



TOWNSHIP OF MONTAGUE



EMERGENCY PREPAREDNESS

Sensational!



Town of Smiths Falls
77 Beckwith St. N.
Smiths Falls, Ontario, K7A 2B8
Telephone: 613-283-4124
www.smithsfalls.ca

The Town of Smiths Falls operates both Police and Fire Services from its' central Beckwith Street location.

Fire Services:

The Smiths Falls Fire Department acts as the regional dispatch center for Lanark County and maintains a fleet of two pumper trucks, one rescue truck, one ladder trucks (known as the "Squirt" truck), one tanker truck, and 1 personal vehicle. The department consists of seven



full-time members and 24 paid on-call volunteers. Together the Fire Department collaborates with the Smiths Falls Police Department to respond to all types of calls including alarms, vehicular, structural and chimney fires, medical assists, tactical rescues and many more emergencies. SFPD also retain a service of ten police vehicles and 25 uniformed officers. Both operations maintain thorough education and awareness programs which are promoted by community service officers designed to prevent future emergencies. Programs include the provincially mandated Fire Safety Plan, the Arsonist Program for Kids, and Learn Not to Burn.

Police Services:

"Community First" is the motto of the Smiths Falls Police Service and one its members strive to put into practice daily in providing quality community policing to residents of Smiths Falls, as well as visitors. Established in 1887 and governed by the Police Services Act of Ontario, the police service currently has 25 members in uniform. That includes the Chief and Deputy Chief, seven full-time civilian members, three part-time contract civilians and two part-time special constables used for court security and prisoners.

Committed to working together with the public to create a safer community, the police service has a fleet of 10 police vehicles – four marked patrol units, one unmarked traffic unit, one court vehicle, one crime unit (CIB) vehicle, one community service vehicle acquired with grant monies, one

crime scene unit purchased for one dollar and one administration vehicle.

Further information on the Smiths Falls Police Service can be found on the police service website at www.sfps.ca.



NON EMERGENCY NUMBERS

MUNICIPAL PHONE CONTACT

	Municipal Office	Fire	Public Works
BECKWITH TOWNSHIP	613 257 1539	613 257 1749	613 257 1810
TOWN OF CARLETON PLACE	613 257 6200	613 257 5526	613 257 6209
TOWNSHIP OF DRUMMOND/ NORTH ELMSLEY	613 267 6500	613 267 2596	613 267 6500
TOWNSHIP OF LANARK HIGHLANDS	613 259 2398	614 259 2398	615 259 2398
TOWN OF MISSISSIPPI MILLS	613 256 2064	613 256 1589	613 256 2064 613 256 3167
TOWNSHIP OF MONTAGUE	613 283 7478	614 283 7478	615 283 7478
TOWN OF PERTH	613 267 3311	613 267 5574	613 267 3311
TOWN OF SMITHS FALLS	613 283 4124	613 283 5869	613 283 4124
TAY VALLEY TOWNSHIP	613 267 5353	613 267 2596	613 264 0730
COUNTY OF LANARK	613 267 4200		613 267 1353

HOSPITALS

Almonte General Hospital
613 256 2514
Carleton Place & District Memorial Hospital
613 257 2200
Perth & Smiths Falls District Hospital
613 267 1500
613 283 2330

HEALTH

North Lanark Community Health Centre
613 259 2372
Leeds Grenville & Lanark Health Unit
613 345 5685
613 283 2740
613 256 2514 ext. 2504

Ontario Poison Info Centre 1 800 268 9017
Kid's Help Phone 1 800 668 6868
Interval House Outreach
(Women's Shelter) 1 888 414 7321
Assaulted Women's Helpline 1-866-863-0511
Operation Go Home 1 800 668 4663
Telehealth Ontario 1 866 797 0000
Children's Aid Society 613 264 9991
Lanark County Housing 1 800 267 1313
Ontario Works 1 866 878 9588
Distress Line 1 800 465 4442
Open Doors for Children & Youth 1 877 232 8260
Ontario Early Years & Crow 1 800 267 9252
Tri-County Addictions 1 800 361 6948
HIV/AIDS Regional Service 1 800 565 2209

LEGAL SERVICES

Legal Aid 613 267 3123
Legal Clinic 613 264 8888
Crown Attorney 613 264 1900
Victim Services 613 284 8380

FOOD BANKS

Carleton Place 613 257 8546
Perth 613 267 6428
Smiths Falls 613 283 6695

POLICE

OPP 1 800 310 1122
Perth 613 267 3131
Smiths Falls 613 283 0357

Severe Summer Weather

Outdoors, we are vulnerable to severe weather conditions. This is particularly true out in nature or in open areas. When enjoying outdoor sports or activities like camping, hiking, water sports, team sports, fishing, climbing, biking or even walking, we need to know the weather forecast and be aware of the possibility of a storm developing. We should also be able to recognize the early signs of bad weather and know how to protect ourselves. As a general rule, if the sky darkens suddenly, one should seek shelter as soon as possible.



Lightning is the most common danger associated with storms. Lightning is an electrical discharge that can reach 10 000 amperes, striking the ground at about 40 000 km a second. It always seeks the easiest path to the ground. As soon as you see lightning or hear thunder you should find shelter. Storms also generate very strong winds, hail, heavy rain, and sometimes even tornadoes.

To be safe outdoors, you must be familiar with your immediate environment and the surrounding area. For example, by taking note of appropriate locations to take cover, you will be able to find shelter fast if the sky darkens and you notice thunder and lightning. Do not forget that a storm can develop very quickly and you need to be able to take cover in as little as 30 minutes.

Practical advice in case of bad weather

Storm, lightning, strong winds, hail, tornado

If at all possible, take shelter in a sturdy, well-built building. In the case of lightning, a shack, tent or other small shelter will not do; it is important that the building have wiring or plumbing.

- If at a campground and you are in a tent or camper, take cover in a building such as a comfort station, washroom or community hall, or get into a hardtop vehicle.

- If there is no building close by, crouch down in a ditch or other low-lying area and cover your head with your arms.

- In the event of a tornado, take shelter in a well-built building, preferably in the basement, or in an interior room, away from windows. As with lightning, if there is no sturdy building nearby to protect you, lie flat in a ditch, ravine or other depressed area, and protect your head with your arms. Beware of fly-

ing debris.

- If you are in the water or on a boat, head for shore at the first sign of bad weather and take cover.

- Wait for 30 minutes after the storm has passed before returning to an open area or to the water.

Heavy rain, flash flooding

Never drive across flooded roads because the road surface underneath may have been washed

away.

- Do not camp too close to streams or rivers because heavy rain may cause a rapid rise in the water level.

- In the event of a flash flood, head to higher ground immediately.

Learn to be safe

To better enjoy outdoor activities and to be able to protect yourself, you should keep abreast of the latest weather reports and warnings in effect issued by Environment Canada. Various tools also provide access to this information at anytime, anywhere, even along your route.

The weather forecast and warnings from Environment Canada are available 24/7 on its weather website www.weatheroffice.gc.ca, where you can subscribe to the RSS service. In addition to being available from the local media, local weather conditions may be obtained using a hotline for recorded information in your area (1-613-998-3439). You can also be in touch with an Environment Canada expert seven days a week at the weather consultation service Weather One-on-One: 1-900-565-5555 (charges apply).

The Weatheradio Canada network broadcasts continuous weather reports on seven VHF frequencies. In Lanark County, the closest transmitter is located at Lavant, transmitting at 162.55 MHz. The signal can be picked up by Weatheradio receivers, which are available for purchase from several retailers in Canada. At selected locations, low power broadcasts are transmitted on the regular FM or AM band. A Weatheradio receiver is not required to hear these broadcasts. For more information on Weatheradio or on hazardous weather conditions and how to protect yourself, visit: <http://www.ec.gc.ca/meteo-weather>

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Flooding

Floods occur in Canada each year. Although flash floods do occur, usually weather forecasts can predict rain or quick thaw events and there is usually an opportunity to take action to protect yourself and your property. When floods do occur, there are many hazards and challenges that accompany them. Flood water can impact the quality and safety of our water and food supply, and expose our families to hazards we may not be aware of.



