



# June 2, 2011

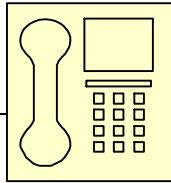
# OPS Eavesdropper



Phone 403-664-3733

Fax 403-664-2082

[www.oyenschool.com](http://www.oyenschool.com)



<b>TELEPHONE DIRECTORY</b>	
<b>TITLE</b>	<b>EXTENSION NUMBER</b>
Library	<b>3013</b> Mrs. Diakow
Preschool	<b>3002</b> Mrs. Getz
ECS	<b>3020</b> Mrs. Beynon EA Mrs. Evens
Grade 1/2	<b>3017</b> Mrs. Robertson EA Mrs. Riehl
REAL Prog. Coordinator	<b>3019</b> Mrs. Machell Mrs. Roxanne Smigelski
Grade 2/3	<b>3018</b> Mrs. Cox EA Mrs. Molzan
Grade 4	<b>3022</b> Mrs. Berg
Grade 5	<b>3021</b> Mr. Meekins
Grade 6	<b>3023</b> Mrs. Senkiw EA Mrs. Polk
Grade 7	<b>3003</b> Mrs. Coates EA Mrs. Stammers
Grade 8	<b>3006</b> Miss Chmilar
Grade 9	<b>3005</b> Mr. Simmons
Gym Office	<b>3009</b> Mr. Simmons
Music Room	<b>3004</b> Mr. Orr
Spec. Ed.	<b>3015</b> EA Mrs. Sanderson EA Mr. Beynon
Classroom Support	<b>3016</b> Mrs. Smigelski
Secretary	<b>3000</b> Mrs. Peterson
Principal	<b>3001</b> Mr. Duchscherer

### OPS School Pledge

We, the people of Oyen Public School,  
Promise to follow the Golden Rule:

We promise to be helpful and kind,  
And see that no one gets left behind,  
To accept everyone for who they are,  
As each of us is truly a star.

Respecting others at work and play,  
We will bring light into each other's day.  
We will make our school a healthy space,  
And change the world to a better place.

We will not run away or hide,  
But stand up for each other with pride,  
Allow everyone to have a say,  
And let them do things in their own way.

Like a friend, a sister or brother,  
We will care for one another.  
We'll try to give to all those in need,  
And earn a gem for an extra good deed.

Thinkers and doers, mighty and strong,  
We know what is right and what is wrong.  
Learners today and leaders tomorrow,  
We have many ideas that others may borrow.

What we leave behind when we are gone,  
We hope others will choose to carry on.

It is not too late to register your child in Kindergarten for the 2011 ó 2012 school year. If you need forms or information please contact the school. *Orientation day is June 8<sup>th</sup>.*

## From the Principal's Desk

Wow it is hard to believe we are in the month of June, and as we all know June is a very busy month in the school year. Achievement tests have started for grade 3, 6, and 9 students and the following exams remain:

Tuesday, June 14	Grade 3 Language Arts part B Grade 6 Social Studies
Wednesday, June 15	Grade 6 Language Arts part B
Thursday, June 16	Grade 3 Math Grade 6 Math
Friday, June 17	Grade 6 Science
Wednesday, June 22	Grade 9 Language Arts part B
Thursday, June 23	Grade 9 Science
Friday, June 24	Grade 9 Math
Monday, June 27	Grade 9 Social

Most fieldtrips are now finalized and parents should be seeing an itinerary shortly if you have not already. If you have any questions over fieldtrips please feel free to contact the teacher in charge of the fieldtrip or Mr. Duchscherer.

The Acadia Divisional track and field meet took place at the Assumption track on Wednesday, May 25. Thanks to all the staff from OPS, SCHS, New Brigden, WPS, and ARC for once again putting on a successful meet. As well, thank you to all the high school students who helped again with running the meet and the cleanup. Their help is greatly appreciated and we would not be able to put on the meet without them. The town crew had the track in great shape again this year and the time they spend getting our field ready for us is greatly appreciated.

There was a parent council meeting held on Tuesday, May 24. On the agenda were double grade options, video conferencing options, the music program, per pupil dollars for next year, and fieldtrips. Thank you to all the parents who attended the meeting. Your input is very important in helping the school make many decisions. The minutes from the meeting can be found on the school webpage.

