

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

HOW CON MEN ARE BUGGING YOUR PHONE

This Line-Trapping Scam Could Cost You Thousands

by Jason Hanson

Former CIA Officer

Kathy T. lives in Ontario, Canada. Just the other day, she received a phone call from someone claiming to be with the local York Regional Police. The caller told Kathy that she was the victim of a recent identity theft scam. They told her to Google search the phone number for the York Regional Police and to give them a call back to confirm that she was indeed a victim of identity theft.

After speaking with whom Kathy believed was a police officer, she immediately looked up the phone number as instructed and called the local police department back. The catch was, when she called back, she was unknowingly talking to the scammer who originally called her. An investigation by the actual police determined that the scammers utilized a “line-trapping” technology to remain connected to her phone line. When Kathy believed she was making an outgoing call to the police, it simply reconnected her back to the criminals who originally called her.



Once she was reconnected to the scammers, Kathy divulged personal information including her credit card number, address, date of birth, and other private information. Subsequently, Kathy lost a lot of money to the scammers and actually became the victim of identity theft.

The “line-trapping” technology used in this scam is fairly new and not a lot of people know about it, which means scammers will try to make as much money as they can before this scam gets out to the general public. So that you don’t

become a victim of this new scam, here’s what you need to know to protect yourself.

Wait to call. If you receive a call similar to Kathy, chances are you would do just as she did and immediately call the police department to confirm whether or not you are a victim. The thing is,

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"She was unknowingly talking to the scammer who originally called her."



the line-trapping technology being used in these scams has a time limit of several minutes. In other words, if you wait to call back, the scammer may not still be on the line. So, if you suspect any funny business, wait an hour or so before calling your local police to confirm. I realize it will be hard to have patience, but it's better than losing thousands of dollars to identity theft.

Use a different number.

The way the technology works during this scam is by keeping the phone line connected even though the victim thinks they have hung up. However, if you have a landline or another mobile phone, you should use that when calling the police since the scammers will be expecting you to use the same phone.

Go in person. These days, you can never be too careful when sharing your credit card or personal information

over the phone. You are often better off making payments in person or over a secure internet connection. Any legitimate businesses or organization will understand your hesitation and concern in not wanting to provide information over the phone. Remember, if you receive a phone call like this, you shouldn't panic and make any quick decisions. If you can, go to your police department in person

to confirm if you're an actual victim.

Clearly, criminals are always looking for new ways to rip-off innocent people. More specifically, these days our phone numbers

are increasingly being used by fraudsters. So, next time you get a suspicious phone call, stop and take your time before reacting and follow the steps above. Also, please share this with friends and family since most people have no idea this scam even exists.

"If you suspect any funny business, wait an hour or so before calling your local police."

SilverFire Rocket Stove

In addition to propane stoves for an emergency, it's a good idea to have a backup stove that uses wood and other biomass. The SilverFire Survivor Rocket Stove is one such stove that is a portable, easy to use, outdoor cook stove. It features a combustion chamber that accepts different fuels such as paper, small twigs, and yard scrub.

The stove includes a custom stainless-steel door that when closed retains heat in the chamber for more complete combustion and improved safety with ember control. One of the best features of the SilverFire is that the airflow pattern has been designed to get the most usable heat from the least amount of fuel. The bottom of the stove is vented to allow air into the stove body from the base. This feeds oxygen in from the bottom of the fuel chamber and also in through a secondary set of ventilation holes above the burning wood. Once this rocket stove starts burning, it produces very little smoke, as long as you tend the fire.

What sets the SilverFire Survivor apart from other smaller stoves is the ability to do large scale cooking, so you can throw a pan on it and cook away. Also, if there is a need to boil water to make it drinkable, then this stove is a good option since it can boil water in just minutes. The Survivor Rocket Stove is 11 x 11 x 12.5 inches and weighs 12.5 pounds.

