

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

November/December 2022 Non Members Price: \$3.00 per Issue



Published by: Live Free, USA, www.americansurvivor.org,

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

IN THIS ISSUE: New Beginning for American Survivor, Assessing the 5 C's of Survival, Olaes Modular Bandage, How I became a Safer Citizen, Military Skills for Survival part two. Camp Independence,

A New Beginning for American Survivor

When I published my A Three Year Commitment article in the previous issue I hoped that we could find someone to take over as Executive Editor of this publication before that three years ran out. My best hope was that over the coming months we would find someone with skill sets and passion to take American Survivor to the next level. I am happy to announce that we have found that person. Ric Hubbard has professional expertise in graphic design and in online promotion. Ric is an elected Live Free Board Member and has been aiding our online operations. He is also the publisher of his own Ready Magazine. While we originally thought that we could change to the new format with the May/June issue Ric was already at work creating the new layout so we have decided to launch the new and improved American Survivor with the January/February 2023 issue. James C. Jones will continue as an Editor at Large and continue to make major contributions to the content, but a wider variety of writers will also be added as we move forward. As newer and younger members have begun to build on the foundation created decades ago, long-term and life memberships remain

viable as the organization moves into the future. The Live Free USA/American Survivor website, and your American Survivor newsletter will continue to evolve and improve under new leadership so that new generations of responsible citizens can remain safe and free through the challenges to come. **We invite all of you to help us build membership, and volunteer support as we enter our sixth decade of service.** Improvements that you will see starting in January 2023 will include

New format: While some elements of the original format will be retained the new format will facilitate larger articles, ads, and illustrations.

Bigger issues: The new format will allow for a sixteen page edition. The online issue may have even more pages or more frequent issues since it is not limited by printing and postage costs. While the additional pages will increase our costs, we intend to maintain the \$20.00 for one year and \$50.00 for three year rates that have not increased since the nineteen eighties. At some point we may be forced to add a charge for postal issues.

Room for more variety: We will be enabled to include advertisements and sponsor information to keep our membership price down and fund other self-reliance activities. If we are able to get significant advertisement we may be able to avoid rate hikes.

We will continue to mail out issues to those on that mailing list. But this is a costly and labor (volunteers) intensive operation. If we don't get any volunteers we may be forced to pay for this work and add a charge for these issues.

We welcome your input suggestions and support.

A Personal Note from James C. Jones

This is my last issue as Executive Editor. I am stepping back (not down) in order to facilitate the growth and sustainability of the organization and the publication. American Survivor (originally Directions) is the oldest continuously published survival and self-reliance publication in America (maybe the world?) and has been instrumental in establishing the philosophy of responsible survivalism, while providing inspiration and information to thousands of citizens. Please know that I have not lost my interest and ardor for survival education, and family preparedness, and will continue to be an active part of Live Free USA, and American Survivor into the coming years. I am gratified and pleased to see that others will be building on my works and that Live Free USA and American Survivor will continue and grow as the importance of our mission becomes more and more critical in the coming decades. I know that I have acquired many personal friends and supporters over the many years, and I now ask you all, as a personal favor to extend that support to our

new officers and our new editor. It has, and continues to be my great pleasure to provide my humble comments, and helpful information to all of you.

For Life and Freedom

James C. Jones

Assessing the 5-10 “C’s” of Survival

While I have always had my own list of survival necessities the so called five “C’s” originated by Dave Canterbury has been around for a while. Various writers have endeavored to expand the “C” list to seven and even ten “C’s”. The list created by thepreppersjournal.com is below,

1. Cutting tool (e.g. knife, multi-tool, etc.)
2. Combustion device (e.g. matches, magnesium fire starter, etc.)
3. Cover (e.g. blanket, tarp, sleeping bag, etc.)
4. Container (canteen, cup, pot, etc.)
5. Cordage (e.g. rope, wire, paracord, etc.)
6. Cotton bandana (I wrote a whole article on that one)
7. Compass
8. Candle light (flashlight, lantern, etc.)
9. Canvas needle (shelter?)
10. Cargo tape (handy stuff)

Not a bad list, but the obsession with preserving the “C” mnemonic seems to force the exclusion of some very important items. My other issue is that Dave and most recognized survivalist are what I call “woodsies”. That is that their focus and areas of expertise are limited to outdoor, and wilderness survival. Pretty much all of their classes, and publications relate to how to survive in the woods or be self-reliant in a rural environment.

