

THE

RANGER

DIGEST IX
TIPS, TRICKS & INFO

FEATURING
"PVT. MURPHY"

BY: RANGER RICK F. TSCHERNE

A SOLDIER'S GUIDE TO LEARNING
THE TRICKS-OF-THE-TRADE

NOTE: COPYRIGHT PENDING

RANGER DIGEST UPDATE

And as the song goes, "and another one bites the dust...." And it gives me great pleasure to report the Army is finally cracking down and punishing senior NCOs and Officers who fail to live up to the military standards and regulations that they expect everyone else to follow except themselves. And as I stated in my previous Ranger Digest;

"It seems we always hear about the little fish (E-1 - E-6) getting caught but rarely about the bigger fish (E-8, E-9, O-6 & above) getting caught, charged, and prosecuted for doing something wrong or inappropriate."

Why? Well most NCOs and officers probably won't agree with me, but it's because senior leaders are known to look out after their own. And it's a known fact among top ranking leaders that it's better to allow a fellow senior NCO or officer to retire (if they're eligible) than to prosecute them so they can retire with full military honor, benefits, and to save them (and the Army too) some embarrassment.

But as you can see from this recent newspaper headline, senior NCOs and officers are now getting what they deserve, and I'm glad they are too, Hooah! Because as I stated in my last book, I'm a strong believer in "the more rank you have, the more severe you should be punished because you should know better." But again, I'm sure most leaders will disagree with my philosophy on this, especially if they're a senior NCO or officer.

In the military

Army sgt. major under scrutiny

Investigation under way in sexual misconduct case

BY MARION CALLAHAN
Heidelberg Bureau

HEIDELBERG, Germany — U.S. Army Europe's highest-ranking civilian soldier is under investigation for sexual misconduct involving a female soldier under his command, according to an official who asked not to be identified.

Command Sgt. Maj. Riley C. Miller was suspended last month by his commander, Gen. Henry C. Shroy, and was reassigned to other duties pending the outcome of the investigation, according to a USAFEUR statement.

U.S. Army Europe officials have refused to discuss the case.

Attention Readers: Csm Riley Miller

in Vicenza, Italy. And personally, I believe any senior leader who gets caught doing something wrong or inappropriate has probably done it a few times in the past before finally getting caught.

And as of December 24th, 1999, Csm Miller was found Not Guilty of all but one charge — **Fraternalization!** Do I think it was a fair trial? Well, I think Csm Miller and the victim both should have been given a lie detector test and the results made available to the public. And regardless of the court's verdict, like in the OJ Simpson trial, whoever failed the test would always be looked upon as the *guilty culprit & liar* for the rest their life. It's called "justice in the form of public shame and condemnation."

or provide details on the investigation process.

Miller has been command sergeant major for USAFEUR since 1996, and has served in the Army for more than 30 years. The post is one of the most prestigious of four corps' most prestigious positions.

The inquiry is being conducted by USAFEUR's Criminal Investigation Command, which is responsible for investigating felony-level or sensitive crimes.

Once the investigation is complete, Miller will decide whether

there is enough evidence to punish Miller administratively or order an Article 32 hearing — the military equivalent of a grand jury.

Such a hearing would determine whether the evidence warrants a trial by court-martial, and if it agrees with the recommendation, Miller could be court-martialed.

An Article 32 hearing and court-martial could be open to the public, said Eugene Fleck, head of the National Institute of Military Justice in Washington, D.C.



Csm Riley Miller is depicted in a photograph.

RD VIII UPDATE: B-B-Q AMMO CAN

If you're in the military I'm sure you won't have any problems finding a 5.56mm or 50 cal. ammo can laying around somewhere. And if you're not in the military, then you'll probably have to buy 'em from a military/outdoor supply store or mail order catalog. And if you do, don't worry they're not very expensive, they cost only about \$5.00. Which is pretty darn cheap considering all the many things you can use 'em for. (See Ranger Digest VIII page 14-19.)

As I mentioned in my previous Ranger Digest (VIII), one of my favorite uses is to use 'em as a portable barbecue. But a few troops deployed "down range" to Kosovo wrote;

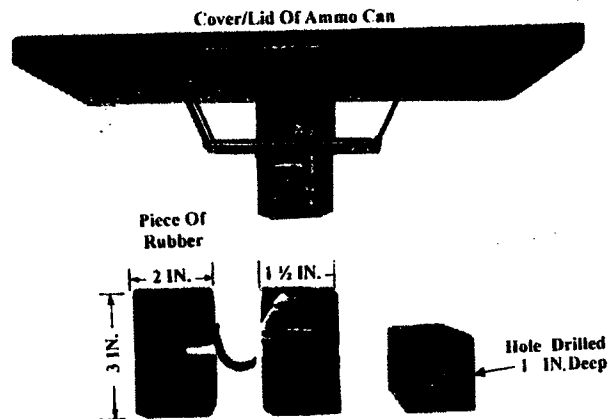
Dear Ranger Rick,

Your b-b-q ammo can tip sounds like a great idea, unfortunately were not allowed to make any holes in our ammo cans because our unit recycles them, is there another way?"

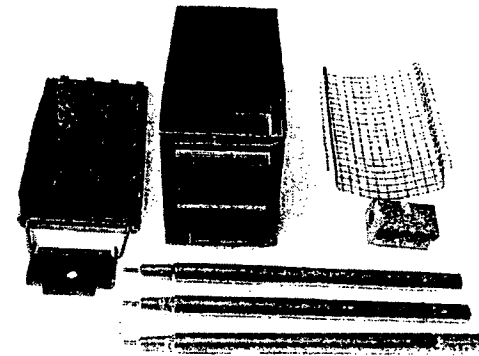
Yep, there sure is. All ya need is some chicken wire for a grill, some aluminum foil for the inside portion of the ammo can so the charcoal, wood, etc won't burn or discolor the metal, and of course, some food and you're ready to start barbecuing.

And you know what I really like about this barbecue ammo can, you can keep everything you need right inside of it. Not only the charcoal/wood, aluminum foil, and chicken wire/grill, but even the food. And because it's small and compact, it can be easily stored in your car, boat, camper, or plane. Pretty cool, huh?

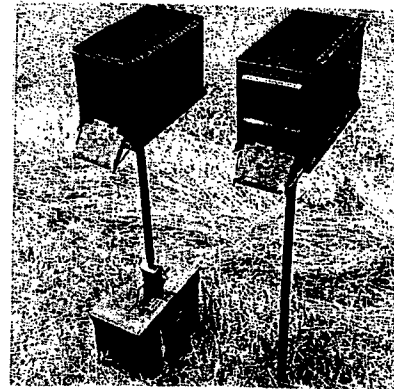
Now if you want to make it a bit more fancier, you can also attach a one-legged stand to it so you can barbecue "standing up" instead of sitting down. All ya need for this is a 3 x 2 x 1 1/2 inch piece of wood, a 1 1/2 x 1 inch piece of rubber from an old bicycle inner tube tire, a couple of GI wooden tent poles and study the following photos & drawings below and on the next page. Enjoy!



4



What Your B-B-Q Set Should Contain



How To Use It



Place Aluminum Foil In Ammo Can



"Cheers Ya All!"

5

HAVE YA EVER HEARD OF A DAKOTA FIRE HOLE?

One day while reading the *American Survival Guide* magazine I came across an interesting article about a field expedient fire pit called a "Dakota Fire Hole." Now I've heard of them and I've also used them a few times myself too, but I didn't know it was an old Army technique in making small clandestine out-of-sight fires for cooking, drying clothes and staying warm during military tactical operations.

Nope, I didn't believe it so I looked it up in an old US Army Field Manual (FM 21-76) and sure enough there it was in "black and white." And as the magazine article points out, it says in the manual to "build it at the base of a tree so the branches and leaves above it will disperse the smoke."

And as the magazine article also pointed out, this is kinda dumb to do because you're obviously going to waste a lot of time cutting, digging, and pulling up a lot of tree roots. And when you finally do have your Dakota Fire Hole built and going, chances are some underground tree roots will probably catch fire, burn, and smolder for many hours well after you have finished using it or moved out? Well, as the saying goes, "if there's an easier way and a hard way in doing something -- the Army always wants you to do it the hard way. Ain't this the truth?

Now listen up boys & girls... it'll be lot easier and faster to dig a Dakota Fire Hole if you dig'em away from trees and bushes. And if you do need to disperse the smoke so the enemy won't see it, hell just break off some big tree branches and stick'em in the ground "above the hole" so they'll disperse the smoke closer to the ground rather than way above it. Make sense, don't ya think?

A Dakota Fire Hole should be dug about 12 x 12 inches wide and about 16 inches deep and then another hole dug about 4 x 4 inches wide at a "slight angle" all the way to the bottom of the first hole on the "upwind side." This smaller hole is called an "airshaft" and it will ensure air flows continuously to the bottom of the main hole so that the fire will burn steadily. Then after you have dug these two holes, place some very fine shredded tinder at the bottom of the main hole and then stack some small dry sticks on top of it "teepee style." Then all ya gotta do is light the tinder and when the teepee starts to burn, add more wood to it.

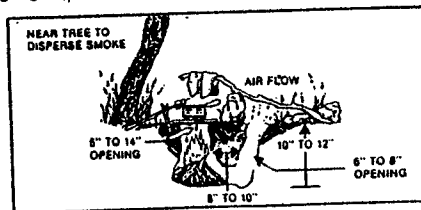
You can also build a Dakota Fire Hole in the snow, but you gotta build a base at the bottom of it so the fire won't keep sinking further and further down into the snow as it burns. To do this, you need to use "green logs" as a base because they won't burn as easily as dry logs. And if you do use green logs, then your fire hole should remain at the same depth that you built it. To extinguish the fire all ya gotta do is fill in both holes simultaneously and the fire should go out.

If you want to carry something lightweight that'll help get a fire going in no time, find an old bicycle "inner tube" tire and cut it into 1 x 1 inch pieces and put as many as you can inside an empty 35mm film container. Then when you need to start a fire, pull one piece out, light it, place it on top of the tinder and it'll burn for approximately 3 minutes, which is more than enough time needed to get a fire going. Try it, it works great!

35mm Film
Container



Bike (Rubber)
Inner Tube



6

HOW TO MAKE A SURVIVAL VEST

In almost every outdoor survival handbook there's a chapter on "what you should pack and carry in a survival kit." But what most of these survival handbooks fail to explain is the difference between the basic "must have" necessities and the "nice-to-have" items that can make your survival situation less life threatening, more comfortable, and yes... even enjoyable too.

And whether you're in the military or not, a hunter, camper, hiker, survivalist, or some other type of outdoor enthusiast, or you frequently travel to remote and off the road places, you need to carry a survival kit. And as Joseph A. Laydon Jr. of Intensive Research Information Services and Products (IRISAP) points out in his books: (See advertisement on page 11.)

A survival kit MUST BE constructed to satisfy the eight elements of survival, which are Fire, Water, Shelter, First Aid, Signal, Food, Weapons, and Navigation. And if a survival kit does not contain the proper items to satisfy ALL (and not part) of these eight elements of survival, then it's NOT a true survival kit.

Well, after personally reviewing about dozen or more survival handbooks, these are the basic "must have" necessities they all recommend you should carry in a survival kit.

ITEMS	QUANTITY	WHAT IT'S USED FOR
Candle	1	Starting fires and as a light source
Compass	1	Determining directions
Flashlight	1	Light source and for signaling
Wire Saw	1	Cutting wood for fires and shelters
Safety Pins	3	Securing clothing & used as fishing hooks
Pocketknife	1	Preparing game and field craft needs
Signal Mirror	1	Signaling rescue parties during daylight
Wire (10 yards)	1	Making animal traps and snares
Fishing Line & Assorted Hooks	6	Catching fish and birds
Fire Starter (Matches, lighter, or flint)	1	Starting fires

And these are the "nice-to-have" items they all recommend you should carry in a survival kit:

ITEMS	QUANTITY	WHAT IT'S USED FOR
Whistle	1	Signaling Rescue Party
Sewing Kit	1	Repairing clothes
First Aid Kit	1	Treating cuts and wounds
Small Plastic Bags	2	Gathering water
Large Plastic Trash Bags	2	Building shelters & other field craft needs
Water Purification Tablets (Bottle)	1	Making solar stills
		Purifying water for drinking

7

What should you carry these items in? Well if you're in the military you should carry them in an extra ammo pouch on your belt or inside your butt pack or rucksack. And if you're not in the military, then you'll probably want to carry them in a small nylon or canvas pouch or rucksack. Unless you want to carry 'em the same way military aviators carry theirs, in a Survival Vest.

Now there are several types of vests on the market, from military flight and assault vests to safari and traveler vests. But what I don't like about these vests is the price - they're too damn expensive. Except one type, a fisherman's vest. Which I much prefer because they're less expensive, lightweight, and they have an assortment of small, medium and large pockets for all your survival goodies.

And when you need something, you can quickly get to it without having to dump everything out. And if you do forget which pocket you put it in, you just have to feel for it. And best of all, this vest can be easily stored under the seat of a car, boat, plane, or snowmobile. Not bad, huh?

And in addition to these "must have" and "nice-to-have" survival items, I personally carry in my survival vest the following "luxury items."

ITEMS	QUANTITY	WHAT IT'S USED FOR
Sponge	1	Gathering water from wet /moist leaves.
550 Paracord	1	Making shelters and other field craft needs
Space Blanket	2	Maintaining body warmth
Assorted Nails	8	Making spears and arrows
Snake Bite Kit	1	Treating snake bites
Small Bar of Soap	1	Maintaining personal hygiene
Pocket Rain Jacket	1	Protection from weather
Sheet of 4 X 6 Plastic	1	Building shelters, gathering rain water
Water Bottles (1 x Liter)	2	For carrying drinking water
Emergency Strobe Light	1	Signaling rescue parties during darkness
Sling Shoe/Elastic Band	1	Acquiring game
Binoculars (Compact Type)	1	Look for help, routes, game
Meal-Ready-To-Eat (MRE)	1	Emergency Meal
Drinking Cup (Folding Type)	1	For solar still and gathering water
Solar/Dynamo AM/FM Radio	1	Reducing boredom and maintaining sanity
Hand Sanitizer (Ethyl Alcohol)	1	For personal hygiene and starting fires.

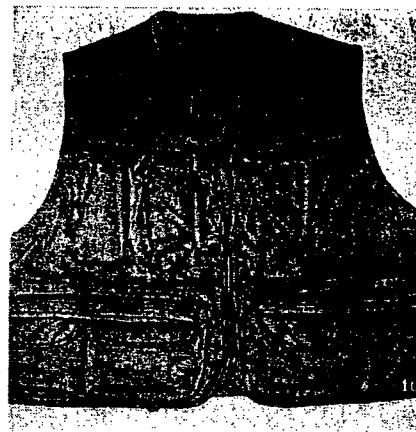
Although all this may seem like an awful lot of extra stuff to carry in a survival vest, no matter what type of terrain or weather environment I may find myself in, I guarantee these additional survival goodies will no doubt enhance my survivability TREMENDOUSLY. Think about it.

SAS Combat Survival Tin

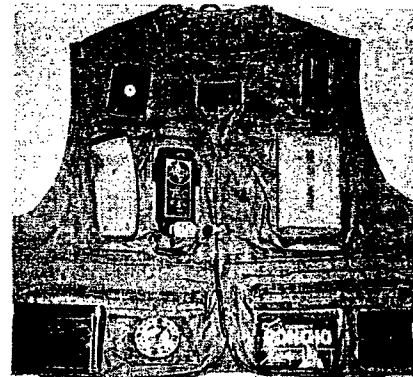
This compact and durable tin features a compass, whistle, candle, brass wire snare, a fishing set, instructions, matches, a pencil, sewing kit, wire saw, water tablets, safety pins, a tire lighter, folding scissors and a strike blade. The tin can also be used for cooking purposes! United Kingdom Measures 4 1/2 x 1 1/2 x 1 1/2 Wt. 8.0oz



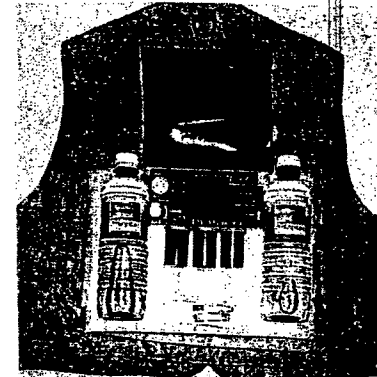
FISHING VEST



FRONT



BACK



THE MANY USES OF FIBERGLASS TENT POLES

Many years ago while on a camping trip I was a bit B-O-R-E-D. So bored that I removed the fiberglass poles from my tent just to see what else I could use 'em for. Now unlike the military issued wooden tent poles, these commercial "fiberglass" poles are a lot more durable, flexible, and lighter in weight too. And because they're flexible, have a hole drilled down the center and a metal adapter on the ends for connecting several poles together, they can be used for other things too. For example:

AS A WALKING STICK - Just connect 2-3 poles together, wrap some 550 parachute cord around one end for a handle grip, jam a nail in the other end to keep the hole free of dirt and then wrap some wire or string around it to prevent it from splitting should you poke something a bit too hard with it, like a rock.

AS A SNAKE CATCHER - Just connect 2-3 poles together, run some nylon string or wire down the center, make an "adjustable loop" on one end and tie a large knot on the other to prevent the string/wire from coming out. To capture a snake with it, just slip the adjustable loop over it's head, pull tight on the other end and lift up. To release it, just loosen up your grip and the snake (if not yet choked to death) will (angrily) wiggle out of the loop by itself, then watch out!

AS A FISHING SPEAR - Connect 2-3 poles together, find a large nail about the same diameter as the hole in the poles, cut off the head of the nail, bend it "slightly" in the middle and then "jam it" in one of the ends. Then take a large fishing hook, bend it in the middle (as shown in the drawings/photos), position it over the nail and then tie it securely in place with some wire/string. Note: When a fish is speared, the fishing hook helps keep the fish from coming off the nail.

AS A HUNTING SPEAR - Connect 2-3 poles together, find a large nail about the same diameter as the hole in the pole, cut off the head of the nail, bend it "slightly" in the middle and "jam it" in one of the ends and then wrap some wire or string around it to prevent it from splitting should you hit something a bit too hard with it, like a rock or tree.

AS A HUNTING BOW - Connect 3 poles together, run some "nylon string" down the center, (preferably 4-5 nylon inner strands from some 550 para-cord), bend the pole into a quarter of a circle/moon and then tie the two ends of the string together. Then take some 100 mph tape or 550 parachute cord and wrap it tightly around the center portion of the bow so you'll be able to grasp and hold it more securely in your hand.

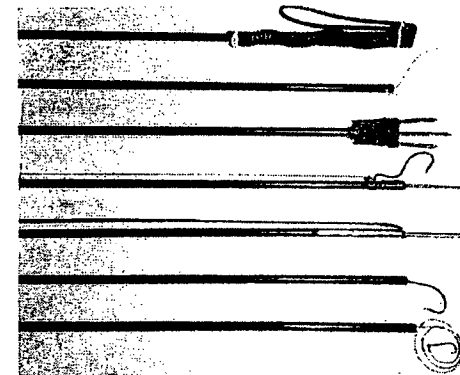
AS A FISHING POLE - Connect 2-3 poles together, run some fishing line or string down the center, attach a fishing hook, grab the pole in one hand, wrap the excess fishing line around the other and cast out.

AS A GRAPLING HOOK - Connect 2-3 poles together, find a large fishing hook, cut or break off the "eyelet," bend the hook in the middle and "jam it" securely in one end of the pole.

IMPORTANT: Should the poles not fit together very well, just take a pair of pliers and slightly bend the metal adapters on the ends until they do fit more securely and tightly together.



US Military "Wooden" Tent Poles



Walking Stick

Snake Catcher

3 Prong Fish Spear

Fishing Spear (w/hook)

Hunting Spear

Grappling Hook

Fishing Pole



Aim/Throw Slightly Below Fish

(To offset the reflection of the fish in the water)

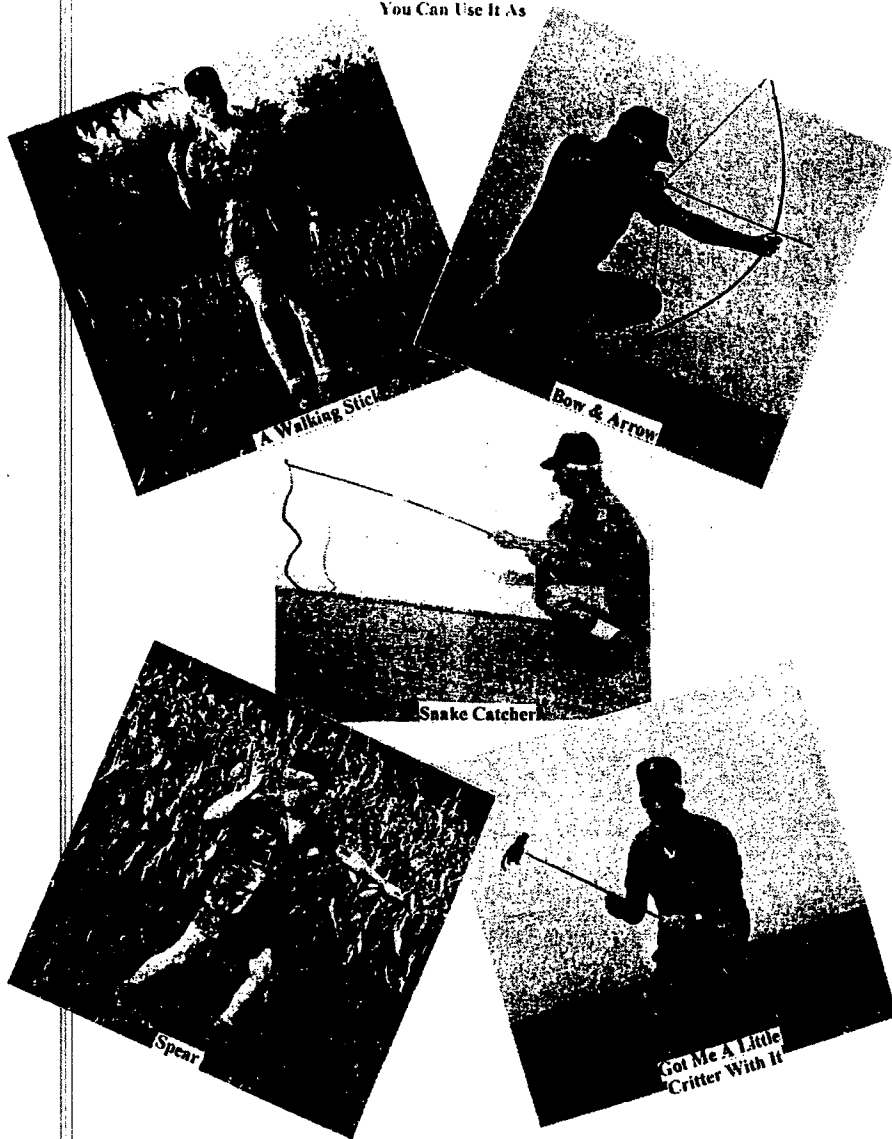


Retrieve Spear



And Presto....A Fish Dinner
(Note: Not as easy as it looks.)

You Can Use It As



Fiberglass tent poles available from CAMPNOR, call 1-800-525-4784 for a free catalog or visit their website at: <http://www.campnor.com>. (Note: Listed as tent "replacement poles," make sure they're the fiberglass type and not the metal ones.)

WALKING STICKS

Check out this ad, is it me or what? But would you pay \$225 for a walking stick? I don't give a flying crap if you can use it as survival staff, baton, blow gun, lance, penis or whatever else it can be used for. And if you're willing to pay this much money for a walking stick, well you're either filthy rich or dumb. Or BOTH! Com'on, give me a break, \$225 for a f--- walking stick? It's ridiculous!

Well, I'm no expert on walking sticks, but I've made a few and know how to use one too. Like who doesn't? Duh! And one particular walking stick that I've had for many, many years and still use is from an old broken movie camera tripod. I found it in a trash dumpster one day, the mount was broken but the three telescopic legs were still OK. And so I removed the aluminum legs, bought me a set of rubber bicycle handle grips and slid one over a leg. And yep, it works pretty good as a collapsible folding walking stick.

I took it to Bosnia with me too, never left my quarters without it, never gave a class without it, and used it as a walking stick, pointer and a baton too. And today I still have it and always keep it in my camper.

But before I had this one I had a wooden walking stick that I use to keep downstairs in my garage and take with me when ever I went for walks in the woods. It was a five foot long wooden stick with all the bark removed from it and I had my name engraved on it too. And what I did was make it into a survival stick. How? By simply attaching a few survival items onto it so I didn't have to carry them in a pouch or a rucksack. Check it out and see how I made it.

