

# Onslow Belmont Notes



By Debbie Weatherby

Well hurricane Bill landed but with not as much force as they were predicting which was nice. We have some trees that line our driveway which are over a hundred years old and he managed to break off one of the limbs. It didn't take long for our cows to discover it and they had a great time pulling the leaves off and having a fine treat. The power was only out for about 3 hours which wasn't bad at all compared to when Juan hit us a few years ago.

There was a ball tournament held in Belmont in memory of Fraser Barnhill over the week end of August 21, 22, and 23rd and a huge crowd in attendance. From all accounts it was a good time had by all and even fireworks on Saturday evening.

It is hard to believe that school will be starting shortly and once again drivers need to look out for the kids and the buses.

I hope everyone has a good Labour Day weekend. Until next time take care.

**Belmont Baptist Church services are held every Sunday at 11:00 a.m.**

**Wednesday evenings there is a prayer meeting at 7:00 p.m.**

**In times of need you can contact Rev. Leslie Jobb by calling 662-3134 or 548-2078.**

**The Wesley United Church servcies will be held in Belmont September 6 at 10:00 a.m. then September 13th in in Lower Onslow, and on September the 20th in Onslow.**

# Go Wash Your Hands

By Chris Urquhart

I am sure that we have all told our children to "go wash your hands!", but do we really know why we should wash our hands and how to do it properly? First - when should you wash your hands? - before meals, before feeding children, including breastfeeding, before and after preparing food, after using the toilet, after changing diapers or helping a child use the toilet, after blowing your nose, coughing or sneezing, after playing with shared toys, before and after visiting with people who are sick and after handling animals or their waste.

Here are seven tips on how to wash your hands properly:

1 - Remove all rings and wet your hands with warm running water.

2 - Put a small amount of liquid soap in the palm of one hand. Bar soaps are not as hygienic as liquid soaps because they stay moist and attract germs. If a bar soap is the only option it should be stored on a rack so that the bar doesn't sit in water.

3 - Rub your hands together for 20 seconds so you produce lather. Make sure you

scrub between your fingers, under your fingernails and the backs of your hands.

4 - Rinse your hands well with clean running water for at least 10 seconds. Try not to handle the faucets once your hands are clean. Use a paper towel to turn off the water.

5 - Dry your hands with a single use paper towel. If you use a hand towel be sure to change it daily. During cold and flu season you may want to give each family member his or her own hand towel.

6 - Use hand lotion to put moisture back into your skin if your hands are dry.

7 - Model good hand washing technique to your children. Have them sing a song like Twinkle Little Star while rubbing their hands together to teach them the amount of time it takes to clean their hands properly.

You may think that this is a silly thing to put here in this paper, but when you think of the swine flu virus that you might have picked up from the change at the coffee shop, or from the cart in the supermarket, or almost any other public place, washing your hands correctly might be a matter of sickness or good health.

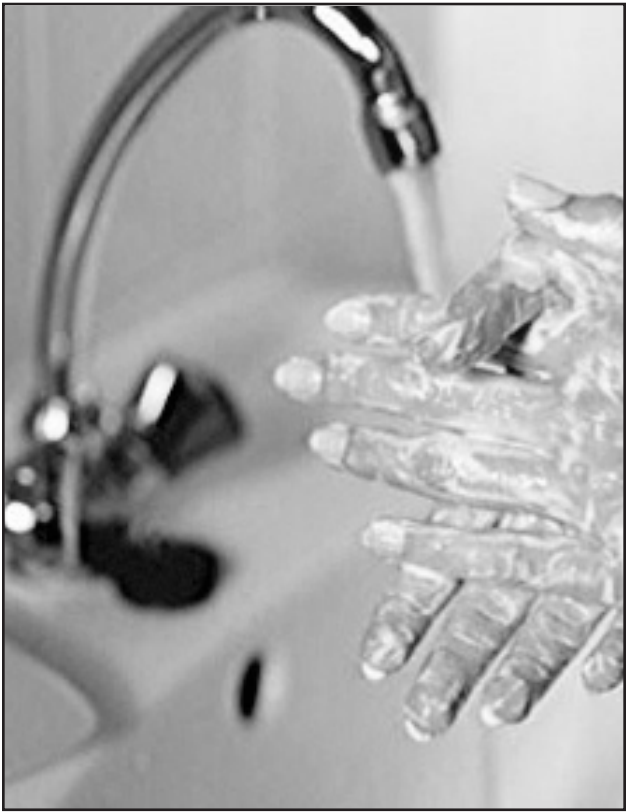


Blueberries stand ripe and ready for picking fresh from the vine. (Harrington Photo)

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