

# AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

March/April 2020 Non Members Price: \$3.00 PER ISSUE



Published by: Live Free, USA, [www.americansurvivor.org](http://www.americansurvivor.org), e-mail: [lfnow@aol.com](mailto:lfnow@aol.com), or write: Live Free, P.O. Box 3295, Munster, IN 46321

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## ***CORONAVIRUS A WAKEUP CALL***

By James C. Jones, EMT, CHCM

Back in 2013 we published an article titled "Viruses Double Trouble for Civilization" in which I pointed out the similar side-effects of a biological virus epidemic and a wide-spread computer virus or cyberattack. My main point was that the psychological, sociological and economic effects of ether one would be more catastrophic than the immediate effect of the biological or technological virus itself. While the full extent and impact of the Coronavirus outbreak has yet to be determined it is already obvious that my original predictions were accurate. The US and world stock markets are tumbling, oil stock prices have tanked, and the world's second largest economy has virtual shutdown. China, being a totalitarian, communist, dictatorship has initiated total control of information disseminated on social media and arrested those who disseminate views critical of the government's response. Chines resistance organizations claim that the infection and death tolls are being greatly under reported. Foreign Corporations doing business in China or investing

there are rethinking their "global economy" operations as there supply chains are broken. Even if this epidemic is controlled, the effects on the global political and economic community will be immense. The Coronavirus has several aspects that are ideal for ether a natural or man-made epidemic pathogen.



- It is new and there are no known cures or vaccinations on-hand or in the pipeline.
- It spreads from person to person though the air, although it is not known how close contact must be or if it remains on surfaces for any length of time.
- It can be spread from a person who has not yet exhibited symptoms and therefor can contact hundreds of

people before the carrier become aware that they are ill.

While authorities reassure the public that this virus is less dangerous than the “ordinary flu”, their drastic measures indicate fear, if not panic. N95 facemasks\* are sold out and rationed in China and are in high demand throughout the US. All of China's neighbors have closed their border, including even North Korea. In the US, participation in large social and sports gatherings has already started to show decline. While this particular outbreak may or may not result in the catastrophic effects of postulated in my original article (below), it will certainly impact the economic and political climate in many ways. The general disaster preparedness and self-reliance steps advocated by Live Free USA together with the ability to stay home without outside contact for from thirty to sixty days must be attained, and maintained by every responsible family.

### **Original Text from Our 2013 Article**

*Virus is a derivative of the Latin word for poison. This is an accurate description of what its electronic and biological forms can do to life and life as we know it.*

### **Introduction**

Even if we put aside the obvious threats of a changing climate, crumbling economy and the decline in food, water and energy supplies, there are two major and highly probable disasters that could end civilization as we know it even as we struggle with these other issues. Both of these threats come from destructive entities known as viruses. The first

danger is from the more traditional biological virus that has plagued (pun intended) civilization for centuries. The second is the more recent term “computer virus” that has very recent origins, but is no less of a threat. These threats are greatly compounded by the highly populated, centralized and technologically depended society that only developed in the latter half of the 20<sup>th</sup> century.

### **Biological Viruses**

For the purposes of this discussion we will include viruses and bacterial forms of infectious disease.

### **Probability and Sources**

Most epidemiologists and the Center for Disease Control (CDC) state that it is just a matter of when not if a massive, worldwide epidemic occurs. Based on the actions of governmental agencies in planning and stockpiling medications, this is their worst fear. The combination of population densities and world travel guarantee that any virulent and potent biological agent will spread and be out of control before it is even detected. The sudden emergence and rapid spread of the Zika virus is indicative of this potential. Plagues in medieval Europe and Asia killed from one to two thirds of the populations before the thinned population and surviving immune systems burned them out. Modern medications and sanitation systems have reduced the occurrences and severity of plagues for the past few centuries, but these very defenses’ have created the probability of truly widespread and disastrous epidemics in our time. The combination of an over-populated world

