

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

PONZI SCHEMES ARE ON THE RISE

Watch Out for These 5 Signs of a Major Scam

by Jason Hanson

Former CIA Officer

There is a shocking amount of Ponzi schemes out there and the Department of Justice just warned of a massive spike in confidence fraud crimes.

One such example is a Rhode Island woman named Monique Brady. She preyed on the trust of friends, family and neighbors in a dubious real estate scheme.

Brady, 45, conned investors with claims that her company, MNB, had contracts to rehabilitate New England properties. She said she needed investments of \$20,000 to \$80,000 to pay subcontractors for the work. In return, she promised investors a 50-percent yield once the work was complete.

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In all, the self-titled real estate preservation expert solicited investments for 171 projects. Yet only 73 projects ever had any work done on them. In the end, investigators determined it was all a \$10 million scam. Instead of business deals, Brady funded her own lavish lifestyle with investor money. Brady encouraged secrecy among investors and disliked talking business in social settings, which helped keep the scam hidden.

Brady's scheme fell apart when IRS investigators found inconsistencies between her spending and business income. This led investigators to interview her investors and that's

when the house of cards came crashing down. As law enforcement closed-in, Brady prepared to flee the country, but investigators nabbed her before she could escape. In the end, Brady plead guilty to running a fraud scheme.

"She said she needed investments of \$20,000 to \$80,000 to pay subcontractors."

signs someone may be trying to scam you:

Secrecy: One of the telltale signs of a Ponzi scheme is if they tell you to keep your investment a secret and

Ponzi schemes can be very enticing, which is why so many otherwise smart people fall for them. So, to help protect you and other loved ones from this fraud, here are the top warning

not talk about it. Often, fraudsters will tell you the big pay days are the result of a secret strategy they don't want anyone to find out about. Of course, the truth is that they don't want you telling your friends or family because they fear someone will convince you it's a scam.

Paperwork Problems: Reputable investment companies use software reporting systems and issue regular statements. The statements should be easy to understand and free of errors. If you're not getting statements on time or if you're spotting errors or confusing things in them, dig deeper and ask a lot of questions. If the person will only give you information over the phone and no statement, this should be a huge red flag. Always make sure there is a legitimate paper trail and have your accountant verify anything that doesn't look right.

Difficulty Receiving Payments: If you attempt to withdraw your money and are urged to leave it



in for better returns, it could be a scam. Obviously, if the person running the scam has already spent your money, they'll try to convince you to wait.

Unrealistic returns: If you're offered the chance to invest in something that guarantees very consistent returns, take a very cautious look. Legitimate stock market investments usually have varying returns. So, if you are getting a guaranteed 50% return, watch out because you'll probably never see your money again.

"Anyone who is honest will have no problem if you want to run a background check."

Unlicensed sellers: Anyone who works in the investment business should be registered or licensed with their state. Typically, you can check their license status to see if they have claims or disciplinary action against them. This is a great way to determine if the person has had many complaints against them for running a scheme.

Lastly, I would definitely recommend you run a thorough background check on anyone who's asking you to invest money with them or to go into some type of business partnership. Anyone who is honest will have no problem if you want to run a background check and it's some of the best money you'll ever spend. If you want to know who I use for quality background checks, please shoot an email to jason@spysbriefing.com or call 435-572-4432 and I'll give you all the details.

Scorpion II Emergency Radio

Having devices that can fulfill multiple needs at once is a great idea when preparing your emergency gear. The Scorpion radio does just that. The Scorpion II Emergency radio is both solar and crank rechargeable and there is an FM / AM radio, along with an NOAA radio for 24-7 Weather Alerts. There is also a retractable 7" antenna. You can expect about 12 hours of playback time for the radio when fully charged. In addition, on the front of the unit is a 1/2 watt LED light.

One of the nicest features of the Scorpion II is the built-in internal 800mAh rechargeable lithium battery. It is used for the radio, the LED light and to charge a cell phone or USB based device. The internal battery can be charged multiple ways. There is a micro-USB input underneath a water-resistant cover. Next, there is a small solar panel. The hand crank on the unit can also charge the internal battery. Crank for 4 minutes to get 1 minute of talk time on most smart phones or 10-15 minutes of radio time.