My priority is to help the most people survive the most probable and hazardous threats to life and freedom, and most people live and work in cities and towns, and only occasionally, if ever go into the woods, deserts, or swamps. The five “C’s” and even the ten “C’s” ignore some critical needs for outdoor survival and even more critical needs for urban/suburban survival. There are no “C’s” that adequately cover self-defense, air purification, first aid, or even food. An urban survival situation is not likely to call for use of a compass. Bandanas are handy as bandages, tourniquets or even “better than nothing” respirators, but not essential. Tape and cordage can be handy, but there are a lot of more useful items. I don’t know if we really need a mnemonic but since “S” is the first letter in survival here goes. The list below covers all of the essential survival items for all survival situations. The list is in approximant priority for most situations. The bold lettering indicates everyday carry (pocket or purse) items.

1. **Sharp**: anything that cuts, preferably a **good knife or two**
2. **Safe Air**: this is always left off of everyone’s list! The pandemic should have demonstrated how important this is. A basic **N95 masks** can protect against pathogens, dust, soot, fallout, and cold air.
3. **Security**: **self-defense weapons**, firearm, pepper spray, etc.
4. **Shelter**: survival blankets, tarps, sleeping bags, **rain ponchos**, etc.*
5. **Self-aid**: first aid kits, **tourniquets**, bandages, etc. **
6. **Source of Safe Water**: stored water, or filtration, and/or decontamination.
7. **Sparks**: anything that starts a fire, **matches, magnesium sticks**, flint, etc.

8. **Signals**: whistle, mirror, radio, smoke, etc.
9. **Source of Light**: **flash light, light stick** lantern etc.
10. **Sanitation**: sanitizer, soap, toilet paper, etc.
11. **Sustenance**: food, energy bars, etc.
12. **Storage**: containers for water, cooking and carrying gear.
13. **Simple Directions**: a map. a compass, a plan.
14. **Spirit: the will and determination to survive and do whatever it takes**

Conclusion

Mnemonics are handy for remembering what you need to have, but can be confusing or incomplete. Survival “experts” and “influencers” often have a limited range of survival scenarios that they include. Survival is not limited to woodsy scenarios, so lists and classes should include the needs of the greater population dealing with the most probable situations.

*Cordage can be helpful in putting up shelters, but vines are found in the woods, and cordage and wire is everywhere in the cities and towns.

** Yup, you can use that bandana here.

Olaes Modular Bandage

A combat dressing is basically a wound dressing attached to a long bandage, eliminating the need to hold the dressing in place while wrapping the bandaging over it. These are available from any first aid or military surplus outlet. I recently reviewed the Israeli wound dressing on my Indiana Jim YouTube program, and included it in my ten best survival items article. The Israelis attached the dressing to a long, elastic bandage, and added a plastic closure

device. This permitted the use as a wound dressing for abdominal and thoracic injuries, and also to secure sprains or splinted fractures. A few months ago I reviewed the H-Bandage from Live Action Safety. This improved on the Israeli design by adding Velcro to facilitate self-application, and an “H” shaped securing device that is an improvement on the Israeli design. It also had a larger dressing for larger wound. The Olaes Modular Bandage is a big improvement over both of these designs. It has spaced Velcro breaks that prevent accidental unrolling. The dressing is actually a pocket that holds a 3 meters of zigzag wound packing gauze, and a plastic occlusive sheet for sealing sucking chest wounds. The most important feature is a removable plastic pressure bar that can be used to focus pressure on the bleeding point. This cup shaped device can also be used as an eye cover. The long elastic band can be used to secure dressings, bandage sprains or secure splints as with the other wound dressings. A locking device similar the one on the Israel bandage is included. I bought three of these from Tactical Medical Solutions for \$6.98 each. They come vacuum packed and sterile in an easy to open pouch. This is the best combat wound dressing I have found.



