

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Ten Principals of Self-Reliance, Can We Prove Steven Hawking Wrong?, Streamlight Lantern, Israeli Wound Closure System, Winter Survival Camp. Camp Independence Questionnaire Events and Expos.

The Ten Principles' of Self-Reliance

By James C. Jones, EMT/CHCM

A few years back I wrote Preparedness Overview followed by the Ten Principles of Survival. Preparedness is preparing to survive so these articles fit together almost as a manifesto, but self-reliance goes deeper and further than mere survival. Recently we published Self-Reliance Overview so it seems appropriate that we now establish some principles for this level as well. I do not establish "principles" as a dogma or set of rules. Ten is just a convenient number and a way to organize important concepts. Subjects like survival, preparedness and self-reliance can be complicated and confusing. Establishing reference points and guides can be helpful in setting priorities and goals in any endeavor. Disaster preparedness by definition is based on the assumption that something bad is going to happen. As such it is defensive and reactive in nature. Self-reliance is the active pursuit and assertive maintenance of personal independence and freedom regardless of external threats and conditions. It is

happening to the conditions instead of letting conditions and events happen to you.

1. Be self-reliant in a disaster

Being self-reliant does not necessarily imply preparedness. A self-reliant farmer may not survive a home invasion, drought, flood or epidemic. A way of life is not insurance against the effects of nature and man. Disaster preparedness is the foundation and first step towards self-reliance. You need to be able to survive in place or evacuate without support or aid. You need to be able to provide basic defense, medical aid, food, water, shelter, sanitation and other critical needs for extended periods while chaos and hazards abound. You need to have functional evacuation packs and plans. Most of all you need to follow the ten mental and psychological principles of survival set forth in our earlier articles.

2. Achieve financial independence

The myth that debt is okay or normal has destroyed the foundations of freedom and

independence. Do without, do more, do what you must, but get out of debt and stay out of debt. Start building savings and saving valuable and tradable goods. When the Titanic went down people in first class did better than those in steerage. You will have a better base, a better vehicle, a better survival pack, be in better health and have better self-reliance technology all based on your income. The job comes first. Gaining skills, resumes and experience comes first. Your potential for functional independence and freedom is dependent on this.

3. Establish backup systems for life critical needs

You do not have to live off the grid, but you do need to be *able* to live off the grid. You start with “backup” systems for water supplies, food supplies, energy, medical care, defense, etc. and then extend them into sustainable independent systems. The grid provides almost unlimited supplies of energy, water and food, while the system protects us from fire, crime and medical issues. We know that all of these are declining and vulnerable to failure, but they are still functional today. The trick is to (1) start developing replacement methods such as rain barrels and cisterns, gardens and aquaponics, solar and wind energy sources while (2) reducing your requirements and wastages. Most of us use far more water and energy than we need. We can reduce wasting food. Good health habits can dramatically reduce illness. Good safety and security habits can cut the risk of fire and crime dramatically. At some point you will achieve basic self-reliance and go on towards actual independence.

4. Disengage from destructive and negative people and ideas

This is often a difficult issue. You may have habits or associations that hurt you financially, psychologically or even physically. Friends or even relatives that are always in trouble or dragging you down*. Habits such as smoking, drinking or associating with groups that are primarily negative will always prevent your success. Your security, health and survival are badly inhibited by these factors. Cutting loose of these is a major step to independence.

- *I do not want to imply that you abandon honestly ill or temporarily needy friends or family members. They are a moral responsibility, but those who are victims of their own bad habits, sloth or irresponsibility do not deserve your support.*

5. Build self-reliance knowledge

While technological skills can be the key to financial independence in the *normal* world as we know it, more basic and functional skills will serve you well in becoming self-reliant. You can't *virtually* raise food, fix broken tools, collect water, treat an injury or generate electricity or heat your home. You have to *actually*, physically do these things. Books, tools, experience, classes and trial and error make you valuable. Being able to do things gives you options and freedoms. App's are not skills. Smart phones are not tools. What did you learn to do today that has practical uses? The answer should always be something.

6. Acquire self-sufficiency and sustainable living technology

The term “technology” goes back to the 18th Century so it does not necessarily imply just the newest techniques and devices. The Amish get along just fine without most modern methods, but some do use windmills and steam engines. We have great opportunity to combine the well-established methods of independent sustainable living with modern technological advances to give ourselves a survivable and then a comfortable and eventually a new, freer and better way of life. Avoid being dependent on vulnerable and intrusive technologies such as computers and smart phones. Use them to acquire knowledge and build networks, but remember that they are likely to collapse in any disaster scenarios and they are a serious threat to the very freedoms, privacy, security and independence you are trying to achieve.

