



# COPE

.....  
Be ready for disasters!  
.....



# FLOODS

By Martha Keswick + Mariko Jesse + Timothy Sim



## What are natural hazards ... and disasters?

Forces of nature that happen with little warning and occur all over the world, such as earthquakes, tsunamis, floods, landslides, tropical cyclones (and other storms), storm surges, heatwaves, wildfires, droughts and volcanic eruptions. When these **natural hazards** pose a threat to humans or the environment they can lead to **disasters**, and cause destruction in a community.

## What are floods?

Floods happen during heavy rains, when rivers overflow, when ocean waves come onshore, when snow melts too fast or when dams break. Flooding may be only a few inches of water or may cover a house to the rooftop. Floods that happen very quickly are called flash floods.

*COPE will teach you how to be  
ready for floods!*









## Be ready for disasters – Floods

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ISBN 978-988-8658-76-3

*AUTHOR* Martha Keswick

*ILLUSTRATOR* Mariko Jesse

*EDITOR* Timothy Sim

*DESIGNER* Sandy Lui

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Printed in Hong Kong by  
Suncolor Printing Company Limited

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First published 2019  
Reprint August 2022

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[www.cope-disaster-champions.com](http://www.cope-disaster-champions.com)

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  COPEdisasterchampions

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Special thanks to:

*COPE FLOODS COLLABORATORS*



*SCIENTIFIC ADVISOR*







COPE

.....  
How to be ready for natural disasters  
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# FLOODS

By Martha Keswick + Mariko Jesse + Timothy Sim

In memory of Sandy Lui



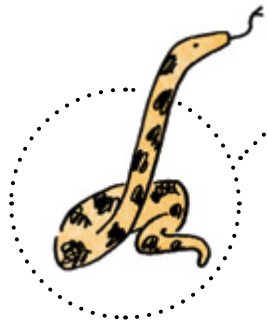
*Who is  
Grand Mistress Fu?*

A famous Chinese martial arts teacher and founder of the Mount Emei Wushu School. Grand Mistress Fu, also known as Shifu, is disciplined and tough yet has an enormous heart. She narrowly escaped death as her school collapsed during the Wenchuan Earthquake in May 2008 and has since dedicated her life to Disaster Risk Reduction.



*What is  
The COPE Academy?*

An international disaster hub, hidden in Sichuan Province, set up by Grand Mistress Fu. The COPE Squad – Candy, Ollie, Ping and Eddy are teenage orphans who were plucked out of their care homes to live at The COPE Academy and trained to be disaster risk reduction agents.



*Sense*  
**THE SNAKE**

A beautiful 25-year-old python. Sense has a special gift for predicting disasters. Grand Mistress Fu feeds her mice every month.

*Rescue*  
**THE DOG**

A huge 8-year-old Kunming Wolf Dog, Rescue tracks missing people. His favourite hobby is catching flies.





# The COPE Squad



**Candy**

**THE CARER**

12 years old from Kranshoek, South Africa, Candy is kind, strong, lively and loves playing drums and hula-hooping. Her role is to care for vulnerable groups affected by disasters such as children, elderly or disabled.

*Disaster Experience:*  
*Wildfires*



**Ollie**

**THE SCIENTIST**

13 years old from Christchurch, New Zealand, Ollie is clever, popular, sporty and loves astronomy and rugby. His role is to understand weather patterns, climates and ecology.

*Disaster Experience:*  
*Earthquakes*



**Ping**

**THE NETWORKER**

12 years old from Hong Kong, Ping is practical, chatty, creative and loves cooking and Wushu. Ping is the networker and spokesperson within the COPE squad.

*Disaster Experience:*  
*Floods*

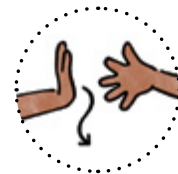


**Eddy**

**THE ENGINEER**

12 years old from Bahia, Brazil. Eddy is curious, witty, chilled out and loves Lego and skateboarding. Eddy is a talented engineer focusing on the safety of buildings.

*Disaster Experience:*  
*Landslides*



**COPE Signs**

Since Eddy is hearing impaired, COPE sometimes chat using the Brazilian sign language, Libras. Can you spot the signs for **Evacuate**, **Ready** and **Floods**?

Winter had well and truly arrived in Mount Emei. Even in the December snow, Grand Mistress Fu still practiced her Tai Chi.







She gently picked up Sense and went  
inside The COPE Academy.



