

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

IS YOUR "PLAN B" ALREADY COMPROMISED?

How To Secure Your Bug Out Location

By Jason Hanson

Former CIA Officer

Listen to this sad story: The Tiede family owned a cabin in the small town of Oakley, Utah where they liked to spend holidays. But, when they headed off for the cabin to spend a beautiful snowy Christmas day they had no idea what awaited them.

The cabin sat about two and a half miles off the main road. In the wintertime, the only way to get to it is by snowmobile. When the family arrived at the cabin, two men jumped out from behind the refrigerator with guns. Within seconds, the intruders fired their weapons, killing the mother and grandmother. The father arrived shortly after. The intruders shot him outside the



cabin, but he survived. The two murderers had been in the cabin for a while eating the food and rummaging around.

After the shootings, the criminals tied up the 16- and 20-year-old daughters and loaded them onto snowmobiles. Then they poured gasoline everywhere and set the cabin ablaze. The daughters and killers rode the snowmobiles away from the burning cabin. The two killers put the daughters into the family SUV and began speeding down the mountain. On the snowy canyon road, the SUV was racing at 90 miles an hour when they passed a police officer.

As the officer turned around, the SUV went off an embankment into the deep snow. Officers converged on the SUV and the killers were taken into custody. The two killers had previously served time in the Utah State Prison system. They were living in a halfway house and looking for employment, but had hitchhiked to the remote area and burglarized several cabins. When they came across the Tiede's cabin they thought the family might be returning soon and so they waited for them to show up.

Five months after the murders, Von Taylor plead guilty to two counts of capital murder. The jury

WHAT'S INSIDE

- 3** What The Next Two Years Could Mean For Your Investments
- 4** Spearheading The Push Into Iraq With The 82nd Airborne
- 5** Survival In The Coming New World Order
- 7** The Next Best Thing To A M.A.S.H. Doctor
- 8** Honest Abe's Self-Defense Mantra

sentenced him to death for both murders. Edward Deli was charged with second-degree murder. He was sentenced to life in prison.

The reality is, small town cabins like the Tiede family's can be ideal bug out locations. Yet, they can also be a prime target for criminals, so you need to take extra security measures.

Here are a few things you should do when living in more isolated locations: First, one of the bug out places I have is a shipping container. On the outside, it looks like a regular container. But once you walk inside it looks like a regular room. You'd have no idea you were inside a shipping container. The beauty of a shipping container is that you can lock them up tight so it's difficult to break in. Mine is in the middle of nowhere and I've never had a problem.

Second, don't forget to leave some type of "trap" so that you know if someone has entered your property. For instance, maybe you place some sticks across the road and if someone tries to drive on your road the sticks will be broken or they will be out of place. Or maybe you put some old furniture outside in front of the door and anyone who wants to get in has to move it. You'd take a picture of how you left the furniture so you'd know if it had been disturbed.

Third, when you're in the cabin, set up a PIR (passive infrared sensor) alarm at the entrance of the prop-

"These driveway alarms work from a half mile away."

erty so that you know if anyone is coming towards you. These driveway alarms work from a half mile away and the one I use can be bought on Amazon and is made by a company called eMacros.

Also, when at the property, be irregular. Constantly change up your timing. For example, if you go to the nearby stream to get water, don't do it at the same time each day. Or if you go to get firewood, vary your schedule. If someone is waiting for you, they will watch you to get to know your habits. They will wait until you are away getting water, firewood, etc. to make their move. And don't forget to take a gun or other weapon with you even when you go out so you don't get caught off guard in a remote location.

Next, make some tracks. If your farm or cabin is somewhere that it snows, you should make it look

like someone is regularly around. Chances are, there is a neighbor who lives in the area full time. After a good storm, ask them to head over to the cabin to drive and walk around the property.

These days, it's clear you should have a bug out location ready to go. These simple tips can help keep your place safe and secure, whether you are there or not. You don't want to bug out to your cabin and realize someone has already beaten you there.

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Leupold Tracer Shooting Glasses

People spend thousands of dollars on guns, then use a \$2 pair of glasses for eye protection. These cheap glasses provide only the most basic protection. They quickly get dirty and scratched, which can affect your vision and shooting.

