



Health

It's a Great Feeling

Be Sun Smart

Skin Cancer is a killer, and it's on the increase. Learn how to protect your children.

1. Keep babies under one year old out of direct sunlight. Newborns should be protected by keeping them in a covered stroller, cradle, or under a sun umbrella. Toddlers and older children can play in the sun provided the following precautions are taken.

2. Apply a sunscreen with an SPF of 15 or higher to all areas which are exposed to the sun, paying particular attention to your child's ears, nose and upper foot area. Reapply often, particularly after swimming. Do not use a sunscreen on babies under six months of age.

3. Cover your child with a sunhat, T-shirt, and shorts whenever he/she is in direct sunlight, and always between the hours of 10 a.m. and 3 p.m. A sunscreen provides relative, not absolute protection. Shoulders, knees and noses can burn even when sunscreen has been applied.

4. Pay attention to reflected light, particularly that reflected off water. Little sailors often suffer serious sunburns due to the intensity of reflected light.

5. Remember that cloudy days can often cause serious sunburns. Up to 80 percent of the sun's harmful rays can penetrate haze, light clouds and fog.

6. If your child is on medication, be sure to check with your doctor before allowing him/her out in the sun. Adverse reaction to sunlight characterized by a rash, redness or swelling can be a side effect of various medications.

7. It's never too early to protect your child against skin cancer. One bad burn during childhood can double a child's

risk of developing skin cancer later on in life. Your child will only have one chance at a healthy skin beginning at birth. Just as you would protect your child from poisons, traffic and other dangers, you should protect him/her from skin cancer and other disorders resulting from sun exposure.

8. Applying a good sunscreen (a sun protection factor - SPF - of 15 is minimum) EVERY DAY is important and as necessary as brushing the teeth. Sun protection should be strictly supervised, for forgetting to protect the skin - particularly on a sunny day - can have serious consequences. As a parent you have a RESPONSIBILITY to minimize your child's risk of skin cancer. Please take it.

9. Here are some other factors you should keep in mind when protecting your child from the sun:

- Sheer clothing will allow the sun's rays to pass through. Protect underlying skin with an appropriate sunscreen.

- Be particularly vigilant if your child has Fair skin or red or blond hair. These children are most at risk for developing skin cancer as young adults.

- Never use baby oil as a sunscreen. The oil will intensify the effect of the sun and cause your child to burn faster.



THE CORPORATION OF THE TOWNSHIP OF TERRACE BAY

The Township of Terrace Bay is now looking for volunteers to fill two vacancies on the Recreation Committee. To fill one of the present vacancies, the successful person must be age 50 or over. This is a unique opportunity for individuals who are willing to contribute to the development of Municipal Recreation Policies, Programs and Facilities.

Applicants should submit a letter by **Friday, May 3rd, 1991** to:

**Township of Terrace Bay
P.O. Box 40
Terrace Bay, Ontario
P0T 2W0**

For more information contact Dean Main at the Recreation Office at 825-3542.

Things get done in the Classifieds


THE 1991 MUNICIPAL ENUMERATION

IT'S EASY!

It's easy to complete the municipal enumeration form which was mailed to your home recently.

- If the information on your form is correct, just sign and return it.
- If changes are needed, the brochure sent with your form will help you.
- If you need more help, contact the Regional Assessment Commissioner at the phone number listed on your form, or call free: **1-800-668-FORM**

Completing your form is an important first step in assuring your right to vote for your local government. Schools, housing, recreation facilities, transportation... all the services your community provides are influenced by your voice and your vote.



WANAKAMIK - Mr. Michael Michel Wanakamik, 63 years, of Pays Plat, Ontario passed away Wednesday, April 17, 1991 at McCausland Hospital, Terrace Bay. Mr. Wanakamik enjoyed the out of doors, hunting, fishing and acting as guide. Predeceased by his parents - Margaret and Fred Wanakamik, by his wife Edna (nee Mushquash), by one brother Albert Wilson; he is survived by one son Rene Wanakamik and by one daughter Ida Wanakamik both of Pays Plat, Ontario, by three grandchildren - Louise and Brandon Wanakamik and Cheyenne Gray, by one sister Kathleen Esquib of Thunder Bay and by two brothers - Joe Wilson of Armstrong, Ontario and Robert Wilson of Winnipeg, Manitoba. Numerous other relatives also survive. Funeral services handled by the Elliott Funeral Home Ltd., Nipigon were held on Monday, April 22, 1991 at 11 a.m. at the Community Hall in Pays Plat with Father L. Kroker of St. Anne's Parish, Fort William Reserve, officiating. Pallbearers were: Keith Mahoney, Ron Lanigan, John Bouchard, Terry Bouchard, D. Peter Mushquash, James Douglas Wesley, Frances Goodchild, Douglas Moses and Nick Bouchard. Honourary Pallbearers were: David Mushquash and Simon Moses.



Important
Return by May 10!

1991 Municipal Enumeration
Recensement municipal de 1991

1234 567 890 12345 6789 RU 123
ROSEVILLE CITY AB1

This form is for
Ce formulaire concerne
12 CEDARWAY
PLAN A123 LOT45

Return this form by
Date limite de renvoi: **MAY 10 1991**
10 MAI 1991

Need help? Contact the Regional Assessment Commissioner at
Avez-vous besoin d'aide? Téléphonez au commissaire
régional d'évaluation au
123-4567 OR ZENITH 12345

Lisez les instructions d'abord, S.V.P.

A Identification	B Occupant's Status Statut de l'occupant	C School École
<p>If the information shown for the name and birth date is incomplete or incorrect, please make changes in the space provided below. List all occupants, including all children, using a second page if necessary. Change other information by putting a check mark (✓) in the correct box.</p> <p>Si un nom ou une date de naissance est incomplet ou incorrect, nous vous prions d'apporter les corrections nécessaires dans l'espace ci-dessous. Dressiez la liste de toutes les personnes domiciliées à cette adresse, y compris tous les enfants, et utilisez une autre feuille au besoin. Recrochez tous les autres renseignements incorrects en cochant (✓) les cases appropriées.</p>	<p>1 Owner Propriétaire</p> <p>2 Tenant Locataire</p> <p>3 Spouse Conjoint</p> <p>4 Child boarder other Enfant pensionnaire autre</p>	<p>1 at this address à cette adresse</p> <p>2 on this property sur cette propriété</p> <p>3 in this municipality dans cette municipalité</p> <p>4 in another municipality dans une autre municipalité</p>

Family Name / Nom de famille: **DUPONT DENIS PAUL**

1. Name / Nom: **DUPONT DENIS PAUL** Birth Date / Date de naissance: **1950 10** Canadian Citizen / Citoyen canadien:

2. Name / Nom: **DUPONT CATHERINE MARIE** Birth Date / Date de naissance: **1952 08** Canadian Citizen / Citoyen canadien:

3. Name / Nom: **DUPONT ELIZABETH ANNE** Birth Date / Date de naissance: **1982 09** Canadian Citizen / Citoyen canadien:

4. Name / Nom: **DUPONT EDWARD RICHARD** Birth Date / Date de naissance: **1985 03** Canadian Citizen / Citoyen canadien:

I certify that the above information is correct
J'affirme que les renseignements donnés sont exacts

X *Denis Dupont* (123) 456-7890 123 456-7890

FORM YOUR FUTURE