located mainly in over concentrated cities and decades of being over protected with disinfectants and over medicated with antibiotics leaves us like a growth medium in a Petri dish with weakened immune systems Any new virus will find a “target rich environment” in today’s populations. Modern mass transportation means that every one of us comes into contact with the biological residue left by hundreds and thousands of people. Potential illness and death fly from Europe and Africa, take the buses and the train, ride the elevator and wait on shopping carts, door handles and products. Of course most of these biological agents are harmless or cause only minor illnesses, but sooner or later (probably sooner) one of them will not be so harmless. There are millions of unknown viruses and mutations that have not been recognized, much less prepared for that could take root. Medical laboratories are continuing to experiment with various biological agents in their efforts to cure or treat existing diseases. Many of these altered viruses would find the human body with no defenses if accidentally released. Smallpox (Variola Major) was declared “eradicated” in 1980 and inoculations ended, but there are small stocks of the virus kept by the Russians and the US. There may still be other hidden reserves. We now have a population with no immunities. An accidental release of such material or the deliberate spread of them by some unstable employees could end life as we know it or even life period. And of course there are the rogue nations and terrorists who already have a variety of potent biological agents available. Tuberculosis is still common in the third

world nations and is highly contagious. Massive refugee populations are now flowing from those places to Europe and America. Many of these people may be carriers. When you consider the above realities, it is truly a miracle the biological “big one” has not struck already. Being involved in the Emergency Medical Systems and community response planning for urban areas, I can tell you that the plans won’t work and they know it.

### **Impact and Effect**

The obvious impact of a wide spread epidemic would be the disablement and deaths of millions or hundreds of millions of people. Even if we assume a “best case” epidemic of say ten to twenty percent fatalities and fifty to sixty percent disabilities of two to six weeks duration the civilization still collapses and millions more die as a result of violence, starvation, cold, heat, and of other diseases. Because of our highly dependent and technologically sensitive world, the lack of people to sustain critical systems would quickly demolish order and safety. No one to respond to fires or police calls. No-one to keep sanitation pumps, water pumps and electrical systems running. No-one to deliver food, medications or fuel. No-one to keep the virtual money in the banking and financial systems from evaporating. They will all be sick, dead or at least home protecting their own families.

The resulting desperation and shortages will have the cities in flames and the streets like war zones within weeks. The effects of failed water systems and sanitation (human waste and garbage) will initiate diseases like

Cholera, Typhus, Malaria, and a host of other viral and bacterial infections.

*\* N95 Dust Mist masks are effective protection against most airborne pathogens when worn properly. They are available at most pharmacies and hardware stores. Live Free USA has constantly recommended them as "every day carry" (pocket or purse) items and stocking a dozen or more at home.*

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## Distracted to Destruction

### Why more and more is said and less and less is done

In the book "Distracted" by Maggie Jackson the hazards and negative effects of distractive technology are well documented. The subtitle for the book is "The Erosion of Attention and the Coming Dark Ages". While I have been using computers years before anyone heard of Bill Gates, Windows or the Internet, I have always regarded technology as a tool and never an independent entity. A tool is something I can turn-on, pick up, use and then turn-off, put away or even just do without. Modern technology is pervasive, invasive, insistent, manipulative, and demanding. Social media and smart-phone texts create an endless loop of responses to responses to responses to -----, without achieving any physical action. Programmers build "compulsion loops" into games and social media platforms specifically to keep participants hooked, just like drugs. Social media has turned into a gigantic, useless committee endlessly debating, arguing and discussing, without ever deciding or acting on anything. People actually consider a day devoted to exchanging opinions, transferring data and forwarding attachments as a

productive day? What exactly was produced? Online gaming has become an obsession that eats up time, the most precious commodity we have. Time that could be spent learning and doing. While movies and television were previously used as temporary forms of relaxation, they are now day-long "binge" activities. Since these technologies and the logarithms they create tend to focus the recipients choices on their personal preferences, opinions and interests, we see more narrow mindedness, and selfishness among the population. Everyone can live in their own, narrow world and communicate with only others they agree with.



In a recent conversation with some active members of Live Free we despaired at the lack of volunteers to actually get out and do things and poor attendance at events. We get lots of texted support, and encouraging words, but fewer and fewer hands-on, time devoted help. In talking with officers of other organizations, I get the same complaints. Veterans groups, churches, fraternal orders and community groups all are suffering from shortages of active support. While computers were first thought to be the means to save us time

and improve our lives and social opportunities, the technology has been used to waste our time and prevent intelligent, and productive social interaction. Technology is (intentionally or unintentionally) destroying human society and replacing it with a virtual society controlled by programs and algorithms. I like to call people who have a Pavlovian need to respond to their phone or a text and go about with their smart phone on 24/7 “oblivions” who live in a virtual world rather than the real one around them.

