

# AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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**IN THIS ISSUE: World War Two Survival Stuff, Protoclysis method for medical hydration, SWATIES SWAT at your door, Nomad ultra-compact survival bow, Reports on Indiana Prepare to Survive Expo and Camp Independence 2015, Coming Preparedness Events**

## World War Two Survival Stuff

World War Two provided many items that are still useful today. In fact when the survival movement started we (original preppers) depended on military surplus and improvisation for virtually all of our equipment. Today there are lots of great purpose made survival items for you, but here are two WW-Two items that can still have value. One is from the Russians and one is from the British.

### Plasch-Platka Comrade

Almost any photo of a Russian soldier of World War Two show him wearing what appears to be a blanket wrapped over his left shoulder, down his chest and back and tied over his right hip. This is a Plasch-Platka. These were much more than a blanket. The Russian soldier could use this as a rain poncho, bag, and in multiple tent configurations. In combination with his long wool great-coat that he carried year-round it was his sleeping bag as well. No other sleeping bags or tents were issued so this made him a self-sustaining, all weather soldier. This was a far better item than the ponchos and shelter-halves used by other armies. If you google "Plasch-Platka" you

can find sources for these for about \$20.00 on the internet.

On the following pages are the basic configurations and applications from the original Russian manuals.



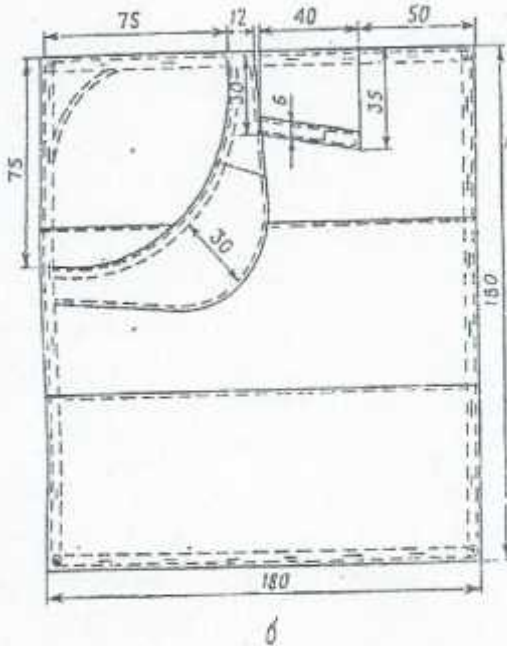
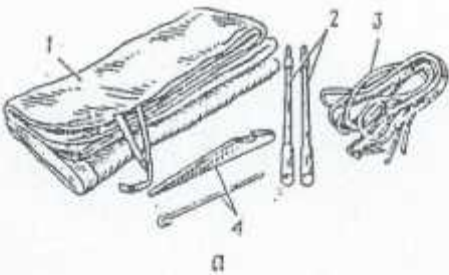


Рис. 1 Комплект солдатской палатки на 1 человека:  
 а - комплект; б - полотно палатки (в развернутом виде);  
 1 - свернутая водонитица; 2 - разборная втулка; 3 - шнуровочная веревка; 4 - приколочник