The ECS and grade 1 orientation day is coming up on Wednesday, June 8. Reminder to the present grade 1 and 2 students that you will not have school this day. Our grade 9 farewell is also approaching quickly and will be held on Friday, June 10. Thank you to Mrs. Coates and Ms. Chmilar for all their work with this event. As well, Mr. Orr is planning on having an OPS recital day on Wednesday, June 13 for his music classes. More information will be coming out next week.

As many of you are aware, the Minister of Education has informed Prairie Rose that our budget appeal has had an adjustment from our initial allocation. The division is pleased that he agreed with our position that the elimination of the Stabilization Grant had a tremendously negative impact on our division. The Board and its administration would like to thank all the students, staff, the ATA, school councils, parents, interested community members, and our two MLAs Jack Hayden and Len Mitzel, for the support through this process. All groups helped spread the message that our students would suffer greatly from reduced staff numbers and resources.

We will be seeing an additional \$710,000 next year in the Prairie Rose budget. With the additional dollars the division will continue to be maximizing resources to our classrooms. At the school level we were allotted an additional 0.5 FTE due to an increase in ECS numbers and

the additional funding. This puts us between 9.492 FTE and 9.617 FTE for next year depending on video conferencing options. If you have any questions regarding the new changes in budget feel free to give Mr. Duchscherer a call.

The division office is running a parents and the internet session at OPS on Thursday, June 9. Times for the session are from 2:00 PM- 4:00 PM and 7:00 PM ó 9:00 PM. If interested in attending this clinic please contact Mrs. Peterson in the office. Further information is on page 12 of the newsletter.

Yours in Education,

Jason Duchscherer



## RELAY FOR LIFE



**Friday, June 17th, 2011**

**6 pm - 6 am in Alsask**

**Opening Ceremony at 7pm - followed by the Survivor Victory Lap**

**Luminary Ceremony at 10 pm - candles are lit around the track in honor and in memory of loved ones who have fought cancer**

**To purchase a luminary, make a donation, or for more information, contact Cheryl Getz**

**664-3733 ext 3002 or 664-2675**

## **CAPS OFF FOR KIDS**

100% of the proceeds raised through this initiative will help support the **Rainbow Society of Alberta**, an organization that grants wishes to Alberta children with chronic or life threatening illnesses. Plastic caps are being recycled in more than 218 Depots, schools, offices and private homes across the province that have embraced this program and contributed to the tremendous success. The result is greater diversion of waste from landfills, improved safety of their operators and funds to grant wishes to the Rainbow Society of Alberta.

The **Oyen Bottle Depot** is an ongoing participant in this program. Thank you in advance for your support!

Achievement Test Schedule May/June 2011	
Tuesday, May 17	Grade 3 Language Arts Part A
Wednesday, May 18	Grade 6 Language Arts Part A
Thursday, May 19	Grade 9 Language Arts Part A
Tuesday, June 14	Grade 3 Language Arts Part B
Wednesday, June 15	Grade 6 Language Arts Part B
Thursday, June 16	Grade 3 Mathematics
	Grade 6 Mathematics
Friday, June 17	Grade 6 Science
Wednesday, June 22	Grade 9 Language Arts Part A
Thursday, June 23	Grade 9 Science
Friday, June 24	Grade 9 Math
Monday, June 27	Grade 9 Social



**OPS DRAMA PRODUCTION**

Wednesday, June 15<sup>th</sup>

@ 7:00pm

**“XYZ Files”**

By Douglas Winters

Performed by Junior High Drama  
Class

Everyone Welcome!



**ECS Celebration 2011**

Tuesday, June 14 @ 7pm

In the OPS gym

Everyone Welcome!



**PRESCHOOL REGISTRATION**

Precious Moments Preschool provides a two and one-half hour program for children age 3 and up (child should be turning three during the first semester). Classes are scheduled on the basis of the number of registrations received, so please register before the deadline of June 15th. For more information, call Cheryl Getz @ 403-664-2675



## THANK YOU CONOCO PHILLIPS

Students and staff at Oyen Public School worked together to enhance our school entrance ways by purchasing self-watering planters and planting new flowers and shrubs. We were able to clean up our garden area by adding new perennials and soil. Bark mulch was also added to prevent moisture loss during our hot summer days. As well, we added three new trees from our local greenhouse to add shade to our play area. Our school was already participating in our local recycling program but we were excited to purchase ten new containers for paper, plastic, aluminum, glass, milk and tetra paks. The grade four students, who had always taken on the recycling duties, are relieved that every class is now able to sort their own materials on a weekly basis.

