

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Nuclear Blast Effects, Live Free's Position on Gun Control, How to Keep the Sheep Safe, Directors Needed!, Survival Crops, The Survival Tube, Survival Key Chains, Camp Independence May 19th 2018

Nuclear Blast Effects

By James C. Jones, EMT, CHCM and Certified Radiological Monitor

It is with considerable dread that I am forced to address this subject. Live Free conducted many training programs in the 1970s through the 1980s focused on surviving fallout, sheltering from nuclear blast effects and escape from target areas during an all-out nuclear war. We often worked with local Civil Defense organizations and even presented at American Society for Civil Defense conventions. Many of our members became Certified Radiological Monitors. While the end of the Cold War did not completely eliminate the danger of a nuclear exchange it did significantly reduce the potential. Since then we have had to add such challenges as extreme weather events, civil disorder, economic instability, epidemics, terrorism, cyber-attacks and assaults on our freedoms to our threat matrix. The acquisition of nuclear armed missiles by rogue nations such as North Korea combined with the massive redevelopment and deployment of nuclear weapons by Russia forces us to add this

most devastating threat back into our contemplations.



The standard texts of the original Cold War nuclear survival programs were based on the results of the nuclear testing conducted in Nevada in the 1960s. The two most popular books were *Better Read Than Dead* by T. F. Nieman and *Nuclear War Survival Skills* by Creston Kearny. Both of these books are still available and most of the material is still applicable today.

My previous article "Surviving a Nuclear Event" was focused on dealing with radioactive fallout from a remote nuclear detonation. Such fallout could result from a limited attack by terrorist or rogue nations on a few American targets or from a nuclear

war overseas such as between Israel and Iran or India and Pakistan. A large-scale nuclear war where scores of detonations devastate most or all metropolitan areas would produce much more intense and long-lasting contamination throughout virtually every part of the United States. The principles and techniques covered in my article would still apply but much longer sheltering time and greater shielding would be essential to recovery.

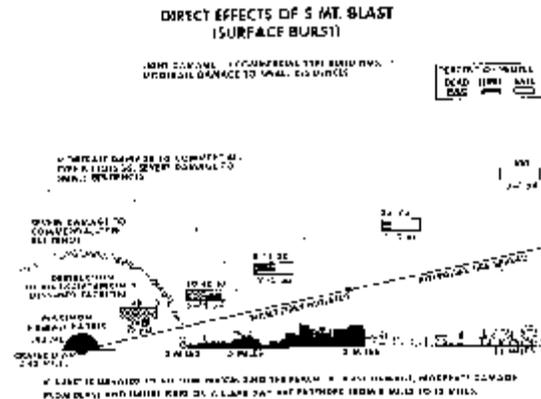
If you are well outside of the blast area, your major concerns are going to be fallout, civil disorder, epidemics and the disruption of power, communications and food supplies. But if you are in close proximity to the actual targets when they are hit you have to survive direct exposure to radiation, extremely high heat waves, and intense overpressure winds of hundreds of miles per hour, followed by heavy radioactive fallout ash and/or rain and then massive fires and chaos.

What you need to know is: (1) what zone of damage do I live in? (2) Is there any way I can survive the fireball, blast wave at my location? (3) If not can I develop a plan to evacuate to a safer more remote location now or in advance of an impending nuclear exchange.

How much danger am I in?

The old Cold War era manuals assume detonations from 1 to 10-megatons in power. **Unfortunately we can now anticipate larger warheads with up to 25-megatons.** The only good news (if you can call it that) is that a 10-megaton bomb is not ten-times as destructive as a one-megaton bomb, but is about two-times as destructive and a 25-megaton bomb is about three times as bad. **The population center of a city, the major industrial and transportation centers and military and government facilities will be the targets**

of warheads. Based on this and your distance from these potential targets you can use the illustration below to estimate severity of damage and the chances for survival where you live.



The illustration above shows the destruction range for a 5-megaton surface burst. An air burst is much more likely and a blast of ten or more megatons is also more probable today. So we can triple the ranges. Five to 10 miles from the center could be survivable and heavy but survivable (if lucky and sheltered) damage could extend for 20 or more miles. Those living 25 or more miles from a target would definitely survive. Make your plans accordingly.