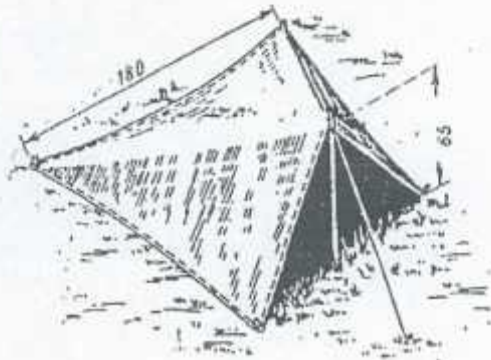


Рис. 2. Походная палатка на 1 человека

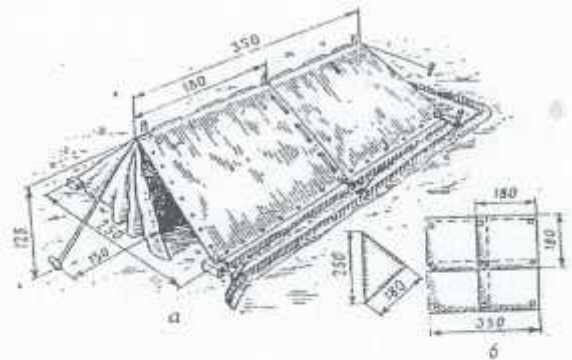


Рис. 3. Походная палатка на 2 человека:  
 а - общий вид палатки; б - внутренняя конструкция  
 в - палатка установлена на 20 мм

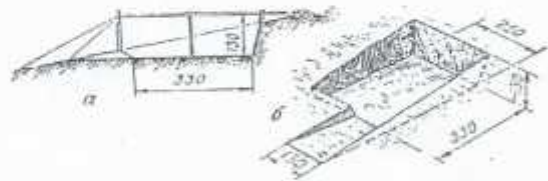


Рис. 4. Палатка на 2 человека над котлованом:  
 а - привальный конец; б - котлован; в - общий вид

### Toggle Rope Old Chap

World War Two British commandos often needed long ropes to scale cliffs or buildings. They needed ropes to bridge streams, make rescues or tie-up prisoners. When traveling at night they could keep together using rope. The Commandoes found that carrying long ropes slowed them down and if the rope was lost it was a big problem. The solution was to have each member of the team carry about 6 to 8-feet of heavy rope with an eye pre-tied in one end and a toggle tied to the other end.



They carried these ropes wrapped around their wastes or over their shoulders and could quickly link them (toggle to eye) to make a rope of the desired length. **A “survival rope” made from ½ OD nylon cord about 6 to 8 feet long with a wood or PVC toggle would be a good thing for team member to have.** Maybe some enterprising fellow will make these out of braided paracord for issue to each survival group member or even to sell at expos?

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## **First Annual Indiana Prepare to Survive Expo**

**The First Annual Indiana Prepare to Survive Expo was held at the Porter County Expo Center in Valparaiso Indiana on May 2<sup>nd</sup> and 3<sup>rd</sup>.** There were plenty of vendors covering everything from home defense and outdoor survival to emergency supplies and sustainable living. Live Free USA had featured speakers each day. Reporters from the Northwest Indian Times and the Wall Street Journal interviewed vendors and participants. No doubt, this publicity will increase interest in next year’s event. The majority of vendors did a good business and will return next year. The single hall proved to be a bit small so both halls will be used for the 2016 event. With many additional vendors already interested in participation the 2016 Indiana Prepare to Survive Expo will be three times as big. Next year’s event will include two stages for ongoing classes and demonstrations. Live Free USA will sponsored one stage and host a variety of instructors. Plan now to participate. **The dates are June 11<sup>th</sup> and 12<sup>th</sup> 2016 at the Porter County Expo Center in Valparaiso Indiana**



Busy Live Free Booth at the Valparaiso event

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## **Camp Independence Goes On!**

**Camp Independence 2015 was conducted at Tippecanoe River State Park near Winamac Indiana on May 16<sup>th</sup> 2015. This event has been held for over 47-year, making it America’s oldest survival and preparedness meetup.**

After the closing of the facilities that Live Free USA has used for the past 47-years there was some doubt about how well Camp Independence would work. The somewhat small facility at Tippecanoe River State Park in North Central Indiana does not provide the additional 40 rustic cabins they used for housing participants and conducting some types of training. The new facility is only a big meeting/dining hall with a kitchen. Participants are now left to reserve a limited number of small cabins or camp sites through the Indiana DNR website instead of through Live Free. This year the focused was on increasing regional participation through promotion on websites and regional expositions. Instructors and administrators secured most of the twelve available “Rent-A-Cabin” cabins from the DNR well in advance, but there were a few cabins and lots of camp sites left for other participant. Attendance was actually better than the past two years. In fact they could not have fit too many more people in to the hall. Indoor and outdoor classes were often conducted



