

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## CHINA IS THREATENING A "SECOND CUBAN MISSILE CRISIS"

### Gear Up Now For War On American Soil?

By Jason Hanson

Former CIA Officer

Throughout history, many countries have established secret military bases. Sometimes these bases are built right in the middle of big cities under the noses of average citizens. One such base built by the U.S. during World War II in Fort Hunt, Virginia was code-named "P.O. Box 1142."

The base had two main objectives. First, it was used to train U.S. soldiers in escape and evasion tactics. The other purpose was to interrogate German prisoners of war. But not just any German POWs. The men interrogated at P.O. Box 1142 were German scientists, military commanders, and similar high-value prisoners.



As one historian said, *"If a prisoner appeared to possess significant information, he was earmarked for shipment to Fort Hunt."* Many of the interrogators were Jewish immigrants to the U.S. who had fled Germany as children. The interrogators were chosen because of their knowledge of the German languages. Plus, it was personal for these interrogators since no one wanted to defeat Germany more than they did.

The secret base obtained valuable intel from German prisoners. The interrogations conducted at the base helped the U.S. advance in scientific technology as well as military intelligence. The base operated in violation of the Geneva Convention since the location of the prisoners wasn't released. Yet, the interrogations conducted there weren't typical.

As strange as it sounds, the U.S. made it a priority to show the Germans a good time. They took them to fancy restaurants and let them buy gifts to send to their wives back home. However, if the Germans weren't giving up any valuable intelligence, the U.S. would bring in imposter Russian agents to scare them. The Germans knew that the Russians were a lot more ruthless than the Americans and the last thing they wanted was to be interrogated by the Russians. After the war, the 100 barracks of P.O. Box 1142 were bulldozed. The existence of the secret installation wasn't revealed until 2000.

Today, countries all over the world continue to build secret military installations. In fact, one country is building a military base right on America's front doorstep. China has

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convinced Cuba to allow them to build an intelligence-gathering base on the island in exchange for billions of dollars. Since the base will be less than 100 miles from Florida it could obviously create a huge security threat to the U.S.

Here are just a few reasons why this should clearly be a big concern: China has technologically sophisticated intelligence services that are operated by their military. So, from this base, China would be able to gather electronic communications from U.S. military bases in the southeastern part of the country.

And you can rest assured that China won't stop there. While they might start by targeting military bases, they would no doubt target the communications of ordinary Americans. This could include things like snooping on emails and phone calls and stealing personal information from average Americans.

Remember the embarrassing incident where the U.S. government allowed a Chinese spy balloon to cross over the country? The difference is that a base in Cuba gives China a permanent intel collection facility in the Western Hemisphere.

And even though the balloon crossed the whole country, the base in Cuba would be a lot more capable than the balloon. It's safe to assume that anyone who travels or lives in the Southeastern U.S. could fall under China's intel-gathering dragnet.

China's goal is to expand its military presence all around the world. They want to show the world that China is a global military power, and this is another step towards worsening relations between the U.S. and China.

Encounters between the American and Chinese militaries in the South China Sea have increased tensions. The base in Cuba will open the door to the possibility of similar confrontations on America's doorstep.

As an American, you should brace for an even more strained U.S.-China relationship. In fact, this could easily become another Cuban Missile Crisis with the potential for real devastation if things go wrong.

That's why it's imperative that you have plans to not only safeguard your personal information online such as by using encrypted email when you can. (Proton Mail is my favorite email service to use. You can also try SecureMyEmail or Zoho Mail.)

But it's also necessary to have stockpiles of food and water and the ability to survive for weeks at a time on your own. Because don't think for one second that China isn't planning a massive blackout for this nation. This is why, if you're able to, I would certainly plan to live in a more rural area and get out of big cities sooner rather than later.

**"While they might start by targeting military bases, they would no doubt target the communications..."**

## Safariland Apex Covert Vest

As someone who started off their career as a police officer, I can tell you that bulletproof vests are hot and uncomfortable, but they undeniably save lives. This is why you might consider adding a bulletproof vest to your survival gear.

One vest that you may wish to check out is the Safariland Apex Covert Vest. Safariland is a long-standing company that makes quality gear used by law enforcement and everyday citizens.

