



Eastside Express

Circulation 630 Households

Volume 31 No. 7&8

◆ River Forrest Shores ◆ Wayside Manor ◆ Easton Place Civic League

Annual Picnic to Take Place on Saturday, October 5

The River Forrest Shores/Wayside Manor/Easton Place Civic League is excited to host the 3rd Annual Harry Jones Community Picnic! This year's event will be held Saturday, October 5 at the Riverside Baptist Church Pavilion from 11 a.m. - 3 p.m. Come and enjoy a great time with your neighbors.

While plans are still in the works, this is what we do know will be on the day's agenda:

- Hamburgers, hot dogs & beverages and many side dishes
- A bounce house
- An antique car show
- A cornhole tournament

First, second & third place trophies will be awarded in the tournament. The tournament will start at 12:30 p.m. Registration will take place on site, but participants should make every effort to register by 12 p.m. so the team competitions can be fairly scheduled. Participants must be age 12 or older to compete.

So, mark your calendars and plan to attend. **Also, please bring a side dish to share with your neighbors and chairs.** Many thanks to all our volunteers who work hard to provide their neighbors with a great picnic experience!

RFS/WM/EP Civic League to host forum for candidates vying for Norfolk City Council's Superward 7 seat

On Monday, Sept. 9, the RFS/WM/EP Civic League will host the candidates for the Superward 7 City Council seat and mayoral post. We encourage all members to attend this meeting to hear the priorities of these individuals and to ascertain how they align with what is important to us individually and collectively. The meeting will be held at Aldersgate United Methodist Church at 7 p.m.

There are many high-impact issues facing eastside Norfolk and the city as a whole now. For example, planning for the redevelopment of Military Circle is in its initial stages. We need to stay abreast of this work and ensure there is citizen input along the way. We need an advocate to ensure this property receives its highest and best use.

The candidates for Superward 7 are:

- **Carlos Clanton**, a current School Board member representing Ward 3 and executive director of the Friends of Portsmouth Juvenile Court, Inc.
- **Phillip Hawkins Jr.**, assistant principal of P.B. Young Elementary School in Norfolk and a long-time civic activist.
- **James Graham**, assistant principal of Tarralton Elementary in Norfolk.
- **Rodney Jordan**, a current School Board member representing Superward 7 and a technology consultant.
- **Leon Judge**, a former Marine and a mentor for at-risk youth.
- **Christine Smith**, a former School Board member representing Ward 4 and a certified public accountant.

(Continued on page 3)

Recycle Dates

September 3rd and 17th,
October 1st and 15th

Please put your recycling
can out.

Street Sweeping: RFS, EP on
September 27th

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September Meeting

**Will be held in the social hall at
Aldersgate United Methodist
Church on September 9th, at
7:00 p.m.**

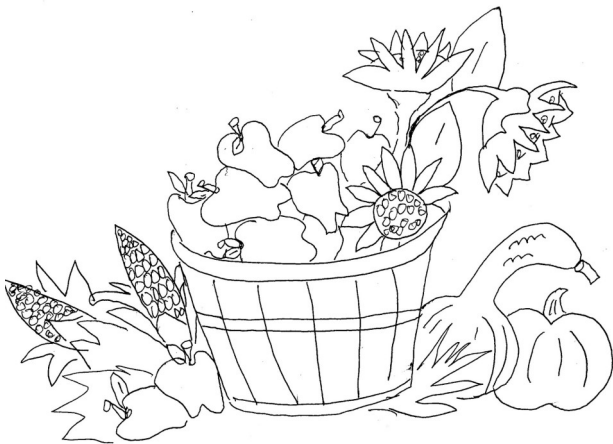
Brother, sister, can you spare a snack?

The civic league is asking members to consider bringing a snack to the next civic league meeting (Sept. 9) to share with neighbors. This meeting will be our City Council Superward 7 and mayoral candidate forum so we expect a larger crowd than usual so it would be much appreciated if we could count on folks to bring some extra goodies. Our social time is a great way to catch up with longtime friends and to make new friends. And that's always easier and more fun when you do it over food!

Through Zoom

If you can't make it to the Sept. 9 meeting, consider attending virtually

The Sept. 9 general membership meeting is one you don't want to miss because the civic league will be hosting a forum featuring candidates for the Superward 7 seat and mayoral post. However, if you can't physically be there, you now have the option to attend virtually via Zoom through our website, <https://eastsidecivicleague.org/zoom-meetings/>. For more details on the forum see the continued story on page 3, on the candidates and the rules of engagement for the forum.



