

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Military Skills for Survival (Pt. 1), Weaponization of Everything, Available Oxygen, Remembering Bill Robb, Signs of the Apocalypse, Camp Independence 2023, More

SURVIVAL MILITARY SKILLS

By James C. Jones

Military skills were an important part of survival training throughout the 1970s, 80s and 90s when the potential for all-out war and even foreign invasion was prevalent. The movie *Red Dawn* (1984) glamorized the idea of paramilitary resistance in America. After the end of the Cold War, a period of false security and complacency made such training unpopular. Live Free continued to cover some semi-military subjects, and I included a chapter on military style training for survival in my book *150 Survival Secrets*, published in 2019. My publisher was a bit hesitant about this chapter and did not include most of the valuable illustrations. Recent events in the Ukraine, where citizens and international volunteers have been thrust into combat, often with little or no training, clearly illustrates the need for military skills as part of a well-rounded survival and freedom training regimen.

The Cold War is back, and this time it's already hot. We now have two powerful,

despotic, aggressive enemies (China and Russia) who are dedicated to the destruction of individualism, liberty, and self-reliance of America, and the world. This is going to get worse and more pervasive in the coming years, and the current membership of Live Free USA needs to reintroduce this type of training in our events and publications. It was interesting to see the Ukrainian government issuing AK-47s to the public only when the Russian wolf was at the door. What the future holds and what kinds of wolves will be at our door in the near future is difficult to determine, but, in the end, only arms and military skills will keep the wolves of the world from our communities, our families and our nation. So, in the next three issues of *American Survivor* we are publishing the full, unedited version of that *150 Survival Secrets* chapter on military style training for survival.

SURVIVAL MILITARY SKILLS (Part One: Weapons and Concealment)

What kinds of military-style training and tactics would be of value in survival situations?

While a survivalist is not a soldier and a survival group is not a military or paramilitary unit, there are several tactical skills and capabilities that survivalists need to learn and practice. In today's world, civilians are often the main target of terrorists, gangs, and even foreign or domestic paramilitary forces. Any large-scale collapse and civil disorder would result in situations where combat capabilities and military tactics would be essential to survival. It is important to understand that for military organizations the objective (such as a hill, building or town) takes priority over personal or group survival. But, for a survival family or group, survival *is* the primary objective. In most cases, the tactics are used defensively or to facilitate safety and security. Exceptions where aggressive tactics might be applied would be for rescue situations or to introduce an assault or siege of civilians.

The individual survivalist that has not served in the military will have more difficulty dealing with combat situations. Most military tactics assume that the participants are healthy, relatively young and well trained. Most survivalists and families will have mixed capabilities and cannot afford any casualties. For these reasons, survivalists should avoid military-like combat situations whenever possible. However, when plunged into a life-or-death scenario, any level of training and tactical capability will infer a great advantage. Most assaults, ambushes and raids will be initiated by untrained gangs and groups that will be dealt with effectively by the application of basic military movements and tactics. Even if you are assaulted by

some kind of organized paramilitary group, your knowledge and training will confer a greater chance for survival and escape. While it is not practical to fully explain all of the necessary techniques and tactics in a few pages, here are the basic principles. The survivalist should study military texts and take advantage of any opportunities to experience practical training.

Weapons Use Skills

Tactical usage of firearms goes well beyond the basic self-defense use of a handgun necessary for normal civilian crime resistance applications. The survivalist that anticipates a potential military-like combat situation must become proficient in the use of high capacity tactical rifles. Most current tactical rifles are based on either the US Military AR-15 or Russian Kalashnikov AK-47 designs. These are so called "assault rifles" but are highly effective in self-defense and survival as well as hunting for game. The AR-15s and similar designs are reliable and accurate but require more care than AKs. AK-47s are not as accurate as the AR-15s but are extremely reliable and can function without maintenance and cleaning for extended periods. The AR15s use 5.56mm ammunition that is plentiful and should be the most available even during survival conditions. The AK-47s uses 7.62 mm Russian ammunition that is available during normal times, but might become scarce in the future. In any case, the survivalist should have no less than two thousand rounds of ammunition and six spare thirty-round magazines on hand along with spare parts and cleaning kits. If you can anticipate combat in urban areas or within buildings the shorter, carbine or folding stock versions may be worth consideration. Reflex sights might also be a useful

addition. Although combat rifles have an effective range of 400 meters or more, the defensive use will probably be at much closer ranges. The survivalist should be proficient at hitting man-sized targets at about 100 yards before developing longer range capabilities. If possible, fire at least 200 rounds from your primary survival rifle quarterly or more often if practical. Practice disassembly and cleaning. You should also practice rapid magazine changes, firing from kneeling, standing and prone positions and from behind cover. These options are usually available at combat ranges and training facilities.