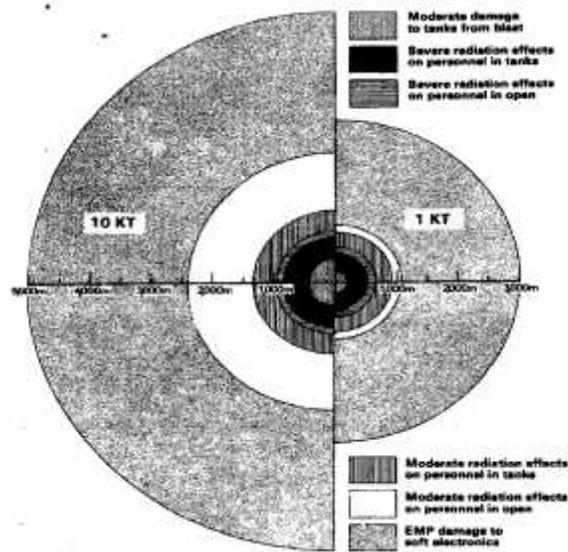
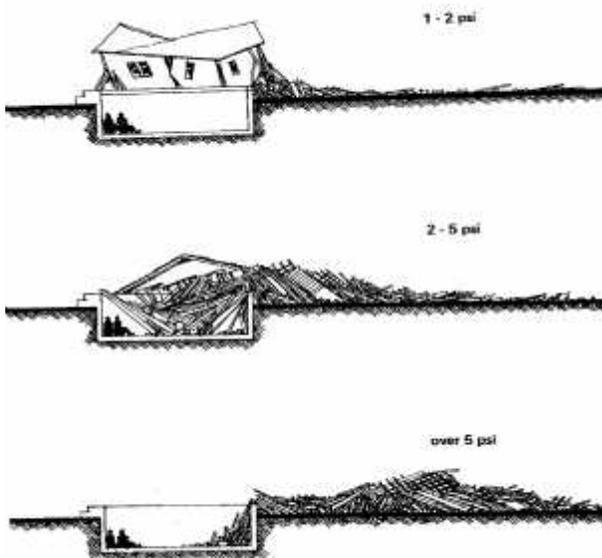


Figure 1-2: Tactical radii of effects of 1-KT and 10-KT fission weapons from low airburst.

The illustration above from a military manual illustrates how the kiloton range of a tactical nuclear weapon relates to its destructive range. As you can see, a ten-fold increase in bomb power only about doubles the damage ranges.

What can I do to survive?

If you cannot escape the target area, your only choice is to take cover in the strongest building, or structure available. **Put a wall between you and the probable source of the blast and lie flat. Get into a culvert, ditch, manhole or other protection.** If caught outside or in a building when the flash occurs throw yourself flat under any available protection immediately. **YES duck and cover works.** If you are not too near the detonation anything that obstructs to heatwave, and flying glass and debris can save your life. You may still experience radiation sickness, but this may be survivable, but radiation burns and being shredded by flying glass can be avoided.



- The top illustration is the damage from a five megaton blast at about ten miles from the blast. This would be closer to twenty miles from the

center of a 25 megaton areal blast. This would be survivable.

- The center illustration would be the damage to a house at about five miles from the same detonation. Again: this would be closer to ten miles for a larger bomb. Survival would be improbable, but not impossible and the debris would probably catch fire.
- The lower illustration is within five miles from the five megaton blast. This level of destruction would extend two to three times as far for larger areal detonations. The chances of survival are extremely slim within this zone.

If you are in the lower two situations, consider finding evacuation or finding stronger shelter than your house.

How can I plan to evacuate?

While survival fiction books often involve heroic families heading for well-developed bunkers or retreats in the mountains, most of us are not former Navy SEALs with flexible employment and hundreds of thousands to invest in bunkers. We are forced to live in or near our places of employment that are usually potential targets. We may have family responsibilities that prohibit moving to remote areas. **For most, evacuation will have to be timely and fast.** Having plan and being just a bit ahead of the crowd may be the only hope you have.