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Presidents Corner

**Hats off to our members!
You are simply the best!**

We have the best members!!! Let me offer some evidence supporting that claim.

First, I was hesitant to send out the plea for financial support for the civic league due to our budget shortfall in memberships. BUT the response we received totally blew me away. We received in excess of \$700 in generous donations. I will not name the donors, but I do want you to know how much your generosity means to our civic league board and the volunteers who work so hard to represent our community. THANK YOU FROM THE BOTTOM OF MY HEART.

Secondly, thank you to the neighbors who answered the call to be members of the civic league. Our membership fees continue to be the cheapest of any civic association in the city. Quite simply, members get a lot for very little investment - regular community clean-ups, meetings with speakers of note, events like the picnic and Christmas dinner and continued monitoring of city operations and lobbying for resources to support our community, like a new recreation center which is thankfully in the city's capital improvement budget now thanks to this civic league.

Third, we have a very committed board and volunteers. For example, there is Lisa Gragg, our corresponding secretary, and her newsletter delivery team. Thank you for your service! By the way, there is another opportunity for volunteering as we are currently short two carriers. If you want to help, email Lisa Gragg at happyjalapeno6@yahoo.com.

Fourth, a special thanks goes out to the Adopt-A-Spot team who picks up the trash on our streets. This group is lead by Bill Bunch and Denise Diedrich. If you would like to help with this effort, they could always use a few more hands, send a message to riverforrestcivicleague@gmail.com.

Lastly, I would be remiss if I did not mention, besides Lisa, the rest of the civic league board who donates so much of their time working on your behalf - from managing the website to producing the newsletter to applying for and receiving grants so we can continue to make a difference in our community. I apologize in advance if I have missed anyone but please know you are all appreciated!

So, are you ready for fall and pumpkin spice or do you wish summer would linger longer? Either way, you are in the perfect spot to enjoy either — a friendly, community-spirited neighborhood.

Looking forward to seeing you September 9 for the City Council and mayoral forum at Aldersgate United Methodist Church, 5767 Sellger Drive at 7 p.m.

(Continued from page 1—Forum) The candidates for mayor are:

- Kenneth Alexander, the current mayor of the City of Norfolk. (Mayor Alexander will not be in attendance at the forum).
- Giovanni “Gio” Dolmo, a Navy veteran who previously ran for the 89th District seat in the Virginia House of Delegates.
- Tommy Leeman, a financial advisor with A.G. Edwards and long-time community volunteer.

The format for the evening will be as follows:

- Each candidate will be given two minutes to introduce himself/herself and state why he/she is seeking this office.
- Then, there will be several overarching questions asked of all candidates.
- Attendees will be provided with index cards on which they can record their questions and identify if there is a particular candidate they want to address the questions. These cards will be collected and the questions posed by the moderator, Daniel Lewis, of East Coast Gospel Lighthouse.
- After the meeting there will be a social time with light refreshments. We have asked candidates to stay for this as it will provide residents an opportunity to talk with them.
- Election materials will be provided by the candidates.

You can submit questions ahead of time for the candidates through our website, <https://eastsidecivicleague.org/>. The civic league is also offering members the option of attending virtually. See the story on page 2 on how to attend via Zoom.





Hello Neighbor

I'M THE TOP AGENT TO REACH OUT TO IN

Our Neighborhood

Whether you need to sell your home, need some real estate advice, or simply want to unwind and have good conversation, I've got you covered. Let's meet up and uncover the true value of our amazing community. Cheers to your lively and vibrant neighborhood!

-Karen Davis

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How to stay in touch with the work of our civic league and community happenings

The River Forrest Shores/Wayside Manor/Easton Place Civic League is committed to keeping its members informed about important news affecting our three neighborhoods. Here are three ways to ensure you can stay up-to-date:

- Bookmark our website, eastsidecivicleague.org. Need to renew or join? You can do it here. Need to get in touch with the civic league on a community issue? You can contact officers here. You can also read back issues of the *Eastside Express*, check out volunteer opportunities and find links to important city information.
- Join our Facebook page, <https://www.facebook.com/groups/RFSCivicleague>. Recent postings range from information about the city's emergency operations to a school supplies drive to a notice about a "found" cat and kitten.
- Read the **Eastside Express** newsletter and meeting flyers. If you have an idea for an article or wish to write and submit one, contact Kathy O'Hara at keohara@cox.net.

