

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE PORNOGRAPHY EMAIL SCAM

Were You One of the Thousands of Victims of These Hackers?

by Jason Hanson

Former CIA Officer

Hackers are always looking for new ways to steal your information and to extort money. One e-mail scam currently going around involves thousands of people who are receiving e-mails from hackers that claim they have videos of them using and watching adult websites. This particular e-mail goes on to say that the hackers also have a list of all your contacts, which is clearly concerning for many victims.

The way it works is the victim usually receives an e-mail that says something such as, "I know your password" and "I have installed malware on an adult video site." Then the e-mail goes on to say, "While you were watching video



clips, your web browser began operating as a remote desktop that has a key logger." The e-mail typically ends by saying something along the lines of, "If you ignore this, I will send your video to all of your contacts." However, the hackers give the victim the option to pay a ransom, anywhere from \$1,000 to \$7,000.

Now, there is a scary twist to the e-mail that makes some people believe their information has been compromised. Some of the e-mails sent by the hackers actually do contain victims' passwords to websites to

"Some of the e-mails sent by the hackers actually do contain victims' passwords to websites."

websites, which the hackers most likely obtained from a 2012 LinkedIn hack when over 100 million accounts were compromised along with passwords.

What this means is that these hackers may have one of your passwords and possibly some of your LinkedIn contacts if you use the site. So, even though this e-mail is nothing but a scam, it definitely captures

people's attention because the hackers do have some details about you that are accurate. However, remember it is a scam and here's what you

WHAT'S INSIDE

- 3** Contents of My Ops Bag
- 3** 3 Items Kids Need For School
- 4** Top Tent Stoves
- 5** Go Hard and Fast
- 6** Is Now the Time to Buy Gold and Silver?
- 7** The Truth About Treating Gunshot Wounds
- 8** What You Need to Know About Disappearing

should do if you receive this particular e-mail or something similar demanding money.

Never open an unknown e-mail.

To avoid any chance of your computer being infected with some sort of virus or malware never open an unknown e-mail, especially if it contains attachments or other downloads. This is old but critical advice that far too many people still ignore daily. Even though the e-mails from hackers will look legitimate, you should delete them right away to avoid the chance of them hacking into your computer after you open the e-mail.

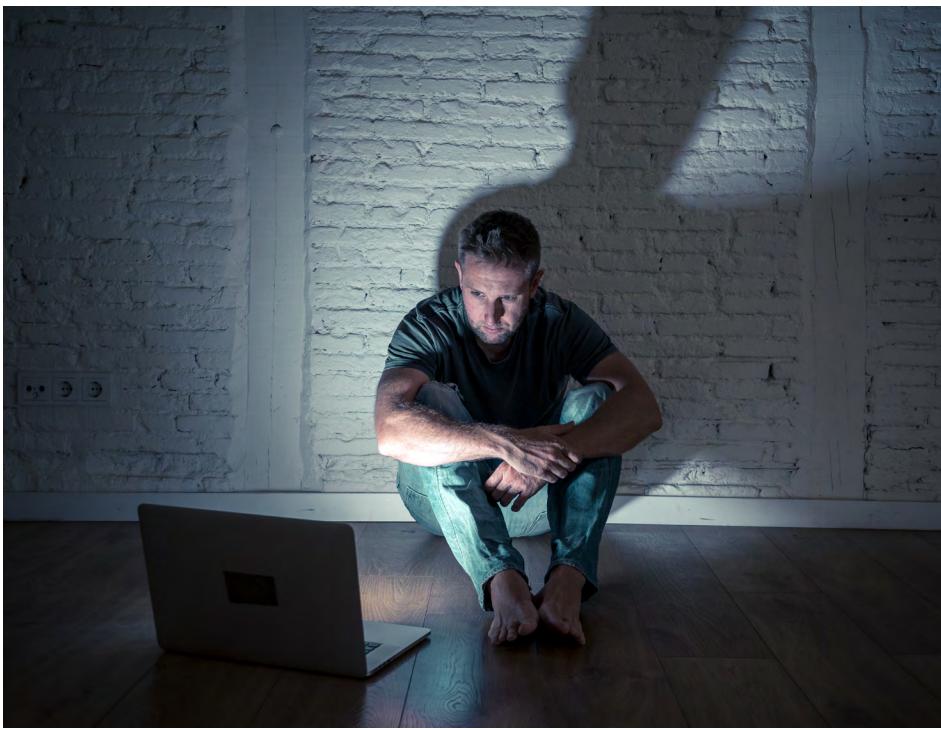
Don't pay the ransom. One of the reasons the U.S. doesn't negotiate

with terrorists (unless your name is Obama) is because doing so gives terrorists an incentive to carry out their crimes. In other words, if you pay a ransom to a hacker they will most likely continue their crimes because it's profitable. If you pay a ransom demand of \$1,000, chances are they will ask you for more money and might never leave you alone.

