

THE PREPARED AMERICAN

Official Newsletter of The Family Protection Association

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& BARTER



Family Protection Association (FPA) provides information, tools, training, and support for the welfare of American families.

There are more threats to our safety and security than ever before, and we want to unite members with our common goal of protecting our families at all costs. Let's keep our families healthy, safe, and secure.

VENEZUELA: SOCIALISM'S MODERN FORM

By Travis Everett

As the political turmoil in Venezuela rages on, the citizens continue to suffer.

The last 20 years in the Socialist nation haven't been pretty, but the last year has been the stuff of nightmares. Two sides divided by ideology, a million miles apart and *no end in sight*.

On May 20th 2018, the incumbent, Nicolas Maduro was elected for his second six-year term. Date changes and voter discrimination plagued the election. **To say it was a contested election is an understatement.**

When it was all said and done, Venezuela had its lowest voter turnout in the country's "democratic" era. Because of this and other irregularities found, most of the world rejected the election. Including Henri Falcon and Javier Betrucci, Maduro's two biggest political rivals.

In January 2019, the national assembly declared the election invalid and named The National Assembly Speaker Juan Guaido acting president. Now the citizens of Venezuela were either on the side of

Guaido or Maduro, and the conflict has not stopped escalating since. *Since January, violent conflict as well as food shortages have plagued the country.*

As awful as this situation has become, it shouldn't surprise anyone. **There is always a young fresh face waving the flag of socialism under the guise of equality and fairness.** In the case of Bernie Sanders it is a much older and less fresh face, but the message is identical.

These modern snake oil salesmen always neglect to mention all the times the "progressive" ideas they are peddling have failed. Sure there are times and countries where these ideals have *appeared* to have worked. Do you want to rest your families future of hope and appearances?

You really don't have to wonder what it would be like. Look at history both recent and distant.

What's happening in Venezuela is a perfect example of a far from perfect form of government imploding. It can happen quickly! The travesty of all this is **when a government implodes, the only casualty is its people.**



Family Protection ASSOCIATION

The Prepared American is the official monthly publication of the **Family Protection Association** (FPA). We provide you with the **information, tools, training, and support** you need to succeed.

WHY WE EXIST

We live in uncertain times, and now more than ever, the **health, welfare, and safety** of the American family is threatened like never before.

OUR MISSION

We equip you with the **tools, insights, and community** to protect your family from all threats, at all costs. From **health and safety to self-preparedness**, and invitations to test new gear, FPA has you covered. We aim to provide **10x the value** of your modest membership fee.

OUR MEMBERS

Our members are hard working Americans like you, from all walks of life and backgrounds, united in the same cause.

Over the years, FPA has helped over **100,000 people** care for and protect the safety, security, and success of their families.

Let's continue working together to **keep your family safe.**

YOUR ELITE MEMBER BENEFITS:

- * The option to **test and keep gear** valued at up to \$150.00 for FREE (just cover the shipping cost). Look out for our emails, text notifications and announcements in the Facebook community.
- * Thousands of **discounts, savings and giveaways** on movie tickets, oil changes, pizza, car rental and much much more. Members often tell us they're saving \$150+ a month! **Visit: www.FPAdiscounts.com** and fill in your information. In the box marked "Registration Code" enter the word: **FPAMEMBER** (all capital letters).
- * This **monthly printed publication** delivered to your door, with **articles, tips and training on developing new skills**, along with a **test** to evaluate your progress.
- * The **online community** on Facebook, where our members share ideas and tips about family protection. To join, visit **www.FPAmembers.com** and click on the **+Join Group** button. Please allow 24 hours for approval.
- * Some other **surprise gifts** from time to time!

CHANGE OF ADDRESS? CONTACT US:

Email: support@familyprotectionassociation.com

Call: 512-900-3151 (7am-11pm CST M-F, and 10am-7pm Sat)

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MEET THE EXPERTS

DAVE SCOTT

CRAIG CAUDILL



Craig Caudill has spent a lifetime practicing and teaching survival, preparedness and self-reliance skills. He is the director of the Nature Reliance School and teaches these skills in the midwestern and southeastern U.S.

He is an incredibly active blogger and writer for several different blogs and self-reliance magazines. He has appeared on educational television teaching self-reliance skills multiple times.

