



Hello!!! November already, where has this year gone? In this month's issue we have a lot of great stuff thanks to Sabrina/Josh and Ray. Our October Breast Cancer Awareness was a HUGE success and winners of the raffle draws are included in this newsletter! Total numbers collected for monies will be well over \$1500.00 to be given to the Cancer Society! We as a committee are very proud of how well this turned out so THANK YOU! We didn't have any recipes submitted for our Healthy Recipe contest for this month, so no \$25.00 gift card to given out, BUT, a great recipe handed in by Michelle is shared! Have a great month!!



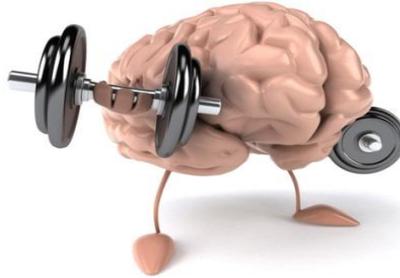
**Our Breast Cancer Awareness Raffle draw has ended and the winners are:**

1. 4 Canuck Tickets again Edmonton for Dec 26<sup>th</sup> 2015 ----- **COLLEEN KLINKHAMMER**
2. Sirius Radio with a 2 year subscription -----**JR VILLENUERE**
3. Wine basket of 12 bottles of various bottles of wine/4 glasses/ and golf passes for 2 -----**SABRINA DAGLEISH**

**Congratulations to the above winners and thank you to everyone that bought tickets and contributed!!**



## Brain Fitness How Healthy is your brain?



- In 2011, 747,000 Canadians – 14.9% of Canadians aged 65 and older were living with Alzheimer’s disease and/or dementia
- Without change this number will more than double by 2031
- The risk of dementia doubles every five years after age 65

‘Brain Fitness’ is not only the absence of disease – be it Alzheimer’s or other types of dementia – but also the preservation of emotional and cognitive well-being throughout working years and beyond.

Research studies have found four factors that may predict maintenance of our brain’s fitness: **Mental Activity, Physical Activity, Social Engagement** and **Vascular Risk**. Many studies have also placed importance on sleep quality for good brain health. Sleep allows consolidation of learning and memory; a lack of sleep may cause trouble with memory, concentration, plus increased anxiety.

### So, what can you do to increase your ‘Brain Fitness’?

1. **Mental Activity** – keep up with continuous learning throughout life
2. **Physical Activity** – exercise for 30 minutes three times a week to begin, then every day
3. **Social Engagement** – people with strong relationships have less mental decline and live more active, pain-free lives without physical limitations
4. **Limit Vascular Risk by:**
  - ✓ Controlling weight (maintaining a healthy diet)
  - ✓ Monitoring cholesterol levels
  - ✓ Monitoring blood pressure
  - ✓ Not smoking



**Safety Habits that can make your day Brighter – Ray Brown**

**Clean Off that Dash:** Drivers, nothing looks worse than a shiny truck and trailer coming at you on the highway with the dash full of all sorts of crap. Get rid of the old logbooks, pens, half empty Doritos Bags and get that dash clean. First it looks more professional and it also takes away distraction from your line of sight. Secondly, it looks more like a professional, and keeps you off the scale masters radar!

**That First Step can be a Doosy:** Folks, this time of year we find ourselves running in all 4 seasons in what seems like a few hours. When running through rain and snow, in close to freezing temperatures, our trucks and trailers will get coated in ice, almost, always where we might want to step. Let's be extra careful getting in and out of our trucks (Using the 3 point system) If climbing on your trailer/tanker plan every step in advance. Tanker drivers watch for ice on your ladders and you deck drivers watch for ice and build up on the catwalk behind your tractor.

**Can you see? Can they see you?:** During our pre-trip we all ensure our windows and lights are clear of snow, ice and dirt but what about through our day? We need to be able to see by cleaning our windows and lights through the day and into the night, and what about those new fangled LED lights? Did you know they give off little to no heat.

Snow and ice will collect and cover them making you a hazard for people who cannot see you in front of them. It is very important guys and gals to stop and clean these lights on a regular basis, when you encounter inclement weather (Especially the tail lights) Also it is very important to clean these lights off before entering a scale, high traffic area, or city.



**Go for a Walkabout:** Whether you are stopped for a quick 15 min rest stop or an hour or more for dinner, always walk around your entire unit (Truck and Trailers) before hitting the road. Checking your load and equipment closely will give you a great feeling knowing that everything is in order. For you deck drivers this will of course include checking belts, chains, tarps and general load securement. For you tankers this will include all seals, including the top and watch for leaks or other issues. What a great opportunity to clear snow and ice from those pesky LED lights.

**Permit Book.....WHAT! I thought this was about safety?:** Drivers your permit book is an item that gets forgotten about most often, you need to know everything about what is in your book and where you can or cannot go. Pull it out, it's a good read and if you get pulled in for an inspection you will be confident in showing the officer everything he might like to see, and if he's happy, chances are you will be too!!!

**Have a great November everyone. Be seen.... Be safe! Ray**



**The Ode of Remembrance**



They went with songs to the battle, they were young  
Straight of limb, true of eyes, steady and aglow  
They were staunch to the end against odds uncounted  
They fell with their faces to the foe  
They shall grow not old, as we that are left grow old  
Age shall not weary them, nor the years condemn  
At the going down of the sun and in the morning,  
We will remember them.

Lest we forget.



### **Power Pucks**

**½ cup creamy peanut butter**

**½ cut raw honey or pure maple syrup**

**1 tsp pure vanilla extract**

**1 cup large flake rolled oats**

**2/3 cup unsweetened coconut flakes**

**½ cup ground flaxseeds or ground chia seeds**

**1 tbsp whole chia seeds**

**¼ cup chocolate chips melted**

- 1. In a mixing bowl using an electric mixer on medium-high speed, cream peanut butter, honey, and vanilla until smooth. Add oats, coconut, flax seeds, and chia seeds and mix until well combined.**
- 2. Scoop 2 tbsp of mixture and, using your hands, roll it into a ball, then flatten and shape into a small puck (use spatula to press and smooth out the puck.) Place on a tray and repeat to make 12 pucks.**
- 3. Smooth ¼ tsp melted chocolate on each puck, refrigerate for 15 mins , until chocolate hardens.**
- 4. Store in an airtight container or bag in the fridge for up to 2 weeks or in a freezer for up to 3 months.**