

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

TINY TEXAS TOWN GETS HACKED

Why Russian Hackers Hit This Water Supply

By Jason Hanson

Former CIA Officer

I have a lot of friends that live in Texas. I also do a lot of business there. I'm either in Dallas or Austin pretty much every other month. On one of my recent trips to Texas, I was reading a story about the Russian hackers who call themselves "Sandworm" and what they did to a Texas water tank.

In short, a small city in Texas had their water facilities hacked. The hackers caused one of the water tanks to overflow and lose a lot of water. Eventually, the hack took their entire water system offline.

The city manager in the small Texas town said he could never have imagined that the Russians would want to target his city. He also admitted that cyber security was not



taken seriously enough in his city and that the password to their water system had not been changed in more than a decade.

Just think about that. In over 10 years, the password that controls the water facility had not been changed. I can only imagine all the other cyber security issues that this particular city had at the time.

Of course, they're not alone. I'm sure there's a shocking number of cities in this nation who have poor cyber security and are very vulnerable to attacks. In fact, not too long ago, National Security Advisor Jake Sullivan sent a letter to every governor in the United

States warning that "cyberattacks are striking water and wastewater systems throughout the United States."

But here's the full story of what the Russians are really doing when they launch these cyber-attacks on a small town in Texas. They are probing.

They are probing how easy it is to get in and they are watching how the local municipalities are patching up the hack. They do this all over the country and pay attention to how

we fix things, so that they know how to overcome our fixes when the big attack comes down the pipeline.

In other words, it's not as if the Russians care about a particular

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"He also admitted that cyber security was not taken seriously enough in his city."



small town in Texas and have a vendetta to hack that exact town. What they do care about is hacking 100 different towns throughout the United States and gathering intelligence and data points about how all 100 hacks are fixed. Once they see the similarities and how the hacks are patched, then they know how to overcome them. Then when they decide to bring down 10,000 water systems instead of 100, they are able to be much more successful.

The problem is, it's not just one country doing this. Yes, the Russians were behind this most recent attack, but it's also the Chinese, North Koreans, and Iranians who are hacking our water supplies and gathering intelligence about our vulnerabilities.

This is why I sincerely hope that as soon as you put down this newsletter this month, you do a serious evaluation of your emergency water

supplies. I know what I'm about to say is going to sound like overkill, but it certainly won't be when all our water systems are hacked and down for 30 days and most of this nation can't get fresh water.

First, of course, is having as much water stored as you can. It doesn't matter if it's in the 55-gallon drums or 5-gallon containers or refilled milk jugs or bottled water. Do whatever works for you and have as much stored as space will allow.

Then stock up on several water filters. Buy as many as you can. The Berkey black water filters are a solid choice, but there are plenty of different water filter options out there. The best part is, if you store these in a cool, dry place, they will last for a number of years.

In addition to the water filters, buy a lot of water purification tablets. Buy as many bottles as you can. Yes, I know we are going to have stored water and we are going to have filters, but you want as many options as possible when it comes to clean

water, which none of us can live without. Plus, all of us are going to have loved ones who don't properly prepare, so we want to be able to provide clean water for them too.

Again, please, please take this very seriously. The writing is on the wall. Too many small water facilities have been hacked lately, so the big one can't be too far away.

"What they do care about is hacking 100 different towns throughout the United States."

Adept Armor NovaSteel

Historically, a buckler was a one-handed shield used for protection, and recently, a company called Adept Armor developed a modern buckler – the NovaSteel – for self-defense.

The NovaSteel is a ballistic shield that weighs just three pounds and has a diameter of 12.2 inches. (Think of the type of shield that a SWAT team might use.) Many ballistic shields weigh 30 or more pounds, so the NovaSteel is definitely a lighter and smaller option. The shield provides level IIIA ballistic protection, rated to stop .44 Magnum, .357 Magnum, and 9mm FMJ type rounds.

The NovaSteel is meant to be used in conjunction with a handgun. It has a heptagon shape and two angled indentations that provide a resting point for a handgun. The user can hold the shield for protection while shooting at the threat. The handle for the shield is made of steel and is designed for utility, not comfort. But it can be wrapped in tape to make it easier to handle.

In addition, the shield is ambidextrous and designed for striking someone if needed. The Adept Armor NovaSteel sells for about \$200 new and could be an interesting addition to your home defense gear.