We are very appreciative of the donation Conoco Phillips awarded to our school. Students and staff will enjoy the items we were able to purchase for many years to come.



## FARMERS MARKET LUNCH JUNE 17/11

The Oyen Public School Parents are providing lunch at the June 17/11 Farmer's Market.

We are asking families for a donation of a food item or a donation of time helping serve the lunch.

Within the next few days, notices will be coming home with the youngest or only family member at the school.

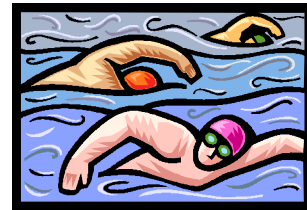
Not all families will receive a request for a food donation. Those families will be asked for a donation for the Farmer's Market lunch to be held in September/ 11.

Thank you in advance for your food donations and thanks to those who offered to work at the lunch.

## Otter's Swim Club Fun Night



June 7/11  
5:30 -6:30pm  
Free to all



Demos/Races/Prizes/Snacks/Fun

Come try out swim club!

For more information call:

Karen(664-2459) Cheri(664-3236)

## ECS UPDATE

We are experiencing a busy time as our time together draws to a close. The students have been working very hard on the 5 senses, 3-D objects, and identifying money. We will be reviewing patterns by using musical instruments and by observing them in our environment. Our final new centres will be restaurant and water. The students have been enjoying using paper and clipboards to write lists, prescriptions, plans and notes during centre time. We will also be working on capacity with beans and water.

Special thanks to Mrs. Lehman and Mrs. Evens for keeping everything running smoothly in my absence.

Please remember the Social Studies project for Show -and-Tell for the week of June 6<sup>th</sup>.

Mrs. Machell will be keeping the FUN FRIENDS workbooks for the students to use next year.

We will have one more session of Fun Friends during our last week.

GRADE ONE ORIENTATION 6 WEDNESDAY, JUNE 8TH

**Please ensure that all home readers, word rings, and literacy backpacks are returned by Tuesday, June 7<sup>th</sup> and library books by Tuesday, June 14<sup>th</sup>.**

We didn't quite make our goal of 100 greeting cards but we did make 66 and they have been given to the Hospital, the Auxiliary, the Lodge and Meals on Wheels. The children did an excellent job with the drawing and printing and we hope they brighten some peoples days.

The Medicine Hat News publication featuring what the Kindergarten students in the area would like to be when they grow up was once again excellent.

The students will be very busy getting ready for the Kindergarten Year-End Celebration and everyone is welcome to attend, **Tuesday, June 14th at 7pm in the OPS Gym.**

**Parents please bring a snack (cookies, squares, veggies, fruit or cheese, meat, and crackers etc) for after the program. Children should arrive at 6:30pm. Each child will need a costume for "When I Grow Up..." The students will be wearing the caps and gowns so "up" hairdos will not work. Students may wear what they like under the gowns – cool and comfortable!**

*Our field trip is Thursday, June 16<sup>th</sup> and the students need a lunch with no microwaveables, a water bottle, SHOES AND SOCKS, a jacket, a hat, sunscreen and bug spray.*

We will be going to the Crossroads Museum and one other local field trip during our last week.

**WE WILL BE SWIMMING WITH OUR GRADE 5 READING BUDDIES ON OUR LAST DAY, THURSDAY, JUNE 23RD FROM 1-2PM. THE COST IS \$3/PERSON AND PARENTS AND SIBLINGS ARE WELCOME. WE WILL BE WALKING TO THE POOL.**

**THANK YOU TO THE SMALL BUT ENTHUSIASTIC GROUP OF BOARD GAME PLAYERS.**





On Thursday, June 2<sup>nd</sup> OPS students from grades 1-6 attended Progressive Agriculture Safety Days at the Oyen Crossroads Centre. The Students rotated through various stations as they learned about Animal safety, ATVs, Chemical Safety, Electricity, First Aid, Hand tools, Lawn equipment, Roadways, Helmets, Water and Grain. They also were educated by guest speakers and a large equipment demonstration. Each student received a T-shirt, a snack, and a goodie bag. Thank you to the organizers of this informative event. Thank you to George Munro who transported the students out to the crossroads center in the morning and to Suzanne Santos who brought the students back in the afternoon. Thanks also to Tracy Hudson for the great photographs.



