



How to Make a Bug Out Bag: Your 72-Hour Emergency Evacuation Survival Kit

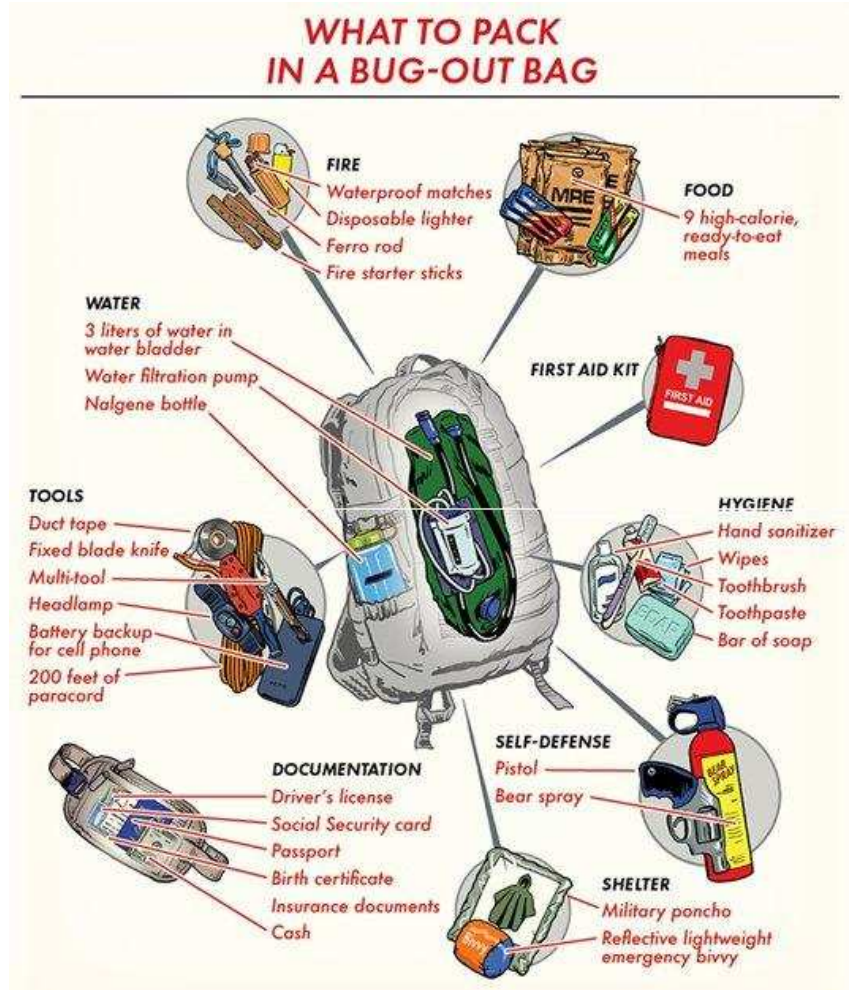
The term “bugging out” refers to the decision to abandon your home due to an unexpected emergency situation — whether a large-scale disaster caused by nature or by man. A “bug out bag” is a pre-prepared survival kit designed to sustain you through the journey to your destination once you’ve decided to bug out in the event of an unexpected evacuation. It can also be a source of vital supplies if you need to shelter-in-place. Typically, the bug out bag (BOB) is a self-contained kit designed to get you through at least 72 hours. This kit is also referred to as a 72-hour bag, a get out of dodge bag (GOOD bag), an evac bag, and a battle box.

The thought of having to evacuate your home due to a sudden and imminent threat is not unrealistic. The reality is that sudden and uncontrollable events of nature and man do happen. Natural disasters such as hurricanes, storms, wildfires, earthquakes, floods, and volcanic explosions can strike fast and hard — wreaking havoc on homes, vehicles, roads, medical facilities, and resource supply chains such as food, water, fuel, and electricity. When Hurricane Katrina struck the Gulf Coast in 2005, tens of thousands of people had to evacuate their homes with little warning; this has been an all-too-common reoccurrence in the years since. Unprepared and with no emergency plan, many of these people were completely dependent on scavenging and hand-outs while living in make-shift shelters — fending for themselves in a time of complete chaos and disorder. A 72-hour emergency kit packed with survival essentials would have been an invaluable and priceless resource.

In a world where volatility exists in our political and economic structures, we would be foolish to think there is also no chance of a foreign or domestic terrorist or military attack or a scenario of severe civil unrest that could possibly force us to evacuate our own home. Acts of violence and conflict are not the only threat from man. Dams burst, power plants go down, pipelines explode, oil spills occur, and other man-made structures and facilities can fail, resulting in disaster. And of course, as we’re all too aware of, disease and pandemic can also warrant an evacuation.

We cannot control when, where, or how disasters strike. But we can control how prepared we are to deal with a disaster. There is a fine line between order and chaos and sometimes that line can be measured in seconds. When every second counts, having a plan and the tools to see that plan through are crucial to survival. The bug out bag is your #1 resource in your overall bug out plan and may very well be your key to survival one day.

Read more about preparing your bug out bag here: <https://bit.ly/MakeABugOutBag>

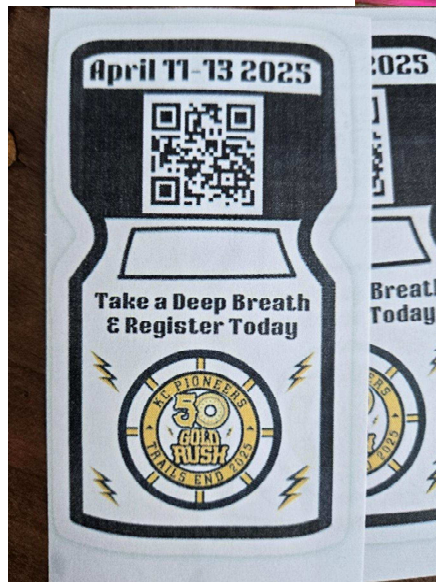


Never Doing Nothing

As spring approaches, we take a moment to look back on the non-riding season of 2024-2025 to see some of the fun things we've done...



