



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE



MONTHLY NEWSLETTER

April 2025

What's Inside

Cover StoryPage 1

CERT Incentive Program.....Page 4

[RACES.....Page 5](#)

[Scheduled Events & Training.....Page 6](#)

[Nassau County News & Weather.....Page 8](#)

[Calendar of Events.....Page 9](#)

Essential Gear Preparedness for Emergency Situations: A Comprehensive Guide

In an unpredictable world, being prepared for emergencies is not just prudent—it's essential. Natural disasters, power outages, and unforeseen crises can occur without warning, making it crucial to have the right gear on hand to ensure safety and survival. This guide outlines the essential items for emergency preparedness, provides recommendations for purchasing reliable gear, and highlights informative YouTube channels dedicated to prepping and survival strategies.

Essential Emergency Preparedness Gear

A well-rounded emergency kit should sustain you and your loved ones for at least 72 hours. Key components include:

1. Water and Food Supplies:
 - Water: Aim for one gallon per person per day for at least three days. [Wikipedia](#)
 - Food: Non-perishable items such as canned goods, protein bars, and freeze-dried meals.
2. First Aid Kit:
 - Bandages, antiseptics, pain relievers, and any necessary prescription medications.
3. Tools and Equipment:
 - Multi-tool: Versatile for various tasks.
 - Flashlight: Preferably hand-crank or with extra batteries.
 - Fire Starter: Waterproof matches or a reliable lighter.

Continued on next page



**COUNTY, STATE
&
FEDERAL
ONE TEAM**



4. Communication Devices:

- Battery-powered or Hand-crank Radio: To stay informed during power outages.
- Whistle: For signaling for help.

5. Shelter and Clothing:

- Emergency Blankets: Lightweight and heat-retaining. Ready Set Judy
- Rain Ponchos: To stay dry in wet conditions.

6. Sanitation and Personal Hygiene:

- Moist towelettes, garbage bags, and plastic ties for personal sanitation.

7. Important Documents:

- Copies of identification, insurance policies, and bank records in a waterproof container.

For a comprehensive list, refer to the National Weather Service's Emergency Supplies Kit.

Recommended Sources for Purchasing Emergency Gear

Acquiring quality gear is vital for effective preparedness. Here are some reputable sources:

- **Ready America:** Offers expertly designed disaster kits featuring essential supplies like 5-year shelf life food and water, suitable for homes, offices, and vehicles. Explore their products at Ready America.
- **Judy:** Provides a collection of emergency kits and supplies with everything needed to prepare for natural disasters and home emergencies. Check out their offerings at Judy.
- **Amazon:** A vast marketplace where you can find various emergency preparedness items. For instance, the Prepared Hero Emergency Fire Blanket is currently available at a discounted rate during the Amazon Big Spring Sale.
- **Costco:** Offers bulk purchasing options for emergency food supplies, such as the ReadyWise Emergency Food Bucket, which contains 150 servings with a 25-year shelf life.



Informative YouTube Channels on Prepping and Gear

Educating yourself on preparedness strategies and gear usage is as important as having the right equipment. The following YouTube channels offer valuable insights:

- **City Prepping:** Focuses on survival basics for everyday people, providing practical and easy-to-implement preparedness strategies. Visit their channel at [City Prepping](#).
- **TheUrbanPrepper:** Offers emergency preparedness topics and gear reviews, with a focus on urban survival scenarios. Explore their content at [TheUrbanPrepper](#).
- **SensiblePrepper:** Provides a range of survival and preparedness videos, including gear reviews and practical tips. Check out the channel at [SensiblePrepper](#).
- **Magic Prepper:** Discusses survival strategies, gear, and philosophies related to potential SHTF (Sh*t Hits The Fan) scenarios. Visit the channel at [Magic Prepper](#).

For a broader selection, consider this compilation of top emergency preparedness YouTube channels: [80 Emergency Preparedness YouTubers](#).

Proper gear preparedness is a critical component of ensuring safety and resilience during emergency situations. By assembling a comprehensive emergency kit, sourcing quality equipment from reputable suppliers, and continually educating yourself through reliable channels, you can enhance your readiness for any unforeseen events. Remember, preparedness is not a one-time task but an ongoing commitment to safeguarding yourself and your loved ones.

