

# TACTICS AND PREPAREDNESS



## LEAD BY EXAMPLE LEAD YOURSELF LEAD THE WORLD

You were born for this place. You were born for this time.  
Hit play on Kid Rock's "Born Free" and *lead by example*.

BY CHRIS GRAHAM

**B**rian Chontosh's platoon of Marines was hit by mortars, rocket propelled grenades (RPGs), and automatic weapons fire in Iraq. They were caught in a kill zone. He told his driver to go through a gap to the side and immediately received fire from an entrenched machine gun. Chontosh told the driver to head toward the machine gun enabling his .50 cal gunner to silence it. He then directed his driver into the trench and exited the vehicle to clear the trench with his rifle and pistol. When he ran dry, he picked up an AK and emptied it into enemy fighters. He picked up another AK and continued his attack. A Marine following him recovered an RPG, handed it to him, and Lieutenant Chontosh fired it into another group of enemy fighters. Ultimately, he cleared over 200 meters of the trench, killing more than 20 of the enemy and wounding more.

To me, Brian Chontosh's story is the modern version of countless tales of heroism in the face of overwhelming danger that built the reputa-

tion of Marine leadership in previous generations. Leading from the front—when being in front is undesirable—is an inspiring trait. When we were standing up the full-time Marine Anti-Terrorism Battalion (ATBN), the Marine Corps sent my team to Israel to cross train with some of their counter-terrorism teams. One thing that fascinated me was the different system they used for selecting leaders. Their platoon commanders were not college grads. They simply made the highest performing and most inspiring guy that completed the training the leader of that team. I loved that model.

Have you ever heard of leading from the rear? I have. The Marine Corps has a tradition of commanders eating last. In more than one billet, I had the opportunity to get chow only after everyone else did. The time crunch was annoying, but it served the purpose of making me aware that every guy I supported from my position had the chance to eat, it let me know if food ran out, and it reminded me to keep the concept of humility

in mind. This tradition provided me more than a few missed meals, but it was an invaluable tool for helping to sustain esprit-de-corps and organizational intimacy.

Please don't shutoff your critical thinking when we discuss the military though. An embarrassingly large number of NCOs and senior officers have been quietly convicted of pedophilia crimes. Suicide and divorce rates demonstrate that we provide many lessons in how not to live, and convictions of communist agents (back when the government tried to keep subversives out of positions of trust) suggest that we are as compromised as the corporate world is.

But where is the right place to be as a leader? I was privileged to experience a few things that many have not gotten to see and some of these provide clues to a best answer.

I found Parris Island to be an unpleasant experience. Have you ever been surprised by a hit straight into your nose and face that instantly fills you with rage and shocked

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embarrassment at the same time tears well up? My recollection of Parris Island is thirteen weeks of that feeling. As a fat kid and weak teenager, I was grossly unprepared for the experience. I prayed to God every night to get me through it. Today, I feel sincere pity for people who have not had the opportunity to experience such a constructive discomfort driven personal growth spurt in their teens.

Not too long after that, a Force Reconnaissance company was kind enough to send me to the Amphibious Reconnaissance School. We did a lot of running, finning, and patrolling. Strangely, they seemed to have forgotten to include any days off or sleep in the schedule. They also sometimes seemed to have forgotten to have food where we were. We started with 53 pre-screened young Marine volunteers. Thirteen of us were still there at the end. Twelve of us got certificates of graduation. My friend Mark got a certificate of attendance. Bill and I were the two slowest runners to make it to the end of the course.

I remember one day as we were frantically getting dressed in the dark for another run, he said in a depressed voice "Graham ... I'm not gonna make it..." I smiled at him and replied while moving like a half-asleep Tasmanian Devil: "Of course you're not ....You're not gonna make it ... I'm not gonna make it. ...no one is gonna make it..." We ran out the door and made it. Putting one foot in front of the other got us to the end. Just barely.

After I got commissioned, I spent a couple of years as a pilot. I did OIF I (Operation Iraqi Freedom I) flying Casevac missions. My squadron had lost one helicopter, crew and Royal Marine Commandos on board the first night of the war, but we managed not to lose any more in the following days. As the fight for Baghdad quickly approached, things were clearly going to intensify again. We were operating out of Ali Al

Salem airbase in Kuwait, flying north into Iraq in two aircraft sections and joining a battalion HQ wherever it happened to be that day for immediate direct support. We stayed with them as long as we could until the helicopters had to be returned to Kuwait to swap out for maintenance. This normally lasted a few days or so.

When we went through start-up the last hand-signal the plane captain would give us was a salute and we would taxi away for departure with our twin turbines roaring. We got our salute and taxied forward. As we passed the next aircraft's maintenance crew, they stopped what they were doing, came to attention and rendered sharp salutes. The next crew did the same thing, and the process was repeated all the way down the flight line. They had never done that before and it occurred to me that they were giving us a last farewell.

Within the next few days, the First Battalion/Fifth Marines (1/5) was in a major fight to take and hold Saddam Hussein's palace on the Tigris River. Blood was shed and we made five runs into the palace's pool deck—now a hot LZ—one day and night. On one of the early trips, "Blacklist" (the controlling agency callsign, as I recall) notified us that the airspace was closed. Too many helicopters had been shot down. On internal comms we thanked them for their advice. On external comms we notified them that we were not taking it. Miraculously, none of the buildings, bullets or RPGs took us out. Since FNC war correspondent Ollie North and his producer Griff Jenkins were aboard videoling, we knew pretending it didn't happen wouldn't work so we relied on the old adage: "you can't argue with success".

I did the Battle of Fallujah, in OIF II, on the ground with that same battalion as a forward air controller. I noticed there that the number one skill for success in that job was often to look and sound confident. The young Marines around me fighting for their lives can be influenced by seeing

a cool head. The AC-130 on the other end of my radio needs to be convinced I know what I'm talking about when I clear them to engage a target on the other side of the street from me. Acting like you own the place and speaking calmly and clearly kills both of those birds with one stone.

Later, I found myself a task force commander at the ATBN. I believed my primary job was to set up the best never-ending training humanly possible, and sensitizing my guys through continuous interaction with what we were trying to make happen. This was not the norm, but I understood that my contribution to success was before the fight(s). In the fight, it was the job of the smallest unit leaders to make decisions and exercise initiative. In the fight, my primary job was to deconflict outsiders and be ready to lead a cavalry charge to help out when opportunities or challenges inevitably arose. I told the guys to consider themselves the local sheriff's department; they should know the area and everyone in it better than anyone else. JSOC was the FBI.

I encouraged the guys to give everyone they encountered reason to respect them. I asked them to bring in all the desperados they encountered dead or alive. The most interesting ones would be handed over to JSOC. On any given day we had multiple teams out doing multiple things. We built a system to ensure the guys going out knew whatever the guys coming in had learned and they had the freedom to exercise initiative.

I was not a hunter; I did not tell them where to go and what to do. I was a farmer. I planted seeds and the ones that produced the best became our priorities. Years later, Gen. McChrystal wrote about a similar concept in his book *Team of Teams*.

One day, the town of Udaim was overrun. Iraqi police were being executed in the street and I was bypassed by the army task force we were under

to directly throw all my teams in the field at the problem as a constellation of uncoordinated ad-hoc quick reaction forces. This was a recipe for a sandwich made of feces, so I jumped in with the closest team, raced ahead to a point on the highway that all the others would have to pass and corralled my guys up. I shared a hasty plan and we dropped the posse off on the edge of town. I asked my driver to race to the center of the meleé. He did, and while our machine gunner was returning fire against targets arrayed in a near 360 degree arc I jumped out for a quick pow wow with the senior Iraqi I could find. Bullets were flying in all directions, but the bad guys dropped back when the rest of my crew fought forward. 1st Sgt Daly, who jumped in another vehicle linked up with me, Benelli in hand, and we walked up the street to guys covering behind one of many shot up cars. One of our HUMINTers – who apparently beat us all there – looked up, surprised to see me outside our Combat Operations Center (COC), and said “Sir, what are you doing here?” I replied: “I work here. What are you doing here?” When I can't think of anything more constructive to do, I revisit the rule about looking like you own the place and speaking confidently. We retook Udaim and turned it over to Iraqi forces the following morning. The battle reminded me that planning needs to begin and end with KISS: keep it simple, stupid.

As a lieutenant colonel, I attended the command and staff college in Quantico. One of the exercises we did there was a mock press conference. I was briefing a room full of real reporters (paid by DOD to be there) about an imaginary Middle East operation. At the end, one reporter asked how female Marines were performing in an imaginary battle. I said I didn't have any data on that and a stumbling male reporter awkwardly ex-

pressed that I should say their performance was terrific. Already understanding what was expected, I provoked by replying “What if it's not?” This drew out an experienced woman who clearly saw herself as the alpha of the group. She authoritatively commanded “Just lie!” I telepathically told her she was a turd. Her voice quivered momentarily and she telepathically told me she got the message. This exchange provided my peers the opportunity to see what the exercise was about if they were paying attention. In my course critique I wrote that military personnel enjoyed the highest levels of trust from the public, reporters were at the opposite end of the spectrum, and that we would be fools to join them. My advice was not taken, but I emailed those comments to a Canadian special operations officer who was present. He was free at that time. Now he lives under the “emergency powers” of the Trudeau regime.