The radio is also built to be durable. It has a tough rubberized finish that makes it drop resistant. It is IPX4 rated, which makes it splash proof, but not waterproof. This is a quality radio that would be ideal to use when a radio may be your only lifeline to the outside world.

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Spy Briefing President: Jason Hanson; Managing Editor: Theresa Dean; Graphic Design: Mena Sugg

KEEP YOUR EYE ON THE STORM

Do You Have These Preps Ready to Go?

by EJ Snyder

Former Army Ranger and Extreme Survivalist

As COVID-19 is still on everyone's mind, we must ensure this crisis doesn't blind us to the ones ahead. For example, hurricane season is beginning and weather experts warn it could be one of the most active seasons in many years.

In fact, we've already had our first named storm: Tropical Storm Arthur. Thankfully, it just brought a lot of rain and mainly stayed off-shore. But, Arthur was a reminder that even as we deal with the current crisis, another is just a wind's blow away, so let's be sure to keep our eye on the storm! With this in mind, here is a list of questions to help you identify any gaps in your preparations that you can shore up this month:

Shelter - Is my home up to code? Is it on a flood plain or in a surge area? Where do we go if our shelter is compromised? Do I have a backup power system like a generator and extra fuel to run it if the power grids go down? If you live in a flood or surge zone, you may have to escape to the attic and eventually the roof. Keep a good sharp axe, hammers, crowbar and inflatable rafts with pump systems ready so that you don't get trapped.

Water - Do I have enough fresh water stockpiled in water bottles, jugs, containers, etc.? Do I have water filter systems to help with purifying? Have I filled up my tubs and all pots available before a storm hits?

Fire - Can I cook food if the power goes out? (Normally, natural gas isn't an issue unless a line breaks.) Is my propane tank filled? Do I have multiple propane tanks? Do I have several propane camp stoves? Firewood for warmth or cooking?



Flashlights or lanterns with extra batteries?

Food - Do I have enough sustainable food stockpiled (dehydrated food pouches, MRE's, canned and dry goods, etc.)? What do I do with refrigerator/freezer goods when the power goes out? Do I have the ability, skill, and resources to hunt, trap, fish or forage if necessary?

Navigation - Are my main vehicles filled up and serviceable? What about secondary vehicles — including bicycles, boats, and trailers? What are the primary and alternate evacuation routes to get out, including by foot, bike, and water? Do I have the proper navigation gear and maps on hand? What can I do if a route is blocked (proper tools to clear a path, and/or vehicle extraction gear like tow straps)?

Communication/Signal - Do you have a good emergency weather radio on hand? Do you have alternate communication systems on hand besides phones, like CB's, HAM Radios, walkie-talkies? Do you have items to signal for help that make noise, reflect, flash, are bright colored, or other ways to mark for help?

Medical - Do you have enough

basic pain relievers of various types? Bandages? What about any prescription medication? Do you have a basic first aid kit? Do you know where the nearest medical facilities are? Are they highlighted on your map? Do you have a plan in place to transport someone who's sick or injured?

Leadership/Team - Does everyone know the plan? Does everyone know their role/job, their responsibilities and what they are supposed to grab if you need to evacuate in a crisis? Every team member should have a primary role and a backup role that covers someone else. Does the team (family) know the evacuation routes and rendezvous points?

If you apply this list of planning questions to your current preparations, you and your loved ones will likely fare much better. Clearly, waiting until an emergency strikes to gather supplies is a terrible plan. Think about the current pandemic. Most people would have never thought that toilet paper, bleach and hand sanitizer would be gone from store shelves. Don't wait. Don't put yourself and your loved ones in a horrible, but preventable, situation. Deal with it upfront by planning and preparing before a crisis ever arises.