The Apex Covert Vest is a four-part vest with two side panels and front and back pieces. The vest was designed with athletic mobility as a priority.

The biggest benefit of the Apex is the floating design of the four-piece setup that allows the pieces to move as needed with the wearer's body, making it more comfortable than traditional vests. It also helps the vest provide more coverage as the person's body moves or turns.

In addition, it has a core compression system that is made to carry the weight of the ballistics around the body's core. There is also an extended tuckable garment to keep the vest from moving around. The vest has a front zipper for making it easy to take on and off – and not a million Velcro tabs to deal with like most vests.

The Apex has pockets for front and rear trauma plates and an internal soft armor suspension system. The price for the vest will vary depending on where you purchase it. But you can find local retailers by visiting Safariland's website, if this interests you at all.

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# DON'T MISS THE BOAT ON AMERICA'S COMING "GOLD RUSH"

## Why Gold Is Poised To Skyrocket

By Forest Hamilton  
*Universal Coin & Bullion*

Not too long ago, I attended the 18th Annual Freedom Fest in Las Vegas. Billed as "the largest Liberty event in the world," Freedom Fest 2024 did not disappoint.

I listened to some amazing speakers, got on stage myself to help investors, and had the chance to spend some quality time with the Freedom Fest founder (Steve Forbes), a current presidential candidate (Robert F. Kennedy, Jr.), the Rich Dad, Poor Dad author (Robert Kiyosaki), Adam Sandler's best friend (Rob Schneider), and America's Gold Expert (Mike Fuljenz).

Along with gold setting a new all-time high during this year's Freedom Fest, my team was incredibly busy at our booth. A neighboring booth owner asked me, "what are y'all doing to get so many people to your booth, giving away free gold?"

Obviously, we aren't handing out gold bars or Gold American Eagle coins to get people to come to our booth. We don't have to. Crippling inflation, the crashing dollar, geopolitical turmoil and a polarizing election are doing that for us.

At Freedom Fest, I realized that gold is on the verge of finally being free. Free from traditional strongholds of manipulation, from high interest rates that make other investments more attractive, from the inflationary shell game that the Fed has played for decades, from the laughable perception of a strong US dollar, and from artificial suppression through planned slander from those that benefit from gold being unattractive.

While there will never be true freedom from market manipulation, what makes this moment different is the availability of knowledge and the ability for people to access that knowledge with speed, and very little effort. I don't believe that gold will shoot to \$5,000 an ounce tomorrow. But I am proud to say that Steve Forbes, Mike Fuljenz and I made a prediction in September of 2023 that gold would break through \$2,500 this year and we are currently sitting well over \$2,400 only halfway through the year.

So, what will it take for gold to continue its upward trend? Perspective. People's perspectives dictate their perceptions, which dictate their actions, which dictate markets.

The most common question I get is whether it's too late to get into gold? I have been telling people the same thing for over 25 years. It doesn't matter where a market currently is, it only matters where it is going and why you are buying it.

Here are just a few facts that people are beginning to understand, which is changing their perspective, perception, and consequently, their prosperity.

**Adjusted Inflation:** adjusting for inflation using the CPI rates from gold's 1980 high of \$875, gold would have to be nearly \$3500 to match where it was back then. With inflation being the #1 concern of the voters, this will keep influencing the price and demand of gold.

### Election Year Bull Market

**Phenomenon:** in 2020, gold and silver rose by 24% and 47%, respectively. Gold is way up for the fifth election year in a row.

**Uncertainty:** the more uncertain our world is, the more stable investments like gold become sought after.

**Interest Rates:** the Fed is planning to cut interest rates. When interest rates go down, investors move money out of banks and low interest-bearing accounts into things like gold. With a possible cut very soon, the urgency is real.

**Wall Street Buying Gold:** as the J.P. Morgans of the world start moving heavily into gold Exchange Traded Funds it will likely have a large positive impact on the price of gold.

"Obviously, we aren't handing out gold bars or Gold American Eagle coins."

The bottom line is, I've been doing this for 25 years and will continue buying gold for the next 25 years because the US government is not going to get its debt under control and I don't think the world is going to get any less crazy.

**[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthamilton@universalcoin.com](mailto:foresthamilton@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.]