After I left active duty, I stayed in the reserves and worked as a civilian for the U.S. government in Afghanistan and other places. Not too long ago I was privileged to serve as the commander of a reserve ANGLICO unit. While most of the Marine Corps was at peace, we were still deploying teams to war. During this time, a navy squadron managed to fly a helicopter into a ship in the Caribbean. Fortunately, no one was hurt, but after a very creative exercise in sophistry by senior navy officers, my command was under investigation because an attempt was made to blame my guys (fast-roping from an SH-60 to a ship) for the incident.

Controversy, criticism and complaints come with the territory for leaders. Teams composed of competitive young men possessing above average fitness and above average intelligence have unlimited potential for mischief and serving as an umbrella is a leader's main job in such organizations.



A criminal investigator interviewing me switched to “bad cop” mode and shouted why do people think your Marines are “long haired cowboys doing special operations”? I said sincerely “Sir, we live by the same haircut regulations the rest of the Marine Corps does.” I didn’t realize until later that he and members of my immediate chain of command were unaware that we had teams continuously deployed to Iraq, Syria and Afghanistan, and that some of those Marines were working out of uniform. He might have choked on irony if he found out that I later received a classified message congratulating the unit for taking out a “high value target” on the same day he was chewing my ass. We were ultimately cleared, of course, and some of the miscreants required nothing more than a breeze to fall into administrative traps of their own making. We were returned to “jump” status and I got to lead the guys out the ramp of an MH-47 (another leadership tradition) shortly before turning the unit over to the next commander. He was a great guy who inspired confidence in the Marines by showing up with a black eye.

After laying low in the Inactive Ready Reserve for a little while I was contacted by a brigadier general. He asked me if I was ready to get back to work and proposed that I come aboard a project at MARSOC as an Individual Marine Augment. I agreed, but we hit a snag.

In late 2021, I believe I was given an illegal order. I was “non-obligated” to serve, so I relieved the most senior officers in my chain of command for loss of confidence in their ability to lead and my Marine Corps service was concluded in March 2022.

DOD leadership ordered service members to



submit to involuntary gene therapy injections and it was open knowledge that partially tested “emergency use” products were being misrepresented as fully tested and approved treatments, and as different products altogether. The word vaccine was re-defined in an Orwellian attempt to make false statements true with the expectation that people would inject products meeting the new definition while believing they were injecting products that met the understood definition. Individuals were directed to administrative avenues to apply for waivers while senior officers made clear to subordinates that waivers would be rejected. I believe that each principle of the Nuremberg Code has been violated, and as a lieutenant colonel I was expected to compel healthy junior service members to submit to involuntary medical experimentation and unethical orders.

There is only one thing in this world that I control and that is my thinking. My thinking determines my actions and my actions influence others. I commanded a 242- man Anti-Terrorism Task Force in combat operations in Iraq and I have led other teams. I *control* myself. I *influence* others. That’s all anyone can do.

I have never seen a platoon, company, or battalion that was worth a damn because of the wonderfulness of orders and policies pushed down from above. When one skilled Marine with balls teams up with another, a beautifully dangerous synergy begins. When three or four of those guys get together you have a badass fire team, three such fire teams make a super squad, three squads make a platoon and so on. The Korean War provides examples of Marine platoons that annihilated North Korean companies and Marine battalions

## GEAR REVIEW

### TRAIL HAWK

Tomahawks were popular with American Indians for fighting, chopping and cutting. American explorers and frontiersmen quickly adopted them as well. The Trail Hawk doubles as a hammer and is popular for throwing. Whether you are escaping the world of electronics for a family hiking expedition or you are practicing self-reliance skills in an austere environment the Trail Hawk may be the tomahawk for you.

[www.coldsteel.com](http://www.coldsteel.com)



that withstood the continuous assaults of Chicom regiments. In Vietnam, a guy named Charlie said: “I’d rather go down the river with seven studs than with a hundred shithheads”. Charlie Beckwith created the unit that reporters call Delta Force.

It’s not that leadership *can* come from the bottom up. It’s that all real leadership *must* come from the bottom up. Where do you lead from? You lead—right now—from the inside out and from the bottom up, wherever you happen to be. Step two is to reposition for advantage. This is a continuously looping process and you must realize that good leaders can turn on a dime and be good followers the moment that benefits the mission.

Have you traded the consumption of propaganda on TV, electronic social networks and internet for more constructive activities yet? Are you working out in the sun every day for constant improvement? Do you train and compete on occasion with pistol and rifle, and build useful skills to support the people you love? Is your relationship with God what you want it to be? Are you a student of America’s founding principles and the lessons from Henry Thoreau, Martin Luther King Jr., and Aleksandr Solzhenitsyn? Are you lovingly inspiring the mind, body, and spirit of your spouse and children by example? Make your answer “yes” and raise the bar every day.

Sitting alone in the dark cramming Twinkies in your face and binge-watching Netflix while playing dress-up in a surgical mask is not what you were created for. You were born for this place. You were born for this time. Hit *play* on Kid Rock’s “Born Free” and lead by example.

If you have experience successfully leading yourself, for at least one day, you are ready to lead others. Former Assistant Secretary of Defense (under President Reagan) and Chairman of the Center for Security Policy, Frank Gaffney, said the Biden/Harris team was “installed to bring down America”. Based on all his comments, I think he believes the improbable 2020 presidential election results reported were not accurate. I think he believes they are deliberately working to “reset” our Constitutional Republic by flying the country into the ground and surrendering it to the Communist Party of China controlled World Health Organization via a May 2022 WHA amendment ahead of the 2022 US elections.

Regardless of whether the evidence before you has proven those charges, we all see the tidal wave of professional narrative merchants who earnestly insist that black is white, left is right, and right is wrong. Narratives are pushed from the top down, but things are fixed from the bottom up.

Do you want to end “emergency powers” and save your country? Don’t just retweet Elon Musk quotes and send Ron DeSantis twenty bucks for his campaign for freedom. Do you want to identify the subversive influences in your city, county and state offices and replace bad actors with men and women you trust to safeguard America’s

founding principles for your family? Then learn Dan Shultz’s “Precinct Strategy” ([precinctstrategy.com](http://precinctstrategy.com)), join your local GOP or DNC, attend the meetings and make it happen. Do you want to prevent a repeat of the 2020 presidential election schemes? Become a paid poll worker or a poll watcher; visit ([truethevote.org](http://truethevote.org)) to learn how.

Have you lost income to illegal mandates or because your employer chose to practice medicine without a license? Join a Liberty Counsel lawsuit at ([laction.org/vaccine](http://laction.org/vaccine)). Do you want to know what is hidden in the mountains of documents that courts have ordered Pfizer to produce? Then become one of Dr. Naomi Wolf’s crowd sourced volunteer investigators (<https://campaigns.daily-clout.io/campaign/home>). Have you lost someone you love to a product fraudulently marketed as a “safe and effective vaccine”? Then do both.

Do you want to look out for your children? Build a team to attend school board meetings and create accountability like the ladies at ([momsforliberty.org](http://momsforliberty.org)) and ([moms4freedom.org](http://moms4freedom.org)) did. Is it time to bail out of your public or private school and jump into your homeschooling network, or can your school be saved? Become a substitute

teacher or volunteer, and find out how much subversive indoctrination is present in your district.

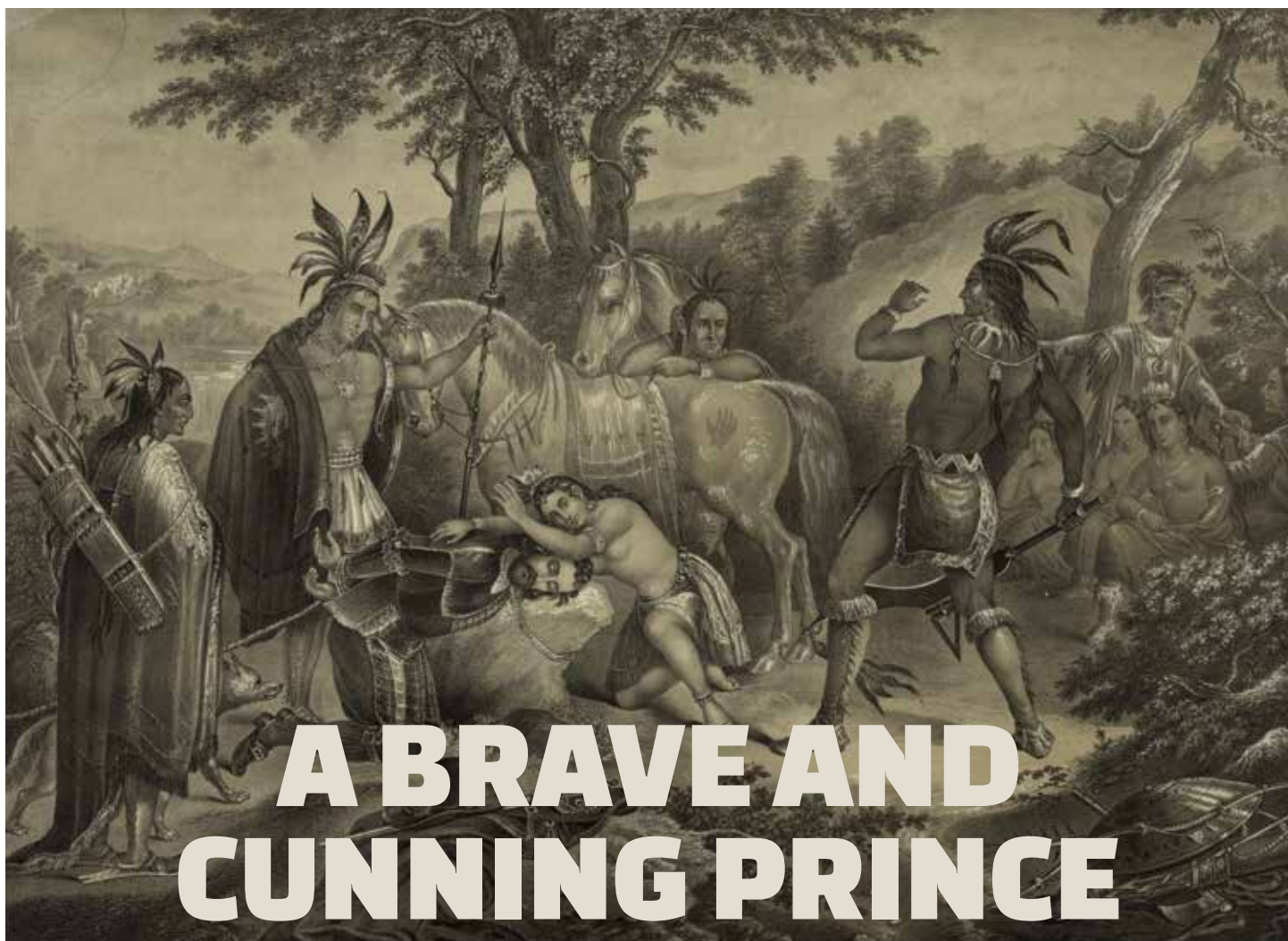
Consider a second career as a sheriff’s deputy. Some sheriffs have part-time deputies, reserve deputies, citizen possees and other volunteer support specialists. Fire departments and EMS function similarly. Your community can be saved, but it will only happen from the bottom up. Find out how your team can support your sheriff, your local EMS, and your neighbors.

