



The great thing about Summer Holidays is you don't need to spend a lot of money or come up with amazing adventures to have fun. Often the best holidays involve relaxation and simplicity. The following is a list of "The Best of Summer"

- Walk bare foot in the grass
- Sleep on the back porch
- Throw a Frisbee
- Read a trashy novel
- Ride a bike
- Nap in a hammock
- Have a picnic in the park
- Star gaze in a sleeping bag
- Watch the sunset at the beach
- Watch the sunrise at the beach
- Roll up your pants and go wading
- Pick berries
- Make watermelon popsicles
- Go to the Farmers market
- Eat corn on the cob
- Collect seashells at the beach
- Play cards at the camp site
- Play Bocce
- Buy fish and chips at Marina Park
- Swim in the ocean
- Climb stairs at the Spit
- Fly a kite

Summer Food Safety

As the temperature rises, so does our excitement over picnics and grilling. Unfortunately, cases of food borne illness rise too.



Most people know to keep potato salad cold. But there's more to food safety. Consider the following food for

thought as you plan your summer outings. You know to refrigerate perishable food within two hours. But did you know that drops to one hour when the temperature is above 90 F (32 C)? Serve, eat and get food back in the cooler. Bring wipes or sanitizing gel for surfaces and hands. Wash hands before food prep and after handling raw meats. Use an insulated cooler with ice, ice packs or partially frozen items to keep food at 40 F (4 C) or cooler. Keep the cooler closed until you're ready to cook. Pack meat in plastic and put it on the bottom of the cooler to prevent it from leaking onto other foods. Don't rely on the color of meat to judge when it's cooked enough. Use a food thermometer to check the temperature.

- 165 F (74 C) for any type of poultry
- 160 F (71 C) for ground meat other than poultry
- 145 F (63 C) for solid cuts, such as steaks, of meat or fish

Enjoy the warmer weather but keep food safety in mind as you pack your picnic cooler or fire up the grill.

Recipe

Canada Day Strawberry Shortcake



2 cups all-purpose flour
 3 tbsp sugar + extra for sprinkling
 1 tbsp baking powder
 1/2 tsp salt
 1+1/3 cup heavy cream
 4 tbsp cold unsalted butter, chopped
 1 large egg
 1/4 cup honey
 16 ounces of strawberries
 1/3 cup fresh mint leaves

Pre heat oven to 375 degrees and line a baking sheet with parchment paper.

Whisk together the flour, 2 tbsp of sugar. The baking powder and 1/2 tsp salt. Add the chopped butter and add to the flour using a pastry cutter until the butter is the size of small peas.

In another bowl whisk together 1/3 cup cream with the egg and 1/3 cup water. Add to the dry mixture and stir with a wooden spoon until a stiff batter is formed. Drop 6 mounds onto the prepared baking sheet. Brush with a bit of cream and sprinkle with sugar. Bake until golden brown, about 25 minutes. Cool on the baking sheet. While the biscuits bake, and cool, combine the honey with 1/3 cup water and a pinch of salt in a small sauce pot. Gently simmer, stirring over medium heat until the honey is dissolved and the mixture is slightly thickened, about 5 minutes. Cool and then toss in a bowl with the strawberries and torn mint. Set aside for at least 30 minutes for strawberries to release their juices. To assemble, whip the remaining 1 cup cream with 1 tbsp sugar to soft peaks. Split each biscuit and place the bottom half on a plate. Top with berries and juices and then the whipped cream. Place the top of the biscuit on the shortcake and garnish with the fresh mint.





Benefits of Good Sleep

Glowing skin, sparkling eyes and a skip in your step...are some of the benefits to getting a good night's sleep. Did you know that getting 8 hours of sleep each night can also help to prevent diabetes, high blood pressure and obesity?



The following is a list of healthy sleep tips;

Go to bed and wake up at the same time each day.

Bedtime rituals help to prepare the mind for relaxation.

Try a cup of tea, soft music, reading material that is comforting not stressful.

Try not to drink alcohol or eat food within two hours of sleeping. Keep screens such as computers and TV away from the bedroom area.

Avoid caffeine in the afternoon or chocolate at night.

Try soaking in an Epsom salts bath just before bed. Epsom salts are rich in Magnesium, which is an excellent muscle relaxant and sedative for the nervous system.

Add 2 cups of Epsom salts to a bathtub and fill with water that is as close as possible to body temperature.

Fresh air is restful, so keep your windows open a little even in winter.

A much more serious condition called sleep apnea is when breathing is being interrupted during sleep. Please see a health care professional if this applies to you.

Reporting Workplace Injuries

Submitted by Janice Wright, Payroll

Workplace injuries are never planned or welcomed but they do happen. Lost wages and medical costs may be recoverable by following a few simple steps to report your injury to your employer and WorkSafeBC.

- 1 Tell someone. Reporting your injury to your employer should be the first step to ensuring that your injury is compensable.
- 2 Seek medical attention. You may only need a bandage applied by the site first-aid attendant but you should at least get a second opinion (yours doesn't count). If you do need to see a physician make sure that he/she knows that the injury is work related.
- 3 Start your claim with Work Safe BC as soon as possible. If you miss time from work you must contact the Teleclaim Contact Centre. Otherwise complete and submit a Worker's Incident and Injury Report (Form 6A) available on the Work Safe BC website www.worksafebc.com

Even injuries that do not result in lost time may have associated costs such as medication or physiotherapy. The injury must be reported to have these costs covered by WorkSafeBC.

Work Safe BC Teleclaim Contact Centre

1-888-WORKERS
(1-888-967-5377)

OR

#5377 for Telus, Rogers and Bell Mobility customers



Festival

Wise Guide

Summer festival season is here! I don't know about you but I just love the instant holiday feeling that comes with my purchased ticket. Even though I always enjoy myself, I have run into some problems...here are a few ideas on how to stay healthy and have fun.

Hydrate; take extra water with ice cubes and mint or lemon. Floppy hats, sun shirts, sunscreen and glasses are a must.

Pack hand sanitizer and wet wipes for those lovely trips to the porta potties. I like to keep a wet cloth which has been sprayed with Thieves and Lavender oil in a zip lock baggie; it comes in handy when the sweat and dust start to build up on feet and hands.

Bring a headlamp for end of the night safety. Extra items could include a small soft cooler with an ice pack, low riser chair and a blanket.

I usually like to ride my bike to most local festivals, it's much easier to find bike parking, but bring bike lights and bright clothing if you are riding home in the dark.

The most important thing to remember is relax and enjoy because winter is just around the corner!

To contribute ideas to the Wellness Newsletter please contact Sue Tompkins stompkins@comox.ca