



# Survival-Chain

Welcome to the Wonderful World of HUMAN SURVIVAL

Survival yours, your families community, the Planet, is a person's priority!

### Survival order:

- 1 Specie, 2 Habitat, 3 Community,
- 4 Family, 5 Individual, 6 Animals,
- 7 Personal belongings.



### Survival by age:

- 1 Unborn, 2 Newborn, 3 Baby, 4 Child,
- 5 Juvenile, 6 Adult, 7 Senior.

**Scroll 2**  
**Obligation: 2 :**  
*Protect the human body from conception until its end.*

The Survival-Chain is the foundation to keep this Obligation.

*The Survival-Chain has 7 links all of them essential for human survival.*

- Breathable-air
- Climate-protection
- Drinkable-water
- Eatable-food
- Hygiene
- Security
- Sleep

## 1 GOD is waiting to hear from you !

### Survival prayer

**Survival day 11.1.7 N-At-m**

Dear **1 God** creator of the most beautiful Universe  
Your most humble faithful custodian guardian  
Thanks you for the survival of humankind  
I endeavor to help my body, specie, community, survive  
I shall make survival my number 1 priority  
Please support my efforts to survive  
For the Glory of **1 God** and the Good of Humankind !



This prayer is recited on Survival day or when appropriate !



## A Survival chain has 7 links all essential for human survival



**Breathable Air** without it you have minutes to live !

**Drinkable water** nothing to drink you won't last a week !

**Eatable food** for energy and well being. No food you starve !

**Sleep** for re vitalizing. No sleep you go insane, die !

**Climate protection** for survival !

**Hygiene** to keep our body healthy !

**Security** to protect from violence. No security no future !



**Scroll: 2, Obligation: 2** tells us, 'Protect the human body from conception until its end'! The Survival chain is the foundation to keep this obligation. Denying any person these essentials is life threatening! A crime against humankind, Anti **1 God**, mandatory: **MS R7** .



After humankind discovered how to use fire. It saw this as a blessing. Wood burning was supplemented with coal, dung, garbage, gas, oil, uranium. English Christians introducing the industrial age started the pollution that is leading to climate change. Fire and burning are now, a curse. **Stop burning now !!!**

**Stop burning:** cigarettes, coal, dung, garbage, gas, oil, uranium, wood,..



A most dangerous part of burning is, 'Smoke'. In fires the greatest threat to health and mortality is smoke inhalation. On a greater scale smoke rising up into

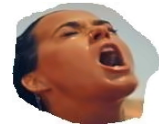
the atmosphere stops heat escaping into Space. Surface water warms, surface land warms, ice melts (glaciers, north south Poles):

# Climate Change !

To survive, good health humans need Breathable Air !

The air we breath is made of gases (carbon dioxide, nitrogen, oxygen, methane), water and impurities (dust, microbes, spores). The air we breath needs high nitrogen and oxygen content. It has low carbon dioxide and methane content. Water content (humidity) is needed, high humidity becomes uncomfortable and a health issue. Impurities are not needed they inflame lungs.

For how long can you hold your breath? 4 minutes then you gulp for air. No breathable air to gulp, You die! People die quickly in fires, no breathable air.

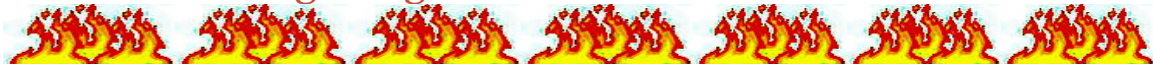


Withholding breathable air is used as torture, killing of people, animals. Withholding breathable air as torture (water boarding) is used by US administrations, US government employees, government contractors, foreign tyrannies protected by the US. Torture is a crime: **MS R7** (people), **MS R4** (animals).

Withholding breathable air to kill: accidental (toxic fumes in fire) or by self (suicide: purposefully inhaling concentrated carbon dioxide or cooking gas), government (gas chamber, hanging, torture), others (criminals: garroting, strangling, suffocating, hanging). Government, criminal killings get, **MS R7**. Accidental (health and safety), **MS R4**, self (held accountable by **1 God**).



Humans burning things is the main threat to 'Breathable air !



It starts with the individual who use their windpipe as a chimney their lung as sieve for toxic fumes and air impurities. Using the human body as chimney is a severe health risk, an insult to 1 God's design.



Smoking the addiction! A human tragedy! A community burden!

Addiction a repetitive compulsive behavior gratifying a perceived need. Addicts delude themselves, not accepting the harm their behavior is doing. Harm to themselves, family, friends, work mates, community.

Addicts do not believe they are addicted as long as they are enjoying themselves, holding their lives together. Addicts become a threat to themselves, the community. They become delusional, dishonest, anti social, immoral, deceitful, selfish, uncaring. This forces a Shire (community) to control their lifestyle. Limiting their freedoms and rights.

Smokers stink from the mouth. Their clothing stink. They stink up a room. Their ashes are everywhere. Their butts are everywhere. They are disgusting, dirty, stinking individuals. Shun them Shame them!



Smokers are a health risk to themselves. They burn their lips, teeth, gums, mouth, throat, windpipe, lungs, becoming sick, a burden to the community. Smokers are lazy taking many smoke breaks and self inflicted sickies. Hold them accountable!

Smokers are a health risk to others. Pregnant smokers are hurting their unborn. After birth these newborn are sentenced to a life of having health issues. They may have deformities, disabilities,.. Pregnant smokers are prosecuted, hurting unborn: **MS R3**.



Passive smoke (assault) hurts people. Smokers that create passive smoke get, **MS R3**. Entities (leisure, entertainment, work..) that allow smoking get, **MS R3** pay compensation. Government that allow smoking are replaced, + **MS R7**

Smokers are negligent. They start fires: homes, grass, forest. They are held accountable, **MS R4** and pay compensation. They injure people, animals, **MS R5**. They kill people, animals, **MS R6**.



In 1951 (pagan calendar) it was established that smoking is unhealthy a severe threat. Government, their agencies, departments that didn't 'Ban' smoking failed (dereliction of duty) to serve, protect the people. Retrospective legislation is passed. These guilty get, **MS R7**.

Any individual or group, business or other entity that promotes (freebies, advertising, marketing), allows (parents, teachers, work, clubs,

eateries, entertainment venue,...), profits (suppliers, manufacturers, transporters, wholesalers, retailers), makes available 'Smokes' and or smoking accessories **MS R7** It doesn't matter what 'Smokes' contain. The act of smoking (vaping) is the health risk.