I fail frequently, but I try to fail fast and fail forward. I don’t want you to look *up* to me. I want you to see how far you can surpass my achievements and look *down* at me. Revive your sense of humor and lead by example. Lead yourself. Lead the world. ✓

## BIO

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# A BRAVE AND CUNNING PRINCE

WRITTEN BY **JAMES HORN** | SUMMARY BY **JOHN STEVENSON**

**Y**oung Opechancanough was taken aboard a Spanish ship at modern day Parris Island. Whether he agreed to accompany the Spaniards or was kidnapped is not clear, but he ended up in Madrid in 1561. O was brought before King Philip II, who was impressed with him and allowed O to live in the royal palace. Within a few months, the young Indian spoke enough Spanish to convince Philip of his own princely birth, and of his eagerness to proselytize the holy word in his own land.

In 1562, O was sent to New Spain (Mexico). Shortly after arriving in Tenochtitlan (Mexico City), O became ill and nearly died. His recovery took a number of months and shortages of shipping delayed the mission for several years.

During his years in Mexico, O observed what he believed awaited his Powhatan people if the Spanish plans of conversion and conquest were successful. In 1570, O and a small group of Jesuit priests from Seville arrived in the Chesapeake Bay. He led the Spanish priests to a secluded place where they set up a small settlement. The ship's carpenter built them a small house that would double as a

chapel. The ship departed and O told the priests that he wanted to go to his people to persuade them to come to the mission to hear the gospel.

On Sunday, February 3, O returned with a group of warriors and killed the priests. In 1607 O captured Captain John Smith after a brief skirmish. Smith was part of the English colony at Jamestown and was with a hunting party. O saw the party and decided to capture the leader to find out why the English had settled at Paspahugh (Jamestown Island). Smith was marched to their village to meet their principal chief, Powhatan where he was famously saved from execution by the chief's favorite daughter, Pocahontas.

O served as the war chief of the tribe under the leadership of his relative, Powhatan. For many years, O and Powhatan showed a (mostly) friendly face to the English providing provisions to them in exchange for copper cookware and other goods. In the winter of 1608-1609, O and Powhatan decided that the time was right to starve the English into submission by cutting off their supply of corn. Powhatan invited Smith to their village, Werowocomoco, to negotiate trading weapons for

food. It was intended as an ambush, but Smith arrived with enough armed men to deter initiating the attack.

Captain Smith went upriver to negotiate with the Pamunkey Tribe for corn. When he and his men arrived, he found O. O claimed that he could get plenty of corn, but he'd need a day to assemble it. The next day he arrived at the village with hundreds of warriors and they surrounded the house in which the English were lodging. As O approached the house trying to draw Captain Smith out for his bowmen to kill him, Smith dashed from the house, grasped the chief's long scalp lock, and aimed his pistol at his chest, forcing him to surrender and order his warriors to put down their weapons. Smith then pressed his advantage and ordered the assembled Indians to fill his barges with corn or he would fill them with dead bodies. O's braves complied and the English made their escape, but this encounter was the start of the first war between the English and the Powhatans.

The Powhatan Indians and other allied tribes continued to employ their tactics of starvation

and sporadic attacks to cut off settlers as opportunities presented themselves through the summer of 1609 when a fleet of English ships arrived bringing hundreds of new settlers to Jamestown as well as fresh supplies and arms. The Powhatans now knew that the English intended to expand their colony.

O utilized scouts along the rivers and at the English settlements in the area to gather information. When sufficient intelligence was gathered, war councils were held. On October 4, the Indians staged simultaneous attacks at every English site. English losses were high, causing the survivors to retreat to the fort at Jamestown, placing even more stress on the scarce resources of the colony. Powhatan and O sent warriors to seal off the island and let starvation and disease do the rest. The Indians destroyed the settler's boats, drove deer from the island and slaughtered the colonist's hogs throughout the winter and by the spring of 1610 the number of English dwindled to 100.

Plans were being made by the English survivors to abandon Jamestown when the newly appointed lord governor, Lord De La Warr arrived with supplies and 150 new settlers, many of them veterans of wars against Spain. De La Warr tried first to negotiate with Powhatan but the chief told him the English were to "leave his country or confine themselves to James Town only, otherwise he would give command to his people to kill us."

Hostilities continued throughout the winter of 1610-1611 with O and Powhatan's warriors demoralizing the English with raids and ambushes and the English in turn successfully raiding Indian communities close to rivers where they could swoop in unexpectedly and then depart quickly. The Virginia Company decided to recall De La Warr and send Sir Thomas Dale and Sir Thomas Gates with hundreds of fresh troops to win the war. Gates and Dale brought almost 700 new settlers and a large supply of weapons to force the issue with Powhatan, but they were still unable to force a decisive battle to defeat the Indians.

In 1613, the English heard that Powhatan's daughter, Pocahontas was visiting with the Patowomeck Indians on a trading mission for her father. They devised a plan to take her as a hostage to Jamestown. She was to be exchanged for English prisoners, stolen weapons, tools and corn.

The abduction was successful, but Powhatan did not seem overly concerned. Pocahontas remained

at Jamestown and met John Rolfe, the man she would eventually marry. In 1614 the English and Powhatans arranged to meet and exchange prisoners and goods. It was during this meeting that a peace accord was reached that was sealed with the marriage of Pocahontas and John Rolfe.

During these years O prepared for a decisive attack that, he thought, would finally wipe the Eng-

scale raids. The idea was to disrupt Spring planting in an effort to let starvation and disease finish the job.

O sent messengers to the chief of the Patowomecks offering gifts if they would kill the English, but the Patowomecks considered the English good trading partners and refused O. O and Powhatan knew that they could not defeat the soldiers with armor and muskets, so they went back to hit and run tactics avoiding open battle. In 1623 the English sent Captain William Tucker with a dozen men to meet with Pamunkey Indians for peace talks and to discuss the return of prisoners. The English suspected that it was a trap to lure the soldiers into an ambush as had been done several years earlier.

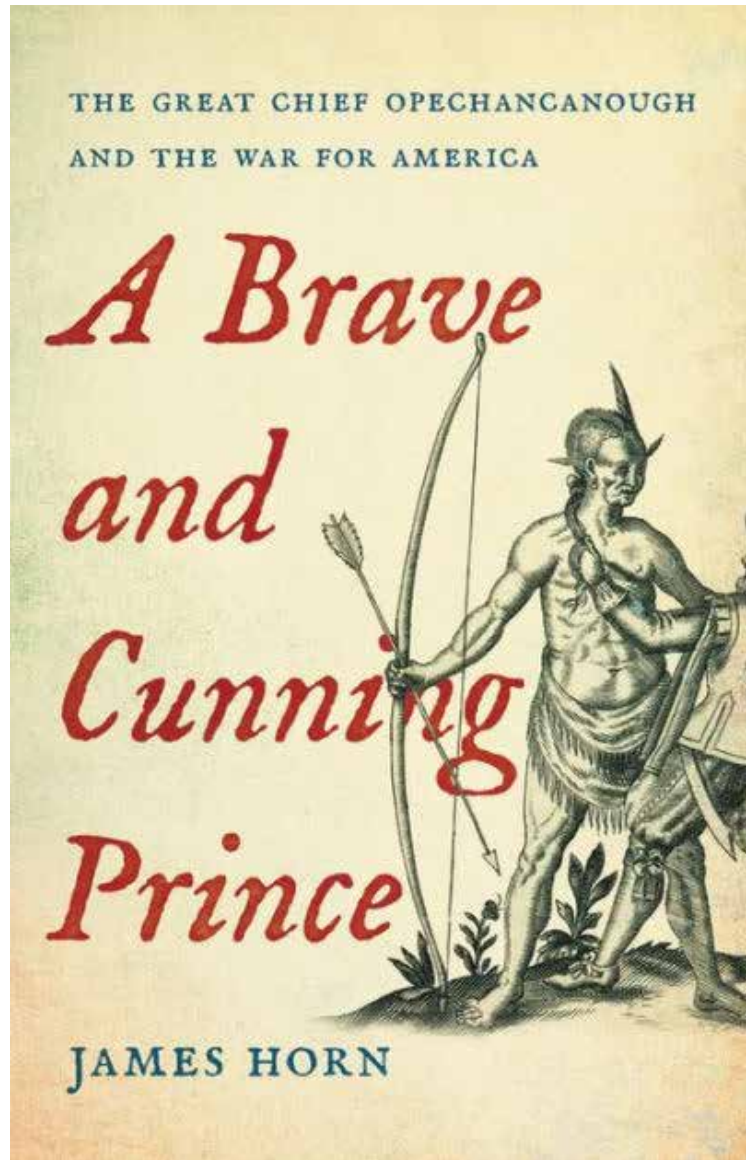
After speeches and smoking of pipes, Tucker handed around bottles of Spanish wine to toast the peace deal. The wine that he provided to the hundreds of gathered Indians (including O) was poisoned and most of them became ill soon after drinking it. Tucker and his men shot their way back to their boats and withdrew. The Virginia Company saw the attack as a great success that rescued many captives and killed many Indians. They believed that O was among those killed.

