

# AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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**IN THIS ISSUE: Nuclear War Looms Again, Train as You Fight, Camp Independence 2022, Creek Stewart's Bugout Vest Guide, H-Bandage, Don't Forget Your Pets, Duck and Cover, More**

## Nuclear War Looms Again

By James C. Jones

When Live Free USA was founded in 1968, the specter of nuclear war was the primary driver for the survivalist movement. We still had programs on basic preparedness, outdoor survival, and self-defense, but nuclear war and the chaos and violence that would follow was the scenario that motivated interest in survival education and preparation. When we thought that the Cold War had ended in the 1990s, the survivalist movement almost collapsed. All of the survival publications went out of business, and every survival organization except Live Free USA dissolved. We continued to fight the growing complacency and world events such as global-terrorism, rampant crime, violent weather, and economic instability revitalized support for individual safety and self-reliance. Still, support for survivalism never returned to Cold War levels. **The advent of a worldwide pandemic that generated massive civil unrest and economic instability certainly highlighted the instability, and vulnerability of our highly dependent**

**and centralized society.** Amid all of these threats to life and freedom, the potential for nuclear war has reemerged in even more dangerous forms.



Multiple strikes around rather than on a central target greatly extends the area of total destruction.

**While the theory of Mutual Assured Destruction (MAD) worked to avert a nuclear holocaust through the late Twentieth Century, and treaties and inspection temporarily provided some level of prevention in the past two**



**decades, none of these preventive agents apply today.**

Cold War era ballistic missiles took time to launch and followed a long arching trajectory to the target. Once a launch was detected, the target nation would have time to launch its own missiles. So the missiles would pass each other on the way to their targets. If one launches, they both are annihilated. No one wins. Mutually assured destruction. But now we have hypersonic cruise missiles that are hard to detect and travel at over 4,000 mph (miles per hour). These weapons will reach their targets in minutes, before the victims have time to launch a counter strike. **Like an old fashioned Western gun fight, the winner is whoever draws and shoots first.** While the United States civil defense programs just designated various basements as fallout shelters, the old Soviet Union had constructed hundreds of hardened underground installations complete with workshops, hospitals, and housing for thousands. These installations were virtual underground cities connected by miles of tunnels and railroads. Many of these facilities were located in the Ukraine

and the Crimea. It should be very concerning that Russia has reactivated and updated many of these formerly abandoned sites, and has been building more, while our military was spending billions chasing cave-dwellers in Afghanistan.

During the Cold War, the world was relatively stable with just two super powers being very careful. In fact, the Soviets were so worried about unauthorized launches that their prelaunch protocols were more stringent than ours. Today we have unstable and rogue leaders and multiple nations with nuclear weapons and multiple scenarios for their use.

In the early days of the Cold War (1950-1980), large single warhead bombs, and then ballistic missiles, were the primary threat. Civil defense maps indicated areas of destruction radiating from the center of a target city or base. More recently, missiles are fitted with multiple smaller warheads and decoys, so it is more likely that a number of nukes would bracket a city and do far more damage much farther away from the city center. Instead of one 25 megaton blast in downtown Chicago, we could see five to ten, one to five megaton warheads detonating from northern Waukegan to northwest Indiana extending the un-survivable range out to 50 or more miles, and the damage out to 100 miles. With a combination of incoming multiple-warhead (MIRV or multiple independently targetable re-entry vehicle) ballistic missiles, and hypersonic cruise missiles, the residents would have zero chance of escape or survival. Unless they had already put themselves some distance from the area, or had evacuated days in advance.

Typical missile payload with nine nuclear warheads. A typical “boomer” submarine may carry as many as 24 of these missiles with this many warheads; that is  $24 \times 9 = 216$ .

### How Could a Nuclear War Start?

During the Cold War, the scenario was that the USSR or the US might launch due to miscalculation or mistake of some kind. This almost happened in October 1962, an event known as the Cuban Missile Crisis. But, the specter of MAD and careful communications between Moscow and Washington averted a true disaster. Today, we have multiple scenarios that could lead to an exchange of nuclear warheads. The following events could occur in a domino-like sequence or individually.