## Zero Tolerance to smoking!

Individuals reduce availability of breathable air by burning of coal, dung, gas, oil, wood, for cooking (includes barbecue), heating, power. It Ends Now! Use electricity that is produced without burning. Breach, results in confiscation, destruction of equipment and **MS R2**



**Power Stations** that burn (coal, garbage, gas, oil, uranium,..) to create energy are **Shut, dismantled**. Polluting Owners, operators are prosecuted, **MS R7**. Coal and Uranium mines are closed and sealed. Mining Owners and operators get, **MS R7**. Energy is produced by non burning methods.

Burning to move domestic, non domestic transport Ends! Gas, Oil have non burning use. Domestic non domestic transport on Freeways are replaced with 'Freeway Trams'! Long distance overland transport is by Rail only. The use of diesel, petrol, LPG, ends!



**Polluting Entertainment Ends!**

**In the Air:** Air Shows, private owned air transport (drone, plane, jet, helicopter, space shuttle,...) end!

**In, under water:** motorized boat racing, private owned sea transport (boats, cabin cruiser, cruise ships, hovercraft, submersibles, speed-boats, jet skis, yachts,..) end!



**On land:** all 2, 3, 4,.. wheel motorized: cycles, bikes, buggies, sport cars, Suv, limousines, luxury cars. Car racing, car stunts. Tourist trains. Promoters of Polluting Entertainment, providers of vehicles for

polluting entertainment are prosecuted, **MS R7**



**Nail salon** create toxic fumes. Employees have breathing protection. Dumb clients (**victims**) don't. Nail Salons in Shopping Centers are wide open. Their toxic fumes embrace passers by. Exposing them to health risks. Especially pregnant women, newborn, asthmatics, elderly. If you have been exposed to toxic fumes sue the salon and Shopping Center for compensation.

Nail salon are a health risk an air polluter. They are visited by people who are too lazy to do their own nails and have too much money. Shut them down, ban them. Prosecute owners, executives, **MS R7**



Beauty salon are a health risk an air polluter. They are visited by people who are too lazy to do their own make up, have too much money. Shut them down, ban them. Owners, executives, get, **MS R7**

Hairdresser who create toxic fumes are shut down, prosecuted, **MS R7**  
Hairdresser who don't create air pollution operate normally.



Capitalist (**greedy predatory parasite**) Governments encourage homes with vanity gardens. Home owner use petrol motor garden tools (**blowers, shredders, brush cutters, chain saws, mowers,..**) that pollute (**air, noise, soil**). Homeowners, Manufacturers, Retailers, get **MS R7**. Government that allow this pollution are replaced, get **MS R7**.

**Outside Insecticides** are used on crops, orchards,.. Food crops, orchards that have been contaminated are unfit for human or animal consumption. Polluted crop, food is burned by the community (**Shire**). Commercial producer get's **MS R7**. Government that allow this pollution are replaced, get **MS R7**.



Inside Insecticides used, attack the nervous system. They make unborn and newborn hyperactive. Insecticides irritate people and pet respiratory systems. Do not use Insecticides inside.

Military pollute the air with transport, explosives, A, N (**Atomic, nuclear**) B (**biological**) C (**chemical**) weapons. They are a threat to human, animal, plant life. Scientists that create these weapons get, **MS R7**. Production facilities of these weapons are demolished, burned by the Shire. Owners, directors, executives, supervisor of these facilities get, **MS R7**. Military that have used or are using these type of weapons are prosecuted, from rank of NCO upwards, **MS R7**. Government that allow production, storage of these weapons is replaced, get, **MS R7**.



Fireworks are a major polluter. They become more common bigger more polluting. Depending on weather condition air pollution may linger for day's. Particle pollution settles on water polluting it. Making it unfit to drink for people and animals. **Fireworks End! Laser lights replace them.**

## **Non breathable Air You have 4 minutes to live!**

Any Person, Organization or Government that denies breathable air or is cause and effect of polluted air. Are held accountable, get caged, **MS R7**. Demand breathable Air it is a **1 GOD** given right!

## **Zero Tolerance to Air Polluters !!!!!**

To survive a human body needs  
**‘Drinkable Water’!**



60+% of our body consists of water. Every cell in our body needs it. Water lubricates our joints, regulates our body temperature and flushes our waste...

Condensed atmospheric water vapor forms droplets Earth's gravity pulls the droplets down (**falling rain**) to the surface. Rain is a major source of fresh water. This rainwater is used for drinking, preparing food, cooking, washing, personal hygiene,...



A person was able to drink rainwater, use it for food preparation. Not anymore, rainwater is polluted, unhealthy, acidic, toxic, bad tasting, bad smelling. **Laundry should not be left out in the rain to become**

polluted. Not only does it look dirty, is bad smelling but it may irritate the skin.

Cold rain falls as hail, snow. Snow accumulates on high mountains, arctic and antarctic creating fresh water reserves. Snow is white,



polluted snow is gray even black. Black snow is found in the Himalayas, glaciers worldwide, Greenland, Arctic, Antarctica.

Communities create fresh water reservoirs. These reservoirs rely on rain water and melting snow to fill them. Because of pollution these waters need treatment before human or animal consumption.



Reservoir are deep rather than shallow. Deep water is cooler, reducing evaporation, algae growth especially poisonous type, insect infestation. Water sports are prohibited to stop urinating, menstruating and pooing into water. Water craft (jet ski, motorboats,..) pollute (oil, gasoline, battery acid,..) they are banned! Exception: Park Ranger transport.

A person cannot rely on the community doing it right. No treatment, partial treatment, wrong treatment, cost cutting, corruption, criminal behavior,.. Home treatment of water is becoming mandatory.



Home treatment of water requires filtration. To reduce: arsenic, asbestos, chlorine, chloroform, carbonate hardness, copper, dirt, herbicides, heavy metals, lead, pesticides, rust,... In warmer climates filtered water needs to be boiled to protect against deadly disease (virus..).

**Threats to fresh water!** Soon demand for fresh water will exceed the availability of fresh water.



Polluted rain can cause paint to peel, corrosion of steel structures (**bridges**), erosion of stone, wilting of leaves and other vegetation, skin irritation, .. Check 'Breathable Air' and 'Green Concept' on advise how to contain pollution.



**Irrigation!** Using ground water for irrigation depletes underground reservoir of water faster than it can replenish. Resulting in drying up a whole Ecosystem and creating a shortage of freshwater. Ground water irrigation ends. Illegal using ground water for irrigation a crime, **MS R7**. Government allowing Ground water irrigation, is replaced, prosecuted, **MS R7**.



Irrigation, using freshwater from creek, river, lake,.. slows the flow of water. This encourages evaporation . Resulting in drought! This type of irrigation ended civilizations. **End irrigation.**

Polluted waterway's (**creek, river, lake,..**) create a shortage of freshwater. Storm water filled with toxins, pharmaceuticals, poisons.. Illegal dumping of industrial waste, toxins, poisons.. Polluting of waterways ends, polluters get, individuals **MS R3** all others, **MS R7**.



