

# TACTICS AND PREPAREDNESS



## NVG NIGHT FIGHTER

BY **BRENDAN SOUDER** | PHOTOS COURTESY OF RPG-INTERNATIONAL.US.

**M**y first training NVG (Night Vision Goggle) rig outside of the army was a used PVS-14 and Steiner DBAL bought from a guy in the Panhandle of Florida. This allowed me to work through courses and teach folks the basics of Night Vision and IR lasers. I remember a lucky mistake during one course I was teaching (purely by accident) I left my rifle with the DBAL laser at the house and was forced to scramble for a solution only an hour before students were arriving. At the time I had a Streamlight TLR VIR II on my pistol and I had my competition PCC (Pistol Caliber Carbine) in my truck. I realized I could mount the Streamlight on the PCC and gave it a whirl through co-witnessing my red dot and laser in a 40-foot Conex box. During that NVG course, I figured out that this little \$300 laser/light was good for 200-yard engagements with a 9mm chambered rifle and eventually would be mounted on four of my fleet AR-15 training rifles

for students. I currently own 6 -7 of this laser/light combo and swear by them in every NVG class we do at RPGI.

Training at night is hard to do under normal circumstances and should be a well-thought-out process. Whenever we have a class, I reach out to the students and recommend they do the following:

- Mount your Night Vision on your helmet and practice donning your helmet with ear pro until you get comfortable. A helmet mount (even one that offers little protection) is generally the most comfortable and convenient way to wear the device.
- Mount your IR Laser in a position that makes sense on your rifle, which is forward and near the end of your rail system.
- Practice switching on/off your NVGs with your helmet and NVGs on your head, and know-how to flip up the device when not in use.
- Practice switching on/off your IR laser device, and practice laser safety (lasers can

damage eyesight if shined directly into another person's face).

- Know your controls on your firearms so well that you can manipulate them without looking. Be able to activate your safety, load/unload, reach your charging handle and adjust your sling if necessary.
- Practice mounting the gun for active aiming (IR laser-based engagements).
- Practice mounting the gun for passive aiming (using NVGs to look at your reticle in your optic).
- Practice walking and moving in/around obstacles at the house. Your field of view and depth perception is greatly reduced, you have to be careful how you walk with NVGs on your face.
- Come to training with your optic already zeroed (Day) and if possible co-witness your IR laser at about 50yds with your red dot reticle.

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### NVG TRAINING

Our training centers primarily around the rifle for the NVG courses because it's easier to get the concepts of active and passive aiming across. Handgun shooting is hard and it doesn't get any easier at night. We like to begin with a short PowerPoint brief to describe the history of Night Vision, How Night Vision Works, NVG Generations 1-4, component familiarization, application/usage, safety, marksmanship, and how/what to purchase.

The staff starts all training and courses the same. We focus on safety, gear setup and checking zero. Training at night with IR lasers can be hazardous to the end-user and others, especially regarding the potential for damaging vision by accidentally pointing a laser into an individual's face. Infrared lasers are not visible to the naked eye and can only be detected using Night Vision Devices. At training we like to spend some time checking everyone's equipment to ensure that screws are tight, lasers are in the correct position, and Night Vision Goggles are properly adjusted (we show users where they can adjust the focus on the objective lenses and eyepiece) and checking zero. These steps are not exciting, but are an important step before live-fire. We usually find that it is best to have everyone show up and check their day zero (we like a 50 yard zero on rifles).

There are various drills we execute at the beginning of training for our Night Fighter Series, but the first thing we focus on is shooting steel targets armed with T1000 hit indicators at 50, 100, 150 and 200 yards. Shooting steel targets from 50 -200 yards with Night Vision is a feat all by itself, especially for new NVG users, but yields confidence. The confidence built for a shooter who can accurately engage targets out to 200

yards at night is phenomenal. Many of the shooters who arrive have spent most of their firearms training time in a 25-yard bay and have yet to experience the full capabilities of their own equipment. Steel targets armed with a T1000 hit indicator are both acoustically and visually rewarding.

We like to use a few legacy drills such as the 20A drill and various reflexive firing exercises. The RPGi setup for training stays consistent throughout our courses as we incorporate multiple static targets in an array mixing paper and steel. Supporting a shooter's ability to shift gears when engaging targets is critical in developing skills. When training night vision we focus some drills on shooting with active aiming techniques and others with passive aiming techniques.

Active aiming techniques use the IR laser/illuminator to identify the target and in zero illumination (no ambient light or no moonlight) the IR laser/illuminator is extremely important. Shooting through the optic "passive aiming" and is used by looking through the sight with the NVGs. Recently, there has been an emphasis on training on how to shoot passively due to the proliferation of night vision technology (bad guys have NVGs too).

When you shoot using the "active aiming" technique, shooters do not have to shoulder the rifle or make a cheek-to-stock weld. Shooters can point the IR laser at the target and engage. Depending on the type of IR laser shooters can expect their laser to be slightly offset at close ranges. The next time you zero an IR Laser, like a PEQ 2 or LA-5, look at the point of aim/point of the impact area and observe the noticeable difference. Remember that paper is not gospel and we test our lasers out at distance on steel targets, finding this technique to be extremely effective.



tive. The laser is a straight line, the path of your bullet is not, and that is why you have to determine what distance you want laser and bullet to converge and what to expect when you are shooting at longer and shorter distances than that.

## NV GENERATIONS

Technically there are only Generations 0-3 tubes and thanks to the U.S. Army, Night Vision devices have been worked and reworked to figure out the best foot forward on the technological configuration to the present day “Generation four” device.

**Generation 0:** This technology dates back to World War II with the technology not quite into the “image intensifier” mode and more like an image converter that required an infrared illumination device to view the targeted area.

**Generation 1:** The Generation one technology was often referred to as the “Starlight

Scopes” brought about in the 1960s and used in Vietnam. The Starlight Scope was the original image intensifier and much larger than the modern version today. These original intensifiers were connected in series to generate a clear image in the center of the field of view but were subject to the “Blooming” effect washing out the image with the presence of bright light in and around the target.

**Generation 2:** The Generation two Night Vision device evolved by including the Microchannel plate, which allowed lightening of the load, eliminated the necessity of intensifiers in series, and accelerated/multiplied electrons making for a more distinct, clear and discernable image for the end-user.

**Generation 3:** Generation three image intensifiers were introduced after creation in the 1970s and were eventually in the hands of users in the 1980s. This technology upgrade came with improvements to the microchannel plate. The two main improvements were

the usage of the Gallium arsenide (GaAs) photocathode increasing the tube’s ability to detect light and the addition of the ion barrier coating on the Microchannel plate itself (which increased the life of the tube from 4,000 hours to about 10,000 hours).