Water Quality Issues:

Flood water is normally contaminated with high levels of bacteria, including pathogenic bacteria from septic tanks and farm fields. When flood water enters your well it contaminates your well water supply. Therefore your water may not be safe and should not be used for drinking, preparing food (including making ice and juice or drinks from frozen concentrate), brushing of teeth, and washing dishes. In some cases, heavily contaminated water may not be suitable for bathing infants and small children. Flood water may also contain various pesticides and chemicals found in garages, households and businesses. If containers holding these items leak or spill during the flood, they may create hazardous conditions not only in your drinking water, but also in the environment around you. If your water supply comes from a well and the power is off, you will not have access to water, and any equipment treating your water will not work, so the water may not be safe for use. Insufficient quantities of safe water may create challenges for every day needs including food preparation, hand washing, personal hygiene, diapering small children and caring for pets. Challenges in performing these day to day activities can increase the chances of your family becoming ill.

Keep an alternate supply of safe water on hand. Consider what you use water for and the number of people and pets in your family. Be sure to rotate the supply to keep it fresh.

Boiling your water at a rolling boil for one minute will destroy bacteria in the water; however if pesticides and chemicals have contaminated the flood water that contaminated your well, boiling may concentrate these harmful contaminants, so a safe alternate source should be used.

After the flood, wells need to be disinfected by shocking them with chlorine. Your health unit can provide disinfection instructions. The well water must be tested before use. Ensure you collect and submit at least three samples taken a week apart to ensure your water supply is stable and bacteriologically safe. A sample for chemical parameters may need to be taken in addition to the bacteriological sample.

Food Safety Issues:

Floods often result in power outages. When refrigerators and freezers do not work, food temperatures may rise to levels that support the growth of bacteria. Prolonged power outages may result in your food becoming unsafe to eat.

Discard foods that have been soaked with flood water (even slight contamination should be a concern).

Discard foods that have not been stored at proper temperatures i.e. perishable foods need to be stored at 4°C or lower.

Canned foods can be salvaged if they have not been damaged. Remove labels and disinfect cans that have come into contact with flood water in a mild bleach and water solution. Only use cans that are water tight (re-label after cleaning).

Have foods on hand that do not require special storage or preparation and are ready to eat.

Safety Issues:

Flood water can conceal many hazardous situations. Many submerged items with sharp edges may not be seen and can cause injury. Fast moving flood waters pose a drowning risk, even for skilled swimmers due to the unexpected currents and submerged hazards. When the power goes out, other safety hazards may arise. Smoke and carbon monoxide detectors that run on electricity may not function properly. Fall and trip hazards increase when stairwells are not adequately lit. If you use candles for back up light, these need to be handled with care so as not to increase the risk of fire.

Keep your family safe by keeping them out of the flood water.

If you use propane or gas powered generators or heaters during the power outage ensure these are vented to the outside to ensure your family is not overcome by carbon monoxide fumes.

Flood water entering homes and basements may come into contact with electrical outlets, panel boxes, and various appliances that may have an electrical component to them. Water conducts electricity so do not enter areas where electrical systems have been affected as you may be electrocuted. Always wait for clearance from the electrical authority before entering these areas.

Building materials, clothing, furniture etc. that have been exposed to flood waters are likely contaminated and can support the growth of mold. While some items can be salvaged, cleaned and disinfected, others may need to be discarded. Where possible seek professional advice during clean up. If you attempt to salvage and clean on your own, make

CONTINUED PAGE 5

FLOODING

From Page 4

sure you wear protective clothing, a mask and gloves.

Before the Flood:

Monitor weather and take warnings seriously.

Have an emergency kit stocked and ready to go.

Be sure to include important documents, cash and medications.

Move items likely to be impacted by a flood to higher areas where possible.

Ensure chemicals, cleaners, gas cans etc are stored in such a manner as not to contaminate flood water.

Have extra supplies of water and food available that you can prepare without electricity.

Maintain your home to keep flood water out.

Ensure drainage ditches etc. around your home are clear and can function during periods of heavy rain.

Label the shut off valves and the direction to turn off the gas, water, power etc. If you must leave your home due to rising flood waters, turn off the power, gas etc.

Have your vehicle filled up and ready to go.

Ensure you have a supply of fuel for generators and pumps. Store fuel in a manner so as not to contaminate flood water.

Flood Warnings:

Once a flood notification has been issued, prepare sufficient sandbags to protect your property or your neighbours.

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72-Hour Emergency Preparedness Kit

Are you ready for the unexpected? Recent emergencies have demonstrated the need for individuals and families in Ontario to be prepared. It is important to prepare your household by ensuring that you have an emergency survival kit as part of your family emergency plan.

An emergency survival kit contains all of the items you and your family need to stay safe and comfortable for up to 72 hours.

Basic items for your emergency survival kit:

- Flashlight and batteries or crank flashlight
- Radio and batteries or crank radio
- Spare batteries
- Bottled water (4L per person, per day)
- Non-perishable food
- Can opener
- First-aid kit
- Whistle
- Candles and matches/lighter
- Clothing and footwear (appropriate to season)
- Blankets or sleeping bag
- Toilet paper and other personal items
- Extra car keys and cash (small change)



- Important papers (identification)
- Playing cards

Every household will have different requirements for their emergency survival kit. You will want to consider the specific needs of your family members when gathering your supplies. For example, families with infants will need to include items such as diapers and formula. Others may require things like medications, copies of prescriptions and extra glasses/contacts.

Remember...

Store all of your emergency survival kit items in one spot - a backpack or duffel bag works well.

Keep your emergency survival kit in an easily accessible location and ensure your family knows where it is stored.

Check the contents of your kit twice a year (verify expiry dates on food, water and medication; test your radio, flashlight and batteries).

Take the time to plan ahead for your family, they're worth it.

Visit www.ontario.ca/beprepared to learn more about preparing your 72-hour emergency survival kit.

Develop a Family Emergency Plan

Emergency planning can help to ensure an effective response to emergencies and disasters. Have a family meeting to discuss potential emergency situations. Talk about what each family member should do in different situations.

Develop your plan based on an assessment of the kinds of emergencies that can occur in your community. Natural events can include winter storms, floods or tornados. Secondary events, such as toxic spills can exacerbate a weather-related event and prolong a state of emergency. While the emergency incident may vary, the elements of an effective response are the same.

Ensure elderly family members, who may not live with you, are included in your emergency plans.

Conduct a hazard audit of your home. Review fire safety features such as smoke detectors and how to monitor them. Check for frayed electrical cords or overloaded circuits. Don't keep flammable materials near electrical equipment or your furnace. Learn how to safely turn off main water and electrical switches in your home. Locate the safe areas in your home in case of a tornado (ie: interior bathrooms, closets, lowest floor level).

Select a predetermined meeting place if a fire or other event forces your family out of your home. Ask someone outside your immediate area to act as a central point of contact for your family members,

relatives and friends in an emergency.

How to get Started

Meet your neighbors.

Plan how the neighborhood could work together after a disaster. Know your neighbor's skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

Practice and maintain your plan

Disasters happen anytime and anywhere, and when disaster strikes, you may not have much time to respond.

A highway spill of hazardous material could mean instant evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services (gas, water, electricity and telephone) for days.

