

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Live Free's 50th Anniversary, Why I Am A Sheepdog, Lessons from the Chosin Reservoir, Bedside Drawer Revisited, Camp Liberty Report, Knife Fighting, Product Reviews, Tennessee Event, Camp Independence



**SUPPORTING SURVIVAL
EDUCATION, EMERGENCY
PREPAREDNESS AND FAMILY
SELF-RELIANCE SINCE 1968**



LIVE FREE USA 50TH ANNIVERSARY

Looking back and Looking Ahead, by James C. Jones, founder and president

Most significant organizations are formally created with the involvement and support of financially stable, business and professional founders. Live Free USA evolved from a group of poor city kids who liked to go camping. We have established the year nineteen-sixty-eight as the formal start of Live Free USA because that's about when we started practicing, advocating and educating for survival and self-reliance. The organization started as an NRA affiliated shooting sports club and expanded into other outdoor sports including rock climbing, caving, river rafting, primitive camping and archery. The potential for injuries and the need for first aid and safety training brought us to focus on survival related issues. Membership was primarily limited to the Southside of Chicago in the 1960s and the draconian

gun laws and vehement anti-gun sentiments (much greater than today) made operations as a "gun club" unsustainable so we evolved into a "sports club" but continued to do shooting activities out of town. The political turbulence of the late 1960s combined with the growing threats of the Cold War drew the organization into the broader aspects of emergency preparedness and self-reliance while we continued to conduct outdoor survival training as well. We also began to attract membership beyond the Chicago area. At this time we started publishing our survival newsletter. Originally titled "Directions" and mimeographed it became today's "American Survivor" a respected source of survival information for over 40-years.

In the late 1960 we started doing annual training programs at Tippecanoe River State Park in norther Indiana. The park offered cabins and a huge training area for a reasonable price. This event evolved it what became the annual "Camp Independence" survival education event. We first rented just one cabin, but by the late 1970s we were renting the entire, 50 building facility including dining halls, shelters, an infirmary, showers and housing for hundreds of participants. We were able to conduct combination indoor and outdoor training programs, drills and scenarios that were beyond anything being done today by any survival organization. Camp Independence continued until 2015 when the Indiana Department of Resources elected to close the facilities. This was a major blow to our training programs, since no equivalent facilities existed. It is sad to note that the reason for closure was primarily that very few groups used it anymore. The organizations that had previously held events and gatherings there have either disbanded or become less willing to cope without heat, AC and lights. To many folks Tippecanoe and Live Free were synonyms.

We really had hoped to develop our own version of the facilities at Tippecanoe River State Park in the 1970s. We started selling shares of our "land fund" and doing carwashes to raise money to buy some land. Against all odds, we managed to get sufficient funds to purchase 20-acres of beautiful wooded property in Wisconsin. We set up a camp area, rifle range, and other facilities and eventually acquired an adjoining 20- acres. We called it "The American Survival Center" (I still have the sign), but a combination of events forced us to sell it off in the mid-1980s. **One of the reasons that we do the paperwork to**

maintain our current not-for-profit, tax deductible status is the hope that we might receive a contribution, bequest or grant that would revive the dream of a true "American Survival Center". Certainly there is a greater need than ever for such a facility with so many camp facilities closing.

The 1980s brought Live Free USA into the national and even international spotlight. We noted that the media was suddenly interested in "survivalists" but had been attracted to extreme political and religious groups who may have been practicing survival skills, but were not (in our view) real survivalists. Having been at it for two decades, we were far ahead of others in actual practices. For several years we worked to promote the true philosophies and practices of survivalism. Media helicopters landed at Tippecanoe and at the American Survival Center. We did dozens of interviews for radio, TV and major publications. We even talked on the BBC and Dutch TV. I was privileged to speak at the American Society for Civil Defense on two occasions. Through this publicity we built up a national membership and even some international members. We still had to manage with our very limited number of overworked volunteers and no significant financial support and this severely limited our ability to build on our success or expand our programs. The cover of the 1986 issue of American Survival Guide was dedicated to Live Free USAs years of service. Live Free's reputation, core group and missions were all established in the 1980s, but the preparedness movement almost collapsed in the early 1990s.

