

AMERICAN SURVIVOR

Survival Information for the New American

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IN THIS ISSUE: Primitive Weapons for Survival, The Poor Man's Survival Kit, Fishing Kits for Survival, Thoughts on Organization, Announcements: NW Indiana Preppers & Survival Expo!, and Camp Independence 2015

Primitive Weapons for Survival

Believe it or not, there were virtually no gun laws before the late 1960s. You could buy handguns and rifles off the shelf at K-Mart (then known as Kresge's) and Sears and just walk down the street with them. The political unrest and assassinations of those times suddenly generated a drive towards draconian gun laws and out-right prohibitions. Chicago and Cook County were among the most prohibitive. Chicago required every gun to be registered and then simply did not print any registration forms. If you did take a gun in to be registered the police would tell you (off the books) "take that home and we never saw it" At that time everyone hid what they had, but it looked very much like guns and ammunition would be virtually unavailable and illegal within the next decade.

Many early survival groups turned to "primitive weapons" as a last resort alternative. Live Free had several qualified primitive weapons instructors and archery was part of our training events. We also included hatchet and knife throwing classes.

Once we get past rocks and sticks we get to devices that can store and increase

human energy to deliver a projectile to a distant target. We can bypass slings and spear throwers and get to those "primitive" weapons that have been technologically advanced and are truly applicable for survival these are bows, crossbows and slingshots. **While cross bows are truly effective weapons for hunting, fishing and some tactical military applications, they are large, clumsy, slow firing and expensive.** Great for hunting, but not practical for survival or combat. This leaves us with bows and slingshots.

Bows' and Arrows'

The use of the bow and arrow goes back at least as far as 10,000 BC. Prior to the advent of firearms it was the preeminent missile firing weapon of war and hunting. The short composite bow of the Tartar horseman and the English Longbow of the 14th and 15th centuries dominated the battlefield. Today's sporting bows come in many forms and are powerful and accurate. Large complex bow are too large for practical survival applications, but the smaller take-down, compact, ultra-

compact and survival bows offer an alternative to (not a replacement for) firearms. The advantages of these weapons are:

1. They are silent and thus will not attract unwanted attention. This advantage may also permit a second shot at game or flocks.
2. They use retrievable and reusable ammunition and you can even make arrows in an emergency.
3. The skill acquired using a bow and arrow could help you to make an improvised bow and arrow under extreme conditions. Practicing with a bow and arrows cost much less than with a firearm.
4. They are versatile and can be used for hunting both small and medium game as well as fishing, line throwing and other techniques
5. Survival bows take up very little room and are relatively (\$80.00 to \$200.00) cheap.

A survival bow and some arrows carried in your pack or vehicle gives you some important options in a survival situation. For this reason they should be considered.

Slingshots

While slings that used centrifugal force to propel a rock have been around for thousands of years, slingshots are comparatively new. Slingshots use an elastic material such as rubber or rubber tubing. As a boy, I made lots of slingshots out of hardwood and the rubber from inner-tubes. Nowadays most slingshots use rubber tubing or purpose-made rubber banding. While not as deadly as bow and arrow slingshots definitely have a place in the survival pack. I have always included a Wrist Rocket™ in my pack, but I will

probably upgrade to one of the newer “survival” slingshots in the future. The advantages of slingshot include:

1. They are silent and do not attract attention. You can usually get multiple shots at small game without disturbing them until you get a hit.
2. Practice is virtually free and practice make perfect. I remember making shots with my slingshots that I would have a hard time doing with a firearm.
3. Slingshots are cheap, light and take up very little space in the pack
4. Modern survival slingshots are powerful and can achieve velocities of 450 ft./ps. and effective ranges of 250 yards. or more
5. While slingshot projectiles lack the penetration of arrows or bullets, they are effective against small game and can be lethal to humans if hit in the head.
6. Slingshots are cheap. They run from \$5.00 to \$45.00 and can even be made at home. Some have optional arrows, sights and ammunition stored in the handle

There is really no reason not to include a slingshot in your survival pack. Include some 000 buckshot or small ball-bearings as conveniently sized rocks are not always handy.



Two extremes. The very small and cheap slingshot on the left is very compact but

has limited power compared to the much larger weapon on the right, but this one has greater range and power at the expense of taking up more room in your pack. I recommend somewhere in between.

CAUTION!

You must be aware that these “primitive” weapons are potentially deadly and must be treated just like firearms. Never point a drawn slingshot or arrow at anyone. Know where your shots are going and what’s behind your backstop. Never launch an arrow or rock into the air blindly.