In 1642, civil war broke out in England. The conflict sowed disorder and O reappeared to launch an attack in 1644 thinking the Colonists were vulnerable without support. Nearly five hundred English were slain, but they were able to rally as they had each of the other times. The English launched raids throughout May and June followed by a coordinated attack against the towns of the Pamunkey Indians including the one where O and his family lived.

In England things settled enough to dispatch a fleet of ships to relieve Jamestown. By the summer of 1645 O's alliance was crumbling under relentless pressure from English attacks. In 1646 the English dispatched a large force to track down O. He was captured and taken to Jamestown. O showed no fear, but within two weeks, a soldier shot him in the back to pay him back for lost family members and he died. The war was over. ✓

#### BIO

*John Stevenson is a former police officer, U.S. Border Patrol agent and Federal Air Marshal.*



lish from the Chesapeake Bay and in 1622 O put his plan into motion. Indians that were known to the settlers visited their plantations and settled in for the night. Early the following morning about 1500 warriors launched simultaneous raids on every settlement. The Indians killed every settler that they could and then burned the settlements. A coordinated attack on Jamestown was launched by land and water. An Indian youth tipped the English off, however, and O's warriors found the fort in a state of readiness, so they withdrew.

O and his warriors were able to kill more than a quarter of the settlers and over the next couple of months, warriors continued to conduct small-



# GROW FOOD SIMPLY MIMIC THE FOREST

BY KATIE STOUT

**W**hen you think of growing food, do you think of the swaths of corn and soybeans blanketing the central United States with giant tractors, sprayers, and experimental crop signs alongside highways? How about the rolling hills of grapevines and almond orchards in the magical land of freshwater-gulping California? Maybe you think of those crotchety, tired-looking oldsters holding pitchforks from Grant Wood's American Gothic painting.

Being a farmer is tiring, and for monocrop growers it is also very expensive—tractors, herbicides, pesticides, fertilizers, equals loans, loans, loans...and it has been systematically destroying the land for decades. Even the organics industry requires backbreaking labor. I know—I did it for years. My lower back and knees have needed infinite yoga classes and chiropractic visits to recover from hours of weeding rows of carrots and onions. For me, the hard work was worth it. I received tons of delicious, clean produce and some extra cash in exchange for my body's youth. I figured all the kale we grew and ate would help repair my damaged tissues. Then, I found permaculture.

Permaculture is one of those systems you hear about and think, "That can't be real." It is so incredibly effective at growing food and restoring ecosystems that it is mind boggling that it is not the norm.

Today, I'm going to explain how to start growing your own food while building soil, rather than tilling it and watching all the dirt blow away the first chance the wind gets to steal your hard work. This method is front-loaded with "work" (I find it fun, so I like to call it play), and it's pretty hands-off after your food forest gets established.

Actually, your hands will be all over the food forest harvesting, but you won't be bending over the whole time to do it.

## MIMIC FOREST SUCCESSION

Anyone who has ever dug a garden might recall getting very sweaty, bandaging blisters, and swearing at rocks. Care to try an alternative? Sheet mulching is a magical form of alchemy that happens naturally in the forest. Jim Gale, the founder of Food Forest Abundance (who is also my boss and partner-in-writing), likes to point at any forest that happens to be nearby and ask, "How much work do you put into that forest to make sure it stays productive?" The answer, of course, is: zero work. Forests are the most stable, resilient, and productive systems on the planet. Think about a sidewalk that hasn't been maintained for a while—in every crack are grasses and progressively larger weeds. With no human intervention, that sidewalk will be a forest in a matter of years. Forest ecosystems develop through a process called suc-

cession—that means that whenever there's a piece of ground available with access to a little bit of light and water, plants take the opportunity to grow.

Pioneer species like yarrows, mullein, dandelions, and clovers are regarded as weeds in our pristine yards, but these species appear there because they are ideally suited for the compacted, nutrient-depleted soils we torture into grass lawns. These four species, by the way, are massively effective medicines for humans and animals, and they work harder than any farmer.

Yarrow, dandelion, and mullein are what permaculturists call "miners" or "accumulators"—they have deep, strong taproots that reach down into the soil, breaking up compaction, aerating the ground and helping to sequester water and encourage beneficial microorganisms to proliferate. They grab nutrients from deep down in the earth and pull them up to where other plants can use them. Mullein also has these beautiful, huge, fuzzy leaves that add biomass to the soil—this is important to note, as sheet mulching mimics this function of layering biomass.

## CLOVERS AND HONEYSUCKLE

Clovers are really special. They are what's known as a nitrogen fixer. That is, they are alchemists who snatch nitrogen from the air and "fix" it in their

Sheet mulched strawberry beds.  
Photo courtesy of  
[Foodforestabundance.com](http://Foodforestabundance.com)



**Clover**

roots through a mutually beneficial relationship with soil microbes. So instead of buying fertilizer and spreading it all over the lawn to make it radioactive green, we could simply allow clovers to proliferate and let them do the fertilization job. Plus, they have lovely little flowers that taste delicious! I remember my sister teaching me to eat “honeysuckle” when we were kids—this is a common clover that grows everywhere. In fact, I looked up a USDA map for the range of clovers,

and the map showed red clover/meadow honeysuckle growing in literally every single state and province in North America (except Nunavut) in far northern Canada.

If you’ve never tried any honeysuckle clover, pop one of the little purplish flowers in your mouth next time you see one and allow the delicate honey-like nectar to surprise your taste buds. Clovers come in lots of shapes and colors, so don’t stop tasting there. All the pioneers mentioned above

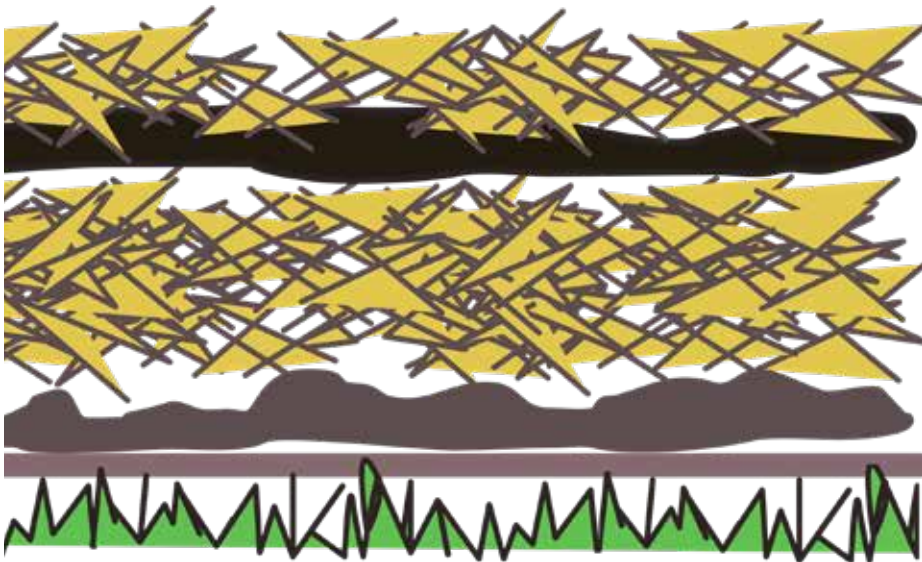
have delectable flowers that attract beneficial insects and pollinators too, facilitating more and more life to emerge.

