

HALLOWEEN SAFETY TIPS

Trick-or-Treaters

- Carry a flashlight.
- Walk, don't run!
- Stay on sidewalks.
- Obey traffic signals.
- Stay in familiar neighborhoods.
- Don't cut across yards or driveways.
- Wear a watch you can read in the dark.
- Make sure costumes don't drag on the ground.
- Shoes should fit (even if they don't go with your costume)
- Avoid wearing masks while walking from house to house.
- Carry only flexible knives, swords or other props.
- If no sidewalk, walk on the left side of the road facing traffic.
- Wear clothing with reflective markings or tape.
- Approach only houses that are lit.
- Stay away from, and don't pet animals you don't know.



Parents

- Make your child eat dinner before setting out.
- Children should carry change so they can call home.
- Ideally, young children of any age should be accompanied by an adult.
- If your children go on their own, be sure they wear a watch, preferably one that can be read in the dark.
- If you buy a costume, look for one made of flame-retardant material.
- Older children should know where to reach you and when to be home.
- You should know where they're going.
- Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything.
- Look at the wrapping carefully and toss out anything that looks suspicious.

Homeowners

- Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones.
- Pets get frightened on Halloween. Put them up to protect them from cars or inadvertently biting a trick-or-treater.
- Battery powered jack o' lantern candles are preferable to a real flame.
- If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing.
- Make sure paper or cloth yard decorations won't be blown into a flaming candle.
- Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn that can be microwaved later.
- Non-food treats: plastic rings, pencils, stickers, erasers, coins.

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LESSONS OF THE GEESE

~Submitted By: Leah~

In the fall, when you see Geese heading south for the winter flying along in the "V" formation, you might be interested in knowing what science has discovered why they fly that way...

It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. Quite similar to people who are part of a team, and share a common direction, get where they are going quicker and easier because they are traveling on the trust of one another and lift each other up along the way.

Whenever a Goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone, and quickly gets back into formation to take advantage of the power of the flock.

If we have as much sense as a Goose, we will stay in formation and share information with those who are headed in the same way that we are going. When the lead Goose gets tired, he rotates back in the wings and another Goose takes over. It pays to share leadership and take turns doing hard jobs. The Geese honk from behind to encourage those up front to keep their speed. Words of support and inspiration help energize those on the front line, helping them to keep pace in spite of the day-to-day pressures and fatigue. It is important that our honking be encouraging. Otherwise it's just, well, honking!

Finally, when a Goose gets sick or is wounded and falls out, two Geese fall out of the formation and follow the injured one down to help and protect him. They stay with him until he is either able to fly or until he is dead, then they launch out with another formation to catch up with their group. When one of us is down, it's up to the others to stand by us in our time of trouble.

If we have the sense of a Goose, we will stand by each other when things get rough. We will stay in formation with those headed where we want to go. The next time you see a formation of Geese, remember their message that:

"IT IS INDEED A REWARD, A CHALLENGE AND A PRIVILEGE TO BE A CONTRIBUTING MEMBER OF A TEAM"



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Why did the Vampire subscribe to the Wall Street Journal?
He heard it had great circulation.

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What do you get when you divide the circumference of a jack-o-lantern by its diameter?

Pumpkin pi.



How do you tell twin witches apart?
You can't tell which witch is which.



Why did the vampires cancel their baseball game?

They couldn't find their bats.



How do you make a witch scratch?
Just take away the W.



What do you get when you cross a ghost with an owl?

Something that scares people and doesn't give a hoot.



What did the mother ghost say to her son?

Don't spook unless you are spooked to.

TONGUE TWISTER OF THE WEEK!

Creepy crawler critters crawl through
creepy crawly craters



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Hey Kids! Don't forget to colour in the leaf on your virtue tree when you complete this week's virtue of the week featured on page 4!

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What has webbed feet, feathers, fangs & goes quack-quack?
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