Equipment

If you are sure that you have several hours or more to get away from the target area you can take your full survival, bug-out bag, but if you have only minutes take a handgun, a knife, respirators and a space blanket. Wear

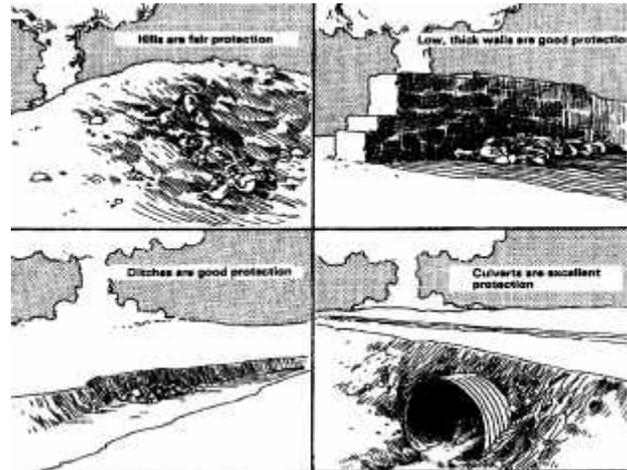
light-colored cotton clothing to protect against flash and burns. Have plenty of N95 dust/mist respirators to avoid breathing in radioactive particles. A reflective space blanket can reflect the heat wave and of course provide some protection from radioactive fallout and rain. The need for the gun and knife should be obvious. Yes, you would want to have a lot of other stuff, but if you don't get far away fast enough to survive the blast it won't do you much good. If you are sure that you are in the more survivable, damage zones you can shelter in place or evacuate to an even safer place with your full pack.

Route and method

If you live in a target area, you will need to make a detailed evacuation plan and select the safest routes in advance. If you have not gotten away before the panic, you are probably not going to drive. You may be limited to moving on foot or on a bicycle. While evacuation from other types of disasters such as civil disorder or epidemics would permit carrying evacuation packs, **the priority here is speed and distance above all else.** Let nothing slow you down. Run if you can. Every mile you go increases your odds for survival. Select routes such as railroad right-of-ways, trails, bike-paths, etc. leading away from the most probable targets and out of population zones the fastest. Be sure to avoid moving towards other potential targets such as industrial centers or government installations if possible.

Shelters at a distance

If caught outside you will get a warning from the flash just seconds before the heat wave and blast occur. **You must instantly get something between you and that detonation.**



The illustration above offer a few options. As you evacuate or when you hear the sirens you need to constantly be ready to jump into the nearest best shelter. If nothing is available lie flat with your feet towards the probable target site. Many survivors of the Nagasaki and Hiroshima bombs were just in such places while those caught in the open were burned and/or torn to pieces by the blast wave.

Final destinations

If you survive the blast you will be part of a wave of violent, injured and desperate people seeking safety, water, shelter, food and medical attention. Fallout now becomes your most serious threat. **The sooner you get to shelter and the longer you stay there the better your chances are*.** You will need to get into a place where you are safe from the mob and have enough water and food to stay for at least two weeks. If you have relatives, survival group members or friend in semi-rural or rural locations try to cache supplies and make arrangements with them. If not think about places that can be "occupied" and "sources" of supplies in advance.

Conclusions

It's not unthinkable and it's not necessary unsurvivable. While it seems illogical to

think that mankind would actually initiate a nuclear Armageddon that would kill billions of people and set civilization back centuries, but history is full of examples of human insanity and miscalculation. The very fact that we have thousands of these weapons pre-aimed and ready to launch within minutes should be proof enough of epidemic insanity. **Modern technology and geopolitical complexity make such an event more likely than it was during the Cold War era.** While those caught within the fireball and in the areas of high radiation, heat and overpressure will have no chance of survival, those further out will be subject to survivable effects that can be avoided or mitigated through fast thinking and the use of immediate sheltering. **For those who survive the initial blast effects the struggle for survival will have just begun.**

** I covered fallout survival and sheltering in detail in my previous article "Surviving a Nuclear Event"*

LIVING FREE and GUN RIGHTS

By James C. Jones, EMT, CHCM

Ultimately, gun rights are about the right to life and freedom. There is no point in talking about emergency preparedness, survival and self-reliance for an unarmed population.

