



Comox Valley Nature Groups

If you are looking for a group to join so that you can get out and enjoy nature, we can help.

The Comox Valley Naturalists Society has been registered for 50 years and offers field trips, birding, guest speakers, botany, wetland restoration and young naturalists club.

www.comoxvalleynaturalist.bc.ca

The Comox District Mountaineering Club was established in 1928. The club organizes day hiking and backpacking trips. Most hikes are in Strathcona Park and hikes for different levels are offered.

www.comoxhiking.com

The Comox Valley Regional District has trail maps for most of the trails in the Comox Valley, taking us from Hornby Island to Oyster River.

www.comoxvalleyrd.ca

Courtenay Fish and Game Protective Association is dedicated to wildlife management and conservation.

www.courtenayfishandgame.org

Strathcona Wilderness Institute inspires awareness, appreciation and stewardship of Strathcona Park through education and participation.

www.strathconapark.org

We are living in one of the most beautiful places on the planet with easy access to wilderness habitats. Even if you don't join a wilderness club take a friend for a walk at Nymph Falls and breathe in the beauty.



Prep Your Produce

Most of us know that fruit and vegetables are good for us. So why is it difficult to include them in our daily meals and snacks? I try to include vegetables in my meals but while working full time it is difficult to find the time. My goal is to try some of the following tips that I have found on the internet.

- Sunday is a good day to shop, wash and chop vegetables.
- Wash lettuce immediately and dry before bagging, then wrap in a paper towel. Keep leaves whole.
- Wash celery, broccoli, carrots, peppers and cauliflower then chop and store in container.



- Chop 3 large onions and store in container to use when cooking.
- Wash kale and spinach and store in bag with a paper towel to keep fresh. Throw kale and spinach in anything and everything from spaghetti sauce to tuna casseroles.
- Fruit on the verge of spoiling should be cut into chunks and frozen on trays before bagging for blender drinks. (don't use rotten fruit)
- Store cut potatoes in water with a squirt of lemon juice to avoid browning, keep for 1 to 2 days. Then cook and store for another 3 to 4 days that way you will have potatoes for almost a week.
- Remember that the smaller you cut vegetables the shorter their shelf life due to the exposed surface area. Bags of pre-shredded cabbage should be rewashed since the bacteria can grow quickly.
- Add dressing to salads right before eating.

Recipes

BACKPACKERS SNACKS

Food always tastes better when hiking. The simplest food can rise to the acclaim of gourmet delight, such as cheese in a bun, delicious. Peanut butter on celery or humous and pita is amazing. It is best to include protein in a snack for energy.



No Bake Granola Bars

from 'Oh She Glows' cookbook

- 1.5 cups rolled oats (blended in food processor)
- 1/2 cup unsweetened protein powder
- 1/2 cup rice crisp cereal
- 1/4 teaspoon fine grain sea salt
- 1/2 cup natural peanut butter, almond butter, or sunflower seed butter
- 1/2 cup pure maple syrup
- 1 teaspoon pure vanilla extract
- 3 tablespoons dark chocolate chips
- 1/2 tablespoon coconut oil

Directions:

Line an 8-inch square pan with a piece of parchment paper. Mix the oat flour, protein powder, rice crisp, and salt together in a large bowl. Add in the nut/seed butter, maple syrup, and vanilla. Stir well to combine. If the mixture is a bit dry, add a splash of non-dairy milk and mix again. Press into pan and roll out with a pastry roller until smooth. Pop into the freezer. Melt the chocolate chips and coconut oil together in a small pot over low heat. When half of the chips have melted, remove from heat and stir until smooth. After freezing the bars for about 5-10 minutes, remove from freezer and slice into bars. Drizzle with melted chocolate and freeze again until set. Store in the freezer for in an air-tight freezer bag or container. **Wrap individually to take hiking.**





Work Place Tips

- Avoid the 3pm slump by drinking water throughout the day.
- Protect your eyes by keeping your computer screen at an arms distance.
- Employers do well to encourage holiday time, they save money by having a healthy staff needing fewer sick days.
- Clean your mouse pad, key pad and phone. Germs can survive for hours and sometimes days.
- Eat snacks throughout the day to keep blood sugar stable.
- Be aware when travelling to and from work; accidents can happen when we are on auto pilot with the daily drive to work.
- Avoid drama, don't get pulled into gossip or alliances it creates bad feelings amongst co-workers.



Once again a yoga class is being offered to the Town of Comox employees at a reduced rate with their Wellness Membership.

Wake up your body and spirit. All levels can enjoy this class before work or to feel energised, relaxed and focused throughout the day.

Thursdays, April 2 - May 14

6:30am - 7:30am

\$49+gst (before discount)

and/or

Thursdays, May 21 - June 25

6:30am - 7:30am

\$42+gst (before discount)



Spring Registration

Is Now in Progress
Don't forget to update
Wellness Memberships
for 2015.

Excema Woes

Yikes! I've just discovered the woes of Eczema. The itchy red blotches apparently are fairly common among the general public but when faced with the affliction it's easy to feel alone and discouraged.

Upon investigation there is quite a lot of information out there on the subject. It can be caused by stress, heat, cold, allergies toxins and illness.

Once the redness and itchiness sets in it can take a few weeks for your skin to get back to it's normal condition. Try to avoid hot baths and showers and lotions, cleaners and detergents with toxins and fragrance. Add a second rinse to the wash cycle to remove residues from fabric.

An oatmeal milk bath is soothing; put 1 cup of oatmeal in a piece of stocking and tie in a knot, throw into warm (not hot) bath add 1/2 cup of milk powder or 1 cup of liquid milk. Don't soak for more than 10 minutes since after this point the skin does not hold in the moisture. Soaking too long has a negative effect when you are trying to re-establish the moisture content of the skin. Cover the skin with a repair cream that will protect the skin while it recovers. If the skin loses its natural layer of moisture then it is basically raw to the elements. Patience and deep breathing also helps during these times.

WORK WORKOUTS

New reports state that sitting for long periods of time can be worse for our health than smoking. That does seem like a fairly extreme claim but even if it is an exaggeration it sends a clear message to get up and move!

Wait a minute...I need to stand up and do 5 squats. Ok, that's better, now where was I? If you sit at a desk for most of your work day. Wait....I'm about to perform 5 knee raises. Ok that was easy.

Now why don't you try some of the following office work outs;

- Butt clenches may sounds silly, but really, who will know that's what you are doing.
- Stand up, with knees slightly bent and then sit, do not straighten legs. repeat several times.
- Knee raises at the water cooler.
- Push ups against the hallway wall.
- Step ups onto the step stool, repeat throughout the day.
- Coffee break is a good time to do 5 a 5 minute walk, run or flight of stairs.
- Park a few blocks from work so that you are forced to walk at either end of the day.
- Pack a skipping rope in your lunch bag, there are many ways to skip depending on your ability.
- Sign up for a fitness class that you do in your work day, or right after work before heading home.



Whew, I'm exhausted! That was a great workout while writing this piece.

To contribute ideas to the Wellness Newsletter
please contact Sue Tompkins
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