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HOW A KNIFE SAVED A YOUNG SERGEANT

Why I Never Leave Home Without a Knife

by EJ Snyder

Former Army Ranger and Extreme Survivalist

On a dark, early morning in Iraq, a Platoon of Infantrymen from the US Army is about to clear a building of ISIS terrorists. A Rifle Squad prepares to breach the entry point and head in. They move in and clear the first room with no issues and the point man, a young Sergeant, takes the lead and moves into an adjacent smaller room. The room is filled with smoke from the breach, but he makes out a shadowy figure moving inside with a weapon in hand. He raises his M4 to engage the enemy, but to his horror, his weapon jams. The ISIS fighter, a large 6-foot-tall bearded man has the young Sergeant in his sights and takes aim, only to miraculously have his weapon fail too. The Sergeant charges the man, but the larger man grabs hold of the soldier and is clearly much stronger. The young Sergeant draws his TOPS Knives SXB from its sheath and attacks the man, quickly running the knife across

the man's hamstring, dropping the man to the ground in an instant. The Sergeant stood tall over the man with the knife that saved his life that day. The man turned out to be a key ISIS Leader with lots of intelligence.

When troops are out on a mission, a knife can play a critical role for many tasks they may need to perform, but more importantly than that, it could be the one thing that keeps them alive. You can find countless stories of battlefield heroes relying on their trusty bayonet, boot knife or tactical knife being used in close quarters combat for just that purpose. When all else fails, possibly a weapons malfunction or ammo has run out, your knife just may be the thing that keeps you on this earth.

So, with 25 years of service and multiple missions under my belt, I'm always asked, *"What's the best knife in a survival or emergency situation?"* My reply is always the same: *"The one you have!"* Human instinct and the will to survive is deep in all of us, so don't ever leave home without a knife. When push comes to shove and it's all you have, try remembering these uses to help you get out alive.

A knife can get you out of the elements easily by building a good sturdy shelter. It can be used to cut down vines for lashings or cut cordage or ropes to the right length needed to be used to hold it all together. A knife can be used to build a good primitive friction fire kit or strike it against a ferro rod to create the spark needed to get a roaring blaze going. A knife can definitely help you get some food as it can be used in many survival hunting tasks like making a spear, building traps and processing your game.



A knife can clearly save your life in a violent attack. You need to check your local laws in terms of what is legal to carry, but in any case, a good knife can save your life and buy you time to get a good lawyer. A knife can cut down brush to make a clear path to move through. A knife can be a good all-around emergency tool, from smashing glass or cutting free a crash victim from a stuck seatbelt. It can be used to modify clothing into useful first aid items such as a tourniquet. If you need rescue and your knife is not powder coated, shine it up and signal a passing boat or aircraft to get you out of a hellish situation. Or bang it on a pot or pan to make enough noise that the neighbors can hear you from far away.

A survival or emergency situation can happen anywhere, so give yourself a fighting chance, just like I did, and all of our troops have on the battlefield for centuries. As a survivalist and warrior, I see to it that I always have a knife on me, in my truck, and strategically around my home. And, I know what to do with it.



THE TRUTH ABOUT THE LATEST DIETS

Plant Based or Animal Based?

by Dr. Omar Hamada
Special Operations Physician

If you've been paying attention lately, you know that there's been a lot of debate over which diets are best, plant based or animal. The recent Netflix documentary "Game Changers" shows many professional athletes increasing their energy, strength and endurance with vegetarian diets as they show muscular gains without the use of animal proteins. They argue that all protein essentially comes from plants and that large muscular animals are vegetarian - horses, oxen, hippos, etc.

However, other experts, like my friends John Jaquish and Dave Asprey swear by high fat, high protein, low carbohydrate diets focused on animal products to build muscle, health and longevity. They say that carbs are the devil and vegetarianism is counterintuitive if you truly understand basic human physiology.

There are plenty of scientific studies on both sides that prove both sides. So, who's right? Which is the best diet for you? Here's the deal: We've so overcomplicated our approach to diets and dieting. It can be so confusing and demotivating. So, I say forget dieting. Really. Just forget it. Instead, focus on what you want to accomplish, what your ultimate goals are and then decide what you need to help you get there.

For example, if you are trying to lose weight quickly, you're probably going to want to go counterintuitive and go high fat, high protein and very low carb (50 grams/d) and get ketotic in an initial primary carnivorous diet. In ketosis, you can realistically lose 30 pounds or more in a couple of months. You should expect to hit a plateau after 10 pounds or so, but after increasing your caloric intake by 10-15%, the



weight should start falling off again. It is very important to stay hydrated and drink plenty of water - preferably alkaline, hydrogenated water for optimal hydration and energy production. You will find that an 18/6 approach to intermittent fasting will be of great benefit. (You only eat during a six-hour window each day.)

