A Return to Time v1, Temporarily

Time: Make a sundial. It does not have to be "correct", just mark the movement of the Sun with some shadow markings. Note the constellation that rises in the east at sunset and note its movement across the sky through the night. Note the phase of the Moon and its progression. Note the start date of infrastructure outage and establish a daily ceremonial updating of a calendar. Celebrate each day as an achievement.

Organization: Invite and involve as many people as possible in a daily meeting. Start a "tribe". Assign duties. Count supplies. Lead, **follow**, support, etc.

Poop: when children and dogs poop, we put it in plastic bags and throw it out. If sewage systems are not working, contain your poop in plastic bags, dig a hole – downhill and downstream – and have as many people as possible use the same hole. Better to visit one stinking pit once in a while than have human poop everywhere. Remember also: less food, less poop.

Clean Water: Filter first with charcoal and a T-shirt or similar, then sanitize with either A. a rolling boil for 1-3 minutes or B. 8 (eight) drops of bleach per 1 (one) gallon of water (very low ratio of bleach is required to sanitize water ~5000:1).

Food Rationing: Eat once per day at the same time of day. Noon is a good time. A person can live indefinitely on 1000 calories per day. A little food goes a long way if rationed:

calories	per	person days per unit	type			grams per 1000 calories	tbsp per 1000 calories	mL per 1000 calories
24,000	3L container olive oil	24.0	fat		olive oil	113	8	125
4,800	765g jar of peanut butter	4.8	fat/protein		peanut butter	160	10	150
180	200g can of tuna	0.2	protein/fat		tuna	944	59	889
40,000	25lb bag of rice	40.0	carb		rice	281	25	375

Lead, follow, or get out of the way: be a leader. Print and distribute this. Organize meetings. Help people feel good. **Follow**: if someone is leading, support and *make a show* of following them.

Deception: Do not get separated from children for any reason. Trust only people you know personally or who are physically present. Be suspicious of what goes on in the dark of an infrastructure outage. Do not auto-trust instructions coming from a phone that does not communicate externally with people you know personally. For example: "ALERT: ASSEMBLE AT THIS MEETING POINT…" when you can't communicate normally is an instruction coming from a power that controls your phone to tell you what to do but does not allow you to communicate with others. If the network can tell you to assemble, it can allow you to communicate also. Do not trust the phone until it works for you.

Define "Return to Normal": When do we consider it to be "over"? We may be presented with false ends as a carrot on a stick – tempting when times are tough. "Normal" in my opinion is **when we can communicate with people we know outside the local area again**. Cell phones up.