

Travel news, views



by Carol Crawford

Banking

Well represented on most islands, Canadian banks provide a comforting safety valve if some unexpected financial need arises.

In my coverage of the individual islands, I have listed those banks which operate on each island: if your bank is among them, it might be a good idea to obtain a letter of introduction from your branch manager at home.

Medical

If you are taking any prescription drugs, bring an adequate supply and a copy of your prescription with you when going on holiday.

Most island pharmacies can provide you with a refill, but you are usually required to have the prescription authorized by a local doctor.

Island medical facilities have improved greatly over the past few decades, but really serious medical problems may be beyond the capabilities of hospitals on smaller islands.

If you have suffered any serious health

Tips from the Caribbean

problems ask your doctor for a complete medical history to take along with you. It will be of great help to the local doctor if you run into difficulties during your vacation.

With the possible exception of earthquakes, hurricanes, or an outbreak of civil war, nothing can disrupt the flavour of your island holiday with more devastating effectiveness than a case of gastroenteritis or some similar ailment. Contaminated tap water is usually cited as the cause of most digestive problems and in some cases, justifiably so.

More often than not, however, island tap water is not "bad", but merely different from what you're accustomed to.

Most islands have excellent water: some is probably better than our own. However, if you suspect that the local water might not be compatible with your system, as you might in Cuba, Haiti and a few of the less developed Caribbean hideaways - play it safe with bottled water, soft drinks or beer.



Family business

Striking OPSEU worker Eldon Brown, along with some help from grand-manned the picket line outside children Laura (left), Christa (lower) Midland's Town Hall, Wednesday, and Jessica Brown.

Monsignor Castex hosts cross-country

Monsignor Castex School will host the 12-school Area 3 Elementary School Cross-Country Meet, Wednesday at Mountain View Ski Resort.

More than 220 entrants are expected to participate in the event, divided into four divisions of Intermediate and Senior Boys and Girls.

Monsignor Castex are defending champions in the competition.

Starting time is set for 1 p.m. In case of rain, the meet will go the following day.

Burkevale ekes out 25-24 win

Chris Lethbridge scored two touchdowns to spirit Burkevale to a narrow 25-24 victory over St. Joseph's in Elementary School Flag Football league play Tuesday at St. Joseph's.

Other Burkevale touchdowns came from Peter Ferguson and Richard Ronald. Warren Brick added a single point for the winners.

Wrestling card

Midland Civic Centre will be the site of seven bouts of professional wrestling Sunday beginning at 7 p.m.


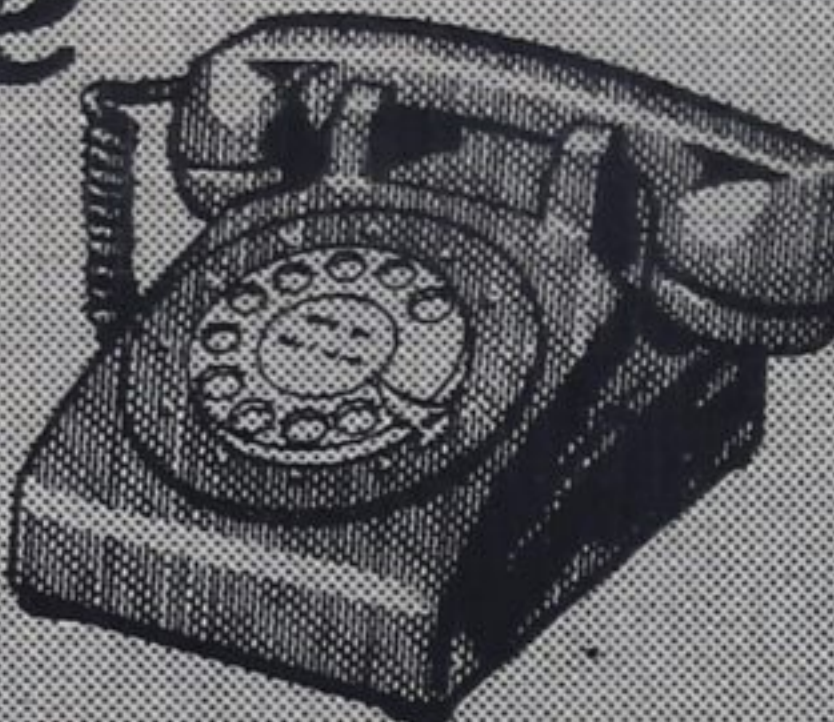
Main event will be best-of-three falls, no time-limit tag-team affair pitting 325-pound John Orleck and partner Chris Jones against Big Mac and the Dark Angel.


A second tag-team bout, scheduled for two falls or 45 minutes, matches the team of Bear Cat Livingston and Shilleagh O'Sullivan with Moose Scott and Mask Medic.

Individual bouts feature the Fabulous Singh against Bill Armstrong in a one-fall or 20-minute struggle, Ricky Johnson meeting Teddy Marshall, and Carson Cadeau versus Alex Gerard.

Midland-Penetanguishene-Elmvale Business and Service Directory

A Complete Guide to the District Businesses and Community Services

Contracting	Services	Services
DON FLEMING CARPENTRY <ul style="list-style-type: none"> Houses, Cottages, Aluminum siding, etc. Free Estimates 322-2806 90TF	BRUCE DOWNER Marine & Small Engines Service & Repairs To All Makes 1017 Vindin St., Midland, Ontario 526-4433 73 to 80	JIM LALONDE Excavating and Landscaping Backhoe and Bulldozer Work Trucking. Sales <ul style="list-style-type: none"> Topsoil Manure Sand Gravel Field Stone Clay Fill, etc. Services <ul style="list-style-type: none"> Septic Systems Lots Cleared Tree Removal Lawns Built Driveways Built Basements Dug, etc. Phone - 322-3134 Free Estimates 26TF
BERNIE PILON CONSTRUCTION <ul style="list-style-type: none"> Crushed-pit run - stone chips Topsoil-mason sand-gravel, etc., Septic systems installed Backhoe - bulldozing Snow removal - radio dispatched Phone Elmvale - 322-1051 90TF 	Paul's TREE SERVICE Professional, yet affordable. Fully insured. Felling • Topping • Limbing Complete removal Midland (705) 526-2755 69 to 80	Dr. D.W. Carr Optometrist 526-6050 372 King St., Midland 52TF
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