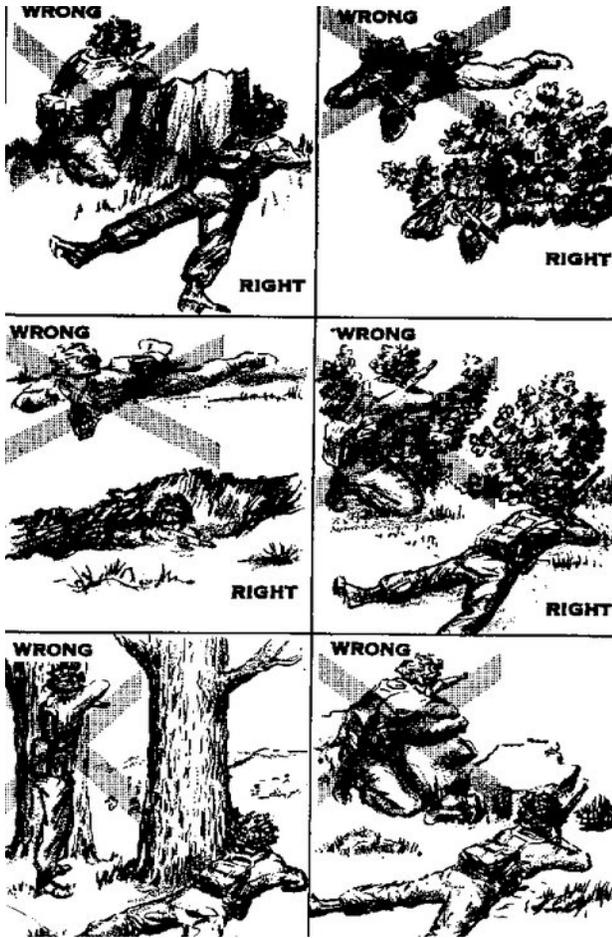
Typical commercial version of the military AR-15. This one has a folding stock and a reflex sight mounted on the accessory rail.



A commercially made version of the Russian AK-47. This one has a folding

stock in place of the more common wooden stock.

All survivalists should understand the difference between cover and concealment. Concealment simply means that you are in a place where the enemy cannot see you. This may prevent your being shot at or at least reduce your chances of being hit, but it will not stop a bullet if the enemy does decide to fire in that direction. Cover is a truly bullet proof or at least bullet resistant location such as the engine block of a vehicle, a brick wall, a large tree or a trench. Armor-piercing rifle ammunition can penetrate auto bodies, several inches of hardwood, cement blocks and appliances. Cover only lasts until the enemy maneuvers around it, so it is a temporary refuge to buy time for escape or counter action.



Illustrated effective and ineffective use of cover and concealment

Book Review by James C. Jones

The Weaponisation of Everything

A Field Guide to the New Way of War

By Mark Galeotti

The first of my Ten Principles of Survival is “Anticipate” and the second one is “Be Aware.” If you hope to survive in the Twenty-first Century and make

preparations based on accurate information you have to *anticipate* that your life and freedom will be constantly assaulted from every direction and be *aware* of the sources of disinformation, misinformation, and covert assault coming from the enemies of self-reliance, and liberty. **Everything you see, buy, think, or do can and is being used as a weapon to mislead, confuse, divide, and create chaos in the free world, by Russia, China, and other hostile states and organizations.** While China and Russia have been waging this asymmetric, multi-level war against the free world for decades, it has only become obvious as part of Russia’s more traditional military assault on the Ukraine. In addition to cyber-attacks, and social media disinformation, we now see food, fuel, international law and economic weapons applied by both sides. While China has wisely chosen to pretend neutrality, it has eagerly deployed over 170 false social media “influencer” personas to spread pro-Russian disinformation and muddy the waters in support of the aggression. Here are a few excerpts from each chapter along with my references to current events.

