

In this issue

Eric's Rules to Live By
In the Spotlight – Courtney McCarthy-Beadnell
Summer Carry, One Girl's Perspective
"Beat the Heat" with Spencer Keepers
Heat Related Illness Prevention
The Funny Pages



July, 2019

The Bulwarks Bugle



Upcoming Events

Foundations of the Self-Defense Carbine

August 17, 2019 at 9:00 AM
Key Range, Glasgow, KY 42141

Foundations of the Self-Defense Carbine

August 31, 2019 at 9:00 AM
Red Hill Range, Martin, GA 30557

Foundations of the Self-Defense Handgun

September 14, 2019 at 9:00 AM
Raven Defense, Murray, KY 42071

Developing a Defensive Mindset

September 15, 2019 at 1:30 PM
133 War Admiral - Danville, KY 40422

Speed and Accuracy Preservation I

September 28, 2019 at 9:00 AM
Key Range, Glasgow, KY 42141

Eric's Rules to Live By #49

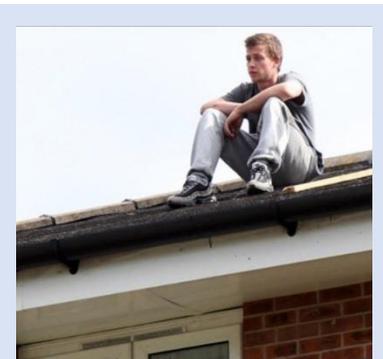
You should have all of your aiming done before you start shooting, not after.

A man was sitting on his roof, his only refuge from a flood. A rescue boat came and offered assistance and the man confidently said "Nope, thank you. God will save me." The rescue team, after many attempts, relinquished and moved on. The waters rose and the man diligently prayed to God - full of faith. As the water continued to rise another team arrived as the man, a bit more desperate, was praying. "No! My God will save me!" The team moved on. Rain continued to fall and unfortunately the man succumbed to his watery fate. The man, having passed through the "pearly gates" met Jesus and had to ask, "why didn't you save me? Jesus answered, "I sent you two boats."

I think we are blessed with sights for a reason. We have to take advantage of the gifts we have, not hope for things to go right. Tom Givens said once (paraphrasing here) "don't waste time cranking on the trigger hoping for a miracle, then start focusing on the sights, just do that first".

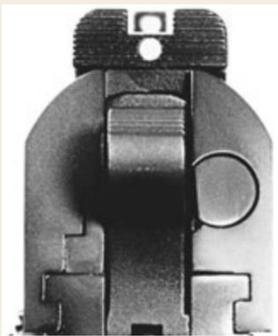
There are different styles of sights; fixed sights, adjustable sights, "ditches", and the list goes on.

As we age, sometimes adding some color that makes the sight stand out is helpful. I've added color for quite a few years, but have found that now at 46 my eyes



do not want to focus as quickly so a good color like yellow works well. Red is a fine color for the daytime but is nearly invisible in low light. Red may be the worst color. Even shooting from retention, we are still using our peripheral vision to index our sights to some degree. If more precise shots need to be made, generally there is time to quickly reference the relation of the rear sight, target, and front sight to ensure they are aligned. A bonus thought on this is the front sight is kind of a safety measure. Consider real quick Cooper's Universal Safety Rule #3- "Keep your finger off the trigger until your sights are on target, and a decision to shoot has been made." So if the sights cannot be seen then you should not put your finger on the trigger. I think of a couple of instances that if someone would have taken a moment to do this may not have inflicted too much damage to themselves. Pillage then burn, if you will. Not the other way around. Whatever the style, type, or necessity of alignment, when the front sight is in front of us, we need to pay particular attention to that front sight clearly.

