

AMERICAN SURVIVOR



SURVIVAL INFORMATION FOR THE NEW AMERICAN

November/December 2019 Non Members Price: \$3.00 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: Volunteering for a Stronger Community, Neck Knives, Emergency Binder Week By Week, Early Survival Gear, Effects of Public Disarmament, Organizational Effectiveness, Life Saving Skills Class.

Volunteering for a Stronger Community

By James C. Jones, EMT/CHCM

One of the major causes of our social and political situation in America today (in my opinion) is the disconnection between the public and the agencies charged with protecting them. On the one hand we see the public willing to place total dependence on local, state and federal agencies for every sort of protection and relief from hazards and emergencies while at the same time they are distressed by rising taxation, regulation and inadequate services. As budgets get tighter and the level and frequency of small and large disasters grow our communities may become unlivable. The degeneration of your community will make lone survival extremely difficult and may force you to evacuate into even more hazardous environments. Your first line of defense is a strong local security and safety response system in which you are involved. I have never believed in the "hunker in the bunker" survival strategy. Being involved and engaged is a far better survival approach to assuring your family's safety.

This avowed and proud survivalist have never suffered any form of discrimination in my communities or jobs as a result of my high profile (local papers, TV, radio, etc.) interest in emergency preparedness. One reason is that I have maintained engagement with my community and used my knowledge and time to benefit others. In addition to presenting a variety of home safety, home preparedness and outdoor survival classes for various civic organization, I have volunteered for participation in a variety of local organizations that make my community stronger and safer. Participation provides training and education and skill maintenance opportunities while serving the community. Ultimately: anything you do to help make your community safer and better prepared for emergencies helps your family's survival chances as well. The stronger your local emergency services are and the more prepared and aware your neighbors are the safer you are. Instead of just surviving situations, you become part of the solutions. I lived most of my life in Chicago where the political insiders and old (what's in it for

me) establishment pretty much discouraged real volunteerism and community involvement. This certainly has been part of why these communities are so plagued with violence and so vulnerable to any kind of disaster. Community involvement is left to the gangs and the radical political elements. This is probably true of most large cities and is difficult to overcome. I now live in a smaller town where my opportunities to help out are welcomed. No matter where you live you should make every effort to volunteer for and support any community safety and emergency preparedness programs. Check out your town's website, check your towns and county's police and fire departments for available programs. You can spend some time learning skills and helping your community or you can watch TV and play on the internet, until you are in trouble. It's your choice. I will outline a few of the volunteer programs that I have personal knowledge of, but there are many more to consider.

Helping the Cub Scouts and Boy Scouts

If you have outdoor skills or first aid skills to teach you can offer to help the local Scout organizations. Generally you need to have children of scouting age yourself or have friends who have children in the Cub Scouts or Boy Scouts or Girl Scouts. Parents tend to be understandably guarded about unsolicited strangers volunteering to work with their children. Nevertheless recent events and changes have eroded support for these great organizations and they can use your help.

Crime Watch

The crime watch concept got a bad name from the George Zimmerman case.

While crime watch programs differ from town to town they usually do not involve patrolling and certainly not armed patrolling and following of suspicious people. My crime watch duties consist of downloading the weekly crime watch newsletter and police report and forwarding the e-mail to my block members. There are a few older residents that do not have e-mail so I print off the report and deliver it to them. Once or twice a year I go door to door to say "Hi" to neighbors and try to get others to join. I also attend the quarterly crime report meetings and man the table at the annual "Night Out Against Crime" event. The members having a weekly update on local crime keeps them aware and able to take precautions. Residents are alert and will report even the slightest sign of suspicious activity. As a result the rate of apprehension is higher than nearby communities where there is no Crime Watch program and the general crime rate is very low. In fact: the word among the criminal community is to avoid the town.