Military War: While traditional army-against-army wars are still happening, they are (as Russia is learning) very dangerous and costly operations. Russia was able to gain control of the Crimea and some parts of the Don River Valley through the use of proxies and mercenaries. Mercenary organizations have become big-business. The US used Black Water and several other private security organizations in Iraq and in Afghanistan, but Russia and China have used such organizations without acknowledging their connections. Russia created The Wagner Group and utilized

them extensively in Africa and the Ukraine. Paid assassins have been utilized by North Korea and Russia. **So what may seem to be a local terrorist or insurgent action is usually a paid military action by a foreign power.**

Surrogate Warfare: Back in the Cold War days, the Communist Party of the United States was the primary tool of the Soviet Union, but today the internet and social media are used to generate and support front groups and hijack social movements to generate hate, and conflict in free world nations. **So-called peace groups, and “social activists” are often (not always) funded and led by those seeking to prevent resistance to foreign aggression and oppression or to just weaken society.**

Cyber Warfare: Hostile nations have huge departments devoted to developing and utilizing the internet to insert malware into our vital infrastructure. Recently Russia attempted to shut down the Ukrainian electrical grid, but was thwarted by American cyber defense efforts. While Russia disavowed involvement in the recent oil pipeline shutdown, it was traced to a criminal hacking group in Russia. In many cases, malware has probably already been inserted into critical systems such as power, gas, communications and transportation systems, just waiting to be activated by an enemy state. **How extensive this cyber sabotage network is, is difficult to determine, but the wise would-be survivor should not depend on any part of the grid, or emergency response systems functioning if a true cyber-war develops.**

Narrative Warfare: Wars can be won by simply controlling the narrative of what the

war is about. During the Vietnam War, the communists managed to sell the idea that America was the aggressor and was committing atrocities. The media ignored the stories of the communist massacring civilians and of American acts of courage and compassion. The so-called Tet Offensive was sold as a defeat when, in fact, the US Army crushed the Vietcong, routed the North Vietnamese and at no time did the South Vietnamese people rise up against the current regime in favor of the communists, yet we withdrew because the narrative was inverted. This kind of thing is happening today, as well. **Well-crafted narratives can make friends into enemies and victories into defeats.** The urban crime problem is narrated as a gun issue instead of a drug cartel and gang issue. The border problems are made to be a racial immigration issue instead of a South American political and crime issue. Any criticism of what China does is turned into a racial issue when it is really an issue of CCP oppression and aggression.

Economic Warfare: The Russian invasion of the Ukraine exposed the full scale economic warfare that has been simmering for decades. While the United States was in a good position to wage this kind of war against Russia, like any kind of war, it will still cause casualties at home. **If China elects to invade Taiwan and/or assert control over the South China Sea, the United States has no way to wage economic war in response.** In fact China could bring down the US economy due to our massive debt and dependence on China for just about everything. In addition, China has achieved equality, if not superiority, in naval and air power in the Pacific. In war, the biggest economy always wins.

Social Medea: Social media is (in my view) the biggest threat to life and freedom since the atomic bomb. It has caused thousands of deaths due to disinformation, and promoted hate, crime and division throughout the free world. So-called “social influencers” get paid more for spreading lies and controversy than for being logical and helpful. A recent study shows that a falsehood is spread through Facebook and Twitter 15 times faster than a fact. Not only have China and Russia created hundreds of artificial personas and influencers, but their bots pickup hateful and divisive posts and repost them thousands of times. A recent internet symposium in Europe started by showing a video of Hilary Clinton having sex with Vladimir Putin to demonstrate how “deep fake ”videos can be created and used on social media. **Believe none of what you hear and little of what you see, or better yet, just stay off social media.**

Lobbyist and Influencers: While lobbyists have always been a problem in Washington, foreign powers are able to influence our legislators in ways that damage our national economy and individual liberties. Foreign lobbyists are required to register as such, but since China has infiltrated so many American businesses, they can control how these lobbyists act, as well. **Your government representative may not be representing you.**

Business Food, Fuel, and Trade: China has bought into many of America’s essential economic institutions including vast amounts of crop-land, farms, food processing, shipping, technology, medical care, education, and even security. They can reach out and intimidate corporations and local government offering loans and

“free” stuff or threaten to withdraw funding if cooperation is not forthcoming. They even forced Disney to modify various films by threatening to ban them from the vast Chinese market. The Ukraine has one of the world’s largest supply of uranium, and is the source of about 30% of the world’s grain. The war has already guaranteed that thousands in the third world will starve and food prices will skyrocket, but if their Black Sea ports (Odessa, and Mariupol) are cut off, millions may starve. **Some UN representatives have suggested that NATO should force Russia out of the Black Sea to avert a world food catastrophe.** The Russians are using fuel as a weapon to intimidate Europe and there is no doubt that many will experience hardships this winter. The whole world economy is at a tipping point.