# HOW TO SWIPE AND DEPLOY SOMEONE ELSE'S PREPAREDNESS

## Use This Plan To Keep Your Family Alive

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

It's important to not only understand the principles of survival, but also to think through and plan them out, then put them into practice. A good way to do this is to use an event as a template to help work through the process, acquire the skills, and then apply those skills to other situations and events moving forward.

So, for this month, we'll look at preparing for a hurricane, which will give you a template to use for your own plans and preparedness going forward. Simply riff off what's here and adjust it to your situation and your climate.

Now, as a survivalist and multiple major CAT 5 hurricane survivor, I understand the extensive devastation hurricanes can bring. So, it is imperative you take essential measures to safeguard yourselves and your loved ones for what could come your way.

The initial and most vital step in hurricane preparedness involves creating a thorough emergency plan. This plan should delineate the evacuation route, means of transportation, and essential items to bring along with you should you decide to "get out of Dodge." You should have your bug out bags fully stocked and ready to go at all times.

Identifying a secure room within the residence, positioned away from windows and doors, equipped with emergency supplies and communication tools, is also crucial for sheltering in during a hurricane. This will help significantly especially if the hurricane is accompanied by tornadoes.

Another essential aspect of hurricane preparedness is the accumulation of supplies, including non-perishable food, water, first-aid kits, batteries, flashlights, and necessary medications

for humans and animals. You'll want enough supplies to sustain everyone for at least three days, as outages and disruptions may last an extended period. Additionally, it is prudent to have a portable generator in case of power outages during the storm. Get a solar generator so you can run it in the house and so you don't have to leave the house to get gasoline or propane when these supplies will be difficult to find.

Remaining well-informed is critical for any emergency, especially hurricane preparedness. This means closely monitoring weather reports and hurricane forecasts, and heeding evacuation orders or warnings issued by local authorities.

Having a reliable source of information, such as a battery-powered radio or a smartphone with a weather app is absolutely necessary. If you get an emergency radio, take a look at ones made by Midland, Givoust, Daring Snail, or the Eton American Red Cross radio.

Effective communication is another pivotal aspect of hurricane preparedness. Establishing a plan for maintaining contact with loved ones before the storm, creating a group chat, or designating a single point of contact for relaying information are important steps. And it's wise to have a contingency plan for communications if traditional methods such as cell phones and the internet are disrupted.

Protecting property is another important aspect of your disaster preparedness. This includes securing windows and doors, clearing gutters and downspouts, and trimming trees and shrubs to prevent hazards during the storm. It is also advisable to have a plan for property security in case of evacuation. Boarding up windows with plywood sheets for instance, or sandbagging areas where excess water

tends to pool up or flood, or even taping the window and door glass with duct tape. Remember to buy the plywood and sandbags now since you won't be able to get them when the hurricane is barreling toward you.

While this may not extend to all types of planning, where applicable, ensuring adequate insurance coverage is another vital component of emergency preparedness. This could entail homeowner's or renter's insurance, as well as flood insurance. Reviewing policies to ensure sufficient coverage and creating a home inventory for documenting possessions is prudent to facilitate insurance claims if necessary.

Finally, it is crucial to acknowledge that hurricane preparedness extends beyond physical safety and property protection to encompass mental and emotional well-being. Being with family, close friends, and even a good community of neighbors to lean on really helps during a hurricane or crisis.

Now, while hurricane preparedness is a critical endeavor for individuals residing in hurricane-prone areas, this planning process can serve as an overarching template for you to use in creating your various emergency and contingency plans.

By crafting an emergency plan, stocking essential supplies, staying informed, and effectively communicating with loved ones, you can help ensure you and your family's safety. Moreover, taking measures to safeguard property and securing adequate insurance coverage can mitigate the financial impact of a hurricane or other emergency.

Ultimately, preparedness is about readiness to confront unforeseen challenges. So, use this template, modify it and mold it to your own needs to help you be better prepared for emergencies.



# DO YOU HAVE THE RIGHT SET-UP FOR THE JOB?

## Survival Lessons From A Brain Cooking Narco-Terrorist

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

Pat and I were in Latin America. Of course, the country we were in had no idea we were there, or they might have treated us very poorly. Previous teams had several close calls with getting caught, however, it wasn't the government, but the local drug lords who were after our teams.