**Generation 4 (Short-lived/Mythical):** The Generation four concept was first introduced in 1998 by removing the film (ion barrier used to enhance the operational life) and gating the power to the intensifier. This concept was onboarded to enhance the image, increase sensitivity and improve the Night Vision Device’s performance. This proved to be faulty as the military experienced a spike in failure rate and decided to stick with a “thin filmed” option using Generation 3 tubes, resulting in what the U.S. Army set out for the Generation four technology. Many Night Vision users pay the extra money for “Filmless” tubes for a better image, the differences to most users are nominal and most can’t tell

when they are using the either filmed or un-filmed in practical application.

**AUTO-GATED AND FILM TECHNOLOGY:**

“Auto-gated” is a term used for a Night Vision Device system that has the built-in feature that rapidly turns itself on and off to prevent “Blooming”. Blooming is a term used to describe when the NVG user loses an image due to a light source blinding the device. When NVG devices are auto-gated they are designed to reduce the potential for whiting out the image from the NVG user. Blooming is mostly prevalent in Generation one and earlier devices.

**GREEN VS. WHITE**

Which is better and does it matter? Night Vision goggles were originally designed with Green Phosphor which is directly correlating to the eye’s ability to see green. These are known as the phosphor type P43 which displays the image in green and the phosphor type P45 shows the image in white. During my time in 7th Special Forces group, I used white phosphorous PVS-31A NVGs for my operational rig (my last 5 years). I like the green tubes better and had about 15 years of living in the green world.

**FIELD OF VIEW**

Monocular (Single Tube) is what most NVG users purchase first when they are trying out the technology. The most popular nomenclature used when describing a Mon-

ocular device is the PVS-14. The acronym “PVS” stands for Portable Visual Search and is the most used Night Vision Device on the market. You can own a set for about \$2,500 if you are good at negotiating. It is a single-channel night vision device that offers a 40-degree field of view and can be mounted on a helmet, skull crusher, on a weapon or used handheld.

NVG users either “buy once, cry once” a set of dual tubes or trade into a set of them. Dual tube binos are used by U.S. special operation forces and pilots and allow the end-user a field of view increase to about 51 degrees. The dual tubes also allow for the users to have better depth perception when operating under NVGs. The average cost for a quality set of dual tubes ranges from \$4,500 to \$10,000. The idea of having better depth perception under Dual tubes is somewhat of a myth. The fact is you are taking in information in both eyes vs. one (comparing to the PVS-14 style NVG). Folks who train constantly under a PVS-14 can operate just as effectively as those with Dual tubes on the ground. You gain about 10 degrees in the field of view and ultimately take in more visual information with dual tubes. Of course, it’s what the user does with that information that counts.

Quad Tubes are every gear guy’s dream and after wearing quads for long hours at night I can only imagine the neck pain, although lighter weight plastic models are available at even more expense. I was never issued “Quads” in C-3/7 and had at the time of

retirement worked primarily under white phosphorus PVS-31A, which were very light-weight compared to my previous issues AVS-6 and PVS-15s. I do believe the added field of view for the quads are a distinct advantage, but comes at a cost with the added weight to your helmet. The advertised field of view for typical quad tube NVGs is about 97 degrees which are a large increase from the PVS-14 and Dual Tube models. These devices are generally about \$13,000 to \$40,000 a set.

If you are interested in shooting with NVGs, I suggest you sign up for an RPGI Night Fighter course. Most first-time users purchase budget Night Vision equipment to get into the game for no more than \$3500.00 leaving you with a decent PVS-14 monocular, IR Laser and a bump helmet. Most everyone we’ve encountered at our courses has purchased the NVG capability but has yet to execute solid training and familiarization with their equipment. Legitimate and credible training is the common denominator in being a competent trigger puller at night. ✓

**BIO**

*Brendan Souder is a recently retired USASF soldier, a competition shooter, and owner/operator of Range Project Group International ([rpg-international.us](http://rpg-international.us)) in the Panhandle of Florida. RPGi hosts shooting competitions and training courses that leverage the SOF background/competition hybrid model. The views expressed in this article are the opinions of Brendan Souder and do not reflect views of the U.S. Military.*

**GEAR REVIEW**

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The Marine Raider Foundation is a 501(c)(3) non-profit organization that provides support to active duty and medically retired Marine Corps Forces Special Operations Command (MARSOC) Raiders and their families, as well as to the families of Raiders who have lost their lives in service to our Nation. The Foundation aims to meet needs unmet by the government with an emphasis on building personal and family resiliency and supporting the full reintegration of MARSOC personnel following wounds, injuries, and extended deployments.



### RAIDER SUPPORT

Tremendous demands are placed on Raiders and their families, and the sacrifices made are just as great. As active duty and retired Raiders transition out of the military and approach their next mission in life, the Marine Raider Foundation provides them with the tools and assistance needed to ensure they succeed including Transition Assistance Grants for Raiders re-entering the civilian sector following their service, access to mentors & support of career transition programs.



### TRAGEDY ASSISTANCE & SURVIVOR SUPPORT

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Raider families are the backbone of this unique community. Raider family members who are facing difficult and challenging experiences will receive support through programs that bolster health, welfare, and resiliency. The Marine Raider Foundation helps Raider families with out-of-pocket expenses related to family medical emergencies, including those of special needs family members.



### RAIDER LEGACY & PRESERVATION

Today's Raiders carry on their name and legacy, as they are continually deployed throughout remote areas of the world, answering our Nations' call, and keeping America forward. The Marine Raider Foundation is proud to honor these heroes through memorial structure construction and maintenance and WWII Legacy events and memorials.

TO LEARN MORE VISIT [WWW.MARINERAIDERFOUNDATION.ORG](http://WWW.MARINERAIDERFOUNDATION.ORG)



# BRING WILD FOODS TO YOUR YARD

Wild food probably already grows in your garden. Learn to identify the “weeds”, and you might discover that you already have many edibles there.

BY CHRISTOPHER NYERGES | PHOTOS COURTESY OF [WWW.SCHOOLOFSELF-RELIANCE.COM](http://WWW.SCHOOLOFSELF-RELIANCE.COM).

Once people go out into the fields and woods and discover a few wild foods, and learn that they are both tasty and nutritious, they invariably think about growing some of these wild foods in their own backyard gardens. Guess what? Many of these wild foods are probably already in your yard. Unfortunately, if you hire a landscape gardener, they typically pull out and discard all the “weeds” that grow in your yard. Your job is to discover the identity of those weeds, and find a way to keep the edible ones. You can take samples of weeds to a local nursery where experienced employees will often be able to tell you the identity of the plant.

Once you have taken stock of what you already have and don't have growing in your yard, you might want to introduce some common wild edibles into your yard. Begin with the plants that you already know and

like. There are many ways to introduce “edible weeds” into your yard, and though this sounds easy, it isn't always.