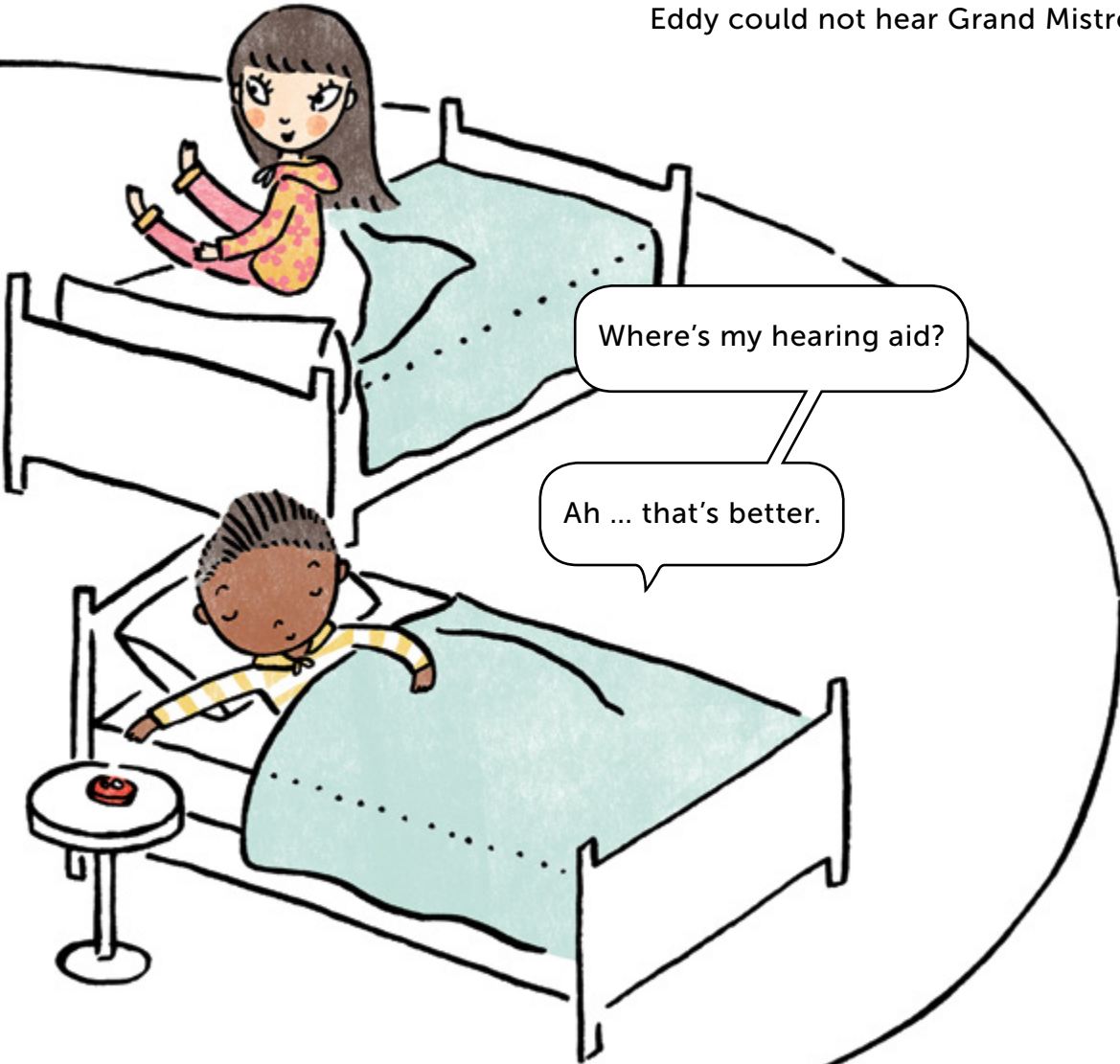


Good morning, Shifu.

Eddy could not hear Grand Mistress Fu well.

Where's my hearing aid?

Ah ... that's better.





Soya milk and steamed buns – Yummy!!