I am appalled by the ignorance of people who have spent hours staring at information provided by the internet or playing games that provide no practical skills or valuable knowledge. Virtual is by definition not-real. Websites, FaceBook pages, online forums, and texts are not actual productive functions, they are only communications.

Personally, I do not sleep well unless I have done one of the following each day: Helped someone, fixed something, created something, learned something useful, improved something, and saved something. In short, the world should be just a little bit better because I was actively engaged. Having won a game, seen a move, forwarded a Youtube video or exchange multiple texts is not a worthy day to me. From a practical or a religious perspective, wasting a whole day without making a difference surely must be considered to be a sin. Unplug and get active. .

Please do not misunderstand my criticism of communications and entertainment. Exchanging a few emails,

having a useful phone conversation, or watching a movie or television program can be an important source of relaxation, and even inspiration and education, but life is not a spectator sport and the answers to our personal and societal issues are not to be found online. Action, team work, volunteerism, participation, attendance, and physical input are the only things that count in the real world.

It is interesting, and perhaps frightening to note that according to scientific studies human intelligence has been in decline for several decades, while computer power has recently surpassed that of the human brain. Moore’s law states that computer power doubles every 18 to 24 months. Artificial intelligence now engages in so-called “deep learnings” and acts on its own initiatives without human direction. Computers learn and improve exponentially while the human brain improves only linearly. The human brain calculates a bit slower than the speed of light, while quantum computers calculate at thousands of times the speed of light\*. Do the math. See the future.

*\* Due to something called “quantum-entanglement” it is actually possible to calculate and communicate faster than the speed of light.*

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## **2020 Live Free USA Annual Meeting Notice**

**The Fifty-second Annual Meeting will be convened at 1:00 PM on Saturday, April 4<sup>th</sup> 2020 at Cable’s Conference Center on the second floor of the Hammond Indiana Cabela’s store at 7700 Cabela’s Drive. Four offices will be up for election or reelection.**

- President: Mark Smith will be up for reelection
- Membership Secretary: vacated last year. No current candidates

- Director #3: Temporarily filled by Tom Garza up for confirmation, reelection
- Director #6: One new directorship is to be filled this year.

Anyone wishing to be nominated should inform Mark Smith by March 29<sup>th</sup>.

**All Directors are to be assigned (or volunteer) for specific tasks before the end of the meeting.**

Several amendments to the bylaws are to be introduced and voted on at this meeting.

*While we are making good progress in many respects, we could be moving better if more Directors were initiating independent action. The intention of Section Three of the Bylaws was to have every Director directing a program and hopefully even recruiting other member into teams to do things that needed doing. The point of adding Directors was to do more things simultaneously between Board meetings not wait for Board meetings to do anything. Paragraph Five of Section Three may be a little too weak so we are going to propose the following at the next annual meeting.*

- **Paragraph Five of Section Three shall be replaced with “The tasks specified below must be assumed by elected Directors within thirty days of being elected. Where a task is not voluntarily assumed, the President will assign it to a Director.**
- **A new paragraph number six shall be added to Section Three as follows “Directors shall be required to report activities and progress on their task areas at each Board meeting and at the Annual Meeting.**

*Chapters and affiliates are a long neglected opportunity for growth. This area needs the attention of a special coordinator so the following addition to Section Three specified Duties will be proposed*

#### **Chapter and Affiliations Coordinator**

- Promote and support chapter organization and group affiliation with Live Free USA.**
- Maintain constant communication and monitoring of activities with all**

**chapters and affiliates. (Including a webpage)**

- Assure chapters and affiliated organization operate in compliance with Section IX of these Bylaws.**
- Support chapters and affiliates by providing guidance, promotion, referrals, publications, materials and funding for projects as needed.**
- Maintain records of all chapter contacts and activities.**

**Additional amendments are contemplated, but the text was not available at printing.**

The following resolution will be proposed for adoption.