Police Reserves

Back in Chicago (Cook County IL) I was a member of an Illinois Police Reserve organization for a while. Such organizations go by a variety of names and can range in quality from just passing out badges to fully trained and qualified officers. I got into this one through my work with industrial security. It mostly consisted of retired police officers, transit police officers and private detectives. Training consisted of studying a binder of materials that included laws, traffic, radio communications and other related subjects. There was no test or formal training classes, but we did qualify at a pistol range. We were issued full uniforms

including a bulletproof vest and badge. When on duty we were sworn in authorized and indemnified as police officers. Deployment was usually to the suburbs for special events. We would be sworn in for the event and issued a firearm. Remember: as a Chicago resident I could not have a handgun of my own at that time. One time I did traffic control on the fourth of July. Trust me here: you are safer shooting it out with drug dealers than doing traffic on a holiday. Since this was Chicago corruption ruined the program. It turned out that politically connected people could get badges without any training or restrictions. So the program ended. Big city authorities are extremely covetous of their positions and groups so terms like auxiliaries, volunteers, and reserves make them nervous. Realistically (in my opinion) any time we start passing out guns and badges the recipients should be carefully vetted and fully trained as police. Many cities now have police reserve programs and participation can be rewarding and educational. Being a reserve police officer is not and should not be for the sake of ego and show. It is not for cop Wan-bee's. You must be professional, but realize your limited role and authority. Unfortunately, the public gives little respect to police reserves and even the real police can be skeptical of them as intruders into their brotherhood.

Community Emergency Response Team's (CERTS)

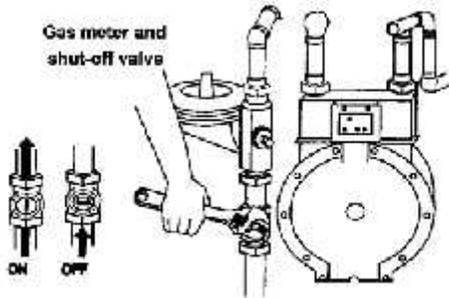
This is program was initiated after 9/11 and has very specific training and organizational requirements. It is usually organized under the county emergency management agency or the town fire department supervision. Since the

instructors must take a certified federal training course the success of the program is dependent on their availability and dedication. I know of one well organized CERTs group that simply fell apart once the certified leader became ill. Another group withered as the one certified person was transferred to other duties. Some CERTs groups are fairly small and underfunded while other have scores of members and their own vehicles and trailers. The initial CERTs curriculum of training includes emergency preparedness, basic first aid, light search and rescue, and, fire extinguisher training. The training culminates in a short disaster drill with simulated entrapped and injured victims. In the event of an emergency our tasks would include house to house checks for victims and marking the house as checked. Of course if we found injured living occupants we could provide basic extrication and first aid and use our radios to call for further assistance. We also carry wrenches to turn off the gas valves to damaged structures. Doing these basic tasks would relieve the fire, police and EMS to focus on the more serious situations. CERTs members are issued a backpack containing a flashlight, water containers, heavy-gloves, safety-goggles, a hard-hat, knee-pads, crowbar, first aid kit, glow-sticks and various other supplies. They also get a visibility vest, cap and photo identification card.

Once formed they require regular training meetings and regular deployment to sustain interest. Annual recruitment and training of new members is essential to replace folks who move or are otherwise unable to continue. If your town or county has a CERTs program you should give it your full support and participation. For information go to:

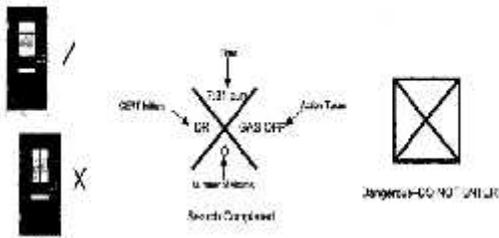
www.ready.gov/community-emergency-response-teams-cert

Two important tasks for CERTS members is shutting off the gas to damaged homes and searching for injured or trapped victims.



Instructions on the proper way to shut off gas valves from the CERTS manual. We would then place a zip-tie on the valve.

- Indicates rescuer location.
- Prevents duplication of effort.



