

# Season of Extremes.

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Summer is a season of extremes and these days the weather does not seem to know if it's "Arthur or Martha"! Long hot spells, fierce storms and "flooding rains", all seem to be a part of our summers now.

That's why we all should follow the scout motto and; "Be Prepared". If you, or someone you know, is unable to leave the house with ease for some reason, then may we suggest you consider some of the friendly advice that is available through a number of agencies to help you through extreme weather?

For example:

The **Red Cross** in conjunction with the South Australian government, has developed the TeleCross REDi service to support any vulnerable members of the community during a heatwave or other extreme weather event. This free service provides clients with support phone calls up to three times a day during extreme weather. If a call is unanswered or if the person is showing signs of distress, an emergency response will be activated. TeleCross REDi registrations can be made by phone, by yourself, a carer, doctor, family member or friend. To contact TeleCross REDi call 1800 188 071 (free call) between 10 am - 5pm weekdays.

People living in **fire danger areas** are also encouraged to be aware of their surroundings and have a plan. For more details call the CFS or go to [www.cfs.sa.gov.au](http://www.cfs.sa.gov.au) or CFS Fire Ban Information Hotline 1300 362 361

It is important to ensure you have **supplies on hand** at all times for the other meals of the day. If you have trouble shopping for essentials and indeed cooking for yourself, then perhaps you could consider contacting Meals on Wheels on 1800 854 453? Particularly at times of emergencies like bushfire, flood and extreme weather conditions. Having some non-perishables on hand is a great idea e.g. tinned food. It's a great idea to have a few MoW frozen meals on hand. They can come in handy!

And please keep hydrated!  
Drink more water.