Consider the *Eastside Express* as an advertising option

Advertising in the *Eastside Express* is a cost effective way of reaching members of this community as potential customers. Whether you want to promote a one-time event such as a yard sale or get your business in front of Eastside Norfolk residents on an ongoing basis, this is a definite option to consider. The newsletter is hand-delivered to more than 600 homes five times a year. Below are the rates:

Size	Five issues	Single Issue
1/8th page	\$55	\$20
1/4 page	\$80	\$25
1/2 page	\$155	\$50
Full page	\$295	\$95

To place an ad, simply email or call KK German at kkgerman@gmail.com or 757-714-2335!





Riverside Baptist Church

5768 Sellger Drive Norfolk, Virginia 23502
 Phone: (757) 466-9461
 Sunday School: 9:45am
 Worship Service: 11:00am
<https://www.rbcnorfolk.org>

K.K. German, Treasurer
Kkgerman@gmail.com
 (757)714-2335

Suzanne Duncan, Trustee
Suzanneduncan63@gmail.com
 (757)719-8529

Dustin Wallace, First Vice Trustee
dustin_l_wallace@yahoo.com
 (210)843-5059

Edith Lizalde, Second Vice Trustee
edith.lizalde@yahoo.com
 (808)284-9311

2024 Board of Directors

Debby Forehand, President
Debby4hand@gmail.com
 (757)478-7585

Kathy O'Hara, First Vice President
keohara@cox.net
 (757)461-5252 - home

Liz Albert, Second Vice President
AlbertfamilyVA@aol.com
 (757)681-0131

Sarah Ware, Recording Secretary
Ceraann1@gmail.com
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Lisa Gragg, Corresponding Secretary
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Aldersgate United Methodist Church

5767 Sellger Drive, Norfolk

AldersgateNorfolkUMC.org

A PLACE FOR YOU

Worship Experience — 11:00am

A salute to Lauren Vaughan, a civic league volunteer who made good things happen for our community

Long-time River Forrest Shores resident Lauren Vaughan passed away on July 15, 2024. Lauren was an avid supporter of the work of the River Forrest Shores/Wayside Manor/Easton Place Civic League. Not only did she attend many of our meetings, but she also volunteered her time and talents unselfishly.

For example, for many years quite a few residents had complained to civic league leadership about the safety problems caused by cut through traffic on Sellger Drive. Many motorists had little to no regard for observing the speed limit, thus creating sometimes hazardous situations. Lauren was one of those people who decided that she wouldn't just complain, she would be part of the solution. To obtain speed cushions on Sellger Drive the City of Norfolk required the civic league to get the agreement of 80 percent of the residents living on that street. This involved getting a petition signed to prove to city officials that the desired level of support was not just a civic league claim, but a real desire. Lauren, along with neighbor Stephanie Lopez, knocked on the doors of all Sellger Drive residents. Together they obtained the required signatures. Our neighborhood is safer because they cared and acted.

In recent years the volume of trash in our neighborhoods has become problematic. Lauren became part of the clean-up team that tackled sprucing up the Military Gardens area. She was a regular whom organizers could count on. As an artist, she organized an event for community artists to showcase their creations. When she attended our civic league meetings she brought snacks to share with members and her questions of presenters were thoughtful and incisive causing all of us to think more critically.

President John F. Kennedy once stated simply, "Every person can make a difference, and every person should try." Lauren Vaughan wanted to make a difference. She tried and she made good things happen. She will be missed.



General Meeting Minutes
River Forrest Shores/Wayside Manor/Easton
Place Civic League
Aldersgate United Methodist Church
May 13, 2024

President Debby Forehand called meeting to order at 7:02 p.m. and asked Terry Haddock to proceed with the invocation and Pledge of Allegiance. Board members in attendance were Debby Forehand, president; Kathy O'Hara, 1st vice president; Lisa Gragg, corresponding secretary; Sarah Ware, recording secretary; KK German, treasurer; Suzanne Duncan, trustee; Dustin Wallace, 1st vice trustee and Edith Lizalde, 2nd vice trustee.

Mrs. Lizalde reported there was a quorum and the minutes from the last meeting were adopted.

Mrs. Forehand gave the crime report as Officer Joseph Brown could not attend the meeting. There were two crimes reported in April. One was a theft from an unlocked vehicle on Sellger Drive and the other was a theft from a home after a babysitter had been there.

