



Fortress Defense Newsletter

Volume 1, Issue 5

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Visit us on the web @ www.fortressdefense.com

What's New at Fortress

Spring is (finally) here and almost gone, and Fortress has been too busy to notice!

As we moved into May, we continued to travel and work with private groups, but we also found time to fit in an Emergency Treatment of Gunshot Wounds course, as well as our annual hosting of John & Vicki Farnam of [Defense Training International](#) (DTI) in Rochester, IN.

John and Vicki have been a huge influence on all that we do here at Fortress and most of our Instructors are also Affiliate Instructors with DTI. This year we worked with them conducting a Basic Handgun course and an Urban Rifle Course, as well as a 3-day Instructor Development Course which was an amazing experience. Eight new DTI Instructors were graduated, one of which was Fortress' very own [Vince Romano](#)!



John Farnam demonstrates during the Rochester, IN, Urban Rifle Course

We were also honored to have in attendance Master Firearms Instructor [Peter Burlingame](#) of [S.D.I.](#) Peter's company is based in the US Virgin Islands and he trains nationwide. John, Vicki and the Fortress Staff all learned a great deal from Peter this past week, and we'd like to send out a big THANK YOU to him for it – Welcome to the family, Peter!

We'd like to once again thank the fine folks at the [Sand Burr Gunn Ranch](#) for being such wonderful hosts, and we'd like to send an extra thank you out to Master of the Revolver [Denny Reichard](#) for donating his time and expertise to the DTI Instructors Course! If you're looking to learn the Art of the Revolver, we can't think of anyone who knows more about shooting them or fixing them. When it comes to wheelguns, see Denny!

Fortress has also set the date for our [College Prep Women's Self Defense Course](#) - Saturday, July 30th! Designed specifically for the young woman of college age, we will be working on the defensive issues faced daily with regard to campus life. This course makes GREAT graduation gift!

Lastly, a quick reminder about our [6-Day Ultimate Training Package](#) June 10-23; there are only a few places left, so [contact us](#) immediately for sign up. This is a once in a lifetime chance to get the complete foundation of gunfighting at such a low price!

May you all have Victory!
-Fortress

This month's featured articles:

ILEETA Report: Mumbai in America with Jeff Chudwin by Frank Sharpe

The Mission of Protection: Prevention of Medical Emergencies by Rick Colliver

Product Review: Backpack Ballistic Protection Panel by Beth Russell



Instructor extraordinaire Peter Burlingame poses with Ruger/Gunsite Scout rifle at the May, 2011, DTI Urban Rifle Course

Every Memorial Day we fly the US flag. It is our custom, weather permitting, to fly a flag which was flown over the U.S.S Arizona Memorial in Pearl Harbor, Hawaii.

Please take a moment this May 31st to remember and honor our fallen warriors. –The Fortress Staff



Fortress is a proud sponsor of
The Survival Podcast

**Fortress Defense Instructor [Rick Pere](#) presents a
Utah Certified Concealed Carry Permit Course
Saturday, July 16th in Crete, IL 9am-2pm**

Cost \$125 per student (\$100 each for groups of 3, or more)

Sign up pdf: <http://www.fortressdefense.com/CCWFlyer.pdf>

This permit allows the Illinois resident to carry a pistol in 30+ states

[Permit is NOT recognized by Illinois]

**ILEETA Report: Mumbai in America with Jeff Chudwin
By Frank Sharpe**



Mumbai in America: A Matter of Time

Once again the Fortress Staff had the pleasure of attending the annual International Law Enforcement Educators and Trainers Association (ILEETA) conference in Wheeling, IL. The ILEETA conference is a week-long event jam-packed with seminars, classes, presentations and even an extensive trade show with vendors representing all manner of firearms and police related accoutrement.

On Wednesday, April 13th, I sat in on a presentation by Chief Jeff Chudwin of the Olympia Fields, IL, PD, entitled "Mumbai to Main Street USA: Preparing for the Coming Threats." For those of you unfamiliar with Chief Chudwin, he is not only one of the finest police officers this nation has ever produced he is also an absolutely wonderful human being. Chief Chudwin started out as a lawyer before he became a police officer, and I have always known him to be a strict Constitutionalist with absolute respect for the entire Bill of Rights. On top of that, he is a huge advocate of proper firearms training for all police officers and citizens! Unlike many who hold his title, he's not afraid of guns and not only actually trains his people, he trains them how to *gun fight*. As an affiliate instructor with Henk Iverson, I had the privilege of training under Jeff last summer during one of Henk's classes. Chief Chudwin knows it, he knows how to teach it, and he lives it 24/7. He is always ready and always vigilant! With all that in mind,

I was elated to see Jeff was presenting this year, and I made sure to work my ILEETA schedule around it. I wasn't disappointed!