Conclusion

While it appears that we will have access to firearms and ammunition for the foreseeable future, primitive weapons have some unique advantages as supplemental and backup weapons in many situations. There are now many slingshots and bows built specifically for survival applications. Investing in such weapons provides options and alternatives that could be critical in the future.

Watch future issues for evaluations of several bows and slingshots.

The Poor Man’s Survival Kit

Introduction

The following article was first published by Live Free in 1996 from an earlier flyer that we were using in our programs. Keep in mind that in the 1970’s and early 80’s there were no real “survival kits” or any kind of survival gear like we have today. Mainly you had to go with old Army surplus items and Boy Scout supplies. Improvisation was (and still should be) a primary survival skill. Most of us were on extremely tight budgets and had to make do with what we could find or make, hence “The Poor Man’s Survival Kit”. The original text was created on a very early version of MSWord that is long-lost, so I had to retype it for you to enjoy. The original illustrations would have been literally pasted into the master copy. I had to scan and paste them to this document one at a time. I did update some of the text to make it work today.

A Low Budget Survival Kit That Could Save Your Life

You can put this kit together from common and easy to find items. This kit is versatile enough to provide protection and aid in a variety of emergency situations. Being cheap and small you can have them at your office, in your pockets and any place you might need them. Most of the items listed cost less than \$1.00.

ITEM DESCRIPTION	EMERGENCY USES
(1) 55 gallon HD trash bag	Rain shelter, Sleeping Bag, Chemical protection, Floatation device, Water still, container, Sling, etc.
(1) N95 dust/mist respirator	Protection from chemical, biological and radiological hazards. Cold air respirator, Emergency water filter
(1) Single edge S/S razor blade (protected)	Last resort defense, cutting tool, escape
(1) 12 x 24 “ sheet of HD aluminum foil	Signaling reflector, heat reflector, cooking pot, water collection and boiling, wound covering

(1) 12 x 24 ' sheet of Saran Wrap™	Eye protection, container, wound covering, splint holding
(10) 12' length of electrical tape wound on cardboard	Repair clothing and shelter, wound protection, general repairs
(10) waterproof matches and striker	Fire starting for heat, light, signals
(1) 10 ft. length of 25# nylon fishing line	Fishing, shelter building, trapping, repairs
(2-4) safety pins	Repairs, fishing, secure clothing and slings
(1) Coffee filter	Water filtration, fire starting
(2-4) sugar packets	Energy
(2-4) aspirin or other pain reliever	Pain relief. Heart attack reduction

These items were selected to provide the best options for the very least cost. Obviously items can be substituted with slightly more expensive items. The whole kit can be kept in a small ZipLock™ bag

SUBSTITUTIONS

In place of the trash bag you could use one of the aluminized “survival blankets” now on the market. They are more effective for warmth, but less durable and versatile for other applications such as wind protection, chemical protection, etc. You may want to replace the razor with a small pen-knife. The filter paper is not as good as the commercially available filter straws that filter out most biological and chemical contamination. Another way to assure clean water is to add a few water purification tablets to the kit for use in combination with the coffee filter. You could upgrade the matches to a magnesium fire starter. Lifeboat matches burn hotter and are better at starting damp tinder. You could replace the sugar packets with an energy bar. If fishing and trapping are not a concern then replace the fishing line with strong string or even paracord. Remember that even slightly more expensive and bulky substitutes may

defeat the whole (cheap and handy) point of the kit.

ADDITIONS

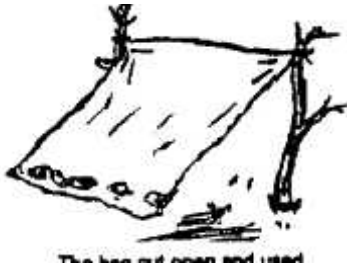
I set my arbitrary limit for this kit at 12 items, but there are a few other cheap, small items that you might want to add. A miniature plastic whistle could come in handy for signaling. A small cheap compass would also be a good addition. . A pair of latex gloves could come in handy in a number of situations. You could add a very small LED flashlight. These lights were not invented when this kit was first developed.

HOW TO USE THE ITEMS

Let's take a look at some of the survival uses for the kit items.

Fifty-five gallon HD Trash Bag: The black bag is proof against wind, water, sun and most chemicals. It is a great solar heat absorber. It can provide shelter in many configurations. You can place dry leaves or paper inside to use as a sleeping bag. You can use the razor blade to cut arm and face holes to make a partial rain, wind, chemical and fallout suit. Cut the bag open to make a 4 ft. by 6 ft. shelter sheet.