In general, you will be introducing specific wild foods into your yard by planting the seeds, transplanting roots or by vegetative cuttings. And even though we are talking mostly “weeds,” that doesn't mean these plants will grow anywhere. For the best results, you should take note of where the plants grow in the wild. Do you find it in very poor soil with full sun? Do you find the plant under trees in the shade? Do you find it growing alongside a stream?

I will share the many ways in which I have cultivated wild plants over the years. I will stick to plants which, for the most part, grow anywhere in the country. In each of these cases, I was already familiar with the particular plant and I enjoyed eating it. That is why I began to grow it closer to home.



## NEW ZEALAND SPINACH

New Zealand spinach grows wild along the beaches of South America all the way up to Oregon or so. When I learned about this perennial spinach, I collected young tips and cooked them when I got home. They were delicious. In time, I transplanted a young plant from the upper edges of the beach and



grew it in a large sunny hillside. That was about 30 years ago. The plant not only grew, but it spread. It is a perennial, but it does die back as it produces lots of seeds each fall. Then when the rains come again, it comes back strong, with many of the seeds sprouting. That same patch has continued to grow and be productive after all these years.

Yes, this is a wild plant, but it is easy to find the seeds from seed catalogs to get it growing in your yard if you cannot find a sample nearby.

### ONIONS

Onions are very easy to grow, wild or domestic. If you find wild onions, you can collect the seed and scatter them in your garden in suitable soil. In the wild, onions can be found in the dry deserts, in wet marshes and everything in between. Each type has its own growing requirements, so you want to replicate those conditions as best as you are able.

We have collected onion seed with some success and planted the seeds. More often, we thin out a few bulbs of the wild patch, and then replant those bulbs directly in the garden or in large pots. Make sure the soil has good drainage. Also, remember that all

onions are perennials, so if you have them in a pot, they will continue to spread and take up more room, year by year. Eventually, you will need to thin your pot and move some to a new location.



### MUSTARD FAMILY

Watercress is a mustard family member, but it will be difficult to grow in your yard unless you have a river flowing through your back 40. However, there are many types of mustards that are probably already in your yard: common mustard, wild radish, London rocket, shepherd's purse, alyssum and many others. It is easy to get seed for mustard or radish. Just scatter a few seeds in your gar-

den, and watch them grow. The leaves are all nutritious, and can be added to salads, soups and any cooked dishes.



### LAMBS QUARTER

Lambs quarter (*Chenopodium Album*) is a spinach relative and a European native that is found world-wide. This is one of the easiest wild foods to bring into your backyard, assuming you don't already have it growing there. This one is easiest to grow from the seed. Collect the seed in the fall and then scatter in the late winter or spring. It will grow in most soils, and under most conditions, but it really does like rich soil and full sun. The lamb's quarter plant is used fresh or cooked in any of the ways you might use spinach. It is believed to be one of the most nutritious plants in the world.



### CURLY DOCK

Curly dock (*Rumex Crispus*) is a European plant that has long been used for food and traditional medicine. Not only does it grow easily, it is considered an invasive pest by farmers and gardeners. The plant produces

its' tall spike of brown seeds in the fall. These can be collected, and scattered in late winter or spring. It will grow in nearly all soils, though it thrives in a sandy rich soil, with full sun. The perennial root can also be dug up and transplanted. The leaves of dock are mostly used for cooking in soups and stews, and the mature seeds are added to soups and bread batter.



### NETTLES

If it were not for stinging nettles, Europeans would have starved during WWII (even more than they did). Once the tender tops of nettles are cooked, they make a delicious spinach. The greens can be added to soups, stews, egg dishes and stir fries.

Because I collect gallons of the tops and mature plants every year for soup and tea, the seeds have accidentally scattered in my back yard. Without even trying, nettles grow all over my yard. The easiest way to introduce this plant into your yard is to collect the seed in the fall by shaking the tops of the plants into a bag and later scattering the seeds in your yard. We have tried transplanting the roots, but this does not seem to work for us. These are easy to grow, they are tasty, and very nutritious.

### PURSLANE

Purslane is a low growing plant that originated in India. Even Thoreau, when he was hanging out in the wood with the Indians, wrote about making meals from purslane, which was a free edible weed. Purslane consists of a round succulent stem and paddle-shaped leaves. Though we have seen seed



Purslane

companies selling these seeds, we discovered that the easiest way to propagate lots of purslane is to simply transplant a few roots into good soil. Then, we also take the long stems and simply place them into good potting soil. At least 80% of them grow, and we have a season's worth of purslane. The plant is fairly widespread and you probably already have some growing near you.

In the wild, you find it in a somewhat sandy and well-drained soil. Ideally give it full-sun. Purslane is used in salads, for pickles and cooked with egg dishes. It is the richest source of omega 3 fatty acids, which means it helps to lower your cholesterol level. Eating purslane means you are eating your medicine.



### MALLOW

Everyone has heard of the Marshmallow – the Mallow from Europe that grows in the marshes. The roots of Marshmallow used to be boiled, producing a mucilaginous liquid, which was then whipped up like frosting, and used for coughs and sore throats. The

Marshmallow plant has a very common relative, the mallow, which is found world-wide and all over North America. The mallow plant is often found in poor and hard soil, with full sun.

Mallow leaves are edible raw or cooked or made into tea, plus, the little seeds can be collected and eaten, somewhat like rice.

If you want to grow mallow, you could transplant a few roots, and this will work if you do it early in the season while the plants are young (older roots don't seem to transplant well). Then you should collect the seeds in the fall, and distribute them in the spring. mallow is good and nutritious, and pretty easy to grow. And once you have it, you will pretty much have it for good.

### CONCLUSION

If you want an easy-to-grow garden that's highly nutritious, explore the local native vines, bushes and trees which also provide food. You might be surprised what is already growing in your area that can be easily grown in your own yard. You will likely be surprised by how many of the "weeds" you are working to remove are edible and enjoyable.

The antidote to central planning problems is to decentralize. Find wild foods growing naturally in your area and fill your yard or neighborhood with them. Make sure you correctly identify your plants and avoid toxins and pollutants. Now is the time to start your experience harvesting clean, healthy and natural food where you live. ✓

### BIO

*Christopher Nyerges (www.SchoolofSelf-Reliance.com) is the author of 22 books on wild foods, survival, and self-reliance. He has been leading explorations since 1974.*

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# STRESS MANAGEMENT AND SHOOTING SKILLS

Firearms handling and marksmanship skills need to be habituated in low-stress, slow-paced situations before engaging in stress inoculation training.

BY FRANCIS M. DUFFY | PHOTOS COURTESY OF SPARTANFTG.COM

I served with the U.S. Army Special Forces for much of my military career. One of the activities we participated in was jumping out of airplanes. In fact, I jumped out of the first plane I flew in. It was a Korean War-era C-119, affectionately known as a “flying boxcar.” I recall the jump commands (stand up, hook up, and so on). I recall shuffling to the door and being the first man in the door. I recall the green light turning on and the jumpmaster yelling “Go!” To this day, the next thing I remember is looking up at my chute to ensure it was fully deployed. My mind blacked-out as I jumped out the door of that plane. I do not remember leaving the plane. Stress, as a product of fear, can play terrible tricks on your mind and body. That was my first experience with stress inoculation and I never blacked-out again; although I never got over my fear of heights.

