

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

DO THIS NO MATTER WHO IS PRESIDENT

3 Steps I'm Taking Now to Prepare

By Jason Hanson
Former CIA Officer

Of the many supply chains that have been disrupted during the pandemic, the newsletter and printing business is one of them. It is taking many more weeks to get newsletters turned around and even books. For instance, the other day, I needed to order some books from my publisher, Penguin Random House. Usually, it's a 4-week turnaround time. Now they tell me it'll be at least 8 weeks and perhaps more.

The whole point of telling you this is that I had to put this newsletter together for you a few days before the election, so I have no idea who won. Obviously, I hope we continue to have a Republican president and that socialism doesn't take over faster than it already is.



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But, you know what? No matter who is the new president, my family preparedness doesn't change. I keep doing what I always do no matter who is in office. Every four years, we get to elect or re-elect a president and you just never know what's going to happen.

So, right now, my main concern is preparing for winter. It's finally starting to get cold after we had a brutally hot summer and unusually warm fall. The first step in my preparation is checking on my generators and making sure

they're good to go. This means starting them once a month and making sure I have plenty of engine oil and anything else they might need. As I've mentioned before, I have a solar

generator, a propane one and a gas one. I realize you might not want three generators or be able to afford or store them, so if you

could only have one, I would go with a propane generator. Propane can be stored indefinitely and you don't have to worry about the smell like you do with gasoline. Plus, as much as I love my solar generator,

"Now they tell me it'll be at least 8 weeks and perhaps more."



if the sun isn't shining, it takes a lot longer to get things charged and keep devices powered.

Another activity I am currently doing is going through my inventory of gear and see what I want to "invest" in at the current time. For instance, you can't go wrong buying ammo and always having extra on hand. You can't go wrong purchasing AR-15 lowers and having a few spares. (Palmetto State Armory is a good place to look for inexpensive AR items.) It's also not a bad idea to get some reloading components and spare magazines for ARs and every other gun you own. These items will never go out of fashion and will only continue to increase in value over the years.

The last thing I am currently doing is looking for some new land. I do have a current bug-out location, but I'm looking for something with a better water source that's about an hour drive of my home. The thing

is, due to the pandemic, people from California and Las Vegas are flocking to my little town. They want a place where their kids can go to school in-person and where restaurants and gyms are open as normal. This means housing and land prices are skyrocketing and the worst part of all is, of course, they are bringing their California politics with them. I will keep you posted and let you know if I found another bug out place, but I'm not in any big hurry and plan to take my time to find the right place that's more affordable up the mountains.

Like I said at the beginning of this, no matter who is president, never rest on your laurels. Keep storing food, water, emergency funds and gear, and you'll be sitting pretty compared to the vast majority of this country. And most importantly of all, keep your faith.

"These items will never go out of fashion and will only continue to increase in value over the years."

Dark Angel Medical Ankle Kit

A medical kit is an essential piece of survival gear and the Dark Angel Medical Ankle Kit is a lightweight, compact, ankle pouch designed for everyday carry. The kit has four pockets made of two layers of heavy-duty elastic cloth. There is a compartment for a tourniquet and two separate compartments for items such as hemostatic gauze, compact pressure bandages, chest seals, or gloves. The ankle band is adjustable to accommodate a wide range of ankle sizes.

The kit comes standard with a Combat Application Tourniquet (C-A-T). It also includes hemostatic dressings to control bleeding. You have your choice of either QuickClot Bleeding Control Dressing or Hemcon ChitoGauze XR Pro.

An H&H Mini pressure bandage is also included to maintain pressure on a wound. And, the HyFin Chest Seals that come with the kit feature three-channel pressure relief vents and advanced gel adhesive that sticks to the body. It also includes latex-free nitrile gloves.

If you are going hiking or spending the day at the range, this is a solid choice for a medical kit that you will barely know is there since you can wear it on your ankle.

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WHERE SHOULD I STORE MY GOLD AND SILVER?

How to Protect Your Valuables From Theft and Disaster

By Forest Hamilton

Universal Coin & Bullion

One of the most common questions I'm asked from collectors and investors is, "where should I store my gold and silver?"

There are many options when it comes to safeguarding your precious metals. And while there is no one right answer for everybody due to each person's individual circumstances, here are my top places to keep your valuables.

Home Safe: If you are going to keep your gold, silver, and other valuables in a safe or secret space at your home to protect and enjoy, here are some helpful tips to reduce the chances they will be stolen or damaged.

