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February 25, 2014 Issue 8 - Volume 18

So, You Want To Run For Municipal Election?!



By Bob Gordon - Changes will happen if the Canadian or at least Ontario municipal government system is to survive the current problem affecting most city, town and more rural councils. That change must come quickly after half a century or more observing the decline of voter concerns in most situations in favour of elected representatives' desires. People considering running for elected office in any municipality must do some homework to learn the legal and expected aspect of serving on council. In the past it was acceptable to ignore the wishes of some of the electorate, especially if those people opposed a candidate's election or re-election. With the recent surge of ratepayer and information-dispensing groups, legal challenges to the authority of elected representatives is happening ever more frequently. The advent of social media such as Twitter and Facebook replaces the former news media analysis of council activities and like everything else is having a decided effect on the way council must represent citizens.

Successful candidates must realize being elected only means a majority of people taking the time to attend a voting place to put them in office. A winning candidate often, if not usually, garners below the 50% plus one that an election win should

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Yea Ol' Mixed Metaphor

Last month 22-year-old Toronto Maple Manager Alex McLeish once described Leak rookie Jerry D'Amigo finally got his first NHL goal and you could tell he was greatly relieved. The wait to notch that first one had been distressing his friends and fans alike. All excited, D'Amigo said after the game: "It's a monkey off your back to get that off your chest."

Yeah, D'Amigo was under such stress even the monkey on his back couldn't take it anymore and relocated to the front. Or were there two monkeys? If so, who can concentrate on scoring goals with monkeys chattering over your shoulder all the time? Off the back, off the chest, D'Amigo scores and the monkey gets the assist. One of the reporters on hand was so surprised by D'Amigo's comment, well ... you could have knocked him over with a fender.

The ol' mixed metaphor, unintentional humour at its accidental best. None of us are immune and all of us it seems are going around talking about hearts as big as gold and a stitch in time is worth a pound of cure. Frankly it makes us sound like we're not exactly the brightest lights in the drawer.

For some reason English soccer players are very good at misplacing descriptive phrases. While trying to describe the dog-eat-dog atmosphere of professional soccer, Eric Cantona once said: "When the seagulls follow the trawler, it is because they think sardines will be thrown in the sea."

an eager player as "chomping at the door to get in the game."

Mick McCarthy explaining to fans why he had to miss a big game: "I was feeling as sick as the proverbial donkey." Wow! That's like four maybe five times as sick as your average dog.

Glenn Hoddle in predicting that Manchester would take chances in their game plan said: "United

will break caution to the wind." Don't anybody light a match near the goal

Tony Brow on a fading opponent: "They've got their tails between their teeth." Yeah, and after the game they're going to have to floss with hemp rope to get all that fur out.

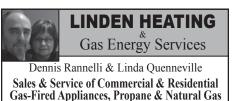
Actors knit common phrases together in a curious way but nobody in Hollywood was a better mixer of metaphors than the legendary producer and co-founder of MGM, Sam Goldwyn.

"I don't think anybody should write their autobiography," Goldwyn advised, "until after they're dead."

"I don't want any yes-men around me," he once shouted to his staff. "I want everybody to tell me the truth even if it costs them their jobs."

Sam Goldwyn routinely dropped pearls of wisdom like: "A verbal contract isn't worth the paper it's written on." And "Anyone who goes to a psychiatrist ought

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Continued from page two...

to have his head examined." Still, he wasn't intentionally trying to be funny.

"When I see the horror pictures they play in that theatre," he said of the Arthur Mayer Radio Theatre in New York, "it makes the hair stand on the edge of my seat." Sorry, but for the sheer butchery of descriptive language that one deserved an Oscar.

Politicians seem to thrive on taking two perfectly good metaphors and turning them into a literal car accident. Al Gore once said: "A leopard can't change his stripes." No more than a tiger can get rid of his spots, not even with a powerful stain remover.

President Barack Obama has been quoted as saying: "As we consider the road that unfolds before us ..." Hey, we all know the country's infrastructure is falling apart but a road unfolding before our very eyes. That's a bridge we need to blow up once we cross it.

But the grand master of the ass-backward grammatical phrasing has to be former President George W. Bush. Trying to inspire young people, he said: "We ought to make the pie higher." Did he mean "bigger" or "set the bar" higher or "set the chocolate bar and the pie higher so the

kids can't reach them?"