The dressing pad/pouch, and pressure cup are clearly visible on the open device on the left. The vacuum packed device is shown on the left

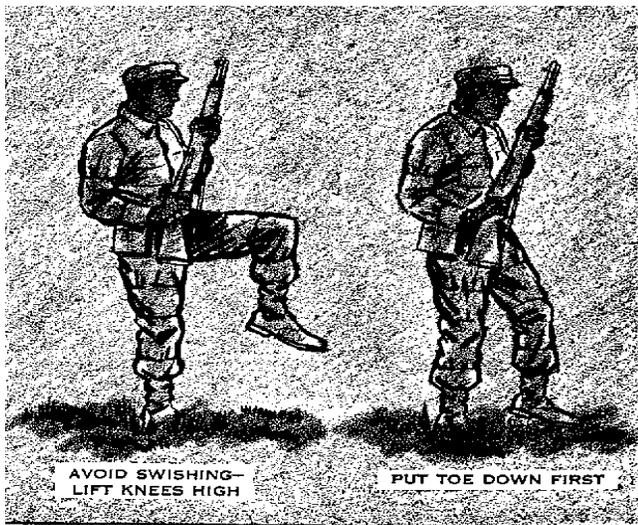
SURVIVAL MILITARY SKILLS (part two)

Route selection while on the move is a critical military skill. Under hostile conditions, you cannot just walk down the road and expect to survive. The obvious and easy path is usually going to lead you to destruction. Use your binoculars to view your route in advance. Consider where you might be ambushed or trapped. If you cannot avoid these places have a plan to scout them and clear them rather than just walk into them. The routes for daytime movement and nighttime movement are usually different. In the daytime you do not want to be out in the open or silhouetted for an enemy hiding in the woods or rocks. You will want to stick to those areas where you are best concealed and can find cover immediately. At night stumbling through heavy foliage and rough terrain may be more risky than using flat terrain, but you must avoid being silhouetted. Stay low. Use low ground and stay quiet. Moving down gravel roads is particularly risky at night. The white gravel silhouettes anyone on the road and the crunch of feet is easily heard. Avoid moving on any kind of road. Stick to the shoulders where movement is better concealed and cover is closer at hand.

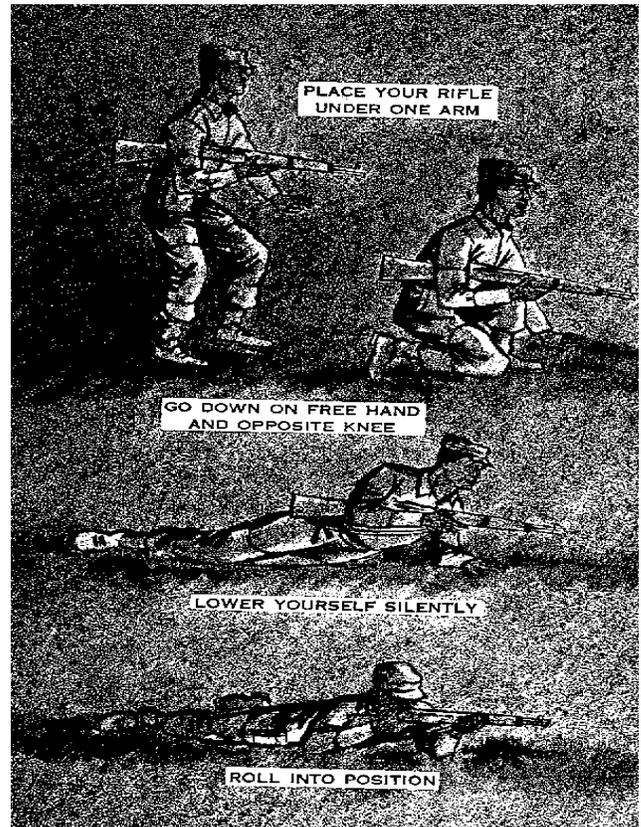


Routes selected for day movement vs. night movement.