Supplies

There are six basics you should stock in your home:

Water, food, first aid supplies, clothing, bedding, tools and emergency supplies. Keep the items that you would most likely need during an evacuation in an easy to carry container – a large, covered trash container, a camping backpack; or a duffel bag. One (1) week supply of any medications.

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Advice from the Care Experts at Bayshore Home Health

Quick Answers On Home Health Care

For seniors with health issues, home health care could mean greater independence. But is it a viable option? To help you better understand if home health care can meet your needs, here are answers to some frequently asked questions:

What is it? Home health care is an alternative to a hospital, long-term care facility or a retirement residence. Services are varied and include nursing care, personal care, home support and companionship. These are services that can literally change people's lives.

Where is it available? Services are delivered right in the home or care facility. No travel is required by the individual.

Who is it for? Home health care is for people with a wide range of health conditions who live in their own home or in an institutional facility. Home health care is available for people of all ages including seniors, the chronically ill and people living with disabilities.

Why will it make a difference? Staying in your home preserves independence and dignity while enhancing quality of life. It can also reduce the pressure felt by family members to provide care during challenging times.

When is the right time? The need for home care is generally triggered by an ongoing health issue, release from the hospital or a sudden event such as a fall or stroke. It can also be used by seniors who need help with daily activities or companionship.

How is it funded? Payment can be made privately or funded through government care programs, personal and group insurance plans and workers' compensation insurance.

To learn more about the benefits of a personalized home health care plan, please call our **Smiths Falls office** (serving Lanark County, North Leeds and North Grenville) at 1-888-227-4599. For more information please feel free to visit our website www.bayshore.ca.

Bayshore Home Health has been enhancing the quality of life, dignity and independence of Canadians in their homes since 1966. Canadian owned and operated, we offer a wide range of home and community health care services through more than 50 offices across the country.

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POWER OUTAGES

A power outage or black-out can happen at any time. Usually power outages are short and the power is restored before we even miss it. Some extreme weather events can cause power outages that last for days.

Knowing what to do during a prolonged power outage is important. The following tips should help you stay safe during a power outage.

Food Safety

The perishable food in your fridge and freezer must be kept cold while the power is off. The good news is fridges and freezers are designed to keep the cold air in. You should avoid opening them wherever possible. A fully stocked, upright or chest freezer will keep food frozen for about two days. If the freezer is only half full, the food should stay frozen for one day. Your fridge will keep food cold for four to six hours without power.

Any food that was stored at or above 4°C for two hours or more should be thrown out. Remember that unsafe food may not smell or look bad.

If frozen food has thawed and risen above 4°C it should be discarded.

Adding bags of ice to your fridge or freezer will help maintain the cold temperature.

Squeeze the frozen food. If you hear the crunch of ice crystals then it is only partially thawed and can be refrozen.

The best way to ensure your food is safely stored is to put an accurate indicating thermometer in your fridge and freezer.

Storing food outdoors in cold weather is not a good idea. The sunlight can warm it up and the food could be contaminated by animals.

If any food comes in contact with raw meat juices it should be thrown out. You can help prevent this by storing raw meats separate and below other foods.

"When in doubt; throw it out".

You may need to change the way you prepare baby formula during a power outage.

Water used for preparing formula must be sterilized for all infants under the age of four months.

If you can't boil water for mixing formula, use ready to feed formula.

Unsterilized water can only be used for making formula for infants older than four months of age.

If you are saving mixed formula, keep in the fridge. If the power has been off for four hours or more; throw it out.

Use prepared bottles of formula within 24 hours.

Once you've started feeding a bottle of formula, the bottle should be used within two hours. Throw



out any leftovers.

Don't forget to use proper hand washing whenever you are handling food. Alcohol based hand sanitizers are effective when there is no food on your hands.

Water and Waste Water

Safety

Most homes that use well water rely on an electrical pump to move the water into the home. During a power outage, the pump would be off and there would be no water available. Having an adequate supply of bottled water in case of emergency is a good idea. Remember that some homes have treatment systems for their well water that use electricity (e.g. Ultraviolet light). If you restore power to your pump, make sure that your treatment system is working also.

Some on-site septic systems use pumps that run on electricity. The pumps move waste through the system and into the leaching bed or treatment unit. If you are still using water in your home; septic and pump tanks will continue to fill. If the tanks get too full, the effluent could back up into the home. You should limit your water use until the power is restored.

If the pump is between your home and the septic tank you may choose to collect your wastewater in pails and pour it into the inlet side of your septic tank. For a prolonged power outage, having your septic tank pumped by a licensed sewage hauler will allow you to store more wastewater until your pump is working.

Hazards

Some of the safety devices in your home also run on electricity. Many modern homes have smoke detectors hard wired into the home power supply. These devices should have a battery backup feature in case of power outage. These batteries should be checked regularly.

Portable generators can be used to provide power during a blackout. It is important to remember that generators must be used according to manufacturer's instructions and in a well ventilated area. The only safe way to connect a generator to your homes electrical panel is through an approved transfer panel and switch. Those must be installed by a qualified electrician.

Heating and Cooling

Some home heating appliances use power venting. The fans used for power-venting require electricity to vent combustion exhaust fumes. A power-vented gas fireplace should have a shut-off mechanism that

CONTINUED PAGE 10



Canadian Tire can help you be prepared for any Emergency Situation!



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Pets and Emergencies

Eighty-three per cent of Canadian pet owners consider their pets to be a part of their family.

Your pet relies on you to keep them safe and comfortable and as such, it is important to include them in your emergency planning. Be sure to prepare an emergency survival kit for your pet. Gather the necessary items into an easy-to-carry bag and store it next to your family emergency survival kit for quick retrieval. Remember, the items in your pet kit will vary depending on the type of animal you have. Your veterinarian will be able to help you determine which items your pet needs.

- Sample list of items for dog/cat:
- Food and water
- Bowls, manual can opener, spoon and plastic bags

OUTAGES

From Page 8

prevents any gas combustion during a power outage. Check to make sure your appliances have the feature.

Staying cool during summer blackouts can be a challenge. Try the following tips:

Stay out of the sun between 11 a.m. and 4 p.m.

Drink lots of water.

Take a cold bath or shower to cool down, if your well and septic system are still operational.

Wear loose-fitting, lightweight, light-coloured clothing, and don't forget the sunscreen.

Pay close attention to young children; keep them out of the sun and give them lots to drink.

References:

<http://www.inspection.gc.ca/english/fssa/concen/tipcon/emurge.shtml> (CFIA Fact sheet)

<http://region.waterloo.on.ca/web/health.nsf/4f4813c75e78d71385256e5a0057f5e1/f7ba207667394f5385256d87005b0f6b!OpenDocument> (Waterloo Public Health)

http://www.getprepared.gc.ca/_fl/pub/pwr-tgs-w-t-d-eng.pdf (Public Safety Canada: Get prepared 72 hours)

<http://health.gov.on.ca/english/public/pub/food-safe/homefood.html>

http://www.health.gov.on.ca/english/public/pub/watersafe/watersafe_power.html (MOHLTC water - septic advice)



- Up-to-date ID tag (microchipping is also recommended)

- Current photo of your pet with you in case you get separated

- Emergency contact list of pet friendly hotels/motels outside your area, friends, relatives and your veterinarian

- Copies of medical records, including proof of vaccinations

- Information on feeding schedule, medical or behavioural problems

- Medications and first aid kit

- Familiar bedding materials, small toy and brush

- Leash, collar or harness, muzzle (dogs)

- Litter/pan and scooper (cats), poop n' scoop bags (dogs)

- Carrier large enough to transport and house your pet

If you need to evacuate your house, take your pet with you. It is important to plan ahead and find places that will accept animals during an emergency. Learn about your municipality's evacuation centre locations and related pet policies. Consider making arrangements for your pet to stay with an out-of-town friend or family member or research pet-friendly hotels outside your immediate area.