Let's say instead that you're an endurance athlete who beats up your joints through sports like running and cycling, meaning that you're someone who wants to decrease inflammatory reactions in your body. You are not looking to build muscles. You can afford to decrease your protein intake a bit while you increase the fat component. You're probably going to most benefit from a vegetarian diet.

But here's the thing: Some people think they are being healthy on a vegetarian diet and are simply eating a high simple carb diet that maxes out on sugar. Please don't fool yourself. That is an awful and deadly approach. Instead, use complex carbs, fruits, vegetables and pastas. However, take care to watch your glycemic index in order to reduce insulin production and the amount of time insulin is being produced in

your body. Here you are also going to want to incorporate intermittent fasting. A 16/8 approach should be fine. Again, that means fast for 16 hours a day and eat everything that you are going to eat in an eight-hour window.

What if you are trying to pack on muscle? Focus on very high protein and moderate fat/low carb (75 grams/d) and stick to a carnivorous diet. Some like even further restriction when it comes to intermittent fasting in order to stimulate testosterone and growth hormone production and go to a 20/4 approach. This takes great dedication as you'll need to consume all of your calories in a four-hour period.

If you are simply wanting to remain fit and stay healthy, I'd suggest a mixed omnivorous diet that is a moderate protein/moderate fat/low carbohydrate diet with a 16/8 intermittent fasting approach. Remember, to initiate a fast, you need at least 12 hours without any caloric intake. I hope you see that there is no "magic bullet" when it comes to diet, but there are different approaches based on your variable goals and desires. Since all of us are different, figure out what works best for you.

FISA ABUSE

How I Helped Stop an American Traitor

by Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Most news outlets have moderators, legal experts and the far-to-common buffoons mumbling about how the FISA (Foreign Intelligence Surveillance Act) Court system works and whether Americans can and should be targets of American Foreign Intelligence collection and exploitation efforts. Should the powers of the CIA, NSA, DIA (and a few others) and all of the tools, gadgets, resources and exceptional operatives that we have at our disposal be used to spy against US citizens? And, was there really lawful and reasonable cause to target US citizens associated with Donald Trump before, during, and after his election as President?

I have been through the entire FISA process, start to finish, and I can definitively answer these questions from personal experience. As the guy who has spied on US citizens at the direction of FISA warrants, I feel I can provide you a much more authoritative rendition than a TV attorney or talking head.

I was involved in the initial discovery of a US citizen directly involved with a foreign intelligence officer engaged in espionage against the United States. In other words, this US citizen was betraying our country. From there, I watched the entire process of the application for a FISA Court Order directing me to extend my intelligence operations against a foreign intelligence operative (spy) to the US citizen actively aiding the foreign spy. I was involved all the way through

"From there, I watched the entire process of the application for a FISA Court Order."

to when I turned over to the FBI concrete evidence of this US citizen engaged in willful criminal conduct pursuant to the aid and support of a foreign spy operating here in the United States.

It is critical to know that we did not target the US citizen until we received a FISA Court Order. We did not first collect intelligence on the US citizen and then submit that to the Court disguised as probable cause in order to obtain the Court Order. The way

FISA activities work is that in the normal conduct of targeting foreign intelligence activities around the world we are strictly prohibited from targeting (directly or indirectly) anyone whom we could even reasonably suspect to possibly be a US citizen.

However, if while conducting our intelligence collection and analysis

activities against a foreign spy it becomes apparent that someone who is suspected or known to be a US citizen is involved with the foreign spy and contributing to the spy's covert operations intended to harm US national security, that highly guarded information is shared with the DOJ for review.

If the DOJ attorneys decide there is probable cause and they determine that it is in the best interests of US national security to pursue possible charges of criminal conduct by the US citizen (whose involvement was never the target of the operation, but rather discovered during the operation) then DOJ and FBI attorneys prepare a court filing to be submitted to the FISA Court. The goal of which is to have the court produce an order authorizing the targeting and collection of intelligence on a US citizen for the express and unique purposes of defeating foreign intelligence activities.