Nobody is quite sure what the topic was when President Bush said: "I know the human being and fish can coexist peacefully." Yeah, as long as we all learn to hold our breath for long periods of time.

Speaking about terrorists he said: It's in our country's interest to find those who would do harm to us and get them out of harm's way." Yeah, the way President Obama took bin Laden out ... of harm's way. And then, had him coexisting with fish.

My personal favourite was his scolding of fellow Republican John McCain: "... he can't have it both ways. He can't take the high horse and then claim the low road." No, that would be like riding a hobby horse down that path that's badly unfolding in front of us. Mixed metaphors - some are as funny as a screen door on a submarine while others come with good advice. Like the latest saying sweeping Colorado: "People who live in glass houses shouldn't get stoned." Cause the neighbours can see you bumping into the furniture all the time.

For comments, ideas and copies of The True Story of Wainfleet, go to www.williamthomas.ca

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Franco-Ouest Girls Volleyball Team Dominates



Photo: The ESC Franco-Ouest Lynxs (from left): Joanna Castonguay (coach), Danica Farquhar, Hailey Farquhar, Kassidy Meloche, Francine Prévost, Taylor Lowery, Sophie Augé, Danica Augé, Danyka Sabourin, Taylor Presseau, Jenna Laforge, Zoe Tallon, Matraca Chiasson and Josée Lacasse.

Congratulations to the the girls' volleyball team from Espanola's École secondaire catholique Franco-Ouest. who won first place at the North Shore Secondary School Athletics (NSSSA) Championship finals. Franco-Lynxs Ouest defeated Wikwemikong High School Warriors in the championship

game by a score of 3-2.

The Lynxs had an outstanding season with 6 victories and no losses. It is the second time in the past three years that this team has won the championship game in their division. Franco-Ouest hosted the Northern Ontario Secondary School Athletics (NOSSA) championships last Friday.

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So, You Want To Run For Municipal Election?!

signify. For that reason sometimes up to 60% or 70% of the people in the municipality a candidate is trying to represent did not vote for any winning candidate. That large majority of people an elected person represents still wants elected council members to deal with their issues and concerns. That might not be the issues you or the administration feels are important. However it does mean it is up to you to explore everyone's issues to be certain the role you volunteered to assume as a representative is fulfilled. It is neither legal nor ethical for an elected representative to fail to represent any member of the electorate because of an indication the person requesting answers was not a supporter. Citizens must accept that a winning candidate is their representative. Conversely, elected representatives must accept that even those that might have expressed opposition to his or her election must be served. Saying if you are not satisfied vote differently in the next election is not an answer when such a large percentage of people do not take the time to register an official vote. Elections only happen every four vears and situations can change drastically in the interim, meaning council members must go with the flow of change.

The need for people to fight for council information through access to information laws because some group or individual disagrees with a council action, or for that matter any direction of appointed or a hired municipal employees, reflects a terrible weakness. Forcing citizens seeking council information to use municipal access to information laws reflects badly on both the level of competence of elected councillors and the caliber of management administrators. Elected officials are not there to please the administration if disputes arise. Administration and other employees are hired to serve the public under the direction of council. The administration, not council, are responsible for employee work ethic and direction. Council, on the other hand, is responsible for making certain administration is serving every aspect of the needs and desires of the electorate. Above all, councillors are expected to keep promises made during election campaigns that often led to an election victory.

Council is, in effect, the board of directors of a multimillion dollar corporation. The citizens of the municipality are the shareholders. Every council decision must be approved by a majority and although maybe challenged cannot be legally changed by any individual councillor, the mayor or reeve. When passed, a motion becomes a decision of the whole council not just those that voted in favour. When council passes a motion, it is also incumbent on every citizen to accept the verdict. Procedure or legality can and should be questioned if in doubt, but disregarding an approved and voted upon motion of council is not an option. The only way a person that vehemently disagrees with the direction of any council must be to stand for election in an effort to affect change.