### SHRUBS AND TREES

The next plants that grow in forest succession after the pioneer species do their work are shrubs. Now that the pioneers have stabilized the soil and added nutrients and sexy flowers to attract more life to the ecosystem, woody plants take the opportunity to grow. These are plants we often see on forest edges: berries, witch hazel, herbs, and more. With woody plants comes mycelial growth—like everything else, plants die and turn back into dirt. This is aided by mushrooms and their all-encompassing mycelial networks. Mushrooms love to break down wood (and other stuff, of course, but they freaking love wood). This process adds rich humus to the newly forming forest floor, creating opportunities for larger species to grow—this is when the small trees come in. Small trees now have enough nutrients to take hold. They grow and drop leaves, adding more and more layers to the forest floor, breaking down through the mycelial networks into more layers of earth. When trees die, they add incredible life to the forest ecosystem. Rotting trees are home to not only myriad mushroom species, but create dens for immeasurable species of wildlife - from skinks to skunks -



**Red Clover**



- ← **MULCH**  
Wood chips for trees/bushes.  
Clean straw or leaves for herbaceous plants.
- ← **FINISHED COMPOST**
- ← **MULCH**  
May be any carbon: dry leaves, grass, wood chips, or straw.  
Animal muck is fine.
- ← **MANURE**
- ← **CARDBOARD**  
Free of gloss, tape, & staples.
- ← **YARD**  
Cover it up and grow food!  
You can poke holes for aeration first if you choose.

and they build soil.

Ever come across a big mound in the middle of the forest, covered with life? We have them all over our area in central New York state—they are places where trees have died and fallen, and they now feed ferns, lichens, mushrooms, grasses, flowers, bushes, and new, even bigger trees. Finally, when you see big, old trees, with a lush understory, you are probably in what they call an “old growth” or “climax” forest. This is where scientists have discovered most of the world’s medicines.

### SHEET MULCHING

Now that we understand how the forest comes to be, let’s make one using all the stuff you usually throw away. It all starts with building soil. The first thing to internalize is there is no one right way to sheet mulch. Sheet mulching describes a process of layering carbon and nitrogen rich material so that it breaks down into rich humus, just like a forest floor is built over years. What we are doing is speeding up forest succession by intentionally mimicking it.

The forest uses what it has; no two forests are the same. Similarly, we use what we have, starting with all those boxes from Amazon. You will need an area about as big as whatever you have. Seriously, this can be done in any space—whether you’re transforming a 12’ x 12’ patch of lawn or you’ve got an acre you’re going to intensively plant with 100 fruit and nut tree guilds, you will use the same process. The first layer to put down is cardboard. Okay, some people put nitrogen down first, but I have always put cardboard down first. Either way works. The only caveats about cardboard are that it shouldn’t be glossy, it should have all stickers and staples removed, and if possible, it should be free of dyes. However, the composting process is full of sorcery that bioremediates lots of toxic crap, so just do your best. If you want to do an extra step to speed up soil aeration (that is,



Sheet mulch bed. Photo courtesy of Foodforestabundance.com



before the miners you plant can do it for you), you can take a pitchfork and stab the ground a bunch of times where you plan to lay the cardboard. I've done this extra step in some of my sheet-mulched beds, and I've skipped it in others. Either way the beds always turn into great soil. You can soak the cardboard with water to speed up the process of breaking it down; that also helps it to not blow away while you're gathering the rest of your materials.

## NITROGEN

The next layer is some kind of nitrogen. Nitrogens are typically green, wet, smelly, or a combination of all three. Carbons are typically brownish, dry, and not smelly at all. Think about what you've got on hand. Do you have a lawn you mow (but you don't cover with herbicides)? Dump your grass clippings on the cardboard. Do you have veggie scraps leftover from cooking? Toss them on the cardboard. Do you have horses or cows or know someone who does? They have extra manure—you can bet on it. Even if you don't know your neighbors with cows or horses, this is a great opportunity to introduce yourself and offer a little labor to get some manure out of their barns. Mucking stalls is a time-honored method of bartering, only in this story you most likely aren't mucking to earn a night's sleep in the stable. I've also used poopy straw from our chickens and goats. We do "deep composting" in our barn, but sometimes the top layer of straw gets too deep so we muck out some of it and use it in the garden. (We know it's too deep when we start whacking our heads on the doorway header going into the barn.) Once you have a couple inches of nitrogen down, it's time to add some carbon.

## CARBON

You might have leaves you usually rake up and stick in trash bags out on the curb—take them back. Leaves make the most mouthwatering compost for plants. Think about it—the deciduous trees in the forest lose their leaves every year, and they pile up and just sit there, slowly turning into humus (the tastiest of all dirt), feeding forest plants. For your sheet-mulched beds, pile the leaves up 6" to a foot or so if you have enough. Another great source of carbon is straw if you or your neighbors have it (even if it has animal poop in it, which is nitrogen-based; it all breaks down). You might even layer in some half rotten logs or sticks broken up into bits. You can do this with stomping and get the kids into it. Adding in sticks and rotten logs into your layers is called *hugelkultur* because Germans named the process.

Another source of carbon might be grass clippings again—except the carbon form of grass clippings would be the ones that have dried out and turned brown in a pile somewhere or may be found baking in the sun spread over your lawn. Rake 'em up and pile 'em on the nitrogen. The cool thing is, you can use any combination of carbons and nitrogens to layer up your sheet-mulched beds.

On top of the carbon, add several inches of finished compost. You can easily make your own by layering your veggie scraps with carbon in a pile somewhere—the key is to add enough carbon so the pile isn't stinky. Or, give your local transfer station a call. All the leaves that go out in trash bags are typically picked up by the county dump and piled up at their transfer stations. These leaves transform into a giant, steaming pile of the most wonderful compost.

Where we live, we can show up anytime the sta-

tion is open and shovel it into our car or truck for free; or, we can pay them \$5-\$10 to load it into the back of a pickup truck or dump trailer. This is solid gold, but you can buy compost from any garden store or nursery. On top of the finished compost, add several inches of mulch.

## WOOD CHIPS

You can also typically get wood chip mulch from your local transfer station. Another great resource is any tree removal service—they usually have to pay someone to offload their wood chips, so they will be more than happy to drop it off at your place for free. Check out ([getchippedrop.com](http://getchippedrop.com)) for a service that hooks homeowners up with wood chip drops from these tree removal services. You will need a relatively large, accessible spot for the dump truck to drop the chips, and the chips will often arrive without warning. C'est la vie. As an alternative to layering wood chip mulch, you have the option of spreading some nice nitrogen-fixing seeds before you put mulch down—clovers, American hog peanuts, groundnuts, vetch, blue bonnets, sweet peas...the list is long. Be sure to choose something that grows well in your USDA hardiness growing zone.

Clovers are a good option for pretty much anywhere. Once you scatter these seeds on the compost, rake them in a bit and cover them with a thin layer of leaves or clean straw, then water them well. The next step is the hardest. Leave your sheet-mulched bed right there for several weeks to allow it to begin breaking down. Leave it a whole season if you can. Your plants will do much better if you give the beds time to break down. I have a lot of personal experience with this. If you're too hungry for that, plant some annuals, like lettuces, peas, Swiss chard, kale, peppers, onions, whatever you like. If the crops don't do that great, no worries—since these are annual crops, the seeds are way less expensive than, say, a 2-3 year old tree that you'll use to plan your food forest guild around.

If you want to speed up the process of designing a food forest for yourself, hire us to do it for you. Visit ([foodforestabundance.com](http://foodforestabundance.com)) and use the code **ABUNDANTJOY** to get 5% off any food forest blueprint. The antidote to central planning, and the vulnerability of large food processing centers to arson and sabotage, is to decentralize. Anticipate the shortages created by the bottlenecks and fragility found in top-down systems, exercise initiative, and lead by example. Start growing some food today. ✓

## BIO

*Katie Stout (Foodforestabundance.com) is an English professor-turned-permaculture designer. She and her husband run a permaculture-designed homestead with cats, dogs, chickens, and goats in central New York State. Katie and Food Forest Abundance Founder Jim Gale are collaborating on a forthcoming book that tells the story of Food Forest Abundance's mission to build a free, healthy, and abundant society for generations to come.*



# DYNAMIC MOVEMENT & TARGET TRANSITIONS

**You do not need a perfect sight picture that would produce two-inch groups at 15 yards at the cost of speed when shooting with the front sight in the rear sight notch that would produce a 6 to 8 inch group at the same distance in half the time.**

BY JAMES WASHINGTON

I have been a competitor since the age of nine. Constant improvement is my goal and I try to stick to skills that crossover from one area to another. If I learn one throw in wrestling that carries over to Judo and Jiu jitsu, I will become more precise with those throws while still allowing myself to learn specialty ones to further enhance my toolbox.

I originally began shooting USPSA matches to find a way to enhance my shooting under more stress than a departmental qualification. Qualifications generally lack the application of multiple shots on more than one target with movement, either left or right or up or down, but these are things that obviously need to be practiced. Not only did those matches do exactly that, but they also reinforced the idea that the will to prepare is even more important than the will to win. I love competing and I do enjoy winning as well and I can say from experience that the dynamic movement that I practiced on the range helped me survive a stateside street shooting.

This incident lasted seconds, but moved the distance of a half city block in which high and low cover was used by my partner and I. These movements were done in the same heads-up smooth movements to cover that were practiced for so many hours on the range in the same way

that techniques learned and developed on the mat or ring carried over to the physical encounters in the alleys and breezeways of the housing developments of Chicago. When you practice any skills that may be used for future conflicts you should always visualize them in your mind as if they are real because your subconscious mind cannot tell the difference between the two.

Like many other fields, there are things at the base that we must remember to instill into training. For instance, the standard defensive response taught in most academies and defensive training is two rounds to center mass. Because most violent encounters are initiated by the attacker, you should get off the "X" by moving left or right. Additionally, since we do not start these violent incidents, and movement is essential, we must learn to practice drawing our weapons simultaneous with the movement, to include clearing any cover garments we might be wearing. These are things that must be done on demand and need to be drilled as much as possible, and I suggest adding this to your regular dry-practice sessions.