Partially filled with air and tied off, it can be used as a flotation device.



The bag cut open and rigged as a small shelter



The bag used as an emergency flotation device

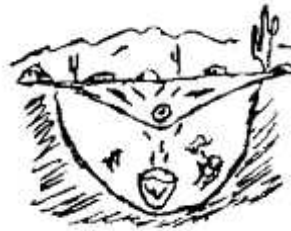


You may look funny in this improvised bag-suit, but it can prevent hypothermia. Used in conjunction with the N95 dust mask it can limit exposure to nuclear, biological and chemical contamination until you can escape the contaminated area. If you can do without the arm holes you can get even better protection.



Used in combination with available insulation such as paper, leaves, etc. it can be used as a partial cover sleeping bag.

The plastic bag can be used as a water still



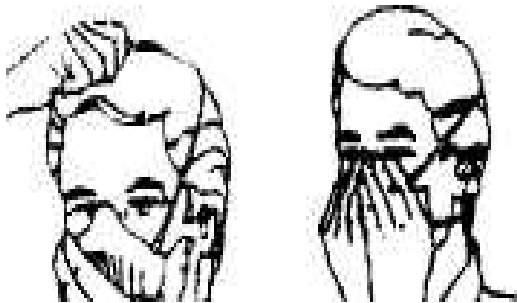
Instructions: Dig a hole early in the day. Place a cup made from your HD aluminum foil in the center bottom of the hole to catch the water. Place any available moist plant materials into the hole so the water can be distilled from them as well as from the soil. Spread the cut open plastic bag over the hole with some slack. Anchor down the edges with soil and rocks. Place a small rock (not too big) in the center of the plastic so that the low point is directly over the foil cup. As the sun heats the black plastic and the inside of the hole, the water from inside will gather on the plastic and run down to drip into the cup. When the sun get low you will have some safe water in the cup. Note: the amount of water depends on solar heat and available plant and soil moisture. Water gathered may vary from a few ounces to a full cup.

Disposable Dust / Mist Mask

These masks come in a variety of styles and are available in medical supply stores for biological protection and in hardware stores for dust and mist protection. You will want the "N95" rated masks. These are

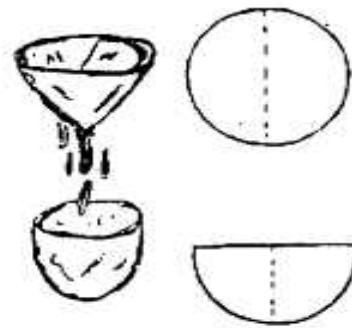
effective against dust, soot, fallout, biological agents and give some short term protection from toxic chemical mists. They also can help reduce heat loss through respiration and should be worn in cold weather. They do not protect you against toxic gasses such as carbon monoxide. These masks only provide protection if not contaminated prior to use and if properly fitted and worn. They are ineffective if worn over heavy facial hair.

Instructions: Place the mask over the mouth and nose with one strap around the back of the neck and the other over the head as showed below. Squeeze the nose piece (if present) to fit snugly. Cover the mask with both hands and INHALE sharply. Pressure should be felt inside the mask. If not adjust the straps and the mask and test again until pressure is felt.



Laboratory Filter Paper or Coffee Filter

A coffee filter or laboratory-grade filter paper can be folded into a cone to pour water through into a receptacle made from your heavy-duty aluminum foil. You can then boil the water for 5-minutes in the foil pan to get filtered and decontaminated water



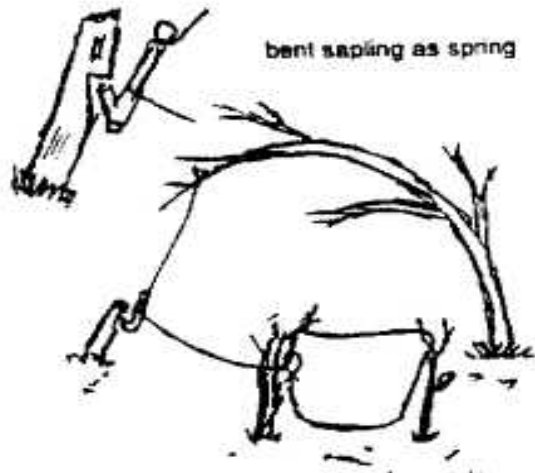
Folding and using the filter paper to filter water into a foil pot.