The Mumbai, India attack occurred from November 26th to the 29th, 2008. 10 terrorists of Pakistani origin attacked multiple targets throughout Mumbai with AK-47 rifle fire, grenades, explosives and arson, claiming the lives of 166 victims and causing millions of dollars in damages. Command of their operation was coordinated via cell phone from operatives in Pakistan, and thorough use was made of all available technologies (GPS, Google Earth, etc...). Further details of the attacks can be found through various web sources and I won't bother with them here.

Much of what Chief Chudwin covered during his presentation applied directly to officer readiness and department preparations, and I will not be discussing those details as I see no reason to give that information to anyone who potentially might do us harm. However, there were a few points Jeff made that I think we should all be aware of and consider in the event of any active shooter attack.

1. Those present are the FIRST RESPONDERS, not 9-1-1! As we have seen with almost every single active shooter situation worldwide, the majority of damage done and lives lost are in the first few minutes. For non-police and off duty police, what does this mean to you and what are you doing to mentally and physically address it?
2. How do first and second responders (9-1-1, etc...) tell the good guys from the bad guys? In the event that any of us find ourselves returning fire, how do we keep ourselves from falling victim to friendly fire?

Who's who at crime scenes is not a new problem. Every year there seems to be one or two "blue on blue" shootings:

<http://www.nytimes.com/2009/05/29/nyregion/29cop.html>
<http://abcnews.go.com/US/story?id=94403&page=1>

These happen under "normal" everyday police work, even when there is interagency communication as to who the good guys are. Now consider this: You are off-duty and attending a play or concert with your family. You are dressed in street clothes. Suddenly a group of men burst into the auditorium and begin executing your fellow citizens with rifle fire. You spring into action and shoot one of them multiple times in the torso with the 5-shot revolver (because you weren't expecting any real trouble) you have in your pocket, but to no avail (they have body armor on under their suits). Still not giving up, you charge the shooter and manage to disarm him of his rifle and put him down – defying the odds, you've managed to live through your mistakes and you now have a functioning rifle...only, now you look just like one of them.

Let's change it up a bit. You're entering the local mall to do some shopping and suddenly you hear the unmistakable sound of multiple rifles firing from inside and people screaming. Defying the odds again, your vehicle is parked 50-feet away and you have a rifle in the trunk. You dash over to it, retrieve it, and deploy it. But as we enter the mall and "charge towards the sound of the guns", we have no idea who the bad guys are or how many there are. We don't know if there is mall security responding, other off duty officers or even armed citizens. And what's more, none of them know who you are.

Yes, we might have a badge on our belt, and we can yell “Police!” but in the confusion of a multi-pronged, coordinated terrorist attack, with throngs of people screaming and gunfire and explosions, it’s beyond sugar coating it to say identification might be a problem.

When we look at the Mumbai attackers we see they generally wore jeans, black t-shirts and carried standard camping/school backpacks in common colors. They did not wear a conventional uniform, nor did they wear anything out of the ordinary that would differentiate them from any other member of the public. It is doubtful that such an attack in the US would be carried out by anyone wearing a turban or a sign that says “Terrorist.” Equally, most of us will not be wearing signs that say “Good guy.”



Mumbai attacker dressed in street clothes

In my opinion, as Independent Operators the best we can do is our best. We must assess each situation as it evolves and be ready to make proper tactical decisions in an instant. The way we do that is through proper training and stress inoculation. The shooting, weapons handling, and even medical applications should all be second nature, freeing our minds to take in information as quickly as we can during an event. We should also be training for a 360-degree battlefield, and we should be training to operate alone as well as with partners, friends and family. And we should also understand that those engaged in such attacks are often under the influence of strong stimulant-type drugs. They will be able to absorb massive amounts of bodily damage and, as was the case of Mumbai, be able to stay awake for days.

For those reading who don’t carry guns, here’s a few things to think about:

We know that every single person who has run from an active shooter situation has survived. It is those who stand in disbelief or try to hide are who end up being murdered. “Lock downs” are not something I’m prepared to submit to: if shots are being fired, I’m not about to sit and wait for my turn to be executed (and I don’t recommend anyone else sit and wait either). However, running still requires planning and training.