This is why you may want to consider a quality pair of shooting glasses such as the Leupold Tracer Shooting Glasses. These glasses have a tactical look to them, so you wouldn't wear them unless you were at the shooting range. The frames come in two different color options: shadow tan and black.

They have an eyewear rating of ANSI Z87.1. This means they're tough enough to work in dangerous conditions. The polarized lenses reduce glare and a hydrophobic coating helps remove water from the lenses. They also have two pairs of interchangeable lenses. This way you can change the lenses based on the lighting conditions you are shooting in. These glasses also have a scratch-resistant coating and a no-slip nose ridge to keep them securely on your face.

The only downside is that they don't offer the opportunity to buy prescription lenses. The Leupold Tracer Shooting Glasses sell for \$179 new, so they're also not cheap. But for serious shooters that train often, they'd be worth it.

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WHAT THE NEXT TWO YEARS COULD MEAN FOR YOUR INVESTMENTS

Gold, Silver And Stocks Set To Soar?

By Forest Hamilton
Universal Coin & Bullion

As of last month, the Trump Presidency is over and I have chosen to focus my attention on the actual data of what the last four years meant for our economy, investments, and retirement accounts. And here are the facts: the last 4 years have been a rocking good time for both gold and stocks. Gold grew from \$1,146 at the end of 2016 to \$1,891 at the end of 2020, a 65% gain. Silver grew 63%, from \$16.24 to \$26.48.

And despite many experts including New York Times columnist Paul Krugman predicting the stock market would crash after Trump was elected, the Dow gained nearly 70%, from 18,000 on election night in 2016 to 30,600 at the end of 2020. It has been a truly successful run for all three investment arenas, helping investors' portfolios grow to new highs.

But what do the next two years look like for gold, silver and the stock market? There have been only two times in the last 40 years when the Democrats have swept all three branches of government. Those two elections were in 1992 (Bill Clinton) and 2008 (Barack Obama). In each case, in the following two years, gold, silver and even stocks went up.

For example, in 1993 and 1994, silver gained 32%, from \$3.67 to \$4.85, and gold gained 15%, from \$333 to \$383. During the same two years, the Dow Jones index gained 16.3%.

Then again in 2009 and 2010,



silver actually tripled, from \$10.79 to \$30.63, and gold soared 61.5%, from \$870 to \$1,405. During the same two years, the Dow Jones index gained 29.2%.

The outlook gets even better, politically. When you look back at the first two years of both Clinton and Obama, they over-extended their mandates with healthcare plans and they were chastised by an outraged electorate, which delivered historic rebukes at the ballot box.

Biden was in Washington in 1994 and 2010 to learn the lessons of the past, so he knows that if he takes an aggressive course of "reforming America" in the left-leaning direction of his progressive wing, he will likely lose both Houses of Congress in the next election.

That's good news in either direction: If Biden is moderate, America wins and if he's radical, the Republicans should win in 2022. In the meantime, history indicates that

gold, silver and stocks will enjoy a good run.

Our 2021 price projections of \$2,350 gold and \$32 silver represent a 24% gain in gold and 21% in silver, which could be conservative based on the historical precedent of President Obama's first two years. If you don't yet hold gold in your IRA, I highly recommend transferring or rolling over part of your IRA or 401k. Feel free to reach out to me directly if you have any questions or if I can help you in any way.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly 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.]

SPEARHEADING THE PUSH INTO IRAQ WITH THE 82ND AIRBORNE

Victory Over Sleep And An Empty Belly

By EJ Snyder

Former Army Ranger and Extreme

Survivalist

Thirty years ago, at right about this time of year, I was a young 25-year-old platoon sergeant sitting in Saudi Arabia. I was in charge of a 30-man platoon and we were heading into Iraq, spearheading for the 1st Brigade of the 82nd Airborne Division on Operation Desert Storm. We had no idea how long the initial push would last or what we were headed for.

My vehicle was a Cargo HMMWV with a mounted .50 caliber machine gun in the cargo area. My assignment was to transport a sniper squad leader and sniper team with us. I had no clue at the time that I was going to be awake and driving almost non-stop for the next 5 days. Every time we halted to gas up, I'd prop myself up against a wheel and catch a few winks. You have to get sleep whenever you can — even in the middle of a war.