HOW TO FINALLY NAIL DOWN A GREAT NIGHT'S SLEEP

Covering the 5 Categories That Affect Sleep

by Dr. Omar Hamada
Special Operations Physician

We've been talking about the importance of sleep for your health and performance. Last month, we saw that while sleep seems simple, it is actually a very complex process and that many struggle with getting to and staying asleep. There are many reasons people struggle with sleep: insomnia, bladder and prostate issues, stress, alcohol, sleep apnea, pain, environmental factors (sleep hygiene) and work schedules.

This month, we're going to discuss a few of these issues and help with good sleep hygiene, habits, and monitoring. Let's first break the major sleep problems into five categories — Medical, Psychological, Environmental, Habitual, and Insomnia. Some people have significant medical issues that interfere with sleep.



SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can get our newest book for free. This book shows you how to protect your firearms from government confiscation. It also reveals multiple ways to get guns "off the books" that nobody will even know exist. Make sure and join thousands of others who've already claimed the book at www.SpiesHideGuns.com.

Things like acute or chronic pain, BPH (causing frequent bathroom trips throughout the night) or trouble breathing because of COPD or sleep apnea.

These can be serious issues, but are modifiable. Some can be remedied with medication, supplements, CPAP, mouth guards, varying sleep positions and lifestyle intervention. By lifestyle interventions, I'm primarily referring to weight loss and smoking cessation.

Many of us struggle to go to sleep because we can't shut our minds down. We think about things that we need to do, process things that happened or obsess about things out of our control. Stress is a killer and not just because it inhibits good sleep. Stress reduces our immunity, raises our blood pressure and damages our relationships. A good intervention here is keeping a pen and notepad near your bed. When your mind won't stop thinking about things, download them onto the paper to process later. Another wonderful but underutilized resource is counseling and therapy. If you have constant stress and anxiety, I'd recommend you work through it with a trained therapist.

Our sleep environment is very important for getting quality sleep. Any light in your room will disturb your sleep. Especially blue light. Even the faint glow from your alarm clock or alarm panel. Use black-out drapes. Get rid of all light. And, this is very important — put all electronics in another room. Keep your cell phone elsewhere. I leave mine in the kitchen. The constant buzzes and dings will wake you up every time whether you realize it or not. Even on airplane mode, the electromagnetic energy isn't good for you. It interferes with brainwaves.

Some like white noise to drown out the outside noises and to provide a calm, soothing environment for sleep. Also important is ambient temperature. The cooler, the better — to a point. I'd recommend 69 degrees to be the warmest temperature you sleep in.

The habitual aspect of sleep is one of the hardest. Start winding down a couple of hours before bedtime. Base this on the time you need to be up and shoot for 8 hours of sleep. Don't get distracted. Finish your tasks, reading, television, chores, and discussions before bedtime. Protect it. Don't let anything interfere.

Insomnia is tough. If it is persistent and not amenable to melatonin, chamomile tea or the other interventions above, it's probably time for a sleep study. See your doctor and let them schedule you for one that monitors and analyzes every aspect of your sleep. This will help quickly identify the problem so it can be fixed. You'll be so glad you did.

There are so many good sleep monitors, there's not space enough here to review them. Find one that works for you, that you enjoy using and doesn't interfere with your sleep preparation or process. There are wearables, those that go underneath your bedsheets and some use a type of sonar to monitor your sleep from a short distance away. Personally, I enjoy using Whoop (wearable) and S+ from ResMed (sonar). Using both I get slightly different information in different formats that complement and validate one another. The main point is that you need to establish simple, effective, repetitive sleep habits. Nail your sleep down and so much else falls into place. Sleep well!

OUTRUNNING THE GOOD GUYS TO KILL THE BAD GUYS

The Emergency Call That Wasn't a Drill

by Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

It was very early in the morning and very dark, which made the strobing lights seem extra bright. The sirens reverberating off the quiet buildings and empty streets sounded extra loud. I was not as far ahead of them as I would have liked, which was causing me some serious concern.