The human eye is quite an organ. It has the ability to focus as fast as a high-dollar camera. As we age, it gets a little tougher to focus close up, but that is a surmountable situation with some adaptation and practice. One big limitation with our eyes and cameras alike is it can only focus on one thing at a time. When we are talking about dealing with threats, we probably have 3 things that need attention: 1) the threat itself, 2) rear sight, 3) and the front sight. By far the best of the three to focus on is the front site. Try this real quick: stick your thumb up, arm extended on an object. Think of yourself as Picasso about to paint his masterpiece. The thumb is the front sight. Now focus on the nail and cover the object up. For this next part, the object can be moving, or you can too. Does not matter. Keep your nail in focus and on the object and see if you can stay on a particularly small part of the object. (Aim small, miss small. Remember that from the movie "The Patriot"?) Easy to discover that staying on the object is simple and that thumb is many times larger than a front sight post. Not focusing on something that is endangering us is not easy. It is also important to note that as the situation develops, one may need to change focus



repeatedly. "Do I need to engage again?" , what are they doing NOW?" "Where are they and what are they doing?" Get through these phase and then if the situation changes and it's time to engage again, get back on that site. I would also add that after a shot has been made, drive the sights back on target and prepare for the next shot. As we mentioned earlier, it is a touch more difficult as we age to focus as quickly.

Of course perfect practice can help you think through the situation. When the time is appropriate for some (perfect) practice, put your handgun/rifle in different positions, (retention, one-handed, etc) and see how your eye relates to the front sight. With good practice, it becomes 2nd nature. During the presentation, we only need confirm the front sight is where we intend to hit and not necessarily so important to stay on them for an eternity (which may not be far off if too much time is spent on sight alignment). Present the weapon/ confirm the sight is correctly aligned then get to pressing that trigger. Practical exercise #2- Stand in front of a mirror. Be close to a light switch, too. With the light off (I'm presuming it is also dark or this will not work quite as well) attempt to find your "A" zone on you. Then turn on the light and see how long it takes you to index your "sights" (can be your thumb or a sight) on yourself (your reflection in this case) and make a good trigger squeeze. As you get a bit better at this, one will find that it will not take long to get this accomplished. We are talking quarters of a second. Move around too. Make it a challenge. Having a friend to work the switch adds an extra bonus.

So getting the gun out and slapping at the trigger hoping for a miracle will not serve one well. Couple of reasons why: 1) missing more just makes the opponent perhaps figure they need to do something different which may not bode well for us. 2) when we miss we may hit something we do not intend or desire too. Not ideal obviously. 3) we just are not going to get the job done in a timely manner. Take a moment during the presentation and find that front sight, acknowledge it's greatness for a brief moment, then get this problem solved with a good press of the trigger until the situation is

resolved satisfactorily. 2-3 missed shots before taking proper time to aim, time wise, is a lifetime away and too much time is wasted (probably your life time) versus taking a moment to confirm the sight is on what we can legally, and morally engage and then complete the task at hand.

Confirmation and precise alignment is probably not as important as a smooth trigger press (note I said smooth, but not necessarily slow), but sight alignment is imperative to getting the job done safely effectively, and effectively (<- S.E.E. What i did there?) Good sight alignment equates to less misses which may effect innocent folks, shots that do not get a “stop” in a timely manner, and waste precious ammunition that we may very well need sooner rather than later. Take all the time needed in finding and confirming the front sight post, but dag-nabbit be quick about it. (Reference Wyatt Earp’s quote “take your time, just be quick about it.”)

~ Eric Dean, Founder and CEO

Summer Carry, One Girl’s Perspective

Summer is here, and I miss my gun. I *really* miss it. Because, let’s face it, I refuse to dress any *more* like a dude so that I can carry something with 18 rounds. So, I’m relegated to a Glock 43, or going “gun nekkid”.

Summer in the South is hot, humid, and meant for flip flops. Sundresses. SHORTS. Concealment clothing for women is limited and pricey, to say the least. They just aren’t in the budget, and most of it’s not my style. And the man clothes? No way am I rocking cargo shorts, sneakers, and a button up shirt. EVER. And that “shoot me first” vest – aww HECK NO. My current mode of haute couture, consisting of jeans and snarky t-shirts, is only doable with my little gun.

So, ladies, we need to brainstorm on some cute, wearable, affordable stuff. Then bring it to market!

Until then, I guess I’ll just wait for fall. Sweating. With my little gun.