Preparedness also means being able to protect your family and supplies during a long and drawn out crisis. Many of us remember what happened after only 2 weeks during Super Storm Sandy. There were people fighting on gas station lines for fuel and in grocery stores for food. Imagine if a situation similar to that occurred but lasted several months to years! Now, you would certainly face situations where people who are hungry, thirsty and desperate to help their families may try to take your supplies by force. Sharing your supplies is not an option. One of the best ways to protect against this is by not letting anyone know that you have these supplies in the first place. Part of being prepared also means to know what you are going to do if faced with a desperate individual or individuals who have broken into your home and are demanding food and water. Unfortunately, this is something that we must think ahead and plan for. I know what I will be doing, do you?



Radio Amateur Civil Emergency Services (RACES)



April 2025

Our March RACES / CERT Communications meeting was held in the lecture hall at OEM. It was a short meeting but still very productive. The Aux Communications training in Suffolk County was cancelled. However, Nassau County OEM in an effort to hold an Aux Communication training on Long Island has contacted the NY State Whom has agreed to conduct a training here in Nassau County. They are still in the planning stages. As soon as we have more information we will pass it along to you.

The after meeting training was on High Frequency (HF) Communications. In an event where all communication is down, how will we communicate with NY State OEM? HF communications is the answer. It is important that we keep our skills sharp and remember our radio etiquette. We covered the many aspects of HF communication. The participants participation made this a worth while endeavor.

Following the April meeting we will be conducting a training on Damage Assessment. It is important to remember we are all CERTs as well as emergency communicators embedded in the team. In a situation where we need to be deployed to conduct Damage Assessment, we should know how and why this is an important step to understanding the extent of the damage that has occurred within our county. By understanding what has happened we can employ effective recovery and mitigation efforts. This is only one step towards recovery but a very necessary one we can assist with.

ARRL:

The Amateur Radio Relay League (ARRL) is conducting a sweepstakes for all new and renewing members in 2025. To renew or join go to <https://www.arrl.org/arrl-sweepstakes/>

Events:

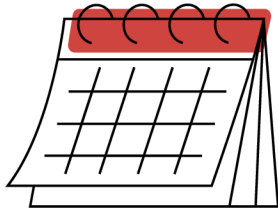
We are entering event season. Here is a listing of events in the metro area that you maybe interested in attending as communicators. We can connect you with the sponsoring agency by emailing us at nassaucountyny.races@gmail.com

2025 Events

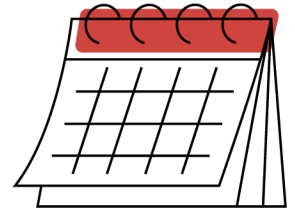
- | | |
|----------------------------|---|
| Saturday April 26th | Official Marconi Day Station |
| Saturday April 26th | Queens Center for Progress - Footsteps for Progress |
| Sunday April 27th | Alley Pond Striders 5 Mile Challenge |
| Sunday April 27th | NYCRUNS Brooklyn Half Marathon |
| Sunday May 4th | Long Island Marathon |
| Saturday May 17th | RBC Brooklyn Half Marathon |
| Saturday May 17th | MS Walk at Jones Beach |
| Saturday May 17th | The American Airpower Museum |
| Saturday May 31st | ADA Bike Ride in Port Washington |
| Friday July 11th | Maggie Fischer Cross Bay Swim |
| Sunday July 13th | Gold Coast Bike Tour |
| Saturday August 16th -17th | Fire Island Lighthouse |
| Sunday September 7th | Babylon Village Fair |
| Sunday October 19th | ACS Walk at Jones Beach |



If you SEE Something SAY Something



Planned Events & Trainings



FEMA offers a large variety of online courses that are free of charge and will help to further your preparedness education. If you do not have a FEMA ID, you can register for one here.
: <https://cdp.dhs.gov/femasid>



Emergency Management Institute - Independent Study (IS) | Course List
FEMA Emergency Management Institute (EMI) Independent Study Course List
fema.gov

IS-100.C: Introduction to the Incident Command System, ICS 100

<https://training.fema.gov/is/courseoverview.aspx?code=IS-100.c&lang=en>

IS-317.A: Introduction to Community Emergency Response Team (CERTs)

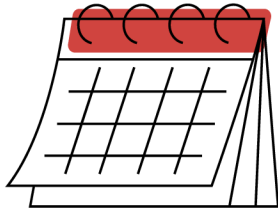
As a pre-requisite for CERT Basic classroom training or just to learn more about the program, check out EMI's Independent Study (IS) course IS-317.A.