Know your escape routes!

Have you looked for and noted all possible escape routes out of the building you work in? Have you done the same for your children’s school and formed a plan of escape with them? Have you done the same for your church, gym, or other buildings you spend time in? And will you, from this day forward, take a second to note the emergency exits and windows (as well any object you can use to break a window) of the restaurants and stores you walk into?

I suggest that all of us learn weapons disarm techniques, improvised weapons techniques as well as emergency wound care. We all need to carry a trauma kit and a flashlight during our waking hours, and we should all have proper footwear on at all times.

Another item I’m convinced should be a part of our daily checklist is a Kevlar panel, such as those marketed by [Safe Direction](#). They are available for briefcases, backpacks, and computer bags, and offer

at least some protection from small arms fire. They are highly unregulated and offer no resistance to metal detectors and x-rays. They are a perfect security augmentation for children and young adults attending school, and something every parent should consider investing in.

Lastly, it has been said that carrying a gun is like wearing a seatbelt: do it all the time every time, or don't bother doing it at all. So for those of us who are able, carrying should not be optional! If you are off-duty, a permitted CCW holder or live in a state where no permit is needed, then carry every waking minute of every day. If you think that you don't need your gun because "you're just running out a minute for milk", then you are living a lie. Live and behave as the warrior you claim to be!



The reality of violent attack. Understand?

Mentally prep yourself not for "if", but WHEN! There will be coordinated attacks within the borders of the United States, and they will be directed at citizens. Create a security plan/emergency response for you and your family, and be prepared to deal with the evil of suicidal thugs attempting to murder you. Simply facing this reality will give you a major advantage over those who refuse to.

I recommend every adult read the book *Terror at Beslan* by John Giduck, available from:

<http://www.terroratbeslan.com/>

May you have Victory!

-Frank

Frank Sharpe has been a firearms instructor for over 10 years. As a senior staff instructor for Defense Training International (DTI), he has trained thousands of citizens, police, and military in the art of defensive firearms, and is the author of the DTI Instructors' Standards Manual. As the President of Fortress Defense Consultants, he specializes in the effective instruction of female students and regularly speaks on defensive issues for women's groups and community watch organizations.

Fortress Defense 6-Day Ultimate Training Package!

June 18-23, 2011, Rochester, IN

- June 18-19 Level One Pistol - Cost \$250
- June 20-21 Level One Rifle - Cost \$250
- June 22 Tactical Medical - Cost \$125
- June 23 Vehicle Defense and Team Tactics w/guest Instructor Henk Iverson! - Cost \$150

Take all four classes for only \$475!

(Limited to the first 10 persons to sign up)

A once-in-a-lifetime opportunity to obtain the foundations of pistol, rifle, medical and team/vehicle tactics at an unbelievable price.

Don't put your training off any longer!



Henk Iverson



Urban Rifle

Defensive Pistol



Tactical Medical



There are only a few spaces left, so [Contact Us](#) today to reserve your spot!

Fortress Defense 708-522-8060

The Mission of Protection: Prevention of Medical Emergencies

Rick Colliver



Actuaries tell us that the majority of persons over the age of forty-five will eventually find themselves in a statistical population that requires more frequent trips to the doctor, regular access to prescribed medications and diminishing physical skills. Even in younger age groups, one needs only to turn on the evening news or call their local elementary school to find out about the latest batch of bacteria, fungi and viruses making their way through your neighborhood. Like it or not, we are all going to get sick... eventually.

In anticipation of these eventualities, when first assigned to a protectee, specialists should become familiar with any medical problems, special dietary requirements or food/environmental/drug allergies so that they can rapidly respond to medical emergencies. Keep in mind that in the United States and many other countries, access to this information may be strictly controlled by state or federal law. This means that you must be careful how you acquire, disseminate or process confidential medical information.¹ However, despite our best efforts to safeguard this information, depending on their media profile, news of your Protectee's personal medical issues may find its way into the public forum through any number of journalistic endeavors and entertainment tabloids (including <http://www.hollywoodgrind.com/tag/celebrity-illness/> <http://www.stoppagingme.com/> to name but a couple). We should be prepared to do what we can to minimize embarrassment and facilitate their treatment regimen:



