

AMERICAN SURVIVOR

Survival Information For The Prepared Citizen

March/April 2011

\$2.50 PER ISSUE

Published by: Live Free, USA , www.americansurvivor.org, e-mail: lfinow@aol.com, or write: Live Free, P.O. Box 3295, Munster, IN 46321

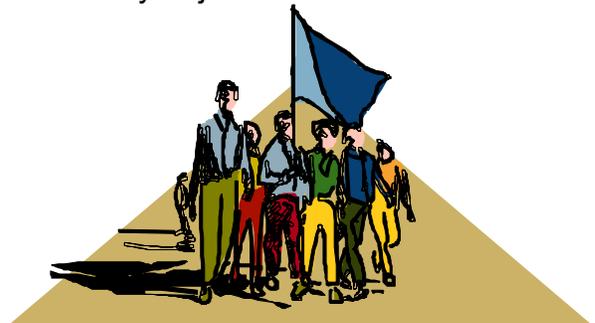


IN THIS ISSUE: Organizing a Survival Team. Cold Rain Survival, They Took Away or Protection, Spy Drones Over Your Back Yard, Ancient Survival Kits

Organizing A Survival Self-Reliance Team*

Remember the story of Goldilocks? Some things were too big and some things were too small, but some things were “just right”. While national organizations like ours are essential for networking’ support, training and advocacy, they are too large to implement effective emergency plans and mobilization when truly large-scale disasters occur. In a truly serious event, transportation systems (e.g. roads, etc) and communication systems (e.g. internet, phones, cell phones) will breakdown, making the coordination, and gathering of people outside of walking and short driving range impossible and dangerous. Even group training and supply distribution under normal conditions becomes difficult past the county area range. Furthermore, current trends in fuel prices and economic conditions will make national and even regional gatherings more expensive and difficult. On the other hand, single-family survival and self-reliance efforts are severely limited in terms of finances, manpower and range of skills. This is especially true when you consider the possibility of large groups of looters and criminals that may be encountered in a crisis. So what’s “just right”? Probably the most effective size for a survival, self-reliance team is from 5 to 20 families

spread no further than 40-miles apart. The group should be no larger than 40 families (over 100 people) and no further than 100-miles apart. Such teams do not need to be “stand alone” organizations. They can be developed within an existing community, fraternal, veterans, or religious organization or networked with adjoining teams. Of course they can also be organized “from scratch” starting with one family or just a few individuals.



How formal an organization you create depends on how large you get and how complex your activities become. If you get too complex to work well in normal times, it will fall apart in a disaster. The old “KISS” (keep it simple stupid) principle” should be a rule when it comes to organizations and plans that have to work under emergency conditions. How you organize is also a decision for the group, but you do need to have some structure. You will need to have a

designated leader (president, coordinator, leader?), and several designated officers that will take over if the leader is not available. The last thing you need is “who’s in charge” conflict in the middle of an emergency. In fact, you need to be sure there is no ego driven, “I’m the boss” types in your group. Good leaders are good listeners and good followers to. While each individual and family is expected to achieve a high level of self-reliance and survival capacity on their own, they are enabled to do this more effectively with the support of the team. Furthermore each family is interdependent and mutually supportive for key services and support that would not be available to the lone citizen. Specialized tasks can be distributed among the members or assigned to the best-qualified individuals. There are at least three important tasks that require special designation of responsibility.

Planning

Someone needs to be in charge of analyzing the potential hazards and developing detailed emergency plans for each situation. These plans must take into account the geography and demography of the area and the capacities of the group’s members. This person will need to conduct tabletop and when possible field tests of the plans. These plans should cover anticipated natural disasters, economic deterioration, political and social upheavals, epidemics and any combination of situations. The team should also have plans to help fellow members with individual and family emergencies.

Purchasing

There are two kinds of purchases that the group will make. First, are purchases of bulk quantities of supplies such as food, medicine, clothing, fuel, ammunition, and sanitation supplies. Provisions have to be made for storage

and distribution as well. The group can save money on non-emergency items as well. Secondly, there are those items that are too expensive for one person or family, but important to have. These can range from large generators and water purifiers to military surplus tents and even heavy-duty four-wheel drive trucks. Maybe you need to share food dryers, grain mills and smokers. You may also want to consider stocking up on various barter items to facilitate an emergency economy. This initiative can go as far as establishing a business that improves the economic security of the whole group.