concurrently so crowding was not a problem. The Amish family returned to provide great food at lunch time and goodies to take home. They had a great schedule of classes including: an edible plants walk in the woods, unarmed self-defense demonstrations, first aid tips, health and safety, armed self-defense, survival foods preservation methods, survival bug-out packs, emergency shelter building and fire starting. A truly information packed day for everyone! Live Free USA sold survival and self-reliance books at reduced prices. A \$100.00 Cabela's gift certificate was the first prize in a raffle that included dozens of great prize's. About 50% of those participating won one or more nice prizes. So Camp Independence survived and adapted and continues to be a valuable asset to survivalists and preppers.



Fire starting class at Camp Independence. One of many indoor and outdoor events

Live Free USA plans to schedule Camp Independence next year in early to mid-May, but we do need to resolve some challenges before we make a commitment. Live Free USA has grown and our obligations to support events and chapters has outstripped our staff of volunteers a bit. **Before we go forward with planning next year's event we need to get more involvement in the planning and organizing stages.** We have opportunities for coordinators to assure food services, set up the raffle, line up and schedule the instructors, and provide more programs for youth. If you are interested in getting involved just e-mail [survivorjj@aol.com](mailto:survivorjj@aol.com). Let's hope this team comes

together and we can have an even better Camp Independence in 2016 and beyond.

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## Proctoclysis

### An Alternative Method of Medical Hydration

One of the chief causes of death from most serious illnesses is dehydration. Most communicable diseases and radiation sickness causes sweating, vomiting, and diarrhea. In addition many of these conditions also cause internal bleeding and sepsis. At the same time the patient may not be able to intake fluids orally due to nausea or loss of consciousness. Deprived of fluids, the blood pressure drops and the cells and organs begin to die. Critical electrolytes need by the heart are not available and death is inevitable unless fluids can be restored. This is why IV fluids are almost always provided to ill patients. Unfortunately IV equipment and skills may not be available in the worst case survival situations. In the event of massive epidemics or radiation exposure the survivor may be forced to care for critically ill and dehydrating patients at home or in the field. While maintaining hydration alone will not guarantee recovery, it certainly improves the patient's chances. When the patient can tolerate oral hydration the following is recommended.

8 tsp. of sugar, 1 tsp. of salt to 1 liter of water. Provide small 4 oz. drinks every hour

*Caution: giving water or other liquids to an unconscious, semi-conscious or seriously injured patient may cause them to vomit and aspirate causing pneumonia.*

When this is not practical and IV fluid administration is not available proctoclysis

is a practical alternative. The function on the large intestines' and colon is to absorb water from the waste product. This water generally comes from the top end of the digestive system, but water injected into the other end will be absorbed just as effectively. Up until the 1930s' proctoclysis was widely utilized for fluid administration. Drug users and alcoholics have been known to use enemas to push drugs and alcohol into the system faster than oral methods. Although not as effective as an IV, this method is safer for the untrained medic. IV administration can result in injuries, infections and other complications whereas the colon is already designed to filter out unwanted materials. While sterile water would be preferable, any clean water should be usable. Saline solution (9%) or electrolyte solutions could also be beneficial. Enema sets can usually be purchased for a few dollars at a pharmacy or the improvised setups shown below can be assembled from available soft 3/8 inch diameter plastic tubing, bottles, wire and clamps. The patient has to be positioned on their side. The tubing then has to be coated with water soluble gel and inserted gently into the rectum about 10-inches. The filed bottle or bag should be hung at least two feet above the patient. Flow rate is then controlled by the clamp device pinching the tubing. Slowly open the clamp to increase the flow. Excessive fluid discharge from the rectum will indicate too much flow. The bottles shown are calibrated in 50 and 100 cc increments. Experimentation will establish the effective rate for each patient. Also note the small holes drilled in the first 3 inches of the tubing. This will facilitate good fluid distribution if the end of the tubing is blocked be feces. It is also important to burn or smooth the tub end to avoid tearing if the rectal tissue.