## SOURCES OF STRESS

There are many sources of stress. Your reaction to stress caused by: time constraints, extreme fatigue, fear, pain, and performance

anxiety in competitive situations can create a “shit show” in human performance. The brain dumps a cocktail of hormones into the body. According to the document, “Step to Health”, “The most important stress hormones are cortisol, glucagon and prolactin. However, it’s cortisol that has the greatest impact”. Vision may narrow, fine motor skills may deteriorate, tunnel vision may be activated, and time distortion is sometimes experienced. One special operations soldier I know said that when he was in gun fights it was like being in the movie “The Matrix” where the characters moved in extreme slow motion. Blood is forced into the large muscles to prepare a person for fight or flight.

Responses to stress vary. Some run, some fight, and some freeze in place with a “deer in the headlight” look. According to *Enhancing Performance Under Stress* by Robson and Manacapilli, people who have engaged in training that induces stress during firearms training tend to perform better in the face of future stressors.

## STRESS INOCULATION

The ultimate stress inoculation training goal for CCW holders may be to develop the capacity to function under stress as well as they function in non-stressful environments. The only way to come close to accomplishing this is by training under stress, and this is often referred to as stress inoculation. The more stress constructively induced in training, the less of an incapacitating response it will trigger in the body when facing a deadly force threat.

Mike Tyson famously said, “Everybody has a plan until they get punched in the mouth.” It is unrealistic for people to believe they will rise to the occasion to defend themselves effectively. Even if people train regularly, if they do not engage in stress inoculation training they will likely “fall to the level of their training instead of rising to the level of their expectations” (attributed to Archilochus, 650 BCE).

The best foundation for facing a stressful situation, in my opinion, is to have a “hard-wired” set of “clean” firearms handling and marksmanship skills (correct skills performed correctly) that are kept up to date

on a regular basis. Firearms handling and marksmanship skills deteriorate quickly. If you are using incorrect or outdated skills or performing “clean” skills incorrectly you should first focus on improving your firearms handling and marksmanship skills before engaging in stress inoculation training. Firearms handling and marksmanship skills need to be habituated in low-stress, slow-paced situations before engaging in stress inoculation training. After you demonstrate consistent proficiency you can start beneficially introducing stressors into your training.

My son and business partner at Spartan Firearms Training Group uses a familiar analogy to help our customers understand “solutions in the moment.” He says, “Your brain is a computer processor. It’s like being connected to high speed internet in non-stressful environments; it can respond to problems almost instantly. In stressful situations, it’s like the brain is on dial-up waiting for a connection to find a solution to the problem. Stress inoculation and mastery of firearms handling and marksmanship fun-

damentals uploads the correct responses to your brain so that it functions as if it has a high-speed Internet connection. The solutions in the moment become the go-to default under stress.”

If the stress inoculation drills are overly complex or if the training environment is too stressful, you will experience difficulty trying to learn the skills. You may also experience frustration and lose confidence in your gun handling and marksmanship skills. Therefore, it is important to use stress inoculation training based on an evolutionary learning strategy; that is, the training activities should be designed to build upon each other while spiraling upward toward mastery. This design strategy is known as phased learning and is featured in the *Journal of Applied Social Psychology* article Training For Task Performance Under Stress by Keinan, Friedland, and Sarig-Noar.

### DRILLS

**1.** “Box Breathing” Although “box” breathing is not a stress inoculation drill, learning to control your breathing is a pow-

erful way to calm yourself. Here’s how it works. Visualize a square. Starting at the bottom left corner take in a 4-second breath as you imagine moving to the top left corner of the “box.” Then, hold your breath for a 4-second count as you imagine moving to the top right corner. Next, exhale for a 4-second count as you move toward the bottom right corner. Finally, hold your breath for a 4-second count as you imagine moving toward the bottom left corner. Repeat.

**2.** Shot timer alone or with others on a flat range. We use shot-timers in our range training with one of our instructors actuating the timer. Other times we use the shot-timers while engaged in our personal training. These devices are easy to use. A shot timer may be activated by the sound of a gunshot. You press the “start” button to hear an audible tone. The device then records when the first shot breaks. You can also set a par time which allows you to draw and break a shot before time runs out. The par time can be adjusted to help increase shooting speed.





**3. Competition.** Shooting tends to increase perceived stress caused by the need for speed and accuracy, and to avoid failure in front of others. We run competitions at the end of our range days. Invariably, some people who were good shots during the day run off the rails when the competitions begin. Learning to manage time/accuracy stress is important, not just in competition, but also for self-defense.

**4. Timed shooting drills with movement and with verbal instructor stresses.** On our range training days, we set-up a course of fire for our intermediate and advanced students that includes metal targets (moving and stationary), hostage targets, and “shoot/no shoot” targets. One of our instructors initiates the student’s movement with a command. There are time and accuracy requirements. The student must move quickly through the course while our instructor is applying verbal pressure while following closely behind the student.

**5. Malfunction drills.** It is possible to create deliberate malfunctions using dummy rounds. An instructor can load a few of these along with live ammunition into several magazines. The magazines are handed to a student who will be running a course of fire for time and accuracy. The student does not know at what point the dummy rounds will be chambered. As the student moves through the course of fire the gun will malfunction and he or she will need to perform immediate action (tap, rack) and emergency reload drills to carry on.

You can also set-up malfunctions when training alone by loading your magazines with live ammunition and dummy rounds. As you engage your targets you will encoun-

requirements can also be introduced. Drills like the ones former special operations soldier Pat McNamara popularly uses are beneficial for shooters in top physical shape. I



ter failure to fire malfunctions to resolve. Physical activity (running, pushups, etc.) followed immediately by shooting drills. Students should only participate in these strenuous training drills if they are healthy enough to do so safely. The physical activity can be simple like running 50 yards to a table with firearms on it to engage targets set at 15-25 yards from the table. The student runs to the table, picks up a firearm, and shoots at a target. Speed and accuracy

have seen him climbing ropes and pulling a car, among other things, and then shooting for accuracy.

**6. Jiu Jitsu (combatives) focusing on firearms retention drills.** My son and I have both trained in the Relson Gracie style of Jiu Jitsu through Rising Tide Academy in Maryland (<http://www.realjiujitsu.com/>). Jiu Jitsu is an effective self-defense system. We experienced weapons retention training where a training partner works hard to take

away an inert blue training gun. My son and I also did firearms retention training with Chad LeBrun, a former MMA fighter and a firearms instructor at 3 Range Combatives (<http://www.3rangecombatives.com/staff>). Even though you are sparring with a person who is not trying to kill you, learning how to deal with the stress of a physical attack where you might be struck with a gloved fist or choked out is invaluable. This training is also beneficial for learning how to breathe under stress.