He has a worldwide student base who study with him through his online self-reliance school. Craig considers himself a student in all things and is regularly studying with other instructors, thinking and practicing outside the box of conventional wisdom, and honing both his abilities and teaching methods.

His students have included military operators, law enforcement special response units, and many average ordinary law-abiding citizens.



Dave is the Program Director and Lead Instructor at Earth Native Wilderness School. Dave found a lifelong love for nature as a young child exploring Texas' wild places with his brother, Michel. As a teenager, a passion for wilderness survival skills and self-reliance grew while he was involved with his county's local search and rescue team.

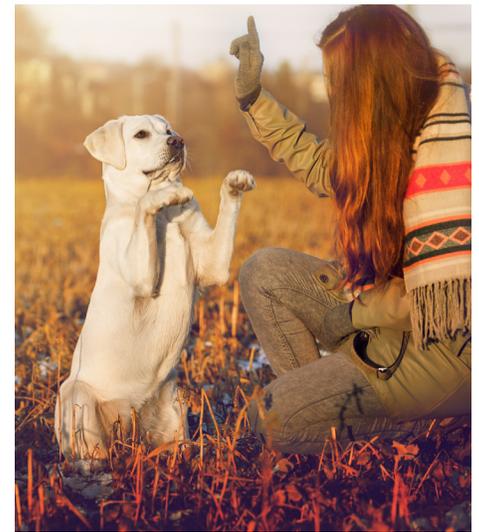
After spending five years in the US Army, Dave began pursuing his true passions full time, studying wilderness survival, wildlife tracking, youth and adult mentoring, naturalist studies, and sustainable living skills at wilderness schools across the country.

Dave has worked in Environmental Education since 2003 and, in addition to Earth Native Wilderness School, has instructed at several wilderness schools across the country including the Wilderness Awareness School and Alderleaf Wilderness College. Dave is currently one of only 20 individuals in North America qualified as a Track and Sign Specialist through the Cybertracker Conservation evaluation system, an

international standard for gauging and enhancing in-field knowledge of wildlife behavior and track and sign identification.

Dave is the co-author of *Bird Feathers: A Guide to North American Species* and gives classes on feather ID and Bird Track & Sign throughout the state. As an educator, Dave's passion is to help his students reconnect with the natural world through wildlife tracking, increased sensory awareness, wilderness survival skills, and the development of a strong sense of place.

KAT TRETINA



Kat Tretina is a professional writer based in sunny Orlando, FL. Her passion for personal finance and security is reflected in her work in the home protection industry, where she is a well respected authority.

Kat has a Master's degree in Communications and has also studied self-defense for over 15 years.

She also is active in the dog training community, working with potential protection animals and therapy dogs.

SURVIVAL SKILL #13

KNOT TYING

In this training, you're going to learn the **essentials of knot tying**.

Knot tying has always been one of those key outdoor skills that the inexperienced take for granted.

The experienced outdoorsman, however, has had enough success and failure to know that there are right and wrong knots for certain jobs.

This information is designed to help you better protect yourself and your family.

Let's get started...

OVERVIEW

First, it helps to know a few strange terms. Put it simply, a knot is some kind of fastening or splice made by intertwining one or more ropes or some other flexible material. After tightening a knot, it should hold on its own.

A hitch is a little bit different. It's like a knot, but it generally involves another object like a stick, a post, a ring, or occasionally another rope.

Properly tied, hitches can hold their place, or they may be able to slide, depending on the hitch you choose. A lashing is like a hitch, but slightly more complex.

lashings involve the use of a

TOP FACEBOOK GROUP CONTRIBUTORS THIS MONTH

1		Scott Simpson	6	125
2		Robert Michael Petty	26	16
3		Kathie Valasek	3	123
4		Debra Dawson	4	88
5		Ronan Landry	0	107
6		Clinton Stinson	6	33
7		William Murdy	0	54
8		David Armistead Jr.	1	48
9		Judy Peters	0	53
10		Virginia Collier	1	47

Congratulations to the top contributors in the FPA Facebook group! Join us on Facebook at www.FPAmembers.com for tips, ideas, news, and more.

rope or similar material to secure two or more objects together. To grossly oversimplify all this, the knot is just rope fastened together; the hitch is a rope fastened to an object; and a lashing is a rope fastening multiple objects together.

A good knot can save lives when you're dealing with a survival situation, performing first aid, and when working over heights or water. But, you have to know how to tie it. So make sure you know what to do with your rope the next time you head into the wild by learning essential knots.