7. Develop associations and networks

In reality you cannot really achieve true long-term, total independence. Humans didn't get this far by being lone wolves. The slogan “Together Each Accomplishes More” always applies. The whole strength of the growing Self-Reliance and Sustainable Living movement is networking among individuals, families, groups and commercial enterprises. Paranoia and the bunker mentality are self-destructive and roads to failure in all things. Starting with basic preparedness we must advocate, educate and participate. You work towards voluntary interdependence for your family, group and community based on your personal value and potential self-sufficiency. Ben Franklin at the signing of the declaration of Independence said “We must all hang together, or assuredly

we shall all hang separately”. This applies to our quest for personal and family survival and self-reliance today.

8. Secure your base

Back in the 90s a house was considered an investment not a home. That proved to be a disastrous error for millions of families. If possible get out of renting (money down the drain) get out of apartments. Apartments are as vulnerable as the weakest most irresponsible tenant. You can achieve some levels of semi-self-reliance, but you are always at risk. Work towards a separate home. Maintain it, improve it, secure it and make it a base for self-sufficiency and even a home business. Without a secure shelter all your survival and self-reliance systems are constantly at risk.

9. Become mentally and psychologically independent

This may seem easy, but with all of the incoming messages and data from the internet, government, media and associates that are determined to occupy and confuse our minds are we really independent? About 90% of incoming information is (1) useless to us personally (2) intended to influence us for the benefit of others or (3) wholly or partial false. If you can't do anything about it or it does not affect you directly and immediately don't let it affect your actions and priorities. You have to make your decisions based on what works for you, but free of ego, anger and fears.

10. Establish a mission of independence

Many self-reliance practitioners seem to bounce around from one concern to another. They are often driven by negative

imperatives rather than positive goals. True self-reliance is a state of mind, a life style and a lifelong quest. Without a firm (a preferably written) mission for yourself and your family you're sure to drift off course into wasted or even dangerous activities and ideas. You need to establish what a successful self-reliance program will look like in terms of life, liberty and the pursuit of happiness (yep that's what it's about) for you and your family, How do you want your world to be? What do you need to get there regardless of what the world (political, environmental, and economic) is going to do? Go write that down and refer to it often when making decisions. Is this action consistent with my mission or destructive to it? Be very sure that the future of your children and community are included.

11. Don't give up and don't wait

This is pretty much the same as the 11th principle for survival, but whereas survival is just not giving up in a struggle to survive, self-reliance is an active quest for a positive achievement regardless of the challenges. While you prepare to survive and then wait to use your survival skills and equipment, you build self-reliance and gain freedoms and benefits constantly as you move along. Waiting can only achieve failure. Obviously you are going to have financial, and physical obstacles and may seem to be too far behind to ever achieve your goals, but persistence, determination and often unexpected opportunity will get you there.

Conclusion

I hope that I have provided an organized approach to a complex and multi-faceted subject. Maybe you have not considered these aspects. I like to think of the people

who have moved beyond preparing and surviving as "the New Americans". After two centuries of movement towards more and more dependency and centralization these new Americans' represent a quiet revolution that can rescue the future. This revolution can only succeed if it is energetically pursued and constantly built and defended by all of us. Our children and their children (dare I say "ourselves and our posterity") will depend on how determined and effective our efforts will be.

Can We Prove Steven Hawking Wrong?

By James C. Jones EMT/CHCM

"Extinction is the rule. Survival is the exception". Carl Sagen 2007

Steven Hawking is arguably the smartest man in the world. The British theoretical physicist is noted for his work in gravitational singularities, relativity and quantum mechanics. Now when a guy like that expresses serious doubts that humanity can survive another 100-years we should all be very concerned. Not that long ago, preparedness advocates and survivalists were considered paranoid extremists, but today some of the most intelligent people on earth are saying what we have been saying for decades. Hawking is not a politician trying to gain power or a survival goods salesman. He is a scientist and a mathematician who has done the math. Our extinction or at least the dramatic decline in civilization is a mathematical certainty. Political leaders are frantically trying to postpone economic, social and environmental collapse while covering up the truth. The "normalcy bias" is a strong psychological affect that

supports denial of danger and bad news in spite of obvious trends and events. Most people believe any good news about “recovery”, unlimited fuel supplies, peace, etc. and try to ignore dangers and threats until it’s too late. However the constant barrage of disasters, economic problems, war and chaos are forcing more and more thoughtful and responsible citizens into preparedness, survival education and sustainable living programs.