**7. Immersive 300-Degree Simulator.** Simulator training can provide you with stress-inducing scenarios. The simulator we use for our training classes is at the Guntry Club of Maryland (<https://www.guntry.com/services/simulator>). You walk into the simulator room. Large screens surround you. A simulator technician operates the simulator by displaying various scenarios on the screens including role players shooting at you. You return fire with Glock 19 handguns modified to use lasers. If you are

feeling adventurous you can wear a belt that will shock you every time you get shot.

**8. Simunition training.** In my opinion, Simunition training is the most realistic stress-inducing training. Simunition rounds look similar to real ammunition, but are intended to be non-lethal. They are intended to be used under the supervision of trained instructors. The students and role players serving as “bad guys” don protective gear. Their handguns or rifles are retrofitted to shoot Simunition. Strict safety protocols are necessary.

Simunition rounds hurt. I still bear a scar on my left bicep where I was hit by one during one of our annual firearms training events at the Blackwater Firearms Training center (now Constellis) in Moyock, North Carolina.

### CONCLUSION

Stress is not an event or thing, it is your reaction to these things and your reactions can be improved with constructive training. Facing a deadly force threat can induce sig-

nificant stress. Stress can create dysfunction in the human body. You can manage your stress levels to enhance your performance.

Overestimating one’s firearms handling and marksmanship skills or underestimating the effects of stress can have deadly consequences. Train safely with us at Spartan Firearms Training Group or with other qualified instructors, but don’t overlook your vulnerabilities. If you can safely and consistently shoot accurately and efficiently, it is time to start working on your ability to do those things while practicing stress management skills. ✓

### BIO

*Francis Duffy, Ph. D, is a U.S. Army Special Forces veteran of the 6th and 5th Special Forces Groups, a graduate of the Army Ranger School, and a combat diver. Frank is also a certified executive protection specialist and is the co-founder and vice president of the Maryland-based Spartan Firearms Training Group ([www.spartanftg.com](http://www.spartanftg.com)).*



# LOVE LETTER TO AMERICA

WRITTEN BY **YURI BEZMENOV**  
SUMMARY BY **CHRIS GRAHAM**

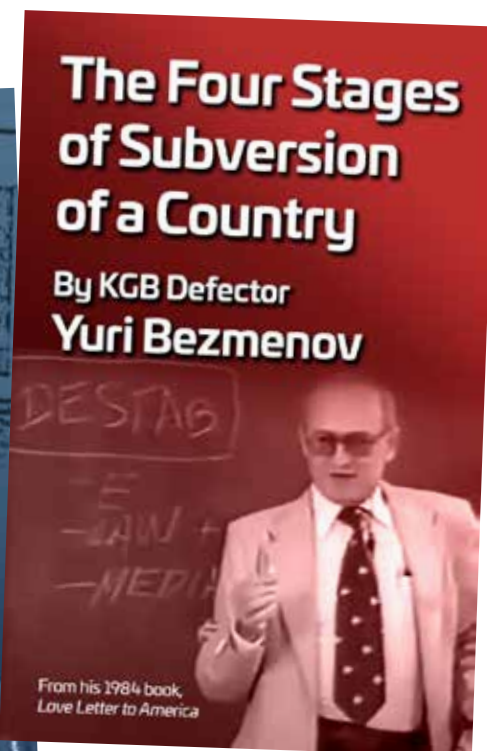
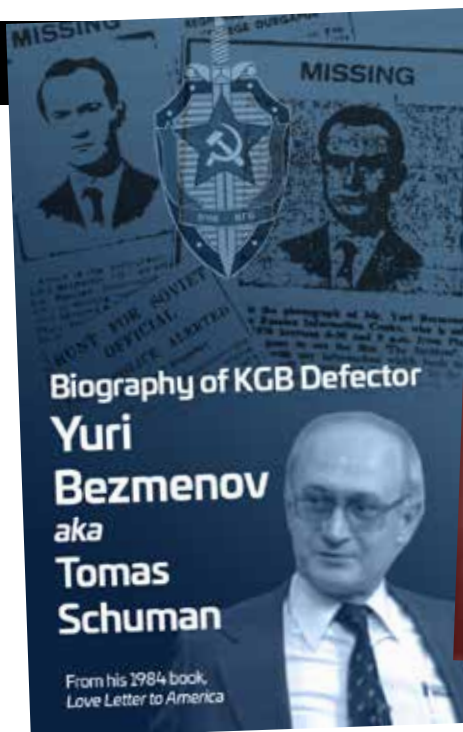
**R**ussian Yuri Bezmenov was born in 1939. He worked as a journalist and an undercover KGB agent. In 1970 Bezmenov was assigned to India and on February 8 he went to see a movie with two colleagues. He told them he would rejoin them after buying a ticket from a scalper outside. He did not return. Instead, he put on a beard, a wig and changed his clothes. He joined a tour group and escaped to Athens, Greece. The CIA reportedly helped Bezmenov obtain asylum in Canada where he lived and wrote under the alias Tomas Schuman.

He died on January 5, 1993 and is most remembered for predictive warnings he gave in lectures and in writing in the 1980s. Bezmenov described lines of effort undertaken at the tactical, operational and strategic levels that have been called The Soviet Subversion Model and Russian Reflexive Control Theory.

He said:

*My dear friends, I think you are in big trouble. Whether you believe it or not, you are at war. And you may lose this war very soon, together with all your affluence and freedoms, unless you start defending yourselves ... The driving force of this war has very little to do with natural aspirations of people for better lives and greater freedoms. If at all, these aspirations are being used and taken advantage of by the manipulators and progenitors of the war. The real driving force of this war of aggression is ideology — something you cannot eat, wear or store for a “rainy day”. An integral part of this war of ideology is Ideological Subversion — the process of changing the perception of reality in the minds of millions of peoples all over the world. The late comrade Andropov, the former head of the Soviet KGB called this war of communist aggression, “the final struggle for the minds and hearts of the people”.*

Bezmenov identified four doctrinal stages of Ideological Subversion: 1) Demoralization, 2) Destabilization, 3) Crisis, and 4)



Images courtesy of UnconstrainedAnalytics.org.

Normalization. He said Demoralization has many names: “psychological warfare, ideological aggression, propaganda warfare etc.” and that the KGB called it “Active Measures”. The purpose of this process, according to the author, is to “change your perception of reality to such an extent, that even despite an abundance of information and evidence about the danger of communism, you are unable to come to sensible conclusions in your own interests and in the interests of your nation”. He went on to say that “One of the main tactics in this process is to develop, establish and consistently enforce a set of ‘double standards.’”