The **square knot** is a classic for connecting lines and tying knots. Whether you are tying two ropes together to make a longer rope, or you are tying up a bundle of firewood to carry, the square knot is a winner. It's much more secure and stable than its cousin the granny knot, which everyone is probably familiar with as part of tying their shoes.

How to Tie a Square Knot:

You can tie a solid square knot by lapping one rope right over left, then underneath the other, and then tying the same again in the

HIGHLIGHTS FROM THE FACEBOOK GROUP

Since I'm new and not sure what the group is all about. What is your stand on guns. Yeah or nay?

152

427 comments

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50 of 294



Shirley Brooks Sanders It your choice.

Like · Reply · 2w



Keith Rettig



Like · Reply · 2w



Roasa Gargus Banankhah YES ABSOLUTELY I HAVE THE RIGHT TO BEAR ARMS! The only way they'll get my gun will be out of my dead cold hands!!!

Like · Reply · 2w



Martin P Gorski We are Yeah if your not yeah Your one the wrong site ... [See more](#)

Like · Reply · 2w



Kathie Valasek ✨ Nope. I am a yeah!

Like · Reply · 2w



Margaret Mcelhaney YEA of course, used with common sence

Like · Reply · 2w



Denise Henderson Try to take mine!!! Yeah

Like · Reply · 2w



Floyd Ray Looker YEAH, but a crossbow and a long bow and a recurve bow are silent. No letting anyone know where you are. Worked for the Indians, could work for us as well. I use a crossbow and it allows me to get up close and personal, with a toxic point there is no blood trail. just a dead. Don't discount the value of a sling-shot. Also silent and deadly.

Like · Reply · 2w

Has anyone heard about NASA claiming that 2023 sun bursts will end all electricity and electronics over North america?

Travis Everett, Matthew Allen and 111 others

223 comments

Like

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50 of 130



Scott Finn Wow no power ohwell i can still live

Like · Reply · 4w



Donald A Henry <https://www.google.com/.../Forget-asteroids-Solar.../amp>



EXPRESS.CO.UK

Forget asteroids: Solar storm could 'cause apocalypse on Earth with just...

Like · Reply · Remove Preview · 4w



Mitch Ellis Can't say that I have.

Like · Reply · 4w



Dawn Domeier Yes indeed

Like · Reply · 4w

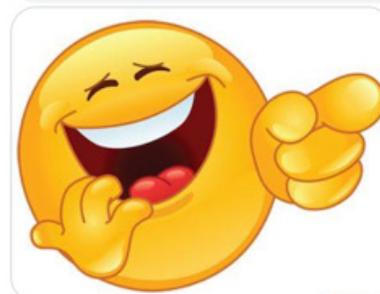


Dawn Domeier Much more will actually happen than that

Like · Reply · 4w



Ilya Okhotnikov Yah, only the North America, not Central, not Southern, and overall, scientists are so good at predicting the weather 4 years in advance, so it is a piece of cake to predict the Sun's activity!



Like · Reply · 4w



Mark Wallingford Thought that was last week...?

Like · Reply · 4w



James Elliott Military trained survivor.. I'm good with that

Like · Reply · 4w

reverse direction—left over right and then underneath. You'll know you did it right when the working end and standing end of each rope is side by side (not making a “cross” like a granny knot).

The **Clove Hitch** is an easy knot to tie, and it secures a line to a tree or post quickly, but it does slip when used alone, without any other knots as a backup.