## **Supplement freshwater**

Desalination uses a lot of energy, costly. Intake of water has adverse environmental impact, pulling large numbers of fish, shellfish, their eggs,.. into system. Larger sea creatures are trapped against screen at the front of an intake structure. Chemical treatment, corrosion, create a warm brine which is released back into the ocean.



Desalination has a high boron content making for inferior water quality. This water used in farming, ranching, food production results in a high boron level diet. A prolonged diet of boron is unhealthy.

Recycled waste water, sewage passes through primary treatment to take out solids, nutrients are removed, filters remove most bacteria and viruses. Water is then forced through a membrane to remove molecules. Toilet to tap is an option of last resort. Tests don't reveal all health risks.



Bottled water (**costly**) is suitable for travel. Plastic water bottles release chemicals which become dangerous when warming up (**sun, heater**). Do not use plastic containers for food or drink. Do not buy food or drink in plastic containers. Glass (**no lead**) bottles, containers are best. Do not use plastic straws or cutlery. Do not use plastic containers to cook or serve food.

### Flavored drinking water

For variety drinking water may be flavored. Some flavoring is unhealthy it is to be avoided. Flavored water may be served cold or hot.

**Suitable** flavored drinks: Beef extract, Chicken extract, Cocoa, Tea, Coffee, Fruit, Herbs, Spices, Vegetable.



**Unhealthy** flavored drinks and add-ons: Alcohol, Artificial color, Artificial flavoring, Artificial and natural sweetener, Carbonated, Cola, Cordial, Energy drink, Lemonade, Decaffeinated coffee, Fruit-juice, Preservatives, Sodium..



Drinking water is best



Any Person, Organization, Government that denies drinkable water or is cause and effect of polluted water. Are accountable, **MS R7**  
**Demand drinkable water it is a 1 GOD given right!**

**No liquid intake. You have 4 days to live!**

**Daily routine:** Get up, have a 0.2 l glass of lightly chilled, filtered water. Before every meal (**Breakfast, Early Day snack, Lunch, Late Day snack, Dinner**) have a 0.2 l glass of lightly chilled, filtered water. Have Drinking glass (**no plastic**) filled with 0.2 l of filtered water on each bedside table. Drink during night after every toilet visit and when having a dry throat, drink rest when getting up in the morning.

## Suitable flavored drinks:

### Coffee a heavenly stimulating drink

Coffee a brewed drink prepared from roasted seeds of coffee plants. Coffee is made from dried, roasted, seeds of the coffee tree, grown in hot, wet climates along the equator. There are 2 varieties: **Robusta** beans have a strong flavor and a full-body. **Arabica** beans grow at a higher altitude, have a smoother flavor and more aromatic qualities.

Once picked, dried, coffee beans are roasted at around 200°C. This allows the sugars in the bean to caramelize and the flavor of the coffee to develop. The longer beans are roasted, or the higher the temperature, the darker the roast will be and the fuller the flavor, in general light roasts have a sharper, more acidic flavor, while darker roasts have a deeper, richer flavor. A dark roast isn't necessarily, 'stronger'. The strength of a cup of coffee depends on how much water is added while the coffee is being brewed.



### How to make a cup of coffee ?

How to get the most from your favorite cup of coffee.

- 1) Great tasting coffee starts with great tasting water. If filtered water isn't available, use cold water from the tap. Let it run for a few seconds to aerate before adding it to the kettle.
- 2) Let water come off the boil (80°C) before pouring it on to coffee (**instant or drip-filter**) granules. Boiling water scorches granules and impact's on the taste.
- 3) When using milk (**not recommended**), add it to the cup after the water. If milk is added 1st, the coffee may not blend as well. The hot water can scald the milk, changing the flavor.

**Note!** Sweeteners (sugar or artificial) ruin coffee !  
Decaffeinated is not coffee but a health-risk.  
Use only non Dairy whiteners.

## Decaffeinated Coffee a Health-risk!

**Decaffeinating** uses Solvent. Solvent residue often upset a stomach.

**Logic!** Coffee without Caffeine defeats purpose of drinking Coffee.

### Preparations:

Brewing,



Instant,



Drip-Filter Coffee;



Espresso (machine)



## Don't use Coffee Pods a Environmental risk!

Coffee Pods all 1 Billion are a environmental disaster.  
They are not biodegradable. Not being recycled.

**STOP! Production!** Prosecute, **MS R7**.

**STOP!** Using them! Shun and Shame!



**Note!** All 1 off disposable products are a cause of too much garbage!  
Their production, 'Ends'! **Breach, MS R7!**

**Shun, Shame** people that use 1 off disposable products!

How to drink a cup of coffee ?

To get the best flavor, taste let it cool a bit than take big slurps rather than sipping. Big slurps of coffee release more aroma. Smell and taste it, heavenly. There are wicket coffee with milk:

**Espresso** is a concentrated beverage brewed by forcing hot water under pressure through finely ground coffee. Compared to other coffee brewing methods, espresso has a thicker consistency, a higher concentration of dissolved solids and foam. Espresso is the base for other drinks: Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-shot, Lava and Mote. Served with a smile.



**Cappuccino:** preparing texture, temperature of milk is the most important step. Milk is steamed adding very tiny air bubbles giving it a velvety texture (foam). A shot of espresso is put into the cup, hot foamed milk is added, topped with 2 cm thick foam, finished with a

sprinkle of ground Cinnamon.



**Latte:** heat up milk no froth. A shot of espresso is put into a cup. Hot milk is added, topped with a sprinkle of raw cocoa.



**Macchiato:** heat up milk no froth. Fill cup 2/3 with milk. Add a shot of espresso. Top with peppermint leaf.



**Mocha:** make raw hot cocoa. Fill cup 1/2 with hot cocoa. Add a shot of espresso. Top up with milk & milk froth. Add a sprinkle of raw cocoa.



**Gringo:** Fill cup 1/2 with hot water. Add 2 shots of espresso. On top sprinkle Nutmeg.



**Americano:** A shot of espresso is put into the cup. Hot water is added.



**Duo-shot:** Add 2 shots of espresso. Then hot water.



**Lava:** 1st a shot of espresso. Add a nip of concentrated mandarin juice. Add a shot of hot raw Cocoa Top with hot foamed milk. Add a sprinkle of ground Cinnamon.



**Mote:** Fill cup 1/2 with hot peppermint tea. Add a shot of espresso. Top with hot foamed milk. Finish with a sprinkle of ground Cinnamon.



**Cocoa** a heavenly stimulating drink

Cocoa trees grow in hot, rainy tropical areas. It's fruit are Pods. Inside a pod there are seeds (**beans**). Cocoa beans are turned into cocoa butter and powder.



