

Memo #12

Date: October 24, 2017

To: Executive/Members

Re: Movember; OTIP; OLA School Lacrosse Program

Movember

“*Movember*” is upon us once again. I wanted to remind everyone who would like to participate, by growing, donating and helping to have an everlasting impact on the face of men's health. During November each year, Movember is responsible for addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention.

We have once again, set up a local team called “Bros and Sistas of Simcoe Muskoka”, please click on the following link for more information on signing up or other ways you can support this effort. <http://mobro.co/oectasimcoemuskoka>

Movember is continuing “Take the MOVE Challenge.” Get moving! Big or small, any kind of physical activity counts. Post updates on your Movember fundraising page and share what you're up to. Get your friends, family, school or workplace involved to MOVE as a team, or challenge them to match your MOVEs. Set a fundraising target, and then smash it.

Please check out the website: <https://ca.movember.com> for some excellent information such as: information on prostate and testicular cancer; mental health and well-being; podcasts and much more.

Movember Social: (see attached flyer)

Where: Flying Monkeys Brewery (107 Dunlop Street East, Barrie)

When: Thursday, Movember 30th

Time: 4:00 pm to 7:00 pm

OTIP

Thinking about buying winter tires? Here's what you need to know.

Winter tires improve handling and overall traction in snowy, icy and slushy conditions and reduce the likelihood of collisions. They can even reduce braking distances by up to 25%! Their wider tread and softer rubber are designed to eject snow and ice and prevent skidding on the frozen roads.

When shopping for winter tires, here are a few things to remember:

- Check for a logo of a peaked mountain with a snowflake. This is how you differentiate winter tires from regular all-season tires.
- Consider the severity of weather in your area. If you get a lot of snow and ice, be sure to get tires that can handle those conditions.

- Purchase and install your winter tires in sets of four. Many retailers offer discounts for buying a set of four tires.
- Change your tires as soon as you need to. You can check how worn your tires are from the tread-wear indicators.
- Do not mix tires of different sizes or treads. This can create unsafe driving conditions.
- Check the air pressure on your tires frequently. Not only does this help with the overall safety of your vehicle, it also optimizes fuel efficiency!

It's also important to switch out your winter tires when the seasons change. Winter tires are not well suited to warmer weather conditions and they will wear much quicker. If you are diligent about changing your tires, they can last up to five years.

Contact OTIP today at 1-888-892-4935 to see if your policy qualifies for a winter tire discount.

OLA School Lacrosse Program

OLA School Lacrosse Program is an introductory skills and education program designed for elementary and secondary schools within the province of Ontario that seeks to promote awareness of Canada's National Summer Sport at the grass roots level. The philosophy of OLA School Lacrosse Program is to develop support and appreciation for the game of lacrosse through basic skill instruction and complimentary educational components.

Please see Application Form attached to this memo.

If you have any concerns, please contact the Unit office at 705-733-9625 or 1 800 558 4815