Meet me in the Zen Room for Yoga, 7am, sharp!





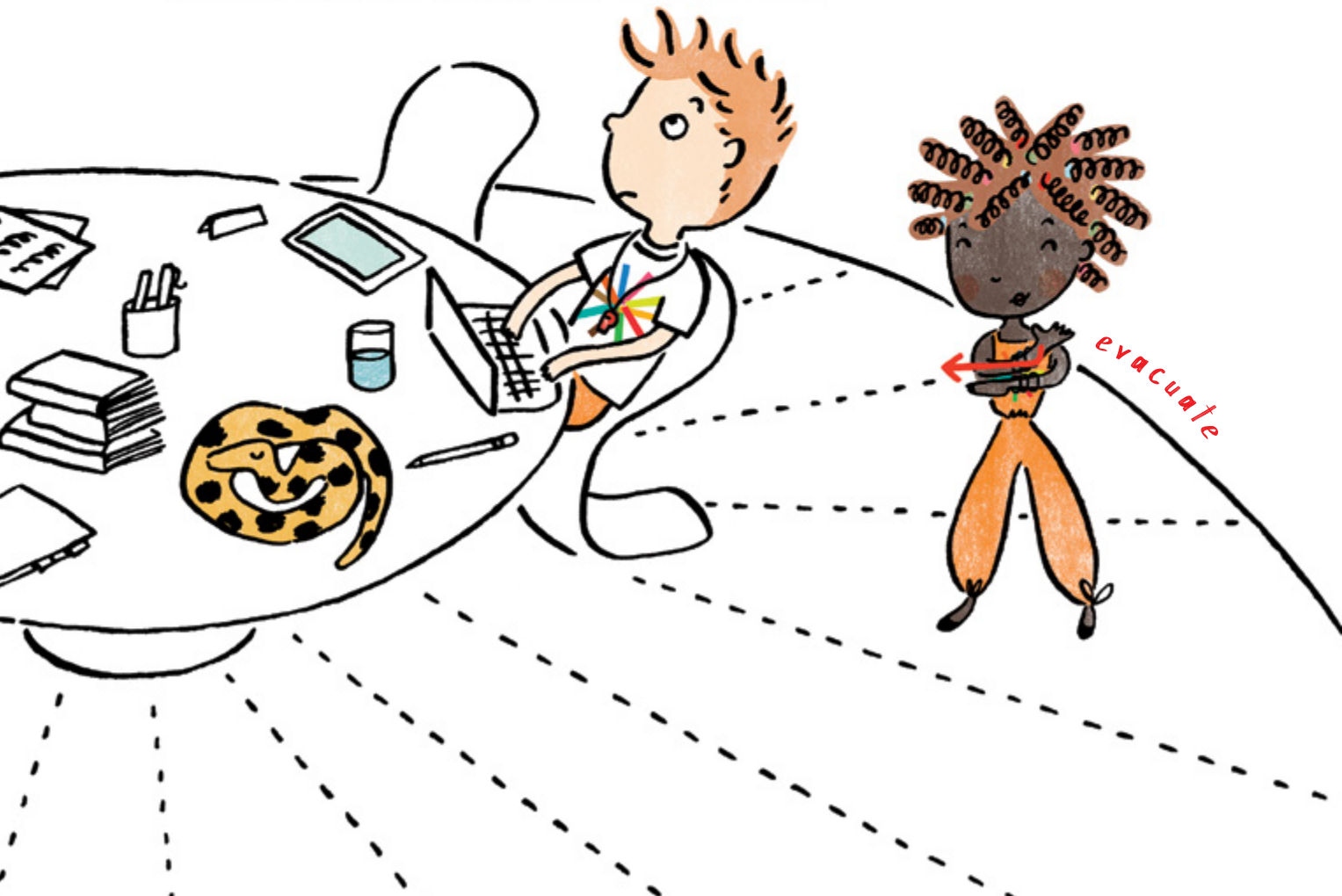
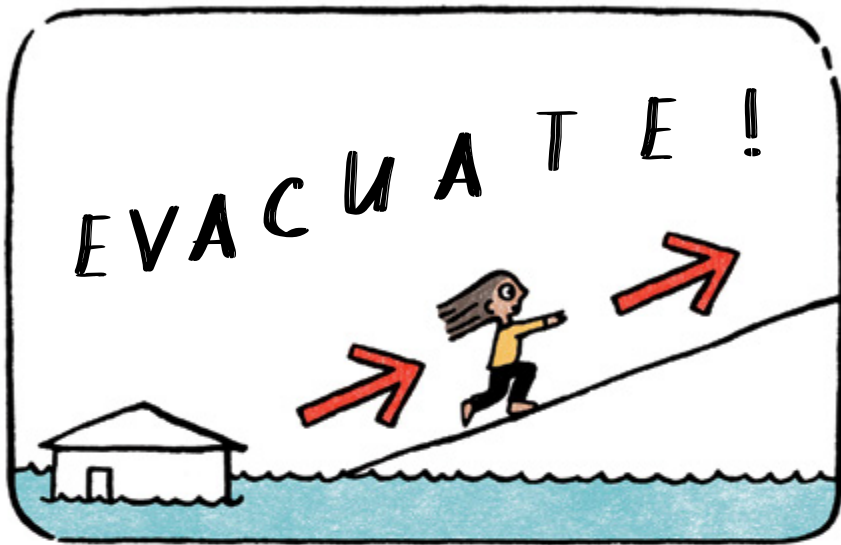
Close your eyes and take 3 deep breaths.  
We will start with the Boat pose ... and then  
the Dolphin pose ...