Although Live Free USA never considered nuclear war as the only or even primary survival and preparedness

motivation, the public jumped to the conclusion that the fall of the Soviet Union was the beginning of the age of peace and security. All of the survival magazines soon ceased publication and all of the other survival organizations evaporated. Without magazines to advertise in we dwindled down to a small number of loyal national members and a hardcore group locally. We still held Camp Independence at Tippecanoe and got out our newsletter sporadically. In short, Live Free went into a survival mode of conserving resources and maintaining our local core membership. By the late 1990s support for preparedness and survivalist began to revive as terrorism, economic instability, natural disaster, epidemics and other obvious challenges began to be recognized by the public. Variations of survivalism such as the "prepper" movement and the "homesteading" movement began to emerge. At the same time the internet provided a new avenue for Live Free reach out, network, promote and organize. The dawn of the Twenty-First Century brought with it multiple natural and manmade disasters combined with a matrix of potential survival challenges that established preparedness and survival education as a major requirement for the public. Some new preparedness magazines were in publication, and preparedness expositions were being held throughout the country.

The early part of this century has seen Live Free reestablish itself as the leading organization for survival and preparedness. While members can join on-line through our website at www.AmericanSurvivor.org, we still provide hard-copy mailings to all those who prefer that method. Our American Survivor newsletter remains the only

continuously published survival publication from the 1970s and Live Free USA has been advertised in most national survival magazines in recent years. We have a number active chapters and conduct multiple training events annually. Live Free USA and Live Free chapter groups have exhibited and presented at dozens of preparedness expositions. Unlike the 1980s when Live Free was *the* major focus of media attention and the public actually joined and participated in organized groups, today the internet fragments and dilutes the public's attention on any one group and the public tends to prefer virtual rather than real involvement. Hard-copy publications are often replaced by a video or a blog. There are literally thousands of survival websites and hundreds of survival and preparedness (for profit) suppliers and trainers. This has made it difficult for Live Free to grow as it did in the 80s, but we are an important part of the growing movement.

This organization started with a number of handicaps that most organizations don't have.

- We started without any support or sponsorships at all and the members themselves did not receive much in the way of contributions.
- We had no lawyers, accountant's businessmen, or other professionals to help us build the organization. Most groups have a lot of pro-bono help. Most groups have members taking care of the website, tax documents and other issues, we do not.
- We have no sponsors or significant donations and have never received any kinds of grants.
- Telling folks that they need to prepare for some bad times is not necessarily

popular. Unless there has been a recent disaster or serious scare event interest and support drops.

- Although we are classified as a “public charity” by the IRS we don’t get any of the support that a group like the Red Cross or Boy Scouts will receive. In fact we get less than \$100.00 per year in contributions even though we conduct our education programs for free.
- Other than memberships and a few book sales we have no solid financial support system.
- When membership increases and/or activities multiply, the same few volunteers get overloaded and we are forced to reduce operations when we should be able to increase them.
- We have no actual headquarters, office or training facility from which to efficiently expand operations and house a staff. Only a major grant or contribution will address this issue.
- We have a lot of training equipment and supplies and there are some bequests that may come to Live Free in the years to come, but the equipment may need to be disposed of if they are not going to be used, and the organization must still exist for the bequests to be made in the future.

When I retired from my day job a few years ago I determined to give a final push to get Live Free to a point of sustainable growth and solid operation. I traveled to many preparedness expositions, wrote for many magazines and put aside some personal priorities in favor of building Live Free USA. We have had some notable successes, but I am disappointed that we have not attracted more young leadership and outside financial support. Illnesses

and age among our core members has begun to seriously degrade our operations. Developments in the next 12 to 24 months will determine the future of the organization. **Live Free USA is the only tax-deductible, and not-for-profit organization in the United States (maybe the world) dedicated to helping people prepare for survival situations and become more self-reliant. Certainly, there has never been a greater need for what we do, yet our existence is in jeopardy.**

In future issues I will share the stories, glories and struggles of our fifty years. We have done some great things, had some great times and made some great friendships along the way.