Live Free USA began as a shooting club in the late 1960s. By the 1970s guns and gun ownership were under such assault that being a "gun club" in Chicago was impossible. It is probably impossible for any of our readers today to comprehend the level of harassment, persecutions,

prosecution and prohibitions imposed on us in those times. It seemed inevitable that we would be forced to use muzzle loaders and cross-bows in defense of our lives and our freedoms. The NRA at that time was not a political force and liberals ran rough-shod over the constitution and anyone who sought to exercise the second amendment rights. Live Free broadened its activities to include survival education and civil-defense while keeping our gun related activity's more concealed. **The acceptability of shooting sports, concealed-carry and military-style rifles today has been achieved through decades of struggle.** Since there are many great gun-rights advocacy groups today, Live Free focuses on our core survival and self-reliance mission, but remembering that the capacity for armed defense and resistance is an essential part of survival and self-reliance, I will enumerate some of our positions related to the issue of so-called military-style rifles that have been so maligned in recent weeks.

The ownership of so-called, military-style rifles with high-capacity magazines has nothing to do with hunting or sports shooting. It's about citizens maintaining the potential to resist foreign or domestic subjugation and oppression. This does not imply that owners of such weapons are revolutionary, extremists or members of formal militias. They consciously or subconsciously accept the reality that the freedom and security of their families and future generations depends on maintaining the balance of force between the state and the people. Owners of these weapons have the upmost respect for the laws and the government, but they do so by choice and responsibility, not by fear and submission.

The major difference between the way American citizens think and the way *subjects* of other countries think originates from the fact that most other peoples were *granted* their liberties by the state and still believe that power flows from the state, while Americans fought for their freedoms and know that they, the people are the ultimate source of freedoms and authority. This difference in origins creates an instinctual propensity to be armed or have access to arms that is not shared by citizens of other nations. It is no coincidence that America has the oldest government on the planet and the most individual freedoms.

Ultimately: the right to keep and bear arms” is an extension of the human right to self-protection that exists regardless of written laws. It follows that one must have the means to exercise that right. One cannot be expected to defend oneself against an armed assailant or an oppressive despot with anything less than what that assailant or oppressor may have. We could not exercise the right to free speech if we were limited to old printing presses while the government controlled the mass media and the internet. We could not exercise freedom of religion if it was limited to only ancient texts and methods. So we cannot effectively exercise the right to keep and bear arms if we are limited to anything less than the best and most modern equipment.

The constitution does not say “hunting being a necessity”, it does not say “the ability to resist crime being important” it says “A well-regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed”. There is no ambiguity in this sentence. The second amendment is about military-style arms. We are

guaranteed the right to own, keep and bear military-style arms by the constitution. The term “regulated” in the eighteenth century was defined as well managed or well-maintained, but not regulated by law as the word is used today. The final four words “shall not be infringed” specifically prohibits any form of taxation or governmental action that interferes with this essential right. The founders did use the generic term “arms” even though the contemporary “arms” were muzzle-loading muskets and swords. In fact they were referring to the “military-style” weapons of that time, but our nation’s founders were intelligent, forward thinking men who anticipated advancements in weapons development and certainly wanted future citizens to “keep and bear” arms that would be equal to those of criminals, invaders and would-be tyrants of the future.



“Military-style” arms 1776



“Military-Style” arms 2018

The misuse of a right by a few does not justify the prohibition of that right to others. Trading freedom and responsibility for safety is the poorest bargain a people can make. Ask the Russians, or the Chinese, the North Koreans or the

Mexicans or anyone from a hundred oppressed, depressed and crime-ridden nations that none of us want to live in. The loss of lives caused by a few evil and mentally-ill individuals is truly tragic, but cannot justify turning our back on the freedoms that were bought with the lives and sacrifices of generations of veterans. Yes, they died for the second amendment as well as our other freedoms and surrendering any of those freedoms is a betrayal of their sacrifices.