Today we will focus on the most  
common natural disaster;  
**FLOODS!**

And learn the most  
important message ...





Now, COPE, what should you do  
**BEFORE A FLOOD?**



Make a *contact plan*  
with your family.



Pack a flood  
*survival bag.*



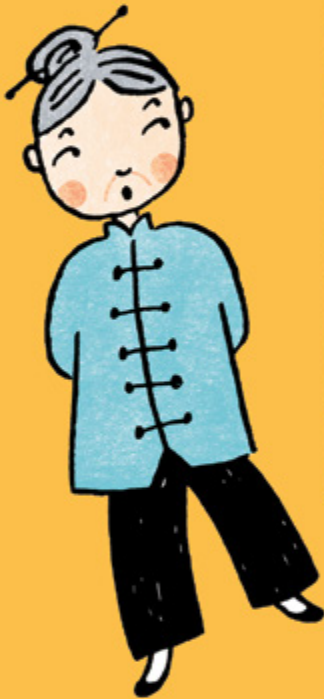


Plan your *evacuation route* ...  
up to higher ground.

Watch out for local  
*flood warnings*  
on the TV, radio or internet.



And  
**DURING A FLOOD?**

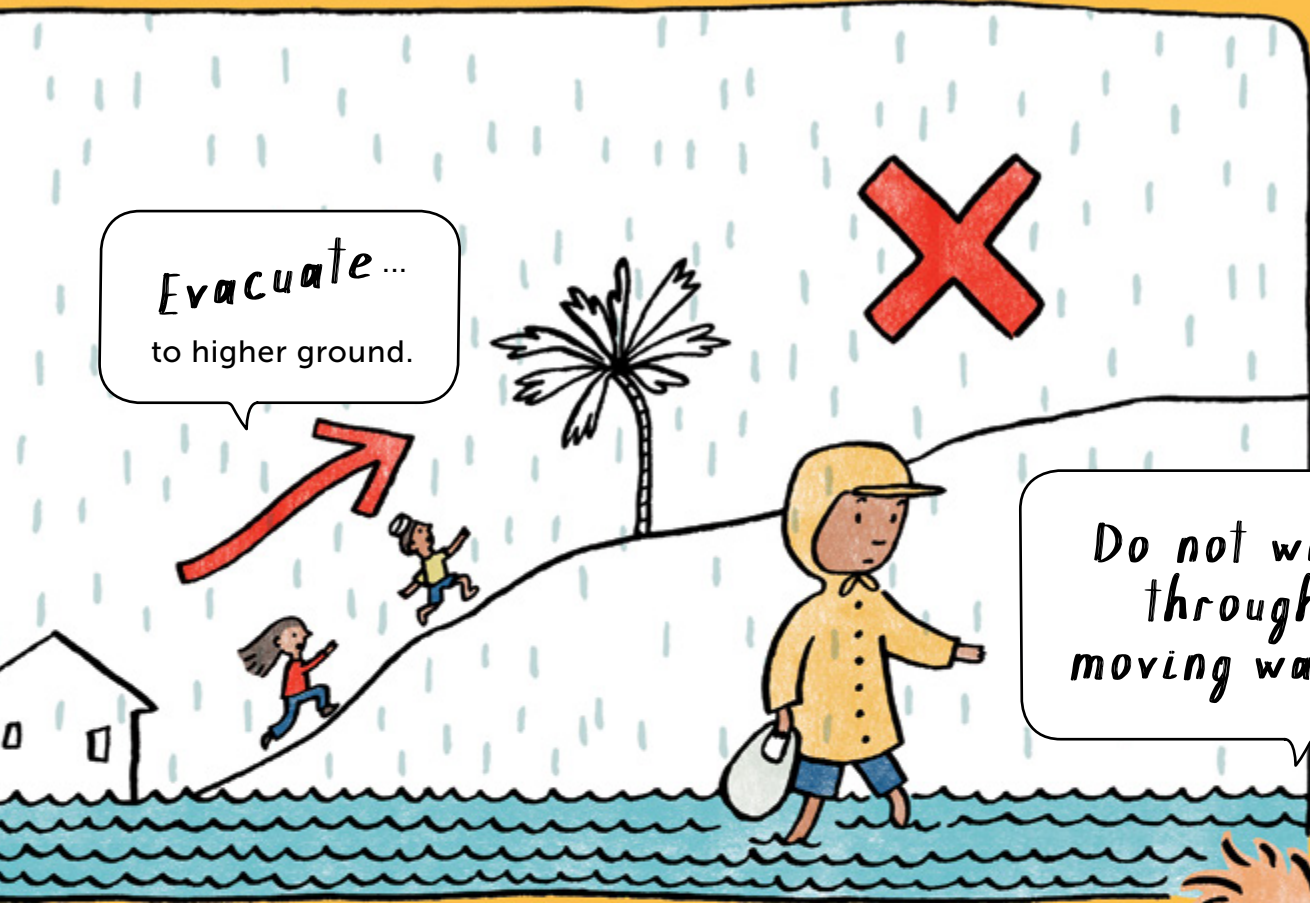


*Listen*  
to emergency and  
rescue services.



*Turn off*  
light switches and any  
electrical switches.









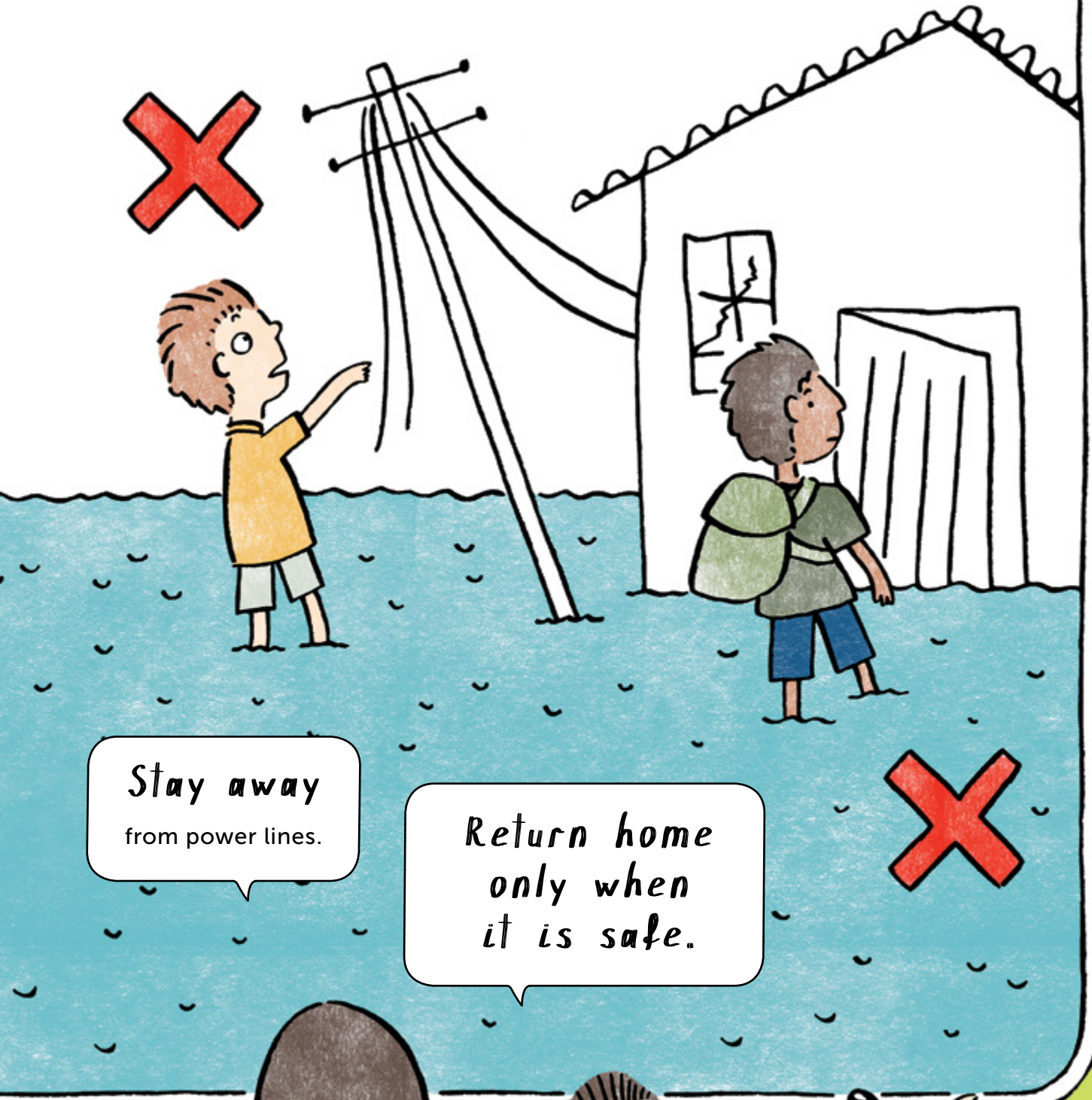
And  
**AFTER A FLOOD?**

*Do not drink*  
flood water.