It had been almost a year since the last team was evacuated, so they sent Pat and I back in to take a peek at things and to see if we could re-start the operation from a different area.

We had to sneak into the country and were unable to bring any firearms. That's not usually a problem, as most of what we do is so smooth and quiet that we do not want to get into any confrontations, especially with people who have guns and are paid to shoot people who interfere with their profits.

We were there to figure out who was making the rules and how we could break their chain of narco-terrorist destruction. There were certain

elements at the very top of the host country leadership that wanted and needed us there. However, they would be assassinated if any drug lords knew they were cooperating with U.S. special intelligence operations.

That meant Pat and I were moving around in denied territory, and there was no friend or ally around – not local law enforcement (who were on the drug lord's payroll) and not government forces. Even the villagers could not be trusted, because while many saw the corruption, drugs, violence, etc. as intolerable, they understood that resisting the cartels meant a prolonged and torturous death for their entire family.

The previous team witnessed the local "shop steward" for the cartel place an old truck tire around the neck of a local who had offended the cartel. They tied his hands behind his back and put him on his knees and brought his wife and children to sit in front of him.

**"We understood that the locals would quickly turn us in or kill us themselves."**

They summoned the locals and preached about the sins of failing to honor, respect, and obey the cartel. They reminded people that it was them who provided security, food, safe drinking water, access to medical help, and most

importantly, good-paying jobs growing and processing their product.

They pointed out that this man put all of that in jeopardy because he

refused to send his daughter to the house of the local "shop steward," the very man conducting the assembly. I don't even need to hint at why he demanded she be sent to him.

After his speech, the "shop steward" poured gas into the hollow of the tire. Before lighting the man's head and face on fire, he proceeded to shoot each of his family members in front of him. It was a message to everyone, a message that was not hard to understand and never to be forgotten.

So, we understood that the locals would quickly turn us in or kill us themselves rather than risk offending the cartels. Which meant that we needed to protect ourselves from not just getting caught by hoodlums, thugs, and street punks, but even good, honest dads and moms trying to protect their families from the cartels.

With all that brewing, we reached out for emergency assistance through a special communications channel. We requested two firearms for self-defense and asked that we be met at a wooded area that local residents used like an American park.





The only person they could arrange to bring us the firearms was a State Department FSO (Foreign Service Officer) who excitedly handed each of us a 20 gauge 30" barrel shotgun. He smiled wide and said the guy he got them from even loaded them with shells, "You each have five #9 shot shells!"

He continued, "The guy I got them from tried to get me to take the '00', but I figured #9 is bigger than '00', so they are fully loaded with #9 shot."

We realized that there was nothing we could do with these, but it was not worth throwing a fit over. Pat looked at me and then at him and said, "Please tell me that at least you have a box of shells for us." The guy looked confused and pointed out these were shotguns and that we couldn't miss with these and should not need more than five shells.

Trying to conceal a 30" shotgun would have been about as effective as walking around carrying a four-foot flag that said, "We are armed idiots." And the tiny pellets of #9 shot would have just irritated anyone we had to shoot. So, we handed them back with a courteous but definitive, "No, Thank you."

Now, here is what I want to share with you about this experience: I trained extensively with shotguns as combat and assault weapons and the first thing you must know is the difference in the shot, and understand the range, knockdown

power, and pattern that the pellets (or slugs or exotic ammo) deliver.

Second, the big truth is that shotguns do miss. If you have ever had to shoot at something moving, shielded in heavy brush or cover, you will be using every shell in your magazine tube as fast as you can chamber a shell, especially if you are fighting for your life. I have several firearms handy for home defense, but my go-to weapons for intruders are 12-gauge shotguns.

I have most of the standard ones: Mossberg 500, Remington 870, Winchester 1300, and the Kalashnikov KS-12 semi-auto magazine-fed with a 5 or 10-round magazine or 20-round drum.

Every one of them has a light with green laser (OLIGHT Baldr Pro R 1350 with green laser), red dot (Holosun HE 507c-GR x2, Green 2 MOA Dot open reflex sight with shake-awake and solar failsafe, and they are parallax-free) or, my favorite, the MEPROLIGHT MEPRO M21 (also known as the Apocalypse Site) day and night self-illuminated fiber optics with tritium reflex red dot sight, an ammo sling, and five rounds of specialty ammo on the side carrier.