To protect your valuables from fires, floods, hurricanes, and burglars, buy a fireproof and waterproof safe that is too heavy for thieves to easily carry off, such as one made by Liberty Safe company. Bolt it to the floor if possible in an out-of-the-way location, not in your master bedroom. That's typically the first-place thieves look. (Children's rooms are often the last place they tend to look!)

Be cautious with who you tell about your safe, your gold, and your valuables. And don't leave coins out so children or workers can see them and access them. I can't tell you how many of my clients have had their gold and silver coins "permanently misplaced" when someone was left alone with their valuables.

Buy insurance on your "insurance." Check with your insurance agent about the coverage options of adding your precious metals to a homeowners or personal articles policy. List and photograph your most valuable coins and store that list in a secure place.

Get to know your neighbors and watch out for each other. Neighborhood watch groups and apps like Next-door or Neighbor are great for keeping abreast of community crime. Just be sure not to share any private information!

Have the Post Office hold your mail while you are out of town and have gold or silver related mail sent to a post office box.

Make it look like you are always home. Don't let newspapers pile up, snow remain undisturbed in winter, your yard un-mowed in summer, or leave advertisement hangers on doorknobs.

Always keep your doors and windows locked and routinely check them. A common burglar may enter through an unlocked garage, back door, or window air conditioning unit.

Turn on the lights! Well-lit grounds are less likely to be random targets and motion-activated lights leave few undetected hiding places.

Hidden Room/Secret Space: If you decide to keep your valuables in a secret room or hiding place be careful about hiding them in old paint cans, fake food containers, tinfoil or containers in your freezer, intentionally mis-labeled boxes in your garage, and other places that can easily be forgotten or thrown away.

Safety Deposit Boxes and Third-Party Depositories: Those who live in hurricane-prone, wildfire affected areas, or high crime neighborhoods often use safety deposit boxes and third-party depositories to store their valuables.

Safety deposit boxes and depositories are good for peace of mind in regards to burglary and in the event of natural disasters, but understand



that your valuables will only be accessible when the bank or depository chooses to be open.

As the world gets more unpredictable, be sure to have a plan for your gold and silver in the event of riots and civil unrest. If you have questions about what you should do, feel free to reach out to me directly and I will be happy to help you develop a plan that is right for you and your family.

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

OFTEN OVERLOOKED REALITIES ABOUT SURVIVAL SITUATIONS

Water, Your Best Friend and Biggest Foe

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I remember while serving in Iraq during the 91 Gulf War how critical water was to keep my troops in the fight. Temperatures soared to well over 120 degrees most days, and wearing heavy gear while doing combat tasks would dehydrate you and you'd get wiped out fast.

But, when we'd drink from our canteens or refill them from water cans, we'd get mouthfuls of water hot enough to brew tea. So, water went from being a friend to a foe while trying to stay hydrated.

We tried everything to keep the water cool. From burying the water cans in the ground, placing the water jugs under the shade, to keeping them inside cargo vehicles under tarps. Nothing seemed to work.

Only by wrapping burlap sandbags over plastic 1-liter water bottles, tying them in place, soaking them wet, and hanging them up where the breeze would cool the water, could we get a refreshing drink to keep us in the fight. Water was now our friend again.

In the same way, here are four instances water can be both friend and foe in a survival situation. As a survival resource water is a friend. It's required to maintain hydration, core temperature, body functions, and health in a survival situation. When found and properly processed for consumption, water helps digest food, wash and cook food, and clean one's self.

But water is a foe if not properly processed for drinking. Hidden microbes, pathogens, and bacteria can make you very sick causing fever, vomiting, and diarrhea. Sickness can dehydrate you further and



take you out of action for other survival tasks. Best way to combat this is with good commercial filter systems, purification tablets, or by bringing water to a 185-degree rolling boil for over a minute.

Water is a friend when rain comes, offering you a chance to gather fresh drinking water when none can be found. But it's a foe when heavy rains lead to flash flooding, land or mud slides, or forces you to hunker down and wait it out, keeping you from other critical survival tasks or from heading to safety.

If you get soaking wet even in mild weather conditions, you can get hypothermia. I experienced this in the Amazon jungle. I was in a very warm climate, but with nowhere to shelter from a massive 5-hour long storm.

For movement, water can be a friend as it's a great way to quickly navigate out of a survival situation, and find civilization and rescue. If you have a proper water vessel or can build one, you can be heading downstream and out of a bad situation very quickly.