One of the dangers that Steven Hawking is primarily concerned about is the population explosion that will inevitably use up all of the natural resources resulting in wars, famine and massive depopulation. He and other noted scientists have predicted that the population at the end of this century will be reduced to what it was at the end of the 19th century. The destruction, misery and death involved in that transition is horrible to contemplate. That’s not a fear mongering emotional prediction. It is a mathematical calculated result.

Another one of his concerns is the rise Artificial Intelligence simply dehumanizing and replacing civilization as we know it. Again, this is pretty smart guy not a conspiracy nut! Let’s face it, we are already fighting a losing battle to control the internet and the digitalization of everything we do. This pervasive dependency (read helplessness) has weakened newer generations and shifted power and wealth upwards. Our privacy and therefore our freedom is virtually non-existent. Constant networking and reaction to incoming messages (often computer generated) eliminates in-depth thinking and creativity. A recent study concluded that, thanks to smart phones, the human attention span is down to seven seconds. That’s one second less than a goldfish! Computer power and intrusion

grows exponentially while human intelligence has been shown to be declining for decades* Do the math. Recently Bill Gates joined Hawkins in predicting that a serious epidemic would ravage humanity in the not-to-distant future. Gates rates the chances of a widespread epidemic in his lifetime as 50-percent and estimated the death toll as high as 33-million. The political and economic impact would be staggering. We have had plenty of near-miss epidemics in the past few years. Our luck is bound to run out.



As I write this, California is in the grips of the longest drought in history, while Texas recovers from a drought with enough rain in one week to cover the entire state to a depth of eight inches. Thousands are dying in India from record high temperatures and it’s only May. In Alaska it’s in the 80’s and 90’s in May. Yes I said Alaska. More frequent and severe tornado groups hit every year. Boston is recovering from almost 90 inches of snow in one month. Various diseases, floods and droughts are ravaging food supplies, animals and crops throughout the world driving prices upward. California and India have nearly exhausted the water in their underground aquifers. Fuel prices have come down due to increased pumping and last ditch (high cost) drilling. This is like spending your last savings. It feels good, but only hastens resource bankruptcy.

States and nations are going bankrupt almost weekly with riots and demonstrations that achieve nothing. Let's not even start on the Middle East.

Unfortunately there is not much chance of averting some combination of runaway technology, overpopulation, environmental extremes, economic deterioration and world epidemics taking a huge toll on human life and civilization as we know it.

These are not things that could happen or might happen. They are things that are happening already.

Hawking's concern is about the survival of "humanity" not "humans". It's hard to conceive a disaster or sequence of disasters that would totally wipe out every last human being on earth, but we can easily see how the above circumstances could reduce "humanity" to something less than human. Artificial intelligence is a clear and present danger to our independent thinking and our ability to act as free human beings. The fear and desperation brought on by disasters and disintegrating social structures often results in the rise of the worst human traits. Predators, dictators and demagogues thrive on such conditions. In the past humanity has been able to flee from oppression, disease, famine and disaster, but there is nowhere left on earth to run.

If "humanity" is to survive all that lies ahead, it is up to us. The growing preparedness, survivalist, self-reliance, sustainable living movement must grow faster and be stronger than the already growing trends towards submissiveness, despair, chaos and confusion. It must be our mission to preserve and strengthen individual and family self-reliance and guide good people through the challenges to their physical and moral survival.

Sometime in the twenty-second Century your surviving children and grandchildren will live in a world that your efforts and values created. They may survive as desperate, violent, and wretched people living off of the remnants of a past civilization or they may be free, happy and productive citizens still masters of an improved and recovered society. Live Free USA has always maintained that there is much more to survival than just staying alive. Let's hope we are smart enough to prove Steven Hawkins wrong.