Criminal Gangs: Crime and drug cartels are now interwoven into international political warfare. The CIA has often been implicated in using Mafia connections to do dirty work (often referred to as “wet work”) in foreign nations. **The Russian Mafia and various Chinese crime syndicates work with their government security agencies to spread drugs, counterfeit goods, and counterfeit money in free world countries in exchange for being ignored or even protected.** Massive internet phishing scams, hacking, data theft, and ransomware operations that siphon billions from free world citizens and corporations, are encouraged and protected by Chinese, Russian, and Iranian agencies. Drug cartels importing drugs into the United States from China and the Middle East use inner city youth as non-state soldiers in their war on freedom.

Conclusion

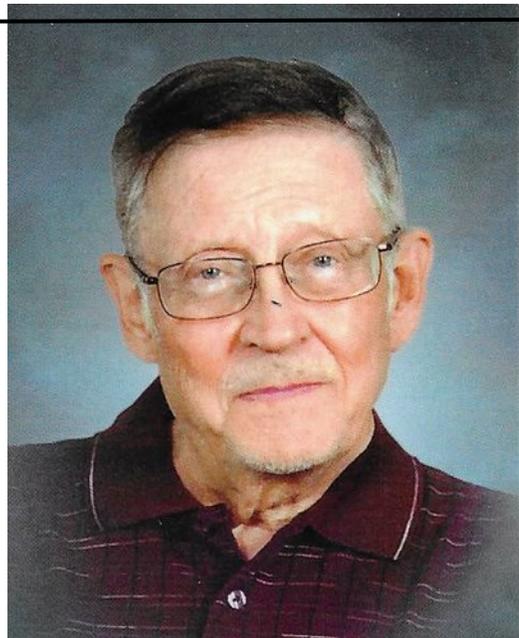
There is a lot more details in this book, but the wise prepper or survivalist should *anticipate* the impact of this age of total war, and be *aware* of how everything they see, hear, buy, or use is impacted by it. **You live in a combat zone and you are a combatant.**

The Weaponisation of Everything, A Field Guide to the New Way of War by Mark Galeotti. 235 pages, Yale University Press.

Remembering William Robb

William Robb passed away on July eighth 2022 after a short but valiant battle with lymphoma. Bill Robb was one of Live Free USA's founding members. The organization started off as an informal group of high school kids who liked to go camping. Being rather poor, we had to put together improvised equipment and hike or bike to local woods. We also had to face the inevitable challenges of survival on Chicago's Southside. Bill was in the Fenger High school ROTC and then majored in mathematics at the University of Illinois Chicago campus. Just out of college he joined the Army and was posted to the Pentagon where he did programming and coding in the early days of the computer age. After the Army, he was employed for many years by Sears where he helped establish their order and inventory tracking systems. Later he was employed as a department manager for Blue Cross / Blue Shield. Bill and his wife Laurie resided in Munster, Indiana. They had a daughter Melissa and two grandsons. In the early days of the organization, Bill was a key factor in developing our organization and its philosophy. He participated in numerous campouts and events as the organization grew from a small local sports club to a

nationally recognized self-reliance advocacy and education organization. While Bill never held an official office in Live Free USA, he performed many essential tasks until only a few weeks before his passing. Bill was loyal, intelligent, and well grounded. William Robb will be greatly missed and always remembered. His contribution to the organization and his friendship will live on.



Available Oxygen

By James C. Jones

As an EMT the administration of oxygen along with IV fluids was the standard protocol for a wide variety of injuries and illnesses. IV fluids were intended to increase blood volume and blood pressure so that the blood could deliver nutrients and oxygen to the cells. I have addressed alternatives to IV fluids and the importance of maintaining hydration in previous articles and in my new book *The Prepper's Medical Manual*. The blood/oxygen levels must be maintained at 75-100 mm of mercury (mm

HG) to prevent hypoxia and death. Hypoxia can be caused by a wide variety of conditions including those listed below.