Additionally, when we refer to dynamic movement, we want to remember that dynamic does not mean out of control. Fast movement without control will lead to mistakes just as deadly as not moving at all. Plus, if you look at the sta-

tistics, chances are there will be multiple offenders. Therefore, movement away from the point of contact is critical. This is the only way to reset the O.O.D.A. (observe, orient, decide, act) loop, giving you a chance to change the felonious intent of bad guys.

The only way you can be efficient with movement skills is to safely practice this in dry-fire practice and live-fire range practice. This should be done in the same way that other skills are developed by the crawl, walk, run methodology. When practicing movement to cover both high and low, start slowly and try to practice on as many different surfaces as you can. You will need to know how to adjust to grass, gravel and pavement like you would when playing two-hand touch as a kid on all these surfaces.

When moving from one position to another where speed is vital there are a few things to remember. One is that you will be able to run faster if you take the non-shooting hand off the pistol and pump your hands while running. In a match, you will have to make sure not to break the lateral or horizontal 180 and in the real world make sure not to laser any good guys. Prior to getting to your next shooting position in a match or cover on the street you will have to begin the breaking process 2 or 3 steps before getting to the position.

This is done by bending your knees to lower your center of gravity while simultaneously regaining your combat grip on the gun and bringing it to eye level and reacquiring your sights on the target, plus getting the slack out of the trigger. Although you are stacking numerous actions on top of each other, with practice, this will become seamless and effortless. You want to practice this on a regular basis while varying the distances to be able to judge when to begin the breaking process so that you do not overrun your shooting box or cover. In a match, this will cost you valuable time moving back into the shooting area but, in the real world, if you overrun your cover this will give your assailant an extra bite at the apple to put rounds in your direction. When moving from shooting box to shooting box or your next location of cover that requires more than one step, remember to turn and open your hips to your cover point to increase your speed and reduce exposure time and not sidestep or shuffle to the location.

Additionally, in a match if you incur a malfunction, you can fix the problem while staying exposed and keeping your eyes on your weapon, this cannot happen during real exchanges. When this happens during a match, fixing a malfunction will feel as if a generation of time has passed even though it may be just a few seconds. Use this experience to realize the importance of conditioning yourself to fix all types of malfunctions without thought or hesitation. Also, in the real world you should roll in behind cover when fixing a malfunction. Once the gun is up and running, there are two things you must remember before trying to re-engage the offender. One is that you should not expose yourself from the same position that you rolled in behind cover. If you can't roll out on the opposite side of cover at least change the level at which you expose yourself while secondly remembering slowly taking ground or "slicing the pie" (picture the angles of moving around cover from above) to locate the offender's location. This should be done in case the bad guy has moved his location in an attempt to flank you and rolling out to the location you last saw the subject could mean exposing yourself to incoming rounds.

We must also examine another dynamic, to identify and transition. This dynamic must be worked on to build the skills necessary to be competitive and increase your survivability. The ability to identify and transition from target to target or threat to threat quickly and efficiently is a necessity in competitive shooting and self-defense. This ability is crucial to gain an advantage over your opposition. Transitioning, without overshooting the targets quickly is essential and easy to achieve when you understand what is involved with the process.

Simply obtaining an acceptable sight picture and moving that sight picture from target to target will not give you the speed advantage you need to overcome your competition. This will cause you to miss left or right of your intended hit zones. You can never shoot fast enough to make up for misses.

When it comes to transitioning target to target, newer shooters will regain and try to locate the next target while staying inside the sight picture and placing that sight picture on the next target. This seems sound, but you are missing the process of how the transition unfolds in real time, fortunately this is an easy fix. When you draw your weapon from the holster and index it into the target you pick-up your sights. Depending on your technique, somewhere between the 3rd and 4th Position, while extending your pistol straight out to the middle of the target and adjusting for the proper amount of sight alignment required to hit the target. You do not need a perfect sight picture that would produce two-inch groups at 15 yards at the cost of speed when shooting with the front sight in the rear sight notch that would produce a 6 to 8 inch group at the same distance in half the time. This technique works well and with practice, will give you the results you demand for single target engagements.

However, when you track through the sights to another target and your eyes observe the sights on the target, there is a lag time from when that sight picture is observed by your eyes and that message is sent to your brain to press the trigger. The signal to press the trigger is then sent from your brain to your finger to press the trigger and then the firing process begins. All the while your hands and sights are still in motion to the transition direction and will result in shooting past your target. Additionally, the more you practice you will begin to game the shot and press the trigger faster than you can see the sights in an attempt to not overshoot

your target, and you can't shoot fast enough to make up for a miss.

Again, with lateral or vertical transition to secondary targets you will have to get out of the sights by moving your eyes, not your head, to the middle of the next target and drive the sights to that location. This is a slight movement of the eyes while you are still in-line directly behind your sights for small transitions similar to those while shooting a plate rack. Now, for larger transitions of 45 to 180 degrees you will need to get your head involved by allowing your head to follow your eyes to the center of the next target and again driving the gun to that center. In shooting rifles, this is called "getting out of the tube" when shooting red dots or LPVO optics for big transitions, and may require breaking your cheek weld entirely.

I suggest that when practicing transitions, you always mix the types of transition by working small transitions to large and large ones to small. Blend these transition drills with dynamic movement drills to bring your game up to the next level. Have a few basic drills combining both skills so that you can track your performance over time to see where you are improving and where there are areas you need to continue working on. ✓

## BIO

*James Washington served as a patrol officer, field training officer, firearms instructor and police sergeant. He served on the FBI Gang Task Force in Chicago for six years and is a firearms & tactics instructor for multiple agencies and armed citizens.*





# FIGHT INFECTION

## In Austere Environments

BY J. DAVID LEWIS

**T**he Middle Ages saw a mean lifespan of about 30 or 40 years and one variable that appears to be significant to those harsh times was our inadequacy for fighting off infection. There were herbs and home remedies that gave humanity a fighting chance, but we didn't quite understand the disease process of infection until the nineteenth century.

Alexander's Army (323-356 BC) used Greek Oregano to fight infection from horrific battle wounds. Garlic in the Indian subcontinent is used as a dietary staple and medicine to fight infectious disease with its antimicrobial properties, and in the Americas the Seneca Iroquois used Bee Balm to make an antibiotic tea called "Oswego Tea". All of these are examples of antibiotic and antimicrobial agents in ancient times that killed bacteria and fought off infection. So why do we still

have deaths from sepsis and infection today? And what can we do in an austere environment to fight Infection? The answer is multifaceted and not as easy and straight forward as a single explanation. Various types of infections—and some bacteria—have evolved over many successive generations to resist everything we have thrown at them, but the short answer is to educate ourselves about the silent, deadly, microscopic enemy we face as a species: infection.

We cannot categorize all bacteria as negative. We are covered in bacteria inside and out, and some bacteria have an understanding for mutual survival with humans. They are single cell lifeforms that multiply, thrive and die and this cycle has been repeating itself longer than we have been on planet Earth. It is said that there are more bacteria cells on the human body than the body is made of, and

yet we get deathly ill from some bacteria. We have *E.coli* bacteria in our gut, yet if we ingest *E.coli* we get very sick and can suffer diarrhea to the point of dehydration and even death. The negative bacteria to us are classified as *pathogenic* which means they grow pathogens that become infection to the human body.

We determine Gram negative and positive bacteria by growing them in a controlled environment and testing for the most effective antibiotic agent for the type. Other Antibiotics are broad spectrum agents that basically kill both types of bacteria; similar to using a shotgun to shoot a bird. However, since the invention of antibiotics that build antibodies to kill infection, pathogens have evolved to resist these agents and are more difficult to kill today than ever before. This is why antibiotics are not the first line defense in fighting infection.

**Mint****Garlic****Oregano**

Our first line defense from those bad or harmful bacteria is our immune system: our skin and our body's internal functions. The first and most important step in building a powerful immune system internally is hydration. Your drill instructor was right on point when he said, "Hydrate, hydrate, hydrate" for several reasons. Clean water is the basic ingredient for blood and circulation which our immune system relies on for transportation of our very powerful B cells and T cells, a necessary white blood cell that kills harmful bacteria.

The next step is rest. Have you ever noticed how frequently sickness accompanies fatigue or exhaustion? Lack of rest brings negative stress on our ability to recover and fight off disease from many factors which include hormone balance and metabolism. At the core we are an energy producing and consuming machine and when stressed from overuse we are out of tune with our maximum recovery potential. At this point, disease processes begin, imbalances ensue and breakdown will be the eventual result. Humans can literally die from getting no rest.

Diet is the next step in building a powerful immune system. Think of building a house and not having quality materials. Would you frame this house with knotty garbage lumber filled with weak spots, irregularities and rot? Would you cover your roof with the lowest grade plywood made from soft punky wood? We require Vitamins that rebuild us, proteins that form amino acid chains and muscle cells. Good fats and cholesterol build cell walls and aid in the formation of new tissue. Whatever we do on the outside of our bodies is pointless if we are weak from the inside. Build your immune system from the inside with hydration, rest and a natural diet. The immune system is so powerful that the current doctrine to treat cancer is now using immune boosters rather than outside agents. Immune boosters are showing the greatest promise in human history for treating cancers.