### Preparing Hot Cocoa:

1 tablespoon cocoa powder,  
1 cup: soy liquid, goats milk or other non dairy milk.  
1 teaspoon vanilla extract,  
Dash of cinnamon,  
Dash of nutmeg.

Combine ingredients in a medium pot and warm on medium low heat, whisking until frothy and hot.



### Tea a heavenly stimulating drink



Camellia an evergreen plant. It's leaves picked and processed give us Tea. Basic Teas are black or green. They may be flavored or scented.

**Custodian Guardian tea preparation:** place loose processed tea leaves into a tea infuser. Put infuser into glass cup. Boil water, stop the boil, when bubbling stops (80°C) pour into glass cup. Enjoy!



(a) As bubbling stops pour over black tea. After 1 minute stir infuser 3 times. After another minute remove. Drink, or add any citrus juice for flavor, or let it cool, chill and drink. Warning do not pollute with sweeteners, whiteners (**artificial, natural**).



(b) 10 seconds after bubbling stops pour over green tea. Stir infuser 3 times. After 1 minute remove. Drink, or add any stone fruit juice for flavor, or let it cool, chill and drink. Warning do not pollute with sweeteners, whiteners (**artificial, natural**).

Herbal seed tea preparation, place loose pressed seeds into a infuser. Put infuser into glass cup. Boil water, stop the boil. Just as the bubbling stops pour over seeds. After 1 minute stir infuser 3 times. After another 7 minutes remove. Drink, or let it cool, chill and drink. Warning do not pollute with sweeteners, whiteners (artificial, natural).



Herbal leaves tea preparation. The same as green-tea.



Herbal root tea preparation, chop roots. Prepare same as black tea.

Using a microwave when brewing a tea bag brings out the flavors. Remove tag from tea bag make sure metal staple is removed. Most paper tags use cheap ink, discoloring water, interfere with flavor.

Put hot water in a tea cup > add your choice of Tea bag > heat in microwave for 30 seconds on half power (400-500 watts) > Let it brew in microwave for a minute > take it out > enjoy!

Drinking water is best (may be flavored)



Filtered Water  
for good Health !!!

**Warning! Severe threat to Human Survival:** Micro plastics!

Micro plastics from plastic waste have polluted the entire planet, from arctic snow mountain soils to the deepest oceans. Micro plastics have entered the seafood chain. Most humans have micro plastics in their blood which distributes throughout the body. All body parts brain, breast milk, heart, lung, muscles...are polluted. It will bring a response from immunity and evolution! With unknown bad consequences!

Plastic water bottles release micro plastics which become dangerous when warming up (sun, heater, pot). **Warning!** Drinking from plastic bottles, containers is unhealthy! It ends! Breach, **MS R7**. When affected take class action against manufacturer, retailer, government!

Drink bottle fed babies are swallowing millions of micro plastic a day!

Study shows that food preparation in plastic containers lead's to exposure thousands times higher! Don't turn your baby into a plastic doll. Do not use plastic bottles, containers for feeding or food preparation!



Breach **MS R7**. When affected take class action against manufacturer, retailer, government!



Do not purchase drink or food in plastic bottles, containers, cans! Do not use plastic containers, utensils to prepare, cook, serve food, drink! Do not use plastic cutlery, straws, plates, tumblers...! Breach **MS R7**. When affected take class action against manufacturer, retailer, government!

To survive the human-body needs **Eatable Food**

Part of a daily routine is eating. How healthy we are and how long we live. Has a lot to do with our eating habit. No food you starve!

**Feed 5 times a day:**

'Breakfast, include Water, Herbs, Spices, Honey, Coffee,...

Early Day-snack, include Water, Fruit, Herbs, Tea,...

Lunch, include Water, salad, egg, Coffee,...

Late Day-snack, include Water, Nuts, Berries, Spices, Cocoa,...

Dinner'. include Water, Dinner theme, Tea or coffee.. Vegetables.

7 Foods that should be eaten daily: Fungi (mushroom), Grains (oats, barley, lentil, maize, millet, quinoa, rice, rye, sorghum, wheat), Hot Chili's, Onions (brown, green, red, spring, chives, garlic, leek), Parsley, Sweet Capsicum, Vegetables (asparagus, beans, broccoli, cauliflower, carrots, peas, sprouts,..)



Every week-day needs to have a Dinner theme: e.g. Day 1: Vegetables  
Day 2: Poultry Day 3: Mammal Midweek: Reptile Day 5: Seafood  
Weekend: Nuts and Seeds Fun-day: Insects

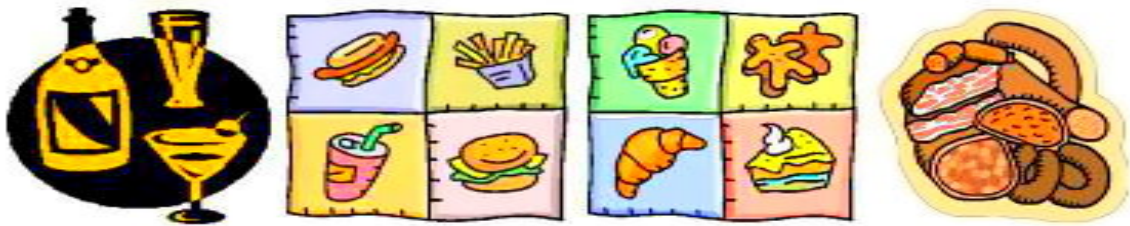


**Diet No No's:** Artificial sweeteners, Manufactured food, Genetic modified food, added Fructose, food in plastic containers.



**Fructose** the main cause of Diabetes, Obesity (Blubber People). It is bad whether it comes in Sugar or Fruit. Adding Fructose during processing of drink or food is a health-hazard. Processing, distributing, selling of this type of drink or food is criminal behavior it gets: **MS R6**  
Exception: Unprocessed, Berries, Fruit, Honey, Vegetables.

Say No to: Anything that contains: Fructose, glucose, sugar; biscuits, cakes, breakfast cereal, chocolates, fruit juice, ice cream, lollies, jam, ketchup, lemonades (Cola, Energy,..) marmalade, muesli bars, sauces, wine...



**Manufactured-food** is too salty has too many preservatives, often is too greasy, has sugar added making it unfit for consumption by people pets, livestock. **Manufactured food** is a cause of high blood pressure, clogging of arteries, Obesity (Blubber People). Processing, distributing, selling of manufactured food is criminal behavior, get **MS R6**

Say **No** to: Dairy milk, Dairy cheese, Fast food, ham, hamburgers, salami,...

Manufactured: Bread, Meat; Pizza, Sausages,

Processed: Fruit, Soups, Vegetables...