"Don't simply add the @ sign to an old password but completely change it to something new that will be harder to figure out."

Change all passwords. These days, we've seen so many different data breaches such as LinkedIn, Equifax and Target that it's not a surprise that hackers have some accurate information about your logins and

passwords. For this reason, you need to always update your pass-



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SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

Make sure that you take a look at the special insert that came with this month's newsletter. You get an amazing deal and can **buy 1 get 1 free** to our flagship Spy event.

During this event, you'll learn advanced escape and evasion techniques, home defense strategies, and self-defense tactics, to name a few.

This offer expires Friday, September 28th and you can get full details at

www.SpySurvivalEvent.com.

words so that any old information is worthless to hackers. For instance, don't simply add the @ sign to an old password but completely change it to something new that will be harder to figure out. I would recommend changing passwords every 60 to 90 days. Even though it is more of a pain, it will keep your information more secure than the vast majority of Americans.

Contact our Customer Care Center:

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CONTENTS OF MY OPS BAG

Here's the Gear I Used During Covert Operations

by Michael D.

Former Clandestine Officer, CIA, DIA, NSA

There are many things that you can do with just your bare hands, but some critical tasks require gear that is robust, immediately available and consistently reliable.

When I first walked into our covert mission preparations building (disguised as a small engineering firm) in a small but affluent town on the east coast, my fellow officer ushered me over to a large cabinet. He opened the doors and removed several items and handed them to me. He explained that over the years, our predecessor clan ops officers had determined these devices to be essential in just about every operation almost every day.

The first item he handed me was a high-quality multi-tool. It was a Leatherman. Immediately after he deposited that gem into my hands he handed me a one-hand, fast opening, large folding knife with $\frac{1}{2}$ serrated and $\frac{1}{2}$ plain cutting-edge. It had a clip on it. He told me to clip it into my strong-side waistband where I would learn to retrieve it in a flash while never reaching into my pocket.



Then, he gave me some black Paracord (the real stuff like they used

on my parachutes). The next item was a small flashlight. It seemed too small to be of much use/value, but he taught me how to use it for many purposes besides lighting a dark room, signaling a cohort, or holding it in my teeth for close work. Its extremely sharp, crenulated bezel

could be used as a weapon or even makeshift knife. It was the perfect size to use as a fist pack (for bare knuckle punches), and it could be used as a perimeter security device, etc. He then went

on to hand me a small set of water-soluble paper in a small zip lock baggie, a very beautiful tactical pen, a space-pen ink cartridge refill, and a small (plastic – to reduce detection) flip top notebook that would easily fit into a special compartment in my ops bag.



Then, we went to a second cabinet where I was issued several classified, special application devices that I cannot name. The last stop we made that day was to a special unit that custom designed and assembled our individual, unique ops bags. Lots of things go into the design, but in the end, special functionality was the goal. An ops bag needs to look casual and blend in, it must be very robust and double or triple stitched, water resistant, and be the right fit and look for each individual. I used that bag, and the contents listed above plus

"An ops bag needs to look casual and blend in, it must be very robust and double or triple stitched."

3 Items Kids Need For School

By Jason Hanson

As our kids and grandkids have just started another school year, this is a good time to make sure your loved ones are prepared in case tragedy strikes their school. You and I know that these days, schools are often the targets of evil people, which is why we need to do whatever we can to help our children in the event of a shooting or other attack. With that in mind, here are a few safety items to consider getting for your kids and grandkids.

Tactical Pen. At the appropriate age, children need to understand that they may have to fight back against an attacker, using any means possible. There is no doubt that a tactical pen can stop an attacker and it can literally be used by anyone, even young kids.

Bulletproof Insert. I know there are companies that sell bulletproof backpacks, but I prefer using the bulletproof inserts. The inserts are less expensive and can easily be used in different bags. If your kids and grandkids are anything like mine, they need a new backpack every year, so I would rather use the inserts since they will last longer than a backpack.

