

Is there no better plan than this?

Emergency preparedness is not rocket science – there are proven techniques to making stronger and healthier communities where people have natural links to each other and know how to help each other.

Edmonton's Community Leagues example is an inspiring one – it is certainly one way to organize a community. Networks like this can be used to inform and provide leadership and training to citizens to take action during a disaster.

I have organized a neighbourhood barbeque for Monday night. You can be sure we will talk about what our plan is if something goes wrong and how we will look out for each other and care for each other. Until government takes leadership and prepares its citizens for an emergency, this is about the best we can do.

 [on Emergency Preparedness](#)

Related Links:

- [Houston Mayor Urges Friends & Neighbors to Help](#)

By: Paul Born

When in a Canoe...

Food to feed an explorer's soul

A canoe trip into the bush is always an adventure filled with challenges. Some of the challenges are fun and exciting while others make serious demands on your relationship with your fellow canoeist.

The preparation and consumption of food is often the soul of a good canoe trip and can make any day in the bush a rewarding experience. Good food will make the natural environment appear even more beautiful and those stressful experiences with your canoe partners disappear very quickly.

Some of the most memorable moments on a canoe trip occur around the campfire, over a hearty meal, as you engage in conversation and laughter with fellow explorers.

One of my favourite meals to make on these trips is a hot curry lentil stew. Though it takes some thought and preparation, it's a surefire winner.



[Download David's recipe for Hot Curry Lentil Stew](#)

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By: David Pell