Proper markings for building and vehicles searched. The first line would indicate that you are in the structure. Crossing it would indicate that it had been inspected. This prevents unnecessary duplication of searches. The center illustration shows information that goes with the cross. The boxed cross indicates that the structure is unstable. Marking would be with chalk or more often with orange spray-pain.

Volunteers in Police Service (VIPS)

These programs may exist under various titles and be accomplished in variety of ways, but the VIPS program was initiated after 9/11 and follows guidelines supported by the International Association

of Chiefs of Police. Some towns combine the disaster response responsibilities of CERTs and the police support activities into one organization. VIPS (by whatever name) members are not armed and are not to be assigned to hazardous duties. They may patrol on foot, bicycle or vehicle to observe and report. Vehicular patrols perform such duties as crime scene protection, parking enforcement, checking houses where owners are on vacation and opened and closed business checks. VIPS volunteers may also be assigned traffic control duties or pedestrian control duties at special events or may use their vehicles to escort funerals or protect disabled vehicles waiting to be towed. In an emergency situation they could also be used to help with crowd control. VIPS members also can work at the police station helping with records, and other office duties. At no time are they expected to pursue, confront or arrest anyone.

These programs are generally under the police or public safety department's management. The extent of training will depend on the organizers and the leadership. The VIPS program that I am involved with screened candidates carefully and put us through extensive training as if we were actual police officers. After an interview with police officials, we had our records run through the federal and state databases. If we got through that we still had to take an extensive psychological evaluation and then a basic physical. Out of 60 original volunteers only about a dozen got to the training stage.

Training subjects included: police procedures, confidentiality, records and documentation, first aid, CPR/AED, blood borne pathogens, radio protocols, and patrolling techniques, fingerprinting, use

of the Spilman™ computer system and driving the special VIPS police vehicle. One thing that is emphasized strongly is that we do not talk to anyone (I mean anyone) about anything we see or hear related to the police department, crimes or anything else. Since we do not carry (prohibited from) weapons we did not get firearms training*. We do get a modified uniform, jacket, radio, flashlight, gear belt and full bullet-proof vest. We are expected to put in at about twenty hours of service per-month. We are not sworn and authorized police officers, but we are indemnified for injuries or property damages while on duty. While we are not cops we are respected by the police officers as (in their words) the “ultimate examples of responsible citizens”. VIPS and similar programs requires a serious commitment from the participant. This is not *playing police*. This is taking a highly responsible, part-time job without pay, but it can certainly be an educational and gratifying experience that helps to protect you and your community. For further information go to www.theiacp.org/VIPS



CERTS vest, pack, hard-hat and other gear on the left. VIPS jacket, bullet-proof vest lower right. My old Police Reserves badge bullet-proof vest and cap upper right.

Medical Reserves

This group consists of certified medical professional (MDs, EMTs, RNs etc.) who have volunteered to help in the event of a mass medical emergency. One of their duties is to transport and deliver antibiotics, vaccines and other drugs in the event of an epidemic. The emergency agencies have prepositioned “pods” of medical supplies that we would bring to designated community distribution points. According to the plans, people would come on designated days and line up in an orderly fashion to get their meds. We might also go door-to-door to get medications to the disabled and elderly. The agencies also conduct mass casualty drills and tabletop exercises. Frankly: these plans should work for about ten-minutes after the first contact with a serious epidemic. There are not enough people to do the work, even assuming they are not all sick or staying home or fully occupied at medical facilities. Expecting folks to go to the right station at their designated time during a real epidemic is unrealistic. However: if you are in your communities Medical Reserves you will be the first to know if an epidemic is coming and the first to get the medications for your family. If there is no medical reserves volunteer at all in your community you may not get the medications for anyone and the infection and death rate among your neighbors and friends may be much greater.

American Red Cross Volunteers

I have friend who are volunteers for the Red Cross. They respond to local disaster such as floods and fires to provide emergency housing and some funds to the displaced. They also are sent

to major disaster such as hurricanes, tornadoes and floods throughout the US. They expenses are paid, but they are not compensated for the days or weeks away from home. They are trained in managing the systems, but not much in personal survival. They do get through roadblocks with their IDs.