I keep my home defense shotguns loaded with #4 shot because I may have to shoot indoors and want to reduce the penetration through walls. However, on the side of my 12-gauge shotguns, I have a five-shell holder that I keep filled with

two "Flame Thrower" shells, two "00" buck shells, and one slug shell.

The "Flame Thrower" shells are dragon's breath (magnesium shards that burn at around 5000 degrees and blast out a shower of flames about 300 feet) with '00' buckshot as well. The '00' buck is for up close and personal eradication of 'varmints', and the slug is there in case they start to run.

In an instant, I can rack any one of those. It's fast and easy, even with minimal training and practice. So, ask yourself: Do you have the right gun for the job? Do you have all of the force multipliers you need to turn your firearm into a weapon system? Do you have the best ammo for the mission you may be facing? Don't wait to get what you need. Prepare now. Thugs and criminals won't wait for you to get back from the sporting goods store.



## **SAVINT** **YOUR MONTHLY** **SAVINGS INTELLIGENCE**

Like guns, you can never have too many knives. You should have both fixed-blade knives and folding pocket knives for whatever life throws your way. So, this month, I want to make sure you grab the Shadow pocket knife. This tanto knife is excellent for both self-defense and survival and is one of the main knives I give to all of my private clients.

You can see photos at

[www.AmericanChange.org](http://www.AmericanChange.org).



# WHY ARE AMERICAN LIFE SPANS PLUMMETING?

## Five Steps To Living A Longer, Happier Life

By Dr. Omar Hamada

*Special Operations Physician*

Suddenly, in just a heartbeat, it feels like something has changed. Something has shifted. They tried to assassinate President Trump last month, and something happened. Not only did he survive by the hand of God, but the anger, hostility, apathy, contempt, and desire for violence that has been increasingly plaguing us for the past few years seems to have disappeared (at least, for a bit).

Don't get me wrong, some of it is certainly still there, but so many seem to have suddenly decided that unity and hope were more important than constant fighting and perpetual division. Do you feel it? It feels like hope. And what is life without hope?

If we don't have hope for the better, we live lives of quiet, or not so quiet, desperation. Without hope, we lose joy. Without joy, we lose motivation. Without motivation, we lose the desire to live. We want and need hope.

So, what does this have to do with your health?

Over the past 5 years, American lifespans have been dropping to the lowest levels in years, and the gap between men and women has widened. Of course, the pandemic affected us, but it also affected the rest of the world even more — yet our lifespans fell more than many other nations.

There are several reasons for this. First, our food supplies are continuing to transition from whole healthy foods to processed and chemically altered foods that are increasing our levels of

metabolic disease and obesity. Metabolic disease and obesity come with associated increases in cardiovascular, cerebrovascular, and cancer related diseases.

I firmly believe that the second reason our lifespans have been rapidly decreasing is that we have been losing hope in a secure and prosperous future. Instead, we have seen destruction and loss of our dreams. As I mentioned, when we lose hope, we lose the will to live. So, in the midst of challenges, how do we renew our hope? We renew our hope in five ways.

First, start and end your day with intentional gratitude even when you don't feel like it. Force yourself. Decide to be grateful. Every day, think of three things you're truly grateful for.

Yes, life is hard. We all have challenges. Yet, we can all find something we're grateful for. The laugh of a child. The beauty of a sunset. A full moon. The vast universe against a night sky. Love. Our children. Friends. Our faith. An unending list. Be grateful.

Second, find joy. Sometimes it is difficult to find joy, but it's a choice. It's our mindset — and it's our body language that feeds back to our brains.

Instead of sloping your shoulders forward, stand straight and pull them back. Instead of a scowl, wear a smile. Instead of looking at the ground as you walk, look up to the hills and into the eyes of others. Instead of breathing shallow, fill your lungs and be joyful.

Third, and this is the toughest of all — forgive. We have all been betrayed. We have all been hurt. We have all been wounded. Forgive anyway, because when you forgive, you aren't doing it just for them. You're doing it for yourself.