~ Karen Farthing, Instructor

Friend: I'm so happy it's summer already

Me:



In the Spotlight

Courtney McCarthy-Beadnell, Bulwarks Instructor

Courtney came to us with over a decade of military and corrections experience. She spent 13 years in the military, specializing in Military Police and Corrections. During this time, she led and trained soldiers to prepare them for contingency operations in Iraq and Afghanistan, as well as detention facility operations in Guantanamo Bay, Cuba.

She has led multiple security and emergency response missions throughout Kentucky, to include the Kentucky Derby and the 45th Presidential Inauguration in Washington, D.C.

Courtney has a Bachelors Degree in Criminal Justice with a concentration in Organizational Law Enforcement Leadership. She has worked as a Probation and Parole Officer for the Kentucky Department of Corrections since 2015 and is a Field Training Officer (FTO), a Firearms Instructor, and is a sitting member of the State Firearms Board for the department.

Courtney is a wife, mother and German Shepherd enthusiast (she has 3).



“Beat the Heat” *with Spencer Keepers of*

Keepers Concealment

The Bulwarks is truly fortunate in our group of friends. Sometimes, those friends are willing to give us advice and some personal stories. This month’s guest is Spencer Keepers of Keepers Concealment and Awareness Defense Training. Spencer was kind enough to conduct an interview with Jesse Ordunez, The Bulwarks Director of Operations and Training.

J: Let’s jump straight into our topic – beat the heat. What are your tips for surviving the summer?

S: My number 1 tip on beating the heat: Sleeveless compression shirt from Nike or Under Armour - basically a moisture wicking sleeveless compression garment. It pulls the sweat just away from your body, and when the air hits it, it has a cooling effect.

The other things that that garment allows/creates is, the fact that when you're drawing the gun from inside the waistband - strong side or appendix, I have no opinion - just whatever works for you...

Anyway, that shirt provides a very slick surface to allow for faster, more consistent access to the gun. Also, it keeps any hairs from being pulled while drawing. I can't tell you how many times I've seen guys who are just bare and bloody because they've ripped the hair off while unholstering. It also keeps the holster from rubbing on your body. It's just so much more comfortable. I've been wearing these - whether I'm carrying or not - since before my first class with the late Todd Lewis Green, soooo.....2009?

J: How do you keep it from riding up or rolling on you? I wear them sometimes, and that’s always a problem for me.

S: I've had a lot of people ask me that specific question, but I always tuck that shirt in underneath my underwear to keep the shirt in place. And make sure they're longer than the butt line. That has the added benefit of eliminating plumber's crack. Wish I could get all the guys at the shop to wear them. Ha! My wife likes them because it minimizes patterning if she wears an overshirt with it. My wife is so smoking hot. I love that woman. Anyway, the compression shirt has the added benefit of keeping everything in place.

J: Any other tips on dressing for summer carry?

S: Use a moisture wicking cover garment, it really helps. Sometimes I'll wear shorts, or really lightweight sweatpants - I'm a Viking, and I burn and peel, burn and peel. As long as the sweatpant has a really robust draw cord, I'll wear a gun either in an Errand holster, or a Keeper with a clip. That clip will work with or without a belt. You can get to the point where you can dress really lightly, and still have a gun with 16 rounds of 9mm. We have girls who wear nothing but yoga pants and a loose cover garment, and with the clip they can carry a G42 or G43 with no problem.

J: On holsters, leather or Kydex?

S: Oh, Kydex, always. The leather absorbs the heat and the moisture and keeps it in. The kydex just gets rid of it. With our holsters, we have soft-side velcro - on the loop side - that aids in air flow and further



Spencer Keepers, with his “smokin’ hot wife” Stacy Keepers.

Keepers Concealment was founded by Spencer Keepers, a nationally-recognized marksman and personal defense instructor. After years of carrying his firearm in the traditional strong-side-hip position, Spencer transitioned to the modern appendix inside-the-waistband carry method (AIWB). Dissatisfied with wait times and product availability, Spencer finally decided to just start making his own. Through a lot of experimenting, Kydex bending, and customer feedback, the now-patented “Keeper” holster was born, and several derivative designs have followed in its wake.

In addition to making holsters and teaching in the OKC area, Spencer has his own itinerant training company: Awareness Defense Training. Through this company, Spencer teaches private courses, specialty courses, and his own uniquely-designed curriculum that has developed over the years in connection with his appendix holster product lines.