**SAVE THIS DATE! SATURDAY
MARCH 24TH 2018
LIVE FREE’S 50TH ANNUAL MEETING
at CABELA’S HAMMOND IN.
CONFERENCE CENTER. At 1:00 PM.
DETAILS IN THE MARCH/APRIL ISSUE.**

Why I am a sheepdog,

By Rudi

On August 29, 2017, in Florissant Missouri, an 88 y/o woman was viciously attacked in the parking lot by three young thugs, who robbed her then ran her over with their car. She underwent 12 hours of surgery. She previously lived independently, and was a former employee of the grocery, **where I shop weekly**. Thanks to passerby’s who got a description of the perps, two were caught immediately by the police. (For those not from the St. Louis area, here is a description from the Florissant website: *“Settled in the late 1700s (prior to the nation becoming independent), the village,*

called "Fleurissant," or "Blooming" in English, by its French settlers and "St. Ferdinand" by its Spanish rulers, was a typical French village of the time. Located just outside of Saint Louis, Florissant was ranked in the top 100 Best Places to Live by Money Magazine in 2012. As of the 2010 United States census, the population was just over 52,000, which made Florissant the 12th largest city in Missouri". Unfortunately, much of North St. Louis County, including the infamous Ferguson and another suburb where I live, has experienced a sharp increase in crime over the last 5 years, due to part to people leaving St. Louis City and changes in racial and economic make up.

Just like in nature, "wolves" target the elderly, the young, the sick, and disabled. Those of us who are sheepdogs, must constantly be in "condition yellow" and scanning the environment for both wolves and sheep.

The most famous and perhaps the original definition of sheepdogs came from LTC (ret.) <http://stwuxie.com/knowledgebase.php?action=duz2a8qw1rg81pa> David Grossman in his essay On Sheep, Wolves, and Sheepdogs, which is too long to reprint here, but you can easily find it on the Internet. While perusing the website of Café Press, I came across this simple definition of a sheepdog that is printed on a t-shirt:

"Sheepdog (n): An individual who is part of the roughly three percent of the World's population that is uniquely predisposed, both psychologically and biologically, to effectively confront the predators in Society. Without them, Civilization would surely crumble."

**Are you willing to protect the sheep?
More sheepdogs are needed!**

Lessons from the Chosin Reservoir

By James C. Jones

With all that is going on in Korea, I thought it would be good to review just how we got into that mess back in 1950. I read *The Frozen Hours* by Jeff Shaara. This is a novel style description of the experiences of the US Marines at the Chosin Reservoir in the mountains of Norther Korai from October through December of 1950. Due to very poor intelligence information and the overconfidence of commanders back in Tokyo the Marine and Army units were sent down narrow roads through mountain passes and split into small units as they rushed forward towards what they had been assured would be an easy march to the Yalu River and an end to the war. In reality hundreds of thousands of Chines troops were gathering in the mountains on both side of the route waiting to envelop and destroy them. The resulting battles took place in temperatures of ten to twenty below zero with gale force winds and snow. Both American and Chines troops suffered greater casualties from frostbite and exposure than from enemy fire. The Chines outnumbered the Americans by up to fifteen to one, but lacked artillery and air support. They conducted their human-wave assaults every night, but could not break any of the American positions and suffered massive casualties while failing to defeat or even demoralize the Marines. A few lesson in survival that can be gleaned from their experience are listed below

- Contrary to popular belief, American winter gear was generally superior to that of the Chinese. Chinese shoes were uninsulated and their padded coats were not as good as American parkas. The result was that (1) a huge

number of Chinese troops were disabled and often died from frostbitten feet and (2) American bodies were often stripped of boots and parkas by the Chinese. In fact most of Live Free winter survival gear during the 60s and 70s was Korean War surplus equipment and it was usually good stuff, but we never bought the boots.

- America “snow-pack’ boots were made of rubber. This kept moisture out, but trapped sweat moisture in resulting in soaked and then frozen feet. Troops were constantly reminded to change socks every two to four hours and were provided with three or four pair. Those who failed to do so lost toes and feet. Anyone outdoors in the cold would be well advised to carry extra socks and change them often.
- Rifles that were well lubricated simply did not function in these temperatures. All lubrication had to be wiped off. Rifles taken inside and then brought outside were prone to malfunction due to frosting up. It is best to leave rifles out in the cold rather than let them gather moisture indoors.
- Canned food was useless once it froze solid. Food or coffee made over alcohol stoves or small fires froze on the way from fire to mouth. Live Free members can attest to this from our winter camps.
- Canteen water also froze solid resulting in dehydration. Canteens can be kept a bit warmer inside a sleeping bag, but may still freeze when removed. In desperation, the troops at the Chosin Reservoir added a bit of alcohol to their water and that kept it liquid. Yes, alcohol is not advisable in cold weather, but dehydration is worse.
- Radio communications often failed due to dead batteries. Today’s equipment is

a bit better, but batteries still lose power in extreme cold. Radios, flashlights and automotive batteries are less reliable and should be kept warm if possible and/or backed up with extra batteries or rechargers.