Even if you're near open waters such as a large lake or calm ocean, if you are a good swimmer, crossing these to escape is no issue. But water can be a fierce foe if you hit a set

of Class 5 rapids or run into a waterfall while traveling. If the ocean has breakers or the surf is producing capsizing waves, it becomes a huge obstacle. If you are a weak swimmer, and without a water vessel, ropes, floats, or some form of a bridge, you could be in trouble.

When it comes to food, water is a great friend. A good water source can provide food in the form of fish, reptiles, bugs, birds, mammals, and plants. In a survival situation, it can be one of the best ways to get much needed sustenance.

But, it's also a hidden foe, as dangerous predators and venomous animals may lurk in or around the water. While in Africa, I was camped near one of the only water holes around for miles, and everything was coming there to drink or hunt.

When it comes to water as friend or foe, it all comes down to your perspective of it, your approach to it, and how you plan on using it. So, to keep water as your friend in a survival situation, just beware of the foe it can be and always have plenty of water filters and purification tablets in your bug out bags and home.

YOU CAN GET ANYWHERE FROM HERE WITH THESE SKILLS – PART 2

How To Quickly Escape Danger When Lost In An Unfamiliar City

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

In Part 1 of this series, I recounted a mission to a European country where a mobile meeting was interrupted by a tail. That's when I had to perform a "mobile abort," and ended up rolling into a fence behind a random gas station.

After rolling out of the car I was disoriented. And because I hadn't been paying enough attention to where we were headed, I now had no idea where I was or how to find my way to the safe site. I was lost in a foreign country with no local language skills, no area familiarity, no partner, no support and no idea which way to head.

That's when my navigation training kicked in. It's pretty much the same technique for navigation in any un-



familiar territory and you're about to discover how simple it is. So, it doesn't matter if you find yourself lost in the wilderness, the desert or a rough inner-city neighborhood. With what you're about to learn, you can quickly and easily navigate your way out.

First, before you can find your way out, you need to find out where you are. Pick a prominent landmark to head towards. It does not have to be in any specific direction. Your chosen landmark may be obscured by buildings, trees, hills, etc., during some of the time, so you must know how to reacquire your original line of travel. The landmark just needs to be visible at points while traveling towards it.

You will find the most valuable landmarks are the tallest or highest points. The added advantage is that when you arrive at your landmark, you may be able to get a better

view and make a more informed decision on your next move.

Next, once you've picked a landmark, look for a route to get there. It is critical to understand and believe that no matter how lost you are, time, direction, and distance are measurable facts that you can rely on to find your way out. Time and distance are proportionate when traveling by foot. People, on average, walk at a pace of three miles per hour.

You can adjust the time for serious health or other conditions that would slow your travel time. Also adjust for inclines, declines, bad weather, or stealthy movement. But, by simply knowing your base travel rate is three miles an hour, you have a valid point of reference to calculate your travel distance as measured by your travel time.

When you deviate from your route



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to get by obstacles (and you will likely have to deviate, several times), pay close attention to the angle you altered your travel in reference to your landmark.

Be as precise as possible. Stand with your toes pointed directly at your landmark (as though it was North on a compass and your feet are the needle) and then turn your feet in the precise direction you need to travel to get around the obstacle and note that angle in degrees (again, as though your feet are the needle of a compass).

To get back on track once you've cleared the obstacle, you will need to travel in a box-like shape. Imagine a perfect square. One side is a direct line that points to your landmark. The other three sides represent your route around the obstacle. You need to take three legs of travel with three specific angles of turns to get back on your route to your landmark. To ensure that you return to intersect with your original route of travel, you will measure the distance — in steps or time — that you spend on each leg.

Using 90° turns off your original direction of travel make it easiest to get back to your original line of travel. The other critical calculation is measuring the distance or

time traveled on your first perpendicular route around the obstacle. Once you know that measurement, you simply duplicate the distance or time to get back on your original line of travel.

Your travel time on the parallel leg is less significant but will be an important calculation when determining the full distance between your starting point and your destination landmark.

Once you've arrived at your landmark, you have a known, measurable location to begin your trek in an intentional direction. You may need to choose another landmark to continue to escape the area, but at this point you are not totally lost. You can find your way back to any point along your path of travel and make new, better informed, paths to extricate yourself.

Perhaps the most valuable aspect of these maneuvers is that if anyone ever asks, you can tell them that you were not lost. You just chose to visit some significant landmarks.

When I stood behind the gas station in that strange city, I chose a very tall apartment building that I could see clearly. It was very late and dark that night. The lights

from the upper stories of the building helped me re-acquire it as well as discriminate between it and the many other tall, similar looking apartment buildings in the area.