Stage two – Destabilization – focuses on the internal power structures of a target nation; the nation’s foreign relations; economy and “social fiber”. Bezmenov asserts that when the preceding stage of Demoralization is successful, “the subverter no longer has to bother about your ideas and your life. Now he gets to the ‘spinal cord’ of your country and helps *you* to bring your own society into the state of Destabilization. That may take from 2 to 5 years, depending on the maturity of a nation and its ability to mobilize for resistance”.

The author predicts that in stage three – Crisis – “It may take only 2 to 6 months, to

bring America to the same situation which now exists south of the border in Central America. At this third stage of subversion, you will have all your ... ‘radicals’ ... springing into action, trying to ‘seize power as quickly and ruthlessly as possible. If all the previous stages of Soviet subversion have been successfully completed by that time, the majority of Americans will be so totally confused that they may even welcome some ‘strong’ leaders who ‘know how to talk to the Russians’. Chances are these leaders will be elected and given almost unlimited ‘emergency powers’. A forceful change of the U.S. system may or may not be accomplished through a civil war or internal revolution, and a physical military invasion ... may not even have to take place at all. But change it will be, and rather a drastic one, with all the familiar attributes of Soviet ‘progress’ being instituted such as nationalization of vital industries, the reduction of the ‘private sector’ of the economy to the bare minimum, the redistribution of wealth and a massive propaganda campaign by the newly ‘elected’ government to ‘explain’ and justify the reforms. No, no concentration camps and executions. Not yet. That will come later...”

The final stage identified is Normaliza-

tion. Bezmenov says, “Any normal nation would definitely ‘resist such a ‘progressive change’ as I have just described. And according to the ‘classics of Marxism-Leninism’ there will arise pockets of resistance, shortly after the takeover consisting of the ‘enemy classes and counter-revolutionaries’ who will physically resist the new system. Some Americans may take to arms and flee to the mountains (as in Afghanistan). Reforms (or Destruction to be more accurate) of the security agencies, (police and military) by the new government may lead to a situation of ‘split loyalties’ among law enforcement officers and render the majority of the population defenseless. At this point, to avoid ‘the bloodshed’, the subverter moves to normalize, a term borrowed from the Soviet propaganda of 1968—from the time of the Soviet ‘fraternal’ invasion of Czechoslovakia. Comrade Brezhnev called that ‘normalization’. And he was right: the vanquished country was brought by force into the normal state of socialism: namely, subjugation.”

The author credits the Chinese with pioneering this advanced, yet timeless, form of warfare. Bezmenov asserts: “500 years before Christ, the Chinese military strategist Sun Tzu formulated the principle of subversion this way:

1. Cover with ridicule all of the valid traditions in your opponent’s country
2. Implicate their leaders in criminal affairs and turn them over to the scorn of their populace at the right time
3. Disrupt the work of their government by every means
4. Do not shun the aid of the lowest and most despicable individuals of your enemy’s country
5. Spread disunity and dispute among the citizens
6. Turn the young against the old
7. Be generous with promises and rewards to collaborators and accomplices”

The voluminous writings of Mao gave additional specificity to the tactics, operational art and strategy of “Political Warfare”. The 1999 book *Unrestricted Warfare* by Col. Liang and Col. Xiangsui updated these concepts for use with modern technologies and the books *Red-Handed* by Peter Schweitzer and *Laptop From Hell* by Miranda Devine appear to reveal how the Communist Party of China is implementing them within current events in support of their stated goal of global dominance.

Non-state actors have proven to be equal-

ly committed to Bezmenov’s four stages of subversion for their own ends. The Muslim Brotherhood (MB) document: *An Explanatory Memorandum* by Mohamed Akram (seized as evidence by the FBI in Annandale, Virginia) described the Brotherhood’s main effort as “Civilization Jihad” and asserts that supporters of the Movement “must understand that their work in America is a kind of grand jihad in eliminating and destroying the Western civilization from within and ‘sabotaging’ its miserable house by their hands...” *Raising a Jihadi Generation* by former FBI agent John Guandolo and *Catastrophic Failure* by former JCS intelligence analyst Stephen Coughlin paint a clear picture of how MB front groups penetrated and controlled the decision making cycles of governmental agencies resulting in the outcome evident in Afghanistan and elsewhere.

The book *COVID 19: The Great Reset* by Klaus Schwab, and the supplemental statements of Schwab and his associates, reveal how Bezmenov’s four stages relate to pandemic ‘emergency powers’ and the subsequent consolidation of wealth and power among various billionaire globalists and mega-corporations in support of an authoritarian system of global central planning.

Bezmenov states: “We rarely use guns to kill people and take their country. The cleanest way is to blackmail, pervert, bribe, lie and intimidate the politicians and the media, and they will destabilize and disunify their own country for us.” He also observes, “There is not a single Communist country where racial groups are ‘equal’ and enjoy as much freedom to develop themselves culturally and economically as in America. Actually, there are not too many “capitalist” countries where ethnic minorities have it as good as in the USA. I have been to many countries of the world and I can state to you, my dear Americans, that your society is the least discriminatory.”

The author states, “To achieve the desired effect, the subverter must first — make idiots out of normal people, and divide them, before turning the people into a homogenized mass of useful and united idiots. Tanks and missiles may or may not be needed at [the] final stage.” He claims, “In absence of any cohesive and consistent national ideology, the task of the subverter becomes even easier. In the USA, as we all know, there is multiplicity of ideas and ideologies today, without proper emphasis on the main and basic American ideology

of the original republic and the free market system. It is not even considered ‘intellectual’ or fashionable these days to subscribe entirely to this ‘outmoded’ set of ideas.” He also observes, “Introduction of non-issues is another powerful method of demoralizing at the level of ideas. .... side-tracking of public opinion, energy (both mental and physical), money and time from the constructive solutions. Soviet propaganda elevated the art of infiltrating and emphasizing non-issues in American public life to the level of actual state policy.”

Bezmenov says, “To demoralize America’s protective forces it is enough to make your kids call the police ‘pigs’ and ‘fascists’ for a decade...stage campaign after campaign of discreditation and ‘investigation’ of the ‘wrongdoings’ of the police, and in 20 years you arrive at the present situation, when the majority of civilian population of this nation is virtually without civil laws or protection from murderers, lunatics, criminals, etc.” He adds: “Marxist-Leninist ideology coated in various indigenous ‘social theories’ have greatly contributed to the process of American family break-up. ... A child who has not learned to be loyal to his family will hardly make a loyal citizen. Such [a] child may grow into [an] adult who is loyal to the State though. The USSR example is rather revealing in this case.”