- With food either gone or frozen many of the troops lived on Tootsie-Rolls for many days. They seemed to be the only thing they could thaw in their mouths and provide some nourishment. Actually I have these spoil-resistant candies in all of my winter coats already, but now I plan to add more them. During a winter survival situation dehydration and malnutrition increase the chances of frostbite and hypothermia so these are useful lessons.
- Throughout the campaign fires of any kind were prohibited. The Chinese could not have fires because the smoke would immediately call down air strikes and artillery. The Americans could not have fires because it would expose their positions and because they had access to very little fuel. Constant high winds would have made sustaining fires difficult and blown away most of the heat anyway. Troops had to depend on insulation, shelter, and conservation of energy. While frostbite and hypothermia did take a major toll, most of the troops did survive days and weeks under these conditions without fire heat. This demonstrates that adequate clothing, nourishment, shelter and energy conservation are the true keys to winter survival.

Perhaps the true lesson is how dangerous it is to be overconfident and believe what you want to believe when the observation and evidence tells you otherwise. The commanders

underestimated nature and the nature of their enemies and the troops suffered the consequences, but persevered and survived. The story of the Chosin Reservoir is one of the greatest achievements in American military history often forgotten as is the Korean War itself.

Camp Liberty Report

Although we had planned Camp Liberty at Goodenow Woods in Will County IL as an “autumn camp” event, Mother Nature decided to bring us winter with a few snowflakes and wind-chills in the low thirties. This may have discouraged a few participants, but the stalwarts carried on. It was actually not as bad as predicted and we were able to explore the area and try a few survival items. This is a very nice campground, recently upgraded and easy to get to. We decided to definitely schedule Camp Liberty there next year again, but a few week earlier in October.

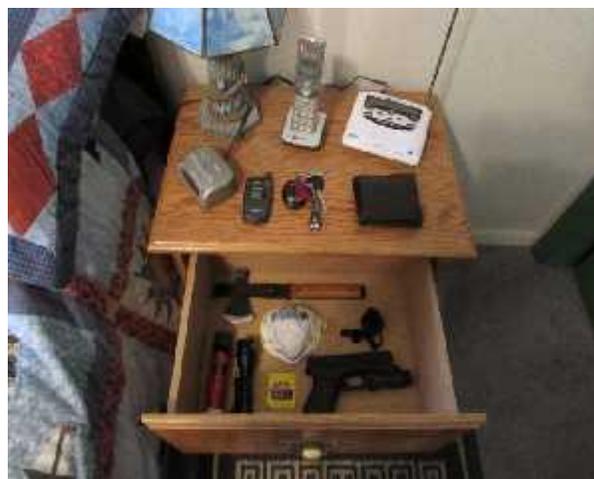


Plenty of parking and great, clean campsites. The weather forecast was far worse than the actual conditions, but it probably scared off some would be participants. Live Free members were the only ones in the whole park.

Bedside Drawer Revisited

By James C. Jones

What to have in your bedside drawer has been the subject of several articles as well as covered in my books and presentations. I will not review all of the reasons for having a well-stocked and organized bedside drawer here. Suffices to say that there are many emergencies (e.g. storms, home invasions, fires, etc.) that can occur while you are asleep, and you must be prepared to react and evacuate quickly with what you have immediately at hand.



Updated bedside drawer photo here shows the items that must be placed *on* the nightstand each night. You have your cell-phone, car keys, and wallet. Consider what your difficulties would be if you run out without them. Note the automated weather alert radio in the upper right-hand corner of the photo. These are available for about \$35.00 and could buy you precious time if a tornado or other weather emergency is imminent. *In* the drawer we see a self-rescue tool for braking windows or prying and chopping your way out, an N-95 dust/mist respirator to protect you from dust, soot and smoke, a large pepper spray unit, a high-powered flashlight. A loud whistle, aspirin for a nocturnal heart attack,

and a Glock, 40 caliber semi-automatic pistol with an attached strobe-light and laser pointer. All items are neatly arranged for fast access in the dark if necessary.

