



## ***GMR Messenger***

**Q2 2019 Edition**

In this newsletter edition of the ***GMR Messenger***, you will find:

- An introduction to our wholly owned subsidiary, GMR 410, LLC.
- An article on Summer Travel Safety Tips
- A spotlight on our Facility Analysis Team
- A note on Hope from our CEO and President, Jamie Killough

We hope you enjoy the read...



It comes with much excitement that we introduce to the marketplace **GMR 410, LLC**. GMR 410 is a solutions-based security consulting firm; a wholly owned subsidiary of GMR Protection Resources, Inc. This entity is an extended vision of our Founder, Mike Ross, whose focus on the Physical Security and Risk Mitigation space in both the private and public sectors has paved the way for where we are today.

The passion and strategy of GMR 410 is for our security consultants to help organizations understand and respond to employee, operational, and facility safety,

security, and risk challenges. Our experts help clients make confident risk management decisions to improve their security operations and better prepare for emergency situations and evolving threats. As a Trusted Advisor, we tailor our solutions to each specific organization.

The culture at GMR 410 revolves around building relationships to serve our clients and provide Trusted Solutions to meet their needs. Getting proactively in front of risk is the key to prevention, and the ability to anticipate through solid fundamental experience is what we bring. GMR 410 focuses on providing service with integrity and upholds a strong level of internal quality standards. We succeed when our clients succeed.

This is not a new space for GMR, but a next level! To learn more about who we are, how we can help, and the meaning behind the name, please visit [www.gmr410.com](http://www.gmr410.com).

We look forward to serving you!



### **Mind your P's for Summer Safety**

**Summer has arrived and vacation season is upon us! Whether you are traveling in the states or overseas, below are some simple security tips to keep in mind before you set off. By minding your P's you can better set yourself up for smoother and safer travels. Just remember *Plan, Protect, Profile.***

#### **Plan:**

- Before you go, research your destination to get familiar with local laws and customs.
- Check with the U.S. State Department to make sure there aren't any travel alerts or warnings for that country. Visit [www.state.gov/travelers/](http://www.state.gov/travelers/) for more

information.

- Make sure you have all paperwork – passport, visas and other travel papers.
- Refill any prescriptions for any medications you may be taking with you and familiarize yourself with the illnesses that are common in your traveling destination.
- Check with the CDC or ask your doctor to find out if you need any vaccines beforehand. Try to get vaccinated at least one month before you leave, because some vaccines take a few weeks to reach full potency. Your doctor should give you a checkup to ensure you're healthy enough to travel.
- Find out whether your health insurance will cover you if you do get sick abroad. Generally, U.S. health insurance isn't accepted in other countries. It might be worth buying a traveler's health insurance policy specifically for your trip.

**Protect:**

- Never travel alone.
- Do not take any personal belongings that you can't live without.
- Keep your belongings close to you at all time.
- Carry only small amounts of cash. Try to use travelers checks and credit cards – these can be replaced and are traceable.
- Make a list of credit card numbers and customer service phone numbers to store in the hotel safe. This will give you quick access to report lost or stolen credit cards and freeze the accounts.
- Avoid getting into unmarked vehicles - Taxi, Uber, Lyft, etc.
- Do not share personal information.

**Profile:**

- Keep a low profile.
- Try to blend in and do not draw attention to yourself.
- Figure out where you're going ahead of time.
- Exercise caution around crowded places, such as tourist attractions, marketplaces and packed subways or train stations.
- Stay away from desolate, remote areas or alleys where you'll be alone.
- Watch out for anyone who seems to be staring at or following you. Report any suspicious activity to local law enforcement officials, or to the local U.S. embassy or consulate.
- Know where to go if you get into trouble, whether that's the nearest U.S. embassy, a police station or hotel.

**Safe travels and we hope you enjoy your trip!**

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**GET TO KNOW US:  
Meet the GMR Facility Analysis Office Team**



These men and women are the office crew of the Facility Analysis Team at GMR! They are the other side of the coin to the Field Specialists we introduced to you last edition.

This particular team works in house performing logistical and scheduling functions, quality control and analysis functions, management and communication responsibilities, in a unified goal to deliver accurate, reliable, and actionable compliance, inspections, and safety solutions to clients nationwide. This team works passionately to ensure we are meeting our clients needs.

Our longest tenured team member on our Facility Analysis team has been here for 18 years!



### ***Jamie's Joy***

*Last time we met through this newsletter, I shared my thoughts on JOY. I was so encouraged and blessed by each one of the responses we received. All the responses left me with a similar thought and feeling that set the stage for this newsletter edition. It was HOPE.*

*Just like JOY, HOPE can be found in both good and hard times, and we must look for it and cling to it. Some of us may currently be experiencing a particularly hard season...it may be loss, illness, hurt, disappointment, the weight of responsibility, or some other stressor in life. We carry heavy loads and no two loads are the same. What is the same however, is that we were not meant to go through these seasons alone. You are not alone!*

*HOPE is many things and can come from many places. It is complex and simple, personal and shared, peaceful and stirring. It can be found in community through friends, family and co-workers, church groups and God. For me personally, my HOPE is found in the Giver of grace, love and forgiveness.*

*No matter what you are going through, you can both have HOPE and give HOPE. We were all created to be influencers and helpmates. You never know what someone around you may be going through, but a simple act of kindness or word of encouragement can be the thread of HOPE to keep someone going. HOPE is perhaps the greatest gift you can give another person.*

*Let's continue this journey together...Show love and share HOPE!*

*Jamie Killough  
Chief Executive Officer and President*

***"Treat a man as he appears to be and you make him worse. But treat a man as if he already were what he potentially could be, and you make him what he should be."***

***Johann Wolfgang von Goethe***



*Let us know if there is anything you would like to see included in our newsletters!*

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