- Low oxygen levels in the air. Oxygen is usually 21% of the air, but a variety of conditions can result in less. Anything below 19% is dangerous.
- Carbon monoxide displaces the oxygen in the air and ties up the oxygen receptors in the cells.
- Pneumonia, Covid-19, ARDS and other respiratory infections can inhibit the lungs capacity to absorb oxygen.
- Smoke inhalation.
- Fluid in the lungs or collapsed lungs reduces the intake of oxygen.
- Severe bleeding and shock reduces the blood volume and pressure necessary to carry oxygen to the cells.
- COPD Chronic Obstructive Pulmonary Disease.
- Cardiac arrest or fibrillation interferes with or stops oxygen circulation to the cell.
- Respiratory arrest stops breathing and oxygen intake.

An EMT or paramedic would administer high flow (15 mm p/m) by non-rebreather mask for these conditions, but oxygen requires a prescription from a licensed physician. In any of these cases. the first aid provider should call 911 immediately, but it could take critical minutes for EMS to arrive during which time the patient's condition could decline to unrecoverable levels. The signs of low oxygen levels are as follows:

- Shortness of breath
- Bluish or pale skin color
- Headache
- Restlessness
- Dizziness

- Rapid respirations
- Confusion
- High blood pressure
- Lack of coordination
- Visual distortion
- Rapid heart rate
- Euphoria

Anything you can do to increase the blood oxygen levels of these patents while they are still breathing could make a significant difference in the outcome. While they are in no way a substitute for high flow medical oxygen, the use of oxygen boosters could help sustain or increase blood oxygen levels. Oxygen is not a substitute for CPR if the patent has stopped breathing. Oxygen can help the patent showing signs of impending cardiac arrest and may even prevent it, but once the patient stops breathing, full CPR must be initiated immediately.



These oxygen cans are available at sporting goods stores and from Live Action Safety (liveactionsafety.com) for \$12 to \$15 dollars. These 10 liter cans contain 200 x one second bursts of O₂, Smaller cans are 5L for \$12.00 and 3 L for \$9.00. The oxygen in these cans is 95% pure whereas medical oxygen is 99.2% pure. Athletes

use these products to give the more energy, and student frequently use them to stay awakened alert studying for tests.

Conclusion

While not as good as high-flow medical oxygen these cans are available without a prescription and could be an important addition to the home or field first aid pack.

First Sign of the Apocalypse



Okay, there are plenty of signs that the world as we knew it has ended, no pun intended. The world where American values were paramount, and life got better and better, is long gone. Nevertheless, it is alarming how fast our economic decline is becoming. If you are watching at all you can see prices of everything going up, but what is more covert is how quality and quantity are being whittled away. There is less coffee* in the same size container, candy bars are a bit smaller, Kleenex boxes that held 65 tissue now hold only 60, cereal boxes contain less cereal, and bread loaves are smaller. Yes, even toilet paper rolls are a full inch narrower and with fewer sheets per roll. Standard toilet paper

holders are made to fit the standard size role that has been the standard for maybe a century. While prices have increased significantly, the suppliers are still forced to trim the size in order to make a profit. We may ask, why is this happening, and why is this happening to us?

- America does not produce most of what we use, so the profits do not come back to Americans, so eventually we get less and less. Simply put: If you produce less and less, eventually you get less and less.
- The raw materials and products made from them are limited and being used up at an increasing rate by a rapidly growing world population. More and more, using more and more from a limited and declining supply means less and less for everyone and eventually nothing for many.
- Having surrendered our dominance in productivity to China and other countries, it is our turn to live in a third world economy. Our fathers and grandfathers made stuff; more recent generations have just bought stuff. What did we think would happen?

Throughout history, when the population of a region exceeded what the earth and the labor of the people could sustain, wars, revolutions, famines, and epidemics reestablished the balance. These conditions often resulted in mass migration to undeveloped lands, but this time there are no “promised lands” left to develop, and nowhere to go. While “prepping” for “emergencies” is still important, being able to accept, adjust, and survive decades and probably centuries of multiple emergencies, constant threats, and declining standards of living now becomes necessary. While there may be some humor in my calling this

photo “the first sign of the apocalypse,” it certainly is indicative of a catastrophic future.