Knife Fighting and the Karambit

While survivalists usually carry some kind of knife whenever possible and are bound to include a serious blade in their survival kits and bags, combat knives are rarely considered. Of course any knife can be used as a weapon, but survival knives are designed as a tool first and weapon second. The most probable scenarios for a survivalist are (1) being confronted by an unarmed assailant, in which case a knife of any type or better yet, a firearm settles the issue, or (2) being confronted by a knife wielding assailant when the survivalist then uses a firearm to deal with the threat. The old adage “never bring a knife to a gun fight” certainly applies. Knife fighting is best avoided. Even the best knife fighters usually get cut. Often there are no winners as both combatants may be seriously injured or one or both bleed to death. Use a knife against a knife only if you have no better weapon and cannot retreat or escape the attack. The only rule in a knife fight is to survive. If such a confrontation is unavoidable here are a few tips.

- An assailant will often focused on your blade leaving himself open to disabling kicks and strikes
- If you can access anything to use as a shield such as a chair, book or laptop, do so.
- Wrap a coat or other material around your arm to absorb and deflect stabs
- Throw things to distract the knife wielding assailment. Even throwing

small objects, or liquids will force reflexive distraction.

- Bright light, dirt, sand, aerosol sprays can be used to blind the assailment.
- An amateur knife fighter may thrust or slash wildly offering a chance to move in and grab their knife arm, twisting it and smashing the back elbow joint to dislocate it, while smashing your forearm and elbow against their face and your knee to their groin.
- In the absence of a firearm the best defense is to use both of your feet to run like hell if you can.

In the Malaysia, the Philippines, Korea and other far eastern countries firearms are not the preferred carry weapon. Firearms are too expensive for most of the poor and are usually prohibited by law. Knives are culturally more acceptable and knife fighting is the preferred form of combat. As with firearms in the west, the carrying of an effective combat blade usually deters criminals without the need for actual combat. Eastern knife fighting techniques are more complex than simple stabs and slashes. In fact many unarmed eastern martial arts moves are derived from their original bladed systems of combat.

The Karambit is a common form of combat knife used in these countries. It fits in the hand and becomes a deadly claw. It is not unusual for an eastern knife fighter to use one in each hand. The Karambit's design enables it to defeat most knife blocking techniques. Being curved, sharp on both sides and curved means that every move of the blade can do harm. While the blade is not designed to stab it can slash, eviscerate amputate and inflict deep and massive wounds much more effectively

than western combat knives such as the Sykes-Fairbairn (basically a long stiletto) knife used by commandoes during World War Two. If you find yourself facing a skilled Karambit user you had best hope that you brought your gun to this knife fight. The Karambit is not a survival knife and is not designed as a tool for most survival applications, It certainly could cut seatbelts and cordage effectively and it probably would be good at gutting fish and game, but for other applications it is less effective than traditional field knives and could be dangerous to the user if used in some applications.



Karambits' come in many sizes. Larger ones are often carried in sheaths as open carry in the Far-East. The folding version shown here fits into the pocket. But is only sharp on the inside. Larger, sheathed karambits are sharp in both sides making them more lethal and extremely difficult to block

HALO SEAL (tm) Occlusive Wound Dressings

Occlusive dressing are the standard for sealing sucking chest wounds where air from the lungs is coming out through a hole in the chest and air is being sucked into the chest cavity and collapsing the lungs. If not

sealed quickly the lungs collapse and the heart is compressed resulting in death. Petroleum-jelly impregnated gauze, plastic and other airtight materials can be used, but must then be taped down on all side to assure a seal. Halo Seal are large 5" by 6" plastic seals with adhesive edges that can be placed over wounds very quickly. The can be used for a wide variety of open wounds to provide a good seal against bleeding and air as well as outside contaminants. A pack of two seals is \$16.95 from Chinock Medical Gear, Inc., www.chinockmed.com/12099/halo-seals-2pk.html



losat™ Potassium Iodide Tablets

Considering the growing tensions with North Korea and our "anything can happen" world state of affairs, one may be wise to upgrade ones fallout survival supplies. losat potassium iodide tablets are sold in 14 tablet packages. Each tablet is 130 mg of potassium iodide. This is one tablet per day for 14 days for a normal weight adult. The dosage for children from three to 18 years of age is one-half tablet per day and for infants and toddlers under 3 years of age just one-quarter tablet per day. Potassium Iodide tablets protect the body by saturating the liver with non-radioactive iodine, thereby preventing the

absorption of radioactive iodine from fallout. Iosat tablets are FDA approved to last seven years when left sealed. Available from Anbex Inc., Livingston NJ, www.anbex.com for \$14.95 per package.