Doorstopper. I'm sure you've seen the rubber doorstoppers lying around many offices and the thing is, you can buy a few of these inexpensively. I recommend putting one in each of your kid's backpacks. This way they could try to keep a criminal from entering their classroom while they try to escape or wait for help to arrive. Even if this just slows down an attacker for a second or two, that might be all it takes to keep a child alive.

some personal choice items, every day for many years. I recommend you assemble your own ops bag based on some of the items listed above and keep it handy all day every day. The Boy Scouts' moto is "Be Prepared". Our motto was "Be Better Prepared".

TOP TENT STOVES

3 Stoves to Consider for Camping or a Crisis

by Jason Hanson

Former CIA Officer

Jeffery B., 41, and his son, Cameron, both residents of Colorado Springs, were on a camping trip at Maroon Bells in Pitkin County, CO. One morning, a group of hikers found the two dead in their tent. They were camping at 11,000 feet and initial reports thought the two had been struck by lightning. However, upon further investigation, authorities believe the two likely died from carbon monoxide poisoning. Witnesses reported that inside the tent was a camp stove that had tipped over and one of the deceased individuals had burns on their body. Obviously, this is a tragic accident that took the lives of two family members.

The reality is, all too often you hear stories similar to this of campers dying from carbon monoxide or even freezing to death in their tents because they weren't prepared for the dangerous temperatures. The thing is, having a tent stove can clearly make a huge difference whether you are on a family camp-

ing trip or using it to stay warm after a disaster. This is why I want to share with you a few tent stoves to consider for your next cold weather camping trip or to have for a crisis. Just remember to read the directions on the stove and make sure your tent is properly ventilated.

Camp Chef Alpine CS14. Camp Chef is known for making heavy-duty, quality gear, and this tent stove lives up to that reputation.

One of the best things about this stove is that pretty much everything you need is included such as the damper, internal log grate, spark arrestor, and accessory shelves.

Now, this stove is not the lightest option as it weighs about 75lbs, however for storage purposes, each component is designed to fit inside the stove, along with the removable legs, for easy transport. The Camp Chef Alpine is roughly 24 x 20 x 22.5 inches in size and sells for about \$200 on Amazon.

"All too often you hear stories similar to this of campers dying from carbon monoxide or even freezing to death."

Winnerwell Woodlander Deluxe Cook Tent Stove.

The Winnerwell tent stove is a stainless-steel portable, wood burning stove that is small enough you can easily transport it wherever needed since it weighs only 36lbs. The stove flue and scooper easily fit inside the stove so it condenses down to a portable size. This stove also uses a glass door so you can feel the warmth and a griddle plate sits on top of the stove for an easy cooking surface. There are plenty of accessories included for this stove such as a water tank, spark arrestor to catch embers, a fireproof mat, and a carry bag. The Winnerwell Woodlander sells for about \$335 on Amazon and is a solid stove especially if you want something easy to transport.

SilverFire Hunter Chimney Stove.

This tent stove is one of the most compact options as it weighs only 14.5 lbs and is 12" square x 16" tall. In addition, this stove is designed for both indoor and outdoor use and can operate using only twigs or yard debris as fuel. The fact that you can use this indoors to cook provides a huge advantage over many other stoves. This stove is light, easily adjusted and cooks very quickly. The way this stove works is primary air passes through your fuel in the combustion chamber and becomes carbon monoxide gas. Then the carbon monoxide gas is burned and mixed with the preheated secondary air, above the fire. The secondary air combustion appearance is like a gas stove and consists of a 3" chimney with an elbow piece and four individual stacking sections. The SilverFire Hunter sells for about \$250 on Amazon.



GO HARD AND FAST

Dealing With The Worst-Case Home Invasion

by Matt Numrich

Head Instructor of SpyBlackBelt.com

It might be one of the scarier scenarios you can think of: You wake up late at night, or are watching TV quietly in your home, and you don't just hear a disturbance, but instead, you see one. As your eyes pry open from deep sleep you see an intruder in your bedroom or you're sitting on your family room couch, and someone immediately busts down your door. There you are. There they are. Sure, you have your gun in a quick release safe, but there is no time even for that. You have an array of hunting knives and combat blades in your office, but it's too far away for that. It's 'go' time, and you are unarmed.

There are critical rules that you need to act on immediately or before you know it, you or your loved ones could be harmed, or worse, taken captive and then physically or sexually assaulted and then killed. First, Go! Take control by attempting to chase them out verbally and by approaching them directly and aggressively. The focus is to act! Go-Go-Go! Once you start to barter or negotiate, you put them in control. You need to scream with authority for them to get out



of your house. The faster you put your "Alpha" hat on, with a deep aggressive voice, you're giving them the couple seconds it takes for you to reach them to turn around and leave your house. If they don't, it's time to put some bite behind your bark.