For most of my trek through the bowels of the city, I was able to keep it in my line of site. Several times, I had to navigate around other tall buildings that blocked my view, shopping centers, waterways, fenced in properties, but I eventually arrived at my chosen landmark.

Once there, I felt relieved and was able to get my bearings. I knew the direction I had come from, I could tell where I was within the geography of the visible city limits, and those factors helped me figure out which way to go to get closer to my safe site.

I knew that I could get a taxi when I was closer to my safe site. I also knew that in this city with its volatile and disgruntled population that getting a cab in the wrong part of town could be the worst mistake I could make.

I went from being totally lost to being on my way home with the aid of some knowledge, some training, some experience and some faith. We all find times in our lives where it seems impossible to get to where we want to go from where we are. Sometimes it's financial, emotional, career, education, spiritual development, or other life paths, but we all have those experiences.

Whenever you find yourself lost, remember to choose an easily identifiable landmark and head that way. Be prepared to alter your course when you encounter obstacles. Just keep working your plan until you arrive and are able to plot a course from there to your new destination.

DON'T FALL FOR COMMON MISCONCEPTIONS ON HEALTHY AGING

The Truth About Dementia and Alzheimer's

By Dr. Omar Hamada
Special Operations Physician

In its November 2007 issue, the journal *Neuroepidemiology* had an article by BL Plassman et al discussing the prevalence of dementia in general, and Alzheimer's in particular.

They stated, "The prevalence of dementia among individuals aged 71 and older was 13.9%, comprising about 3.4 million individuals in the US in 2002. The corresponding values for Alzheimer's dementia were 9.7% and 2.4 million individuals. Dementia prevalence increased with age, from 5.0% of those aged 71–79 years to 37.4% of those aged 90 and older."

As our population ages, this becomes a bigger and bigger problem, not just for individuals and families, but also for our society. So, the primary issue I want to address here is dementia – specifically the Alzheimer's type, but first let's clear up some common misunderstandings.

Dementia is not a disease, it's a process. Many believe that dementia is a normal part of aging. It is not. But it affects a great many through one or more of 6 functional areas.

These areas include complex attention (focus), learning and memory (recall), executive functions (administrative skills), language and communication (expression and understanding), perceptual-motor function (geometry/geography), and social cognition (cues and interactions).

There are four primary types of dementia and many secondary, less common types. The four primary types are Alzheimer's (global), vascular (memory), Lewy body (looks like a mix of Alzheimer's and Parkinson's), and frontotemporal lobar dementia (personality/behavioral). Secondary

dementias include things like HIV, Parkinson's, Huntington's, etc.

Alzheimer's is one type of dementia, albeit the most common. Alzheimer's is a disease that begins years before it's diagnosed. And it is only fully diagnosed after death, with brain analysis and the presence of neurofibrillary tangles and plaques. During life it can be suspected and presumptively diagnosed with history, physical exam, and neuro-imaging.

So, what causes Alzheimer's Disease? Well, unfortunately we don't exactly know. We think it is a combination of genetics, lifestyle, and environment. There have been many theories over the years, but the truth is we don't yet know for sure.

That said, an interesting development is that many now consider Alzheimer's to be Type 3 Diabetes. Insulin resistance in the brain is thought to strongly contribute to the development and progression of Alzheimer's Disease.

So, controlling blood sugar and insulin levels could be a very important part of preventing Alzheimer's and slowing its progression. This is yet another argument for a low carb diet.

We know that dementia in general and Alzheimer's in particular is progressive. Treatment strategies must address slowing or preventing its progression to maximize independent functional capacity for as long as possible.

There are many medications that can improve memory, alertness, and slow the downward spiral of Alzheimer's Disease. These medications prevent the breakdown of the neurotransmitter acetylcholine, thus allowing higher concentrations at neural synapses.

This helps the brain talk to itself better by maintaining higher concentrations of an important messenger that relays information between neural connections. Medications in this category are those like donepezil (Aricept), rivastigmine (Exelon), and galantamine (Razadyne, formerly Reminyl).

When those don't work or aren't tolerated, we can use an NMDA blocker that blocks a different neurotransmitter called glutamate. An example of this is memantine (Namenda).

There are other medications we can use for the associated behavioral issues that help manage anger and violence. Of course, all these medications are temporizing and not curative. There is nothing we have that is curative – so we must turn to prevention.