Detail of C-clamp flow control method



Completed proctoclysis setup. Note the small C-clamp used to regulate flow and the small holes at the end of the tubing.



C-clamp flow control on the left and a vice-grip pliers used on the right. The small vice-grips worked well because the adjustment knob permits easy flow adjustment.

## Nomad Take-Down Survival Bow

There was a point in time back in the 70s when we thought that we might be forced to rely on bows and slingshots as our main “survival” weapons. At that time the push against gun ownership and the growing number of draconian gun laws in Illinois and Chicago were so pervasive that alternative weapons became a serious consideration. At that time a few basic take-down bows became available. These were truly “primitive” by today’s standards. While access to firearms has reduced dependency on bow and arrow for survival, these devices still have a place in one’s survival gear. **Modern bows are durable, light weight and effective for hunting and even fishing. Bows are silent and arrows are retrievable ammunition these are two major advantages in many survival situations.** Most hunting and sporting bows are a bit too large for the survival pack. Fortunately there are many “take-down” and “compact” survival bows on the market today. Most sporting good stores display traditional, full sized bows so one has to resort to the internet and/or survival stores to find these specialized devices.

The criteria’s for a survival bow are that it must be compact enough to be carried in a pack without protrusions, powerful enough to be effective in taking down small and medium size game and fast and easy to set up in an emergency. I found quite a few good bows that met these specifications. I decided to go with the Super-Compact Nomad™ from Xpectre, Inc. I already have a stripped down 22 Cal survival rifle and a slingshot in my pack so space allotted to weaponry has to be minimized. **Taken down, the Nomad takes up just 17 x 3 ½ x 2 inches in its pouch with four take-down arrows.** The whole thing can be carried on the outside of the pack or separately. Set up is easy and fast. The 5-part bow is strongly constructed and can be fully assembled and strung in less than one-minute. The two-part arrows also go together quickly. While such bows cannot compare with

expensive one-piece bows the Nomads 45# draw is sufficient for most survival purposes. The Nomad, Super-Compact Survival Bow sells for \$89.95 including six custom-made take-down arrows. Additional arrows cost \$59.95 for six. The Nomad and other survival bows can be found at Xpectra Survival Gear, [www.xpectra.com](http://www.xpectra.com). Like any piece of equipment, you must become proficient in its use before you need it. If you are already proficient in archery a little practice with a survival bow will be sufficient, but if not, you will need to practice with whatever survival bow you decide on. The nice thing about practicing with a bow is that you can do it in any safe open field and you can reuse your ammunition over and over. You may want to use cheap regular arrows for practice and save the more expensive take-down arrows for real survival. Start practicing at about 20-feet and extend the distance as accuracy improves. **Remember to follow all of the same safety rules as apply to firearms. These are lethal weapons and people can be killed by accident by them.**



My Nomad bow disassembled with its arrows and pouch. I elected to buy 6 extra arrows and a spare string as well. Note the heavy construction of the center and connection assemblies. The Nomad is a bit heavier than some full sized bows because of the necessary heavy construction. See next page.





## SWATIES

### Now Hackers Can Send SWAT Through Your Door!

The police chief of a large Midwestern town is awakened at 2:40 AM by the local 911 dispatcher. She reports that a caller from a home in the town stated that she and her children were being held hostage by her ex-husband who had a gun and was threatening to kill them all. The dispatcher confirmed that the 911 caller ID system matched the address given by the caller. As the police chief suits up and heads for the scene other officers take up over watch positions around the home and close off traffic on adjoining streets. **The regional SWAT team including dogs and a robot is staged just out of sight of the target residents.** On arrival the chief is told that the residents is dark and no movement is observed. Being suspicious he tells the team to hold in place while he cross checks the call in data with information about that residents. Finding non-matching information he call the residents and finds a sleeping elderly couple who have no idea what's going on. Thus a potentially disastrous incident is just an expensive false alarm.