When you forgive you are freeing yourself from a dark dungeon of hate and contempt. You are removing the heavy burdens of offense that weigh you down and keep you from being free. When you forgive, you live again.

Fourth, don't get stuck in regret and self-flagellation. Stop beating yourself up. Stop living in failure. We all fail. It's how we grow. It's how we learn. It's how we succeed.

Get out of the gap. Look back at your successes, and then look forward towards your dreams. Let go of past, present, and recent failures and struggles. Let your successes and your dreams propel you forward.

Finally, don't give up. Like Churchill once said, "Never, Never, Never Give Up." Just take one more step. Do one more push up. Walk one more mile. Keep focusing on small improvements and before you know it, you'll be a new person.

How do you live longer and happier? Hope for better and act on it. I totally realize that this is not my normal medical advice that I write you each month, but this was really on my mind, and I couldn't shake it, and felt I should share it with you.

**"Over the past 5 years, American lifespans have been dropping to the lowest levels in years."**

# GUN DISARMS THAT ACTUALLY WORK

## How To Escape The "Stick Up" Position

By **Matt Numrich**

*Head Instructor Of Spy Black Belt*

In this final month of the gun disarm series, we'll cover the rear disarm. Sadly, this topic is unrealistically taught in movies, on the internet, and in dojos all over the world. My goal here is to make it much more realistic, but also make sure it is simplistic and also devastatingly effective.

So, the last basic position for the gun disarms we'll be covering is the "rear" position where someone is holding you up from behind. First, get used to stealing a quick peek in order to see what hand is holding the gun, while also securing as close of a distance as possible.

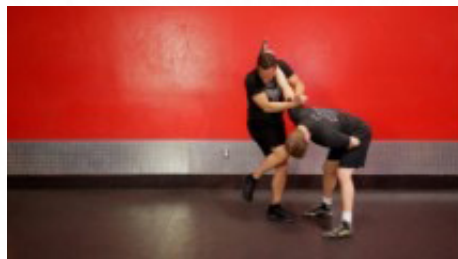


Assuming the attacker is holding the gun in their right hand (you would simply do everything to the left if the gun was in the other hand), you "clear" your body from the barrel of the gun and this will consist of you turning around to the inside of the weapon hand.

To do this, you will pivot inside, toward the attacker's center line, and step toward him getting almost chest to chest. Using an elbow strike, palm strike, or closed-fist punch as you turn around works to stun and disorient the attacker in this scenario.



By doing this, you put the gun outside your frame and past you, which will keep you out of immediate danger. As you turn inside, you'll look to "shoulder lock" the attacker (see details in pictures). Once the lock is secured, place the outside hand on their neck and force their head down, then perform a knee strike to their face. Then, continue pushing their head away to stretch them out and extend the arm holding the weapon as long and as tight as you can.



From there, reach in front of your body, and manipulate the weapon out of their hand. Then create space and make sure the gun works in case you have to use it. You do this by tapping-and-racking the gun. You'll tap the magazine up into the magazine well to properly and firmly seat it in the firearm. Then, you'll rack the slide back to clear out any jam and load a fresh round.



**"Then, you'll rack the slide back to clear out any jam and load a fresh round."**

Finally, gain more distance to prevent an immediate counterattack and to give yourself more time to react to anything the attacker tries.

We now have covered four main gun disarm positions: front, right side, left side and rear. You can drill them all and make them instinctual by having a partner rotate and mix up the positions, and "quiz" you on what disarm to do, as you do it over and over again.

When you mess up, do not stop or freeze (or curse several words as I sometimes do). Keep moving and think about what would or could your next move be? Another strike, greater leverage, second disarm attempt? Act it out. Play it out. The real bad guy will not stop, so neither should you.

After you've gotten good at being quizzed, the next level is to add several cardio exercises to wear you out before going through this drill again. Why? In a real altercation, I guarantee your heart will be beating out of your chest, and you want to mimic that in real life.

Therefore, getting your heart rate up will affect your motor skills, which will help you prepare for the real thing. You can do 20-50 jump squats or push-ups to wear out your muscles. If you can pull off successful techniques after these, then you know you can in real life. I made a video for you covering all of the disarms, step by step, which you can view here: <https://fearlessstreetfighter.com/gundisarms/>