- Avoid discussions about your Protectee's health or schedules
- Consider alternate entrances/exits for doctor visits
- Investigate information leaks immediately
- Obtain confidentiality agreements from staff and contractors
- With your Protectee's consent, obtain certifications and physician protocols to assist with medications if necessary (if permitted in your area).
- Monitor your Protectee for changes in behavior or level of consciousness following clinical visits or the administration of medication.
- If your Protectee has food allergies, inquire about food preparation when advancing hotels/restaurants

Persons of prominence are human, and thus susceptible to viruses, bacteria, chronic disease and anaphylactic reaction just like any other segment of the population. Many of our US presidents and vice presidents suffered from chronic medical conditions. The list of asthma sufferers alone includes Calvin Coolidge, John F. Kennedy, Theodore Roosevelt and Walter Mondale. Other leaders have had allergies to food items such as shellfish or peanuts. These allergies, left unmanaged can result in serious complications including the need for emergency surgery to open an airway. Still, the work must go on,

¹ The Health Insurance Portability and Accountability Act of 1996 (HIPAA) Privacy Rule;
<http://www.hhs.gov/ocr/privacy/index.html>

and the protection specialist should simply prepare for this element as a part of their normal advance. And, preparation begins with knowledge.

All team members should have current First Aid, CPR and AED certifications, and be diligent in renewing them every year. However, at least one member of a protection team should have advanced training that enables them to carry out a physician's protocol, specific to their Protectee. Also, as a reminder for those of us who re-certify with TASERS every year, but may have let our AED certifications lapse: AN AED IS NOT A TASER!



While we are used to handling individuals during TASER exposure, we cannot touch a patient about to undergo defibrillation. First, the device may interpret your movement as the patient's and not advise a shock when one should be indicated. Second, if you are touching a patient between the pads or a pad is on a conductive surface during defibrillation, you can get quite a surprise in the 200-360 joule range (A TASER shock is about 0.3 joule).

Automated External Defibrillator

For those of us who have been through formal EMT/para-medical programs we remember having it drilled into us that the first consideration when responding to a medical emergency is "...is the scene safe?" Most assuredly, we want to ascertain that we're not stepping on live electrical lines or entering a confined space with a toxic atmosphere. However, in the field of protection, we have already recognized that the life of our Protectee comes first and we come second. This doesn't mean that we recklessly take chances in furtherance of these goals, but rather we educate ourselves to the extent that we understand the range of likely environmental hazards and our patient's susceptibility to a potential medical emergency. As a protection specialist, factor in that we may have to undertake a response that would be perceived by others to be slightly more risky than what the average EMT might encounter.

How Disease Spreads

With fears of influenza receiving the media's lead-story positioning, it is important for the protection specialist to have an elementary understanding of communicable disease...and how not to commune. Doctors, nurses, lab techs and other responders work around disease every day and manage to keep themselves out of a hospital bed, primarily because they understand how disease is transmitted and take the necessary precautions. The bacteria and viruses that cause disease can be transmitted among populations through any or all of the below "horizontal" methods:

- Direct contact – touching a contaminated individual
- Indirect contact – touching a contaminated surface
- Droplet contact – coughing/sneezing on another person
- Airborne transmission – micro-organism remains in the air
- Vector-borne transmission – carried by insects or animals
- Fecal-oral transmission – usually from contaminated food/water products
- The term, "Vertical" transmission refers to the disease transmission from mother to infant either in the womb or through breast milk or other bodily fluids.

Since none of us are epidemiologists (I'm not, anyway), we should keep this subject simple by thinking about OSHA's succinct recommendations for you and your Protectees:

- Have immunizations brought current
- Use precautions when giving care
- Maintain good personal hygiene
- Emphasize safe work practices
- Clean and disinfect frequently
- Seek treatment if exposed and symptomatic

In addition to your client's personal physician, excellent sources of information relating to the current list of bad-bugs are available through:

<http://www.cdc.gov/> (Center for Disease Control)

<http://www.who.int/en/> (World Health Organization)

<http://www.needletips.org/catg.d/p2011.pdf> (Summary of Recommended Immunizations)

<http://www.iamat.org/> (International Association of Medical Assistance to Travelers)

<http://www.online-medical-dictionary.org/Horizontal+Disease+Transmission.asp?q=Horizontal+Disease+Transmission>

Other valuable sources of information include organizations requiring paid-subscriptions such as:

<http://www.ijet.com/index.asp> (i-Jet Intelligent Risk)

<http://www.nc4.us/> (NC4)

<http://www.internationalsos.com/en/index.htm?CFID=26740345&CFTOKEN=43994748>

(International SOS)

We should agree that patient survival of any medical emergency is dependent on how fast we can get them to professional care. But, we can sometimes extend this time element by supplying varying levels of first aid and responsible pre-hospital care. As the Boy Scouts say, "Be Prepared"!