313 3rd Ave. East  
 Box 845, Oyen, AB T0J 2J0  
 Office: 403-664-2255  
 FCSS Community Centre: 403-664-3550

# FCSS Community Centre HAPPENINGS!

## Flyin Bob Community Circus 3-Day Camp

A must see and be event for youth 9yrs. - 15yrs. To acquire self esteem building skills through unique physical activity. At the camp they will learn to juggle, unicycle, wire walk, stilts, rola bola, balance and performance!



One man, three ring circus!

**Deadline June 17, 2011** Registration available at Oyen FCSS Office (Dental Building) and FCSS Community Centre  
 For more information call 403 664-2255 or email: [oyenfcss@telus.net](mailto:oyenfcss@telus.net)

## Communities In Action "Movie Night"



**RANGO:** Friday, June 3rd,- 6:30p.m.  
 Rango is an ordinary chameleon who accidentally winds up in the town of Dirt, a lawless outpost in the Wild West in desperate need of a new sheriff. **Rated: PG**  
**ALL MOVIES PLAYING AT FCSS COMMUNITY CENTRE**

**Movie Admission**  
 \$3/per person  
 \$10/Family of four  
 Popcorn & Pop Concession—\$1/each

**BEASTLY:** - Friday, June 3rd—8:30p.m.  
 Kyle (Alex Pettyfer) thinks he is God's gift at his high school. He plays a prank on a fellow high school student, Kendra (Mary-Kate Olsen) who, unbeknown to him is a witch. Kendra teaches him a lesson by putting a curse on him making him as beastly on the outside as he is on the inside. He has one year to find someone to fall in love with him or stay like that forever. **Rated: PG-13**





## The REAL Deal



June has arrived, and with it, the countdown to the end of the school year. People are thinking about camping, gardening, yardwork, and baseball . oh, and, of course, Boston vs the Canucks! We will have our final GEMS assembly on Monday, June 6. Some of Mr. Orr's music students will be sharing their talents with the rest of the school at that time.

Here are some more of the questions and answers from our Easter hollow eggs:

The total cost of mental illnesses in Canada annually is estimated to be: 10 million, 10 billion, 15 million, 15 billion.

Some true or false questions:

Poor sleep can affect your mental health. TRUE

What you eat can affect your mental health. TRUE

Once you have a mental illness, you have it for life. FALSE (depends on the illness)

People should work out their own mental health problems. FALSE

The REAL Project and OPS have started a community garden project! Thank you to Manfred Schroeder for tilling the two garden patches south of the school building. Some of the classes have been working on raking the garden and picking rock this week (K, ½, 5, 6, 7). We hope to plant next week!

Did you know that gardening is good for your mental health? The following was taken from a National Post online article entitled, "Gardening, mental health, and the real power of flowers"

"If you look at the research in environmental psychology, it shows that gardening helps people recover from stress and it can help people focus less on their problems," Taylor said. "Evidence has shown that gardening makes people feel more optimistic, gives them a regular routine, a sense of purpose and achievement." (Taylor is a horticultural therapist)

Did you know that there was so much to write about anxiety? Here's still more! Anxiety in children can sometimes appear to be Attention Deficit Hyperactivity Disorder. Anxiety, however, is four times more frequent than ADHD. It is important to ask about tummy aches, sleep patterns, and worries, as stomach upsets and sleep difficulties are common features associated with anxiety.

Not all anxiety is a disorder. Anxiety is a normal and expected reaction to developmentally appropriate fears, transitions and life changes, stressful experiences or events, or new or unfamiliar situations. Formal assessment for anxiety disorder should be considered when anxiety leads to significant interference with home, school, or social life, or significant distress that is more frequent and more extreme than that of one's peers.

Our next Taco Salad day will be June 16<sup>th</sup>, which is also when our next Deal should be out!

REALLY yours,  
Patti Machell



## Slogan Contest

Hey! We need help here at FCSS. Volunteerism makes the world go round, and I'm trying to get people interested. Here's your chance to help. We need a catchy slogan to get people to look twice at volunteering. Here's what you do: Submit your slogan to someone at the FCSS office (Heather Norris, Anne Marie Smigelski, or myself, our offices are in the Oyen Dental Clinic) and you could see it around town, plus, receive twenty-five Chamber bucks! You could also e-mail your slogan to [fcssvolunteer@gmail.com](mailto:fcssvolunteer@gmail.com). The dead line is Friday, June 17, 2011. Have fun, be creative, and think about volunteering. ☺ ☺

-Rachel Scarff,  
Volunteer co-ordinator for  
Oyen Family and Community Support Services (FCSS)



MY SLOGAN HERE: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

BE SURE TO INCLUDE YOUR **NAME** AND **PHONE NUMBER** SO WE CAN CONTACT YOU IF YOU WIN!