**GM Food** is what people actually consume. It all starts as genetic modified (engineered) seed (GM Crop). GM Crop because of the flow on effect alters the whole Food chain. Creating mutations which create new diseases, life threatening global plagues in all members of the Food chain! **Including humans!** People will become more sick, die younger, more deformities, more sick babies, more miscarriages... Will change human DNA.

**GM Food Survival Threat:** Alfalfa, baby food, bacon, bread, corn, breakfast cereal, canola, eggs, ham, margarine, meat, potato, papaya, peas, poultry, rice, sausages, soybean, tomatoes, wheat, zucchini,...

**Demand** from the community unadulterated food. **NO:** Alcohol, Genetic modification, Herbicides, Insecticides, Manufactured food, added Salt, added Sweeteners (artificial or natural),...

Any Person, Organization, Government that denies eatable food or is cause and effect of polluted food (GM). Are accountable, **MS R7**

**Demand eatable food it is a 1 GOD given right!**

**10.2.7. Blubber** day

**C-G Kalender Fun Day Themes**

**12.1.7. Good health** day

**C-G Kalender Fun Day Themes**



**Not enough food you get sick !!!**

**No food you starve !!!**

**To survive a human body needs Sleep**

**1/3** of everyday is spent lying down, part of this entails sleeping.



Sleep is needed for survival of a human body. 7 hours should do. Lack of sleep leads to death but only after a very painful transit through depression and outbursts of insanity.

Deficient sleep is depriving the body of its healing capacities affecting heart, immune, endocrinology, neurological, psychological and general anabolic functions. Deficient sleep may result in apnea, obesity, insulin resistance, chronic depression. Sleep deficiency may lead to death. **Forced Sleep deficiency is classified as Torture.**

Healthy sleep entails moving during sleep, lying straight or with raised knees, on back, either side or stomach. Sleep is related with balancing the following systems: Cortisol, melatonin, growth hormone, insulin, noradrenaline, prolactin, serotonin... Sleep and our weight are linked: 2 hormones (**leptin, ghrelin**) work to control feelings of hunger, fullness. Lack of sleep makes you less satisfied after eating and craving for more food resulting in overeating (**obesity**). Sleep-walking is an illness needing medical attention.

To get restful revitalizing sleep a bed room is as dark as possible. An absence of internal and external noise is a must. Shire implement Night-curfew. **Note!** It is normal to have 2 sleeps with a break in-between. 1<sup>st</sup> sleep is about 3.5 hours with an up to 1.5 hour break followed by a 3.5 hour sleep.



During the 1.5 hour sleep break. People get up, go toilet,... Before lying back down do the night-time exercises and have a glass of water. Those that do not get up, pray, read, write, couples chat, mate (during the sleep break people are more relaxed better at conceiving), ...

### **Night time exercises**

It is normal to have 2 sleeps with a break in-between. Should you get up (e.g. to go to the toilet), on returning sit on the bed's edge, drink some water. Do the following exercises (All exercises are done while sitting on the bed's edge knees shoulder wide apart). Every time you get up do a different exercise.

**1<sup>st</sup> Exercise:** Place the palms\* of your hands against the outside of your knees. Press hands inward and knees outward, hold 7 seconds (you feel tension in arms, legs, shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. \*variation use fists.

**2<sup>nd</sup> Exercise:** Make fists\* place them against the inside of your knees. Press fists outward and knees inward, hold 7 seconds (You feel tension in arms, legs, stomach). Relax, take a breath, no repeats, sip water, lie down, sleep well. \*variation use flat palms.

**3<sup>rd</sup> Exercise:** Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

**4<sup>th</sup> Exercise:** Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand and press down at the same time press open hand upwards, hold 7 seconds. Reverse, hold 7 seconds (You feel tension in hands, arms, neck, chest ). Relax, take a

breath and sip of water, lie down, sleep well. **No repeats.**

People with tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees (**You feel tension in arms, back, stomach**). Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

**Note!** People who sit a lot during day-time. Are to do 1 of the night-time exercises in rotation every 2 hours.

## It's your body ! Keep it fit !

**There are prerequisites before lying down to sleep.**

It should be dark, it should be night. To get restful revitalizing sleep the bedroom must be as dark as possible. An absence of internal and external noise is a must 'Shire' must implement 'Night-curfew'.

1 hour should have passed since the last feed. Brush teeth and wash whole body before going to bed. Worship 'Sleep-Prayer'.

**1 GOD is waiting to hear from you !**

### Sleep Prayer

Dear **1 GOD**, Creator of the most beautiful Universe  
Protect me when I'm most vulnerable  
Protect me from unsettling and Evil thoughts  
Let me have restful, healing and revitalizing sleep  
Don't let worry disrupt my dreams and sleep  
Let me only remember the sweet dreams  
For the Glory of **1 GOD** and the Good of Humankind



This prayer is used before going to Sleep !



Have Drinking-glass (**no plastic**) filled with 0.2 l of filtered water (**nothing added**) on each bedside table. Every night before going to bed put glass on bedside table. **Note!** Drink during night every time after you visited a toilet and when having a dry throat, drink rest when getting up in the morning.

Have 1 Gold tone glass bowl (**1 only for doubles**) containing herbal concoction (**aroma therapy**) on window side bedside table! Herbal concoc-

tion consists of 7 herbs: Chamomile (*matricaria chamomilla*), Eucalyptus (*eucalyptus globulus*), Hops (*humulus lupulus*), Hyssop (*hysopus officinalis*), Lavender (*lavendula officinalis*), Lemon balm (*melissa officinalis*), Rose (*rosa damascena*).

### **Bed base and mattress!** (part of C.G. N-ABs1)

**Base** is sturdy, noiseless. It does not give of electric magnetic waves (**motor powered**). It is horizontal level (**no tilting parts**). Base has 7 removable solid wood slats (**dried, aged**) the width of the bed. Base is to be dust mite free. It fully support's weight of 150 kg, has a Warranty of 14 years. For restful revitalizing sleep a weary body has to lie down a mattress is best. Pressure on the supported areas of your body should be minimal. The micro climate of the mattress needs to moderate its temperature.

**Base, Mattress size (measure in meters)** Inside frame: width 1.06 m, length 2.06 m (**fit mattress width 1.05 m, length 2.05 m**). The Outside frame is 0.09 m of the floor. Enabling air circulation, cleaning (**under bed**). Inside frame has 7 loose wood slats: width 1.06 m, thickness 0.03 m, 0.03 m gaps between slats (**increases air circulation of mattress**), distance between floor, slats is 0.1 m. The empty space between floor, slats is for air circulation, cleaning (**not storage**), keep it empty. **Mattress-size:** width 1.05 m, length 2.05 m. **Note !** There is only 1 sized single bed base, mattress. Couples have 2 single bed base, mattresses.