Mrs. Forehand introduced Lauren Richardson, a neighborhood development specialist with the City of Norfolk.

Mrs. Richardson just wanted to stop by and quickly introduce herself to the community as she is new to the role. Ms. Richardson is the replacement for Jim Herbst who served our community well in that position. Ms. Richardson said she was a local girl who grew up in the Bromley area of Norfolk, attended Norview High School and went on to graduate from VCU. She is passionate about Norfolk and wants everyone to know she is here for us and to please reach out if there is anything she can do to help.

Ms. German was asked to report on the status of the membership drive. At the time we had collected about \$850 which was short of our budget goal of \$1300. Mrs. Forehand wanted to remind the community that we have the cheapest dues of any civic league in the city at \$5/year or \$12/3yrs. Dues help pay for several things including newsletters, supplies for community trash pickup, our community picnic and Christmas dinner.

Mrs. Haddock introduced the second speaker of the evening, Sheriff Joe Baron, stating that he is tough but fair, having worked with him for many years.

The sheriff stated that this was his favorite civic league because we were energized and active. He wanted to start by encouraging awareness of ongoing scams. He

said residents should be aware that the U.S. federal, state, and local governments will NEVER call you and try to get you to pay money right that minute, noting you will go to jail if payment isn't made. A common scam in practice now is the threat of fines for missed jury duty. Another scam to be on the lookout for is someone you seemingly know calling with an emergency. One thing you can do if someone calls to ask for money and it sounds like someone you know is ask them a personal question that only that person would know. The sheriff reminded attendees not to give away personal information. The sheriff's advice was to call the police or his office to ask about fraud before you act. You can also check the Norfolk sheriff's website at www.Norfolk-sheriff.com for fraud information.

Sheriff Baron expressed how happy he was to be here to help educate about fraud. He is also happy to report that the sheriff's office no longer has a phone tree service meaning that when you call now you actually get to speak with a real person.

Other improvements he wanted to update us on was that he is bringing back free summer camps for the children of Norfolk. The camps were scheduled from July 15th-19th and July 22nd-26th and included lunch, arts & crafts, and canoeing. There was also a sports camp for soccer at ODU June 17th and a football camp on June 21st to be run by the Maury football team. Camp Hope, run by the Family Justice Center for victims of domestic violence, hopes to break the cycle of abuse using an evidence-based curriculum.

Sheriff Baron went on to state that he has a value driven mindset of public safety, public trust, and public service. In 2017 he felt there needed to be a change in the sheriff's office mostly due to the low morale. While many people in jail have a lack of job skills, education and poor mental health, Sheriff Baron stressed in the "golden rule" with his staff — treat others the way that you want to be treated. He noted there is a need to bring in programs to the community and in the jail to help improve the lives of our citizens. He understood that it was not his job to punish inmates, their separation from society is their punishment. Giving inmates programs to help them be more successful when they leave jail to return to the community is key to keeping them from returning to jail.

President Forehand asked if there was any new business. With no new business Mrs. Duncan made a motion to adjourn the meeting which was seconded by Mrs. Sheryl Ghiloni. Meeting was adjourned at 8:08pm.

Norfolk Sheriff's Office



Joe Baron
Sheriff/High Constable

Sheriff's Office
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Treasurer's Budget Report
RFS/WM/EP Civic League
For the month ended July 31, 2024

	Annual Budget	Current Month Actual	Year to date Actual	Over (under) Budget
Income				
Newsletter Ads	1,475		625	(850)
Dues	1,300		1,079	(221)
Interest earned	265	0	135	(130)
Donations			719	719
Total Income	3,040	0	2,558	(482)
Disbursements				
Newsletter Printing *	1,575		955	(620)
Marketing *	254			(254)
Membership Drive	25			(25)
Postage/Office Supplies	30		7	(23)
Meeting Refreshments	20		-	(20)
Door Prizes	90		90	-
CL Meeting Hall	315		315	-
Zoom purchase *	150		168	18
Webmaster Training *	762			(762)
Federation Dues	20		20	-
Awards	100			(100)
Special Events	1,800			(1,800)
Incorporation fees	25		25	-
Board Meeting Hall	100		100	-
[1] Other *	37		39	2
Total Disbursements	5,303	-	1,719	(3,584)
Subtotal	(2,263)	0	839	3,102
Add back Block grant received from the city fall of 2023	2,073	209	1,105	(969)
Net income (Outflow)	(189)	209	1,944	2,134