In a world spiraling towards increasing political strife, civil disorder, street crime, economic instability, potential epidemics, increasingly severe disasters and terrorist activities, only the most irresponsible and pacified citizen can fail to see their duty and responsibility to be prepared to meet violent situations in the future. While the anti-gun movement may be lead or mislead by the youth, it is those same young Americans ages of 15 and 25 that may most regret not having access to military-style weapon and ammunition just a few years or decades in the future. In fact one may want to consider purchasing additional such arms and ammunition to be stored and distributed in the future to the next generations that may desperately need them.

In Short: Any action that limits the access to modern, effective military-style firearms to law abiding citizens of the United States is specifically unconstitutional, philosophically

un-American, and functionally dangerous to the future of life and freedom for us all.

Live Free USA proudly supports the Guns Save Lives organization and other supporters of American freedom. Live Free USA is a not-for-profit, tax-deductible organization founded in 1968 to promote preparedness, self-reliance and self-defense. Go to www.AmericanSurvivor.org.

NOTE: Recent counter protests have been focused on "gun rights" and "save our guns" slogans. In my opinion this plays into the media's hands. Since guns are the foundation of a civil right and a human right and the primary defense of freedom we should be having "save American freedom" rallies and "no guns = no freedom and no future" slogans. The "guns" focus diverts the public from the "why" of this issue.



How to Keep the Sheep Safe

Part 3 in a Series, By Rudi

Police officers have many tasks and duties, but sheep dogs only have one: **keeping the sheep safe.**

We all know to be in "Condition Yellow" when we leave our houses/vehicles. But I also suggest perfecting the art of "scanning"

the environment looking for vulnerable sheep and wolves. Just like in the wild, wolves will target the young, old, and sick. In our world, this would be women, elders, children/teens, and the disabled. Men may be robbed, but women are targets for sexual assault.

Gas stations are a magnet for wolves, partially because they are open 24/7, and there are usually there are no security guards, and the staff is unarmed. Wolves may come there to commit robbery, snatch a purse, or commit a carjacking. It is my habit to lock my vehicle and put the pump on automatic; this allows me to stand/walk where I want and scan the environment for possible wrongdoing. Plus, no one can enter my vehicle to steal something, or approach me because I am not being distracted by pumping the gas.

Parking lots at shopping centers and grocery stores are another magnet for wolves, as are **closed parking garages** at hospitals and universities. Many of these locations have security cameras and/or security guards patrolling in cars, but wolves can easily commit crimes and be on a highway within a few minutes.

What do wolves look like? In general, they are young single men or men in pairs, although they may have a woman accomplice. They may be sitting in their car alone, or just “hanging out” in a parking lot or near the store entrance. Frequently, they will be scanning shoppers, looking for victims. That is why many stores have signs stating “NO LOITERING OR SOLICITATION”. A man carrying a small child and pushing a shopping cart is not a wolf! Men or women who **approach you** on the parking lot should definitely be considered suspect and you should go to “Condition Red”. Depending upon where

you live, the race of the possible wolf should be taken into account. Their clothing and demeanor should also be taken into account.

How to react to a possible crime in progress: You are at a gas station and hear a woman scream – what are you going to do? First, **assess the situation as you move closer**, making sure **that you have cover** – like another car. Realize that “tunnel vision” will be setting in – scan the environment as the perp who is grabbing her purse may have an accomplice in a waiting car. Is her scream a “lover’s spat” because she and her spouse are having a fight, or is she being robbed by a wolf? Stay 21 feet away and use loud verbal commands. Remember, if you pull/point your firearm, or shoot, you are legally responsible for what happens next. Obviously, ‘tactics’ are beyond the scope of this article, and require advanced training, which is offered at many shooting schools.