Training

The subject of survival and self-reliance is so broad that no one can be an “expert” on everything. One of the main values of a group is that each individual has or can acquire special skills to share with others. There are three ways to build the skill level of the group.

- / Internal education through sharing of existing knowledge. This can be facilitated through book swapping, showing and discussing educational videos, taking turns doing short classes, and through show-and-tell at meetings.
- / Group participation in local and regional education programs such as first aid, self-defense, firearms instructions, gardening, and other self-reliance related subjects.
- / Sending one member to advanced survival, medical, defense or other training programs with the understanding that they will return to share what they learned. The group should share at least 50% of the costs.

If your group is big enough to require dues, you will need to elect a treasurer.

You may need to have a communications coordinator if you are going to use radios for internal or external communications. If you are not fortunate enough to have a Doctor or a Paramedic in the group you definitely need to assign someone to get all the possible medical aid training they can and stock up on medical supplies and medications.

Community Outreach & Responsibility

One of the most important decision the group needs to make at an early stage is whether to be a “closed” or an “open” organization. This will depend on the concerns of the group and the culture of the surrounding community. Many communities today welcome and respect self-reliance and preparedness groups, but not everyone has accepted this view. You can limit your recruiting to a person-to-person approach or to just members of your parent, organization. This may limit your access to some highly qualified members, but will also improve your security. If you are going to go public, you should do so through well managed outreach activities such as doing preparedness programs at local fraternal, community or religious groups. You may want to consider purchasing a post office box and printing some flyers stating your groups’ mission and benefits. Some groups even set up tables at gun shows and have booths at county fairs. If you are “public” your members should build the groups relations and reputation through participation in the local Crime Watch, Civilian Emergency Response Teams, Red Cross, Scouts and other survival related organizations.

Conclusion

As survival and self-reliance become more popular and urgent in our society, the need for and the potential for organized local groups will become more apparent. Our experience is showing

that a growing percentage of the population is interested in becoming part of local organizations dedicated to helping them prepare for future emergencies and cope with ongoing challenges. In many cases there are dozens of interested people and families waiting for *others* to step up and start a group or offer a program. Live Free USA and Live Free members are uniquely qualified to be the “others” who act and lead in there communities and existing organizations. Being part of a small local group can greatly enhance each member’s security, and survival capacity. Marinating a clear idea of the groups mission and responsibilities is critical to the long-term survival and success of any organization.

We welcome the readers’ comments, experiences and suggestions regarding this subject. We will be happy to assist anyone contemplating the organization of a survival, self-reliance related group. The following may be used as a guide to building a team (group) mission statement.

The Mission of a Survival-Self-reliance Team*

1. To mutually support each-others efforts to achieve greater levels of self-reliance and independence.
2. To mutually support each-others effort to prepare for emergencies and disasters
3. To cooperate in the acquisition of survival and self-reliance equipment, supplies and training.
4. To develop mutually supporting emergency plans for all perceived disasters and threats.
5. To participate in and support local and community emergency

response and survival education programs.

* Call it a team, chapter, unit, group, club

—

Cold Rain

Natures Most Deadly Element

By Jim Jones

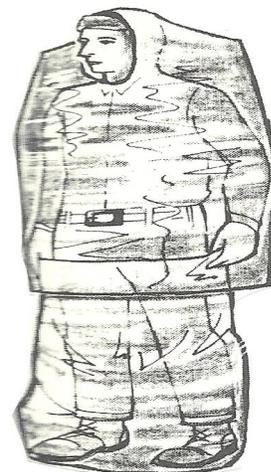
We recently canceled a winter survival training operation in December because of a forecast of cold rainy weather followed by a hard freeze and snow. The previous two years operations had been conducted in very cold and snowy conditions. On these two occasions we were able to conduct a variety of classes and tests while remaining relatively dry and warm. This year we elected to cancel for two reasons.

