



Tips:

- Keep all medicines and other potential poisons locked and out of reach.
- Ontario Poison Centre 1-800-268-9017, www.ontariopoisoncentre.com.
- Buckle Up for protection – seat belts, life-jackets, helmets and climbing harnesses.
- Look First – stop, think and check out a situation before you act.
- Drive Sober, free from the influence of alcohol or drugs – arrive alive.
- Drive all motorized vehicles free of distractions such as cell phones & loud music.

Be sure that you and your family play safely. Most injuries are no accident – they are predictable and preventable. Wear a properly fitted helmet when cycling, in-line skating, or skateboarding, and a life jacket or personal floatation device (PFD) when on the water. Have fun being active AND safe!

Photography By: Anonymous (community garden); Lisa Tolentino (father & son-inset)



May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p>JUNE 2012 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p>1 Plant a home garden or contact: mstong@hkpr.on.ca for a community garden near you</p>	<p>2 Spring Garlic workshop – (check website for date) www.haliburtongarlic.ca</p>	<p>3</p>	<p>4 Shepherd's Table Community Supper Lakeside Baptist Church www.lakesidebaptistchurch.ca</p>	<p>5 Hike for Hospice www.sirch.on.ca</p>
<p>6 Rail Trail Rambles every Sunday in May www.friendsoftherailtrail.ca</p>	<p>7 Canadian Mental Health Week - May 7 - 13 http://www.cmha.ca/bins/index.asp</p>	<p>8</p>	<p>9</p>	<p>10 WHO Move for Health Day Good Food Box – order today! call Mary 705-488-1128</p>	<p>11</p>	<p>12</p>
<p>13 Rail Trail Rambles Mother's Day</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17 Good Food Box – pick up today!</p>	<p>18 Shepherd's Table Community Supper Lakeside Baptist Church www.lakesidebaptistchurch.ca</p>	<p>19</p>
<p>20 Rail Trail Rambles</p>	<p>21 Victoria Day (Canada)</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27 Rail Trail Rambles</p>	<p>28 Safe Kids Week May 28 - June 3 Memorial Day (USA)</p>	<p>29</p>	<p>30</p>	<p>31 WHO International No Tobacco Day</p>	<p>Health Unit</p>	<p>Haliburton, Kawartha, Pine Ridge District Health Unit</p>