



**RTBAV had a great time at the NRA Annual Meeting. We held seminars each day of the three-day event with an Instructor Development Workshop held on the last day. 149 people attended the seminars, with 13 new instructors certified at the Instructor Course! Once again, Major (Ret.) Ed O'Carroll did an amazing job! We look forward to doing it all again April 17 - 19, 2026 in Houston, Texas.**



**Refuse  
To Be A Victim.®**

**Summer 2025**

**The most important things in life are kept in your home. It protects your family, pets, possessions, heirlooms, and your sense of security. To keep these treasures safe, the first line of defense is the front door. Most of us give it no extra thought beyond it being solid and lockable, but there is so much more we can do!**

**The first and easiest step is to replace the hinge screws and strike plate screws with 3 ½ inch screws. This simple step secures the door frame to the solid studs inside the wall. This is an inexpensive and easy task that anyone can do.**

**Reinforcing the strike plate itself is the next step. Most strike plates are slightly larger than the bolting mechanism and fastened with just two screws. An elongated strike plate is held in with six screws which significantly increases strength if brute force is exerted against it.**

**These steps help reinforce the connection between the door and the frame. There are things you can do to reinforce the strength of the door itself. One thing you can do is to install a door wrap. This is a metal piece that wraps around the door edge and encompasses the area around the lock and handle. This makes it much harder for a criminal to just smash through that area.**

**These three steps are a great start to increasing the security of your home. It is an inexpensive way to protect your family, and you can usually do this yourself.**



# Get To Know The Instructors

## Allan Arena

Allan Arena is an NRA Instructor in the Andover, Massachusetts area. His first NRA certification was earned in 2016 as a pistol instructor. He has since expanded his NRA certifications into other disciplines, adding Refuse To Be A Victim in 2019. It has quickly become one of his favorite things to teach.



He was initially introduced to RTBAV by one of his good friends, who is also an instructor. Once she introduced him to the seminar, he was immediately “hooked”! He enjoys the dynamic nature of the curriculum. The security topics are so wide-ranging and touch a variety of aspects of everyday life. This makes keeping students engaged in the conversation a breeze. He can tell that students are actively thinking about the content and how it applies to them personally through the questions they ask. This is especially true in conversations after the seminar.

Allan’s professional vocation is as a Network Administrator. This gives him a unique insight into the Technological Security section of the program. He highlights that the tech and network landscape is an ever-changing environment. New threats and challenges appear almost daily, and this can make identifying the steps necessary for protection less intuitive. A simple conceptual roadmap can help point students in a more effective direction. However, specific examples that occur during seminar conversation are often the most helpful.

This seminar almost “sells itself”. People from all walks of life have an interest in this content. Allan has been approached by realtors, pastors, teachers, traveling nurses, senior centers, college students, and many others. Regardless of the seminar or its audience, students will feed off your enthusiasm, preparedness, depth of knowledge, and willingness to openly entertain their questions. If you, as the instructor, make an effort to keep content up-to-date, regularly review and refine your presentation, and accept student input and appraisals, then you will be successful. Assuring your students that the simplest of changes to their everyday life can truly help them “Refuse To Be A Victim”.

### Keep Your Presentation Up-To-Date and Relevant

As an instructor, it is always valuable to do your own research on crime statistics, examples, and tips. National, state, or local information will help solidify the information for your attendees.

**[Federal Bureau of Investigation: Crime Data Explorer \(cjis.gov\)](https://cjis.fbi.gov/)**

**[2023 Crime Rates in U.S. Cities Report | SafeHome.org](https://www.safehome.org/)**

**[Crime | Bureau of Justice Statistics \(ojp.gov\)](https://www.ojp.gov/bjs/)**

**[Home & Neighborhood Safety - National Crime Prevention Council \(ncpc.org\)](https://www.ncpc.org/)**



**We want to know what you want to see in this newsletter!  
Please send us an email with your suggestions and ideas.**

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