

Hello! Bring on the 3 S's of Summer.....SLIP on a Shirt, SLOP on Sunscreen, and SLAP on a Hat! School's out, holidays have begun, all good stuff! This newsletter is full of great stuff for everyone as usual. Wayne and Brian have a few interesting articles, Sabrina with her monthly crossword, as well as an interview done by Sabrina with Portland driver Tom O'Bryne. Vereena has a great recipe to share, Pistachio Apricot and Dark Chocolate Energy Bars. Happy Canada Day! Enjoy!



### Some things you didn't know about Canada

1. We like our beer - In BC alone residents guzzle 1.2 million liters of beer over the Canada Day weekend.
2. 20 percent of the Worlds fresh water is in Canada.
3. Canada has the longest coastline of any country in the world.
4. 15 500 of the worlds polar bears live in Canada
5. 247 is the number of annual car accidents that involve moose.
6. Macaroni and Cheese is the most purchased packaged grocery item in Canada.
7. In Saskatoon a "hoodie" is called a "Bunnyhug"
8. 17 spoons were balanced on the face of a Canadian Boy, Aaron Caissie, to set a world record.
9. Porky's is the most successful Canadian film ever made.
10. 100 dollar bills have been known to have the smell of MAPLE.





# Canada Day Word Search

**Instructions:** Try to find all of the hidden Canada Day words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



## Word List

CELEBRATION	GAME	PARKS
CONFETTI	GOVERNMENT	PATRIOT
FAMILY	HERITAGE	PICNIC
FREEDOM	JULY	SUMMER
FUN	PARADE	WHITE





**Interview with Tom O'Byrne**

**With Sabrina**

**How long have you worked for Can Am?**

**Tom:** I've been working for Can Am for 25 years. I've working with B-trains, Quads and Vans throughout all the years.

**How did you get into the trucking industry?**

**Tom:** I grew up on a farm and used to drive a truck all the time around the farm. The first truck that I ever drove was a 1947 Fargo 5 ton. I really enjoyed it and decided that driving a truck was something that I wanted to do. I liked to drive and it was nice to see new places all the time.

**What is your favorite part of the job?**

**Tom:** My favorite part of being a truck driver is probably meeting different people all the time. Being a truck driver seems like a social event sometimes. There are places that I delivered to years ago and I can still go back now and I still know all the same people there, and I know them by their first name. It's nice to catch up and see how they are doing. We often share our trucking stories as well as other personal things going on in our lives.

**What is one safety tip you would give to other truck drivers?**

**Tom:** I would tell all truck drivers to pay more attention to what is going on around them on the roads. Too many drivers these days are distracted while driving. I see too many truck drivers these days on their phones as well as all other drivers. People need to pay attention to the road and not their phones and computers.



**CAN-AM WEST**



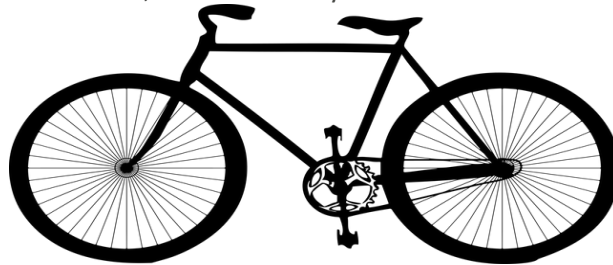
**BIG RIG GROUP**



### Some Summer Bicycle Information:

There are supposed to be about nine million bicycles in Beijing. As the summer approaches here in the lower mainland, it begins to feel like we have almost as many. The number of electric bikes running around is increasing as fast as the gas prices. Bikes, or 'Cycles' as the regulations call them, are a great solution for simple and effective transportation but let's not get too simple about operating cycles in traffic.

Division 183 of the MVAR specifies the rights, and more importantly the duties, of a cycle operator, which are all too often ignored. These regulations cover all the standard areas of riding correctly and interacting with other traffic and, if followed, give the cyclist the ability to interact with traffic in a predictable manner. Before you head out, and most especially before you let new riders out, make sure they understand the rules of the road.