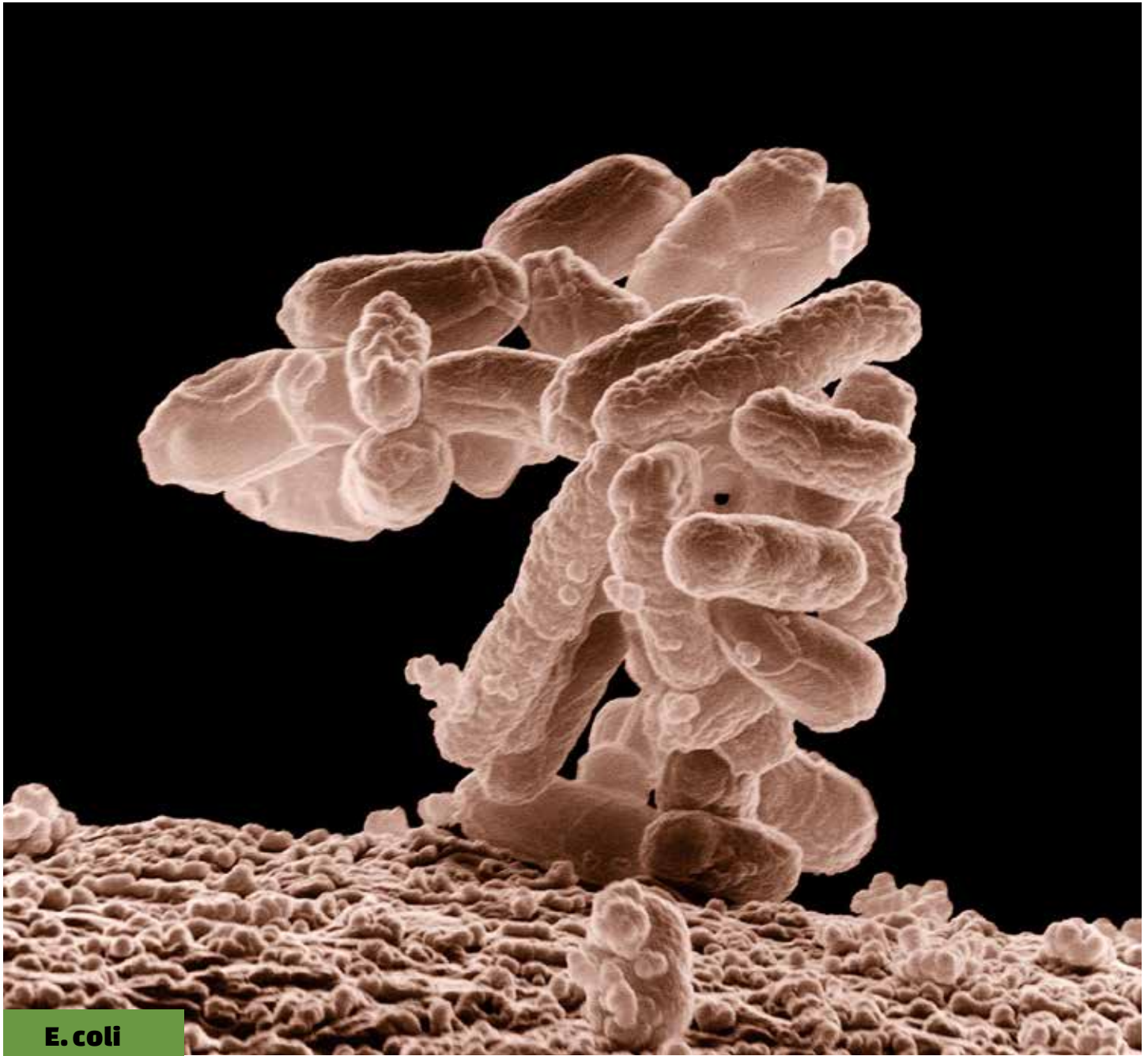
The next greatest defense from harmful bacte-

ria is the integrity of our skin; the largest human organ. In the austere environment, prevention of injury by protecting your skin is very important. Gloves on your hands and clothes protecting the skin from burns, tears and abrasions can keep you in the fight. Our skin produces sebaceous oils that coat the surface and the epidermis of the skin allows damaged cells to slough off when bacteria would otherwise remain and reproduce. Think of your skin like a phone book that drops off several

pages per hour and stops bacteria from attaining a foothold on its surface. Keep your skin integrity intact by first prevention of injury or damage.

No wonder people of the Victorian age had such a terrible time with infection and illness. They rarely bathed. In the 1800s, some communities ignorantly claimed that bathing introduced disease therefore cholera, anthrax, leprosy and many other epidemics ravaged the west and remote areas of the world. In fact in the third world leprosy and





**E. coli**

cholera still exist. By keeping your body clean, you deny bacteria a good home to reproduce and colonize your body. Even a “sun shower” can be helpful.

Clean a wound as best as possible. We are fortunate to have many available products today which are sterile and perfect for dressing a wound, but let’s assume you don’t have an expensive first aid kit with cutting edge battlefield dressings. Cuts and open wounds must first be cleaned with water, soap and kept free of dirt and debris. This is a painful process without pain relief, but it is crucial and has to be done to the best of your ability using clean water only. They should be bandaged with sterile or boiled dressings or rags if possible. It is recommended to scrub a wound with iodine or whatever antiseptic you can find. Suturing is a

long term fix so unless there is no access to care from a hospital one would only use sutures to control bleeding deep into a wound and then pack that wound with sterile material. This applies to suture glue also which is closing a wound without healing from the inside out. Closing the wound is generally frowned upon at this stage.

There are many antimicrobial items that can be obtained in austere environments. I have used oregano, bee balm, thyme, garlic and mint. The use and concentration is subjective and I would stress less is more before the latter. Silver is also very effective, in fact, battlefield bandages are sometimes augmented with silver. I have had great efficacy with colloidal silver internally by mouth and externally on cuts etc.

*Please be very careful when ingesting any herbal concoction. Make certain you have the correct plant and correct preparation.*

Another natural antimicrobial is honey. It has been used by the Egyptians and other peoples with great effect as well as garlic—both internally and externally. Ginger, Echinacea, Goldenseal and clove have an element of antimicrobial properties too. Identifying infection early is paramount in remote places. Pain will be the prerequisite, but any wound will begin with pain and tenderness so you want to identify discoloration, odor and radiating pain with infection. Also understand that infection takes time to build white blood cells to the surface. As a paramedic, I cannot stress enough how important debriding and cleaning a wound is

to prevent further problems.

Understanding the danger with infection is also key. Infection can be superficial and/or deep to include the bone and the blood. A particular type of shock with infection called septic shock if left untreated will progress into sepsis which is identified with low blood pressure, dizziness, altered mental status or cold clammy skin. Essentially what is happening is that the immune system is attacking the organs and at some point sepsis will lead to death. If you have ever heard of someone saying “They have blood poisoning”, they are referring to sepsis. As a military medic, we administer broad spectrum antibiotics to battlefield casualties just to prevent sepsis. Some of these medications include: Fluoroquinolone, Penicillin, Vancomycin, Carbapenem, aminoglycosides and many others. The strongest of these, Vancomycin, is used for some of the worst antibiotic resistant infections.

The best way to beat infection in the austere environment is prevention. Prevention includes: hydration with clean water, restorative rest, healthy and sufficient diet, good hygiene, constructive exercise, and healthy sun exposure. A powerful immune system gives us the best tool to kill harmful bacteria. Bacteria are single cell organisms that can help the body to survive by being symbiotic or dangerous by being pathogenic and lead to sepsis, septic shock and or death. Treatment of wounds include cleaning, debriding, scrubbing with antiseptic and dressing with sterile materials. Closing wounds prematurely causes infection especially if dirt, cloth and compromised agents are not cleaned from a wound.

There are many antibacterial herbs in the natural wild and it's important to study and research any plants that can be useful for killing bacteria such as the effective ancient remedy - Honey - thoroughly.

A small wound can become a life-threatening infection if it is neglected and your immune system is weak. By educating ourselves in wilderness medicine, anatomy and physiology, bacteriology and Tactical Combat Casualty Care, we can prevent or resist infections in the austere environment and then get to a medical doctor as soon as possible. ✓

## BIO

*J David Lewis is a 21-year Veteran Medic, and NREMT-Paramedic in the USAF, Mississippi Air National Guard and is currently Working overseas in the Middle East for the U.S. Department of State as a Private Security Specialist Paramedic. He has been on numerous deployments both with the Military and Dept of State in an almost 22-year timespan treating many casualties over the years. He has made it a personal goal to educate himself and apply survival techniques and practices as well as teach others the importance of preparation and prevention for survival.*



**Honey**



# HAM RADIO, GMRS

## and Connectivity for Your Network

BY JIM LEBLANC

**C**ommunication is always important. September 11, 2001 provides just one of many examples of responding emergency services departments having impediments to talking to one another. I was on a phone call with a Borough Manager from Manhattan after Hurricane Sandy and he said: “Communication was the single biggest shortfall”, Imagine a natural or man-made electro-magnetic pulse (EMP) incident. Quite a bit of society’s technology and communications infrastructure will likely be destroyed.

If you can anticipate the possibility of a problem, then you can prepare for likely and possible scenarios and you can have the right tools to stay connected on hand.