With the 2014 municipal elections months away, just neonle considering becoming candidates and those preparing to seek reelection should seriously think about the reason they are running. Is it anger at what the present council is planning, usually without having full knowledge of all the circumstances around some of the decisions that might seem wrong? Is it the extra money that successful candidates will realize? Is it because municipal employees appear to be slacking off or doing work that could be done better if they were working somewhere else? Is it because the staff seems to be in control of council? If the

reason is any of these or a myriad of similar reasons then the prospective candidate should decide not to stand for election or re-election.

stand for election or re-election. Any person considering a council run must be prepared to study the municipal act and all its ramifications, seek advice on what to expect from past council members that have the experience, and/or attend one of the seminars in many cities organized to teach people what it will be like to become and what is expected from council members. Added to those reasons if the person is ready to learn, endure criticism, often unjustly, and sacrifice a great deal of family time and hours with a spouse, then by all means consider becoming a candidate. But remember the really good candidates will have an agenda of items that he or she will try to accomplish and use those items as a platform in all advertising and public meetings so the electorate whether someone that actually votes or one that simply follows council is prepared to be a supporter. Becoming a councillor is a job that tends to make a person more professional adding to their effectiveness as a person and should not be attempted by someone just because they want to be a councillor for any selfish or monetary reason.

In The Loop

By Richard Ellis, Espanola Citizen Group executive member -

Since the Community Services, Regular Council and Corporate Services meetings (February 18 and 25, March 4)have been cancelled, I will take the opportunity to fill you in on some of the activities that the Espanola Citizen Group executive has been working on. We intend to host a Town Hall in April and are in the process of finalizing the date and agenda.

The appeal to the Privacy Commissioner's office regarding the Clerk Treasurer/Administrator's refusal to provide the Cheque Registry has reached the final stages. This is a long, tedious process and we are now awaiting the outcome. We are hopeful that the decision will be made before our Town Hall so we can inform you of the result.

A Freedom of Information (FOI) request has been filed to obtain the minutes of Corporate Team meetings. This is the team which meets monthly to provide Council with recommendations that will better position Espanola as a leading community in Ontario. The information should be available to those at the Town Hall.

2014 is an election year and Council has approved a "Vote By Mail" system for Espanola. This is a

completely new type of voting and residents must be educated on how to ensure that they are on the voting list and what they must do to have their vote count. Therefore, a separate FOI has been issued to provide some answers.

The following information was requested and will be discussed at the upcoming Town Hall: How and when will residents be educated on the new procedure? (A detailed timeline is requested.); how will administration ensure that all eligible residents have received the required voting material? (i.e. residents not on 2010 voter list, residents new to this municipality, residents who have changed location within the municipality, residents turning 18 on or before October 25, 2014); how will administration ensure that former residents have not been mailed voting packages?; where will the poll be for those who wish to vote using the traditional method?; how will these traditional votes be tabulated?

In closing, there is a distinct possibility that a costing comparison for Espanola's Public Works Department will be completed and presented for those in attendance at the Town Hall.

Note: The views expressed In The Loop are that of the Espanola Citizen Group alone and do not necessarily reflect the views of Around&About.

Ice Dogs Author Visits A.B. Ellis Public School



Author Terry Lynn Johnson, whose new book Ice Dogs was recently released, visited students from A.B. Ellis Public School earlier this month. The author and former dog musher,

who resides in Whitefish Falls, currently works as a conservation officer. She spoke to the Grade 6, 7 and 8 classes about her experience writing books. The students were fascinated by the number of revisions a book must go through before it is ready for publication, the selection process and the development of cover art. Grade 8 student Adria Giles Norton summed up the visit by stating, "It was wonderful to hear how an author gets ideas to write a book and I can't wait to read Ice Dogs!" Students enjoyed Johnson's various life stories about her dogs and her experience as a musher. The trailer for Ice Dogs can be viewed on the Internet. The book is available at Chapters in Sudbury.

Tax Time Tips Save Money For Active Families



NC - Most parents are continuously looking for ways to stretch their budget. Whether we're paying for expensive dance costumes, new skates, music classes, or extra tutoring help, there are ways to save money at tax time.

The key is saving your

receipts when you sign your kids up for fitness, artistic, or developmental activities. At tax time, claim the children's arts credit (www. cra.gc.ca/artscredit) the children's fitness credit (www.cra.gc.ca/fitness) on your income tax and benefit return. You can claim the fees you've paid for eligible activities up to \$500 per child, per tax credit. This gives you a non-refundable credit of up to \$75 per tax credit per child. Look into it—the money you save might be enough to buy your child a new swimsuit or cover the gas money to get to lessons or practices.