You may not be home when an emergency occurs, but your pet will be. Consider a buddy system with a neighbour who can take care of your pet in your absence. It is important that they are familiar with your pet and your family emergency plan.

Just as you plan for your family in case of an emergency, plan for your pets. They need you.

Visit www.ontario.ca/beprepared to learn more about planning for your pet.



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Responding to Stressful Events: Helping Children Cope

Natural or human-caused are upsetting for children, even if they only witness them on television or see their impact on the adults they care about. We need to remember that it is normal for kids to feel depressed, horrified, worried, sad, nervous, and frightened in the face of such events.

Parents, older siblings, family members, teachers and adults in general need to pay attention to children's feelings and reactions.

The following information will help you understand some common reactions of children following a stressful event.

For The Young Child (1-6)

Young children are not as verbal as older children. They express themselves through conversations with adults and each other, self talk, play, songs and drawings. Take time to listen to and observe the child. These activities are a window into their thoughts and feelings.

Do not be alarmed. These reactions are some of the ways children express their feelings after a traumatic event or comfort themselves when they are upset. They are important and common signs. They tell you that the child needs help.

Do not overreact. If you punish or nag the child, his/her behaviours may last longer and she/he will not get the help they need.

Spend extra time paying attention to the child. Help them feel understood and loved. Let your children know that you are not upset with their bed wetting, thumb sucking or nail biting. Reassure them that you know that it is only happening because they are upset and that they are safe.

Catch them being good. Praise for good behaviour brings positive results.

Children who cling need to be reassured. Leave them when you must, but reassure them that you will be back.

Comfort and hold them. Children need physical closeness, holding, comforting, and reassurance to



feel safe and secure. Very young children need to be protected from frightening scenes on TV because they are not old enough to understand the events.

Spend more family time together. Children need their parents, family members or familiar adults around them during and after a stressful or traumatic event. If family members are not available, time and reassurance from other adults are very important.

Maintain familiar routines. Mealtimes, visits with playmates and regular bedtime hours are comforting for the child. Familiar routines reinforce the child's sense of security.

Create an environment in which children feel safe enough to ask questions. Young children do not need detailed information about the events but they need to talk about their feelings. Ask them what they have seen, what they have heard and how they feel about it. Answer their questions honestly, but make sure the information is suitable to their age level. Remember also that they are listening when you talk to others about the events. Reassure them that people are doing everything they can to make them safe.

Kids have short attention spans. Talk to them for short periods of time, but do it often. Check in with them to see how they are doing.

Older Children (7-11)

Older children may also show signs of being upset after a stressful event. At this age, the fears and anxieties expressed show that the child is aware of possible danger to themselves, their family and friends.

Take children's fears seriously. Do not force a child to be brave. Respect their feelings and try to understand them. Explain it's OK to be scared and reassure them they are safe.

Listen to children and ask them what they have to say about their fears, their feelings, their thoughts on what has happened. This will help them to better understand the situation and deal with their

CONTINUED PAGE 14

Coming Through For You!

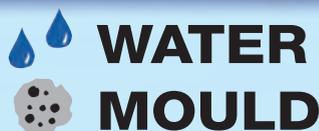
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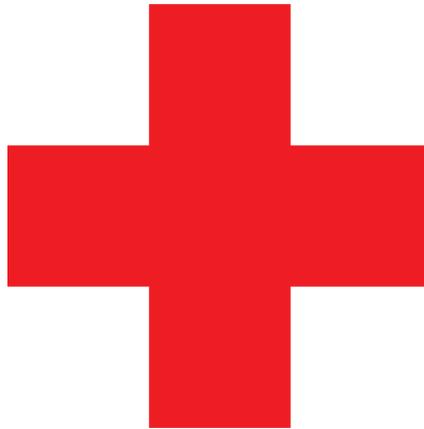
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24-Hour Emergency Service

The Red Cross has arrived in Lanark County!

Last year Lanark County officials responsible for emergency planning and representatives of the Canadian Red Cross (CRC) in Eastern Ontario held discussions about bringing the CRC's disaster management (DM) program to the County. Lanark County is one of the few areas in Eastern Ontario without an active DM program. A prerequisite to the establishment of a successful program is the creation of an active team of volunteers. While CRC had several volunteers in the east and south extremities of the County, no attempt to build a cohesive team had been made. With encouragement and assistance from County officials information sessions were held and several volunteers have been recruited and some have already



received the basic DM training.

So, what does this mean for the County? Through the DM program the CRC will provide assistance to County emergency planning officials when disasters strike. The program recruits and trains volunteers who are capable of setting up and managing all aspects of emergency shelters that become temporary accommodation for hundreds seeking refuge after a disaster. Training is provided at no cost to volunteers. CRC will also explore, in collaboration with County emergency planning officials, suitable locations to

preposition emergency supplies (cots and blankets) as well as assist with the identification and suitability of facilities that may be designated as emergency shelters. For smaller scale emergencies DM volunteers would be available on a 24/7 basis to assist victims of residential fires or similar incidents that force one or two families from their homes.

This sub-program, referred to as Personal Disaster Assistance (PDA), provides victims with immediate temporary accommodation (usually in hotels or motels) and meals or food for up to 72 hours as well as clothing and other basic necessities such as medical prescriptions and eye glasses based on assessments of needs. These services are provided at no charge to the victims.

PDA volunteers collaborate with County fire services to arrange for notification when fire victims are in need of assistance. Coincidentally, within a few days of making a presentation to County fire chiefs, Red Cross was called to provide PDA assistance to ten adults and three children who lost their homes due to a fire. This incident provided the fire services and County emergency planning officials, who were also present at the fire site, with a first-hand experience of PDA in action. The CRC's mission statement is "to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world". That mission encompasses people in Lanark County who suffer the devastation of losing their homes to fire or other catastrophe.

DM volunteers are advocates of emergency preparedness. Experience has shown that preparedness improves the survival rate of victims of disasters. CRC has developed an excellent emergency preparedness presentation which is available to interested groups in the County.

CRC will be striving to build a DM response capacity in the County. If you would like to become part to this team building, contact the Ottawa Branch at 613-560-7220, ext. 241 or 248.

COPE

From Page 12

emotions. They will be able to express fears that may be unfounded, giving you the opportunity to explore their fears and reassure them. If possible, include the whole family in the discussion.

Try to explain the events as well as you can. Children are more frightened when they do not understand what is happening around them. Acknowledge what's frightening about it. If you don't know the answers to their questions, it's OK to say that there are some things about the situation that you don't know or understand.

Children usually need reassurance about their personal safety.

It is important to let kids know what you think and feel. It helps them feel less alone if they know that their feelings are similar to yours. It is important, however, not to overwhelm them.

When To Seek Help

Children are amazingly flexible and resilient, and parents are capable of helping their children overcome their fears and feelings of anxiety about stressful events. However, getting additional help is a good idea if a child continues to show significant changes in his or her behaviour.

Following a seriously stressful event, some adults and children have found it helpful to talk with a health professional such as a psychologist, a social worker, physician, nurse or psychiatrist who can help them understand and deal with how they are feeling.

For more information please visit:

<http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/child-eng.php>

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Utilizing 9-1-1

When faced with a serious emergency where ambulance, fire or police personnel are required, calling 9-1-1 can seem to be a pretty straightforward decision. However for incidents that are more minor in nature, the decision whether to call 9-1-1 may not be so clear.

So when should you utilize 9-1-1?

9-1-1 should be utilized any time a fire is suspected or is in progress, someone is injured or sick and requires an ambulance or where a crime is in progress and police are required immediately. A crime in progress does not have to be life threatening but can include an incident such as damage or theft of property which you are seeing or hearing in progress. For police related incidents where the incident is not in progress, the administrative or non-emergency telephone numbers should be utilized. An incident that is not in progress may include a property owner discovering a theft or act of vandalism that has occurred overnight.

