



HEAT EXHAUSTION

Heat exhaustion is a serious illness caused by too much heat. During prolonged heat waves, the very young and the very old are also often at risk, even if they are not active.

Signs and symptoms of heat exhaustion include:

- Feeling weak, faint or dizzy, with headache or nausea
- Cold, clammy skin
- Dry tongue and thirst
- Severe muscle fatigue
- Loss of appetite
- Profuse sweating
- Physical collapse

You can't control the weather, but you can take these four steps to reduce your risk of heat exhaustion.

1. During the spring and early summer months gradually spend more time outdoors.
2. Drink non-alcoholic fluids at regular intervals, whether you feel thirsty or not. When you are in the heat, drinking a half-cup to a cup of fluids every 15 to 20 minutes.
3. Avoid being outdoors during the hottest part of the day. If you like to run or play sports, schedule your workouts in the early morning hours or after sunset. If you don't have air conditioning, or can't get to a place that is air conditioned, stay on the lowest floor and keep the shades drawn and a fan running.
4. If you must be outside, wear lightweight, light-colored clothing. Eat light; frequent small meals are better than a single heavy one.

Where to keep cool....

To access a list of indoor and outdoor swimming pools (or any other recreation inquiries) go to <http://www.myhamilton.ca/myhamilton/CityandGovernment/CultureandRecreation/Recreation/Programs/Poolswimming.htm> or call (905) 546-3747

Places to keep Cool!

Senior Lounges Are
Air Conditioned
Malls
Libraries
Art Gallery
Museums

YMCA Day Camps

Programs for Youth (4-15 Years):
Outdoor Programs at Camp Chippewa (located at Christie Lake Conservation Area) include:

- General Camp
- Canoe Camp
- Leadership Training Camp
- Camp Fundamentals (outdoor skills)
- Discovery Camp (environmental education)

YMCA Indoor Camp Programs are located at Ron Edwards Family YMCA, Tansley Woods Community Center, Allan A Greenleaf School, and The Hamilton Downtown YMCA. Some locations include:

- Stepping Stones Camp (preschool aged children)
- Junior Sports Camp
- Sports Camp
- Kidventure Camp (creative theme based camps)

YMCA Day Camps Information Telephone:
Burlington: 905-632-5000
Hamilton: 905-529-7102
Flamborough: 905-690-3555

Brochures will be available online March 5, 2007 www.ymcahb.on.ca
Camp Registration begins March 19, 2007

The YMCA provides financial assistance ~ to book an appointment, please call the Hamilton Downtown Family YMCA at 905-529-7102.

Parents who are working and require a full summer of care can apply to the City of Hamilton for subsidy by calling 905-546-2424 Ext 4870.



Employment Opportunities for Youth

The YMCA Youth Internship Program is now hiring. We have 8 Internship opportunities for those with their high school education and 12 for those without. Below is one of their advertisements.

Need Help Getting a Job?

Call 905-540-9679

No Experience Necessary-will train

What you get - and it's FREE!

- Paid 6-10 months Work Placements
- Assessments & Career Focusing
- Employment Readiness Workshops
- Coaching Support by a Mentor
- Certificates

Entry Level positions available:

- Computer Support
- Environmental Lab & Field work
- Store person/Inventory
- Administration & Customer Service
- General Office Support-Resource & Data Entry
- Call Centre-Customer Service/Dispatch
- Library Assistant

- ✓ If you are 16-30 years of age
- ✓ With or without a High School Diploma

Call the YMCA Career Development & Learning Centre - Your One Stop Training & Employment Centre

(905) 540-9679 - Register Today!

www.ymccareerdevelopment.on.ca

Looking for Work?

Wesley Urban Ministries has a Free Employment Services Wednesdays 10:00 a.m. to 2:00 p.m.

- Meet one on one with an employment counsellor
- Referral and placement
- Access to an employer network

Call Lin R @ 905-521-9125

A friendly reminder....

CityHousing Hamilton wants to remind you to report any changes in your income or change in family members.

Make the most of yourself, for that is all there is of you.

Ralph Waldo Emerson



155 Park Street South

June 2007 – December 2007

➤ The continuation of the removal and replacement of various piping throughout the entire building.

181 Jackson Street West

May 2007 – July 2007

➤ The reparations to the existing wall system including the installation of a new EIFS system (Exterior Wall Installation and Finish System)

10 St. Andrew's Drive/245 Kenora

Avenue/50 Congress Crescent

May 2007 – July 2007

➤ The removal and replacement of the existing roof shingles

20 and 30 Congress Crescent

April 2007 – December 2007

➤ The repairs to the concrete walls, concrete balconies and the repairs and painting of the existing balcony railings. Also the replacement of the existing living room windows.

801 Upper Gage Avenue/226 Rebecca

Street/120 Strathcona Avenue North/

181 Jackson Street West/95 Hess

Street South/500 MacNab Street

North

July 2007 – December 2007

➤ The replacement and installation of a new security system including new recorders, cameras, monitors etc.

120 Strathcona Avenue North/395

Mohawk Road East

➤ Relandscaping/upgrading of various areas including the installation of new walkways, trees, shrubs and exterior lighting.