In 1994 The One Tot Stop Day Care Stop Day C

In 1994 The One Tot Stop Day Care opened in the S. Geiger School. We have since opened child care centres in St. Mary School and A.B. Ellis School as well. We have always felt welcome by the Principals and Staff of these schools. We are grateful to the Rainbow District School Board and the Huron-Superior District Catholic School Board for giving us a home.

Endless gratitude goes out to our volunteer board members, past and present, for their commitment to The One Tot Stop Day Care. We are grateful for our magnificent and kind-hearted employees for their expertise and commitment to quality child care. We also appreciate the positive working relationship that we have with the Manitoulin-Sudbury District Services Board.

Special thanks to all of the families who have used our services. We are honoured to have met and spent time with all of you.

Thank you to the children for all the fun-cuddles, laughs, learning experiences and memories!

We have only just begun!

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Registration will take place March 4, 6, 17, 18, 19, 25, 26, 27 at the Recreation Complex – from 6:00 p.m. – 8:00 p.m.

Division	DOB - Children Born	Fees
U5/U7	2007, 2008, 2009, 2010	\$ 70.00
U9/U11	2003, 2004, 2005, 2006	\$ 90.00
U13/U16	1998, 1999, 2000, 2001, 2002	\$ 115.00
U19	1995, 1996, 1997	\$ 115.00

Fees include full uniform (socks, shirt, shorts). Playing days and divisions will depend on registration.

Once players have been placed on a team they will not be moved.

Late registrants will not be permitted to pick their teams. Players registering late will be placed on a team based on player shortfall needs.

A fee of \$50.00 per player will be charged for late registrants (late fees will apply to anyone requesting registration after May 01 2014).

First time registrants must bring proof of age.

2014 Season format - begins May 20th – July 18th with a two week break – players return August 5th to 15th with play downs and final wind up event on August 16th.

** Tournament and competitive option for interested players. Minimum 2 travel tournaments.

Interested in coaching, refereeing or sponsoring a team – contact Paul Kallioinen @ 705-862-0216 or Bob Rigby @ 705-869-5231



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DANCE

WEBBWOOD EAGLES - St. Patrick's Dances. Teen dance March 14 from 8:00 p.m. - 12 midnight. \$3.00 per person. Pizza, chips, pop will be available. Adult dance March 15 from 8:00 p.m. - 1:00 a.m. Music by DJ, Tracy T and Mark L. Wear something green, and you may win a prize! Adult dance will have a 50/50 draw and light lunch at 11:30 p.m. -12:00 a.m . \$10.00 per person. # 3 Centre St, Webbwood. For more info, call 705-869-4269 after 3:00 p.m. daily.

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BINGOS

MASSEY AREA MUSEUM BINGOS - March 3 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1525 in cash prizes. 03/11



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Espanola Police Report

TELEPHONE SCAM - A national phone scam that is targeting the elderly has found its way to Espanola.

On January 8, 2014, the Espanola Police Service received a complaint from an Espanola senior citizen, who advised that someone posing as her grandson contacted her and advised that he was in trouble and was in need of \$1500.00. The caller provided instructions to the female on how to send the money through a Money Gram transfer; however, when the female sent the money, Money Gram recognized that the recipient address was fraudulent, and sent the money back to the female. As a result, the female was lucky, and was not out any money.

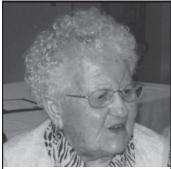
The Espanola Police Service would like to remind the public to be vigilant when receiving telephone calls, and know whom you are talking to before you provide any personal information or commit to send money. The callers can seem very convincing, but asking specific questions of them, or for a call back number might be enough to deter them from making you their next victim. Financial Institutions and Government Services do not contact people to solicit money over the phone.

If you believe that you have been the victim of a Telephone Scam, or have received a telephone call that you believe was a scam, you can report the incident to your local police service, or contact the Canada Anti Fraud Centre at 1-888-495-8501.