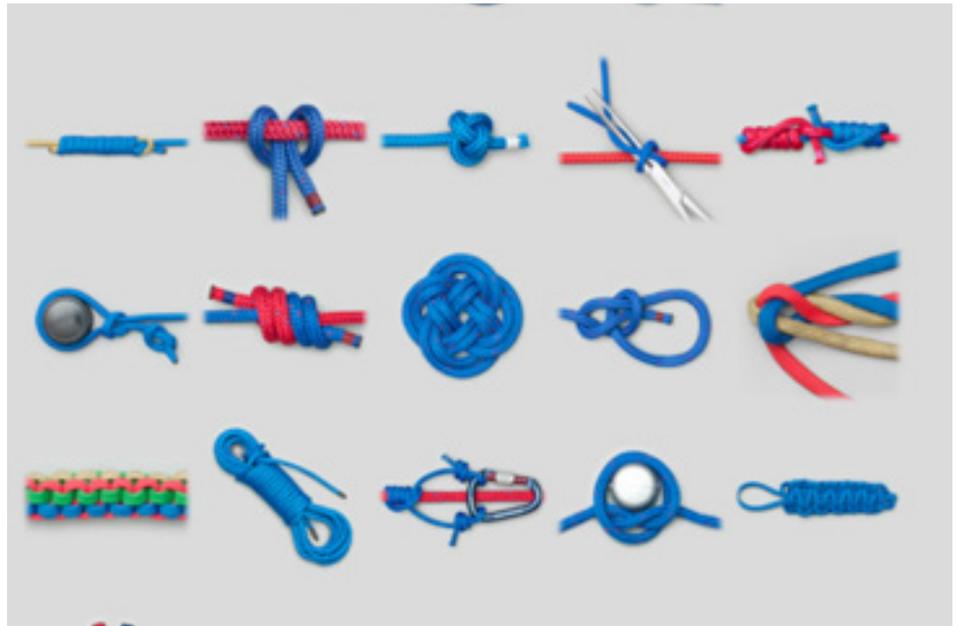
How to Tie a Clove Hitch:

To create a Clove Hitch on a tree, make a loop of rope around the tree. Then make another loop and pass the free end of the rope under the second loop before tightening. To tie this one over a post or stake, just create a loop in the free end of the rope and slide it over the post. Then make another loop the same as the first. Put the second loop over the post (just above the first loop) and tighten the hitch.

The **bowline** creates a loop at the end of a rope that cannot shrink or expand. This knot is often taught and illustrated with a poem of a rabbit coming out of the hole, hopping in front of a tree, going behind the tree, and back down his original hole.

How to Tie a Bowline:

Form a loop on top of the long end of the line. Pass the working end of the line up through the loop and around behind the line. Then pass the working end



down through the original loop, all while maintaining the shape of the second loop you create, which becomes your bowline loop. Once the “rabbit” is back down its hole, pull the “tree” up to tighten the bowline.

The **figure eight** knot creates a stopper wherever you need one on a rope, though the steps are also steps you take to create several other knots.

How to Tie the Figure Eight:

To tie a figure eight, also known as a Flemish bend, simply pass the free end of a line over itself to form a loop. Continue under and around the line, and finish the knot by passing the working end down through the original loop.

The **sheet bend** is a favorite, even though technically it's a “bend”—a type of knot that connects one rope to another. I like it because it's the best bend for tying different types

of material together or joining different thicknesses of rope. This knot even joins together lines or materials that normally couldn't be joined together because of differences in diameter.

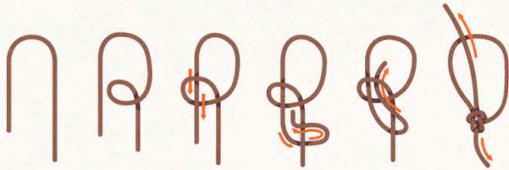
How to Tie the Sheet Bend:

To create a sheet bend, bend the thicker or more slippery rope into a “J” shape (like a fish hook). Then pass the other rope through the hook shape from behind, wrap it around the entire fishhook once and then tuck the smaller line between itself and the other rope.

If the ropes are the same diameter and texture, the sheet bend actually resembles a square knot. To tie a sheet bend with fabric or a tarp, collect, squeeze, and shape the material into a “J” shape, and then run your rope through and around the “J.”

You can use **two half hitches** to secure a line to trees or poles, or to secure the line to itself like you

BOWLINE



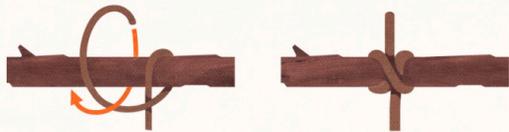
DIRECTIONS

1. Form a small loop on end of rope.
2. Pass the free end of the line through the loop, bring around behind the line.
3. Bring free end down in the original loop while maintaining the secondary loop, which will become the bowline loop.
4. Pull end up to tighten.

USES

1. Creates a loop at the end of a rope that won't shrink, slip, or expand
2. Securing a trap
3. Mountain climbing

CLOVE HITCH



DIRECTIONS

1. Make a loop of rope around the tree.
2. Make another loop and pass the free end of the rope under the second loop.
3. Tighten.

