

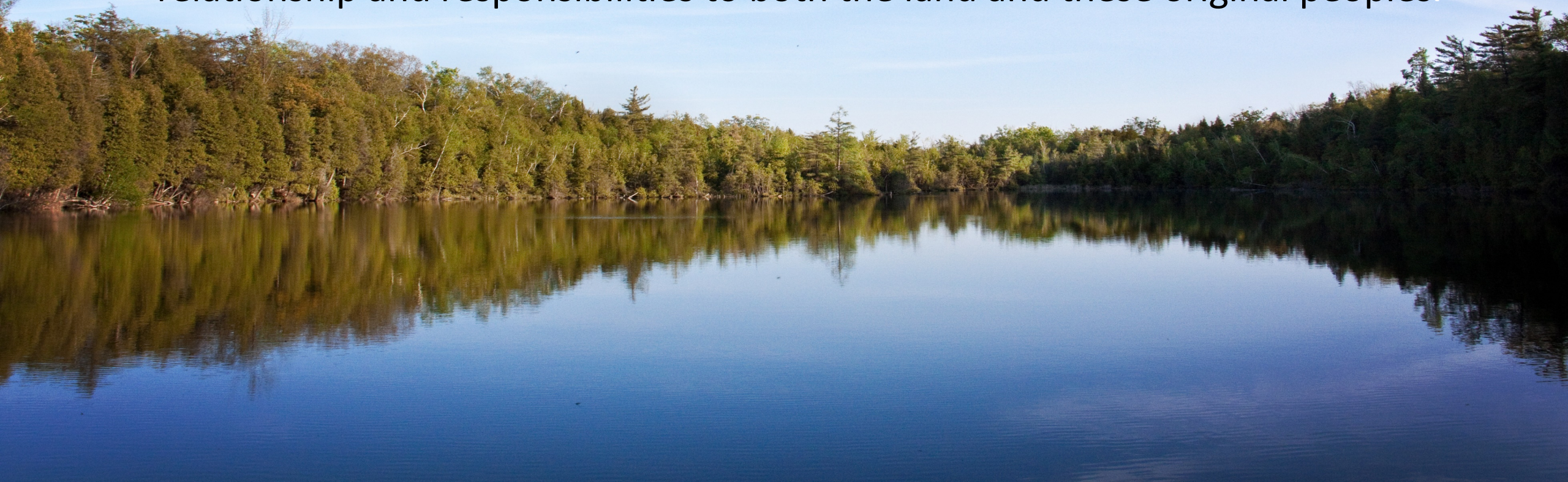
**OAKVILLE
READY**

Ready to weather any storm

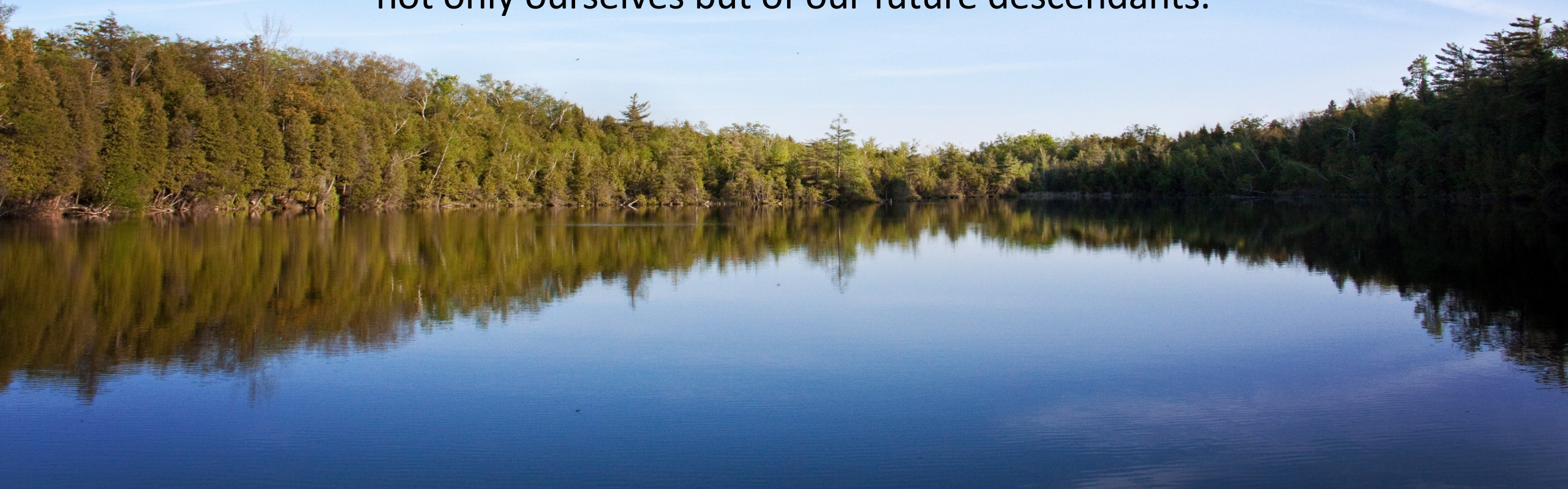
OakvilleReady for extreme weather

As a community, we have the responsibility to honour, care for and respect all the Creation gives to provide us with life. This includes the land, water, air, fire, animals, plants and our ancestors.

