

# Household hazardous waste days coming up

Spring is officially here and now is the time for spring cleaning. Part of that spring cleaning means clearing out shed, garages, and basements where some people like to store some of their hazardous products such as old batteries, old cans of paint and/or oil.

The MMSB, or MultiMaterial Stewardship

Board has listed its 2009 sites, dates and times of this years Household Hazardous Waste Event Schedule on their website.

In Paradise, the MMSB will be at the town hall on MacNamara Drive on May 30 to collect any hazardous material from residents in that town.

They'll also be in CBS on Saturday, June 27 at

the Kelligrews Stadium. These events take place at these locations from 8:00 in the morning until 4:00 in the afternoon on the respective dates.

They'll be back again in these towns in the fall to collect again. For more information about the event log onto the MMSB website.



HOUSE DESTROYED---This two storey house in St. Vincent's was destroyed by fire on April 25th at around 10:30 pm, RCMP say it was accidental and probably caused by a fat fire. The two people who occupied the home were not injured.

## Walk across Canada

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their backyard at their invitation after she asked them for directions to the nearest hotel Monday evening. Her feet have eight blisters already she says, and her back pack is proving to be too heavy, and she confesses she may have to resort to pushing her supplies in a stroller to take the strain off her back. To make matters worse, her first night in a tent in Newfoundland in May was not exactly like staying at the Hilton. "My first night was like sleeping on a piece of

metal,' she laughs. Despite the rough and rocky start, she's not discouraged. "I'm determined. I'm going to do it. It's a pride thing," she explains. "The walk isn't just about Crohn's and Colitis, it's multi-faceted. It's a pilgrimage for me as well. A time to discover myself."

Aubie, who has a diploma in childcare, hopes to write a book about her adventure one day when she's finished the walk, a walk that she says has already opened her

eyes to a world of possibilities. "It's not often you see women embarking on these journeys. It's usually the men who do this sort of thing. It's empowering," she declares.

To learn more about, or to support Michelle Aubie on her 'Walk Across Canada' log onto her website at [www.canadaindream.webs.com/](http://www.canadaindream.webs.com/) or [www.ccffc.ca](http://www.ccffc.ca) to learn more about Crohn's and IBS.

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