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TO BUY, OR NOT TO BUY...

Gold Smashes All Time High – Now What?

By Forest Hamilton
Universal Coin & Bullion

Many months ago, in October of 2023, I was in Nashville with Mike Fuljenz, “America’s Gold Expert,” and Steve Forbes, the two-time Republican presidential candidate, successful businessman and editor-in-chief of Forbes media.

During our video interview, Steve said he felt gold would rise to \$2,500 in 2024, “and even higher if the wrong guys win the election.” Mike agreed with a matching \$2,500 price. At the time, gold was trading around \$1,970, so these predictions looked aggressive, and people laughed at Mike and Steve, thinking they had lost touch with reality.

Since then, gold has exploded upwards over \$400 an ounce, touching \$2,400. I look up to Steve and Mike for their consistent track record of getting things right, so I bought in. I have purchased more certified gold in the last few months than I have in the last 20+ years combined – and I’m not done. And I believe that after reading the reasons that Forbes and Fuljenz laid out, you will follow suit.

First, the Fed is likely to cut interest rates earlier and larger than expected. Most market pundits think the Federal Reserve will wait to make their first 0.25% cut in the Fed Funds interest rate and announce three cuts before the election.

But what if they make all three cuts at once, slashing the rate by 0.75%, to avoid looking like they are “tampering with the election process?” That could send a shock wave around the world, supercharging gold, perhaps by \$100/ounce in a day or two.

Additionally, gold has historically risen in presidential election years, and especially when it’s Trump vs. Biden. In 2020, the price of gold bullion rose 25% and silver rose almost twice that much. If gold rises 25% from its starting price of \$2,062.50 this year, it will reach \$2,577 by year’s end.

Inflation is returning. The Consumer Price Index (CPI) and the Producer Price Index (PPI) each rose dramatically higher than in previous months and faster than most economists expected. There are also the hidden costs, not included in either index, showing the higher cost of debt service due to the Fed’s rate increases.

A new paper by economist Lawrence Summers and others calculated the real Consumer Price Index was 7% at the end of 2023, not the 3% the CPI claimed.

Debt is spiraling out of control. President Biden submitted his Fiscal 2025 Budget to Congress, and it shamelessly calls for “reducing the deficit” from \$1.86 trillion in 2024 to “just” \$1.78 trillion in 2025 but that is based on “raising taxes on the rich and corporations,” a formula that has not worked historically. In the first five months of FY 2024, Biden has run up \$903 billion in red ink, a \$2 trillion annual rate, and total debt is now over \$34 trillion.

Wars in the Middle East and Ukraine — and possibly elsewhere soon — raise the specter of food and energy shortages. Russia is a primary fertilizer and energy producer, and the Middle East is an energy provider to most of the Eastern hemisphere.

Wars near shipping lanes threaten the distribution of food and energy. Plus, European farmers struggle to comply with energy shortages and rules demanded by the Paris Climate Accord and the EU.

Gold Fever is contagious. So, once enough investors buy gold, the fever begins to spread. Then, Wall Street catches the fever and coin dealers advertise more, bringing in more customers. Those customers typically buy more coins and drive gold prices up. It’s a ‘virtuous circle’ of buyers generating more buyers.

"That could send a shock wave around the world, supercharging gold."

Now, whether as a universal currency in the world of espionage or a silent guardian of survival in times of crisis, gold and silver continue to captivate and inspire those who seek to navigate and thrive in a world where uncertainty and adversity are constants.

Embracing the timeless appeal and strategic significance of gold and silver can empower you to face the unknown with confidence and preparedness, ensuring you are always ready for the challenges that may come your way.

[Publisher’s Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthilton@universalcoin.com or call 409-926-7001. 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.]

MY FOOLISH HIGH SCHOOL BUDDY

Never Leave Anyone Behind

By JAVELIN

Former Intelligence Operative

Before I became the second in command on airborne recon missions, I was a simple operator trying to prove myself. One of my trainers on my first few combat missions was a fine man named Master Sergeant Terry M. (MSgt - that is an enlisted grade E-7).

I liked the guy, and I respected him and appreciated his 22-plus years of experience. He had earned several Air Medals and his Master Aircrew Badge along with his Combat Crew Badge and several less significant medals and ribbons.

