



BRIDGES OF LOVE

LOVE IS ACTION – September, 2021

“YOUR LABOUR FOR THE LORD IS NOT IN VAIN” 1 Corinthians 15:58

Therefore, my dear brothers and sisters,

STAND FIRM. LET NOTHING MOVE YOU. ALWAYS GIVE YOURSELVES FULLY TO THE WORK OF THE LORD, BECAUSE YOU KNOW THAT YOUR LABOR IN THE LORD IS NOT IN VAIN.

1 Corinthians 15:58

PREPARING FOR EXTREME HEAT

Conditions of extreme heat are defined as higher than average temperatures in a particular region for that time of year, often combined with high humidity. The “Heat Index” is a measure of how hot it really feels when meteorologists factor in relative humidity with the actual air temperature. Extreme heat criteria shift by location and time of year.

Most heat-related deaths and illnesses are preventable, but heat stroke can be life threatening. The elderly and the very young are at increased risk from extreme heat. Individuals with medical issues such as heart problems or high blood pressure are more easily impacted. Being confined to bed and living on higher floors of multistory buildings are also associated with increased risk of heat-related death.

Impacts associated with a heat wave can include three main related illnesses: heat cramps, heat exhaustion and heat stroke.

Extreme Heat Preparedness

- Install additional insulation. Insulation helps to keep heat out in the summer as well as to keep heat in during the winter months.
- Protect windows and glass doors. Consider keeping storm windows installed throughout the year.
- Use attic fans. Because heat rises, attic fans can help clear the hottest air from the home.
- Install window air conditioners snugly and insulate if necessary.
- Inspect air conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and window sills to keep in the cool air.
- Cover windows that receive morning or afternoon sun with drapes, shades etc.

BRIDGES OF LOVE'S MEET & GREET

We appreciate Roger Reid, MLA Livingstone Macleod and others for attending our “Meet & Greet” event on August 11.



BEE A CERT



LIFESAVER



Paul says that because of the resurrection, everything we do, will have eternal results. Discouragement can set in if we don't see the results we expect from our efforts. If we truly believe, however, that Christ has won the ultimate victory; that fact will determine the way we live and how we accept the results from our labour. We should do the good we have opportunity to do and trust God for the outcome.

Imagine Canada recently released the results from a Survey they conducted entitled, “The uneven impact of the pandemic on Canadian Charities”.

Bruce MacDonald, President & CEO, Imagine Canada shared results from their latest [Sector Monitor Survey](#) that showed:

- The pandemic continues to have a significant impact on most Canadian charities.
- Few are operating as usual
- Some are largely shut down, unable to offer their usual programs and services because of public health measures
- More are trying to cope with demands that are beyond – sometimes far beyond – their capacity to meet

Even though recovery will be slow for Bridges of Love we continue to labour, so when the next disaster strikes, communities are more prepared with a coordinated response from people who have basic CERT training.