SURVIVAL ITEMS	USED FOR	WHERE IT WAS PLACED
Mini Wrist Compass	Navigation	A hole drilled out on top here
Pocket Rain Jacket Space Blanket Trash Bag	Shelter Shelter/Signal Water	Tightly wrapped around here and secured in place with tape
Wooden Matches Fishing Hooks Band Aids	Fire Signal Food First Aid	Carefully spaced, wrapped here
550 Para-cord Fishing line Wire	Weapons/Shelter Food Food	Wrapped tightly around here ...

THE SURVIVAL STAFF

By Pat and Wes Crawford
Handmade for 15 years



Hiding Staff
Walking Stick
Baton
Blow Gun
Lance

All in one package
Made from Hard Aircraft Aluminum
\$224.95 - Ready for delivery

CRAWFORD KNIVES

205 N. Center Drive
West Memphis, AR 72301
(870) 735-4632
www.crawfordknives.com



NEW SHELTERS?

Have you heard what the Army's been working on or searching for lately? You haven't? Well check out this article from the *Army Times*:

New shelter may debut by 2000

Four prototypes in the running

By Matthew Cox
Times Staff Writer

As early as next year, soldiers could be trading in their shelter halves and ponchos for a new level of bush technology.

For years, soldiers of all ranks have fashioned field-expedient shelters using ponchos, bulge cords and tent stakes to avoid carrying the Army's outdated canvas pup tent.

Officials are looking to change this by searching for an off-the-shelf system that will become the Improved Combat Shelter.

"The current shelter half system is rarely deployed by the soldier simply because of its weight. It's difficult to set up (and) it still has a number of shortcomings," said Jimmy Hodges, project director for Product Manager, Enhanced Soldier Systems.

Faced by a barrage of complaints from soldiers and commanders, officials began searching last year for something already made that soldiers could use as a rain shelter as well as a ground cloth, equipment tarp and makeshift litter.

In addition to the shelter half, officials say the new system could replace the poncho, since the Army already issues a two-piece rain suit. "We believe for the most part ponchos are used for ground cloths, to cover equipment and to line the inside of tents," Hodges said.

Four prototypes are being tested at the Army's Joint Readiness Training Center at Fort Polk, La. The test shelters range from free-standing designs to versions that require flexible poles and stakes for support.

Two of the test models have separate mosquito netting and all but one have built-in floors.

While the shelter would be intended for one-man use, officials say they want the technology to let soldiers connect two or three together based on mission requirements.

Officials hope to wrap up testing late this year and field the new shelter by fall of 2000.

One of the top requirements is to select a design that weighs about a pound and half less than the 5.4-pound shelter half.

But in the end, Hodges said, the weight factor may be a trade-off if the soldiers favor one shelter over the others.

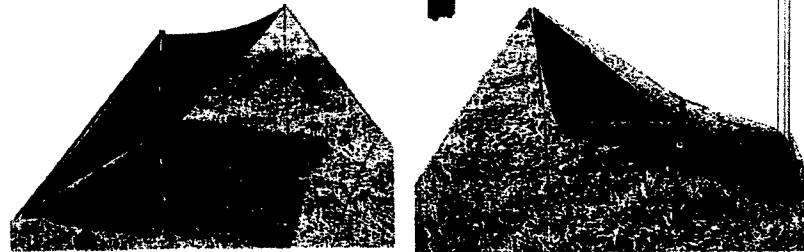
"It has to come back to the soldier's desire to use the item," he said. "Obviously lighter is better, but if they are carrying what they have today because they don't like to use it, it may be worth a few ounces increase in weight."



Officials at the Army's Joint Readiness Training Center at Fort Polk, La., are testing four prototype Improved Combat Shelters to replace the outdated and heavy standard-issue canvas pup tent. The prototype designs range from free-standing shelters to those requiring poles and stakes.

Well it's about f--- time the Army started developing or searching for another shelter. These old GI "canvas" pup tent were not only too heavy & bulky to carry, but when they got wet they took a loooong time to dry out too. And in my 20+ years in the military the only time I've ever used one was during basic training, and that was the last time I've ever used one. And if you can't wait for the Army to get their heads out of their butts in deciding which shelter they want, then buy yourself some fiberglass tent poles and use 'em to make one these several types of poncho hooches. Hooah!

Important: Before you can use the fiberglass tent poles with your poncho, you'll need four (4) nails and four (4) bolts. The nails must fit snugly & tightly inside the fiberglass end of the poles so they'll keep the dirt out, and the four (4) bolts must fit snugly & tightly inside the "metal adapters" at the other end so you can attach & connect the poncho to the poles. But if you can't find any bolts that will fit snug & tight inside the metal adapters, just wrap some "black electrical tape" around the bolts until they do fit. (See drawings & photos)



Construct One Of These Poncho Shelters Based On The Terrain & Weather Conditions (Note: For more details see Ranger Digest 1 page 35.)

RANGER RICK'S LIGHTWEIGHT INDIVIDUAL CAMOUFLAGE KIT

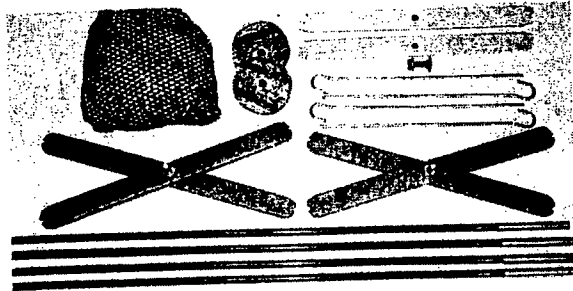
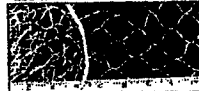
You know what's wrong with the Army's camouflage net system? Besides needing a vehicle to transport the damn thing around, the "color & pattern" doesn't always match the surrounding terrain you're operating in. No BS. And if you ask any soldier who has ever set up one of these he'd tell you "They're a f--- pain in the ass."



You'd think by now the Army would've come up with a smaller, lighter, and easier-to-transport camouflage net system, wouldn't you? Sure, but they haven't. And until they do come up with a better one, you just might want to try my Ranger Rick Lightweight Individual Camouflage Kit (L.I.C.K.). And here's what you need:

- 1 x IMPS-NET - Order from Brigade Quartermaster
- 4 x fiberglass tent poles - Order from any camping supply catalog.
- 2 x net spreaders - Make-it-yourself out of wood, circular or X type,
- 5 x wire tent stakes - Or you can use wooden sticks.
- 2 x short, thick bolts - Complete with nuts & washers

Note: If you can't find an IMPS-NET, you can use a Gill or Minnow Net.



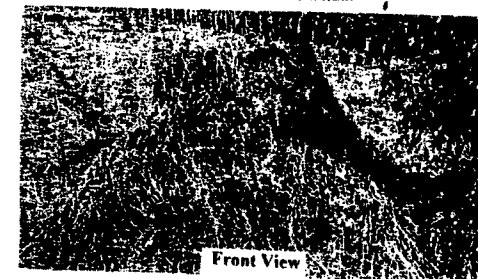
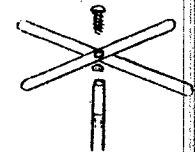
18

To make a couple of spreaders for your net, find some wood and cut out either two round circular spreaders or four flat narrow spreaders as shown in the drawings & photos. Then find yourself an electric drill, a drill bit about the same diameter as the bolts and drill a hole in the center of the spreaders and then slip in the bolts and secure 'em in place with the nuts & washers.

Important: The bolts must fit snugly inside the "metal adapters" at the end of the fiberglass tent poles. And if they don't, then take some "black electrical tape" and wrap it several times around the bolts until they do fit snug as a bug.

You know what I really like about this L.I.C.K.? You can quietly set it up and take it down "without making any noise." Just lay out the net, secure the corners, connect the poles, attach the spreaders, lift up the net, slide the poles & spreaders underneath the net and camouflage it.

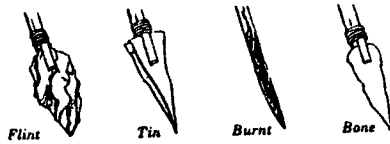
I have no doubt all you light Infantry Grunts, Airborne, Ranger, Special Forces, etc will love my Ranger Rick Lightweight Individual Camouflage Kit. And if you do, write and let me know. And if you don't, write and let me know why ya don't, OK? (E-mail: Rangerbooks@hotmail.com)



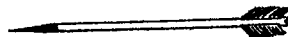
19

PACK A FEW NAILS IN YOUR SURVIVAL KIT

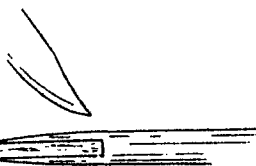
While playing around with a home-made bow and arrow one day, I tried to figure out how I could make some simple arrow heads for my arrows. You know, other than the primitive and complicated ones they show you how to make in some survival manuals.



Well, I went through my garage and found some nails, and this is how I mounted them onto my arrows.



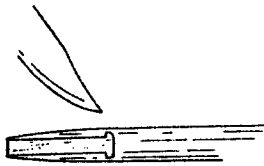
1 Make a vertical slit at one end...



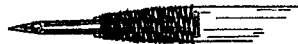
3 Place the nail in the slit like so...



2 And then a short horizontal slit ...



4 And then lace it up with some string or wire.



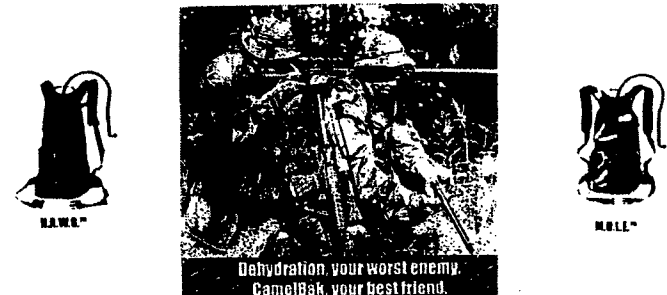
Not a bad idea, huh? And since this worked out pretty good, I decided to see if I could use some large nails as spear heads. And yep, this worked out real good too. So boys & girls, here's a few more things I recommend you pack in your survival kit, five 3 inch nails and three 5 inch nails. But sharpen them a little bit more with a metal file or grinder before packing 'em away in your survival kit.



CAMELBAKS

Submitted By: Lt. Oliver Fladrich
(Douglasville Police Dept)

By now I think everyone has either heard of them or bought one, a CAMELBAK. It's a small backpack that holds approximately 2 quarts of water (or more) and you drink from it through a flexible tube that has a "bite valve" mouthpiece on the end of it.



Well, I received an interesting letter from a Police Officer named Lt. Oliver Fladrich and he wrote

Hello Ranger Rick,

I am a Georgia Police Swat Team member and have been putting a lot of "Ranger Rick Tips & Tricks" to good use as we utilize a lot of US military gear. And it seems like a lot of outdoor enthusiasts, police snipers and soldiers are now using the "Camelbak" Hydration System or the "drinking tube" attachment for their military one or two quart canteens.

Now the only problem with this, is the "exposed mouthpiece" can get pretty darn dirty. But an easy way to get around this is to simply take a plastic 35mm film container, punch a 5/16 inch hole into the lid, remove the mouthpiece, slide the drinking tube through this hole and slip back on the mouthpiece. Then take the film container, punch a small hole through the bottom of it, take a single strand of nylon string (from the inner strands of some 550 para-cord) and slide it through this hole. Then tie a knot on the end of it, attach the other end to the drinking tube (so you can't lose it), connect the film container back onto the lid and you now have a quiet, cheap, tactical cover for your Camelbak mouthpiece.

Ranger Rick's Comments: What an excellent idea, no doubt all you "desert bound" troopies will appreciate this tip. And I'm sure someone will probably steal this tip from my book, send it to the Army Supply Store Program, take credit for it and get an "Attaboy Award." But we'll all know who's idea it was, right? Police Officer Lt. Oliver Fladrich

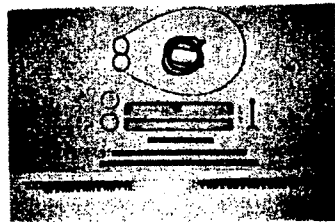


RANGER RICK'S MULTI-PURPOSE HANDSAW

Here's a handy-dandy tool you'll never want to leave home without, I call it my **Ranger Rick Multi-Purpose Handsaw**. What you'll need is:

- (A) 1 x Saw Blade - the type used for cutting small trees & branches.
- (B) 1 x Piece of 550 Parachute Cord - or other type of nylon cord.
- (C) 1 x Fiberglass Tent Pole - must have metal adapter on one end.
- (D) 1 x Narrow Bolt - complete w/ wing nut & washer.
- (E) 4 x Circular D-Rings - the type used for attaching & carrying keys.
- (F) 2 x Pieces of Wood - 6 x 1 x 1/4 inches in length/thickness.

Note: Most of these items can be purchased from almost any hardware store.



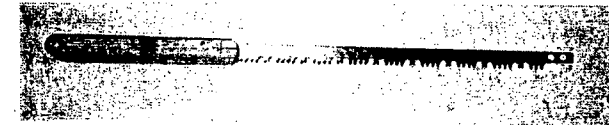
When you have acquired these items, just study the photos to figure how to make one - it's easy!



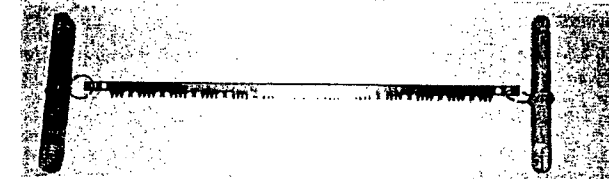
Can Be Stored/Carried In
A Cheap Carrying Case



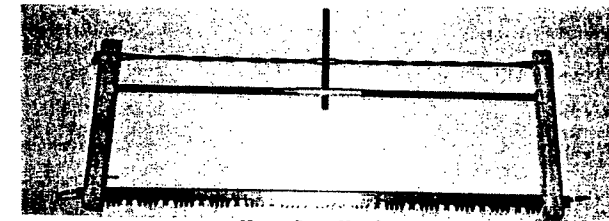
When You Have Acquired a Fiberglass Tent Pole, Cut
It Down Into Three Pieces (Note: Study photos carefully)



Light-Duty Handsaw



Two Person Handsaw



Heavy Duty Handsaw



Light-Duty Handsaw



Heavy-Duty Handsaw



Two-Person Handsaw

WHAT YOU CAN DO WITH AN OLD PARACHUTE

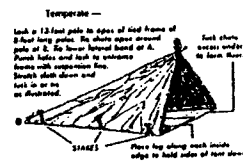
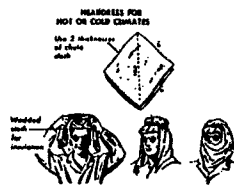
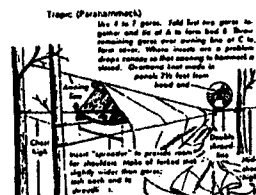
Submitted By: Ssg. James D. Hunt

Unless you're a Paratrooper, Ranger, or Special Forces, you're probably not aware of the many things you can use an old parachute for. Well Ssg. Hunt wrote:

Hey Ranger Rick,

I had problems using my "fish net type" hammock for my hooch because the buttons on my BDUs kept constantly getting caught and entangled in the net and pissing me off. So everyone in my squad chipped in and bought an old parachute from Fort Bragg's DRMO for about \$20 and we cut it up on the outside of the "gore seams," sewed "two panel together," one on top of the other and now we all have nylon hammocks. We didn't do the sewing ourselves, one of the guy's wife did it, but any sewing shop can do it. The nylon material is strong, lightweight, packs down pretty tight, and it's warm in the winter and cool in the summer.

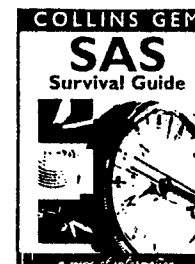
Ranger Rick's Comments: If you don't weigh more than 200 lbs, you can get away with using a single panel instead of a double panel for a hammock, but no doubt two panels sewn together are much better than one.



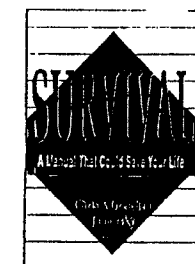
SOME SURVIVAL HANDBOOKS WORTH BUYING

As you know from my previous Ranger Digests, I like going through mail order catalogs searching for unusual products & books that I think will help soldiers out in the field. And after personally reading these books, I strongly recommend you acquire them for your personal library.

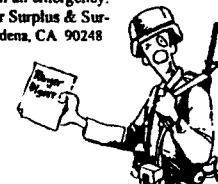
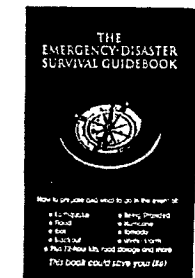
THE SAS SURVIVAL GUIDE - The author, John Wiseman, a former SAS instructor covers everything you need to know on how to survive in the wilds "anywhere in the world." It's the smallest (3 1/4 x 4 1/2) and most comprehensive (385 page) survival handbook I have ever read. And unlike other survival handbooks, you can carry it comfortably in your shirt/pants pocket. Contains lots of pictures, drawings, & sketches, particularly on the types of plants and animals you can safely eat worldwide. Cost: \$10.00 Order from: Brigade Quartermasters, 1025 Cobb Int'l Blvd, Kennesaw, GA 30152-4300



SURVIVAL - The authors, Chris & Gretchen Janowsky teach you the art of how to survive in the wilderness of Alaska, Canada, and the lower 48 states. They explain their outdoor survival techniques in simple understandable terms that you feel like you're reading a novel and not a survival manual. Most of the information is based on the authors personal experiences in the Alaskan wilderness, who by the way operate a wilderness survival school there too. Contains lots of sketches & interesting stories. Cost: \$20. Order From: The World Survival Institute, Box 394, Tok, Alaska 99780



THE EMERGENCY-DISASTER SURVIVAL GUIDEBOOK - The author, Doug King a retired US Army Special Forces Survival Instructor. Explains what to do in the event of an earthquake, flood, blackout, hurricane, riot, tornado, winter storm, and other situations, but mostly in urban environments. Also features how to make a 72 hour survival kit, prepare food, and lots more. If you're on the road a lot or live in a small/large city or town, this book could save your life in an emergency. Cost: \$10 Order From: Major Surplus & Survival, 435 W. Alondra Blvd, Gardena, CA 90248



WRAP A RANGER BAND AROUND YOUR MAGLITE

Now even though I've been retired from the Army since 1993, I still wear my ol' Maglite Utility Holster on my belt. And it contains not only my Mini Maglite, but my Swiss Army Knife, a pen, comb, and cigarette lighter. And rarely, and I mean rarely do I ever go anywhere without it. Not to church, a friend's house, a restaurant, not even if my wife begs me to leave it home. "Come on Rick, please one time leave it home, we're going to a wedding!" Sorry honey, been wearing it too many years, feel naked without it and I just might need it.

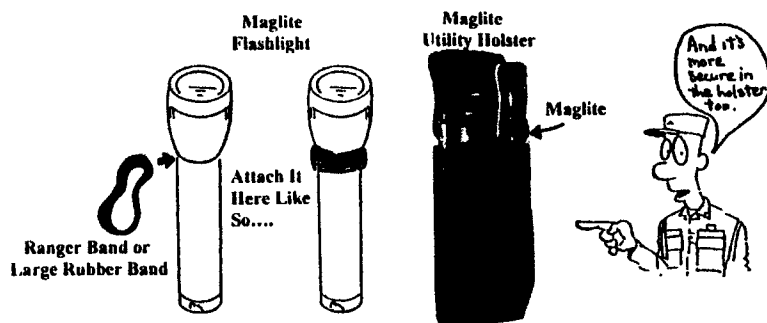
And believe it or not, there's been many times that I was lucky and glad I had it with me, because I needed it, and urgently too. The only time I never wear it is when I forget to put it on, which is rare. One time I did forget to put it on my belt and got about a half mile away from my home when I realized I wasn't wearing it. I turned the car around (which pissed off my wife) and went back to get it.

Hell, people are so use to seeing me with it on, if I wasn't wearing it, it would be the second noticeable thing missing from my body. The first would be my "black baseball cap" that I always wear with my mini Ranger tab and Airborne wings pinned on the front of it.

Anyway, a couple times I went to the store and I was stopped by strangers and told, "Hey buddy, your flashlight's on!" Again! Now I know why my batteries keep dying out on me so soon. Because you have to rotate the body of a Maglite to turn it on, it seems like every time it's carried in the holster and gets bumped a few times it somehow gets accidentally "rotated on." I tried placing a little piece of tape around it so wouldn't turn on so easy, but it just doesn't seem right that you gotta remove the tape every time you want to turn it on. You know what I mean?

So what I did to solve this problem was cut out a rubber "ranger band" from an old bicycle inner tube tire and wrapped it twice around the two parts of the Maglite where it rotates. And yep, this seemed to solve the problem, now it doesn't accidentally turn on anymore and it still fits snug as a bug inside my holster.

You got this problem too, bubba? Oh yea? Well place a "ranger band" around it and it won't accidentally switch on anymore, try it out.



26

MINI-MAG LITE SURVIVAL KIT

A lot of people seem to like the US military (Fulton MX-991/UI) angle flashlight just because it has a compartment on the bottom that can be used for storing a few survival items like matches, fishing hooks, sewing kit, etc. But I wouldn't buy one just for the storage compartment. In fact, I've never liked this type of flashlight at all. Why? Because it's too big, bulky and the D-cell batteries weigh too much, especially if you gotta carry a few extra sets, ya know what I mean?

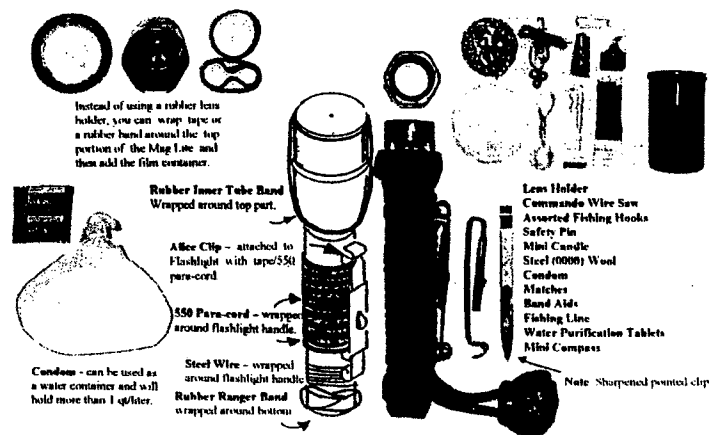
And sooner or later the VIPs at the Pentagon are gonna get their heads-out-of-their-butts and spend some of our tax money on a flashlight that the troops are already buying out of their own pockets - a Mini-Mag Lite. (Note: Uses 2 x AA batteries)

Now just because the Mini-Mag Lite doesn't come with a storage compartment doesn't mean you can't carry a few survival items attached to it. And a way to do this is to buy yourself a Mini-Mag accessory kit and then find an old bicycle inner tube tire and an empty 35mm film container.

Then take the rubber "lens holder" from the Mini-Mag accessory kit and place it over the flashlight. Then take the plastic 35mm film container and hold the "opening part" over a small flame (like a match or candle) for only about 10-15 seconds and then immediately (while it's still hot) slide it over the rubber "lens holder." When it cools down, remove it and you'll see it has molded to the shape of the rubber lens holder. Important: Do not attempt to force the plastic film container over the lens holder without first heating it up or it will split open right away or unexpectedly later on.

Now take the bicycle inner tube and cut off about a 3 inch long (rubber band) piece and slide it over both, the film container and the top portion of the flashlight. This will secure the film container to the flashlight so it won't come off when you fill it with your survival goodies. Then when you need to use your Mag Lite or some survival items, just pull off the film container along with the rubber band.

Here's what your Mini-Mag Lite Survival Kit should look like and contain:



27

A FLASHLIGHT COULD SAVE YOUR LIFE

This next tip was forward to me by a retired U.S. Army Special Forces instructor by the name of *Joseph A. Laydon Jr.* And like myself, he also writes, publishes, and markets his own line of handbooks, but under the name of *Intensive Research Information Services and Products.* (See page 15 for more information.) He wrote,

Dear Ranger Rick,

Did you know a flashlight could save your life? In particular, a military issued *Fulton MX-991/U* flashlight. It's not only durable, waterproof, and versatile, but it floats too, (when empty or loaded with rechargeable batteries). Here's a few of the many things it can be used for in a life or death survival situation.

* Why waste your precious matches or the fuel from your cigarette lighter to ignite your tinder when you can use the reflector from your flashlight and the power of the sun. Just place a cigarette through the rear opening of the reflector, aim it at the sun, and move the cigarette in & out until you find the smallest and sharpest concentration of sunlight and it starts to smoke.