## Parent Invitation Cyber-bullying, Safe Internet Usage

The Alberta Initiative for School Improvement (AIS) team would like to invite all parents to attend a 2 hour workshop on Thursday, June 9. Jimi Ricci and Linda Matsumoto will present an interactive session in the OPS computer lab. The content of this workshop will cover issues on aspects related to Cyber-bullying, how to address safety issues of social media such as Facebook, where to find appropriate and useful web content for your children to use and enjoy, and other topics suggested by parents if time allows.

### Agenda

2PM ó 3PM or 7PM ó 8PM ó Cyber bullying/social media safety

3PM ó 4PM or 8PM ó 9PM ó Safe and interesting web content for students- Interactive session.

We will have some computers available to you but please feel free to bring your own laptop, especially if you like to bookmark sites.

Please register for this by contacting Mrs. Peterson at the school office 403-664-3733 or return the bottom of this form. You will have the choice of an afternoon or evening session.

Workshop Date	Location	Time
Thursday, June 9	Oyen Public School for Oyen, New Brigden, Warren Peers parents	2:00 ó 4:00 PM or 7:00 ó 9:00 PM

---

**Please call the school or return this portion of the form to register 403-664-3733.**

\_\_\_\_\_ is interested in attending the afternoon \_\_\_\_\_ or evening \_\_\_\_\_  
(print name) (please choose one)

parent internet session at the Oyen Public School.

Thursday June 9, 2011. Phone# \_\_\_\_\_

# Social Skills Group

Summer 2011

Join other 'scientist' kids in the

## **FRIENDSHIP LAB!**

We're investigating what it takes  
to be a good friend.

- Conversation basics
- Handling emotions
- Thinking about others –  
what are they thinking??!

July 11-15 or August 8-12  
(identical content)

Come each day for 1.5 hours of  
exploration and fun!

**Drama Art Experiments!**

We'll have sensory breaks and  
a focus on strategy building.

For students with social skill  
needs who have just completed:  
Grades 1-3 (8:30-10 am)  
Grades 4-6 (10:30-noon)  
Grades 7-9 (1-2:30 pm)

Lead scientists will be Speech-  
Language Pathologists.



Taking registrations until June 21<sup>st</sup>. For  
more information or to register, call  
(403) 528-8175.



# Adult Literacy Learning Skills News



## Tutoring Opportunities:

While your children are in school, volunteer to read to seniors at the Oyen Lodge and Extended Care. Friday mornings from 9:30-10:30 am or at your convenience.

I am looking for a tutor with small child/children to coach an English Language Learner with a young child.

I have a senior who is enthusiastic about working with children who need reading or spelling help.

English Language Learners need tutors to help with speaking and listening skills ASAP (Oyen)



## Essential Skills and Adult Learning Opportunities:

Digital Photography

Writing Your Personal History



If you have any suggestions or need for Adult Learning Classes contact us.

## Video Conferencing Opportunities at the Adult Learning Center Board Room.

### Oven:

Preregistration is necessary to link to these VC sites. Preregister a week in advance to avoid cancellation.

**May 30 – 9:30-11:00 am – Obsessive Compulsive Disorder – overview for families and professionals involved with children with the disorder**

**June 13 – 2:00-3:30 pm – Learning Clicks – Planning for Post-Secondary Education** - directed towards preparing adult learners for their own post- secondary education and providing parents with knowledge while they support their children's post-secondary options. Will highlight tools that individuals can access regarding career and education planning. Includes "how" students can pursue their education; full-time, part-time or distance, "what" they can pursue; certificate, diploma or degree, and information related to funding. All participants will receive an interactive CD Rom and planning resources developed by the government of Alberta.

We have some fun events coming up to promo ALLS and Adult Learning.

June 22 – Open House - Adult Learning Building. Food, Interactive Displays, etc. Watch for details.

August 26 – On the Links for Literacy and Learning Golf Tournament. Nine hole fun tournament. Tee off 1:00pm. Register by August 17. Registration \$40 includes green fees and supper.