Conclusions

All of these programs are only as strong as the leadership and dedication of the agencies supporting them. Consistent training and retraining and frequent deployment is essential to their continuation. Good volunteers expect activity and will drift off to other things if not utilized. Agencies that fail to integrate their volunteers into the sponsoring departments (Police, Fire, EMS etc.) or involve volunteers in managing the programs will usually see the program wither. Communities that sponsor and support volunteer emergency related programs are going to be stronger and safer than communities that discourage citizen involvement. Citizens that actively support and participate in any kind of volunteer emergency response and safety programs are strengthening their own survivability while performing tasks of civic responsibility.

** Since Indian is an open carry state it may seem odd that while on duty I can't carry a weapon, but out of uniform I can. One has to understand the liability issues here.*

EMERGENCY BINDER WEEK BY WEEK

M. Augustyn

Organization is a key player in preparedness and one I find less often

discussed. In a crisis no one has the time to think, or through stress can think and having what you need when an event takes place can make all the difference. While many may offer consideration towards grabbing your B.O.B., a med kit, stocking up on the latest preps or battening down the hatches during a large event, we seem to overlook the daily functions of documents.

An Emergency Binder is part of the strategic plan kept on hand in a prearranged and structured format available when you need it. Emergency binders provide a Household Plan along with prep checklists including step-by-step procedures (e.g. weather, distress at the loss of someone). Binders can be added to your list of items to grab when you're heading out the door, stored off-site and a back-up on your media drives. Binders are also a great way to have information available for aging parents, kids and make great gift ideas. In a crisis, no one likes to figure out someone else's life and organizational binders are an effective part in your estate planning.

There are a lot of premade copies offering ideas on the web, but most do not allow editing capabilities. Making your own form to allow updates, reprints, and sharing with family members is more helpful. You can also have the data in an excel spreadsheet and use the word processor merge format for all access to information and to quickly update new sheets. Online results also show some premade tab indexes at a reasonable cost, including those tailored for estate planning. Zippered pouches with reinforced holes for binders can be found in office supply sections can hold flash drives and small items.

Here's the first eight weeks to get you started, and I'll follow-up in the upcoming issues.



~ Stay focused and smile.

Let's get started ...

Week 1- 2" binder with 50 - 100 plastic page protectors. Purchase tabbed dividers. Create your categories (e.g. Vital, Finance, Taxes, Legal, Estate Planning, Medical, Household, Vehicles, Emergency Procedures, etc.). Label your binder. Find a safe place to store it.

Week 2- Locate birth certificates for all family members. Make copies and put in binder.

Week 3- Locate Social Security cards for all family members. Make copies and put in binder.

Week 4- Make copies of driver's licenses and put in binder.

Week 5- Make copies of passports and put in binder.

Week 6- Make copies of important phone numbers and addresses and put in binder. Include family, friends, doctors, dentist, business and other important numbers.

Week 7- Scan non-digital photos and burn all digital photos to a CD or flash drive. Put in one of the sheet protectors in the binder. Family heirloom photos can be another project - scanning and storing originals in a disaster proof container and

using copies for display.
Week 8- Copy family history records to a cd or flash drive and put in binder.

****Don't forget to take pictures of those nice gifts you received over the holidays.**

LIVE FREE USA GUN RAFFLE

We are raffling a Thompson Center T/CR22 carbine with a tactical case, extra 10 round magazine, Cleaning solvent and bore snake, and a brick of 22 LR ammunition to get you started. The Thompson is a well thought out upscale Ruger 1022 with Magpul stock, built in scope rail, peep/fire sights, extended bolt handle, threaded barrel, and when using the stock magazines it hold open on the last round fired. Did I mention that you can use any Ruger style 1022 magazine in the rifle if you don't want the last round hold open option to work. This stock level Thompson rendition of the Ruger 1022 is what Ruger should be aspiring to produce... Get your raffle tickets now and take a chance on taking this little gem home today..