#### **Resolution in Support of American Constitutional Sanctuaries**

*Whereas certain political parties, candidates and institutions have advocated, supported and initiated national and state regulations that are a clear and present danger to the rights of American’s as established by the second amendment of the United States Constitution this organization pledges its active support of states, counties and municipalities that refuse to support or enforce such unconstitutional laws.*

*Whereas the right to keep and bear arms for one’s personal protection and for the maintenance of a free society is an essential human right, this organization shall actively support all responsible resistance to public disarmament and confiscation.*

*Whereas the capacity for effective self-defense is an essential element to personal and family self-reliance that is a fundamental value and mission for this organization, we will actively support candidates for public office at all levels that pledge support of the Second Amendment and Constitutional Sanctuaries as a means of resistance to violations of those rights.*

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#### **American GI Canteen, Cup, Stove**

Even after seventy-years, some of the US Army, World War Two gear is still as good as or better than modern high-tech,

survival gear. A case in point is the World War Two era canteen and its accessories. The basic shape and size of the canteen has not changed from the original. But the material has changed from the original stainless-steel of World War Two to aluminum, and then to plastic since Vietnam. The original cup had a solid, foldout handle that was later replaced by a two-piece wire handle that is not easy to use while heating the cup. The clever stove device fits over the cup in storage and inverts to hold the cup over a fuel-tablet for heating food or beverages, much like the German Army Esbit™ Stove. Additionally: the entire three-piece unit fits into an insulated pouch that goes onto the web-gear belt. You just can't improve on this compact and durable system. Components can often be found online, at surplus outlets or at gun shows.



Right to left: stove device, canteen cup with handle folded, stainless-steel canteen. Insulated pouch on web-gear belt.



Nested unit: note the flange around the canteen, this is a fairly rare version. Also note the owner-added length of surgical-tubing around the chain attached to the cap. This was added to facilitate stealth, as the chain rattling against the canteen was quit noisy. Later models used a cord.



Stove in use heating coffee

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**EMERGENCY BINDER WEEK BY WEEK continued from previous issues)**

M. Augustyn

*"To the well-organized mind, death is but the next great adventure"~ J.K. Rowling.*

The last quarter of 2019 was full of visits to funeral homes. A few had been ill for the last year, an instant death while

gardening, and others were due to tragic events neither their loved ones or I saw coming. The latter were both caused by reckless decisions of strangers, making the television news. In a matter of hours, the families were required to address the situations and all the legalities that go with it. Estate planning continues to be one of the least thought about when it comes to organizing and a topic I never see discussed in a multitude of prepping groups. Families can be left in limbo if a death or medical emergency were to happen. The situation could be worsened if only one person manages the financial aspect of the relationship or if only children are left behind. The situation also applies to family members such children or grandchildren.

Prepping also includes all the paperwork and instructions that can make the transition a little smoother. Many have dealt with family members who have had a heart attack and the insurmountable amount of paperwork and communication that follows. Having organized files to retrieve any and all documentation during this traumatic event and supplies to handle the additional incoming paperwork can help ease the mental stress. If you are single with no other relations, having your information in order can help to make sure anyone handling your affairs gets you the help you may need as soon as possible or that your wishes are carried out the way you want them to be.

We are entering springtime and weather emergencies are on the horizon. No one wants to wade through a pile of home debris while trying to find the insurance

papers, looking for contact information or dealing with damaged documents.

Think about making multiple binders for such emergencies:

One for the house, one for the adult kids or in-laws, and one to give to someone who would raise your kids if something were to happen.

"Stress less and focus on what you can control"~unknown

#### **Week 16-**

Is everything up-to-date? Can your insurance agents get you any better deals?

Copy/Scan all car titles, registrations, Lease information, recent auto insurance statement and auto loan papers, and add to binder.

Copy/Scan extended warranties, maintenance schedules, and add to binder.

Create a simplified list including names, phone numbers, contacts, and account numbers.

#### **Week 17- Estate Planning**

#### **FOR EACH FAMILY MEMBER**

Copy/Scan General insurance, Life insurance, Disability Insurance, Will-living will, trusts, Advanced Care Directives, DNR form (verify current laws as there were previous loop-holes), updated Beneficiaries, Prepaid Burial contracts, accountant/advisor/lawyer information, Social security, Disability, Power of attorney, certificates for stocks, bonds, annuities, bank accounts, mutual funds, and safe deposit boxes, retirement plans.

Create a simplified list including names, phone numbers, contacts, and account numbers.

Create a to-do list for family members in the event of a death. Where's the secret stash?