Fishing Line or Cordage

Fishing line or cordage can be used to rig a variety of snares and traps. A few basic trigger configurations are illustrated here.



bent sapling as spring





Note the notches cut in the sticks to make the trigger system

Pins and Safety Pins

The safety pins have many applications as they are and can be modified for other uses as below



A safety pin fish hook

The fishing line can be used with a safety pin fashioned into a hook for fishing

You can magnetize a piece of a pin by sticking it in one direction with silk or through your hair. Placing the pin carefully on still water out of the wind on a very small leaf or other float it will eventually turn to point north



Floating a magnetized straight pin or broken off safety pin on a small leaf to find north.

The 12 x 24 inch sheet of Saran Wrap™ can be used to cover the eyes for dust and chemical protection or to cover the hands for chemical and biological protection. This material can also be used for a waterproof, blood proof bandage for a variety of wounds and to hold a splint in place



Polywrap used to cover a wound

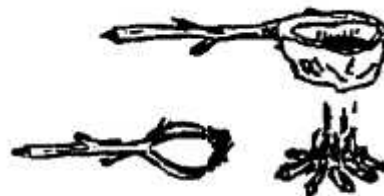
Heavy-Duty Aluminum Foil

The 12 x 24 inch sheet of heavy-duty aluminum foil can be used as an effective signal mirror to get help. You can also place the foil in the back of your fire to reflect the heat. You can shape or fold the foil into a bowl to cook food or boil water. Drinking warm water can save your life under cold conditions and boiling water for 5-minutes can make contaminated water safe to drink. Aluminum foil is the dressing of choice for wounds that expose internal organs*

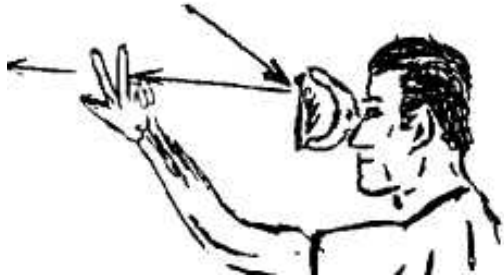


Aluminum foil used to reflect fire heat

Aluminum foil reflector



One way to make a cooking pot out of your aluminum foil



Fold and smooth out the foil to make a signal mirror. To aim the beam (e.g. at rescuers, planes, etc.) place the target between two fingers, then move the mirror so that the beam shines through the fingers.

THIS KIT MAY NOT LOOK LIKE MUCH BUT IT CONTAINS MANY VERSATILE ITEMS THAT COULD SAVE YOUR LIFE.

The whole kit fits into a ten inch freezer zip bag and weighs about 6.5 ounces. The optional items brings it up to about 8 ounces.



The bag itself has many uses. Note the optional addition of latex gloves, Band-Aid's™, rubber bands, a whistle and a mini-compass.

A survival kit is like any tool. It is only as good as the person using it. Calm

determination and an organized approach to managing the situation you face will go a long way towards keeping you alive in any emergency.

SURVIVAL PRIORITIES

- You can survive 3-minuetes without air
- You can survive 3 hours without shelter in extreme cold, wind and wet
- You can survive 3-days without water under most conditions
- You can survive 3-weeks without food at rest in moderate weather

SURVIVAL PHILOSOPHY

- Knowledge is the key to preparedness
- Preparedness is the key to self-reliance
- Self-Reliance is the key to freedom
- If you think you can survive or if you think you can't survive you are probably right.

* *Exposed internal organs must be kept moist to survive. Sterile water is preferred for this purpose*

Conclusion

Well that's the entire article as it appeared in the 70s with a few updates. Even now that we have all sorts of custom made survival kits and high-tech items to put into them, being able to improvise is still important. The original article was copied in small print and intended to go into the kit as a guide. It still has a lot of good ideas.

Thoughts on Organization

From Jim Jones, President of Live Free USA

There is no such thing as failure only people who fail.

I have learned these lessons through years of work building Live Free USA at my career as a safety professional, and at life. The study of leadership in business's and military strategies confirms these lessons. Those of you who would be chapter leaders, event organizers and leaders must know this in advance to assure success in all you do.

50 to 75 percent of all events, meetings and program will be a failure or a waste of time but:

1. You have no way of knowing which ones will fail and which ones will be the key to success
2. Failures often turn out to provide the elements of success weeks, months or even years later
3. Often a failure can be the fulcrum for a later success
4. In fact: the more frequently you try and fail the more inevitable your success becomes.
5. So success is the product of constant activity and even frequent failures and frustrations
6. Only inactivity and capitulation can stop you from succeeding
7. **Most importantly: a success that is not followed promptly by efforts towards greater things is still a failure.**

Constant and unwavering focus on the mission while ignoring failures and building on successes (no matter how small) is a guarantee of success.