**Mattress core (no: metal springs)** Mattress core must fully support a body weight of 125 kg. Hypoallergenic, supportive, distribute body-weight, relieving pressure points, moderate temperature, fungi resistant, chlorofluorocarbons free. **Warranty 7 years.**

**Mattress cover (there are 2: protector, outer)** Both covers are machine washable. Protector cover has a zip to enable filling to be washed, supplemented, replenished. Protector cover has pure silver (**no alloy**) particles woven in giving anti bacterial, anti microbial, anti static properties, containing odors. Outer cover is a cotton fitted sheet covering protector cover, mattress core. Elastic strips keep it in place. **Note!** When visiting (**holidaying**) bring your own mattress covers (**both**).

**Mattress clean** Every 7 years mattress is replaced with new 1. Replaced mattress is burned! **Warning!** Never reuse or pass on pre-owned mattress. Never share a mattress cover. Sharing risks spread of infectious diseases. Every 7 weeks both covers are washed in biodegradable soapy 60°C water (**Warning! No dry cleaning**). Drying is in

natural flowing air/breeze (no dryer) and shade (no direct sunlight).

Pillow design keeps the spine in natural alignment, eliminates pressure points, supports different sleep positions (side, back, stomach). Pillow design has the ability to be fluffed to fit the unique sleeping posture of its user and increase facial circulation. Pillow design (no: straw, rags, hay,) maintains its elasticity, is hypoallergenic, free of toxins, machine washable. Pillow cover (there are 2: inner, outer) pillow inner cover has a zip to enable filling, adding, replacing, washing. Inner cover has pure silver (no alloy) particles woven in, giving anti bacterial, anti microbial, anti static properties, containing odors. Pillow outer cover is made of 100% cotton, has a zip. Both wash in hot water, no dryer, no dry cleaning. Pillow design support a sleeper of maximum 125 kg weight. Pillow size: width 0.8 m, length 0.4 m

Quilt design supports different sleep positions (side, back, stomach). Quilt has pure silver (no alloy) particles woven in, giving anti bacterial, microbial, antistatic properties containing odors. Quilt design has the ability to ensure effective heat distribution and air circulation. The design is hypoallergenic, free of toxins and machine washable (no dryer, no dry cleaning). Quilt-size: width 1.40 m, length 2.15 m

Each individual needs to sleep with their own quilt. Why? **Quilt snatching** during sleep, partner takes the whole quilt leaving you uncovered. **Draft** both sleepers turn opposite ways creating a gap where cold air gives chills. Unhealthy any infectious diseases are passed on. **Note!** When visiting (holidaying) bring your own quilt, quilt cover (both).

Universe Custodian Guardians recommend for cold nights, illnesses that need consistent warmth the 'Hooded Quilt bag'. It gives a snug heavenly sleep. A 'Hooded Quilt bag' is a sleeping bag made to the standard of a C.G. N-ABs1. It is used with the above pillow and quilt. It is soft, cuddle, skin friendly with even heat dispensation, machine washable. Hooded Quilt bag size: width 1 m, length 2.15 m. Hooded Quilt bag cover has pure silver (no alloy) particles woven in, giving anti bacterial, anti microbial, anti static properties, containing odors. It has zipped mosquito net pockets to be used for heat management, air circulation.

Every 7 weeks, Pillow (filling and both covers), Quilt, Hooded Quilt bag are washed. In biodegradable soapy 60°C water (Warning! No dry cleaning). Drying is in natural flowing air, breeze (no dryer) and shade (no direct sunlight).

Withholding sleep is torture! Torture as interrogation tool is not acceptable. Torturers are held accountable: **MS R7**

### **In the morning after 7 hours of sleep:**

Get up, have a glass of filtered water, go toilet, do 'Daily-Fit (Exercises)', worship 'Daily-Prayer', wash face, hands, have breakfast, get dressed. Check your 'Planner'. Now you're ready for Life-experiences. When going outdoors wear, protective clothing, head, eye's and feet protection.

### **Night curfew ! To Save Planet Earth!**

Demand absence of external noise at night (night curfew)! It is a community right!

The human body was not designed to be nocturnal. Humans misused their brain power to create a nocturnal lifestyle. This lifestyle is not beneficial to good health. Night-curfew is needed for good health.

A 7 hour night curfew from 14-21 hours (22- 6 hours, 24 hour Pagan clock) is mandatory. For good health, reduction in: energy use, crime, pollution, protection of wildlife. Reduction in cost to government, encouraging multiplication.

Nobody works (everything is closed) except minimum emergency personal. No energy is used except for emergency or heating! 1 public news radio station is allowed all other entertainment is turned off! No manufacturing, office, or retailer is to operate or use energy! Homes can use heating (dress warm), cooling (dress light) in extreme weather.



Night-curfew is mandatory. For the well being of human body and local Habitat. A Shire enforces Night-Curfew through Shire Rehab **MS R1** Repeat offenders are passed on to Provincial Rehab **MS R3**  
**Climate Protection for survival**

Climate protection is needed to protect the human body, animals, pets, food production. Climate protection: **protective affordable clothing and hygienic affordable secure shelter!**

**Protective clothing** is needed to protect the human body from climate, disease and pollution. Protective clothing needs to be comfortable, useful (**protect against extreme weather**) and affordable. Protective clothing consists of head cover, clothing, socks, footwear!

**Head** protection consists of 2 parts head (**balaclava, beanie, K-scarf**) and eye protection (**spectacles**). A helmet can combine both. **Head protection is worn when outside!**

**Balaclava (Beanie)**. Balaclava cover the whole head exposing only the eyes. Is knitted out of wool or a mix of cotton and wool (**no synthetic fiber**). Can be any color or pattern may have a decorative pom pom on top. **When no face and neck protection is needed balaclava can be rolled up and become a 'Beanie'.**



**K-Scarf**. K-Scarf may cover the whole head exposing only the eyes. It acts as a head cover and a veil (**maximum protection**). Is knitted out of wool or a mix of cotton and wool (**no synthetic fiber**). Can be any color or pattern.

**Balaclava** or **K-Scarf** both protect by covering the nose mouth. Inhaling pollution, deadly contagious diseases and stinging insects are avoided. Furthermore allergies and asthma are reduced. Reduces the effect of dry and cold air. Contains spreading contagious disease.

**Eye protection** has 2 designs: **Practical**, single lens (**visor**); **Fashion**, 2 lenses (**spectacle**). **Eye protection is worn when outside!**

**Spectacles Rim**: needs to keep out airborne particles on all sides (**top, bottom, sides**). Must be break resistant (**does not break when sat on**). Can be any color may be ornamental.