Ranger Rick's Comments: Though I showed you in my last *Ranger Digest* (VIII) how to do this, be advised this technique works best with "cigarettes." I'm not saying you can't start a fire with other dry stuff, but due to trying to find the "smallest and sharpest concentration of sunlight" (the same way you use a magnifying glass) on whatever you're trying to burn. If you can't get it to ignite, then try some other type of dry stuff, and if you still can't get it to ignite - then more than likely the sun isn't bright enough.

To determine if there's enough sunlight, try this: Place your "pinky finger" in the bottom of the reflector and push it inside the hole as far as it will go. Now face it in the direction of the sun, move your pinky slightly in & out and if you start to feel some heat and then a "burning sensation," then you've got plenty of sunlight and you shouldn't have any doubts this flashlight reflector trick works. Get my drift?

* Now that you know how to start a fire with a flashlight reflector, what if there isn't any sun? Well, if you purchase some *Super Fine #0000 Steel Wool* and keep some of it in the bottom compartment of your military flashlight, regardless of the weather conditions, rain, sleet, snow, wind, etc, you'll be able to start "several fires" with it in just seconds.

How? Just unscrew the top portion of your flashlight, turn it on, take a very small piece of steel wool and "stuff it up." **IMPORTANT:** A tight, compact wad of steel wool will NOT work, it must be "stuffed up!" Then position your flashlight downward and directly over the tinder, place the stuffed up steel wool inside the flashlight and simultaneously touch both the positive (+) and negative (-) prongs terminals of the flashlight until it ignites.

WARNING/DANGER: You **MUST** immediately release it as soon as it ignites or you will be severely burnt, so be careful and watch out what you're doing at all times. Then let the ignited steel wool fall out onto the tinder and lightly blow on it to get it burning.

Ranger Rick's Comments: This steel wool fire starting technique works great, only wish I had thought of it first before Mr. Laydon.

* Need to signal a ship, plane, or a rescue party and you don't have a mirror? Try using the reflector from your flashlight, just aim it in the desired direction and move it up, down, & sideways to attract attention.

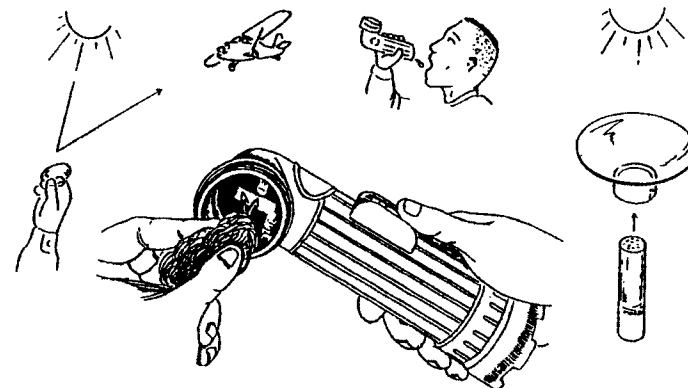
Ranger Rick's Comments: Though it's not as good as a regular mirror, but if you've got nothing else to use - why not?

* Need a drinking cup or something for gathering water? Just take your flashlight apart and remove the batteries, coil spring, reflector & bulb and reassemble it with all the waterproof o-rings and fill it up and drink from it from the bottom.

Ranger Rick's Comments: Before using, carefully inspect the inside portion of the flashlight to insure there are no "battery acid stains." And if there are, you must thoroughly clean it before it can be utilized. **WARNING** - Failure to properly clean it could cause severe illness.

READERS NOTE: If you don't have a military *MX-991/U* flashlight, not a problem, you can use any type of D, C, or AA battery cell commercial flashlight. And if it doesn't have a storage compartment for the steel wool, seal it in some 100 mph tape, flatten it out, remove the batteries and place it on the bottom of the flashlight "underneath" the coil spring. **Warning:** Insure the steel wool is securely wrapped up in the tape and there's none sticking out or your entire flashlight could burst into flames "unexpectedly."

Wanna learn some more "unusual" survival tips & tricks? See SF Joe Laydon's advertisement on page 95.



HOW TO MAKE A FIELD EXPEDIENT COMPASS

Remember when you were a little kid in school and your science teacher showed you how to "magnetize a nail" with a 6 volt battery and some wire? Remember? He or she wrapped some wire around the nail, attached it to the positive (+) and negative (-) terminals of the battery and then showed the class how it was now capable of picking up other nails with it. Remember?

Well, here's a trick that can be done with almost any flashlight, but you'll need some wire, booby trap or some other commercial type of wire, and a piece of paper or a leaf.

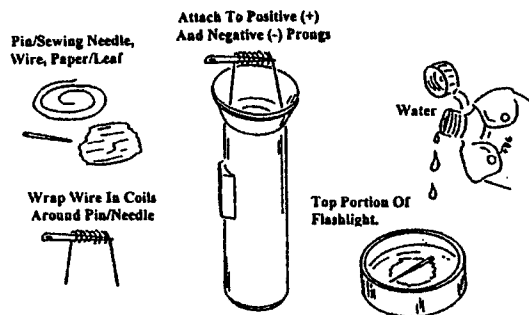
Then unscrew the top portion of your flashlight, remove the reflector & light bulb and put it away inside your pocket. Now take the cover & lens and carefully fill it with water and then place it off to the side. Take the wire, cut off about 1 1/2 inch piece wire, bend one end 1/4 inch inward [—] and wrap several coils of wire around it making sure "none of the coils" touch one another.

Then turn on the flashlight, connect the two ends of the wire to the two (+/-) prongs at the opening top of the flashlight and hold 'em in place for about 1 minute. Then remove the piece of wire from the coils, making sure it's straight as a nail, tear off a piece of paper/leaf and place it in the water. Then take the magnetized wire and place it on top of the piece of paper/leaf and the "bent (thick) end" of the wire should point NORTH.

Got a sewing kit with you? Great! A sewing needle is much easier to magnetize than a piece of wire, provided you've got at least 2 volts of electricity and nothing less. And when it's magnetized the "eyelet (thick) end" should point NORTH.

Note: Be aware the piece of wire and sewing needle will not stay magnetized very long, so once you've got it magnetized quickly place it on the piece of paper/leaf before it weakens. Do not use straight pins because for some reason they do not magnetize very well.

Want another tip? Always carry inside your flashlight (taped alongside your batteries) a couple of sewing needles and about 6 inches of wire just in case you have to make another one of these field expedient compasses again. Sound like some good advice? You betcha!



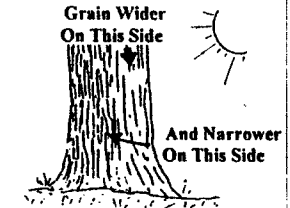
USING TREES TO DETERMINE GENERAL DIRECTIONS

Did you know you could use trees to determine directions? Well not all trees, it depends on what type they are, where they're located, and how much sunlight they receive. You didn't know this? OK, everyone knows the sun rises in the East and sets in the West, right? So which side of a tree do you think gets the most sunlight? Well, if you live in the Northern Hemisphere - it's the South side, and if you live in the Southern Hemisphere - it's the North side. You follow me so far?

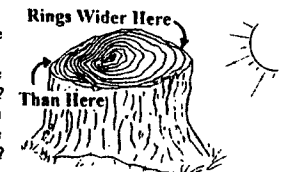
Now if you found moss growing on a tree, which side would you think it would grow best on? According to the Encyclopedia, moss grows in dark and damp places, and which side of a tree would you think that would be on? The side that received the least amount of sunlight. So if the sun raises in the East, goes down in the West and you're located in the Northern Hemisphere, what side of the tree would receive the most sunlight? The South side! So then the darkest and dampest side of the tree must then be the North side and where you would find moss growing on it. But what if moss was growing all around it? Whichever side has the most and or the greenest moss growing on it would be the darkest and dampest side of the tree, which then must be the North side.



OK, now most trees such as pine, walnut, oak have a rough, grainy bark with noticeable "gaps" in between layers. And depending on which side of a tree gets the most sunlight, the grain on that side of the tree will have a "much wider" grain pattern than the other sides. And the side that gets the least amount of sunlight will have a much tighter grain pattern than the other sides. So now that you know how to determine which side of a tree receives the most and least amount of sunlight, if the grain pattern/gaps are much wider on one side of the tree and you're in Europe, what side would that be? The South side! Got it? Are you sure?



OK, one more. If you ever stumble across a good size tree that has fallen down, or better yet one that has been cut down with a saw, look at the stump. You'll notice the tree rings are much wider on one side than the others. Why? Because that side of the tree received more sunlight than the others. Now if you were in Canada what side of the tree would that be? The South side! Got it? Understand?



NOTE: Trees found in low areas such as in valleys or thick forests will not receive as much sunlight as those found on hilltops, ridges, etc, therefore they will be much more difficult to use in determining directions. And if you must use trees to get from point A to point B, remember what side of the trees you must keep your eyes on and follow while on the move, get my drift?

PVT MURPHY JOINS THE ARMY



Left: "Pvt. Murphy's Law" is available at local military clothing sales and post exchange stores. (Above) SFC Mark Baker works on his comic strips during his free time at home.

A NEW comic strip about the misadventures of a soldier will be made available for print in Army Installation newspapers worldwide starting Aug. 1.

"Pvt. Murphy's Law" is a comic strip created for soldiers, about a soldier and by a soldier. SFC Mark Baker, a signal intelligence analyst in the Military District of Washington, created the cartoon in the early 1990s after making his first jump after airborne school at Fort Bragg, N.C.

"I hit the ground— feet, knees, face — but I felt no pain because of all the adrenaline," said Baker. "I woke up hurting all over the next day and said to myself, 'You know, there's got to be a cartoon in here somewhere.'" That was the birth of PVT Murphy.

In 1993 Fort Bragg's newspaper began printing Baker's comic. "Pvt. Murphy's Law" ran weekly at Fort Bragg for two years.

"Murphy's whole purpose for existence is to make soldiers laugh," said Baker. "It's not an editorial cartoon — it's just for fun."

Baker is a self-taught artist and began drawing cartoons in high school. His talent was evident in Arizona State University, which offered him a full scholarship in 1986 — he turned it down. "I just wanted to join the service," said Baker. "Besides, I wasn't quite ready for college."

Turning down the scholarship didn't stop him from succeeding, though. He published his first paperback PVT. Murphy collection in 1997, and it's still available in military clothing sales stores and post exchanges.

The Army News Service will provide "Pvt. Murphy's Law" to editors of Army publications monthly. If you don't see the comic in your installation newspaper in August, contact your local public affairs office. Editors who want more information about "Pvt. Murphy's Law" comic strips should contact ARNEWS at (703) 695-3952 or (DSN) 224-3952. — SFC John Brandt



This comic was Baker's Department of the Army award for illustrative art in 1997.

Did you know "Pvt. Murphy" has his own website? You didn't? Then check it out at: <http://members.xoom.com/murphycomix/index.html>

To order a "Pvt. Murphy Law" book, contact the cartoonist at PvtMurphysLaw@cs.com or Unir30@aol.com

ATTENTION "PVT.MURPHY" FANS!

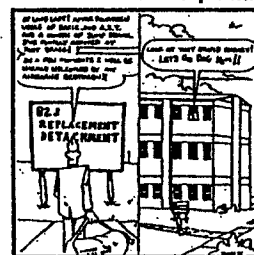
Have you seen Pvt. Murphy in your local base newspaper? No? Not yet? It's a hilarious comic strip about the misadventures of a soldier. And regardless of your MOS, everyone will see a little bit of themselves in Pvt. Murphy. Well, almost everyone... not the officers, of course.

And the cartoonist, Sfc Mark Baker has had to pay his dues in ass chewings to get to where he's at today. All because of some soldiers (mostly officers) found his cartoons to be more "offensive" than funny.

Com'on people, give me a f--- break and lighten up, will ya? As one Sergeant Major by the name of JOEL PEARSON once told me, "If you can't laugh at the Army once in awhile, then you shouldn't have joined in the first place because sometimes it's just one big f---n joke." And I'm sure most of you know where he's coming from too, right? Especially if you're working under or for an incompetent leader. In other words, you gotta have a sense of humor if you're gonna make it in the Army.

Well here's a few of Sfc Baker's cartoons that have gotten him in some hot water. (Hmmm, I wonder why?)

An 82d Abn Div. Repo-Depo Cdr found this cartoon to be "inaccurate & unprofessional."



The Department of the Army's Surgeon General found this cartoon "distasteful"



And a Bn Commander and his sidekick Csm found this cartoon to be "offensive to females"



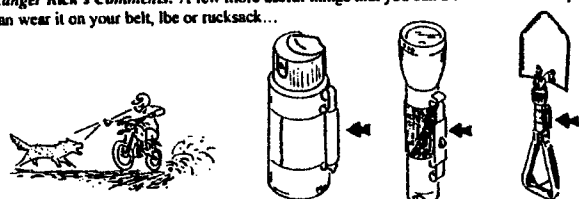
WEB BELT ALICE CLIPS

Submitted By: Ssg. R.D. Cowgill

Dear Ranger Rick,

After reading in your Ranger Digest VII (page 18) on how to attach a web belt "alice clip" to a Maglite so you can wear it on your lbe, I decided to try to attach it to something else, a can of pepper spray. After being attacked by a very large, vicious dog one time while riding my motorcycle, I never leave home without it and wear it where I can easily get to it - on my belt.

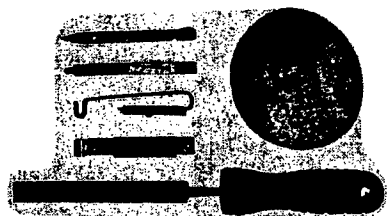
Ranger Rick's Comments: A few more useful things that you can attach an "alice clip" to so you can wear it on your belt, lbe or rucksack...



Note: Due to the weight of these items, 100 mph (duck) tape may not be enough to secure the clips, reinforce it with some wire to make sure it doesn't come off unexpectedly.

Wanna know how to turn an alice clip into a weapon? First separate the pieces by sliding the "sleeve" forward and vigorously pulling out the . Then take a metal file and sharpen both sides of the and then sharpen the round tip into a "sharp point." Be careful not to sharpen/remove too much metal from tip or you won't be able to use it as an alice clip for attaching things to your belt. Just sharp enough so you can cut things with it and pointed so you can attach it to a stick and use it as a spear (head).

Ain't got no file? No problem! Just find yourself a smooth flat rock and rub it back & forth until it becomes sharp and pointed. Though this method will take a bit longer, it'll still get the job done.



YOU MIGHT BE A SOLDIER....

When you see a war movie you ruin it for everyone by pointing out the unrealistic military scenes. When camping with your family you check first for "good fields of fire" before setting up the tent. You've been assigned overseas so many times that your kids speak three different languages. Your wife responds to "Hooah" and understands what it means "regardless" of how you use it. You use a poncho liner as a bed spread and have a bottle of hot sauce ready for every meal. When in a strange place and need to go to the bathroom, you always ask "where are the latrines?" You convince your wife that all ten of your guns are necessary for home protection. You keep a case of MREs at home and in the trunk of your car in case of an emergency. No one understands none of your war stories because of all the military acronyms you keep using. You've seen "Patton" so many times you can recite his speech forward and backwards. You'd rather live on post just so you can hear reveille and retreat everyday. When your kids are getting rowdy and noisy you always yell to them "AT EASE!" Every time your two year old sees someone in BDUs he says "Daddy!" When you go to the store you always "back in" your vehicle into parking spaces.

LITTLE JOHNNY

On Christmas morning a cop on horseback was sitting at a traffic light when Little Johnny, the son of a Command Sergeant Major, rode past him on his brand new bicycle.

The cop yells, "Hey kid, come over here!"

Little Johnny turns his bicycle around and pulls up beside the cop.

The cop asks Little Johnny, "Nice bike kid, did Santa Claus bring that to you?"

Little Johnny says, "Yep, he sure did."

The cop says, "Well next year tell Santa Claus to put a tail light on it." And he issues Little Johnny a \$20 safety violation ticket.

Little Johnny takes the ticket, but before he rides off he says to the cop,

"By the way, that's a real nice looking horse you got there, did Santa Claus bring him to you?"

Wanting to humor Little Johnny, the cop says, "Yep, he sure did kid."

Little Johnny then says, "Well next year tell Santa Claus to put the "dick" underneath the horse instead of on "top."

TWO FEMALE 2D LIEUTENANTS

Two female 2d lieutenants were walking down the street when one of them finds a small compact on the sidewalk. She picks it up, opens it, looks into the mirror and says, "Hmmm, this person sure looks familiar."

The other lieutenant says "let me see," and the lieutenant hands it to her. "You dumb shit," the other lieutenant screams, "That's me!"

PORTABLE SOLAR BATTERY CHARGERS

If you're like most soldiers, campers, hunters, and survivalists, you probably don't leave home without a Life Support System - AM/FM Radio, Cassette, or CD Player. Right? Yep, I know ya don't. And when it comes to batteries, I'll bet ya either pack "too many" or "not enough," right?

Well here's a product that'll take the guess work out of how many batteries you think you'll need to pack for the field, it's called a PORTABLE SOLAR "AA" BATTERY CHARGER.

If your life support system runs on 2 x AA batteries, as a minimum you should pack at least three sets of rechargeable batteries. While you're using one set (2 x batteries), the other two sets (4 x batteries) should be recharging. Makes sense, don't ya think? Sure!

Now the only bad thing about these solar battery chargers, is that they weren't designed to recharge batteries while on the move. In other words, you can only recharge them when in a stationary (non-moving) position. And according to the instructions that come with these solar battery chargers, it takes...

- 2-3 hours to recharge 1 x battery
- 4-6 hours to recharge 2 x batteries
- 7-10 hours to recharge 3 x batteries
- 10-14 hours to recharge 4 x batteries

As you can see you're gonna need "every minute of sunlight" to fully charge your batteries. And if you don't charge 'em while on the move, it's gonna take "several days" instead of several hours to fully recharge 'em. Ya know what I mean? What the damn manufacturer should have done is added a belt clip or a carrying strap so it could be worn on the belt, over the shoulder or attached to a rucksack. This way you'd be able to recharge your batteries while on the move and NOT just in a stationary position. Makes sense, don't ya think? Sure it does.

Well if you want your batteries to get maximum charging time from the sun, then here's what you should do:

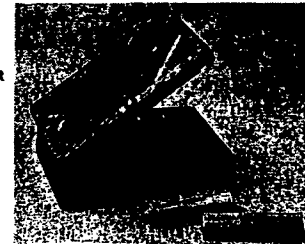
- (a) Add a small screw to the left and right side of the solar battery charger, attach some 550 parachute cord to them and then you'll be able to wear it around your neck, over your shoulder or on your rucksack.

Or...

- (b) Buy a G.I. nylon first aid or compass pouch, cut out a rectangle hole along the top portion, slide in the battery charger leaving the "solar panel" exposed on the outside of the flap, close the flap, and then you'll be able to attach or wear it on your belt, i.e., or rucksack.

NOTE: If your flashlight operates on 2 x AA batteries, then you'll get DOUBLE USE out of this solar battery charger. But make sure you take along a few more extra batteries, at least another set

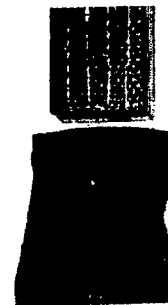
SOLAR "AA" BAT. CHARGER
AVAILABLE FROM:
Stearns Inc.
P.O. Box 1498
St. Cloud, MN 56302
Ph: 1-800-6975801



550 Paracord Two Screws



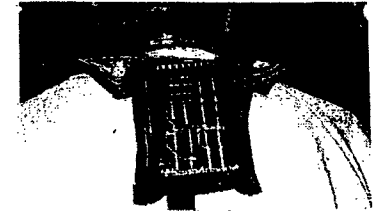
If You're Lucky To
Find a Small Belt
Clip, Attach It Here



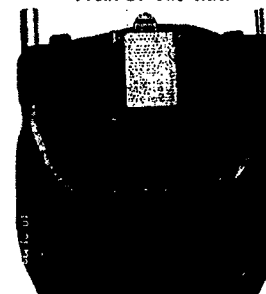
Make a Narrow
Rectangle Cut
Along The Top
Portion Of Case



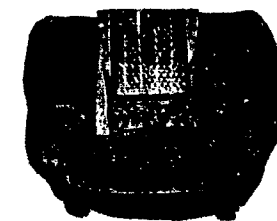
Wear it on the
Front Of The L.B.F.



Wear It On The
Back Of The L.B.F.



Attach It To The Top
Of Your Rucksack



or To The Top Of
Your Butt-Pack

SAS SURVIVAL TIPS?

Submitted By: An Anonymous British SAS

Greeting Mate,

For some time I've been acquiring your Ranger Digest handbooks from an American friend of mine, a Special Forces chap. Love 'em! Enclose you'll find some survival cards that I hope you can use in your next edition. Keep up the great work, Ranger Rick. Cheers!

WHERE NOT TO BUILD A SHELTER
SAS soldiers often have to build shelters quickly when an operation behind enemy lines. They know they must avoid the following spots:

- On a hilltop exposed to wind; it will be cold and windy.
- In a valley bottom or deep hollow; they could be damped and are prone to fog or night.
- On a hillside terrace that holds moisture; they are invariably damp.
- Under a tree that contains a bees' or hornets' nest or dead wood; dead wood could come crashing down on you in the next high wind.
- Under a solitary tree; it can attract lightning.

BRITISH SAS TIPS
SURVIVAL COOKING
SAS soldiers are expert at turning even the most unlikely looking and seemingly inedible creature into a tasty and nutritious meal.

MEAT: cut into small cubes and boil. Treat pork in warm climates with caution, wild pig is infested with worms and liver fluke, and venison is also prone to worms.

FISH: usually germ-free if caught in fresh water; best stewed or wrapped in leaves and baked.

BIRDS: boil all carrion; young birds can be roasted.

REPTILES: gut and cook in their skins in hot embers; when skin splits remove and boil; cut off snake heads before cooking - some have venom glands in their heads. Skin frogs (many have poisonous skins) and roast on a stick.

TURTLES AND TORTOISES: boil until shell comes off; cut up meat and cook until tender.

SHELLFISH: boil crabs, lobsters, shrimps, crayfish and prawns to remove harmful organisms; all seafood spoils quickly - cook as soon as possible.

INSECTS AND WORMS: can be boiled, or dried on hot rocks, crushed and then ground into a powder to add to soups and stews.

BRITISH SAS TIPS
EATING INSECTS
All SAS soldiers are taught how to catch and prepare insects to eat. Adhere to their guidelines when searching for insects.

- Be careful when searching for insects: their hiding places may also conceal scorpions, spiders and snakes.
- Do not eat insects that have fed on dung; they carry infection.
- Do not eat brightly coloured insects: they are poisonous.
- Do not collect grubs found on the underside of leaves: they secrete poisonous fluids.
- Avoid hornets' nests unless you are desperate: they guard their nests with vigour and their sting is vicious.
- Cook ants for at least six minutes to destroy the poisons that are found in some types.
- Boil all insects caught in water in case the water is polluted.

BRITISH SAS TIPS
LIST OF REQUIREMENTS FOR SHELTERS IN THE WILD
SAS soldiers are taught to build shelters that are sturdy and will fulfil a number of requirements. These requirements are:

- Protection from the cold.
- Protection from the wind.
- Protection from insects.
- Protection from the snow.
- Protection from the damp.
- Protection from too much sun.

US AIR FORCE TIPS
CAN YOU EAT THIS PLANT?
Use these simple US Air Force guidelines, drawn up for downed pilots, when identifying plants for possible consumption in the wild. They will serve you well in a survival situation.

- Avoid plants with umbrella-shaped flowers, though carrots, celery and parsley (all edible) are members of this family.
- Avoid all legumes (beans and peas); they absorb minerals from the soil and cause digestive problems.
- If no taste, avoid all tubers.
- Avoid all white and yellow berries - they are poisonous; half of all red berries are poisonous; blue or black berries are generally safe to eat.
- Crop plants on a stem are considered safe to eat.
- White sap indicates a poisonous plant.
- Plants that are irritants to the skin should not be eaten.
- Plants that grow in water or moist soil are often very toxic.

US SPECIAL FORCES TIPS
FISHING TIPS
The soldiers of all elite units are taught how to catch fish in the wild. Try to use these guidelines when you are in a survival situation.

- Use natural bait whenever possible.
- Do not use too big a hook for the type of fish you are trying to catch, better too small than too big.
- Remember how you were fishing when you get a strike; continue with this method.
- If you are not catching fish, change your methods and/or your lures.
- Save eyes and entrails for the next day's fishing.
- Try spear fishing - it can be very effective.
- Fish become more active feeders when there is a change in the weather.
- Do not eat shellfish that are not covered by water at high tide.
- Mussels are poisonous in tropical zones during the summer.

US SPECIAL FORCES TIPS
METHODS OF PURIFYING WATER
US Green Berets are taught these three simple ways of purifying water at the John F. Kennedy Special Warfare Center and School.

