

310 words, column #50  
Java Talk  
(for April 10 to April 16, 2008)

## **Every Age Is The Best Age**

### *Getting Ready and Set to Go!*

One effective way to get an Emergency Preparedness “Grab and Go” kit ready is to start attending monthly Emergency Social Services (ESS) meetings, which, in Langford, are fun and friendly gatherings of a great group of diverse-aged and community-minded folks, at Langford's No. 1 Fire Hall. I didn't know anything about the purpose of ESS, until I attended a Langford Emergency Preparedness session last June, and then decided to become an ESS volunteer. At the first few meetings I attended, the ESS Director asked everyone who still didn't have a Grab and Go bag set up yet, to put up their hands. This motivated me to get mine done quickly.

I used to have an emergency kit, but I kept it in the trunk of my car, and didn't think about it for years, and it went beyond being useful. Now, I have a “tried out” Grab and Go bag with all sorts of neat things like a wind up radio/flashlight; foil blanket; first aid kit; copies of important documents, including a photo of my cat; plus my ESS Volunteer course manuals.

These days, I'm on two committees getting ready for **Emergency Preparedness Week, May 4th to 10th**. If you live in Langford, maybe you will see me give an ESS Emergency Preparedness presentation. Before that happens, I will have attended an intense three-day Emergency Preparedness Conference with volunteers from far and wide; and I will have completed another ESS course. (Previous articles, as well as details of the numerous ESS courses I've taken, are posted on my Web site at [www.deidrehill.ca](http://www.deidrehill.ca)).

So, now you have the heads up! Should you be asked if you have an emergency kit ready, which likely you will be, especially in May, you have time to put one together. To get started, check out British Columbia ESS at [www.ess.bc.ca](http://www.ess.bc.ca), for useful information and suggestions.

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