	Checking	Reserve (Savings)	Trust Account (CD)	Total cash
Reconciliation:				
1/1/2024	2,707.74	2,617.52	11,992.31	17,317.57
2024 year to date (from above column)				839
				<u>18,156.81</u>
7/31/2024	3,217.86	2,812.77	12,126.18	<u>18,156.81</u>

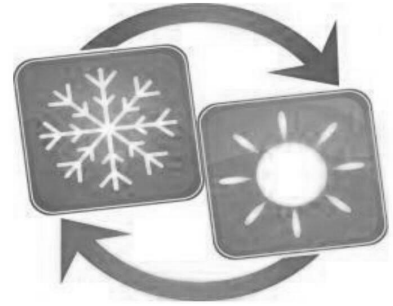
[1] Other: Paypal fees + website domain

[2] The civic league received \$2500 from the city in November 2023 to offset marketing and outreach efforts of the civic league. The asterisked (*) items indicate the categories the civic league has received a grant to assist with. \$2073.40 is being allocated to 2024 and therefore the net outlay of the civic league for 2024 is -\$189.46.

KKG 7/21/24



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Volunteer spotlight: Clara Allen of Easton Place

The success of the River Forrest Shores/Wayside Manor/Easton Place Civic League depends on the level and quality of volunteer support we can count on. A volunteer who has given countless hours of service to this civic league and this entire community for many, many years is Clara Allen of Easton Place.

British Prime Minister Winston Churchill once said, "We make a living by what we get, but we make a life by what we give." Using Churchill's yardstick, Clara is a wonderful example of how steadfast and purposeful contributions can make a meaningful difference in a somewhat sprawling community.

For more than a decade Clara has delivered the *Eastside Express* newsletter to 55 homes in Easton Place. Her route has included Newtown Road, Edison Avenue, Stephenson Avenue, Ivor Avenue and Lyndhurst Avenue. For a long time Clara delivered newsletters in one long dedicated walk. At 85, she is still a regular walker, but had to decided to make it more manageable by dividing it up into two walks. However, just recently Ivor Avenue resident Garrett Beaver, inspired by her stick-to-it spirit, volunteered to share part of the route with her.



KK and Clara (Clara is on the right)

Each year in April the civic league has a membership drive. Let's be frank here. The civic league board has found it difficult to recruit volunteers. It seems very few folks want to knock on doors and encourage neighbors to join the civic league or to renew their membership. Thankfully, Clara Allen has been a shining star exception to that rule. Her sweet nature and her genuine interest in people has resulted in her often being the top performer in netting (Continued on page 11)

(Continued from page 10—Clara Allen) new memberships and renewals. She is an individual that people just can't seem to say "no" to!

And then there is our neighborhood clean-up efforts: Clara and board member KK German have teamed up to pick up trash regularly on a portion of Newtown Road. As we all know, Newtown is a very busy street so unfortunately it gets very littered. KK and Clara divide up the clean-up duty and have committed to picking up trash from the Curlew Drive intersection to Lyndhurst Drive.

When asked why she volunteers so much time to the civic league, she responded, "We have a very capable board that does so much for our community such as going down to city hall to advocate. I try to help by doing what I can do. I love my neighbors and I want to help them make connections," she says. One way she tries to stay connected is to advise Lisa Gragg, the civic league corresponding secretary, when there is a death or illness in the community, so the civic league can send the appropriate condolences or best wishes for recovery. Clara also points to the contributions of her husband Carl who passed away in 2016. Besides being an active member of the civic league, Carl also served as its president from 1991-1992. "I was very proud of him and he inspired me to continue contributing," she said. Also, her faith moves her to do good. She is a member of Riverside Baptist Church and, of course, is a wonderful contributor there too.

Clara attends most every meeting of the civic league and is often called upon to give the invocation. She listens intently to presenters and then shares key information with neighbors who might not be able to make it to meetings. In short, she is the kind of neighbor we all want living next door to us. She makes our little corner of the world a better place.

**General Meeting River Forest Shores/Wayside
Manor/Easton Place Civic League
June 10, 2024**

President Debby Forehand called the meeting to order at 7 p.m. Mrs. Clara Allen led us in prayer and the Pledge of Allegiance.