He struggled somewhat with the linguistics and airborne operations, and his age and the abuse of years of airborne combat had taken a toll on his body, but the man knew his way around the politics and systems of the Air Force.

Terry was hyper-focused on POW/MIA missions. He had good reason. Terry had several friends who were fellow airmen whom he had known and worked with who were among the vast number of unaccounted-for POW/MIA in Vietnam.

We flew many missions together with the primary purpose of tracking down leads on POW/MIA reports throughout Southeast Asia. We knew there were camps and prisons still holding American warfighters, and those missions were sacrosanct to every crew member, but especially so for Terry and some of the other team members who were personally looking for friends left behind.

Those missions and the results we were able to achieve still remain classified for strictly political reasons, but the successes were extremely meaningful to us and



to the warfighters who were still unaccounted for.

We often exceeded authorities, ignored limits, and disregarded protocols when we discovered evidence of possible American presence at sites in non-friendly countries. We did things that we knew, if discovered by our own leadership, could result in severe and career-ending sanctions.

But as fellow operators, our loyalty to our American warfighters being held against their will exceeded our sense of duty to obey directives. In our hearts, we felt that everyone from the local commander all the way up to the Joint Chiefs of Staff (JCS), who authorized and approved each POW/MIA search mission, knew that we would do whatever it took to track down our fellow airmen despite rules and regulations. Terry was devoted to honoring and hopefully finding every missing American combatant left behind. The fog of war is not fully clear until every soldier, sailor, and airman is accounted for.

I was recently discussing that with a friend who is a fellow combat vet. We lamented how things have changed. We now have an administration that not only leaves warfighters and civilians behind but also flies enemy combatants into the heart of our country and gives them the resources

to fund sleeper cells and sabotage. We ignore the plight of our long-term ally, Israel, while we pander to radical Islamic protestors burning property and attacking our police.

I recently told my friend about a story from my high school days. There was a group of us who wanted to go out of town for a rock concert, but we did not have enough money to fill the gas tank and buy tickets for all of us. One of my high school buddies suggested that we drive really fast so that we could get there before we ran out of gas. I think that guy, or his even less intelligent brother, must be currently in charge of our foreign policy.

Leadership does not control the individual actions of those with boots on the ground, but they are the ones who cause us to send our children, brothers, and loved ones to fight and die. As a combat vet, I can tell you that the thought of being abandoned and left behind is more disgusting to me than being killed in combat alongside battle buddies.

Please remember the people Terry M. and others risked their lives to find and return home to their families, and please honor those who have fallen or been left behind by voting for people with more sense than my high school buddy.

HOW TO STAY MENTALLY STRONG IN TODAY'S BLEAK WORLD

Riding The Momentum of Optimism

By Michael D.

Former Clandestine Officer; CIA, DIA, NSA

It did not seem to matter what the mission was, it was always about someone trying to shoot me down, chase me down, beat me down, or ruin my day. On missions, you do not have your usual emotional support network to help you cope with the struggles of the day. And in my field, the struggles could mean imprisonment, torture, or death.

Despite what's publicly portrayed about spies, most of the work is not glamorous. In fact, it's lonely, frightening, and dangerous. So, it can be difficult to stay positive, and yet perpetual optimism is a job requirement.

My mentor, Ray, was being reassigned and was turning over to me one of our most productive assets – a mathematician and cryptographer who provided

us with unpublished research and development of burgeoning cryptology created by our adversaries.

Ray assured me that this asset was “golden,” and always produced copious intelligence that was eventually corroborated and confirmed by other sources. It was one of our rare, extreme successes: Someone at the highest levels feeding us emerging cryptologic sciences from our enemies.

So, though the asset's official cover name was different, Ray called him “The Goose.” As in the Goose that reliably laid the golden eggs. I enjoyed meeting with the asset. Ray had already laid the groundwork for me to meet the asset, making me sound like a great guy, and he'd also

done a magnificent job helping me to know all about this man.

My first meeting with the asset was smooth, pleasant, and very productive. We met in his native country at his favorite restaurant. We sat at a table outside and watched people go by as we talked.