Yuri Bezmenov concludes: “Communism and its’ Marxist-Leninist dogma...is another distorted form of faith, able to inspire martyrdom in millions. Substituting the traditional values of the Judeo-Christian heritage with this Marxist-Satanic faith is one of the basic principles of subversion ....” And he notes: “Most of the actions are overt, legitimate, and easily identifiable. The only trouble is — they are ‘stretched in time’. In other words, the process of subversion is such a long-term process that an average individual, due to the short time-span of his historical memory, is unable to perceive the process of subversion as a consistent and willful effort. That is exactly how it is intended to be: like the small hand of your watch. You know it moves, but you cannot see it moving.” ✓

#### BIO

*Chris Graham is the former commander of a military anti-terrorism unit and serves as editor of Tactics and Preparedness. Visit his books and training products at ([www.ChrisGrahamAuthor.com](http://www.ChrisGrahamAuthor.com).)*



# GLOBAL COVID SUMMIT DECLARATION

## Restore Scientific Integrity

BY JILL CASEY

**O**n May 11, 2022 17,000 medical doctors and medical scientists released a joint statement demanding an end to “emergency powers”, and calling for criminal and civil accountability for “crimes against humanity”. Dr. Robert Malone (inventor of the mRNA technologies used as the foundation for the most prolific COVID [Wuhan Virus] injections), Dr. Peter McCullough (one of the most successful and most published doctors on the subject of early treatment for COVID), Dr. Ryan Cole (Mayo Clinic trained pathologist), and thousands of other medical professionals stated the following:

*We, the physicians and medical scientists of the world, united through our loyalty to the Hippocratic Oath, recognize that the disastrous COVID-19 public health policies imposed on doctors and our patients are the culmination of a corrupt medical alliance of pharmaceutical, insurance, and healthcare institutions, along with the financial trusts which control them. They have infiltrated our medical system at every level, and are protected and supported by a parallel alliance of big tech, media, academics and government agencies who profited from this orchestrated catastrophe.*

*This corrupt alliance has compromised the integrity of our most prestigious medical societ-*

*ies to which we belong, generating an illusion of scientific consensus by substituting truth with propaganda. This alliance continues to advance unscientific claims by censoring data, and intimidating and firing doctors and scientists for simply publishing actual clinical results or treating their patients with proven, life-saving medicine. These catastrophic decisions came at the expense of the innocent, who are forced to suffer health damage and death caused by intentionally withholding critical and time-sensitive treatments, or as a result of coerced genetic therapy injections, which are neither safe nor effective.*

*The medical community has denied patients*

*the fundamental human right to provide true informed consent for the experimental COVID-19 injections. Our patients are also blocked from obtaining the information necessary to understand risks and benefits of vaccines, and their alternatives, due to widespread censorship and propaganda spread by governments, public health officials and media. Patients continue to be subjected to forced lock-downs which harm their health, careers and children's education, and damage social and family bonds critical to civil society. This is not a coincidence. In the book entitled "COVID-19: The Great Reset", leadership of this alliance has clearly stated their intention is to leverage COVID-19 as an "opportunity" to reset our entire global society, culture, political structures, and economy.*

*Our 17,000 Global COVID Summit physi-*

*has been illegitimately imposed on the world, and to formally declare that the actions of this corrupt alliance constitute nothing less than crimes against humanity.*

*We must restore the people's trust in medicine, which begins with free and open dialogue between physicians and medical scientists. We must restore medical rights and patient autonomy. This includes the foundational principle of the sacred doctor-patient relationship. The social need for this is decades overdue, and therefore, we the physicians of the world are compelled to take action.*

*After two years of scientific research, millions of patients treated, hundreds of clinical trials performed and scientific data shared, we have demonstrated and documented our success in understanding and combating COVID-19. In considering the risks versus benefits of major*

*2. We declare doctors should not be blocked from providing life-saving medical treatment.*

*3. We declare the state of national emergency, which facilitates corruption and extends the pandemic, should be immediately terminated.*

*4. We declare medical privacy should never again be violated, and all travel and social restrictions must cease.*

*5. We declare masks are not and have never been effective protection against an airborne respiratory virus in the community setting.*

*6. We declare funding and research must be established for vaccination damage, death and suffering.*

*7. We declare no opportunity should be denied, including education, career, military service or medical treatment, over unwillingness to take an injection.*



*cians and medical scientists represent a much larger, enlightened global medical community who refuse to be compromised, and are united and willing to risk the wrath of the corrupt medical alliance to defend the health of their patients.*

*The mission of the Global COVID Summit is to end this orchestrated crisis, which*

*policy decisions, our Global COVID Summit of 17,000 physicians and medical scientists from all over the world have reached consensus on the following foundational principles:*

*1. We declare and the data confirm that the COVID-19 experimental genetic therapy injections must end.*

*8. We declare that first amendment violations and medical censorship by government, technology and media companies should cease, and the Bill of Rights be upheld.*

*9. We declare that Pfizer, Moderna, BioNTech, Janssen, Astra Zeneca, and their enablers, withheld and willfully omitted safety and effectiveness information from patients*



and physicians, and should be immediately indicted for fraud.

10. We declare government and medical agencies must be held accountable.

On 29 October 2021, these doctors and scientists signed an earlier declaration stating:

*Whereas, after 20 months of research, millions of patients treated, hundreds of clinical trials performed and scientific data shared, we have demonstrated and documented our success and understanding in combating COVID-19;*

*Whereas, in considering the risks vs. benefits of major policy decisions, thousands of physicians and medical scientists worldwide have reached consensus on three foundational principles;*

*Now therefore, it is: Resolved, that healthy children shall not be subject to forced vaccina-*

*tion.*

- *Negligible clinical risks from SARS-CoV-2 infection exist for healthy children under eighteen.*

- *Long term safety of the current COVID vaccines in children cannot be determined prior to instituting such policies. Without high-powered, reproducible, long term safety data, risks to the long-term health status of children remain too high to support use in healthy children.*

- *Children risk severe, adverse events from receiving the vaccine. Permanent physical damage to the brain, heart, immune and reproductive system associated with SARS-CoV-2 spike protein-based genetic vaccines has been demonstrated in children.*

- *Healthy, unvaccinated children are critical to achieving herd immunity. Natural immunity is proven to tolerate infection, benefiting community protection while*

*there is insufficient data to assess whether Covid vaccines assist herd immunity.*

*Resolved, that naturally immune persons recovered from SARS-CoV-2 shall not be subject to any restrictions or vaccine mandates.*

- *Natural immunity is the most protective, and longest-lasting solution against the development of COVID-19 disease and its more serious outcomes.*

- *Naturally immune persons are at the lowest risk of transmission, thus should not be subject to travel, professional, medical or social restrictions.*

- *Natural immunity provides the best source of herd immunity, a condition necessary for eradicating the Covid virus.*

*Resolved, that all health agencies and institutions shall cease interfering with physicians treating individual patients.*

- *Early intervention with numerous, available agents has proven to be safe and effective, and has saved hundreds of thousands of lives.*
- *No medicine already given regulatory approval shall be restricted from “off-label” use, particularly during this global humanitarian crisis caused by a rapidly mutating virus, which requires quick to adopt treatment strategies.*
- *Health agencies shall be prohibited from interfering with physicians prescribing evidence-based treatments they deem necessary, and insurance companies must cease blocking payments for life-saving medicine prescribed by doctors.*