It was a grueling push, but by the fifth day of the operation and battling, we reached our objective. We had fought through food and sleep deprivation and did whatever it took to get there. It was a tough thing to do, because adrenaline only takes you so far.

I am asked all the time about how I deal with sleep and food deprivation and other tough conditions while I am surviving in the wild or during tough survival challenges. I believe it is a culmination of several things: First, it's a certain attitude. You must have the will and tenacity.

Your life experiences and challenges can definitely help shape you for this. For me, not only my youth, but



what I went through in my Army career, helped foster my toughness. I can attest (as both an instructor and student) that Ranger School definitely prepares you to deal with stress, extreme physical strain and both food and sleep deprivation. And this is something I've built on and improved during the survival challenges I've undertaken. The bottom line is: you must always steel your mindset for these tough situations. Tell yourself that no matter what, you will not give up and quit.

During my many survival challenges that I have been on, things have gotten really tough. But I always say, "To survive the wild, you must become the wild." That means you will do whatever it takes to survive. This can be made more difficult when you suffer a bad injury, get ill, or even when death comes knocking. But you must push through it to overcome failure.

For me, failure, quitting, or surrender is never an option. Several times I have faced these challenges to my mindset during my survival adventures.

A good meal always helps. It's a jolt of energy and fuel for the mind and body. The more you can put in your belly and the longer you can stay hydrated with fresh water will aid your mindset.

I also try to nap during the day, especially if the nights are cold, as even fire and warming systems can only go so far to keeping you in a good REM sleep. So, like I did in the Gulf War, when it comes to sleep, get it when you can and try to plan for it.

I believe that I am living proof that you can survive tough days whether in life, war, or survival situations. It is not a superpower, though some may believe it is. I hope in any case I have armed you with examples of how to push through tough situations, including food and sleep deprivation. In the end, if you accept that things will be tough, sleep will be rare at best, food will be thinly rationed or unavailable at times, and your situation will likely get rough and stressful — you can then accept this into your brain, and steel your mindset. In this way, you can do or survive anything.

SURVIVAL IN THE COMING NEW WORLD ORDER

How To Acquire The Most Valuable "Coin of The Realm"

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was sent to a European country to negotiate a deal with a private party who was willing to provide certain information to the US... for a price. He didn't want to relocate to the US and he didn't want to play spy-games, he just wanted to do business. Not everyone with special information to sell is looking to sneak around to clandestine meetings in dark alleys, dig-up buried briefcases or have secret radio or video devices hidden in their home.

This individual was a prominent person in the community and had an international reputation in his field. He was very smart. Not only was he fluent in English, French, German, Spanish and his native



SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can get a free copy of the book, *Bug Out Bag Guns*. This book reveals the guns and other gear that intelligence operatives use in the harshest of environments. Clearly, having the right gun in your bug out bag is crucial during a crisis situation and this book covers both the rifles and handguns you should consider.

To claim your free copy of the book, simply visit www.BugOutBagGuns.com while supplies last.



tongue, he was also well read in classical literature, and recognized as an expert in an exotic niche of advanced mathematics.

But thankfully, the mission didn't require me to match wits with him. In fact, almost any officer could have handled the mission because this guy was a virtual "walk-in." (A "walk-in" occurs when someone approaches an Embassy official or other public US Government figure and offers their services). This man was well connected and arranged to meet with the "right person" from the local US Embassy at a prestigious golf club. He wanted to trade. He had inside access to high-level research and could pass it along before it even emerged in the scientific community as a working theory and well before it could be used by other nations for "proof-of-concept" applications.

One of the main reasons the mission fell to me was because I had a very keen understanding of the

intelligence value of his access and what he could provide. I did not have to evaluate the technical legitimacy, credibility or reliability of what he would deliver — that was established before I got called in. My job was to craft a deal.

As we discussed payment amounts and options, an interesting truth revealed itself to me. As we negotiated about things like type of currency for payment (such as U.S. dollar, local currency, gold, silver, digital, stocks, etc.), it occurred to me that we were already engaging in a contract with the most powerful, reliable, inflation-proof, confiscation-proof, un-taxable, and hard to counterfeit currency in the world. It was a currency that my friends and I at the many Agencies I have worked for use most often amongst ourselves: True trust. And that's the currency I used to get the deal struck with this man.