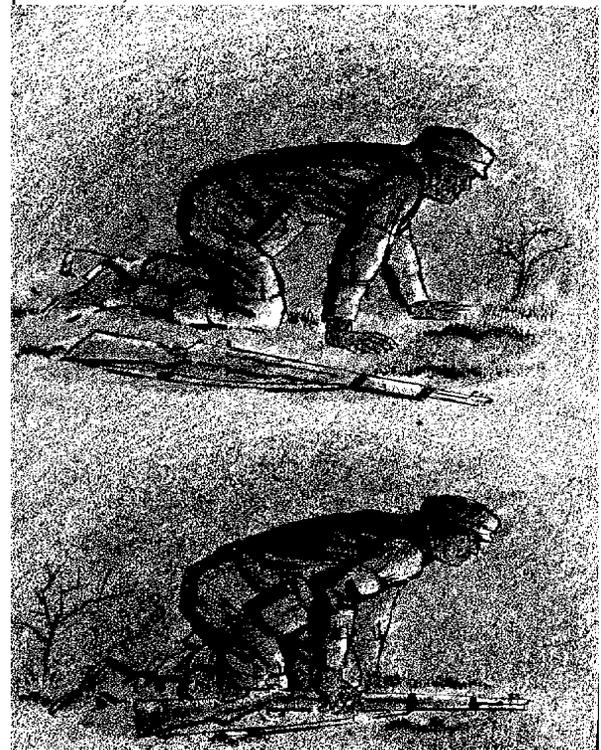
A survivalist should be able to move safely under fire or where the potential for being shot at exists. Shuffling along, marching or casual walking are not good enough under threat conditions. Here are some methods that a wise survivalist should practice.



Higher knee lift and toe first foot placement for stealthy movement



Quietly going from walking to defensive position,



Low crawl at night. Belly crawls are required during daylight movement.

Movement under combat conditions is always risky. The advantage always lies with the potential ambusher or sniper. If possible avoid moving through any potentially hostile area. Stay put or take a longer and safer route if possible. If you must move about do so in combat a ready condition.

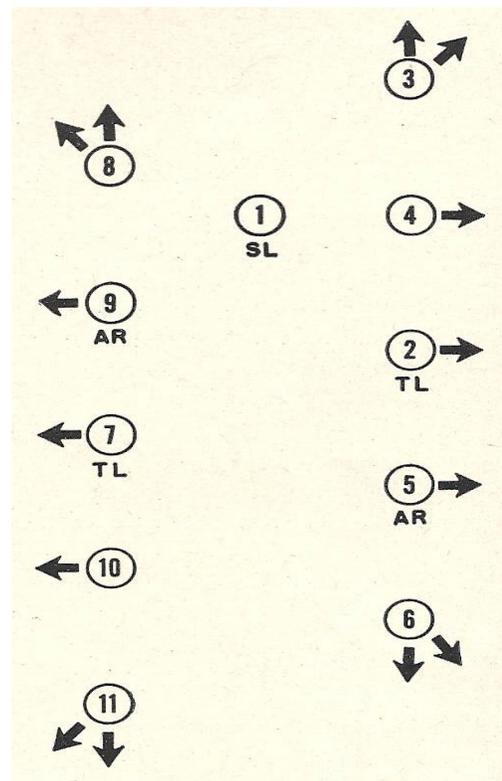
Whether you are moving in daylight or at night, strict noise discipline is essential. Talking in normal tones is prohibited and whispering is only used for essential communications. Everyone's gear must be secured so it does not squeak, rattle or clang. Have everyone jump up and down before starting out to detect and secure any noise sources. Any shiny or glowing objects should also be covered. If extreme stealth is needed rags or old heavy socks can be placed over shoes. Of course only muted or camouflage colors can be worn. This includes shoes and socks. White flashlights are absolutely never used at night. Red lensed flashlights, preferably covered under ponchos or coats can be used to consult maps if absolutely necessary. Needless to say, cellphones are strictly prohibited.

