



MAKE YOUR OWN EMERGENCY PLAN

The Government of Canada has an excellent resource for creating your individual household emergency plan at:

[https://
www.getprepared.gc.ca/cnt/
plns/mk-pln-en.aspx](https://www.getprepared.gc.ca/cnt/plns/mk-pln-en.aspx)

It will take you about 20 minutes online. You can then print it out. Before starting, consider:

- Safe exits from home and neighbourhood
- Meeting places to reunite with family or roommates
- Designated person to pick up children should you be unavailable
- Contact persons close-by and out-of-town
- Health and insurance information
- Places for your pet to stay
- Risks in your region
- Location of your fire extinguisher, water valve, electrical panel, gas valve and floor drain

VICTORIA PREPAREDNESS RESOURCES

An excellent resource for emergency preparedness resources in your area can be found at [https://
www.crd.bc.ca/prepare-
yourself](https://www.crd.bc.ca/prepare-yourself). Included are specific plans for children, seniors, and pets!

SUMMER PROJECT: START TO PREPARE AN EMERGENCY KIT

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

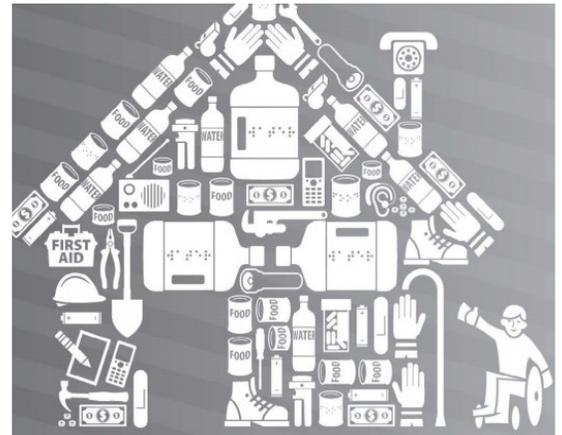
You may have some of the recommended items already. Make sure they are organized and easy to find. Could you find your flashlight in the dark? Make sure your kit is easy to carry and everyone in your household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet.

If you have many people in your household, your emergency kit could get heavy. Think about separating some of the supplies into multiple bags so everyone can easily grab a bag and go.

- **Water** — two litres of water per person per day (include small bottles)
- **Food** that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- **Manual can opener**
- **Wind-up or battery-powered flashlight** (and extra batteries)
- **Wind-up or battery-powered radio** (and extra batteries)
- **First aid kit**
- **Extra keys** for your car and house
- **Cash, travellers' cheques** and change
- **Important family documents** such as identification, insurance and bank records
- **Emergency Plan (see sidebar)** - include a copy in your kit as well as contact information

Consider these additional emergency kit supplies:

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place in

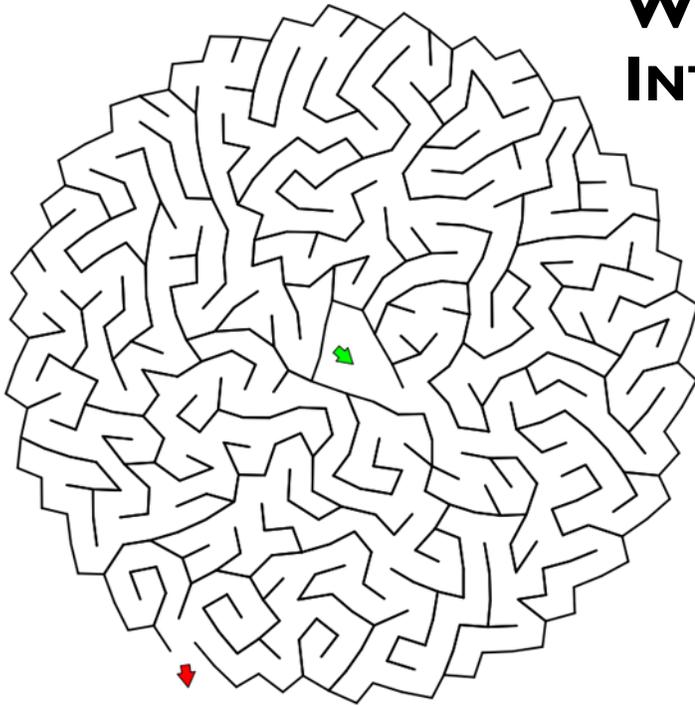


Courtesy Victoria Disability Resource Centre
(<https://drcvictoria.com/>)

- sturdy containers and do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries and personal hygiene items
- Hand sanitizer, toilet paper and garbage bags
- Prepaid phone card, mobile phone charger
- Pet food and supplies
- Infant formula, baby food and supplies
- Activities for children like books, puzzles or toys
- Prescription medications, medical equipment
- Utensils, plates and cups
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)

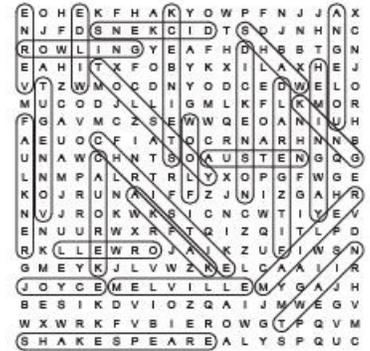
List Courtesy of: Government of Canada
[https://www.getprepared.gc.ca/cnt/kts/index-
en.aspx](https://www.getprepared.gc.ca/cnt/kts/index-en.aspx) ♦

WEEKLY PUZZLE: INTERMEDIATE MAZE



Back by popular demand, here is an intermediate-level maze. Find your way from the arrow in the middle, to the outside of the puzzle. As always, answer in the next issue!

Last Week's Answer



THE INCREDIBLE TRUE STORY OF HONEYGUIDE BIRDS

Honeyguides, a bird species also known as 'indicator birds' or 'honey birds', are named for a remarkable habit of guiding humans to bee colonies!

Honeyguides are noted for their ability to recognize and respond to specific human sound signals, deliberately leading people directly to bee colonies. People in Africa and Asia who make their living as honey-hunters follow the honeyguides: the little birds flit from tree to tree to the hives, where the humans collect the honey, and the honeyguides feast on grubs and beeswax left behind!

This incredible relationship between bird and human has been well-studied with the Yao people of Mozambique. The honey-hunters make use of a distinctive sound: a loud trill ("brrr") followed by a grunt ("hmm"). The Yao say they learned it from past generations and use it only for honey-hunting purposes. When studied, honeyguides were twice as likely to offer sustained help to Yao foragers who used traditional vocal signals!

Last Raffle... For Now! Tenants from Parsons and Balmoral won our last raffle!

We would like to know what you think! Please write your answer in the space provided. Don't forget your unit number and building name. Tear at the dotted line and drop the slip in your caretakers' mailbox by **12noon on Friday, August 21**, for inclusion in our **raffle draw**. One \$100 gift card donated by **Red Barn Market** to be given away!!

Unit #: _____ Building Name: _____ Winner will be contacted by **Tues, Aug 25**.

QUESTION: What is your 'happy place'? Either an actual place you have visited, or an ideal environment.

May we use your answer anonymously on GVHS social media platforms? Yes No