Unfortunately, there is more to riding than just following the regulations. A cyclist riding along a line of parked cars will often ride out into the traffic lane instead of keeping close to the cars. Motorists may feel the cyclist is getting in their way when really they are just riding prudently. One opening car door and everyone would be in an accident with the cyclist getting the worst of things.

TranBC has an excellent explanation of why to ride out on their website. The big take away here is to look at why other classes of vehicles are maneuvering the way they do before getting upset. Big or small we are all using the same roads and if we use the same rules, as well as watch out for one another, we can all stay safe.





## Read the Facts About Sugar Consumption

### **Excess Sugar**

A 20-ounce bottle of soda contains the equivalent of approximately 16 teaspoons of sugar. The Canadian Heart Association recommends that Canadians consume no more than five to nine teaspoons of sugar per day. Sugar sweetened beverages are the single largest source of added sugars in the Canadian diet, with the average Canadian drinking nearly 42 gallons of sweetened beverages a year, the equivalent of 39 pounds of extra sugar every year.

### **Excess Calories**

Calories from sugar-sweetened beverages add to the calories people consume because they do not satisfy hunger the way calories from solid food or protein beverages do. Between 1977 and 2001 Canadian daily calorie consumption increased by 250-300 calories nearly half of which (43%) came from sugary drinks alone. Soda and other sugary beverage consumption has more than doubled over the past thirty years to an all-time high of 7% of daily calories, making it the single largest contributor to daily caloric intake in Canada

### **Link to Diabetes**

Over the past 30 years, adult diabetes rates have nearly tripled. In the same period, soda consumption doubled. One in three children born today, , are expected to develop diabetes in their lifetime. We absorb liquid sugar in as little as 30 minutes, much faster than a candy bar, leading to a spike in blood sugar that the body is not well equipped to handle, particularly in repetition. These spikes in blood sugar can overwhelm the body and lead to the transformation of sugar into fat in the liver, which contributes directly to the development of diabetes. After six months, daily consumption of sugary drinks increases fat deposits in the liver by 150 percent, which directly contribute to both diabetes and heart disease. Individuals who drink one to two sugar-sweetened beverages per day have a 26 percent higher risk for developing type II diabetes. According to the Canadian Diabetes Association, persons with Type 1 and 2 diabetes should limit or avoid consumption of sugar-sweetened beverages. Complications of diabetes include: heart disease, nerve damage, gum infections, kidney disease, hearing impairment, blindness, amputation of toes, feet or legs, and increased risk of Alzheimer's Disease.

### **Link to Obesity**

Obesity in Canada has increased dramatically over the past 30 years. More than one-third of Canadian adults (35.7%) are obese. There is overwhelming evidence of the link between obesity and the consumption of sweetened beverages, such as soft drinks, energy drinks, sweet teas, and sports drinks Obesity increases the risk of diabetes, heart disease, arthritis, asthma, and certain types of cancer. Depending on their level of obesity, 60 to 80 percent of obese adults currently suffer from type 2 diabetes, high blood cholesterol, high blood pressure, or other related conditions. Adults who drink one soda or more daily are 27% more likely to be overweight or obese. Among children, those who drink one or more sugar-sweetened beverages per day have 55% greater odds of being overweight or obese.



## Pistachio, apricot & dark chocolate energy bars



Olive oil , for greasing

75 g shelled pistachios

100 g mixed seeds

250 g rolled oats

8 Dates

100 g dried apricots

50 g quality dark chocolate (70%)

100 ml maple syrup

4 tablespoons smooth almond butter

Preheat the oven to 180°C Grease and line a 20 x 20cm square baking tin.

Chop the pistachios, then scatter over a baking sheet with the mixed seeds and oats, and roast for 20 minutes, or until golden and toasted, turning occasionally. Meanwhile, roughly chop the dates, the apricots and chocolate.

Place the maple syrup, almond butter, dates and 150ml of water in a small saucepan over a low heat. Gently heat for 10 minutes, mashing the dates with the back of your spoon, until you have a sticky sauce.

Tip the oats, seeds and pistachios into a large bowl along with the apricots and pour over the maple syrup mixture. Coat everything in the sticky sauce before gently folding through the dark chocolate.

Pour the mixture into the baking tin, using a back of a spoon to press into an even layer.

Bake for 15 to 20 minutes, or until golden, then cut into portions.

164 Calories per square