

Are You Ready for the Next Big Storm?

A workshop series for hardy Cape Codders

Deepen your understanding of coastal storm issues. Take home practical tips to keep you and your family safe and comfortable while also contributing to Cape Cod's ability as a region to be resilient*.

*re•sil•ient \ri-zil-yent: *adjective*, able to become strong, healthy, or successful again after something bad happens



Cape Cod Strong: Meeting the Challenges of Coastal Storms

OCTOBER 5

What can past hurricanes and nor'easters tell us about our current and future risks? The history of past storms in southeast New England gives us insight into what the future may hold with the backdrop of sea level rise. Hear about forecast capabilities and limitations as well as where to find information when a storm threatens. Learn about measures that can protect you, your family, your pets, and your home.

Featured Speakers: Bob Thompson, Meteorologist-in-Charge, Southern New England National Weather Service Forecast Office and Dan Dinardo, Falmouth Community Emergency Response Team



Safe and Warm Before, During, and After the Storm

OCTOBER 12

Hardy homes can help keep you safe and comfortable. What should homeowners and renters be doing now to prepare for the next storm? Learn how to reduce damage to your home and help your family stay warm during power outages and times of extreme conditions. Topics include how to detect issues in your home, generators, solar electric systems with various types of energy storage options and solar hot water.

Featured Speakers: Megan Amsler, Cape and Islands Self-Reliance and Greg Abbe, Cape Light Compact



Eating Our Way to a Resilient Community

OCTOBER 19

With every seed we plant (or don't) with every bite we eat (or can't), we are choosing a food system. Our food choices impact people, animals and the environment - from close to home, to far away. What does a just, equitable, fair, and resilient food system look, smell, and taste like? Join us for discussion and dialogue with Ali Berlow including some challenging questions for transformative, inclusive, peaceful, change.

Featured Speaker: Ali Berlow, author of *The Food Activist Handbook: Big & Small Things You Can Do to Help Provide Fresh, Healthy Food for Your Community*, host of WCAI's "Local Food Report" and founder of Island Grown.

131 Waquoit Highway, Waquoit, MA
Wednesdays, October 5, 12 & 19
7:00PM - 9:00PM

Doors open 6:30- table displays from local emergency preparedness organizations

Three crank flashlight/AM/FM/NOAA weather radios will be given away each week!
For information and to register www.waquoitbayreserve.org