The Anishinabek Peoples have utilized this land for millennia and we would like to acknowledge their direct descendants, the Mississauga's of the Credit First Nation, as the rightful caretakers and titleholders of this land upon which we live, work and conduct ourselves. We acknowledge our treaty relationship and responsibilities to both the land and these original peoples.



We also recognize that this land is rich in pre-contact history and customs, which includes the Anishinabek and Haudenosaunee and since European contact, has and continues to become home for Indigenous and non-Indigenous peoples. And it is in the spirit and intent of the Dish With One Spoon, wampum agreement whereby we will collectively care for and respect the land, water, animals and each other in the interests of peace and friendship and for the benefit of not only ourselves but of our future descendants.



What is Oakville Ready?

Funded by the Oakville Community Foundation to establish 6 faith based organizations to act as neighbourhood hubs in instances of extreme weather – flooding, high winds, power outage and fires.



Neighbours helping Neighbours

- engage diverse community stakeholders to increase their personal resiliency,
- Increase community capacity and resiliency
- to understand how community can work together during extreme weather events.



Why do we need OakvilleReady?



Rise in the frequency of emergencies including extreme weather, fires, floods, power outages, freezing rain, etc.

After an event, the first 1 – 4 hours are an important time to help the community

Community resilience through building strong connections with FBOs and residents

In light of physical distancing..

The OakvilleReady team has worked to:

- provide technical support for FBOs
- provide resources for wellness checks
- Resources on oakvilleready.ca and @oakvilleready
- www.halton.ca or dial 311

Program Deliverables



Additional
Supports:





The genie awaiting to serve

Vandy Gadia Sharma

Certified Meditation Instructor

Founder, Vision for Balance

Daily FREE Live meditations:

FREE Meditation challenge and questions group

[https://www.facebook.com/groups/99402846429838](https://www.facebook.com/groups/994028464298387/)

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What is meditation ?

Mindfulness meditation practice is one way to truly experience the current moment and integrate that awareness into your everyday life

- Building awareness of the current moment is the first step
- Noticing the sensations that indicate the mindset and energy
- Understanding, labelling in a detached manner
- Releasing to coming to a state of balance and equanimity
- Shifting to a new level of energy and mindset
- Practising daily reduces the time needed for this cycle

Phil Jackson, Steve Jobs, Tim Ryan and all Universities vouch for it
From NBA coaches, entrepreneurs to the super successful

The Science

- Harvard scientists found clearing your mind for 15 minutes each day alters how your genes operate
- Huge number of studies to
- Reduces stress, controls anxiety
- Improves immunity
- Prevents memory loss
- Changes the external environment
- Word of caution -- who is it not for?

Why meditate during these times ?

- To deal with anxiety
- To get more productive
- To eat mindfully
- To parent mindfully
- To develop resilience to take appropriate action no matter what the circumstance is

Create a haven at home to meditate
Let's meditate.....



Vandy Gadia Sharma

Facebook and Instagram

Free 30 minute call -- 647 964 7271

vandy.gadia@gmail.com

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OakvilleReady! Website



[Home](#)

[For Neighbours](#)

[General Resources](#)

[Hub Locations](#)

[Who We Are](#)

[Get Involved](#)

Building on community
to create resilience.

[Get Involved](#)

www.oakvilleready.ca



Upcoming Calls



OakvilleReady Webinar

HOW TO MAKE YOUR OWN NUT AND OAT MILK

Monday April 6th at 12:00pm

Join over Zoom as we discuss how to make your own milk alternatives from home.

Go to www.oakvilleready.ca to get the details.



OakvilleReady Webinar

HOW TO COOK FROM YOUR PANTRY AND FRIDGE WITH JULIA HANNA

Join over Zoom as we discuss how to make use of the items in your pantry and fridge to make recipes for the whole family.

Go to www.oakvilleready.ca to get the details.



OakvilleReady Webinar

SEED PROCUREMENT AND STARTING YOUR OWN GARDEN INDOORS

Join over Zoom as we discuss how to start your own indoor garden

Go to www.oakvilleready.ca to get the details.



OakvilleReady Webinar

WORKING FROM HOME WITH YOUNG CHILDREN (AGES 6 AND UNDER)

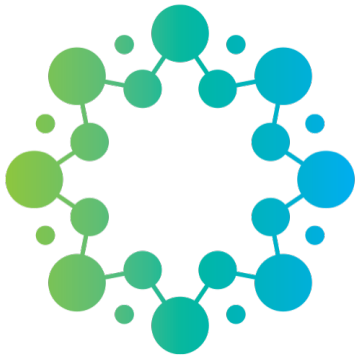
Thursday April 9th at 1pm

Join over Zoom as Oakville Parent-Child Centre discuss how to work from home with young children (ages 6 and under)

Go to www.oakvilleready.ca for more details.



Do you have an idea for a community? Please reach out to us.



**OAKVILLE
READY**

Thank You!

Feel free to reach out to Trisha or Lisa:

Trisha Henderson trisha.henderson@oakville.ca

Lisa Kohler lisak@haltonenvironment.ca

Contact with us online:

www.oakvilleready.ca

Twitter: @oakvilleready