At first, I could distinguish three local police vehicles and a military vehicle behind me. But now, it was a jumble of lights and sirens and I was moving too fast to pay much attention to my rearview mirrors anyway. Seven minutes earlier, my phone had startled me awake. The voice on the other end said "This is XXX Station, Authentication XX-XXX-X." I responded "This is X-XXX, Authentication XXX".

Then the voice I recognized well said "It's go time". I asked him to repeat what he said. I thought I

must have still been asleep and misheard him. "Say again, all garbled," I said. He repeated, "It's go time be here in 10," and he hung up.

Special Mission Unit Team Leaders and Members train for these exact calls. We never know when the call will come or where we'll be when it does. So,

we always have our Mission Bag loaded and ready to roll at a moment's notice. In this case, mine was next to my bed.

My Mission/Flight bag was always pre-loaded with two changes of socks, undergarments, flight jacket, spare flight gloves, "self-defense items," sunglasses, and foreign currency for countries where I could reasonably expect to land. Plus, the bag had food, water, a survival kit, personal medical kit, flashlight, a Ziplock baggy with my dog tags, shot record, name tape and rank, flight line and security

"At first, I could distinguish three local police vehicles and a military vehicle behind me."

badges, some special mission items gear and a magic marker.

During mission pre-brief we are given callsigns we have to write on our forearm with magic marker. That's in case we are shot down and disoriented and need to authenticate our identity and mission to search and rescue.

I tossed the bag in the passenger seat of my car and took off. Now I was regretting my decision to toss it in the passenger seat. I was driving so fast and making such hard turns that the bag kept wanting to roll over and get on/under my feet. You see, this was the first time I ever had to use my pre-designed "neighborhood stair-stepping" evasion route.

Usually, when we would get a call it started with "XXXX- Exercise/Exercise/Exercise". "This is XXX Station, Authentication XX-XXX-X — Exercise/Exercise/Exercise."

That meant I was to proceed as though it was a real-world event, but was not supposed to break any local laws or endanger any person or property traveling to my covert destination.

But, this was not an exercise. I had to make the 20-minute drive in about seven minutes. It would not have been possible during the day time. There would have been too much traffic in order to do what I was having to do to get there in time. Within the first two minutes of my race to the rendezvous, the first cop car rolled out behind me. A minute later a trail of pursuers was on my tail. It is a bit of a surreal feeling. You have a mission



of the gravest nature (in this case, involving imminent jeopardy to the lives of American or friendly civilians that required instant intervention from trained special units), and that is what gives you the courage to do the really hard, dangerous things.

But at some level, it feels more like a challenge to out-do your pursuers. It sort of felt like a competition to see who was best trained, best prepared and most capable of dominating in this race — my race to get to my target site and their race to stop me.

As I made my final turn onto the road that led to the entrance of a US Army Station, I began blowing my horn and flashing my lights in the unique patterns that the armed guards at the gate would recognize as a “critical mission emergency.” They did exactly like they had trained. They manually forced the gates open faster than the auto opener and four-armed security guards ran past my vehicle and created an armed human barricade behind my vehicle and in front of my pursuers.

They knelt down and leveled their M203's (M16's with grenade launchers) at my pursuers as the security towers blinded the pursuit team with sun-bright lights. As I was squeezing through the still-opening gate, I rolled down my window to communicate with the security commander at the gate. “GO! GO! GO! We've got this!” he shouted.

And that's what I did! An escort vehicle was ready as soon as I cleared the gate. Two Army Military Police armored vehicles ran point and escorted me to the covert facility on station.

"As I approached the gate, the same Security Commander who ushered me in days before asked me to wait behind the gate."

I have taught all of my kids, family, extended family and friends (at least those who were wise enough to listen) to plan in detail, prepare in detail, and practice as authentically as you can - in advance - for emergencies you are likely (and even less likely) to have to deal with. It's hard to win a game without a game plan and some practice on the field. Give



It was our planning, training, and coordination that made it possible for me to accomplish my critical mission that night. We all succeeded because we all did our part. Everything from the initial call to our team fulfilling our duty went as planned (except for my damn flight bag getting under my seat).