*Do not play*  
in flood water.







Stay away  
from power lines.

Return home  
only when  
it is safe.







Sichuan,  
CHINA

Now, COPE, it is time to  
spread the word and recruit  
COPE Champions.

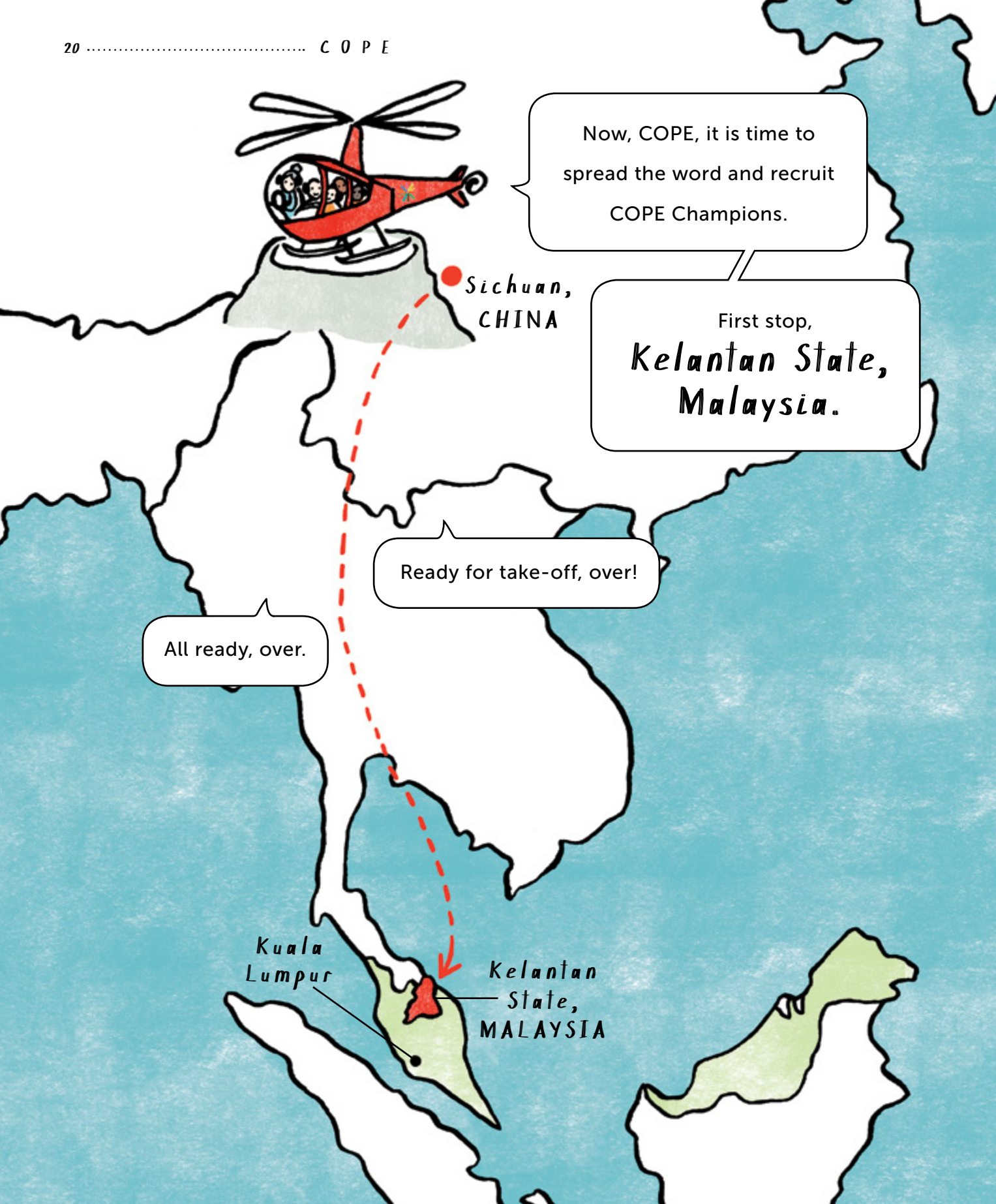
First stop,  
**Kelantan State,  
Malaysia.**

Ready for take-off, over!

All ready, over.

Kuala  
Lumpur

Kelantan  
State,  
MALAYSIA





December was monsoon season in Kelantan.



Has everyone remembered their raincoats, over?

Oops, over!

I have a spare one, over.