Second, go hard! If they are not fleeing, then you'll need to engage in close quarters combat. Enter with a longer-range groin kick, as people rarely defend their low line. Whether you make contact or not, you'll get a flinch reflex, drawing their attention down. After that, use some ballistic self-defense moves: elbow strikes, knees and head butts. Outside of a gun disarm, this is the same strategy you want to use if someone is wielding a weapon. Hit them hard in the low line, and then close the gap to unleash your hard-hitting tools.

"There are critical rules that you need to act on immediately."

Third, go fast! Even though you are first engaging, your last step is to escape. Hit and run. Fast. If you need to get to and escort family members out, do it quickly. Pick up little ones, drag out older ones, but get out of the house. It should be noted with these last two steps that you never stop until you reach your objective. In the second step, your objective is to

use a barrage of strikes until you incapacitate your intruder. Same with the final step, keep running fast until you reach your objective of a safe place whether that is outside or a neighbor's house. In this Go-Hard-Fast tactic, intensity is the key. Do everything as if your life depends on it, because it does. **[Publisher's Note:** For more information about becoming a Spy Black Belt Certified Instructor, visit www.SpyBlackBelt.com.]



IS NOW THE TIME TO BUY GOLD AND SILVER?

4 Reasons Gold and Silver Should Be Part of Your Portfolio

by Forest Hamilton
Universal Coin & Bullion

I've been helping people all over the world to safely invest in physical gold, silver, precious metals IRAs and certified investment coins for over 20 years. I'm often asked, "Is now the right time to buy gold and silver or should I wait?" My answer is generally, "Wait for what?" Humans tend to have an innate desire to "buy low and sell high," but that rarely happens in any market with regularity. Unless you plan on becoming a day trader, here are just a few of the reasons that I recommend you go ahead and invest in physical gold and silver right now...

First, diversification. Even though most financial advisors don't get paid when their clients buy physical gold and silver, many of them will recommend diversifying 5-25% in gold and silver. History has consistently shown that portfolios with these precious metals have far outperformed and out preserved portfolios without it.

Having all

"I can put a 20-coin roll of 1 ounce Gold American Eagles in my pocket."

your money in different stocks is not diversification.

Second, insurance. With the stock market in its currently inflated state, many investors are concerned about a major correction or even a crash in the coming months or years. Physical gold and silver can act as insurance for your portfolio. I believe everyone should diversify into gold and silver as a solid long-term strategy without worrying about the day to day price fluctuations. Whether the price of car, health, or life insurance is up or down, it's still a good idea to

have some.

Third, tangibility. I often tell my friends that I believe physical gold and silver are the last true form of private, portable wealth. Not many people carry around their stock

certificates in their pockets and more and more people are concerned that the dollar isn't going to be worth the paper it is printed on for very long. Having physical gold and silver in your safe or safety deposit box can go a long way toward your peace



of mind. There are very few investments or things of value that I can carry with me and have the ability to universally acquire goods. That being said, I can put a 20-coin roll of 1 ounce Gold American Eagles in my pocket and, as of the writing of this newsletter, have around \$25,000 in buying power anywhere in the world!

Fourth, inflation hedge. The goods and services you use the most are costing more and more each year. The money you have in the bank in checking, savings, CDs, etc. at 2% or less is losing value to the true inflation rate as you are reading this. The best way that I have found to keep up with this slow deterioration of your wealth is to own physical gold and silver. This consistent inflationary protection is truly valuable in a world filled with inconsistencies so I wouldn't wait any longer to stock up on some gold and silver today. **[Publisher's**

Note: For questions about buying gold and silver coins you can contact Forest at foresthhamilton@universalcoin.com or call 800-822-4653. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]



THE TRUTH ABOUT TREATING GUNSHOT WOUNDS

Follow These Steps If You or a Loved One Gets Shot

by Omar Hamada
Special Operations Physician

Watch most any TV show where someone gets shot, and you'll see that the number one way to save someone's life after they've been shot is to dig the bullet out. They've been mortally wounded, but all you have to do is give them a swig of whiskey, and pull out the intact bullet, and they miraculously recover. The only problem with this is that nothing could be further from the truth.