It is important that whether you are a full time resident, seasonal resident or a cottager; know your 9-1-1 civic address, the municipality you reside in, and which fire, ambulance, or police agency actually services you. This information should be kept close at hand, along with the administrative telephone numbers, so whether faced with a life threatening emergency or a more minor incident; this information will be readily available.

Keep in mind that when utilizing 9-1-1 from a landline, the 9-1-1 operator will have access to your 9-1-1 civic address and will verify its accuracy. However if utilizing a cell phone, the 9-1-1 operator will not have access to this much needed information; therefore it is incumbent upon individuals to know the location from where they are calling. Know which roadway or waterway you are on, and the municipality you are in. If you are traveling continue to landmark your position. Simply paying attention to which roadways you have passed, or what the name of an island, bay or inlet is nearby will assist greatly in determining your location. The more information you are able to provide, the faster your location will be determined, aiding emergency personnel to find you. Where possible, get to the



closest landline to initiate or continue your call, as in more rural areas, cell phone coverage can be limited, and a call easily lost.

For the Ontario Provincial Police, the non-emergency 24-hour telephone number is 1-888-310-1122. The administrative non-emergency telephone number for the Perth Police Services is 613-

267-3131 and the Smiths Falls Police Services is number is 613-283-0357.

Remember... if you are unsure who to call, let the dispatcher make that decision and call 9-1-1.

The Town of Carleton Place and the Town of Mississippi Mills CERV Program Helping you in time of disaster!

Both the communities of Carleton Place and Mississippi Mills have a Community Emergency Response Volunteer (CERV) Program in their respective communities in order to assist the Ontario Provincial Police, fire and ambulance first responders with both emergency and non emergency situations.

CERV is a province wide program designed to improve safety and security in Ontario communities. Operating at the grassroots level, CERV trains volunteers to help in their communities to the best of their ability – preparing for emergencies based on local risks and meeting the challenge when an emergency occurs, whether it's a flood, a major storm or other local hazard. Volunteers are trained in emergency management, search and rescue techniques, fire suppression, first aid and the psychology of dealing with disasters.

CERV teams also assist the local municipality with non-emergency events such as crowd control for local parades, first aid tents and social events.

CERV volunteers are easily recognized by their blue safety vests and blue hard hats (or blue ball caps) with CERV written on them and will have municipal photo identification.

Further information regarding either the Mississippi Mills or Carleton Place CERV Programs can be obtained by calling the local Clerk.



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Emergency Preparedness for People with Disabilities/Special Needs

There is no one-size-fits-all emergency preparedness plan. Those living with a physical, visual, auditory and/or other non-visible disability, should customize their emergency plan to suit their needs. Consider what additional items you may need to add to your emergency survival kit or family emergency plan.

Remember...

Select a network of individuals at home and at work that will be able to assist you during an emergency.

Prepare a list of medications, specifying the reason for each medicine that you are taking. Include the generic name, dosage, frequency and the contact information of the prescribing physician.

Provide a copy of your medication list to your designated network and keep a copy in your emergency survival kit. You will also want to prepare a list of food and/or drug allergies.

Provide written instructions for your network on how best to assist you and your service animal (if applicable) during an emergency.

Label all special needs equipment and attach laminated instruction cards.

Carry a personal alarm that emits a loud noise to draw attention to your whereabouts.

Are You Fire Smart?

Learn how you can prevent forest fires!

Ontario averages over 1,300 wildfires each year from Georgian Bay to Hudson's Bay and about half of these are started by people. Every year people and property are threatened by wildland fires. Many of these fires occur in areas called the urban interface zone where homes, cottages and subdivisions are built into the forest landscape.

Is your property at risk?

Fire Smart is a Ministry of Natural Resources program that provides information to help communities and homeowners to take action and protect their properties and adjacent natural resources from the risk of wildfires. See the Ministry of Natural Resources website at: www.mnr.gov.on.ca for more details on the FireSmart program.

To find out if your property is at risk, look through the "Home Owners FireSmart Manual" that is available at www.mnr.gov.on.ca. Then you can complete the home owner's survey on your own property and assess the potential risk of loss due to a wildfire. You can use the risk assessment to show you where you may need to do some work to protect your home and property.

Get tips on how to safely build a campfire. Remember to contact the local Fire Department before you burn; a fire permit may be required.

If you rely on any life sustaining equipment/apparatus, develop an emergency backup plan that will ensure the equipment/apparatus works in the event of a power outage.

Be sure to practice your emergency plan with your support network at least twice a year.

Assisting a Person with a Disability/Special Need

There are an estimated 1.5 million Ontarians living with a disability/special need. If you are assisting a person with a disability/special need during an emergency you may want to consider these useful tips.

Ask first if the person needs or wants your help.

Allow the person to identify how best to assist them.

Do not touch the person, their service animal (if applicable) and/or their assistive devices and equipment without their permission.

Follow instructions posted on special needs equipment and/or assistive devices during an emergency.

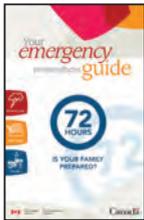
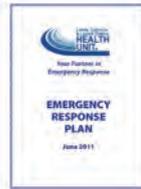
Avoid attempts to lift, support or assist in moving someone unless you are familiar with safe techniques.

For more information, visit www.ontario.ca/beprepared to view the Emergency Preparedness Guide for People with Disabilities/Special Needs.



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remind you to be vigilant for our students as you travel the
roads this summer. While no school buses are running,
students will be out in the fresh air enjoying their summer
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Extreme Heat Stress

During extreme heat events (as announced by Environment Canada, or your local municipality/ Health Unit) the weather changes rapidly, leading to high temperature and/or humidity that your body may not be adjusted to. This is made worse if you are in the sun, or if there is little to no wind. During these extreme heat events there is typically a lack of night-time cooling and air quality is often poor.

Four environmental factors work together to make it hot enough to put health at risk.

- high air temperature

- high air moisture content (often expressed as relative humidity)

- radiant (sun) load

- lack of air movement (wind - which usually moderates the negative effects of the other factors)

Even at rest your body generates heat. In the summer time it is important to constantly release this heat from your body. For your body to function properly, its inner (core) temperature should be close to 37°C. This normally varies by a few degrees over the course of the day and during physical activity. As your work load and body heat increases, so does the need to lose that heat. A core temperature of 40 or 41°C is considered life-threatening if you don't have a fever. If you are sick with an infection you may have a fever, this is not necessarily life threatening as it is the body's way of fighting off the infection.

You maintain your core body temperature by giving off heat through a combination of:

- radiation (you send out infra-red rays to your surroundings)

- convection (you transfer heat directly from your skin to the air)

- evaporation (of sweat) - in high heat, this is particularly important.

Your heart must be effectively pumping blood to your extremities (head, hands and feet) in order for these three things to happen.

Health Risks of Extreme Heat Events

Heat strain can result in several heat related illnesses. Some of these are direct effects, and include:

- heat exhaustion

- syncope (fainting)

- cramps

- heat stroke

A heat stroke (or sun stroke) is a true medical emergency. Dial 911 immediately. During heat stroke the victim will have a body temperature that is above 40-41 °C, but they will have stopped sweating. They may also have:

- a throbbing headache



- dizziness
- confusion
- nausea

- red, hot and dry skin

The longer a person's body temperature is above 40°C, the greater the likelihood that he/she will suffer permanent effects, or death. While waiting for the ambulance, sponge him/her down with cool water.

Exposure to heat can also cause health problems indirectly, such as through the increased work load on the heart. In extreme heat, your heart has to pump harder to get blood to your extremities, even when you are at rest, and may be pushed over its limits.