1. Outdoor classes would be almost impossible in cold rain and wind.
2. Setting up tents and equipment would result in everything and everyone getting wet before we got started. The dangers of hypothermia would be unavoidable and everything would be frozen that night.
3. Driving conditions including ice covered back-roads and whiteout visibility would put everyone in danger

Of all the hostile weather conditions: cold rain and freezing rain are the most dangerous and should be avoided at all costs. History is filled with horror stories of armies and refugees being caught in such conditions leaving thousands of frozen corpses along the roads. Arctic blizzards and desert heat will not kill you as fast or make survival techniques harder to use than a cold rain. Once the

temperatures get below 60-degrees there is only one survival rule "Don't Get Wet!" Even if you manage to stay out of the actual rain, the humidity will be 100% and seep through your clothing to steal your warmth.

Obviously a fire is going to be a great way to drive off dampness, but you cannot risk getting soaked trying to start a fire. If you can get a fire going and stock dry wood before the rain starts you should do so. A fire combined with even partial shelter will be a benefit. A big fire can survive a light rain for some time, but a heavy rain will put the fire out, leaving you wet and cold. If you are able to get a fire going or hope to start one when the rain stops, you must try to gather dry wood and protect it from moisture. Cold rain will saturate all available wood and then freeze. Frozen wet wood and dry wood look alike until you waste time and matches trying to burn it. Shelter should be your first priority unless you are already soaked. Once cold and/or freezing rain is encountered finding shelter, staying dry and conserving body heat are the primary objectives. Only risk traveling if you have full rain protective clothing or you can reach shelter and warmth within an hour. Being wet and cold for more than a short time is an invitation to hypothermia and death.



Improvised rain and wind protective suit made from two large plastic bags. Large leaf and trash bags have dozens of emergency survival applications and should be part of any survival kit. .

I cannot over-emphasize the importance of carrying rain and wind protective items with you in every pack, vehicle, pocket and purse. When going into the outdoors a good quality poncho or rain suit should always be carried. Survival kits and packs should include heavier rain gear, space blankets, plastic sheets, tents or other shelter systems. Even large sized plastic trash bags can be modified to make serviceable rain suits. Wet and frozen feet can stop you in your tracks and set you up for frostbite and/or "trench foot". If caught without waterproof footwear a dry pair of socks kept in your pack or under your shirt will be a lifesaver. Wool and some modern synthetic clothing will retain some body heat even when wet. Select GoreTex™, RianSuede™ or other water resistant insulated clothing for outdoor activities. Avoid cotton clothing in cool damp weather. Cotton loses all of its insulating value when wet. These kinds of garments are well worth the investment if you anticipate extended time in the outdoors during wet conditions, but long-term survival still will depend on staying dry or getting dry. Under some conditions, wet blankets, clothing and sleeping bags can be "freeze dried" . Wet items can be put out in the cold (below 30-degrees) and allowed to freeze stiff. Once frozen they can be beaten and shaken to knock out the ice crystals.

"You've taken away our protection!"

By: Nick Carlson

Survivalism and self reliance have been something that I've grown up with. At a very early age my father and mother taught us that we should be able to do things for ourselves and the idea of relying on others to do what you were capable of doing yourself was foolish and quite honestly led to an apathetic way of thinking. Self reliance really is a lifestyle that has the attitude of, "I can do this!" and even though I may not know how to do it, I will learn and I will take the initiative. As a young boy I learned to fix things through trial and error, which at times drove my parents nuts; taking apart perfectly working things did not make sense to a lot of folks but what it actually was, was discovery. It was the thinking process that I wanted to learn how this particular thing worked. Self reliance did begin to take root in me at a very young as I built things like forts, tree houses, and bike ramps and the fun of constructing something yourself (even though I'm sure every union carpenter would have cringed) developed the idea that things could be done with little supplies and a few crude tools, in fact isn't that what survivalism is?