** Scientists postulate that with the comforts and security of the 20th Century the survival struggles that required higher intelligence no longer existed and so we started to get dumber. Now computers do the thinking. Guess where that leads.*

** Hawking has argued that computer viruses should be considered a new form of life, and has stated that "maybe it says something about human nature, that the only form of life we have created so far is purely destructive.*

A GRIM NOTE FROM BIOLOGY AND GEOLOGY

*There have been five mass extinctions in earth's history. All evidence points to a sixth in progress. **Thirty-thousand species of plants and animals die per year and the rate is accelerating.** While arguments about the causes continue the collapse may have already past the point of where reversal would be possible.*

Streamlight® the Siege® AA Lateran

By Rudi

This is a mini-emergency Lateran powered by 3 AA batteries. It boasts the following characteristics:

- 2 meter impact resistance
- Battery level indicator
- Limited lifetime warranty
- Measures: 5.44" (13.82cm); 8.8 oz. (249.47 grams) w/ batteries
- IPX7 waterproof to 1m submersion, and it floats

The Siege has 5 different light modes: high (200 lumens), medium, and low in white. It also has red for night vision, and flashing SOS red. It provides 360 degrees of soft light that will illuminate a large area. Whether you are hiking, camping, kayaking, or just need a dependable emergency light at home, I think the Siege provides a lightweight option. I purchased mine through Smokey Mountain Knife Works – www.smkw.com for \$34.99.



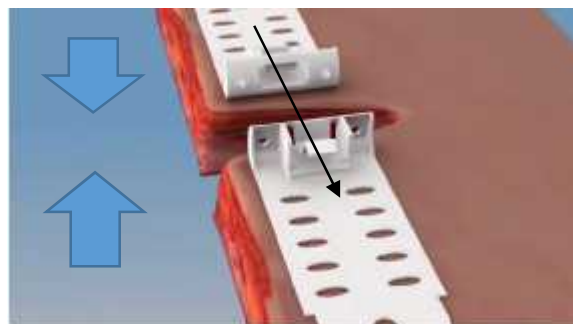
New Israeli Wound Closure Method

Israel continues to develop new methods for field care of injuries. While Live Free medical classes continue to teach suturing, we always identify it as a “last resort”

technique. Wound closure in the absence of antibiotics is an invitation to infection, gangrene, amputation and death. In many cases it is better to let the wound close by natural healing. However if effective antibiotics are available mechanical (sutures, butterfly bandages, staples, etc.) wound closure can certainly speed healing and reduce scarring. The problems with suturing are:

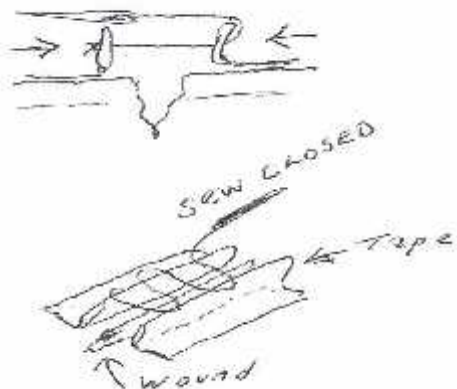
- The needles and suturing material introduce additional infection sources and pain to the area
- Suturing is often difficult on jagged wounds and under wet, dark conditions
- If infection does develop sutures are slow and hard to remove
- Proper suturing requires training and constant practice

The Israeli method uses a device that consists of two devices that are stuck with adhesive to each side of the wound. A “zip tie” like cable is then put through these anchors (see arrow) and pulled until the wound is closed. You can line up as many of the anchors as necessary along the wound edges and close each one to achieve a long closure.



This method is not wholly new. We have taught the use of strips of tape (medical, duct tape, etc.) placed along both sides of a wound about 3/16 inch back from the edges. Before securing the tape strips,

you double over about a one-quarter inch strip along one side. This non-stick side faces the wound. Now you simply sew these sides together. This gives you a secure and non-invasive closure. We can be sure that some form of the Israeli devices will be available soon, but knowing and practicing the alternative method that can be improvised is recommended.



Tape on each side of the wound is simply sewn together without puncturing tissue.

Winter Camp Yes or No?

Live Free USA has been doing winter camps on-and-off since the early 1970's. These have provided some important lessons and a few tall-tails to our veteran members. Fires that would not start with gasoline, meals that boiled on the fire and froze on the way to the spoon, all kinds of things that don't work in a 40 below wind-chill. We may have been the first to backpack on cross-country skis in Indiana. One rule that we know is that for every ten people who are *ready to go* winter camping in summer only one or two will actually show up in January. But winter camping capabilities are critical to true survival. If you are not sure that you and your gear can handle (not enjoy) cold weather operations you are only a 50% survivor. Some of our veteran winter campers have physical limitations and younger

members seem hesitant to take the lead here. Last year we conducted winter survival classes that were intended to be followed by winter camps, but too few volunteered.