Bunching up or lack of attention is an invitation to assault. Even if there are just two or three people, they must maintain a distance from each other and a staggered formation so that they cannot be taken or shot all together. The distance depends on the terrain and the visibility. Each member should maintain a distance of at least four to six feet from others in all directions. This distance can be a bit further in open terrain, but may need to be closer on dark nights. Members should always be in position to support and protect each other in a staged formation that permits firing in multiple

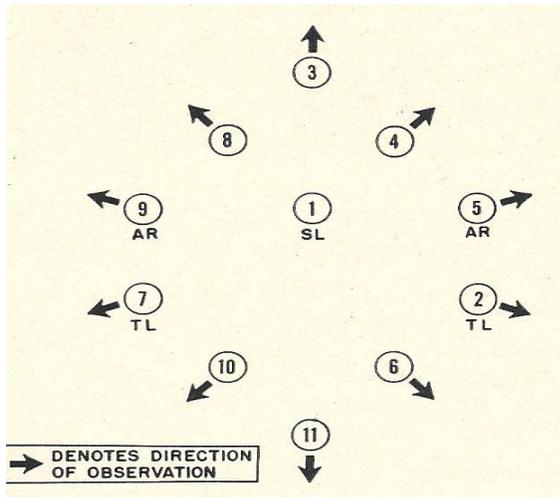
directions without endangering fellow members.



Mixed family group lines up in double column preparatory to moving down a road. Such formations support alertness and facilitate response to emergencies



Basic double column formation with leader in the center. Arrows denote direction of responsibility



Basic diamond formation provides for 360-degree defense and can change direction of movement without changing formation.



Skirmish line prepares to enter wooded area. Each person needs to maintain contact with those on each side. This is also a good formation for search and rescue.

One person on the move must stop, squat and slowly turn around and listen every few minutes. A group must have clearly assigned directions of responsibility such as front and right flank, left flank and rear, etc., to assure 360 degree coverage. Larger groups will send out a point man and have a designated rear guard. A flank security person or team may be needed in some kinds of terrain. The point man's task is

extremely fatiguing as it requires constant vigilance in all direction and even for trip wires. This task should be rotated frequently. Normally the point man should be just in view of the lead person in the group. The rearguard usually is closer to the group, but must stop periodically and turn around to watch for enemies. The people at the rear of the group should always be checking to be sure he is still there and safe. In a single file column every other person keep guard on the opposite side with the front person watching ahead and the rear person regularly checking behind. In a double column the right row covers the right and the left row covers the left side. Frequent rest stops are necessary, but are not a time for conversation or bunching up. Select a well concealed spot off of roads and paths. Put out 360 degree security. If a small group stops then they should all face outward not inward while resting.

Crossing Lanes

Crossing roads, railroad tracks and other open lanes is particularly hazardous under hostile conditions. Anyone looking down that lane has a clear field of vision and fire. Cross at a narrow point or a sharp bend where your action is least visible. There are two schools of thought about crossing. You can send one scout across to secure the opposite side and see if they are shot at. This may only alert the enemy that more are coming. The other tactic is to all rush across at once before the enemy can react. Both methods have advantages and risks. You do not want to wander across or loiter. If you know the crossing will be opposed and cannot find another route you can use fire and maneuver by have half the group fire to pin down the enemy while the other crosses and then fires to cover the second group's crossing; this is something a survival group

should practice. If you have smoke bombs, these can be of great help in such crossings.

Diversion and Misdirection

Diversions and misdirection is a key military skill. Smoke or fireworks can be used to draw attention away from you while you escape or maneuver. A false campsite can attract looters and raiders while your real site remains hidden. Dummy defenses and bunkers can draw fire away from your true location. False trails can be laid away from your true route.

Counter Ambush Techniques

The ambush is the most deadly situation a group can find itself in. The best way to avoid being a victim is to avoid movement, especially at night. The advantage always lies with the ambusher who chooses the place and time and remains hidden.

Since it is most likely that the survivalist will not be encountering well trained and heavily equipped ambushers that would be using automatic weapons and mines, basic ambush avoidance and counter ambush methods should be effective.