That experience early in my career taught me the undeniable importance of anticipating emergencies, then planning and training for them.

If some smart and experienced leaders had not insisted on us doing monthly trainings, I cannot say for sure that everything would have turned out like it did.

your family a fighting chance to win the game they don't ever want to have to play.

Sometime later, when I was about to exit the security gate and perimeter of the Army Station that served as our rendezvous, I saw several local police vehicles and some local government vehicles parked outside. I had not thought about that. All that I had on my mind was my mission.

As I approached the gate, the same Security Commander who ushered me in days before asked me to wait behind the gate. He walked out to the collection of angry, resentful, blood-thirsty cops and soldiers waiting for me to leave the safety of the secured Army Post. I have no idea what he said or who he said it to, but he waved me through the gates and stood there between their running and ready vehicles and mine as I drove away.

I watched in my mirror as long as I could. Nothing happened. I drove home and never had a problem with any local security, police or military personnel for the duration of my assignment in that Area of Operations (A/O).

WHY MAJOR BANKS AND HEDGE FUND MANAGERS ARE BETTING ON GOLD

Could We See \$3,000 Gold Next Year?

by Forest Hamilton
Universal Coin & Bullion

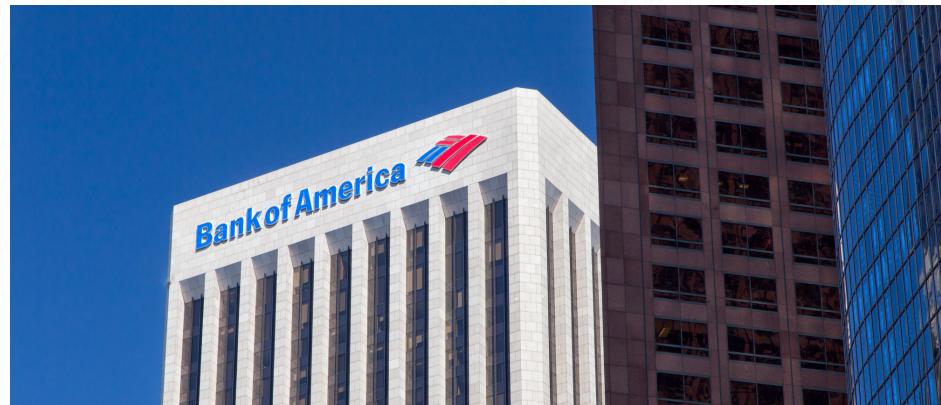
In my 20+ years in the precious metals, I've read hundreds of articles claiming gold was on its way to \$5,000 per ounce because of a looming global crisis. Mostly I ignored these articles because their authors stood to gain big if gold were to reach those lofty heights. But, as Bob Dylan once sang, "The Times, They Are A-Changing."

In February of this year, Bank of America Securities released a new "Global Investment Strategy" report for the 2020s. It recommends investors adjust portfolios by going into a strategic posture with 25% in gold.

In May, Bank of America commodity analysts said gold's momentum could drive it to a new all-time high this year and push prices to \$3,000 next year. That's a 50% increase from its previous forecast of a \$2,000 high next year. B-of-A analysts wrote: "As economic output contracts sharply, fiscal outlays surge, and central bank balance sheets double, fiat currencies could come under pressure. Investors will aim for gold."

After pointing out that the Federal Reserve recently boosted its balance sheet by 50% to \$6.42 trillion in just over a month, these analysts said, the Fed "can't print gold." B-of-A added that "financial repression is back on an extraordinary scale. Rates in the U.S. and most G-10 economies will likely be at or below zero for a very long period of time as central banks attempt to push inflation back above their targets."