Create and share an emergency plan for your group. Compile an emergency phone list and establish a calling tree. Consider subscribing to local text message alerts. Have backup charging options, keep one landline around (if possible) and include someone on this list who lives in a different part of the state or country. You will need a key facilitator and one or more backups.

### SHORT WAVE, SDR, CB AND SAT

A simple radio receiver can be used to obtain information. International shortwave stations

transmit using World Band Radio (news that is transmitted using shortwave) as well as amateur radio (ham) operators, ships and aircraft, military, weather stations and science outposts. The Voice of America is one of the major shortwave broadcasters. Night is better for reception and they will work better with a simple long wire antenna. These are about \$100-\$250. Use lithium batteries because they don’t corrode like alkaline batteries.

SDR is usually a dongle that can plug into a USB port on your computer (so have means of powering your laptop, e.g., solar or generator or battery). The SDR will require an external antenna to attach to the other end of the dongle and a download of software, so do not wait until the last minute. These also receive only.

CB has been in use for decades and has ranges up to 1-10 miles (or longer depending on terrain on regular transmissions and greater if the signal skips). There are 40 channels on most CBs, but they cannot be encrypted.

Anti-satellite weapons exist and satellite calls are expensive and traceable. In countries like China, it is illegal to own one. Heavy cloud cover or solar storms have disrupted them, but “sat phones” still work during most disasters.

### GMRS AND HAM

For local communication, GMRS, FRS (Family Radio Service) and MURS (Multi Use Radio Service) radios are pretty good and they don’t require an FCC license for many. They are cheap and easy to learn, so you may build your network with most locals on GMRS. One of the best low cost choices is the inexpensive GMRS (General Mobile Radio Service) transceiver. They have largely replaced CB radios. FRS and MURS are range limited due to low power. Blister packs advertising 30 mile ranges for FRS radios exist, but you will often be lucky to get a mile. They are best used for tracking kids in a mall.

GMRS radios have 22 channels and up to 142 privacy codes and up to 50W of power. If you have a true GMRS radio, you may be able to tap into a repeater, which will expand your range to possibly hundreds of miles, but the repeater obviously has to be running, and you have to be within range of the repeater for your radio to hit it. GMRS radios are also allowed to operate at higher power than a lot of other radios. You need a license to use GMRS frequencies.

The fee for a GMRS license is \$35 for a 10-year period and covers an entire family. There are no tests to take and you can obtain the license online. Many may say, “it’s a disaster”, I don’t need

a license, but keep in mind your signal can be triangulated. A ham operator has to take tests demonstrating proficiency. This is not required for a GMRS license. While the GMRS license application is a cumbersome process, it is not difficult. See the two links below for the process. [Note the fee is \\$35, not \\$70 as stated](#), effective April 19, 2022.

(<https://www.notarubicon.com/how-to-get-a-gmrs-license-easy-guide-to-gmrs-licensing-on-the-fcc-website/>)

(<https://forums.mygmrs.com/topic/1240-how-to-get-a-gmrs-license/>)

A ham operator's license is not a substitute for a GMRS license. For a group, costs to implement a GMRS net will run around \$300-\$400 per person, including the license. A suggested setup would be to have a ham operator at the hub of the operation, along with a 50W GMRS transceiver. Upon receiving information via the ham radio, the operator could then contact members of a predetermined GMRS communications net, relaying information or have a system for multiple retransmissions. Have multiple ham operators for redundancy. A good GMRS resource is (<https://mygmrs.com>.)

The ham operator should also have a spectrum scope (waterfall) on his radio to save time. This shows the frequency where strong signals are located rather than manually scanning the bands.

GMRS radios can be had in power output levels of from 5W to 50W (max allowed). In various tests, a 50W BTECH Mobile GMRS-50X1 radio easily reached out 25 miles using power levels of from 5-50W. Note that this was 50W connecting to 50W. But it is possible to use the 50W as a base and 5W handhelds. The handheld should have upgraded antennas. This radio costs \$219 from different vendors. Longer ranges are possible using a repeater. Midland makes a 40W radio, the MXT400, and it is comparable to the BTECH, for \$275. Wouxun KG-XS20G GMRS Base/Mobile is a 20W radio retailing at \$200. All of these of these would be considered base or mobile radios, needing a 12V power supply and antenna, in contrast to handheld GMRS radios which can be powered by AAA batteries or rechargeable batteries.

If using the antenna indoors, you will need to mount it on a baking sheet (or similar) to create a ground plane. If operating from a mobile unit (automobile), note that both these radios require 20A which is more than a cigarette lighter can

supply. You will have to power these directly from the battery. The 12v power supply can be your car battery or a Lithium Nano Phosphate battery (LiFePO4).

The BTECH, Midland and Wouxun also require good antennas to work optimally. The Midland 6 dB Gain Antenna for \$60 is a good choice. Nagoya UT-72G High Gain Magnet Mount GMRS antenna for \$35 is an excellent antenna. Note that you must tune the antennas for the lowest SWR, so you will need an SWR meter (\$45-\$60) or a friend with one. A CB meter will not work. The units will not operate optimally without the SWR being tuned and may overload the transmitter if you are putting too much power into an untuned antenna. This does not apply to the handheld units.

Typical costs for a handheld GMRS transceiver



can run from \$50-\$100, with combos of a base/mobile radio, antenna, coax wiring and a handheld running to \$400. If possible, do monthly drills to establish protocols, find weak links (e.g., equipment not performing properly, "dead" transmission/reception spots, user issues, etc.) and to familiarize people with their equipment. Make sure each ham operator is proficient in the operation of their radios and the GMRS interface. Store your gear in functional faraday bags or other protection from EMP and have a plan for powering.

### NVIS

I also suggest using Near-Vertical Incidence Skywave (NVIS) propagation by the ham operator for HF when possible. The military uses NVIS, and it is ideal for HF communications un-

der 400 miles. A normal ham radio antenna will not always work well under 400 miles. Keeping the NVIS dipole closer to the ground attenuates the signal and lowers the noise level. A dipole for 160 meters installed at the fence post level can be good enough for local stations or you can use the ground wave only. The ground wave can travel 25 miles if unobstructed. Use mountains and bodies of water to attenuate a ground wave. Use time of day, the rise and setting of the sun to attenuate the skywave or short skip signal to the east or west.

For NVIS, 40 and 80 meters is used, primarily for practical reasons. Few will use 160 meters. Most will not have HF, and fewer will use Short Skip or NVIS propagation, fewer still will use 160 meters, and even fewer still will use the lowest power possible. Most government, state and county emergency operations will use 40M and 80M during an emergency. As there are 280,000 possible frequencies on HF, good luck trying to listen in. Perhaps only the ground wave can be used locally during daylight hours. That could be advantageous. A valley could contain most of the ground wave signal.

### PRIVACY

Use brevity codes when possible (e.g., "the library" may represent another specific location). Also, use privacy channels if available. This will not prevent someone from listening in, but will make it harder. Keep transmissions short. Do not reveal your location or identifying information. Do not transmit sensitive information. Consider transmitting from different locations or remoting a radio. Rotate frequencies. Anticipate receiving false messages and deceptive inquiries dur-

ing war time. These techniques are easily defeated by professionals, but they provide privacy from most eavesdroppers.

Now is the time to meet your neighbors. Build your network and connect it to others. Now is the time to get your skills sharp. Many disasters come with little warning.

### BIO

*Jim LeBlanc is the owner of Contingency Planning Consultants, L.L.C. and is the former Vice President of the New Orleans Chapter of the InfraGard Louisiana Members Alliance. He previously served as the chief financial officer for a major chemical company for 23 years, and as a reserve deputy for his local sheriff's office. He is author of Real Risk Management (Center for Security Policy, 2016).*

**Whether your highest priority is guaranteeing a free and fair 2022 election in all 50 states (visit: [truethevote.org](http://truethevote.org)), getting to the bottom of the COVID-19 (Wuhan Virus) misrepresentations (visit: [covid19criticalcare.com](http://covid19criticalcare.com)), securing America's beleaguered southern border, or whether you are simply interested in navigating the contemporary wilderness of censorship and deception for your own family, it is encouraging to see how selfless human beings can be. This account is the (2nd of 10) Silver Star citation for David Hackworth. Col. Hackworth is author of *About Face* (widely regarded as the most valuable account of American combat leadership). Godspeed Hack.**



## DAVID HACKWORTH

**T**he President of the United States of America, authorized by Act of Congress, July 9, 1918, takes pleasure in presenting a Bronze Oak Leaf Cluster in lieu of a Second Award of the Silver Star to Second Lieutenant (Infantry) David Haskell Hackworth, United States Army, for conspicuous gallantry and intrepidity in action while serving with Company E, 2d Battalion, 27th Infantry Regiment, 25th Infantry Division. On 8 August 1951, Lieutenant Hackworth volunteered to lead a reinforced patrol against well-defended positions near Pongmi, Korea. When the enemy began an intense small arms and automatic weapons barrage, he left his place of cover to emplace the tanks and half-tracks and to direct their fire. Moving to the front, he led the infantrymen in a furious grenade and bayonet assault to rout the hostile forces from the initial strongpoints. Although under the direct observation of the enemy, he continued to direct an effective heavy weapons barrage on their positions. When the overwhelming numerical superiority of the foe forced a withdrawal, he manned a machine gun and gave supporting fire until the last of the patrol had reached safety. Lieutenant Hackworth's valorous leadership, aggressive spirit and steadfast devotion to duty reflect the highest credit on himself, his unit and the United States Armed Forces.