**This police department has just been the victim of an increasingly common internet crime known as the “swaties”.** Hackers hack the phone ID system and are able to make calls from any location in the world but spoof the caller ID system into providing the 911 dispatcher with a false address. They can then call in a serious crime or hostage situation at your home and apparently *from* your home or business. Thus activating a full SWAT response and potential violent breaching entry. **This new type of false alarm on steroids. Can have a huge impact on your safety and on police capabilities.**

- These calls set up the potential for fatal encounters as combat ready SWAT team members encounter startled and unsuspecting citizens.
- The call can accidentally or deliberately divert critical police resources away from actual crime scenes or terrorist assaults.
- Frequent callouts can wear down SWAT team members and their limited budgets making them less able to respond to real situations.
- Distrust of the 911 caller ID systems immediately calls for double checking and caution before acting on such calls. While this is often a good practice it could cost critical time when immediate action is needed to save lives.

Remember that the perpetrators can be halfway around the world and virtually impossible to catch. **Someone who does not like you or just wants to see your home or business raided can now activate a full SWAT response and set up a situation where you and your family could get injured or killed for no reason.** Wow! Isn't technology great?

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## **Dwelling Portably and Light Living Library**

A Review by Jim Jones

The great majority of "survivalist" or "preparedness advocates" tend to live "normal" lives. That is to say that they are part of society, have a home address, jobs and affiliations with the community. They are defined by their level of emergency preparedness and *potential* independence from the system. There is a subculture that actually practices a minimalist and mobile lifestyle. These folks go far beyond survival preparedness or even the level of independence seen in Mother Earth News. Live Free has maintained a good relationship with these folks for many, many years through their publications. While the majority of our members would not undertake to live on the road and completely off the grid unless it was necessary it is precisely the capacity they seek to acquire for emergencies. These folks have elected to abandon most of the goods and services provided by the economic system and the state in

exchange for greater freedoms. They live in vehicles or camp as they scrounge, forage and minimize needs. They are not vagrants or beggars. They live "off the grid" on "off the record". They pay no taxes, have no cell phones, need no credit cards and hardly worry about identity theft. In order to survive they have acquired a great deal of experiences, skills and knowledge that would be of great value to anyone forced to get along without the support of what we call civilization.

**Dwellings Portably** is a small newsletter packed with information about how to live off the grid to varying degrees. There are all kinds of money saving ideas, alternative methods and improvised devices. As far as I can determine it is produced on a typewriter not a computer and the print is small and jammed tight to save paper. I don't expect to see a web site from these folks anytime soon! Their publications are hand addressed and may include hand written notes. The regrettable thing is that all of their great ideas and projects reach so few because they are not digital. Yes, you are going to have to snail-mail them to subscribe.

**The publication sells for \$3.00 per 3 issues, \$5.00 for 6 issues. From: DP c/o Lisa Ahne, P.O. Box 181, Alsea, OR 97324.** You will also want to send an extra \$1.00 and request a list of their **Light Living Library** publications. This includes scores of low cost papers on all aspects of alternative living technology. Something you should checkout.



**LIVE FREE USA**



**COMING EVENTS**

**Live Free USA will be sponsoring, supporting or participating in the following preparedness and self-reliance events**

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EMERGENCY PREPAREDNESS IN THE COMMUNITY  
MEET & GREET

FREE ADMISSION

Sponsored by Live Free USA South Chicago Region Chapter

SUNDAY JULY 12<sup>th</sup> 2015

1:00 PM till 6:00 PM

PEOTON IL, AMERICAN LEGION POST  
109 E NORTH STREET, PEOTON IL

A variety of home emergency preparedness, outdoor survival and self-reliance and home defense programs and exhibits will be presented throughout the day. Meet experienced and responsible survival instructors and practitioners. Learn about other opportunities to build your self-reliance capabilities and networks. For more information on participation contact: [Larry.Survivor@gmail.com](mailto:Larry.Survivor@gmail.com) or call 708-899-3401