Find out more at:

<http://keepersconcealment.com/>

moisture wicking, keeping you comfortable and allowing for a better grip.

J: Just because I'm curious – and it's a little off topic – but what made you get into this?

S: So, I'm a big fan of appendix carry. When I started getting serious about shooting, in about 2008 or 2009 or so, I did like everyone does and tried different carry positions. At the time, I was traveling with my job – a lot. And comfort becomes super important when you spend a lot of time behind the wheel.

Let me back up a bit. The shooting and training really drove the holster development, so I'll start there. I started traveling for my job in 1990 until 2010. So, one night, I walked into my favorite gun store and one of my friends was giving a class. I asked if he had room for me, he made room for me and I was hooked. I was working lots of hours, making good money, so I had money to spend. After that I started training with EVERYONE, then I started hosting instructors.

I started by helping my buddy, Will, teach. I mentored under him for a number of years, then I started teaching concealed carry classes, then more advanced classes after that. But that first class, I was just like, this is the coolest thing ever.

I took a dynamic marksmanship class with Tom Givens, and my friend Steve Moses was there, and Mahmoud was there, and...I just love this industry.

Anyway, by the time I was hooked, I'd pretty much decided that appendix carry was for me. But, man, the stuff that was available for you to buy was either super

uncomfortable, or had a really long wait time. Especially for anything custom. We're talking, like a year long wait, in some cases. So I decided, screw it. I'll just try to make something I like. I started bending Kydex, experimenting with new ways to cut and fit, and here we are. This whole thing started because I liked to shoot, I had to travel, and the market wasn't giving me what I needed. And we've proven that we can turn out a durable, quality holster, in a short period of time. It's a win all the way around. It's a little weird for me, because I've kinda become well-known in certain circles. My wife gets so mad. We'll be someplace, and some dude will be like, aren't you Spencer Keepers, and my wife will just be shaking her head. Did I mention how much I love that woman? Anyway, I can't picture my life anymore without this in it. Training people, building a good product, trying to reach people who would benefit most. You know, I've trained some really good shooters. People with lots of skill who come to class and just need some fine-tuning. I've also had the other side, beginners, or people who want to learn how to shoot because they really need the skill. I've had gay people, minorities, women, and I wonder why we don't see more students like that.

J: Exactly. We've had this discussion a number of times. How to reach out to those people is a challenge, sometimes.

S: Hey! Maybe that's a topic for another interview? Let's do it.

J: Absolutely. Thanks again, Spencer. Until next time?

S: Anytime. Thanks!



COMING
Soon

Monthly book discussion!

"The man who does not read good books has no advantage over the man who cannot read them."

Mark Twain

We're adding a new feature to the website – a forum and book discussion. It will start in September, but we will need to decide on the book first. (Karen's recommendation was "The Leadership Secrets of Atilla the Hun". Yes, it's a real book. Someone PLEASE make a better suggestion.)

Let's take a month to buy it, and then a month to discuss it. While we're in the discussion phase, we can decide on the next book and go from there. We have some time to decide, and fiction or non-fiction is fine.

What should our first book be?

Email suggestions to eric.dean@thebulwarks.com

Heat Related Illness Prevention,

by Craig Caudill of Nature

Reliance School



Craig Caudill, author and educator; consultant for The Bulwarks.

Maintenance of your core body temperature is a vital aspect of survival/disaster readiness training. Most time is spent is developing the ability to get warm in cold weather environments. This is certainly cause for training. Often overlooked is the need to cool the body down in hot environments or conditions. There are three primary considerations when putting efforts into cooling someone down.

Stay Hydrated

I am becoming convinced that proper hydration is the key to all proper body functioning. Sweating is the body's way of cooling down and removing impurities. Sweat on the surface of the skin, transfers heat from the skin and into the air. Without proper hydration, you no longer sweat. So again, stay hydrated.