Bank of America isn't the only major bank to get in on some gold prognosticating. On May 4, Wells



Fargo Bank issued a report on Real Assets. In it, John LaForge, Wells Fargo's Head of Real Asset Strategy opened with this headline: "*Gold may test its all-time highs*," adding, "*Gold has a host of economic and market factors working in its favor, and we are increasingly confident that gold could test its all-time high of \$1,900 this year.*"

Wells Fargo has already upgraded its year-end 2020 gold target price three times this year and now sees this new all-time high above \$1,900. LaForge explains that "*Gold is also being used by investors as a substitute for long-term bonds as a perceived 'safe asset.'* With no particular ties to a government or other bond issuer, we believe gold looks attractive to long-term investors. The bottom line is that we continue to like gold as part of a well-diversified portfolio, particularly in light of additional global QE, and persistently low and falling long-term interest rates."

The beginning of past gold and rare coin bull markets often included bullish predictions and gold portfolio recommendations from mainstream financial institutions like Bank of America and Wells Fargo. These bull markets usually come with more advertisements by major coin dealers for bullion coin products. Many new customers are

then introduced to certified rare coins. This often leads (usually within 6 to 24 months) to a rare coin bull market.

Most major rare coin bull markets since the 1970s — with price increases of 100% to 1000% — have generally followed active or rising gold and silver bullion markets. Since rare coins have a far more limited population than bullion coins, they tend to outperform bullion over time.

Today, we have entered a historic window in our nation's timeline. I urgently recommend that everyone take time to evaluate their investment and survival portfolios. Those looking for stability, wealth preservation and growth in these uncertain times should accumulate some gold and silver now. Most dealers are selling out of the majority of their inventory each week and prices are continuing to rise.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@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 "INVISIBLE" REASON PEOPLE LOSE IN VIOLENT CONFRONTATIONS

Discover the Secret of Transitions

by Matt Numrich

Head Instructor of Spy Black Belt

There are two visible ways people lose fights and one "invisible" way. To ensure you have the best chance of surviving a violent encounter, you need to train for all three. For instance, take two equally skilled boxers, one cardio-conditioned and the other not. If both have equal skill, who wins? The conditioned one, of course. This is why it's imperative to train and maintain your wind when training for self-defense. Riding a bike, running, fast walking, swimming, and sparring all help improve this.

The second reason people lose fights is range or the "area of combat." There are five main ranges/areas including: Kick Boxing, Close Quarters Combat, Ground Fighting, Weapons, and Defense Against Multiple Opponents. A person familiar with only one will likely lose if the fight moves out of their area of expertise.

Being one dimensional does not pay off. It has gotten many skilled fighters in trouble out on the street. For example, someone who only trains in kicking arts will lose against a grappler most of the time. A boxer will lose against a weapons man. A grappler will get beaten in a mass attack situation.

So, one has to learn every Area of Combat. They have to study and train with the most effective tools in each range. Only then can they become a complete fighter.

Today, there are hybrid systems that adapt to many ranges (i.e. kick boxing and ground fighting). They've created well-rounded fighters with proven success in "no rules" fighting.

But, as these hybrid systems evolve, another reason people lose fights is emerging. It's the "invisible" one

mentioned above and that reason is transitions.

You see, the hybrid arts are evolving so fast, they've made clear the importance of transitions. It is not good enough anymore to have great conditioning or to learn more than one or even more than two areas of combat. You

also need the skill to seamlessly transition from one area of combat to another. To underscore how important this is, a few seconds is considered too long to make a transition.

Picture two boxers punching it out. Then the instructor yells, "Grab a weapon!" Boxer A sees a stick on the floor and quickly grabs it. But, Boxer B stops, takes a few seconds to process the change of range, then identifies a weapon and picks it up.

As a result, Boxer A has a four second head start on Boxer B and Boxer B will likely suffer a beating before he has a chance to pick up the stick.

The bottom line is, quick transitions can win you a street fight. Think of getting a head start on grabbing a weapon or positioning correctly in a mass attack situation or landing the first hit in a close quarters battle. These are priceless advantages. Consider drilling transitions from one range to another range over and over again. This will certainly help you prepare against the "invisible" reason many people lose violent confrontations.



"To ensure you have the best chance of surviving a violent encounter, you need to train for all three."