- Use water purification tablets (one in clear water, two in cloudy).
- Five drops of two per cent iodine in a container of clear water; 10 drops in cloudy or cold water (let it stand 30 minutes before drinking).
- Boil water for 10 minutes.

US AIR FORCE TIPS
IDENTIFYING CONTAMINATED WATER
Do not waste time in a survival situation by trying to purify contaminated water. Follow US Air Force training and avoid the following water sources:

- Those with strong odors, foam or bubbles in the water.
- Those with discoloration of the water.
- Those in drains, sewers, or ditches.
- Those which lack healthy green plants around water source.

US ARMY TIPS
TASTE TEST
Use this simple US Army test for establishing whether a plant is safe to eat. IT CANNOT BE APPLIED TO FUNGI.

- Test only one part of the plant at a time.
- Break plant into its base constituents: leaves, stem, roots, etc.
- Smell the plant for strong or acid odours.
- Do not eat for eight hours before starting the test.
- During this period put a sample of the plant on the inside of your elbow or wrist. 15 minutes is enough time to allow for a reaction.
- During the test period take nothing orally except pure water and the plant to be tested.
- Select a small portion of the component.
- Before putting it in your mouth, put the plant piece on the outer surface of the lip to test for burning or itching.
- If after three minutes there is no reaction, place it on your tongue; hold for 15 minutes.
- If there is no reaction, chew a piece thoroughly and hold it in your mouth for 15 minutes. DO NOT SWALLOW.
- If there is no irritation whatsoever during this time, swallow the food.
- Wait eight hours. If any ill effects occur induce vomiting and drink plenty of water.
- If no bad effects occur, eat half a cup of the same plant prepared the same way. Wait another eight hours; if no ill effects are suffered the plant as prepared is safe to eat.

Readers Note: By coincidence, a few days before this book went to press I came across a book called "The Survival Handbook" by Peter Darman. And guess what, I came across these very same survival tips. Hmmm, I wonder where this British SAS fella got his tips from? And after reviewing Mr. Peter Darman's book, I recommend you add his book to your library collection too. Cost: \$18.00 Order From: Stackpole Books, 5067 Ritter Road, Mechanicsburg, PA. 17055

Special Thanks: To the copyright holders (©1994), Amber Books Ltd of London, England for allowing me to publish this information.

CATCHING MINNOWS FOR FOOD

In a life or death survival situation when you're not having any luck catching fish or small game, minnows can be just as tasty and fulfilling as a trout, rabbit, or pheasant. Provided of course, you can catch enough of them.

Now I've read a lot of survival manuals and I gotta tell ya, most of these damn books make it sound pretty easy in how to catch a fish. All ya gotta do is tie some fishing line to a hook, attach it to a stick, bait it, drop it in the water and *presto* - you'll soon catch a fish. *Buon Appetito!*

Yea, right, keep on dreaming. You ain't gonna catch a fish that easy unless you're fishing on a fish farm where they breed 'em, ship 'em and sell 'em to grocery stores, restaurants, and private fishing holes. It ain't gonna be that easy, bubba. And as I stated in my *Ranger Digest VI*;

"Though I'm sure you much prefer to catch a trout, catfish, or a salmon, you had better set your menu on something a bit more smaller and realistic, like minnows and sunfish. Chances are they'll be more plentiful and a lot easier to catch than a trout or salmon."

Makes sense, don't ya think? Now I'm not saying don't waste your time fishing for the big ones when there's plenty of minnows around. I'm just saying don't rule out catching and eating minnows if you're not having any luck catching other fish or game. Ya know what I mean, bubba?

Here in Italy where I live, eating "fried minnows" at wine festivals is about as common as eating french fries at carnivals back in the states. In fact, I don't recall never seeing fried minnows being sold right alongside with french fries. And if you go to a restaurant here and order a "mixed seafood" meal, you'll usual find a handful of minnows mixed in with your meal. It's that common.

Though they taste much better fried, you cook 'em just like french fries, you can also boil or cook 'em right over an open fire. And you don't need to gut 'em if they're less than 3 inches long, only if their fat, chubby, and longer than this.

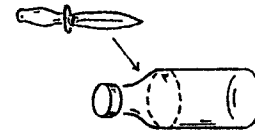
What I find amusing is how Italians here catch minnows, with a looong telescopic pole and a very tiny little fishing hook. No BS! Really! Now where I come from, Berwick - Pennsylvania, we don't catch minnows with a hook & line, we catch 'em with a minnow net or trap.

Now one time I gave my dumb ass Italian brother-in-law three wire minnow traps and I told him, (a) you gotta place some bait in 'em, (b) you gotta place 'em where you can see minnows swimming, and (c) you gotta leave 'em out overnight.

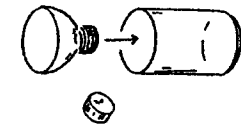
About a week later he comes back to me and says, "Rick, you Americano minnow trap no workie." So I asked him, "Did you put bait in 'em before putting 'em in the water?" He said, "I try, but the worms, bugs keep fall thru wire." I then asked, "Did you place 'em where you could see minnows?" He says, "No, I not see, but no mean no fish there." And then I finally asked him, "Did you leave them in the water overnight?" He says, "No, I scare maybe someone find and steal, I leave in water only one hour." Is my Italian brother-in-law a dumbass or what?

Anyway, if you can find a couple empty plastic transparent water bottles, here's how you can make 'em into a field expedient minnow trap.

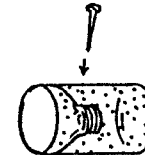
Cut off the top part of the plastic water bottle...



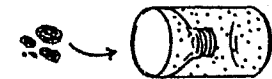
Place it inside the bottle upside-down...



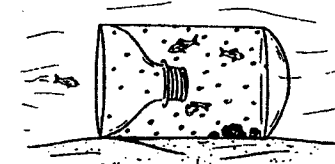
Punch a few small holes all along the sides...



Place some rocks inside of the bottle...



And place it in the water only where you can see minnows swimming.
(Note: It doesn't do any good to put it where there aren't any minnows, ya know?)



And here's how you can make a field expedient "minnow scooper" out of a sock and stick.

And you can catch butterflies with it too.



SOLAR STILL WATER BOTTLES

Here's a technique you won't find in any military or outdoor survival manual, I call it a Solar Still Water Bottle.

One day while sitting in my back yard I decided to try an experiment on some empty plastic and glass bottles. So I grabbed a bunch of them out of my neighborhood dumpster, placed some green vegetation inside of 'em, sealed the top of 'em closed and then I lined 'em up in my backyard where the sun could beat down on them all day long. And yep, my experiment worked, I was able to produce safe drinking water inside the bottles.

I know what you're probably thinking, "Wow, big f---n deal, Ranger Rick!" Right? I know you are. Well, it is a big f---n deal because if you're ever in a life or death survival situation where you can't find "any water" and you don't have any plastic trash bags to make a solar still. But ya were able to find a few empty glass or plastic water bottles laying around somewhere, you can use 'em to produce safe drinking water. And the more bottles you can find, the more water you can produce, provided (of course) you're in a warm weather environment and can find some green vegetation to place inside of 'em.

Oh, so now you get it, huh? But you're still wondering, "So where do the bottles come from?" Well, no matter where you go in the world, you'll more than likely come across some empty bottles laying around somewhere. Trust me, you'd be surprised where you'll find 'em.

The next time you're watching CNN and they show television pictures of some people starving and dying of thirst in some third world country like Africa, Somalia, Kosovo, etc. Look closely at your television screen to see if you can see any trash laying around on the ground, in particular, empty discarded bottles. And then just imagine yourself being there without any water or water that you know is "contaminated" and unsafe to drink and now ya know how to produce safe drinking water with empty bottles. Get the picture? *Bravo!* I knew you would eventually get it.

When using empty bottles to produce safe drinking water...

- Use only bottles that you're sure once contained a "safe drinkable substance" such as water, soda, juice, etc. And if you're not sure what it once contained, then DON'T USE IT! Because if it did contain something harmful or dangerous, you just might be putting your life in "Ham's Way."
- Place inside the bottle only green vegetation that have long stems and leaves and try not to have it touch the bottom of the bottle. Because if it does, as the water begins to form at the bottom of the bottle the vegetation will "absorb and drink it" before YOU DO.
- Make sure the bottle is completely "airtight sealed" OR no moisture or water will form inside of it. To seal it, just plug the hole with a piece of wood or something.
- Always place the bottles in a location where the sun will beat down on them all day long with no interference and then empty 'em into a single container at the end of the day and *drink wisely*.



42

NOW HERE'S A COUPLE OF USEFUL TIPS

Submitted By: Sfc Mark E. Porrett

Dear Ranger Rick,

After buying and reading the first seven Ranger Digest Handbooks, I decided to send in a couple of my own ideas that I've been using for the past 14 years. I've used them during deployments to Honduras, Panama, Turkey, Saudi Arabia, the Combat Maneuver Training Center (CMTC), the Joint Readiness Center (JRC), the National Training Center (NTC) and now here in the Sinai where I'm currently deployed. I hope you can use these ideas for your next Ranger Digest, keep up the good work. Hooah!

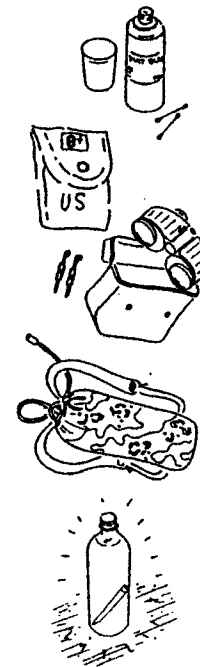
#1 When an inspection catches you in a pinch, touch up LBE snaps with some flat black spray paint. Just spray the paint into a paper cup and apply it on with a Q-tip. Every company supply room seems to have flat black spray paint and the battalion aid station/medics have plenty of Q-tips.

#2 Prior to any field training exercise or real world deployment, I have my soldiers write their blood type on their first aid pouch or on some tape applied to the pouch. This will save time if someone urgently needs some "juice."

#3 One of the many pilferable and easy to lose pieces of equipment is military binoculars. And a great way to protect and have them ready and within easy reach is to carry them inside an empty M-249 ammo pouch attached to your Ibe/rucksack with a pair of alic clips.

#4 It seems the "Camelbacks" are the latest thing for the field, and everyone in our task force must have went out and bought one just before they deployed to the Sinai. Now the only problem is the damn brass here don't like seeing so many soldiers out of uniform. So a few of us took some old desert BDU trouser pants, cut off the legs and made desert camouflage pouches for our Camelbacks.

#5 While deployed to Saudi Arabia we had to mark the mined areas so vehicles wouldn't drive off into the minefields, and we had to mark them at night too. And after looking at the mines on the left and right side of the routes, the best method was to drop activated chem-lights inside full bottles of water and then place them alongside the routes. Also works great as a "field expedient lantern" too.



43

A "10 SECOND" KNIFE SHARPENER

Now here's a handy device, it's called a JIFF V SHARP 10 SECOND KNIFE SHARPENER. And here's how you use it:

- 1 Always keep your fingers inside the hand guard and your thumb securely placed on the thumb rest at the top of the sharpener, otherwise possible injuries may occur.
- 2 To sharpen a knife, place the knife on a solid flat surface with the cutting edge facing up. Securely hold the knife in place with downward pressure on the handle. For best results allow about 1/4 to 1 inch of the blade to extend past the edge of your flat surface.
- 3 Starting near the handle of the knife, place the "V" in the head of the JIFF "V" SHARP over the cutting edge of the knife. Position the head of the sharpener at a 90 degree angle to the knife's cutting edge. While holding the knife with one hand and the JIFF "V" SHARP in the other, draw the sharpener across the blade from the heel to the point while lightly applying downward pressure. At the end of each stroke continue an outward motion in order to avoid any contact with the blade. You will feel the tungsten carbide cutters removing metal from the knife. Repeat this process 3 or 4 times or until your knife is sharp.
- 4 Remember, light pressure is sufficient when using the JIFF "V" SHARPENER.. Heavy pressure might cause you to lose control of the knife and could cause possible injury. Also, after finishing the sharpening process always clean your blade thoroughly.

I know a lot of you die-hard Rambo Cowboys aren't gonna like this knife sharpener because it's too easy and it "removes" metal from the blade in a different way than a sharpening stone does. Well, call me lazy if you want but I'd rather use this high-speed fast knife sharpener than a stone.

And while working in Bosnia with MPRI under the US State Department approved "Train & Equip Program," I knew a retired SF Rambo Cowboy by the name of "Buck." And as you can probably guess by his name, yep, he liked knives. And it seems like every time he had nothing else to do he'd pull out his big ol' knife and just sit there and keep on sharpening it over and over and over again.

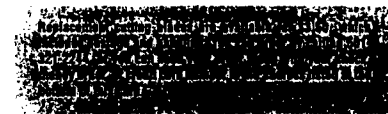
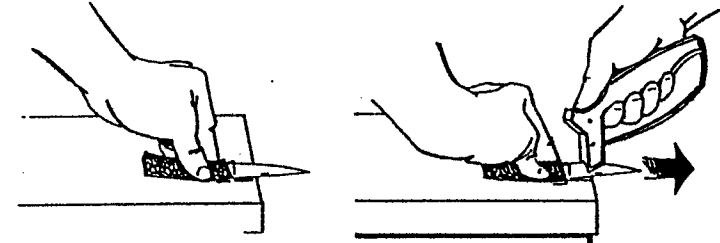
Well I don't know about you, but once a knife is as sharp as a "surgical blade," why keep on sharpening it? Well my ex-Ranger Buddy, Steve Akana summed it up. He said;

"The only people who carry big knives and keep on sharpening them all the time are those who lack self confidence, self esteem, and think they're some kind of a big badass. But they're not!"

Well you know what? I kinda agree with my ex-Ranger Buddy's statement. And to all you Rambo Cowboys, big badasses, and knife sharpening freaks....GET A LIFE!



44



WARNING

When using the JIFF "V" SHARP always keep your fingers inside the hand guard and your thumb securely on the thumb rest indentation on top of the sharpener, or possible injury may occur.

Smith's™
SINCE 1886

1700 SLEEPY VALLEY ROAD
HOT SPRINGS, ARKANSAS 71901
501-321-2244
Made in USA
U.S. PATENT No. Des. 365,740
<http://www.getsharp.com>



0 27925 19002

CAT # JIFF

45

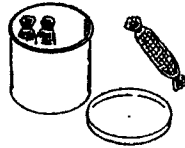
MAP PROTRACTORS

A FEW MEDICAL TIPS & TRICKS

35mm Film Container Uses

Submitted By: David White

I picked up this next tip while at an Emergency Medical Conference. A safe way medics can carry their Ammonia Inhalant Capsules in their aid bags without worrying about breaking them is to keep them inside a plastic 35mm film container.



Closing Scalp Wounds

Submitted By: Cpt. Sheran L. Benerth

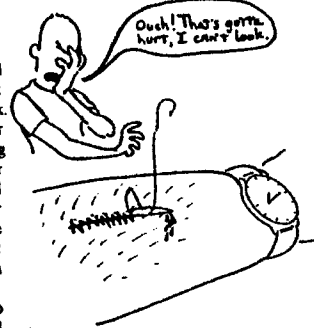
In an emergency situation when sutures and stitches are not available, you can close a scalp wound by simply tying the hairs on both sides of the cut "together." And the best knot to use is a "surgeon's knot," it's a variation of a square knot, right-over-left (twice) and then left-over-right (twice).



Field Expedient Stitching

Submitted By: Yours Truly - Ranger Rick

In an emergency life or death survival situation, should you need to stitch up a very bad wound and you don't have a first aid kit, you can always use a fishing hook. Take the smallest fishing hook you have and cut or break off the "eyelet." (Note: If it's a real small fishing hook, then leave the eyelet attached.) Then take your knife and make a few deep nicks and dents at the end of the hook where the eyelet use to be. Then search your clothing for some loose thread hanging off somewhere and carefully remove as much as you can without breaking it, the longer it is the better. Then wrap it a few times around the end of the hook where you made the nicks and cuts (which will help hold the thread onto the hook as you weave it through the skin/wound) and you're ready to start stitching.



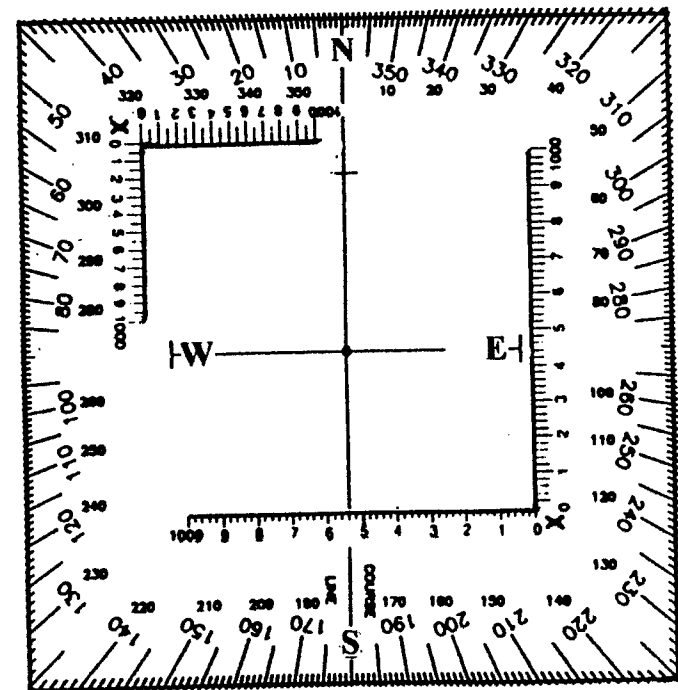
WARNING: Use these medical tips at your own risk.

I know I talked about this in my last Ranger Digest, but I received some letters from a couple of soldiers asking me if the Army uses only one type of map protractor. Well, the only "military issued" map protractor that I know of is the Department of the Army's GTA Coordinate Scale & Protractor. I have never seen nor used any other type, except a civilian map protractor. And if you don't like the military nor the civilian type, you can always make your own. How?

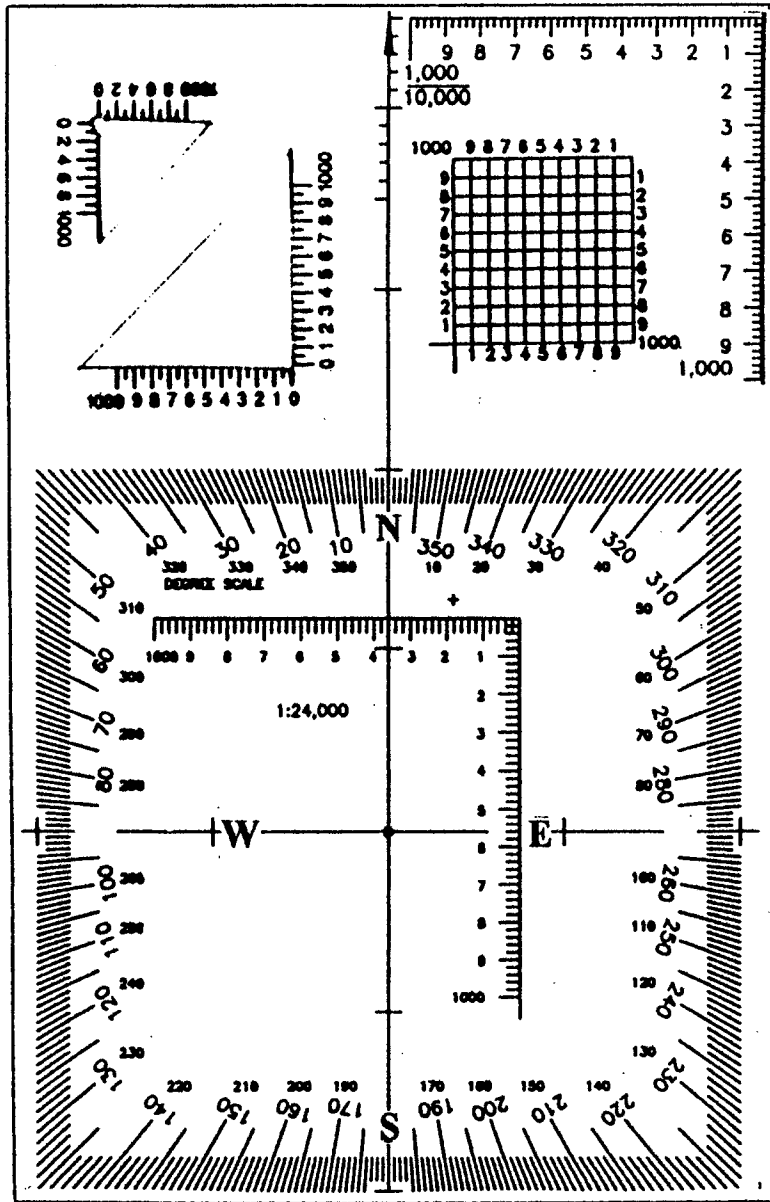
It's easy, just make a paper photocopy of a military and a civilian map protractor and cut out only the parts you want to use. Then glue 'em to a piece of paper and photocopy it onto a clear sheet of plastic "Xerox Transparency" and then cut it down to size and laminate it. Just like I described how to do it in my Ranger Digest VII (page 43).

Here's a few of my favorite "homemade" map protractors that you can photocopy right out of my book. But before you make a plastic transparency copy, first make a paper copy. Then hold the book page up to the light and align the paper copy directly over the page to make sure the numbers and lines match up perfectly. And if they don't match up perfectly, then you'll need to reduce or enlarge it 1% at a time until they do match or your map protractor won't be accurate. And when you're sure it's a perfect match, then you can make a plastic transparency copy.

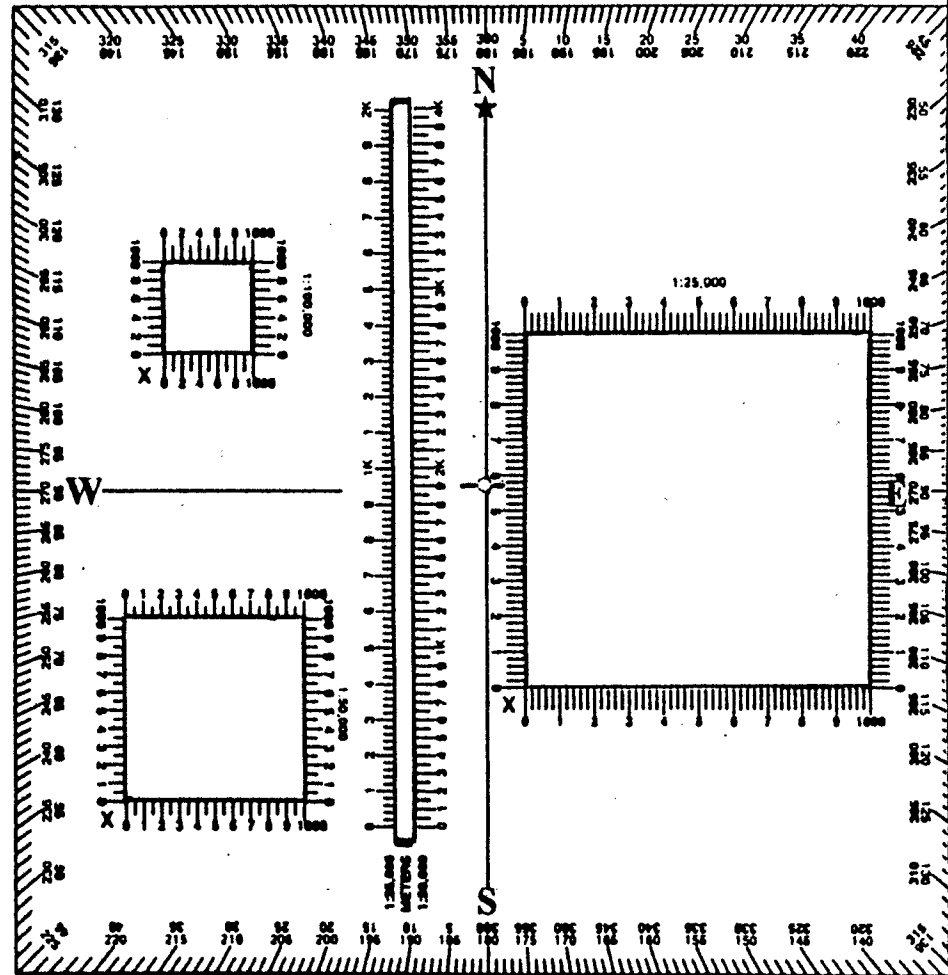
Check out some of these map protractors and choose the one that meets your needs or make your own.