If any of these opportunities interest you, contact:

**Sherri Robertson or Darlene Scarff**

Adult Literacy Learning Skills Coordinator

Big Country Community Adult Learning Council

113 2nd Ave

Box 667

Oyen AB

T0J 2J0

403-664-2060

bccalc@telusplanet.net



**BEACH  
DAY**

## Sponsored by **KNIGHTS OF COLUMBUS**



**NATURE**

**EVENING GAMES**

**CAMPING**

**CAMPFIRE GAMES  
& SONGS**

**TENTING**

**CANOEING**



**BEACH SPORTS  
& GAMES**

**CHAFTS**



**VOLLEYBALL**

**SCAVENGER HUNT**

**CAMPFIRE  
OUTDOOR COOKING**



## **CAMP McCOY SUMMER YOUTH CAMP**

### **CAMP FEES**

- Camp I - V
- \$ 200.00 per camper/week
- \$ 190.00 for second family member
- \$ 180.00 for each other family member

*Each camper will receive a Camp McCoy T-Shirt and a camp notebook.*

**BRAND NEW DINING HALL:**  
NEW KITCHEN, DINING ROOM, CRAFT ROOM  
AND WASHROOMS.

Cabins equipped with lights, bunk beds and lockers.

- Camp I July 10 - July 15 Ages 6 - 13
- Camp II July 17 - July 22 Ages 6 - 13
- Camp III July 24 - July 29 Ages 6 - 13
- Camp IV Aug 7 - Aug 12 Ages 6 - 13
- Camp V Aug 14 - Aug 19 Ages 12 - 15



*TO ENSURE CAMP WEEK PREFERRED - Register A.S.A.P*

**CAMP REGISTRATION & INFORMATION / CALL: 403-866-4147**

Applications at [http://nonprofit.memlane.com/camp\\_mccoy/](http://nonprofit.memlane.com/camp_mccoy/)

# June 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Zone Track and Field in Calgary	<b>2</b> Farm Safety Grade 1-6	<b>3</b> Hotdog Day	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Gr. 1 and ECS Orientation	<b>9</b>	<b>10</b> Grade 9 Farewell	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> ECS Celebration  Grade 3 LA Achiev. Test  Grade 6 Social Achiev. Test	<b>15</b>  Jr. High Drama Production 7pm  Grade 6 LA Part B	<b>16</b> Grade 3 & 6 Math Achiev. Tests <i>Grade 7/8 Field Trip</i>  Grade 9 Field Trip  <i>ECS Field Trip</i>	<b>17</b> Grade 6 Science Achiev. Test  Grade 9 Field Trip  Hotdog Day	<b>18</b>
<b>19</b>	<b>20</b> Grade 7, 8, 9 Social Class Final  <i>Grade 5 Field Trip</i>	<b>21</b> <i>Grade 2/3 Field Trip</i>  Grade 9 Science Class Final	<b>22</b> Grade 9 LA Achiev. Test  <i>Grade 1/2 Field Trip</i>  <i>Grade 6 Field Trip</i>	<b>23</b> Grade 9 Science Achiev. Test  <i>Grade 4 Field Trip</i>	<b>24</b> Grade 9 Math Achiev. Test	<b>25</b>
<b>26</b>	<b>27</b> Grade 9 Social	<b>28</b> <i>Safety Patroller Windup</i>  Last Student Day	<b>29</b> Last Staff Day	<b>30</b>		

June 2011  
Back to Barbecuing

# The Nutrition Times

PREPARED MONTHLY BY LOCAL DIETITIANS FROM  
ALBERTA HEALTH SERVICES, NUTRITION SERVICES

## Get Back to Barbecuing...While Staying Healthy

Summer often means plenty of backyard barbecues which for some can mean more fat, salt and sugar in their diet. What people may not know is that barbecuing can include healthy foods that taste great; you just have to know where to start. Here are some tips to help you get back to barbecuing while staying healthy.

### GO LEAN

Fat has many important functions within your body and is an important part of a healthy diet. However, it's important to pay attention to the amount of fat you're eating and most importantly the type of fat that you choose. Unlike saturated and trans fat which may increase your risk of a heart attack or stroke, unsaturated fats lower your risk. This is because unsaturated fat lowers the "bad" cholesterol in your blood and maintains a protective level of "good" cholesterol.