I won't lie to all of you, I enjoy the creature comforts of modern day technology such as walking over to the thermostat turning up a small switch and my heat goes on. This is certainly better than the alternative which is chop wood, chop some more wood, and oh yeah, when you have a free second chop some more wood. The reason that this is so important to understand is that somewhere we have lost our way; we've come off the proverbial track of life. Though modern day comforts are wonderful they have also made us lazy. We live in a society that has much

knowledge and little smarts. There is an old saying my dad used to say, "Buy you books, send you to school, and you still don't know anything." Boy he used to make me mad when he said that, but in a sense he was right because what we have is a lot of book smarts, a lot of talking points, a lot of facts and statistics but no practical application. I realized the scary state we were in when I read a recent article in a Central Illinois paper. The article was titled, "You've taken away our protection". This article was focusing on the fact that this very small town of about 1200 people could no longer afford to pay a police officer and they were no longer going to need his services. After thorough interviews with the townsfolk a person was irate and said, "You can't do this, you're taking away our protection!" I read this and the sound of a large train wreck was going through my head; have we really come this far, have we really lost the basics like self preservation? This was a town of 1200 people with little to no crime, so some common sense should have prevailed. The reality is that in this life you would be wise to prepare, you would be wise to protect, and you would be wise to pay attention. Learning for yourselves and doing for yourselves is a plus to any society. In a very scary book (although it's one of my favorites) Animal Farm, by George Orwell, 1945 he writes, "The animals were happy as they had never conceived it possible to be. Every mouthful of food was an acute positive pleasure, now that it was truly their own food, produced by themselves and for themselves, not doled out to them by a grudging master." Though this is a fiction book it does bring up a great point, we appreciate things more when we are actually part of doing them. Be proactive in your survival!

Spy Drones Over Your Backyard

The Federal Aviation Administration has been requested to issue flying rights for a variety of pilotless planes to carry out a variety of law enforcement tasks. These are the same armed and unarmed drones that have been extremely effective against gorilla fighters in Afghanistan and Iraq. These birds can circle over an area for extended periods of time. Looking up you hear and see nothing while they can read your lips and recognize your face. In use they can follow a terrorist back to his leader and then follow his leader to his leader so that the leadership can be targeted. They are very effective in open country where they can see over a large area and pick up individuals easily. They would be less effective against urban crime where buildings block view and crowded conditions mix perpetrators with the innocent. These aircraft are not easy to see on radar or eye and do not have an onboard pilot or collision avoidance system and therefore pose a significant hazard to manned aircraft of all types. The founding fathers clearly intended that we have the right to privacy in our homes, but did not envision any form of aerial intrusion. While these devices might be legally effective in patrolling public areas and streets or staking out a location, they should not be able to randomly snoop or observe activities on private property without a specific and limited warrant. What you do in your backyard or your back forty is and should be protected unless there is "probable cause" for intrusion.

Ancient Survival Kits

"Which is heavier, a soldier's pack or a slave's chains?"

Napoleon Bonaparte

For early man everything he had was a "survival kit" but as Cities developed the inhabitants became dependent on systems to provide water, food, sanitation, protection and shelter. Since plagues, droughts, and sieges were not uncommon we can suppose that some prudent inhabitants stashed away some supplies and water as we do today, but we no little about what kind of "survival kit" if any, they would have had for evacuation. The closest thing to a survival kit we can find is the basic soldier's pack items. From the ancient Greeks to the modern Marines there is really very little difference.



There is also very little difference between most ancient and current military field packs and what we call

evacuation or "bug-out" packs today. Of course they all carried weapons starting with the "Doru" spear through swords and muskets up to the M16, AK47, and MP5. All carried at least one knife. All carried a water container. Canteens have changed little over the centuries. In fact the Roman metal flask was equal to most modern canteens. They all carried a metal cup or pot or both for drinking and cooking. Most carried an axe or shovel for building field fortifications and shelters. All carried a poncho or long coat and a blanket. A food bag with basic rations for a few days is found in all cases. Some of you may remember the simple tubular Viet Cong rice bag. Flint, steel and tinder began to be carried in the 1600s when flintlock rifles were introduced. Personal sanitation items were included in the Roman pack as they are today. In a few cases fishing kits were included. Candles and candle lanterns can be found in revolutionary war packs. Rope was often found in the Union Army pack. Revolutionary riflemen carried a sort of multi-tool along with a fork and spoon. Canvas packs replaced leather as mass armies of the industrial age replaced the smaller forces of the past. First aid kits are a fairly recent addition, but most of the other "basic" items in a survival kit have changed little in over 2000-years. So when you are packing or repacking you kit you are following a long tradition of free and independent people that goes back past recorded history



CAMP INDEPENDENCE

Safety Through Preparedness
Freedom Through Self-Reliance

Saturday, May 14th 2011

**Tippecanoe River State Park
Winamac Indiana**

Training Activities Start at 8:00 AM (Central Time)
Run Through 6:00 PM

A wide variety of emergency preparedness, self-defense, field survival and self-reliance classes, exhibits and demonstrations will be presented throughout the day. Cabins are available on a first come basis. Meals are available at reasonable prices.