The following day, he took me to a movie theater he loved. It was

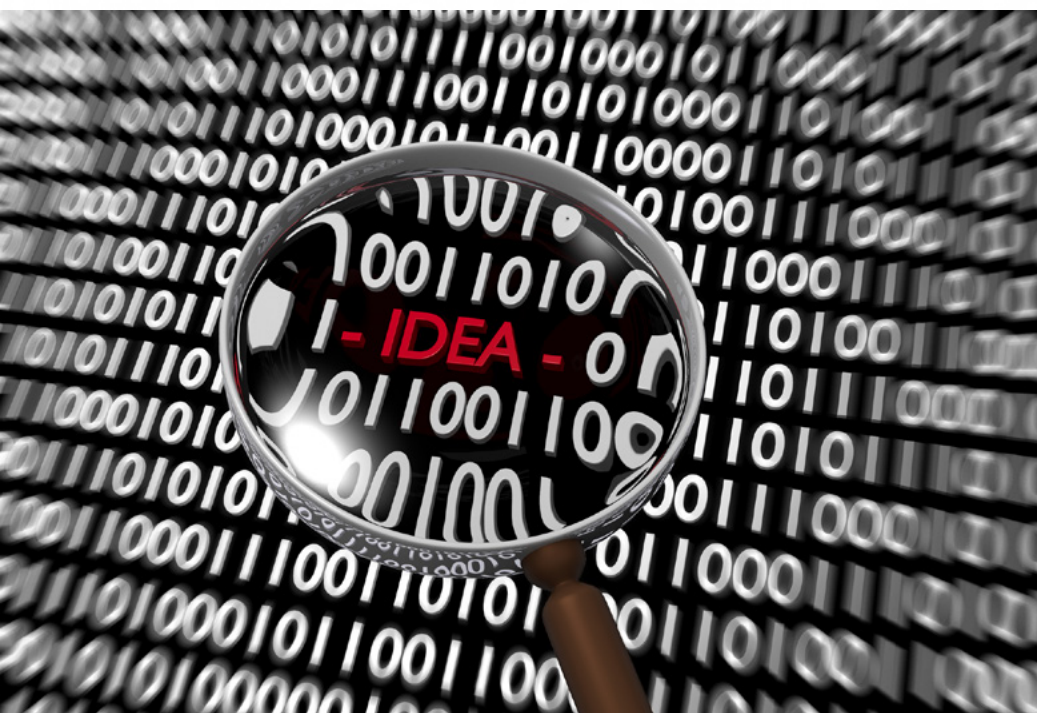
known for playing old movies from his country's past culture. At the end of our first few days together, I felt like we had bonded and was confident this was going to be a smooth and productive case.

But I was wrong. After a few more visits with him in his homeland, I received a letter from him sent to my cover address. It was brief and strangely worded. I was concerned that he thought he was being surveilled or investigated and was trying to call out for help.

I quickly arranged a special flight through the Agency's urgent travel unit. The Agency's urgent travel unit arranges everything for these types of trips. I don't think Presidents or rock stars get such great coordination for their urgent travel. There are special cars to get you to the airport, special check-in lane at stateside airports, vehicles, hotels, meals, and incidentals are prearranged and pre-placed for you on your trip.

The ‘travel agents’ are experienced operatives who know and understand that you will need clothes, interpreters, drivers, a

"I quickly arranged a special flight through the Agency's urgent travel unit."



safe house, and all kinds of special services. I was certainly hoping and praying that I was not walking into a trap, but my job was not to avoid risks but instead to recognize, manage, and mitigate them.

If I failed at any one of those three, my next task was to talk my way out or walk my way out. I did all of the things they taught me in spy school to protect myself and him. I used our emergency communications plan to contact him and arrange for a secret rendezvous.

Although he had been trained on this special procedure with his previous handlers, this was the first time he had ever used it for real, and it scared him badly.

But that was all that I knew to do, given the circumstances. I wanted to protect him, and I did not want to risk him being found meeting with an American intelligence officer.

His service to our country warranted the highest degree of safety and protection, and I was not going to allow him to be caught meeting with me. He was shaking when he got into my car. As I sped away, watching the windows and mirrors for any vehicle movements or people watching us, he said what I wanted to hear, "I did not have anyone following me. I have not had any kind of suspicious or concerning contacts. I am clean to the best of my knowledge. What the (heck) is going on?"

As I drove my predesigned surveillance detection route (SDR) and tried to look casual as I watched everyone and everything, I explained that I was concerned after getting his cryptic letter to my cover address.