Anyone with information on any of these crimes call Espanola Police Service at (705) 869-3251 or remain anonymous by calling Sudbury Rainbow Crime Stoppers locally at (705) 222-TIPS (8477) or toll free at 1-800-461-4899



Deaths



EMIRY - Selenia July 15, 1909 - February 12, 2014 --- Selenia Emiry of Massey passed away at the Espanola Nursing Home on Wednesday, February 12th, 2014 in her 105th vear. Beloved wife of the late Fred Emiry (1987). Dear daughter of the late Mary (nee Leclair) & Oliver Aubrey. Loving sister of the late Julia Bradley, Delphice Aubrey. Will be sadly missed by numerous nieces, nephews and friends. Selenia had an insurance business in Massey for many years and gave room and board to many school teachers. Famous for her cooking as well as her large and beautiful garden and flower beds. She was a charter and lifetime member of the Massey-Walford Horticultural Society. Friends gathered at the Massey Visitation Centre, on Friday February Funeral Service was held at St Andrew's United Church, Massey on February 15th with the Reverend Cory Cuthbert-Vermeer officiating. Interment in the Massey Grandview Cemetery in the spring. Memorial donations gratefully accepted for the Espanola Nursing Home or the charity of your choice. Arrangements by Bourcier Funeral Home Ltd., Espanola

COMMUNITY NOTES

Meat roll-offs - Royal Canadian Legion, Espanola, Friday nights 7:00 - 9:00 p.m. February 28. In support of junior curling.

Let's Travel – Slide show and travel tips featuring Alaska and Portugal at the Espanola Public Library February 27 at 7:00 p.m.

VON Adult Day Centre - We provide activities, exercise and socializing, every Monday and Wednesday. Please call 705-869-3304 for more information.

Chronic Pain Self-Management Workshop – Free six week workshop for adults of all ages (caregivers welcome) Tuesdays until March 11 from 1:00 p.m. – 3:30 p.m. Call Flo to register and for location at 705-865-1209.

Fellowship Evening - St. Andrew's United Church in Massey is hosting a presentation by Elly Charette and Rose Buelle of the Espanola Lighthouse, on their mission trip to Africa at 7:00 p.m. on Friday February 28. Coffee and tea provided.

Let Us Cook You Breakfast – At St. James Anglican Church, Massey, Sunday, March 2 and April 6 from 8:30 a.m. For info, call Ruth Ann at 705-865-2004.

Women's Wellness Day - Enjoy a day of self-care and healing on Wednesday March 5, from 9:00 a.m. - 2:30 p.m. at the Little Current Recreation Centre. For info or to register call 705-859-3378

One Billion Rising- Sing, Dance, Drum. Everyone is welcome to join in and rise to end violence against women and girls on Wednesday, March 5. Doors open at 5:30 p.m. at the Little Current Recreation Complex. For info call 705-859-3378.

The Massey Area Museum Presents An Irish Frolic - Roast beef dinner, sing-along and story telling, at the Royal Canadian Legion in Massey Saturday, March 15 at 5:00 p.m. Tickets at Poirier's, Burk's Shell, Massey Home Hardware, or call 705-865-2271.

Webbwood Community Lunches -First and third Wednesday of the month beginning March 5. 11:30 a.m. - 1:00 p.m. at the seniors room (beside the library). Everyone welcome!

STASH Sale - March 22 from 10:00 a.m. - 2:00 a.m. at the Espanola Recreation Complex. Crafts and craft-related items, equipment, books and magazines, buttons, beads, fabric, paper and scrapbooking supplies call 705-583-2326 for more information.

Legion Bursaries - Applications available at the Espanola High School and Legion office for students graduating and continuing their education. To qualify you must be a child, grandchild or "other" relative of an active member of the forces, legion member or ladies auxiliary member. Deadline is April 11 to the legion office or emailed to rcl-39@persona.ca

Toastmasters communication and leadership skills, which in turn foster self-confidence and personal growth. Mondays 7:00-8:30 p.m. Call Pauline for details 705-869-4016.

World Day of Prayer Service -The Massey Inter-Church Council invites you to attend at Zion Lutheran Church, March 7 at 7:00 p.m.

Free March Break Cooking Workshops for Children – Ages 7 and up in Espanola and Massey. Children will learn to prepare simple nutritious meals. Spaces limited. Call 705-222-9202 ext. 491.