If you have a pre-existing medical condition, you need to be particularly careful, as you may be more susceptible to the effects of an extreme heat event. For example, if your heart does not work at full capacity, if you use certain drugs, or even if you are dehydrated, you may be at an increased risk.

Minimizing your Risk

During extreme heat, the most important thing is to keep cool and not expose yourself to heat stresses that will put a strain on your body.

At elevated temperatures, virtually all of your heat loss occurs through evaporation of perspiration (sweat) from your body. Anything that increases the rate of evaporation of sweat, such as personal cooling fans, is helpful.

You can also prepare your body for exposure to high heat by acclimatizing it. If you expose yourself to heat in a controlled way, for a few hours a day, then during the span of a week, your body can adjust. Of course, if you spend all of your time in an air-conditioned environment, your body will not adjust to heat.

To help protect yourself during an extreme heat event, take these steps:

- Keep out of the sun. If your house is cooler than outdoors, stay inside.

- If you must go outdoors into the sun, shade yourself with an umbrella or a wide-brimmed hat with lots of ventilation (to allow the sweat on your head to evaporate).

- Drink lots of water (that's the best liquid). How much water you should drink depends on how much you're sweating. It might just be a cup or two an hour, or it may be several litres. Thirstiness is not a good gauge. It doesn't kick in until you've already lost enough water to contribute to heat strain.

- If it is sunny, keep your house cooler, by pulling

CONTINUED PAGE 22



The Children's Aid Society is committed to protecting the children and youth of our community from all forms of abuse and neglect. We work to keep children safe and secure, both within their families and the community in which they live.

WE ALL SHARE A RESPONSIBILITY TO PROTECT CHILDREN AND YOUTH FROM HARM

What your call can do:

- provide the help a child needs who may be suffering quietly
- help us to define the areas the family is struggling with and connect them with support services to meet their needs
- open the doors of communication between the Society, the parent and the child
- allow us to work with all involved to explore a range of solutions

The best way to deal with child abuse and neglect is to prevent it. We encourage families experiencing difficulties to seek service from us, or our community partners before problems escalate and get out of control. Together we can work to strengthen your family and enable you to parent your children safely. Keeping families together is our goal. Help is available.

To contact us please call 613 264-9991 or 1 866 664-9991.

For further information regarding types and signs of child abuse and reporting child abuse, visit www.useyourvoice.ca or our website at www.lanarkcas.ca

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Alternate Contact Numbers

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Police Station.....(613) 257-5610

By-Law Enforcement(613) 257 5688
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Tornado facts

Canada gets more tornadoes than any other country with the exception of the United States.

Tornadoes are rotating columns of high winds.

Sometimes they move quickly (up to 70 km/hour) and leave a long, wide path of destruction. At other times the tornado is small, touching down here and there.

Large or small, they can uproot trees, flip cars and demolish houses.

Tornadoes usually hit in the afternoon and early evening, but they have been known to strike at night too.



HEAT

From Page 20

down awnings or closing outdoor shutters (if you have them) over your windows, or keep the curtains/blinds closed.

If you have a two-storey house, keep the upper-level windows slightly open, to draw excess heat up and out.

If your house is hot, try to spend a few hours in an air-conditioned space, such as a mall, or a formal cooling centre. In any case, make sure to rest in cool shade periodically.

Take a cool bath or shower.

At night, if the outdoor temperature is cooler, open all your windows. If you have fan units that fit into the windows, use them to bring down the temperature faster.

Use fans to evaporate sweat from your body and cool it. If the temperature and humidity are both very high, this may not be effective or may have the opposite effect.

Limit your physical activity, especially if you are in an at-risk group, and certainly during the middle of the day, when the heat is greatest.

Liquids that are high in sugar and/or alcohol should be avoided, as they can increase the amount of water lost by the body.

Most people's diets contain enough salt to make up for losses in sweat. But if you experience heat cramps, are advised by your doctor, or have to work in the heat and are sweating a lot you may want to take in extra salt.

If you take medication, check with your doctor or pharmacist for possible side effects during extreme heat.

Offer to help and check up on your neighbours, especially those who may be on their own and who may not be in a position to take these precautions.

Heat should not be your only concern. If you are going outdoors in the daytime, apply sunscreen (to limit ultra-violet ray exposures). If you are going out at dawn or dusk (when mosquitos are most active) remember to apply insect repellent.

Warning signs of a potential tornado

Warning signs include:

Severe thunderstorms, with frequent thunder and lightning

An extremely dark sky, sometimes highlighted by green or yellow clouds.

A rumbling sound or a whistling sound.

A funnel cloud at the rear base of a thundercloud, often behind a curtain of heavy rain or hail.

Canada's tornado warning system

Environment Canada is responsible for warning the public when conditions exist that may produce tornadoes. It does this through radio, television, newspapers, its internet site, as well as through its weather phone lines.

If you live in one of Canada's high-risk areas, you should listen to your radio during severe thunderstorms.

If you hear that a tornado warning has been issued for your area, find shelter and follow the instructions below.

What to do during a tornado

If you are in a house:

Go to the basement or take shelter in a small interior ground floor room such as a bathroom, closet or hallway.

If you have no basement, protect yourself by taking shelter under a heavy table or desk.

In all cases, stay away from windows, outside walls and doors.

If you live on a farm:

Livestock hear and sense impending tornadoes. If your family or home is at risk, the livestock will be a non-issue. If your personal safety is not an issue, you may only have time to open routes of escape for your livestock. Open the gate, if you must, and then exit the area in a tangent direction away from the expected path of the twister.

If you are in an office or apartment building:

Take shelter in an inner hallway or room, ideally in the basement or on the ground floor.

CONTINUED PAGE 24


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- If someone is hurt and needs help
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- If you see someone hurting someone else (an act of violence)
- If you see a fire or smell smoke

WHEN YOU CALL 9-1-1
 Stay calm, speak clearly, listen carefully, stay on the line
 THE EMERGENCY SERVICES WILL ASK FOR

- ✓ Address (municipality; street, road or lane name; house number; directions if necessary)
- ✓ A description of the problem (fire, robbery, car accident. etc.)
- ✓ The telephone number from which you are calling (to verify the number dialed to the 9-1-1 operator).
- ✓ Your name
- ✓ Other useful information for emergency units responding

Residents are reminded to keep a list of administrative telephone numbers handy to make non-emergency calls to police, fire or ambulance services.

In an **EMERGENCY** Make the Call!

911

LANARK COUNTY

DO NOT CALL 9-1-1

X As a joke

X To request information

X Just to see if it works

344665

Earthquake Facts

The earth's crust is composed of many large and small segments called tectonic plates. These plates are in constant slow movement. With these movements come small tremors and earthquakes.

Shallow crevasses can form during earthquakes due to landslides or other types of ground failures.

Buildings do not automatically collapse in earthquakes.

Earthquakes cannot be predicted.

What to expect during an earthquake

Small or moderate earthquakes

These can last only a few seconds and represent no emergency risk.

Ceiling lights may move and some rattling of objects may occur in your home.

You may feel a slight quiver under your feet if you are outside.

If you are close to its source, you may hear a loud bang followed by shaking.

Large earthquakes

These can last up to several minutes and constitute a natural disaster if its epicentre is near a densely



populated area, or its magnitude sufficiently large for the region.

The ground or floor will move, perhaps violently.

Whether far away or close to the source, you will probably feel shaking followed by a rolling motion, much like being at sea.

If you are far away from the source, you might see swaying buildings or hear a roaring sound.

You may feel dizzy and be unable to walk during the earthquake.

If you live in a high rise or a multi-storey building, you may experience more sway and less shaking than in a smaller, single-storey building. Lower floors will shake rapidly, much like residential homes. On upper floors, movement will be slower but the building will move farther from side to side.