How do we prevent Alzheimer's disease? Well, since we really don't know what causes it, our best guess is to optimize vascular health, limit toxin exposure, prevent head trauma, focus on continual emotional and mental engagement and growth, and take neuro-beneficial supplements.

Put simpler: stop smoking, wear a helmet, reverse or control vascular risks such as hypertension, diabetes, heart disease, and cerebrovascular disease.

Stay physically and socially active — exercise, walk, talk, engage. Stay mentally active — read, memorize, work puzzles, draw/paint, garden, play games. Eat a healthy Mediterranean style diet rich in fruits and colorful vegetables and high in omega 3 fatty acids. Most of all — never, never, never give up.

FROM THE WILD WEST TO THE WAR IN IRAQ, THIS BLADED WEAPON STANDS THE TEST OF TIME

Discover Why You Need A Tomahawk In Your Survival Kit

By Jason Hanson
Former CIA Officer

With the world getting “stranger” all the time, I certainly want to give myself every advantage I can with as many tools as possible. This includes the tomahawk, which I’ve used on two occasions. Thankfully, never in self-defense, but once when digging out of frozen ice after a mini car wreck and another time when digging enough space for a jack to change a spare tire.

The fact is, tomahawks were first used by Native Americans in battle and ceremony. During the American Revolution, the Continental Congress mandated troops carry either a tomahawk or chopping sword in the field as a backup weapon. Later, Peter LaGana, founder of the American Tomahawk Company, revived the tomahawk for use in the Vietnam War. He sold thousands of tactical tomahawks to military personnel. LaGana changed the design of the tomahawk to include a penetrating spike. His model is now referred to as the Vietnam Tomahawk and most modern tomahawks are based on his design.

Today, the tomahawk is still used by the U.S. military. Soldiers carry them because they’re useful for many things, like smashing windows, breaching doors, and chopping through cinder blocks. Current tomahawks are so strong they can destroy Kevlar helmets.

One of the most well-known manufacturers of modern tomahawks is RMJ Tactical. They developed their tomahawk after a request by an Air Force Special Operations member. RMJ Tactical's tomahawk caught on

among soldiers and is an important tool used in warfare. They’ve even helped soldiers escape deadly situations.

Reportedly, a group of U.S. Special Forces were trapped in a concrete building, pinned down by heavy enemy fire for three days. With no other way out, the Special Forces members (known for carrying tomahawks) used their tomahawks to chop a hole in the concrete wall of the building and escape. One member of the team said he would never deploy again without his tomahawk.

Tomahawks are designed as multi-tools, whereas an ax or hatchet are mainly just for chopping. The spike on the opposite end of the blade is for digging, breaking locks, or even driving it into something or someone.

There are generally three different types of tomahawks: tactical, combat, and throwing. Tactical tomahawks aren’t designed for hand-to-hand fighting. Rather, they are for smashing doors, breaking locks, and other survival situations.

Combat tomahawks are for fighting. They are lighter and easier to handle in combat situations. The smaller size helps achieve better accuracy in close quarters fighting. Most combat tomahawks feature a blade more like a knife.

Throwing tomahawks are for sport. They are balanced to achieve the end overtop rotation. You can't just pick up any old tomahawk and throw it. The tomahawk needs to be made for throwing.

A tactical tomahawk is my first choice. It's useful in survival situations and can serve as a self-defense weapon. Here are some top tomahawks you may wish to take a look at: RMJ Tactical S13 Shrike: The S13 is a full tang tomahawk with a narrow head, and great leverage. Whether it's breaking metal, hacking up wood, or defending your life, this is a solid tomahawk.

Benchmade Tactical Tomahawk: Benchmade's tactical tomahawk is designed specifically for breaching. The 4140 blade material is heat-treated for increased durability. The tomahawk is 16.25" in total length with a 7.50" width blade. It weighs 2 lbs. 5 oz. and comes with a polymer sheath.

Columbia River Knife and Tool T-Hawk: Even though this tomahawk is made by CRKT, the design is from Ryan Johnson at RMJ Tactical. In other words, the best of the best developed this tomahawk. The T-Hawk is created from a single slab of steel. It's built for utility and self-defense. The tomahawk is bladed at the front and top, so it's ideal for cutting, hacking, or even ripping something apart.

The bottom line is, modern tomahawks are versatile survival and combat tools and are a worthwhile addition to your bladed gear. When you need to get a tough job done, the tomahawk is one of your best choices.

"One of the most well-known manufacturers of modern tomahawks is RMJ Tactical."