In the end, I was able to complete my mission with this man. We

came to an agreement and the deal was sealed with nothing more substantial than a handshake. He would sell-out his country's national security and I would make sure he received payment. I cannot tell you the specifics of his contribution, but I can tell you this: When I shook his hand, I committed the U.S. government to make monthly payments to him as a "technical advisor" to a local technology firm. In exchange for his "technical advice" (i.e., his name on an empty chair in an empty office), he would receive a monthly stipend of \$50,000 USD.

The bottom line is, we have a saying in the intelligence business: "Trust is the Coin of Realm," and it's absolutely true. Trust is the ultimate vehicle of stored value. Currency is anything that stores measurable value, but some things are too valuable to store in anything but trust.

Consider the shekel. It was a

specifically weighted token used before currency or coins of any type were minted with consistency. They were used to pay for things like labor. The laborer would then trade a vendor his shekels in exchange for products. Shekels had a consistent "value," as attested to in the Code of Hammurabi. But a shekel is un-tradable now, as is the currency of the German Wehrmacht Republic, and several other national currencies that have eroded and disappeared (and at the rate things are going, the U.S. dollar will soon join this list).

But trust has outlived all those currencies, and will outlive the currencies of the future. And trust is available without the prerequisite of any level of wealth. There are things that need to be done or acquired that are of such high value and of such a sensitive nature that

"While there is an unlimited supply of trust in the world, it is the rarest of commodities."

the only currency you can deal in is trust.

Once I had a teammate that had some critical personal business to attend to. I had known him for years and served in combat with him. He needed me to cover for

him, but didn't have time to explain the particulars — this was during a live mission where there was a great deal at stake. He did not offer me gold. He traded on his existing personal "bank account" of trust. He knew, without reservation, that I would accept our shared trust as ample compensation and I did.

Food, water, ammo, cash, gold — all these are good to have on hand in significant quantities. But if you do not surround yourself with people you trust and if you have not developed a "Trust Network", you could find yourself in grave danger. The first step in building a robust treasure vault filled with trusted friends and family is to be trustworthy yourself, before you look to trusting others.

While there is an unlimited supply of trust in the world, it is the rarest of commodities. It cannot be mined, digitized or printed. Its only source is the true heart and character of your associates. My advice to you is to invest in trust as the most viable currency in the soon-to-be New World Order. It's the only way you will be able to get what you need and do what has to be done going forward. Take it from a guy who has accomplished far more with the medium of trust than he ever could have with his checkbook.



THE NEXT BEST THING TO A M.A.S.H. DOCTOR

Your Guide To Emergency Sutures In The Field

By Dr. Omar Hamada
Special Operations Physician

Last month, we introduced the concept of sutures to close a wound if glue or bandaging wasn't sufficient. If a wound is gaping, uneven, or bleeding, then suturing is usually needed. However, if the bleeding is brisk because a major vessel was cut, consider going straight to a tourniquet until you can get proper medical care.

The body is truly amazing. All you have to do is get the edges of a wound close together (reapproximated) and it will heal itself without much attention. This is why for survival purposes you should make a basic suture kit for yourself. You just need sharp iris scissors, a needle holder/driver, toothed "pickups" or forceps to hold tissue with and suture.

For an expanded kit, you can include antiseptic, anesthetic (like lidocaine or bupivacaine), an 18-gauge needle for drawing medication up and a 25-gauge needle to administer it. Add a 5 or 10 cc syringe, gauze, tape, bandages, and a hemostat or two and you'll have a more than solid kit.

The next major consideration is suturing material. In a bind, fishing line can be used. But I always prefer real suture. There are two basic types of suture — permanent suture and absorbable suture. Permanent suture does weaken over time, but you're talking months to years and it usually maintains its tensile strength well. Some examples of permanent suture are things like nylon, silk and cotton. Permanent suture is usually used to sew skin and needs to be removed after a week or so. Semi-permanent

"This is why for survival purposes you should make a basic suture kit for yourself."

suture like Prolene (a synthetic suture) may be used to suture fascia, bone, tendons, etc.