An ambush may simply be a group of shooters hiding along the side of the road or in buildings where they have good concealment. A more sophisticated ambush would involve a roadblock or debris to stop the group in the kill zone. Sharp turns in a road or path can permit ambushers to fire down the length of your group as well as from a flank. These are the locations that a survivalist on the move must be especially aware of. The point man should be constantly alert for signs of activity, noises, shadows, etc. and signal the group to halt if anything looks or feels suspicious. Since the group may already be in or near a kill zone it may need to back out and consider ways to

avoid or eliminate the threat. There are several counter ambush tactics that are effective depending on the situation. The survival group should be well trained in each counter ambush drill

If the group has not entered the kill zone, the best action is to back out while maintaining good order and fire if necessary. You can then opt to go around the ambush or flank them and flush them out of the position.

If the group is well into a kill zone and under fire you may be able to fire on the ambushing location while quickly running out of the danger zone or crawling to safety.

If quick escape is not an option then your only other choice is to charge the ambush site with all the firepower you can bring to bear in hope of overrunning or dispersing the ambushers.

The one thing you do not want to do is remain in the kill zone and engage in a fire fight. The leader must call the counter ambush and the team must execute it immediately. Regardless of training, being caught in an ambush almost always results in casualties. If the ambushers turn out to be well trained and/or numerically superior you may expect very serious losses.

When any kind of counter ambush drill is executed your group is going to get dispersed. This is particularly true in heavy forests and/or at night. Having pre-established rally points and passwords will be critical in reestablishing the group and avoiding losses.

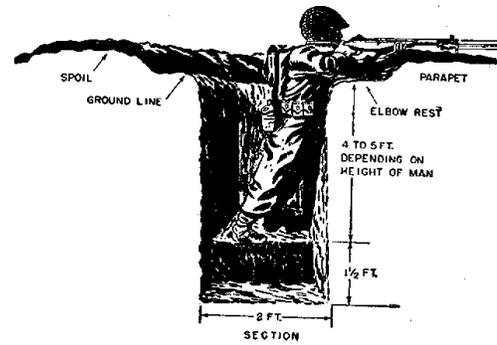
Field fortifications are a necessary skill for survival. Failure to dig in has doomed many complacent units in the past. Trenches, foxholes and improvised bunkers provide the defender with a great advantage against even a superior force. When time is short or

the ground is hard (rocky or frozen) scraping even a shallow, low spot with some dirt, rocks and debris in front is far better than lying in the open. A pile of dirt in front of a trench or foxhole may give away your location so try to camouflage them with leaves and debris. In general foxholes should hold no more than two people, but be close enough to others for mutual support. Trenches should zigzag or curve. While barbed wire may not be available, interlaced tree limbs and sharpened stakes can be used to slow down assaulters.



Deadfall and interwoven branches used to obstruct movement towards a defended camp

Fortifications of any kind should be located so there is a clear field of view and fire in front of them. Rocks, low ground or close trees and brush would permit an enemy to get close without risk. Clear tall grass shrubs and other obstruction out to at least fifty yards. Even plain wire can be strung to trip and slow approach. Empty cans with stones inside can be attached to these obstacles to make noise at night. Below are a few simple types of field fortifications that could be used to protect a survival camp or other position. A day practicing digging and using these kinds of fortifications would be time well spent.



A simple foxhole. This can be enlarged to hold several defenders. Note that it is designed for 360 degree, all around defense

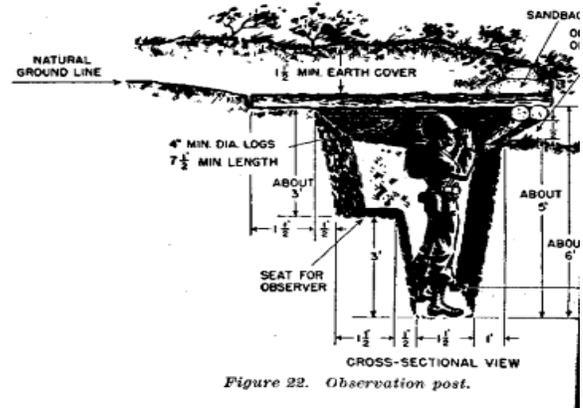


Figure 22. Observation post.