Furnishings and unsecured objects could fall over or slide across the floor.

Unsecured light fixtures and ceiling panels may fall.

Windows may break.

Fire alarms and sprinkler systems may be activated.

Lights and power may go off.

Before an earthquake: Home preparedness checklist

Go through your home, imagining what could happen to each part of it, if shaken by a violent earthquake. Check off the items that you have completed in this list.

Teach everybody in the family (if they are old enough) how to turn off the water and electricity.

Clearly label the on-off positions for the water, electricity and gas. If your home is equipped with natural gas: tie or tape the appropriate wrench on or near the pipe, to turn off the gas, if necessary.

Repair loose roof shingles.

Tie the water heater to studs along with other heavy appliances (stove, washer, dryer), especially those that could break gas or water lines if they shift or topple.

Secure top-heavy furniture and shelving units to prevent tipping. Keep heavy items on lower shelves.

Affix mirrors, paintings and other hanging objects securely, so they won't fall off hooks.

Locate beds and chairs away from chimneys and windows. Don't hang heavy pictures and other items over beds. Closed curtains and blinds will help stop broken window glass from falling on beds.

Put anti-skid pads under TVs, computers and other small appliances, or secure them with Velcro or other such product.

TORNADO

From Page 24

Do not use the elevator.

Stay away from windows.

If you are in a gymnasium, church or auditorium:

Large buildings with wide-span roofs may collapse if a tornado hits.

If possible, find shelter in another building.

If you are in one of these buildings and cannot leave, take cover under a sturdy structure such as a table or desk.

Avoid cars and mobile homes:

More than half of all deaths from tornadoes happen in mobile homes.

Find shelter elsewhere, preferably in a building with a strong foundation.

If no shelter is available, lie down in a ditch away from the car or mobile home. Beware of flooding from downpours and be prepared to move.

If you are driving:

If you spot a tornado in the distance go to the nearest solid shelter.

If the tornado is close, get out of your car and take cover in a low-lying area, such as a ditch.

In all cases:

Get as close to the ground as possible, protect your head and watch for flying debris.

Do not chase tornadoes – they are unpredictable and can change course abruptly.

A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you.

CONTINUED PAGE 26

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EARTHQUAKE

From Page 26

Use child-proof or safety latches on cupboards to stop contents from spilling out.

Keep flammable items and household chemicals away from heat and where they are less likely to spill.

Consult a professional to find out additional ways you can protect your home, such as bolting the house to its foundation and other structural mitigation techniques.

If you live in an apartment block or a multi-storey building, work with your building manager or condominium board to decide how best to “quake-safe” your unit. Seek advice from professionals (building engineers, emergency preparedness authorities) if you are unsure about what to do.

If you live in a mobile home, you can leave the wheels on the mobile home to limit its fall. Or, you can install a structural bracing system to reduce the chance of your unit falling off its supports. Ensure the awning on your home is securely supported and fastened to the unit. For information on the best way to brace your unit, contact your local mobile home dealer or a mobile home owner’s association.

Tips

Don’t shut off the gas unless there is a leak or a fire. If the gas is turned off, it must be turned on again by a qualified tradesperson.

Discuss earthquake insurance with your insurance broker. Check your coverage – it could affect your financial ability to recover losses after an earthquake.

During an earthquake

Wherever you are when an earthquake starts, take cover immediately. Move a few steps to a nearby safe place if need be. Stay there until the shaking stops.

If you are indoors: “DROP, COVER, HOLD ON”

Stay inside.

Drop under heavy furniture such as a table, desk, bed or any solid furniture.

Cover your head and torso to prevent being hit by falling objects.

Hold onto the object that you are under so that you remain covered.

If you can’t get under something strong, or if you are in a hallway, flatten yourself or crouch against an interior wall.

If you are in a shopping mall, go into the nearest store.

Stay away from windows, and shelves with heavy objects.

If you are at school, get under a desk or table and hold on. Face away from windows.

If you are in a wheelchair, lock the wheels and protect the back of your head and neck.

If you are outdoors

Stay outside.

Go to an open area away from buildings.



If you are in a crowded public place, take cover where you won’t be trampled.

If you are in a vehicle

Pull over to a safe place where you are not blocking the road. Keep roads clear for rescue and emergency vehicles.

Avoid bridges, overpasses, underpasses, buildings or anything that could collapse.

Stop the car and stay inside.

Listen to your car radio for instructions from emergency officials.

Do not attempt to get out of your car if downed power lines are across it. Wait to be rescued.

Place a HELP sign in your window if you need assistance.

If you are on a bus, stay in your seat until the bus stops. Take cover in a protected place. If you can’t take cover, sit in a crouched position and protect your head from falling debris.

AVOID the following in an earthquake

Doorways. Doors may slam shut and cause injuries.

Windows, bookcases, tall furniture and light fixtures. You could be hurt by shattered glass or heavy objects.

Elevators. If you are in an elevator during an earthquake, hit the button for every floor and get out as soon as you can.

Downed power lines – stay at least 10 metres away to avoid injury.

CONTINUED PAGE 28

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Emergency Preparedness for Farm Animals

From barn fires to hazardous materials spills to natural disasters, emergency situations often call for special measures to shelter, care for, or transport farm pets, livestock, and poultry. Safeguard your animals, your property and your business by taking precautions now, no matter what the risks are in your area. Additional information and assistance can be provided by your veterinarian.

STEP 1: KNOW THE RISKS AND GET PREPARED .

Plan to Shelter in Place

If you remain on your property during an emergency, you will need to decide whether to confine large animals in an available shelter or leave them outdoors. Survey your property for the best location for animal sheltering. Ensure that your animals have access to high areas in case of flooding, as well as to food and clean water. If



your pasture area meets the following criteria, your livestock may be better off out in the pasture than being evacuated. A safe pasture has:

- Native tree species only. Exotic trees uproot easily.
- No overhead power lines or poles.
- No debris or sources of blowing debris.
- No barbed wire fencing. Woven wire fencing is best.
- At least one acre (0.4 hectares) of open space. Livestock may not be able to avoid blowing debris in smaller spaces.

www.GetPrepared.ca 3

Ensure that you have enough food and essentials supplies for you and your family for at least 72 hours (three days).

If your property does not meet these criteria, consider evacuating your animals, but only on the advice of your veterinarian or local emergency management

CONTINUED PAGE 30

EARTHQUAKE

From Page 26

Coastline. Earthquakes can trigger large ocean waves called tsunamis.

After an earthquake

Stay calm. Help others if you are able.

Be prepared for aftershocks.

Listen to the radio or television for information from authorities. Follow their instructions. Place telephone receivers back in their cradles; only make calls if requiring emergency services.

Put on sturdy shoes and protective clothing to help prevent injury from debris, especially broken glass.

Check your home for structural damage and other hazards. If you suspect your home is unsafe, do not re-enter.

If you have to leave your home, take your emergency kit and other essential items with you. Post a message in clear view, indicating where you can be found. Do not waste food or water as supplies may be interrupted.

Do not light matches or turn on light switches until you are sure there are no gas leaks or flammable liquids spilled. Use a flashlight to check utilities and do not shut them off unless damaged. Leaking gas will smell.

If tap water is still available immediately after the earthquake, fill a bathtub and other containers in case the supply gets cut off. If there is no running water, remember that you may have water available in a hot water tank (make sure water is not hot before touching it) and toilet reservoir (not the bowl).

Do not flush toilets if you suspect sewer lines are broken.

Carefully clean up any spilled hazardous materials. Wear proper hand and eye protection.

Check on your neighbours after looking after members of your own household. Organize rescue measures if people are trapped or call for emergency assistance if you cannot safely help them.

