

# **What's YOUR Plan?**

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**What's YOUR Plan?**

A Step-by-Step Guide to Keep Your  
Family Safe During Emergency  
Situations

## Dedication

My first book was written in honor of two extraordinary women in my life:

My late mother, Margaret Mary Hallissey DeMeo who raised me to be the person I am today. Anyone who knew "Mrs. D" in Port Washington, New York, knew she was one special woman.

I love and miss you, Mom.

~

The second woman that "What's YOUR Plan" is dedicated to is my lovely wife, Esther. Without her support and love over these past 20 years of marriage, I would not be where I am today.

For that, I love you, Esther.

## Thought Leadership 2.0

A sign of a true leader is one who does not instill fear but rather creates a heightened sense of awareness through education, training, and professional development. Empowering individuals to know what to do in times of crises places them in the best position to protect themselves and their families. It is all about paying attention to their surroundings, knowing how to go in and get out, if necessary.

The purpose of writing “What's Your Plan” is to help others to begin planning a known (not always obsolete) solution – which can be a most important conversation about being prepared during a crises situation. Being ready, being smart, being safe starts with talking about this with your loved ones.

A pre-planned response starts with having the pre-conversation with your loved ones or those around you. Becoming aware of a plan is all about personal situational awareness and survival. A newer, safer plan for your family, your office, or your sports team, for example, starts today, right now.

## INTRODUCTION

These are indeed most difficult, trying times. The world we find ourselves living in is one filled with conflict and turmoil. The purpose of this book is not to create fear but rather instill a heightened sense of awareness for you and your family.

After having spent 21 years in law enforcement, a noble but dangerous profession, I should know about trying times. As a member of the Nassau County Police Department on Long Island, New York, I responded to countless domestic violence calls, aided cases, house fires, shots fired, a man with a gun, lost and missing children/adults, auto accidents, some with fatalities, and worked the aftermath of 911, the Blackout, and Tropical Storm Irene.

Frankly, I would not change my public service career for anything in the world. It was both personally and professionally rewarding in countless ways. The men and women I served with were honorable, hardworking people. All of us wanted to provide the highest level of service to the residents of Nassau County]. I take great pride in knowing I made the communities I served a better place to live. My time on the Force was special, and for that, I am most thankful.

Since retiring from law enforcement in 2011, I earned a master's degree in sports management from Adelphi University as I embarked on my second career. Fast forward the clock six years. I am now blessed to be recognized as a subject matter expert both domestically and internationally in Sports Security. My mission with writing this book began with

a personal experience I had with my family at a suburban shopping mall in Durham, North Carolina in early May 2017.

My being able to formulate my expertise along with my thoughts into a written manuscript happened after meeting Michelle Hill, Founder of Winning Proof. Although I was still living in Texas, our first venture together happened when in June 2015 with us working on LinkedIn together.

Our moving to North Carolina in March 2017, provided the perfect opportunity for Michelle and I to meet one another in person and craft this book together.

I am excited to share my thoughts and insight with you, my readers, about what actions you and your family can take in times of crises. Thank You for allowing me into your world as I communicate with you how to keep your family safe during various public situations you may encounter.

The legacy I wish to leave my family and this world is all about my love of public service, being a servant leader, trying to make the world a better, safer place by empowering families to not fear but rather be prepared with the situational awareness to survive the unthinkable.

# Chapter 1



## **Sports & Entertainment Venues**

Just about everyone loves sports. Baseball is our national pastime. We live in a sports-crazed society. Games are now being streamed on social media platforms like Twitter. Today's sports and entertainment industries are multi-billion-dollar juggernauts. With that said, let me pose the following questions:

How many times have you seen videos on YouTube, Facebook, and Instagram where people do crazy things while attending sporting events? If not the intoxicated fan, it's the fence jumper or court stormer. You name it; people can do rather bizarre things while out at the ballpark. Maybe they are just looking for their 15 minutes of fame. But what often

## Chapter 2



### **Malls, Shopping Centers**

### **Retail Loss Prevention**

Let's face it. We all love to shop, of course until the bills conveniently show up in our mailbox. In the security world, shopping malls and retail outlets are considered "soft targets" which essentially mean they are easily penetrated targets due to the openness of the environment. Many of today's retailers partner with contract security companies, some armed and unarmed personnel to act as an extra set of eyes and ears for the property manager. You may see a jewelry store with higher priced items contract with local law

## Chapter 3



### Places of Worship

#### Churches, Synagogues, Temples

When attending your place of worship, it's important to remember that most churches are open to the public. There are usually no metal detectors, or bag searches to pass through, as it's considered a relatively safe place to bring your family. However, due to the ongoing instability throughout the Middle East and other parts of the world, securing places of worship is garnering more attention. Being prepared