USES

1. Securing a line to a tree or post quickly; may slip if other knots are not used to back it up
2. Fasten a shelter together

SQUARE KNOT



DIRECTIONS

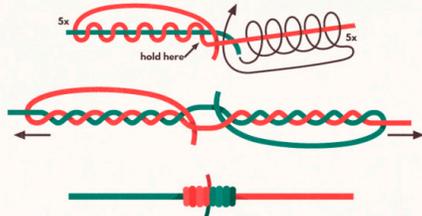
1. Lap right over left.
2. Tie again in reverse direction—left over right.

USES

1. Tying bandages
2. Tying packages
3. Joining sections of survival cordage
4. Tying shorter ropes together
5. Tying a bundle of firewood

FISHING KNOTS

BLOOD KNOT



DIRECTIONS

1. Overlap end of lines to be joined. Twist one around the other 5 times. Bring end back between two lines.
2. Repeat with other end, wrapping in opposite direction.
3. Slowly pull lines in opposite directions. Turns will gather. Clip ends close to knot.

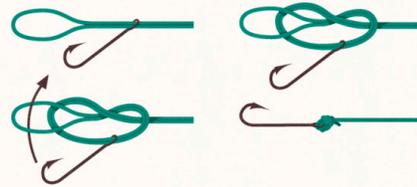
USES

1. To secure two fishing lines together
2. Used frequently in fly fishing

THE IMPROVED CLINCHED KNOT



PALOMAR KNOT



DIRECTIONS

1. Double 6 inches of line and pass it through eye of the hook.
2. Tie a loose overhand knot with hook hanging from bottom.
3. Pass the loop over the hook. Slide loop above eye of the hook.
4. Pull on both ends to tighten down onto eye. Clip end.

USES

1. Securing a hook/swivel to fishing line
2. Fastening a fly to a leader

HIKING KNOTS

SHEET BEND



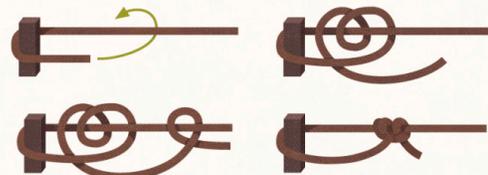
DIRECTIONS

1. Bend the thicker/more slippery rope into a "J" shape or fish hook.
2. Pass the other rope through the fish hook from behind.
3. Wrap around the entire fish hook once.
4. Tuck the smaller line under itself.

USES

1. Joining two ropes with different diameters together

TAUT LINE HITCH



DIRECTION

1. Wrap rope around a post or tree several feet from the free end.
2. Coil the free end twice around the standing line, working back toward the post.
3. Make one coil around the standing line on the outside of the coils just made.
4. Tighten the knot and slide it to adjust the tension.

USES

1. Anchor a tent
2. Grips well when taut

TWO HALF HITCHES



DIRECTIONS

1. Wrap around post/tree.
2. Wrap around the line in the same

USES

1. Secures line to trees, poles, or rock

would tying a trucker's hitch. A half hitch is fairly easy to tie, and I use it often to tie tarps up for shelters, or to hang up hammocks.

How to Tie Two Half Hitches:

After you wrap the rope around the standing end and through the inside of the loop created to make the first half hitch, wrap around the line the same way again to make the second half hitch. Pull it tight and you should have two half hitches, one seated next to the other.

If you want added insurance, you can tie an overhand knot with the tag end of the line to keep the two half hitches from slipping.

The **taut line hitch** takes the place of a slide to tighten or loosen a loop in a line (like a tent guy line). This knot grips well as long as there is tension on the "taut" side of the loop.

How to Tie a Taut Line Hitch Knot:

To tie the taut line hitch, create a loop by wrapping around a solid, unmoving object like a tree or tent stake. With the free end of the rope, wrap around the main line twice on the inside of the loop.

Then lay the free end of the rope over the two wraps, wrap it around the main line, and draw the tag end through the loop you just created. Cinch the wraps until tight. Pull on the standing

line and the taut line hitch should grip the loaded line.

True to its name, the **Fisherman's Knot**, is pretty much only good for using with fishing line.

How to Tie a Fisherman's Knot:

Pass the free end of the line through or around the object to be secured, for example, through the eye of a fishhook. Then, wrap the free end of the line around the other side of the line about five or six times. Pass the free end of the line through the triangular opening next to the object being secured, and then pass the free end of the line through the large loop you just created by going through the small triangle.