So, what then do you do with a bullet wound? It depends on where the entry and exit wounds are, whether they're bleeding and how many times they were shot. The number one way you can stop someone from dying from a bullet wound is to stop the bleeding. The second way is to keep them breathing. If a person has taken a shot to the head or neck, there's really not much you can

do unless it is superficial. Assess the wound and apply pressure to minimize bleeding. If the wound is to the chest, again, there's really not much you can do to stop the bleeding outside of an operating room because of the rib cage limiting access and exposure.

The next two areas are where you can actually make a big difference. If the wound is to the abdomen or pelvis, you need to hold firm pressure to the affected area. The pelvis may be particularly difficult but in the case of a pelvic wound, consider applying a makeshift pelvic binder in order to maintain pressure.

This could be done with something as simple as a belt.

When the wound involves an extremity, it's usually easier to stop the bleeding. If the bullet has not transected a major artery, superficial pressure is usually sufficient. However, if an artery is involved,

"If the bullet entered the chest, there is a high likelihood that the patient will develop a tension pneumothorax."



it is imperative that you apply a tourniquet above the level of injury as quickly as possible. A tourniquet can be something as simple as a t-shirt and a stick that is used to tighten it around the extremity.

As far as keeping a patient breathing, all you really have to worry about is the face/neck and the chest. You must keep the airway open and clear of debris and blood. Sometimes this means rolling a patient to their side to keep the airway clear.

If the bullet entered the chest, there is a high likelihood that the patient will develop a tension pneumothorax. The risk here is that enough pressure can build up inside one side of the chest that it limits the ability of the other lung to move air and also restricts the heart's ability to pump blood. A tension pneumothorax can kill so you must consider putting another hole in the chest in order to relieve the pressure with a large bore needle just above the third rib under the middle of the collarbone on the affected side. If successful, you will hear a rush of air escaping and see that the patient is breathing easier.

The bottom line is, I certainly pray that you never find yourself needing to treat a gunshot wound, but these guidelines will increase the chance of survival until you can make it to a hospital.



WHAT YOU NEED TO KNOW ABOUT DISAPPEARING

How the CIA Does It and Why You Hopefully Never Have To

by Jason Hanson
Former CIA Officer

Between 1971 and 1982, Ryszard Kukliński, a Polish Colonel, provided top-secret documents to the CIA related to the Soviet nuclear weapons program. Kukliński gave the U.S. over 35,000 pages of documents. In 1981, the CIA exfiltrated Kukliński and his family from Poland and relocated them to Florida. In the mid 1990's, both of Kukliński's sons died in accidents, one in a drowning incident and the other in a vehicle accident. While Kukliński never confirmed any suspicions, many in the intelligence community believe his sons "accidents" were murders carried out by the KGB.

Since 1949, the CIA has had a defector program whose purpose is to resettle foreign nationals if it's in the best interest of national security. When the CIA exfiltrates a foreign asset they simply don't just relocate the person to the U.S. and

leave them be. The folks who have worked on behalf of the U.S. are usually moved in the dead of night, given new names, English lessons, money, and a house. Many of these defectors are also given guidelines to follow to avoid being found by their home country. Perhaps the most crucial advice these defectors are now given is to never use social media and never contact anyone back home.

The truth is, "disappearing" is very difficult to do and I would never recommend disappearing unless your life is in danger. You need to be prepared to give up your normal life, as you know it.

Nothing about you will ever be the same and you will have to go without many of the simple luxuries many people take for granted.

If you are planning on disappear-

ing, you need to start building up a cash reserve. In short, once you commit to disappearing you will need to pay for everything with cash. You will never be able to use credit/debit cards or write checks. If you need to pay rent somewhere you take the cash and get a money order.

Obviously, if you disappear, your family and friends will be concerned about you. However, as

"Since 1949, the CIA has had a defector program whose purpose is to resettle foreign nationals."

hard as it might be, you can't ever contact them again. No sending birthday cards or calling on holidays. In addition, if you do decide to disappear, you need to leave

some sort of note tell-

ing everyone that you are leaving. In other words, you don't want your family calling the FBI and having your missing photo blasted on every billboard. You don't want people looking for you. Don't forget, if you decide to disappear you will need to change your normal habits. For example, if you love sushi, never go to a sushi restaurant again. Your normal habits in your previous life need to change because they could give you away.

The reality is, disappearing is very difficult and emotionally taxing. In other words, I wouldn't attempt to disappear unless your life is in danger and you are prepared to change your life dramatically and give up many of the things you enjoy. Of course, if you are defecting from a country such as Russia to the U.S., it's worth giving up all of this to live out your life in the greatest country in the world.