Tickets are \$5.00 each or five tickets for \$20.00. They can be purchased at our tables at gun shows and by mail at Live Free Tickets, P.O. Box 3295, Munster, IN 46321.

The Effect of Public Disarmament.

A recent article in The Epoch Times, outlined the effects of gun control on crime and freedom. In 2003 then President Luiz Inacio Lula da Silva of the left wing Workers Party signed legislation known as the “Disarmament Statute”. The law was designed to force civilians to surrender their guns to the state. Part of the proposal required a vote to ban the trade of firearms and ammunition. Even though the population vote 64-percent against this proposal, the state effectively restricted gun sales and gun ownership. **According the Brazilian Ministry of Health there were about 36,000 gun related homicides in 2003, IN 2017 after the legislation there were 47,000 gun related homicides.** The population is now demanding an end to the “Disarmament Statute” in favor of the right to carry guns. The sharp increase in crime and the rise of uninhibited violence against the disarmed citizens should be a lesson to all freedom loving people. Bene Barbosa, Brazilian author and security expert stated **“When a citizen decides to surrender his weapon, he is strengthening the monopoly of state force. This is the antithesis of freedom”**. Once the public is disarmed it is extremely difficult and improbable that they will ever recover this human right. The American Republic has outlasted every government on earth, only because the armed public maintains the balance of potential force between the people, the state and the criminals. Every other nation is dominated by a totalitarian or semi-totalitarian state and/or a criminal oligarchy. No amount of preparedness or self-reliance can be achieved or sustained once the public disarmed. It is in the

interest of the state to make you a *dependent*. It is in the interest of the criminal to make you a *victim*. Only the armed *citizen* prevents this.

The Epoch Times weekly newspaper (printed and online) is probably the best publication in the United States, providing real news and intelligent articles on every aspect of life today.

Early Survival Gear

By James C. Jones

Immediately after World War Two a great amount of military surplus gear came onto the civilian market. Army Surplus Stores were a present in virtually every community. Most of the military equipment used to fight the Korean War was the same as GI’s used in Europe during World War Two. The Korean War did produce some improved winter gear. In the early days of the Cold War the only method of delivering nuclear bombs to Soviet targets was with bombers. It was assumed that any downed pilots would have to survive, escape and evade in hostile territory so the Air Force developed some high-quality survival kits and equipment. In addition to the excellent U.S. Air Force Survival Knife, they introduced the AR-7, a .22 LR breakdown survival rifle with a floating stock. This weapon is currently sold by Henry Repeating Arms. The U.S. Air Force also issued the M6 folding Air Crew rifle that featured over-and-under 22 LR and 410-gauge shotgun barrels. Unfortunately the M6 was never offered to the civilian market. The most common survival-related surplus items available were packs, pup-tents, jackets, canteens, mess-kits, knives and web-gear. Weight

was not a major factor in military specification, since they were designing items to be carried only by healthy young soldiers and/or in trucks. The Vietnam War generated some equipment that was more adaptable to civilian, survival and evacuation requirements. The Vietnam-era ALICE pack came in small, medium and large-sizes with padded straps an aluminum frame and multiple pockets. Surplus ALICE packs were the foundation for most early bugout bags. The bulky Army Shovel of the World War Two was replaced by the much lighter folding shovel in the nineteen-seventies. Items designed for the backpacking, camping and hunting markets also provided useable equipment for survival packs until more suitable products became available. While the requirements for civilian survival and evacuation gear are significantly different than requirements for military recreational hiking and camping or for military operations these were the primary sources for survival equipage until the introduction of purpose-built survival products for the civilian market in recent decades.



Upper left: World War Two vintage field jacket, web-gear, canteen with attached Air Force survival knife. Upper right: Rare US Army wool, sleeping bag. Middle left

to right: USA Army gasmask in bag, army blanket and army issue cooking mess pan, British Army ammo bag and surplus net-hammock. Bottom row: US ARMY Military Police 38 caliber revolver, well used army shovel, and an official Boy Scout knife.