#### Healthy Fats (Unsaturated Fats):

- Vegetable Oils: olive, canola, sunflower, soybean, safflower
- Fatty Fish: mackerel, salmon, herring, trout, sardines
- Nuts: walnuts, almonds, hazelnuts

#### Unhealthy Fats (Saturated and Trans Fats):

- Processed meats like hotdogs, sausages or deli meats
- Fatty meats like bacon, ground beef or poultry skin

Think about the foods that you normally grill on the barbecue. What types of meat are you choosing? What fats are you cooking with? Why not try.....

- (1) Selecting lean or extra lean meats, or poultry without the skin.
- (2) Choosing fish and shellfish more often.
- (3) Opting for meat alternatives like veggie burgers, beans or tofu.



### VEG INSTEAD

Vegetables are loaded with vitamins, antioxidants and fibre, all of which help your body to stay healthy and help it to fight disease. Not only are most vegetables low in calories and fat but they taste great and are a good way to add color to your plate.

- (1) Try barbecuing vegetable kabobs. Get creative and let everyone in the family pick what they want on their skewer.
- (2) Toss corn-on-the-cob, potatoes, carrots or other vegetables on the grill.

Grow vegetables in your own backyard, visit a local farmers market or take a road trip to a pick-your-own field.

[www.eatlocalfirst.com](http://www.eatlocalfirst.com)

[www.albertamarkets.com](http://www.albertamarkets.com)

[www.albertafarmfresh.com](http://www.albertafarmfresh.com)

Healthy Living ... Healthy Body, Healthy Mind ... Healthy U

## SALT SAVVY

Salt may bring out the taste of food, but too much is not good for you. An adequate daily intake for a healthy adult is 1200 to 1500 mg of sodium. Although this may sound like a lot, this is only equal to about ½ a teaspoon of salt. Processed foods like dips and sauces which we use while barbecuing have quite a large amount of hidden salt.

Cutting back on salt doesn't necessarily mean cutting back on taste. Use the following tips to help you get started.

- (1) Use homemade marinades that are based on olive oil and/or citrus juices rather than store bought sauces.
- (2) Use spices/fresh herbs for flavour to cut back on the salt.



## FIBRE FIX

Fibre is an important part of a healthy diet and can be found in a variety of foods. Not only does fibre help to keep your digestive system healthy and help keep you regular, but it can lower the bad fats in your blood and help you maintain a healthy weight by making you feel full.

Although adults are recommended to have anywhere from 21 to 38 grams a day, most of us are getting less than half of this amount. A few changes can help boost your fibre intake.

- (1) Choose whole grains. Try whole wheat buns with hamburgers, make whole wheat pasta salad or serve brown rice with grilled chicken.
- (2) Savour the skins. Keep the skin on fruits and vegetables, such as potatoes, yams, peaches, pears, etc..

## SKIP THE CHIPS

Barbecues are the perfect time to try new sides, experiment with color and get creative with flavour. Instead of reaching for the chips to round out your plate, why not try serving sides that are rich in nutrients and full of fibre.

- (1) Try a baked potato or baked beans to bump up your fibre.
- (2) Grill sweet potato wedges rather than making fries to cut back on fat.
- (3) Have a green salad or raw veggies to add color to your plate.
- (4) Try making a fresh salsa with fruits and vegetables from a local farmers market.

### Sources:

- AHS Nutrition Services: Cooking Without Salt, Fibre Facts, Fats and Your Health
- Dietitians of Canada: Color your Choices with Vegetables and Fruit, Dietary Fat – The Good, The Bad and The Ugly



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## Garden Fresh Barbecue Sauce

2 cups	fresh tomatoes, diced	500 mL
1/3 cup	pineapple juice	75 mL
½ cup	white sugar	125 mL
1	bay leaf	1
pinch	black pepper	pinch
pinch	dry pepper	pinch
1 Tbsp	celery, finely chopped	15 mL
1	garlic clove, minced	1
½ cup	onion, diced	125 mL
2 Tbsp	cornstarch	30 mL
2 Tbsp	water	30 mL

1. Combine the first 9 ingredients in a saucepan.
2. Bring to a boil, and then simmer.
3. Mix cornstarch with cold water. Add slowly to sauce while stirring.
4. Simmer until sauce reaches desired thickness.

Makes 3 cups (750 mL).

Source: Nutrition Services, Alberta Health Services, Cooking Without Salt

### Let's Compare the Sodium:

Garden Fresh Barbecue Sauce 2 Tbsp (30 mL)	Commercial Barbecue Sauce 2 Tbsp (30 mL)
2 mg sodium	250 mg sodium



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