If you are tying this one with fishing line, spit on the line before tightening to lubricate it so that the friction does not cause heat damage to the line. Tighten the knot, trim off any extra line and enjoy your day fishing.

The **water knot** safely secures webbing, flat belts, and most types of straps together.

How to Tie a Water Knot:

To tie the water knot, start with a loose overhand knot in the end of one strap. Pass the other strap in the opposite direction so it mirrors the route of the overhand knot on the first strap. Take the ends of the two straps and pull the knot tight. That's it—it's very simple and very strong.

The **Rolling Hitch** adds a leg to an existing line. This hitch is the basic knot behind a Taut Line Hitch, but it can be added to any existing line. The Rolling hitch was often used historically to hook more dogs to a dog sled main line.

How to Tie a Rolling Hitch:

Wrap the free end of one rope around the main rope to create a Half Hitch. Make a second Half Hitch and then wrap over the entire knot to finish with a final Half Hitch to the other side from your starting place.

The **Prusik Knot** creates a loop that can be used as an ascender or decender. This "slide and grip" knot can also be handy for adding a loop to a rope when neither end of the rope is free.

How to Tie a Prusik Knot

To tie a Prusik, you'll need a short rope and a separate long rope. Tie a loop in the short rope that is secured with a solid knot like a Square Knot. Now, wrap the loop around the long rope three times, making certain that each wrap lies flat against the long rope. Pass the loop of short rope under itself and pull it tight. As long as there is weight on the loop, the Prusik will grip the long rope. You can also slide the Prusik up or down the long rope by taking the weight off the loop and pushing the wraps up or down the long rope.

The **timber hitch** secures a rope to an object for hauling or to act as a support.

How to Tie a Timber Hitch:

To create a timber hitch, all you need to do is run the free end of the rope around the object, like a log, that you intend to pull. Then wrap the tag end of the rope around the inside of the loop you created four or five times.

After you tighten the timber hitch so the four or five wraps are tight against the object, the constant tension will keep the hitch seated.

The **blood knot** is a gem of a knot used on fishing line to secure two lines together (mends a broken line or attaches leaders and tippets).

How to Tie a Blood Knot:

You'll start the Blood Knot by overlapping the two lines, and wrapping one free end around the other line five or six times. Pass the free end between the

two lines. Wrap the other line the same number of times (five or six), and tuck the free end back between the two lines in the opposite direction of the other free end of the line.

If using fishing line, spit on it to reduce friction damage.

The **man harness** knot allows you to put a loop in a line anywhere along the length of a rope when neither end of the line is free to tie a loop—and you didn't hear it from me, but a man harness is great for cheating at tug of war.

How to Tie a Man's Harness:

Gather some slack in the line and make a loop so part of the line runs through the middle of the loop.

Grab the side of the loop and pull it through the gap between the line in the middle and the other side of the loop.

Pull the new loop tight, and then

pull the line to cinch the man harness knot. This knot can slip if there isn't constant tension on the newly created loop, so keep something in the loop to hold it.

The **carrick bend knot** (square knot alternate) joins two ropes together securely, and is easier to untie than a Square Knot.

How to Tie a Carrick Bend:

To tie the Carrick Bend, form a loop with the free end of one rope.

Pass the other rope's free end under the first loop, and then over then under as seen in the picture.

Thread the free end across the loop passing under itself, and pull on both standing ends to tighten.

Congratulations, you have now completed the knot training, and it's time to test your knowledge on the back page.

DID YOU KNOW?

The word “knot” is related to knob, knoll, and knuckle, but not to knowledge. It is knoten in German, knot in Dutch, knut in Swedish, nudo in Spanish, and noeud in French.