1. A protracted regional war that spreads into a larger conventional war, resulting in threatened use of nuclear weapons.
2. The use of a few tactical nuclear weapons by one or both combatants in an attempt to achieve a tactical victory or break a stalemate.
3. A full exchange of tactical nuclear weapons limited to the battle field and support regions.
4. A limited nuclear attack aimed at military, government installations, and infrastructure within the combatant nations only.
5. A full-scale nuclear exchange between nations intended to kill civilians and totally destroy all industry and infrastructure.

At this writing, we are already at stage one of the above possibilities.

Back in the Cold War days, there were three attitudes about survival preparations for a nuclear war.

- The first was what we called the “Titanic Syndrome”: I can’t survive so why prepare? Our argument for this was: “Yea, but what if you *do* survive the initial blasts and aren’t prepared enough to survive the aftermath?”
- The second attitude was “It will be so horrible that I don’t want to survive it.” And our response: “Sure, you will be the most desperate and dangerous person out there killing folks for food, because you didn’t prepare.”

Both of the above attitudes were just cop-outs and denial by irresponsible citizens.

- Of course our attitude was that preparedness provides hope and is the responsibility of every good citizen regardless of the threat scenario.

### Surviving a Nuclear War

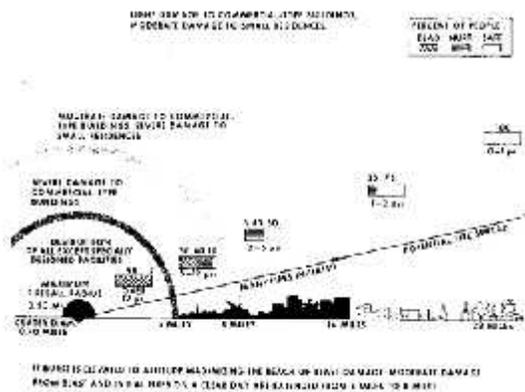
**While the threat of a nuclear war (limited or total) has reemerged and is more possible than ever, all of the civil defense preparations and public education that existed during the Cold War is long-gone and forgotten.** Live Free USA will be updating and republishing our nuclear war survival articles in the coming months. There are plenty of ways that you can survive or at least increase your chances to survive nuclear war scenarios.

- The war may be limited to combat zones or only some domestic targets, in which case collateral damage and radioactive fallout will be survivable by those who know what to do and are properly prepared.
- If you live in a small town or rural area there will be little blast damage or primary radiation, but being able to mitigate fallout exposure, sustain

isolation, and defend against desperate marauders will be essential.

- You may be away from the target area due to luck or good anticipatory planning. Having complete survival packs, weapons and if possible a safe retreat area will give you a chance to survive.
- You may have followed my first rule of survival (“Anticipate”) and have decided to take an out-of-town vacation or visit rural friends during an international crisis. Of course, you will have your survival packs and extra gear with you and maybe more stored at your friends’ place, as well.
- If you live outside the zone of total destruction, you may be injured and/or exposed to initial radiation and then fallout. You would find yourself among hordes of desperate and unprepared refugees. Your self-rescue capabilities, first-aid skills, survival packs, respirators, weapons and ammunition will greatly increase the survival chances for you and your family.

### Direct Effects of a 25 Megaton Nuclear Surface Blast



### Conclusion

The increasing potential for a nuclear war should concern and motivate every

responsible citizen. Modern technology has increased the potential lethality of such an event, while presenting significant challenges to survival. **The effects of a general nuclear war are horrific, but many would survive the initial blasts and fires.** Many of those who survive the first days of such a cataclysm would succumb to radiation sickness, starvation, disease, and violence unless they have acquired knowledge and made preparations to survive. **The eleventh rule of survival is “Never Give Up!”**



Above: **Nuclear War Survival Skills** by Cresson H. Kearny and forwarded by Edward Teller\* of the Manhattan Project. A nuclear war survival manual commissioned by the US Government. **Better Read than Dead** by T.F. Nieman. This occasionally republished book was popular in the 1980s and includes a lot of fallout protection information. The title was a reference to the survivalist slogan “Better Dead than Red” back then. My old **Radiological Monitoring** manual from a course a Live Free USA member took for a county civil defense agency. A small fallout shelter sign from the 60s. Shelters were stocked with food, water, medicine,

and radiation monitoring instruments. No such shelters exist today.

*\*I met Edward Teller when we were both speaking at the American Society for Civil Defense convention in Los Vegas in the 1980's*

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## Camp Independence 2022

By James C. Jones

In spite of multiple obstacles, Camp Independence 2022 was a success on many levels. Several key members and instructors came down with Covid-19 at the last minute, and there was an actual roadblock on the highway leading to the event site that attendees had to navigate around, but Live Free USA had enough staff and instructors to provide a full day of survival and self-reliance education. While the training classes are an important part of the Camp Independence experience, networking and organization building are equally critical. This event provided an opportunity for new officers and instructors to demonstrate their capabilities as they take over from the veteran members. It was particularly gratifying to see second and third generation members pitching in alongside of first-time participants. Newer members were able to see the depth and loyalty built over fifty years of operation, while core members were gratified and encouraged to work with a new generation of Live Free USA leaders. This year's classes included: How to Stop Severe Bleeding, Combat Firearms Use and Safety, Practical Radio Communications, Knife Sharpening, Shotgun Use in Self-Defense, and Survival Vehicle Equipment. Meals were provided at nominal cost and adequate time was provide for networking. Throughout the event planning was underweight for next year's event. While

excessive heat, Covid-19, literal roadblocks, and high gasoline prices all created challenges, our staff and core group made it work, and our loyal members new and old came through.

Camp Independence 2023 is scheduled for Saturday, May 20<sup>th</sup> at Tippecanoe River State Park. Most participants arrive and camp or cabin overnight on Friday and Saturday nights. Cabin and campsite reservations can be made through the Indiana Department of Natural Resources website. We are already looking for instructors for this event, and for contributors for the Survival Stuff raffle. We are also looking for ways to record or live-stream future events. We can expect future gatherings to face difficulties, but face-to-face, hands-on, meetings and events are going to be essential to true survival and true freedom for current and future generations. We will adapt and overcome together.



Participants watch as William Garza conducts a class on knife sharpening



Proper and safe use of rifles is taught using Airsoft guns. While some participants were experienced shooters, others were beginners, motivated by current events and concerns.



The use of direct pressure, hemostatic devices, and tourniquet's was taught by EMT's and First Responders.



Practical use of affordable radio equipment is demonstrated outside where improvised antennas could be set up. All instructors had the opportunity to become Certified Survival Instructors



Lunch being served by Live Free members. Sharing meals facilitated a lot of networking and mini-meetings, and the creation of great camaraderie and unity among participants

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## Train as you fight

By Travis Worlock, ATAC Trainer

What is your primary objective when a criminal is pointing a firearm at you? To shoot the criminal, or NOT be shot? You can only chose one course of action! Do you carry a firearm for self-defense? Is your training consistent with armed self-defense; or does your training mirror how military and law enforcement train which is self-offence?

Most Americans really don't know the difference between self-defense and self-offence training. Why, because +98% of American firearms training mimics how military and police train. What does military and police training look like? Firing lines of up to 25 people standing shoulder to shoulder, focusing only on: stance, draw stroke, grip, trigger and breath control. They stand upright and motionless while peppering a stationary, upright, armed paper target facing them. Their primary objective is only to shoot the threat.

Standing upright and motionless firing at an armed paper target only serves to desensitize you to the insanity of a 19<sup>th</sup> century dual between two people pointing firearms at each other. Yet, if that training is not a good idea for civilian armed self-defense, why do military and police train like that?

Military and Police volunteered to move to the sound of gunfire, they get paid to do

it; but most importantly they have assets to mitigate risk in armed altercations. The risk mitigation assets are body armor, extra ammunition, armed backup, medical backup and qualified immunity. If you don't have those assets why would you train like military and police? If your primary objective in an armed altercation is NOT to be shot then why make yourself the perfect target to be shot? Standing upright and motionless focusing on: stance, draw stroke, grip, breathing and trigger control increases your risk of being shot!

A sound self-defense training regimen does not support building neural pathways (muscle memory) to stand upright and motionless exchanging gunfire with a threat. My only concern in a gunfight, after surviving being shot at and having to shoot back in combat...is NOT to be shot! My priority with a firearm as a civilian is to get home to my family, not to be the hero with my name plastered across the headlines. That hero mentality only creates legal headaches.

If your primary objective is NOT to be shot then don't make yourself the perfect target by standing upright and motionless in an armed altercation! Consider these truths. Is a smaller target harder to shoot than a larger target? Of course, so why stand upright while training? Is a moving target harder to shoot than a stationary target? Of course, so why remain stationary while training? MOVE and reduce your signature simultaneously while returning fire.

At ATAC our primary objective is to provide you with armed survival techniques, tactics and procedures to reduce your risk of being shot and increase your odds of surviving an armed altercation, "train as you fight." We don't

train with 2 dimensional paper targets, because I've never seen a paper target ever hurt anyone. We use 3 dimensional, life size, fully clothed target mannequins that hold inert firearms, "train as you fight". We don't use one directional ranges. We provide a realistic 360 degree range environment. In your home or in public with a firearm is that a 360 degree environment, "train as you fight." Can you imagine someone learning to drive a car and never turning the wheel? What is their competency level going to be driving on public roads, or are they going to be an accident waiting to happen, train as you fight!

God bless America, Travis Worlock,  
tacticalcourse.com

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## **Creek Stewart's Pocket Field Guide: The Bug Out Survival Vest**

Ric Hubbard

What do you do if you have to make a run for it? For most preppers the plan is to grab the bug out bag and head for the door. There are almost as many ideas on a BOB as there are preppers and we all try to figure out how to best set one up. One idea on how to carry survival gear that has been around for almost as long as there has been an Air Force is the survival vest.

I have experimented with survival vests for a long time, but I never would have thought of a Bug Out Vest. One of Creek Stewart's Pocket Field Guides has got me thinking on that track now. One of the big advantages of a survival vest is that the weight of the gear is spread out and easier to carry and it keeps gear handy while keeping your hands free.

Wrapping my head around a bug out vest took a little work, so I bought a copy of

“Pocket Field Guide: the Bug Out Survival Vest” from Amazon. In the past I viewed the survival vest in much the same way as a small survival kit, in fact I have had a Vietnam era Air Force Survival Vest hanging in my closet for about 25 years now that has served that purpose well. It has carried a basic survival kit with the tools to see to my survival needs and is for unexpected emergencies on day trips and the like, but it may not be the best tool for a bug out situation.

I am rebuilding my bug out equipment plan right now so I decided to explore new ideas. I reread a lot of the material that I have on hand and bought new books to gather new ideas. I found Stewart’s “Build the Perfect Bug Bag” to be a great resource so when I came across this Pocket Field Guide on the vest, it grabbed my attention.

The Pocket Field Guides are a series of short, concisely written guides to specific survival topics. In this volume you get a step-by-step tour through the process of building his bug out vest. The lion share of the 82 pages is devoted to choosing the base vest. I have vests that match some of the ones that he suggests already, including a Dutch molle-style vest that matches the Bergan-style backpack that I am using to build my BOB and a chest rig like the one he shows in the bonus section of the book.

Ideas on vest choices make up the largest part of the book because it is the most complex part of the process. The sections on what goes into the vest is less complex because this little book is about choosing the platform and suggestions on the supplies and equipment that should fill it. Think of the rest of the book as a starting off point.

Each subsequent section gives a brief run-down of items to cover the basic survival areas Shelter, Water, Food, Fire, First Aid, Rescue (Signaling) and Tools. When you are building any survival kit you should consider the items in a guide you are using as suggestions and adjust as needed. That being said, the lists in each section are quality products worth considering.