This is a vital tool for those of us



charged with foreign intelligence collection because if the US citizen proves to be working with the foreign spy, then we are able to continue to follow that thread and discover other players and activities engaged in harming US national security or who have intentions of killing or harming US Citizens. If we discover that the US citizen is an unwitting participant, had conducted no illegal activity and had no awareness that what they were doing was related to a foreign intelligence operation, then a spy like me and an FBI agent would visit that individual and explain as much as we could. That is what we call a defensive briefing.

In my experience, the court orders have very clear restrictions such as not permitting or authorizing collection activities against any other US citizen. For instance, those exclusions would include the spouse, parents, children, co-workers, neighbors, friends, etc. If information is developed through the targeting of that specific US citizen that other US citizens are directly involved with the functions of the foreign spy, then an additional FISA application must be submitted to the court for each instance of evidence of a US citizen's known involvement.

As part of the safeguards in place to protect US citizens from unwarranted searches, the FISA judge reviews all of the available information submitted by the DOJ (relying on the honesty, integrity, professionalism and full compliance with US laws by all DOJ and FBI officers and agents) before issuing the warrant.

The only information and intelligence we are authorized to collect and retain for analysis and reporting must be directly related to their

involvement with or support of foreign intelligence activities. Meaning, if we discover they cheated on their taxes, that is outside of the scope of the FISA warrant. FISA Court Orders are not (and should not be) fishing licenses. They are specific and direct.

The part that no one is talking about on TV is that if the FBI genuinely had probable cause as a result of their own on-going domestic counter-

intelligence investigations to believe Donald Trump or his associates were involved in foreign intelligence activities, they would not have needed a FISA Court order. The FBI has jurisdiction over all felonious criminal activity within the US.

The only reason they abused the FISA Court was so that they could have access to all of the tools, operatives and power of the NSA and CIA. And rather than pursuing the definable activities of a known foreign agent operating on US soil, they conspired to produce a fraudulent FISA application and then abuse its authority by operating well outside of the scope of the limited surveillance authorizations of a FISA Court Order. Why would they do this? In order to attempt to repeal the 2016 election and sour the 2020 elections.

The FISA Court would not have issued the warrant unless the CIA, NSA, and FBI directors as well as top DOJ leadership, including the Attorney General, and with the explicit approval of President Obama, colluded to intentionally deceive the court for the purposes of obtaining a FISA warrant that otherwise would have been denied. The only purpose of the FISA Court Order was so that they had a legal document to show a guy like me when they instructed Foreign Intel-

ligence Officers to conduct full-scope spying, including all of our special gadgets, gear, tactics and techniques, on a US citizen running for President.

What we learn from this horrifying debacle is that we only have ourselves, the individual US citizens and voters, to rely upon to keep law and order in our homes, communities and homeland. When we delegate and then abdicate, we spawn an insatiable beast. The only path forward to regain control from the monster that is our government is to be self-reliant, vigilant, speak up, volunteer, participate and vote.

"The only reason they abused the FISA Court was so that they could have access to all of the tools..."



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

The 1911 handgun designed by John Moses Browning is one of the most famous guns in the world and is one of my favorites, which is why I own several of them. This month, you can win a beautiful American flag 1911 and also get a free DVD titled, *1911 CQB: How to Use America's Pistol to Protect and Defend Your Family in Close Quarters*. To enter to win this gun and to claim your free DVD, please visit www.Free1911Gun.com.



HOW TO TRAIN THE WOMEN IN YOUR LIFE

Give Your Loved One's This Self-Defense Advantage

by Matt Numrich

Head Instructor of Spy Black Belt

It doesn't matter if you are married, single or divorced, the fact is, we all want to protect our wives, girlfriends, mothers, sisters and daughters. The challenge for many is not "why" they should get training, but how to train the women in our lives. Women have specific needs when it comes to self-defense training and personal protection. I am all for "women only" self-defense classes and seminars, but it is important for women to mix it up with men and train with them.

Although female on female fights breakout anywhere from concerts to your local Wal-Mart, when we're talking about attacks, rapes and domestic situations, it is usually men attacking women. Therefore, women need to train against men. The following are some points, tips and methods to keep in mind when helping protect the women in your life.