Officer Joseph Brown provided a crime report. He reported two incidences in our area, one in the 600 block of Foresttown Drive which involved a larceny from an auto. The second occurred in the 6100 block of Lyndhurst which involved a stolen auto. Currently trending in Norfolk

are thefts of license plates. Officer Brown advised all to keep an eye on their plates. He pointed out security or silicone screws can be installed to secure license plates which makes it harder for thieves to steal them.

Our speaker was Mr. Thomas Orsini, president and CEO of Lake Taylor Transitional Hospital. He presented a history of the Lake Taylor facility which started in 1820. Mr. Orsini joined Lake Taylor Hospital in 1999 and since then there have been many changes. A new patient wing has been added and the other wings have been updated. The hospital is self-supporting and receives no money from the city. The Hospital Authority of Norfolk governs the hospital and our own 2nd Vice-President, Liz Albert, is a commissioner on the board.

Lake Taylor Transitional Hospital is a long-term acute nursing facility and a rehabilitation facility for transition from hospital to home or long-term care. Its original location in the early 1800's was the Alms House. The poor sick farm workers went to the Alms House for care. The Alms house moved to the current location and became Lake Taylor in the 1880's. The early 1900's brought screens for windows, the telephone, automobiles and many name changes for Lake Taylor. During the depression if an individual couldn't afford any other type of health care, they went here. It was the beginning of the hospital's new mission. In 1954 the current building was built and kept the same mission of serving those who couldn't afford healthcare. The 1960's saw the addition of the 2nd and 3rd floors. In the 1980's the city was getting out of the hospital business. The 1990's saw the end of funding from the city and money was tight. When Mr. Orsini arrived in 1999 part of his job was to undo some of what had been done and to start running it like a hospital – accepting insurance and getting paid for services rendered. He talked to the local hospitals (NGH, LMH, VBGH) and asked what they wished to have. They wanted a place for rehabilitation. With the baby boomer population there is a huge need for hip and knee-replacement rehabilitation. There are private & semi-private rooms. It is now not a charity house for care – rather it is where one goes to get better after a hospital stay and is treated in a manner to help the patient return home. It is one of the ventilator facilities in Virginia. The staff works to get individuals off the ventilators which isn't possible in hospital stays. They also care for people brought in from Adult & Child Protective Services. Mr. Orsini answered many questions from those present. President Forehand thanked him for the presentation and invited him to stay for the social time at the end of the meeting. (Continued on page 12)

(Continued from page 11—Minutes) Mrs. Albert then reminded everyone we are still having the membership drive and are looking for advertisers for the newsletter.

President Forehand reminded everyone this would be the last meeting until September and that meeting would be a forum for the City Council candidates for Superward 7.

Trustee Suzanne Duncan made a motion to adjourn. This motion was, seconded and approved by all.

The meeting adjourned at 8:19 p.m.

Hurricane Season Preparations

Hurricane Season is here, but it is not too late to pull together some of the essential supplies your family and neighbors may need to get through the season. For more information follow these links

- <https://www.weather.gov/safety/hurricane-plan> (<https://www.weather.gov/safety/hurricane-plan>)
- <https://www.norfolk.gov/6140/Emergency-Management> (<https://www.norfolk.gov/6140/Emergency-Management>)

It is vital to understand your home's vulnerability to storm surge, flooding, and wind. Here is your checklist of things to do BEFORE hurricane seasons begins.

- Know your zone: Do you live near the Gulf or Atlantic Coasts? Find out if you live in a hurricane evacuation area by contacting your local government/emergency management office or by checking the evacuation site website (<https://hurricanestrong.org/wp-content/uploads/2023/08/8-28-23-Find-Your-Evacuation-Zone-Final.pdf>).

- Put Together an Emergency Kit: Put together a basic emergency (<https://www.ready.gov/build-a-kit>). Check emergency equipment, such as flashlights, generators and storm shutters.

- Write or review your Family Emergency Plan: Before an emergency happens, sit down with your family or close friends and decide how you will get in contact with each other, where you will go, and what you will do in an emergency. Keep a copy of this plan in your emergency supplies kit or another safe place where you can access it in the event of a disaster. Start at the Ready.Gov emergency plan webpage (<http://www.ready.gov/>).

- Review Your Insurance Policies: Review your insurance policies to ensure that you have adequate coverage for your home and personal property.

- Understand NWS forecast products, especially the meaning of NWS watches and warnings. (<https://www.weather.gov/safety/hurricane-ww>)

- Preparation tips for your home from the Federal Alliance for Safe Homes (<https://flash.org/prepare-your-home/>)



- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery