



HEALTH & SAFETY NEWSLETTER

September 2015

Hello and welcome to September!!! Back to school and fall just around the corner! First off congratulations to everyone that is "backing in" you are doing an extremely wonderful job all of you!!! So thank you!! There is lots of great stuff in this month's newsletter, thank you to Sabrina for your help with articles. We are running a contest for a Healthy Recipe monthly and congratulations to Colleen Klinkhammer for her winning entry for September! You will receive a \$25.00 gift card to Save on Foods! Keep the recipes coming in!



As weather and road conditions change with the season, following fall driving safety tips will help keep you safe as you enjoy the cool crisp air and the beautiful colors of the autumn leaves.





The Dangers of Leaves on the Roads

When leaves accumulate on the roadway and become wet, they can get extremely slippery, making the driving conditions similar to driving on ice. If the temperature drops below freezing, the wet leaves will freeze and turn into dangerous icy leaves on the roadway. Besides reducing the truck or car's traction, causing skidding and the possibility of losing control of the vehicle, leaves often cover the painted road markings, making it difficult to know the locations of the lanes. Slow down if you are driving on a road covered with leaves, especially when driving around turns.

Changing Weather Conditions

In many areas, autumn is a damp, wet season. There are many rainy or foggy days and nights. As the temperatures drop, frost often coats the ground at night.

When driving in fog, set your headlight to low beam. This setting aims the beam of light down toward the roadway.

In the fall as temperatures drop, frost often forms on the roadway, causing hazardous driving conditions. Drive slowly and break gently at overpasses and bridges as these areas frost over more quickly than other roadway surfaces.

Be aware of areas where black ice forms on the roadway.

Adjust for Fewer Hours of Daylight

In the fall there are fewer hours of daylight. In the earlier darkness it is common to see children outside playing or riding their bicycles. People are walking their dogs, jogging or taking late afternoon or evening walks. In the fading light of dusk it is more difficult to see the children and pedestrians. Watch out for children at their bus stops in the morning and as they return home in the afternoon.





Get Prepared for Back to School Safety!

It's back to school time!

As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and more people are walking, cycling or driving to school. To help with the transition and share the roads safely, read our safety tip. Help everyone stay safe this school year!

1) Observe School Zone Speeds Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

2) Obey the Crossing Guard A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.

3) Watch for Darting Children Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might be needed to prevent an accident.

4) School Buses Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.



Fall superfoods The weather is getting cooler, but your produce choices are heating up. These amazing superfoods are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store. They're the perfect excuse to get cooking on cool nights!

Apples: Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin—it contains hearty-healthy flavonoids. Health benefits include:

- Full of antioxidants
- 4 grams of dietary fiber per serving

Brussels sprouts: Made the correct way, these veggies taste divine. They have a mild, somewhat bitter taste, so combine them with tangy or savory sauces, like balsamic vinegar. Health benefits include:

- 1/2 cup contains more than your DRI of vitamin K
- Very good source of folate
- Good source of iron

Pears: The sweet and juicy taste makes this fruit a crowd-pleaser. Cooking can really bring out their fabulous flavor, so try them baked or poached. Health benefits include:

- Good source of vitamin C and copper
- 4 grams of fiber per serving

Cauliflower: The sweet, slightly nutty flavor of cauliflower is perfect for winter side dishes. It's wonderful steamed, but it can also be blended to create a mashed potato-like texture or pureed into soup. Health benefits include:

- Compounds that may help to prevent cancer
- Phytonutrients may lower cholesterol! "Excellent source of vitamin C"

Squash: Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. Because of its thick skin, it can be stored for months. It tastes best with other fall flavorings, like cinnamon and ginger. Health benefits include:

- Contains omega-3 fatty acids
- Excellent source of vitamin A





2nd Annual Baseball Game and Sport Day!
Saturday September 12th 1pm - 5pm at Little Delair Park

Baseball Game, BBQ, Tug O War, Potato Sack Race, Water Balloon Toss, Face Painting and More!
Free for all Events Club Members - \$5 for non-members
Sign up with Vereena in Dispatch!



Blueberry Salad by Colleen Klinkhamer

Spinach or Romaine Lettuce (whatever your personal preference)

Blueberries (lots-preferably fresh)

Red Onion (sliced thinly)

Real Parmassen Cheese

Sunflower Seeds (toasted)

Fresh Shrimp (east coast better)

Mix lettuce, blueberries, red onion, sunflower seeds and parmassen on top. Shrimp in a side dish to be added at the end

Dressing

Craft balsamic vinaigrette dressing

Real Maple Syrup (light)

(mix 3 parts balsamic to 1 part maple syrup) – mix as much as you think that you will need

Drizzle dressing over top of the salad....and this will be THE BEST SALAD THAT YOU WILL EVER EAT!!! Low CalorieJJ