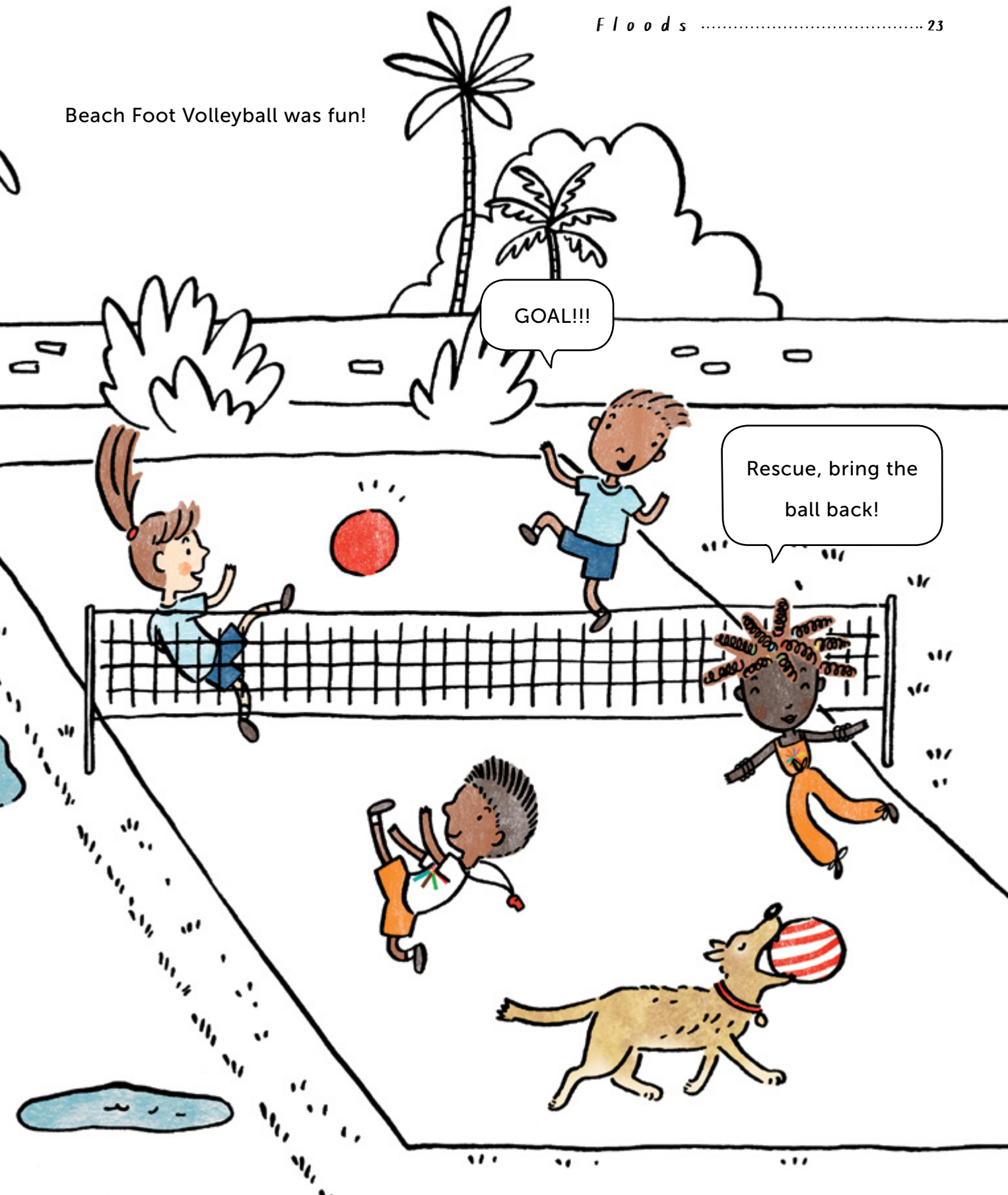
COPE stayed in a local boarding school.

They played Hopscotch ... and learnt new games such as Five Stones ... and Police and Thief ...





Beach Foot Volleyball was fun!



GOAL!!!

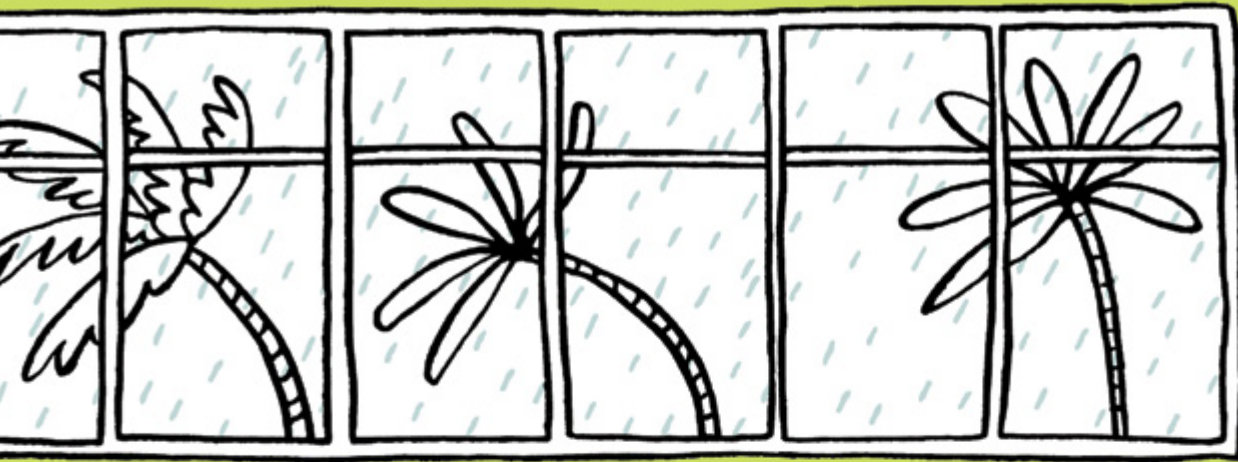
Rescue, bring the ball back!



Next morning, it was raining cats and dogs.  
There was a **yellow flood alert**.

COPE packed their **flood survival bags**.





We are ready.





COPE went from village to village ... to shopping malls, markets and beaches.