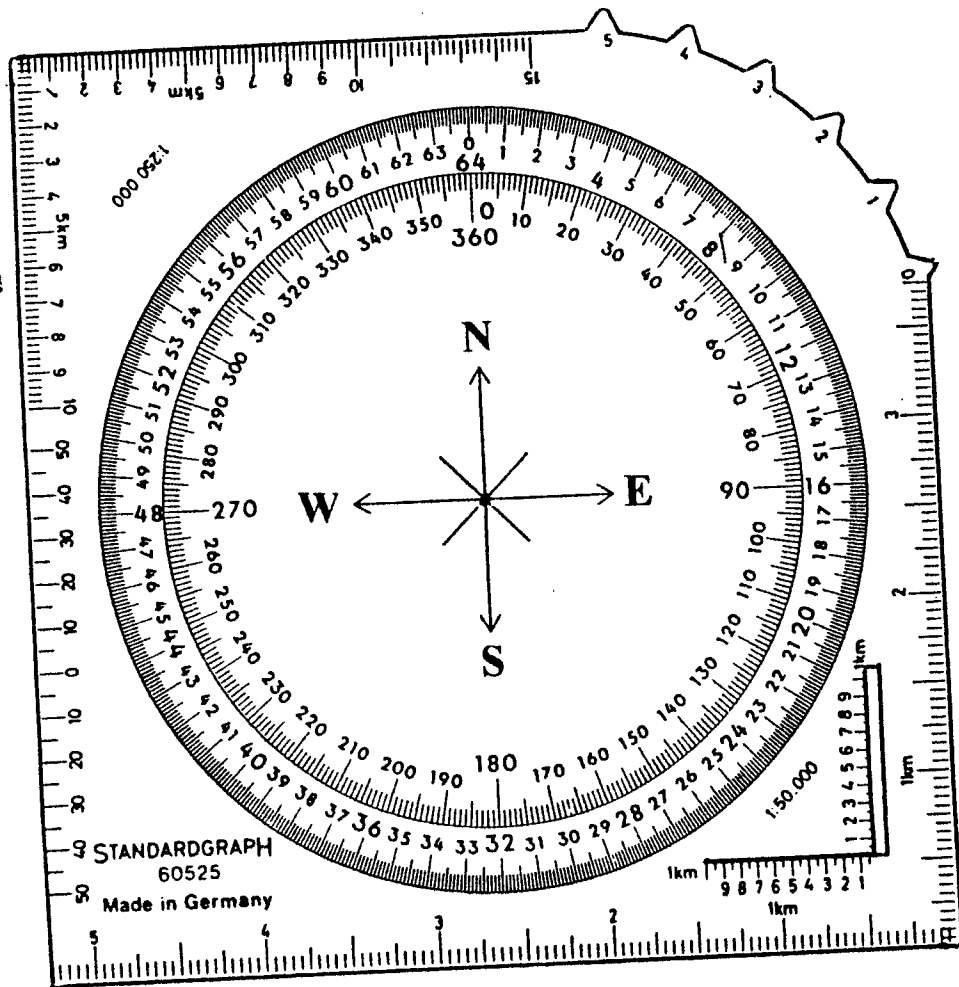
Use Xerox Transparency



Use Xerox Transparency



Use Xerox Transparency

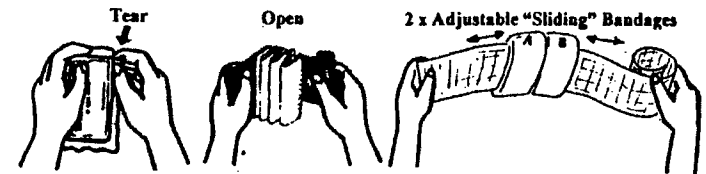


Use Xerox Transparency

WHICH ONE DO YOU THINK IS BETTER?

Submitted By: Friedrich W. Eickelen

A good friend of mine sent me a German Army First Aid Field Dressing, and after carefully examining it I could not believe why the US military hasn't adopted it yet. It's a field dressing that has 2 x sliding adjustable bandages so it can be used for either one large or two entirely separate wounds such as a bullet wound to an arm or leg. (See below)



These German Army First Aid Field Dressings are no doubt much better than ours, and they also come packaged in a reinforced sturdy cloth and rubber coated camouflage wrapper that have a much longer shelf life than ours too. And if you think these field dressings are better than ours and you would like to see them in our military inventory, make a photocopy of this page and send it to:



The Department of the Army
Research, Development & Acquisition Office
103 The Pentagon
Washington, D.C. 20310-0103



And maybe, just maybe some brass Pentagon genius will say to themselves, "Hmmm, yea, why don't we have these types of first aid field dressings our inventory?" And maybe, just maybe he or she will get off their fat ass and do something about it. It doesn't hurt to try, ya know?

These German Army First Aid Field Dressings are produced by PAUL HATMANN AG, C/o LOHMANN GmbH & Co.KG, Paul-Hartmann-Str. 12, D-89522 Heidenheim, Germany. The NSN# is 6510-12-226-0005.

6510-12-226-0005
VERBANDPAECKCHEN
LOHMANN GmbH & Co. KG
INLIEGENDE GEBRAUCHSANWEISUNG BEACHTEN
FOLLOW ENCLOSED INSTRUCTIONS
UTILISATION SUIVANT MODE D'EMPLOI INCLUI

A SECRET VACCINE?

Submitted By: David A. Williams M.D.

Dear Ranger Rick,

Thank you for publishing my article in your last Ranger Digest (VII). Enclose you'll find some more medical research information about a so call "secret vaccine" which the Swiss government administers to their own people for free, it's called BCG-Berna. Among some (but not all) of the things it has been known to do:

1. Reduce and or cure tooth decay and gum disease
2. Help prevent cancer
3. Protect against AIDs, Herpes, and Hepatitis C viruses
4. Control blood pressure
5. Lower cholesterol
6. Prevention of Tuberculoses
7. Restores strength and endurance
8. Prevention and treatment of diabetes

It has been used in over 100 countries since 1921, and not only do all the NATO countries use this vaccine, but also the Russians, Serbs, and the "Vatican" use it too. And many medical experts, both here in the US and overseas strongly believe a terrorist group will someday try to use a deadly chemical or biological agent in Europe or the United States. And one of the best protections you could have is to be vaccinated with this BCG because it boosts the immune system to enormous levels.

Since 1995 our clinic has examined over 3,000 foreign people from 80 different countries and 94% of them were known to have had the BCG vaccination, and all of them were free of AIDS, cancer, and other diseases normally found in most third world countries.

My point is this, if NATO, our enemies and third world countries are using the BCG-Berna, then it just makes sense that we should be using it too. Unfortunately, it can only be acquired "over the counter" in pharmacies in Europe. It not only comes in a "home vaccination kit," which any nurse or doctor can administer, but in pill form too.

READERS NOTE: Dr. David A. Williams is a (M.D.) Family Physician, Federal Aviation and Immigration Medical Examiner and a USAR (ret.) Bn Surgeon, Anesthesiologist, and a GMO.

And when I received his letter with this information about the BCG-Berna vaccine, I decided to find out more about it. So I contacted a very good friend of mine, an Italian doctor who works at a nearby hospital here in Vicenza (Italy) and I asked him about it. And he told me (quote),

"Doctors who work in hospitals here in Italy are required to be vaccinated with the BCG-Berna because of the many, many patients they come in contact with everyday."

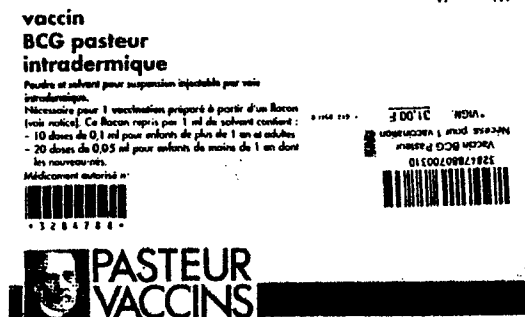
Hmmm, so when I heard this, I decided to see if I could get vaccinated with it myself. And although I couldn't find the injection type, (good, because I hate needles) I was able to find it in pill form and had to take one a day for seven days. And guess what? As far back as I can remember I've always caught a cold, flu, sore throat or some sort of virus every year between the months of November and February. But not this year, this is the first year (1999-2000) that I haven't even coughed, sneezed nor gotten the sniffles. Coincidence? I don't think so.

If you're in the military and stationed here Europe, you're not going to have any problems acquiring this BCG-Berna. And if you're not, well then you're gonna have some problems locating it because it's UNAVAILABLE in the USA. But if you can acquire it through "other means," if you get my drift, it's worth it.

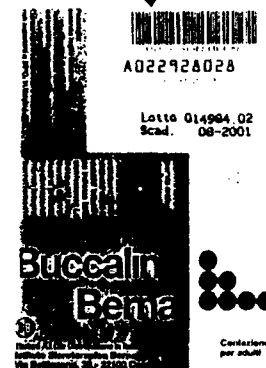
Please don't write to me and ask where you can acquire this BCG-Berna, because if you do I won't respond back. Sorry, but you're on your own. And if you are able to find it and acquire it somehow, be advised you should consult your doctor first before taking it.

I'm sure if you do some research on the internet for the BCG-Berna, you'll probably find a lot more information about it. Below is what the European "pill form" package looks like. To you guys & gals back in the US, good luck on finding it.

THIS IS WHAT THE "BCG VACCINE"
PACKAGE LOOKS LIKE



AND THIS IS WHAT THE "BCG
PILL" PACKAGE LOOKS LIKE.



READERS NOTE: Use at your own risk.

TRY HOOKING YOUR COMPASS TO YOUR LBE

This next tip only works with a military lensatic compass or a civilian "military style" compass.

If you've ever been a compassman, fire team, squad or platoon leader you know how hard it is to hold a weapon with one hand and follow your compass with the other. And some us have even tried to hold a weapon, flashlight, map and a compass all at the same time. But it's not easy, because you either gotta let down your guard to look at/follow your compass or put your compass down to keep up your guard.

Well, I discovered this next technique by accident while "metal detecting" here in Italy up in the Asiago Mountains while searching for some war relics. I decided to take along my old lbe instead of my rucksack because I only had a few things to carry, my metal detector, some tools, a lunch, survival kit, and a map & compass.

And after visiting the Asiago War Museum and carefully studying an old battlefield map they had on display, I choose a site that I wanted to search and so off I went to see what I could find. Well, I got as close to the site as I possibly could with my car, but then I had to hump it the rest of the way on foot. And after following an old foot path for about thirty minutes, it soon disappeared from underneath my feet and I found myself in some thickass vegetation.

Now I was following my map closely and I knew exactly where I was, well, most of the time anyway. But the more I pushed on to the site, the thicker the shit got. And soon I was in some really thick stuff and I couldn't see any prominent terrain features to get my bearings on. So I had to temporarily give up locating the site, study the map, set my compass to a "dead reckoning" setting that would get me out of this shit to a nearby hill top so I could see how far I still had to go

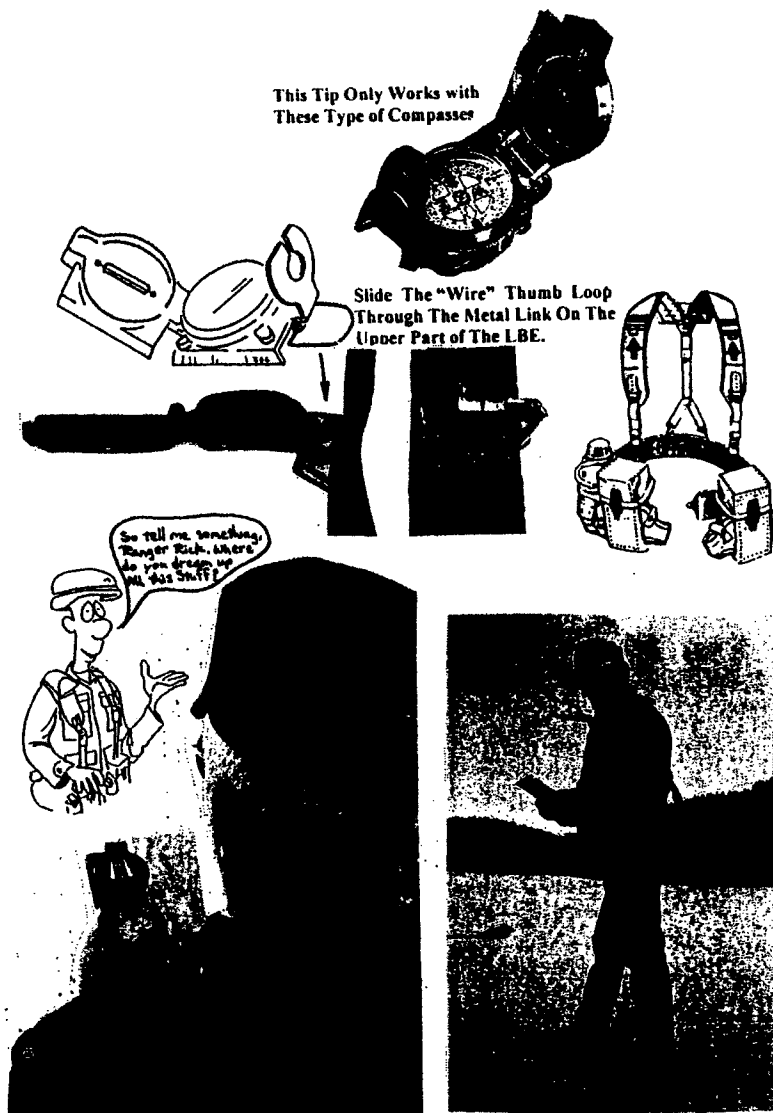
And it wasn't easy neither, the damn wait-a-minute vines and vegetation kept fighting, holding me back and grabbing my compass out of my hand. I needed the use of both my hands so I could push on to "the ranger objective." Hooah! But at the same time I needed to follow my compass very carefully too.

Well, I decided to take a five minute break and study the map. And when I looked down at my lbe to see how I could rig my compass to it so I could free up both my hands, *BONG* - I got an idea. I opened up my compass, folded the upper part of my lbe strap where the "metal loop" is located and squeezed inside this metal loop the compass "thumb loop." Now I could use both my hands freely and still follow my compass, and fairly accurately too. (See drawings/photos.)

Damn, this worked out so well I wish I had thought of it when I was back on active duty in the Army. I can remember many times stumbling around in the boonies, especially at night trying to hold my weapon, map and compass all at the same time.

Well, to make a long story short. I finally made it out of that thick shit, reached the hill top, plotted a new course to the site, found me a couple nice war souvenirs, got back to my car before dark, drove home, showed my wife what I found, had a nice dinner, got drunk, went to bed and lived happily ever after. *The End*

This Tip Only Works with These Type of Compasses



All Ya Gotta Do Is Look Down At Your Compass

POCKET BINOCULARS

Now here's a pair of binoculars I don't mind carrying around with me. They're small (1½ x 2½ x 3½), lightweight (approx. 8 oz), shock resistant (rubber coated), powerful (8 x 21mm), cost about \$25 (+/-) and they're available in almost every military, camping and outdoor supply stores too.



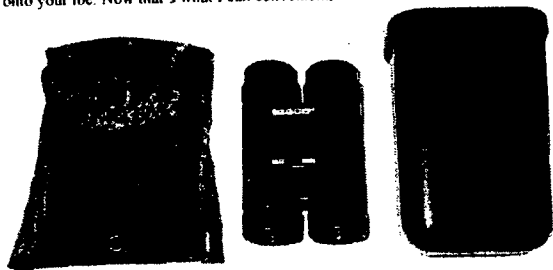
Smith & Wesson Pocket Binoculars

These 8 x 21mm binoculars fold down to just 1½" x 2½" x 3½" and fit in a handy belt case for go-anywhere action. Binoculars are protected by rubber armor coating and feature flexible eye pieces and neck strap. This is one super deal! 8 X 21mm. Field of View: 5.5°.

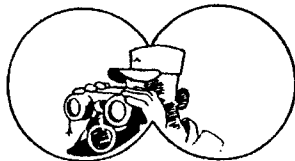
Smith & Wesson
Pocket Binoculars



And you know what I really like about these pocket binoculars? They fit nicely inside an empty plastic M258 NBC Decon Kit container or a GI compass/first aid pouch and you can attach 'em right onto your lbe. Now that's what I call convenient, check it out.

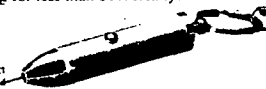


When looking through a set of binoculars, which of these is the correct way to look through them? You'd be surprised at how many people don't know, are you one of them?



BULLET LASER POINTERS

Here's something you'll enjoy playing around with, a "bullet laser pointer." The price of these babies have come waaaaay down that you can find 'em selling for less than \$10. Really!



(b) Hollow Point Laser

Incorporating advanced laser optics and microelectronics, this high quality product gets right to the point! The Hollow Point Laser features a handsome bullet design and shoots a red laser dot up to 250 yards. Includes an attachable key ring, a screw-in clip. Three LR44 batteries included. Imported. Measures 2½". Wt. 2.5oz. Silver.

And if you do buy one, which I'm sure most of you probably will, try mounting it onto a pair of "pocket binoculars." Just open up the binoculars, place the bullet laser pointer next to the focus ring (either on the left or right side) and close that side of the binoculars inward until it rests securely against the laser pointer. **Important:** Always try to keep constant pressure on that side of the binoculars where the laser pointer is mounted so it won't fall off.

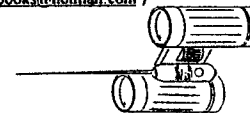


Now pick up the binoculars, look through 'em, switch on the laser pointer with your thumb, pick out a target about 10-20 feet away and carefully look for the red laser "dot." If you can't see it, pick out a closer target, and if you still can't see it, then the laser pointer was not properly mounted onto the focus ring. Remove and remount the laser pointer once again onto the binoculars as described above and look for the "red laser dot." And if you still can't see it, play around with it until you do see it. If necessary, depending on the type of binoculars you're using, you might have to wrap a little bit of tape around the laser pointer to keep it straight and level underneath the binoculars. And if you still can't see it, don't give up, just keep playing around with it until you do see it.

Now most laser pointers have a maximum range of about 100-300 yards, but you can't see the red laser dot that far away with the naked eye. Which is how I came up with this idea, I was trying to see how far away I could see the red laser dot during the day and also at night. So I mounted my bullet laser pointer to my binoculars and *presto* - I could now see it far away.

You're probably wondering how you can use one of these laser pointers in a tactical situation, right? Well, the only thing I can think of is to use 'em for harassing the enemy. You know, making 'em think you're about to blow 'em away with a laser sight attached to your weapon. If he or she can see the red dot and not you, they just might think a sniper is zeroing in on him.

Another possible use? How about using it for identifying individual sectors of fires and enemy positions at night. Got a couple ideas of your own on what else they can be used for? You do? OK, then write and let me know, and if I publish it in my next Ranger Digest I'll send you a free copy. E-mail me at: Rangerbooks@hotmail.com



DID WE MISS THE MONEY TRAIN? AGAIN?

Yep, I'll bet ya all ignored my investment advice again, didn't you? I'm talking about the investment advice I gave you in my last Ranger Digest (VIII) And the one before that, and the one before that, and the one before that...

Well, if you're gonna keep on snoozing, then you're gonna keep on losing and missing the "money train." And as I've been trying to tell ya all - you don't need to put a lot of money in the stock market to make a lot of money. But if you can put away at least \$50 or more a month, then you're on your way in becoming financially secure. The more money you can put away - the more financially secure you'll be for retirement or when you need the cash to buy something really special, like a home, car, or a boat.

And guess what? If you haven't heard already, as I tried to tell ya in a previous Ranger Digest, Uncle Sam has recently raised the cut-off age for drawing social security. That's right, if you were planning on retiring and drawing social security at age 65, forget it, it's now been pushed back to age 67. And ya wanna bet this ain't the last of it? Just wait, by the time you're almost 67 and looking forward to retirement, Uncle Sam's gonna push it back even further, to age 70. That's if you live that long, and if ya don't, Uncle Sam inherits your social security benefits.

Does this get your attention? Now do you see why it's important to start saving, investing, and planning for your retirement now? Because the longer you keep putting it off, the harder it will be to reach your retirement goal, and at an early retirement age too.

Hey listen, I quit school at 17, never attended a day of college in my life, got a GT score of 94, and if I can successfully invest in stocks and mutual funds - ANYONE CAN! And I didn't get started investing in stocks and mutual funds until I was 33 years old, which is when I found out about them. And when I did find out about them, I dumped my US Savings Bonds and Bank CDs and jumped on the "money train."

And because "I got off my ass right away" when I did find out how easy it was to invest in them, and NOT like you guys & gals who keep putting it off, I was able to retire at age 38 when I got out of the Army back in 1993.

And yea, maybe I am bragging a little bit... But I don't have to work another day in my life if I don't want to because I don't owe anyone any money. And I own my own apartment, drive a nice car, and I'm sitting here in my RV right now sipping wine, typing this page and enjoying the scenic surrounding here on Lake Garda (Italy). And the answer is "NOPE," I didn't inherit any money from a rich relative, win a lottery, nor did I rob a bank to get to where I am today - I just invested wisely.

The point I'm trying to get across to you... If a high school drop out and idiot like me can successfully invest his money wisely - ANYONE CAN! But the first step is, YOU GOTTA GET OFF YOUR ASS and START INVESTING NOW. And the sooner you do, the sooner you do, the sooner you'll reach your goal in becoming financially secure. Am I getting through to you this time?



Here are the mutual funds that I personally own, look at the "yearly returns" that I've made on my investments and you'll see why I was able to retire. And the earlier you start investing - the more money and earlier you'll be able to retire too, it's that simple.

NOTE: As of January 1st 2000

NAME OF MUTUAL FUND	YEARLY RETURNS			RISK LEVEL	MIN. INVEST	LOAD/CHARGE
	1 YR.	3 YR.	5 YR.			
FIDELITY SELECT ELECTRONICS	106%	52%	53%	10	\$ 2,500	3%
FIDELITY SELECT TECHNOLOGY	131%	64%	49%	10	\$ 2,500	3%
JANUS TWENTY	64%	54%	45%	8	\$ 2,500	NA
JANUS MERCURY	96%	51%	40%	9	\$ 2,500	NA
INVESCO TELECOMMUNICATION	144%	64%	46%	10	\$ 1,000	NA
AMERINDO TECHNOLOGY D	249%	74%	NA	10	\$ 2,500	3%
INTERNET FUND	216%	119%	NA	10	\$ 1,000	NA
SPECTRA FUND	71%	49%	41%	9	\$ 1,000	NA
RYDEX OTC FUND	100%	65%	56%	10	\$25,000	NA

IMPORTANT: Be aware all the mutual funds listed above have a "high risk factor." On a scale from 1-10, a low number means 'least volatile & less risk' and a higher number means 'more volatile and risk' And as all the mutual funds state in their brochures, "Past performance does not guarantee the same future results."

WHERE TO CALL TO GET INFORMATION ON THE ABOVE FUNDS

FIDELITY FUNDS	800-544-8888	JANUS FUNDS	800-525-8983
INVESCO FUNDS	800-525-8085	INTERNET FUND	888-386-3999
AMERINDO FUNDS	800-832-4386	SPECTRA FUND	800-711-6141
	RYDEX FUND		800-820-0888

WHERE TO LOOK ONLINE FOR MUTUAL FUND INFORMATION

Brill's Mutual Funds Interactive:
www.fundsinteractive.com
 Fund Alarm
www.fundalarm.com
 Firsthand Funds:
www.firsthandfunds.com
 Kiplinger.com:
www.kiplinger.com

Morningstar:
www.morningstar.com
 MSN Money Central:
www.moneycentral.com
 Mutual Fund Education:
www.mfea.com
 Motley Fool:
www.fool.com

Author finds most millionaires were average students

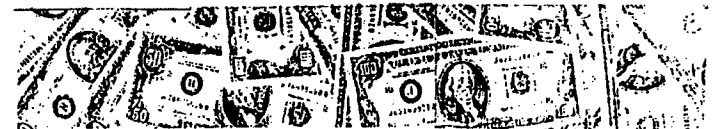
The Associated Press

ATLANTA — Donald Sonner is in the junk business. The 64-year-old head of Southern Bloomer Manufacturing in Bristol, Tenn., takes scrap cloth and makes underwear for prisons and strips for cleaning guns.
 He doesn't have a master's degree in business. In fact, he went to high school for only a year. But by working hard and capitalizing on an idea, Sonner was a millionaire by the time he was 24.
 His story is not unique, says The

1,300 millionaires for his new book, *The Millionaire Mind*.
 The average millionaire, made B's and C's in college, Stanley says. Their average SAT score was 1190 — not good enough to get into many top-notch schools. In fact, most millionaires were told they were not smart enough to succeed.
 "I find no correlation between SAT scores, grade point averages and economic achievement. None," Stanley said.
 Instead of relying on natural genius, millionaires choose careers that match their abilities, Stanley

said. They may not have great analytic intelligence, but they are creative and practical. They focus on a goal, take calculated risks and work harder than most people. It's a lesson Stanley took to heart.
 The author has gotten rich himself by writing about the rich. For years he was a marketing professor at Georgia State University. He wrote three textbooks about marketing to wealthy people and gave seminars around the country. But he felt like he was going nowhere. So he took time off to write *The Millionaire Next Door*, which was penned with research-

er William D. Danko of Albany, N.Y.
 Published in 1996, it has been on The New York Times Best Sellers list for more than 150 weeks.
 "The reason the book succeeded is not because I'm a great writer... The fact is I picked the right target," Stanley said.
 He found the key to being rich is being frugal. He says most millionaires live beneath their means.
 "Somehow they figured out what they were good at," Stanley said. "They all said, 'I'll be the best at this. This is what I really, really love to do.'"



FIELD EXPEDIENT COOKING TIPS

Not long ago I received an old 1987 Virginia Guardpost publication titled "Soldier Craft." It's a quarterly printed publication that's distributed to all members of the Virginia Army and Air National Guard. And while reading through it one day I found an interesting article written by General Carroll Childers, so I hope he doesn't mind if I share it with my readers. And although his article is on "How To Heat C-rations Out In The Field," which have been replaced by MREs. You will no doubt find his tips useful in heating and cooking other types of food and beverages.

I found that if troops are shown the correct methods and are given time to prepare their meals, they will usually enjoy them much more than gulping them down cold while on the move. Not to mention, properly prepared meals are also much easier on the digestive system too. And if you believe the old adage that the army moves on it's belly, well maybe you will believe that the better you prepare what goes in your belly - the better soldier you will be too.

I do not eat food cold unless the tactical situation precludes a fire. And there are three factors to consider when heating meals: a source of heat, a container in which to heat the ration, and a method of holding the ration or container above the heat source.

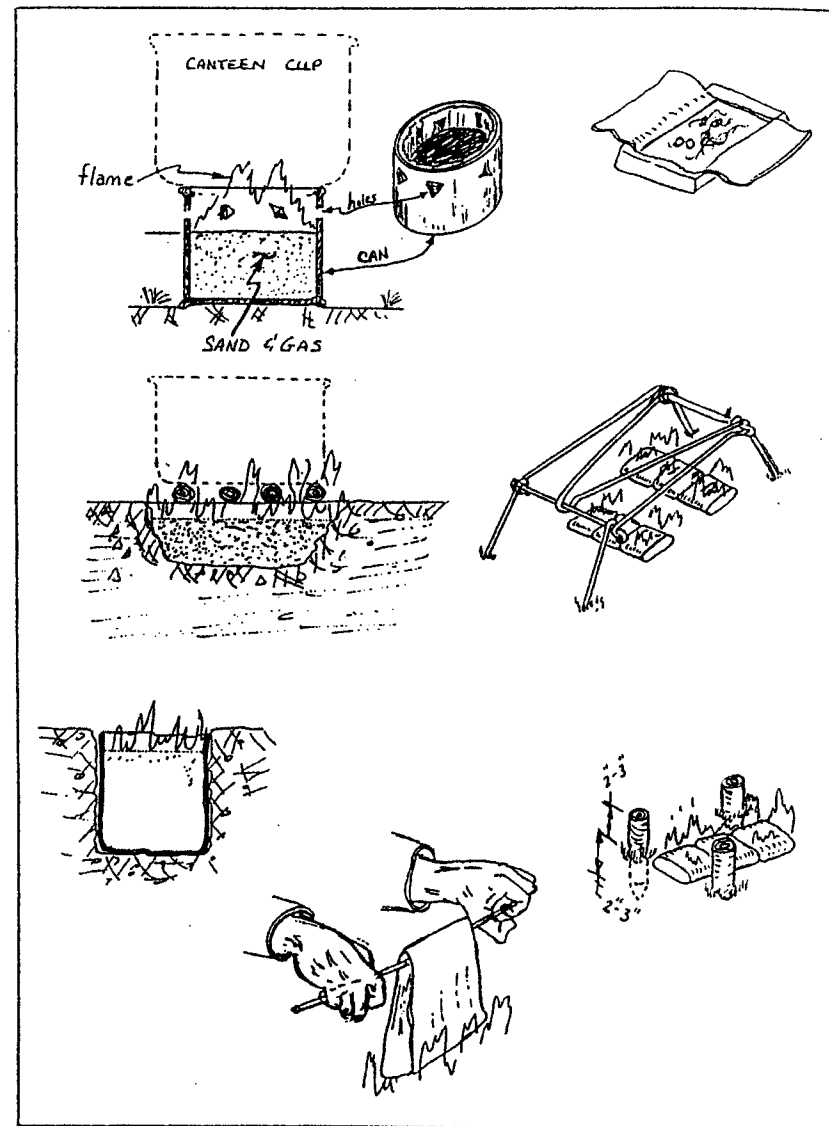
There are several ways to heat meals in the field, commercial heat tabs, vehicle engines, gasoline, and of course a good old fashion fire using wood, paper, etc. I like to be able to start a fire, set my food over it and then not have to worry about it until it's hot. So the trick is to have something to support your food or canteen cup above the fire until it's ready to eat.

To use gasoline as a fuel source you'll need a small can and some dirt. Take a knife or other sharp instrument and punch several large holes around the top of the can, these holes are necessary to provide a source of air to the fuel which would otherwise be cut off when you set the canteen cup on the can itself. Then put several inches of "fine" dirt or sand in the can and add gasoline until the dirt sand is completely saturated and pour off any excess gasoline that does not get absorbed. And then light it, place your food or canteen cup on top of the can and your stove will burn for quite some time.

If you don't have a can, you can dig a small hole in hard soil then put the pulverized dirt back in and add the gasoline. Though this method will not burn as long for the same amount of gas, but it will work if a tin can is not available. A couple of half inch diameter green limbs laid across the fire will support the canteen cup while giving some space for some air to feed the flame.

If you heat a packet of food by boiling the unopened packet in a canteen cup of water, the army says not to drink the water because the food packet (dyes or whatever) may contaminate the water. A way around this is to carry a couple of plastic zip-lock bags. Place the food packet in the zip-lock bags and then place it into the canteen cup of water. This will isolate the water from the supposedly contaminated packets and allow you to use the hot water for coffee or chocolate powder or whatever.

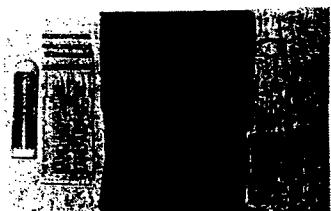
A simple small cooking grill can be made from a heavy duty coat hanger by simply cutting, bending, and twisting the wire until it has four legs that fold up so that it can be packed away inside a rucksack or even a shirt pocket.



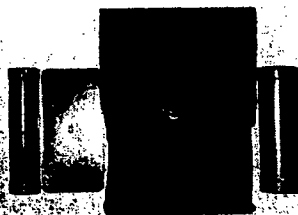
OLD 45. CAL AMMO POUCHES AND WHAT YOU CAN DO WITH'EM

Now I know you've seen these before because they use to hold two 7 round magazines for the old Gov't (1911) Colt 45. ACP pistols. Unfortunately when the military switched over to the new 9mm Beretta pistols there wasn't much anything else you could use these "web pouches" for. So Uncle Sam sold 'em all to the Army & Navy Surplus Stores, and because not even the civilians could figure out what else to use 'em for, you can buy 'em today pretty cheap, a few \$\$\$ Well, here's a few ideas that I've been using mine for.

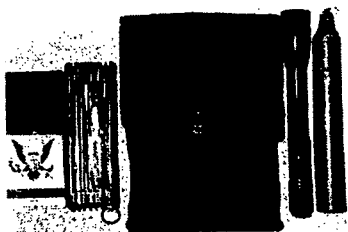
As a mini first aid pouch...



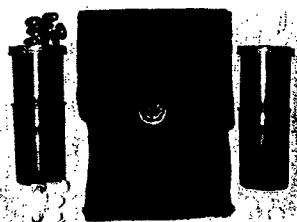
a cammie kit pouch....



a mini survival pouch...



and vitamin/medicine pouch



Important: Before you can place a couple of plastic 35mm containers inside the pouch, you MUST stretch the pouch so they'll fit inside, and it can be easily done too. Just find yourself a thick round piece of wood (like a broom handle) slightly thicker and wider than the 35mm containers and repeatedly "shove it in & out" of the pouch until the film containers fit snugly inside. Then remove the lid off one film container, slide it over the bottom of a second container, and place it inside the pouch



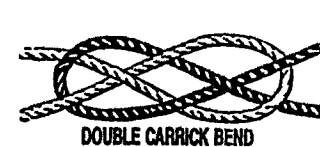
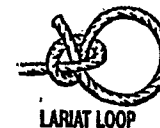
GI 45 MAG POUCH

Government model Colt 45
ACP Magazine belt carrier
holds two clips. Rare new sur-
plus from the 1950's in heavy
web canvas with Lift n' Dot
snaps and two belt keepers. Great for .45 shoot-
ers or for pocket knife and doodads. Size: 5 3/8"
x 3 1/2" Olive drab (bez/128cm)

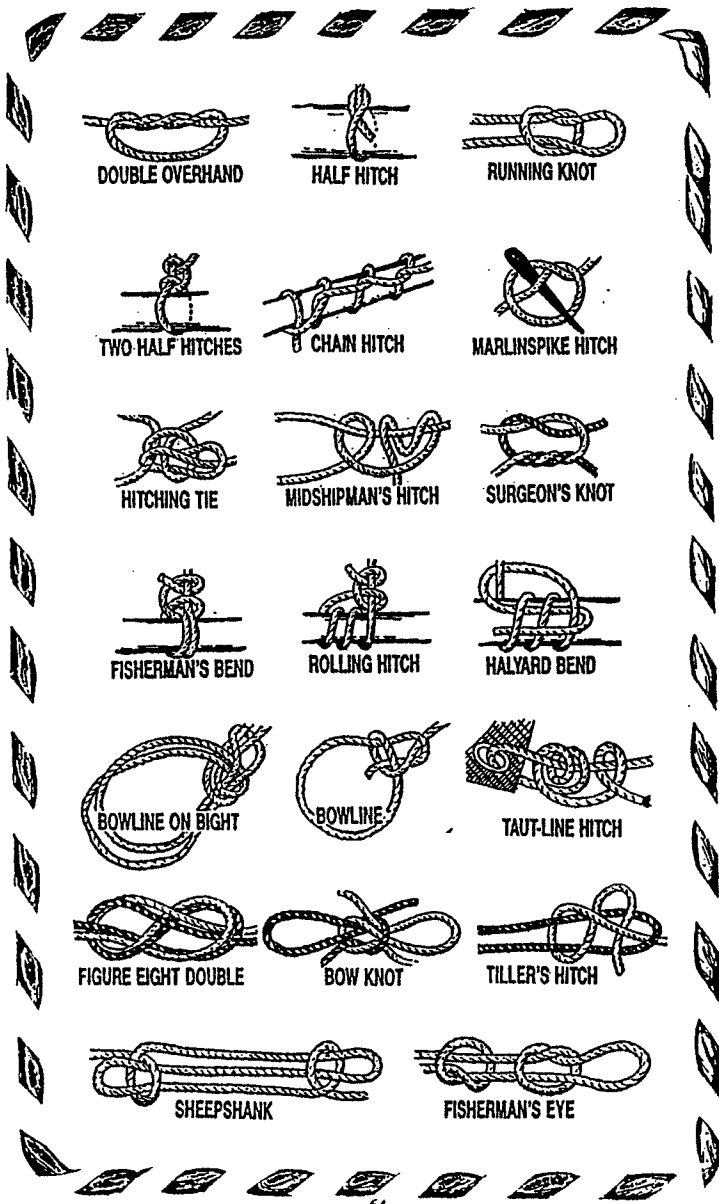
62

HOW TO TIE A FEW KNOTS

Attention Readers: If you would've ordered a "How To Tie Knots" reference card from one of the many military, camping, & outdoor supply stores, they would have charged you \$5.00 for it. And if you photocopy these two pages and laminate both sides, it'll be just as useful, durable, & waterproof as the "Real McCoy."



63



DOUBLE OVERHAND

HALF HITCH

RUNNING KNOT

TWO-HALF HITCHES

CHAIN HITCH

MARLINSPIKE HITCH

HITCHING TIE

MIDSHIPMAN'S HITCH

SURGEON'S KNOT

FISHERMAN'S BEND

ROLLING HITCH

HALYARD BEND

BOWLINE ON BIGHT

BOWLINE

TAUT-LINE HITCH

FIGURE EIGHT DOUBLE

BOW KNOT

TILLER'S HITCH

SHEEPSHANK

FISHERMAN'S EYE

A WRISTWATCH GPS?

G-- damn it! I knew as soon as I bought me one of those handheld GPS they were going to come up with one of these, a Wristwatch GPS. Though they're pretty damn expensive right now, I guarantee they'll come down in price just as soon as enough people start buying 'em. And if ya all can't wait for the price to come down, then do me a favor and order yours now so the price will come down and I can afford to buy one. OK? Is it a deal? Here's the address on where you can order 'em.

Available from:
The Bass Pro Shop
 2500 E. Kearney
 Springfield, MO 65898-0123



Pathfinder GPS
 Say hello to the world's first wristwatch with a built-in Global Positioning System. With 27 GPS satellites at your disposal, getting lost will (thankfully) be a thing of the past. It's 60% lighter and smaller than handheld GPS navigation devices, yet it has all the advantages of a watch - analog time, date, 12-hour timekeeping and automatic time correction by GPS measurement, just to name a few!
 499⁹⁵ Per Price
 ITEM 22-902-048-00

A watch that's not as tough as you are isn't worth your time!

MILITARY HUMOR

One day a private was walking by the motor pool office when he heard the phone ring, there wasn't anyone else around so he decided to pick it up. He said, "Motor Pool!"
 The voice on the other end asks, "Soldier, can you tell me how many vehicles there are in the motor pool?"
 The private says, "Sure, I see six Abrams, twelve Bradleys, and fat ass Johnson's Humvee."
 The voice on the other end asks, "Soldier, do you know who the hell you're talking to?"
 The private says, "Nope, sure don't."
 The voice screams, "This is Colonel Johnson - your commander!"
 The private, stumbling for words asks, "Uh sir, do you know who you're talking to?"
 The colonel says, "No, not yet, but..."
 "Good," says the private, "So long Fat-Ass!"

.....

A colonel and a sergeant were both in a barbershop getting a haircut and a shave, when their barbers finished they were about to put some after shave lotion on them.
 The colonel yells, "Hey, don't put that shit on me, my wife will think I've been in a whorehouse."
 The sergeant turns to his barber and says, "You can go ahead and put some on me, my wife has never been inside of a whorehouse and doesn't know what one smells like."

.....

Thank you for calling the United States Army, we're sorry but all our units are currently deployed. At the tone of the beep, please leave a message with the name of your country, the nature of the crisis, and a telephone number where we can reach you. And as soon as we have sorted out our missions in Bosnia, Kosovo, Korea, Kuwait, Central America, and a few other places, we'll get back to you. But if your crisis is serious, please listen carefully to the following instructions:

If your crisis is small and near the sea or ocean, press 1 for the United States Marine Corp.
 If your crisis is far inland and can be solved by one or two low risk, high altitude bombing runs, press 2 for the United States Air Force. But be advised this service is unavailable on the weekends and after 1630 hours during the weekdays.
 If your crisis is in need of a good marching band, press 3 for the United States Navy.
 If your crisis is not that urgent, press 4 for the United States Army Rapid Deployment Force.
 If your crisis is urgent, press 5 and your call will be transferred to the United States Army Special Operation Command. And then please have ready your credit card number so we can bill you for all the meals, hotel rooms, & other classified expenses that are needed to solve your urgent crisis.

If you would like to join the Army, earn minimum wage, experience the different types of environments in far away exotic places and risk your life feeding, protecting, or killing people from other countries. Please hold and your call will be transferred to a bitter sweet, passed over for promotion Army Recruiter who's sitting on his fat ass doing nothing but waiting for your call.

Thank you for calling the United States Army, we hope we have been of some assistance to you and look forward to possibly resolving your crisis sometime in the near future when we have more personnel and less real world crisis and deployments on our hands. Have a nice day!

ICE PINS

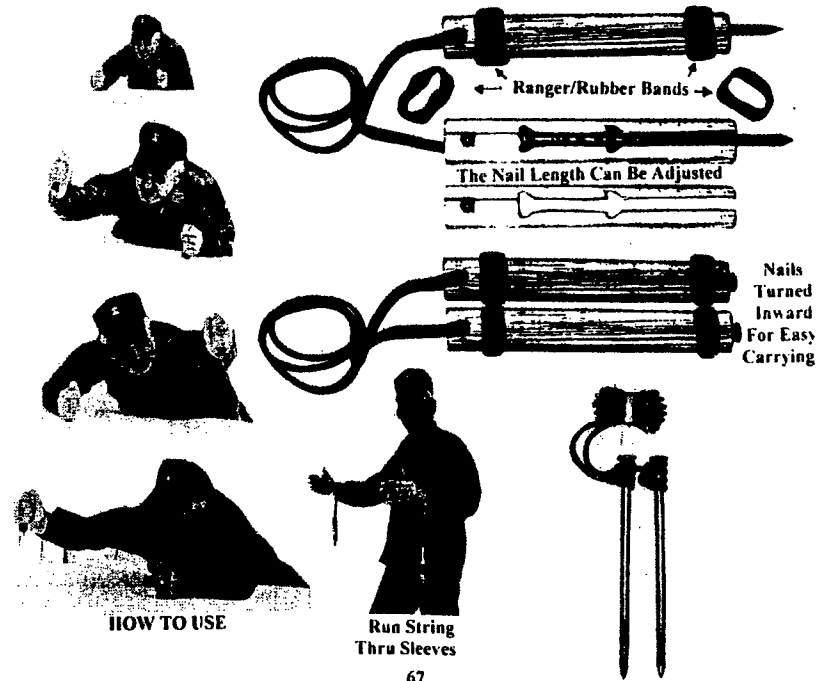
Submitted By: Friedrich W. Eickelen

A German friend of mine sent me this next idea, they're called Ice Pins. The Scandinavians are known to carry them whenever they have to cross frozen lakes and rivers. So what I did was make a pair of these for myself out of two pieces of wood and two large nails.

Now to be honest with you, I've never tried out my ice pins. But if I was gonna be around frozen water I'd sure as hell carry 'em, and wear 'em either around my neck or through the sleeves of my jacket. So if I accidentally fell through the ice I'd be able to pull myself out or at least keep my head above the water until help arrived. That is if I didn't freeze to death first.

Now there are several ways you can make 'em, with or without wooden handles. I prefer 'em with wooden handles so they'll float if accidentally dropped in the water. Or should you see someone fall through the ice, instead of trying to be a hero in rescuing them and possibly endangering your own life, you can toss 'em the ice pins without worrying about 'em sinking in the water. Makes sense, don't ya think? Sure!

When attaching some cord to your ice pins, make sure it's strong enough to hold the weight of an average person, like 550 para-cord. Check out these different types of ice pins that I made.



CARRY AN ANTI-FROSTBITE ANTI-HYPOTHERAMIA KIT

If you've been reading my books for awhile, you know I rarely repeat the same tip or trick twice unless there's a better way in doing it. And although I showed you in my Ranger Digest I (page 3) how to keep warm out in the field with a candle and a poncho/liner, this next tip is very similar.

I'm sure you've read or heard stories about lost skiers, hikers, and stranded motorists freezing to death due to prolonged exposure to severe cold weather conditions. And or if they did survive their ordeal they had to have their hands/feet amputated due to severe frostbite.

Now with all these high-speed items on the market today, especially the easy-to-carry-in-your-pocket kind of stuff, it's hard to believe why some outdoor "winter enthusiasts" don't better prepare themselves before venturing out in the cold. I mean, "Hello, don't ya know it can get pretty darn cold outside?"

And whether you're only going away for a few hours or for the entire day, if you're gonna be off the main roads, trails and or away from civilization, you should at least carry in your pocket a few basic "winter survival items." Such as a small signal mirror, a small compass, a small fluorescent orange handkerchief, etc. And if nothing else, at least some matches, a candle and a compact pocket-size emergency space blanket. (See photos/drawings on how to use.)

Now one day while waiting in the checkout line at the PX, I just happen to see a small metal "booze flask" on a nearby shelf. And I said to myself, "Hmmm, now that could possibly come in handy for something out in the field, and not just for booze neither." And so I bought me one, filled it with kerosene, placed a homemade "cloth wick" inside if it and lit it. And guess what? It burned for approximately 10 hours and 30 minutes. Not bad! It's not only better than Sterno, but it's refillable, lightweight, and spill-proof too. And if you can't find any kerosene, you can always use lamp oil, citronella, or paraffin.

Then the other day I saw an advertisement in the American Survival Guide magazine about some survival candles that burn for 6 1/2 days each. Wow! That's even better. But the only problem with this is the price, though they only cost \$3.95 each, you gotta buy 12 of them for \$35.00 and pay another \$10.75 for shipping and handling fees. Yipes! Yea, they're a little bit pricey, but if you can talk a few of your buddies into buying one or two candles, it'll be less expensive for you.

If you do buy a pocket-size emergency space blanket, wrap several layers of 100 mph (duck) tape around it so it'll stay tightly wrapped and you'll be able to reuse the tape as described in my Ranger Digest VI (page 87). And I encourage not only all outdoor winter enthusiasts to carry an "Anti-Frostbite/Hypothermia Kit" in their pocket, but field medics should also carry them in their aid bag too. What better way to defrost a frozen soldier out in the field during a military tactical operation when open fires are not permitted and a life is at stake. Think about it.

6 1/2 Day Candles



Excellent Emergency Candles One of these candles will burn for 6 1/2 days straight. 12 candles to a case. 5 cases will provide over one year of continuous light. Buy quantity and save! #24454 Reg. \$35.00 per case

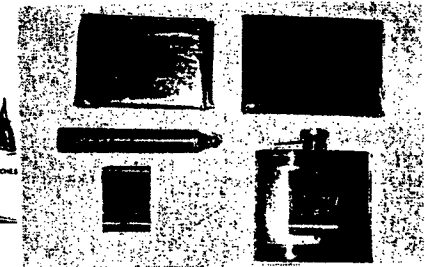
Y2K Preparedness Headquarters
The Survival Center ~
America's Oldest Continually Operating
Survival Center
Box 234 Dept. ASG McKenna, Wa 98558
1-800-321-2900
Open 10 am - 6 pm M-F (PT)
Internet site: <http://survivalcenter.com>
e-mail sales@survivalcenter.com



You Won't Believe How Nice & Warm It Is Until You Try It.



Tree-pit shelter



Emergency "Pocket" Thermal Blanket
Candle or Metal Flask Filled With Fuel
Matches or Lighter

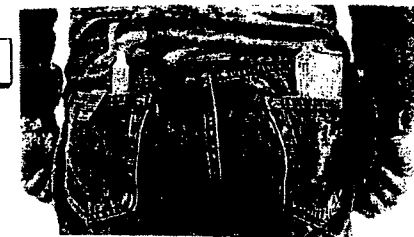


Snow cave



WHICH
COLD?

WET COLD
DOWN TO
14 F.
DRY COLD
BELOW
14 F.

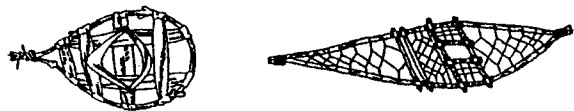


HOW TO MAKE FIELD EXPEDIENT SNOWSHOES

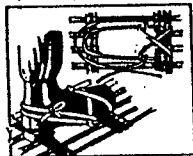
Have you ever walked in snow that was up to your ass? If you have, then you know it's physically exhausting and can dehydrate a body in no time due to rapidly burning up an enormous amount of body fluids and calories. And if you don't replenish the lost body fluids, it can lead to severe illness.

In a winter or cold weather environment when there's lots of snow on the ground, chances are you'll probably encounter some knee or ass deep snow and find yourself struggling at a slow creeping turtle pace. Unless of course, you're wearing a pair of snowshoes, which not many soldiers, campers, hikers, hunters, etc take along with them because it's just too much extra weight to carry.

But what if you desperately needed a pair, would you know how to improvise and make a set? Check out these drawings of some field expedient snowshoes that I found in a survival manual.



You think you could remember how to make a pair of these? Though they're not that very hard to make, provided you've got everything you need like a knife, saw, string, wood, etc. The most important part to remember is how they're suppose to be attached and worn on the feet, like this;



Now if you make 'em out of thick and heavy wood, it's going to be very difficult and hard to walk around with them. And if you use wood that's too dry and thin, they're not going to support your weight and instead break apart. Which is why it's important you select and cut down only live trees/branches rather than dead dry ones. The greener or livier they are, the more flexible and easier they'll be to shape into snowshoes, not to mention they won't crack or break apart neither.

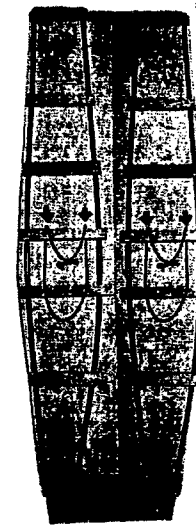
Now I can go on and on and explain how to make 'em or I can show you some pictures in how to make 'em, which do you prefer? OK, I knew you'd want me to shut up. And so here are some photos & drawings of how I made a pair out of fiberglass tent poles, wood, and tree branches too. Check it out!



Short Snowshoes

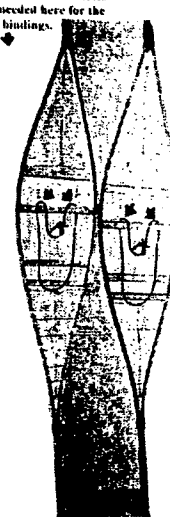


Snowshoes Made Of Tree Branches

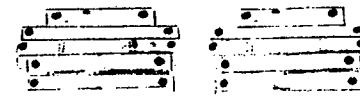
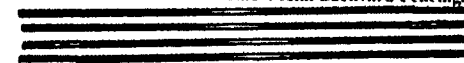
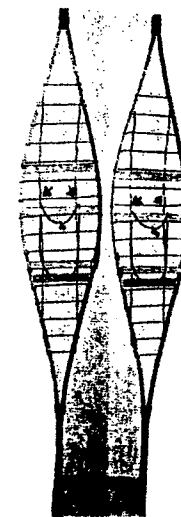


Long Snowshoes

Note: A few small holes are needed here for the foot bindings.



These Two Pair Of Snowshoes Were Made Out Of Scrap Wood, 550 Paracord and Some Metal Backward Fencing.



Fiberglass Tent Poles & Some Pieces Of Wood With Holes Drilled Thru Them.



Yep, And As You Can See, They All Work Too.

HOW TO MAKE A CARGO SLED FROM A PAIR OF SKIS

You're gonna love this next invention of mine, especially if you're a winter camper, hunter, trapper, ice fisherman, or survivalist. I call it a Ski-Ahkio. It's a device you hook up to an ordinary pair of skis so you can haul cargo across the snow with it.

And it's not that difficult to make either, all you need is some wood, screws, and a pair of skis. And although you don't have to make your Ski-Ahkio as fancy as the one below or in the photos, here's how to make one.

- 1 - Take a pair of ski-boots and place them on top of a 2 1/2 x 12 inch piece of wood, trace it with a pencil and then cut 'em out. If you don't have any ski-boots for your skis, then you'll have to measure the distance between the front & back bindings to determine the size of the wood you'll need to cut out. (A)

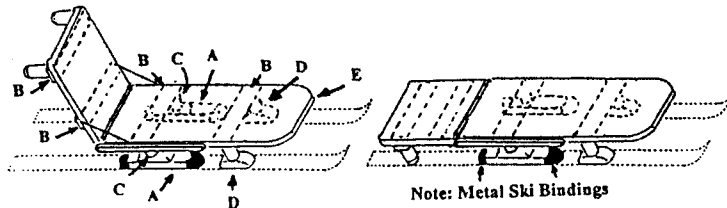


- 2 - Take a 1 x 2 1/2 x 60 inch piece of wood and cut it into the following pieces:
 - 4 = 1 x 2 1/2 x 12 inch pieces (B)
 - 2 = 1 x 2 1/2 x 3 inch pieces (C)
 - 2 = 1 x 2 1/2 x 5 inch pieces (D)

- 3 - Take a 1/2 x 12 x 50 inch piece of plywood and round off the corners. (E)

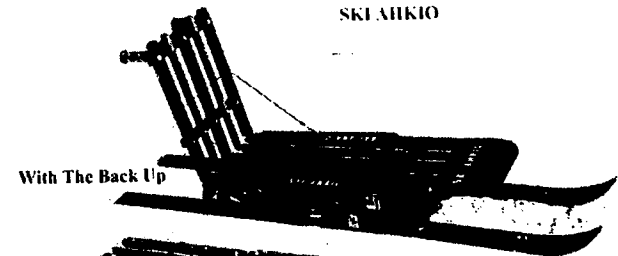
- 4 - Now attach the two (A) 1 x 2 1/2 x 12 inch pieces of wood to the pieces that will go in the ski bindings and attach the two (C) 1 x 2 1/2 x 3 inch piece of wood on top of them. Take the two (B) 1 x 2 1/2 x 12 inch pieces of wood and attach it to the top of the two (C) 1 x 2 1/2 x 3 inch pieces of wood. Lay your skis down on the ground, open up the ski-bindings, place the pieces of wood that go inside the bindings and lock 'em in. Take the two (D) 1 x 2 1/2 x 5 inch pieces of wood and the two (B) 1 x 2 1/2 x 12 inch pieces of wood and place them forward of the ski bindings. Place the (E) 1/2 x 12 x 50 inch piece of plywood on top and determine where you want it positioned, which should be somewhere in the middle of the skis. When you are satisfied where you want it, attach it to the wood.

Did I lose or confuse you somewhere along the way? Did I? Ok, don't worry, just look closely at the photos and drawings and you'll be able to figure out where everything goes, or at least be able to make a similar Ski-Ahkio based on this general design. Good luck with it!

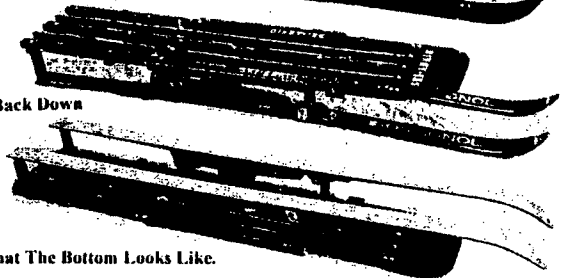


Note: Metal Ski Bindings

SKI-AHKIO



With The Back Up



With The Back Down

And What The Bottom Looks Like.



How To Attach It To Your Skis & Bindings

Find Yourself Some Dogs or Buddies And "Mush!"

Add a Couple Of Utility Straps & You Can Use It As a Ruck-Sack Frame



You Can Also Use It As a Downhill sled Too (Use your feet for steering.)

IMPROVISED INDIVIDUAL RADIATION DOSIMETER

Submitted By: Friedrich W. Eickelen

Here's something pretty interesting, a German friend of mine sent this info to me. He wrote:

As you know there's been a lot of studies on what caused the Gulf War Syndrome, and nobody really seems to know the answer to what caused this illness. But one theory is that it may have been caused by "uranium ammunition," as there was a lot of it used during the Gulf War. Not to mention, there were other military things used that were known to emit low dosages of "Gamma Radiation."

But most armies don't spend enough money on equipment to detect radiation contamination. So if a soldier does become contaminated during a mission, it's difficult for him to know for sure if he is or isn't contaminated.

So between 1956 and the early 1960 the German Army started using dog tag size x-ray dosimeters to detect whether personnel have been contaminated by Gamma Radiation. It's something very similar to what medical personnel wear while working around X-ray machines.

This miniature dosimeter is nothing more than a small piece of film, almost the same type used in dental clinics for X-raying teeth and it's kept sealed in a "light tight" plastic or rubber coated pouch. And when an individual believes he or she may have been contaminated during a mission, all they have to do is turn in the film and wait for the results' evaluation.

Well to the best of my knowledge we don't have this in our Army, but it sure sounds like a damn good idea. And if you're in the military and you're concerned about possible radiation contamination, try to convince your local/base dental clinic to give you one of their rubber coated "dental film negatives." And if they won't, no problem, you can always make your own.

How? All ya need is a roll of 35mm film, a piece of paper and some 100 mph tape. Then lock yourself in a dark closet, pull out about 3 inches of film and cut it off. Then cut off from the end of this film about a 1 1/2 inch piece of film. Why? Because usually the first few inches of the film (the part that gets loaded inside the camera) has already been "exposed to light." So it's very important that you cut it from "the end" of the film and NOT from "the beginning."

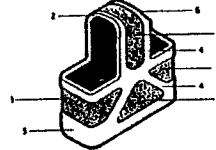
After you have cut it off, cover it with a piece of paper so the tape won't stick to the film when it's removed for evaluation. Then seal it with some 100 mph tape to make sure it stays lightproof & waterproof. If you leave a short piece of tape hanging off one side you'll be able to attach it to your dog tags, lbe, helmet, or uniform. Then whenever you think you've been exposed to radiation just take the film to a hospital X-ray room to confirm your suspicions. And don't forget to write down your name, social security, and unit on the tape too.

If you think this German individual radiation dosimeter sounds like a good idea, make a photocopy of this page and send it to: **The Department of the Army, Research, Development & Acquisition, 103 Pentagon, Washington, D.C. 20310-0103.**

MAGAZINE MAGPULS, "LOV'EM or LEAV'EM"

One of my readers sent me a couple of these MAGPULS and so I decided to test 'em out.

- 1 ...RECESSED ROUGH TEXTURING
- 2 ...SCOOPED FINGER ENTRY
- 3 ...FINGER LOOP
- 4 ...FORCE DISTRIBUTION BEAM
- 5 ...STEPS GRIPPING AREA
- 6 ...STEPS FINGER GROOVES



MAGPUL™ - 5.56 NATO - STANDARD



For more information contact:
Richard Fitzpatrick-President
Magpul Industries Corp
P.O. Box 11697
Boulder, CO 80308 0697
Tel: (303) 410 0506 -
Toll Free 1 (877) 463 4785
Fax: 303 404 9319



Well, I know I'm gonna piss off the developer, a former US Marine Corp Recon Sergeant by the name of Richard Fitzpatrick. But who cares, opinions are like assholes - everyone has one. So here's my asshole opinion on them, I don't like 'em, I'd rather use 100 mph tape or 550 paracord than these Magpuls.

Why? Because once you have attached the Magpuls to the bottom of the magazines, you have to place them back inside the ammo pouch the same way you pulled them out - "bottoms up." And if you try to place 'em back inside the pouch the other way around, you'll have difficulties closing the pouch. Which means you'll either waste time trying to force the pouch close or turning 'em back around so you can close it. Precious time you don't need to waste especially if you're in the middle of a firefight. Ya know what I mean there, Private Gomer Pyle?

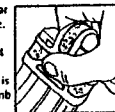
I also had trouble extracting & inserting the magazines in and out of the ammo pouch because the rubber Magpuls made the magazines a bit too tight and snug to fit inside the nylon ammo pouch. But as Mr. Fitzpatrick points out in his very informative Magpul brochure...

"While the Magpuls are compatible with almost all 5.56mm NATO magazines, it's usefulness will depend entirely on the type of pouch used, certain ammunition pouches may not function at all when the Magpuls are installed on the magazines."

READERS BEWARE: Before ordering a set of these Magpuls, buy just one to make sure you can close your ammo pouch with a Magpul attached to one of your magazines. And if you can't, well then you'll only have wasted your money on one instead of a set of them.

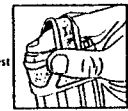
1. REGULAR FINGER HOOK

This is the original and most popular method of extracting the magazine. The index finger is used to pull the magazine from the pouch and pivot it 180 degrees into the forearm. Support and control of this motion is achieved by gripping with the thumb and remaining fingers.



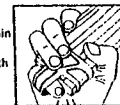
2. STRAIGHT FINGER PULL

This is a similar to the finger hook method with the exception of the index finger, which is kept straight through the loop. This method is best used with tactical vests that curve magazines horizontal across the body.



3. PINNIE HOLD

This is a specialized technique used for retrieving magazines from certain types of angled chest pouches. This technique is especially effective with the Magpul™ 9/45SMG installed on stick submachine gun magazines.



RADIO LISTENERS

Submitted By: 1Lt. John Davis

Dear Ranger Rick,

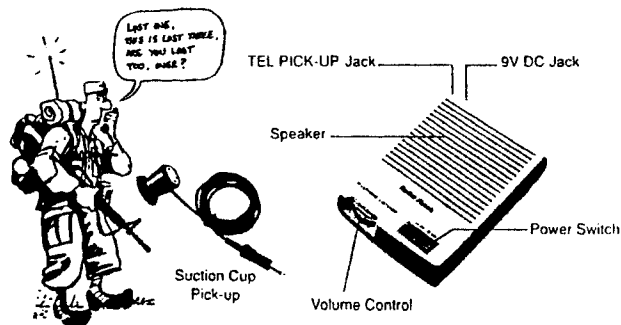
How many times have you gone to the field and everyone wanted to know what was being said on the radio? How many times did you wish a portable speaker came with your military radio so you didn't have to keep the damn handset glued to your ear all the time? A bunch of times, right?

Well, you might not be able to use this device while on the move, only in stationary positions, but it sure beats the hell out of everyone bugging you and asking, "What are they saying? Huh? What are they talking about? Huh?" It's called a Telephone Listener.

It's a device that hooks up to a telephone handset and amplifies your call so everyone can listen in on it. It weighs 6 oz, runs on a 9 volt battery, and Radio Shack sells them for about \$10. And they're easy to install too, you just attach a suction cup coil to the handset, turn on the power and adjust the volume.

Note: Because a military radio handset is not as smooth as a commercial telephone handset, you'll need to wrap a rubber band or some tape around the suction cup coil to keep it in place.

Radio Shack® TELEPHONE LISTENER



MAN, WHAT I HATE TO SEE...



There's two things I hate to see soldiers wear on their lbe, and one of'em is a damn upside down first aid pouch. Why? Well, if you think you can remove the field dressing faster and easier in this mode and it's gonna make a drastic difference in saving yours or someone's else life, you're a dumbshit. Because regardless of how you wear your first aid pouch, upside down, right side up, sideways or whatever, getting the bandage out of the pouch ain't the time consuming part. It's tearing the wrapper apart, unrolling the bandage and placing it properly on the wound to stop the bleeding. That is, if you still got it inside your pouch and you haven't lost it, yet.

I won't lie to you, back in the old days I use to wear my first aid pouch on my lbe upside down too. That is until the snap button on the pouch kept getting snagged & popping open on wait-a-minute vines. And before I knew it.... my field dressing was GONE. And this didn't just happen to me, no sir, it happened to other guys in my unit too. And wasn't long before our chain of command put out the word to either start wearing them "right side up" or place a rubber band around the pouch to prevent the bandages from accidentally falling out.

Now some guys in my unit replaced the snap button with some velcro, they claimed it was more secure and didn't pop open so easily. Maybe it was or wasn't, I don't know, I didn't go to this extreme. I just took it off my lbe suspenders and wore it on my web belt instead, "right side up." Why on my belt and not on my suspenders? Regardless of where you get wounded, the upper or lower part of the body, it's the halfway point where you or someone else can easily reach for it regardless of where they're standing over you. Go figure it out, bubba.

And the second thing that I hate to see soldiers wear on their lbe - is a shiny snap-link. Man, it seems like every time I pick up an *Army Times* or *Soldier Magazine* there's a photo of some soldier all decked out, camouflaged up with war paint on his face, vegetation in his helmet, etc and on the upper part of his lbe is a snap-link."

What's wrong with this? Nothing, nothing at all if you want the enemy to spot you coming. And if you think a shiny snaplink attached to the upper part of an lbe can't be seen a distance away, again you're a dumbshit. Don't think just because a snaplink is narrow and round that it can't reflect that much light, because it can, and at night too. If there's a "full moon out" and the enemy has night vision capability, trust me the odds are in his favor he'll be able to see the moonlight glare coming off your snaplink. Try it out if you don't believe me.

The solution? Well, the best solution is to wear your snap-link somewhere else where it can't be seen or throw off a glare, like inside a pouch. Or spray paint'em flat black or o.d. green "before, after, and every time" you come in out in the field, but I know this is going a little bit too extreme.

Now if they're the military issued "steel" type (10mm oval) and not the lightweight civilian aluminum ones, you can tone down the shine by heating'em over a fire. Just grab the snaplink with a pair of pliers and hold it over an open flame for a few (but not more than 2-3) minutes and then dip it in cold water. If it's still kinda shiny, repeat this procedure again but not more than twice or you'll risk damaging the strength of the metal.

WARNING: Never heat snap-links till it turns "red hot" or you will definitely damage and weaken the strength of the metal by making it too brittle and too dangerous for repelling.

FIELD EXPEDIENT EMERGENCY GLASSES

I discovered this trick by accident one day while deployed to Turkey on a training exercise. I was trying to peek through a "pin hole" on the side of my tent to see if I could see my buddy outside. I had my glasses on and couldn't see very well through it, and so I removed them.

"Hrmm, this is interesting..." I said to myself. Without my glasses on I can't see things far away, but when I look through this pin hole, I could see pretty clearly. Not 100% clearly like with my glasses on, but clear enough to see things far away.

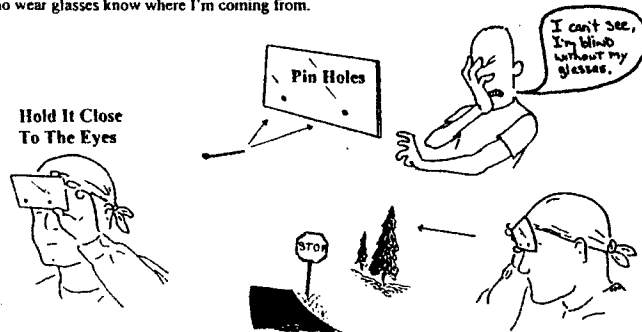
So I grabbed me a piece of paper, poked "2 x pin holes" in it about eyeball distance apart and held it up in front of me. Well I'll be darn, it worked! I could even read street signs that I normally couldn't read without my glasses on. Don't ask me how this works - it just works!

So what I did was attach this piece of paper onto my forehead just slightly above my eyes so I could walk without having to look through the pinholes all the time. And when I wanted to see something clearly a distance away, I just tilted my head downward so I could peek through them.

I know what you're thinking, big f----- deal, right? Well it is to people like me who wear glasses.

One time while out on night maneuvers I lost my glasses, and because no one can see very well in total darkness, it really didn't bother me much, at least not until the sun came up. And when it did, EVERYTHING WAS A BLURR. I couldn't even make out my buddies unless they were talking or standing right next to me. And if I had known this "pin hole in a piece of paper" trick, I would have used it. Because walking around in the boonies for days in total blurriness until we returned to garrison was a blinding experience that I never want to go through again.

Well if you or someone else should someday lose a pair of glasses while out in the boonies, or you find yourself a POW and your captors take away your glasses so you won't be able to see clear enough to escape, remember this pin hole trick. And if you ain't got any paper, try punching some pin holes into something else, a piece of cardboard, tree bark, or whatever. Better to see clearly "sporadically" than not to see clearly at all, ya know what I mean? You guys and gals who wear glasses know where I'm coming from.



STARS AND STRIPES

STARS AND STRIPES, SUNDAY

Sunday, October 24, 1999

Spreading rumors, gossip a 'jealous and envious' act

Not long ago, someone placed a handwritten message up on the post office/community bulletin board. It read:

"Rumors destroy lives. If you don't have anything nice to say about someone, then don't say it at all."

The handwriting on the paper made it obvious the writer was very upset. Either they were a victim of some rumors or someone they really cared about was a victim and they were expressing their anger to the community.

I know how that person feels because I've been a victim of gossip and rumors myself. And if I did half the things that some of these rumors say I did, the MPs at the gate should either roll out the red carpet or pull out their pistols when they see me coming. It's unbelievable how fast gossip and rumors can spread on a small installation like Caserma Ederle in Vicenza, Italy.

I have to admit, some of these rumors did bother me. But not anymore, not after listening to some human behavior experts (or whatever they call themselves) on the Oprah, Leesa and Ricky Lake

shows.

Now according to these experts, more than 50 percent of what people hear about others is false, misleading or exaggerated information. And less than 50 percent is true. (Hrmm, now you know why the tabloids are always getting sued.)

Be Our Guest



Rich F. Tachema

And there are two types of gossipers, the initiator and the spreader. The initiator is someone who starts a rumor by talking bad about another individual to another person. And then this other person becomes a spreader when he or she tells another person, and then he tells another person, and he tells another and so on. And as each individual tells another person, the information becomes more and more distorted and exaggerated. (Hrmm, sounds like a virus.)

What type of person spreads gossip and rumors about another person? The most common type is someone who is "jealous and envious" of another person's accomplishments. For what reason? To destroy that person's reputation and credibility. Maybe not directly and intentionally, but indirectly and discretely.

Yep. I know how that person who put the message on the bulletin board feels. Because ever since I've written and published several military training handbooks, I, too, have been a victim of gossip and rumors. And they weren't started by people who couldn't care less about me or my accomplishments, but rather by some "jealous and envious" active and retired military members in our community.

Rumors "can" and "do" destroy lives, but only if you let them.

The next time you hear someone talking bad about another person, ask if they know that person personally or if they have ever worked alongside or socialized with them. And if the answer is "no," then tell them to "stop spreading gossip and rumors about a person they know nothing about."

Oh. I'm sure they'll deny that's what they're doing. But I guarantee they'll feel "lower than whale poop" when you suddenly turn and walk away without saying another word.

When it comes to gossip and rumors, "believe nothing you hear and only half of what you see." Some good advice, wouldn't you agree?

Rich F. Tachema is a retired from the Army and lives in Bardonia, Italy.

Dear Ranger Digest Readers,

Yep, another one of my articles made it into the "European Stars & Stripes Newspapers." Hooah! Now the only reason why I decided to write this article, is because I got tired of hearing about a couple of (active & retired) senior NCOs & officers here in US Army SETAF who are constantly bad mouthing me to their fellow co-workers and troops. I've heard they've told others they know me personally, which is a crock of shit. I've never shared a drink, meal, nor ever associated with them on or off duty. Hell, I don't even waste my breath to say "hello" to these scumbags when our paths cross. Why? Well even though we once served in the same battalion together, I'm a 509th ABCT. I can't stand NCOs or officers who are known liars, bullshitters, backstabbers, alcoholics, kiss asses, adulterous, and live only by "pocket values." (See Ranger Rick's Commentary for definition of "pocket values.") ATTENTION SETAF SOLDIERS: Believe nothing what you hear and only half of what you see. And if you want to know something about me or about something you heard about me, hell just stop me on the street and ask. I ain't gonna bite your head off. Unlike these lowlives, I ain't got no "skeletons in my closet" nor do I have anything to hide, so why should I lie.

We know who's been spreading gossip, rumors, and bashing your name, Ranger Rick. Don't we Com.K MSG & Sgt. Mike Sykes



HOME MADE FACE VEILS (OR HOW TO AVOID PUTTING ON CAMMIE PAINT)

I know I'm not the only one who hates to put on camouflage paint, but if there's a time of the year or type of climate that I really hate to put it on, and that's during **cold weather conditions**. And not just because the camouflage stick is hard and the paint won't smear on so easily, but because it blocks the tiny pores in the skin and makes your face colder. And according to the Encyclopedia:

The most important care that can be given to the skin is to keep it clean. By keeping it clean it prevents the tiny pores, or mouths of glands in the skin from becoming clogged, hinders the spread of infections and helps regulate the body temperature too!

You didn't know this, did you? Now don't let your **alligator mouth overload your humming bird ass** and tell your chain of command "Hey Ranger Rick says we shouldn't put on camouflage paint..." That's NOT what I'm saying.

But what I am going to suggest depends on your unit's tactical situation, alert status, and chain of command. And if you're in a defensive position, such as in a dug out fighting position and it's pretty darn cold out, your chain of command shouldn't mind you doing this. And that's to make a **camouflage face veil** out of a camouflage handkerchief.

The key to making one of these is being able to **see & hear** with it on *without reducing your field of vision and hearing capabilities*. Which will depend on how you cut out the holes for your eyes and ears. If you make them too small - you'll drastically reduce your field of vision and hearing. And if you make them too large, you'll expose too much skin which will defeat the purpose of making a camouflage face veil.

When making one, make the holes big enough so you can hear clearly; tie some string between the eye so it will give you a much greater field of vision, and wear it securely around your head so it doesn't shift or move around. Try it and you'll see it works pretty good - but only during cold weather conditions and in stationery positions, of course.



HOW TO MAKE A LOW-COST KNIFE SHEATH

Submitted By: Sgt. William Johnson

Dear Ranger Rick,

Sometimes knife sheaths wear out faster than knives do, especially if they're made of some cheap leather or plastic material. And to find a store that sells sheaths separately...forget it, impossible! So when mine wore out I went through my "military junk box" and made my own. All you need is some 100 mph/duck tape, 550 paracord, an empty MRE box, and an old belt or rifle sling.

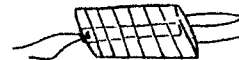
Take an MRE cardboard box and cut out a piece of cardboard about twice the width of your knife and just slightly longer than the blade.



Measure the length of your knife blade, multiply it by X 6, find an old belt or rifle sling and cut this amount off.

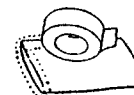


Wrap a 24 inch piece of 550 paracord around the lower portion of the sheath and tie it in place.

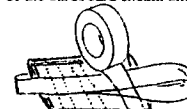


When the 550 paracord is securely wrapped around the cardboard sheath, add either a thick rubber band or short piece of 550 paracord around the belt loop for securing the knife handle to the sheath to prevent it from falling out.

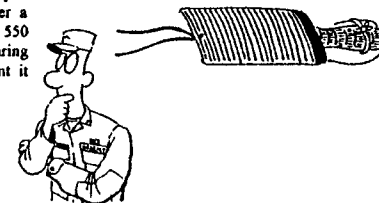
Bend the cardboard in half the long way and then tape it in place with some 100 mph/duck tape.



Fold it in half, place the ends together side-by-side and run it from the front to the rear of the cardboard sheath and tape it.



Starting at the top or bottom, take the 550 paracord and begin wrapping it around the cardboard sheath the same way shown in RD VII in how to make a knife para-grip.



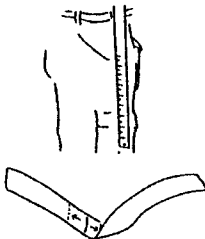
HOW TO MAKE A BELT EXTENDER FOR YOUR KNIFE SHEATH

Submitted By: Joseph Ricker

Dear Ranger Rick,

I'm a cadet at Marion Military Institute and I have all your Ranger Digest handbooks, and enclose is a tip on how to make a "belt extender" for your knife sheath.

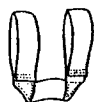
1 - Determine how far down your leg you want your knife sheath and then measure the distance between this point on your leg and the belt on your pants.



2 - Multiply this length $\times 2$, add +2 inches for the belt loop in the knife sheath and then add +6 inches for the two belt loops you'll need to make for your knife sheath extender.



3 - Take an old belt, strap, or rifle sling and cut off this amount of material and then fold it in half. Then measure 1 inch to the left and right of this center point and then "fold and sew" it in place.



4 - Take the two running ends, measure off about 3 inches, fold it over and then sew these in place. Note: If you so desire, you can add velcro to these two running ends so you can adjust the belt extender to any length you want.



5 - Now all you have to do is attach your knife sheath to your belt extender and slide it on your belt.

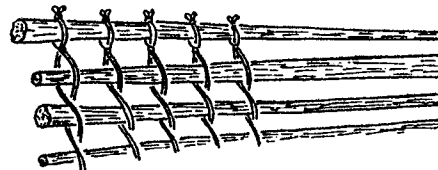
FIELD EXPEDIENT LITTERS

Submitted By: Capt. Sheran L. Benerth

Dear Ranger Rick,

A handy and surprisingly sturdy field expedient litter can be made out of tree saplings when there's no wooden or metal poles available to use.

Cut 18-20 tree saplings about the thickness of your thumb and tapering to about the thickness of your index finger and no longer than 8 feet in length. Then lay them down side-by-side on the ground alternating "large and thin ends" and then tie six 10 foot lengths of paracord equally spaced out all along one of the outside poles. (See drawings.)



Then take one cord at a time and weave it "under & over" all the tree saplings and then do the same thing with the other 5 cords. Then tie all the cords off with a double square knot or surgeon's knot and cover the stretcher with a sleeping pad, jacket, blankets, cut-up cardboard boxes, etc for added support and comfort.



MAKING A SIGNAL PANEL OUT OF A HANDKERCHIEF

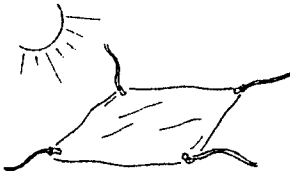
Whether you're in the military or not, a hunter, hiker, camper, survivalist, cross country skier, mountain biker, or other type of outdoor enthusiast. You can never go wrong in carrying two things - a signal mirror & signal panel. And if they're small, compact, and lightweight, you should get in the habit of carrying 'em in your shirt or pants pocket before departing on one of your outdoor adventures, because they just might save your life.

Now when I was in the military I always carried my signal mirror inside my first aid pouch right between my 2 x first aid field dressings so it wouldn't get broke. But later on when I found some bright "orange cloth" to use as an improvised signal panel, I removed one of my field dressings and stuffed it inside instead. Which I then called this pouch, "my ass saving pouch." Go figure.

Well, then I discovered something that works a lot better, something more compact, lightweight, and useful than a US Army VS-17 Signal Panel. A spray painted "florescent orange" white handkerchief. And all you need to do is:



Buy a \$.99 "white handkerchief," a can of "florescent orange" spray paint and some 550 parachute cord.

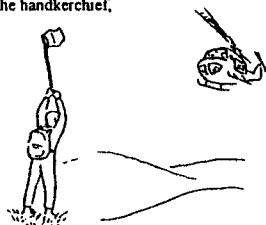


Wait until it dries and then sew some 550 paracord onto the corners

Attention Non-Military Personnel: If you want, print in big, black, bold letters "HELP" on one side of it so others will know you need assistance and you're not just waving it to say "Hello."



Then all ya gotta do is spray paint both sides of the handkerchief,



Then you'll be able to use it for signaling aircraft, personnel, or for marking LZ/PZ.

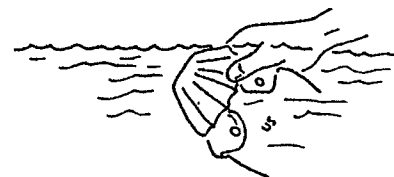
COFFEE FILTER USES

Have ya ever filled your canteens from a stream, creek, or river? If ya have, then you know it's very important to filter the water before adding water purification tablets to it. Ya don't wanna swallow some pesky little critters or pieces of dirt, do ya? No, of course not.

But how do you normally filter your water? Like everyone else, right? You place your handkerchief or T-shirt over the opening of the canteen and either submerge it or pour the water inside of it with a cup, right? Ain't this a hassle? And does it really, really filter everything out? No, I don't think so neither.

Well, instead of getting your handkerchief, T-shirt, or sock wet, why don't you just carry a couple paper "coffee filters" in each of your canteen pouches next to your water purification tablets. Then when you need to fill your canteens from a creek or stream, just pull out your coffee/water filters, place it over the opening of the canteen and either submerge it or pour the water through it

NOTE: Water filtering means removing "visual" particles and matter from the water. And water purification means removing "invisible" bacteria and harmful elements from the water to make it safe for consumption.



Here's something else you can use a coffee filter for. When your weapon cleaning solvent becomes filthy, dirty, and grimy, don't dump it out or throw it away, just filter it with a coffee filter and you'll be able to reuse it over and over and over again. But remember not to get it mixed up with your water filter, throw it away after every use, (Aaugh!)



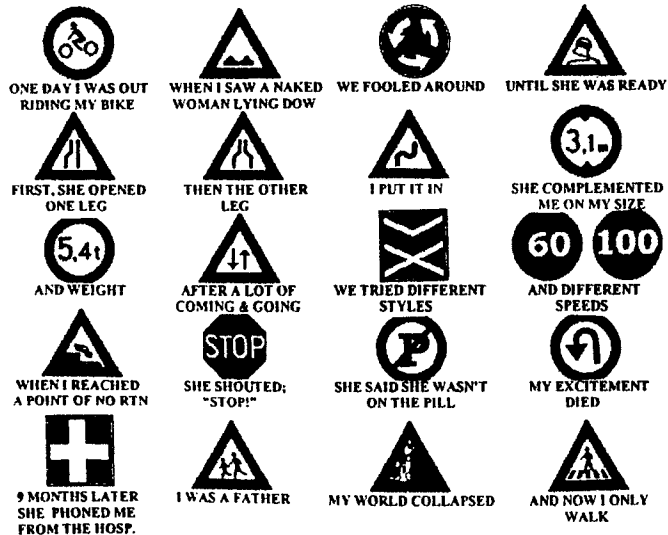
THERE ONCE WAS A FIRST SERGEANT AND A 2d LIEUTENANT...

A First Sergeant and a 2d Lieutenant in two separate cars collided on Fort Bragg. The First Sergeant, seeing that the Lieutenant was a pretty shaken up, helps him out of his car and offers him a drink from his hip flask. The Lieutenant drinks from it and then hands it back to the First Sergeant who then closes it up and puts it away. The Lieutenant asks, "Aren't you going to drink any yourself, 1SG?" The First Sergeant says, "Sure am, but only after the MPs leave."

THERE ONCE WAS A SERGEANT MAJOR AND A 2d LIEUTENANT...

A Sergeant Major and a 2d Lieutenant were walking together through the woods when they came upon a big old vicious grizzly bear. The Sergeant Major stops, opens up his rucksack, pulls out his tennis shoes and quickly starts to put them on. The Lieutenant looks down at him and says, "Sergeant Major, are you crazy? You'll never be able to outrun that bear?" The Sergeant Major looks up at the lieutenant and says, "I don't have to, sir, I only have to outrun you."

THE HIGHWAY CODE WAS NEVER LIKE THIS



The Magazine of Self Reliance



- Survival Equipment Tests and Reviews
- Personal Survival Stories
- Health and Food
- Survival Living and Environments
- Survival How-To

NEW SUBSCRIBERS ONLY
1-800-883-8851
24 HR. SERVICE

CUSTOMER SERVICE CALL
1-800-999-9718
Monday - Friday 9:00 a.m. to 5:00 p.m. Pacific Time

THE AMERICAN
SURVIVAL
GUIDE



HSJ020
Pay only \$21.00 for 12 Issues.
Canadian and foreign subscribers please add \$15.00 to U.S. funds only.

THE AMERICAN SURVIVAL GUIDE MAGAZINE

Now here's a magazine I recommend you get every month, it's called *The American Survival Guide*. It's a source of information for hunters, campers, hikers, survivalists and other outdoor enthusiasts who want to learn how to survive and thrive in the outdoors. It's excellent!

The editorial focuses on the philosophy of how to be ready to meet the challenges posed by threatening situations and man's relationship with nature. It also contains a mixture of information on technology, hardware, gear, supplies, and basically - how to become more independent and self-reliant living in the outdoors.

When it comes to learning how to survive outdoors, what the military forgot or failed to teach you, this magazine will fill in the gap. And if you want to keep up with the latest outdoor techniques and learn some new tips, tricks, and ideas on survival, then this magazine is for you. Trust me, you won't be disappointed and I guarantee what you learn from it can be utilized in the military too.



U.S. Army Retirees – A Valuable Asset

Written By: SGM George S. Kulas, USA Ret.

A few years ago someone e-mailed this article to me, I don't remember who sent it or where they got it from, but I found it very interesting. So Sgm George S. Kulas, I don't know who you are or where you live, but I hope you don't mind me sharing your article with my readers, because I agree with it 100%. Hooah!

.....

Active Retirees and the Reserves

The U.S. Army has available "volunteers" who are highly skilled, trained, motivated and proven soldiers who could contribute substantially to its combat readiness. These soldiers, U.S. Army active duty retirees, are an asset the Army could use in its ready reserve. These retirees spent 20 or more years in the active Army. They knew their jobs well. Most of them were in leadership positions. Many trained junior soldiers during much of their careers. Many are combat veterans.

There are over 500,000 Army retirees, this more than the entire Army active duty force. Though it is likely that only a relatively small number are fully qualified, many of these retirees are prepared to continue serving in the Army on a part-time basis as members of the reserve components. Members of the selected reserve attend paid weekend drills and at least two weeks of active duty for training each year. Ready reserve soldiers are the most likely to be called to active duty during a war or national emergency.

Under current law, section 269d of Title 10 of the U.S. Code, military retirees are not allowed to join a ready reserve unit unless the Secretary of the Army "makes a special finding that the member's services in the ready reserve are indispensable." Additionally, according to Section 684 of the Title 10 of the U.S. Code, a soldier cannot receive both retired pay and reserve pay concurrently. Should a retiree be allowed to participate in the ready reserve under the provision of the statute, he or she will either have to decline reserve pay or forfeit retired pay for the number of days duty is performed.

Retirees Subject to Recall

The same Title 10 of the U.S. Code that virtually bars Army retirees from being in the ready reserve states, in Section 688, that an Army retiree can be ordered to active duty at any time. In fact, the Army's "Policies and Procedures for Pre-assigning and Recalling Retired Army Personnel During a War or National Emergency" states that retirees under age 60 are subject to be recalled to active duty within seven days of being notified. These retirees, if fully qualified, can also be assigned to deploying units that will fight the war. Active duty Army retirees are issued pre-assignment orders directing them where to report when fully mobilization is declared. A retiree who fails to comply with the orders may be considered Absent Without Leave (AWOL) and could be subject to disciplinary action by the Army, including suspension of retired pay.

On one hand, retirees are told they cannot join a ready reserve unit to train and maintain proficiency in basic soldier skills and their military occupational specialty. At the same time they are told that they are subject to being called back to active duty. Many of these retirees were

senior soldiers and may be required to lead and or manage in areas that have undergone major technological changes since they retired from active duty. It would make sense to keep otherwise qualified retirees that may be called up trained to standards. This can be done through their participation in the reserve components.

Representative Thomas Petri (R-WI) agrees. In a letter dated September 16, 1993, Mr. Petri states that making it easier for an active duty retiree to join a Guard or Reserve unit seems to make sense. He says it is certainly possible for retirees who have been retired for a while to not be qualified physically or current in tactics and technology. Mr. Petri has taken this up with the chairman of the House Armed Services Committee and says, "I will be watching his response but action on this issue does not seem warranted."

Impact On Involuntarily Separated Soldiers

Francis M. Rush, Jr., the principal director for manpower and personnel in the Office of the Assistant Secretary of Defense for Reserve Affairs, is concerned about the impact of retired volunteers on newly separated active duty soldiers. In a letter dated October 5, 1993, he cites Section 269d of Title 10, U.S. Code as the law which precludes retired members from serving in the ready reserve. He goes on to say that the Department of Defense, however, is also committed to giving priority for membership in the Guard and Reserve to those individuals who were involuntarily separated from the service during the drawdown and who have not yet qualified for retirement.

There is no doubt whom we want to lead America's reserve soldiers into combat. The Army will need outstanding, motivated, experienced leaders who have excelled in soldiering and now want to continue serving the Army and the country. Otherwise qualified soldiers who were involuntarily separated from active service and now serve in the Guard or Reserve are invaluable. But there are also qualified soldiers who have voluntarily retired. The Army should take the best of the best from both groups. The law which says it can't be done needs to be changed so it can be done. If Congress is serious about having the best quality Army with limited manpower, they should consider changing the law to give the Army flexibility in tapping personnel resources to assure the nation of a quality Army.

Impact on Reserve Promotions

There is another argument against allowing active duty retirees to serve in the ready reserves. It is believed that retirees would create a promotion stagnation and take up many of the higher grade positions and leave no upward mobility for junior leaders.

But this promotion stagnation could partly be overcome as long as active duty retirees agree to serve in positions far lower than which they retired at. And whether or not they are career reservists should not be a factor as long as they are physically fit and highly qualified volunteers.

Experienced active duty retirees could help reserve units to achieve and maintain combat readiness which many have had difficulties in doing. During Operation Desert Storm some Army National Guard units were called up and discovered not to be fully combat ready. Consequently these same units had to spend valuable time training and were not deploy to the Gulf. Perhaps these units would have been more prepared and ready to fight if they had experienced active duty retirees assigned to them.

A FEW MINUTES WITH RICK

A Ranger Rick Commentary

The Army has "seven core values" that every soldier from private through general are suppose to live by and uphold. Which are:

- DUTY
- LOYALTY
- SELFLESS SERVICE
- HONOR
- COURAGE
- RESPECT
- INTEGRITY

Now even though I've been retired from active duty since 1993, I still try to live by these values today. And if you ask me which one I think is the most important, it would have to be INTEGRITY. Why? Because it would best describe myself - a person who lives by a set of values and moral codes.

Unfortunately there are some leaders today who claim they live by these values when they really don't. But to me they're not leaders, they're just sergeants and officers with "pocket values," meaning they pull'em out and uphold'em only when they want and then they put'em away until they need'em for another day.

A fine example of a leader with "pocket values" is someone who tells you *don't drink and drive, don't bounce checks, don't commit adultery* and you find out later on they got caught doing it. It falls in the same category as *double standards* and *don't do what I do - just do what I say*.

Now I've known quite a few NCOs who had pocket values, and I'm sorry to say some of them made it to the top three enlisted ranks (E7, E8, & E9) via their social "*drinking & ass kissing*" skills. Not to mention, bad mouthing and putting down other leaders in their unit to make themselves look better.

But what's interesting is while these lowlifes are busy sucking up to their company ISG, battalion Command Sergeant Major and other members in their chain of command, the troops they lead know what kind of leaders they are. And it's just too damn bad there's nothing they can really do about it but hope they never have to serve under them again in the future.

Now one time I worked for a company called Military Professional Resources Incorporated (MPRI) in Bosnia under the US State Department approved "Train & Equip Program." And basically what this company does is hire ex-service members to help train foreign armies who are friendly towards the United States. And most, if not all are former or retired US Army Rangers, Special Forces, Drill Instructors or leaders who have exceptional teaching, training, and leadership skills. Or I should say "they're suppose to have these qualifications and skills."

And because most, if not all of them were former senior NCOs & officers with twenty or more years in service, you'd think they would all have high standards, morals, and live by these seven core values. And most of them did, but there were a few former military officers (an O4/Major, O5/Lt.Colonel, & a O6/Colonel) in my training brigade who had only "pocket values"

Now because they were making big bucks and wanted to hold onto their jobs as long as possible, they were willing to "sell their integrity" and "bark & wag their tails" when their masters pulled on their chain. And if we were having some training problems or something was not going according to plans, they would cover it up and tell the big boss, "*.....everything's going fine and morale is high!*" (Sound familiar?)

For example;

One time about a hundred Bosnian (Muslim) NCOs and officers were given a two day class on how to call in artillery fire, and during the testing phase I was tasked to evaluate them, and they all failed my station miserably.

My supervisor, Major "Phil" was worried about our boss getting upset when he saw how many Bosnians failed the test, and so he asked me to grade them on "a curve" so it wouldn't look so bad on his report. I blew my stack and told him, "*No way, either they can do it or they can't, how would you like one of these guys to call in a fire mission for your unit?*" He says, "*Well, no, not really, but...*" And I told him, "*Forget it, I'm not passing any of them.*" And a few days later I find out he told our boss it was my fault they failed and that I was giving him a hard time.

Another time we spent several weeks training a Bosnian battalion on how to fire & maneuver, and we were suppose to teach it by the book too. First you teach'em how to fire & maneuver as a buddy team, then as a fire team, a squad and finally as a platoon. But while I was away on leave my boss, Lt.Colonel "Frank" instructed my fellow co-workers to skip the squad level. And when I came back from leave I was tasked to evaluate the unit on platoon level fire & maneuver, but they couldn't even do it as squads, and then later I found out why.

Well, when we had a meeting that day to discuss training, Lt.Colonel Frank says, "*Well I guess maybe we should have taught them squad level fire & maneuver before progressing to platoon level.*" And I jumped on him and said, "*No shit, Sherlock...*" And the next thing I know I'm being blamed for this training and tagged a "loose cannon."

But what really upset me is when one of my fellow co-workers came to me and said, "*Rick, I gotta hand it to you buddy, you got a pair of balls. And if I didn't need this job, I'd be right there beside you telling'em how f----- they are. But because I need the cash, if they want me to teach something differently, even though I know it's wrong, I'm gonna do what they tell me to do.*"

And this my friends, is an example of leaders who live by "pocket values," they pull'em out and uphold'em only when they want and then they put'em away until they need'em for another day.

Till next time kiddies...


US Army, Retired (E-7 !:) 





ABOUT THE AUTHOR

Richard F. Tscherne (nickname "Ranger Rick") was a member of the United States Army who successfully graduated from the U.S. Army Ranger School, the French Army Commando School and the Belgium Army Commando School.

His awards include the U.S. Army Ranger tab, Master Parachutist Wings, Drill Instructor Badge, Expert Rifleman Badge, Jungle Expert Patch, 5 x AAMs, 1 x ARCOM, 3 x MSMS, 4 x Overseas Ribbons and an assortment of other U.S. military medals. His foreign awards include the French Army Commando Badge, the Belgium Army Commando Badge & Parachutist Wings, the Italian Army Parachutist Wings and the German Army Weapons Qualification Badge.

Ranger Rick served more than 13 of 21 years overseas in Italy, Germany and Korea. His vast experience include duties as a Rifleman, Machine Gunner, Radio Operator, Recon Scout, Small Arms Repairman, Cold Weather Instructor, Drill Instructor, Recon Gun Jeep Section Leader, Anti-Tank Squad Leader, Airborne and Ranger Platoon Sergeant and Assistant Battalion Operation Sergeant. He served in the following units:

1st Bn 8th Inf (Mech) Germany
1st Bn 509th ABCT (Abn) Italy
1st Bn 75th Inf (Rangers) HAAF

1st Bn 31st Inf (Mech) Korea
3rd Bn 325th Inf (Abn) Ft. Bragg
Drill Instr. A-4-3 Ft. Dix, N.J.

In September 1992 he was selected by the Department of the Army for advancement to Master Sergeant/E-8, but refused the promotion. And on January 1, 1993 he chose to retire from active duty to live in Italy with his wife and two daughters and publish his own military & outdoor survival manuals. His military retiree mailing address is:

Ranger Rick F. Tscherne
CMR 427 Box# 1775
APO, AE 09630
E-mail: RangerBooks@Hotmail.com

RANGER RICK'S BOOKS

11 POPPY LANE, WEST GROVE, PA. 19390

E-mail: RangerBooks@Hotmail.Com

Tel: 1-610-869-8353 Fax: 1-610-869-4776



THE RANGER DIGESTS Volumes I - IX

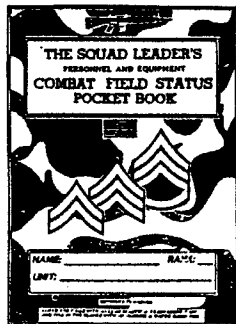
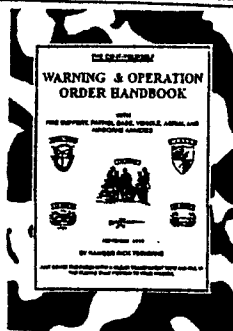
A "no bullshit" series of handbooks loaded with tips, tricks, and ideas on how to live and thrive in a military outdoor environment through field expedient know-how. From how to take a dump in the woods, improvise, modify, and improve military & civilian outdoor gear, commercial products to buy, combat survival techniques, reducing field boredom, leadership tips, military jokes, stories, and much more. Including tips, tricks, and ideas from other Ranger Digest readers, (soldiers, survivalists, outdoorsmen, etc). These are NOT your typical boring military manuals, they contain the really important stuff that only experience can teach. Each book contains entirely different information. When ordering, please state which volume. \$ 5.50 each (Ppd)

SATISFACTION GUARANTEED OR YOUR MONEY BACK!

WANTED: Distributors - contact us for some great wholesale prices.

Finally, a pre-printed operation order handbook just for elite leaders. Saves you 80% of the time it would normally take to successfully prepare. Contains mission statements and operation orders for ambushes, raids, recams, and movement-to-contact missions. Including annexes for a patrol base, vehicle movement, aerial and airborne operations, plus a mission and commo OPSKED checklist. Just cover the pages with a clear transparent tape and fill in the spaces that pertain only to your mission with an alcohol or water based pen, wipe clean when no longer needed. Fits easily inside a BDU cargo pocket. Used by Special Forces, Rangers, Airborne, and other elite units. Impress your men and superiors on that next military operation.

\$ 5.50 (Ppd)



Now you can easily maintain an accurate status and accountability of all your men and equipment in just one compact book, and carry it where ever you go. Fits nicely inside a BDU pocket cargo. Very well organized and covers subjects such as daily status reports, training schedules, a evaluation & counseling section, planning calendar, a personnel data & equipment status section, accident and medevac reports and procedures, supply requests, range cards, checklists, and much more. Contains everything you need to successfully lead, control, and maintain a 12 man squad. Just cover the pages with a clear transparent tape and fill in the blanks with an alcohol or water based pen, wipe away clean for changes and updating.

\$ 5.50 (Ppd)

A funny and hilarious cartoon book about the misadventures of a soldier. And the cartoonist, Sfc Mark Baker created Pvt. Murphy back in the early 1990's after making his first jump after Airborne School at Fort Bragg, N.C. "I hit the ground - feet, knees, face - but felt no pain because of all the adrenaline," said Sfc Baker. "I woke up hurting all over the next day and said to myself, 'You know, there's got to be a cartoon in here somewhere,'" and that's how he got started. Though there's only one Pvt. Murphy book so far, keep your eyes out for more laughter to come. For more information, visit his website at: <http://members.xoom.com/murphycomix/index.html> or e-mail him at: UNIR30@aol.com

\$ 5.50 (Ppd)