Monthly Spaghetti Supper -Webbwood F.O.E Ladies Auxiliary 4269, Saturday, March 1, 5:00 - 6:30 p.m. 3 Centre Street, Webbwood. All are welcome to attend.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming events in writing no later than *Wednesdays at 3:00 p.m. 25 Word Limit.*Fax: 705-869-3342 or E-mail: around@aroundandabout.ca

Recipe

I've made this recipe twice now with awesome results. Although you really can't go wrong with a good beef roast unless you cook it to death. The first time it was perfectly medium rare which is how I like it, the second time I cooked it a little too long for my



liking, but it was still tender and very flavourful. Using a meat thermometer really is the best way to cook it just how you like it. Always remember it will continue to cook a bit after it is removed from the oven. The roasts I had weren't as big as the recipe calls for, but the only adjustment I made was to use less garlic in the paste. The mushroom gravy is delicious served over garlic mashed potatoes. Just add a couple garlic cloves to your potatoes when boiling them and mash the garlic right in.

Garlic-Crusted Sirloin Tip Roast with Mushroom Gravy

- 1 4 lb/2 kg beef sirloin tip oven roast
- 3- 10 cloves garlic, minced (depending on how large your roast is)
- 2 tsp (10 mL) kosher salt or salt
- 2 tbsp (30 mL) vegetable oil
- 1 tsp (5 mL) pepper

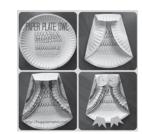
Mushroom Gravy

- 2 cups (425 mL) beef broth (or more if needed)
- 1 1/2 cups (500 mL) thinly sliced mushrooms
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) dried thyme
- 3 heaping tbsp (45 mL) all-purpose flour

Kids Korner

Paper Plate Owl

- a white paper plate
- scraps of construction paper
- glue
- markers, crayons, or paints



Begin by colouring the inside (concave portion) of your plate. This will be the owl's chest. Next, fold in the two sides of the plate to make the wings. Fold down the top of the plate to make the head. You can glue it in place. Colour the wings. Cut out two eyes, two feet and a beak from the construction paper. Glue the two feet, two eyes, and the beak onto your owl.

Place roast on rack in roasting pan. In bowl, mash garlic with salt to form paste; stir in oil and pepper. Spread over roast. I put a small amount of water in the bottom of the roast pan to stop the drippings from burning. Roast in 450F oven for 30 minutes. Reduce heat to 275°F; roast until meat thermometer inserted into centre registers 140°F for medium-rare, about 2 hours. Transfer to cutting board; tent with foil and let stand until temperature rises 5°F, about 10 minutes.

Mushroom Gravy: Remove beef roast and rack from roast pan. Add the 2 cups of beef broth and mushrooms to the pan. Bring to a boil on top of the stove; stirring and scraping the drippings into the broth. Allowing the mushrooms to cook. Add the salt, pepper and thyme. Meanwhile in a pint size Mason jar, add the 3 heaping teaspoons of flour and then fill the jar with water. Shake well to combine and remove any flour lumps. As broth is boiling, stir in the flour and water to thicken. (You can add more flour and water if it's not thick enough but it will thicken more as it simmers) Taste and season as desired.

March Break: Airport Security Prep For Families



NC - March Break is a perfect time to skedaddle from the cold and take a welldeserved family vacation. Unfortunately, the idea of making happy memories can quickly shatter if you are unprepared for airport screening. The Canadian Air Transport Security Authority (CATSA) suggests helpful tips and tricks when traveling with kids so that your airport screening experience is a walk in the park:

At home

- Make sure you and your family wear comfortable clothing with no metal straps or buttons. Ensure that outerwear is easy to take off; this will save you a lot of time since it will need to be removed for screening.
- Pack all liquids 100 ml or less together in a clear and resealable plastic bag. Place the plastic bag somewhere that is easily accessible in your carry-on since you will need to take it out for screening.
- Note that all liquids that exceed 100 ml must be placed

in your checked baggage, unless you are travelling with a child under the age of two. Baby food, formula, milk, water and juice are acceptable to pack in your carry-on.

- Carry snacks in your carryon to keep your kids smiling. Make sure that these are solid foods (like fruits and chocolate).
- Pack toys in your carry-on to keep the kids entertained.

At the airport

- Arrive early at the airport. This is crucial especially at peak periods.
- Use the Family/Special Needs screening line.
- Do not leave your baby in a stroller on the x-ray belt. Hold your child in your arms as you pass through the metal detector.
- Inform the screening officer if you require any assistance.

Additional travel tips can be found online at catsa.gc.ca, or mobile at m.catsa.gc.ca. You can also follow the organization on Twitter, @catsa_gc.

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