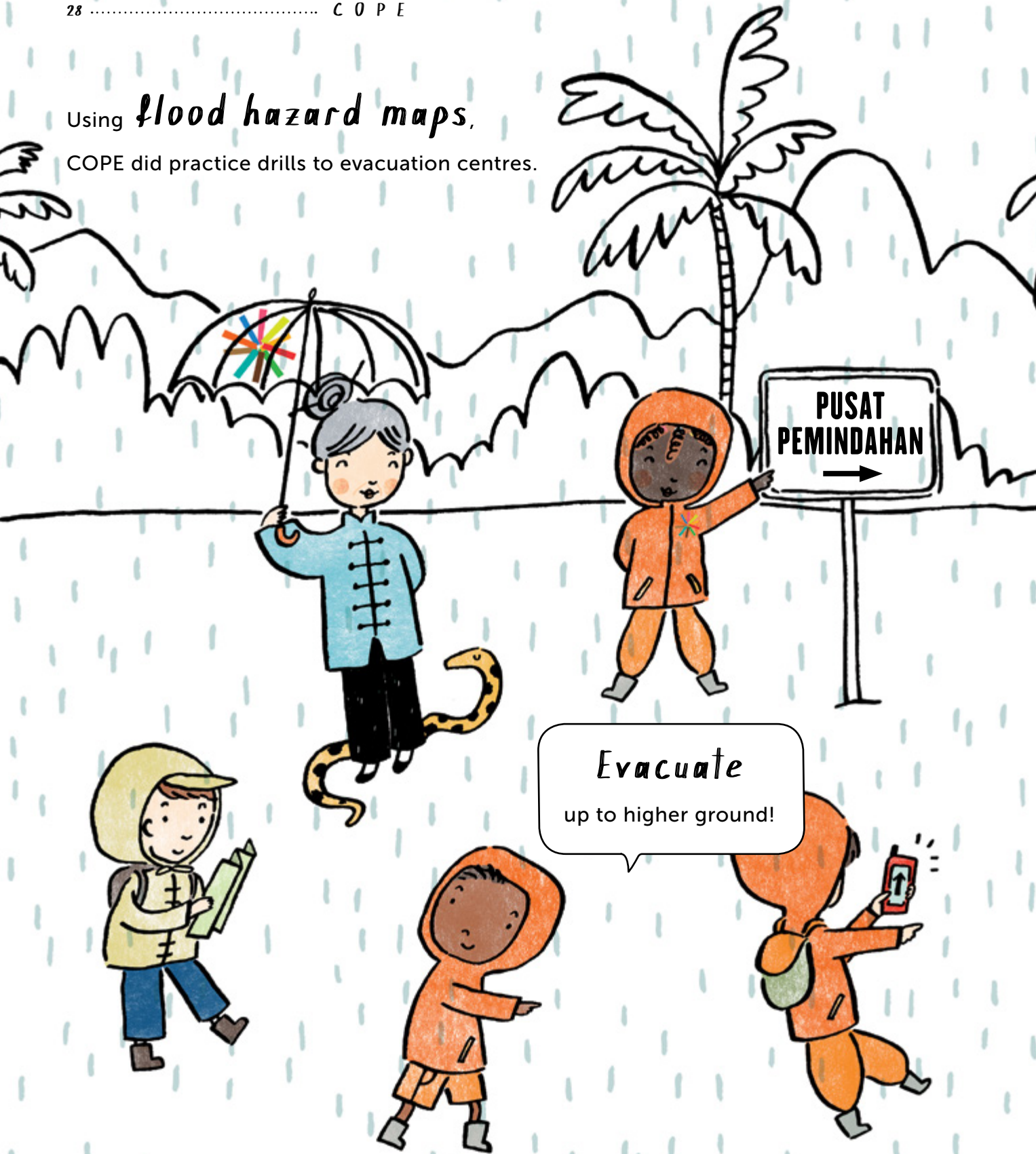
Selamat Petang! Hello!  
We're here to get you  
*ready for floods.*  
Listen up!







Using *flood hazard maps*,  
COPE did practice drills to evacuation centres.



*Evacuate*  
up to higher ground!





Up there.

This way!