Absorbable suture are things like Vicryl (synthetic) or "gut." Both lose tensile strength rapidly and do not need removed because they absorb into the body as they're broken down. We usually use these kinds of suture in deeper tissues to reduce dead space and bring wound edges together by minimizing the stress and strain on the outer layers. Stress and strain cause scars to be thicker and more visible, so as we suture, one of our goals is to reduce tension on the tissue.

So how do you suture? The primary principle is to gently bring two opposing tissues back together by closing the dead space between them. First, you want to cleanse the tissues with copious irrigation under running water as you remove debris. Then apply or inject anesthetic like 1% lidocaine. Let it set up for a couple of minutes. Close the deeper dead space first with absorbable suture in a simple stitch that you tie off with 3 or 4 opposing knots. This brings the top edges closer together and leaves less room for infection or blood clot collection in the deeper tissues.

Finally, close the top layer by bring-



ing the needle through the skin on both sides about equidistant from the laceration while using permanent suture. You may need 5 knots or so to hold this together.

There are various suturing techniques. I'd encourage you to practice them on a thawed chicken breast. Just perform a Google search for: simple interrupted, horizontal mattress, vertical mattress, and running sutures — locked and unlocked.

When you cut suture, leave a little bit of a tail so the knots won't unravel. Then dress the wound with bacitracin ointment and a bandage. Seek medical attention as soon as practical. If you have skin glue, you can use it on top of the suture to provide a type of protective dressing.

Keep this in mind: two things worsen a scar — too much tension pulling the wound apart and leaving suture in a longer time than necessary (can get "train tracks") — a week is usually sufficient followed by steristrips. One thing that helps scars are silicone strips that you can buy over the counter at most drug stores.

Now, I hope you never need this knowledge, but if you do, you'll know how to perform an emergency suture job. Stay healthy!

HONEST ABE'S SELF-DEFENSE MANTRA

How To Quickly And Safely Get Back To Your Feet In A Fight

By Matt Numrich

Head Instructor Of Spy Black Belt

Abraham Lincoln said, "It's not about how many times you fall, but how many times you get back up." And his quote is highly instructive for self-defense purposes. That's because, according to LAPD statistics, 62% of fights end up with at least one person on the ground — which is not where you want to be. This means two things: One, you need to know how best to fall down without getting hurt. And two, how to get up from the ground without getting pummeled. During the heat of battle, you want to be able to safely accomplish both without having to think about it.

So, let's start by learning how to fall properly. I'm going to teach you what's called a "break fall." It works like this: When you lose your balance, immediately bend your knees and make sure your rear end hits the ground first. As your rear hits the ground, tuck your chin to your chest, round your back like the bottom of a rocking chair, and roll from your glutes onto your rounded back.

At the same time, extend your arms at a 45-degree angle from your

sides, palms facing the ground, and forcefully slap the ground around you. This disperses your energy from the fall and provides a counter-balance so your head does not ricochet off the ground. Practice this slowly and on a soft surface to perfect it.

Now let's learn how to quickly and safely get up from the ground. When done correctly, this move will put you in a position to use offensive self-defense options. From our break fall ground position, immediately raise one of your legs so your opponent cannot easily hop on top of you. This also chambers your leg for a "defensive kick." You can perform the defensive kick by arching your hips up, rolling up onto your shoulder blades, and kicking up and out.

With the opponent at a safe distance, you can now position yourself to get to your feet, and if necessary, go on the offensive. Go to a seated position, with one knee bent, and the arm opposite your bent knee posted off to the side and behind you, providing a solid

brace for your body. This brace allows you to use the same side leg as a kicking option if the opponent closes distance on you.

"62% of fights end up with at least one person on the ground."

While seated, post your weight on your bent knee and the bracing arm. Now draw the free leg backward up and under yourself, until you can kneel on it, and use it to stand. Keep your free arm up and in front of you to block any strike attempts by your attacker.

This transition to your feet is actually quite easy and fast once you've done it just a few times. And it's far safer than simply getting up, as that would mean turning your back to your opponent and opening yourself up to vicious attacks. Moving the leg up under us, until we can place it, keeps the opponent in front of us, and actually helps us get to our feet faster.

Putting this together in a quick exercise can help us defend better if we get knocked down, but also helps us train to get back to our feet so that we can aggressively attack our threat if we need to.

