and, oh, it's bonny here at home  
but i must go away?

- Josephine Peabody

BUT I RECKON I GOT TO LIGHT OUT  
FOR THE TERRITORY AHEAD OF THE REST, BECAUSE  
AUNT SALLY, SHE'S GOING TO ADOPT ME AND SNUZZLE ME  
AND I CAN'T STAND IT. I BEEN THERE BEFORE.

- Huck Finn

maybe some other places in between. We'll probably end up back in the Midwest for X-mas: time to regroup, then off again (or maybe a whole nother trip, by then, who knows?) Wherever - for now, Omni is home.

## Will They Make It?

"Don't worry about it," said Doc, a 60-year-old hobo we met last year whose been on the road since he was 9. "The Road will take care of you." We'll just have to see.

## If You Can't Write, Send Money

We'll use Sally's parents' place as a permanent mail drop. It's c/o Mr. & Mrs. Robert L. By, 7110 Roschill Drive, Apt. B, Indianapolis, Ind. 46260 (317-297-3931). Write and offer to let us use your shower or something.

## Keep On Bussin'

"Once a journey is designed, equipped, and put in process, a new factor enters and takes over. A trip ... is an entity different from all other journeys. It has personality, temper, individuality, uniqueness. A journey is a person in itself; no two are alike. And all plans, safeguards, policing, and coercion are fruitless. We find after years of struggle that we do not take a trip; a trip takes us. ... Only when this is recognized can the blow-in-the-rings-bum relax and go along with it. Only then do the frustrations fall away. In this a journey is like marriage. The certain way to be wrong is to think you can control it." (John Steinbeck) We'll try to keep friends, acquaintances, brothers and sisters and anyone else who's interested posted via the P.W.T.C. newsletter. Omni Amor,

Chandler & Sally Davis

"Omnia mutantur nos et mutamur in illis"  
(All things are changing, and we are changing with them)

howsy FWTG, I'm hitching a ride on your white space. Quick City, May 25-28. A temporary community will be built in one day and followed by a three day multi media seminar on whole systems including: land use and preserving our natural environment, the alternate sources of energy, food production, recycled resources, alternative attitudes of thought (nomadics). Groups will provide cheap, efficient shelter using do it yourself skills, inexpensive technology, recycled materials, dome membrane structures, inflatable, etc. Communications groups will document Q.C. activities with film, audio and video and demonstrate the role of two way information resources in new communities. There will be a vid o linkup with this Bang Quick City in Woodstock, N.Y. Any persons interested in participating send feedback to Quick City, Calif. Inst. of the Arts, Valencia, CA 91355. We will send assimilated feedback back. (from "Alternate sources of energy", don marier, 800 s. taylor ave, oak park, ill. 60302. \$1/yr.) (past, but may be more)

beware of those who are homeless by choice! you have no hold on a human being whose affections are without a taproot! - robert southey

Thanks for issues 1, 2, 3 received yesterday.  
Lots of good information therein.

I came out here from City of Windsor in 1948. And I have built from frame and 2"x4" and 2"x6" joists in Cabins 10'x10', 4'x14', 8'x16', 12'x24' on small woodland acres, and sold them to others at low cash cost. There is no heat but warmers and comforts as well as home cat bucks and stove wood in a snug cabin. My lightning for gas a few years' time with propane tanks and burners. Most of the old cabin wood has been broken for scrap by utility people. But a 45 gallon drum can serve for burning wood by cutting three holes in its top: #1 for a 1/2 inch stove pipe to go for pulling in wood and taking out ashes, a cover is required. #2 for a down draft hole about half way of stove pipe hole. It runs a conveyor to regulate down draft. I used a flat iron brown in heat as a cover. It works but if used on wood floor put about six inches of earth in bottom or it will burn hole through floor. And use a good fire one small stick at a time while burning.

As the years have passed and local officials applied their building and subversive restrictions to please the housing and safety with real estate sharks, it is difficult to find a new or related spots in Ontario, Ontario and the north as too cold in my opinion. So that leaves only New Brunswick or British Columbia in Canada.

North 3 has much information about food and feeding. Someone should try to determine the sort of food used by Hoki Indians when they're running long distances without fatigue. A hundred miles or some runs. We should all get on that dead and stay with it.

Since corn plays a prominent role in Indian living and is a grain that can be grown in a small or large space it should, perhaps, be considered for Nomad living. It is one of the easiest grains to grow and to store.

As a start, how about informal as follows: 50% corn, 10% wheat, 10% rolled oats, 20% flax seed, and 10% almonds, ground in a Desert Grinder, if you can get one, to the desired texture. Then mixed with water and stir-cooked until thick, and further steamed in a double boiler of desired. Served in a bowl with one tablespoon of honey and covered with a large glass of milk made with powdered skim.

Most anyone can save thousands of dollars in these times. So it and buy five or ten acres of woods at low price. Build a cabin 10'x20' as a good size. Use some old buildings for lumber. Work at home, take any spare of work for short periods for money. Use some base Milton Island. "How to live in the Country without Farming" and "Living the Good Life" by Helen and Scott Nearing.

wishes,

Thomas Spencer, Rtd.  
West of Ontario Canada

to you life: you've got a grand idea, and you seem to have found the place to do it. I'm from the east and never thought that there was any empty country around, so I just never gave it any thought. My paranoia is worse than yours, so I am here. The paranoia seems justified too. In mid-step is a good exercise to practice. It kept me from being torn in half back of the jail in Orange Co. Calif. Aerial photography techniques are so good that extreme caution should be used in any digging. dirt digging is a problem of extreme importance. Rivers only point to you like an arrow if dirt is dumped there. Natural caves are better to live in and also to dispose of dirt in. Caves, animal holes, etc. should be good. To broadcast thinly is wrong as hell. This would show very plainly from the air, until weathered. This is how they got the Quevada. They were even able to locate his arms caches. One thought he was infiltrated. Any way they found that Japanese soldier in the Philippines didn't they... I keep thinking of a boat. But this is really not too good because boats are watched so closely.... B., Sweden



## UNDER EARTH DIRECTORY

here is a review of magazines, newsletters and directories relevant to vomuism. thanks to many people for samples and to rayo for some of the reviews and comments. final editing is lan's. i have tried to be critical rather than only praising. even though i may offend some people. for price comparison i have estimated

even though i may offend some people. for price comparison i have estimated and underlined words - this is number of words published divided by subscription price. i counted illustrations as words which would take up the same space, but not decorations nor repeats of ads. a few sizes listed are not recommended but are described so that they won't be ordered by mistake. i have purposefully left out many little lines on homesteading and philosophy. "A is a directory", "mergers" and "the new directory" are in "links" and some of my views are based on only one sample, some just on recommendations by others. i have so indicated. i am adopting rayco's convention

for quotes. "... is a direct quote. '...' means so-called. Many publications begin, few last for long. and few make refunds when they stop. so unless a zine has published for several years or is very cheap i would buy only back issues at first. i am adopting ray's convention and i particularly recommend "the last whole earth

first. in addition to "vornlife" i particularly recommend "the last whole earth catalog", "the mother earth news", and "libertarian connection" to vornans and vornuists - for quantity, quality and relevancy of information per cost. lan

access catalog - sort of like "the mother earth news" but smaller. national in scope. articles in #7, last issue received, on water power, sprouts, russian therapeutics, can recycling. editors richard, sharon tilmann. irregular. \$6/12 issues, 65¢/issue. new life environmental design institute, box 648, kalamazoo, mich. 49005. 230 words/¢.

kalasnoo, mich. 43003. \$200 words/yr.

A is a newsletter - a monthly report of the libertarian movement's most libertarians' believe in idealized free enterprise - maybe like 19th century america but without the state, or at least without the robber barons who used the state to put down competitors and critics. some libertarians are individualist anarchists, some are political conservatives, some are new left. few are interested in real life free enterprise, like smuggling, dope dealing and underground banking. most are busy scolding the bludg. rayo recommends the libertarian literature to correct state-taught economic and historical misinformation. there have been dozens of libertarian zines but most are short lived. so for those interested in this scene, "A is a newsletter" offers a way to keep abreast of it without spending a lot. it seems to be non factional. editors dave haviland, stanley lieberman. copyrighted. began 1970. 12 issues/year. \$5/year, 50¢/issue. no ads. mega, 9730 hynde road, Brighton, mich 48116. mega has also published a directory of periodicals - \$2. 100 words/yr

akwesasne notes - by and about american indians but mostly political protest.  
only a few articles of interest to vonans. uncopyrighted. 6 issues/year.  
send donation. akwesasne notes, mohawk nation, via roosevelt, ny 13663.

"alternate sources of energy" is a newsletter for people concerned with the development of alternate sources of energy - particularly solar, wind and water power - as well as the uses to which energy is put". first issues were mostly bibliography and philosophy. recent issues have had some how-to-do-it, though not much yet in that "the mother earth news" hasn't covered. good contact made for pioneers in the field. editor donald marier, uncopyrighted. began july, 71. 6 issues/year. \$1/year. donald marier, 300 so taylor ave, oak park, ill. 60302. 330 words/d.

alternatives - newsmagazine on communal living. some general articles on community alternatives, some detailed reports on specific communal groups - mostly rural, some urban, none vonu (in summer 1972 issue anyway). some articles seen very perceptive. successor to "the modern utopian", published by a commune. 1 issue/year. \$1/issue. 1000 copies. san francisco, calif 94131. 550 words/p. a diamond head magazine. 1972

the atlantic new suspended publication as of march 1972. says warns that, last a knew, the manager of the atlantic 1 motivated in eagerness, ny is hostile to the magazine's information to bludge.

atlantis quarterly hasn't published for several years (rayo).

atlantis quarterly hasn't published for several years. british columbia access catalogue - in the image of "the whole earth catalog" but specializing in sources in bc, especially around vancouver. many lists and recommendations concerning local stores, shops and groups. not copyrighted. 1 issue/year? (2 issues received). \$2/issue. british columbia access catalogue, 1729 mcspadden ave, vancouver 12, bc. 254-9776. 500 words/§

camper coachman - mostly about new, commercially built campers and trucks. tom  
of preform recommends for technical articles. same publisher also puts out  
trailer and motorhome lines. sold in most magazine stores. 12 issues/year.  
\$3.50/year, 50¢/issue. griffin publications, 10148 riverside drive, north  
hollywood, ca 91602. 800 numbers/

canadian whole earth almanac - each issue is about one general subject. fall 1971. only issue i've seen, is on healing. heavy on book reviews, especially mystical and naturalistic ways. previous issues on crafts, shelters and foods - the latter sold out. copyrighted. 1 issue/year. \$3/issue. no ads. canadian whole earth research foundation, 341 blvd at west, toronto, canada. 430 words/

the chinook centrex - "is a directory and access catalog primarily for the portland metropolitan area; modeled after the whole earth catalog but shaped by an awareness of local and immediate needs of people ... about 150 pages".  
i haven't seen it. \$1.25/issue. chinook centrex, 4312 se stark, portland, ore. 235-8954.

foundation journal - one of the would-be successors of "the whole earth catalog" national in scope. i have seen one issue in a bookstore - so so. (rayo)  
\$7/year. foundation, 85 east germanian ave, st paul, minnesota 55117.

fur, fish and game may be the best commercial "outdoor" magazine. but I find the ads more useful than the articles - places to sell herbs, squirrel tails; buy crossbows, traps, air rifles. editor a. r. harding. copyrighted. published over 60 years. 12 issues/year. \$3/year, 35¢/issue. classified ads 25¢/word, \$2.50 minimum. fur-fish-game, 2878 e main st., columbus, ohio 43209. 1500 words/yr. no answer to inquiry. (rayo)

green sex - none received for over a year. no answer to inquiry. (1807)  
the green revolution - this is perhaps the oldest surviving alternate life-styles  
 the. published by beatniks intentional community which calls itself anarchist.  
 perceptive articles by people living there, also by outsiders. agrarian rather  
 than urbanist. emphasis but useful information now and then. mildred loomis  
 was editor. uncopyrighted. published more than ten years. 12 issues/year  
 usually but sometimes irregular. \$4/year, 35¢/sample. ad 35¢/30-character line,  
 05.0110mms. the green revolution, route 1 box 129, freeland, md 21058. 340 w/6

ovator - "the original self-liberator's magazine" (115a down). no longer  
lished, last issue was autumn 1969. taken over by "efficacy". an issue of  
"efficacy" has not been received since summer 1971. some issues were vomist.  
re scolded the state. 115a down (see "libertarian connection") is selling  
of 28 back issues for \$5.

international harry schults letter - this seems to be the best financial advice  
newsletter, at least for people with the money to afford it. emphasis on  
international mobility of savings and self. editor harry schults. published for  
many years. 24 issues/year. \$80/\$15 months, \$7/issue. no ads. financial and  
economic research corporation, p. o. box 45, hofenfeld 4310, switzerland. 15 words/s

economic research corporation, p. 6, box 43, identified:

libertarian connection - "each subscriber who meets our definition of libertarian (anyone who recognizes the right of each individual to his own life, that which he creates alone, and that which he obtains in voluntary exchange with others) is entitled to contribute up to 2 pages of any material per issue, including personal advertising (up to  $\frac{1}{2}$  the total material per issue), unlike our "libertarians" (see comments under "A is a Newsletter"), many "libertarian connection" contributors are proposing and doing free things, not just preaching about freedom. articles on reusing postage stamps, underground mutual fund, lands mining, bibliography of draft books, electronic burglar alarm, underground taxi, also a futurology series. also much philosophy theory. also a lot of anti-taxing and 'inside' jokes. manager natalie hall, began oct. '68. about 1000 subscribers, 9 issues/year (every six weeks). class 1st/2nd/3rd class, \$4.50/2.00/year. class 35.50/200 years third-class, \$1/issue. uncopied. \$4.50/200 years. class 25¢ each additional line. list damn, box 90913 4ae 40¢ first 75¢/center pages, ca 90008. 330 words/3rd class.

worldway postal center, 105 hawes, ny 10018. money worth, 110 w. 40 st.,  
new york 10018. "the consumer newsletter". one issue on alternate life-styles was  
a stale, vague rehash of "the mall street journal", "the mother earth news", and  
"the whole earth catalog". another issue gave misleading information on banking  
in switzerland and had harsh words about 'tax evaders', not recommended. (rayo)  
editor ralph ginsburg. 26 issues/year. \$5/year. moneyworth, 110 w. 40 st.,  
new york 10018. 250 copies/yr

the mother earth news - heavy emphasis is placed on alternative life styles, ecology, working nature and doing more with less." mostly about small-scale farms but also much on gathering wild foods, back-packing, cheap shelters, non-employment income, alternate power sources. mostly first-hand detailed information. also sells many books on these topics; a list of these books is included. also starting a separate contact network with people who are interested in this issue. also starting a separate contact network with people who are interested in this issue. also starting a separate contact network with people who are interested in this issue. copyright 1978. \$1.00/issue/year. \$6/yr, 1.35/issue, unclassified ads 30¢/word, \$3 minimum. 80,000 minimum circulation. the mother earth news, box 38, madison, ohio 44057. 1100 word#

moving on - edited by migrant farm worker but rather esoteric, little useful information (rayo). \$2.50/year. moving on, p.o. box 624, mendocino, cal 95460.

nasha - north american survival and homesteading association, toronto. nothing received for more than year. no answer to recent inquiry. defunct?

new earth catalog - one of the "outlets" for the first issue contains some new categories, some updates, but is not nearly as comprehensive and voluminous as "the last whole earth catalog". lots of white space, maybe to make it look big. no index. publisher scott french. began early 1972. 2 catalogs and 2 supplements/year. \$7/year, first catalog \$3.50. no ads. gnu publishing, 526 o'farrell dept. 119, san francisco, cal 94102. 150 w/f

"the new schools exchange is a central resource for the exchange of ideas and information about alternative and experimental schooling ... the newsletter includes lists of alternative schools and a section for people seeking places and places seeking people." published several years. 24 issues/year. \$10/year. 50¢/sample. new schools exchange, 301 e canon period st., santa barbara, ca 93101. 250 words/47

y. ocean living - last issue received in autumn 1970. (rayo)

other scenes - "the only truly international magazine of the counter-culture will report on the nomadic life from europe". i haven't seen an issue since the move and change in emphasis but, judging from wilcock's past publications, it is apt to be useful for the internationally mobile. (rayo) editor john wilcock. uncopyrighted. previously published in u.s. for several years. "few issues"/\$1. other scenes. p.o. box 45, amsterdam, nieuwendam, holland.

people's yellow pages - listing of protest groups and some sources in massachusetts \$1/issue. vocations for social change, 351 broadway, cambridge, mass 02139.

pioneer - mostly about life of early european settlers in america and american indians. excerpts from many old and some new books. many interesting tidbits of information but poorly referenced - difficult to tell source of information. sources and prices of books usually not given. (rayo) editor paul doerr. not copyrighted. irregular. at least 8 issues have been published but most are sold out. paul doerr. box 1444, vallejo, ca 94590. 300 words/#

protos - apparently defunct. not published for more than a year.

puget sound access - "a part of the earth catalog". local sources, suggested by "the mother earth news". i haven't seen it. \$1.50/issue. Box 15301 wedgewood station, seattle, wash 98111.

travelers' directory - i joined two years ago. after six months i received sad form letter telling of difficulties and delays, then nothing. it was supposedly for contact between people who travel and people who want to host travelers. maybe someone with more staying power will start another. (rayo)

underground press syndicate - this is the biggest association of 'underground' newspapers. most of these papers seem angry at the establishment only because they are not part of it. but some are better than others. for booklet giving data on members send \$1 to free ranger tribe, box 26 village station, ny 10014.

vibrations - analysis of drugs sold on the street. 6 issues/year, \$1/year.  
also publishes "conscientious guide to drug abuse" which I have not seen but is  
widely recommended as describing both the good and bad effects of each drug. \$1.  
do it now foundation, box 3573, hollywood, ca 90028.

vocations for social change is sort of an employment directory for alternate institutions but, like the name implies, most of the groups listed are too busy attending to the establishment to extricate themselves or anybody else from it.

protesting to the establishment to extricate themselves of anybody else from the listings of alternate life-style groups are meagre. perceptive articles on community and education now and then. (rayo) uncopyrighted. 6 issues/year. 504/issue vocations for social change, box 13, canyon, ca 94516. 500 words/\$?

vonulife - "communication among nomads, troglodytes and other freedom achievers".  
ways to live out of sight, sound, mind and reach of those unwilling to let live.

some contributors dwell in tents, tipis, buses, vans, shacks, boats, caves, as well as in secret city places. some want to live self-sufficiently, others to use 'latest technology' and trade with the 'outside world'. many letters and contacts, not copyrighted, began (under name "preform-inform") June 1968. 6 issues/year. 1/3 issues third-class, 3/4 issues first-class. vonunlife, box 458, cave junction, or 97523. 500 words/\$ third class.

the last whole earth catalog - detailed reviews and source listings of many books, magazines, tools, supplies and other catalogs useful for alternate life styles. This is the original one, the big one, seemingly recommended by everybody. It was first published in 1968, ended May 71 but prices and editor Stewart Brand, copyrighted, began in 1968, ended May 71 but prices and addresses are supposedly updated in subsequent printings, over 1,000,000 printed. whole earth catalog, 558 santa cruz ave, menlo park, ca 94025, last catalog \$5. 3000 words/!

yipl - newsletter on how to rip off the corporate state, especially the telephone monopoly. publisher youth international party line. 12 issues/year. \$2/year, back issues 25¢. yipl. room 504, 153 w 43 st., ny 10036. 180 words/¢



# Vonulife 9

September 1972 - vonulife, box 458, cave junction, or 97523. handbook and directory for freedom and survival achievers. future issues published annually by Mike Freeman, edited by Ian. single copy of future issues \$1, mailed third-class anywhere; no charge to vonuans. a woman to me is someone who lives and lets live, and lives most of the time out of sight, sound and mind of those unwilling to let live. multiple copies 40¢ each plus 60¢ a shipment. vonulife will forward stamped envelopes for 10¢ each, or if you live outside u.s. include postage money. letters may be sent to specific individuals who have published, to people in a geographic area, or for discretionary distribution to people I believe might have compatible interests. allow six weeks. I don't give out addresses. unclassified ads: 1¢ per character or space plus 20¢ per ad. display ads: \$20 per page of original copy not exceeding 7 by 10 inches, which I reduce two to one when printing. black and white only, one side only. I reserve the right to refuse ads I don't like. deadline for next issue is February 1, 1973. 2000 paid circulation guaranteed before March 74 or proportional refund on display ads. right to reprint less than 100,000 copies of original otherwise-unrestricted contents is hereby granted to those who reciprocate. include vonulife's name, address and price (\$1). reprinting from vonulife shall constitute permission for me to reprint in like amount.

if there is a red mark here your subscription ends with this issue. send \$1 for the next issue of vonulife which will be the 1973 handbook and directory. or if you are (still) a woman tell me (some more) about the way you are living. to me a woman is someone who lives and lets live, and lives more than half the time out of sight, sound and mind of those unwilling to let live. if you order before November this year (or if you are already paid until March) I will include an extra copy or I will mail first class (say which). early orders help me decide how many to print.

or, for a one year combination subscription to both vonulife annual and vonulink bimonthly newsletter, mailed first class, send \$4 (\$1 if woman) plus a copy of this: "I agree that any copy I receive of vonulink including any reproductions of it shall not be accessible to more than five other individuals." if you order later than November 1972 also please tell what way of life interests you the most - city vonu, vehicle nomadism, wilderness living or boat living - in case vonulink has subdivided.

## vonulife ----- vonulink one becomes two

vonulife hereafter will be published once a year and will be a handbook and directory of vonu living. vonulife 73, the next issue, will be distributed during March. deadline for contributions is February 1. vonulife 73 will probably be an 84 by 11 magazine printed on newspaper and containing at least 40,000 words. it will have edited articles as well as letters I think are interesting (but no full names and addresses unless requested). price is \$1, mailed third class; no charge to vonuans.

Why change? by publishing something big once a year I can print more how-to-do and where-to-get articles and organize them better. also I can sell more and with more sales I can pay something for articles. also most readers seem to value vonulife for how-to information and maybe for inspiration, not especially for contacts or dialogue. less than 5% send letters for publication or forwarding. also getting a thousand or more copies printed every two months is difficult for me. I don't have my own press and I have difficulty getting parcels delivered to me.

vonulink is for contacts, discussions, directory updating and news. vonulink will be published six times a year, same as the old vonulife, and mailed first class. vonulink will usually be photocopied or mimeographed, which I can do myself. I haven't decided which. only individuals can subscribe to vonulink, not institutions such as libraries. each subscriber agrees to limit circulation of his copies to 5 other people. I reserve the right to refuse or cancel (with proportional refund) a subscription from someone I suspect represents an institution. circulation of vonulink is limited to 100 copies. this simplifies matters for contributors who want to do their own printing. also I can get to know all subscribers. (if circulation approaches 100 I will split vonulink into two or more zines, each limited to 100 circulation. in this event a current subscriber will receive all vonulink offspring zines until e's subscription expires.) any back issues will be for sale only to subscribers. all this will maybe make vonulink a little more vonu. each vonulink and vonulife combination subscriber may publish in vonulink at least 1200 pages a year (about two typewritten pages) if relevant to vonu living in my opinion. each vonulife-only subscriber may publish at least 300 words a year in vonulink (but that doesn't entitle e to a copy). I retype and print, or e may do e's own printing and send me 100 copies for inclusion in vonulink; up to two sheets of 8 1/2 by 11 ordinary weight paper per year if e is vonulink subscriber. (by using photo reduction e can print 8 or more typewritten pages on one sheet just like I am doing here. in most cities there are printers or copy services who will print 100 sheets on both sides for \$3 or \$4.) I have the right to reprint from vonulink in vonulife unless otherwise told (except names and address). a first class subscriber to the old vonulife, who is paid beyond this issue, will receive both vonulife and vonulink unless e asks for something else (about 70 people). a third class subscriber will receive vonulife only. e can receive vonulink also for an additional \$3 per year. any vonulink subscriber may cancel at any time with proportional refund.

## SMALL ADS

600-pound supply cache near Bella Coola, British Columbia is still for sale. Contents includes wheat, sugar, brown rice, soybeans, 70# honey, many other dry foods, detergent, 22 ammo, etc. Cool storage. Price reduced to \$85. See Vonulife #3 for full information. Write Vonulife (e).

vonulife back issues for sale. number 1 through number 9, also '68-69 preform-inform reprint. 25¢ each plus 25¢ per shipment, postpaid third class. vonulife

The LIBERTARIAN CONNECTION is an open-forum laissez-faire magazine for libertarians. All subscribers have the privilege of contributing material, which will not be edited. LC is known for its creative ideas on practical actions and theoretical considerations in the expansion of both individual and larger-scale freedom. For a sample send 25¢ to: Lisa Dawn, Box 90913-VL, Los Angeles, CA 90009.

We been living without apt. for a month now in our school bus. The major event was hurricane Agnes which meant flooding all around (but we were close to a hill top) and a solid week of no sun with lots of rain every day. We are currently parked in West Virginia hills "farm sitting". Family on vacation living in farm house at end of solo dirt road wanted someone to watch their house. Thought this would ease us into the trip, however their wall went out and can locate no nearby stream or spring so it was no bargain.

BREAK FOR INTERVIEW WITH TWO CHILD NOMADS WHO SHOWED UP My name is megeera and I am six. I live in a bus and I like it there because we bought a refrigerator. My brother and I picked raspberries today but we already ate them all. We picked blueberries in Canada last summer and I hope we can this year. We once had a big watermelon. That's just fruit, not garbage. We don't eat garbage except for treats once in a while. My name is miles, I am four. Hello everybody. I don't like anything about living in the bus. What I like about living in the country is people don't steal stuff from you. I don't like the rain here so much. Meg: little toys aren't so much fun as big toys. We hope it is sunny tomorrow. Hi. How are you?

END OF INTERVIEW  
Nothing very significant there except that children do get along without young playmates. We spent the previous year experimenting with foods such as home ground cereal--wheat and soybeans are the basis, lately with buckwheat added--so that the move from the city was not associated with strange foods. Don't think educating children is too big hassle. Am researching the matter and will write-up what I discover this fall. You can get a small set of quilsnerre (S?) rods for \$3.00 as a "teacher's kit" and it's the sort of thing you simply let them play with while introducing a few basic algebraic arithmetic. The before arithmetic, etc) seem to be quite good for slightly older children. Children do seem to enhance one's cover, as mentioned sometime back in VL of P-I. P The bus is 48 passenger (8 rows of seats) with 18' back of the driver's seat. Divided into three, 6 foot modules, the front has a bunk with storage underneath. The door running the length of the bunk lifts up and is supported by screw in legs. Without the added cushion, the supported "door" serves as a narrow "table" for sit-down eating. (sit down on the floor, that is) Over the bunk is a long cabinet slung from the ceiling. Across from the bunk is an antique ice box, small chest and refrigerator. I decided, upon finding a good deal on a small refrigerator that we might be able to plug it into enough in the near run to make it worthwhile. Propane refers seem to do little good and ice doesn't seem that common--at least if you're just parked. The real answer would seem to be to break out off need for cooling, obviously. Behind this section there are cabinets--closets on either side, including small area for chemical toilet--very welcome during lousy weather with city kids and city adults. Back of storage area another bunk with cedar chest opposite (for seating also) and treddle sewing machine across back. Lighting is kerosene and have opted for a Blue Flame, 9,000 btu heater. May go for a boat-type kerosene stove but for the moment we are using propane. Have a Sony ac/dc cassette thing which is ok through speakers and very good through phones. Have insulated pretty thoroughly up to the window line and will do more up there before winter. Buses are bargain mobile structures if you want something that big (mine is about 24 feet overall). Have also contacted about something like Lon's scenario regarding the camper, though obviously you can't get a bus where you can get the camper. P re soap: basic h is good stuff and nomads might also pick up some change dealing it--anyone can become a shakies distributor. In addition to it's versatility (clothes, dishes, bodies) it probably won't poison you if you don't do a perfect rinse job. For the body I prefer the more expensive (12/gallon) Dr. Bronner's peppermint soap. Very stimulating and concentrated. Dr. Bronner also markets a "balanced protein broth" (50/3.5 lbs) which is vegetarian and tasty. It cannot be justified in terms of protein/price ratio but it does taste good either as broth, seasoning to be added like salt, or in soups, etc. Lappe's book, DIET FOR A SMALL PLANET (balantine paperback) is a good source of data for balancing amino acids. Encountered a three level thing called a Bio-Snaky for sprouting. Bottom of each level is corrugated and has a drain to the lower level. Start a new level each day and it doesn't take much space. Thing is overpriced and idea could probably be used to fabricate your own. Corrugations trap alfalfa seeds. Otherwise works well. Al Fry's HOW TO SURVIVE A DEPRESSION @ 50¢ or two copies plus a small herbal for a buck is a good deal. Hell of a lot of information. Buy two and lay one on a friend who hasn't done the homework. DOES ANYONE KNOW HOW TO MAKE DRINKABLE MILK OUT OF SPRAY DRYED (NON-INSTANT) POWDERED MILK, WITHOUT A BLENDER? We still carry our original Corna mill for cereal, but use our new stone corona for flour--have also heard that soy beans, etc. will clog the stones with oil (is that true?). Wheat's (Hygea's) suggestions for what have been quite useful, including the chapatis and broasted wheat--which the children like a lot. P Right now I go into the city one day per week to deliver and develop work done during balance of week (about one good day's work). Will be hitting the road in a couple of weeks for Canada. Don't know if I'll do this when I get back or if I'll work in the city several days during the week with the other folks in the bus in the country. Fairly long time back Tom Marshall rejected eastern hill country because of fall-out potential. That aside (and yes, it's a big "that") this seems like a good idea for squatting. Alongside streams you're apt to encounter fishermen and sometimes frog hunters at night, but otherwise not much--especially on vacated ridge tops. Of course this is not the sort of vonu you folks discuss. In addition to the eastern hill country the pine barrens of New Jersey are purported to be a little wild yet. Very close to Philly and not that far from NYC. Anyway, might be good for someone on the way out who still needs contact with one of those places.

enough for now  
erich

I'm leaving the city soon to live in a truck and/or on the land for as long as I can. I'm not into owning land or living for a long time on a farm though I will be picking fruit and maybe doing some farm work to get some money.... Mary. Phila.



Dear Lan, Thanks for the recent issues. I'm glad to see that Younlife is getting away from atomistic individualism. Not that I'm against doing your own thing. But I think that I can be freer and maybe more individualistic even in a community than living as a hermit. Part of it is we can't be really independent. At least I don't know of anybody who is. Even the 'ragged individualists' seem to be buying their hundred pound sacks of rice. Even Sylvan Hart buys steel that comes all the way from Sweden, so says TWOC. Either we join together and make our own communities or we get forced into other peoples communities. I'll try to answer your questions about our community. It's neither an LGA nor a CCC. Maybe it is a cross between. We aren't completely secret. One man owns the land in his own name and he and his family live in the house when they are here. They are the only people who officially exist. The rest of us are pretty invisible. We would be "guests" if we were ever questioned. So far we haven't been. Here are some of our rules.

Each adult pays their share of the property taxes to the owner and works a certain number of hours a month on the owner's part of the land - re-roofing the house, weeding the garden, looking after the animals. Each family provides their own shelter which must be out of sight of the road, the neighbors and each other. The last is for privacy. We don't try to hide from each other. No live trees cut without the owner's consent. No shooting. No wood fires. Each family may come and go from the property not more than once a month average, and is supposed to stay out of sight of the road and neighbors the rest of the time. (This rule doesn't apply to the owner and has been a sore point.)

Newcomers get invited only with unanimous consent. Except for this no one may tell outsiders the location of the community or who the people are here, not even relatives or close friends. We put in individual gardens but they must all be in the garden area.

The land is bordered on two sides and part of a third by government land but so far we haven't used it except for roaming. Along part of one side is a county road and that is the only side on which there are neighbors who can see into the property. There is a ridge near that side and all of us except the owner live on the other side of it. The owner's children aren't old enough for school so that isn't a problem yet but I can see where it may become one. The original group came together while we were still living around a big city. We moved here two years ago. Almost half the original people left and there have been that many newcomers. There are now five families including the owner, ten adults and seven children. Right now there are three campers one of which is homestead, a panel truck, two tents and three cabins in various stages of completion, beside the owner's house. The first winter everyone left during the coldest weather. Last winter three families stayed here. We tried being a commune at first but found things went smoother if we didn't try to share everything, though we often do share food, looking after the kids, travel, etc.

Newcomers have all been people known personally by one or more of the original people. We asked them, they didn't ask us, but we made sure they were looking for our kind of community and were the kind of people we want before telling them about the community. This way we don't get any reporters or bludgies. I think is a way a community can be close without being closed. At least it's worked for us.

The biggest problem newcomers have is cabin fever. Somebody comes here from a city thinking he wants to live out in the woods forever but after they're here a few weeks they get restless and want to go to the village every few days or invite their friends out for a weekend, which is against the rules. Our biggest source of dissension has been the rule about coming and going no oftener than once a month. Some people have left because of it. But if we aren't careful pretty soon the neighbors will know there are a lot of people living here and bludgies will be coming around. Like you say in Younlife freedom isn't free. Could we have done as well just squatting on land instead of buying some? If I had it to do over again I think I would try it. Owning land has been a lot of trouble. But when we first moved here I guess we wanted the sense of security, even if it was a false sense. I used to squat in many different places before I came here. Interesting now that I think of it. Of the families who have stayed all but one were nomads before we came.

How could somebody join us? We would first have to get to know him and I don't know how he could manage that. I think the best way would be for him to get experience on his own living the way he wants to live and tell his friends and ask them to tell their friends etc. what he is looking for. That way "we" (or some other group) might learn about him. If you print any of this please type it over and leave off my name and address.

excerpts from letters

Hello, I'm writing a rap re my life style that I'm told may get me a copy of your publication. Gained an initial respect for nomadism when in Japan to do a study of the urban environment. I forsook the static situation I'd been placed in by academic advisors to do some trucking around that lovely country, consequently greatly increasing the potential breadth and depth of my understanding of how those people live together.

Returned to States, passing upon an informal invitation to visit Red China, to finish architectural school and work for a year in the Bay Area. I then set out for Europe. I suppose at the time thinking I'd spend a few months looking at old buildings. Found myself falling into comfortable situations - fishing in Norway, working in an Irish pub - and wandered for a year, living in each place for a month or two, before reaching North Africa. There, with all of Africa tempting me south, I began to see myself as the "nomadic engineer" Gary Snyder talks of in EARTH HOUSEHOLD and African consultants seeing me as the needed technician quickly granted me visas though I had almost no money. Once there, in Ghana first, I found it almost impossible to realize my fantasies of working for the people and instead, to make the money to move on. I was doing pretty houses for the westernized elite. I did however gain a good sense of real nomadism in, for one example, the Fulani people following their cattle through the north of Nigeria. Traveling on, I met others -- the Pygmies of the Congo, a true forest people and the many different tribes of the north of Uganda and Kenya. After a year in Africa I wandered back to Oregon via an Israeli Kibbutz and a month or two in the Greek Islands to a small architectural office in Portland. Seemed somewhat sedentary. So with seven other architects, three craftsmen and families started what may be a continuing carpentry community by building seven houses in the forest 40 miles south of ... We're truly nomadic as we own no land and are contemplating other involvements from B.C. to Southern Colorado. Hope to hear from you on my return from this hitchhiking trek through Mexico and Central America to highlands of Peru. D

Dear Younlife, I have been a nomad for a couple of years, living in a hammock or a van to southern Mexico to California, across country to New York, where I am now. Sometimes I sleep inside with friends. I am especially interested in hearing how you escape coercion, pollution, and irrationality.

For typing stuff for VL, try mylar copying film. This is superior "carbon paper" made of plastic. They claim 100 copies per sheet & great resistance to cuts & tears. My thing in VLJ was a carbon made with a new sheet of mylar & I'm typing this with a sheet that has been much used. If anyone is interested, I have a limited supply I will sell. Supposed to retail at \$4.95 per 20 8 1/2 x 11 sheets, I'll sell 10 for \$1.80, while supply lasts, to Jim Stamm/Box 29, Hiler Branch/Kenmore, NY 14223.

At this stage of my life I'm not into the lone wolf wilderness trip like some others who write to VL. I like being around other folks too much, if they're my kind of people. Also I'm not moved to react too strongly to the fascist shit that's going down because I personally have never been hassled by the Man, even tho I don't pay much attention to his laws. Of course, I've always kept my visibility low. But I'm hedging my bets by getting my life as liber-ated as possible within a basically urban framework.

When renting an apt. in the city, look for this kind of situation: a house or building owned by a corporation, with just a couple apts. in the building, no superintendent on the premises, & no one from the corp. coming around often. Arrange to pay rent by mail, & mail always on time. Cause no disturbance & give landlord no reason to come around. Don't get to know your neighbors. Be aloof, but don't arouse unnecessary suspicion. Socialize away from home. Last apt. I rented this way, I didn't see my landlord notice the day I got my keys to 6 months later, after I had given notice. No one bothered me at home, leaving me free to do as I pleased.

I'm much attracted by the group marriage idea, especially the line marriage as described by Heinlein in "Moon Is A Harsh Mistress." (That Heinlein is a writer, not a doer, is irrelevant to the merit of his ideas.) Besides being the best way I know of to live, such a social unit could enable a stateless society to really function well by providing all the social security anyone would ever need, on a voluntary, personal basis, without the inhumanity (not to mention, predation) of the bureaucratic state. Whether I'll ever manage to put together a family like this remains to be seen. For now we're trying to get together a collective - a group of people living in one house, sharing rent, other expenses, eating together, playing together, getting into each other's heads, growing closer.

Make a deal with a friend to use his address as your "official" address. Use it for vehicle registration & any other communication with bludg. Also, perhaps, for out in the open bank accounts, since banks fall over themselves to give info to bludg. Tell your friend if anyone asks about you, you've just left on a long trip. Then he should get in touch with you & you take it from there.

For other mail, a p.o. box is safest for all concerned. A completely no hassle way to get a secure p.o. box is to move into furnished apt, rent box giving apt. as home address, then move, giving p.o. box as forwarding address. As long as you pay box rent on time, p.o. won't ask about your actual residence. And you can't be traced thru box - box leads to apt. where you once lived, & apt. leads back to box. Of course, don't file change of address with p.o. Inform correspondents individually of new mailing address.

If you open a box this way, the only way anyone can find you thru it is by staking out the box to see who picks up mail. To minimize danger from this, pick a 24 hr. p.o. if there is one near you, & pick up mail during non-business hours.

At least pick a p.o. whose boxes are hard to watch. At the p.o. I use, the boxes are in a small hallway you go thru to get to the main part of the p.o. One would have to wait in that hallway for any particular box, & anyone loitering there would be very obvious. When I pick up mail, I notice if anyone suspicious is standing around, if so, I don't go to my box.

Of course, a stakeout would succeed if it was done with the connivance of the p.o. One way is the box could be watched from the inside. An easier way is for the p.o. to put a notice to call at the window in your box, then when you go to check on it, they finger you to some bludg waiting there. I would appreciate any suggestions as to how to defend against this. One way is to have someone else pick up your mail (which would only shift the danger to him), & to deliver it to you thru some circuitous route (which would be expensive, one way or another).

Discussion of immanence of nuclear war leaves me unconvinced. Soviets have had about equal nuclear capability with U.S. since mid-50's, yet no attack has come in 15 - 20 yrs. If there were additional restraining factors not being considered, I don't know what that factor is. Unlike Mitchell Jones I don't presume to guess what goes on in the mind of L.I. Brezhnev or anyone else. Just off-hand I can see 3 possible restraints: fear that their military abilities may not be as great as they think, some residual concern for the welfare of the planetary biosphere, or perhaps lack of an opportunity to justify attack in terms of their own ideology. U.S. leaders are as power-mad as Russian counterparts, yet they are caught up in their own ideology & have to justify their aggression in terms of "defense." Anyway, regardless of the reason, the long nuclear stalemate is a fact, & its underlying cause makes the continuance of the 15 year balance of terror seem more probable than nuclear attack in a yr. or 2. So I remain more concerned about the growth of the total State & domestic tyranny than with fallout, etc.

Green Egg is still publishing about 6-weekly. Prints exchange ad for VL each issue. Not much in it narrowly relevant to younlife. GG is published by Church of All Worlds "a neo-pagan religion dedicated to the celebration of life, the maximal actualization of human potential, & the realization of ultimate individual freedom & personal responsibility in harmonious eco-psychic relationship with the total biosphere of holy earth." (Box 2953/St. Louis, MO 63130, \$5/yr.)

We're having trouble with mosquito here. Much rain has hatched a 2nd crop. We're not into using chemicals much, & the question has come up: what did indians do about bugs? Can anyone tell me?

Rayo mentions immersion in a hostile culture as a disadvantage of urban living for a free person. I find the hip radical community to be very congenial. I find most of these folks tolerant, voluntaristic, very anti-state, & usually quite reasonable - not the dirty, irrational, hippie stereotype you get from strafe newspapers or rigid Randians. I work as coordinator of a food co-op, live in a collective, socialize with radicals, so I live 9% of my time in an anarchist society. I know there is a different fascist society out there somewhere, but I have very little contact with it.

Radical people tend to be very cool about aliases. You can become known in a radical community by any name you choose. You could wind up living in a house where no one knew, or cared, what your "real" name was. And if you're underground, say because your dodging the draft, your roommates would probably be willing to cover to keep even your presence in the house largely unknown.



**SHELTER:** I hope to write a comprehensive article on shelter next Spring. This is just an update. P Shelter development is still our biggest activity. Our situation the past year: vonu, comfort, convenience, Winter -- we can have any three of the four but not all four at once. I.e. -- we can live in vonu and comfort with convenience but not in Winter. We can be comfortable and vonu during Winter if we forgo convenience to do many things. Etc. P We are still living in our van. Our A-tent survived the Winter with one minor mishap. There was an exceptionally heavy snow while we were away. Snow slid down the poly and piled up at the bottom on each side, bowing in the sides and dragging down the ridge rope. The poly was purchased in a few places by sharp-cornered objects under it but didn't tear nor did the polypropylene ridge rope (1200# test) break. P Other problems with the simple A-tent: cold in cold weather; no insect screening of tent as a whole (we use mosquito bar over bed only); no blackout of tent as a whole (again, we use curtain over bed); reflections from sides which slope South, East or West visible for several hundred yards; fastening of sides must be changed whenever weather changes from wet/cool to hot or back (frequently during Spring and Autumn); clear poly has short life in daylight. P Our poly tent has held up almost a year now but little direct sunlight strikes it. We tinted it near the ridge with cheap spray paints for possible ultraviolet protection and for better blending with the surroundings. The paint rubs off easily but this isn't a problem so long as the tent doesn't move much. The paint appears much lighter on the poly than on the top of the cen so dark shades should be purchased. P Our lay foam-hut (VL4 p2) has proven very satisfactory for tasks which can be accomplished in a reclining position such as sleeping, reading, eating, erotics. We slept in it from October through May. With two people inside temperature rise over outside was about 350F about 6 inches above the floor. During warm weather the door was left open, covered only with netting. The 2-inch-thick open-cell polyurethane foam (commonly sold for mattresses) breathed well. Even on the wettest days the inside stayed dry though moisture condensed (and kept evaporating) on the outside. This was with two of us breathing inside and with all vents closed. (The foam hut was inside the poly tent which sheltered it from rain.) At first we layed the foam hut directly on the plastic ground-cloth but (apparently) moisture diffusing thru the bottom condensed on the plastic and caused puddles in low spots. Then we built a foundation of boughs a few inches above the ground and ground-cloth, which solved that problem. No stuffiness was noticed inside. A vent plug, about 6 inches in diameter, was removed from the top when we used a kerosene lamp inside; the lamp was placed under the vent. Ordinary foam is very inflammable so care is required around fire. We replaced the internal brace (to prevent sagging) with cords to overhead runner-ropes which also held up the blackout tarp. P The foam sit-hut (VL5 pl) is not yet satisfactory. Temperature rise was only 150F over outside (one person); not enough for work requiring bare hands on cold days. Temperature rise was no greater than in lay-hut (also 150 with one person) even though dimensions were smaller -- 4x6x2 feet versus 4x8x2 feet, probably because there wasn't a tight fitting at the waist. I had hoped that the warmed air, being lighter, would remain trapped within the hut, but apparently there was much convection. Either a snug waist closure or a bottom will be needed for greater warmth. If the tight suit is put into or out of the tent, it will pull additional things inside. A tight closure or bottom will increase difficulties. P Foam is an easy and 'forgiving' material to work with. A piece not quite the right size can be compressed or stretched into place. A mis-cut piece can be glued back together -- a join with the proper foam cement is as strong as the foam. Foam is fairly expensive tho -- our lay hut consumed over \$50 worth. P In Winter/Spring 71 we built a small den, intending to use it for a workshop and storage. First problem was condensation (comments VL6 p7). In Summer warm air trickles in and cools, relative humidity rises past 100%, and dew condenses on everything exposed. Last autumn I put in a fix, I hoped, and left it alone for the Winter. I have yet to learn if the condensation problem is solved because last Winter it flooded. The den almost filled with water; the things stored in it washed around and some got wet. For drainage there was a four-inch pipe topped by a one-foot cross section of rocks (covered with plastic to keep finer dirt out). This gives an idea of the flow of water! The water apparently welled up from the bottom. The structure was intact except for some washing near the entrance way. I opened up entrances to the drain some more in case clogging was the problem. Next Spring I will visit it again and see if the problem is solved. P But, for now anyway, I'm turned off to completely underground structures too big to be assembled away from site (watertight) and packed in -- i.e., much larger than a 55-gallon drum. Not only are condensation and drainage likely problems but much equipment is needed to make a den livable -- artificial light and ventilation at least. And the basic structure must be strong to withstand soil pressure/weight. This results in the structure being heavy. This, in turn, requires that the structure be built mostly of native materials -- prefabricated sections would be too heavy to backpack very far -- no point having a den if there is a conspicuous vehicle trail leading to it. And this causes construction to be time consuming. Volume of our den is about 400 cubic feet. Construction time of basic structure was about 400 person-hours. Materials cost less than \$100 -- mostly plastic film, cord, pins (nails with heads clipped off), drain pipe, and plywood and glue for entrance. Most time consuming was not digging but preparing timbers: scouting trees which could be removed without altering the appearance of the environment, cutting, trimming, transporting, smoothing or debarking, drilling holes for pins. This was all done with hand tools. The only power tool which would have saved significant time would have been a drill/sander. P I now believe our first den was over-designed with respect to vonu, considering the remote and rugged area in which it was located. I would like to design a den to satisfy (MTD) under present conditions as 2000 years. An MTD of 2000 means that if I had 2000 such dens I would expect about one per year to be discovered by somebody. P We are now working on two new types of shelter. The first we call a plinu. (That name has no particular significance.) It is semi-underground, like the shuswap (Wildcat's article, VL4 p2) but of different form to provide more light and (hopefully) remain dry in wet climate. After the problems with the den, I am proceeding cautiously. I am only building the basic structure this Summer and Autumn. If that stands up to Winter rains, snows and

winds, we intend to complete it and move in in early Spring -- hopefully early enough to check its insulative qualities. The interior will be well insulated from outside air but not from the ground, thus using the ground as a heat source during Winter and as a heat sink during Summer. Ground temperature a few feet down remains about 550F the year around in most areas of this region. I expect the inside will remain above 500F on all but the coldest days. Our objective is to be able to perform all kinds of work in comfort without an artificial heat source. I'm designing for 50 years MTD. P The second type of shelter is an improved poly tent. Unlike the plinu it is for warm weather use only. It is simpler and easier to construct than the plinu. P We have sent inquiries to many manufacturers and dealers in polyethylene, but have yet to find a source of wide (at least 16 feet) plastic in colors other than clear and black. In quantities less than 5000 feet. A source of Monsanto "602", a clear poly but with an ultraviolet inhibitor, is A.M. Leonard & Sons Horticultural Tools, Box 816, Piqua, Ohio 45356. Developed for greenhouse use, "602" supposedly lasts two years in direct sunlight compared to 6 months for ordinary polyethylene. But a 20'x100' sheet costs \$39 plus shipping, compared to \$20 to \$30 (West Coast) for ordinary clear. P For general storage we are now using wide-mouth steel drums, in the 10 to 17 gallon range, with tops clamped with circumferential bands. With a good gasket these seal water tight. We store food and other supplies which must be kept dry in 4-mil poly bags within the drums. For long storage, I place drums under a small open-sided poly A-tent, similar to A-tent previously discussed but with black poly for longer life. Sides are tied out (as with 'summer' tent) for ventilation and snow protection. The tent provides extra shade in Summer and rain/snow protection in Winter which reduces rusting of the drums and saves contents in case both gasket and bag leak (which has happened with one drum in 20). New gaskets would seal better but I haven't found a source. P General thoughts on shelter: Build small shelters and have several in an area, far enough apart so that discovery of one is not likely to lead to discovery of others. Use soft foot gear, such as moccasins lined with foam, in travel between them and to water source and streams, to minimize disturbance of the ground. (Good conservation and vonu.) Use hard foot gear (regular boots) only when hiking outside of home area. Advantages of multiple small shelters: many more suitable sites; easier to put under/between trees and bushes with little cutting; not as visible; small structure with few possessions appears less 'permanent' if discovered, less likely to arouse curiosity or hostility. Disadvantages: travel between them; item not always at hand when wanted.

**VONU:** We have much less contact with unsavory characters now than three years ago when we were living in a van in So. California. The improvement is due partly to living in a less-populated region, partly to our increasing skills. While living at secluded squat-spots, during the last 18 months three groups have seen our van. Two of these, including the only bludg, happened by while we were perked on 'private' land with permission. One object, weighing about 50 pounds and worth about \$15, was stolen from a stash we had on 'private' land (with permission). No stranger has seen any of our camps, even though some have been in relatively accessible areas. No one has molested us personally. P Projects for the next year include warning systems and more tell-tale techniques -- the latter to indicate if anyone has been near our shelter in our absence. P The bad guys may be trying harder. But we are getting better at hiding much faster than they are getting better at seeking. It's amusing to read letters from people -- 'conventional' dwellers, mostly -- who delight in telling vonuans about all the things Big Brother will do to stop them unless they join a political crusade or something. Big Brother already has 60 million laws and regulations -- or so. If all laws were consistently enforced, almost every man, woman and child would be in prison for one or more violations. But Big Brother can only extort so much taxes to hire bludg and build spy devices. And taxes are already to -- or beyond the point of diminishing return. Each additional rule to be enforced means existing rules get enforced less. P Someone was worried because the bludg are talking about 'requiring' permits to enter 'public lands'. To put this in proper perspective, consider that for many decades, permits have been 'required' to hunt -- even small game in most States. How many mountain people have ever shot a rabbit or squirrel (at least)? How many had a permit to do so? How many went to jail or were fined for doing so? Of course, there are game wardens prowling around and every now and then they catch somebody. The few convictions I have heard of were all on circumstantial evidence: somebody's deep freeze was searched and deer meat was found. No doubt the suspect had invited all his friends and relatives to a venison banquet and somebody talked. P Around Siskiyou some freeks are still using 18th-19th-century methods. Someone walks several miles into the woods on 'public lands' and builds a conventional cabin out of trees he cuts to clear a garden. And, so far, the bludg do not even have the resources to find and run-off these people. Or perhaps the bludg know that if they start hassling a lot of people some of the least imaginative will start burning the woods. And that would make many people unhappy including the bludg's superiors -- the bureaucracies obtain a large part of their funds by selling timber to lumber and paper companies. P We should not get cocky and careless, or course. I appreciate specific, detailed information on tactics and devices in use or readily available, along with suggestions on how to foil these. I have no use for vague, hysterical warnings. Ways of 'fighting back' should be considered. But nothing so foolish as shooting at every bludg one sees, or joining political movements. There is several thousand years of evidence that this kind of 'fighting back' only makes matters worse. P Regarding Paul Doerr's concern about super metal-detectors: Rocks -- DO move, around here at least. Not every rock every day, of course. But they get pried out by roots, turned over by bears, washed down hillsides, knocked lose by other rocks, etc. About bears: while they can be fantastically destructive they create excellent diversions. One bear in one day will alter the landscape more than will a vonu in a year, if the vonu is halfway careful. To obtain food a bear turns over rocks, turns over and tears apart logs, knocks down dead trees, digs after little ground animals, and breaks down branches on berry bushes. Anyone seriously looking for squatters would need a crew of men and a helicopter, full time, to check out the work of each bear. Or else they must exterminate all bears. Then there are deer, porcupines, pack rats, etc. Of course bears don't build fires or use metal. So woods-vonuans may eventually have to keep fire and metal under cover, stop using them, or create diversions. Anyone



really worried about super metal-detectors can always gather up a few dozen empty cans at a dump and leave them here and there, preferably under trees and bushes in rugged country where a helicopter can't land; also leave a few hanging from trees in such a manner that they will bang together now and then for the benefit of detectors which detect the sound of metal against metal. In one day one person could scatter enough cans to keep a crew with 'super metal-detectors' busy for at least a year. P Of course wilderness-vonu may not be as easy here as it apparently is in 'totalitarian' Russia where whole factories are hidden in ravines (VL7 p4). P Thanks, Paul Doerr, for lead to non-electric radiation detector. I wrote for further info. Olson has cat the price of their surplus CD detector to \$5 plus shipping (#3). Hopefully it is not selling well. Their order number is XX-113. Olson Electronics, 260 S. Forge St., Akron, Ohio 44327. P Anyone know of a source for an inexpensive nuclear-war detector? This is most likely a special AM radio receiver which sounds an alarm if most broadcast stations shut down or change frequency. It could be made by interfacing an alarm with the automatic gain control circuit of a radio, but there might be time-consuming problems so I'd rather buy one. Without such a device we might not learn that a nuclear attack was made until days or weeks later, and longest radioactive fallout we could have avoided. P Back to bears: How can they be repelled from a camp not occupied for two months? We have been using a single-strand bar-wire electrified fence but we have been told that this won't stop a bear and so far a bear hasn't come around to test it out. I have thought of saving up urine in bleach jugs, then when leaving, tie these upside down at intervals around the perimeter and adjust the tops for a slow drip. Will urine retain the proper smell for several months? Has anyone tried this?

POWER: We cooked on a wood stove made from a five-gallon can when we first moved from a van to a base camp, but we have switched back to propane more and more. Now we only cook with wood on an overnight trip where weight is crucial. We switched back for you and convenience. With wood we felt we should restrict cooking to nights and rainy days when smoke would not be visible. But at night fire and any light source should be shielded. Also wood smoke is heavier than air once it cools, flows down hills and along creeks, and can be smelled a long way away. Finally, wood gathering and sawing means more activity near camp and more disturbance of environment. P While propane must be used, we require little. Our 10-gallon tank now lasts us about 6 months, thanks to cooking techniques Dr. G has developed. Sprouted wheat and beans are palatable after boiling for a minute or two. For rice or millet, the pot is brought to a boil and then emerged in blankets or foam to retain heat. One further refinement will be to insulate the sides and top of the pot so that less heat is lost while heating to a boil. And we eat many foods raw. P With maximum use of insulated cooking we might be able to generate enough methane from our own shit to replace propane. Other possibilities: charcoal, generated in large batches in a kiln away from camp; 12-volt-electric immersion heater plus insulated pot when we have hydroelectric or solar cooking during Summer. I hope to experiment with one or more of these during the next year. P Artificial light we use mostly during Winter and Autumn -- at present a kerosene lamp; during the long days of Spring and Summer we go to bed at dusk. P For several years now I have wanted to put in a small hydroelectric system -- an impulse turbine or a vane pump (the latter suggested by Skye D'Aurios) driving an automobile alternator. But I've been waiting for a shelter more permanent than an A-tent, since there will be several hundred feet of pipe to lay. Even a small creek will provide enough power for our uses. I would like electricity for a fluorescent light to replace the kerosene lamp, and for some electronic development work. At present we use a small gasoline engine driving an auto generator for battery charging.

SANITATION: I'm dissatisfied with our present shallow latrine system -- a hole after each defecation, using the dirt to fill in the old hole -- because a large area of ground is eventually disturbed, and because of travel between shelter and latrine. We may experiment with deeper holes plus buckets. Any suggestions?

FOOD: Our diet has not changed much since our article in VL 3. Most of our nutrients still come from stored staples, especially whole grains, pulses and nuts. From February to August we kept records of stored and purchased foods consumed. Quantities are pounds per person per month. Costs are calculated from most recent bulk prices paid. P Stored staples: wheat 15.8# 67¢; brown rice 6.9# 69¢; shelled sunflower seeds 5.8# 227¢; raisens 4.8# 113¢; popcorn 4.5# 52¢; red beans 4.4# 48¢; walnuts in shells 3.7# 74¢; millet 1.6# 32¢; dry milk 1.6# 69¢; buckwheat 0.8# 16¢; soybeans 0.8# 12¢; blackstrap molasses 0.7# 4¢; sugar 0.6# 7¢; dry kelp 0.4# 4¢; alfalfa seed 0.4# 18¢; dry yeast 0.22# 16¢; limestone flour 0.19# 0.3¢; subclover seed 0.18# 8¢; also vitamin pills and seasonings, estimated 40¢. Total, \$2.44 costing \$8.76 per person per month. We ate generously of sunflower seeds because we had a large stash and didn't know how well they would keep. P Other purchased foods: oranges 6.2# 75¢; grapefruit 2.8# 28¢; bananas 3.4# 35¢; apples 0.5# 3¢; watermelon 1.3# 9¢; carrots 0.8# 9¢; cabbage 0.7# 8¢; beef 0.8# 57¢; eggs 5, 14¢; cheese 0.5# 24¢; canned fish 0.5# 18¢; buttermilk 0.1 qt., 3¢; ice cream 0.4# 5¢; margarine 0.5# 9¢; butter 0.1# 7¢; oil 0.13# 5¢; garlic 0.06# 6¢; pastries 0.2# 12¢; smorgasborg meals 0.35 meals (1#) 37¢. Total, \$3.63 per person per month. I have listed averages, for comparison, but our actual purchases were irregular. For example, during this 5.6 month period we purchased one 6-pound watermelon and ate it several days later, all in one day. We purchased meat this time, and each time consumed it within a few days. Oranges, the most frequent purchase, were bought during five trips and, after each, lasted for a week or two. P Replacement value of purchased food consumed during this period was \$12.39 per person per month. Whereas average expenditure on food, calculated for the entire year, was \$22.40 per month. (See next section.) Reasons for differences: stores of staples were increased; trips during the 5.6 month period were few and brief, and included not more than two days in populated areas. P Scavenged foods (from grocery trash bins), guess: fruit 4#; melons 1#, about vegetables 3#. We made three big hauls during this period -- about a hundred pounds total. Foraged wild foods, guess: meat, cleaned but including bones, 1#; berries 0.4#; greens 0.3#. Many berries were picked and eaten while doing other things. P Dr. Gatherer sprouts alfalfa, sub-clover and buckwheat all year which we eat raw as a salad. Wheat is usually sprouted for a day or two to reduce

cooking time and improve flavor and digestability. Some is eaten raw. For breakfast I usually have sprouted wheat and beans, about 4 to 1, briefly boiled. Dr. G usually fasts until noon. During the day we have one or more snacks of fruit, nuts, milk, occasionally popcorn. For dinner we have sprouts and any other fresh vegetables as a raw salad, any meat, and a starch. Food which may be rice, millet, popcorn, or bread home-made out of whole-wheat flour we grind ourselves. I often flavor rice or millet with almonds or sunflower seeds. If there is no meat Dr. G often makes up a stew out of beans or lentils and kelp plus any cookable fresh vegetables on hand. P The berry we gather and eat most frequently is manzanita (Arctostaphylos) which grows abundantly in many areas near the Pacific Coast, is easy to pick (strip off twigs, separate debris while eating), and is palatable if not delectable thru-out summer. Sometimes we reach areas growing many blackberries, black raspberries or Amelanchier (saskatoon berries) at the right time in a good season and pick gallons in a few hours. But, except on such occasions, foraged berries are expensive compared to imported fruit, even with our low overhead. On a typical occasion I gathered 9 ounces of red huckleberries (Vaccinium) in two hours. So, on our infrequent trips to towns, Dr. G or I take in our load on the return with fresh fruit and vegetables to the maximum weight we can handle. P During the last few months foraged meat has included several mice, one rat, several squirrels, one porcupine, one rattlesnake. The mice and rat were caught in ordinary household-type traps. We began trapping for reasons of self-defense, then decided not to waste the meat. The mice were prepared as Olson's OUTDOOR SURVIVAL HANDBOOK suggests: remove skin and guts, then grind or pound them up, bones and all, into a patty. All rodents taste about the same. Mice are easy to trap in winter and early Spring, but not the rest of the year when their food is more plentiful. The porcupine and rattlesnake we just happened upon. The porcupine was impressive until it was cleaned; it seemed to be mostly guts. The liver, tho, was big and good for eating. It's a must eat. A tough even after long cooking. The rattlesnake, killed with a stick, was easy to clean, mild flavored and very bony -- time consuming to eat. The only deliberate hunting recently has been done by Dr. G who obtained the squirrels and one larger animal. Cleaned weights of small game: porcupine about 5#, small squirrels (grey) over 1#, rattlesnake (two-foot) 9 ounces, rat 4 ounces, mouse 2 ounces. Cleaning and pounding up one mouse takes me about ten minutes, so unless I become more adept mice are expensive meat. P Nutritionally we prefer small game to deer because we eat it fresh; no preservation problems. We are still using some powdered milk and dried yeast which is probably undesirable for long-term good health. In April we resolved to purchase no more meat because of expense, contaminants, staleness and preservation difficulties; so far we have kept to it. On two occasions I went for a period of two months with little animal protein and discovered, toward the end of the period, that I could not do vigorous physical work two days in a row -- if I attempted to I felt extremely weak. (I felt okay so long as I only worked every other day.) Since I had vitamin and mineral supplements and plenty of calories, I'm inclined to believe I had a marginal protein deficiency. Dr. G has not experienced this. Our staple diet contains more than recommended minimums of essential amino acids in seeds and nuts. But the human digestive system may not be efficient at digesting protein in the presence of a large amount of carbohydrates (seeds are a mixture). And digestive efficiency varies from person to person. P We have not yet put much effort into trapping; shelter and storage have been consuming most of our time. When we do, probably this autumn, we hope to obtain enough small game to replace dry milk and yeast. Also we will experiment with mini-grow-houses for year-around fresh vegetables.

FINANCES: Dr. G and I recorded personal expenditures for a period of one year ending this month. Results: FOOD: \$536.42 subtotal, including: dry staples (storable) 365.45; spices and flavorings (storable) 10.65; fresh fruit 48.54; fresh vegetables 11.91; fresh meat, cheese, eggs, fluid milk 58.32; 'junk foods' -- store-bought ice cream, cookies, bread, TV dinners, canned foods, candy 17.89; prepared meals (restaurants, visiting friends) 17.86. SHELTER AND STORAGE: \$713.05 subtotal, including: materials such as plastic film, foam, rope, cord, drums, nails 452.86; appliances, devices and their parts, including: refrigerator, pump frame, inverter, traps at 166.33; space rental, mostly for storage 43.24; propane and kerosene for cooking, lighting, and occasional heating (van) 21.50; tools 14.61; cleaning and misc. supplies 14.50. TRANSPORTATION: \$201.24 subtotal, including: gasoline, including tax 124.06; parts and oil 60.08; licenses and tolls 17.10. CLOTHING: \$72.28 subtotal, including: materials, thread and needles 26.24; footwear 26.62; other ready-to-wear clothing 9.81; laundermats (when in towns) 9.55. COMMUNICATION: \$64.57 subtotal, including: books and magazines 32.67; postage (partly estimated) 15.00; phone calls 10.90; stationary (partly estimated) 6.00. OTHER: \$32.82 subtotal, including: medical, dental and personal supplies and services 28.95; taxes (federal excise and Calif. state sales tax, not counting gasoline) 0.71; miscellaneous 3.16. ERRORS AND UNRECORDED: (plus) \$3.47. TOTAL: \$1616.85 for one year for two people. P We were surprised and chagrined at the total -- higher than our average for the two previous years. Explanations: We built up stores of staples, shelter materials and clothing materials so these figures do not represent one year's consumption. Also many shelter items are (hopefully) durable goods. On the other hand our van and motorcycle are depreciating (but probably won't be replaced). Much of our shelter work is intentionally experimental and therefore scrap-generating; so we might consider it a business expense. We are still betwixt and between two life-styles -- van-nomadism and something we are still discovering/developing -- which increases costs. Excuses! P Seldom were we consciously stingy. We bought most of the things that we saw or knew of that we wanted, but few things of that society appeal to us any more. Exceptions: no meat or restaurant meals purchased since April; we bought some new books but passed up others on the supposition we could buy them used, borrow them from friends, or scan at libraries. P We put 4300 miles on a van, including two round trips of 2500 and 800 miles, and about 2000 miles on a motorcycle. Our trips to towns of the area were few and brief but we loaded up on fresh fruits and vegetables when we came back. Most of the junk food was consumed during one or several week stay around large cities -- the psycho pressures began to get to us. P Comparing our expenses with those of a traditionalist agribian family, the Colemans, reported in WALL STREET JOURNAL and reprinted in TMEN #11. Per person (counting their two-year-old daughter as one-half): food \$266 (us) compared to \$200 (them), they claim to grow 80% of theirs; transportation \$101 (us), and we are 'nomads'!!) to \$300; tools \$7 to \$80; shelter (except tools) \$350 to



\$80 (their conventional cabin was completed and land was purchased previously); other \$83 to \$140. Total, \$808 (us) to \$800 (them). While we are interested in developing vonu sources of income, so far we have been more concerned with reducing expenses. If expenses are very low, only a few weeks per year spent in a city will suffice to earn money.

**ASSOCIATIONS, ATTITUDES, OBJECTIVES:** At the moment there are few vonuans -- perhaps several hundred in North America. And these are in many different places and different life-styles. Most are not in contact with each other. At times Dr. G and I may have association with more people, not only for economic benefits such as pooling outside purchases and trips but for interaction with different minds. But we have discovered that association with sheep-people or bullshitters only makes us lonelier. Such association is like a drink of salt water brooks -- and the few people with whom we share values and goals. But I don't think this will be a problem for long. More and more people are rejecting the attitudes and roles of the servile society. While only a small minority of the whole population, they number tens of thousands. Some attempt to 'turn back the clock' by moving to farms or small towns. But rural dwellers are conspicuously unfree, so those who really want freedom will search in other directions.

A vonu, to me, is not just someone living in a particular manner. Life-styles may change. A life-style which was vonu 100 years ago may not be vonu today; some life-styles vonu today were not possible 100 years ago and may not be vonu 50 years from now. A vonu is someone who places a high value on relative invulnerability to coercion -- someone for whom freedom is worth a fair amount (tho not infinite) effort, inconvenience, discomfort. To a vonu, vonu is not just a means to other ends, nor is it an ultimate end -- like most qualities of life, and life itself, it is both. A vonu will choose whatever way of living offers personal sovereignty and will change life-style again and again if necessary. A vonu's life-style may vary, a vonu can be identified only by what he does -- especially by persistence over a long period, not by what he says. Words are cheap. This is not to reject ideology. Someone who does not see through the myths of the State will not for long remain vonu, if by good fortune he should become vonu. But anti-state ideology isn't enough. If freedom were free (more precisely, if vonu were gratis), almost everyone would be free (vonu). But freedom isn't free; it is quite expensive and will likely remain costly in the foreseeable future. Most people presently alive do not value vonu very much. One reason, perhaps, is that during thousands of years of pre-technological agriculture servility had survival value. During this period conventional farming was the most efficient way of producing food. And it is difficult to conceive of a life-style more subject to coercion than that of the traditional farmer. Not only is he visible and usually separated from his fellows, but his home and land are especially vulnerable to attack. Servility was not generally pro-survival prior to agriculture. When North America was 'settled', few of the natives, who were mostly hunters/foragers, were successfully enslaved. To obtain obedient subjects the bludg had to bring slaves and indentured servants from the more servile societies of W. Africa and Europe. I don't know if servility is due mostly to genetic inheritance, to cultural background, or to slave-school training. Most likely it is an interaction of these. But I don't believe that any amount of 'education' (propagandizing) will change the attitudes/values/intelligence of most adults. Nor do I believe that the majority can be manipulated into a 'free society' by some elite of would-be philosopher-kings. Such an effort will, at most, only change the rulers. So long as most people can be easily manipulated, they will be manipulated for the aggrandisement of the manipulators. Traditional agriculture is on the way out. (At the moment quite a number of people are playing return-to-the-olde-homestead games, but few are producing enough to even to feed themselves.) Barring a catastrophe of sufficient magnitude to destroy technology worldwide, I predict that within a few decades there will be inexpensive, light-weight, mostly-automated bio-chemical devices capable of converting most organic compounds into most other organic compounds. Load the hopper with dead leaves or sawdust, insert the proper program, wait a few days, and out comes food waters which are at least as nutritious and tasty as most of the stuff sold in supermarkets today. Insert different programs and out comes various plastics for construction and clothing. Of course this is just one approach. Maybe I will modify my digestive tract to convert cellulose to sugar. Maybe I will develop harder varieties of cotton and feed plants to grow with little assistance, as well as more palatable varieties of wild plants. For the immediate future maybe mini-grow-houses are the way. In any case, I don't think that farming is the wave of the future. With the decline of agriculture, servility loses survival value. Improving communication has the same effect -- people will no longer need to crowd into cities or be visible anywhere to work and play together. Consider the potentialities of pseudo-random-noise radio transmission -- coded transmission detectable only with matching receivers. Even that institution run amok, the contemporary State, has this effect; it is its most gullible and easily intimidated subjects who are most likely to be killed in its wars. So I think that in the long run, people who place a high value on personal/small-group sovereignty will become a larger proportion of the human population. Vonu, while difficult, is easier now than it has been since the neo-lithic period. Perhaps as high as one or two percent of the population, thru accidents of heredity and environment, have values and abilities sufficient to achieve it. To become vonu we must disentangle ourselves from those who won't or can't achieve it -- reject all 'reform-society-as-a-whole' schemes, put aside utopian dreams of world-wide free societies, and get with ourselves and each other -- build our vonuans and vonuist mini-cultures. Possibly I under-estimate the potential of existing humans. Possibly most people do value vonu and will achieve it. If so we are apt to help them become free by becoming free ourselves and showing the way, then by joining political crusades. Political reform/revolution/re-education has been attempted thousands of times in hundreds of situations over hundreds of centuries, but at most changes only faces and slogans. Any sort of political movement becomes a contest at coercion and manipulation. The most coercive/manipulative people and groups inevitably rise to the top. Past crusades failed not because of 'impure motives', 'betrayal', or 'defects of philosophy' (Why is it invariably the DEFECTS, not the good elements, which come to predominate?) but because of their very nature. Function determines form; means determine ends. The very programs of State most detested by present 'reformers' are the reformers-gone-to-seed of past crusades.

Dr. G and I did not choose our way of life

primarily because we expect a nuclear war or other apocalypse within a few years. While we have considered possibilities of various catastrophes in our planning, if nuclear weapons had never been invented we would probably be living much the same way -- perhaps somewhat closer to large cities. Institutionalized coercion -- States -- is a long-existing social phenomenon; war is only its most dramatic form of destruction. We are striving to reduce vulnerability to all forms of coercion and maximize all satisfactions. Dr. G and I would like to contact more people with similar ideas, attitudes and actions. If you are not in the region we invite letters (which we will try to answer). If you are in the region let's arrange joint drops at least, maybe meet occasionally. I think the Loose Open Association (as Len has named it) is the best community model, at least at first. Any closer involvements should come only as people get to know each other over an extended time. We are now able to provide someone with a food stash, shelter and equipment adequate (most of the time) from May thru October. This would be already set up in an attractive, secluded spot -- several miles (at least) from any habitation (including other vonuans) known to us. We can bring supplies and mail occasionally (once a month?) to someone who wants to remain completely out of that society for a while. By next autumn we may be able to provide year-around shelter. Our prices are low, or we will barter for services/products we want. Of course don't come to Sisikly because a few vonuans are already here; hoped-for relations might not work out. Come only if, like us, you evaluated the region as optimum for you.

I too think much could be learned from us vonuans to learn how to avoid situations. I'd help to get info if I knew how to do it.

I sent Rayo a bundle of 2-3 bikinis that had returned by snail mail and some other stuff. I've sent you some. Pioneer #10 will be out in a week or three. I've been working on my boat and neglecting other things but hopefully I'll be living on her soon...2-3 months... and will have more time for zines. I had sent Rayo at least 2-3 diff regular issues. He never received? I'll send u copies of whatever else I pub. No cost to friends.

Vonuans should consider life on a SMALL boat; mobility, the wind is free...easily hidden, sloped up with paint it looks not too much, peeling and chipped and appearance can be changed with canvas and wood or sail changes or the mast lowered and anchor among tules...food easily available, fish wild plants on shore, seaweed and shellfish, farm produce, gleanings from food trees, part time work at some harbor, swap wprk for food and both boat taxi, short term contracting with no license. U can go up a river or in a shallow bay or even pull out onto an island. 20x20 screen will exclude any biter. Woodburning stove will use driftwood, down wood, sticks, even brush and tules. U stow water aboard and dry grain, beans, etc.

The best way for vonuans to get the little money they would need is by an independent service the straits need, that u can do at a lower price than the union-dictated. A classified adv for a week will get all the work u will want to do in any one area. Do it and split. Any questions and u are a new, just-starting business. After u r gone, who cares what asks? Or u lost job and cant get relief or havent applied. So they give u something free? Take it. And split.

One variety of rosa multiflora grows to 20' and more hi and wide and in impenetrable without an ax and seems...if u have only a small entrance....to be just a natural cluster so wanderers will go around. Thorny honeylocust can be interplanted to heighten and improve natural look and add its thorns. Also r m and h l both have edible parts.

Would an alternator be better; more power at lower revs, than an auto generator? Al suggested chopping eucalyptus for salve. Why not use my favorite tool, the meatgrinder to mash it up fine and then mix with lard?

The ancients put maggots into a festering wound. The maggot ate the dead meat but not the live and deposited sulfa into it. It was an effective treatment, other things being equal. They just let flies blow on the decay. What proportions of potassium permanganate for the work-girl? Any references to its action?

Anyone kno of a good cheap folding bicycle I could use on a boat? Again, while Im here, which will be quite a while yet, Ill offer to forward mail and/or interface.

For a language, make a list of a thousand or so words, short, one syllable, easy pronounced, not mistaken for another, make them up arbitrarily and assign meanings. This is the rootword; singular, noun, present, neuter in the root form. Change all by adding pre or suffix; tense, number, gender, part of speech, even make questioning or exclamatory. The first word in the sentence, or a key letter-sound sitting alone, sets the gender, etc until changed or modified by another word. Thus, with a few sounds-letters, which can be used in any other way in a word, u make 1000 words into a complete vocab of many thousands. Make more by combining roots to form other words like big...bittike, animalbittike, dropping any letters so none doubled. Another ~~incomprehensible~~ word will do for all verb forms like am, is, are, etc and would automatically change to was, were, etc. Make a number series that cant be mistaken for other symbols. Always use the symbol, never spell a #. Distinctive sounds and symbols couldnt be mistaken in difficult situations. Change word sounds so u need fewer phonetic types. In ur word example in vl 8 why use dha for the and equals? Use da.

For a shower, stop at a marina, usually open to the public, or a school or college. Say yr a student. At some marina showers, women may need to be guarded.

A very old corn variety with a complete protein...which our big-producing varieties do not have...has been recently discovered in Inca-land. Now, how get seed? T Skinner,

WHERE can I buy 10A of reasonably usable land for \$10000? Preferably an west coast scene where with cleaner air. Ill pay u for info.

Indians parched corn by fire, ground to powder, mixed with maple sugar...brown sugar is best we have now...and carried in bag, taking tablespoonful in mouth with mouthful of water, mix in mouth and swallow...1 or 2, no more, it swells in stomach, while on trail as travel-food.

Green Egg is still published regular. Dont kno why no answer to Rayo. Very good on alternate life-styles/religions.

In articles paul deorr box 1444 vallejo cal 94590

more about vonuans. I will probably get some of the pages printed, some as old vonu life. so it's okay to send clippings, diagrams and other black and white things. out there will be an extra delay of a month or more for pages I print so if you want to get published quickly better let me retype (if email) or do your own reproduction (if big).

If you send me 100 copies wrap them as the package is flexible, not stiff, something \$4 by 11 and stiff won't fit it the p.o. box and cant get picked up until somebody gets to the p.o. while it is open which may not be for months. Jim stum's carbon paper may be fine for ordinary use, but it gets riddled if typed on directly -- not as bad as ordinary carbon but still riddled. I did first column with it.



## REPORT ON AN ALTERNATE-MONEY EXPERIMENT

eg72

Rayo

Elmer Fudd's Bandwagon

Or

How to Catch A Screaming Rabbit

During sep71, Mike Freeman and I made up and paid out 24 "Extra Value Certificates" (EVC). Each EVC consisted of an ordinary bank check sealed within a folded sheet of onion-skin paper. The onion-skin paper was glued to itself at the margins but not to the check. The check was easily readable thru the onion-skin-paper. Each check had amount and check number filled in and was signed by Mike Freeman. The date and payee were left blank. Checks were for integral amounts: 50¢, \$1, \$2, \$5. Each onion-skin sheet had dittoed in purple upon it:

## EXTRA VALUE CERTIFICATE

\$(amount)

Instead of depositing the enclosed check #\_\_\_\_, you may:

Pass this on to someone else, thereby reducing money flow thru your account.

Use this for purchases from us, for which it is worth 125% of face value.

Present it to any one of us in person, if you are able, for payment in cash of 102% of face value plus 10¢. (We save our bank's check fee.)

These offers are good only so long as the check remains sealed within this certificate, and date and payee are left blank. DO NOT REMOVE CHECK unless you are depositing it.

If you send this thru the mail, we suggest you record destination, check number and our address. Tell us if it doesn't arrive. REWARD for information leading to our apprehension of anyone stealing this.

We guarantee to maintain this bank account for at least two years after date of issue, barring catastrophic events beyond our control.

VONU LIFE is a newsletter for nomads, troglodytes, backwoodsmen, van-people and other freedom/survival achievers. Four recent issues for \$1 in Extra Value Certificates (we make change), or three issues for \$1 in cash. Postpaid. VONU LIFE (address)

Issued by Mike Freeman

Co-guarantor: E. Rayo

Account #\_\_\_\_\_

15 September 1971

Co-guarantor: Dr. Gatherer

Potential benefits of EVCs for issuer, compared to ordinary bank checks and/or government paper money: more payments made in products of issuer, less money needed; less money passes thru bank account; any EVCs which are held in collections or lost are pure profit; EVCs which remain in circulation for more than a few months are effectively interest-free loans; advertising. Advantage of EVCs compared to silver coins or personal IOUs: EVC can be sent to anyone, no need for special understandings because recipient can always treat it like an ordinary check. Another advantage compared to either silver coins or government paper is relative ease and safety of mailing.

The 24 EVCs were mailed to 12 recipients. Ten of the 12 were small periodicals -- all anti-statist, about half alternate life-styles and half collective-movementist in emphasis -- EVCs were payment for advertising and reprints. The two people not publishers were of long acquaintance.

Results: Deposited soon after by recipient: 9 EVCs, \$23 total, five recipients. Deposited within a few months by person unknown in same city as recipient: 1 EVC, \$2. Deposited later by libertarian organization (collective-movementist) in a different city: 1 EVC, \$1. Returned by recipients for subscriptions: 2 EVC, \$2 total, 2 recipients (one was non-publisher, other publishes small libertarian-conservative collective-movementist journal with which VL was not exchanging). Not returned, presumed destroyed by periodical which had ceased publication: 6 EVCs, \$5.50 total, 4 recipients. Not returned, presumed still held by recipient (non-periodical) or in circulation: 2 EVC, \$3 total, 1 recipient. Recipient reported that EVCs were not in container (tube) when received; other items in tube received okay; presumed stolen or lost in mail -- have not been deposited: 3 EVC, \$11 total, 1 recipient.

Conclusions: Only 6 out of 15 EVC received as payments were not deposited immediately; only 2 of these went into circulation at all. So, even among the select people receiving them, EVCs were generally not accepted as alternate currency. Interestingly two of the periodicals which promptly deposited the checks have espoused alternate moneys: one of these mints silver medals; the other offers discount for payment in silver coin. The acceptability of EVCs might be improved by: printing them more ornately, perhaps on checks themselves or on envelopes with transparent windows; having them issued or co-guaranteed by a large, well-known enterprise; offering interest, effectively making them bearer bonds. The Extra Value Certificate idea was inspired in part by a refund check from a large mail-order house which was worth more if applied as payment for merchandise. So such offers may not be illegal at present. However, if EVCs were issued on a large scale, the bludg would doubtlessly enact laws or interpret laws so as to outlaw them. And such laws could be easily enforced against an issuer with bank account and mailing address in the country in which EVCs circulate. So any larger-scale experiment had best be by a foreign enterprise with checks drawn on a Swiss bank account.

There is one Russian samizdat (underground) paper published in English: The Chronicle of Current Events, available (but expensive) from Amnesty International, Turnagain Lane, Faringdon Street, London. I wrote it up in New Banner #1 (Box 1972, Columbia, SC 29202), if you'd like more information. There are also several Western newsletters that reprint heavily from other Russian samizdat papers, especially those of the Russian Baptists.

Oakley Bramble has renewed the search for a location to start a libertarian enclave in the U. S. He wants something with a reasonably temperate climate and not too remote. The address is Box 836, Lansing, Michigan 48904.

In purpose of bookstore distribution of vonulife would us to save postage. I don't think it would reduce attention. no one picking up vonulife mail has ever been openly hassled. (I won't divulge what if any inquiries bludg have made to postal employees, etc - to protect my informants, etc.) I don't expect hassling in the foreseeable future. vonulife needn't advocate anything illegal. (outlawing self-protection as such would be difficult.)

(in reply to some dy in vonulife 8, bottom right of page 1.)

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Good morning! It being some time since I wrote last, I suppose I gotta get on my soap box again. First, on A. Fry's comments on rattlesnakes in VL 8: hate to be nasty, but don't sweat off the toxin! Running around will only increase circulation, which will spread the toxin, which may kill you. Also, it seems to fairly un-knowledgeable me that the length of time necessary to metabolize the toxin from blood system to sweat glands might be longer than a good run. Keep the victim quiet and his chances of survival are better. Use a snakebite kit. or: make two incisions near the bite, maybe 1/8 in, deep or so. and suck the blood (and venom); spit it out, of course, tho a little swallowed won't hurt, I guess. Also, use a constriction band to prevent further spread. Actually, you may not die anyways: you may merely become very sick, but don't count on it. A slightly different method for porky quills: apply vinegar, wait 5-10 min., apply again. Then apply any type oil; they pop right out. For van and camper equipment: Viking Camper Supply, 99 Glenwood Ave., Minneapolis, Minn. 55403 (Catalog \$1, refundable), or Glen-L Camper, 912 Rosecrans, Bellflower, Calif. 90706 (catalog \$.50). Both have plans and kits. For inexpensive, high quality kits for backpacking nomads: Frostline, Inc., P.O. Box 2190, Boulder Colorado 80302 (cat. free), or Carlikt, P.O. Box 1153, Boulder, Colo. (cat. free). I've made several Frostline stuff, and it is excellent, tho you need a sewing machine. Carlikt looks like they have a superior down filling system for their sleeping bags, etc. For REAL surplus clothing and other interesting items, plus some cheap junk: Arctic Outfitting Co. Box 8138 Anchorage, Alaska 99508 (cat. free?), or Sioux Falls Army Store, 310 South Phillips Ave. Sioux Falls, S.D. 57102 (cat. free.) Have dealt with both; they're little guys, and don't take advantage of you. Item: How to Build Your Home In the Woods, Bradford Angier, Hart Publishing Co., Inc., NYC, \$2.50. Atruly interesting book on cabins, outdoor living, etc., etc. Item: Book of Indian Life Crafts, Oscar Norbeck, Tower Publications, 1885 Madison Ave., NYC 10016, \$1.25 Mildly simplistic, but muchly good information. Item: Mother Earth News #16 has several ~~from~~ boats as an escape; might want to look into it. Item: is anybody on the East coast vonu? What problems? Hello? Item: Indians, at least on East coast, seem to have grown some things in a fairly vonu manner, due to environment, manner of cultivation, etc. Anybody have any detailed info? Indians seem to have generally lived in a rather vonu fashion; they might have a lot to teach us, if we looked in the right places. ...Life Crafts above is a beginning, but not detailed enough for my wishes. Where do we go for more information? No anthropologists please; they know less than I do, which is little. Item: Field Guide to Edible & Useful Wild Plants of North America, Myron Chase, Nature Study Aids, Inc., 411 Dakota St., Red Wing, Minnesota 55066. Get Ruell Glicks for general info, tho, for plant identification ask further info. Item: Mothers Truck Store, Box 75, Unionville, Ohio 44088 (cat. free) This has a lot of very good stuff in it, quite a bit of v which is applicable to vonuism. Very nice to look at, anyway.

Item: Insects. In the words of Al Nemlinger: "They're abitch things!" The only stuff that REALLY AND TRULY WORKS is Woodsmen's Fly Dope. It comes in a little bottle, and you put a LITTLE on your bod, or a LOT on a RED (the color helps keep black flies away) handkerchief tied around your neck. The smell takes some getting used to, but its worth it cause it works. Cutters stuff is ok too, and it smells better - but it doesn't last nearly as long. Cache Lake Country, John Rowlands, Mother Earth News, Box 38, Madison, Ohio 44057. \$5.95 This is a very good book, both reading and information-wise. I read the old edition (circa 1940?) from a library; I hope the new one is as good. Basically concerned with old-time ways of wilderness living, it reads as though an actual human being wrote it. Item: The people that brought you Mother Earth News is coming out with another (as slightly mentioned in Under Earth Directory, VL 8) mag: Lifestyle!, its called. May have relevance to what is doing here; anyway, it has a capacity for contacting other people on what you're doing (seems to be a heavy emphasis on communities.) \$6/year, Box 1, Unionville, Ohio 44088 Item: A very nice, thick catalog is Catalog 20 of Forestry Suppliers, Inc. 205 West Rankin St., Jackson, Mississippi 39204 Absolutely anything and everything is there: clothes, axes, pollution devices, transits, and genuine, whoa, deodorometers(?) everything to become an actual forest ranger, though some of it is expensive. Item: Anybody out there into John Cole's (of Maine Times) post-industrial ideas??? Until whenever.... Phil Smith, White Deer Rocks Road, Woodbury, Conn. 06798 Remember the Alamo, and keep it Holy....

Hello Vonu Life People .... Am interested in seeing your newsletter and I understand it's free to us people in the woods. I've been in scads of places in the last two years with my old lady and 3 kids and am on my second tent now. Am presently in Virginia on a river with only two other families living within 6 miles or so. One of the families gave us the spot we're on now to use and so far we've been finding the peace and quiet, clean air, clear water, good views, far out animals and plants, etc., that we were looking for. We've got a 9' by 14' built our own anvels, 50 pounds of brown rice, beans and fishing pole. Cook out the camp fire, rain or otherwise, bake bread. Made soybean coffee - you know the whole trip. We collect our mail at a commune 15 miles away about once every 3 weeks unless one of them there stops over for a swim in the river or some trout fishing.... B & N

Dear Friends, I had the pleasure of learning about you and your project at a recent Libertarian meeting at ... University. I was astonished to discover that there are actually some Libertarians who are basically where I'm at present. It seems I was always anticipating new trends in the movement. At age 11 I was saying some of the basic things that the objectivists teach long before I heard about Ayn Rand .... Following this, I was one of the first libertarians to get into Max Stirner, and following that I combined Stirnerite and Randite ideas into an ideology which I called "apoliticism".... Actually, I practiced it on a sense-of-life level long ago. When my parents got a typical divorce when I was quite young, my mother, brothers and sisters and myself were thrown into a situation in which we had to live with the whole "clan" on my mother's side of the family. Needless to say, it was quite unbearable for a rational person like myself to live with a bunch of hysterical Yankees ... so ... I proceeded to live the Retrosatist life. When things got bad I'd hand-tail it to the forest for a week or so and live off the land on foods like dandelion roots and greens, banana fern, wintergreen, boiled acorns etc. (sometimes I'd cheat and bring some canned food along). This worked well, except for the fact that certain members of the clan would call the pigs periodically, but I was just a kid then so they didn't do much. Anyway ... it saved my sanity. N. Mass.



This is mostly a reply to Mitchell Jones. Reference VL8 p5-6, VL5 p5-6, and VL6 pp.)

**SCENARIOS: To Dave:** Any show of national chauvinism was contrary to my attitudes. I limited my discussion to Soviet-first-strike scenarios because they entail the most missiles landing in North America. A first strike by U.S. bludg is also possible. The U.S. government is so far the only government which has actually used nuclear weapons -- and used them for deliberate mass murder of civilians. Hiroshima and Nagasaki were not military targets. Furthermore the Japanese government had already offered unconditional surrender. (U.S. military commanders had been ordered to refuse all surrender offers until the top bludg could 'test' their pet weapon against human targets.) **To Mitchell Jones:** How much evidence do you have that Brezhnev's self-image is solely that of tyrant/thug? May not he also think of himself as 'benefactor of the Soviet people' or something? **P** Surprise, all-out nuclear attack within (now) 1 1/2 years may be the most likely SINGLE sequence of events. But I am not convinced it is SEVERAL TIMES as likely as ALL other possibilities COMBINED, which would be necessary before I would disregard other possibilities. I am not urging preparation for any PARTICULAR alternative but rather for a range of possible futures. **P** The 'lob over a few missiles' scenario is not one I suggested.

**POST-ATTACK TRAVEL:** The feudalism of the middle ages developed as a result of gradual social disintegration lasting for centuries. A nuclear war is not a "like cause" and effects may not be similar. But you have convinced me. I now agree that the hazards of traveling more than a few miles after an attack are likely to outweigh possible benefits.

**REFUGEES:** A hypothetical 'typical' resident of Los Angeles spends some winter weekends in the desert, goes to nearby mountains in Summer, and occasionally visits an aunt and uncle in a small town of the Sacramento/San Joaquin Valley. So what will he do if he gets warning of an impending attack? Most likely nothing except watch the boob tube. If he is exceptionally concerned he buys some canned goods and improvises a shelter in an interior room of his home. **P** If the scare lasts several days, the supermarkets get cleaned out. This happened in Los Angeles during the Cuban missile crisis of the early 1960s. A friend and I evacuated as far as a motel in Bakersfield, which wasn't considered a likely target (then, anyway). Rayo then did; highway traffic was normal. **P** However, let's assume this person leaves. Where does he go? Most likely he forgets the desert and mountains and heads for his aunt and uncle (or friend, or parents of a friend, etc) in a rural area, which is probably the wisest thing he can do at that point in time. If he can't get there or gets turned away he looks for some kind of shelter around or on the way there. **P** But all this presumes a warning of at least several hours, more likely several days. You are assuming a surprise attack -- 15 minutes warning at most. With your scenario, 90% of more of the residents of Los Angeles, San Francisco, Seattle, and other large cities are soon dead or disabled. Most of the rest will be occupied with the immediate problems: caring for family members who are injured; trying to locate family members who were away at work or school; jerry-rigging fallout protection; repairing their homes. This was the aftermath of World War II air raids, judging from books I have read. And some of the raids of that war, like the Hamburg firestorm, inflicted damage approaching that of nuclear weapons. **P** But some of the survivors will flee. Also, residents of small cities not hit in the first strike may fear follow-up raids. Around Siskiyou there is Klamath Falls, Redding, Eureka, and possibly Coos Bay, Medford and Grants Pass -- about 400,000 people total in an area of 100,000 square miles, not a high population density. Most of these people will stay at home and concern themselves with food and shelter. Many of them 'own' their homes (more than in larger cities) and have economic and psycho investments which will hold them. Easier for them to argue 'it won't happen here'. Of the minority who do move out, again, most will go to smaller towns or farming areas, where there is the food and shelter they are familiar with. Few will be attracted to wilderness, which is regarded as rather barren by most local non-vonnans (corrected, for them). **P** But let's suppose that, for unknown reasons, the majority of metropolitan Californians survive the attack and need for the interior of the Siskiyou region. (The small population of Portland is surrounded by farming areas and forest mountains.) How many will arrive? Wilderness areas I am not speaking of are 50 miles or more from Redding or Eureka; hundreds of miles from San Francisco and Los Angeles. So it is vehicle travel mostly we are concerned with. There are two main highways and about three secondary routes entering Siskiyou region from high-population regions to the south. All are two lane, at least in stretches. All go through small towns and mountain passes. How much traffic will flow? Under post-attack conditions at least some will likely be blocked by accidents and disabled vehicles, or commandeered by the military. And gasoline will be quickly sold out or rationed for emergency use by local authorities. But even in the unlikely event that all highways remain open and gasoline remains available for 12 hours, a flow of ten vehicles per minute carrying 6 people each, on each of five roads, will bring 216,000 refugees into the Siskiyou region. About 200,000 people already live within it (discounting 'border' towns such as Eugene and Redding) so population will double. **P** Where would these refugees live? Most likely in motels, resorts and 'private' homes (the last, perhaps, under orders of bludg. There might be some tent/camper/shack communities. But almost all of these people will go to, or be directed to populated areas -- Medford (if not attacked), Grants Pass, Yreka, Weed, Crescent City, Roseburg, etc., and surrounding farms -- because it is here they can obtain the shelter and food they are accustomed to. These towns are many miles from areas of interest to us -- beyond ordinary hiking distance. **P** Siskiyou region is not normally a food-surplus area. The main industry is timber. But a fair amount of livestock is raised. And most animal feed would be diverted to human consumption, which greatly increases the efficiency of its end use. So I don't expect a famine -- here anyway. But meat would be very scarce after a few weeks. So the few mountain people who already hunt would hunt a few weeks. On the other hand, the larger number of hunters who now come from towns would not have the gasoline to travel. So fewer, and now more people are likely in the woods. **P** I agree that refugees can pose a threat. But it is to people living close to routes leading out of large cities, not where we are. **P** So far I have assumed your scenario of attack, more or less. But I have not found any likely alternative which would bring refugees in such numbers they "swarm over you like locusts". How about a limited first strike against predominantly military targets, such as we have discussed in previous issues? This would bring more refugees

than an all-out attack. But with limited gasoline and other travel problems, influx of as many as 200,000 is still unlikely. Might there be a several-days advance warning? This is unlikely from the Soviets for it would reduce the destructiveness of their attack or invite a pre-emptive strike. U.S. bludg are unlikely to sound an alarm (assuming they have intelligence data) for the psycho reasons you have analyzed. And masses are unlikely to relocate on their own initiative. But if there should be a large-scale evacuation of 'non-essential personnel', most will be to larger rural areas where there is more food and shelter. **P** What happened during World War II where there was serial bombardment of cities? Many evacuated to small towns and non-industrial cities, which were swollen to several times their normal population. I haven't read of large numbers taking to the woods. **P** How about occupation by foreign bludg? Might many people hide out in the mountains to escape atrocities, real or expected, or to wage guerrilla warfare? Most 'citizens' have been trained all their lives to obey -- obey -- obey. And it is much easier for them to keep obeying the somewhat different orders of somewhat different bludg than to drastically change their ways of living. Again World War II can be instructive. France, Russia, Germany and Japan all suffered occupations. How many took to the woods? **P** For any of the latter scenarios, the non-secret desert community you have suggested is undesirable. If there is mass evacuation you may be ordered to take in thousands of refugees -- people not of your selection, most of whom will be a drain on you. If you don't have shelter to accommodate them (in the opinion of the bludg), your 'excess' food hoards will be taken to feed them elsewhere. With a thousand people, existence of stores will not remain secret. Many of your people will be subject to conscription for 'emergency labor'. In event of occupation you will attract special attention.

**SKULKING IN SISKIYOU:** We expect a few people in these woods; there already are some. Most mind their own business pretty much. But some steal anything attractive they come upon, or otherwise try to cause trouble. **P** The skulking you envision is rarely feasible in brushy areas. The skulker cannot move without making noise -- rustling leaves, cracking twigs, or triggering bird alarms. Rarely does he reach a camp without being detected, even if there are no special sensing devices. The vonnans, forewarned, stand to hiding places, ambush and/or gathering spots. This is already 'stancore procedure' with us, not something we hope to be doing in a year or two, though very few people pass thru our area. Moving on unobvious trails, the vonnans can move quieter and faster than a stranger. The skulkers become the skulked. **P** The only time a skulker would have a chance is during heavy rains of Winter. Not even skulkers like to be out in such weather. But to cover this possibility we plan detection systems. **P** The skulking you fear is possible in relatively open woods also in windy areas and near large creeks where noise is masked, unless there are artificial detection devices.

**PROSPECTS:** Considering, further, a non-secret desert community: How many people exist who are (1) sufficiently competent to be an asset; (2) financially able to live most of the time where there are few employment possibilities; (3) willing to move to a desolate area SOLELY because they fear surprise nuclear attack? Such a community offers no defense against 'routine' pre-war coercion. For instance, children will be forced to attend local slave schools or else 'private' schools which 'meet State standards'. **P** One indication: How many people do you know of whom you would want, who are already prepared to the extent of having food reserves, having a snelter and regularly sleeping in it? A snelter involves only a relatively-small addition to one's present (conventional) life, not a big change. Yet few have and use them. Quitting employment and moving to an isolated community is a much bigger change. **P** And, as you realize, it is not enough to have a retreat for people who expect to stay in cities 'until things get bad'. To be viable at all the community must have hundreds of people there at all times. **P** Recruiting difficulties are compounded by the unsuitability of such a community for other than one restricted scenario. If there is anything you are not aware of and thus do not take into account -- if you are in psyching out foreign bludg, estimating their capabilities, estimating domestic conditions prior to an attack, estimating time remaining until an attack, estimating potential number of recruits, estimating bludg activity after an attack, etc., the non-secret community will be a poor haven. And all such uncertainty is an added deterrent to recruits. **P** In contrast our way of life is attractive under a wide range of conditions. We can cope with many possible disasters, not just one. But we also live productively and joyously in the here-and-now. Our way does represent a big change from 'conventional' living. **P** We do not know how many people will make such a change. We can survive and be happy without hundreds or even dozens. However, the desirability of our way, under a wide range of societal conditions, increases likelihood of good associations.

Len, Concerning your interest in VL #7 in vonn groups of the past: How about the Sasquatch (Yeti, Aominable Snowman)? Have been around for at least hundreds of years but nobody is even sure exactly what they look like or their living habits or where to find them. Have managed to avoid all while being searched for for years.

Some interesting techniques such as avoiding leaving tracks when know they're being followed, defeating in running streams or rivers -- attempt made to identify and track by droppings but can't find any. Of most interest maybe is that they're always on the move -- nearly always 'sighted' walking or running -- always moving. No permanent shelters -- always temporary -- probably just overnight in trees hollow or cave or? Also of possible interest to vonnans -- only way they are detected and/or followed is by tracks of feet and chance encounters which are infrequent considering the possible number of them... So if you leave no traces in areas you live and can remain unnoticed even in midst of many, chances are you won't be found. .... Don't tell nobody but nobody where you are -- not even a hint. Only takes time and one person knowing and eventually they'll have to move. A truly amazing and vonn 'people' and apparently their number is increasing even as more and more join the search. Don't just live in NW America and BC either. -- large population in Russia, East Europe. Sighted many different areas. Two books (pretty good actually) by John Green. 'Fear of the Sasquatch' (most recent), 'On the Track of the Sasquatch'. Books can be had from Gnomes Publishers, Box 93, Agassiz, BC. Canada for \$3 each. Another interesting note -- they don't use fire or make fire. To Paul. Instead of bow and arrow how 'bout crossbow. Berta's has 80 pound pull for \$35-\$40. Get lots of arrows and extra bow string or make. Could probably make crossbow too. I'm gonna get or make one -- think, would be more useful than bow and arrow. Silent, too. H & M, BC, Canada



THE UNBREAKABLE CIPHER, quoted, with some editing, from a recent thousand-page history of cryptanalysis, "the code breakers" by David Kahn 4/72.

...despite the most strenuous bangings and poundings of (US) counterintelligence, this cipher remained hermetically sealed against cryptanalysis. All three rings employed the then-standard Soviet espionage cipher. It achieved a triumph of encipherment, for it is a system that the spymasters of the Soviet Union rightly regarded as unbreakable.

It brought the old Hillist substitution to a peak of perfection. It merged the STRADDLING CHECKERBOARD with the ONE-TIME KEY.

It increased the efficiency of the checkerboard by specifically giving the high-frequency letters the single digits. (These were the eight most common letters, which in English they memorized by the rather ominous phrase "A SIN TO GO") However, the sequence of those letters played no part in the construction of the key alphabet.

For that construction, a keyword was selected. Clausen used SUBWAY. The encipherer wrote this out, followed by the rest of the alphabet in rows beneath it, with a full stop and a letter-number switch sign at the end. (Full stop = a period) (Letter-number switch sign = /)

Then the digits 0 to 7 were assigned to ASINOTER as they occurred vertically in columns from left to right.

Finally, the two-digit groups from 80 to 99 were assigned to the remaining letters and symbols, also vertically.

S	U	B	N	A	Y	
0	82	87	91	5	97	
C	D	E	F	G	H	
80	83	3	92	95	98	
I	J	K	L	M	N	
1	84	88	93	96	7	
O	P	Q	R	T	V	
2	85	89	4	6	99	
X	Z	.	/			
81	86	90	94			

(Any number of columns can be used. If the keyword was TUESDAY there would be seven columns.)

These equivalents can be placed into the more compact checkerboard if it is desired:

	0	1	2	3	4	5	6	7	8	9
8	S	I	O	E	R	A	T	N		
9	C	X	U	D	J	P	Z	B	K	Q
	.	M	F	L	/	G	N	Y	H	V

The encipherer next replaced his plaintext (the message) with his checkerboard equivalents. For numbers, he enciphered the switch sign (/), then repeated the digits twice, then enciphered the switch sign again to indicate a return to letters:

Message: M H E R E I S / 1 0 6 / D I V I S I O N  
Equivalents: 91 98 7 4 3 1 0 94 11 00 66-94 83 1 99 1 0 1 2 7

The next step enciphered this simple text by adding a numerical key-an operation called "closing". Clausen and Foote took their keynumbers directly from a common reference book with many tables, like the World Almanac, possession of which would not necessarily be suspicious. (Other methods of obtaining or generating keynumbers will be discussed later.) For example we use a fictitious group of numbers: 3134 5345 1718 3128 1195 1104 1824 769. These digits he wrote beneath the checkerboard encipherment and added them with "non-carrying addition" to produce the cipher:

Message: M H E R E I S / 1 0 6 / D I V I S I O N  
Equivalents: 91 98 3 4 3 1 0 9 4 1 1 0 0 6 6 9 4 8 3 1 9 9 1 0 1 2 7

Key Numbers: 3134 5345 1718 3128 1195 1104 1824 769

Cipher: 2 2 2 8 7 7 6 1 6 5 9 4 1 2 4 7 0 3 3 4 2 9 3 2 8 9 6 4

The encipherer divided this into groups of five, 22228 77616 59412 47033 42932 8964, with perhaps a 0 at the end to fill out the group. He then composed an indicator group to tell the decipherer where to find the keynumbers: 11 for the row, 3 for the column, 71 for the page. Putting this indicator group at the beginning of the cipher gives us the final enciphered message to be sent:

11371 22228 77616 59412 47033 42932 89640

#### DECIPHERMENT

Cipher: 2 2 2 8 7 7 6 1 6 5 9 4 1 2 4 7 0 3 3 4 2 9 3 2 8 9 6 4 0

Key Numbers: 3134 5345 1718 3128 1195 1104 1824 769

Subtraction:

9198343109, etc. In other words, 12-3-9, 2-1-1, 12-3-9, 12-4-8, 8-5-3, 7-3-4, 7-4-3, etc.

The following paragraphs show how to generate "One-Line-Pads", which were small booklets composed of tables of numbers, and these numbers were the keynumbers.

#### CHAIN ADDITION:

Many generating methods are possible. The simplest is chain addition. Successive digits of the printing key are added together and the sum tacked onto the end of the keynumber, forming part of it, and the process repeated with these digits. For example, with the printing key 3 9 6 4, 3 and 9 are 12, which is listed as 2, since all addition is non-carrying and tens digits are dropped; 9 and 6 are 5, and 6 and 4 are 0. These three figures join the key at its tail: 3964250. The process is then continued with 4 and 2, making 6, which is put on after the 0, with 2 and 5, making 7 which is put on after the 6, and so on: 3 9 6 4 2 5 0 6 7 5 6 3 2 1 .....

Chain addition systems are not unbreakable. However, the following system is unbreakable, when used in conjunction with the "straddling checkerboard" discussed earlier.

#### RANDOM NUMBERS GENERATED BY TYPISTS:

Interestingly, some pads seem to be produced by typists and not by machines. They show strike-overs and erasures--neither likely to be made by machines. More significant are statistical analyses of the digits. One such pad, for example, has seven times as many groups in which digits in the 1-to-5 group alternate with digits in the 6-to-0 group, like 18293, as a purely random arrangement would have. This suggests that the typist is striking alternately with his left hand (which would type the 1-to-5 group), and his right (which would type the 6-to-0 group). Again, instead of just half the groups beginning with a low number, which would be expected in a random selection, three quarters of them do, possibly because the typist is spacing with his right hand, then starting a new group with his left. Fewer doubles and triples appear than chance expects. Possibly the typists, ordered to type at random, sensed that some doubles and triples would occur in a random text but, misled by their consciousness, eliminated them. DESPITE THESE ANOMALIES, HOWEVER, THE DIGITS STILL SHOW FAR TOO LITTLE PATTERN TO MAKE CRYPTANALYSIS POSSIBLE.

So there we have it: the straddling checkerboard in order to put the letters into numbers, and the one-line-pad to make the final cipher completely random. THE UNBREAKABLE CIPHER.

Two years ago the Bank Secrecy Act sipped through Congress with almost no opposition and little fanfare. But now a swarm of critics, including the American Civil Liberties Union and the 158 member California Bankers Association, are unleashing a last minute attack on the law in federal court in San Francisco and in Congress with a hope of blocking at least part of the measure. Some of the provisions of the bill are: banks are required to microfilm the front and back of every check written by everybody, excluding payroll, dividend and similar large-scale operations. Banks would have to store these records for five years for possible perusal by investigators without notification to bank customers being investigated. Banks would have to obtain Social Security numbers of all persons opening checking accounts; keep records of all loans made to customers over \$5,000 (except for real estate), including the nature and purpose of the loan; record every request or instruction about the transfer of more than \$10,000 outside the U.S.; report any currency withdrawals or deposits by customers from their checking accounts exceeding \$10,000 (except routine business operations). Individuals planning to travel abroad with more than \$5000 in cash or travelers checks would be required to file a report with the federal government before traveling or risk being arrested on felony charge and forfeiting their cash. "This legislation, in effect, creates a financial dossier on nearly all Americans and may well contribute to the widespread feeling of alienation, paranoia and mistrust that seems to exist," contends Arthur R. Miller, professor of law at Harvard Law School and author of "The Assault on Privacy.".... 29 June 1972 "wall street journal" by way of "libertarian connection". thanks to the person who sent in a similar article. I thought this one was more complete. does anybody know of an alternate money system that does work? especially I would like a way to receive and send money through the mail without using checks or cash and which most people would accept.

...Presidential Orders(Executive) 19095 to 19098 are still on the books from an emergency situation a few yrs ago and provide for government take over of practically everything except the americans soul in the event of a national emergency. At the moment there are several bills before congress seeking to repeal the old reliable mining law of 1872.S-2727 would sock you up to 1000 a day for prospecting on public land without a license and the Sec.of Interior is proposing a bill to require a permit or license for all public land use..These things are going to hit you and I right where it hurts most..Locally we contend with a big brother helicopter that spots "squatters" in the river bottom areas and land within city limits but this is evidently only a forerunner of the goodies to follow..All over the west the Forest Service and B.L.M. have made life almost intolerable for the small farmer..It is now getting harder and harder to camp in a national park area without shelling some green over or packing you Golden Eagle passport stamps around like a good little sheep. Cant help wonder how long we will get in the national forests free?....

In any event W.L. is small enough to get away with a lot more of the hard truth or "how it is" if readers will open up...there does the gestapo lay his hand heaviest on you people in the East?...In the west here its Orange county just E. of LA. -like you get caught in the middle of the night in your psychedelic bus on some back road and you can fairly depend on having all your belongings in a pile on your floor and be headed to jail if everything isnt kosher and its getting worse all over.. even so I hope this all doesnt sound to negative I havent had to go out and hold down a regular job in years and the few rich people I keep tabs on dont have anymore free time or probably arent any less paranoid than I am ..like many other W.L. readers I suppose its all in keeping things simple...after all it is a very fascinating planet to live on -yes? Thanks to you who have written...and will try to cover answers etc in W.L.later. Oh yes there are dozens of little mimeo mags of limited circulation around..One which prints a lot of letters and covers very controversial ideas on scientific theory..which etc is "Meeting Places"(55¢) pobox 135, Storrs,Conn. 06268 - FY

Spent a marvelous 5-mo. period in Mexico living in my VW bus conversion. Had 4 1/2 wide stationary bed in the rear portion, behind driver was a small chest of drawers, then bench which concealed a Corbin toilet. Above bench I hung a plastic garment bag. Behind the passenger seat was a 25 lb.icebox (Coleman). On top of this was a 5 gal.water container/sink combination with drain running thru the floor. Icebox worked great for a week w/out replenishing ice. Closed container for ice had spigot for drinking water so melted ice was not wasted. Large 61 folding alum. table was placed outside the sliding door. One burner 61tiny Blount stove (gas) was used for cooking. Used indoors on occasion with windows opened. A second battery (95 amp.) with switch - 1 wk. w/out starting car. Trick w/lights is to use fluorescent, they use 1/4 or less current than incandescent. \$22 bought a Selecta-Volt (12/110) unit which is portable,built-in alum. rod sticks in ground outdoors or hang on a chain plugs into six different lights, (light switch bulb) produces equiv. of 100 watts. This six-light unit, (light switch Corbin, plastic-tipped coffee cans can be used as a portable john. All in all, a great rig. Problems were lighting, solved with the Selecta-Volt (tho 110 was not needed); lack of head-room - during good weather not much of a problem, but during bad weather, a pain in the neck. Most serious problem was keeping warm. Don't like sleeping bags. Sheets were quickly replaced by flannel sheets, which were cold & clammy, replaced by wool blankets (bought out Goodwill) choosing the softest for use next to the skin. On top was placed a Space Blanket. Great for reflecting body heat once you get used to the crinkly noise they make. I'd go to bed at 8 or 8:30 because of extreme cold. Mornings I'd wake with roof dripping wet from condensation. Rig should have been insulated. If headroom could be achieved with raised roof costing less than \$700 would recommend it. One can pay nothing or 50¢ a night for a night watchman (complete with gun and dog) on Mexican beaches. It's really public land. Also \$5-\$10 a month leases can be obtained. Paid \$10 for a lot on 10-yr. lease with fantastic view of ocean. Planned to build a small house in this community of week-end Americans (about 100 houses complete with outdoor johns). Went through a lot of changes about ownership of land & decided against it. Weekly trips were made back across the border, to shop, buy ice, pick up mail at post office box, etc. Suggest you rent a post office box while you still have a permanent address. They insist on one & apparently verify it, but you could prob. use friend's. Could be useful for picking up welfare check, unemployment check, remittance money or whatever.

Sold my rig to spend two years working and bunning my way around the world. Promised myself I'd stay in the Establishment 2 yrs. on my return to save \$\$\$ to drop out again. Now, amazingly, I've found a job I like (rare indeed) but still resent a 10-wk. week. However, can have 1 mo. leave time for ea. 6 mos. employment, so plan to use this to the maximum. Will in a few mos. move into a motor home, try to live on the streets while working. Friend lived in his pickup camper successfully in Oakland 8 months-only hassled once when he stayed about 2 wks. in 1 spot. There's an overnite ban in San Francisco so will have to be real cool. Will stay only 2 nights in a location. Know this sounds like a compromise but seems very workable for a couple years. Meanwhile will try to find a way to free-lance so I can cut the cord with the Estab. Peace, the Gypsy



how to live and let live, out of sight  
and mind of those unwilling to let live  
by people who are doing it

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Haelan Hygeia, Jeffrey, Lysander, Pierre,  
Rayo, WJP, et al. © 1973, Mike Freeman.  
Special handbook issue, March, 1973.



## NOTE TO MAIL-ORDER BUYERS

To save time, this copy was probably sent to you by whoever picked up the mail. Any other business, such as answering questions, forwarding letters or sending VONULINK must wait until your letter reaches the editor, who is usually off in the mountains. So please allow a couple of months.

You may have answered an old ad which says "3 issues for \$1". That was for old newsletter-size issues. This book contains more than three of the old issues. However if you answered such an ad (to a 975XX address) and aren't satisfied, return this postpaid in resalable condition and I will substitute three small issues.

There are still older listings (for PRE-INFORM, which was VONULIFE's predecessor) saying, "4 issues for \$2". If you sent \$2 you will also be sent back issues 7 through 9 if your order comes early in 1973, or the 1974 issue when published if your order comes later. Sorry for the complications and delays. Lan

## ABOUT THE SMALL PRINT

Yes, it's difficult reading. But this way I pack many words and illustrations (more than in two average novels) into this slim book. I save on printing and postage and pass the savings on. (Printed like an ordinary book this would cost \$5 or more.) Also this conserves paper — and trees. (Funny about those magazines which preach about ecology — and use big type, heavy paper, wide margins and space-filling decorations.)

Also this is a convenience for readers who move around or don't have much storage space. For easiest reading I suggest: plenty of light; dimmable reading glasses or a big hand lens; reading only one article at a day.

## WHAT IS VONU? AN INTRODUCTION

'Vonu' means relative physical invulnerability to coercion. 'Vonu' (rhymes with so-mew) is a contraction of VOLuntary and NOT vulnerable. 'Vonu' is somewhat like 'freedom' or 'security'. But those words mean many different things to different people. Rather than argue about what those words ought to mean, I speak of 'vonu'.

'Coercion' includes murder, mayhem, slavery, robbery, rape, extortion, pollution — any physical interference with the peaceful activities of another — whether by individuals or organizations. Coercion — especially institutionalized forms such as war, regimentation and taxes — is one of the major problems of mankind. Practically all past attempts at solution have been top-down efforts to change 'society as a whole'. Since the days of Babylon there have been countless attempts to reform governments, take over governments, destroy governments, and manipulate public opinion. At most such efforts bring temporary relief. Usually they have little effect. Often they make matters worse. VONULIFE represents a different approach to the problem. VONULIFE does not waste space scolding government officials or proclaiming how society ought to be. VONULIFE speaks to you as an individual or small group and suggests ways YOU can avoid exploiting and being exploited. As you reduce your vulnerability not only do you help yourself; indirectly you also help others by decreasing support of criminal institutions. Vonu is not necessarily only for a few; vonu will expand as far as there are people willing to do.

A vonuon is a person who has achieved relative invulnerability to coercion. There are many kinds. Some live in wilderness where outsiders rarely go. Others live under the earth. Others move from place to place — living in vans, campers, buses, boats or tents. Some have been vonu for ages — peoples such as gypsies, mountaineers, hobos, Seminoles. Others are recent refugees from the dying cities. This issue describes some of the equipment and techniques used. It is

not a complete guide. Some topics are covered little or not at all. In future issues I hope you will add your knowledge to what is here. The people who have written VONULIFE are people who live it. As I write this I am on a secluded mountainside, amongst trees and bushes. The sky is mostly blue and the sun is shining, after a day of rain. Thanks to Rayo, Haelan, Al Fry, Dorby Anderson, Lyndner, Eldorado, WJP, John and others for helping research, write, edit and type this. Put together by Lan — March, 1973.



**ECOLOGY → VONU:** To be relatively safe from coercion I must live in harmony with nature. I must disturb the environment less than does a deer or bear or porcupine — else I will draw the attention of two-legged beasts. Our shelters are small and low. They blend with the trees, bushes and rocks. I cut few trees and those I cut are dead, or crowded and dying. I use fire sparingly — only for cooking and crafts, not heating. I kill only to eat or in self defense, and usually eat what I kill. Around camp I often wear moccasins and mukluks, or walk on rocks to minimize erosion and tracks. Any gardening is in small patches and grow-holes, scattered in natural openings.

**TECHNOLOGY → VONU:** In some ways vonuons — wilderness-vonuons at least — are like the people who lived on this continent 4000 years ago. But I am not hostile to technology. On the contrary, advanced technology makes vonu attractive. Limited to the materials and methods of 4000 years ago, most of my energies would be spent securing food and protecting myself from the elements. I would have neither time nor tools to protect myself from organized predators. I would be less successful than were American Indians, who had generations of experience and faced more crudely equipped aggressors. This doesn't mean I shun 'primitive' methods either. I happily blend techniques of all ages to live most freely and effectively. Usually I use native materials for basic structures and large furnishings; manufactured items for light and mobile accessories.

**TECHNOLOGY → ECOLOGY:** Technology of the early industrial era was cumbersome. Manufacturing was most efficiently performed by throngs of people and big machines crowded together in huge factories. Products were big, consuming large amounts of raw materials. Big railroads and trucks were needed to haul ores to smelters and products to consumers. Mountains of wastes and lakes of pollutants were generated. Early-industrial technology was not very compatible with vonu nor with a clean environment. But bigness usually indicates crudeness. Trends are now the other way. The newer, more-sophisticated products are smaller. Compare a transistor radio with an old vacuum-tube set; a cassette recorder with a player piano; a box of microfiche cards with a library of books; freeze-dried foods with canned foods; a desk-top computer with an office full of clerks. As products grow smaller and more efficient, less raw materials, space, power and transport are needed. And less waste is generated. Better communication replaces physical concentration. Factories, offices and stores are beginning to decentralize with electronic links replacing the routine face-to-face contacts.

**VONU → PEACE:** Advanced technology makes vonu attractive; contemporary weaponry and coercive institutions make vonu imperative. In earlier times government provided order if not freedom and defense if not peace. But now, when

nuclear and bacteriological weapons can be rocketed or smuggled to any city on earth, central governments are as obsolete as moats and parapets. The contemporary State is not only incapable of protecting 'its citizens' from outside aggressors; it has become the biggest aggressor with its endless taxes, conscriptions and interferences. The State provides 'justice' by mass terror, 'freedom' by mass servitude, and 'defense' by mass murder. Just as the State is obsolete as a means of defense against foreign governments and private criminals, so politics are obsolete as a means of defense against the State. Political 'reform', 'revolution' or 're-education' of most changes rulers and slogans; it does not bring enduring freedom. In a community of a few hundred, democratic procedures can be helpful; in a nation of millions they are only placebos.

Defense, like industry, commerce and agriculture, must be decentralized. Individuals and small groups must provide their own. It is too early to say which forms of vonu will prove most effective — how many will live in wilderness, or underground, or on the move, or in ways I can't even imagine. But I think the emphasis will be on concealment/deception/mobility, not intimidation. I believe I can be relatively safe and free only by being invisible or inconspicuous, not by pointing missiles at everyone else on earth.

**VONU → ECOLOGY:** Pollution and exhaustion of resources is caused not by too many people, so much as by too many people all forced to live the same way. The earth supports a vast quantity of life so long as that life is diverse — lives in different habitats, eats different foods, defends itself in different ways. Organisms tend to diversify because there are advantages to diversity — that is why there are so many different forms of life on earth. Similarly humans diversify when able to exercise their preferences — consider the variety of peoples in North America 500 years ago — all descended from just a few bands of immigrants. The relative sameness of humans today is due in large part to coercive institutions of the recent past. Just as a one-crop farmer depends on uniformity of plants, so an authoritarian system depends on uniformity of people. A State can control only to the extent that people act and react in similar ways. It is no accident that the strongest motive for compulsory law supported schools in the U.S. a century ago when they were imposed, was not better education (literacy was already substantial and fast rising) but destruction of minority cultures through forced association and indoctrination of children. So big, coercive government, like one-crop farming, is inherently bad ecology. Free 'non-conforming' people, like diverse natural vegetation, are part of the earth.

## 16 'WAYS TO LIVE FREER' A CRITICAL EVALUATION

by Rayo

Here are brief critiques of various methods for increasing vonu or liberty, including some approaches often touted as liberating which usually aren't. Use these to stimulate your own brainstorming and study.

not worthwhile  
**JOIN A MOVEMENT.** There are countless political and propaganda organizations — 'left', 'right', and bottom center — which claim to be promoting peace, freedom, security, conservation, etc., and solicit donations of money and time. There isn't space here to thoroughly analyze movementism, but I will point out the most obvious faults. A political movement seeks to change 'society' as a whole rather than help people as individuals. Consequently incentives are weak, except maybe for a few organizers at the top. One will share in the benefits, if any, whether or not he joins. So why join? Relatively few do. Very few remain active for long. Movements use manipulative or coercive means — they must if they are to 'move the masses' who have little incentive. And it is the means

employed, not the intentions or rhetoric of the founders, which determine the ends achieved.

Movements lack constructive feedback. When someone tries to repair a truck (for example) he learns whether or not he did it properly from the truck's performance or customer's satisfaction. But in a 'crusade' to 'improve society' there is no way of learning the real effects of one's own efforts — 'society' may be getting 'better' or 'worse' for unrelated reasons. Often there isn't even an adequate way of learning what is an improvement — what helps some may hurt others. A crusader can only try to impose ER ideas of what is better on others. And the longer-range the movement the poorer the feedback. Someone campaigning to repeal a specific law (for example) can at least count votes in a legislature to gauge effectiveness. Whereas on an 'educationalist' movement which hopes to 'improve' the attitudes of future generations gropes blindly. Movements bring out the worst in people. Eric Hoffer, in his book *THE TRUE BELIEVER*, hypothesized that movements attract incompetent neurotics who are trying to 'escape' from their unwanted selves. More important, I think, movements turn competent people into incompetents by encouraging them to neglect their own affairs. To 'compensate' for inadequacies they seek power over others. Not

surprisingly, movements have a dismal record. They are begun by well-meaning dedicated people but usually bring regimentation and destruction. Current U.S. problems — war, taxes, pollution, inflation, unemployment, coercive schooling, drug laws — are largely the fruits of 'noble crusades' of past generations. For example, 'pure food and drug' laws were enacted to protect consumers from unhealthy food and treatments. Their main effect has been to deny people the options of legally obtaining raw milk, raw sugar, fresh (locally butchered) meat, and medicines not approved by the AMA. It is

the broad, long-range movements which have been the most harmful. Both Bolshevism in Russia and Nazism in Germany began as social betterment movements. In the U.S., the 'liberal' movement, originally for helping the poor, brought withholding taxes, 'urban renewal' and the Vietnam War. The 'conservative' movement, originally for less government interference, brings no-knock laws, wage and price controls, and S.S. registration of six-year-olds. To blame such results on bad leaders or imperfections of ideology is to miss seeing the forest for the trees. Politics, whether conducted by outright violence or by symbolic forms of civil war such as elections, lobbying and propaganda, is a contest of coercion and manipulation — the most coercive/manipulative people naturally rise to the top. As for ideological errors: ALL new creations contain errors. With inventions, works of art and other personal endeavors, there is constructive feedback — flaws are identified and eliminated as development proceeds. With movements, in contrast, errors snowball — authoritarian ideas drive out peaceful ideas — ideology is 'reinterpreted' to justify exploitation and regimentation.

Short-range campaigns for repeal of specific coercive laws are less apt to run amok. But even these are of doubtful worth. Prohibition of alcohol was repealed only after it became unenforceable. Repeal merely replaced, in part, home-brewing and free enterprise (moonshining) with heavy taxes and regulations. But, assuming that repeal was nevertheless desirable, a crusade is unnecessary. So long as a law is enforceable, repeal is unlikely; when it becomes unenforceable, the bludge themselves will end it — e.g., the draft. The best way to reduce coercion is to develop techniques which render it 'unprofitable'. Movementism cashes in on guilt — uneamed as well as earned. Anyone who contributes to murder and slavery by paying taxes has reason to feel uneasy. The cure is not writing angry letters or joining a demonstration but discovering ways to avoid or reduce taxes. To the degree that one steps out of the



oppressive society, does or own things and doesn't harm others, it has no grounds for guilt. In view of movement's records, it is the manipulators who head most political organizations who have the most reason to search their souls. This is not a condemnation of everyone involved with movements. Many show integrity and courage that is commendable. But their energies are mispent. Nor is this a rejection of theory or education. It is a rejection of 'theory' which doesn't relate to practice (which is mysticism) and 'education' which doesn't teach useful arts (which is preaching).

The question to ask about any endeavor is: Does it fill real needs of flesh-and-blood people as individuals? Or is it aimed at unreal groups — 'society', 'humanity', 'nation', or 'race'? Someone who solicits donations to 'fight' cancer, 'fight' pollution, or 'fight' taxes turns me off. Someone able to tell me how I can better prevent cancer, clean up my environment, or reduce my taxes gets my attention.

probably not worthwhile  
SEE A THERAPIST. If you are unhappy, you will be told by most psychiatrists, ministers, counselors, and relatives that YOU are at fault, and that it is up to you to change — 'adjust' to society.

Instead 'adjust' society to you by changing your pattern of interactions with it. Some of your supposed faults may prove to be assets once you are in freer surroundings. Others result from continuous exposure to a sick culture and will resolve themselves as you reduce your involvement. Beware of religions, cults and psychotherapy groups which offer 'mental freedom' and claim that it is separable from and more important than 'physical freedom'. Such 'freedom' can be achieved only by numbing oneself — reducing awareness and sensitivity to the outside world — focusing instead on myths, rituals and goals set forth by leaders of the faith.

In a sense almost everyone has a free mind (exceptions being inmates of 'mental hospitals' undergoing shock treatments, etc.). It is freedom for my body with which I am concerned. This is not a blanket condemnation of all forms of therapy. Some may be helpful for some conditions. But therapy is not a substitute for physical security.

probably not worthwhile  
BUY A FARM. Commercial agriculture is not a freedom way to earn money. Farmers are as harassed by Big Brother as are urban workers. Some have been fined out of business for growing grain on their 'own' land to feed to their 'own' livestock.

Most 'back-to-the-land' people don't expect to earn money farming, only raise some of their own food. But even as a place to live, a farm or small-town is rarely desirable. True, one is more likely to survive a nuclear war than in a big city. But day-to-day coercion is greater; there isn't the anonymity of the city. For example, many a city-dweller has allowed or children to remain out of coercive schools for months — sometimes for years without being hassled. Whereas in the country word soon reaches the authorities. One family wrote: "We have owned a beautiful homestead and found that 'five acres and independence' is largely a myth under present-day pressures. Our taxes were increased 140% in one year, and ironic as it is, my husband was put in jail that same year because we wanted to educate our children at home." If, nevertheless, you yearn for a farm, I suggest: (1) Try it for at least a year before buying, by caretaking, share-cropping, renting, or hiring out. (See "Situations and Positions" in THE MOTHER EARTH NEWS.) (2) Locate in an area where there are already many people of your sub-culture — freck if you are freck, conservative if you are conservative, etc. A large flow of seasonal transients is helpful for anonymity. Some areas of the Sixtiyou region have quite a few alternate-culture residents the year around plus a large Summer influx. Soil and climate are poor for most commercial farming but adequate for small-scale gardening.

worth consideration by a few  
LIVE OFF THE LAND. This may sound like the ultimate in vonu. Leave behind all the clutter of 'civilization' except maybe a jack-knife and trip lightly thru the woods — dining on berries and nuts. Half-truth:

"Over 90% of wild plants are edible." Elaboration: While relatively few plants are actually poisonous, only a few portions of a few plants are particularly nutritious — some seeds, berries, nuts, a few roots. These mature only at certain times of the year. And they are avidly sought by many little animals, birds and insects. When hiking I nibble almost continuously on various conifer needles, grasses and berries. And I undoubtedly obtain vitamins, minerals and roughage this way. But I always return to camp with a hearty appetite.

Half-truth: "I lived completely off the land for a week during a survival course." Elaboration: Most likely you lived mostly off your fat — the bugs and berries were only hard d'euvres. Most people out of the slab society have at least 15 pounds of fat, which will fuel one for two weeks to a month, depending on activity. Haelan has fasted (for therapeutic reasons) for a month — embibing only water. She was active and vigorous for much of that time. Half-truth: "Some city people have moved to the woods and lived off the land." Elaboration: The ones we know of write mostly about the wild foods they get, but also consume large quantities of wheat, corn, beans, rice, and other staples.

Some Indian tribes lived exclusively by hunting and foraging. They had generations of experience learning not only what was edible, but where to find, when and how to gather, and how to prepare and preserve. Most of their waking hours were spent obtaining and preparing foods.

Half-truth: "The only way to be really vonu is to be completely self-sufficient, if you need anything at all from that society you are vulnerable." Elaboration: The more self-sufficient one is the more vonu one is, OTHER THINGS BEING EQUAL. But other things often are not equal. Vonu is costly; for example, a concealed shelter takes longer to build than does a conventional shack of the same size. If one must spend most time foraging, one won't have time to develop vonu.

In conflicts between American Indians and government soldiers during the 19th century, the Indians were usually more skillful and often better armed (due to the army ordinance bureaucracy). The Indians won many battles but lost extended campaigns because they had to take time out to obtain food (or starve); the soldiers had outside sources of supply. Today there are tribes in the Amazon Basin who are completely self-sufficient yet very vulnerable.

Haelan and I have eaten a great variety of wild foods — dozens of different kinds of berries and greens, porcupines, rattlesnakes, squirrels, rats, mice, grasshoppers, and ocrans. Yet after three years 'in the woods' only 20% of the food we eat is wild, figuring raw weights; only about 5% counting calories. On the other hand we have devoted relatively little time to foraging — we consider shelter development more important. As we gain experience and have more time we expect to forage more. We have available more processing and storing techniques than did the Indians (the some of these use materials out of the other society). Eventually we believe we can obtain most food thru foraging plus small-patch horticulture. A few people already have decades of experience and do much better. A few others are exceptionally talented and learn faster than we or are in unusually lush areas. But to anyone new to wilderness-vonu I recommend a big grub stake plus a way to get more supplies.

worth consideration by a few  
GET A HORSE AND WAGON. This conjures up romantic images — perhaps of American settlers moving west — perhaps of gypsy caravans in Europe. Unlike a motorcycle, a horse feeds itself, largely

maintains itself, and sometimes even produces a replacement. A horse and wagon can travel legally on many rural roads if they stay on the shoulder. Contrary points: The less time one spends on the road the safer one is. I once towed an unlicensed, oversize trailer a thousand miles with an automobile without being hassled once, by choosing my route carefully and traveling mostly at night. I doubt if anyone has moved a thousand miles with horse (or bicycle) on roads in present day North America without being questioned by bludge. One is safest on the road when traveling at the same speed as other traffic. A motorvehicle needs little care when not in use; an animal is a continuing responsibility. In forest or brushland, a horse or even a burro is largely limited to prepared trails — it can't get to places a human on foot can.

A horse is easily followed by hoof prints and droppings. When being worked a horse needs supplemental feed, just like a human does, unless there is exceptionally rich grazing. A human can pack a larger load, in proportion to body weight, than can a horse. Horses eat small trees and churn trails into foot-deep mud, and so are usually more objectionable to 'land owners' than are jeeps or motorbikes.

Nevertheless, a horse (or mule or burro) may be worth consideration by someone who is already very experienced with horses, and lives either where there is miles of open country (parts of the southwest) or where there are many parallel farm roads (parts of the midwest and south).

worth consideration by a few  
EMMIGRATE. A permanent move to another country may be worthwhile for someone who has a special legal problem in the country where he lives but not elsewhere — e.g., someone coming of draft age in the U.S. But emigration doesn't offer a high degree of liberty. All major countries have repressive governments — less so than the U.S. in some ways, even worse in others. Large English-speaking countries include Canada, England, Australia, New Zealand and Rhodesia. The latter three are in the Southern Hemisphere and may receive less fallout in event of nuclear war. Legal immigration involves much red tape. Some people just enter as visitors, then develop 'phony' ID. Regardless of how one enters, having friends in a country who 'know the ropes' is recommended. Some smaller countries offer interesting legal interstices but few job opportunities and little anonymity. English-speaking places include Bahama, Bermuda, British Honduras, Channel Islands, Grand Cayman. Such spots may be useful to one who is internationally mobile (further on).

worth consideration by a few  
TRY TO START A NEW NATION. Probably quite a few will be started during the next 50 years (many have started during the past 30 years). And some of these will have interesting features. But this is not a worthwhile activity for most people. New countries are most apt to be founded by (1) regional rulers who manage to secede from larger states; (2) large multinational corporations with millions of dollars of speculative capital (the formal rulers may be local 'puppets'). Trying to pool the capital and energies of a large number of small investors is unwieldy; it gives rise to the same problems which infest movements of all kinds — corruption and power-struggles.

The chances of any particular venture succeeding are small, tho the potential payoff if it does is correspondingly large. Success or failure will likely hinge on unpredictable circumstances. Even a project which succeeds commercially may not offer much liberty (Freepart, Bahama, for example). And how much liberty it offers may, again, depend more on happenstance than the ideology of its founders. A small

new nation must be on friendly terms with most other governments if it is to have foreign trade and visitors, which it must have to survive. Principles will be compromised. There may be opportunities right now for people with such skills as oceanic construction, small-boat operation, dealing with foreign bureaucrats, etc. The livest new-free-country venture at the moment is that of Minerva which can be reached by writing to International Maritime Legal Research, Station E Box 4022, 1723 Broadway, Toledo, Ohio 43609.

The wisest course for someone who doesn't have any special skill but who would like to move to a new, free country if any materialize, is to keep self and savings internationally mobile (topic further on). At one time I believed that oceanic free-states on artificial islands were the wave of the future. I now think that the same opportunities can be realized more easily, economically and vonu if less dramatically on continents. Hiding is easier on or under land than ocean. An artificial island is a conspicuous target, unlike a dispersed group of wilderness-vonans who associate mostly thru undetectable radio links. I expect formal claims to territory will become less, and less important as the ability of any organization to control or defend large amounts of territory declines.

worth consideration  
COMPARTMENTALIZE YOUR LIFE. Conform outwardly while doing your own things in private. The best place for this is a large city where there are millions of people, and people are less observant and curious than in small towns and farming areas. Compartmentalization probably includes rented living quarters separate from mailing address and from legal home (ID) address. An adept may sleep, work, bank and play under different identities.

Many people cannot for long withstand the psycho pressures of such a life — a sense of alienation in an often culture of hostile values — the need to keep up a false front much of the time. One tends to become what one pretends to be. One doesn't have a secure place to do one's own things. A house or apartment is subject to inspection by landlord or police.

Such a life offers no protection in event of nuclear war. I'm not predicting apocalypses; it MIGHT happen this year, then again maybe not for 10 or 20 years. But on attack will probably come without warning — the weapons exist. So living in a target area is like playing Russian Roulette once a year. Cities also have smog and noise on one hand, and the availability of a great variety of products and services on the other. Despite the hazards, living this way for a short time may be advantageous for someone who already knows the city and wishes to accumulate savings.

worth consideration  
LIVE IN A 'GHETTO'. One way to reduce psycho pressures while remaining in the city is to gather together with fellow non-conformists. One loses anonymity with respect to the larger culture as one develops subculture speech, customs, mannerisms and dress. But one becomes a relatively-indistinguishable member of a subculture, requiring an aggressor to attack everyone or no one. "All (Chinese, Niggers, Hippies,...) look alike." This doesn't always stop aggressors — e.g., Jews in Germany and Japanese in U.S. during World War II. But this may be a fairly pleasant way to live between pogroms. Someone wrote in VONULIFE #9: "I find the radical community to be very congenial. I find most of these folks tolerant, voluntaristic, very anti-state, and usually quite reasonable — not the dirty, irrational, hippie stereotype you get from straight newspapers.... I work as coordinator of a food co-op, live in a collective, socialize with radicals, so I live 90% of my time in an anarchist society. I know there is a different fascist society out there somewhere, but I have very little contact with it. "Radical people tend to be very cool about allies,



You can become known in a radical community by any name you choose. You could wind up living in a house where no one knew or cared what your 'real' name was. And if you're underground, say because you are dodging the draft, your roommates would probably be willing to cover to keep even your presence in the house largely unknown. One is still threatened by nuclear attack and other hazards of the city. But for someone who can find a compatible, already-established group without much effort, this life is probably more satisfactory than living alone in a city.

#### worth consideration

**BUILD A SECRET CELLAR** beneath a cabin or garage on 'owned' or leased land. Entrance to the basement is from within the covering structure. Traffic appears to be to and from that structure, so trails can be made and vehicles driven to the site without arousing suspicion. This conventional building material and techniques can be used, which makes construction easier than is the case for a completely hidden shelter. Such a cellar may be used only as a bomb shelter and for keeping a part of one's home or shop out of sight. But with good soundproofing and insulation, self-contained utilities, and careful access, what appears to be only a weekend/vacation cabin could become a full-time home. One person at a time could commute weekly to city work, using a vehicle with few windows, so that apparent travel is consistent with weekend-only use. Possible drawbacks: Keeping it secret during construction is difficult. Drainage and dampness may be problems as in all underground structures. It will be complex and costly, especially if equipped for surreptitious full-time use. It is immobile and may not be saleable for full cost should one move. It necessitates considerable involvement with that society — 'owning' land, permit to build the covering structure. The covering structure draws attention to the site, which is thus more apt to be closely scrutinized than an area where no structure is known to exist. Nevertheless this may be an attractive way for someone with plenty of money who is committed to an otherwise-conventional way of living.

#### worth consideration

**FIND AN ABANDONED SHACK** in the woods. In some areas there are quite a few, tho' on 'public lands' the forest bludge burn them when they find them. Some already have stoves and other furnishings. Drawbacks: Most such shacks were not built with you in mind so they are easy for others to find. Repairing may be as much labor as erecting a plastic tent. Insulation may be no greater than that provided by a tent.

#### worth consideration

**GET A BOAT.** "Life in a small boat, with the simplest food and clothes, is indeed free and easy. Go where and when you please. You have a sturdy, simple, not too expensive, not too easily damaged boat you can leave tied places while you make side trips. Anchor among islands and eat fish. Tie up at a big city dock for \$20 or so a month and water, electricity and garbage disposal is free. Stay along a river and grow a garden in the fertile, well-watered river-side floodland and probably no one will bother you if you choose it well. Sail the world and travel. Want to hide? Lower the mast, push into the tules and put some on your deck." (Paul Doerr) **PICNEER**, page 222.) A contrary view: "I have investigated the maritime scene and my best advice is to forget it unless you need a tax write-off. A boat is only a symbol of freedom.... It was having a boat that taught me to hunger for freedom as a drowning man hungers for air.... I'm reluctant to become involved with owning anything that requires The Man's approval (registration and licensing), insurance and endless goods and services." (Dick, **PRE-IN-FCRM**, 1968-69 reprints.) Also in this vein, Oct. 72 **MOTORBOATING** has a long article on small boat registration.

My own comparison of boat and van: A boat costs roughly three times as much (counting labor if one builds one's own) as a van/camper/bus in similar condition with similar capacity. For short visits to cities, a van can be parked for little or nothing and can be parked anywhere (at least for short times), not just in marinas. Waterways seem to be patrolled as much as are highways and roads, at least in North America. For remote living, there are many more miles of interior land than of sea-coast, and much of the coast is steep, rocky and sparsely timbered — not suitable for a boat larger than a kayak. The wind is free but maintenance can be expensive — salt water is very corrosive. While a boat can potentially go anywhere there is water, crossing an ocean in a small boat is a major undertaking, not a routine trip. There are many different kinds of boats and many different life-styles possible with boats. To someone interested I suggest first trying a way of life with someone else's boat, by being a crew member and sharing costs.

#### worth consideration

**DIG A HIDDEN CAVE.** Unlike a secret cellar, there is no covering structure; the entrance is camouflaged to blend with the terrain. While a very high degree of vantage is hypothetically possible, achieving it is not easy. Problems: The basic structure must be very strong to withstand soil and water pressures and thus heavy. Since a vehicle cannot be driven to the site (to do so would defeat the purpose) and backpacking materials a long distance is arduous, the structure must be built mostly of native materials. Many heavy timbers are needed and these must be cut with care over a wide area and carried to the site. Much equipment is needed for habitation: at least artificial lighting and ventilation. Good drainage is necessary. And during warm weather there will be condensation inside on everything exposed unless there is continuous artificial heat or some other means of reducing relative humidity of inside air. (Otherwise warm outside air enters, cools, and moisture condenses.) The easiest way to construct is to dig a hole, assemble the structure in the hole, then fill the dirt back in, contouring with the surrounding terrain and adding covering debris. But while construction is underway the hole is visible to anyone walking by, or flying over if there isn't free cover. Alternately, if a tunnel is dug, timbers must be put in as one digs (more difficult and dangerous) and dirt carried away from site for disposal. Rarely is solid rock so close to the surface that timbering isn't necessary; if there is, noisy equipment is needed to cut the rock. Great care is necessary going to and from the cave, to avoid forming visible trails.

#### worth strong consideration

**BE INTERNATIONALLY MOBILE.** Don't settle in any one country. Instead be multi-national. Pick and choose the best features from a number of nations while bypassing their undesirable aspects. Thus one might be a 'citizen' of Canada, live most of the time in Bahamas, do writing or designing for a U.S. company, and bank in Switzerland. Many different life-styles incorporate international mobility. One might use a boat for shelter and transportation. But most of the pros lease living space, travel on commercial airlines, and rent equipment as they need it. A great variety of products, from electronic test gear to earth-moving machines, can be rented in any large city. International mobility is an extension of urban compartmentalization. Instead of slipping thru the cracks and crannies of a single city one exploits the interstices of many countries. Someone who does well at this kind of life is probably an 'extrovert' who enjoys dealing with many people and a great variety of people — among other things he knows when and how to bribe a local customs inspector or immigration bludge and doesn't mind

doing so. Some internationally-mobile people live and travel very economically. But life-styles of this kind are easier for those able to affect the outward appearances of affluence, especially when crossing borders. Visibly 'poor' people are unwelcome everywhere in the 'welfare' world. There is no set procedure for developing such a life-style. Avenues to explore: overseas employment with U.S. companies; technical specialties in high demand in various countries; free-lance writing; employment in certain capacities with multi-national corporations; being secretary or assistant to someone already into this kind of life. Two periodicals about international mobility are **NOMAD/OTHER SCENES** and **HARRY SCHULTZ LETTER**. (See listing of periodicals.)

#### worth strong consideration

**BUY A VAN, camper or bus.** This can be a mobile shelter as well as occasional transportation for someone who lives part-time in cities and towns, part-time in woods and mountains. One can choose from a great variety of equipment over a wide price range. For ten grand or so one can buy a new 'self-contained' motorhome equipped with most of the conveniences of a deluxe apartment. Or, for a few hundred, one can throw a mattress on the floor of a worn out delivery truck. A van can't be hidden nearly as well as can a shelter that's back-packable or built from native materials. But, if disturbed, one is usually able to move on. Also a van depends on fuel and roads for mobility; it is comparatively costly as a means of transportation. A van is most suitable, not for one who travels considerably, but for one able to limit movement to seasonal migration and infrequent trips.

#### worth strong consideration

**RIG A TENT IN THE WOODS.**

For a very few dollars worth of plastic and rope, and a day's work, one can erect a bright, spacious, airy, rain-shelter any place a hike to. A few more dollars will furnish it with a foam pad, used bedding, mosquito net, and cooking utensils. Choose a site away from habitations, roads, trails, lakes and main creeks; put the tent among bushes; keep it low; put a few branches over it; be careful with fire, and it will rarely if ever be found. An extremely remote site isn't necessary or desirable — count on backpacking in 50 pounds of dry foods a month plus other supplies. A plastic tent is pleasant during Summer if shaded and if openings are covered with netting. In the Siskiyou region it is tolerable all Winter if one has a warm inner dwelling such as a foam hut. Maybe you don't want to live in a tent or live in seclusion the year around. But perhaps you can do it during Summer — vantage that much of your life. A plastic tent is merely the simplest and quickest of a whole 'family' of shelters which can be built out of a few pieces of native wood, polyethylene film, rope and cord. A next model might be a semi-underground structure such as a Shuswap dwelling. See articles in this issue.

#### DEVELOP YOUR OWN WAY.

This is actually what each individual or family does. There is no universal formula for you; different people have different desires, abilities, problems, and opportunities. A few years ago I did not even conceive of some of the approaches described here. And, a few years hence, I expect there will be ways I can't dream of now. Approaches which seem especially promising for the near future: (1) Various kinds of semi-underground dwellings, built mostly of native materials, which are comfortable the year around without artificial heat — inside temperature remaining close to that of the earth — about 55°F. (2) Pre-fab modular structures weighing a few hundred pounds, with space and built-in 'conveniences' comparable to a small motorhome, which can be backpacked in pieces

to a remote site and easily assembled or disassembled. (3) *Shum* life-styles involving migration between multiple, relatively sequestered, relatively stationary low-cost shelters.

#### ② situations & searches ②

**TO VONULIFE:** Most of the area around here (middle Mississippi Valley) is still pretty much covered by hunters. The bludge are ever at hand to check the hunters. I built an old shanty boat (32' x 12') ten years ago that I stay on quite a bit — it seems to draw little attention (none really) from bludge — has wood stove, comfortable, but must be licensed, easy to watch. There are miles of bottom and back waters here off the main channels. Yet all are covered by hunters, mushroomers, etc. Also people here are highly suspicious of strangers. I would feel safer in an area where people are a little more used to nuts and strangers, perhaps a bit more tolerant than here.

**TO VONULIFE:** Enjoyed the copies of VL awaiting when we returned after wandering through New England and Maritime Canada. We have been parked in one spot for the last month and a half. It's an alley way in the city and the bludge do come down the alley occasionally. So far no contact. Not very invulnerable except I'm living with the expectation of moving on any time necessary. Al Fry asked about bad spots in the east. We never had any trouble (i.e., bludge contact, etc.) but we did find likely spots for one night's stop-over difficult to locate in southern Vermont. Finally stopped on road to obviate vacation homes and prepared cover story to fit — it wasn't needed. I suspect any area heavily into tourism, etc., might be the same. Never had any trouble using 'rest stops' or picnic grounds. Recent motorhome mag mentioned get tough policy in White Mountain forest in New Hampshire for camping in unauthorized locations. Well anyway it looks like I am definitely getting out of here in 26 weeks. Would like to get up your way but probably won't head west until next fall at the earliest. After four months in the bus — it ain't bad. That heater I mentioned in last communication works great. Turn it on in the morning, put water on top. Get back in bed. By the time the water is boiling the bus is warm. And cheap old kerosene you can buy in any general store here for 25¢ a gallon. Will report when the weather gets colder but so far it's beautiful.

**TO VONULIFE:** So after the big break-away, and roaming Arizona and New Mexico for some months, I fell into a tipi scene for a while here on the eastern slope of Colorado's front range. Mellow, mellow scene. Heavy, heavy head changes — the previous environment had been college grad student and waiter-bartender in classy restaurant. One day, while exploring formidable terrain near 10,000 feet, came across an old overgrown and unknown mining works — complete with lumber and timbers and even a servicable woodburning stove. Well — far out. Five weeks later I'd completed a 16-foot, 9-sided, yurt-type structure; floor, windows, skylights, insulation. Cut up two cords of wood and moved in time for the last of the fall colors. Viscous winters in the high country. 10 to 30° below; days upon days of galactic winds. Four to six feet of snow continually on the ground from Nov. to March. (Man, that tipi would have been just TOO cold.) Did several week-long stretches where the farthest I'd move was to the outhouse (brrr) and woodshed. Amazing! And sweet solitude, silence and saturation with mother nature's vibration — looking inward to a pilgrim — the inner journey — so it goes one step at a time in cosmic rhythm and rhyme.

**TO VONULIFE:** Last issue I mentioned that I have never been hosted by the bludge. As I write this (mid Sept.) I'm lying in the field behind the house we're living in, sunbathing (continued on page 104)



# 40 BY 8 FEET OF SHELTER FOR \$30 AND ONE DAY by Rayo

Tents I've seen for sale are ill-audited for full-time living in wet, forested areas such as the Pacific Northwest. They are dark and dank inside and unacceptably expensive for the space they provide. Two years ago we were living in a tipi-shaped military-surplus tent. After two days of steady rain, condensation or leaks (we weren't sure which) dripped from every irregularity and soaked us and our gear. In disgust we moved out, tied a rope between two trees, threw a piece of plastic over it, and found this was a great improvement. There still was condensation, but it ran down the plastic instead of dripping on us. The plastic passed plenty of light and was inexpensive. Since then we've experimented with several variations, all using polyethylene film (builder's plastic).

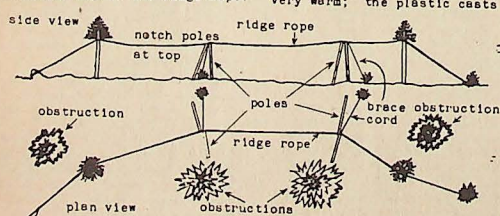
Based on experience so far, here is how I would erect a base-camp shelter for two in a heavily-forested spot, where there is little wind or direct sunlight, and where wild enough to live without artificial heat -- temperatures seldom below 20°.

I buy a fifty-foot roll of clear 6-mil polyethylene, 20 feet wide. This costs about \$15 and weighs about 30 pounds. This will make a tent that is 35 to 40 feet long, 6 feet wide at the ground, and 6 to 7 feet high in the center. This size is not excessive for a camp which two will occupy for several months; here are not the shelves and cabinets of a cabin or camper -- much ground area is used for storage. Polyethylene in wide widths is sold by Sears, Wards and many building-supply stores. I also buy a hundred feet of inexpensive polypropylene rope (at least 1000' test) and several hundred feet of lighter cord -- cost about \$6. Polypropylene doesn't rot as do natural fibers, and stretches less than nylon.

I probably spend several days scouting a good site. I look for a 10-by-40-foot strip which needs little clearing but is among evergreen trees and high brush for shade and privacy. The strip may bend or zigzag, it need not be straight. If possible I avoid spots which show signs of washing during heavy rains.

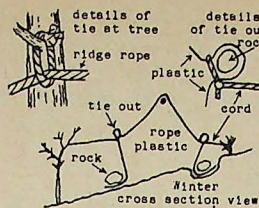
When clearing I cut as little as possible. Along the edge I tie back branches instead of cutting. I may ditch around the high side for drainage. I check for dead trees or large branches which might blow down in a storm and pull or cut them down. I string

the ridge rope between two trees at the ends of the strip. If the trees are small I brace to large boulders or bases of bushes. I do NOT tie AROUND a small tree; instead I tie the ridge rope up to a branch (see illustration above). This is to avoid damaging bark. If there is not a conveniently-located tree at one end of the strip, I cut a post from a dead tree and brace it erect. If I am angling the shelter around obstructions (as in the illustration) I cut poles and brace them in pairs where the ridge rope changes direction. This also minimizes sag of the ridge rope.



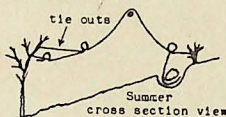
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VONULIFE



I drape the polyethylene over the ridge rope, the plastic over the ground, then angle inward at the bottom and anchor with rocks, logs or dirt. This shape allows snow to slide off the tent. (If the tent were delta-shaped the snow would pile up on the sides and stretch the plastic.) I tie to the plastic every few feet by bunching it over a smooth pebble 1/2 inch to 1 inch diameter; no cutting is necessary.

I angle the eaves steeply -- about 45° from the horizontal -- so that condensation will run off instead of dripping, also so that snow will slide off. I close one end by overlapping the two sides, and the other end partly open for a doorway and ventilation. I allow myself at least one day for ground clearing and erecting; more if I'm ditching. If I use a ground plastic, I leave a few inches of bare ground between its edges and the sides of the tent, so that condensation does not run onto the ground plastic. For the same reason I do not place objects in contact with the tent. If I do not ditch, in winter I keep possessions which could be damaged by water off the ground -- even in a well-drained spot water will run in once the ground outside becomes saturated. In warm weather I remove the anchor rocks along one side and tie the plastic out for greater ventilation. I leave the other side anchored to block wind.



The poly tent provides shelter only from rain, snow, dew and wind. One can keep out insects by adding large pieces of curtain material or netting to the ends and open side. But more likely I only protect the bed area by rigging a mosquito bar over it. (Herters sells one of nylon, 76 x 36 x 36 inches for about \$8.) During Fall and winter when days are short and we use artificial light in the evenings, I rig a blackout tarp over the bed -- a 12-by-16-foot piece of black polyethylene suffices. If we

cook within the tent we use a small propane stove. If we cook on a wood stove we do so away from the tent under a fly (all sides open) of black poly.

This design isn't suitable for a sunny location. Sunlight deteriorates ordinary clear polyethylene in six months (I've read). Other problems: the tent becomes very warm; the plastic casts

reflections visible for hundreds of yards. Monsanto 602 or some other plastic made especially for greenhouse use will withstand sunlight for two years (it is claimed). One source is A. M. Leonard and Sons, Box 816, Piqua, Ohio 45356. 602 costs about twice as much as polyethylene.

Comparing this shape with the covered-wagon-shaped polyethylene dwelling described in THE MOTHER EARTH NEWS #16: The covered-wagon shape provides more stand-up space for the same amount of plastic, but involves more work, uses more trees, doesn't shed snow, and is likely to have condensation drips. I am experimenting with other shapes and plastics and hope to report the results next year. This tent has proven satisfactory in the Siakious from about April thru October, tolerable in winter with the addition of a foam hut (see article in this issue). And it is bright, roomy, simple and inexpensive.

## A HIDDEN HOME: THE SHUSWAP DWELLING

by Jeffrey

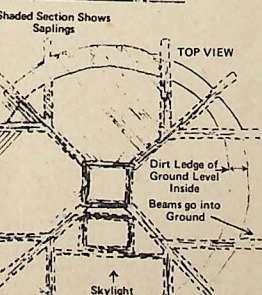
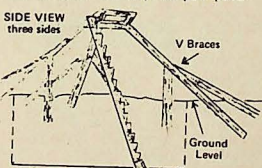
Here is a way to build a warm, well camouflaged, almost free dwelling that doesn't take a whole lot of anything but a few tools like an axe and shovel and a little hard work to put it up.

I got the idea from a survival manual written by a very right wing Christian dude named Dallas Ruesmore called OUT THERE TO THE HIGH MOUNTAINS and used a few of my own ideas to make construction easier. It's called a Shuswap Indian dwelling, and the Shuswaps are a small tribe who live in the Canadian Rockies -- the only non-treedy tribe left in Canada. Got a little information from one of these men in jail with and I guess they're pretty nomadic now too. From all I gather they must have some pie and vinegar behind them.

The dwelling is a small dome dug into the earth with lodgepole pine for beams and saplings over that. Then I use a layer of Visqueen (polyethylene film) and over that the dirt dug out, or adobe if you have the time for it and the dirt is right for it.

I've built four now, and each one is a little different. The biggest is 18 feet diameter and 8 feet from floor to ceiling in the middle, and the smallest 12 by 6. Skylights are nice if you can get some old window, rawhide and varnish, or even Visqueen will do I guess but it should probably be doubled.

I usually find a small, old barrel at the dump for a stove and flatten the top to put pots



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SHELTER

on, and run the stove pipe out the entrance hole, which I cover with a small dismountable A-frame, or dome made of willows and canvas. The A-frame is 3-sided, the fourth being a canvas flap. A piece of drainpipe makes a good ventilation hole.

It's a good idea to ditch the outside perimeter and run the Visqueen all the way down, then fill the ditch with rocks you've dug out of the hole. Usually there is more than enough. The main beams can be bolted, spiked, pegged or lashed together. I've always nailed the saplings to trees. The ladder is simply a log with notches cut for steps.

I've had some problems with condensation when I've left for a week or more, but keeping a fire going for cooking, and heating in winter has kept it pretty dry. This is in semi-arid country tho, and I imagine around the coast there would be more of a problem.

The shuswaps I've been building have never had any serious attacks by bears, and they have been built in bear country -- both blacks and grizzlies. But then I don't eat meat or keep anything too appetizing for them to smell in the open. One person can build one for himself if he's into a solo thing, which is handy. I built my first with the help of Claudia and Lynn. After putting some large stones for steps on, it collapsed due to excessive weight and faulty spiking. So we did it all over with two feet of snow on the ground and I spent the winter in it, warm and comfortable with temperatures outside as low as 40° below. We had a hot spring nearby and it was truly a blessing for layed-back bathing.

## HOW TO BUILD AND DESIGN WITH NATURAL TIMBERS

by Rayo

This article is based on my experiences over a three-year period building one completely-underground snail, one semi-underground structure, several bed frames, and bracing for plastic tents. My practices are still changing -- I have much to learn. However I have seen little in print relevant to this kind of construction so I offer these tentative suggestions.

WHERE TO USE: Vonn construction with natural timbers is slower than with dimensional (commercial) lumber. I use timber only at sites remote from roads. If a 4-wheel vehicle can be driven to a site, I would use one or more vena or campers for shelter. If a 4-wheel vehicle can be driven to within a quarter mile, I would use mostly salvaged lumber or other processed materials. Or I might prefer a structure in small sections easy from the site, backpack to the site, and assemble it there. I make these choices not only for economy (money and time) but to minimize activities near a site likely to draw attention to the area.

WHAT TO BUILD: A conventional log cabin requires large quantities of wood. This was seldom a problem for European immigrants a century ago because: homesteads were usually on land where trees were plentiful; trees had to be cut anyway to clear land for crops; trees were all cut close to the site and didn't have to be moved far; homesteads were not concealed, nor would concealment have been possible with traditional farming, stock raising, logging or mining. But even a century ago a log cabin was a 'brute force' solution. It not only consumed many trees but provided poor insulation -- a fire was needed in winter for warmth. And if one moved, the cabin had to be left. The Indians -- more sophisticated in working with native materials --

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built structures which used fewer and smaller trees. For a vonu dwelling a log cabin is usually unobtainable. The site is often on steep and rocky terrain where trees grow small. Trees must be cut sparingly over a wide area so as not to significantly alter the environment, and so timbers must be back-packed thru brush and over rough ground -- a vehicle trail or even mule trail would defeat the purpose. Use of a power saw or axe is undesirable because of noise. Then too, a vonu can use materials which did not exist a century ago such as polyethylene and synthetic cord.

In my projects to date, the most time-consuming tasks have been timber preparation -- including finding, limbing, debarking, disposing of unusable parts, and carrying to site. Even when building completely underground, I spent more time preparing timbers than I did digging and filling rocky soil. So I use natural timbers sparingly, for main beams and posts where there are bending or compressive loads, usually not for bracing, surfacing, or shelving. And I design for use of pieces light enough to carry easily -- rarely over 100 pounds.

At present I do not recommend any particular design. What is best will depend on the environment (rain, snow, drainage, temperatures, shade, slope, soil), materials available (trees, brush, rocks, soil, leaves), size (covered space, warmed space, bedroom) and degree of vonu desired. And it is the 'vonuans' advantage to use a variety of shapes and locate in various kinds of terrain, so that hostiles do not know what to look for.

One good source for ideas are the dwellings of 'primitive' peoples such as the Shushup (preceding article). Look thru books on native peoples in a large library. Use such designs as starting points for your own creating. Primitive people did not have, one one hand, strong waterproof plastics available for a penny or two a square foot, nor, on the other hand, airborne snoops to contend with. Vonu construction seems to have little in common with 'conventional' building, so experience in the 'building trades' is not especially helpful.

For a first structure I suggest something that is small, mostly above ground, not especially remote (but at least 400 yards from the nearest vehicle trail), and very well hidden. The latter is important since one will want to quickly weed out forms difficult to conceal. A first structure might be a sleeping hut for one person which is also a scale model of a possible larger shelter.

One should build or own shelter and do so out of natural materials only if e is willing and able to experiment -- i.e., can survive a failure or two.

**PREPARING TIMBERS:** For vonu and conservation (which usually go together) I cut only dead or dying trees. If dead I choose trees which have been dead long enough for bark to be easily peeled off, yet with most of the wood sound -- not rotted or eaten away by insects. But for the crucial parts -- main beams and posts -- I prefer trees which still show a few green needles. I look for trees which are being crowded out, such as one or two of the smaller trees within a clump which are overtopped by their neighbors and the green.

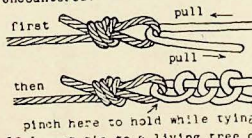
I prefer coifers -- e.g., pines, douglas-fir. I do not take isolated trees regardless of condition. If I expect to use the shelter more than a few years I remove bark. With live trees this is easiest if the trees are cut in Spring and debarked as

soon as they are cut. I use a bow saw for main cuts and a small crosscut saw for removing branches. I saw each tree off flush with the ground to minimize stump, and cover the stump with rocks or leaves. Any parts I am not able to use I dispose of under thick bushes. I allow live wood to dry, preferably for several months, before using. I stack loosely under a ruin/shade shelter -- fast drying in the sun may increase splitting. The wood of a few trees -- redwood, giant arbutus -- are naturally resistant to decay. Other woods must be treated with a preservative if they are to last more than a few years, if used underground, in contact with the ground, or frequently damp. I have used preservative paint containing pentachlorophenol (there are many brands -- sold by most building-supply stores). The paint dries to a hard finish and is then supposedly non-toxic to touch. Creosote, which is often used for wharves and telephone poles, is cheaper but always sticky and smelly.

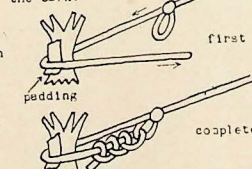
**FASTENING:** Nailing is difficult with natural timbers. A stout nail often splits the wood. A slender nail usually bends. I use nails I first drill a hole slightly smaller in diameter than the nail. Glueing wood to wood doesn't hold well because of absence of flat surfaces. Binding with fiberglass tape and then epoxying might work -- I haven't tried it. I do most fastening by lashing with cord.

I use mostly polypropylene, which stretches less and supposedly has more strength than nylon. I do not use manila or cotton because they quickly rot in a wet climate. I find woven rope easier to work with and usually less expensive than twisted.

For exceptionally tight bindings I use 1/2-inch wide rubber strips cut from old inner tubes. But rubber is probably not as durable as polypropylene. Poly cord is slippery: most 'boy scout' knots won't hold. If in doubt I add extra loops and tucks. To tie tightly (for guy ropes and lashings) I first tie a loop in one part. I then feed the other end thru the loop, pull tight, and tie to itself. This pulls tightly or than any ordinary knot and will hold in any fiber I've encountered.



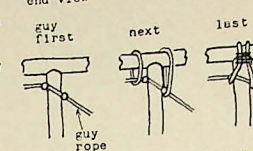
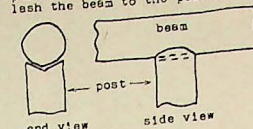
If I must tie to a living tree or bush I do it as shown below. I don't tie completely around a trunk -- doing so might cut off sap flow and kill the tree. Unless the bark is very thick I put an inch of padding -- moss or foam -- between the rope and the bark.



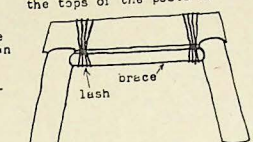
I brace a post with other timbers or with guy ropes. I don't depend on soil around the base to keep it upright. (If I dug a deep enough hole and had a long enough post the soil might be sufficient but guying is usually easier.)

To keep a beam in position on top

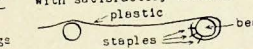
of a post, I cut the top of the post to a shallow V shape, and lash the beam to the post.



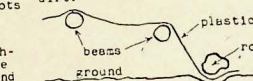
If there aren't guy ropes which keep the lashing from slipping off the post, I take advantage of the post's groove, groove the post with a rasp, or use rubber strips. A variation of this can be used in underground construction where the posts bear side pressure as well as the weight of the beam. The ends of the brace as well as the tops of the posts are V-cut.



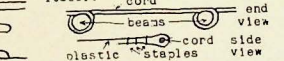
If I fasten polyethylene film to an end beam or post, I wrap it most of the way around and staple -- stapling three rows, each at one inch intervals, staggered. I use an ordinary paper stapler and chisel-point staples on conifer wood with satisfactory results.



Alternately I may use the same plastic as a side wall in which case I anchor with rocks or dirt.



If I fasten the plastic to the ends of beams, I first tie a cord between the ends, then fold the edge of the plastic over the cord and staple to itself.



**CALCULATING LOADING:** Caution -- To keep the math fairly easy I have made many simplifying assumptions. Also the strength of materials can vary greatly from values I have used here. If failure of a structure could be dangerous or very costly, I recommend having a design checked by someone who is experienced at building with natural timbers. Weight of some covering materials in pounds per ft<sup>3</sup> (cubic foot):

Bracken fern, dry, dead, not packed	5
Leaves or pine needles, wet, packed	24
Gravelly soil, wet, packed (some are heavier)	100
Snow, new fallen, (weight will vary)	7
Water	63

To get the weight of one ft<sup>3</sup> of any material I weigh a measuring cup fully on a postal scale, subtract the weight of the cup, then multiply by 120. Weight of 6-mil polyethylene film, the most used surfacing material, is 0.03 pounds per ft<sup>2</sup> (square ft.). To predict the pressure on a

surface, I calculate the weight of each material which is supported by each square foot of the surface, then add together.

**Example 1:** A roof must support 2 inches of wet leaves, average after settling, plus 4 feet maximum of fresh snow. 2 inches equals 2/12 feet, so weight of leaves on each square foot of surface is:  $24 \times 2/12 = 4$

Weight of snow is:  $7 \times 4 = 28$  pounds/ft<sup>2</sup>

Adding these together gives total pressure of covering materials on the roof:

$$P = 4 + 28 = 32 \text{ pounds/ft}^2$$

Wind pressure on a surface depends on the shape of the object and direction of the wind as well as wind velocity, but is rarely more than:

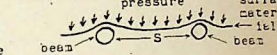
$$P_w = V \times V \times 0.003 \text{ pounds/ft}^2$$

where V is wind velocity in miles per hour and P<sub>w</sub> is wind pressure on a square foot of surface. Effect of wind is often to lift a roof, so wind pressure may be opposite to pressure due to covering materials and should be considered separately rather than adding it in.

**Example 1 continued:** The structure is low and in a sheltered area. Wind gusts are never expected to exceed 40mph. Wind pressure on the roof:

$$P_w = 40 \times 40 \times 0.003 = 4.8 \text{ pounds per square foot}$$

**STRENGTH OF SURFACING MATERIAL REQUIRED:** If the beams which support the surfacing material are uniformly spaced, I calculate the weight of covering (W<sub>c</sub>) per foot of length of each beam by multiplying the pressure times the separation of the beams in feet (S).



$$W_c = P_c \times S \text{ pounds/foot}$$

If I use 6-mil black polyethylene film for surfacing, and it is rarely exposed to sunlight, I calculate the number of layers (N) required to safely support the weight by:

$$N = 36$$

I always round upward to the nearest whole number. For calculating other surfacing materials see Appendix 2.

I use these same formulas to calculate material needed to withstand wind. But S is now the distance between anchor areas of the polyethylene. (The plastic may only rest on most of the beams rather than being fastened to them.)

The larger value of N will be the number of layers I use.

**Example 1, continued:** Pressure due to cover is 32 pounds/ft<sup>2</sup> (calculated above). The beams will be two feet apart.

$$W_c = 32 \times 2 = 64 \text{ pounds/ft}$$

$$N = 64 \div 2 \text{ layers}$$

Pressure due to wind is 4.8 pounds/ft<sup>2</sup> (above). The plastic is anchored to cords tied between the ends of the beams which are ten feet long.

$$A_p = 4.8 \times 10 = 48 \text{ pounds/ft}$$

$$N = 48 \div 2 \text{ layers}$$

$$N = 36$$

So two layers of 6-mil poly should be sufficient.

Polyethylene is usually strongest lengthwise -- as it comes off the roll. Crosswise strength may be reduced by folds or seams. So I orient it with its length across the supporting timbers. There are much stronger plastics available such as nylon reinforced vinyl, but they are heavier and much costlier.



**BEAMS SUPPORTING SQUARE:**  
If the beam is round (natural timber) I calculate the diameter ( $D_b$ ) required by using both the following formulas and taking the larger answer:

$$D_b = \sqrt[3]{\frac{L \times W \times C}{2}} \text{ inches}$$

$$\text{OR}$$

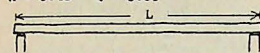
$$D_b = \sqrt[3]{\frac{L \times W \times C}{K}} \text{ inches}$$

whichever is larger

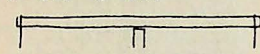
$D_b$  is diameter of round wood only, not including bark and any rot.  $W$  is weight per foot of length of beam (calculated before).  $B$  and  $H$  are strength of wood to bending and horizontal shear respectively, including safety factors. Most conifers have values of  $B$  and  $H$  greater than 500 and 20, respectively. Some broad-leaf trees (willow?) are weaker (Appendix 3).  $L$  is length of the beam in feet.

$C$  and  $K$  depend on the spanner in which a beam is supported. Values for some common configurations are in the figures below. Loading is assumed to be the same at all points on a beam except for configurations 6 and 7. ( $Q$  is used further on.)

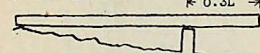
Configuration 1 -- beam supported on both ends.  $C = 15.3$   
 $K = 0.43$   $Q = 0.50$



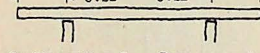
Configuration 2 -- beam supported in the middle, braced with ropes on both ends. Force on both ropes not greater than 10% of weight on beam.  $C = 17.0$   
 $K = 0.52$   $Q = 1.10$



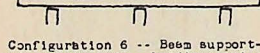
Configuration 3 -- Beam supported at one end and at a point three-tenths of length from other end.  $C = 5.5$   $K = 0.24$   
 $Q = 0.28$ ,  $0.72$



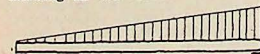
Configuration 4 -- Beam supported at points two-tenths of length from both ends.  $C = 2.6$   
 $K = 0.25$   $Q = 0.50$



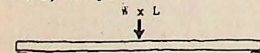
Configuration 5 -- Beam supported in middle and at points 1/4 of length from each end. When not loaded the beam touches all three supports.  $C = 1.2$   
 $K = 0.16$   $Q = 0.32$ ,  $0.36$ ,  $0.32$



Configuration 6 -- Beam supported on both ends. Loading varies proportionate to distance from one end, from zero on one end to  $W$  pounds per foot on the other.  $C = 7.5$   $K = 0.22$   $Q = 0.17$ ,  $0.33$   
This configuration occurs in round structures with uniform loading on the roof.

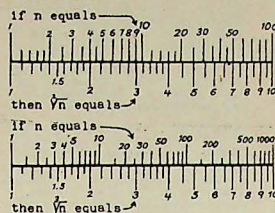


Configuration 7 -- Beam supported on both ends has concentrated load in the middle.  $C = 19.3$   
 $K = 0.43$   $Q = 0.50$  (Note: the load plugs into the formulas as  $W \times L$ , not just as  $W$ .)



$\sqrt[3]{}$  and  $\sqrt[4]{}$  are called 'cube root' and 'square root'. For

example  $\sqrt[3]{8}$  is 2 (because  $2 \times 2 \times 2 = 8$ ) and  $\sqrt[4]{25}$  is 2.5 (because  $5 \times 5 = 25$ ). Cubed root and square root may be obtained from the following scales, off a slide rule, from a book of math tables, or by trial and error.



I calculate a trial value for the diameter, then use this to calculate the weight of the beam per foot of length with the formula:

$$W_b = D \times D \times 0.22$$

I add this to  $W_c$  to get the total weight per foot of length.

$$W = W_b + W_c$$

If  $W$  is more than 10% greater than  $W_c$  I recalculate  $D$  using  $W$ . I repeat this until  $W$  changes less than 10% from previous trial. (If I need do this more than once, it indicates that the configuration is inefficient. I redesign, using more points of support to reduce the diameter required.)

Weight of the beam equals length times weight per foot of length:  $L \times W_b$

Example 1 continued:  $W_c$  is 64 pounds per foot (calculated before). Suppose the beam is 10 feet long, is uniformly loaded, and is supported at points 2 feet from each end as shown in Configuration 4. Therefore  $C = 2.6$  and  $K = 0.25$ . The wood is not very strong with  $B = 500$  and  $H = 20$ . Plugging into the formula:

$$D_b = \sqrt[3]{\frac{10 \times 10 \times 2.6 \times 64}{500}}$$

$$\text{OR}$$

$$D_b = \sqrt[3]{\frac{10 \times 10 \times 0.25 \times 64}{20}}$$

After doing the multiplying and dividing inside the root signs, I get:  $D_b = \sqrt[3]{8}$  or  $\sqrt[3]{33.3}$

I look up 8 on the  $n$  scale and read 2.8 on the square-root-of- $n$  scale. Likewise I find 33.3 on the  $n$  scale and take the number at the point on the cube-root-of- $n$  scale, which is about 3.2.

3.2 is the larger answer so this means the beam must have sound wood at least three and two tenths inches in diameter. I calculate its weight per foot:

$$W_b = 3.2 \times 3.2 \times 0.22 = 2.2 \text{ pounds per foot}$$

I add this to the weight supported by the beam to get total weight:

$$W = 2.2 + 64 = 66.2 \text{ pounds/ft}$$

Since this is less than 10% greater than 64 I need not recalculate  $D$ .

Weight of the beam is  $2.2 \times 10 = 22$  pounds. Of course I will not be able to find many trees exactly 3.2 inches in diameter so many of the beams will be somewhat heavier than 22 pounds.

Post placement makes a big difference in diameter required. If the beams were supported at the ends I would need a beam at least 5.9 inches in diameter and weighing at least 77 pounds (calculations not shown).

Strength of wood has less effect (with beams). If the wood were twice as strong required diameter would go down to 2.5 inches. So far I have assumed that the beams are horizontal and pressure upon

them is perpendicular to their length. Most often beams are slanted for snow or condensation run off and/or because one end rests on the ground. The slant may be disregarded provided the beam is not also a post or prop. (For other cases, see section further on.)

**POSTS SUPPORTING BEAMS:** To calculate the vertical force ( $F$ ) exerted on a post by the beam it supports, I use the formula:

$$F = L \times W \times C \text{ pounds}$$

$L$  is the length of the beam and  $W$  is total weight per foot of length of beam (as before). Values of  $C$  are given for each configuration (previous illustrations). If more than one value of  $C$  is given it means that the forces on the various posts will be different; the order of values is the same as the order in the illustration (left to right). After finding force on a post I calculate its required diameter with formula:

$$D_p = \sqrt{\frac{11.5 \times F}{B}} \text{ inches}$$

$$\text{OR}$$

$$D_p = 0.4 \times L_p \text{ inches}$$

I take larger answer.  $B$  is the bending strength of the wood (as before). These formulas assume that the post is round and fairly straight (Appendix 4).  $D_p$  is diameter of sound wood only, excluding bark and rot.

If a post is held only at the top and bottom (usual case)  $L_p$  is the total length of the post, including portion underground. If a post is supported only by the ground and not braced at all -- i.e., without the aid of the post nor what it supports is guyed, I set  $L_p$  equal to twice the length of the portion above ground. If a post is very firmly braced or guyed with steel cables at intermediate points in all directions (at least three guys) then  $L_p$  is the length of the longest unbraced section.

Example 1 continued: With configuration 4,  $C = 0.5$ . So the force on each post is:

$$F = 10 \times 66.2 \times 0.5 = 331 \text{ pounds}$$

Suppose the post is to be 5 feet long, total length, and will be guyed at the top.  $B$  is 500, as before.

$$D_p = \sqrt{\frac{11.5 \times 331}{500}} \text{ OR } 0.4 \times 5$$

$$= \sqrt{7.6} \text{ OR } 2$$

$$= 2.8 \text{ OR } 2 \text{ inches.}$$

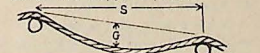
So the post must be at least 2.8 inches in diameter.

**FOOTINGS:** In rocky/gravelly soils I have not had trouble with posts settling further into the ground so long as the bottom of the post is below frost line.

**SUSPENDED ROPES AND RAFTERS:** To calculate the tension at the support points of a uniformly loaded rope, I use the formula:

$$T = \frac{S \times W}{2} \times \sqrt{\frac{S \times S}{O \times O \times 4} + 1}$$

$S$  is horizontal separation in feet between points of support.  $W$  is weight supported by rope in pounds per foot of separation of support points.  $O$  is vertical distance in feet by which the middle of the rope sags below the support points

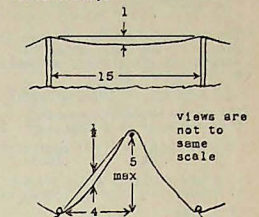


If the rope is fairly taut, I use this formula even if the support points are at different heights. (See Appendix 5). In this case  $O$  is the vertical distance between the rope and a point halfway between the two supports (as in the illustration above).

To calculate the breaking strength required I multiply tension ( $T$ ) by a factor of safety of 2-to-10, depending on how destructive a failure would be and on the elasticity of the rope. (An elastic rope such as nylon will stretch some before breaking, increasing the sag and thereby reducing the tension.)

I use this same formula to calculate the tension of plastic or cloth which is suspended. Here I use pressure per square foot of plastic in place of  $W$ . The answer will be pounds tension per foot-width of plastic.

Example 2: A tent is rigged by laying polyethylene film over a ridge rope and tying out the sides. The rope is braced over the tops of two poles, 15 feet apart. A one-inch-wide strip of 6-mil poly breaks with a pull of 10 pounds, after stretching considerably.



I assume that snow will slide off the plastic, so the greatest force will be due to wind. If I do not expect a wind faster than 20 mph:

$$P = 20 \times 20 \times 0.003 = 1.2 \text{ pounds per foot}^2$$

Tension in each foot width of plastic:

$$T = 4 \times 1.2 \times \sqrt{\frac{4 \times 4}{4 \times 1 \times 1} + 1}$$

$$= 10 \text{ pounds}$$

To calculate the intervals at which I must tie out the sides, I will assume that each tie grips a 4-inch-wide swath of plastic (approximately true if the tie is around a one-inch-diameter rock). Since the plastic has a strength of ten pounds per inch, the strength of such tie will be  $4 \times 10 = 40$  pounds. If I want a two-to-one safety factor I must tie to the plastic at intervals of 40 divided by  $(10 \times 2) = 2$  feet.

A small factor of safety is probably sufficient here because further will not result in injury. To redesign this tent for stronger winds (desirable if it is to be used the year around) I would drop the plastic over three ropes and anchor each side firmly to the ground with rocks. Each side of the tent may pull on the ridge rope so I use  $2 \times 10 = 20$  pounds for  $W$ . Force will probably be less because the sides are at an angle to each other, and because both sides won't receive full wind force. Calculating tension in the rope:

$$T = 15 \times 20 \times \sqrt{\frac{15 \times 15}{4 \times 1 \times 1} + 1}$$

$$= 1150 \text{ pounds}$$

If I want a three to one safety factor I will need a ridge rope with a breaking strength of 3500 pounds, which is a strong rope. I can reduce tension in the rope by allowing greater sag or by adding a brace in the middle of the tent. If the posts were less the full tension of the rope (conservative assumption) if the guy ropes incline to the horizontal at less than 45°, and are 6 feet long and of wood with  $B$  equal to 500, the diameter required is:

$$D_p = \sqrt{\frac{11.5 \times 1150}{500}} \text{ OR } 0.4 \times 6$$

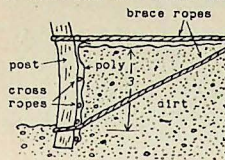
$$= 5.0 \text{ OR } 2.4 \text{ inches}$$



$D_p = 5.1$  Ok 2.4 inches  
So I must cut posts which are at least 5.1 inches in diameter.

**RETAINING WALLS:** A post which is part of a wall holding back dirt bears loads similar to a beam in Configuration 6 and is calculated the same way.

**Example 3:** A retaining wall is formed by posts 2 feet apart supporting cross ropes 5 inches apart at the bottom which in turn brace polyethylene film. It holds back dirt 3 feet deep.



The soil pressure at the top is zero. If the soil weighs 100 pounds per cubic foot, pressure at the bottom is:

$$P = 100 \times 3 = 300 \text{ pounds/ft}^2$$

The cross ropes are spaced five twelfths of a foot apart so

$$W_c = 300 \times \frac{5}{12} = 125 \text{ pounds per foot}$$

If I use 6 mil plastic, number of layers required at bottom is

$$N = \frac{125}{36} = 4 \text{ layers}$$

Part way up the wall, where pressure is less, I may economize by reducing the number of layers or putting the cross ropes further apart. If I do the latter at 1 1/2 feet depth the ropes may be 11 inches apart, etc.

If I leave enough slack in the rope so that it will sag inward 5 inches (5 feet) between posts:

$$T = \frac{2 \times 125 \times \sqrt{2 \times \frac{5}{24} \times 24} + 1}{2} = 79 \text{ pounds}$$

With a safety factor of two, I'll need rope with a breaking strength of at least 555 pounds. This should be sufficient safety factor because any stretch of the rope will increase sag and reduce tension.

Since the post is like a beam in Configuration 6,  $C = 7.5$  and  $K = 0.29$ . Strength of the wood is as before. Separation (S) is 2 feet and pressure at the bottom is 300 pounds/ft<sup>2</sup>.

$$W = 360 \times 2 = 600 \text{ pounds per foot of length of post}$$

$$D = \sqrt{\frac{3 \times 3 \times 7.5 \times 600}{500}} = 4.3$$

$$D = \sqrt{\frac{3 \times 3 \times 0.29 \times 600}{20}} = 5.1$$

So I'll select timbers which are at least 5.1 inches in diameter. Since the posts are vertical I do not include their weight. For calculating forces on the brace ropes  $C$ , in Configuration 6 is 0.17 and 0.33. Force on the bottom rope:  $P = 3 \times 600 \times 0.33 = 600$  pounds (Force on the bottom rope is slightly greater than that because it is angled, assuming the soil takes no load at all.) Unless the bottom of the post is embedded among large rocks I do not depend on the soil to hold it.

With a safety factor of 3, I'll need a rope at the bottom having a breaking strength of 1800 pounds and a rope at the top with a strength of 900 pounds. (Calculations for top rope not shown.)

**POSTS SUPPORTING BOTH BEAMS AND RETAINING WALLS:** I calculate the diameter for each use considered separately, then choose the larger. If the post has any curvature, I POSITION IT SO SO THAT THE CONVEX (outward curving) SIDE IS TOWARD THE DIRT being held back. (See figure in example 3.) This way the effects of the side load counteracts the effects of the top load.

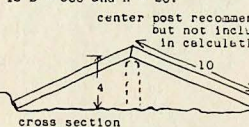
**Example 3, continued:** The posts also support the beams in example 1. As previously calculated, beam support requires that the posts be at least 2.8 inches in diameter; for retaining walls, posts must be at least 5.1 inches in diameter. So I use timbers at least 5.1 inches in diameter.

**INCLINED TIMBERS SUPPORTING EACH OTHER:** I calculate each timber as a beam and as a post supporting other beams, then choose the larger value. The force ( $P_p$ ) I use for calculating post diameter is:

$$P_p = \frac{P \times L}{L_p}$$

$P$  is the force the timber would exert if supported by a vertical center post.  $L$  is length of timber and  $L_p$  is difference in elevation of its ends. **Caution:** Forces may be much larger in this configuration than if beams rest on vertical posts. And the less the slope of the beams, the greater the forces. The bottom end of each timber must be SECURELY ANCHORED - else it will push out and the structure will collapse. I recommend addition of a center post for safety if the timbers and what they support are heavy enough to damage someone underneath, and if slope of the timbers is less than 45° (less than one foot elevation for each foot on the level).

**Example 4:** The main frame of a square structure consists of four ten-foot-long timbers which butt together at the top. The top ends are 4 feet higher than the bottom ends. Each beam, at its bottom end, supports 10 square feet of surface per foot of beam length. The surfacing materials and cover weigh 32 pounds per square foot. Strength of the wood is  $B = 500$  and  $H = 20$ .



Considered as beams, the timbers are in Configuration 6, so  $C$  is 7.5 and  $K$  is 0.29. Weight per foot of beam (maximum, at bottom end) is:

$$W_c = 10 \times 32 = 320 \text{ pounds/ft}$$

$$D = \sqrt{\frac{3 \times 10 \times 7.5 \times 320}{500}} = 7.9$$

$$D = \sqrt{\frac{3 \times 10 \times 0.29 \times 320}{20}} = 6.8$$

Weight of timber per foot:  $W_b = 7.9 \times 7.9 \times 0.22 = 13.7$  pounds  
Total weight per foot:  $W = 320 + 13.7 = 334 \text{ pounds/ft}$   
Since this is less than 10% larger than  $W_c$  diameter need not be recalculated. Total weight of timber (minimum) is:

$$13.7 \times 10 = 137 \text{ pounds}$$

which is heavier than desirable for easy handling. If each beam rested on a vertical center post, force exerted on it ( $C$  is 0.17, Configuration 6) is:

$$P = 10 \times 334 \times 0.17 = 555 \text{ pounds}$$

But the supports are not vertical so I calculate:

$$P_p = \frac{555 \times 10}{4} = 1390 \text{ pounds}$$

This force is applied by each timber to the timber opposite. Diameter required as a post:

$$D_p = \sqrt{\frac{11.5 \times 1390}{500}} = 5.7$$

$$D_p = 10 \times 0.4 = 4 \text{ inches}$$

So 7.9 inches is sufficient diameter, provided that timbers are straight or are positioned with any curvature upward.

The force exerted on the soil by the bottom end of each timber is 2760 pounds (calculations not shown). The weight of the main timbers can be reduced by using more of them. But, unless there is a means of distributing the center forces evenly among the timbers (such as padding) each timber must be capable of bearing the trust of all opposite timbers and thus must be at least 5.7 inches in diameter. (This is another problem that would be avoided by using a center post.)

If I used 8 main timbers instead of 4, I could reduce the minimum diameter of each to 6.3 inches, giving a minimum weight of 87 pounds (calculations not shown).

If I add a center post, it must support the vertical forces applied by all four (or however many) beams:  $555 \times 4 = 2220 \text{ lbs.}$

$$D_p = \sqrt{\frac{11.5 \times 2220}{500}} = 7.1 \text{ inches}$$

**SCALE MODELS:** If building one, I recalculate for the smaller size, keeping the stresses and safety factors the same. I don't simply multiply all dimensions by the scale. (A creature the shape of a saddle long legs but the size of an elephant couldn't stand.)

**Example 4 continued:** Suppose I build a half-scale model -- main beams to be 5 feet long. Since snowfall, etc., will be the same I assume the same weight per square foot of covering material (i.e., I do not see the weight of cover).

$$W_c = 5 \times 32 = 160$$

$$D = \sqrt{\frac{3 \times 5 \times 7.5 \times 160}{500}} = 4 \text{ inches}$$

So I can halve the diameter of the main timbers and have the same stress. (If I had halved the covering material, I would have to reduce the timber diameter to less than one-half.)

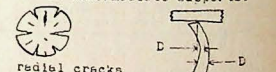
**Appendix 1:** The best West Coast sources we have heard of for plastic and rope: Plastic Sales Inc., 863 Folsom St., San Francisco, CA 94107 (late '71) \$20 for one 100-foot roll of 20-foot wide 6 mil thick clear polyethylene film. Prentz Enterprises, 10907 Inglewood Ave., Inglewood, Calif. sells all ends of poly rope and cord, various colors and gauges, for \$1 per pound or \$50 per hundred (early '72); also sells regular rolls at fairly low prices. Prices are f.o.b.

**Appendix 2, surfacing:** The formula for calculating layers of polyethylene assumes that the plastic has a sag (D) equal to 50% of the separation between supports (S) (see section on suspension). Even if polyethylene is initially put on taut, it will usually stretch and sag under load rather than tear. The formula assumes a breaking strength of about 10 pounds for a one-inch-wide strip of 6 mil.

To determine the strength of a fabric, cut a 14 inch wide strip. Tie one end to one inch at one place. Tie the other end to a branch and the other end to a branch. Gradually load the pull with soil until the strip stretches before breaking. Weigh loaded pull and subtract weight of empty pull.

**Appendix 3, beams:** Woods commonly used in construction range in strength from Douglas-fir in bending strength of 1200 pounds per inch<sup>2</sup> and horizontal shear strength (H) of 40 pounds per inch<sup>2</sup> to eastern hemlock with B of 800 and H of 20. These values assume that the wood is of standard size and that the load is applied perpendicular to the grain (illustration below) which mostly affects H, and a safety factor of three (Douglas-fir, for example, probably will break with a bending stress of about 3600 pounds). For a construction handbook and/or test samples -- loading until they break, then calculating backwards. The two different formulas for diameter (D) consider two different ways a beam can fail. If the formula containing B gives the larger answer, the beam will probably fail by bending -- break in the middle. If the formula containing H gives the larger answer, the beam will probably fail by horizontal shear -- the wood will split near one end, then break. The first mode of failure is most likely with long, slender beams, the second with short, heavily loaded beams.

Configurations 2, 3 and 4 have the posts at optimum points (assuming uniform beams). For example, with Configuration 2, if the post is less than or more than three-tenths of the length from the end, C and K will increase and a larger diameter beam will be required. To calculate C and K for other configurations, see a mechanics of materials textbook. A knowledge of integral calculus will be helpful. The formula for weight of timber assumes wood weighing 40 pounds per cubic foot such as dry Douglas fir. Common structural woods range from 30 to 60 when seasoned; more when green. The formulas assume uniform diameter. But natural timbers taper from one end to the other. To be conservative I would choose a timber whose diameter at all support points is at least as large as the required diameter. If a timber is most apt to fail because of insufficient bending strength (the diameter formula containing B gives the larger answer), the timber is probably safe if diameter midway between supports is at least required diameter even if diameter at one support is a little less, provided there is not much covering (Configurations 1, 6 or 7). For a long span without intermediate supports, a trust made of several timbers and cables will be lighter than a single beam. In my work I have found it simpler to add intermediate supports.



**Appendix 4, posts:** assumptions with I use in deriving the formulas for post diameter:

(1) If a post is short (less than ten times its diameter) has eccentricity of loading equal to its diameter or post is long (but less than 25 times its diameter) and has eccentricity of loading equal to 1/2 of its diameter. (The eccentricity of post curvature and load off-center which has eccentricity equal to the diameter is shown above. Curved posts should be sawed so that the load rests near the convex side so that load off-center counteracts curvature (as shown). The loading on a short post can be increased (or diameter for a constant load decreased) several times if the post is straight, and the load is carefully centered and distributed on top of the post (possibly by heavy



padding), and the post is only a post, not also a retaining wall. In this case the formula for post diameter is:

$$D_p = \sqrt{\frac{1.3 \times F}{C_m}} \text{ inches}$$

$C_m$  = allowable compression parallel to grain. For most woods  $C_m$  is about 1/2 of B.

(2) Post has free ends. While one end may be buried, the dirt around it may yield when wet, so I don't depend on it for stiffening the post. Effect of a fixed end is significant only on a long post.

**Appendix 5, suspension.** I never calculated suspension forces before writing this article, mainly because I had not built any suspension structures in which a failure would be very damaging. Wind has ripped out one or two ties in each of several small open-cell tents which were protecting supplies; other ties, the ridge rope and the supplies underneath kept the plastic in position. Now that I've figured out formulas, I intend to calculate before building anything I expect to use for more than a few days.

If the suspension points are at different elevations:

$$T_H \times \sqrt{\frac{1 + (4 \times Z \times A \times A)}{A + (4 \times Z \times A \times A)}}$$

$$Z = \frac{O \times G}{S \times S} \quad A = \left( \frac{1 + E}{4 \times O} \right) \times \left( \frac{1 + E}{4 \times O} \right)$$

$T_H$  is tension on higher support.  $T$  is tension calculated neglecting difference in elevation.  $S$  is horizontal separation of suspension points.  $E$  is difference in elevation of suspension points, and  $G$  is sag of the middle, as before.

$T$  will be less than  $T_H$  provided that  $G$  is less than:  $\frac{S}{2} - \frac{E}{4}$

Tension at the lower support is less than  $T$  in all cases.

I have assumed that the loading is uniform per horizontal distance rather than per length of rope. This best approximates most situations I have encountered and results in easier math. The two different assumptions give appreciably different results only if sag is very large.

#### WARMTH WITHOUT FIRE: COMPLETE PLANS FOR \$55 FOAM HUT

by Royo

For several months during the past two winters, Heelan and I slept, ate, read, wrote, talked, loved and grew sprouts in a hut built of polyurethane foam. Our foam hut made the difference between barely existing and being warm and comfortable during wet, cold weather, which is often the weather in Siskiyou from Nov. thru March.

The foam hut somewhat resembles a giant sleeping bag, but has walls stiff enough to hold a definite shape, and, most important, an occupant is completely inside and breathes inside -- diffusion thru the foam is sufficient to keep the inside dry and the air breathable. This solves the biggest problem of traditional bedding -- the need to leave at least a nose out to breathe, and put an arm out to eat or read. This design is large enough for two 6-foot adults plus either a 4-foot child or quite a few books, dishes and clothes (Figure 1).

Length is 8 1/2 feet. Width and height taper from 5 1/2 by 2 1/2 at the head end to 1 1/2 by 1 foot at the foot. Also shown are various possible configurations of occupants. The head-end height is sufficient to sit on a cushion and work on a low table. With the hut shielded from wind, and with door and window closed, inside air will be about 40° to 50°F warmer than outside air

with two adults, half that with one. (Warning will depend on size and activity of occupants and on amount of padding underneath.) In the shade with door wide open, warming with two adults is about 10°F. Thus, with an outside temperature range between 10° and 55°, two people enjoy inside air between 50° and 75° -- comfortable for most activities. In colder weather or for one person alone, the hut suffices for sleeping provided a sleeping bag or plenty of blankets are used inside. Materials cost about \$55. One person can build the hut in one day but some steps in the assembly are easier with two. The hut weighs about 20 pounds.

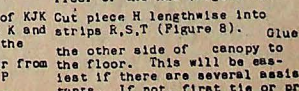
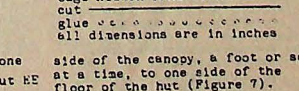
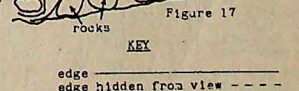
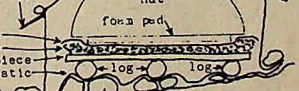
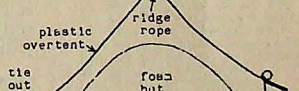
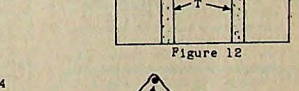
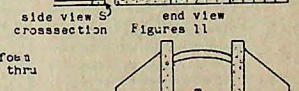
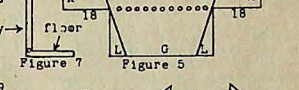
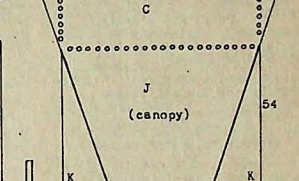
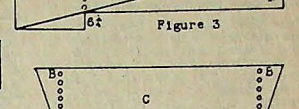
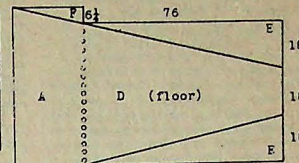
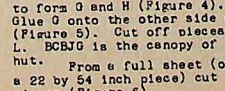
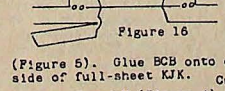
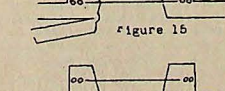
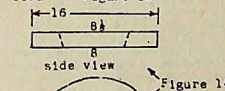
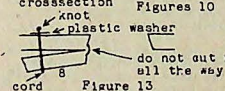
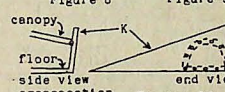
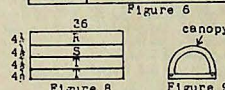
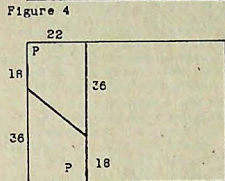
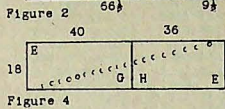
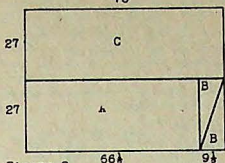
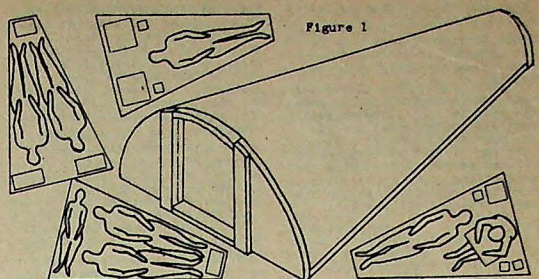
**MODEL:** I recommend first building a 1:6 scale model (2 inches equals one foot) out of newspaper. This will show the cuts and joins to be made and perhaps suggest changes to better fit your individual needs. Newspaper at 1:6 scale is not as stiff, proportionately as is ordinary two-inch foam, so if a model holds its shape, the actual hut probably will. Also make rough models of people and things which will go inside. If the hut will be built of 76 by 54 inch sheets, begin the model but cutting newspaper into 1 1/2 by 9 sheets. Make every cut and join as you will for the actual hut. Join with bits of tape.

**MATERIALS** for the basic hut (not including windows): 108 square feet of two-inch-thick polyurethane open-cell elastic foam weighing about 3 ounces per square foot (the lightest of the three weights of foam in Sears' catalog), and two quarts of foam cement. Foam is most commonly sold in 76 by 54 inch sheets for mattresses, in which case buy four full sheets. (A 54 by 54 inch piece will be left over which can be used for extra padding underneath or for window frames.) The foam MUST be open cell in order to 'breathe'. Test a piece by blowing thru it. Besides Sears and Wards, many stores listed in the yellow pages under 'plastic' sell foam and cement. Test a cement on two small scraps of foam; if it is proper, the foam will tear before the cement gives way. I have used a special rubber cement costing \$6 per gallon.

For a door I suggest a 2 by 3 foot piece of styrofoam at least an inch thick, preferably two inches. Scrap styrofoam can often be found at motorcycle dealers (Japanese motorbikes are shipped in crates made of it). If styrofoam can't be obtained, pieces of foam left over from the hut can be used. Another possibility: use two sheets of plexiglass, with an inch spacing between, to make a door which is also a storm window. For a screen door use a 2 1/2 by 3 foot piece of nylon mosquito netting, curtain material, or other fine-meshed plastic screening.

I use a felt marker for marking, any long-bladed kitchen knife for cutting foam (with a sawing motion), a 1 to 2 inch wide paint brush for applying cement, and a sissors for cutting screening.

**DIRECTIONS:** Accuracy within one-quarter inch is sufficient. A piece not quite the right size can be stretched or compressed slightly to fit. Cut one full sheet into pieces A, B and C (Figure 2). Glue A onto one end of a full sheet E (Figure 2). Cut off pieces E and F. A is the floor of the hut. Glue pieces E together along their cut edges to form a rectangle (Figure 4). Glue B pieces onto the ends of C



KEY

edge hidden from view ---  
cut  
glue  
all dimensions are in inches

(Figure 5). Glue ECB onto one side of full-sheet KJK. Cut EE to form G and H (Figure 4). Glue G onto the other side of KJK (Figure 5). Cut off pieces K and L. ECBG is the canopy of the hut. From a full sheet (or from a 22 by 54 inch piece) cut P pieces (Figure 6). Glue one

side of the canopy, a foot or so at a time, to one side of the floor of the hut (Figure 7). Cut EE to form G and H (Figure 4). Glue G onto the other side of KJK (Figure 5). Cut off pieces K and L. ECBG is the canopy of the hut. From a full sheet (or from a 22 by 54 inch piece) cut P pieces (Figure 6). Glue one



position. Glue a foot or two at a time (Figure 9). Glue one K piece onto the foot end of the hut (Figure 10). After the sets cut off K flush with the outside of the hut. Curve the head end as desired, using props and weights. (A somewhat peaked roof and sloped sides provide the most head room for someone sitting. A flat roof and sides curving to vertical give the most storage room at the sides.) Glue both P pieces onto the head end of the hut (Figure 11).

Cut R and S to fit and glue onto the head end (Figure 11). These are attached so that their 4 1/2 inch sides are horizontal.

Glue the T pieces on each side of the opening. Flush with the edges of P (Figure 12). If a somewhat peaked roof is desired, an additional piece above R and between P and P may be necessary to hold this shape. This piece can be formed from scrap.

Trim P and T to within an inch or two of the canopy (which gives most stiffening), flush with the canopy, or however you like for appearance.

Trim door about one inch wider and one-half inch higher than the opening for snug fit. If polyurethane foam is used for the door, glue extra strips of foam around its edge for stiffening.

Fabricate a screen door out of coathanger wire and netting. Fold the netting over the wire and sew. Save the larger scraps of foam for window framing and for additional reinforcement of the head end, should this prove desirable. Small pieces may be chopped up to make stuffing for pillows.

Allow hut to air thoroughly before occupying; cement fumes are toxic.

**WINDOWS:** I suggest trying out the hut without windows, then adding as desired. The foam itself passes considerable light at first, but darkens some with age. The best locations for windows depend on the rain-shelter within which the hut is used and the direction it faces. Windows located at the head end will interfere least with rolling (for transporting).

Any transparent, flexible plastic may be used for windows; preferably a material which will endure sunlight. Make windows small, round and spaced far apart so as not to weaken the hut and cause sag. For an 8-inch window, cut the opening 8 inches in diameter on the outside and about 8 1/2 inches on the inside by angling the knife. This tapers the cutout piece and allows it to be reinsulated easily and snugly from the inside for greater warmth at night. This piece may be left attached to the hut by an uncut flap of foam, and held back by a loop of cord when light is wanted. The plastic washers, which prevent the cord from pulling thru the foam, may be cut from scraps of window-pane material (Figure 13). Cut a 12-inch diameter piece of plastic for a pane. Cut a collar (doughnut) of foam with 8 and 9 inch inside diameters (tapered) and at least 16 inches outside diameter (Figure 14). Place the pane over the opening on the outside of the hut and the collar over the pane. Glue the collar to the hut. The glue probably won't adhere to the pane but the collar will hold it in place (Figure 15). If day-time temperatures are often low, I would add a storm window by gluing on a second pane and collar (Figure 16).

**OVER-SHELTER:** To keep one warm and dry, the foam hut must be sheltered from rain, snow, dew

and wind. A small tent can be rigged out of polyethylene film (see Figure 17, also article this issue). A 24 by 16 foot piece can be formed into a low tent 16 feet long by 7 feet wide -- large enough to contain the hut and provide a 6 by 7 foot sheltered area beyond the head end. Rig the over-shelter at least 6 inches above the surface of the hut so that moisture will evaporate. During wet weather when the hut is occupied for long periods, droplets of water condense on the outside of the upper portion of the hut, however the inside has remained dry. Shade the foam hut from direct sunlight which disintegrates foam -- about one-fourth inch a year. The hut will last longer and stay cleaner if the outside is covered with cloth (we haven't). The cloth must be permeable, not waterproof. A dark cloth will also provide black-out (dia-out at least) when a light is used inside at night.

**FOUNDATION:** Extra padding underneath increases both comfort and warmth -- weight compresses foam, reducing insulation effect. A piece of foam 4 by 4 feet by 2 inches is sufficient; 4 inches is better, especially if what the hut sets on is lumpy. Place the pad beneath the hut from shoulders to knees, which is where most weight rests. Or use dry moss or leaves or grass with scraps of cloth between it and the foam so that small particles do not work their way into the foam.

If the hut and padding rest directly on a ground plastic, body moisture which diffuses thru the bottom will condense on the cool ground plastic and create damp spots. At a temporary camp during fair weather the bottom may be dried off by rolling the hut onto its side for part of each day. At a more-permanent camp I build a platform out of recently-dead logs and branches 6 inches or more above the ground. This also keeps the hut dry during heavy rains when water may run along the ground. I put rocks down first for leveling and stabilizing the logs, then I lay down a piece of plastic. I put down three logs 4 inches in diameter or larger, angled to match the taper of the hut. (Three main logs rather than two allows the use of smaller and curvier cross pieces.) I place cross pieces about 2 inches apart, using 1 1/2 to 2 inch diameter pieces (not counting bark) from the head end to the hip area, smaller pieces at the foot. I do not debark logs but I smooth off sharp branch stubs. On top of the cross pieces go fine branches, dry ferns, leaves, etc., then scrub cloth, then foam pads if any, and then hut (Figure 17).

**BEDDING:** We have used regular sheets and blankets inside the foam hut. Bed-straightening chores may be reduced by cutting and sewing two sheets together into a tapered envelope (we haven't).

**TRANSPORT:** I remove the door (if any) and anything in the hut, then roll up, starting at the foot. I wrap a tarp around it and tie in several places. The bundle is bulky but packable. After unrolling I put a couple of branches inside as props to speed restoration of shape. Our hut has been transported four times this way without apparent damage.

**ARTIFICIAL LIGHT AND HEAT:** Foam is highly flammable. Be very careful with flame. We have used a kerosene lantern within ours without trouble; leaving the door partway open for ventilation.

\* Our present foam hut differs from this design. The head end is cylindrical rather than conical (maximum width is 4 1/2 feet) -- not as stiff a shape -- and is further weakened by openings in the sides for door and windows. I added extra doors around the door for air circulating but, even so, the cylindrical portion sags if the door is not braced. To brace it I tie two cords from the top to the ridge rope of the over-shelter. Other shortcomings: closing the side door snugly is difficult; with a minimal size over-shelter the maximum height (2 feet) is not quite enough for comfortable sitting. The design here is an attempt to correct these problems.

# WARMTH WITHOUT FIRE: STEPHENSON'S TENT LINER review by Royo

"Unique new insulating liner," now being made for the Wamlite tents, eliminates the need for sleeping bags. The unit hangs from the tent and provides a warm insulated compartment for two, equivalent to two down bags with 4.8" of insulation, yet is fully adjustable for warmer weather. Polyester foam pads underneath provide bottom insulation and comfortable padding... The packed bulk is less than a single down bag... The Filmapac insulation consists of 10 layers of aluminumized plastic film with 3/4 inch air-gaps between layers. The unit is constructed like a small wall tent hanging from the tent frames. An oversize end closure at the neck end permits the user to sleep with head outside of the liner, but inside the tent, thus eliminating need for a hood. The neck closure may be regulated for any amount of ventilation for warmer weather use, being tied completely open at about 60°F. When not needed during the day, the liner can be easily detached at the front and folded into the back end of the tent thus making the full tent space available for use. "The wind stability of the tent assures only convection free air between the film layers, thus providing efficient insulation." Weight of liner plus pads is about 6 1/4 pounds; price is \$200 f.o.b. Stephenson's Model 7 tent, needed to support the liner, is \$162 (according to catalog received late 1972).

The above is all the information on Filmapac that is in Stephenson's catalog: several questions asked were not answered, including: Can one breathe within the liner, or MUST one's head be left out? The inside dimensions of the liner were not stated but, calculating from dimensions of Model 7 tent, it may be about 45 inches wide by 30 inches high. Based on Stephenson's chart for down insulation, Filmapac provides about 55° of warming with two people inside and would be sufficient, by itself, down to 20°F. Apparent advantages compared to a foam hut: makes a much more compact bundle for backpacking; less weight; ready made. Apparent disadvantages: opaque; expensive.

Stephenson's address is 23206 Hattaras St., Woodland Hills, Calif. 91364. The catalog gives the impression that Stephenson's equipment (including sleeping bags and pack frame) is well designed for lightweight overnight camping.

# BUS REBUILDING by Al Fry

Mobile living started for me the day I possessed a car lot which had a dilapidated \$150 travel trailer which I couldn't pass up for the price. I pulled it post haste to a friend's secluded orange orchard and decided that this sure might be the way to solve the problem of rent. One thing led to another and we wound up pulling that trailer all over sunny Southern California, often sagging from the overload of junk or jetam. Pretty soon I got tired of trying to find suitable free spots to leave it while exploring an area or working, so we went on to an ancient U.P.S. truck which should have solved the problem but didn't. What it did

do was point out the many mechanical problems one could run into. Sparing the details I hope that what scant bit of experience we later piled up will help someone else going the same path. Several steps--vars later I finally figured I had my ultimate vehicle when fate interceded again and I had a mate with a son and dogs. Well, to shorten the story, I laid out about 1500 bills with trembling fingers and became the hesitant owner of a gigantic 35 foot '48' Crown bus. Vans are one thing but flat-front buses are something else again. Over the next six months or so we gained a lot of savvy on just how cheap one of these things can go together and still be presentable. The first surprising bit of luck was learning that one can usually get seconds and left overs from the trailer and camper builders who seem to be scattered all over S. Calif. For instance never run over a dollar a sheet and the more expensive hardware like sliding valve toilet, small water heater, and stove were usually less than a fourth of the new cost. An initial trip to our local dump quickly supplied us with the 2 x 4's and insulation to get things underway. (52 a load is overage scavenging rate.) Most of the lesser hardware came from swap meets where many trailer factory workers brought a lot of miscellaneous, and persons often unloaded unique gear from the past. Prize possessions on the 'unique' list were one brass lever-handle water pump to supplement the electric jockey and various pieces of antique hardware and bric-a-brac.

I have always searched high and low to get my hands on good stainless steel tanks for putting under my vans, but I stumbled across a real winner when I found out about the industrial Teflon-lined barrels now in use. These barrels can be found in 25 or 50 gallon sizes, and for a few dollars you have a rustproof first-class water or holding tank. Any industrial section of a large city will have seeds of them around and some of the big buses will have enough room underneath to put the big 50 gallon jobs. I used heavy strap iron cradles to hold them and connected little electric pumps to them although I am about to replace this constant line pressure pump with a constant barrel pressure air pump which will use less to push a given amount of water. They are a little more trouble free as a bonus. We used some surplus transparent hose to hook up all the faucets. I have found that ordinary garden hose is too chintzy and rubber joints all the water that goes through it. Camper supply stores have a good cheap hose. I had given copper some thought but one good occasional freeze would have split it open and who can afford copper. I have insulated pipes and tanks but didn't on the bus in favor of a half-filled round tank wouldn't split and the very flexible clear stuff would give enough.

Generally speaking I have found that the more insulation one can get UNDER or RIG the better. The sides and top should get insulated but often the factory insulation will suffice if one puts a layer of something over the metal interior. Wood paneling does the job. Rubber-backed carpet glued down with contact cement is even better and regular carpet is better than nothing. Our bus bedroom is carpeted ceiling to floor in warm carpet that cost next to nothing because it was leftover material -- large pieces would need cutting up anyway.

By far the best thing to have on a floor is rubber backed commercial carpet although it is really hard to find at any reasonable price. Linoleum is okay if it isn't in squares, which soon loosen up. And long shag rug is totally impractical. Some innovations that are very nice include a clear plastic or glass skylight and light proof window covers all around. The skylight can be incorporated into the ventilation cover if it is fairly large and the savings in lighting fuel will help make the effort worth while. In cold weather this skylight should have a double layer of glass as well as the windows if possible, although a plastic film can be put on a pinch.

Cold weather is really hard to combat in a bus or van and I always try to have sliding heavy curtains to cut off window areas and the front end driver window area from the



more insulated section. After trying about everything I could think of to heat my various mobile shelters, I found the solution in the good old wood stove. The pressure and wick kerosene burners, the catalytic heaters, LP gas — they all have drawbacks for the full time 'outbacker' or penny pincher. If at all possible give the LITTLE pot bellied wood burner a chance — wherever you go, the fuel will probably be laying around waiting for you. A good amlod will keep you snug all day and a little coal or hardwood will get you through the night. Even if daytime smoke will give you away where you are you can always stoke up after dark.

Get a good quality (will have a grate) stove with a five inch pipe and fix yourself a fairly heat-resistant and leakproof opening. The heat can be excessive at ceiling if a vent (preferably adjustable) is not available. If your rig is paneled at ceiling you will need a larger pipe to catch heat around the small — five-inch pipe and carry it out so as not to scorch wood. Set the stove on the floor and facing the door so you won't dribble splinters and ashes on your floor, and set it on a metal catch basin or scorch sheet. You can fix a carrier under your rig to hold your stovepipe when you are in cities and prefer to be less conspicuous. It is usually simple to put a choke (damper) in the pipe to adjust the flue draft and save wood. And add a screen spark arrester. Ashley Stoves are the ticket for cabins and such, but the little flicker of flame required for a tight little van can be had from most any stick burner.

As far as name brand goes, keep in mind that you will probably wind up needing parts sooner or later and off-make vehicles can be a waste of all your loving labor if parts are scarce. Buses are really 'bad news' when they start to have mechanical problems.

Dual wheels are desirable even though they need a little more gas to push them along — seems like I just keep collecting the exciting little goodies that civilization fosters and a single-wheeled rig I had got to the point of sinking down in warm parking lot asphalt pavement.

I believe in smaller engines but this is also derived from my penny-pinching approach which in turn comes from my dislike of sweating out my life for some members of the domination class.

Problems can occur with fire and I have parts gleaned from a rig that went up in flames from carelessness. Another friend lost a good converted van when he loaned it out to his good but insolvent friend. Provide for every emergency and take double precautions. Still and all, considering the good and bad points, van and bus living is about the best money's worth of shelter to be had and, like adding rooms to a house, one can always get another one.

#### CHOOSING A VAN FOR LIVING ABOARD

by Rayo

During the past five years two of us have lived in a motor vehicle three-quarters of the time and in various tents one-quarter of the time. The following are based on our own experience and that of personal acquaintances. Don't expect high vonu in a van. Have 'acceptable' ID. A four-wheeled vehicle needs/makes trails and so is difficult to hide well. We have really tried, yet even in our most secluded squat spots, we got hassled (asked impertinent questions) once every couple of years or so. Nevertheless a camper or van may be ideal for someone in transition out of that society — our's has served us well this way.

Don't plan to travel much unless you have plenty of money. Don't buy a cheap well-worn van to move across the continent unless you are already a fairly-skilled mechanic. Overall costs per mile of a 'one-ton' vehicle will be about double those of a small imported automobile. Single-piece vehicles (vans and motorhomes) and pickup campers both have their advantages. A van is lighter, sturdier, has a lower center of gravity, and is less wind resistant. Campers are mass produced and often cost less for the same comforts, may be more flexible, and cheaper to license in some states.

Buy instead of build, unless you are already experienced. The money you save building your own camper or making major changes in a van will be a very low return on your time. The experience gained is not very useful except for building more campers. If you do build, don't expect to achieve the overall quality of a factory-built until your SECOND one.

Have at least a 'one-ton' vehicle (at least 9000 GVW); maybe one-and-one-half or two-ton. But check out the idiosyncracies of the exlorters in the states you expect to license in and drive in. In many states vehicles over one-ton rating are supposed to stop at weigh stations and have commercial plates.

Have plenty of traction and a very low-speed bottom gear for getting off the road. Four-wheel drive is often desirable but expensive; next best is dual-rear wheels with most of the weight on them. V6 microbuses and most three-speed standard transmission vehicles don't have a low enough low gear.

Avoid vehicles much longer than a big car — 20 feet — and trailers if you will go into cities or off the road much. Two small vans are more expensive than one big bus but handier. Also beware of campers with long low overhang.

Furnishings recommended for living aboard most of the time: good insulation; furnace with exhaust vented to outside (I like a propane floor-furnace with pilot for quickness of heat, simplicity, and no smoke; a very small and light wood stove would be nice for backup); good ventilation; screens on all openings; cooking stove, probably propane, at least two burners; sink draining to waste-water can which can be removed for emptying; five gallon water can with spigot which can be set over sink for use, taken down for filling and when moving; propane lamp (or possibly Aladdin kerosene lamp) for main light with 12v bulbs for quick light and backup; dual batteries; dual propane tanks; polyurethane foam pad for mattress — light, fairly cheap, doesn't mildew; black-out shades or drapes over all windows; plenty of cabinets, closets, drawers, and work surfaces. Ideally most bulky furnishings — cabinets, sink, tables, etc. — are firmly mounted yet easily removed for use of vehicle for hauling — this I haven't seen in factory-builts.

Furnishings not recommended: any appliances such as refrigerator or air conditioner which uses 120v electricity in quantities too large to be supplied by an inverter; john head-mounted on the vehicle (if a flush toilet is wanted, get Portapotti or a similar make which is a portable self-contained unit and can be removed for emptying); vehicle-mounted water system (we have one but leave it drained much of the year so we don't have to worry about freeze up); shower and hot-water heater (again, we have one but find we'd usually rather jump in a creek, even in January, or take a sponge bath than spend a half-hour removing impedimenta from the shower, filling the tank, turning on the heater, etc.); unvented heater (fumes are harmful).

Minimize windows in a van if it will be in a city much. I'd consider a skylight (but not a bubble top unless it was somehow retractable). Squatting and permission-parking both have their advantages and drawbacks. If squatting, one pays no rent. And one has a greater choice of spots including more secluded locations and so is less frequently hassled. Parking with permission, one spends less time finding spots, and is less likely to have to move when hassled — which can be important if one is in the middle of a major overhaul. Permission parking doesn't offer greater security — bludg insist on access to all trails and bludg usually first ask for ID. "We have permission to park here; you can check with our landlord" isn't a sufficient answer. Squatting for up to two weeks — sometimes longer — is legal on all land not otherwise posted. Chances of being prosecuted for trespassing are practically zero so long as there is no littering, open fires or vandalism; few land-owners wish to provoke people — too easy to set grudge fires. After several years experience we find we squat about 80% of the time; permission park about 20% of the time.

#### A SMALL BOAT FOR LIVE ABOARD

by Paul Doerr

Soon, maybe by the time you read this, I will be living in a small boat. I came to California from Lake Erie in an 18-foot sloop, but sold it as too cramped even for one, and I hope to leave here with a good companion. So I made a list of what I did and didn't want, designed it all into 25 feet, and built it.

My new boat is turtle deck for water shedding and more headroom below, double end for better sea characteristics, twin keel for shallow water and cross ocean sailing; free standing, stayless but stowable, short mast for no jibing, sail wear, better sailing characteristics and copability to stow ALL gear including the mast in the locked cabin; three compartments, one about 12 feet long to live in and two to store stuff out of the way; positive, poured in place floatation so I CAN'T sink; diamonded, an ancient Chinese invention; barndoor rudder for better control and less turbulence; hand tiller for simplicity — the less fancy the less to break; Chinese junk type sail rig — another ancient Chinese invention — the most efficient, durable, least expensive in the long run, easiest handling sail known; water tanks below and on 'floor' to store enough water for some months at sea, also the water adds ballast on the keel while sailing; dry food stored in plastic containers to provide additional 'life preserver' type floatation; a built-in treadle sewing machine (foot operated) for sail and clothes repair; kerosene lights to end dependence on electricity; a wood-burning, pot-bellied stove so I can cook and heat with driftwood or wood I cut on shore; two heavy posts, one at either end, so I can use the anchor rope, a block and tackle and a buried anchor to drag the boat up onto the shore if I find a place where I want to stay for awhile; ALL fittings thru-bolted so nothing will break out in a storm, etc.; solid mahogany frames and stringers; two layers of 3/8 plywood and one layer of fiberglass over all, on hull and deck for strength; a doghouse, sliding or solid over the cockpit so I can sail in comfort in bad weather. I'd like to find several boats to sail in company, perhaps all over the world, keeping together during nights and storms by using a b.e. radio as a sort of rough distance/direction indicator and for communications, of course. By someone always watching the fleet while others are ashore, nothing will be lost or damaged. Foods can be bought in quantity and divided among the fleet. (Reprinted from PIONEER, page 222.)

#### FREE CITY SHELTER AS A GUEST

by Lan

Suppose I must go to a city and live there for several months while earning more money. It's winter so I'd rather not live in a tent in the wild part of a park. Either I don't have a vehicle or it's too little and cold for street squatting. An apartment is expensive and there may be a lease or other complications. Sharing an apartment with just anyone is apt to be unpleasant if it's crowded. If it has room enough to keep out of each other's way it's probably as expensive as separate smaller quarters. A room just for sleeping is no good if I want to keep out of restaurants. I might find a room with kitchen privileges but it may also have a suspicious landlord who is buddy-buddy with the bad guys. A commune will work only with people all on the same trip and not always then. And getting one together takes more time and energies than I could afford. House sitting is nice for somebody who can arrange it, but that's not easy for somebody not around town. So what do I do? Before heading to the city I make contact with people living there who are living conventionally but interested in things I am interested in. I learn of them through mutual friends, also through specialized little zines like VONULIFE. Better yet I already know people there. I make special note of people with extra room and similar family situations — single if I'm single, couples if I'm a couple, freaks if I look freak, straights if I look straight, etc.

I write to these people two or three times a year, even if it's only a note, so they'll remember me. I probably don't try to arrange to room with them by mail. I just get an invitation to stop by when I'm around.

When I visit I learn their housing situation. I don't have much gear and I'm used to living in small, odd places so I don't need much room. But I like a spot that's out of their sight and way most of the time such as an attic, big closet, corner of garage, etc.

If they and I hit it off well maybe they invite me to stay a few days. Or maybe I inquire if they know a place I can stay a short time.

I probably offer to pay and they probably try to refuse. But that's just one of the rituals of the insincere society which complicate things. If I don't pay them some way I won't be very welcome next time so I must find a way. Maybe I can do chores — baby-sit, fix doors, mow lawns, shovel snow, etc. But probably I'm working overtime or holding down two jobs to get back out as soon as possible. If I'm a woods vanguard I probably can't host them in return. I'm giving fellowship and information, and vanguarders are usually interesting people to folks who think they might like to try it some day. But it's not wise for me to assume that my words are more valuable than theirs. Maybe I find unusual things in my travels that make nice gifts for them. If not I'm back to money. If they don't want to take it from my face I leave it behind when I go. I take care to cause them as little expense and inconvenience as possible. I have my own bedding.

If they eat conventional, expensive food I do not eat with them except on special occasions. I try to be away during their regular meal times so the question doesn't come up. If I can't arrange that I come up. I'm experimenting with a special diet. I prepare my foods at times when the kitchen is not in use. When I do eat with them I furnish some of the food. I use the washroom when they don't. I always clean up my dirt and a little more besides.

I graciously accept when they ask if I'd like to join them in their rooms for socializing. But I hold down my exposure and extend my welcome by being out of the house during most of their waking hours. I read in a library or in my own space rather than in their living room. I don't urge them to become like me. They have their own knacks and dreams. They and I can gain from each other at points of overlap. In general I try to be a little vanguard who almost isn't there. I have other invitations lined up so when conversations get stale I pack my gear, wish them the best and move on. This way I can not only shelter myself in a city of low cost but live around pleasant and safe people.

#### TIME SHARE A HOME

by E.

Quite a few families are swapping houses and apartments on vacation. For example a family in New York who want to live in L.A. for a month gets in touch with a family in L.A. who wants to live in New York during that same month. They live in each other's apartments. Two vanguard families who each want to live in a city every other year (or month, etc.) and in the woods every other year can rent a single apartment and take turns living in it. This could even be done by three or more families but it would get more complicated. They could also swap dwellings in the woods. The families might also take care of each other's mail. Their mailing address stays in the city. The family in the city ships the mail to the family in the woods. Both families could squeeze into one dwelling for a while if they have to, so it's not necessary for them to synchronize their movements exactly. Each family should have exclusive use of a little space where they can leave things. This might be a big closet or part of one room.



## FAR OUT EATING FOR \$10 A MONTH by Haelon Hygieia

(This is a condensation of Haelon's forthcoming book, **OUT OF SIGHT EATING**, for which Haelon is seeking a publisher.) To everyone who directly/indirectly helped create this book and to all noncoercive people who read it, it is dedicated. Thanks to Rayo for being colateral, number-one dishwasher, and critic.

### INTRODUCTION

Hello. This is Haelon. I live with Rayo, in the woods most of the time, out of sight, sound and mind. Out of our life-style has evolved the ECANES diet. That's what this book is all about. I talk mainly about what Rayo have actually done, because I think it is more valuable than how I THINK IT MIGHT be done by somebody else. But hopefully what has worked for us will work for you.

ECANES defined. Rayo and I buy foods with as many of the following characteristics as possible. In that way we are able to remain out of the S<sup>1</sup> Society for long periods of time. E is for economy, which is very important to us since the less we spend, the less we have to earn, and the less time and hassle we have within THAT society. Economical foods are also ecologically sound since they are sparing of resources.

C stands for compactness, which makes transporting easier. A appetizing is what we like all our foods to be. N stands for the nutrients that help keep us healthy.

E this time is for ease of preparation.

S is for storable without special processing. Happily, ECANES qualities often go together. Wheat kernels, e.g., are more economical, more compact, more appetizing (I think), more nutritious and more storable than supermarket breads, pastries, and cereals, which are mostly air, additives and advertising. \*S stands for sick, sickening, sodistic, sordid, senseless, eSetera.

N.B. Because prices of different foods may vary from one time to another, what is economical may also vary. If wheat's price goes sky high it is no longer a good ECANES choice. I would substitute a less expensive grain in its place. If the price of honey comes down, I may use it once again. The important thing is to be flexible. One food may be substituted for another because it is NUTRIENTS that are essential, NOT any one particular food.

BUYING. It doesn't pay to try and get small amounts from wholesalers. We buy a lot and store it. People who don't store might consider going in with a number of friends in order to take advantage of wholesale prices.

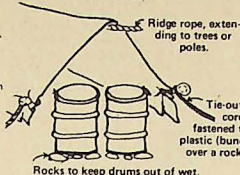
Where I think the information is up to date and helpful I've included our sources in the text. When locating a new source we have found the yellow pages informative, also the chamber of commerce in one instance. Usually all that's necessary to buy wholesale is to say something like, "I'll take 100 pounds..."

### STORAGE

We store large quantities of food for the following reasons: (1) Where we live is usually far away from any place to buy anything and we prefer to be able to stay out there, with as few trips into the S<sup>1</sup> society as possible. (2) It's cheaper to buy in bulk. (3) Buying large amounts in advance hedge inflation. (4) We want to be prepared as well as possible for such a contingency as nuclear war.

We now store most of our food in 15 gallon steel drums, bought from one of many cooperages (drum and barrel dealers) in the L.A. area. (I suggest checking the yellow pages and phoning to find out what's in stock.) The drums we got were used but clean. A few were damaged — with holes and bent rims — so check carefully. We still gave them a soap and water washing and lined most of them with plastic bags. Even if there is no surface contaminant, the bags serve as added protection against water and ants. Sources for plastic bags:

Bradley's Plastic Bag Co., 9130 Firestone Blvd., Downey, CA 90241, sells 24" by 45" (15 gallon drum liner) polyethylene bags for 37¢ each or \$26.50/100. Better Containers Mfg. Co., 543 Granville Ave., Hillside (Chicago) IL 60162 sells the same size bag but only 3 mils thick instead of 4 mils for \$19.69/100. These bags are heavier and more durable than garbage bags sold in supermarkets, but we used garbage bags before we learned of the above sources. The drum lid and rubber gasket is held on to the drum by a circular band that tightens with a nut and bolt. This arrangement seals air-tight usually, but not always. As further protection against moisture entering the drums, we now place them under mini 'A' shape polyethylene tents or simply a piece of poly directly on top. (Editor's note: See article on plastic tents in this issue.)



I've read that bay leaves inside the drums will repel ants. I put some bay leaves in and time will tell if they are effective.

In addition to water and ants, bears are a threat. We've seen square and round, metal five-gallon friction-top cans torn as if they were aluminum foil! So far our 15 gallon drums have proven to be bear proof.

Perhaps more insidious than bears is oxygen. Food is supposed to store better in an inert atmosphere. We've used carbon dioxide to create one and also kill any vermin and most fungi.

The procedure is quite simple if one has a CO<sub>2</sub> source. In the past we've used dry ice, buying it in the city and taking it to the woods (wrapped in foam, blankets and sleeping bags) where we did our packing. First we placed a plastic liner bag in a 15 gallon drum. Into the bottom of the bag we placed crushed dry ice, one ounce per gallon of volume (1/3 would be sufficient to displace the air but we use more in hopes of flushing out the oxygen more thoroughly). We wrap the crushed dry ice in paper towel or rag before placing it in the bag so that the food we next pour in won't touch it and perhaps be damaged by the intense cold. Next we put in the food: grains, kelp, alfalfa, etc. In some drums we mixed foods by first packing them separately in their own porous bags (so that CO<sub>2</sub> would penetrate). Raisins we left in their packing boxes, dividing some by cutting the boxes in half, and closing with plastic.

With unspoilables such as dextrose and lime-stone flour, we skipped the dry ice. When the drums are full we loosely tie the plastic liner bags closed and set the lids loosely in place. In the next few hours the dry ice volatilizes and the bottom of the drums are no longer cold to the touch. Now the liner bags and lids are tightly sealed. (Pressure will develop if the drums are sealed before the dry ice volatilizes.) Some

recommend carbon tetrachloride as a fumigant. Rayo has read that it destroys vitamin E. It is very poisonous. We feel CO<sub>2</sub> is a safer alternative. (I don't believe that carbon tet accomplishes oxygen displacement.) When we bought the 15 gallon drums they came with various packing materials inside, including some one and two pound bags of desiccant, made by Filtrol Corp. of L.A. We used these desiccant bags in some of our food drums, after reactivating them by drying in the oven. How advantageous they are I really don't know. They seemed to dry out the raisins and currants, which have kept well for over a year, so far. Perhaps the desiccant's drying effect enhanced the fruit's keeping qualities. Since polyethylene slowly passes moisture, the desiccant was effective both within the poly bags and outside of them (within the drum). I haven't mentioned storing flour because we don't. We consider it highly perishable and therefore grind it

ourselves immediately before use. We try to keep our food stores in as cool as possible a place throughout the year: in the shade, buried under ground, or watered by a cold stream. Sprouting is one simple test of quality. If something sprouted at one time but subsequently loses the ability, something has changed: I would think for the worse. We've had popcorn pop well after two years storage. (No experience with stored longer.) We've stored unshelled walnuts a year with no apparent deterioration. Ditto for raisins and currants. Shelled sunflower seeds appeared to deteriorate in less than a year's time and we don't plan to buy them again. (Some seeds seem okay but then developed off colors and tastes.)

We've stored brown rice a year with no detectable change. Batchelor (GATEWAY TO SURVIVAL IS STORAGE) says that if brown rice is stored for "excessive periods of time" rancidity is likely. This is contrary to what some advocates of macrobiotics claim, about brown rice keeping indefinitely. I doubt if any food keeps indefinitely in good condition. White rice, because it has the oil removed I presume, is more stable than brown rice, according to Batchelor. We've stored some powdered milk two years. Tasted okay, but unfortunately, harmfully deteriorated foods are not always identifiable by one's senses.

To transport our stores, we do long hauls by truck, and short ones by pack frame, on our backs. The Camp Trails "Freighter" model has so far held up to repeated heavy loads — up to about 120 pounds, the weight of a 15 gallon drum full of food. We added a head strap to it to help handle the heavy loads. A less-expensive surplus Air Force riveted aluminum frame has served well with equally heavy loads. It was made more comfortable with the addition of a home-made padded waist-belt, shoulder straps and head strap. The main drawback of this frame is that its shelf is only a few inches deep — sufficient for a drum but not so handy for a bag.

We number the 15 gallon drums with an indelible black Miracle Ink felt marker.

The 15 gallon drums are not practical for storage of food on hand, in our living quarters. So in the kitchen we generally use one gallon containers, mostly plastic bleach jugs, some plastic wide-mouth mayonnaise-type jars and some glass jars.

We are leary of toxins in plastics but think the jugs probably do not contaminate the contents when used for dry storage. If weight and breakage are no problem I recommend glass, but kept in the dark so that light cannot deteriorate the contents.

We will use wide-mouth jars for all dry foods when we get enough. Now we reserve them for raisins, walnuts and beans, and use narrow mouth bleach jugs we salvage from laundromats and dumps for wheat, popcorn, corn, rice, lentils, and millet. We fill them using a funnel. Goodies that we have in limited quantity, such as walnuts, sesame seeds and raisins, we divide between us, each getting our own jar. That way if one of us eats fast it doesn't penalize the other, and we don't tend to race.

The plastic jugs aren't mouse and rat proof. So we put them in metal drums if we go away from camp for several days.

### NUTRITION

FOOD COMBINING. Certain food combinations may lead to digestive distress. E.g. mixing a protein food such as beans, with a sugar such as table sugar, tends to result in flatulence — baked beans are a notorious example. Similarly, Rayo and I find nuts and dried fruit, eaten together in quantity, to be troublesome. At one time I tried to go by the food combining rules set down by Shelton (FOOD COMBINING MADE EASY AND ORTHODROPHY, Vol. 2) and Munro (MAN ALIVE YOU'RE HALF DEAD) and often, not because I had poor digestion but because the rationale for the rules seemed to make sense. Since I couldn't usually tell any difference in how I felt whether I followed the rules or not, and since I've read some contrary opinions, I'm

back to going more or less by what tastes good, so long as it doesn't cause any noticeable problems. If I experience an upset, I refer to the rules, and try to avoid the offending combination in the future.

PROTEIN. Proteins are made up of amino acids, about ten of which are 'essential' to humans, viz the human body cannot make them itself from simpler substances. It must get these ten or so amino acids ready made in the foods eaten. Most all unrefined foods contain some amino acids. ALL the essential amino acids are present in a great number of foods: rice, wheat, corn, lentils, walnuts, cabbage, potatoes, carrots, etc., as well as milk, meat and eggs. However the proportions of amino acids are considered to be better in some foods than in others (by some people). Sometimes the misleading term 'complete protein' is applied to such foods as milk, meat and eggs, when in actuality wheat and rice also contain all the essential amino acids, the perhaps in less optimum proportions. Some suggest

that foods with less than optimum proportions of amino acids be combined in a complementary fashion with one another to come up with a better balanced protein. Thus, according to DIET FOR A SMALL PLANET, one part beans and six parts wheat flour provide a better (more fully utilisable) protein than either one eaten alone. However, other sources suggest yet different ratios for beans and wheat as being optimum. (The discrepancy lies in what is thought to be the optimum proportions of amino acids. I've seen recommendations in three different books that all contradict each other, and even themselves.) In practice we often mix grains and pulses, e.g. wheat and beans, corn and beans, rice and lentils. But we don't try to achieve exact ratios, just going by taste and cost. In the future, if we get more definitive information on protein mixing we may try to do it more consistently and precisely. I think the ECANES diet that Rayo and I follow provides sufficient protein, even without milk and occasional small game. But with the inclusion of the latter I think it certainly does (based on the one gram protein per kg. of body weight recommendations of the National Research Council, which some even consider unnecessarily high).

For several years I was a strict vegetarian. But from what I know at the present time I believe it is safest to include some animal foods in the diet. Price, in NUTRITION AND PHYSICAL DEGENERATION, reported finding no "single group of primitive racial stock which was building and maintaining excellent bodies by living entirely on plant food."

CALORIES. Obtaining sufficient calories is no problem with the ECANES diet. However this is not to say that it is a fattening diet. If one ingests more calories than one expends, those extra calories will cause one to get fat, whether they come from bread, butter or lean meat. Eat too much of a reducing diet and the consequences will be the opposite of reducing! However on a nutritious diet one may have less of a tendency to overeat than if one eats junk.

As sugared cup of coffee and white flour pastry often prove fattening because they provide calories without furnishing enough of the nutrients the body needs, leaving one with 'hidden hunger'. In eating to satisfy 'hidden hunger' additional calories are consumed and therefore a surfeit is created. (Anyway, that's how some nutritionists explain it. Sounds plausible to me.)

Starvation has acquired a bad name among battlers of the bulge. The ECANES diet is high in starch. However, it is not refined starch. Along with the ECANES starch comes other nutrients and sufficient bulk and roughage to make it possible to eat a satisfying amount without getting an excess of calories.

From personal experience I know I can either gain or lose weight on the ECANES diet. Controlling my weight has been a problem for many, many years. If anything it has been easier for me on our present ECANES plan: I've been able to maintain a lower weight, for a greater percentage of the time than in the past on previous diets (including low-carbohydrate ones). How much of my



success is attributable to food (vs.psychological factors), I don't know. Rayo has no problem with his weight. For those who are weight conscious, like I, the ECANES way does offer additional advantages over conventional food practices. The number of shopping trips into the seductive society, with its professional tempters, is reduced. I find bakeries, candy stores and restaurants that are out of sight, smell and reach, are on their way to being out of mind. The ECANES diet allows one to live where there isn't advertising bombarding one from all sides. Lastly, the sprouts provided in the ECANES diet offer one a relatively low calorie nibbler for treating attacks of the munchies.

**OIL.** Certain fatty acids are considered essential, i.e. the human body cannot synthesize them from other digested foods but must ingest them already made. We presently depend on seeds and nuts to supply our essential fatty acids. Until recently we sometimes bought supermarket vegetable oil, margarine and butter. But now I try to stay away from processed oils because I question their healthfulness. If I could get/make first-day-fresh hydraulically pressed sesame or olive oil and use it immediately I might eat it that way. All other oils are subjected to heat, as high as 475°F during processing. At temperatures above 450°F all oils develop acrolein, which is a highly irritating and perhaps carcinogenic substance.

Some health food stores (such as Organic Merchants) sell crude (unrefined) oils. (See THE OIL STORY.) These are supposedly less subject to rancidity than refined oils. However, I think that oil by any process is highly perishable. Refined oils, which are most of the oils sold in stores, are generally solvent extracted. The solvents are commonly light petroleum fractions — suspect in producing cancer (See Foundation reprint #8). Oils that are refined are often (perhaps almost always) rancid to begin with. Dr. Royal Lee knows of no commercial manufacturer of peanut oil who uses other than "mildly" spoiled peanuts that cannot be sold for any other purpose... (Lee Reprint #8). Adelle Davis (LET'S GET WELL) claims that the rancidity cannot be reversed, only masked. The processors do a good job of that, using methods and substances which may be unhealthy.

Cottonseed oil is particularly bad because in addition to the above, it is subject to heavy pesticide contamination; cotton being grown as a non-food crop. Margarine, in addition to the drawbacks of refined oils, is hydrogenated and therefore not as good a source of essential fatty acids. Animals tend to store and concentrate DDT in their fat. We've never bought lard. We no longer buy commercial meat. The wild meat we've gotten so far has had little noticeable fat on it. (I'm not sure what it'd do with a bear's fat.) If I had a cow, goat or elephant I might drink its milk. I'd probably even make butter and cheese occasionally. However the pasteurized, salted butter on the market, possibly containing bleach or coloring, is often made from spoiled cream. Furthermore the cream comes from cows that are probably fed stale food (such as hay, especially in the winter) which is likely to be contaminated with insecticide residues. With such foods and crowded conditions the cows tend to be sickly and therefore loaded with antibiotics. They and their surroundings are also sprayed with pesticides and disinfectants. Not using oils our dishwashing is minimal.

**NATURALNESS.** Quite naturally, naturalness and wholeness are not naturally wholesome for humans. Because something is natural it is not necessarily good for one's health and longevity. Rattlesnakes, Amanita phalloides mushrooms and tomatoes, all very natural, can cause injury and even death. I used to believe that whole wheat bread (commercial) was better than white bread because it was more natural. But commercial whole wheat bread may, in fact, be more harmful than its white counterpart, because it is more subject to deterioration due to its

higher oil content — the oily germ having been retained, unlike white flour which has it removed. Because of its perishability the whole wheat bread is also more likely to have preservatives, which may be harmful not because they are synthetic but because they may be toxic. I think it is best not to get carried away with the idea that wholeness, per se, is any better than naturalness, per se. Can you imagine eating a whole UNhulled walnut? Especially if the TREE were attached! Even monkeys don't eat banana peels and whole unthreshed grains might cause problems — unless you happen to be ruminant.

However to get the most nutrients from my food, and thus get the most food value per dollar, I try to eat as much of a food as is palatable and nutritious, and in as fresh a state as possible. I've found watermelon seeds, for example, to be edible and tasty. I chew up the whole seeds and swallow. Cantaloupe seeds, on the other hand, seem to fragment into sharp pieces upon mastication so I spit them out after chewing. I eat the biflavonoid-rich white rind of citrus fruits; I peel and discard the outermost covering because of sprays and fallout. I eat the seeds from green peppers. Sometimes I dry some on a plate in the warmest part of the shelter, and use for future seasoning. I eat the seeds of apples, citrus and prunes IF organically grown; plants sprayed with arsenic may contain it in their seeds.

I urge caution with any untried foods. People are individuals, biochemically as well as in other ways. What is nutritious for me may be toxic for another.

**FATTY RUBBISH** is the term used by Robert S. Ford. In his book STALE FOOD VS. FRESH FOOD, to refer to the durable, non-food material which results from the deterioration of foods. If the food has first been ground, cooked, exposed to air, sunlight or microbes the deterioration is heightened. Since the non-food material cannot be utilized by cells of the body it builds up in the form of arteriosclerotic deposits. Considering the food and quantity usually eaten, Ford cites commercial flour products as the big killers. The flour particles are so small that they can actually enter the blood stream very easily. If the flour were coarser, Ford says most of it would be eliminated with little harm. Judging from Ford's book, coarse flour, ground immediately before using, from viable seeds, would be much less harmful than the flour of commerce. Or, perhaps better still would be sprouted seeds, eaten whole or made into dough. Preserved meats are next on Ford's list of harmful foods. Also to be avoided are: powdered eggs, milk and anything containing them such as ice cream, mayonnaise and candy; most commercial oils, margarines and shortenings; nuts that are other than fresh from the shell; chocolate; drugs and vitamins; sun-dried fruits such as raisins. Foods recommended are FRESH: vegetables, fruits, nuts, raw milk and butter, meat, etc.; eaten raw or cooked very little (except for cooking) and eaten immediately after cooking. To a large degree we follow Ford's recommendations, which coincide closely with the recommendations of many other heterodox schools of nutrition and health. We make certain compromises in order to be able to eat out of sight, viz. in *vanu*. Hence we eat some dried fruit, vitamins and powdered milk.

#### PREPARATION

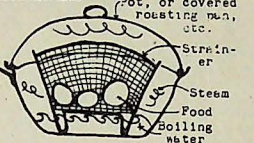
**NOT COOKING.** We seldom cook fruit, preferring it raw, for better taste (without the need for sugar) and better nutrition, as well as easier preparation and clean up. We usually eat vegetables raw too but sometimes like them cooked. If I do cook them I try to serve some of the same vegetable raw, along with the cooked, for nutrition's sake and to cultivate a taste for the raw vegetable.

I'm really not sure how harmful conservative cooking is. Some claim it's an aid to digestion. I've read that only 1% of the carotene in raw carrots is absorbed, while 5 to 10% of it is absorbed from cooked carrots (LET'S EAT RIGHT TO KEEP FIT). But, on the other hand, many nutrients are destroyed by cooking and toxic substances may even be created (as when oils are heated above their

flash point). Enzymes, which can aid digestion, are destroyed at temperatures as low as 118°F. Some vitamins are destroyed by heat. With most foods I think that more is lost by cooking than is gained. So I try to do minimal cooking and cook minimally.

I also try to do minimal mixing, mincing and mashing of foods. Contact with metal and exposure to air destroys a surprising amount of nutrients. If I cut up some fruit or vegetables for a salad, I try to leave some big pieces and eat them with my fingers — sections of orange, a big piece of carrot, lettuce leaves. Often I don't make a salad at all and we eat the food whole — an apple, orange, banana, cucumber, sprouts and wild greens. I have a grater but I use it sparingly.

**STEAM COOKING** avoids high temperatures and any browned, crusty or burnt material (fatty rubbish). (Steam, or vapor cooking is not pressure cooking, where a special pot with tightly-sealed lid allows high temperatures to develop.) What is needed for steam cooking is a means to hold the food over the boiling water in a covered pot. (A domed lid may encourage condensation to go down the sides and not drip into the food.) From materials on hand I've improvised two methods. (1) A strainer holds the food. Mine tends to discolor what contacts it so I line it with cloth or aluminum foil.



(2) The food may be placed on a platform, such as the cut-off top of a coffee can with holes punched in it.



If condensation drips are a problem, or if the foods are ones that will drip their own valuable juices, it's a good idea to place something (a plate, bowl, foil dish or absorbent food such as corn meal) under them to catch the drippings, which may then be eaten. Vegetables cooked this way are delectable. So are tomatoes and other corn meal products. Wheat balls are nice too. Some meats taste rather bland after steaming. One can get used to the taste or lightly brown the meat after it's steamed. I haven't done much bread cooking this way — yet. I serve cooked vegetables while they are still crisp and brightly colored, not mushy and dull. For leafy vegetables I often bring the water in the steaming pot to a boil, put in the vegetables, turn off the flame, and let the residual heat do the cooking. In ten minutes or so the food is tender and succulent and ready to serve.

**SCALDING.** Pour boiling water over the food, cover, and let stand. I like to do it with corn meal, ground fine, with a little sesame meal and a few raisins added. It's ready after only 5 to 10 minutes.

**INSULATED COOKING.** For things that require longer cooking, the food may first be cooked over a flame for a few minutes, then removed and insulated for the remainder of cooking time. E.g. I cooked rice for about 15 minutes over the burner, then in bedding I bundled the covered pot — under sleeping bag, blankets, foam, etc. After a few hours I unwrapped the rice and found it still hot, with all the water absorbed, the grains individual and tender. However, the taste was much like that of raw rice, which too bad, is different from cooked rice, which I prefer for the most part. I'll either get used to the different taste or increase the flame cooking time in proportion to the insulated, flameless cooking time.

**TSUBAKING.** Baking without an oven — no sticking without fat. Tsub stands for Top (of) Stove Uncovered. I find it a lot easier to say "tsubaking" than "baking in an uncovered pan on top of the stove". I don't claim to have invented the activity of tsub-

baking. Bannock must have been cooked this way before I was conceived. The same holds for tortillas, chapatis, some cookies and probably numerous other things that I don't even know about. I've found that covering such things as bread, while they're baking, causes them to taste more like cereal than bread, hence the uncovered part of hubaking. Since I no longer use bottled oil, or any regular shortening, in order to keep things from sticking I use flagee (which stands for FLOUR GRASSE) — a layer of flour, usually from wheat or corn, on the bottom of the pan. The moister the food the thicker the layer of flagee: cornbread takes a thicker layer than wheat bread; pancakes take a thicker layer than cornbread, the second side taking less than the first, moister side.

**GRINDING.** Grinding isn't a grind — it's good exercise! For my custom-milling operation I have 36 grinders. Number one star of them all is the "Estrella". It is made by Talleres Industriales, Apdo No 31, Monterrey, N.L., Mexico. I got mine at the Mercado El Centro on 200 something Calle Ruiz in Ensenada. It cost only \$5 U.S. Later in a hardware store I saw another grinder of similar design, but selling for \$6. I guess they're common in Mexico. The molino Estrella looks almost identical to the Corona, tho perhaps with a rougher finish and lacking the shield over the grinding plates. However I find neither inconvenient since I don't much care what it looks like and because I use a plastic bag to catch flour (and save me from breathing it). The bag is held on with a big rubber band which stays on the grinder. I find no bag necessary for moist things — they just fall into a bowl. The Estrella excels at grinding moist/oily foods. After one grinding: sprouted wheat comes out ready to knead into bread; raisins and dates like camel (or jam if a little water is mixed in after grinding); sunflower and sesame seeds like meal (or paste, if water is mixed in afterwards); or butter, if ground about five times. Nothing has gummed it up so far. I've even ground cooked liver with it.

Usually, I grind dry grains and pulses, each one separately, two times. I tighten the adjustment screw the second time thru. This does NOT yield super fine flour like Pillsbury's Best XXXX. Some of it is fine and some is still somewhat coarse. If I want a uniformly fine flour I sift out the coarse pieces with a strainer, regrind them, sift again and repeat the process as many times as necessary. But I seldom do that. We've become accustomed to the coarser textures. They're very sensual! (I lewd food?)

Often a few kernels of wheat still have their husks on. I grind them, husks and all. A FEW husks don't seem to bother our guts. Sometimes wheat from the bottom of the jar becomes some cracked pieces: I sift before grinding to get rid of them (fatty rubbish).

For unhulled buckwheat I grind once and then sift to separate the hulls from the flour. It doesn't seem possible to get groats (WHOLE hulled seeds) from the grinder — only flour.

With unhulled sunflower seeds we haven't found any way to separate either whole kernels OR flour from the hulls, using a grinder. Unfortunately Euell Gibbons' hull floatation separation method (STALKING THE WILD ASPARAGUS) hasn't worked for us. Any hints, Euell? After grinding dry things (e.g. wheat, corn) I don't wash the grinder. I loosen the adjustment screw, tilt, grind, blow and brush (with an old toothbrush) to get rid of the residue. I put the grinder into a bag and put it away. (Or if there's room to keep it up permanently I try to mount it tilted to begin with (easy if mounted on a branch) and cover with a bag after blowing and brushing.) After grinding sesame or sunflower seeds (once) I grind corn or wheat to clean out the residue from the oilier seeds. But if I make seed butter (multiple grindings) I wash the grinder, as I do after grinding dried fruit or sprouted seeds. I seldom grind anything that involves washing the grinder, since I find it a nuisance. Usually I grind only as much as I will use immediately. I.e., like the Hunzas I grind one day at a time. I do not store flour.



When grinding grains and pulses I adjust the grinding plates loosely for the first grinding and tighten up for the second pass thru, but not so tight that metal grinds metal. Having the adjustment very tight for the first grinding just makes cranking very difficult and does not result in flour as fine as if ground twice. I grind oily seeds and dried fruit once, starting loose and tightening up just enough to do the job. I find that forcing myself to grind with few rests helps me build strength and endurance. I've only used a Corona for a few minutes and I've only looked at a Quaker City mill, so I don't feel qualified to compare them with the Estrella. But I assume they all perform similarly. Alho for myself I consider super fine flour unnecessary and possibly unhealthy (according to Ford's findings) If you want it there is a 'stone Corona' (I think it's actually a synthetic stone). I saw one at the Whole Earth Access Co., 2466 Shattuck, Berkeley, CA 94704 for about \$30. I've no experience with R&R Hardware, 175 West Main, Tremonton, Utah 84377, but they advertise the Corona Stone Mill for \$34.95 post paid. They sell the regular Corona for \$14.95 post paid.

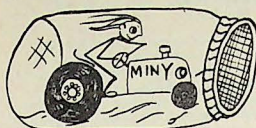
My Number Two grinder is the oldest of my four metal hand grinders. It has survived perilous journeys and even a flood! After the rust was removed it was almost as good as new. It turns out quite a fine flour from wheat, corn, rice and other grains with only one grinding (perhaps even finer than twice-ground Estrella flour) but the crank is harder to turn and more revolutions are required. Furthermore it gets completely gummed up with moist or oily things. (That was the case before the flood as well as after.) This Deseret grinder sells for about \$12 from Deseret Supply Co., 410 N. 5th St., Redlands, CA 92373 or Pema-Pac, 401 East 2430 South, Salt Lake City, Utah 84115. They also sell other mills, perhaps Coronas, and more expensive heavier duty models. Number Three is a popper mill that I picked up second hand for 15c. Sometimes I use it to grind flake flakes fine. But it gets gummed up fast and is not easy to clean. I've ground fennel and cumin seeds but they seem just as flavorful if left whole. I've read that black pepper is an irritant — I don't use it. I've also used a Universal Food and Meat Chopper #2. I don't find it suitable for hard things like dry wheat but it will grind sprouted wheat and other soft things such as sunflower seeds and dried fruit. However I don't find that it does any better than the Estrella, and it seems to grind up metal, as evidenced by the color of the food that collects around the cutter. My remaining 32 grinders are in my mouth, and with good nutrition that's where I plan to keep them for the rest of my life, without any new cavities. In OPEN DOOR TO HEALTH, dentist Fred Miller claims that patients who adopt the diet he recommends develop no new cavities. The diet is similar to Ford's, but lighter on meat and includes home-ground bread.

I hope you don't need any dental work, but if you do, you may be pleased to know that a gold crown that would cost \$100 in the U.S. costs \$20 in Mexico (in 1972). (That was at a private dentist: the clinic on 1520 Ave. Juarez in Ensenada advertises \$101) The greatest savings seem to be on work that involves a lab — like caps and crowns. Regular silver fillings are about \$6; not spectacularly cheaper than in the States. Some of the dentists in Ensenada (including the clinic) don't even charge for an examination. One may get quotes from a few and then have the work done by the one that gives one the best all around value. When buying any grinder one might do well to consider the following: Do all the parts go together properly? (assemble it). Is there a way to attach the grinder securely to the working surface temporarily? permanently? Will the grinder work well without oiling? (If oiling is required will it contaminate the food?) Is the hopper big? The more it holds the fewer fillings are necessary. Does the hopper extension (if there is one) fit so that flour (on the second grinding) won't leak thru? (I must take the crack where the

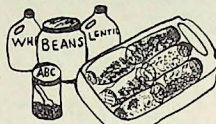
Estrella's extension fits on.) Is grinding even? viz the plates don't rub against themselves in places, grinding metal into the food. One may get an idea of this by turning the crank, with adjustment very loose, and looking at how the grinding plates mesh. However don't grind without food unless the adjustment is very loose and one is gingerly checking things out, otherwise the plates have no alternative but to grind themselves. Is disassembly for transport/washing/storage possible? convenient?

#### SPROUTING

Mini-Farming a Glass Garden, or A Seed's Eye View of Sprouting.



Here's what my sprout farm really looks like:



When I first started sprouting in our wheeled home I simply kept the jars on a kitchen counter. But the farm grew, and GREW, and GREW. So I cut some damaged plastic five-gallon water cans (they leaked at the seams) in half to make trays to hold all the sprout jars.

WHY DO I SPROUT? Sprouting increases the nutritional value of foods. As the dormant embryo (seed) begins to grow, vitamin and enzyme content soars. E.g., vitamin C appears, like magic, where there wasn't any before. Starches are converted to sugars, which are more easily digested. Taste is often given a boost too. Sprouting renders some seed more edible and palatable in the raw state (e.g., wheat, peas, soy beans, mung beans), therefore eliminating the need to cook them. If they are cooked, sprouted grains and pulses require a fraction of the time required by the same foods unsprouted. On the other hand, in DIET FOR A SMALL PLANET I read that the "net protein utilization decreases slightly when mung and soybeans are sprouted", so I try to prepare foods a variety of ways.

ABC (Alfalfa, Buckwheat, and sub-Clover) sprouts furnish our main salad green, adding super fresh tasty variety and healthful nutrients to our otherwise heavily-staple diet of stored foods. And these salad greens are grown without pesticides and other poisons.

WHAT DO I SPROUT? From soup to nuts. If you visit my Happy Days Wide Mouth Sprout Farm you will find about eight jars (1 to 1 1/2 quart) of ABC sprouts, two or three of wheat, one or two of pink beans, and a couple of lentils. That supplies the daily ingredients for Rayo's Breakfast of Vanuans, snacks, soups and dinner salad for us both with enough for company too. I've tried sprouting just about every seed I've come across. Some don't germinate well. Others don't taste good or have sharp hulls which don't separate. Some are too expensive. At present I'm sprouting regularly the foods above. N.B. Some seeds have been treated with virulent substances. There are even 'systematic' poisons which actually become part of the growing plant. Whenever I buy seeds I make it sure as possible that what I'm getting is not treated. In feed stores when I'm buying non-feed seeds, such as alfalfa, I tell the salesperson that I'm going to sprout and eat the stuff. In some instances they are sure the seed is treated, because they say so all over the packing material and they are even instructed to wear masks when handling it. In other instances I've been assured the seed is not treated and that other people buy it to eat too. (It seems to

be a popular folk-remedy tea for arthritis and rheumatism.) I try to check the packing tag myself, looking for information regarding any poisons, and at the same time I check the percentage germination, viz how many seeds out of a given number sprout. In addition I smell the seed for any strange odors. And I consider the price; sprouted seeds are usually more expensive — treated seeds are usually more expensive — somebody has to pay for the poison.

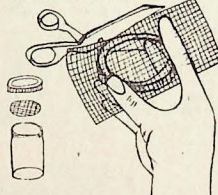
With feed grains like wheat and corn I feel a LITTLE safer. Stockmen can't feed their cows, pigs and race horses highly toxic seeds, at least not for long. But make sure the grain is for feeding, not seedling.

When buying feeds I pretend that I'm buying it for 'my horses'. Many people, including some salespeople in feed stores, think that food for humans must come from grocery stores. I don't try to reeducate them.

Even with feeds, I check labels carefully. All the dry milk I've seen in feed stores is medicated. Soy grits and linseed meal are boldly labeled "Hexane extracted".

HOW DO I SPROUT? I've tried several methods but my favorite, which I've used for a number of years, is the jar method. A wide-mouth canning jar (e.g., Mason, Ball, Kerr) is ideal, with its metal rim to hold on the screen and an opening large enough to get my hand in for washing and emptying. But they don't turn up very often where I shop — at the dump — so most of my sprout jars are serendipity: pickle jars, mayonaisse and peanut-butter jars, etc. I just affix the screening with a rubber-band. Or I cut out the center of the lid with a punch-type can-opener or knife, round off the cut edge with a file so it isn't sharp, and use it just like the canning jar rims. I've even used cut-off bleach jugs (both quart and gallon) but I prefer not to use plastic: dirt is hard to clean off and frighteningly, some plastics have toxic substances in them. (I don't know if bleach jug plastic does or not.)

Fiberglass screen does not unravel. Nor does it rust. I had difficulty finding it but finally located some at a lumber yard/building supply store. Plain old nylon stocking sufficed for a long time before I got the fiberglass and it could have kept sufficing. It's certainly cheap enough, if you know anybody who wears the things. Its main disadvantage is that water is slow pouring in and out. More times than not I'd have to tug on the nylon or put my mouth to it and blow before water would enter or empty. Or I use any material that will pass water while holding in the seeds, simply attached with a rubberband. With fiberglass or other relatively stiff screening I cut a disc the same size as the outside diameter of the mouth of the jar. I've discovered this is easiest if I hold the screen over the rim, using the rim as a template. I angle the scissors toward the center of the disc so that the cut screen will fit the inside diameter of the rim.



To put the growth process into motion I place the seeds in a jar. I use about: one heaping tablespoon of alfalfa per quart jar; 1 1/2 tablespoons of ABC per quart; 1 1/2 cups wheat per quart; 1/2 cup lentils per quart; 1/4 cup beans per pint. ABC consists of three parts alfalfa, one part buckwheat, one part subclover. The subclover sprouts are much like alfalfa but somewhat larger and tougher. Buckwheat sprouts are larger still.

With everything but wheat I next affix the screen top, pour in water, swirl it around and pour it out. That's the washing. When pouring the wash water off alfalfa (or ABC) seeds I must be careful; if I pour vigorously some seeds escape.

With wheat that contains chafe, I leave the top off, add water until the jar is almost full, and stir. This brings the chafe to the top. Then I gently add more water until the jar is full. Into the full jar I immerse my hand and the chafe spills out with the displaced water. I repeat the stirring, filling, and displacing until all the chafe is gone. Or alternately I skim off the chafe with a spoon. (Some wheat we bought from a grain dealer recommended by Mormons was free of chafe, but what we get at feed stores usually has chafe, tho not a tremendous amount.) Next I affix the top and pour out the rest of the water.

After discarding the wash water I add the water that the seeds will soak in. Amount doesn't seem critical, tho a tremendous amount of water might leech more from the seeds than a lesser quantity. With alfalfa I add maybe a cup of water. With wheat, enough to show a couple of inches above the wheat. Beans and lentils take more water because they imbibe greatly; water on top of them is at least equal to their own depth. In summer I use water of room temperature. In winter sometimes I heat the water to luke warm. Alho I haven't tried it, I've read that a drop of lemon juice in the water will hasten sprouting. I let the seeds soak until they have fully imbibed. In summer this takes less than 12 hours; in winter, longer — maybe 24. (We don't always have heating.) Wheat and pulses seem to do okay down to somewhat below 40°F. ABC sprouts anywhere above 40°F. At lower temperatures there seems to be some growth but rotting too.

After the seeds have imbibed I pour off the soak water. If the seeds are organically grown ones I use what comes from wheat for drinking and what comes from the others for cooking. I invert the jars and let them drain for a few minutes. Then I shake them and slap them on my hand to distribute the seeds. Some will cling to all surfaces of the jar. But I try not to get any on the screen, where I think they'd dry out too fast. I place the jars on their sides in one of my plastic trays, or just on a counter. One summer I kept them on the ground but at night I had to defend them against mice by covering them with metal screen.

While the sprouts are growing I water them two or three times a day, depending on temperature and humidity; once a day may be enough in cool, humid weather. I fill the jars with water, swirl it around, pour it out, and set inverted jars to drain for a few minutes. Then back on their sides.

Since excess water stagnating in the bottom of the jar can cause souring, one may place the jars on an angle. However, allowing a few minutes for draining, I haven't found it necessary to angle the jars. Some directions say to keep the sprouts in the dark for the first few days, simulating the conditions under the ground. Since I don't have a convenient place to do this, I don't. Doesn't seem to make any noticeable difference in the final product.

WHEN ARE SPROUTS READY TO EAT? Wheat is ready in perhaps a day if it's warm weather. I suggest tasting a sample every 12 hours in order to determine the most palatable stage for you. I've read that the starch is converted to sugar in three to four days, but the info didn't say what kind of seeds. With wheat, if sprouted over a few days it develops a taste objectionable to most people, especially when raw.

Red, kidney, pinto and pink beans I sprout only 12 to 24 hours (in addition to soak time). If sprouted longer they don't seem as tasty. I also figure that in this short time any beans which aren't viable won't have a chance to decompose much. Soybeans seem to be tastier if sprouted a number of days. Again, tasting at various stages will inform one of the most delectable harvest time.

Lentils are very versatile. They are good from 12 hours beyond soak time on up to about a week when they are especially nice raw in sprals or momentarily steamed as a vegetable. Alfalfa and ABC are also ready any time, but we usually let them reach maximum sprouting growth (after which they tend to spoil). Takes about a week, less in hot weather, longer in cold. If exposed



to sunlight (even indirectly) during the last few days of sprouting, lots of chlorophyll will develop and the sprouts will be a robust green.

I've read that the amount of a certain vitamin contained in the sprouts is not necessarily directly proportional to the length of the growing time — a particular vitamin may be found in higher concentration on the second day than on the seventh! This is a good reason to vary harvest time.

I rinse the ABC sprouts in a big bowl of water before serving, in order to get rid of the loose hulls. (In extremely warm weather I try to get rid of the hulls as the sprouts are growing, since an accumulation of hulls may encourage souring.)

#### HOW DO I USE SPROUTS?

Instant Breakfast of Vanuans. Rayo has this practically every morning: about five parts sprouted wheat and one part sprouted beans. He eats a few tablespoons of the wheat raw and cooks the rest, with the beans, using just enough water to keep things from scorching. He eats some after about 10 minutes cooking and the rest after about 15 minutes. (I usually don't eat until after noon.) Sprouts. A handful of sprouts uncooked make a nice snack any time.

Spradles. They can be as varied as one's imagination, and stores permit. Rayo likes just plain ABC sprouts and cut up wheat grass (plus other raw vegetables if we have them, such as cabbage, carrots, parsley). But for myself I often like other things added such as wheat sprouts, lentil sprouts, garlic (fresh minced, or powder), raisins (dry or plumped with water), nuts (broken up pieces of walnuts), oil (flower or sesame seeds (raw or toasted), whole or meal), and various seasonings such as kelp, oregano, poprika, thyme, cinnamon and allspice.

Sprout. I add different kinds of sprouts to whatever soup I may have made. I add ABC sprouts after the soup has finished cooking. I may add wheat and lentil sprouts sometime before cooking is completed. Beans I add near the start of cooking. Soup is just about anything (wheat/beans/corn/ rice) cooked with a generous amount of water and usually some seasoning, such as kelp. Add sprouts and you have a sprout.

Sprandwiches. I just cut some slices of home-made bread and fill. ABC and mature lentil sprouts lend themselves well to sprandwiches because they are very tender and hold together well. Sprandwiches may also contain sesame paste or butter, raisins, nuts, cheese. Miscellaneous. Bean sprouts may be used in dishes that call for beans. However, sprouted beans cook up in a fraction of the time it takes for unsprouted. Wheat sprouts may be added to casseroles, such as tomato pie. Their chewiness can give a meaty effect. Storage of sprouts isn't an issue with us because we eat the sprouts as soon as they are harvested. But Cathryn Elwood, in FEEL LIKE A MILLION, says sprouts will keep for eight days in a refrigerator if initially chilled at 35° for 18 to 24 hours; otherwise two to four days.

WHAT PROBLEMS HAVE I ENCOUNTERED? We depend a lot on sprouts to round out our diet and keep us healthy. I have had very few complications during all the years I've been sprouting. Some people say chlorine and flourine can inhibit or stop sprout growth. I usually use fresh mountain stream water but when I've used city water I've had no problems. I don't think I've flouridated this. A few times I have had sprouts sour and rot. I think it was because they had gotten too hot. I don't think it was due to any fungal infection since I purposely replanted in the same jars without sterilizing them: I merely rinsed them out with room-temperature water. The second planting did not go bad, as had the first. Too hot? was being exposed to direct sunlight for a few hours during hot summer days, or being constantly in a hot tent. Between sproutings I merely wash the jars with plain water (like if handy). I scrub the screens and rims with a toothbrush. I use soap and bleach only on newly acquired jars or ones that mice have been playing in. Sometimes, especially in warm weather,

souring results from an accumulation of water in the bottom of the jars. This can be avoided by insuring adequate drainage. Keep the jars inverted long enough after watering or keep them on a slant when on their sides.

I've found wheat sprouts will sometimes taste a little fermented after sprouting a while. But with continued sprouting the fermented taste usually has disappeared. Or it disappears upon cooking. (I've read that all seeds ferment slightly to sprout.) If one has problems it could be that one's seeds are not viable, in which case all the king's horses and all the king's men couldn't make that seed viable again! But with good seed, good water, frequent wetting (err on the side of doing it too frequently), good drainage and good temperature, thou art God! or Goddess! So go to it. Soak your seeds, sprout your seeds, and eat your sprouts. Do it now. If not now, when?



#### WHEAT

The authority on ECANES wheating is none other than the fabulous WHEATER EATER, World's Number One Wheat Feeder and Eater. So take over Wheat!

Thank you Haelan. Hi, all you eager wheaders. I hear there was some disappointment after my last interview when some people purchased their first 100 pounds of wheat kernels, only to find NO PRIZE in the bottom of the sack! Not even anything to send away for. Why, there wasn't even anything to read on the package — an unadorned, colorless piece of burlap. But don't despair, take wheat! my hearties. Here follows everything anybody always wanted to know about wheat, but didn't know who to ask. Complete with brand names. So wheat THIS when eating the next bowl of Wheat Toasties — with Crack, Crinkle and Crunch! (The foregoing a paid advertisement by Greater North American Wheelers — GNAW. No discrimination against South Americans intended. It's just that they mostly prefer corn and are represented by SAC — South American Corners.

Wheater, please cut out the corn, stop feeling your oats and get back to wheat! Haelan, you know GNAW doesn't oppose a little corn, or even whole oats. It's the overly processed, stale wheat products that W.E. shuns. I seldom use any wheat that lost the ability to sprout more than a few hours before I eat it. This means when I use flour I grind it myself from wheat that would germinate if I planted it (which I do also, as a matter of wheat, to get wheat grass). Then I eat that flour the same day it's ground. (The wheat I usually have some left for the next day.)

THE WHEAT I BUY. In GATEWAY TO SURVIVAL IS STORAGE, Batchelor recommends that the wheat one stores be above 11.5% protein and less than 10% moisture. In THE MOLDS AND MAN, p134, Christensen says, "If grain or seed of any kind contains, when it is stored, enough water to maintain a relative humidity of 75 percent in the air spaces between the seeds, fungi will grow on and in the seed. The seed has to have a water content low enough so that the relative humidity of the air in the bulk is below 70% for long-time storage, preferably below 60%." There is sometimes an analysis on a tag attached to the 100 pound sacks of wheat. According to COMPOSITION OF FOODS, hard red spring wheat has the highest protein content, next comes durum, then hard red winter, then soft red winter, and lastly white. However, Adelle (LET'S EAT RIGHT TO KEEP FIT) points out that wheat's protein content can vary from 3 to 22%, depending on the humus content of the soil. Most of my wheat has been whatever

hard red wheat I could get at a feed store. In Siskiyou the feed stores (I know of don't carry hard red wheat. (One time I bought 100 pounds of the soft white wheat they do stock — about 8% protein. It was good tasting, the blander than the hard red wheat which I prefer both for taste and higher protein content.) In the L.A. area I've been able to get hard red wheat, at \$4.50 per hundred pounds in '72, from O.H. Kruse Grain and Milling, 1459 Santa Anita, South El Monte. When hunting for a source of hard red wheat, one might do well to call the Church of the Latter Day Saints (Mormons) for advice, since they advocate storing it. Making a sprout test before purchasing a large quantity is a good idea. Ann Wigmore says nine out of ten kernels should sprout if it's good wheat.

Wheater Eater's Eating Directory (WEED): Except where noted, all recipes have been tested in GNAW TEK — Greater North American Wheelers Test Kitchen. I've grouped the recipes according to advance preparation needed. (1) DRY KERNELS (no advance preparation), (2) SOAKED, (3) SPROUTED, (4) GRASS, (5) GROUND, (6) UNLEAVENED DOUGH, (7) LEAVENED DOUGH, (8) TEMPH.

DRY KERNELS. Raw kernels. Sometimes I eat a few kernels raw. Because some people have reported cracking their teeth I suggest chewing gingerly. Wheat chicle. If raw wheat is chewed long enough, with attention given to retaining the solids in the mouth, while the dissolved starch is swallowed, a chewy wad of gluten remains.

Boiled wheat. The whole, dry berries are washed. The water is added to cover and the wheat is first boiled a few minutes, then simmered until done — about 50 minutes. The texture remains somewhat "robbery" and may take getting used to. If the wheat is first soaked, or better still, sprouted, it's less rubbery and cooks much faster. A handful of whole dry berries also add an interesting texture to stews. Toasted (or popped) — the mini wheat cracker within a kernel. I toast (toast-roast) the kernels by tsubaking them until tender. Some kernels pop! they don't expand as much as does popcorn. Toasting takes only a few minutes: I try to brown the kernels as little as possible. In each batch I cook just enough to cover the bottom of the pan, shaking frequently over medium heat. If toasting a large quantity I use a second pan set in simmering water for preheating. (See procedure under popcorn.) Toasted wheat may be eaten as is (chunchy), or with milk and sugar (taste closely resembles prepared breakfast cereals — call it Wheat Toasties, with Crack, Crinkle and Crunch), or further cooked in water (chewy). Toasted wheat, whole or ground, may also be used as a nut-like topping on such things as yogurt and ice cream. Rice may also be toasted, as may regular dried corn and other grains.

SOAKED WHEAT. Wheat kernels are washed and then soaked in water for 12 hours or until maximally imbibed (viz plumped with water). I initially cover the kernels with an excess of water (water on top of the wheat about one-third the depth of the wheat) so they stay submerged as they imbibe. Raw soaked wheat — may be eaten as is. Boiled soaked wheat. I often cook with the soak water. Or I may use fresh water if I fear the wheat contained water-soluble pesticides. Bring to a boil. Then simmer about 30 minutes, longer if a softer texture is desired. Raw foods contain more of some nutrients than cooked ones. However I have read (NUTRITION HANDBOOK?) "... it has been shown that cooking with water increases the digestibility and improves the nutrition value of wheat protein, possibly by altering the protein structure. As a result methionine and other amino acids are liberated more rapidly, providing a better overall pattern for absorption." So I eat wheat both ways. Raw, I prefer it sprouted a day or two. Stewat. Wheeler's stew for two. I soak 1/2 cup corn, 1/2 cup wheat, 1/2 cup rice, 1/4 cup beans, 1/4 cup lentils (and a few of some or all of those ingredients ground, if I want a thick stew, but then I must stir to avoid scorching), plus maybe 1/4 teaspoon

wild carrot seed. After 12 hours (or longer if the weather is cold — not a factor if your quarters are heated, but sometimes mine aren't!) I add a bay leaf and bring to a boil. Then I simmer for about one hour. I may add some fresh vegetables or sprouts toward the end. After turning off the heat I sometimes add herbs such as oregano, thyme, sweet basil, paprika, garlic powder, kelp and perhaps some chopped wheat grass. (Rice and any ground ingredients needn't soak as long as the whole wheat, corn, beans and lentils.) Before eating the stew I use some of the liquid separately for taking my limestone ration, in the form of a tasty soup: about 1/2 cup liquid plus a few teaspoons limestone flour, nutritional yeast, and some sesame seeds/paste, or a couple of walnuts. Soaked-wheat bread. If one's only grinder is a Universal-type food chopper, one may find soaking (and/or sprouting) makes the wheat easier to grind. Paul Deerr (PIONEER newsletter, p.269) makes a bread from wheat soaked one to two days. He adds salt, yeast, honey and grinds twice. Lets rise and bakes. Water or flour may be added if necessary to get the desired consistency — I prefer that of putty. Such dough holds together, does not stick to bowl or hands, and cracks only slightly when folded. "Rejuvelac" is what Ann Wigmore calls water after wheat has soaked in it about 12 hours. I often have a cupful with one tablespoon molasses. (I'd drink more if my wheat were organically grown — known to be free of pesticides — or if I knew the water doesn't leach any pesticides.)

SPROUTED WHEAT. Sprawties. I eat uncooked wheat sprouts as a breakfast, lunch, snack, appetizer or mixed in spradles or fruit salads. Fermented sprouts. Cover sprouts (or unsprouted wheat) with lukewarm water (nothing hot enough to kill the seeds) and keep in a warm spot (around 70° would probably be ideal) for a day or until they taste fermented (sour). I read of someone doing this regularly in plates, using various grains, and fruit juice instead of water. Ford is down on sour food; Bulgarians seem up on it; I'm in between. I like sour bread but otherwise I usually don't sour wheat. Wheat cheese. This is a white mold formed on wheat sprouts that are covered with water and set in a warm place for a few days. It is part of Dr. Jamison's restorative diet for cancer patients. I haven't tried it yet! Toasted sprouts. Same as for dry kernels.

Instant Breakfast of Vanuans — wheat with a lively beat. This is sprouted wheat, in combination with a sprouted pulse such as beans, lentils, peas. Sprouting it what makes it 'instant'. Add enough water to wheat and pulse to prevent burning (about an inch in the bottom of the pan suffices, since what isn't covered with water gets steamed. In covered pan bring to a boil and simmer for 10 to 15 minutes. For 'regular' Breakfast of Vanuans use soaked wheat and pulse, and double cooking time. Sprouted-wheat bread. I think the most delicious bread, and probably the most nutritious too, is made from slightly sprouted wheat. Sprouting may also get rid of some dirt, thru soaking and rinsings, that is not removed from dry ground wheat. The reason I don't make it more is because I must wash the mill after grinding sprouted wheat, and attend to an exceptionally large quantity of extra sprouts.

I soak the wheat 12 hours, drain, and let it sprout for 24 hours (or longer if it's cold). In his SPROUT HANDBOOK, A. Stuart Wheelwright cautions not to sprout longer than 24 hours because the sprouts develop many enzymes, which can digest yeast and therefore inhibit the dough's rising. I don't usually use yeast but I still keep the sprouting time short because that seems to give the best tasting loaf. (If the wheat sprouts too long the bread remains very moist, even the cooked long.) For sprouting the larger quantity necessary for bread, one may use a tray, pan, or anything with a lot of flat surface area. Spread the soaked, drained wheat out (Wheelwright recommends a 1 to 1 1/2 inch depth), cover with damp cloth, kept moist by periodic sprinklings with water. If the wheat is more than one layer thick it should be

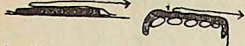


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Chapati. They are like tortillas except made with wheat instead of corn, and common to India instead of Mexico. They are the daily bread of the Hindus. I make them from basic unleavened dough (BUD), or BUD with a little bean flour and spices added. Kneading time doesn't appear critical — the more kneading the chewier the chapati. After the BUD has stood about 1/2 hour, I break off golf-ball-size pieces and roll between my palms to form balls. These I place between two plastic bags and roll flat and thin with a jar, which is my substitute for a rolling pin. I roll from the center out. The circles are usually somewhat irregular; I don't take pains to make them perfectly round.

When I first started making chapatis I used floggee under and on top of the dough to prevent sticking to the plastic. But recently I've found that if the dough is dry enough and if I don't roll too thin and if I peel the plastic off carefully, back against itself, I need no floggee.



I peel the top plastic off first, then I drape the chapati over one palm, bottom plastic now facing up. I gingerly peel it off and slip or slide chapati into a hot pan. No oil. Sticking is usually no problem but if it is floggee may be used on the pan.

After two minutes the chapati has dried some and no longer sticks. I turn it with my fingers (or a spatula) and cook two minutes on the second side. Longer cooking makes the chapati crisp — more like a 'tostada'. I keep the done chapatis warm between two pie plates (top one inverted) while I'm cooking more.

Chapati may be eaten like tortillas or bread: plain or buttered; filled and folded into a taco or rolled into an enchilada; or sandwiched; made into a pizza; etc. Crackers. Make a mini-bread and you have a cracker. One may use BUD: break off small pieces and make like chapatis, only smaller, thick or thin. The longer the tubaking the crispier.

Instead of rolling one may place the dough between plastic and flatten with the bottom of a jar. Or one may shape BUD into a log, chill (the outdoors works fine in winter) and then cut slices with a knife and tubake.

variations are adding sunflower/ sesame seed meal or butter, or whole seeds, mixed into the dough, or the seeds may be pressed into the cracker as it is rolled out. Different spices may be used: one may check the ingredients in one's favorite store bought cracker and duplicate.

Cookies. Sweeten a cracker and you have a cookie. For sweetening, one part sugar (or carob, or ground dry fruit); for added sweetening and richness, one part powdered milk (but the milk is optional); and 4 to 8 parts wheat, measured before grinding as usual. The more wheat the less sweet the cookie. (Of course honey may be used for sweetening but I haven't been using it lately because of price and I don't recall the proper proportions. As I recall it has a tendency to burn so use it sparingly and keep the heat low.) One may add such spices as allspice, cinnamon, ginger and grated vanilla bean, as well as kelp.

1/4 teaspoon each per cup or two of wheat. Ascorbic acid (vitamin C) will give a lemony flavor. Sandwich cookies may be created with carob fudge, raisin caramel, seed butters, etc., as fillings. Powdered milk, sugar and a pinch of ascorbic acid make a citrus icing. Carob 'n Molasses Cookies. Mix together in a large bowl: 1/2 cup sesame seeds (ground once), 1/4 cup corn (ground twice), 1 1/4 cups wheat (ground twice), 1 cup untoasted carob powder; 1/2 cup toasted carob powder; 2 1/2 teaspoons cinnamon; 1/2 teaspoon allspice; 1 to 2 inches grated vanilla bean; some kelp (I use it instead of salt). (If you don't have the spices, no sweat — just don't use any.) Add 1/2 cup molasses (I use blackstrap) and 1/2 cup water. Mix with magic mixing manny, i.e. yer hand. Add more water if necessary to form a smooth, soft dough.

Let rest about 1/2 hour and roll out like little chapatis, or press with a jar, or form into a log, chill (like ice box cookies) and cut into slices. Tubake. The carob and molasses make this cookie very sweet and chocolate y. Seed butter cookies — very rich. Cream together until smooth (viz use the back of a spoon to sort of press the ingredients against the side of the bowl as you mix): one part sunflower (or sesame, peanut, or other) seeds, ground into meal; one tablespoon molasses for each cup sunflower seeds; 1/3 part carob powder (raw/toasted); 1/6 part powdered milk; and a little water to moisten. In a separate bowl mix together one part wheat, ground, old cinnamon, allspice and kelp — about one teaspoon for each cup of wheat. Add one-half of the flour mixture to the creamed mixture and mix. Add the rest, mix. Add water as necessary to form a stiff dough. Proceed as for Carob 'n Molasses cookies.

Pie crust. For a meat/vegetable pie, a cracker dough, rolled out like a giant chapati should do. Baking the crust before filling might make it crispier. I've only made sweet pies, not prebaking them and using cookie dough or just plain BUD with some shortening added — I use ground oily seeds such as sunflower or sesame.

Semis (semi-circles — like turnovers but tubaked, not fried). I usually make semis instead of a pie because they are smaller and may be eaten up fresh. Into chapati-like circles I roll out BUD (made rich with one part sunflower/sesame seed meal for each part wheat). I place filling on one half, fold over the other half and seal the edges with a fork.



For filling I use berries, seed paste or butter, ground dry fruit, or whatever else I think of. I tubake perhaps five minutes on a side. I haven't found sticking a problem but one may always use some floggee if it is. Uncooked these are also delicious.

LEAVENED DOUGHS. Baker's yeast or sour dough starter may be added to BUD to make leavened bread. Don't expect the result to be like Blunder Bread. Because of the extra complications, and because I've learned to like unleavened textures, I make sour-dough and yeast breads only a few times a year as novelties. Like Theora, I found it could simplify. The unabridged edition of Haelan's book contains a whole section of leavened pastries. Another source for sour-dough baking is Angier's HOW TO GO LIVE IN THE WOODS ON \$10 A WEEK. However he uses baking soda; I omit it.

TEMPH, I learned, is a popular, traditional Indonesian fermented food, sold in the markets in banana leaves by the people who make it. Commonly it is made from soybeans which have been inoculated with a fungus. But wheat may be substituted for soybeans. The unabridged edition of Haelan's book will include my temph toes including: "Wheat Goes to Bed with Rhizopus" — a very sexy story.

TELLING IT LIKE I SEE IT. I try to keep my eyes and mind wide open, as well as my mouth, when wheat is concerned. I do not claim that wheat is a perfect food. W.E. does not live on wheat alone. (Not even on wheat and love alone.) Eaten

in large quantities, or exclusively, ANY single food may have undesirable effects on the body. From what I know, the damage may result from small amounts of a toxin (significant if a food is only one of many foods eaten, but harmful if it constitutes most of the diet) or because that food may not supply all nutrients. Eating only lean meat, such as rabbit, will cause death. Eating only unsprouted wheat/beans/rice will also lead to death, since, for one thing, they don't supply vitamin C. Some people may be allergic to whole wheat. If one thinks this might be one's problem, substituting another grain in its place, such as corn or rice, is a possibility. Some argue that wheat is too acid. However, "It is characteristic of the burning of all food-stuffs that the end products are more or less acid. The body is well equipped to cope with this situation." (Nasset, YOUR DIET DIGESTION AND HEALTH). But even if

acidity is a problem, I suspect wheat can be counter-balanced with limestone flour or with foods which have an alkaline ash such as kelp, millet, and most fresh fruits and vegetables. Some point out that wheat (and other cereals, especially oats) contain phytic acid, which is bound so firmly with some of the grain's calcium that it is unavailable to the body. In addition, Bernard claims that wheat contains toxamin, a substance which interferes with calcium deposited in the bones. I think it is probably well for anyone eating wheat to be sure and get adequate calcium from other sources. I eat limestone flour, UNhulled sesame seeds, kelp, and blackstrap molasses — all exceptionally rich in calcium. Another point against wheat, presented by Bernard, is that bran is a rasping and irritating roughage. Whole sprouted/boiled wheat, where the bran is whole and soft, is less apt to be a problem than ground wheat, where the bran is broken up and has many edges. Ford claims that toxic substances in the bran are irritating. (He says the toxic substances ward off soil microbes. I just wonder if ALL seeds are so protected and therefore toxic to some extent.)

At times I've noticed irritation of my rectum when defecating, but this has only been when I've overeaten and whether the cause of discomfort was wheat or glutony I'm not sure.

Ford reports that the groove in the wheat kernels contains dirt and microbes. Perhaps during sprouting some of this contamination is removed, by the soaking and repeated rinsings. (One reason not to drink the soak water.) The possibility of crop failure and price increases of any grain is yet another reason to be conversant with many different ECANES possibilities.

On the plus side: Wheat has been inexpensive — half the price of rice. Wheat stores better than any other grain I know of. Wheat sprouts well — valuable for nutrition, taste variety, and as a test of condition. Wheat contains more protein than rice or corn. Wheat is glutinous — holds together for things like chapatis. I hear that kids who bring whole wheat sandwiches to school are still being made fun of. If Sincerelof can't go to school with you without ridicule I'd say you're definitely in the wrong school. What are you going there for anyway?

Thank you Wheeler for a good wheat start.

It was a pleasure, Haelan. Feel free to call anytime. The cupboards of GNAW TEK are never locked.

#### OTHER GRAINS

For the sake of variety, taste and nutrients, we use corn, popcorn, rice, millet and buckwheat in addition to wheat.

CORN. Thanks to Jim, who, coming from Mexico, said, "Why don't you use corn?" I answered him by saying that when I had tried it in the past it had been tough and rather tasteless, and hard to grind. Some had been weevily. But I was inspired to try it again, since here was an inexpensive, readily available item. And I'm glad I did.

I buy only whole-kernel feed corn, about \$4 per 80 pound sack in 1972. The feed stores also sell cracked corn and corn meal, but I buy the whole kernel corn because it has the best keeping qualities and has been deteriorated least from oxidation (the there's often quite a few pieces in with the whole kernels which cause us concern).

Corn-wheat bread. I grind separately four cups of corn and three cups of wheat twice thru the Estrella (or once thru the Deseret). I mix together dry along with four tablespoons of kelp. Then I add hot water (causes more stick-togetherness than cold water), about 3 1/2 cups. I mix-knead with my hands. The dough doesn't ever hold together like all wheat dough so I sort of mold it into an ungreased pie pan, let stand a few hours and then transfer to a generously floured fry pan and tubake about 45 minutes on each side.