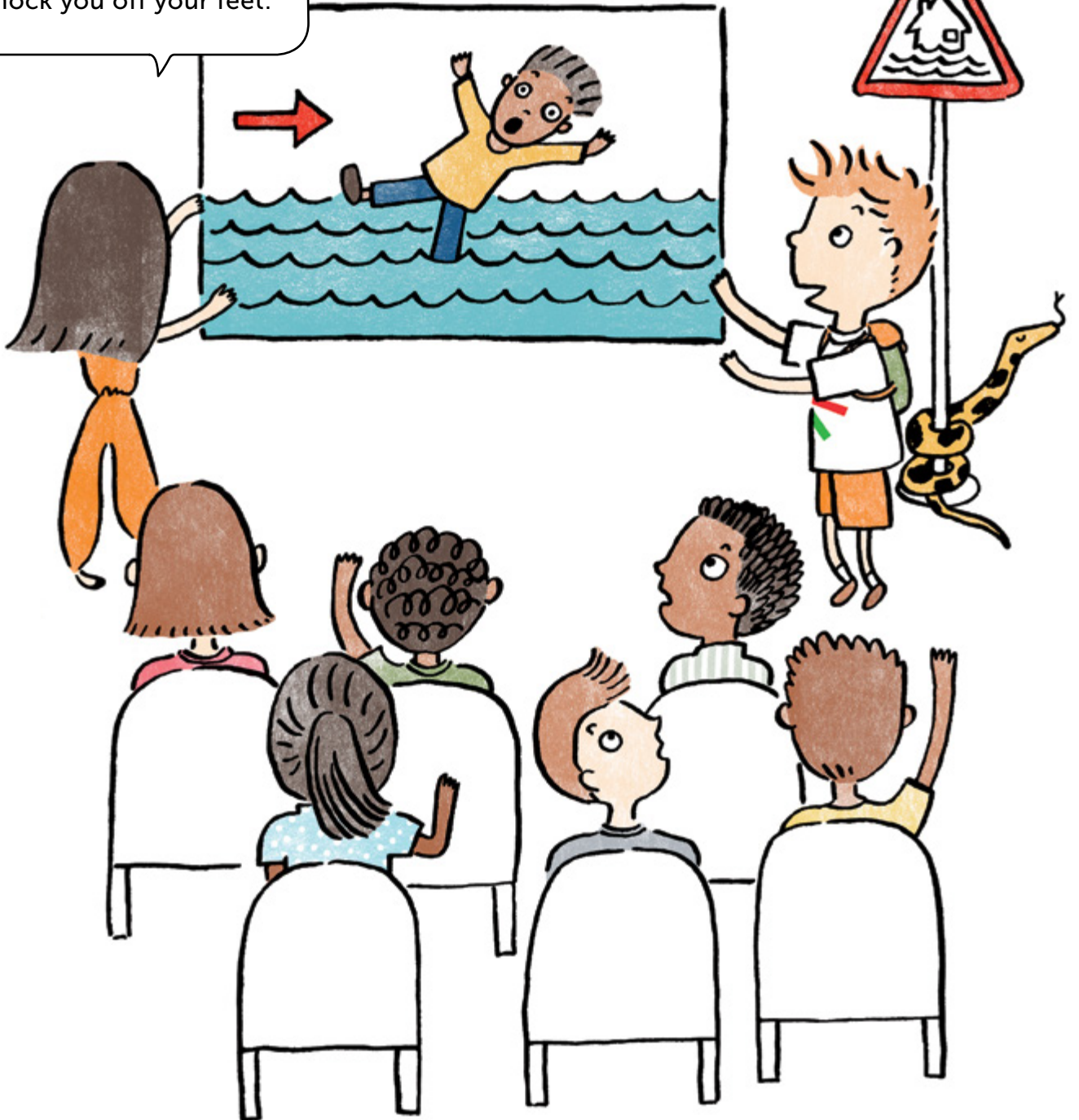


COPE taught children not to play with  
or drink flood water.



Meanwhile the rain kept bucketing down. There was an *orange flood alert.*

Moving water could knock you off your feet.





COPE became famous. COPE badges were all the rage.



COPE Champions are cool!





The rain did not stop. On the fifth day there was a *red flood alert*.

Sense started acting strange.



A super moon caused tides to rise.  
Then came the news that the banks  
of the Kelantan River had burst.

COPE put their disaster risk reduction skills into action. They helped people evacuate up to higher ground.



Keep calm. Follow me.

FLOOD!





EVACUATE!



The paddy fields flooded. Roads closed.  
Shops shut. The football stadium filled  
with water.



Muddy water swept through the streets of Kelantan  
and became known as the *Big Yellow Flood*.



COPE paid special attention to those in need.

Candy – pregnant women and children.



Ollie – the elderly and the disabled.



Ping – migrants and tourists.



Eddy – those living in poverty.





Ping heard a cry. There was a 12 year old girl named Nor.

You must leave now.  
The water level is 50 cm and  
*rising ... quickly.*

But I have lost my  
tortoise, George.





They searched high and low for George.

There he is!

Hooray!

Woof, woof, woof.

Sure enough, in the roots of a banyan tree was George.





The flood water was now above their ankles. It was *too dangerous to walk*. Ping and Nor were taken in a boat to the village hall.





Nor, it is wonderful you love your pet,  
George, but your life is important.  
You should have left with your family.

It was *too risky*  
*to stay behind.*

Shifu, I'm sorry.





Families were given first aid, blankets, water and snacks. Some moved into tents until it was safe to go back home.







COPE helped with the post flood reconstruction.  
They pumped out water, shovelled away mud,  
cleaned up houses and gave dry clothes.







Thank you, COPE.

It had been the worst flood in the history of Kelantan and would take years to recover. COPE were sad when they had to leave.



We promise to come back soon.



Grand Mistress Fu was proud of COPE. They had worked hard as a team to make a difference.





The snow glistened as they  
landed back on Mount Emei.

COPE, we are home, over.



## T H E C O P E C O N T R I B U T O R S



## Martha Keswick

**COPE  
AUTHOR**

Martha Keswick is the author of the popular bilingual *Max and Mei* picture book series, the factual *Zhongguo Mingren Series* about famous people of China and the action-packed *Pangu* comic book series. Martha's work for the Keswick Foundation often supports disaster related projects in China.

Martha lives in Hong Kong with her husband, their four children and two dogs.



## Mariko Jesse

**COPE  
ILLUSTRATOR**

Mariko Jesse studied at Central St Martins, where she went on to be an Associate Lecturer. She is an acclaimed freelance illustrator, working on a variety of projects around the world from picture books to ceramics.

Mariko lives in California where she is always in a state of preparedness for earthquakes.



## Timothy Sim

**COPE  
EDITOR**

Dr Timothy Sim started out as a social worker, specializing in family therapy and started focusing on disaster risk reduction, writing many books in Chinese and English since working with children, their families, schools and communities affected by the horrific Wenchuan earthquake in 2008.

Tim is currently a professor at the Singapore University of Social Sciences.





## COPE Academy, Sichuan Province.

Under Grand Mistress Fu, the COPE squad undergoes intensive training on natural disasters and how to be prepared. Join their Floods mission to Kelantan State, Malaysia where they actually have to put their disaster risk reduction skills into action.



[www.cope-disaster-champions.com](http://www.cope-disaster-champions.com)

  COPEdisasterchampions

COPE TITLES

- Earthquakes
- Floods**
- Cyclones
- Landslides
- Storm Surges
- Droughts
- Tsunamis
- Wildfires
- Heatwaves
- Volcanoes



COPE

.....  
*Make the Difference.  
Be Ready!*