While I have a hard time seeing 3-days supplies on a vest set-up, Stewart makes a compelling argument in this guide. A vest like this would be far and away better than nothing. For me, this vest set-up makes a lot of sense as a second-line kit. In military terms, the Second Line are the basic survival and self-defense tools that are carried so that the soldier is always ready.

For our purposes as preppers, the second line is the first layer of a bug out plan. It is an important tool once you get to your bug out location and must venture away from base camp. A vest like this gives you enough survival gear to unexpectedly be away from base camp for a night or two. It should make it easier to do the work you need to do by keeping your hands free and distributing the weight more evenly about the body.

I am following the guide in building a second line vest kit that will sustain me at a basic level. I bought the Dutch tactical vest from Varusteleka in Finland for the purpose. As an aside, ordering for Varusteleka is an easy and quick process and the prices are fair. The Dutch vest is of MOLLE style and so far, I have had no problem attaching pouches from Condor to it, so I think that most MOLLE style pouches will fit.

One of the nice touches in the Field Guide is a chapter on how to properly use

MOLLE. Doing it right will make your equipment more secure. With the variety of pouch styles that are available now, a MOLLE style vest makes a lot of sense. The book does not take defensive weapons into account, so you don't get suggestions in that area, but you get examples of other pouches to use for various kits. I am thinking that a MOLLE vest is the way to go. This way, you can customize the vest in a way that works for you.

The kit suggested in this book fits my BOB plan very well. Creek Stewart's "Build the Perfect Bug Out Bag" has been one of the guides that I am using for my new BOB, which represents the third line of my preparedness bug out plan. When I discovered this guide the description made it look like it was a good guide to building a general second line kit. I am pleased to say that I was right. You will find links below to buy this Pocket Field Guide and other useful books on the subject from Amazon.

When I get the new kit finished, I will post a video to show you how it comes out. Until then, if a survival/bug out vest sounds like a good plan, the 'Pocket Field Guide: The Bug Out Survival Vest' is a place to start.

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## **LET LIVE FREE SPONSOR YOUR EVENT OR PROGRAM**

**Live Free USA has always been ready to support survival, preparedness, and safety related programs, but these funds have seldom been requested or allocated. Renewed interest in preparedness and the emergence of our mission as a mainstream necessity, has recently created more interest in these grants and sponsorships. While we did not have a developed policy for the distribution of these funds, the**

**proposed policy is in effect pending approval by the Board of Directors. Most grants will be \$500.00 or less. Anyone interested in our support should submit a written email request to [survivorjj@aol.com](mailto:survivorjj@aol.com), at least 90 days in advance of the needed funds.**

### **Proposed Policy for Grants and Sponsorships**

- All applicants for grants or sponsorships from Live Free USA are required to submit a letter explaining why the funds are being requested, how they will be used, who will be administering the funds, when the funds are needed, and how much money is being requested.
- Any distribution of funds for grants, or sponsorships requires a majority approval by the Live Free USA Board of Directors.
- The annual budget for grants, and sponsorships will not exceed ten percent of the previous year's income, or \$2,000.00 whichever is less. This limit will be subject to annual review.

### **The grant and sponsorship budget will be allotted as follows.**

1. Twenty-five percent to goodwill and community support not directly related to preparedness education or support
2. Twenty-five percent to community survival and safety related programs such as providing smoke detectors to residents, tourniquets to police officers, or distribution of literature or protective equipment.
3. Fifty percent to support of activities directly related to emergency preparedness and survival education such as sponsoring speakers, preparedness expositions, or seminars.

**Conditional grants and sponsorships:** If recipients will be charging fees for events, the recipient organization will be expected to return an agreed amount to Live Free USA or show how any profits will be reinvested in survival and preparedness support activities.

**Recognition and Credit:** Recipients of Live Free USA funds are required to list Live Free USA as a sponsor on any related advertisement, website, social media posts, or literature.