First, understand the reality of the situation:

In almost all cases when women go up against men, they will be outsized and over-powered. A woman will not be able to, in most cases, "win" based solely on brute strength. Women must be faster and more precise with their technique. Women must be competent and willing to go for the quick eye jab, throat punch or knee to the groin. They cannot hesitate in striking back. Knowing the reality of the situation and preparing is the first step in training with someone who is bigger and stronger.

Next, be in the present and stop the self-critiquing. Don't get caught up in a mistake that was made or get

"Although female on female fights breakout anywhere from concerts to your local Wal-Mart..."

negative while training. Women can become very critical about their performance, especially when going against men in training. They must stay in the present and stay ready

for whatever is coming next. Your mind should only be on the next move and technique. Losing focus or getting sidetracked with negative thinking will only have women focusing on their fears.

Third, train like it counts. Although it is okay to train slowly and even softly while learning a technique, it is imperative to eventually bring on the speed, power and inner beast. Females should always consider how they would react to a real-life altercation and train in a way that optimizes their survival. So, train like it counts. Train like you must survive!

As you train more, the next tip is don't forget to breathe. Breathing correctly is such an integral part of

all training. Try not to hyperventilate because you weren't breathing correctly or you forgot to breathe at all. Doing cardio is such a great way to get in shape to survive an attack. Practicing keeping your breathing under control is crucial for men and women to stay in the fight and to deliver strikes.

Finally, with any new training, it is easy to want to give up, especially when training with someone bigger and stronger than you. When women are training with men, it can definitely be hard to see progress sometimes. But, that doesn't mean you aren't progressing. It may just mean that you need to set some small goals that you will be able to see progress in.

The bottom line is, when I train women, I see them often only want to train with other women. But to keep them safer, it's crucial that women train with men, since that's the scenario they might one day face if they're ever attacked.



WHAT TRUMP'S "IMPEACHMENT" MEANS FOR GOLD AND SILVER

Potential Gains We May See

by Forest Hamilton
Universal Coin & Bullion

As you know, President Donald J. Trump, the 45th president of the United States, was recently impeached. He is officially the third President of the United States to be impeached by the House. This does not mean he will be removed from office, as the majority Republican Senate will decide that. So, what does all of this excitement mean for the metals and equity markets?

In the hours following the news that the House had passed two articles of impeachment, the stock market actually went up, breaking new all-time highs. Most experts believe that Wall Street doesn't think Trump will be removed from office so we will continue the strong economy and stock market run that we have been on since he came into office.

However, recently UBS, the Swiss investment bank, conducted a survey of 3,400 millionaire investors (those with at least \$1 million in investable assets) and found that more than half of them think that

there will be a "significant market sell-off" by the end of 2020. They had already moved an average 25% of their portfolio into cash.

To be clear, we have confirmation that this movement into cash is far more widespread than just the millionaire class of investor. In a recent weekend edition of The Wall Street Journal, it showed evidence that the bulk of investors have pulled out over \$220 billion in stock market mutual funds and exchanged-traded funds (ETFs) through the first 11 months of 2019, a record high exit for any full year.

All that money is flowing into cash more than bonds or gold. During the past three years, assets in money market funds (cash on the sidelines) have grown by about \$1 trillion, according to the Lipper division of Thomson Reuters, as cited by the Journal's article. Money market fund balances are now at their highest level since the 2008-2009 Great Recession.

Although many big institutions are still in the stock market, the public is afraid of the market and is ready

to invest in something else with their pile of cash. Many big institutions are confident that President Trump will escape impeachment conviction and will be re-elected, but at the same time, they warn that the stock market could decline 25% or more if a socialist candidate like Bernie Sanders or Elizabeth Warren were elected. In such a case, gold is life insurance for your portfolio and, in past stock market crashes, gold and certified gold coins have gone up rapidly as stocks have fallen.

For instance, from January 11, 1973 to December 6, 1974, during the Nixon impeachment, resignation and aftermath, the Dow declined 45.1%, while gold gained 178%, rising from \$65 to \$181. To give another example, from October 9, 2007 to March 6, 2009, during the Great Recession, the Dow declined 53.8%, while gold rose 27.2%, from \$736 to \$936.

It's important to realize that when markets start falling, the money "on the sidelines" starts moving into gold. Clearly, I believe you should always own gold and that now is the time to add more gold investments to your portfolio to prepare for whatever is to come in these uncertain times.

[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.])