Modern prepper/survivalists have a terrific selection of gear and clothing to choose from. Back in the sixties and seventies we were limited to products from the surplus market and the camping market to use and adapt. Today the survival and preparedness product market is estimated at over two-billion dollars. Some of the items and kits we developed on our own are now sold in stores and on the internet. I have researched hundreds of survival related products for my upcoming book entitles "Survival Stuff"



Organizational Effectiveness

We can often get preoccupied with record keeping details, fund raising, and membership numbers, and while these things are important they are only achievable and sustainable when we follow the imperative of effective organization below.

The effectiveness of any organization is not determined by the number of its members or the amount of its funds.

The effectiveness of an organization is directly proportionate to the number of members who are directly and energetically involved in its programs, goal and the pursuit of its mission.

This not only applies to every elected officer, but to how many members are taking initiatives or volunteering to help officers in their various projects. In other words, it's the total number of hours devoted to the organization per week and per month by all of the membership that makes things happen.

James C. Jones, founder of Live Free USA.

Neck Knives

Always carry a knife is a survivalist mantra. If you have nothing else, any kind of blade is a big advantage in many survival situations. Large sheath knives are great for outdoor activities and survival gear to be worn during evacuations or disaster situations. Good pocket knives are a must for every-day casual wear and travel. The Swiss Army™ knife or various versions of the Leatherman™ multi-tool can usual be worn on small belt pouches or pockets without attracting too much attention. However, dress-up occasions can be challenging. Dress pants and even suit-coats offer limited pocket space and even a small knife may imprint visibly through thin material. A neck knife can be worn in-obtrusively under a dress-shirt and even better hidden under a shirt and tie. While the small one or two inch blade has limitations, they are far better than having no blade at all. Neck knives can be found

online and at gun and knife shows for from ten to thirty dollars.



This small, one inch neck knife has a good handle and solid sheath. Some versions are as long as three inches



The neck knife would ordinarily be worn under a T-shirt and dress shirt, not outside as shown here. They will be too noticeable if just worn beneath a T-shirt alone.

Even if you are able to carry a larger knife, the neck knife can be a backup in case you primary blade is lost or confiscated

Live Free USA Presents

EIGHT LIFESAVING MEDICAL SKILLS



Sunday February 12th, 1:00 PM till 3:00 PM

CABELA'S Sporting Goods Store, Second Floor Conference Center, 7700 Cabela Drive, Hammond IN, Just South of I-80 at the Indianapolis Blvd. Exit

The program focuses on recognition and response to eight medical emergencies that can result in death if not treated immediately. Lecture and hands-on practice will be combined to teach basic, immediate and effective care, including CPR, AED, tourniquet application, and other skills.

- Respiratory Arrest
- Cardiac Arrest
- Arterial Bleeding
- Heat Stroke
- Cold Exposure
- Sucking Chest Wounds
- Shock
- Severe Dehydration

The class is offered free of charge, but donations are requested to support further emergency preparedness programs.

www.AmericanSurvivor.org

Live Free, P. O. Box 3295, Munster, IN 46321, USA.

E-mail lfnow@aol.com



Staff

Executive Editor: James C. Jones, survivorjj@aol.com

Managing Editor: OPEN

Distribution Manager: OPEN

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 any information provided. Opinions expressed in this publication may not necessarily be those of Live Free, USA, or of its officers, representatives, or members.

Copyright 2019 by Live Free, USA. Munster, IN, All rights reserved

Advertisements

Classified advertisements are 25 cents per word, 20 word 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

Inquiries

Address all general inquiries, subscriptions, and advertisements to:
Live Free, P.O. Box 3295, Munster, IN 46321, USA or survivorjj@aol.com

MEMBERSHIP SUBSCRIPTION 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.

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____

E-mail _____

New Membership [] Renewal []

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

Join or renew on-line at:

WWW.AMERICANSURVIVOR.ORG

Membership: \$20.00 per year, \$50.00 for 3 years

