



**NUMB BUM
24 HOUR RACE**
The Annual Numb Bum
Race will be held
February 2019

SUN & SAND RECREATION LEAGUE


Many thanks to our small group of dedicated and hard working volunteers, without them many of the events would not have happened. We need more volunteers, if you can volunteer for only one event per year, it would make a huge difference.

UPCOMING EVENTS
Numb Bum volunteers needed for admission gate
For More Information check "The Bulletin" under "Community Events"
OR Contact Marian 780-967-4027



Is Your Family Prepared?

For More Information on Emergency Preparedness please go to the Canadian Red Cross Website at: redcross.ca
To Purchase First Aid Kits or Emergency Preparedness Items please visit: shop.redcross.ca



72 HOURS
IS YOUR FAMILY PREPARED?

HOME ADDRESS AND PHONE NUMBER:

FAMILY CONTACT INFORMATION:

Name _____ ☎ _____

Name _____ ☎ _____

Name _____ ☎ _____

Name _____ ☎ _____

OUT-OF-TOWN EMERGENCY CONTACT:

Name _____ ☎ _____

OTHER EMERGENCY CONTACTS:

Doctor ☎ _____

Veterinarian ☎ _____

Poison Control Centre ☎ _____

Pharmacy ☎ _____

Local emergency management contact ☎ _____

BASIC EMERGENCY KIT CONTENTS:


<input type="checkbox"/> Water	<input type="checkbox"/> Radio (crank/batteries)
<input type="checkbox"/> Food	<input type="checkbox"/> Extra keys
<input type="checkbox"/> Manual can opener	<input type="checkbox"/> Cash
<input type="checkbox"/> Flashlight (crank/batteries)	<input type="checkbox"/> Emergency plan
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Other _____

Update your kit every year. Next update: _____


Emergency kit location: _____

If an emergency happens we will meet at _____


For more information visit GetPrepared.ca or call 1 800 O-Canada




Canadian Association of Chiefs of Police




Canadian Association of Fire Chiefs




Canadian Red Cross




St. John Ambulance




Giving Hope Today




Public Safety
Canada



Sécurité publique
Canada



Canada



CANADIAN
RED CROSS
CROIX-ROUGE
CANADIENNE

EMERGENCY KIT CHECKLIST

The Basics of an Emergency Kit:	Other Items to Add:
<input type="checkbox"/> Water	<input type="checkbox"/> Candles & matches or lighter
<input type="checkbox"/> 2L drinking & 2L washing water per person, per day	<input type="checkbox"/> Change of clothing & footwear One set per person
<input type="checkbox"/> Food	<input type="checkbox"/> Sleeping bag or warm blanket for each person
<input type="checkbox"/> That won't spoil	<input type="checkbox"/> Pet food & pet medication
<input type="checkbox"/> Canned food	<input type="checkbox"/> Water purifying tablets
<input type="checkbox"/> Energy bars	<input type="checkbox"/> Toiletries
<input type="checkbox"/> Manual can opener	<input type="checkbox"/> Hand sanitizer
<input type="checkbox"/> Flashlight (battery/hand crank)	<input type="checkbox"/> Utensils
<input type="checkbox"/> Radio (battery/hand crank)	<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Extra batteries	<input type="checkbox"/> Toilet paper
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Duct tape
<input type="checkbox"/> Extra keys for house & car	<input type="checkbox"/> Plastic sheeting
<input type="checkbox"/> Cash	<input type="checkbox"/> Scissors or pocket knife
<input type="checkbox"/> Smaller bills (\$5, \$10)	<input type="checkbox"/> Whistle
<input type="checkbox"/> Change for payphones	<input type="checkbox"/> Multi-tool or basic tools (hammer, pliers, wrench, screwdrivers, etc.)
<input type="checkbox"/> Special needs items	<input type="checkbox"/> Work gloves
<input type="checkbox"/> Medication	<input type="checkbox"/> Dust mask
<input type="checkbox"/> Infant formula & diapers	<input type="checkbox"/> Important family documents (copies of birth & marriage certificates, passports, licenses, wills, land deeds & insurance)
<input type="checkbox"/> Equipment for people with disabilities	
<input type="checkbox"/> Copy of your emergency plan	
<input type="checkbox"/> Pack items in an easy-to-carry case	

FOR MORE INFORMATION ON EMERGENCY PREPAREDNESS please go to the Canadian Red Cross website at: redcross.ca

TO PURCHASE FIRST AID KITS OR EMERGENCY PREPAREDNESS ITEMS please visit: shop.redcross.ca

Fall 2018