Unlike summer events, winter camps require preregistration and good communications. Blizzards, ice storms and freezing rain make driving conditions too dangerous. This requires cancelations or **rescheduling**. **It also requires preparatory meetings and training to avoid serious problems.** If we are going to do a winter camp this winter we need to **(1) schedule it before December 2015 and (2) have at least 12 firmly committed participants and instructors.** The two likely sites are the Military Vehicles Museum in Crown Point IN or Goodenow Grove, in Will County IL, but other locations may be considered. We look forward to support and suggestions from members and non-members who want to participate. Contact: survivorjj@aol.com

Don't Miss the January/February Survival Medics Course

The Limited Class Size Will Fill Up Fast.

The Survival medics Course was so popular last year that we are offering it again in 2016.

Classes will be conducted at the Hammond Cabala's two Sundays' in January and two Sundays' in February. Each class will be from noon till 4:00 PM. The maximum class size will be 20. The cost will be \$50.00 per student with a \$10.00 discount for Live Free USA members. This includes all handouts, and training supplies. The course includes PowerPoint lectures, tests and hands-on training including CPR, AED, suturing wound care and other advanced techniques. Participants must attend all four sessions to get a certificate. This course has become so popular that we

have placed all of the PowerPoint slides, handouts, tests and training aids on a DVD. This DVD is only available to qualified instructors (e.g. medics, EMS, RNs, etc.) for \$40.00 or \$30.00 to Live Free members. To sign up for the class in Indiana or to order a DVD contact: survivorjj@aol.com

<p>Free Return Shipping On Order over \$50.00 Live Free USA Members And Quantity Discounts</p>	
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Camp Independence 2016 Survey

Camp Independence at Tippecanoe River State Park in northern Indiana is America's oldest continues survival and preparedness education event. Started in the late 1960s it has hosted thousands of participants and featured classes and field training in virtually every aspect of outdoor survival, disaster survival and home preparedness. The event has been featured on scores of TV programs, magazine articles over four decades. Two major changes have occurred in the past few years and was mentioned in the recent issue of Survivalist magazine.

- Whereas Camp Independence was one Live Free's only major annual activity, Live Free USA now supports or participates in dozens of other survival classes, expositions and events. This has spread our resources and available voluntary help thin. Additionally: our instructor staff is aging and more often unavailable to do classes.
- The Indiana Department of Natural Resources recently closed the facilities used for this event. These facilities included a large meeting/dining hall, training cabins, Instructors lodging and dozens of rustic cabins to house participants. This provided us with a unique location to conduct realistic drills, multiple classes and networking for a reasonable cost. This leaves us with a smaller meeting hall and the parks trails and fields for activities. Participants are left with securing one of the very limited number of "Rent-A-Cabin" buildings or a camp site for tents through the Indiana DNR. We were able to conduct a very successful activity with these more limited facilities this year.

The above situations make it necessary to reevaluate the practicality and feasibility of scheduling Camp Independence for 2016 and beyond. The following questionnaire is intended to help us make our decision.

1. Have you ever attended Camp Independence? **Y [] N []**
2. Did you find Camp Independence to be worthwhile and educational? **Y [] N []**
3. If Camp Independence is scheduled for 2016 would you be attending? **Y [] N []**
4. Would you be willing to present a class or can you get someone you know to do a class at Camp Independence? **Y [] N []**
5. Would you be willing to help with food services, registration, security or raffle administration at Camp Independence? **Y [] N []**

6. Would you be willing to handle promotion and registration via the internet for Camp Independence? Y [] N []
7. Of the following Live Free USA activities which is more important. Rank from 1 to 3 in order of importance. **Camp Independence** ____ **Regional Preparedness Expositions** ____ **Local Classes and Meetups** ____
8. I would be willing to pay higher fees for the event to get more detailed classes by professional (paid) instructors?. Y [] N []

If we do not secure reliable commitments for further support, more instructors through this survey we must consider allocation of resources elsewhere. You can send your answers, offers and comments to: survivorjj@aol.com or mail to Live Free USA, P.O. Box 3295, Munster, IN 46321, and Attention. Camp Indy.

LIVE FREE USA



COMING EVENTS

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

GREAT LAKES EMERGENCY PREPAREDNESS EXPO
WALKER ARENA, MUSKEGON MICHIGAN

SATURDAY SEPTEMBER 19th, 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, 800-880-2485, info@glep.com

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 (#162) and will 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 for further information

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 11th and 12th 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 or go to 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.

Win a gun!

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

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

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 _____

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WRITERS 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.

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