Fishing Kits

Fishing is a good survival skill to have and a fishing kit is a good addition to any survival kit. Consider that almost any survival situation (except in a desert) will be within walking distance of a stream, river, lake or sea-shore **I generally make up my own kits consisting of about 20 feet of fishing line, an assortment of hooks and lures, a few sinkers and some artificial bait. The whole kit fits in the palm of the hand a takes up virtually no room in my pack.** Fishing kits are often included in the handles of survival knives. The kit shown below is a bit more elaborate and much larger. I believe it is fine for the vehicle or short day trips where you might want to do some fishing, but don't want to carry a full pole and tackle box. The large fishing knife is heavy and takes up room. Certainly in a survival situation you would have at least one knife already. I like the little rod and reel set. But where there is water there are trees and tree branches that can be used as poles. The stringer is handy, but cordage is a component of any survival pack already. The float can be replaced by any stick or other item that floats.



In survival you just need the fishing line and whatever goes on the end of the line (e.g. hooks, bait, lures, sinkers) to get it done. Nevertheless: this is a nice kit for the vehicle or day pack for just \$39.00 from www.BUDK.COM

Indiana Preppers & Survival Expo

**Saturday & Sunday May 2-3, 2015
Porter County Expo Center, Valparaiso IN**

Live Free US is proud to announce the first major preparedness expo in NW Indiana since the 1980s. This event affords the opportunity for regional vendors to display and sell their products and services. Preparedness and self-reliance practitioners will be able to purchase a wide variety of equipment while building their skills and networking with like-minded families. A full schedule of speakers on disaster preparedness, survival, emergency response, and sustainable living will be available. A "Meet up Tent" will afford great ways to network or join regional groups. A farmers market will also be on-site.

Live Free USA has worked hard to bring this event to NW Indiana. Live Free chapters will have major exhibits and speakers there and opportunities to join and attend additional events and training.

For full information go to: WWW.Wisconsinpreppersexpo.com
or call 920-573-5903

CAMP INDEPENDENCE 2015



Safety Through Preparedness Freedom Through Self-Reliance

**Saturday*, May 16th 2015
Tippecanoe River State Park, Tepicon Hall
Winamac Indiana**

PREPAREDNESS EVENTS FOR THE WHOLE FAMILY

Activities start at 9:00 AM (Eastern Time). A full schedule of emergency preparedness, self-reliance, first aid and outdoor survival education programs will be conducted throughout the day. Lunch will be available site at reasonable prices.

Advanced Registration before May 5th Individual \$20.00*, Family \$25.00*,

Live Free Members Rates \$10.00 per person, \$15.00 per family.

Group Rates Available before April 1st

Camp Friday Night and Saturday Night Family camp sites available through Live Free USA

Other Camp sites available through the Indiana DNR

For Details go to: AmericanSurvivor.org/events, or e-mail LFINOW@aol.com . Send Check or Money Order to: Live Free USA , P.O. Box 3295 Munster, IN 46321



Come out to Guns Save Life's monthly meetings in Central Illinois. Meet great, like-minded friends and families and share fun, fellowship and good food with the GSL family.



Rantoul: Second Tuesday of month

The Linden, 224 Wheat Ave., Rantoul, IL 61866

Pontiac: First Tuesday of month.

Pontiac VFW Post 886, 531 W. Lincoln Ave., Pontiac, Illinois 61764

Effingham: First Thursday of the month.

Effingham Elk's Club, 2102 S. Banker Street, Effingham, IL 62401

Peoria: First Thursday of the month.

Knights of Columbus, 7403 North Radnor Road, Peoria, IL 61615

Win a gun!

We hold a drawing for a gun each month at each and every meeting location.

Visit our website if the regular monthly meeting date falls on a holiday to confirm time and date of the meeting. If you're interested in bringing a monthly Guns Save Life meeting to your community, contact us!

MEMBERSHIP SUBSCRIPTION APPLICATION

- Yes, I agree with the mission of Live Free and want to join now. My \$20.00 is enclosed []
- Put me down for 3-years membership for just \$50.00 []
- I want to make an additional contribution of \$_____ to help Live Free.

Name _____

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City _____ State ____ Zip _____

Phone _____

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Staff

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

Managing Editor: OPEN

Distribution Manager: Tim Powers

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