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SECOND ANNUAL NORTHWEST INDIANA PREPARES EXPO

FREE TO THE PUBLIC 9:00 AM till 4:00 PM

Sponsored by

NW Indiana Family Preparedness, (a Live Free USA Chapter)

SATURDAY, AUGUST 29<sup>TH</sup>, 2015

BANQUETS at ST, GEORGE

528 W. 77<sup>th</sup> Ave. Schererville, IN

**(One block south of route 30 and one block east of rout 41)**

This event will feature lots of vendors selling preparedness, self-reliance and survival related products and services. A full schedule of speakers, classes and workshops is also planned. There will be opportunities to meet various survival instructors and sign up for classes and event in the region.

For further details or to reserve a table contact [NWIFamilyPrep-info@yahoo.com](mailto:NWIFamilyPrep-info@yahoo.com)

GREAT LAKES EMERGENCY PREPAREDNESS EXPO

WALKER ARENA, MUSKEGON MICHIGAN  
SATURDAY SEPTEMBER 19<sup>th</sup>, 2015  
9:00 AM till 4:00 PM

Live Free will be sponsoring a booth at this event and making a presentation. There will be scores of exhibitors and plenty of speakers and demonstrations. Meet experienced and responsible survival instructors and practitioners. Learn about other opportunities to build your self-reliance capabilities and networks. For more information on participation contact: [www.GLEPE.com](http://www.GLEPE.com), 800-880-2485, [info@glep.com](mailto:info@glep.com)

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#### NATIONAL PREPPERS & SURVIVALISTS EXPO

LOUISVILLE KY EXPO CENTER  
OCTOBER 10-11 2016, 9:00 AM till 4:00 PM  
This Is The Largest Preparedness Expo In The USA!

Over one-hundreds of exhibitors and dozens of major speakers from all over the US

Live Free USA will have a booth and be presenting. We encourage members and chapter leaders to attend and wear your LIVE FREE USA caps, shirts and pins. This will be a great opportunity to network, recruit, and meet vendors and speakers for other events.

Go to: [www.NPSexpo.com](http://www.NPSexpo.com) for further information

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#### INDIANA PREPARE TO SURVIVE EXPO 2016

The Preparedness Expo held at the Porter County Fair Grounds Expo Center in May 2015 was so successful that it will be returning bigger and better in 2016.

INDIANA PREPARE TO SURVIVE EXPO JUNE 11<sup>th</sup> and 12<sup>th</sup> 2016  
PORTER COUNTY INDIANA EXPO CENTER  
South of Interstate 80 on US 49 a few miles past the US 30/ Valparaiso  
exit  
MAIN BUILDING AND EXPO EAST BUILDING  
9:00 AM till 400 PM

#### Prepare Today to Survive Tomorrow

A hands-on exploration into prepping, self-reliance, preparedness, and sustainable living techniques. Two stages with speakers, workshops and classes throughout both days.

Speakers and exhibitors should contact: [natalie@healthylivingevents.com](mailto:natalie@healthylivingevents.com) or go to [www.surviveexpo.com](http://www.surviveexpo.com)



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 \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### ATTENTION MEMBERS AND SUPPORTERS!

#### GET MORE FROM YOUR MEMBERSHIP, SUPPLY AN E-MAIL ADDRESS PLEASE

Live Free USA sends out periodic e-mails to members and supporters. These timely communications include information on local and regional preparedness events and classes, contact information about Live Free chapters and affiliated groups in your areas, networking opportunities and time sensitive survival preparedness information. **If you have not provided us with a current e-mail address recently and/or have not been getting recent e-mails from Live Free USA such as the "Live Free Preparedness News" e-mail please send your current e-mail address to [ifinow@aol.com](mailto:ifinow@aol.com).** Please include your name and town so we can match it with our files.



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**WRITER WANTED!**

We welcome contributed articles for this publication. Product reviews, survival techniques, program reports, book reviews, sustainable living methods, and survival tips are all welcome. Please submit in compatible MSWord format to [Survivorjj@aol.com](mailto:Survivorjj@aol.com).

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