**Lenses**: unbreakable, highly scratch resistant, block UV rays, not fogging up, glare adjusting (**changes darker, lighter, lighter, darker**).

**V-Helmet** head protection against knocks. Hair, head need climate protection from cold wet, extreme radiation, pollution. A head also needs protection from knocks: a V-Helmet with in build GPS tracker..

The outside shell is metal or synthetic. It has a midline ridge that can be decorated: plumage,.. A leather chin strap holds a microphone. The visor is curved sideways, straight up down, unbreakable, highly scratch



resistant, blocks UV rays, not fogging up, glare adjusting (darker, lighter, lighter, darker). The helmet has a leather back as neck protector.

The V-Helmet has inside leather padding. Embedded in the padding are ear pieces. A **Balaclava (Beanie)** or **K-Scarf** can be worn under a helmet. To keep inner lining of the helmet clean from perspiration, dandruff, grease. Outside accessory: bright light, infrared light lamp; a digital video recorder.

## Head protection is always worn when outside.

**Protective clothing** is needed to protect the human body from climate, disease, pollution. Main body parts protected by protective clothing are head, skin and feet. Protective clothing is always worn outside.

**Skin** needs lots of protection, from bites (animals, human), stings (insects, needles), infections (bacteria, fungi, germs, virus), radiation (heat, solar, nuclear), exposure (acid, fire, frost, sharp edges, wet).

**Bite** protection: avoid angry, dangerous animals and humans.

**Sting** protection: cover skin (protective clothing) except for eyes. Don't body pierce or tattoo (self mutilation by body pierce or tattoo is abnormal, sick, may cause infection). Protect fingers when sewing.

**Infections** protection: clean skin, cover with protective clothing. Healthy diet, exercise, herbs spices, supplements, immunization.

**Radiation** protection: cover skin (protective clothing) for heat, solar. For nuclear a special suit covering 100% of body. **Warning!** Exposing bare skin (Nudity) to the elements (weather) is unhealthy.

**Exposure protection:** Protective clothing, coverall (with hood) or 2-piece made of flax, cotton, wool, or a cotton, wool mix (no synthetic fibers) any color any pattern. Either (coverall or 2 piece) should have a t shirt neck, puffed\* arms, legs closed at wrists, ankles (draft proof)...

\*Puffed arms, legs allow elbow and knee joints to move freely.

Also the air inside creates climate control for skin, body.

Clothing is made out of natural fibers: animal hides, plant fiber, silk,



cotton or wool. Artificial fibers are not used for clothing touching human skin. Production of artificial fibers for clothing ends.

Protective clothing is comfortable, long lasting, practically, affordable Fashionable (**designer label**) protective clothing is overpriced, short term,.. **Not acceptable!**

**Feet** need protection (socks, boots) from climate, knocks. Skin, toes, ankles are at risk. Foot protection that does not protect (**Sandal, Slippers, Thongs**) feet, ankles is useless. Foot protection is always worn outside. Walking barefoot outside is unhealthy.

**Socks** are knitted out of cotton wool or a mix of cotton and wool (**no synthetic fiber**). Can be any color or pattern. Socks have pure silver particles (**no alloy**) woven in, giving anti bacterial, anti microbial, anti-static properties, reducing odors. Socks cover feet up to 7 cm above An-  
kles.

**Boots** have upper protective leather, inner soft leather (**no synthetics**) soles leather or rubber. Boots protect feet up to 7 cm above Ankles. Synthetic footwear heats up feet boiling them. Making them sweaty starting rashes! You cannot walk.



**Hand** protection (**gloves**) are worn as needed! Gloves are made out of leather, cotton, wool, or a cotton, wool mix (**no synthetics**) any color any pattern.

## Protect your body use protective clothing outside!

**Protective Shelter** (**home, living, work**) a human need, protection from crime (**security**), elements (**weather**), fire, insects, pollution. Affordable hygienic protective shelter is a **1 GOD** given right! Custodian Guardian prefer cluster housing (**community living**) supplied by the Shire (see shire planning)!

**Room's** floor, walls, ceiling, consist of cyclone, fire, high humidity resistant precast concrete panels. **Floors** are wet mop cleanable, non slip, anti static, mold, mildew inhibiting, hygienic.

Horizontal Sliding **Windows** are tinted double glazed. Square non-wood frame. There are no curtains or drapes (unhealthy: **dust, germs, insects...**) instead outside shutters (**lockable**), inside horizontal sliding insect screens.

For **Heating\*** in floor heating (**steam, hot water**) is used. Cooling is by natural air circulation. Room-temperature 19-21°C.

\* Energy wasting is a Crime

**Lighting\*** should be automatically switch On, Off.

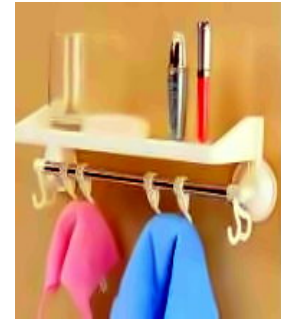
\* Energy wasting is a Crime

## Protective Shelter for Survival, Security, Comfort.

### Good Hygiene for good health

Good hygiene starts with being clean and tidy. Clean and tidy starts with personal appearance, applies to home, study and work. Clean and tidy also applies to thinking and reasoning.

A 'Daily routine' includes cleanliness. Wash hands after every toilet visit and before every feed. Wash face before every feed. Brush teeth and wash whole body before going to bed. HE shaves at least twice every week. Wash hair once a week. Custodian Guardian attend Gatherings clean (brushed teeth, combed hair, whole body washed), shaved facial hair (HE), wearing clean, neat gear (head to toe).



After getting up in the morning every member of the family physically capable make their bed. Parents teach children how to. Completing morning hygiene. It is time to get dressed, putting on the laid out prepared (evening before) gear the person planned to wear. Every breakfast storage container is cleaned before refilling and labeled (content, filling date). After breakfast clean eating area. Return containers to storage. Dirty containers, utensils are put in the sink. A person is now ready to start their daily chores (home, school, work, volunteering).

All containers have a content label. Food containers also have a filling date. Store containers neatly and secure. Dangerous (poison, toxin) containers are stored securely (child and incompetent proof).



Don't leave unused items (utensils, tools, toys) clutter up furniture, floor, work area. After usage pick up items put them in neat storage (labeled). Store items always in the same place. They are then easy to find.

Before going to bed. Prepare and layout the gear you plan to wear next day. Pack any bags with items that are planned to be taken along when leaving in the morning.

Keeping your surroundings clean and tidy. Reduces: **Dust** (good for your respiratory system). **Micro organism** (bacteria, germs, viruses)

less infections, deaths. Insects (bites, larvae, stings) less infections, rashes. Vermin (rats, mice, cockroaches), less droppings, spread of micro organism, less plague outbreaks.