DON'T MISS THIS EVENT!

Advanced Registration Before April 20th

Individual \$20.00, Family \$30.00, Add \$10.00 for a cabin. Registration After April 15th or At The Site. Individual \$25.00, Family \$35.00, Add \$15.00 for a cabin Group Rates Available

**Bring the whole family, Stay overnight, Enjoy the park in spring,
Become more self-reliant, Guest speakers may apply.**

LEADERS WANTED!



NOW IS THE TIME TO ACT

Live Free membership is growing throughout the country and many of these good citizens want to organize on a local or regional level. When even two or three members get together and start doing meetings and educational programs they soon attract many more members and are able to do more and more, but **someone always has to take the first step**. They call those people "leaders". We know that there are a lot more leaders out there. If you are one, let us know and we can get started organizing your Live free USA chapter. E-mail: LIFNOW@AOL.COM, or Write to Live Free, P.O. Box 3295, Munster, IN 46321

Live Free, USA Is Tax Deductible!

Live Free, USA is incorporated in the state of Indiana and is exempt from Federal income tax under section 501c (3) of the Internal Revenue Code. We are qualified to receive tax-deductible bequests, devices, transfers or gifts under section 2055, 2106 or 2522 of the code. Contributions of money, equipment, services, property and rental facilities are much needed to continue our mission. We will gladly provide the necessary documents to establish deductibility.

Staff

Executive Editor:

James C. Jones, survivorjj@aol.com

Managing Editor:

Open

Distribution Manager:

Tim Powers

Contributing Editor:

Christopher Nyerges,
Christopher_nyerges@yahoo.com

Disclaimer

Live Free, USA provides information as a service to its members and the public. The use of this information is solely at the discretion of the reader. Live Free, USA, its officers, representatives and members can accept no responsibility whatsoever for any loss, harm, damage, or injury resulting from the use or misuse of information provided. Opinions expressed in this publication may not necessarily be those of Live Free, USA, or of its officers, representatives or members.

Advertisements

Classified advertisements are 25 cents per word, 20 words minimum. Run the same ad two times and get the third ad free. All ad text must be submitted as MS-Word or compatible files. Contact Live Free regarding display ads or enclosures with our mailings

Contributed Material

Contributed articles are welcome and needed. We do not pay for material but we are tax-deductible. All articles must be in MS-Word or compatible format via e-mail or on a diskette.

Inquiries

Address all general inquiries, subscriptions and advertisements to:

Live Free, P.O. Box 3295, Munster, IN 46321, USA or lfinow@aol.com

Copyright 2011 by Live Free, USA. Munster, IN, All rights reserved

THE SOVEREIGN

"Censored! Read the Newspaper they don't want you to know about!
"The Sovereign" is a 32 page monthly tabloid newspaper featuring incendiary content about life during wartime in the Age Of Obama.
Send \$3.00 for a sample issue to: **"The Sovereign", PO Box 418
New York, NY 10116"**

MEMBERSHIP APPLICATION

- / Yes, I agree with the mission of Live Free and want to join now.
My \$20.00 is enclosed []
 - / Put me down for 3-years membership for just \$50.00 []
 - / I want to make an additional contribution of \$_____ to help Live Free.
 - / I want to be an *active member* as an: Instructor [], Writer [], Event Organizer [] Other: _____
- Name _____
Address _____
City _____ State ____ Zip _____
Phone _____
E-mail _____
Total enclosed \$ _____

**LIVE FREE, USA
P.O. BOX 3295
MUNSTER, IN 46321
U. S. A.**



We're on the Web at: www.americansurvivor.org