<https://training.fema.gov/is/courseoverview.aspx?code=IS-317.a&lang=en>

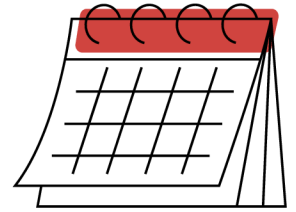
IS-315.A: CERT and the Incident Command System (ICS)

IS-315.A educates CERT program managers, trainers, or emergency responders on CERT's relationship to the Incident Command System (ICS) and potential roles CERTs play in a disaster or emergency situation.

<https://training.fema.gov/is/courseoverview.aspx?code=IS-315.a&lang=en>



Planned Events & Trainings



To register for Narcan training visit:
<https://toh311.net/Narcan-signup/#/>



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Text to 911 NOW LIVE

Response just as quick as a 911 call!



Mande un Texto al 911 ¡YA DISPONIBLE!

Response just as quick as a 911 call!





Nassau County



April 2025 ▼ **Weather, News & Events** DAILY →

S	M	T	W	T	F	S
30	31	1	2	3	4	5
50° 42°	60° 46°	54° 40°	46° 34°	60° 44°	70° 55°	56° 43°
6	7	8	9	10	11	12
55° 43°	50° 38°	45° 35°	46° 31°	49° 38°	49° 38°	40° 38°
13	14	15	16	17	18	19
54° 38°	63° 39°	68° 47°	53° 43°	62° 40°	 64° 51°	 76° 56°
20	21	22	23	24	25	26
 67° 46°	 55° 49°	 70° 51°	 67° 51°	 68° 53°	 67° 53°	 62° 51°
27	28	29	30	1	2	3
 60° 49°	 63° 50°	 65° 55°	 71° 55°	 66° 48°	 59° 44°	 60° 43°

Please send in any photos you have taken of news worthy items or from any CERT events that you have attended and I will select some to be used in the newsletter. Send images to:
rdelucia@nassaucountyny.gov

Calendar of Events

April

S	M	T	W	T	F	S
		1	2	3 RACES	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

May

S	M	T	W	T	F	S
				1 RACES	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



CERT Division Meetings



CERT Events



RACES Meetings



**All County Meetings
(Div1, Div2 & RACES)**

Upcoming Meetings

RACES Meeting-

Date: Thursday May 1st, 2025

Time: 7:30pm

Location: 510 Grumman Rd Lecture Hall



NASSAU COUNTY CERT COORDINATORS

RICK DELUCIA
OEMCERT@NASSAUCOUNTYNY.GOV

DIVISION 1

DIVISION SUPERVISOR
BILL PAVONE
NASSAUCERTDIV1@YAHOO.COM

DIVISION 2

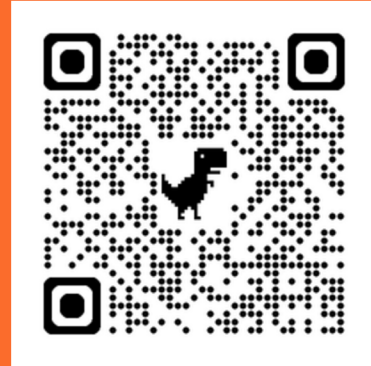
DIVISION SUPERVISOR
MARVIN STEIN
CERTDIV2NASSAU@GMAIL.COM

KNOW YOUR ZONE



Scan this code or click here
to see flood zone map.

EMERGENCY ALERTS



Scan this code or click here
to sign up for Emergency Alerts.

FOLLOW US ON SOCIAL MEDIA



Nassau County OEM



@nassaucountyoem



@nassaucountyoem