



## LIVE WIRE

### Are we Obsessed with Obesity- Our Kids are listening

Dr. Carla Rice, Assistant Professor of the Women Studies Department at Trent University, will be lecturing on Wednesday November 7<sup>th</sup> from 7pm-9pm in the Peterborough Public Library Auditorium at 345 Aylmer St. North.

For more information please call (705) 742-3803 or 1-800-386-6561

*This event is sponsored by Kinark Child Family Services*

### Tastes and Odours in our Drinking Water

Peterborough's drinking water meets or exceeds all provincial standards for quality, but some customers may have noticed an earthy taste in their tap water. More noticeable when our source water, the Otonabee River, gets warm in the summer months, the earthy odour comes from a non-toxic compound produced by some types of river algae. These odour-causing compounds are not harmful to your health but can be detectable, even in extremely small concentrations. To improve this taste, it helps to keep an open pitcher of tap water in your fridge. You may choose to use and activated charcoal filter device. For more information on home treatment products, see Health Canada's web page: [www.hc-sc.gc.ca/ewh-semt/water-eau/drink-potab/devices-dispositifs\\_e.html](http://www.hc-sc.gc.ca/ewh-semt/water-eau/drink-potab/devices-dispositifs_e.html)

### Anaphylaxis...It's not just Peanuts

The most common causes for anaphylaxis include allergies to peanuts, tree nuts, shellfish, fish, milk, egg, soy, sesame seed, wheat, insect stings, and latex.

Anaphylaxis is a serious allergic reaction that can be deadly. In Canada, anaphylaxis is a growing health concern affecting one to two percent of the population.

### Nothing is Impossible...I'm Possible!

Community Inclusion Forum  
Everyone Welcome! Saturday  
November 24, 2007 from 10am –  
1pm at Fleming College,  
Sutherland Campus, 599 Brealey  
Drive, Main Foyer. Come and see  
the possibilities that exist when  
young people with intellectual  
disabilities are given the support  
they require.

For more information visit  
[www.headsupforinclusion.ca](http://www.headsupforinclusion.ca)

### Walk the Trans Canada Trail

The Trans Canada Trail will be the longest recreational trail in the world at 18000 kilometers. When complete, it will link all capital cities and nearly 1000 additional communities across Canada. With more than 10000 kilometers already open for use, many Canadians and visitors are able to enjoy the trail right now in places such as Ontario's Greenbelt. More information is available at [www.transcanadatrail.com](http://www.transcanadatrail.com).

### City Staff to Received Provincial Award

Congratulations to Ellen Stewart, who has been named the recipient of the 2007 HIGH FIVE Champion Award! HIGH FIVE is a quality standard of Parks and Recreation Ontario designed to support the safety, well-being and healthy development of children in recreation and sport programs. Ellen has been working on this project for the past 5 years. Great job Ellen!

### Get into Get Real

Looking for something to do after school other than lying on the couch? Check out our "Get Real" centres. They operate from September 11, 2006 to June 17, 2007 at the following locations and times:

#### Alexander Court

Mondays 4:00 PM to 6:00 PM

#### Knox United Church

Tuesdays 4:00 PM to 7:00 PM

#### Five Counties Children's Center

Thursdays 6:00 PM to 8:00 PM

This Centre is over May 31, 2007 and will reopen in September

#### Sunshine Homes

Thursdays 6:00 PM to 8:00 PM

#### Northminster United Church

Mondays 4:00 PM to 6:00 PM

#### Westdale United Church

Fridays from 4:00 to 6:00 p.m.

For more information please phone the Recreation Division at 742-7777, ext. 1805.

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.  
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