He asked me what was so cryptic

about it. He said, to the best of my recollection, "I quit. I have been doing this long enough, and I am about to retire, and I want to take my wife away and leave all of this, all of this working for my government in secret, spying for America in secret, meeting people in secret, using secret communications and all of this stuff. I am done. I am retiring, and I am going fishing and never looking back."

"I was concerned after getting his cryptic letter to my cover address."

He said that was what he was saying in the letter, and he wished I would not have come to see him. He did not want more money or any special protections. He just wanted to be left alone and allowed to retire and enjoy his life with his wife.

I did not know what to say. I wasn't sure if I should threaten him if he insisted on retiring or try to talk him into continuing to work for us or get a referral to someone else who could provide what he had been giving us or congratulate him on getting out while he could.

In the end, I hugged him and told him that we (the US Government) would never abandon him, and if he or his wife ever needed anything, the same contact information would remain active for them for the rest of their lives (this was before Biden and Afghanistan, so he believed me). But he never contacted us for as long as I remained in the business.

I was devastated. We'd lost the service of a remarkable asset on my watch. I felt like I had personally slain the Goose that laid the golden eggs. I was not sure how I was going to face my peers and leadership and deal with the realization that I could not fix everything.

I was in misery and had lost the momentum of my optimism. It took

me weeks to internally recharge my self-motivation and get over the disappointment. I attribute my recovery largely to my years of positive, optimistic momentum to push on.

Sometimes, all you have is your optimism. Your good ideas, luck, health, strength, and money may all run out, but you can still have that little light inside of you telling you to keep going. The difference between optimism and hope is that reliance on hope teaches you optimism. Failures are more strengthening than successes, and deep optimism will eventually push despair out of your mind and heart.

Things may look bleak right now but seek optimism with a good dose of realism and avoid the current trends of fatalism. There really is a momentum of optimism, you just need the inertia of hope to get it going.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

We just got a new batch of survival food in stock, so I wanted you to be among the first to know about it.

Especially, since we've been sold out for the past several weeks. So, if you're continuing to stock up on survival food before the election (like I am) make sure to grab some more of this premium food now at www.AmazingSurvivalFood.com.

THE LITTLE-KNOWN BEDROCK OF YOUR IMMUNE SYSTEM

Why Enzymes Are Vital To Staying Healthy And Living Longer

By Dr. Omar Hamada
Special Operations Physician

Enzymes are catalytic proteins that speed up chemical reactions. Our bodies use them to make the chemical reactions within it more efficient. Most enzymes in the human body are responsible for digestion as they help break food down into individual nutrients that can be better absorbed in order to use them for fuel, storage, building, and repair. However, as we age, our enzymes seem to get less active for several reasons.

First, the production of enzymes slows down. Second, the cofactors they use to improve metabolic biochemical efficiency diminish. Third, other metabolic toxins build up and hamper their efficacy through pH changes and competitive inhibition. Fourth, the enzymes themselves change through imprecise construction thus yielding conformational changes that lessen their effectiveness.

Because of this, we don't digest our food as well, have increased gastrointestinal problems, have more gastrointestinal reflux, are less able to tolerate dairy products, have increased fatigue, poorer sleep, a weakened immune response, and so on.

The digestive process starts as we chew or masticate our food to break it into smaller pieces to increase the surface area so that enzymes, acids, and bacteria can get to work digesting it. In fact, the saliva in our mouths is full of the enzyme amylase. Amylase is the first enzyme our food encounters, and it breaks apart the bonds that hold sugars together so complex carbohydrates can be broken down into smaller

sugars that can be absorbed.

The acids in our stomach are secreted by our parietal cells and start hydrolyzing chemical bonds helping to break food into smaller parts and molecules. Enzymes come in and speed up these reactions.

There are 3 primary classes of enzymes: those that help break down carbohydrates (like amylase above), proteases that break down proteins, and lipases that break down fats. There is also bile which is an emulsifier that breaks down fat globs into smaller globules to increase surface area, much the same way dish soap does in your sink.

There are three primary proteases that break various proteins down: pepsin, trypsin, and chymotrypsin. These are primarily made by the chief cells in the stomach. They break the proteins found in meat, fish, eggs, and the like into smaller amino acids that are then more easily absorbed and used for building tissues, hormones, antibodies, and fuel.