A more advanced field bunker with an earthen roof and camouflage. This would be practical for an observation post or camp defensive position if the location is to be held for an extended period.

Urban combat is to be avoided whenever possible. The cost and risk of this kind of combat far exceeds the value. Extensive training is necessary to have any level of proficiency and even the best military units take heavy losses in urban environments. For a survivalist, home defense and/or a fighting escape are the only urban combat necessities. The same principles of stealth, camouflage, diversion, fire and maneuver and counter ambush apply, but are all more complicated. Multistory buildings add a third dimension to threats. Hiding places are everywhere for you and for the potential enemy. Route selection must take into

account how you are exposed, where you can use concealment, where you can find cover and where threats may lurk. Open streets are almost always the worst routes. Moving house to house, yard to yard or ally to ally is much slower but often safer.

Defending your home against a few unorganized criminals is achievable with good weapons skills and constant vigilance, but defense against organized assault will be extremely difficult. The military would simply flatten the adjoining houses, and cut down the trees to clear field of fire for automatic weapons. You do not have these options. Adjoining houses may be occupied by shooters or set on fire to drive you out. Walls and fences will provide cover and concealment for shooters to get closer. While older, brick homes are basically bulletproof, frame houses and brick veneer homes can be riddled by rifle fire. Once a group of more than two or three has decided to besiege your home, you are in serious trouble unless you have organized a block or community defense team. You should have evacuated already or have an escape plan to execute before you are trapped. There is one other option. Instead of waiting for the miscreants to get to your home, you can go out and help your neighbors by ambushing or outflanking the shooters before they get to you. A calculated risk.

Physical Security

A single survivalist cannot remain at full alertness for twenty-four hours a day. The entire family or group must be capable of sentry duty at home or in a camp. Ideally, sentries should be on duty just one or two hours, but no more than four hours per shift and in twos if possible. They may be assigned to just lookout from fixed positions or walk a perimeter or both. If a perimeter patrol is established it should be done at

irregular intervals and routs. A clearly understood procedure for challenging intruders must be established and include a consistent challenge phrase and password. These should be changed daily. Sentries are never, ever stationed or permitted to sit around campfires or in lighted areas and they should avoid using flashlights as this will give away their location while ruining their night-vision. The sentries must be armed and have a method of alerting the other members if a threat is imminent night or day. The family or group should be ready and have an assault response plan in place. If personnel are available patrols can be sent out to detect signs of activity in adjoining areas. Obstacles, barricades and warning devices can be used to inhibit surprise entry into a building or camp. Since firebombs are often used by looters and criminals. All combustibles should be moved away from windows and wire screening can be nailed over windows to deflect such devices. Most importantly: multiple large fire extinguishers should be available.

Note: It must be kept in mind that in an age of infrared and night vision equipment and drones well equipped and authorized military and police forces have much greater advantages than any unofficial force in the field and under extreme circumstance they could consider any non-compliant group (no matter how peaceful) as hostile.

How I Became a Safer Citizen

By Warren Lind

A news report on the man who planned to assassinate Supreme Court Justice Kavanaugh said that he had "*a handgun, bulletproof vest, pepper spray, and a tactical knife*" (my emphasis). That got me

thinking - anything labeled “tactical” must be bad. So, I made the following changes:

1. I threw out any knives that could be mistaken for “tactical”; now I only have the following types of knives: hunting, fishing, and kitchen.
2. I got rid of “tactical” pants; now I only have hiking, hunting, and fishing pants.

3. I got rid of “tactical” vests; now I only have dress, cowboy, and photographer vests.
4. I sanitized all of my guns so that a) they are not black in color, and b) they don’t have any “tactical” accessories.

I am so glad that I can set an example for others, and not contribute to the carnage that is gripping America.

Plan Now to Attend

CAMP INDEPENDENCE

Americas Original Survival and Preparedness Education Event

**Saturday May 20th 2023, 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**

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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 their website or at the park

Guest Speakers and Raffle Prize Contributions Welcome

Watch for details and registration information in the future issues of American Survivor and on line at AmericanSurvivor.org.

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