**Folgers downsized its 51 oz. container to just 43.5 but claims it still makes 400 cups?*

This Just In

Economists are predicting that most middle class families will be priced out of the housing market in the near future. Low and middle income families will be forced to rent apartments or houses, thereby forfeiting any investment equity for themselves and their children. Thus ending the American Dream, and creating a fixed class system. Homes now valued at \$250,000 to \$300,000 are projected to be selling for over \$500,000.

ATTENTION NW INDIANA MEMBERS Bring Your Own Gun Training Event

Live Free USA will be holding our BYOG Get Acquainted Firearms Event ~~September 25th, 2022 near Wheatfield, Indiana.~~ This event will provide introductory training with firearms you own. You will get a chance to walk through your firearms’ strong points and shortcomings. Each participant will get some firearms safety and operation training according to what you already own. Please bring eye and ear protection along with approximately 100 rounds for whatever firearms you bring. For handguns, you will need at least 2 extra magazines or whatever reloading devices your firearm uses along a belt holster and pouches to carry your reloads with you on the line. For rifles and shotguns you will need a sling

and at least 2 extra magazines for your rifle along with a way to carry those magazines on you for the class. The handgun class will be held in the morning and then the rifle/shotgun course will be held in the afternoon. Camping will be available on the property on the 24th. for those that would like to attend the class. The camping is primitive and we will have limited electricity on the location. Camp fires will be allowed. Please RSVP for your spot in this class to KD9KUW@protonmail.com. There will be limited spaces on the range so RSVP early.

SAVE THESE DATES

The following events are scheduled for the second-floor conference center at the Hammond Indiana Cabela’s store:

- Saturday October 29th from noon till 3:00 PM: Survival Basics class
- Saturday February 4th 2023 from noon till 3:00 PM: Subject to be announced
- Saturday March 25th from noon till 3:00 PM: Live Free USA Annual Meeting

THREE MORE YEARS of AMERICAN SURVIVOR

American Survivor started as *The Ticonderoga Dispatch*, a mimeographed newsletter for the Ticonderoga Sports Club back in the early 1960s. As that outdoor sports club morphed into Live Free USA, the publication became *Directions* and then *New Directions* before finally being titled *American Survivor*. In the old days, “cut and paste” actually involved typing, cutting and pasting the layout and then taking it to a local print shop. I still have binders of

each issue in my office. During the 1980s when survivalists and survivalism was a major media focus, circulation was well over one-thousand copies per month. At that time, we put out a sixteen-page issue every month. We had to sort and bundle everything by state before mailing to get a bulk rate. The job pretty much consumed all my time. The drastic decline in interest in survival related subjects in the early 1990s put all of the for-profit survival publications out of business and crashed our membership and circulation to less than a hundred. We had to cut down the size and frequency of publication. Personal career challenges and family illnesses drove me to doing just a few issues per year. Computers and a renewed

After doing this for over fifty years, I realize that I must consider handing over *American Survivor* to younger and maybe more professional editors. Unlike previous debacles, any future transfer of the publication must be permanent. I will not be willing and maybe not able to take it back. As the national and world situation deteriorates the market and need for *American Survivor* should grow. **We probably need a larger and more professional paper publication and an online one as well.** I have vast number of past articles that can be updated and republished to a new audience, and a

support for survival education in the Twenty-First Century allowed us to resume publication of *American Survivor* as it is today. Over the past decades, various folks have offered to “help” do the newsletter. On three occasions, people took over the production, created nice looking complicated formats and then quit after two or three issues, dumping a bigger job on me. Yes, I could create a bigger and probably fancier newsletter, but bigger means more postage, and fancier means more work. I am hard pressed to write most of the articles, take most of the photos, layout the publication. Fold, label and stamp each copy. I have kept the size and layout as a sustainable and manageable form.

considerable number of survival related photos for use, as well. **I will commit to doing this publication as-is for three more years starting in January 2023, but I hope we can transfer this great publication to new management well before that time.** I have a reputation for doing what I say I will do so eighteen issues starting in January 2023 will be my limit. Let’s hear some ideas and find a way for the future of *American Survivor*. Of course, I would hope to be able to write for the publication after that time.

James C. Jones, Editor

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

Classes and Programs Include

Home Emergency Preparedness, Personal Security, Survival Thinking, Self Defense, Outdoor Survival, Survival Packs and Gear, Edible and Medicinal Plants, Disaster Survival, First Aid, and more. All classes taught by experiences, and certified 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 their website or at the park

Guest Speakers and Raffle Prize Contributions Welcome

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

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- 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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