Stay safe out there – I have to sneeze.

-Rick

Rick Colliver has served as the global security director for two multi-national corporations with operations in 24 time zones, and has managed protection details in Europe, Africa, Asia and the Americas. He is the course developer and lead instructor in the Principal Protection program at the Ohio Peace Officer Training Academy and is an adjunct instructor in protective operations through several police, military and academic organizations. He has current security clearances with the US DoD and DHS.

*Rick is the co-author and narrator of [School Safety and Security; An All-Hazards Approach](#) and a contributing author to [Gruber's Physical and Technical Security; An Introduction](#) (Thomson Delmar, 2005). He is currently completing a companion text for academic and certification protection programs entitled *Principal Protection; Lessons Learned* (due out in the summer 2010) which, he reports, is not another "how-to" book on protection, but rather a "why-to." A contributor to both online and print media, his articles can often be found at www.bodyguardcareers.com.*

He received his Bachelor's degree in Criminology from The Ohio State University and has completed graduate work in Organizational Behavior through the University of Phoenix, and Crisis Management through the American Military University. He maintains his law enforcement credentials through the Union County (Ohio) Sheriff's Office, where he continues to serve as a reserve deputy and hostage negotiator. Since 2005, Rick has also served on the Public Health and the Critical Infrastructure Protection Advisory Committees for the Ohio Homeland Security Division, Ohio Department of Public Safety.

Fortress Defense Consultants

College Prep Women's Self Defense Course

Saturday, July 30th, 9am – 2pm Crete, IL
Cost \$50.00 per student (\$45 per for groups of 3 or more)

At client request Fortress has developed a Women's Self Defense Course specifically designed for females of college age living on or off campus. For many young women college will be the first time they find them-selves living on their own; with that also comes greater responsibility for their personal security. Our College Prep Defense Course is designed to address the safety issues of the collegiate environment. (Wear gym clothes and gym shoes, bring snack and folding chair. Class is somewhat physical; [contact us](#) if you have questions.)

Topics will include:

- Awareness
- Disengagement
- The Force Continuum
- OC/Pepper Spray deployment
- Kubotan techniques
- Improvised weapons
- Defensive ground fighting techniques
- Campus violence/active shooter response
- Identification/personal information security
- Vehicle safety
- Campus security
- Dorm/housing security

...and much more!

Click [HERE](#) for pdf sign-up sheet!



What better gift to give yourself or a loved one than the skills of self-defense! Makes a great graduation present!

Product Review: Backpack Ballistic Protection Panel

By Beth Russell

I recently purchased a backpack ballistic panel insert for my daily use to and from work, and I couldn't be any happier with it! It's so lightweight I don't even notice it, but I do notice the heightened sense of security I have knowing it's with me all day.



The panel slides into the outer pocket of most standard day packs and offers ballistic protection against handgun rounds. In the event of an active shooter situation in the workplace, the pack can be used as a shield while implementing one's escape.



After carrying this product with me now for 10 days I can't imagine ever being without it, and I would recommend that one be purchased for every person of school age (or anyone who carries a backpack) and that it be carried every day.

I purchased mine from Safe Direction. Their contact information is:

www.SafeDirection.com or 877-357-4570 ask for Steve Camp

As with all things Kevlar, they aren't cheap, but they are worth every penny!

-Beth

Beth Russell is an educator with 10 years of experience. She holds a Bachelor of Arts from the University of Michigan and a Master's in Education from Loyola University of Chicago. She is an NRA Certified Firearms Instructor.

Join us in our forum!

[CLICK HERE!](#)

If you're interested in hosting a Fortress Course, we offer training discounts to course coordinators. It's a great way to finance your personal training - [contact us](#) today for details!

Fortress encourages you to forward this newsletter to anyone you think might be interested in the content, as long as it remains unaltered and in its entirety. Thank you!

Visit us on the web @ www.fortressdefense.com

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Fortress Quote of the Month

“A fight is not won by one punch or kick. Either learn to endure or hire a bodyguard.” – Bruce Lee

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