I've also used other proportions, from pure corn to mostly wheat, also some with rice or milo. The greater the proportion of corn the longer it takes to cook and the

crumblier it is. Tortapillas. This is a cross between chapati and tortilla. With the corn I have, my experience has been that all corn 'dough' just won't hold together for tortilla meal king. But with 1/2 corn and 1/2 wheat I was able to roll out tortapillas. I suggest one practice with all wheat chapatis first. Then try mixes with more wheat than corn. Tamales. Bread is nice but one day I started dreaming about tamales. I even had saved some dried corn husks. Sure, why not? Out came the Estrella. Twice I ground the corn. I soaked the corn husks in hot water. I added kelp to the corn meal and about 3/4 as much water as corn (when unground). I mixed with my trusty wooden spoon. I shingled the corn husks to form mats and spooned on some moistened corn meal.

I patted it out flat into a rectangle about 3/4 inch thick. In the center I placed the filling of precooked beans, lentils, wheat, and mushrooms, seasoned with kelp, garlic, oregano, paprika, a bay leaf, and cumin. (Those who like it hot may use cayenne.) The filling needs to be completely cooked since it will cook further inside the tamales. After spooning on the filling I spooned on another portion of corn meal, patting it flat with my hands. I added more moistened corn meal here and there so that the filling was completely covered. Then I shingled on more corn husks to cover the whole thing. Rayo tied off the ends as I held them and the tamales were ready to cook.

Into the steamer they went. After 30 minutes the half-hour of decision had arrived! Would they be like tamales? Would they be good whatever they were even if not tamales? They smelled like tamales. Off came the husks. They looked like tamales. Oh, I was excited. They felt like tamales. And lo! They tasted like tamales! Wow! Our own tamales. I no longer was dependant on frozen T.V. dinners for a Mexican food treat. Since my supply of corn husks is long gone I have found that pieces of white cloth (e.g. old sheet) can be used instead. (I'd be leary of colored fabrics because of possibly toxic dyes.) And it isn't necessary to tie off the ends — I just fold them under. I've also found that the taste of the tamales may be varied by adding garlic, oregano, Italian seasoning, and paprika, as well as kelp to the corn meal (before adding water). When

I don't want to bother making individual tamales I make tamale layer cake. Into my steamer-steamer (lined with cloth) I alternate layers of moistened, seasoned corn meal with layers of filling. Tamale cake, depending on thickness, takes longer to cook than individual tamales. I allow 40 minutes to an hour. Pinola. Kephart's CAMPING AND WOODCRAFT suggested this. Whole kernel corn is roasted until lightly brown (bake burst). Then grind.

I've also made corn cereals, corn balls and chowder, following basically the same recipes as for wheat.

POPCORN. We buy it at wholesale grocers of institutional foods, e.g. Northcrest Grocery Co., Madison and W. 4th Ave., Eugene, Ore. Price was about \$12.00 per hundred pounds in 1972. ("Institutional" is the key word when checking yellow pages, since wholesale grocers who cater to markets sell in case lots of small packages.) Confectionary suppliers carry it too, as do outlets that sell only popcorn and accessories to theatres, etc. Before buying a lot of popcorn I recommend testing it. Some popcorn we bought at a regular grocery at a good price has some off-taste kernels (old?). And some we bought from a food co-op (the dealer they bought it from sold it as pigeon feed) didn't pop as well or taste as good.

Popcorn is dandy. It's much better than candy. And there's no need to fry, if you give shaking a try. We don't use any oil in popping corn — and it tastes delicious. However the method is not fool proof even when we burn an occasional kernel, and when cooking on wood even an occasional pan.

Rayo, the champ popper, recommends a separate preheating pan for fastest and easiest popping. The bottom of the preheat pan should be the same size or slightly smaller than the bottom of the popping pan for ease of measuring out the batches. The preheat pan sets in a pot of water which is kept



simmering (or use a double boiler if you have one). We have found the best popping pot to be a common thin aluminum one; stainless steel seems to burn the corn more easily. We set the popping pot on a medium flame — some experimentation may be necessary to find the best adjustment of your burner. Place the kernels in the preheat pot. After about ten minutes dump them into the already warmed popping pot. The kernels should be no more than one layer thick on the bottom of each pot. Then start a new batch warming in the preheating pot while the first batch is popping. Both pots should be covered. The popping pot is shaken occasionally. Pretty soon, after two or three minutes, a few kernels will pop. (If none have popped after five minutes turn the flame up a little.) When the kernels start popping shake every few seconds, vigorously enough to keep any puffs from sticking to the pot bottom. If the heat is set correctly, it will soon sound as if there's a watermelon in that pot. Then toward the end only a few kernels will pop, as if everybody killed off each other. Especially when first learning I say don't try to pop the very last popable kernel. This is a critical time for burning and better to have a few unpopped kernels than a few burnt ones. Dump the popped kernels into a metal or glass container (they are hot enough to melt plastic) then put the second batch from the preheating pan. I don't find it necessary to wash the popping pan between poppings unless I burn some, in which case I scour off all traces of the burnt corn since there seems to be a greater tendency to burn if there is charred residue on the pot bottom. If one uses oil or melted butter I recommend dry popping and adding the oil afterwards, since heating oil to high temperatures deteriorates it, forming carcinogens. (The low heat needed to melt butter may not cause deterioration.) I've come to enjoy popcorn plain, without butter or salt. Sometimes we make a meal of popcorn, eating a few quarts (popped) a piece. May there always be golden sunny days and may there always be popcorn and Rayo to celebrate them with, POP, POP, PURRAY!

**RICE.** As Wheeler says, "A little rice is always nice." In terms of quantities we use, rice usually is second to wheat. It has the advantage over corn that it requires no soaking or grinding. In fact we prefer it not soaked or ground. It seems to fall apart when cooked if it has been soaked, and if ground it loses flavor. Rice also has a better balanced protein than corn.

We use brown rice because we feel it offers the highest nutritional value of any of the rice processed for eating, and we find it more flavorful than white rice. Brown rice has the tough, outer hull removed — I was told that it won't sprout for this reason. White rice has further layers of the grain removed. There's disagreement as to which stores better. There is long grain and short grain rice. At one of the mills I was told that long grain is grown in some southern states and short grain in the Central Valley of Calif. In a blind-folded taste test I couldn't tell the difference. Short grain is less expensive here so that is what we buy. There is also glutinous, sweet brown rice, called Mochi Gome in Japanese. Its scientific name is *ORYZA GLUTINOSA*. I've tried small quantities and liked it.

We have compared samples of some organically grown brown rice (Chico-San) to other brown rice (Farmers Rice Co-op and Koda Bros.) and could tell no difference in taste, texture or appearance. Of course there might be differences in nutritive content and freedom from poisons which aren't detectable by tasting. But the non-organically grown presently sells for about half the price of the organically grown, so we have been buying the former. Some brown rice we bought from Rice Growers Association in West Sacramento had a chalky appearance due to being hulled with abrasive stone rollers which scuffs and ruptures the bran layer. RGA rice cooked faster and had a blander taste — more like

white rice. I don't think it will store as well since the bran layer is no longer intact. Koda Bros. and FRC use rubber rollers. We have bought in quantity — 100 pounds or more from Koda Bros. and from Farmers Rice Co-op in South Dos Palos, and from FRC in West Sacramento. Price in 1972 was \$10 a hundred pounds. We ran into a case of bureaucrats at FRC's West Sacramento mill. The other places were easy to do business with. They are usually open weekdays only and aren't mail-order. Organically-grown Chico-San rice can be purchased wholesale thru Spiral Foods, 1017 Willow St., Chico, CA 95926; \$20 per 100 pounds in 1972.

**Plain boiled brown rice.** (I will assume rubber-shelled rice. If stone-shelled (powdery-looking) rice is used, use half as much water and lessen cooking time.) I measure rice into cooking pot. I pour in plenty of water and stir. Keeping rice in the pot (by holding on the lid loosely, or using a piece of screening) I pour off this wash water. Now I measure in slightly less than two cups of water for each cup of rice. How much water one uses will vary with the type of utensil, heat source and personal taste. I stir or jiggle the pot so the rice lays flat, not piled up on one side. I turn the burner on high and bring the water to a boil. After it boils I turn down the flame so that water and rice don't boil out but I let things boil rather vigorously for about five minutes. Then I turn the flame down and let the rice boil gently. I do not stir, it isn't necessary. The rice takes about an hour to cook. I cook until the water is almost all absorbed (none visible when the pot is tilted), then turn off the flame and let the pot set for 15 minutes. At the table Rayo adds salt and sometimes raw sesame seeds or walnuts. Sometimes I add sesame or sunflower seeds — raw or toasted. This cooking method is simplicity itself. I've found no way to improve upon it. Other recipes call for toasting the rice before boiling it. I've tried that and found it added work and only detracted from the taste. Plain brown rice with lentils. I use three parts brown rice to one part lentils. I count the lentils like rice in determining how much water to use. I cook the same way as rice alone. The rice and lentils seem to complement each other in a most palate-pleasing manner, furnishing a rich, highly-flavorful dish. One can vary the proportions of rice to lentils. I like to throw in a few garlic cloves and maybe some kelp. Rice cream. This is like the commercial cereal of similar name. Rice grains are ground to desired fineness and then toasted in a pan. Or they are first treated and then ground. The flour is cooked with water, the less water the thicker the cream.

**MILLET.** For a while we used some Carnation Wild Bird Seed, bought at an Albers feed store. We ate it mostly ground and bottled (we didn't care for it whole). Eventually we decided the hulls were too sharp for our innards — evidenced by blood in our feces. We have not yet found an inexpensive source for hulled millet, which we like very much. (One feed store said they could get it for us but, with special shipping charges, the price was about \$16 per 100 pounds.) Min-Kota, around Fargo, N.D., sold organically-grown for \$20 per 100 in 1972 (including shipping if shipment totals over 300 pounds). My comments about rice preparation hold true for millet, that more water is used, three or four to one (versus two to one).

**BUCKWHEAT.** It isn't wheat at all. It's a completely different genus: *Fagopyrum esculentum*. It's not even a grass. Buckwheat seeds are tetrahedral! We bought 25 pounds of some organically grown, sold especially for sprouting by Min-Kota (about 20¢ a pound in 1972). The little we have left is in saving for sprouting but formerly I made flour out of some of it. After grinding I separated the hulls from the flour simply by sifting thru a strainer. I made some bread using solely buckwheat flour but we preferred a mixture with more wheat than buckwheat. Buckwheat pancakes are delicious.

**MILK.** We recently bought some at a feed store. It is inexpensive, about 5¢ a pound by the hundred pounds. Milo is a sorghum

(according to the dictionary) and 11% protein, according to COMPOSITION OF FOODS. So far I've only had a chance to use it for cereal and in corn bread ground twice thru the Estrella). Seems good. They sprouted fairly completely tho slowly.

**OATS, BARLEY, RYE.** The usual forms sold in feed stores are not hulled. I haven't discovered a convenient way to hull. Groats (already hulled seeds) I've found for sale were expensive and wouldn't sprout — an ominous indication. We don't buy oatmeal — oats are high in oil and thus especially susceptible to deterioration after rolling. If we find groats at a good price which sprout I imagine we'll use them.

## PULSES

Pulses are the edible seeds of peas, beans, lentils, and similar plants having pods.

**BEANS.** At present we are using pink beans which we got for \$11 per 100 pounds in 1972 at a bean warehouse in West Sacramento. They sprout fairly well, cook up tender, and have a pleasant, mild flavor. In the past we've also used red, pinto and kidney beans. They all seemed to have similar sprouting and cooking characteristics, tho the pinks are a little smaller and milder tasting than the others. We usually sprout our beans for a short time (only 12 to 24 hours, in addition to the soak time) to minimize any spoilage of those beans which won't sprout and also because they taste best if not sprouted longer. Or we at least soak them 12 to 24 hours (the colder the temperature the longer they take to imbibe). We make bean flour by simply running the beans thru the Estrella a couple of times. This flour can be cooked alone in soups, sauces, patties or dressings, or added to grain flours in chapatis, gruel, bread. Bean chapatis.

Measured before grinding: 2 parts wheat, 1 to 2/3 parts beans. Or 1 part wheat, 1 part corn to 2/3 parts beans. Proceed as with regular chapatis (wheat section). I cook the bean chapatis a little longer than all-grain chapatis. Bean paste. Plenty of water is mixed with the bean flour, plus desired seasonings — kelp, oregano, cumin, garlic and cayenne (with all spice optional) will give a chile powder flavor. The mixture is cooked gently with much stirring to prevent burnings. Bean paste may be eaten as is, spread on chapatis, used as sprandwich filling, or shaped into bean burger patties and fried on a griddle. Made thinner the paste becomes a sauce or dressing; thinner still and one has a smooth bean soup. Boiled beans. Cook in barely enough water to cover until tender, about 15 minutes if sprouted, 1/2 hour if only soaked. Season to taste.

**SOY BEANS.** We bought some that didn't sprout well at all. Another time we got some that sprouted well. The ones we cooked in a little water, after sprouting a few days. The ones that didn't sprout we usually soaked (changing the water every few hours) until plump and then boiled or baked spread on sheets of foil in a 300° oven. Baked this way the beans are somewhat nutty. (I think the ones sold in stores as a snack food are thus baked AND subsequently French fried in oil and salted.) At one

time we used soy grits (which we bought at a health food store, along with the beans that didn't sprout). They are precooked. All we had to do was add boiling water and let stand and imbibe. Some time after using these soy grits I saw for sale at a feed store what I think was called "soy bean mill feed sample and/or for sale as I could tell it was the same as grits. We no longer use the product since it is ground, precooked, and subject to contamination with the solvent.

**LENTILS.** We find lentils very tasty, with a rich, meaty flavor, especially if unsprouted — and with a nice, fresh vegetable quality when sprouted long. The ones we're using presently were purchased from a whole-foods institutional grocer for \$4.25 per 25 pounds (17¢ a pound). Since they cost 50% more than pink beans we eat less lentils than beans. We'd like to find a cheaper source. We use them in basically the same ways as beans, except: lentils will cook up tender

without soaking; we often sprout lentils much longer than beans; I enjoy lentils row in a spralad, after sprouting. Lentils may be ground into flour, just as beans.

**Lentil soup.** Put a cup of lentils and 1/8 cup of rice in a pot. Wash and drain. Add 6 cups of water. I may add some spices now: garlic powder, soy sauce, paprika, and a few whole garlic cloves. Lentil soup is also tasty unsprouted. I bring the water to a boil, then reduce to a simmer and cook until tender, adding water if necessary to thin (about 3/4 hour cooking time). I turn off the heat, add a handful of kelp flakes, some Italian seasoning, and let stand a few minutes.

**AUSTRIAN PEAS** are inexpensive, about \$5 per hundred pounds. They sprout well and taste okay after sprouting and brief boiling. But a salesman at a feed store said that Austrian peas are sprayed with a defoliant before harvesting. I gather they are used as a cover crop, not directly for animal feed. We've discontinued buying them.

**SPLIT PEAS.** We don't use them because they are split (and thus more easily oxidized) and because they don't sprout. We like to be able to sprout, both to get more nutrients and to test the condition of the seed.

**N.B.** There are occasionally small pebbles in pulses, regardless of where bought.

I keep a lookout for them when I wash and sprout but I don't always find all of them. All I can say is watch out when eating. And make sure your teeth are strong, by getting plenty of calcium and other nutrients.

About gas: If one really wants some rip-roaring flatulency, try beans and sweets, eaten together (most baked-bean recipes). We almost had our own private moon launching one summer after lunching on baked soybeans and fresh Juneberries. WOW! I experience little or no gas problems if I eat only a small quantity of beans at a time and don't combine them with sweets. Cooking the beans until tender seems to help too, as does sprouting them previous to cooking. Lentils seem less gas producing than beans, and, if sprouted long, not gas producing at all.

## OILY SEEDS

**ENGLISH WALNUTS.** We have been using these as our principal nut the last two years because we like them and they have been the least expensive nut we have been able to purchase. We've bought them direct from growers (usually small, family operations), from a feed store, and at roadside stands. We've paid from 20 to 35 cents a pound; the lowest price was in Fresno. We've seen them from So. Cal. on up thru Oregon.

Walnuts are a good source of fat: in 100 grams of walnuts (after shelling) there are 64 grams of fat — almost two-thirds the weight. Walnuts also contain some protein, tho it's not optimally balanced. We keep our walnuts in the shells until, right before eating. We always eat walnuts raw: alone; with raisins in spralads or fruit salads; as a topping for rice or rice-and-lentils. We sometimes eat walnuts with non-fat dry milk to supply oil and facilitate calcium absorption. Occasionally we make candy with walnuts. I usually eat about ten at a time.

**BLACK WALNUTS.** These grow wild, along many roadsides in Calif. We've gathered in small quantities. We pick them from the ground and let them dry, husks and all. They are too hard for any ordinary nut cracker: I use a hammer, a good heavy one. The more the nuts dry the easier they seem to crack. In addition to the meats being delicious, I've made a dark brown stain from the husks, by cooking them in water, straining and saving the liquid. I've used it for artsy-craftsy projects.

**SESAME SEEDS.** As far as I know there are brown ones, black ones and white ones; the latter having been hulled. I've tried sprouting both brown and white ones — no sprouting occurred. Strangely, the hulled seeds are usually cheaper than the unhulled ones! I don't know the reason for this. We try to get only unhulled sesame seeds. They are a good calcium source, containing over ten times as much calcium as the hulled ones, in a ratio of two parts calcium to one part phosphorus. Unhulled sesame seeds also contain about as much iron as does liver.



The hulled seeds contain more phosphorus than the little calcium left in them, and are robbed of all their potassium, sodium and vitamin A as well as 75% of their iron.

We eat most of our sesame seeds whole and raw, either straight or sprinkled on rice. We also make sesame paste which we use like butter on bread. In addition I like sesame seeds toasted; Rayo doesn't.

Sesame meal. Raw or toasted seeds are ground once (I use an Estrella). The resultant meal may be used to add flavor or oil to candy, baked goods, cereals and milk drinks.

Sesame paste. I simply add a little water to the meal and mix with a spoon. I use as a spread. Toasted sesame seeds.

I use a frying pan on medium-low heat, covered to keep popping seeds from escaping. I suggest tasting as toasting proceeds.

Sesame dressing. Add more liquid to the paste and it becomes a dressing. I like it on vegetable and fruit salads.

SUNFLOWER SEEDS. We are now eating the last few pounds of 125 pounds we bought a year ago, shelled. We don't plan to buy any more shelled ones to store because a substantial percentage noticeably deteriorated even though they were stored under 60°F, much of the time in a CO<sub>2</sub> atmosphere. Until we figure out an acceptable way to do our own shelling we won't be eating any more. (Shelling with teeth or fingers is too time consuming.) Toasted they taste somewhat like bacon to Rayo; like peanuts to me.

#### WILD PLANTS

I enjoy learning about, gathering and using wild plants. The berries we've gathered were eaten ourselves. But I've gathered enough of some herbs to give away, trade and sell on a small scale as well as fill our own needs. Learning to identify plants has been slow. Having a teacher to point them out, in their natural habitat, seems to be the fastest way to learn, but we've only been so fortunate on a couple of occasions.

I've learned some plants from books such as Kirk's, Sweets, and Gibbons', by reading descriptions of the plants that are supposed to occur in the type area I'm in, studying the pictures, and then keeping my eyes open when in the field. If a plant I see looks familiar, I try to find it in the books. Or if I have a plant I want to identify I may thumb thru the books in hopes of finding a picture that fits — 'picture keying'.

I've also sent a few specimens to university botany departments who identified them by return mail — the names of the plants opposite line drawings of them which I had provided. I tried to include the flowers as well as the leaves, intact on the stems, enclosing three or four plants in a one ounce letter. I suggest choosing a college near by that has a botany department and giving them a try. Most of my wild friends have some very distinctive characteristics — else I wouldn't have learned them, beginner that I am, so I think other neophyte botanists who are in the Pacific Northwest will find them easy to get acquainted with.

With a little exploration and a book such as Kirk's, I think one will soon know that edible berries in the area, at least those that occur in quantity; they're just too conspicuous to miss if one tries looking.

BLACKBERRIES (*Rubus* sp.) unfortunately seem to like the same areas that most people do — rich bottom lands in the larger river valleys. They ripen from mid summer to mid fall. We've sometimes gathered them in great quantities when traveling, but not when camped in the wilds.

HUCKLEBERRIES (*Vaccinium* sp.), on the other hand, we've found in some profusion in the forest. Red huckleberries (*Vaccinium parviflorum*?) grow sparsely but widely in rather open woods and brushy areas; they are ripe during most of the summer. Evergreen huckleberries (*Vaccinium ovatum*) grow in more densely forested areas but bear profusely in openings. The berries are small and black to purple. They start ripening in summer and often remain on the bushes and tasty until mid winter. The shapes of huckleberries are similar to the shape of blue-

berries. Most of them are small and laborious to gather in large quantities; also not as sweet as many other berries. We have gathered only when we didn't have other fruits.

RASPBERRIES. We have found black raspberries in cut-over areas, sometimes in great quantity. They ripen mostly in July. Thimbleberry, another *Rubus* which resembles a red raspberry, grows along many creeks.

JUNE BERRIES (*Amelanchier* sp.) resemble black huckleberries or blueberries in appearance but are larger and sweeter. Bushes growing near creeks bear most profusely. The berries are often infected with some kind of blight. They ripen in late June and July.

SALAL (*Gaultheria* sp.) is common undergrowth in densely wooded areas but bears heaviest along logging trails and other openings. The berries are black to navy blue, hairy, and have a bell-like shape. The berries on some plants are very tasty — almost like maple sugar; on other plants they taste weedy.

MADRONE (*Arbutus* sp.) is a tree with smooth reddish bark and dark green evergreen leaves (distinctive looking). It bears pea-size orange fruit in late fall which fall to the ground. We've only eaten a few but they were pleasant tasting.

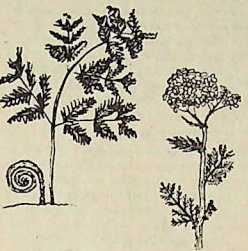
MANZANITA (*Arctostaphylos* sp.) also has smooth red bark but is a shrub with thick leaves and a driftwood-like shape to it. It is the most common shrub in many areas, especially in dry, rocky areas and bears profusely. Furthermore the berries are edible from late spring until mid autumn. At first the berries are green and red, like diminutive apples, and taste somewhat like tart apples. We eat them right off the bushes. Once we ground some in the Estrella and got a nice sauce. As the berries mature the seeds become bigger and harder. We still eat the berries as snacks but spit out the seeds. By fall the berries have dried on the bushes, and are powdery inside and sweet, in a tart sort of way. The seeds, if ground and brewed as tea, give a beverage much like regular tea — rather astringent. We don't like it. The powder is what we use. We crush up the berries with our hands or put them in a bag (cloth holds up best but I've used paper and plastic), pad it with newspaper or whatever, and hammer the berries to break them up. The crushed/pounded berries are next sifted thru a regular strainer. We've eaten the powder plain and in fruit salads. More often I've made 'manzanita' by mixing some powder in water and letting the solids settle to the bottom (takes about 15 minutes) and drinking the flavorful liquid — sweet enough not to need sugar.

ROSE HIPS. This is the fruit of the rose. Very rich in vitamin C. The hips are ripe in the fall — many stay on the bushes well into winter by which time they're mostly fermented — instant wine. The plants can be recognized by the bright orange-red fruit — and the thorns! We've seen many along country roads and a few in wild places, where the hips seem to be smaller. Once I made some jam, using honey. Some recommend cooking and straining them down into a liquid, supposedly rich in vitamin C. I tried that too. Tasted good. But I don't understand how the vitamin C can survive the heat. Nor do I see how tea, made from dried hips can have much vitamin C, both because of the drying and the boiling water. It's a tasty drink, tho. Unfortunately, when the hips are ripe there isn't much sunny weather to dry them. I had some under shelter that molded before they dried.

ACORNS. So far we've just gathered a few, from various oaks (*Quercus* sp.) and tanbark oaks (*Lithocarpus* sp.). The only way we've found so far to make them palatable is to shell, grind into flour, and boil for several hours with many changes of water. Once we placed ground acorns, in a nylon stocking, in a stream for a day but considerable astringency remained. Next time I'll try leaching for several days, as Kirk suggests. After all the processing I wonder how much food value, other than calories, is left. But reportedly acorns were a staple Indian food.

BAY, Calif. Laurel, Oregon Myrtle (*Umbellularia californica*). The plants I've seen are usually bushy, about 8 feet high, with rich green, shiny, leathery leaves which have the characteristic bay smell, especially when crushed. If one crushes and smells any promising leaves I think one will have no trouble finding bay, if it grows in one's area (S.W. Ore. to So. Cal.). I pick the leaves any time of the year when they're not wet, and dehydrate them in any convenient dry place (removed from branches). Bay nuts are ripe in fall. They seem to retain their astringency even after cooking with repeated changes of water. (I'll have to try leaching them like acorns.) Bay wood has a beautiful close grain, and takes on a high polish. So far I've used it to make some buttons, using round slices from limbs of the desired size, that had been seasoned a year. (By the way, twenty Spice Island's bay leaves sell for \$1.06!)

BRACKEN FERN, *Pteridium aquilinum* (illustration below, left). I've found it in great quantity, usually by the side of logging roads, throughout the Siskiyou. In the summer the new fronds make their appearance and we use them as a nibbler. I pick not just 'fiddle heads' (the newly sprouted shoots) but also the tops of older shoots, as long as they are tender. It takes some looking around to find the fiddle heads — I bend over and even crawl around.

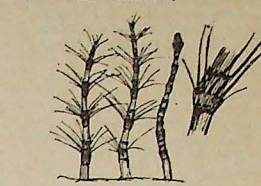


YARROW, *Achillea* sp. (illustration above, right). The flowers resemble wild carrot but the feathery-like leaves of yarrow distinguish it. The flowers are white. I dry bundles of the whole plant (cut above the ground), upside down, in shady places. Flowers and leaves may be used for tea. Supposed to be good for what ails ya. One time I made some which was delicious but every other time it has been bitter. Crushed leaves may be applied to wounds to promote healing, and as a local anesthetic, especially for tooth ache. I've made 1 Ching sticks from the straight stalks (10 inches long, 50 or more per bundle) and sold them. Yarrow seems to be common along many roadsides.

WILD CARROT, *Daucus carota*. The frilly white flower gives it one of its other names — Queen Anne's Lace. After flowering the flower head closes upward, becoming cup like, hence the name Bird's Nest. The stems and leaves are covered with minute hairs. Poison hemlock (*Conium maculatum*), which closely resembles *Daucus*, does not have these hairs and that is the way to distinguish the one from the other. I gather the wild carrot's seeds in the summer along old country roads and bridle paths, rubbing them from the plants with my fingers, into a wide-mouth gallon jug strung around my neck. I use them for seasoning such dishes as stews and beans. I've sold them to health food stores. In STALKING THE HEALTHFUL HERBS, Gibbons has a whole chapter devoted to wild carrot.

FENNEL, anise, sweet fennel, *Foeniculum vulgare*. I haven't found it in the wild yet, only in vacant lots. It's the stuff that smells like anise, also like licorice. May be two to seven feet high, finely-divided thin grey-green leaves, small yellow flowers in umbels. I gathered the seeds, rubbing them with my hands into a plastic bag (I try to have a few in my pockets always). They may be steeped for tea or used as flavoring in baked goods or candy. The seeds may be ground in a pepper mill. Or the whole seeds may be steeped in hot water and the water used instead of the

seeds. Kirk says the leaf stalks are edible raw or cooked. Haven't tried them yet. They are even listed in COMPOSITION OF FOODS — rich in vitamin A.



HORSETAIL, scouring rush, *Equisetum* sp. (illustration above). Looks like something out of prehistoric times. It's said to have flourished in the Paleozoic, when it grew much larger than in this age. It still appears to flourish, in moist soil in the forest, near creeks. Some of the plants resemble asparagus, while others look more like bottle brushes. They feel somewhat like fine sand-paper from the high silica content. In fact I've used them (just wadded up) for scouring pots. Ebba Weerland, in REBUILDING HEALTH, recommends harvesting from June to Sept. and drying in the sun (unlike other medicinal herbs which are dried in shade). I followed her directions. We now have plenty of dried horsetail for tea. It's somewhat like tea-tea in color and taste — maybe better. Ebba says it's a strong diuretic, and excellent for rheumatism, kidney and bladder ailments, and for soothing festering sores. Kirk and Sweet also give information about this plant.

MULLEIN, *Verbascum* sp. May be recognized by its majestic yellow flower spike, or when it's not in bloom, by the thick velvety leaves. (One of its names is comfrey toilet paper.) Common along highways but I've also found it in the forest on cut-over land, along with raspberries. I've dried the leaves and steeped them for tea. The taste was not anything special. Some use it in smoking mixtures.

NETTLES, *Urtica* sp. Touch them and you'll know it! We pick them with rubber gloves or some other protection against the stinging oil that the hypodermic needle-like hairs inject. Grows in moist places. We found some in So. Cal. mountains but none in Siskiyou so far. Cooking destroys the stinging property. We eat as a green vegetable.

CONIFER NEEDLES, including pine, spruce, douglas-fir, incense-cedar, arbutus, fir, hemlock. We nibble on them when we're hiking. Angier (HOW TO STAY ALIVE IN THE WOODS) says spruce tea is as potent in vitamin C as orange juice! and that the vitamin may be gotten more directly by chewing the tender new needles.

SOURGRASS, *Redwood Sorrel*, *Oxalis* oregana. Looks somewhat like a three-leaf clover. The taste is pleasantly sour. In redwood country one couldn't avoid this plant. We've found it in mixed conifer-broad leaf forests too. A nice salad green.

WILD ONION, *Allium* sp. It seems to play hide and seek — it's very inconspicuous but teases with its aroma. Usually the bulbs we've found have been small and tough but they made a nice seasoning, along with the flowers.

YERBA BUENA, *Satureja douglasii*. Grows vine-like along the ground. Ya gotta look close to find it. (I looked so close I found a good case of poison oak the first time I gathered it.) The leaves are often maroonish in color on the underside. The mint/camphor smell is strong from crushed leaves, the easiest way to distinguish it from other low vines. We let the leaves dry on the stems in a shaded place, then strip them off (the stems are flavorless) and store them in jars for future tea making. Of course tea may be made from the fresh leaves too.

GRASS. New blades of grass make a so-so salad at times when no other greens are available (or identifiable). Supposedly no species of grass is poisonous. But some other plants resemble grass so first taste a very small piece. Rayo and I have discovered a number of so-called 'poison' plants which make good salad greens — just taste small samples of



anything that looks promising. Procedure: Gently chew up a very small piece. If there is any unpleasant taste or irritation, spit out and keep spitting (or rinsing with water) until the taste goes away. If it tastes okay, hold it in mouth for several minutes. If it still tastes okay, swallow. Wait at least a day. If no bad effects try a somewhat larger piece. Etc. Sample only one new plant at a time. But DON'T try this with mushrooms. Some deadly mushrooms reportedly taste delicious, and are poisonous in very small amount. It is safest, of course, to always make a positive identification of a plant before tasting.

#### SWEETS

When we first started living in the woods I would look forward to trips into the big city where there was ice cream, cake and cookies. Tastes have changed, but not overnight. It has taken months, even years. We still enjoy sweets occasionally. But we have come to prefer kinds we can make ourselves out of simple ingredients. One trip into that society buys us all the goodie-makings we want for a year or more. By having stores of sweet-treats we lessen any attraction the sticky-sweet society might have for us. Our selection of sweets is a compromise between what's best for health, what we can store, what's cheap, and what we enjoy.

**DRIED FRUIT.** Probably the healthiest sweet is fresh, ripe fruit. And we eat large amounts of wild berries in season as well as buying fresh fruit on our rare trips to town. But storage and weight are problems. So we use some dried fruit, so far mostly raisins and currants, purchased in Fresno where they are grown from Bonner Packing Co., 568 So. Temperance. In 1972 we paid \$6.90 per 30 pound box (23c a pound).

Most of our raisins and currants are eaten without any elaborate preparation. We eat them out of hand, alone or with nuts; or add them to sprals and fruit salads. We don't care for them cooked on the stove, but occasionally sun-dry them, by placing a jar of them, covered with water, to soak in a sunny place for a few hours.

**VonuWay candy bars.** They may be made using a grinder, or more simply by chopping the ingredients with a knife and kneading together. I use raisins/currants and walnuts/sunflower/peanut seeds. After chopping these I add powdered milk, carob powder, dextrose, and perhaps cinnamon, allspice, grated vanilla bean and molasses. Vitamin C gives a citrus tang. I knead everything together, adding water if necessary to get things to stick. After shaping bars I may coat them with some powdered milk, sugar, seed meal, or flour. To help the coating stick to the bars (or balls if you prefer) they may first be dampened with a little water. Most of the ingredients are optional; use what you have, forget the rest.

**VonuWay Wheat Chews.** Add wheat sprouts/flour to the above. The sprouts may be whole, chopped or ground. Kneading helps everything to adhere. Please don't be discouraged because I haven't given quantities. Any proportion of raisins and nuts seem to taste good. I just add the other ingredients gradually, to taste, especially the spices.

**NONFAT DRY MILK.** People are the only animals that I can think of, besides some animals they domesticate, that drink milk beyond the suckling stage. And I understand there are many adults who are allergic to any and all animals' milk. (No, every body doesn't need milk.) I'm really not sure how good a food cow's milk is for animals other than calves. And nonfat dry (NFD) milk is definitely questionable because it is stored in a finely-divided state. However, until we get more wild game, we feel that milk may be desirable as a protein supplement. And we use it to make some sweet things. In other words, at present we feel the benefits we get from NFD milk outweigh the possible disadvantages. I understand the spray process of drying milk is the most conservative of nutrients. I don't usually cook with NFD milk because I think that it destroys nutritional factors. When eating NFD milk I try to get some fat and some raw sweet

along with it, usually in the form of a few walnuts and spoonfuls of heat sprouts. Adelle Davis (p. 183, LET'S EAT RIGHT TO KEEP FIT) claims that fresh or powdered skim milk, without fat being taken simultaneously, causes loss of calcium and an increased need for vitamin B<sub>2</sub>. The reason for the wheat is to supply phosphorus, an enzyme destroyed by pasteurization but necessary if calcium and phosphorus are to be absorbed from the milk, according to Catharyn Elwood, who in FEEL LIKE A MILLION, recommends one tablespoon fresh ground wheat per quart of milk.

**Plain NFD milk.** To prepare milk, whether instant or not (what we buy in bulk is usually not instant) we first add the desired amount of water to a quart canning jar. Then we add what looks like the right amount of NFD milk. (If the jar is more than 2/3 full the milk doesn't mix well.) Next we put on a lid and rim, which gives a good seal. (Packages of just lids are sold in supermarkets.) Now we make like a milk-shake machine, holding the jar securely with both hands and shaking enthusiastically for a couple of minutes. Milk or water may be added if the initial measuring doesn't suit one's taste.

**Candy/icing.** Rayo makes, using NFD milk, dextrose, and a touch of vitamin C powder, with just enough water to mix into a thick paste. Tastes like lemon icing.

**CAROB powder** is the ground pod of the carob tree, also called St. John's Bread or Locust bean. The tree grows in the Mediterranean, and since the climate is similar it does well in Los Angeles, where I've seen the long, leathery, chocolate-brown pods littering sidewalks. I've tried chewing on some of these pods; the taste was sweet — but the pod very tough. At the time I didn't think of trying to grind them, but I will give it a whirl next time I'm able to get some pods.

We have bought both toasted and raw carob powder. Toasted, it's darker in color and more cocoa-like tasting than the raw form, which looks like whole-wheat flour and is perhaps sweeter tasting. I'm sure Ford would label carob powder fatty rubbish, par excellence. But it's not as harmful as chocolate, which contains alkaloids, interferes with calcium absorption and ruins my complexion.

Carob powder can be substituted for cocoa in conventional recipes, e.g. in hot cocoa and brownies. Carob shakes. We add a few tablespoons of carob powder to NFD milk and water and shake up. Optional additions are cinnamon, allspice and vanilla. (If there are any lumps in the carob powder we first stir and crush the lumps against the strainer.) Carob fudge. Carob powder (raw/toasted) is added to ground fruit and mixed in well. Nuts, seeds, seed meal, powdered milk, sugar or honey, and spices may be added.

**DEXTROSE.** We used to eat honey — like it was going out of style. Little did we realize it literally was. Anyway, the price skyrocketed and it's now out of OUR style. We've replaced it with dextrose, which is a type of glucose made from corn starch. Dextrose stores well and is relatively inexpensive. Because we consider dextrose unhealthy we go easy on it. We eat much less of it than we did of honey, which has the image of being a healthy food but is in fact a highly-refined sweet — refined by the bees. A little honey may be better than a little dextrose. But we didn't limit ourselves to a little honey. We are regular Pooh! Dextrose is a monosaccharide and is supposedly easier to digest than sucrose (common table sugar), which is a disaccharide and must first be broken down into monosaccharide by the digestive system before it can be absorbed.

**Jam.** I mixed fresh berries and dextrose, about twice as much dextrose as berries by volume (dextrose is fluffier than granulated sugar), and cooked gently. It melted down and became syrupy. The longer it cooked, the thicker and harder it got. I tested it by dripping some into cold water or onto a cold metal plate. That gives an idea of what it will be like upon cooling.

**BLACKSTRAP MOLASSES.** Adelle Davis mentions blackstrap as a good source of B vitamins and iron. So does Linda Clark. In

**LIVING THE GOOD LIFE,** Helen and Scott Nearing mention using it in their diet. On the other hand in the SUGAR STORY, Fred Rohe says he doesn't much like molasses, because of unsound agricultural practices in raising cane, and because the molasses comes out of mammoth filtration units which are filled with charred beef bones. In hopes that the good outweighs the bad, I use blackstrap molasses. I usually consider it more as a food supplement than as a sweet but I am getting more and more accustomed to its strong taste and enjoy my molasses cocktails. I take a tablespoon or two in a cup of water, hot or cold, once a day. We buy our blackstrap at feed stores, in big plastic containers — clean, white (so no possibly-toxic dye) bleach jug. Price is about 6c a pound.

N.B. Dr. Fred Miller cautions that even such 'natural' sweets as raisins can cause cavities if not cleaned from the teeth after eating. He recommends eating a natural dentifrice last, e.g. apples or raw carrots.

#### DAILY DIET

In case you wonder what Rayo and I eat from day to day. Rayo cooks up Instant Breakfast of Vonuans maybe 80% of the time. Other times, as when the sprout farm is closed, he may have toasted wheat (usually plain), or just milk, or plain boiled rice. I fast until noon or dinner, doing well on just one meal a day. Once a week I may fast all day, ingesting only water, and sometimes, fast for a number of days consecutively. I think it's rejuvenating — anyway it makes me feel good and helps me control my weight.

Rayo usually has a few snacks during the day, as opposed to one noon meal. He spaces them out to avoid bad combinations. Raisins. Nuts. Sesame seeds. Milk. Fresh berries or other fruit. Popcorn. On the other hand I eat lunch I find one meal more satisfactory than snacking, which leads me to overeat. I may eat a meal of wheat sprouts, raisins and nuts, mixed. Or mix up an apple, orange, raisins, nuts and manzanita flour. Or the rest of yesterday's bread and sesame paste. Or popcorn, perhaps with an oily seed. Or a couple of sliced bananas filled with seed paste.

At dinner we take our vitamins (usually C and E, sometimes A and D), any limestone flour, and yeast. We share about a quart of ABC sprouts whenever Happy Days is operating, which is maybe 80% of the time. I add lentil and wheat sprouts to my portion, and perhaps seasoning/dressing. If I eat lunch I proceed it with a tablespoon or two of molasses in a cup of water, otherwise I have my cocktail before dinner. Some typical dinner menus: Rice, or rice and lentils; sometimes completely alone, more often topped with walnuts, sunflower, or sesame seeds. Or rice and beans, with no topping. Kelp may be used for seasoning. Rayo often adds salt. Bread, usually wheat and corn. With sesame paste.

We may have beans also. If no beans, I may have milk. Stew of corn, beans, lentils, wheat and rice. Plain or seasoned. Alone or with popcorn. Lentil-rice soup, with yeast, kelp, garlic and other spices. Popcorn too, perhaps. Tamales, or tamale cake — corn meal with bean lentil filling. Popcorn, alone or with oily seeds.

Chapatis and beans. I find chapatis less enjoyable to make than bread, therefore we have them less often. Sometimes we have fresh vegetables such as carrots, cabbage, cukes, onions, peppers, to add to our dinners. Sometimes we have small game. A squirrel makes one dinner for the two of us. With a porcupine, the first day we have the organs for dinner — heart, liver, brain, pancreas, kidneys, spleen and lungs — ground into a paste and perhaps steamed with corn meal on top and bottom to make a 'pie'. The muscle meat is dinner for the next few days. We usually have a spralad first. We may have rice later.

We usually do not drink during or immediately after a meal, to avoid diluting

digestive juices. We drink not less than 15 minutes before eating nor two hours after. I think it's best not to have tea, because of the sugar and excess water. But on some rainy days we've sat around and drank cup after cup. We no longer buy supermarket meat (we haven't for ten months): the animals may be unhealthy; the meat may contain hormones, tranquilizers, antibiotics, growth stimulants (e.g. arsenic), preservatives, dyes, and deodorants (quite a mouthful, eh?); not to mention the high price and cruel treatment the animals may receive; and we have no good, easy way to preserve meat. We do occasionally kill and eat small animals; we prefer them to big game because we can eat the meat fresh. We don't like the killing but from what we presently know, the animal food may be a good addition to our diet.

But don't we ever buy Milky Ways, cupcakes, chocolate chip cookies, ice cream and sherbet? We haven't in months. Occasionally, on trips into that society, we meet friends who serve us such things. But we eat them even less frequently than ECANES zuzuz. Yes, Virginia, we are for real. We have come to enjoy our ECANES food and don't feel we're denying ourselves any pleasures. We just no longer have any special desire for such foods as orange sherbet and German chocolate cake.

**FOOD COSTS (by Rayo).** From Feb. to Aug. 1972 we kept records of food consumed. Quantities are pounds per person per month. Costs are calculated from most recent bulk prices paid.

Stored staples: wheat 15.8¢ 67c; brown rice 6.9¢ 69c; shell unflower seeds 5.8¢ 227c; raisins 4.8¢ 113c; popcorn 4.5¢ 52c; red beans 4.4¢ 48c; walnuts in shells 3.7¢ 74c; millet 1.6¢ 32c; dry milk 1.6¢ 69c; buckwheat 0.8¢ 16c; soybeans 0.8¢ 12c; blackstrap molasses 0.7¢ 4c; sugar 0.6¢ 7c; alfalfa and subclover seed 0.6¢ 25c; dry yeast 0.2¢ 16c; dry kelp 0.4¢ 4c; seasonings and vitamins 40c. Total, \$2.4¢ \$8.76. We ate generously of sunflower seeds because we had a large store (someone with whom we had pooled produce didn't take delivery) and we had doubts about their keeping qualities. Other foods bought during rare trips to towns (averaged over the five months): fresh fruit 14¢ 150c; fresh vegetables 1.8¢ 23c; dairy products and meat 3.7¢ 142c; pastries 0.2¢ 12c; restaurant meals 37c. Total, \$3.6¢. Scavenged fruits and vegetables (supermarket trash bin) about 8¢ 0.0c.

Foraged wild foods, rough estimate: meat (cleaned but including bones) 1¢; berries 0.4¢ (ripe during only one month of the period); greens 0.4¢. Since then we have discontinued buying meat and most junk foods. We are no longer buying sunflower seeds. And we have substituted corn and now milo for the higher-priced grains. We have found a less expensive source for vitamins. Our present food costs are approximately \$9 per person per month, total.

**WHO 'COOKS'?** I usually enjoy food preparation so I do it. Dish washing, on the other hand, doesn't thrill me, and since Rayo would rather do it than prepare food, he does. We try to divide tasks according to who likes what, not according to sex roles.

#### SUPPLEMENTS

**KELP.** Supplies calcium, iodine and trace minerals. We are presently using "Pacific Coast Kelp Meal", distributed by Ocean Pak Kelp Co., 8391 Pine Ave., Chino, Calif. and sold in 50 pound sacks for \$5 by O.H. Kruse feed store in So. El Monte, Calif.

**LIMESTONE FLOUR.** Calcium. Probably less radioactivity than bone meal. Kruse.

**VITAMINS.** Hoffman-LaRoche, Nutley, N.J., 07110 sells (e.g.) one kilo (one million 1, U.) E for \$40; 5 kilos C for \$26.75.

**THE REST** ... will come as life and learning go on. In the mean time, may the earth's foods nourish you and me, may the sun guide our days, and may we peacefully live the lives we envision.

Enjoy, *Haalen*





## NUDE DANCING MONEYMAKING OPPORTUNITY by Darby Anderson

Los Angeles is a little more liberal in some ways than other cities. One of these is an area which offers for girls a substantial moneymaking opportunity; namely, nude dancing. All that is required is that the girl have a reasonably attractive body and a moderate ability to dance to Top-40 type music.

The establishments featuring nude dancing are mainly beer bars (most don't serve hard liquor) with a very nominal cover charge (typically, a dollar). The Los Angeles area bars have had to fight very hard to keep nude entertainment as the 'authorities' have been trying to shut them down (or at least put bikinis on their dancers) for as long as the bars have put on this kind of entertainment.

Girls needn't fear physical mauling or attack in these places as the bars don't allow this type of thing (they wouldn't be able to find any dancers willing to work here if they did). Tough 'bouncers' are employed to prevent any kind of trouble. The character of the clientele depends upon the area in which the bar is located and the quality of the bar's management. It is not difficult to obtain employment at bars where the customers are well-mannered and pleasant to deal with.

Increasing numbers of girls entering the competition for jobs, plus the general decline in economic conditions has resulted in hourly wage rates lower than a few years ago. The usual rate now is \$3 in the Los Angeles area, but can vary from \$2 to \$5. I understand the San Bernardino has just begun to permit nude dancing and wage rates there are supposedly very high — I was told \$12 an hour.

Remember, though, that the wage is just part of remuneration. Girls who work as combination dancers/waitresses get tips, which constitute a potentially larger part of pay than the hourly wages. I generally earn between \$2 and \$3 per hour from tips — you do NOT have to report these to your employer. Such income is easily kept from various types of thieves. I am presently (Oct. 1972) working as a nude dancer and, since I recently changed jobs, I did some looking around as well, so my knowledge of the wages paid and the conditions are current. Another advantage of this work is that your employer does not pry into your private affairs as is customary in regular corporate institutional employment. What you do on your own time is strictly your own affair. I have found that it is quite easy to get a job as a nude dancer without providing ANY identification at all to the employer. Unless you look so young that you might be under 21 there is no problem. In the early days most places paid in cash, so there was no problem of needing ID to cash checks. Also there was no withholding. Now, however, most places pay by check, including withholding. In order to minimize withholding, you should have many dependents, but not a suspiciously large number. Claiming four keeps withholding down to about 10%. No proof is required. If the bar doesn't normally pay in cash, you can forget subcontracting. In my experience, it is not easy to bargain with the bars. For one thing, they do not seem to like to see any evidence of intelligence such as would be displayed in bargaining.

Combination work involves dancing part of the time and waiting on customers the rest of the time. Drinks are sold to the waitress and she then sells them to the customer; anything over the price charged her by the bar that she can obtain from the customer she may keep (and the bar does not ask her about this). The girl must learn to be pleasant and cheerful with the customers and to accept extravagant compliments. She will receive many offers for dates and even outright offers of money for a couple of hours in a night. It is expected that these offers will usually be turned down. There need be no embarrassment in doing so. There is rarely any trouble and when there is the bouncer

stands ready to handle it.

Most dancers are in their mid and late 20's, many in their early 30's. Few girls are very young or old, although I have seen women in their mid 40's in the business. There is a vast range of appearances among nude dancers. A surprisingly large number are not what I consider attractive at all — e.g., they are flabby, have droopy breasts, have had children and show stretch marks, etc. You find that different men like different features in appearance. There are always ads in the papers for dancers and there does not appear to be a superabundance of them. You do not have to be 'beautiful' to earn a very satisfying income. Naturally, there are girls in this field with great beauty and dancing technique developed through years of activity in this business. However, most of the girls do not fit into this category. Personality counts for a great deal. It takes a little while to develop a style; a girl should not expect to be able to perform like a 'pro' immediately.

Apply for a job wearing a bikini. You will be asked to dance for the customers present (if you feel somewhat embarrassed, show up around dinner time when there will be only a few customers around). If you perform reasonably well, that is all there is to it.

A beginner can obtain a job where she dances 15 minutes out of an hour and waits on customers for the other 45 minutes. The combination girl, as she is called, has an advantage over the straight nude dancer in that the customers enjoy being waited on by a girl who dances in the nude (the size of the tips reflect this). Want ads in Los Angeles metropolitan area papers under bar waitress and dancers contain several job openings. You can work as few as 20 hours a week on up to as many as you wish. Nude dancing as a part-time job can earn you as much or more than a 40 hour a week corporate job. Business is generally best at the end of the week — e.g., Thursday through Sunday. Also, night work is supposed to be much more profitable, although I prefer to work days for personal reasons. It would be possible for a girl who lives in a remote place, to come to Los Angeles and work one month out of the year. Since the bar would not hire a girl they knew would be leaving in a month, it would be unwise to so inform them. It would be possible to find a job within a few days by using the local want ads. I don't know of any special time of the year when the pickings are best.

In Los Angeles, there is a fairly low risk of being arrested for nude dancing. In many cities within the area, there is grossly suggestive dancing tolerated by the local police — I would guess that this is almost certainly because of payoffs; the degree of tolerance varies from community to community. One of the reasons for the decline in the hourly wage rate is because of this decrease in risk of arrest. For your protection: Work at a place with a video tape system. The better bars in the Los Angeles area have video tapes with which they tape every performance each day. This way you cannot be accused of having done something you did not do, a practice most beloved by the police when they can get away with it. Do not trust anyone at the bar and confide in them. Don't jump to the conclusion that the other girls are 'lucky'. In my experience, many of them are thieves, liars, whores, etc. Most of them are drinkers and quite unreliable because of this. Keep your money (tips) with you at all times, as it will likely be stolen if you do not.

Make sure that the doorman at the bar sees you to your car when you leave work. Girls have been known to get robbed, kidnapped, or raped after hours, but not when the bar has a good job of protecting them. The reason that wages are fairly high in this field is that most girls are simply too uptight to handle the work. Despite initial fears on my part, I've found the work to be physically demanding but not otherwise difficult. I could obtain a technical job but frankly I'd rather earn my money dancing and spend the rest of my time on technical and other projects of my own choice. And,

as the WALL STREET JOURNAL remarked in an article, "tax evasion is a fun crime". This business is a much more laissez faire one than most others; the only thing the State has to do with nude dancing is their attempts to eliminate it. The bar owners do not love the State; on the contrary they are always on the lookout for agents and they have to employ costly lawyers to protect themselves from the State. I freed myself from regular institutional employment in just a few days of job-shopping. So can you. (Updated from LIBERTARIAN CONNECTION #13)

## MOBILE MONEY MAKING by Al Fry

Many people on the road in vans and buses miss picking up extra loot because they don't want to get involved in the red tape of selling. I haven't found it that bad and used to 'do my thing' weekends when the county inspectors were off duty. Pick your fruit and get it on a busy corner. Sell your paintings, or your accumulation of scrounged junk, or your jewelry, or your estate sale goods, or whatever, and either do it on weekends or get the state tax permit and such. I have known leather workers and arts-and-crafts people to make the whole national park thing by selling as they went. I have made mistakes (like a whole trailer of avocados that were prematurely picked) but usually the worst that happens is a reprimand from some official. 'Junkie' friends can make the whole circuit of West Coast 'swap meets' and pick up good money knowing what sells where.

## TEMPORARY EMPLOYMENT IN VANCOUVER by C.

It is possible to hang around the clubhouse of local golf courses and tell the people in charge that you want to caddy. What you make is extremely variable: \$0 to \$20 a day depending on your luck and the weather. Naturally this is primarily restricted to summer and at that time competition from public school kids can be a problem, but at least there is no social insurance number required and no life history. Another good casual job is delivering flyers, but whether or not you must give social security, etc., depends a great deal on whom you work for. (Theoretically, with a little capital you could solicit your own business for canvassing neighborhoods.) This will usually pay \$1 an hour or more.

Strawberry and cucumber picking is also very casual and open to anyone, but you are paid by check and it's hard to make more than \$5 per day. Once a year GM takes inventory and will hire anyone for the one day only to do the work — and they pay in cash. Naturally you can also do the old 'neighborhood boy' bit and knock on doors to mow lawns, shovel snow, do odd jobs, etc. Just be careful if one of your refusals looks like the type to call the cops — time to find a new neighborhood! I frankly recommend getting a 'social insurance' number though (see "Alternate ID"). With even a 'phony' social insurance card you can try many more things: professional writing, other mail-skilled jobs, or almost any unskilled or semi-skilled job. Simply apply for a job you think you can do and give a phony list of work experiences, references, etc. — a very large proportion of employers never check up on this data, especially if reference is made to other cities. A sheer mass of applications for jobs is likely to secure employment. Here in Vancouver there is also a Casual Labor Employment office where you can sit and wait for a job on a daily basis with nothing other than your social insurance card.

A better prospect is the Longshoreman's Hall. If you go there every morning at 7:30 a.m. and crowd up to the dispatcher's window with your S.I. card, eventually you'll get work. And once you've worked, it gets easier and easier to get more work, so that you could potentially find yourself working only when you want to (since dispatch is on a day-to-day basis) for something like \$5 to

\$6 per hour (or time-and-a-half for night-shift). Jobs as door-to-door salesmen are also pretty easy to come by (especially of the Fuller Brush variety) without much hassle, and can net \$3 an hour or so if you can stand the personality requirements. Student Placement Offices of Universities are frequently a good source of casual employment, and often no proof of being a student is required. Getting jobs from a newspaper can be a big chore but it can also be nearly a sure thing if you wait at the press office for the paper to come out and don't try to be overly ambitious. Have a cultured eye for a good prospect and act immediately to contact your potential employer.

## INTERNATIONAL EMPLOYMENT by Pierre

I've just signed on for a job in Alaska with the same company I was working for before, but at about three times the pay. With the money I'll be able to save; I'll be in good financial condition for a major project in a year or 18 months. Four outfits which offer information are: Gateway Overseas, New York 10036; Employment International, Box 29217, Indianapolis, IN 46229; Global Employment, Box 706, Orinda, CA 94563; Overseas Jobs, International Airport, Box 536, Miami, FL 33148. I can't vouch for any of these outfits; I got my job by direct offer from the company. The company passes an intra-company resume around, whereas someone on the outside would have had to do the passing around itself. The pay scales are similar in Alaska and at foreign sites. But the other sites offer advantages — if you stay 18 months, there is no tax on the first \$20,000 or less earned. For this reason the minimum tour there is 18 months, versus one year here.

## HOW TO AVOID INCOME TAXES

The best way is to work for vendors or other good people who pay in cash or merchandise, file no reports, and conduct their business the same way. This is legal, so far as I know, so long as income is under \$2050. Or else have a little business of one's own.

The second best way is to work as a 'sub-contractor' or 'consultant' for anyone. No taxes are withheld but your customer keeps records which might be checked.

The third best way is to work as a regular employee but have plenty of dependents so that no income tax is withheld. S.S. tax is still withheld however. The following articles deal with the last two approaches:

## STOP WITHHOLDING TAXES by John Engal

There are two alternative forms that the wage earner can use. One is the new W-4 and the other is the W-4E. The new W-4 has only one line for stating the total number of withholding allowances to which you are entitled. A worksheet, to be retained by the wage earner, is provided to help you figure out how many allowances to claim. Instead of using the worksheet, the person who wants no tax withheld can figure the total allowances needed by dividing the projected annual salary by \$750. Count any fraction as an extra allowance needed. (This formula works if your salary is evenly divided over the 52 weeks of the year. If your wage income is concentrated in shorter periods of the year, it would be necessary to multiply your weekly wage by 52 weeks in order to project an annual rate that would work in this formula.) Enter your total on Line 1 of the W-4 and sign the statement which now reads, "I certify that to the best of my knowledge and belief, the number of withholding allowances claimed on this certificate does not exceed the number to which I am entitled." The restiter's legal rationale for signing this statement is his/her sincere belief that he/she is entitled to a complete exemption from paying war taxes to the federal government because their collection violates the U.S. Constitution and principles of international law. The W-4 is retained by the employer. It is the



only statement available to IRS bearing on the restiter's claim to exemption from withholding. Any explanation of the basis for this claim would have to be volunteered by the tax resistor, whether by letter, tax return or personal interview. It is a matter for individual judgement and conscience whether it would be wise to volunteer any explanation. The maximum penalty (Section 7205 of the Internal Revenue Code) for one who "willfully supplies false or fraudulent information" on a W-4 or W-4E is one year in jail and/or a \$500 fine.

The W-4E is an alternative form for people who had no tax liability for the previous year and do not expect to have any for the present year. It would normally be used by individuals who do not expect an annual income of more than \$2050 (the amount that is now exempt for a single person), or by heads of households in which the income will be less than the sum of \$750 for each family dependent plus the \$1300 low income allowance.

By simply signing the W-4E statement, "... I incurred no liability for federal income tax for 1972 and ... I anticipate that I will incur no liability for federal income tax for 1973" the wage earner can prevent withholding of any income tax for 1973. The W-4E expires at the end of each year and must be renewed annually. Since use of the W-4E is legally contingent on the previous year, as well as the present year, it is important that this claim be asserted for the prior as well as the present.

IRS regulations clearly make the wage earner, NOT THE EMPLOYER, responsible for the allowance claimed on the W-4. The employer is not authorized to alter or reject these claims. Neither is the IRS. If your employer doesn't have the right form, or won't give it to you, you can get it just by asking at any IRS office or your local War Tax Resistance Center. (Condensed from TAX TALK, December 1972.)

#### BRING IT HOME FREE by T.

As a general rule: be a 'consultant', not an 'employee'. The direct employee is the most victimized by tax thieves. All money paid him is considered taxable income; almost no occupational expenses are deductible. Furthermore taxes are deducted before the employee even sees his pay; this gives the tax thieves the upper hand. The employee must go to THEM for a refund, and a substantial refund may arouse suspicion. And filing for a refund makes him vulnerable to 'tax fraud' charges. Finally, social security taxes are unrecoverable.

So, clearly, don't be an employee. Instead become a consultant or services company. If you are presently a hired mathematician, become a Mathematical Consultant. If you are presently a clerk-typist, become a Clerical Services Company. Instead of employers you now have customers. Instead of turning in a time card you invoice weekly or monthly, perhaps on the basis of hours worked, perhaps per job. You receive FULL PAY with no taxes deducted. YOU decide how much taxes to pay. All business expenses such as transportation, rent, telephone and supplies are deductible. And if your gross yearly income is less than \$10,000, your chance of being audited is very small so you can let your conscience be your guide in figuring business expenses. Even if you are audited and cannot substantiate expenses to the tax thieves' satisfaction, you have not committed 'tax fraud' — you are liable only for taxes they believe you owe plus interest. And since you, not they, possess the money in question, YOU have the upper hand. If you want, you can appeal to the tax court where cases often drag on for years. Now the IRS is not unaware of this loophole, since it is enormous and growing. And in a few instances where a vendor has not paid they have gone back at his customer, alleging that the vendor was actually an EMPLOYEE. (There is that dirty eight-letter word again.) Obviously the IRS cannot be consistent in this; if for example a store failed to pay,

the IRS could hardly collect from everyone who had shopped there. When such cases have gone to court considerations have been: Did the person work without direct supervision? Did the person hold himself out to the public as an independent proprietor? One can minimize the risks for customers by conducting himself accordingly. I suggest: Get business cards printed in the name of your service. Prepare a brochure, not just a resume, with main emphasis on services performed, especially any services performed at your place of business.

Advertise at least once in a trade journal. Quote the ad in your brochure or otherwise distribute copies to prospects. During interviews state clearly that you sell ONLY as a consultant or vendor. If you say you would rather work as a consultant but will consider 'direct' employment, you are apt to frighten your prospect who will then offer you nothing. Sell to two or more customers per year. If necessary find a friend who will buy some of yours and sell you some of his.

The savings for a customer, compared to 'direct employment' include: no social insurance payments; no unemployment 'insurance' taxes; no company-paid 'fringe benefits' (which would probably be of little value anyway); less accounting; fewer government forms to prepare; greater flexibility in work arrangements (for example a nomad or remote homesteader who wants to minimize time spent in the city might offer an inverse overtime rate — the more hours per week he works the cheaper per-hour he gets, which is forbidden 'employees'); less supervision; no union problems; easier termination. In general the smaller the company the better your chances since the fewer the levels of management involved.

Avoid initial contact with personnel departments if possible. Try to meet relevant working-level supervisors. Develop a network of finders — individuals in similar work who for a fee will let you know of openings and put you in touch with the right people. Let your finder establish the prospect's interest in you as an independent so you don't waste time interviewing people with direct-employment syndromes.

As a guide to rate, remembering that you will save a company 30 to 50 percent in employment-related overhead expenses, try asking 10 to 20 percent over your last direct rate. If you don't find work readily, don't accept 'employment', cut rate! If your vocation is not one you can continue after you opt out, be short range. Recognize that anything you build is built on quicksand. Don't start a business requiring substantial capital or slow growth of clientele. Don't enter any trade which will tie you down for long. Earn free. (Condensed from INNOVATOR, Winter 1969)

#### SECURE BANKING by Lysander

If you are looking for a means of payment other than cash that most people will accept, you are just about limited to personal checks, postal money orders, bank money orders, or cashier's checks. Virtually every bank keeps microfilm records of all transactions that go thru someone's checking account (I have seen IRS bludg checks). However, it is not possible to find more than a few of a person's money order payments. The records exist, but they are buried in such a mass of irrelevant data, from which there is no easy way to sort them out; that a record of any one person's transactions cannot be compiled.

If one knows the date of payment (at the issuing bank) and the amount of a money order, it is possible to find that one money order on film. But it isn't possible to find all money orders bought by 'John Doe' written as payer. And if 'John Doe' chooses to write a different name, and to buy money orders at several different banks, you see how the records can be dispersed and hidden. The number of money orders issued by even a small bank (with which I have personal experience) is simply vast; at a large bank the number must be enormous. When

a person buys a money order from a bank, he reveals only the amount to the teller, then e writes in the name of the payee and the name and address of the payer later. There is nothing to prevent e from writing a phony name and address for payer, and so doing won't make it any harder for the intended payee to cash, but if the money order is lost, the payer would probably need to locate ID in that name e would have to back. That is the price e would have to pay in order to create an untraceable record. The bank I use issues money orders for amounts less than \$500, and cashier's checks for amounts of \$500 or more. Cashier's checks are a less secure medium because the buyer has to fill out a form giving name of payee, as well as name and address of payer in addition to the amount. Cashier's checks cost nothing while money orders cost 15¢ each, the same as most personal checks. But if anonymity is a concern, it is better practice to buy several money orders to send a large sum rather than one cashier's check. But what I said above about the bank's microfilm records for money orders applies equally to cashier's checks: compiling a record of transactions for any one buyer is impossible. Postal money orders may work the same as bank money orders, but I have no information about them, and I have an aversion to dealing with or paying money to government agencies.

In my opinion, the preferred, secure way to make a small number of payments is with bank money orders, especially those bought in savings banks or savings and loans, which don't even clear thru the institution thru which they are purchased. It may be useful to know that it is fairly easy to open a bank account, either check or savings, under an alias. One could open an account at a local bank this way, but it would take considerable boldness to do in person, and it would look suspicious to open a local account by mail. An additional disadvantage of a local account is that the bludg can find it more easily. If they are looking for assets held in a certain name, they routinely ask all hometown banks if this person has any funds there and how much. Banks readily supply this information. But if your account is out of town and out of state, the bludg obviously can't query every bank in the country to find it, and they would never find it.

Opening an account out of town by mail is not at all unusual. And any bank will be eager to accept your money, especially if it's a large amount. They will not ask for proof of identity, so you can use any name you like. You will need a mailing address, and if you provide a p.o. box address, the bank might also want a residential address for their records. If you have a p.o. box in your real name (preferably one that you can't be traced thru), you might give the bank a mailing address of this form: alias, c/o your name, p.o. box so and so, etc. Another option is to use a mail forwarding service as your mailing address.

The bank will also ask you to provide them with a social security number. You might be able to get a number under your alias. Or you could just make one up using the format: xxx-xx-xxxx. If you open a checking account, to the best of my knowledge, the social security number will not be checked, it will languish forever on a signature card in a file in the bank.

Interest on a savings account is reported to the IRS on a Form 1099 only if it totals \$10 or more. So if one doesn't want his social security number looked at too closely, and thus doesn't want a Form 1099 to be submitted, e should see that er should maintain an average balance below \$200. Of course, one could have a much higher balance for a limited period, so e could use such an account to clear large payments, but e shouldn't leave large sums in the account for a long time. To open an account out of town all you need to know is the address of an appropriate bank. Send away to an obscure out of state commercial bank (for a checking account), asking for information about opening an account. They will send back forms which you fill out and return with money and they

will send you your checkbook or passbook. Once the account is open, have all check and money order payments to you made payable to your alias and deposit by mail in this account. You could add an extra measure of security by having payments made over to another alias, then you endorse them over to your account alias. Thus your account alias wouldn't become general knowledge. You will need to be able to write a number of different signatures, write a number of different signatures, fairly distinct looking, one for each alias. But all your signing can take place in private, and signatures don't have to be too legible, so you don't have to be proficient at it. You can make check payments from such alias accounts easily. You could make occasional large payments by making withdrawals from a savings account in the exact amounts of the payments, made payable to your alias, then endorse them over to your intended payee. More frequent or smaller payments could better be done thru a checking account. Getting cash out of such an account would be trickier. One way to do it is to get identification in the name of your alias, then you could cash checks made payable to your alias. A better plan, if you can manage it, would be to make a withdrawal payable to your alias, then endorse the check over to a trusted person who will give you cash for it, then e can deposit to er account somewhere. Some of the ideas presented here have not been tested in practice. I am interested in correspondence concerning the topics raised here. I would especially like to hear about any relevant personal experiences, either good or bad. I'll willingly provide further details, some bank addresses, and suggestions tailored to your personal requirements to anyone who writes me. (See p.120, par. 3.)

#### ALTERNATE ID

CAUTION. Some of the techniques discussed here may be unlawful in some countries and states. Check 'your' laws carefully before attempting to create or use an alias. VONULIFE does not recommend that anyone do anything that is illegal. Some uses of aliases are traditional and quite legal: e.g., by authors as 'pen names' and by prisoners of war attempting to escape from enemy countries. America might some day be occupied by Communists or Nazis or somebody who would seize government records. Some say that every patriotic citizen should have alternate id as part of civil defense.

GENERAL SUGGESTIONS: The time to get identification is BEFORE you need it — when you have plenty of time to explore alternatives, think through procedures, and obtain documents by mail; and when an 'accident' won't be disastrous. Carefully think through your own procedure step by step before doing anything. Get all the information you can, of course, but don't simply follow the procedure used by someone else. Opportunities change; what may have worked five years ago may be unworkable and dangerous today. Do it yourself or have a very good friend do it. Don't try to contact 'the underworld' — many people 'on the edge of the law' are informers. Don't use stolen or counterfeit government-issued id such as a driver's license or passport. Such id will not withstand a check, such as by a policeman when one is stopped for a routine traffic violation. And possession is invariably illegal. The best id is genuine id issued by government agencies. The second best is id you create yourself, such as a company id card for 'your own' company.

Make sure that your procedures are relatively 'fail-safe'. For example, use a mailing address other than your usual residential address when writing away for documents, in case you accidentally trigger an investigation. Never have more than one set of id on your person at a time, in case you get frisked. Keep alternatives safely cached until you need them, in places you can always get to. Maintain a clean, neat, middle-class appearance while id is being procured or first used. Don't



live at cheap boarding houses or wear ragged jeans. Have several hundred dollars in savings, in currency no larger than \$20 bills, reserved for emergencies so that money is not an immediate problem. Some money might be with the id.

The most likely order for acquiring id is: (first) mailing address; (second) information on how to do it; (third) birth certificate or substitute; (fourth) 'social security' (US) or 'social insurance' (Canada) card; supporting paper such as company id card; (fifth) drivers license or non-driver id card; bank account (if necessary); (sixth) passport (if necessary); credit cards (if necessary).

**BIRTH CERTIFICATE.** There seem to be two general procedures: (1) take over the identity of someone who died as a young child; (2) create a new identity.

**THE PAPER TRIP** see bibliography at end of issue) suggests the first. "Go to the main library of any large city, university or college, or a newspaper's principal office and take a look at the old newspapers recorded there on microfilm. Choose a year in which you would have been no older than ten and begin looking for articles in which a young child of your sex, race, and age then was killed in some kind of accident like fire, auto, or drowning. The best possibilities would be those in which the entire family was wiped out, as there would be little remembered of them by now."

By checking birth announcements in still earlier papers one can probably learn the date and place of birth of these children. "While you're poring over the microfilm it would be a good idea to compile a list of at least half a dozen good possibilities. A few might understandably prove useless for you (wrong race, for example), or you might want to construct multiple id's."

Or, at a county recorder's office, "go to the files open to public viewing (photo copies of the actual documents in bound volumes, or on microfilm), and check a book that has death certificates for a year in which you were under five... The death certificate will list the birthdate, place of birth, race, parents' names, and a host of other interesting facts, all the facts you need to send for the birth certificate..." "Three facts that should be of considerable benefit are that (1) birth and death certificates are completely separate documents — they are never cross-referenced. They are made in different places and filed in different places. Also (2) by using the birth certificate of someone who was born in one county but died in another county, or state, you have assured yourself of undetectability. It would take thousands of man hours to track down the death certificate, and no agency is going to bother. (3) So far there is no computerization of birth and death records, and very little prospect that this will ever be done, either..."

**WHERE TO WRITE FOR BIRTH AND DEATH RECORDS**, available from the Superintendent of Documents, U.S. Government Printing Office, Washington D.C. 20402. Cost is 15c. This is Public Health Service Publication No. 630A-1, revised July 1970. "Creating a brand new identity is easier and less likely to run afoul of a check, but getting a genuine birth certificate would be difficult if not impossible. However many babies are born at home — especially in poor rural or ghetto areas, and many of these births are never recorded. Blank baptismal certificates can be purchased at religious supply store or obtained from a friend who is a minister. Official looking seals and notarization improve appearance. Perhaps one was baptised at a church which burnt down or was demolished for freeway construction, by a minister since deceased, in a city far away. THE PAPER TRIP recommends against using birth registration certificates sold by mail-order id places. But these have sometimes been used successfully, especially when supported with other papers."

**MAILING ADDRESS.** (BEST) The residential address of a very good and reliable

friend who is in no personal danger. If ever questioned a says you moved away or are on a trip. (SECOND BEST) Commercial mail forwarding service. Check around — try to find one that's reliable. (NEXT BEST)

Motel room at which you live only infrequently. You might say you are a traveling salesman and want a place you can leave things. Rent it, of course, without giving vehicle license or any old id. Absence of vehicle is not likely to be suspicious if the motel is near an airport. NOT RECOMMENDED for getting documents, though may be good for other purposes: p.o. box or general delivery (not sufficient for drivers license, also more apt to arouse suspicion); cheap rooming house catering to transients (often checked by bludg).

Order catalogs or other innocuous mail at that address, to check it out and to get postman and others accustomed to handling your mail, before important mail comes. Have mail left where you can pick it up at any time. Do not supply actual residential address to person receiving mail.

**INFORMATION.** THE PAPER TRIP is all I have seen in writings. Some of the suggestions may be out of date. Talk to any good friends who have recently been in jail. Id is often a popular subject of conversation there. Some of the prisoners will be experts but their information may be dated. Always try to find out when and where something worked as well as how.

**SOCIAL SECURITY.** The easiest way to get, last I heard: Pick up an application blank at any post office. (The application might be for your wife or daughter if the clerk asks.) Fill out at your leisure in private. Mail it in. No id is required; there isn't even any check on age or sex of applicant if application is done by mail. There may be a several week delay while agency checks to find out if you already have a number; they will check against name and place and date of birth. There is talk about tightening procedures for obtaining numbers, such as requiring fingerprinting of persons over a certain age. So id cards may not be so easily obtained in the future. If and when procedures are tightened, there will probably be a lively blackmarket in 'clean' numbers and cards.

**SUPPORTING ID.** This can be acquired while waiting for a social security card. These items are seldom adequate alone but help to substantiate other paper in the eyes of the viewer. They include company id cards, club membership cards, library card, ministerial license, solicitor permit, hunting or fishing license, business card.

Several outfits sell blank company id and club membership cards. THE PAPER TRIP suggests: Headlines Corp., Box 202, Cor-mack, NY 11725; ECPS, Box 12101, Las Vegas, Nevada 89112; Denoble Service Corp., Drawer B, Shirley, Long Island, NY 11967; Farm Distributors, Box 712, League City, Texas 77573; Universal Life Church (ministerial), 601 Third St., Modesto, CA 95351. Send each a stamped, self-addressed envelope for catalogs. For company id it may be best to create one's own company and get id cards, business cards and stationary printed up. A company id card generally includes physical description and a small photo. The appearance can be improved by sealing in plastic. There are automatic vending machines for this in some stores. Also stationary stores sell adhesive plastic sheets which stick on. Many national organizations issue membership cards by mail. Check magazines for ads.

For enhancing the appearance of a certificate one may be able to purchase a notary embosser from a place which sells them. If not an adequate facsimile can be made in any of various ways by someone skilled in metal working or photo engraving. Blank, gummed seals can be obtained from stationary stores. Stationary stores also sell books of rent receipts. The id material which the average person carries on or body is usually dated over a long period of time, and often includes items which have expired, are worn looking, etc. Few people ordin-

arily carry their birth certificate, marriage license or draft registration on their persons. (Last I heard, having a draft card in storage at one's permanent address was sufficient.)

**DRIVERS LICENSE.** Requirements vary from state to state. In California a few years ago a social security card plus a company id card and a few other pieces of supporting id were sufficient for someone who did not attend to their manual. Oregon, according to their manual, requires that an applicant provide "written evidence of age and identification" which may consist of "an original or certified copy of a birth certificate; baptismal certificate; official papers issued by a court of record such as adoption papers; Armed Forces identification card; alien registration card; a life insurance policy; certified copy of an application for a professional or occupational license; certified copy of school attendance record; Selective Service registration card; or an out-of-state driver's license." "Your Social Security number is used on the license (only) in Alaska, Ind., Iowa, Mass., and Miss."

As of 1971 that photo is on the license in "Ala., Ariz., Calif., Colo., Del., D.C., Geo., Ida., Louis., Mass., Mont., N.M., N.C., R.I., S.C., Mich., Texas, Utah, Vir., Wash., and Wyo. An excellent book which provides basic information on each state's driver's license, including color reproductions of samples, is the DRIVERS LICENSE GUIDE, \$3.95, which can be purchased by mail from: Drivers License Guide Co., 1492 Oddstad Drive, Redwood City, Calif. 94063... This book is used as a basic tool by law enforcement and businessmen in combating criminal deception." (THE PAPER TRIP)

**PASSPORT.** "Basically, with a valid U.S. birth certificate (to prove citizenship), one good physical id (for personal identification) and a loose \$12.00 bill, you can get a passport, good for 5 years. Here is the list of documents accepted as proof of identity: previous U.S. passport; a certification of naturalization or of derivative citizenship; driver's license; a government (federal, state, local) identification card or pass; an industrial or business identification card or pass." (THE PAPER TRIP) As of a few years ago a certified baptismal certificate was accepted in lieu of a birth certificate, if accompanied by a letter from state of birth stating that no birth certificate could be found for that person. Getting such a letter is routine if someone never had their birth recorded.

**SPECIFIC SUGGESTIONS.** To get a social insurance number "all you need to do is look thru an underground newspaper for a commune or co-op (or co-op information center). Move into the commune under the proper name. Write for a social insurance card under that name, giving as birthplace somewhere in Quebec, where births were not registered, or some small town in B.C. with no hospital nearby. When your card arrives move out of the commune without a forwarding address. A bank account can be opened with only the card and checks from employment can be cashed there." (Vancouver, B.C.)

"Get a social security card — you don't need id to get one and you can pick it up or have it sent to a temporary address (from which you give NO forwarding address). Get a savings account (a checking account will probably be more difficult to get with a small amount of id, since it is easier for the bank to get ripped off in the same name. If you can't find a bank that will let you have one for the id you have (social security card and possibly a birth certificate you bought somewhere — see LA FREE PRESS for ads) then you'll have to go to the trouble of getting a non-drivers id card from the Department of Motor Vehicles. They will give you one without requiring any more id than your phony birth certificate and your social security card." (Los Angeles)

"I heard (at least third hand) that the Mississippi state capital building burned in

1939, destroying all birth records."

About finger prints, THE PAPER TRIP suggests: "Find a surgeon who can do a skin graft on your finger (from your foot?) and thus eliminate your old prints... A physician will charge anywhere from \$1,000 to \$3,000." According to THE PAPER TRIP the FBI often fails to identify prints even when no effort has been made to alter prints. According to another source: "At least as of sometime ago it was necessary only to change one or two finger tips to a new but natural looking pattern to foil identification in cases where identity was not suspected, because the major features of all ten finger prints are used to generate the identifying number (except for most wanted criminals)." "The best solution to this problem, of course, is never to get busted."

Thanks to several people for the information in this article. I don't guarantee that it is accurate. I would like more information for future issues, including warnings about procedures which no longer work or are dangerous.

## SECURE MAILING ADDRESS

Here are suggestions from several people for getting mailing addresses for general use (not for id creation). "I rented a box here in town to see how their system worked. I was surprised at the amount of bludg paranoia I ran into, requiring a residential address (verified by the carrier that one has received mail there); id, and all sorts of restrictions on the use of the box."

Suggestions for getting a p.o. box: "Take over the box of someone who no longer wants it. Add your name to the names authorized to receive mail at box (takes only a post card from the original box holder) but the post office may object if the list of names gets long. Or get mail addressed c/o the original box holder. Usually after doing the latter for a while the p.o. clerks will learn that you 'belong' and a few months later be deleted. Pay the rent by money order and illegibly scribble the name of original box holder (though clerks presently don't seem to care who pays the rent). Alternately, get a friend who is moving away to rent a box for you."

If you have id you don't mind sharing with the p.o. people "a completely no hassle way to get a secure p.o. box is to move into furnished apartment, rent box giving apartment as home address, then move. As long as you pay box rent on time, p.o. won't ask about your actual residence. Of course don't file change of address with p.o. Inform your correspondents individually of new mailing address. If you open a box this way, the only way anyone can find you thru it is by staking out the box to see who picks up mail."

"The paranoia we have encountered has been almost entirely at the time of initially renting the box. P.o. clerks give little trouble thereafter, so long as nothing is done which causes them extra work." "Arrange with someone trustworthy a 'residential' mailing address. Either e tells the postman you are visiting, or you use c/o for a while to 'train' the postman. If anyone checks your 'landlord' says you are away on a trip. Your landlord can leave mail in a drop for you which should be outside any dwelling, accessible 24 hours a day, and so located that it cannot be easily kept under surveillance — also so that neighbors won't get suspicious. The 'landlord' doesn't need to see you each time you pick up."

## SECRET RADIO NETWORKS

by Pierre

It looks like there will soon be authorized a new Citizens Band radio service, called "Class E" (vs. the present "Class D"), at a much higher frequency than that which would worry about 'authorization'; it's just that that would cause the market to be flooded with a large assortment of cheap gear for this band. This frequency would carry a lot less far than the old Class D (making overhearing by the bludg much less likely), and could be directionally beamed by hand-held devices (instead of a roof full



of plumbing, as now required). In an area, cheap transponders that would rebroadcast any received signal could be placed in various places with commanding views (e.g., hidden in the tops of trees). Monitors could keep directional receiver antennas pointed towards these (color-coded powered?) relays. Callers would just point their directional antennas, and call. As bludg located one relay, another could be used, placing new ones from time to time so there would always be plenty. To get fancy, they could be equipped with selective-call systems, like car phones are now, so that they would only respond when the correct sequence of tones was transmitted. A few strategically-placed banks of relays within range of each other around the upper slopes of a peak (the peak itself would be best, but of course it would be very vulnerable to detection) could cover hundreds of square miles, with only one or two trips a year needed to replace broken and discovered stations. Peak-to-peak relays could tie as much territory as you wanted into a net. With different tone sequences, or maybe just by pointing your antenna at a different spot, you could key into whatever locality you wanted to reach. Sort of like Direct Distance Dialing. Or maybe each area could have its own frequency, with relays in all areas on that frequency to relay calls to (or from) that area from (or to) all the others. The Class E band has room for dozens of channels, and of course you could use the same gear for frequencies lying some distance outside the 'official' band. Perhaps some single channel or group of channels would be set aside for communications from individuals to relays in all areas, since the area would be out of radio range of each other. An ambitious project, but maybe eventually there will be enough vons to make it economically feasible.

#### WHAT IS BIG BROTHER WATCHING? by Rayo

"There is no way to hide. They'll soon have satellites in orbit which can count the hairs on a fly's behind. So you might as well give up and become one of the sheep — like me." Etc. I have little inside information on Big Brother's latest spy spies, but I discover that people who seem to delight in warning about them usually know less than I do. Here is what I've been able to learn. The devices which PRESENTLY exist are costly and are easily 'faked out'. They are not in wide use.

Item: There are few things easier to detect with a heat sensor than a forest fire. It is much hotter than anything else in the woods. Yet, last I heard, the Forest 'Service' is still depending on human observers, some in watch towers, some in aircraft, to spot smoke. They experiment with heat sensors and put out press releases now and then, but such devices are not in common use.

Item: Aerial photographs have been routinely used for map making since the 1940's. And such photos are reportedly used by local property-tax assessors. Quite likely large buildings and fields are being spotted. Small cabins in wooded areas are rarely spotted, even when no effort is made to hide them, according to property-owners I know.

Item: Squatters who have been discovered were first seen by persons (most often hunters) walking thru the woods. The one exception I've heard of had an open camp fire and was spotted from the air by the smoke.) Nevertheless surveillance devices will probably be improved and come down in price. Some may be widely used in 20 or 30 years. So it's well to start learning what they can and can't do. One kind, which has been used in Vietnam, essentially consists of a microphone and a small radio transmitter. It is distributed on the ground, picks up sounds and radios them to processors which 'listen' for human voices, internal combustion engines, clang of metal on metal, or other 'unnatural' sounds. Although the individual devices are cheap, covering a large area with them

is costly. And they are easily detected.

Another category of detectors, which may be carried by aircraft or satellites, make use of radiation below the frequency of visible light. Such frequencies do not respond to fine detail as visual light does, which is one of the reason eyes see the frequencies they do. But these frequencies behave differently than visual light and the differences can be made use of. Examples: clouds are invisible at some radar frequencies. Metal shows up 'white' regardless of its visual color, unless coated with a radar-absorbing substance. A hot, black stove shows 'bright' in infrared. These frequencies can be thought of as additional colors.

For analogy, imagine a land where people see everything as shades of grey, as does black-and-white photography. In this land mottled orange-and-purple coveralls might be good camouflage — until someone invents color detectors. Then a vons must switch to mottled green-and-brown. Similarly, an aluminum roof painted drab colors may be sufficient today. But if and when metal-sensing frequencies are in wide use, the aluminum must be covered with a substance that is also 'drab' at those frequencies, or replaced with a non-metallic material. Photographs can be taken with infrared and radar as well as visual light, and compared with photographs taken earlier to identify changes. Alteration of a small area is not easily spotted this way. Appearance will vary depending on time of day (shadow), day of the year, brightness of the sun, recent precipitation, and position of the aircraft. And changes caused by animals and weather must be distinguished from the work of humans. Of the latter, changes caused by 'authorized personnel' (loggers, tourists, etc.) must be identified. Those remaining must be individually checked out by men on foot or let down on a rope from a helicopter. (There are few places in wooded, mountainous country a helicopter can land.) This is time-consuming, potentially dangerous work. Aerial detection and data processing can be automated to a large degree to reduce costs. But investigation can't. So Big Brother can't afford a high percentage of 'false alarms'. In Vietnam there wasn't much investigating. They simply bombed anything at all suspicious. The result? They tore up much of the land and killed many innocent bystanders at a cost of billions of dollars — without defeating their enemy. How likely are the bludg to destroy all the forests of North America as they have parts of Vietnam (which is a small country) just to 'get' some people who only want to be left alone?

The Superstate may not survive in its present form for another 30 years. Even if it does the bludg are apt to be too occupied with day-to-day problems of staying in power to devote much of their resources to people who are not a direct and immediate threat. But assuming the worst, what might vons of the future do? (1) Move now and then. If a spot is investigated in 1984 because it looks different than it did in '82, this is no concern of someone who moved on in '83. (2) Create diversions. For example, it takes only a few minutes to arrange some branches to form a crude dwelling, drape light plastic over it (to provide solar heating for the benefit of heat detectors), lay a little aluminum foil on the roof, and hang up a couple of tin cans so they bang together in the wind at irregular intervals. One person in one day can improvise enough decoys to occupy a crew of investigators for a year.

(3) Blend in. Millions of animals — bear, deer, porcupines, coyotes, packrats, elk, squirrels, birds, insects — are busy day and night altering the landscape in their quest for food — cutting, gnawing, prying, ripping, digging, moving. Trees die, blow down, knock down other trees and bushes. A rock washes loose and rolls down hill, crushing vegetation and loosening dirt. If one disturbs the environment no differently than do other creatures, there is little to worry about. More sensitive and discriminating detectors will be developed. But concealment and deception techniques will

also improve. And technology favors the hide in a prolonged contest. A hider can always disguise, cover or randomize some more. Whereas the 'noise level' of the natural environment is a limit beyond which the seeker's detectors cannot economically go. Occasionally people will be found — concealment has costs — so one rationally employs just enough to reduce probability of discovery to a low level, not to zero.

In the immediate future I don't believe 'science fiction gadgets' will pose much of a threat. A human is a highly-sophisticated system of sensors and information processors, honed by hundreds of millions of years of evolution. An object or process which can't be seen, heard or smelled by someone can't be walking 100 yards away is not likely to be found. But artificial detection capabilities should be considered when developing new structures. My own guide lines:

Keep structures small, low and dispersed. Use irregular shapes which blend with the terrain. Build among trees and bushes when possible. Do not use artificial heat. Build super-insulated dwellings which body heat will keep warm. Or build dwellings well insulated from the outside but not from the ground, for warming to ground temperature. Build mostly of natural materials. Minimize tree cutting. Cut only trees which are amongst other trees and well away from the site. Minimize use of metal. And use metal in small pieces. A plastic sheet covered with flakes of aluminum (electrically insulated from each other) is less detectable than a large sheet of foil. Use internal combustion engines little or not at all. No open fires.

When digging, dispose of surplus dirt under dense bushes or in slide areas. Don't dump in a creek or sprinkle over a wide area. Keep flexible and fairly mobile. Don't try to build a building or a life-style to last a hundred years.

#### CHOOSING A MOTORCYCLE by Al Fry

Here are a few more opinions. Firstly there is a sort of law that the faster the piston thumps the faster the motor wears out. Harleys and BMW's have thumped out a hundred thousand in scores of cases just because of this. A typical Honda with its faster revs may get over 20 thousand without trouble and even the little four-cycle 100 cc jobs will rev out 15 thousand if you keep good oil in them. But the typical two-cycle ear annoyer is not a very long lasting engine despite its simplicity and only by using inconceivably expensive 60c a quart oil with the gas mix can you hope to push the miles much above ten thousand without new rings. Busted? Well I've had the best of the two-cycles and don't think they give the value that a four-cycle will.

The English with the exception of Norton and a couple of lesser knowns have also begun to put out pretty bad machines. Beware unless you get a deal. Honda still makes a tolerably fair bike with a slightly weak transmission for hard kicking clods. And Jawa made a two-cycle that was a okay until a few years ago — even in 1950 would go 20,000. But things constantly change and I'm certainly not covering the best bikes in this rundown. I think that a great little bike is the Honda 90 with the instant gear down mechanism. I have ten thousand on one and can't complain. Parts, even used and swap-meet parts, are easily accessible all over and there's certainly a favorable point when in distant and unfamiliar territory. As stated, the little bikes are the most economical but it takes about a hundred cc's to pack around another body reliably. After acquiring a bike I immediately get enough tools for the thing to take everything apart and that includes a small tire pump. And then I proceed to get some very large saddle bags — last ones I made up from military duffel bags. With a sheet of

something to stiffen the inner wall and sewn with nylon thread, I'm ready to go to the corner store or start for New York. The freeway ban is a pain but can usually be circumvented by grey matter and a map. The only problems I've found is slight harassment as in Arizona and I hear on East Coast. In any — get stuck in Burns, Oregon without transportation sometime and you'll find your thumb getting rested in a nice cell a couple of days — in fact it's getting so you've got to get a guide to safe hitching. To answer a question, yes, we carry a little equalizer most of the time and it is carried in a battery radio case to allay hassle. I also carry a very waterproof rain outfit in wet weather country since driving rain can soak you through a small leak. Nasty and cold weather can make cycling really miserable unless a person is prepared. But cycles are fun and have gotten me into a lot of breathtaking back country on a bare budget.

#### LUBRICATING OIL by Al Fry

Since just about everybody now, regardless of their life-style, is dependent to a degree on wheels, let's give our two-cents worth on oil. Firstly, if you have an air-cooled car, you are MURDERING it unless you use the VERY BEST oil you can get. The crank grinding shops in every city are full of chewed up cranks from guys who tried second-rate stuff and infrequent oil changes. The extra heat will break down a cheaper oil in jig time. For an ordinary water-cooled engine the main thing is to keep the detergent action active even if you have to add a little dash of detergent to the really dark and old oil. (DuPont and several others put detergent out in little cans.) Gasoline dilutes the oil to some degree and it's good to check for oil that doesn't quit look or act right on the dip stick in well worn engines. The carbon or black won't hurt a thing and shouldn't mean too much. The bus lines and such use a GOOD QUALITY re-refined oil which gets them 10,000 miles between changes and is really better than regular oil (heat-wise). But it's a little hard to get, and the best method is to head to your nearest oil supplier (dealer) and take enough cans to get 10 or 15 gallons to get a good discount. You can then get the best 60c oil for 25c or so. I use 'heavy equipment' oil which is very heavy duty and made to take a beating in 'cats', etc. — a little cheaper and better. Never use non-detergent in anything but an antique or something without an oil pump. Such 'grocery store' oil helps keep the mechanics very busy and is a poor value at any price. STP may get you through a smoking car inspection but does little else except make a 40-weight oil out of 20 or 30 weight. Warm up your engine a little longer if you use it much.

#### FALLOUT DETECTOR

review by Rayo

The Henry Richter Corp., Box 516, San Gabriel, CA 91776 sells a simple passive (no electronics) radiation detector. It consists of small beads within two concentric transparent tubes. Gently shaking it causes the beads to take on electrostatic charges, repel each other, and float along the sides of the inner tube. Radiation discharges the charges and the beads sink to the bottom. The greater the intensity of radiation, the more quickly the beads settle (120 reentgens/hour, 15 to 25 seconds; 10 reentgens/hour, 5 to 7 minutes; 3 reentgens/hour, 15 to 20 minutes). It is supposedly sensitive to as little as 3/4 reentgens/hour. (The beads in ours remain suspended for days if the only radiation present is natural cosmic rays, etc.) It's about three by four inches and weighs 5 ounces. Prices postpaid are \$7.95 each; 12 to 95 for \$4 each. (A 'distributor firm' can buy a single sample for \$4.75.) Richter also sells models for industrial/dental x-ray and color TV. Thanks to Paul Doerr for tips. We have only had ours a few weeks, but it seems inherently more reliable than the surplus CD units.



# TEACH READING AT HOME A SIMPLE, UNIQUE WAY

by Rayo

Conventional written English is difficult to learn because most words are not spelled like they sound.

Examples: the same letter, 'e', stands for different sounds in 'father', 'baby', 'cat', 'what', and 'all'. And the same sound is spelled differently in 'ask', 'be', 'best', 'best', 'money', 'back', 'either', and 'place'.

Chaotic spelling may be only a nuisance for an adult who recognizes most words by overall shapes, but it's a cruel handicap for a young child trying to sound out words. A six-year-old recognizes several thousand spoken words. If words were spelled like they sound, a child could read and write the entire vocabulary as soon as he learned the alphabet. As it is, learning by 'phonetic' methods a child must memorize hundreds of rules and myriad exceptions; learning by 'look and say' a child must learn every word separately. It's not surprising that long, dreary years are spent learning to read and that most people never read easily or well.

One way to reduce the drudgery is to first learn in a special phonetic alphabet, using books printed in that alphabet. Transition to the regular alphabet occurs only after a child is able to recognize most words by their overall shapes.

Another way -- the inverse: retain traditional spelling but at first pronounce each word as written. I call this "visionic pronunciation" (v.p.). V.p. requires no special books, as does phonetic spelling, and v.p. makes early communication more vivid (discussed further on).

Here is my v.p. alphabet. 'ch' and 'ctc' are considered single letters, even though they are typed as two separate marks; I connect them together when handwriting. In following description, letters and words unbracketed are pronounced visionically; words within 'quote' marks are pronounced traditionally. Reasons for choosing these pronunciations and some options are discussed at the end of this article.

- a father, far, what, or at (but NOT 'baby' or 'bell')
- b bus
- c cup (NOT 'cell' or 'ocean')
- ch chuck (NOT 'chemical')
- d duck
- dh 'the'
- e best, egg, berry, or peso (Spanish) (NOT 'be')
- f fun, if (NOT 'of')
- g gum (NOT 'gel')
- gh form mouth as if to say g but instead of popping tongue, force air past it to make a growling noise, similar to gh
- h hut, if not part of another letter such as ch or gh
- i ask, is, bill, irritate (NOT 'light')
- j ju (French), 'measure', 'azure', 'trough', 'vision' (NOT 'jump', 'motor')
- k kitten
- kh kifer, 'loch', 'Buch', 'jabon'
- l luck, belt, or lirl
- m mug, em
- n nut, in
- o capon ('canyon')
- ng singling
- o dge, for, proceed, hgt (British accent, but not N. American), ng (only if short as in Spanish, not drawn out into u), (NOT 'love' (N. Amer.))
- p puff
- q quick
- rh rhone
- r run, far, sour
- rh begin I with whisper, like wh
- s sun, yes (NOT 'is', 'sure')
- sh shut, 'fish
- t tub, it
- th thumb (NOT 'the')
- u ruby, put (NOT 'use' 'up')
- v ven, love

- w won or few
- x xig (NOT 'xenon')
- y young, buy or myth (not 'by')
- z zoo (NOT 'azure')

Some combinations -- these need not be taught as letters of the alphabet, they will form naturally.

- ai/ey aisle, mayek (NOT 'bait', 'day')
- au/aw auerkrout (NOT 'paw')
- ei/ey eight, grey (NOT 'either')
- oi/oy oil, boy
- ou/ow ough, row (NOT 'mouse')
- dj adjust, 'edge', 'jump', 'gem'

Pronounce each vowel briefly but distinctly, like in Spanish. At first say each one as a separate syllable. Examples: is-ay, be-ay, etc. Each vowel letter may be pronounced in several ways. The first variation listed is preferred when pronunciation is changed from traditional. But I try not to change vowels which need not change (sometimes difficult); this is to 'preserve' those sounds so that later transition to traditional pronunciation will be easier. E.g., I pronounce 'father' rather than 'rather'. But I retain the traditional pronunciation of 'rather' (in my own speech when with a child, I do not correct a child who rhymes 'rather' with 'father').

Try to pronounce every letter including doubled letters. E.g. ba-gk, bi-l, if pronunciation is difficult, insert a very short neutral vowel, above, woman, represented here by 'i'. F.g. ka-ni-i-fa, tho-u-ghat, be-ck.

Pause distinctly between words.

LEARNING TO TALK: A baby starts learning language when only a few months old. If s/he is to learn v.p., v.p. must be regularly used by people around s/he from birth if not before. Don't change pronunciation of a child already learning to talk.

You will have to speak very slowly and carefully at first. But this makes picking out and associating words easier for the baby. Conversation may be easier at first if written out, then read, though this will probably be necessary only the first few days (the adults are learning). After a few hours practice Maelan and I can converse easily though slowly, without writing. Anyone who cares for the baby and does not know v.p. (such as a babysitter) is instructed to remain silent. Other visitors are not a problem. At first a baby learns mostly from what is spoken to it, not from overhearing conversation between adults (according to July 72 *PSYCHOLOGY TODAY* page 71). Reading aloud slowly to a baby provides practice both for the reader and the baby. But I wouldn't try to get the baby to read until s/he shows interest.

LEARNING TO WRITE/READ: Many children are 'naturally' sensitive or potentially interested roughly from age two to four; age six or seven, when those kids concentration camps start trying, is a poor age for most people (according to some Montessori educators). I might begin by adding captions to pictures or writing down a brief story or letter or diary entry the child dictates. I save checkups and read them back upon request at a later date. Sometimes I point to and sound out each letter of a word, then ask what the word is. I use a lettering style which is simple yet similar to the type in most books. I use lower-case only, to capitalize I make the same shape larger. My present style:

abc d e f g h i j k l m n o p q r s t u v w x y z 1 2 3 4 5 6 7 8 9 10 11 12

I connect together ch, etc., to emphasize that they represent single sounds. When talking about letters I name them like they sound. 'g', 'h' and 'i' are g, h, i (rhymes with sk) not ai, eigh, ay. Manipulating a crayon is difficult for a young child (like doing it with your left hand if you are right handed). I provide an electric typewriter, or else I encourage s/he to print big. I would never teach cursive script -- those nasty little scribbles which are so difficult to read. For greater speed a child may learn to type, or later learn a shorthand if s/he wants. Reading will probably be easier and more interesting if the books are about things a child sees and does rather than fantasy. (The real world is plenty fantastic to someone who has only been in it a few years.)

If a life-style is 'unconventional', suitable beginning books may not exist -- you may have to write your own. (Dick and Jane might be very strange people to someone who has only lived in a shuwap in the woods.) A few letters are pronounced alike in v.p.: g, k and q; i and y; u and w. Consequently a child may spell some words unconventionally (ket, babi). I wouldn't correct it. When s/he reads traditional books s/he will learn that 'cat' is used more than 'kat' and may change then if s/he wishes.

LEARNING TRADITIONAL PRONUNCIATION. I would provide opportunities for learning t.p. by age six so that a child will learn it well enough to assess a 'native-born citizen' when adult, if s/he wishes. A child will most likely pick it up from outsiders without special prompting. Many children notice and enjoy imitating regional or foreign accents. If a child meets no outsiders I would speak t.p. occasionally, or supply a cassette player and popular songs, but I would wait until s/he is reading well.

SPECIAL RELEVANCE TO YOUNG: V.p. may be the quickest and easiest way for a child to learn to read at home; the parent must spend some time learning v.p. but from there on the process is easy. Other advantages:

V.p. provides a 'natural' filter for young children against the flood of bias and irrationality on TV and radio, which can come not only directly but second-hand from playmates. At the same time v.p. reduces the barrier to printed words. Thus reading will be relatively easier whereas listening to a 'news' broadcast or the gossip of outsiders will be more difficult.

There is much greater freedom of choice in written matter than on radio/TV and v.p. takes advantage of this. A censorship of books and periodicals is almost impossible -- even in Russia there are samizdat -- underground newsletters; whereas censorship of broadcasting is easy. V.p. also serves as a filter along the other way. An outsider could not easily interpose a sml. child. Even after a child learns t.p., v.p. remains useful as a within-the-family code when among strangers. If spoken rapidly it is as incomprehensible for outsiders as old latin. But, unlike old latin which has a very distinctive sound, v.p. sounds like a heavy foreign accent and is more 'acceptable'.

These benefits are not offered by other reading/writing aids. With either v.p. or a phonetic alphabet a parent must invest some time learning it. With either system a child will eventually learn the traditional way. But with a phonetic alphabet the child's reading is limited, until transition, to the few books in that alphabet. Whereas with v.p., the child's reading is limited only by er vocabulary. A note of caution: visionic pronunciation is not a fully-tested system; my only experience teaching young children to read was before v.p. I don't foresee major problems but I can't guarantee there won't be any. If you are the first to test v.p. and get good results, you may be able to write and sell instruction manuals.

PROHIBITION REFORM: I'm interested in v.p. mainly as a learning aid, 'cultural filter', and spoken code. But I believe that changing pronunciation conventions is more important than changing spelling conventions. Reasons: (1) English is spelled almost the same world-wide whereas pronunciation varies greatly. Uniformity of spelling is one of the few desirable features of English. Why give it up? (2) Spelling has changed little in centuries; pronunciation has changed greatly -- which is how spelling became non-phonetic. (3) When words are adopted from foreign languages which use Roman letters, spelling is rarely changed, pronunciation is often changed. (4) A spelling change would obsolete billions of dollars worth of books; a pronunciation reform would less seriously affect old recordings and movies. (Much singing and acting is deliberately in dialects.) A hundred years ago, in the heyday of spelling reform proposals, relatively few people read out everyone spoke. Today the logical change is the other way. A reform movement isn't necessary. People who initially learn v.p. will 'naturally' speak it when around others who know it. As more people learn v.p., old ways will die out.

COMMENTS AND OPTIONS: Pronunciations are chosen to: minimize spelling uncertainty; be compatible with those foreign languages which are near-phonetic; be easy to pronounce; minimize rules; minimize changes from t.p.; retain all frequent t.p. phonemes (sounds). These criteria sometimes conflict. E.g., for spelling certainty 'i' and 'y' should be exclusive. But 'y' pronounced like in 'yes' would be difficult to say in 'baby'. 'dh' is rare in written English but is included in the v.p. alphabet to facilitate learning the 'the' phoneme and thus transition to t.p. I suggest that some things of the family be given proper names beginning with 'dh'. Gh, kh, fh, sh: If any of these prove very difficult for you to say (they won't particularly for a child; they occur in many languages including English: lexon (2nd English), ignore the h and pronounce the same as g, d, f or m. 'cl' as it occurs in text, is pronounced gow about 75%, gell about 17%, and again about 8% of the time -- the reason for my choice. But if a child will also be soon learning a Romance language, such as Spanish or Italian, follow the rule for that language (which holds for most English words as well): gell before 'cl', 'll' or 'y', otherwise gow. 'm' may be pronounced with a trill and added to the alphabet to make easier the learning of a foreign language with such a phoneme.



\* Such an alphabet is initial teaching alphabet (i.t.a.). i.t.a. letters are designed so that overall shapes of many words remain similar to their shapes when spelled traditionally, for ease of transition. THE I.T.A. HANDBOOK was sold for \$2 by i.t.a. Publications, 20 East 46th St., New York 10017.

## HOW TO STAY OUT OF PUBLIC SCHOOLS

Advice from people who have done it boils down to: Don't register a child or start a state school. Don't get on their records. Instead find a fresh private school or let a learn at home. If a is already in state schools: Check by phone with district superintendent to find out what forms, if any, are required to remove a child. Do not give your 'real' name when checking. Obtain any forms. Stop going to state school. Send the school a note (or form, if required) by mail saying either you are moving to another state or that you are enrolling the child in a private school. Keep the child off the streets during school hours. If you must go somewhere with the child during school hours and are questioned, say the child has a dental appointment or something. Have stories all prepared and practiced.

Have mobile or rented living quarters and be prepared to move if the neighbors show suspicion. This probably won't work if you live in a small town where gossip travels fast. Either live in or around a big city or far out in the woods. Don't self-righteously tell off the school bludg. And don't spend your precious life trying to 'reform' the public schools. That's trying to fight them by their own rules. And slavery 'reformed' is still slavery. Instead, always tell The Man what He wants to hear, then go do what YOU want to do. For sources of materials for learning at home, see THE LAST WHOLE EARTH CATALOG. Sources for information in this article: "The Free Man in the Slave State", Allen Humble, INNOVATOR, Autumn 1968, reprinted in VONULIFE #5; NO MORE PUBLIC SCHOOL (see bibliography).

## QUOTES ABOUT EDUCATION

"Even if the kid did decide he wanted a government education certificate, he could at least in Vancouver, BC get a high school diploma starting from zero in about three years if he is over 25 or so. That's a hell of a lot better than 12 years of boredom and bullshit, slavery and servitude, stagnancy and ..... Formal 'Education' doesn't really mean as much in society as I thought it did (though learning does). The Public School System is just a great big concentration camp for kids as anyone knows who can see the fences and watch them marching EN MASS." (Letter in VONULINK)

"Babies are Zen masters, curious about everything. Adults are serious and bored. What happened? Brain surgery by the schools." (Jerry Rubin, DO IT!)

"Obviously, a school that makes active children sit at desks studying mostly useless subjects is a bad school. It is a good school only for those who believe in such a school, for those uncreative children who want docile, uncreative children." (Paul Goodman, COMPULSORY MIS-EDUCATION)

"She hears things all day long that make no sense, but she doesn't appear to mind. She lives and moves in uncertainty as naturally and easily as a fish moves in water. When, and why, do children begin to crave certainty?" (John Holt, HOW CHILDREN LEARN)

"Every time we show Tommy how his engine works we are stealing from that child the joy of life — the joy of discovery — the joy of overcoming obstacle. Worst. We believe that he is inferior, and must depend on help." (Jerry Rubin, DO IT!)

## TROGLODYTE COMMUNITY by Rayo

(The article is a projection from experience of a few people.)

A Loose Open Association (loa) is a community form suitable for nomads who rely more on seclusion than mobility. An loa consists of two or more separate families living within a few miles of each other in an otherwise unpopulated area. A 'family' may be a lone individual, a couple, one or a few adults with small children, or a close cohesive band of any size. Each family has its own vauum (vau home) where it lives most of the time. A vauum may be a tent, hut, snail or other hidden structure. The vauum's location is usually kept secret not only from outsiders but from other families in the loa. This avoids excessive concern about who might be an informer or simply careless. And, if a vauum is ever mistreated, there won't be cause to suspect another family.

Gatherings are usually limited to two or three families at a time. Families who wish to get together agree on a meeting place, which is probably not close to any of their vauums. Inexpensive rain shelters, bedding, cooking utensils and some food may be stashed there so that gear need not be backpacked each time. A family may use a number of sites for get-togethers with various people, including one outside the loa's territory for visitors from outside. Frequency of get-togethers and amount of exchange is up to the individuals but with homes a mile or more apart, contact with another tribesman is almost always a treat, rarely an irritant as it often is when people live packed together. Since the loa as a whole does very little there is rarely if ever a gathering of the 'tribe as a whole'. Any communication to all members is most easily made in writing. Each family has one or more drops (which may be at meeting spots) thru which messages and parcels may be relayed both to other members and the outside. A drop consists of some weather- and animal-proof container, such as a wide-mouth steel drum with tight-fitting lid covered by a tarp hidden in brush.

Mail is received at the residential address of a friendly outsider, who leaves it in a drop near or home; or at a p.o. box. The loa may also have a telephone answering service or even a secure radio link to a telephone.

In a small loa all members may take turns going outside for mail and purchases. In a larger association, a few of the longer-term member-families perform this on a regular schedule. The originating members decide on rules of association and 'territorial boundaries' of the loa as a whole. Some of our present customs ('rule' may be too strong a word): We do not make fire, bright lights, loud noises or anything else apt to attract attention, within the territory.

We minimize motor vehicle movement into and out of the territory. We do not divulge our location to outsiders nor invite them into the territory. (We are happy to have visitors but meet them outside.) We divulge the identity of another member to an outsider only with that member's consent. We tell each other about all artifacts discovered within the territory (to warn someone if or concealment is insufficient, or that there are strangers within the territory.)

New families join the loa only with the consent of all present members. The bounds of an loa's territory is known only to the members. Members have no power to keep outsiders out. They simply remain invisible to anyone who enters not at their invitation. What constitutes a family is up to each family. Within the loa, families may coalesce into larger groups or break up. Older children may build their own secret homes where they are vau from their own parents and any would-be bullies as well as from outsiders. Thus a child can choose associates from all members instead of being dependent upon, and thus vulnerable to one or two adults.

Since wilderness vau costs little, even fairly young children can be economically independent. The greatest benefit of an loa, at least at first, is not internal exchange, but more efficient outside trade by pooling purchases, transportation and communication channels. Seldom-used equipment is shared. An loa may begin as a seasonal gathering, most likely in Summer. As members build better shelters they remain in the area longer, some the year around.

To obtain money a member may work outside a few months a year at first, using a van for temporary shelter. In time a may develop an enterprise which exports an intangible (such as writing or computer programming) or a small specialty product.

## HORSE NOMADS IN PRESENT-DAY CALIFORNIA by Eldorado

This report is fictionalized in respect to names, exact locations, current status, and sequence of events, but factual in terms of specific information and tips offered against the background of our experience. We are horse nomads. Our ideal has been to combine the natural territorial range of the horse (an area about 100 miles in diameter) and its defense mechanism of fast flight over the long distances to new grounds with the needs of people who would function as nomadic gatherers when operating on a subsistence basis. When living more interdependently as spin-offs of the larger society, recreational and profitable uses of the horses and our general mobility serve as current fringe benefits. We dwell at several seasonal bases and a larger number of very temporary squat-spots in an area of California having a great diversity of climate and elevation. Although containing areas of heavy population density, about 90% of our grounds are uninhabited.

We are seeking to explore other areas, about 100 miles apart center-to-center, which form links in two chains — one running North-South, the other East-West — and providing stations in an underground railroad allowing us to move people and things really long distances in rather short times. We see one of these routes paralleling the U.S.-Mexico border and linking the Gulf and Pacific coasts, and the other linking West Coast locations. This implies our having some contacts with other like-groups and vauums in general. Moving thru 'Public Lands' has never been a big problem: perhaps in part due to our taking on protective coloration as needed and the ability to present plausible explanations. I cannot divulge how all that is done, but suffice to say there seems to be a tendency to accept a small group of people on horseback as having some reason for being where ever they are found: bird-watchers, 'horse people', hunters, etc. Long stays are on private property belonging to friendly owners. I should emphasize we do encamp for long periods on one spot. However every effort is made to keep ourselves in a state of readiness and training for movement on very short notice. We can split and function as sub-groups or individuals, move to known areas where supplies are already stashed. We have a potential for moving hundreds of pounds of goodies if need be, and this can be an advantage over foot-people, but horses require their own logistics. Everything has its compensations.

We are a gregarious gang and like company. We need not conceal our camps as carefully as do some vauums because we can scramble and be many miles away by the next morning. There is a certain strength in numbers — and a lot of fun. About 12 seems to be comfortable, 20 or more would be a mob-scene. When at a fixed base some of us live in camper-like units we have built which are capable of being hauled in a pick-up, on a utility trailer, or on an old horse-drawn wagon. Commercial equipment of any kind has been a problem and we have had to research and improvise our own.

As intermediate equipment and for use further out in the boonies we have some big tents and other gear suitable for a

group living quite sumptuously while gyping. Each individual has personal and horse gear allowing him to survive indefinitely alone on the trail.

In order to keep organizational structure at a minimum group ownership has been avoided. Each person owns their own horse, equipment, etc. Any property they may have acquired in their other society is not a group concern. Short-term cooperative ventures, trade-work and trade-use deals are common. At times the entire group has been involved in profit-making schemes. Discussion in each case determines who is to do what and what goods and services are worth. That amount is paid to each participant at a final accounting. The initiators of such projects usually act as their managers with the tacit consent of those involved. At the wind-up of the affair no more organization is needed.

In routine affairs we all act as teachers to one another (including children who are considered as small-size people). Knowledge along with the persuasive power and energies of each person carry a certain amount of authority. Additionally we have councils in which someone may be selected to perform a certain job such as negotiating with a land owner or taking some money we all throw in the hat and shopping for needed supplies. There is no central authority. In the event of a person so conducting himself as to be obnoxious to others or to jeopardize the basic objectives of the group we can ask him to leave — and in event he won't, we will! New members may be discouraged by what appears to be authoritarianism. We reserve the right to protect ourselves, to set standards of capability for people, horses and equipment, to require our camping spots be maintained, etc. We want to enjoy our mode of living. There is a great deal to be learned by a green-horn and this may involve some months of being instructed, managed, processed, cussed-out, before the new-comer stops being a nuisance to others.

We are very oriented to the idea of living naturally and of living close to nature. These motives seem to confuse people hung-up on current definitions of Liberal versus Conservative. We propose to live differently and therefore forego old patterns. We propose to live INTENTIONALLY and not to be acted upon. Our survival demands exclusion of non-survival people. Boozers, dopers, those who haven't the determination to take care of themselves are not welcome. Most of us are into various physical-spiritual integration trips. Ages range from 2 to 50 with complete equality between men and women. Relationships are an individual matter, but two types are absolutely basic: that of the person to this planet and that of the individual to the group. Unlimited loyalty is required in both cases. Some of us work at city jobs and commute. Several have broken out of that form to work as independent contractors, but still have to travel. Incomes vary as do needs. The actual money needs within our system are very low, but some may be saving up for trips, projects, education, etc. We demand a great deal from our horses in appearance, usefulness, and in their capability of moving us many miles quickly. It's best to allocate about \$35 per month to each for its keep and then work backwards from that figure in two ways: swap, scrounge, bargain for horse feed and supplies to cut this cost; and also, put the critter to work to earn his keep. We have rented out horses, packed stuff for people, plowed up garden plots, hired out to motion picture companies, dragged logs out of the woods to be cut for firewood. The TRAVELING HORSE as such has not been intentionally bred, nor his needs in equipment commercially produced in about 75 years. Potential horse vauums can call on a vast amount of good information in books. Look into the very recent interest in 'Endurance Competition' and what is being learned there. Run steers are available from 'cowboys', dealers, the proponents of one breed or another. Manufacturers are keen on gulling you into buying images wrought from old movies, TV, rodeos and other hokum in the form of over-weight saddles, clothes intended for saloon



musicians, and gadgets. We have had to develop our own criteria drawing from several schools of thought. One general warning: Dismiss the Great American Wild West Tradition! It has no relevancy. I will try to illustrate some tips in the following table: Some of us took a 30-mile trip down a desert valley to a new canyon-mouth camp site to check it out. It was arranged that an "outsider" friend would meet us there for a visit, leaving from a different starting point and going by another route. A friend's short-legged horse walks about 1 1/2 mph. It could trot at perhaps 7 1/2 mph, but neither the horse's conformation, friend's ability, nor the saddle he uses encourage much of that. He claims his big saddle horn is "good for roping steers". What steers? He settles for a bone jarring job exhausting to both horse and rider. Both his route and our cross a BLM fence which he detours adding an hour to his trip, but not accounting for his additional 3 hours later arrival in sore condition. Ours was a different sort of trip, interrupted by picnic and skinny-dipping at a spring, rest stops, investigating the candy potential of some cactus we found and goofing around. Our tall "giraffes" walk easily at over 6 mph as they were chosen for that ability. We can trot on smooth level stretches getting maximum mileage for effort expended. We get off to walk several times — which we can do on our feet are not cramped into tight Tijuana cab driver. And about that BLM fence: some bedding was draped over it (an old military trick for going over entanglements) and we just jumped over it. Don't expect horses to live off the land in most of the country. While moving about dry or green grass, weeds and such may serve as "filler", but we always carry along or have stored concentrated feeds such as pellets and grain. A few days supply can be carried as it is light and compact. Know your area and map out places where you can buy supplies. Locate short cuts, trails which may cross private lands, but where trespass is not involved. In most states the trespass laws do not preclude your traveling over private land per se. Rather, trespass must involve your doing damage or intending to do damage by entering private property. Our present goals include acquiring a few more people, fostering other similar groups, internalizing education for children by setting up some school activities. We may use this school later as an outer-facing and contact point with the other society by taking in carefully selected people (of what ever age) for tuition. Probably most of us have a strong sense of separateness from the Silly Society and now want to develop the positive aspects of this Apartheid situation by acquiring skills and cultivating talents which will better express our own culture. In this vein when I'm asked "what kind of people do you want?", the answers are: minstrels, singers, dancing girls, troubadours, elves and poets. We admit to a certain theatricality; it may be our strength — and a lot of fun!

#### SMUMANS THE SUPER HOROS by Rayo

'Smum' stands for Seclusion and Mobility Using Multiplicity. Smum has some features of and intergrades with troglodyte, foot-nomad, urban anonymity, and vehicle-nomad ways, but is differs in overall living pattern and equipment use. Smum has similarities to traditional ways as diverse as hobos, eskimos, fur trappers with several overnight cabins, and wealthy families with several "conventional" houses. Many smum life-styles are possible but all involve migration among various abodes. The abodes are usually simple, inexpensive, semi-permanent and widely separated. A number of towns of a region are used, in succession, as trading outposts. Smum offers, in part, the wide-ranging mobility and anonymity of vehicle nomadism with the privacy and safety of troglodysm. While smum is complicated to describe (at

least with conventional concepts), smum is easier to implement than any other life-style I presently know of which offers comparable vantage. Smum is made economical by the low cost of plastic film and second-hand utensils.

A smum family migrates between its abodes, probably seasonally. Less often an abode is moved to a new site within the same area, or phased out in favor of a new abode developed elsewhere. Most of the abodes are located at least a quarter-mile and not more than ten miles from a road. The road is preferably either a highway, or a trail without habitation along it or at its intersection with the highway. Most abodes cannot be reached by motor vehicles. There are several hiking routes from each abode to one or more such roads. Each route reaches the road at a different place and at a place out of sight of residences. At least one route from each abode ends in a parking spot which is out of sight of the road and rarely used — suitable for unloading supplies. A few hundred yards into the brush from each parking spot is a stash for low-value supplies awaiting backtracking to the abode. The supplies are stored in drums for protection from animals and weather. Hiking routes are irregular and cannot be followed by someone not familiar with them. Each route is used only a few times a year so it doesn't receive much wear.

In Siskiyou region, abode sites are selected so that highway distance between is typically 100 miles. This separation is determined by the distance between major trade towns and the living patterns of conventional people — people rarely go a hundred miles to work, shop or socialize. Overland hiking distance between abodes is less — typically 30 or 40 miles — the abodes all lying within the same mountain range. A family has no single trading outpost. From each abode a different town or, better yet, two or three in alternation are used for shopping, receiving forwarded mail, and perhaps temporary employment. The towns so used are fairly large — at least 5,000 people within shopping range. And they are located on major highways and thus accustomed to many visitors. After living at one abode a few months and making trips alternately to the nearest suitable towns (which preferably lie in opposite directions) the family moves to another abode, a hundred miles away, and makes trips to different towns. And so forth. They do not return to the first abode and the corresponding trading outposts until a year has passed. If a family has six abodes, 12 trading towns, and makes trips to town twice a month, one member is in each town twice a year, not often enough to be distinguishable from the many thousands and travelers who stop briefly. The family is probably not limited to a fixed schedule or route. If they encounter trouble in one town they do not return to that area for several years, meanwhile developing a new abode elsewhere. In an emergency they can hike overland between abodes without using roads or going into populated areas. All possessions of a smum family have one or more of the following characteristics: inexpensive, expendable, small, used seasonally. Inexpensive items are duplicated and left at each abode. These might include polyethylene film and rope for rigging tents, bedding, cooking stove, utensils, extra clothes, and drums for storage while abode is not occupied. Bedding, clothes and utensils are scavenged at dumps or purchased second hand. Total cost of stationary items at a warm-weather abode is probably less than \$50. Expendable supplies include food staples, soap, writing paper, kerosene and propane. These are ordinarily left at an abode until consumed. Some small but valuable items move with the family, such things as watch, transistor radio, binoculars, handgun, radiation detector, camera, medical kit, sewing kit, and often-used reference books. Seasonal items are grouped according to use at specific abodes; these include most books, tools and construction materials.

Each abode is somewhat specialized for the activities performed there and the season that it is used. Abodes might include:

**Summer camp:** This may be more remote than other abodes since there will usually not be snow and swollen rivers to hinder access. If foraging and vantage horticulture are accomplished in that area, books, tools, and preservation equipment are stored there. A plastic tent and mosquito netting are sufficient shelter. **Winter abode:** This may be a semi-underground structure, or a large foam hut plus a plastic tent. Since there is little warm working space, much reading and writing are done there. Most books are stored there. **Electric abode:** A small generator, probably hydroelectric, powers a sewing machine, electronic equipment, or any other gear requiring electricity but not bulky imports. Relevant books and materials are stored there. **'Edge place':** This is for work involving bulky imported materials such as carpentry, and is the one abode accessible to vehicles. Major work on any vehicles is performed there; also any work which because of space required, noise or smells is not easily done. Edge place is most likely on fairly secluded private land leased from a friendly landowner. An old van or house trailer may be parked there to provide sheltered work and storage space. Edge place is much less than other abodes so work requiring much privacy is not performed there. And any family members especially threatened, such as slave-age children during that season, remain elsewhere. A minimally-furnished van may be used for shelter if one or more members occasionally go into that society to earn money. When not in use it is probably parked on private land, perhaps at edge place. A friend who may be outside the Siskiyou region provides a permanent mailing address. The friend accumulates mail, bundles it, and sends it as a parcel, as directed. If possible the family makes arrangements with trustworthy local people in each town to receive U.P. parcels; if not the parcels come general delivery. A legal home address for drivers license and vehicle registration, if needed, is probably arranged in a large city outside the region, and separate from the mailing address. Means of transportation vary. One smuman may not have any vehicle. Hitchhikes for mail and light supplies, also for migration between abodes. E hires a van or pickup, preferably a transient, to haul heavier supplies. Another smuman may use a motorcycle for all transport — this will be a bike with enough power for the highway yet light enough to manhandle into hiding places — perhaps a 250cc trail bike. Still another may have a van or camper for hauling supplies as well as for work excursions. E will also use a motorbike or else hitchhike, since places suitable for long-term parking will seldom be convenient to unloading spots.

Smumans, like other nomads, obtain money in ways which minimize time and involvement with the Servile Society. One may have a line of special services or products e sells thru merchants in the towns e visits. Another may have a mail-order enterprise. Someone with a highly-paid skill may journey to a distant city for temporary employment. But most, at least at first, will probably depend on day labor in near-by towns and seasonal crop work. Altho this is low paying, a smuman's expenses can be very low. So not many day's work are needed. An individual or family without slave-age children can be flexible about outside employment — working together or separately at any time of the year. A family with children is more constrained. Perhaps during the school year the children remain at a secluded site, then during Summer the whole family does crop work and any other activities involving that society. If asked for address by employers or bludg, a smuman gives e legal home address. If asked for local address e says e is visited some friends (location vaguely defined). A smuman can be open with outsiders than can be a more-stationary wilderness-vanum. In some instances e may be able to socialize with local non-vanums. E can even say to friends e is camping 'back

in the woods', knowing e will have moved on to other woods before the word gets very far. For a smuman, the whole Siskiyou region becomes, in a sense, a single widely-dispersed city of several hundred thousand people. Smum offers much of the anonymity of metropolis without the pollution or nuclear danger. Assets are dispersed and cannot be destroyed by a single misfortune.

Comparing smum to full-time van living: Most time is spent in or around abodes which are concealed away from roads in rugged, brushy areas rarely if ever penetrated. With our van using greatest mean time to harassment (mth) we have achieved is one or two years. Whereas with a small tent we can easily achieve 20 years mth; with more work and care, 200 years mth. (Interpretation: if there are 200 such camps, an average of one a year will be discovered.) This is while a camp is set up; torn down and stuffed in drums under bushes chance of discovery is even lower. We have had enough stash tents in enough situations to have confidence in the 20 year figure. One year mth is adequate for someone not especially threatened who wants peace and quiet. It is not sufficient for slave-age children, someone without 'acceptable' id, or for most kinds of alternate-economy enterprises. A serious disadvantage of smum for some: activities must be accomplished at certain places and in certain seasons, rather than when one is in the mood. Planning and bookkeeping are essential. Life is more structured than with everything in one place, but the structure is chosen by oneself, not imposed by outsiders. One might initiate a smum life-style by exploring a region on foot and hitchhiking, using light-weight camping gear, then gradually build up equipment and supplies at the most desirable spots. Or a van nomad might develop a string of vehicle squat spots; then use these as bases for scouting. On the other hand, from a smum life-style one can become, say, a troglodyte by further developing one abode and phasing out the others.

Like any new life-style, smum should be begun when one is not in immediate danger — when one has time to experiment and can survive a few mistakes.

#### © situations & searches ©

(continued from page 12) in the nude, drinking a pint of homebrew beer, listening to the crickets chirp, and watching bees flit around goldenrod blooms. If I stand up I can see the houses of suburbia way over there, but they can't see me down here behind the tall grass. We've lived here for months now; they don't bother us, we don't bother them. It seems I don't have to go off to the wilderness to do my thing, not just yet anyway. I can usually find a comfortable niche near wherever I am.

This morning we walked back behind the house to get some pears. The house we're renting sits on an acre lot, but you can walk maybe three miles back thru overgrown fields and small woods. This is good foraging land, land that's in between, no longer being farmed, but not yet cut up for suburban development. The speculators in the city who own this land don't care who wanders around on it, as long as it gives them no trouble. So we can go back and gather the harvest: pears, apples, wild grapes, elderberries, choke cherries, strawberries, sumac, Hawthorne, and more. Picked a couple of bushel of pears this morning which didn't dent the supply. We'll can some and dry some. My experience with collective living and observation of others around here indicates that this is an ongoing process rather than achieving a fixed status. There is a constant flow of people, houses, changing relationships. If you need something more stable, this is not for you. But any bludg will have a very hard time trying to trace you thru all the changes. Getting the right people requires a continuous selection process. With non-compatible, you ask them to leave, or you leave. When we have an opening in our house, we all talk to the prospect; at present roommate can veto. (continued on page 122)



WINTER IN THE WOODS  
by WJP

## ETHICAL LAND USE

by Rayo

● does a person who first gathers wild berries

My land-use ethics: No one created naturally-occurring land. Therefore no one owns land per se. Any 'rights' pertain, not to the land itself, but to SPECIFIC USES of land. Therefore, morally, I MAY USE LAND IN ANY WAY WHICH DOES NOT SERIOUSLY INTERFERE WITH OTHER USES ALREADY BEING MADE, EXCEPT AS I MAY OTHERWISE AGREE.

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This analysis applies also to land claimed by a government agency, except that the government (unlike most lumber companies) is a coercive organization and so does not have a clear claim to 'improvements' it may make. Might it not be easier for me to get the company's permission to camp on their land, in return for caretaking? Then I could dispense with some of my security precautions. But to the degree that I become involved with visible users of land I partake of their vulnerability. What effect might my occupancy have on their insurance? If I fell and hurt myself could I sue? If I have school-age children, could the company be charged with contributing to the delinquency of minors? And, if they know where I am, will they tell others? The usual experiences of voyagers with large



companies: If one asks permission to squat, or even rent, e will be turned down. But if one goes ahead and does it without asking, and is later discovered, at most e will be told to move, quite often e is allowed to remain.

The second type of situation which could result in conflict: two or more unrelated vauans attempt to use the same land. There is so much relatively-unused land compared to the number of vauans that i don't think this will be much of a problem in the foreseeable future, except possibly for those who hope to obtain all their food by hunting and foraging. In Siskiyou region alone there is about 30,000 square miles of uninhabited forest, brushland and high desert — enough to provide 10,000 groups with three square miles each. Nevertheless i will consider some possible cases.

If the vauans are of the same subculture they will probably have conventions regarding land use, including pre-agreed-upon arbitrators to resolve any disputes. They may have secret signs — intelligible only to others of their kind — meaning, "This land is already being used by ...". No trespassing for conflicting uses.

Another possibility: life-styles may be so different that the vauans, if skilled, rarely or ever encounter each other or their artifacts. If they do, they will be inclined to leave alone, so that they will be left alone.

I cannot predict the techniques which vauans may use in the future nor the conventions regarding property which may develop. But, unlike visible people, avoiding conflict by diversifying uses will usually be more advantageous than fighting over who shall make a particular use. Most forms of combat increase the visibility of the combatants (e.g., explosives, stockades) and their vulnerability to third parties, and so are not compatible with vau.

This doctrine of land use is similar to the conventions of other life forms. Many species are territorial: bears have territories; humming birds have territories. But territorial defense is directed mainly against unrelated members of the same species — i.e., individuals attempting to make similar uses. A bear does not attempt to keep humming birds out of its territory, or vice versa. The tendency of life is to diversity — to minimize conflict.

## ROOTING OUT THE OUTPOSTS by Rayo

("It's hard to fight an enemy who has outposts in your head," attributed to Sally Kempton)

The book CRUSOE OF LONE-SOME LAKE relates how Ralph Edwards built a homestead in a remote, isolated area of British Columbia. Ralph performed incredible feats such as packing tools and supplies, including large machine parts, 50 miles from the nearest settlement over a precipitous trail. Ralph had no need to question the world-views of the culture in which he had grown up. Or did he?

His homestead was half-down when he learned of World War I. Leaving the fruits of his hard labor to the bears, mice and mildew, he rushed off and enlisted in the U.S. Army. He spent precious time fighting the war "to end wars" and "make the world safe for democracy". And if some equality-patriotic German had aimed his way, Ralph's dreams would never have materialized.

On the other hand, i heard of someone able to speak learnedly about the evils and absurdities of the State, who allowed himself to get drafted and shipped to Vietnam — and is now a basket-case in a VA hospital. Neither ideas nor actions alone are sufficient. Achieving vau requires both — an integration of theory and practice. And neither ideal nor actions are 'primary'. More effective actions depend on a better understanding of the world. And better ideas spring from experience gained doing. I and probably you were heavily indoctrinated during our early years, not only by State schools, but by attitudes expressed by parents and playmates, and even more by having to live as virtual slaves —

most people rationalize that whatever seems unavoidable is really for the best. As one grows aware of that society's contradictions, most people criticize only activities they are personally familiar with, and assume that other State functions are proper. Such a person may say, "I grant that \_\_\_\_\_ is wrong. But what if the government didn't provide highways, schools, postal service, national defense, pollution control, food and drug regulation, banking regulation, welfare, police protection ... and so forth.

Answering such questions will not directly affect the policies of government, e.g., proving that there would be better transportation in the absence of coercive departments, state cops, licensing or gasoline taxes to go away. But one benefits psychologically from knowing that (1) coercive methods are not constructive and (2) the achievement of vau by individuals indirectly benefits others as well. There isn't space here to refute the myths of State. Nor do i know of many readily-available books which do. It is up to each reader to identify and remove any 'outposts of the State' from er own mind."

I suggest selecting ONE activity of government you believe is justified and examining it critically. Ask yourself: Has that activity always been performed by coercive means? Or have there been times and places where it was voluntarily accomplished? Are the interpretations taught in school justified? Or are they simply part of the indoctrination? Do government programs really accomplish what they claim? If government (or its corporate/union vessels) stopped doing this, and did not interfere with others trying to do it, how might it be done by non-violent means? Here are some fallacies to look for in arguments favoring coercion:

Spiritous cause and effect. Example: "Living conditions are better in America than in Russia so our government must be good." COUNTER: Russia today is more prosperous than was America in 1800, so should we praise Brezhnev and damn Jefferson? Actually, living conditions depend on many factors including climate, work ethics, market size, and time that industrial development has been under way. American living conditions improved most rapidly during the late 19th century when government was relatively little, which suggests that relative prosperity is IN SPITE OF, not because of government.

Paternalism: "Most people are not competent to choose food, drugs, doctors, automobiles, entertainment ..." etc. COUNTER: If someone isn't competent to run er own affairs in which e has the greatest interest and knowledge, how is e competent to select leaders to try and run other people's lives?

Overlooking indirect effects: Example: "Look at the marvelous things the Space Program built." COUNTER: What things might people have done with these same resources if government had not appropriated them? Mistaking a different servitude for liberty. Example: "Before child labor laws, under laissez faire, children worked long hours in factories." COUNTER: Children did NOT possess laissez faire, they were legally the chattels of their parents who could and often did force them to work against their wills, and took their pay. Children who ran away and were found, were returned by the police. Child labor laws did not end child slavery; they merely altered the powers of the various masters: less power to parents, more to bureaucrats. If really free, a child could seek factory work or not as e wished.

Mistaking license to aggress for liberty. Example: "Factories would pollute (more) if it weren't for government controls." COUNTER: The polluter is the aggressor: e dumps or wastes into OTHER PEOPLE's air and water. It was state laws, which protected industries from the just wrath of their victims, that made possible large-scale pollution in the first place. Confusing the effects of intervention with the effects of liberty. Example: "Free, unregulated competition leads to monopolies." COUNTER: The effect of free competition

has been to DECENTRALIZE industry; the 'old guard' industrialists FAVORED government regulation, to REDUCE competition, which is the effect it has had. (Kolko, THE TRIUMPH OF CONSERVATISM)

Attributing mystical capabilities to government. Example: "Who would provide highways if the government didn't?" COUNTER: Highways are built by PEOPLE and the machines they operate.

It isn't possible nor necessary to predict in detail what would happen if government or the monopolies it fosters ceased such and such activity. If, for example, the State was no longer able to collect gasoline taxes and license fees or dictate what kinds of vehicles could be built and operated, the following are all possibilities: local road-repair cooperatives; private, competitive expressways, financed by tolls or by franchising businesses of 'rest stops'; various mass-transit systems; better all-terrain vehicles for travel on unimproved roads; cheaper, easier-to-operate aircraft; better communication which reduces the need for travel; more decentralized industry which reduces freight. No one can predict to what extent each of these would develop; what actually happens would depend on the ingenuity and independent decisions of millions of people. But one can predict that people will find ways to travel and transport. What highways were built, would be built because there were people willing to pay for using them, rather than for political reasons. And i don't think there would be the petty harassment by police. (How many people would pay for THAT?) This is not an appeal for 'anarchy'. Trying to eradicate or discourage all power-seekers is as futile as trying to kill all flies and mosquitoes. What is important is dissipating any notion that one owes anything to flies or mosquitoes — or governments.

If any "what if the government didn't ..." question bothers you, write me, enclose a stamped, self-addressed envelope, and i will answer it or refer you to a source of further information. (See p. 120)

## SPECIAL INFORMATION SOURCES

Here are some newsletters, magazines, directories, book publishers and other organizations which often have information of use to vauans. Most of these are not found in libraries or bookstores. Most of these sources are NOT primarily concerned with vau. Some vau newsletters and information nets are not listed here. To contact the latter see "How to meet other vauans". Rather than play cliché i've written only brief descriptions. I recommend sending for samples. The price listed here is for one copy postpaid unless otherwise indicated. A question mark indicates that i'm not sure of the price. For items costing \$1 or more i've estimated words per cent. Many of these are small, low-budget operations and do not give free samples.

Thanks to several people for leads. I'll appreciate information on sources i've missed.

A is A Newsletter, Mega 9730 Hyne Road, Brighton, Mich. 48116. Reports on the 'libertarian movement'. Descriptions of 688 publications, groups and individuals; mostly anti-establishment politics from Conservatives to anarchists; some alternate life-style groups. \$50; annual directory \$2 (130 words/c).

Adobe Hacienda, Route 3 box 517, Glendale Ariz. 85301. Outdoor, para-military and some political books. Mail order. Catalog free?

Akwesane Notes, Mohawk Nation via Roosevelttown, NY 13683. Large newspaper by and about native Americans — news stories, expose, history, political protest. 60c.

Alternate Sources of Energy, Donald Marier, Route 1 Box 368, Minong, Wisc. 54859. Magazine about wind, solar, hydro, wave, methane power. Some how-to-do articles. 40c.

Alternatives Journal, Box 36604, Los Angeles, CA 90036. Newsletter about intentional communities and group marriage. 25c.

B. C. Access Catalogue, c/o C. Grove, Station G, Box 6424, Vancouver 8, B.C. Canada. Local shops, groups, people, institutions. \$2 (500 words/c)

Communities, c/o Twin Oaks, Box 426, Louisa, VA 23093. Magazine about various intentional communities and communes. Mergers of Modern Utopian, Communitarian and Communitas. \$1 (400 words/c)

Casper Coachman, Griffin Publications, 10148 Riverside Dr., North Hollywood, CA 91602. Also of some newstands. Magazine mostly about new, commercially-built campers and trucks. 50c

Canadian Whole Earth Almanac, 341 Bloor St. West, Toronto, Canada. Issues on healing, crafts, shelters, food. \$3 (430 words/c)

China Centre, 4312 SE Stark, Portland, OR 97215. Annotated directory of stores, agencies, and groups around Portland. \$1.25 (1100 words/c)

Equality, 6 Frankfurt am Main, Postfach 3413, West Germany. Publishes unedited material from subscribers as a free-expression forum for utopians, communists, libertarians, etc. Published in English, German, French and Italian. Contribution.

E.S.P. Directory, Al Fry, 879 Park Ave., Parris, Calif. 92370. Addresses of many occult, metaphysical, mystery, mind improvement, alternate life-styles, extra sensory, 'flying saucer' etc. groups and publications. 50c

Foundation Journal, 85 East Geranium Ave., St. Paul, Minn. 55117. Somewhat like Whole Earth Catalog. No recent information Fur, Fish and Game, 2878 E. Main St., Columbus, Ohio 43209. Outdoor magazine with many classified ads for hunting, trapping and camping equipment, buyers and sellers of herbs, etc. Also published books on hunting and trapping. Available at some newstands. 35c?

The Green Egg, Church of All Worlds, Box 2953, St. Louis, MO 63130. Neo-pagan religion inspired by STRANGER IN A STRANGE LAND. Contact newsletter for 'non-conformists' of many kinds including pagans, anarchists and witches. 75c

The Green Revolution, Route 1 Box 129, Freeland, MD 21053. Published by Heathcote Intentional Community. Newsletter about doings there and at other communities, and how-to-do info for neo-homesteaders. Oldest surviving alternative life-styles zine. 35c

International Harry Schultz Letter, Economic Research Corporation, P.O. Box 45, Rheinfelder 4310, Switzerland. Very expensive newsletter which advises international investors and movers. \$7 (15 words/c)

International Maritime Legal Research, P.O. Box 4022 Station E, 1723 Broadway, Toledo, Ohio 43609. Recruiting people to occupy and start a new country on Minerva Reefs in South Pacific. Send stamped envelope for information.

Invictus, Box 85429, Hollywood, CA 90072. Theoretical philosophy journal with viewpoints ranging from anarcho-capitalist to Objectivist. Sometimes vauist news stories. 75c

Libertarian Connection, Lisa Down, Box 90913 Worldway Postal, Los Angeles, CA 90009. Publishes what subscribers send in on mimeo stencils. Contacts and discussion for anarchists, vauists, black-marketeers, etc. Articles on alternate money-making schemes, life prolongation, warning systems, placer mining, futurology. Much ideological debate. Special sample issue 25c.

Lifestyle, Box 1, Unionville, Ohio 44088. Split-off from Mother Earth News with articles on intentional communities, foraging, cheap shelter. \$1.35? (1000 words/c?)

Livesboard, Paul Doerr, Box 1444, Vallejo, CA 94590. Publishes letters from people living aboard small boats. (Also publishes Pioneer.) 40c

Minerva Office of Information, 426 E. Washington, Orange, CA 92666. Group attempting to found a new country on Minerva Reefs in the South Pacific.

The Mother Earth News, Box 38, Madison, Ohio 44057. Much how-to-do and where-to-



get info for small farmers and neo-homesteaders. Also sells many books on farming and outdoor living. \$1.35 (1100 words/c)

New Earth Catalog, 526 O'Farrell, Dept. 119, San Francisco, CA 94102. Similar to Whole Earth Catalog. No recent info on it. First issue \$3.50 (150 words/c)

Normant Technical Publications, P.O. Drawer N-2, Wickenburg, Ariz. 85358. Reprints military books on warfare maintenance, survival, guerrilla warfare. Catalog free.

Other Scenes/Nomad, P.O. Box 45, Amsterdam, Nieuwendam, Holland. "The only truly international magazine of the counter-culture will report on the nomadic life from Europe." I haven't seen. "Few issues/51"

Peace Plans, J.M. Zube, Wilshire St., Berrima, NSW 2577, Australia. Many schemes for achieving peace and freedom reprinted from many sources. Most are political but some are nonviolent. 50¢

People's Yellow Pages, 351 Broadway, Cambridge, Mass. 02139. Protest groups and sources, mostly local. \$1

Pioneer, Paul Doerr, Box 1444, Vallejo, CA 94590. Suggestions for outdoor adventure, survival, underground homes. Brief news items and book reviews. Some politics. Newsletter. 40¢

Preform-Inform (or Pre-In-Form). Name changed to Vonulife, May 71.

Prospect, Swiss Bank Corporation, 15 Nassau St., New York 10005. Newsletter giving general economic news about Switzerland and Swiss banking. Not a how-to-do. Free upon request.

Puget Sound Access, Box 15301 Wedgewood Station, Seattle, Wash 98111. Directory of local sources. I haven't seen. \$1.50

Rationalist Church of America, Box 1059, Milwaukee, Wisc. 53201. Sells alternate holiday cards. Send stamped envelope for info.

Santa Monica Organic Garden and Nutrition Club Bulletin, 844 Fifth St., Apt. 1, Santa Monica, CA 90403. Heterodox health and gardening newsletter. 10¢

Security World Products Directory, 2639 S. La Cienega Blvd., Los Angeles, CA 90034. Burglar alarms and other warning devices. I haven't seen. \$3 "129 pages"

Shelter Publications, Box 279, Bolinas, CA 94924. Published DOMEBOOK 2 and SMART BUT NOT WISE. Book on all kinds of hand-built shelters announced for 1973. Send stamped envelope for info.

Tax Talk, War Tax Resistance, 912 31st Street, Kansas City, Mo 64109. News about tax resistance activities. Some how-to-do suggestions. 25¢

Ticonderoga Dispatch, c/o James C. Jones, 11123 St. Lawrence Ave., Chicago, Ill. 60628. Local bulletin of outdoor club offering survival training courses. Interested in free living. 25¢

Underground Press Syndicate, Free Ranger Tribe, Box 26 Village Station, New York 10014. Exchange for many 'underground' publications. Send stamped envelope for list of members.

Vocations for Social Change, Box 13, Canyon, CA 94516. 'Employment directory' for protest groups and alternate institutions. 50¢

Vonulife, Box 248, Paradise, CA 95969. Communication among nomads, tagalodites, backwoodsmen, secret city folk and others who live and let live, and like out of sight and mind of those unwilling to let live. Annual handbook issue, \$1 (500 words/c)

The Last Whole Earth Catalog, 558 Santa Cruz Ave., Menlo Park, CA 94025. Detailed reviews and source listings of many books, tools, supplies, and other catalogs useful for alternate ways of living. This was published May, 1971 and so is getting a little out of date, but is still much more complete than anything else of its kind. \$5 (3000 words/c)

Wildcrafter World, RR3 Box 118, Rockville, Ind. 47872. For homesteaders, herb gatherers, troopers. Many letters from old-timers.

Publisher died in 1972 but back issues are still being sold. Newsletter 35¢, annual booklet \$1 (340 words/c)

Win, Box 547, Rifton, NY 12471. Published by War Resisters League. Reprinted papers taken from the FBI. Article on squatting in vacant apartments. Mostly political news and editorials. 35¢; FBI papers issue \$1

World Club Directory, Worldwide Culture Society, Box 129, Beverly Hills, CA 90213. Short descriptions of 2000 clubs and publications; mostly 'lonely hearts' and hobbies. \$3 (150 words/c)

## SURMOUNTING PERSONAL OBSTACLES TO VONU

by Rayo

These guidelines are gleaned from our experience with vonu living so far. I suggest thinking about each of these in turn. See if it applies to your situation and goals. See how many consequences you can develop.

Most of these will seem obvious to your intellect. But are they reflected in your values and actions? As Lee and Skye wrote in LIBERTARIAN CONNECTION, "We were born among sheep, raised by sheep, educated as, by and for sheep — and before we knew better, some of it got thru." But one's 'subconscious' can be gradually 'reprogrammed' to more constructive, less contradictory values. These are not hard and fast rules. Each individual has unique abilities, desires, assets and problems and should think thru or own approach. Most

of the examples used are of wilderness vonu, but most of the guide lines are applicable to other forms of vonu as well.

Be as vonu as you can, consistent with physical comfort. Vonu isn't an all-or-nothing thing. There is NO way to be COMPLETELY invulnerable to coercion. But this doesn't justify giving up and 'ad-justing' to servitude any more than inability to live forever justifies neglecting health.

Ask yourself 'how much' questions about various approaches. HOW MUCH of the time can I live in a place of my choice? HOW MUCH will I be annoyed by a gestapo? HOW MUCH chance will I have of surviving a nuclear war? HOW MUCH of what I would like to do will I be able to do? HOW MUCH time and resources must I expend to achieve this?

Distinguish present and immediate dangers from possible future risks and deal FIRST with the former. The former include, for example: nuclear weapons which are ready for launching; existing coercive laws which are often enforced, such as compulsory schooling. The latter include all the spy devices Big Brother might (or might not) have operational by 1984 or 2084.

Select approaches which yield maximum vonu per time and resources expended. It may be wiser to buy a camper, park it in the woods and eat feed-store wheat, than stay in that society another 20 years while trying to learn how to live completely off the land.

Seek vonu, not self-sufficiency per se. A few people cannot live in complete isolation without years, perhaps generations of experience. And they probably wouldn't be very vonu even if they could.

Distinguish wilderness vonu from outdoor adventures. Many 'recreation' and 'survival' skills have little relevance, at least in Siskiyou. We have yet to ski, climb rocks (with pitons, etc.), ride a horse, use an axe (we much prefer saws), make fire without matches, splice a rope. Some skills useful in our situation: maintaining equipment, building with natural materials, orienteering, hunting, first aid.

Vonu your home first. 'Domestic' activities — sleeping, eating, cleaning, grooming, mending, reading, listening, erotics, thinking, exercising, conversing, child care — take up most of one's life. And they are relatively easy to vonu — they can be accomplished without elaborate equipment or deep involvement with outsiders, unlike most means of earning money. Earning money requires relatively little time IF one lives frugally.

Give shelter top priority. Food and other supplies need be purchased only once a year. But a place to sleep and store supplies is needed every day. Don't spend much time learning to keep bees, tan hides or gather mushrooms until you have a home that is 'out of sight and mind'.

Don't build what you can buy at relatively low prices. This includes most mass-produced items. Home-building a camper is poor economics for most people. Concentrate time on the many things necessary for vonu which are not (yet) for sale.

If you must work in that society to earn money, commute seasonally or every few years rather than daily. Don't live in cities and towns when you aren't working. And don't subject non-employed members of your family to smog or threat of incineration.

Vonu first during summers, when simple shelter is sufficient. Then strive to extend the season.

Don't spend time learning a slightly better vocation that's intertwined with the coerced economy. Look for ways to earn money compatible with your approach to vonu.

Have savings before trying wilderness vonu. The amount needed will depend on the individual and way of life. \$1000 per person (not counting initial cost of equipment) will suffice for a year of frugal living — maybe two or more.

Live frugally while within the coerced economy. Make saving a 'crash program'. Take savings off the top of income and live on what is left. Don't touch savings until you are ready to break out.

Put savings in both liquid and secure forms. Consider: First, at least six months of supplies you know you can use, such as dry food staples, stored where you plan to live. Second, currency no larger than \$20 bills, \$100 to \$500 per person. For larger savings investigate silver coins, other precious metals, and Swiss banks. (See article in VONULIFE 76.) Keep out of U.S. savings bonds, banks and other institutions.

Don't speculate in stocks, real-estate, antiques, rare coins, horse races, poker games or anything else unless you are a full-time professional.

Don't spend much on equipment until you have experience with your way of life. Then you will know better what you need.

Take pride in your ability to live vonu, not in your productivity as a semi-slave. If your present source of income is controllable by the State, avoid ego involvement. Base your self-esteem on active interests which you can control.

Judge your success by your enjoyment of life as a whole, not by the money you earn. There isn't a high correlation between income and happiness. There are 'impoverished rich' as well as 'affluent poor'. Many an 'upper-middle-classer' not only spends most of her time at tasks she detests but finds that much of her supposedly-high income (what is left after taxes) goes for 'prestige expenses' necessary to 'get ahead'.

Distinguish comforts from status games — e.g., a shelter that is warm and dry, from a house that would impress non-vonuist relatives.

Be willing to pioneer. 'Pioneering' is a romantic word for self-learning — experimentation — making and correcting mistakes. In ten years there may be apprenticeship programs and relatively-proven procedures for vonu; there isn't now.

Don't give up if you've made one attempt which aborted. Analyze why you failed, find ways to correct the problems, and try again. Success in vonu, like in many fields of endeavor, requires persistence.

Don't expect vonu to be gratis (or freedom to be free). Vonu requires time, energy, and resources. It is quite costly at first, like most new things. It becomes easier as one gains skill.

Don't expect 'society' or government or a 'reform movement' to GIVE you freedom. There are humans willing to coerce others. And there will be such creatures so long as there are people easy to coerce — willing to 'adjust', 'go along', do what they are told. ('Nature abhors a vacuum.') You CAN'T

control how other people live. You CAN reduce your own vulnerability; THEN, perhaps, you can offer help to others who desire vonu strongly enough to 'pay the price'.

Don't expect a PLACE to make you vonu. Human predators can potentially get anywhere you can, and will if something there attracts them. One area may be much better than another for a particular way of life. But vonu depends more on HOW one lives than WHERE one lives.

Be willing to live 'in hiding' — out of sight and mind of most people most of the time, either through concealment or deception. There is no way to have open-house parties at home (for example) and still enjoy much vonu. This is one of the costs of vonu, and it is a price many people are not willing to pay.

Expect to be bored occasionally, once the thrill of breaking loose fades. Most people have spent most of their lives taking orders. One must learn to structure one's own time — choose activities and maintain interest in them over long periods.

Choose goals within your means: skills, capital, and present numbers. Your first goals can serve as stepping stones to further objectives, but should be worthwhile in themselves. It's better to ACHIEVE vonu in modest increments than to only TALK of utopias. You are more likely to attract additional people or financing after you have something to show.

Vonu yourself first, then link up with other vonuans (if you wish). There may be a few opportunities for inexperienced people — mostly women and very young children — to join already-established vonu groups. But most people must do it themselves.

Don't look for companions until you are achieving the kind of life you seek. You are more apt to find companions willing to do, not just talk, after YOU are doing.

Distinguish vonuans from 'great adventurers' when seeking companions. Be wary of someone who claims to have 'done it all' but is back to 'conventional' living. Also be wary of someone who doesn't want to 'do it alone' but intends to do it as soon as s/he finds the 'right group' to do it with. Someone who gets bored with self will probably soon get bored with a few companions. Perseverance and ability to direct and motivate oneself are more important than any particular experience or skills, tho the latter are also valuable.

Vonu yourself before having babies. Most children 'acculturate' very young and are thereafter hostile to change.

Don't confuse invulnerability to coercion with ability to coerce. 'Rule or be ruled' is a false alternative; vonu and aggression are incompatible. Vonu does not create any victims, aggression does — and the victims have strong incentive to retaliate or otherwise frustrate the aggressor.

Furthermore, a thief rarely finds desirable companions; any potential friend fears s/he may be the next victim. If, despite this, someone desires a career in crime, the easiest way is to go to work for the IRS or other government agency.

Stay relatively mobile so you can respond to emerging opportunities or link up with others.

Don't try to change life-styles in the middle of an emergency, be it a general disaster or a personal crisis. Developing a new way of life involves learning — and making mistakes. Do it when mistakes are least dangerous and most easily corrected.

Be wary of extreme, all-or-nothing predictions. Example: Either there will be a State so powerful that no one can possibly be vonu. Or else government won't be any problem. Historically, both totalitarianism and 'anarchy' are rare and ephemeral. Most likely, those people who are easily intimidated and manipulated will continue to be preyed upon; those people willing to expend considerable effort to avoid exploitation, will be largely immune.

Emphasize the long-range and positive: creation of a better way of living, rather than survival of some future catastrophe. Various disasters are possible, but time and circumstances are rarely predictable.



## WHERE TO GO TO BE VONU

Many vonuans like the Pacific Coast. And most of those favor either Siskiyou region (northern California and southwest Oregon, from about Chico to Eugene) or coastal British Columbia. Both have plenty of forest and mountains and creeks and not many citizens. The people putting this issue together live around Siskiyou so I'll write mostly about it. One big attraction is being away from and upwind of military bases, big cities and other likely targets. There hasn't been a nuclear war yet. I might even bet that there won't be one anytime soon. But I won't bet my life on it! Even now there's fallout from nuclear tests and crop spraying and industrial fumes and this is several times higher on the East Coast than the West. Another attraction of Siskiyou is the variety of terrain and climate and vegetation all within a few hundred miles. Along the coast temperatures rarely get below freezing in winter or above 70° in summer. From the Coast Ranges to the Cascades, winter temperatures are rarely below 20° and summers are hot and sunny, except on the higher mountains where snow sometimes falls even in July. Some areas are thick forest, others open woodland, others rocky and brushy. From about mid October through May there's much rain and snow, but also some warm, sunny days, even in January and February. There are several heavy snowfalls each winter but snow usually melts off within a week or two below 2000-3000 feet. There are many little valleys which are fairly easy to get to in summer but are completely isolated during winter except to someone on snowshoes; the valleys themselves may be free of snow but trails go over high passes which are snow covered. Another attraction is few citizens. There are areas of hundreds of square miles without roads (except jeep trails) or (known) inhabitants. Citizens mostly keep to the few river valleys and along the highways. A town of 10,000 is a big city. Even the citizens seem to me to be a little more tolerant and not quite as nosy as 'rednecks' elsewhere. When someone wants a metropolis, there is Frisco or LA to the south and Portland to the north. So far as I know the climate of British Columbia is similar to that of Siskiyou; a little wetter and colder overall. Like here, the coast is wet and mild; inland beyond the Coast Range is drier with more extreme temperatures. Some vonuans favor Southern California for its warmer climate. And there's some wild land there too. But not much forest and not many creeks which flow the year around. And there are more cities with missiles aimed at them. Further inland in the West, between the Cascades and the Rockies, winters are colder and the forests and creeks not so plentiful as in Siskiyou. Cold doesn't matter much to citizens who spend most of their time inside anyway and don't mind burning plenty of fuel. But it does to people who want to blend in with the natural environment. I'm not urging all vonu people to come to Siskiyou. Someone may have a good situation somewhere else. (As for fallout, one can build a shelter or maybe find a cave.) But for someone who wants to live out of sight of the short-sighted and hasn't found a spot yet, Siskiyou is a good region to look over. However I would NOT recommend Siskiyou for 'Somebody on the run'. Wilderness vonu is a way to reduce involvement with unpeaceful people in the long run. It's not a way of life requires much preparation and learning. And 'accidents' are likely while one is learning. The time to do it is when one has plenty of time and 'acceptable' id. In an emergency it's usually best to stay with ways of living one already knows. Somebody looking for a quick way to earn money. There are opportunities here like everywhere. But discovering them and getting into them usually takes

time. So it's wise to have a big grub stake before heading into new territory. Somebody who wants to grow more than a small garden. Most of the land is steep and rocky. What soil there is, is mostly podzol, not fertile. The only fair crop land is in a few river valleys and that land is all occupied. It sells at a high price compared to farm land elsewhere. There is plenty of rain but it comes at the wrong time for crops — and leaches minerals out of the soil — so most crops have to be irrigated and fertilized.

Somebody who wants to observe vonuans. There isn't a central community of vonuans nor any one place where vonuans gather. VONULIFE's mailing address is only that. There isn't any particular concentration of vonuans near there. A concentration would be un-vonu. There are little groups and families and individuals scattered here and there. They are most interested in meeting,

(1) other vonuans with similar interests, (2) sympathetic settled people who offer things vonuans want (such as mailing addresses, parking space) or want what vonuans can offer (sometimes labor, money, particular skills). Many are new at vonu living and are still too busy getting the kinks out of their own affairs to offer much more than friendly words to newcomers. Even those who are open to visitors (some aren't) are difficult to meet because they are difficult to find. So come to Siskiyou only if you think it's the best place for you to do your thing. And after you are doing it you will probably get to know others who are doing it and maybe you can do it better together. I suggest arriving in early summer so you will have time to look around and to get shelter and supplies ready before winter if you decide to stay. It's not difficult to find quiet spots good enough for a few days and that's enough time to find something better. Almost any spot that's not in sight of houses or roads will be okay. Stay out of the towns as much as possible. There are many summer transients and local citizens and their keepers sometimes get unfriendly. Buying low-cost food isn't difficult. There are feed and grain stores in almost every town and food coops in some of the larger towns, though prices and selections won't be as good as in a big city. Most creeks in unpopulated areas are safe to drink from. But it's best to boil or chlorinate until you know what there is upstream. Be very careful with fire. A fire is one thing which can bring a swarm of angry blugs. Cook on some kind of stove with a good spark arrester, and with only bare dirt under and around it. Cook after dark so smoke won't cause a false alarm. If you would like contact with someone local before coming, or would like some help or advice, write and tell in detail your situation and wants and I will attempt to forward your letter to someone able to help. Please include 24¢ a letter and allow two months for forwarding. See other suggestions for making contact further on.

Topographic maps show land contours, creeks, forested areas, and roads and settlements which existed when the map was made — mostly 1940's. Maps to the scale 1:250,000 (1/4 inch equals 1 mile) were 60¢ each from U.S. Geologic Survey, Denver, CO80225 or Washington, DC20242. Siskiyou west of the cascades is covered by Ukiah NJ10-2, Chico NJ10-3, Eureka NK10-7,10, Redding NK10-11, Westwood NK10-12, Weed NK10-8, Alturas NK10-9, Coos Bay NK10-1,4, Medford NK10-5, Roseburg NK10-2, Klamath Falls NK10-6, Crescent NK10-3, Salem NK10-11, Bend NK10-12. Most of these maps cover two degrees of longitude and one degree of latitude. For example Ukiah goes from 39° to 40° north and 122° to 124° west. Also ask Geologic Survey for indexes for Calif. and Ore. of 15-minute topographic maps, no charge. These are one inch to one mile maps and show more detail. Forest Service maps show creeks, roads, some trails, and whether land is 'public' or 'private'. The road information is more up to date than on the topo maps. The scale of most of them is 1/2 inch to one mile. They can be ordered from or picked up at the head-

quarters of each National Forest. No charge last I knew. Address, "Headquarters, National Forest . . .", National Forests and Headquarters towns in Siskiyou region are: Medford, Ukiah, CA; Tahoe, Reno, Nev.; Plumas, Chico, CA; Lassen, Susanville, CA; Six Rivers, Eureka, CA; Shasta-Trinity, Redding, CA; Klamath, Yreka, CA; Modoc, Alturas, CA; Siskiyou, Grants Pass, OR; Rogue River, Medford, OR; Winema, Klamath Falls, OR; Fremont, Lakeview, OR; Siuslaw, Corvallis, OR; Umpqua, Roseburg, OR; Deschutes, Bend, OR. For areas covered see road atlas or oil company maps. Bureau of Land Management local offices have maps which show land they claim, which is much of the land not in National Forests. Some National Forest maps also show BLM land, some don't. CLIMATES OF THE STATES, temperature and precipitation tables and maps. For Ore. and Calif., 25¢ each. U.S. Gov. Printing Office, Div. of Public Documents, Washington, DC20402. Geologic Map of Oregon, of Calif. 35¢ each. U.S. Geologic Survey (address above). Prices may have gone up.

## WAYS TO COMMUNICATE WITH OTHER VONUANS

Some vonuans would rather not, which is fine too. This is for those who do.

Try to spot vonu achievers among people you already know. Many dislike living at the beck and call of every 'authority'. Most are too tied into the system (or feel they are) to do anything except maybe make angry little noises. But here and there someone is quietly getting more and more of er life under er own control. E probably doesn't call erself a vonu and e probably doesn't have all the angles figured out (neither do I). But maybe you and e can figure better together.

Subscribe to and publish letters in VONULINK, the bimonthly newsletter issues of Vonulife. VONULINK is especially for people who live in isolated places or urban anonymity and prefer to communicate mostly by mail rather than face to face. VONULINK contains open discussions, updates to articles in Vonulife's handbook issue, and new items. Each subscriber has the right to include unedited material — up to six 7 1/2 x 10 pages a year if black on white and relevant to vonu. There are no activity requirements except that institutions or their agents are not eligible. Circulation of personal material is limited to 100 copies. (I reserve the right to split VONULINK, probably geographically, if necessary to keep circulation under 100, but promise to send at least 40,000 words or give extension or refund.) A one year subscription INCLUDES the next handbook issue of Vonulife, and is \$4.

OR, write to Vonulife for samples of other vonu zines (mini-magazines). These are distributed in different ways by different people in different places so that communication is decentralized and vonu. Most zines are for people who live in the same regions and have similar interests, and want to get acquainted and visit as well as communicating by mail. Some vonu zines are NOT listed or advertised, and can be contacted only through Vonulife or a present subscriber. Some are strictly information swaps and do not sell for money. For a trial subscription of at least two issues (maybe more, depending on the zine), send \$1\* and a description of yourself. Tell as much as you can about your situation, background, world-views, objectives, capabilities and interests (but no need to include specific personal information such as residential address or name of company or school you attend. Describe the kinds of communication you would like. Say whether or not your residential address and phone number (if any) may be published. Say whether or not your letter may be published without name and address. Please mention any 'vonuist', 'libertarian', 'survival', 'back-to-the-land', etc., periodicals you presently read — to avoid accidental duplication. I'll read your letter and relay it to the zine I believe is most in line with your interests. (If there isn't one yet I'll send VONULINK or refund your money.) Most vonu zines

including VONULINK swap material of general interest (but NOT personal contact info) so I recommend AGAINST subscribing to more than one. Send your description and \$1\* to Vonulife — address on back cover. \*Some zines are free to those who live out of sight and mind most of the time. So if you do but you can't spare a dollar write anyway.

Send letters for forwarding. Send several carbon copies if you want, along with 24¢ each (stamps okay). You may direct letters to Vonulife authors, to people in a certain geographical area, or to people I believe might have certain interests, etc.

Orders for this issue or for COMPLETE SETS of older back issues are filled by whoever picks up the mail, usually within a week. But all other mail must be relayed to me, wherever I am. So please allow two months for forwarding of letters or subscription orders. (Often times it's faster, but don't depend on it.) See back cover for Vonulife's address.

## VONULIFE ISSUES FOR SALE

VONULIFE 1973. Copies of this issue: 50¢ each plus 50¢ per shipment, postpaid third-class. Copies in good condition may be returned postpaid for refund or credit of 40¢ each.

VONULIFE 1974. I'm accepting advance orders. Single copy \$1, if order arrives during 1973. (Price may be higher when published, depending on size and postal rates then.)

The following are newsletter-size issues published from May 1971 through Sept. 1972. Each contains about one-fourth as many words as does this issue. Some of the contents.

#1. Many situations and searches. Pinyon nuts and other West Coast wild foods. Acquisition/use of 'private' land. Pedestrian nomadism. Keeping your bud dirtless, by Fry. Steel drums for storage. Hygeia's Hygienic Review (happiness). Education. How to live on wheels. What if there was a millenium and no one came (freedom heuristics) by Lee and Skye. Freedom strategy (terminology, vonu and liberty) by Rayo.

#2. How to live in a VW bug, by Alkido Al. Russian-style 'hippies'. Uncover under-cover. How to find a freemate. Free marriage contract. Have your child at home. Pacific Northwest wild foods. Freedom Strategy (wealth) by Rayo.

#3. By Orion. The Year 2000, by Lee. Methane bibliography, by Stumm. The poorman's motor name, by Fry. Scouting public lands for primitive living, by Adam. Report on Costa Rica, by Maehl.

#4. Do-it-yourself tooth repair, by Fry. Air drops into S. American jungle. Clandestine communication net, by Doerr. Freedom strategy (against retreatism) by Rayo.

#5. By Fry. The free man in the slave state. Vonu in cities. Survival of nuclear war.

#6. By Doerr. If the FBI knocks. How to get land in B.C. The soggy. Frontier dug-out. Buying and burying silver coins. Mexican dentists. More on nuclear war. Vonu transportation ideas.

#7. Many situations and searches. Vonu in the mountains. Health, by Fry. Electrical converters. How to hide a camper. Vonu fruit growing. Vonu communities.

#8. Barbed wire. Selecting site for vonu home, by Rayo. Hygeia's Hygienic Review (simplify). Medicine, by Fry. City squat spots. By Doerr. More on nuclear war, by Mitchell Jones. FWTC newsletter #1.

#9. Living with children in a bus. Small vonu community. Renting apartments vonu. By Rayo. Alternate money experiment. Elmer Fudd's bandwagon. More on nuclear war. Unbreakable cipher. Living in Mexico. P-I Reprints. From PREFORM-INFORM 1968-69. On living in motor vehicles.

Complete set of older back issues (all ten items above) for \$2.50 postpaid. Individual issues 25¢ each plus 25¢ per shipment postpaid.



# Vonulife

VONULIFE is published every two months by Mike Freeman. See bottom right of this sheet for mailing address. A special handbook issue is published in March; Vonulink newsletter issues are published the other months. One year subscription, including the next handbook issue and five Vonulink issues, is \$4, mailed anywhere. Vonulink issues are sent first class. Subscriptions for Vonulink are not accepted from institutions. Handbook issue only is \$1. For back issues see p. 120. Unclassified advertising in Vonulink issues: 1/4 c per character or space plus 20c an ad. No checking copies.

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NOTE TO PUBLISHERS: Vonulife is seeking a regular publisher to distribute or publish Vonulife 1974 handbook issue.

NOTE TO SUBSCRIBERS: There is no March Vonulink, because of the work of getting this out. Also some of the letters which have come are included here. Subscriptions are extended by two months.

## BIBLIOGRAPHY

Sources and postpaid prices are given (if known) for books not generally available in libraries.

The following literature on food is recommended by Haefon Hygeia (see article, "Far out eating for \$10 a month").

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ANIMAL MACHINES, Ruth Harrison. Expose on livestock raising.

COMMON EDIBLE AND USEFUL PLANTS OF THE WEST, Muriel Sweet, 1962. \$1. Naturegraph, Healdsburg, CA 95448. 64 pages.

COMMON FLESHY FUNGI, Clyde M. Christensen. \$4.25? My favorite single mushroom key. Burgess Publishing, 426 S. 6th St., Minneapolis, MN 55415.

COMPOSITION OF FOODS, Watt and Merrill, Ag. handbook #8, USDA. \$2. Superintendent of Documents (above).

DIET FOR A SMALL PLANET, Frances Moore Lappe. Interesting but doesn't show how recommendations ultimately arrived at.

DISCOURSES ON THE SOBER LIFE. How to live 100 years, Luigi Canaro, 1464. 1566. \$17. Health Research, 70 Lafayette St., Melkumne Hill, CA 95245.

EARLY USES OF CALIF. PLANTS, Edward K. Balls, 1956. \$1.75, 103 pp. U. of Calif. Press, Berkeley, CA 94720.

FASTING CAN SAVE YOUR LIFE, H. M. Shelton, 1964. \$1.15, 91 pp. Dr. Shelton, P.O. 1277, San Antonio, Texas 78206.

FEEL LIKE A MILLION, Cathryn Elwood. FOOD COMBINING MAKE EASY, \$1.20, 71 p. American Natural Hygiene Society, 1920 Irving Park Rd., Chicago, Ill 60613.

FOOD IS YOUR BEST MEDICINE, Henry G. Bieler.

GATEWAY TO SURVIVAL IS STORAGE, 75c? Walter D. Batchelor, 61 Beacon Ave., Layton, Utah 84041.

THE HYGIENIC SYSTEM, H.M. Shelton, volumes 2 and 3. \$5.50? a volume. 1934 revised 1963. Vol. 3 is most complete book on fasting I've seen. Shelton (above)

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THE HERBALIST, Joseph E. Meyer

HUNZA HEALTH SECRETS, Rene Taylor

LET'S EAT RIGHT TO KEEP FIT, and LET'S GET WELL, Adelle Davis

MAN ALIVE YOU'RE HALF DEAD, Munro

THE MOLDS AND MAN, Clyde Christensen

MY EXPERIENCES WITH LIVING FOOD, Kristine Nolfi, MD. \$1.25?, 23 pp. Health Research (above)

NUTRITION AND PHYSICAL DEGENERATION, Weston A. Price

OIL STORY, Paul Hawken and Fred Rohe. 2 pp. Send stamped envelope. Organic Merchants, c/o Erewhon, 8003 Beverly Blvd. Los Angeles, CA 90048.

OPEN DOOR TO HEALTH, Fred D. Miller.

RANCIDITY IN OILS, Don E. Townsend and Gordon L'Allemend, 1962, 15c. Lee Foundation for Nutritional Research (report #8), Milwaukee, Wisc.

REBUILDING HEALTH, Ebba Waerland

SHALL WE EAT BREAD?, R.W. Bernard, \$1.50. Health Research (above)

SPROUT HANDBOOK, A. Stuart Wheelwright, \$3.95, 61 pp. Good but expensive. Research Technical Service, 3747 Quincy Ave., Ogden, Utah.

STALE FOOD VS FRESH FOOD, The cause and cure of choked arteries Robert S. Ford, 1969, \$3.50, 48 pp. Magnolia Laboratory, 701 Beach, Pascagoula, Miss.

STALKING THE WILD ASPARAGUS, STALKING THE HEALTHFUL HERBS, Evelyn Gibbons

SUGAR STORY, Fred Rohe. 1 page. Organic Merchants (above)

Ann Wigmore, 25 Exter St., Boston, Mass. 02116. Info on wheat grass, sprouting, and natural healing. Send a dollar — tell her what you're interested in.

WILD EDIBLE PLANTS OF THE WESTERN U.S., Donald R. Kirk, 1970, \$3.95, 307 pp. Naturegraph (above)

YOU DON'T HAVE TO BE SICK, Jack Dunn Trap, 1967, \$1.15, 231 pp. Good introduction to natural hygiene. American Natural Hygiene Society (above)

YOUR DIET, DIGESTION AND HEALTH, Edmund Sigurd Nasset. Summary of orthodox nutrition — helpful.

Other literature which is referred to in this issue or otherwise recommended.

AT HOME IN THE WOODS, Vena and Bradford Angier. \$1.50 pb. Collier Books, 866 3rd Ave., New York 10022.

FIFTY YEARS A HUNTER AND TRAPPER, E. N. Woodcock. \$1.50. A. R. Harding, 2878 E. Main St., Columbus, Ohio 43209.

HOW TO LIVE IN THE WOODS ON \$10 A WEEK, Bradford Angier

INNOVATOR. No longer published; back issues may be available from Efficacy, Box 1747, Harlingen, TX 78550 or from Lisa Dawn, Box 90913, Los Angeles, CA 90009. Send stamped envelope.

THE LAST WHOLE EARTH CAT. See p. 113

LIBERTARIAN CONNECTION. See p. 112

LIVING THE GOOD LIFE, Nearing

THE MOTHER EARTH NEWS. See p. 112

NO MORE PUBLIC SCHOOL, H. Bennett, \$2.95. Random House, 201 E. 50th St., New York 10022.

OUTDOOR SURVIVAL SKILLS, Larry Dean Olsen, 1967, \$2.18 pp. Brigham Young U. Press, Provo, Utah 84601.

THE PAPER TRIP. 28 pp. 1972? Original edition \$5.95, Eden Press, 15951 Diamond St., Westminster, CA 92683. Reprint 35c, Rev. Keith Gormezano, c/o People's Press, 621 Holt Ave., Iowa City, Iowa 52240.

PIONEER. See p. 113.

For other periodicals and some publishers, see page 111.

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(continued from page 104) You have to be ruthless about telling someone they can't move in, if it won't work. A house should stay small enough so everyone knows everyone, then social control will prevent rip off.

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