FORTY KNOTS

A VISUAL AID FOR KNOT TYING

OFFICIAL EQUIPMENT—BOY SCOUTS OF AMERICA

The Scout Seal is Your Guarantee of Quality, Excellence and Performance



OVERHAND KNOT



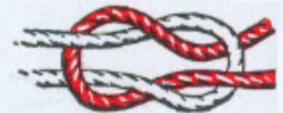
SQUARE KNOT



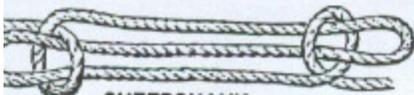
SHEET BEND



SHEET BEND DOUBLE



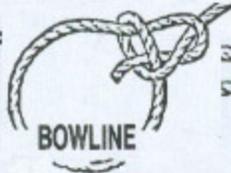
GRANNY KNOT



SHEEPSHANK



DOUBLE OVERHAND



BOWLINE



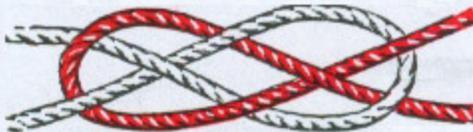
RUNNING KNOT



FIGURE EIGHT KNOT



OVERHAND BOW



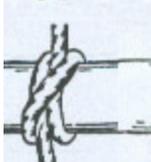
DOUBLE CARRICK BEND



BOW KNOT



FIGURE EIGHT DOUBLE



CLOVE HITCH



HALF HITCH



TIMBER HITCH



KILLICK HITCH



HALYARD BEND



ROLLING HITCH



FISHERMAN'S BEND



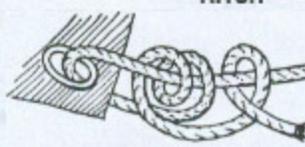
TWO HALF HITCHES



HITCHING TIE



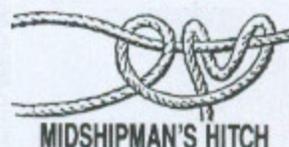
CHAIN HITCH



TAUT-LINE HITCH



SLIPPERY HITCH



MIDSHIPMAN'S HITCH



TILLER'S HITCH



BOWLINE ON BIGHT



LARIAT LOOP

512
MIDLOTHIAN, TX
Est. 1990



CAT'S PAW



BLACKWALL HITCH



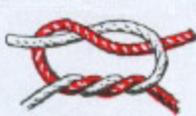
FISHERMAN'S KNOT



FISHERMAN'S EYE



LARK'S HEAD



SURGEON'S KNOT



MARLINSPIKE HITCH



MILLER'S KNOT



SAILOR'S KNOT



STEVODORE'S KNOT

Boy Scouts of America

TEST YOUR KNOWLEDGE

After studying this training, we encourage you to test your knowledge with this quiz. The answers are at the bottom right.

1: AFTER MAKING A KNOT, WHAT SHOULD HAPPEN?

- A) It should stay put for an hour
- B) It should hold on it's own
- C) It may or may not hold

2: THE MOST USEFUL ALL-ROUND KNOT TO LEARN IS:

- A) The square knot
- B) The round knot
- C) The rectangular knot

3: WHICH OF THESE IS NOT A KNOT?:

- A) Clove hitch
- B) Clove of garlic
- C) Clover leaf

4: A 'FIGURE 8' KNOT IS ALSO KNOWN AS:

- A) A Norwegian bend
- B) A Swedish bend
- C) A Flemish bend

5: A FISHERMAN'S KNOT IS USED FOR TYING...?

- A) Fishing line
- B) Fishing boat
- C) Fish together

6: A WATER KNOT IS DESIGNED TO TIE WHAT?:

- A) A bucket of water to a well
- B) Cooking utensils
- C) Webbing or straps

7: A ROLLING HITCH IS FAMOUS FOR WHAT?

- A) Tying dogs to a lamp post
- B) Tying dogs to a dog sled
- C) Tying dogs to a mailbox

8: A BLOOD KNOT IS DESIGNED FOR WHAT PURPOSE?

- A) Tying around an arm or leg
- B) Tying two lines together
- C) Tying a boat to a mooring

9: THE WORD KNOT IS ORIGINALLY RELATED TO...?

- A) The word 'kneedle'
- B) The word 'knowledge'
- C) The word 'knob'

10: AN ORGANIZATION THAT TEACHES KNOT TYING IS:

- A) The Boy Scouts
- B) The Gymnastics Association
- C) FIFA

COMING UP NEXT MONTH:



NEGOTIATION & BARTER

Bartering is all about getting what you want (or need) by providing value, but not exchanging money.

While it might seem far-fetched or unnecessary to discuss this topic, there are a number of modern, Western countries where people routinely barter as a way of life. Why? Because their economy is in chaos, and they don't have the money to buy what they want.

Look out for next month's training on this important topic!

QUIZ ANSWERS

1b, 2a, 3a, 4c, 5a, 6c, 7b, 8b, 9c, 10a

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