Believe it or not, there are also digestive hormones that tell us when we're hungry, when we're full, and that help secrete other chemicals to aid in the digestive and metabolic processes.

Finally, there are lipases that break down fats into smaller molecules called fatty acids, which then attach to a glycerol molecule and form triglycerides. These triglycerides are then used as fuel or are taken into storage in fat tissue.

There are many other factors,

hormones, bacteria, and enzymes involved in digestion, but these enzymes mentioned above are the main or primary ones that are most affected as we age.

Remember, it's vital to keep our gastrointestinal system healthy because it is not just for digestion but is also our first line of defense with regard to

immunity. In fact, a large percentage of our immune system resides in the walls of our gut, and the nutrients we provide it keep us healthy in many different ways.

If you find yourself with digestive issues, energy problems, reflux, immune system problems, or a myriad of other health complications, consider adding some digestive enzymes back into your diet.

There is a wide variety on the market. Personally, I like Vollara's Essentials for Life because they add back these essential digestive enzymes while also adding in active probiotics, vitamins, minerals, antioxidants, and other nutrients.

Whatever brand you prefer, take one or two capsules with each meal, and see how you feel over the next couple of weeks. If the ones you choose don't have probiotics included, take some of those as well in order to improve gut health. One of my favorite probiotic brands is Seed.

Keep in mind that while you are what you eat — it's deeper than that, you are what you *digest*. So, if your digestive system is out of whack, the best first step to optimal health is to get it back in line.

"Finally, there are lipases that break down fats into smaller molecules called fatty acids."

THE IMPORTANCE OF “MENTAL TRAINING” FOR SKILL ACQUISITION

When Should You Actually Try A Gun Disarm?

By Matt Numrich

Head Instructor Of Spy Black Belt

I see too many “wannabees” on YouTube showing gun disarms. Unfortunately, they don’t answer the initial question: Should you even attempt a gun disarm on an attacker?

Next month, I will cover how to properly disarm someone who sticks a gun in your face. But before I do, I want to cover the “should I” question. The reason we’re obviously discussing this question is that the result of a failed attempt is likely being shot, with a good chance of being killed.

So, I want to cover five reasons why you would attempt a gun disarm. These are not definite “go” signs, but, if any one of these are a reality, I would probably attempt the takeaway.

The first sign that you should perform a disarm is if the attacker has already shot someone. In this case, they have already carried through with a shooting, so pulling the trigger on you wouldn’t be a stretch. The second sign is if an attacker is under the influence, where their emotions and decision making are not in check, which could lead them to make a bad decision.

Next, if the attacker is still threatening after getting what they claimed they wanted, it could reveal the fact that they want to increase the level of violence. For example, if someone is robbing you at gunpoint, asking for your wallet and keys, but continues to point the gun at you after you hand over the goods, they may not be done with you, and you should consider making a move.

Another sign is if they want to



take you to a different location via gunpoint. This is a bad sign, and you’re in mortal danger, so it’s time to act. The truth is, I teach my female students to never let an attacker take them to another location. The possibility of rape — or worse — goes up tremendously, and I would try for a disarm if someone is trying to transport you to another location.

Now, I’m going to leave you with something to think about: What if your family or loved ones are involved, especially if they are beside you, would you try it? In my academy, I have students make compelling reasons for both action and inaction.

You see, if bullets start flying (and they might if you try a disarm), do you want nearby family members to be collateral damage? Or, if the attacker seems bent on harming them anyway, why not try to disarm the attacker before they can carry out their deadly plans. You should think through these things now because not all of these are a black or white, yes or no decision.

Decision making is a skill unto itself, and there are plenty of factors which could play into your decision to use your skills or not. You should think through as many scenarios as possible and determine what your actions would be. Get creative and really go through step-by-step what might happen.

This type of mental training is just as important as physical training because in the “heat of the moment,” you don’t have time to sift through all the factors and come to a well-reasoned decision. Instead, go through the mental work now, and decide how far you will go, and when you will act. You can use visualization to make it as real as possible and train your mind to react instinctively to the scenarios you’ve thought up.

Next month, we’ll cover the “how” of gun disarms, so you’re equipped with both sets of skills and will be able to act or not, as each decision — made correctly — could save your life.