If you have pets, try to find and comfort them. If you have to evacuate, take them to a pre-identified pet-friendly shelter.

Place a HELP sign in your window if you need assistance.

Beware of secondary effects. Although ground shaking is the major source of earthquake damage, secondary effects can also be very destructive. These include landslides, saturated sandy soils becoming soft and unstable, flooding of low-lying areas and tsunamis washing over coastlines.

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ANIMALS

From Page 28

officials.

Plan to Evacuate

Contact your local emergency management authority and become familiar with at least two possible evacuation routes. Familiarize all family members and employees with your evacuation plans.

Arrange in advance for a place to shelter your animals. Plan ahead and work within your community to establish safe shelters for farm animals, such as fairgrounds, other farms, racetracks, and exhibition centres.

Ensure that sufficient feed and medical supplies are available at the destination.

Be ready to leave as soon as an evacuation is ordered. In a slowly evolving emergency, like a hurricane, plan to evacuate at least 72 hours before anticipated landfall, especially if you will be hauling a high profile trailer such as a horse trailer. It may not be possible to evacuate heavy loads safely in high winds. Also, once the emergency hits roads may be restricted to emergency service vehicles and not open to traffic.

Set up safe transportation. You will need to have access to trucks, trailers, and other vehicles suitable for transporting each type of animal, along with experienced handlers and drivers. You may need access to a portable loading ramp to load, or unload, animals.

If animals are evacuated to a centralized location such as fair grounds for shelter and will co-mingle with other animals of unknown health status try to:

Make sure your animals have sufficient identification (e.g., ear tags or brands) to be able to tell them apart from others.

Minimize the contact among animals from different premises.

Protect feed and water from contact with wild animals and birds. Verify the health and vaccination status of animals which must be co-mingled.

Handle any mortalities in a manner to minimize the possible spread of contagious diseases.

Monitor the health and well-being of the animals on a daily basis, whether sheltered in place or evacuated. Seek appropriate veterinary medical advice and services on suspicion of an animal disease problem.

Accommodation will need to include milking equipment for dairy cows (as applicable). Milk may need to be stored separately from cows of other herds. Milk "pickup" companies should be notified where to pick up the milk.

Whether you evacuate or shelter in place, make sure that you have adequate and safe fencing or pens to separate and group animals appropriately.

www.GetPrepared.ca 5

Get Prepared

Make sure every animal has durable and visible

identification and that you have proof of ownership for all animals. • Reinforce your house, barn, and out-buildings with hurricane straps and other measures. Perform regular safety inspections on all utilities, buildings, and facilities on your farm.

If possible, remove all barbed wire and consider re-routing permanent fencing, so that animals may move to high ground in a flood and to low-lying areas during high winds.

Identify alternate water and power sources. A generator with a safely stored supply of fuel may be essential, especially if you have milking equipment or other electrical equipment necessary to the well-being of your animals. Generators should be tested regularly to be sure they will work when needed.

Install a hand pump and obtain enough large containers to water your animals for at least a week. Be aware that municipal water supplies and wells may be contaminated during an emergency.

Properly plug any abandoned water wells on the site. The exact method for this varies according to provincial/territorial regulations. Regardless of method, the intent is to prevent contaminated water from entering the groundwater. Production wells should also be checked to see that they are secure from flood waters. It may be necessary to decontaminate wells after a flood.

Secure or remove anything that could become blowing debris; make a habit of securing trailers, propane tanks, and other large objects. If you have feed troughs or other large containers, fill them with water before any high wind event. This prevents them from blowing around and also provides an additional supply of water.

If you use heat lamps or other electrical machinery, make sure the wiring is safe and that any heat source is clear of flammable debris.

Label hazardous materials and place them all in the same safe area. Provide local fire, rescue and emergency management authorities with information about the location of any hazardous materials on your property.

Remove old buried trash — a potential source of hazardous materials during flooding that may leech into crops, feed supplies, water sources, and pasture.

If there is a threat of flooding, ensure that in-ground manure pits or cisterns are kept at least half full of water or other liquid to ensure that they are not damaged or "floated" by rising groundwater.

Chemicals should be stored in secured areas, preferably on high ground and/or on shelving off the ground. These areas should be protected so that chemical spills will not result in any runoff or seepage.

CONTINUED PAGE 32

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ANIMALS

From Page 30

www.GetPrepared.ca 7

STEP 2 : MAKE AN EMERGENCY PLAN

Make an emergency plan to protect your property, your facilities, and your animals. Create a contact list of emergency telephone numbers, including your employees, neighbours, veterinarian, poison control, local animal shelter, animal care and control, transportation resources, and local volunteer organizations.

Include an out-of-town contact person who is unlikely to be affected by the same emergency. Make sure all this information is written down, and that everyone on your farm and your contact person has a copy.

Review, test and update your emergency plan, supplies, and information regularly.

8 Emergency Preparedness for Farm Animals

STEP 3: PREPARE A FARM EMERGENCY KIT

Make an emergency kit so you have emergency supplies in one location, and let everyone know where it is. Check and update contents regularly. Include the following items and personalize according to your needs:

Current list of all animals, including their location

and records of feeding, vaccinations, and tests. Make this information available at various locations on the farm.

Supplies for temporary identification of your animals, such as plastic neckbands and permanent markers to label animals with your name, address and telephone number.

Basic first aid kit.

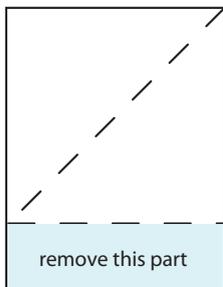
Handling equipment such as halters, cages, blankets and appropriate tools for each kind of animal. Include bolt-cutters to quickly free animals in an emergency.

Water, feed and buckets. Tools and supplies needed for sanitation.

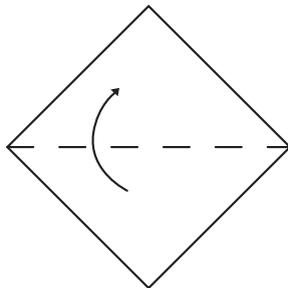
Emergency equipment such as a cell phone, flashlights, portable radios (with weather radio band) and/or Weatheradio, and batteries. Know the weather radio broadcast frequencies and local weather information telephone numbers.

Other safety and emergency items for your vehicles and trailers.

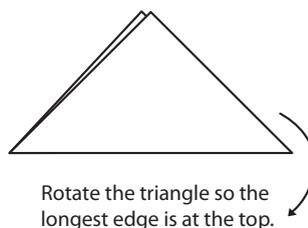
Food, water and emergency supplies for your family.



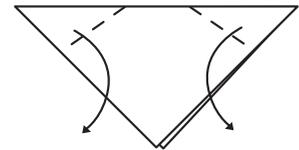
Make a square from a rectangle. Fold on the dotted lines, and cut away the extra.



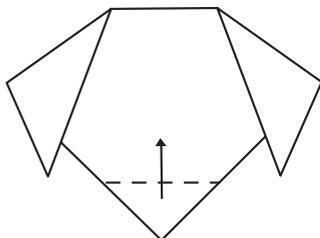
Fold your square in half diagonally.



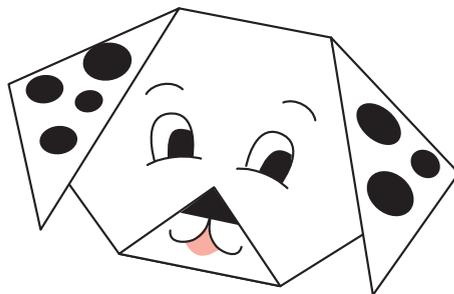
Rotate the triangle so the longest edge is at the top.



Fold the top points down on the dotted lines to make ears.



Fold the bottom points up on the dotted line to make a mouth.



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