Using a bleach or strong disinfectant increases your chance of getting chronic obstructive pulmonary disease. Use a natural surface cleaner: **Mix**, 1 cup bicarbonate of soda, 1/2 a cup white vinegar, add a few drops of essential oil. Need it stronger add a tablespoon of salt.

Need to sneeze! Sneeze into your armpit. Don't spread disease.

Don't kiss on lips. Kissing transmits infections fastest. Rub noses instead.

Don't shake hands! High five! Unless you wear gloves.

Immunization is mandatory! People who are not immunized are a threat to the community! They are immunized and caged, **MS R4**

Hygiene applies to thinking. Immoral, selfish, hateful, violent, thought, are bad thoughts to be avoided. Implementing bad thoughts leads to accountability!

Climate change has decreased air quality. More, bigger fires (bush, forest, wildfires)! Human domestic (coal, dung, gas, oil, wood), utilities (coal, garbage, gas, oil, uranium), transport (coal, gas, oil) burning! A community has to consider using breathing protection!

Outdoors respiratory protective equipment (r.p.e.) is recommended! R.p.e. are rated by how well they protect against particles. P2 masks are used. To protect, masks are fitted tightly (beards are shaved off)!

Indoors use air purifiers! Gadget uses a HEPA filter. Keep all doors and windows closed.

Humans produce too much garbage, waste! This creates a severe hygiene health risk. It creates pollution that enters the communities food chain. People are to reduce shopping of non essential goods, downsize homes, reduce leisure time activities (big crowd events, sport, music,...)!



Human's swimming is not natural. The human body is not designed to live in or underwater. Swimming in or underwater is unnatural and

should be avoided. Natural waters Oceans (seas) and inland waters (lakes, rivers,...). Unnatural waters swimming pools, spa's,...

**Natural waters** are a toilet to all the creatures living in the water. Birds flying over the water do their droppings. Animals and peoples sewerage end up in inland waters, oceans. People on beaches urinate, menstruate, throw-up,... Swimming in a toilet is unhealthy to skin. Gulping toilet water is a great health risk. Don't do it!

**Natural waters** sponge like absorb pollution, toxin,... Air pollution: acid-rain, ash (burning, eruption), dust (mining, storms), nuclear radiation (power stations, military). Air pollution enters the food chain (by air, soil, water) finally ending up being part of a (health risk) human diet!

**Water pollution:** Drilling, dumping, runoffs, water transport. Drilling for fossil fuels pollutes air and water. Dumping of chemicals, drugs, garbage, raw sewerage, toxins is happening daily. Runoffs (toxins, chemicals, drugs, garbage, raw sewerage) from storm water, farms, industry, pollute. Water transport bulk carriers, cruise ships, super-tankers, submarines, trawler, warships are big polluters. Smaller water transport also pollute especially inland waters. Polluting air, soil and water is, 'Environmental Vandalism' a crime: **MS R7**.

**Unnatural waters** contain a mixture of chemicals that dry up and irritate eyes, hair and skin. Swimming pools, spa's should be avoided. Swimming pools are elitist waste of scarce fresh water. This waste ends!



## Security to protect from violence!



Violence starts with the unborn. Violent surroundings instill a propensity to violence for the rest of the life. Propensity to violence needs a trigger to turn violent. **Triggers:** Alcohol, anger, contact sport, fear, fight sport, ignorance, humiliation, lack of empathy, mind altering substance, peer pressure, provocation, violent: video, video games...

An unborn exposed to mum and dad verbally abusing each other. Learn that it is okay to verbally abuse and will do so later in life. An un-

born exposed to mum being physically hurt by dad. SHE new born will later in life endure physical abuse by HE. HE new born will think it's alright to hurt SHE.

Violence may come from another individual(s). It may come from wild-life. It may come from Pets. It may come because of Government action or inaction.

A community living with and not holding 'Violence' accountable. Will **'Kill'**! (Abortion, Assassination, Death penalty, Genocide, Massacre) Killing a person is a threat to all Humankind, an insult to **1 GOD !!!** No Person, Organization, Government has a right to **Kill!** Killing is never a solution.

## Stop, 'Violence', start at home !

Every community member has a human survival duty to contain Violence. Join (start) Neighborhood Watch. Observe, report, arrest (civilian),... Make your community a crime free zone!



Securing the neighborhood is a team effort. It means close co operation between an individual. Their family, Friends, neighbors, the community and all type of Government.

People have a right to feel save in their home. They have a right to feel save at study and work. People help their neighbors when under attack. Workers help fellow workers. Educators and scholars help each other. Every Shire's aim is to be violent free.

**Shire** provide Sentinel services. Sentinel handle low to middle risk guard and patrol duties. On, or off duty a Sentinel will report anti social behavior (crimes, pollution, vandalism), report any community health and safety issues. Sentinel will arrest for perceived broken breaches and crimes. A Sentinel is attached to each Neighborhood Watch Community.

**Shire** provide a mandatory 7 hour night curfew from 14-21 hours (C.G. Klock). For good health, reduction in energy consumption, less pollution and protection of wildlife. Reduction in crime, cost to government, encouraging multiplication.

Emergency service workers are assisting Law-enforcement. By being

vigilant of breaches of Rules, Regulations on or off work. They may have to make civilian arrest's. CE reservist may be called to help.

People who allow violence, watch violence, **MS R2** ! People who encourage (**cheer on, help**), incite, violence, protect violent people from arrest, **MS R3** ! This also applies to combat, contact sport !

Marshall's guide the community through public awareness campaigns explaining Provincial Rules (**Laws**). Individual guidance. Marshall's protect the community, environment, wildlife: enforce Provincial Criminal and Civil laws, Community emergency services, Quarantine, Provincial Rehab, PHeC, PDeC and CE, Crematorium. liaise with Sheriff. Rangers> Border protection, Wildlife and Vegetation Sanctuaries, Environmental protection,..

Civilians don't carry, use, own weapons! Breach **MS R7** !

**Remember Violence is not the answer. It is not a solution!**

## Voting

For security and survival people support freely multi candidates elected Government. By voting in elections they secure accountability of government. Not voting may result in radicals taking over Government and establishing a Tyranny (**hereditary or political**). Tyrants are removed caged, **MS R7**. 'Universe Custodian Guardians' support only 2 types of government, 'Province' (provincial) and 'Shire' (local).



**Save Planet Earth!**  
**Stop Burning**  
**Reduce Garbage**  
**End Suburban spread**  
**End use of Toxins**  
**End Tyrannies**  
**Plant trees**

Human survival, destiny, space exploration and space colonization !

**Welcome to Space Exploration & Colonization**