#### **Week 18-**

Copy/Scan Marriage License (Divorce/custody papers), Citizenship Papers, Military Records, Adoption Papers, and add to binder.

#### **Week 19- Medical**

Assemble a list of medications and immunization records for each family member.

Copy/Scan any important medical and DNR or dental records for each family member.

Copy/Scan all health and dental insurance cards, both sides for each family member.

Add to binder.

#### **Week 20-**

Copy/Scan any professional licenses, degrees and certifications.

Copy/Scan any important business papers.

Update your resume. Add a resume/job note page with employment and education dates to help you remember the information.

Add to binder.

#### **Week 21-**

Copy/Scan the last two house payment statements.

Copy/Scan homeowner's insurance policy.

Copy/Scan all recent utility bills including cell phone, make copies.

Add to binder.

#### **Week 22 -**

Conduct a home inventory, print and put in binder.

Take a video or pictures of all items in your home, burn to CD, and add to binder.

**Week 23 -** Create an emergency shutoff procedure.

Find household shutoffs - Gas, water, electrical, etc.. Acquire any necessary tools (e.g. outdoor water shutoff may require a special tool).

Label indoor shutoffs with bright tagging system and instructions.

Take pictures and create a shut-off procedure.

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## **USB/Double Arce Lighters**

There must be fifty ways to start a fire. I covered just a few ways to start a fire in my book "Total Survival" but there are many others ranging from the old flint and steel, to camp-matches, magnesium rods and butane-lighters. While an actual flame (e.g. matches, lighters) always trumps a spark (e.g. flint or magnesium), we now have a whole new category of fire starter. These devices use a plasma arc to ignite any material placed into the arc. The powerful electric dual-arc beam will instantly set material on fire, without having to cup your hand over a flickering flame or pray you have enough fuel left. These lighter are rechargeable from a USB port and stay charged for about 300 ignitions. They are more costly than most traditional fire starter at about \$20.00. You can buy a lot of windproof matches and butane lighters for \$20.00 so replacing them as your "every pocket" items for emergencies may not be practical, but the USB/Double Arce Lighter is a good

addition to your primary kit. The one shown below is from StealthAngel.com and sells for \$19.95, but other brands are available.



The plasma, double arc is clearly visible in this photo. The strong case and latched cover protects the unit from moisture when not in use, below.



## Register Now for Survival Medics Course

A few members have signed up for a *potential* Survival Medics course at the Hammond Indiana Cabela's this autumn. The course fee is \$100.00 per person and includes a suturing practice kit and

instruments, and extensive handout materials. The course consists of two four-hour lecture demonstrations and two four-hour hands-on training sessions. Participants will receive a Survival Medics certificate upon completion of all four classes and two tests.



**We need at least ten firm commitments, before we schedule this class.** If we have sufficient pre-registrations by September 1<sup>st</sup> we will notify participants and require the \$100.00 registration fee by October 1<sup>st</sup>. Classes will be on Saturday or Sunday from noon till 4:00 PM.

NOTE: We would welcome help from anyone with medical qualifications. This will be the last Survival Medics class unless we are able to organize a Survival Medics Team to continue these programs.

**If interested, contact [survivorjj@aol.com](mailto:survivorjj@aol.com), or signup on forms at gun shows and Live Free Meetings**



# ***CAMP INDEPENDENCE***

**Americas Original Survival and Preparedness Education Event**



**Saturday May 30<sup>th</sup> 2020, 9:00 AM till 6:00 PM (EST)**

**At Tepicon Hall, at Tippecanoe River State Park,**

**North of Winamac Indiana on US Highway 35.**

**\$20.00 per person, \$30.00 per family**

## **Classes and Programs**

**Classes, demonstrations field training in outdoor survival skills, emergency first aid, map and compass, home preparedness, survival packs and kits, emergency management and more. Survival stuff raffle. All classes taught by experiences, certified and instructors.**

## **Lodging and Camp Sites**

**We recommend participants arrive Friday evening and/or depart Sunday morning to maximize learning and networking time.**

**There is a limited number of cabins near the hall available through the Indiana Department of Natural Resources Website. Camp and RV sites in the park can also be reserved through the website or at the park**

**Go to [www.AmericanSurvivor.org](http://www.AmericanSurvivor.org) or send check to Live Free USA,  
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**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.

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