just a few ounces. At just \$9.99 you can have several in places where you may need them the most. The long elastic band can also be used for bandaging or for securing splints. From H and H Associates, Inc. 1-800-326-5708



TK4 Tourniquet

Since tourniquets came back into acceptability there have been a lot of products designed to stop bleeding. The original "Boy Scout" method of using a rolled up bandana and a stick to wrap and twist a few inches above the wound still works fine, but having a readymade tourniquet device is even better. The military Combat Application Tourniquet (CAT) and the Special Forces Tactical Tourniquet (SOF-T) are popular systems. Some of these military devices are expensive and take a bit of training to figure out. For the survivalist who may not get a chance to practice and wants to have an effective and simple to use tourniquet available in pockets and survival kits the TK4 may fill the bill. The TK4 is simply an elastic strap with a large hook at each end. You just wrap the strap around the hook, the pull and wrap until the bleeding stops and then tuck the other hook under the wrap to secure the tourniquet. This can be done with one hand for self-aid. The TK4 is about two-inches by one-inch and weighs

The TK4 comes in a sealed package with easy to use instructions and fits easily into the pocket or first aid kit.



TENNESSEE SCOUTS PLAN LAND NAVIGATION CLASS

The Tennessee Scouts will be having a Land Navigation Class Sunday January 28, 2018, 9am to 4/5pm in the Interpretive Center at Edgar Evins State Park, Silver Point, TN. Lunch will be provided. Cost \$10 per person, limited room. Contact Cameron Beal at thebeals@twlakes.net or 931-644-1122 leave a message

Americas Oldest Survival & Preparedness Gathering

NEW DATE!



CAMP INDEPENDENCE

Safety Through Preparedness
Freedom Through Self-Reliance

Friday, May 18th through Sunday May 20th

NEW Location: Camp ToPeNeBee: 257 N Holmesville Rd., Michigan City, IN 46360.

Camp Independence will begin with an evening training program on Friday, May 18th. A full schedule of classes, hands-on demonstrations, and field training in outdoor survival skills, emergency preparedness, first aid, map and compass reading, archery, pioneer and self-protection skills will be conducted on Saturday. Sunday events will conclude by noon with a non-denominational chapel in the woods service.

Training and events take place in the modern training center and outdoors *rain or shine!*

PREPAREDNESS EVENTS FOR THE WHOLE FAMILY

Immerse yourself in preparedness and survival training for the week-end!

Advance pricing through May 1st: \$20 per person or \$40 per Family (2 adults and children under 18)

After May 1st and at the door subject to availability: \$25 per person and \$50 per Family.

Advance pricing includes one training admission wrist band per person providing access to all training and events between 6 Pm Friday evening through noon Sunday PLUS one campsite for **both Friday and Saturday night**. Prefer a bunk in one of the air conditioned/heated group cabins? \$10 per bunk upgrade covers both nights!

For additional details and to register online visit AmericanSurvivor.org/events.

Should you have questions or an expertise or skill to demonstrate please e-mail: lfnow@aol.com.

To register by check, mail your Registration to: Live Free, PO Box 3295, Munster, IN 46321

Mail In Registration	
Name: _____	I would like to make a contribution to this years raffle of: _____
Address: _____	_____
City: _____, State _____, Zip _____	_____
E-mail: _____ Phone: _____	_____
[] \$40 Family Rate 2 adults + # of children under 18: _____	
[] \$20 Individual Rate # attending: _____	
[] \$10 Extra campsite	
[] \$10 Per bunk for 2 nights # of bunks requested: _____	
Total Enclosed: \$ _____ (Please enclose \$50 per family and \$25 per individual when mailing after May 1st.)	
Please make check payable to Live Free and mail to: PO Box 3295, Munster, IN 46321	

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