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## H-Bandage™

H-Bandages are a new take on the well-known Israeli wound dressing. This version consists of a five foot long, by four inch wide elastic bandage affixed to a thick eight inch square wound dressing. The “H” shaped plastic device is attached to the center of the dressing and is easier to use than the rather odd shaped anchor on the Israeli dressings. One of the best feature is the strip of Velcro that facilitates one handed, self-application in an emergency. The size of the dressing makes this bandage larger and less compact than the Israeli wound dressing, but better for large wounds. The long, elastic bandage can be used to secure this dressing to any part of the body. I ordered mine from Live Action Safety for just \$1.99 each. They came without any sealed wrappers, so they are not sterile. They also came without instructions for use. This is an annoying trend where providers depend on YouTube to provide instructions. I couldn’t even find a printable instruction sheet online. In this case it was fairly easy to figure out. There are other versions for up to \$12.00 that come in sealed plastic wraps. These are a good addition to your trauma kit.



H-Bandage™ as supplies



H-Bandage™ applied to leg. The “H” goes directly over the wound-site to maximize pressure and stop bleeding

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## Don't Forget the Pets in Your Prepping!

By Rudi

According to one reliable source on the Internet, “*Two out of every three American homes includes a pet, and 393.3 million pets live in the United States.*” That’s more pets than people! We often see in disasters that pets become vulnerable and often separated from their owners; think of what happens in fires, earthquakes, tornadoes, and floods. Fortunately, there are pet rescue services who help out. But in long-term SHTF scenarios, it behooves us to plan for our pets care.

The benefits of pets are obvious: First, they can be calming for anyone, but especially for elders and children.

Scientific studies have shown the positive physiological benefits of pet ownership. Second, many dogs, small and large, can provide “guard duty” due to their heightened sense of hearing and smell.

As a long-time cat owner, here are the supplies that I have stockpiled:

1. Two litter boxes.
2. Several 30-gallon buckets of litter.
3. Bags of food and treats (**NOTE:** check expiration dates and rotate just as you would do for human food.)
4. Books on cat care.
5. First aid supplies.

For me, an annual trip to the vet is worth it, and keeps the cat healthy.

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## Duck and Cover Again



Children regularly participated in “duck and cover” drills in the 1960’s and 1970’s. I suppose today such drills would be deemed too psychologically traumatizing.

Few of our readers are old enough to remember when Air Raid Sirens were a regular part of life and actually meant for air raids or missile attacks rather than storms. No one born after the 1980’s can recall Civil Defense drills or seeing Fallout Shelter signs in stores and buildings. Few if any remember the monthly “duck and cover” drills at school, when us children

were instructed to quickly get under our desks and cover our heads to avoid the flash of a nuclear detonation and the flying glass and debris from the blast. After what we thought was the end of the Cold War and the SALT Treaty, America quickly abandoned all concern about nuclear war. Civil Defense was converted to FEMA, and the old shelters were stripped of their supplies of water, food, medicine, and radiation detection equipment. Civil Defense support organizations were disbanded, and a lot of single-focus survival groups dissolved. Even though there were still thousands of nuclear-tipped missiles with the potential to end life as we know it, denial dominated. FEMA focused on natural disasters and an occasional minor man-made disaster, but has completely ignored preparing themselves or the public for a nuclear war. I have a copy of an old Civil Defense information page published in the Northwest Indian Times showing people how to prepare for such an event. Live Free USA helped one county train to build shelters, and many of our members trained to be Certified Radiological Monitors”. I still have that text book, and a patch on my jacket from that class. I also recall that “duck and cover” was widely derided by denialists. How could hiding under a desk protect you from an atom bomb? Well, Live Free also has copies of the Japanese films from Nagasaki, and Hiroshima showing the horribly burned and cut up children from schools miles away from the blast, all injuries that could be prevented by duck and cover. So here we are in the Twenty-First Century with a higher potential for some kind of nuclear exchange than it was back in the 1960’s, but with virtually zero public education, and zero civil defense preparedness.

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