Winter 2024-2025



Worthy Organisations #4

As we approach an incoming tyrannical government, protecting others from hate is important – especially when those being targeted are children. Each month until Trump is out of office, we shall focus upon a socially rewarding group that fights back in the face of tyranny. **The Trevor Project** is one such group!

The Trevor Project is an American nonprofit organization founded in 1998. They are focused on suicide prevention efforts among non-heterosexual youth, they offer a toll-free telephone number where confidential assistance is provided by trained counselors. The stated goals of the project are to provide crisis intervention and suicide prevention services for youth (defined by the organization as people less than twenty-five years old), as well as to offer guidance and resources to parents and educators in order to foster safe, accepting and inclusive environments for all youth at home, at school and at college.

The Trevor Project also operates the internet forum 'TrevorSpace'.

They are also hiring! So if you're looking for the opportunity to work with a talented team that is dedicated to lifting up LGBTQ young people, look no further. The Trevor Project offers many remote career opportunities and internships through LGBTQ suicide prevention hotlines, advocacy, clinical operations, community affairs, and organizational support!

<https://www.thetrevorproject.org/careers/>

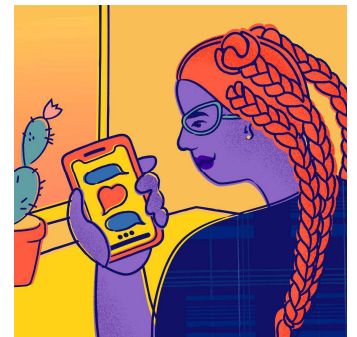


Are you, or someone YOU KNOW in crisis?

Trained counselors understand the challenges LGBTQ+ young people face and are available for support 24/7.

They will listen without judgment. When you text, chat, or call, all of your conversations are confidential, and you can share as much or as little as you'd like.

Text us from anywhere, anytime.



What To Expect

Our services are 24/7/365, nationwide, 100% free & confidential.

1

Get started by texting 'START' to 678-678.

2

You'll be connected to a Trevor counselor who is understanding of LGBTQ issues and won't judge you. All of your messages are anonymous, and you can share as much or as little as you like.

3

If you end up waiting, try a calming exercise to help you breathe and focus. Or check out the LGBTQ Resource Center for helpful articles and information.

Anti-Trump & Anti-Elon Protests Heat Up World-Wide!

Protests defying Trump, Elon and anything they have their chubby little fingers in have been heating up in cities around the globe. From setting fire to Tesla chargers, cars and showrooms, to boycotting American products on shelves in Canada, Mexico and Europe. We're marching down streets and making it known – the United States will NEVER have a king or an Oligarcy!



The Last Word: A letter from the President of Empire City MC

From the President's pen:

As we drive into March, it's almost time to get those motorcycles out of storage and on the road. Warmer weather is just around the corner, I promise.

2025 is a very exciting year for Empire City Motorcycle Club. ECMC membership has spread into Ohio! We're currently in the process of developing a completely new and innovative membership process, so stay tuned on that. Hopefully we will have the constitution and bylaws updated by May.

For those that were in attendance at our social meeting in February, we had the honor of our member Rick Mansfield that teaches Motorcycle safety class in Ohio reviewed with all of the people on the call how to communicate amongst riders while on a ride in a group formation. It was fun. It was interactive and everyone on the call participated if you would like a copy of the slides we reviewed shoot me a private message and I will get that to you. Kudos to Rick!



I also would like to recognize our financial audit team that completed our 2025 financial audit and we are in great shape moving forward! Thank Lewis and the whole team!

I would like to send a congratulatory message to the Pennsmen on their 48th Anniversary weekend upcoming this coming weekend. ECMC is looking forward to hosting the Friday night happy hour cocktail party. Drink up, Cheers! Congratulations again.

Also Congratulations to the Long Island Ravens on their 33rd Anniversary! Enjoy

IBH (In Brotherhood),
Gary Papouschek, President,
Empire City MC



ECMC SOCIAL HOURS & OPEN GENERAL MEETINGS: Empire City MC hosts two primary meetings monthly. Our Open General Meetings are on the FIRST WEDNESDAY of each month, 20:00-21:00. Our Social Hours are on the THIRD WEDNESDAY of each month, 20:00-21:00. All interested parties are welcomed, keeping in mind that our O.G.M. is a business meeting. You may join any of our conference calls by using Zoom Teleconference software and utilizing this link: <https://bit.ly/ECMC-MEET>

For even further information, in our organisation, the Vice President (vice-president@empirecitymc.com) is in charge of EVENTS the Road Captain (road-captain@empirecitymc.com) for RIDES (travel), president (president@empirecitymc.com) for meetings.

There are other events and rides in our official calendar! Be sure to bookmark our official calendar at <http://calendar.EmpireCityMC.com> and come along with us on some great rides! Our physical mailing address is: Empire City MC, 10 W 15th St, Suite 609, New York, NY 10011-6821.

Join the conversation! Chat with us and other bikers on our private 'Motorcyclists on Signal' group: <https://bit.ly/motonsig> - for membership information, <http://empirecitymc.com/membership.php> to view and download our constitution, bylaws and membership application. We're on social media at <https://mewe.com/join/empirecitymc> where you can chat with us.

Please send any articles, photos or letters to the editor at newsletter@EmpireCityMC.org



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