#### **Recommended Legislative or Executive Action:**

*We believe that violating any of these three principles unnecessarily and directly risks death to our citizens. We hereby recommend the leaders of states, provinces and nations legislate or take executive action to prohibit the three practices described above.*

*The above declarations were made on the foundation of the “Physician’s Declaration” made in Rome, Italy in September, 2021 by the International Alliance of Physicians and Medical Scientists. The Rome Declaration stated:*

*Whereas, it is our utmost responsibility and duty to uphold and restore the dignity, integrity, art and science of medicine;*

*Whereas, there is an unprecedented assault on our ability to care for our patients;*

*Whereas, public policy makers have chosen to force a “one size fits all” treatment strategy, resulting in needless illness and death, rather than upholding fundamental concepts of the individualized, personalized approach to patient care which is proven to be safe and more effective;*

*Whereas, physicians and other health care providers working on the front lines, utilizing their knowledge of epidemiology, pathophysiology and pharmacology, are often first to identify new, potentially lifesaving treatments;*

*Whereas, physicians are increasingly being discouraged from engaging in open professional discourse and the exchange of ideas about new and emerging diseases, not only endangering the essence of the medical profession, but more importantly, more tragically, the lives of our patients;*

*Whereas, thousands of physicians are being prevented from providing treatment to their patients, as a result of barriers put up by pharmacies, hospitals, and public health agen-*

*cies, rendering the vast majority of healthcare providers helpless to protect their patients in the face of disease. Physicians are now advising their patients to simply go home (allowing the virus to replicate) and return when their disease worsens, resulting in hundreds of thousands of unnecessary patient deaths, due to failure-to-treat;*

*Whereas, this is not medicine. This is not care. These policies may actually constitute crimes against humanity.*

*Now therefore, it is:*

*Resolved, that the physician-patient relationship must be restored. The very heart of medicine is this relationship, which allows physicians to best understand their patients and their illnesses, to formulate treatments that give the best chance for success, while the patient is an active participant in their care.*

*Resolved, that the political intrusion into the practice of medicine and the physician/patient relationship must end. Physicians, and all health care providers, must be free to practice the art and science of medicine without fear of retribution, censorship, slander, or disciplinary action, including possible loss of licensure and hospital privileges, loss of insurance contracts and interference from government entities and organizations – which further prevent us from caring for patients in need. More than ever, the right and ability to exchange objective scientific findings, which further our understanding of disease, must be protected.*

*Resolved, that physicians must defend their right to prescribe treatment, observing the tenet FIRST, DO NO HARM. Physicians shall not be restricted from prescribing safe and effective treatments. These restrictions continue to cause unnecessary sickness and death. The rights of patients, after being fully informed about the risks and benefits of each option, must be restored to receive those treatments.*

*Resolved, that we invite physicians of the world and all health care providers to join us in this noble cause as we endeavor to restore trust, integrity and professionalism to the practice of medicine.*

*Resolved, that we invite the scientists of the world, who are skilled in biomedical research and uphold the highest ethical and moral standards, to insist on their ability to conduct and publish objective, empirical research without fear of reprisal upon their careers, reputations and livelihoods.*

*Resolved, that we invite patients, who believe in the importance of the physician-patient relationship and the ability to be active participants in their care, to demand access to science-based medical care.*

The 17,000 signers of the Global COVID summit declaration represent the most courageous and most scientifically rigorous members of the medical field. Unprecedented “lockdowns” and “mandates” that are clearly linked to the implementation of centrally planned societies where constitutional republics and representative democracies previously flourished are evident around the world. Shortages and supply chain fragility can be traced to shutdowns and mandates as a primary point of origin. Unprecedented public health data secrecy, unprecedented pharmaceutical propaganda, and widespread financial conflicts of interest have accompanied these violations of the Nuremberg Code and the violation of countless similar statutes and policies.

Canadian citizens have resisted abuse of power, by using the civil disobedience tactics of Henry Thoreau and Martin Luther King, Jr. Australian Citizens have resorted to fraud and falsification to satisfy unethical mandates and to assist others like those hiding Anne Frank did. U.S. Citizens have joined lawsuits such as those carried out by Liberty Counsel (LCAction.org) to create accountability for the fraudulent and illegal promotion of partially tested experimental products and for employers and businesses that have practiced medicine without a license. And thousands of other Americans have joined (Stopvaxpassports.org) to peacefully reassert the U.S. Constitution’s Bill of Rights supremacy for Americans over claims of the World Health Organization and United Nations and to make clear that the President of the United States cannot delegate powers he does not have to foreign bodies.

COVID (and other possible pandemic) policies and climate polices wrapped in social justice narratives have been advanced as the most significant tools for wielding power for this time. Either the points of the Global COVID Summit Declaration will be digested, shared, and acted on by citizens throughout the world or we can anticipate that any abuses witnessed will be intensified and multiplied in the next rounds of competition for power and control. ✓

#### **BIO**

*Jill Casey (pseudonym) is a former intelligence officer.*

**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: [globalcovidsunmit.org](http://globalcovidsunmit.org)), ending the incentives for the unprecedented scale illegal immigration march across America's 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 courageous human beings can be. Happy Independence Day!**

## RONALD REAGAN

**R**onald Reagan was the 40th President of the United States. On March 30, 1981, he was shot by a would-be assassin. Rolled into George Washington University Hospital near death, he famously joked with his surgical team, "I hope you are all Republicans" before passing out. The following are some of the quotes that President Reagan was most known for:

*Not too long ago, two friends of mine were talking to a Cuban refugee, a businessman who had escaped from Castro, and in the midst of his story one of my friends turned to the other and said, "We don't know how lucky we are." And the Cuban stopped and said, "How lucky you are? I had someplace to escape to." And in that sentence he told us the entire story. If we lose freedom here, there's no place to escape to. This is the last stand on earth.*

*And this idea that government is beholden to the people, that it has no other source of power except the sovereign people, is still the newest and the most unique idea in all the long history of man's relation to man.*

*This is the issue of this election: Whether we believe in our capacity for self-government or whether we abandon the American Revolution and confess that a little intellectual elite in a far-distant capitol can plan our lives for us better than we can plan them ourselves.*

*You and I are told increasingly we have to choose between a left or right. Well I'd like to suggest there is no such thing as a left or right. There's only an up or down - man's old-aged dream, the ultimate in individual freedom consistent with law and order, or down to the ash heap of totalitarianism. And regardless of*



*their sincerity, their humanitarian motives, those who would trade our freedom for security have embarked on this downward course.*

A generation ago, President Reagan also told audiences:

*Freedom is never more than one generation away from extinction. We didn't pass it to our*

*children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free. ✓*