DIRECTORS WANTED

The Live Free USA bylaws provide for only four directors. Each director holds an alternating 3-year term. The reality is that we have far too few active directors to keep up with various projects and opportunities that Live Free could be accomplishing. We could be doing more fund raising, conducting more events, doing more gun shows and expos, supporting more chapter having a better internet. And social-media presents, and maybe even gathering grants and building facilities IF we had enough working directors. We should have at least 10-12 directors for our mission and potential. Our bylaws do provide for adding directors and we must do that

just to survive. What we do not need is “place holders” and procrastinators. Directors who wait for instructions, make suggestions for what others should do or make promises and then fail to show up and work are definitely not welcome. Directors are expected to take ownership of projects, take initiative and just get it done. Live Free has the reputation, funds, networks and resources to support aggressive directors. The Bylaws provide for the appointment of provisional directors pending confirmation at the next annual meeting. There is plenty to do. We urge our members to step-up and we welcome non-members to join and get involved in our leadership. If you are willing to make a difference, contact Jim Jones at survivorjj@aol.com or by mail to Live Free USA.

The Survival Tube

There are all kinds of survival tools and gadget out there today. The Survival Tube is basically 4 inch long by 5/8 diameter hollow, aluminum tube wrapped in 6 feet of braided paracord. One threaded endcap consists of a magnesium fire striker threaded in to a diamond encrusted fishhook and knife sharpener. The opposite endcap has a steel striker for the magnesium. The tow rounded endcaps can be used as striking weapons. When the 3 ¼ long, pointed sharpener is threaded back onto the tube, you have a pretty nasty weapon as well as a full-sized sharpener. The whole thing comes on a shot cord with a small aluminum carabiner for attachment to belt or pack \$24.95 from Five Star Gear.



Survival Crops

Gardening can be considered a key survival skill for long-term self-reliance. Gardening also is a healthy activity and a money saving hobby. Do not think that you can just start sticking seeds in the ground when and if food shortages develop. Developing food growing skills and creating productive gardening systems takes years of practice. As the old Chinese proverb goes “the best time to start is yesterday, the next best time is now”. We can assume that if you wind up depending on your gardening skills to feed yourself and your family you may not have operating freezers or even fuel and materials for large-scale canning. Even drying requires some equipment and available fuel or electricity. It would be wise to focus on root crops that have longer growing seasons and store well without refrigeration. Potatoes, beets, carrots and turnips are durable, nutritious and can be left in the ground till the first hard frost. These crops were usually kept in a “root cellar” to last months into the winter by farmers. Another method is known as “live storage” where potatoes, onions, parsnips, turnips and even squash can be piled up right in the garden, covered with a layer of straw and then earth before temperatures go below freezing. The populations of

Ireland and Russia depended completely on root crops for survival through their winter months until a few decades ago. Eating potatoes and turnips every day certainly would get boring, but it would beat starvation.



Beets are a highly nutritious survival crop that is easy to grow, store, or can, and the greens are edible as well as the roots. Beets are a “super food” that lowers blood pressure, increases energy, fights inflammations and detoxifies the body.



Beets and carrots in a “raised-bed square-foot” garden. Note the PVC arches. These are used to support rabbit fences and anti-bird netting. They can also support clear

plastic sheeting to provide a greenhouse for early planting or protect from early frosts.

The Survival Key Chain

Although we advocate carrying a lot of essential survival tools in your pockets at all times, a few extra, backup items on the key chain is a good idea to. Of course you don’t want to overload the keychain and you have to be aware that it will set off metal detectors, and attract attention when entering monitored facilities. While a plastic whistle and a miniature flashlight will probably not raise any kind of concern, a knife will cause issues and a fire starter will certainly attract curiosity. A small pepper-spray is another item that some carry on a keychain. Since criminals often move in as a person is entering their vehicle or home this is not a bad item to have right there with the keys. The flashlight and whistle would be the minimum that should be on every keychain.



Typical survival keychain. Left to right: small knife, whistle with pill holder, combination magnesium fire starter and knife sharpener, miniature flashlight, and of course keys.

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: 297 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: lfinow@aol.com.

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

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<input type="checkbox"/> \$40 Family Rate 2 adults + # of children under 18: _____		
<input type="checkbox"/> \$20 Individual Rate # attending: _____		
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<input type="checkbox"/> \$10 Per bunk for 2 nights # of bunks requested: _____		
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