Clothing

Fashion plays a role for many in outdoor pursuits. Two of the biggest issues for heat related illness is wicking garments and hats. Wicking garments pull moisture away from the skin purposely. This is an important practice for cold weather situations. It is not good for hot situations. Sweat sitting on the skin helps remove heat from the body, so when you wear these types of clothes your body must work harder to create more sweat to cool it off. That in turn creates more body heat, which is a vicious cycle. Cotton clothing in the summer holds water, including sweat, which helps in cooling you down. Consideration should be given to environments and situations where continued moisture on the body could cause chaffing or hygiene issues. Hats also add a negative effect to removing heat from the body. Heat leaves the body from any portion of it that is exposed. I often see people

engaged in outdoor activities that do not require cover, who are over heating due to this. Remove your cover (when allowed) so more heat can escape.

Shelter from sun

Do anything you can, even in small amounts, to get in the shade away from the sun. In a rural area that means locating coniferous (pines, cedar, hemlock) trees and getting under them. Since they hold their needles all year, they don't allow much sunlight to the areas beneath them. Also, in the Northern hemisphere find the North-facing hill side. Since the sun "arcs" in the southern sky, southern facing hillsides, receive and hold more heat. Also, those reflective blankets in many survival and first aid kits designed for maintaining heat in cold weather situations, work equally well to repel the heat. If you are stranded in a vehicle use one on the top of your vehicle to reflect heat away (and to serve as a signaling device). If you have a tarp or tent setup, put it on the outside of the shelter to also reflect heat away.

It is well worth your investment of money, time and energy to get solid first aid training to recognize heat related illnesses. We purposely did not cover that here so we could focus on prevention. Do not forego such training as it is invaluable to your well being and those on your team.

~ Craig Caudill, Author and Educator

Craig is currently an educator with Nature Reliance School, an outdoor education organization specializing in teaching to a wide audience.

He teaches military personnel as well as everyday citizens how to avoid trouble and what to do when you can't avoid it. Craig puts it all together in a sensible way, step by step, for almost any scenario—from getting lost alone to extreme group tactics.

You can check out Craig's course offerings on his website:

<https://www.naturereliance.org/>

Just For Fun

Contribute to the Bugle!

Do you have a topic suggestion, or would you like to write an article for the Bugle? Maybe you want to showcase your product, or announce a milestone.

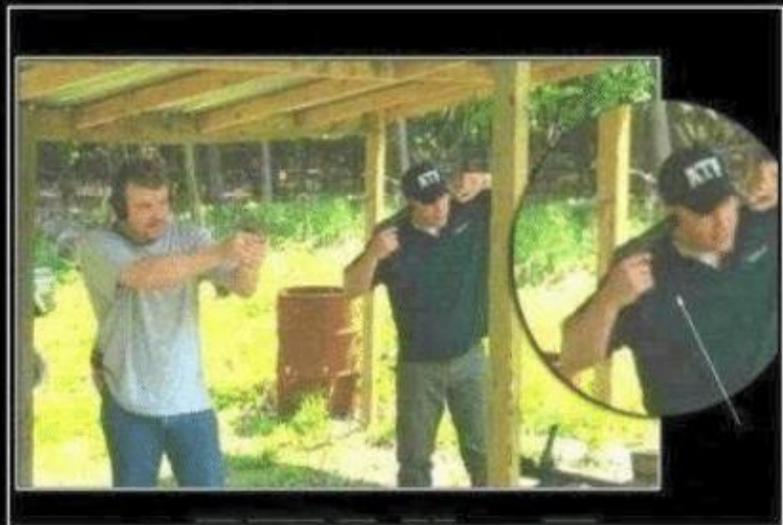
Let us know!!!

Email
karen.farthing@thebulwarks.com

PS...send Karen some new memes, too. She needs help.

Monthly Meme-Dump and Funny Pages (because, what's a paper without the funnies?)

Disclaimer – NOT a Bulwarks event.



GUN SAFETY TRAINING

It just ain't what it used to be.

I'M NOT SAYIN IT'S HOT OUTSIDE,

BUT TWO HOBBITS JUST
THREW A RING AT ME.

Stone Toad Steve Austin



IF GAS STATION KNIVES

WERE A PERSON



That beautiful moment
when your princess
changes her mind about
that pony....



Two rules for this heat...

1. Drink a lot of water
2. Watch how you talk to me

