

HEALTH & SAFETY NEWSLETTER

2025-February



New
Year
New
Look

INSIDE THIS ISSUE

New Article –
Monthly Health
Awareness



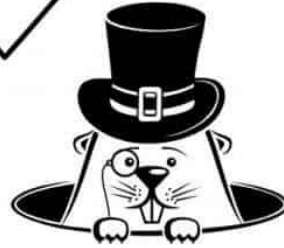
Recipe:
Cucumber Quinoa
Salad



Important Read:
Pre-trip Inspection for
your vehicle

February





FEBRUARY

WORD SEARCH

S C H O C O L A T E F R W D L O C Y
 R U R A U Y M J P A A E K X T N A A
 E P B T F L S A R G I D R A M S Y D
 W I N T E R S W E E T H E A R T K I
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 W F R I E N D S P S G E L K B T O R
 C H Y A D G O H D N U O R G O O W R

ARROW
 CHILI DAY
 CHINESE NEW YEAR
 CHOCOLATE
 CUPID
 FEBRUARY
 FLOWERS
 FRIENDS
 GROUNDHOG DAY
 KINDNESS
 LEAP YEAR
 LOVE
 MARDI GRAS
 NUTELLA
 PARTY
 PRESIDENTS DAY
 SUPER BOWL
 SWEETHEART
 VALENTINES
 WINTER

ACRAZYFAMILY.COM





Picture Time!



MONTHLY HEALTH AWARENESS



PROSTATE HEALTH

Prostate cancer is the most common form of cancer in Canadian men and among the leading causes of cancer deaths. Here are some facts from the BC Cancer Foundation you need to know about this disease:

- Prostate cancer accounts for 12% of all cancer diagnoses in men in B.C., and over 4,000 men in the province will be diagnosed this year.
- Symptoms can include trouble starting or stopping urination, a slow urine stream, painful urination, needing to urinate more often, or blood in your urine or semen. Advanced-stage prostate cancer symptoms include weight loss, extreme fatigue, back pain, a sudden pain running from your lower back to your leg or swelling in your legs that does not go away.
- Age, family history, dietary choices and ethnic background all factor into your risk of developing prostate cancer. In B.C., screening is recommended for all men beginning at age 50. Black men and those with family members who have faced the disease are at a higher risk and may be recommended earlier screening. Screening can include a review for lower urinary tract symptoms and a Digital Rectal Exam (DRE), with a prostate-specific antigen (PSA) test in the event of abnormal findings.

If you have symptoms, concerns or questions about screening, speak with a health care provider.



PREVENTING PROSTATE CANCER: TOP TIPS FROM EXPERTS



PROSTATE CANCER 101

Symptoms

Most of the time, prostate cancer is found early through screening and results in no symptoms. However, if the cancer is in a more advanced stage it can sometimes cause symptoms such as:

- Trouble urinating
- Frequent urination
- Having trouble starting or stopping urination
- Blood in the urine or semen
- Pain in the pelvic area

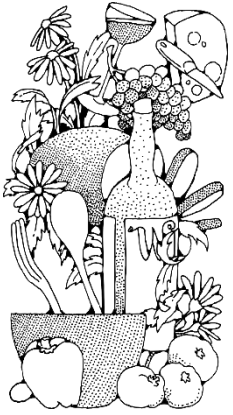
Diagnosis

- Digital rectal examination
- Blood test (prostate specific antigen -PSA)
- Ultrasound
- Biopsy

Treatment

- Active surveillance (regular PSA screenings)
- Surgery (prostatectomy)
- Radiation
- Chemotherapy
- Cryotherapy
- Hormone therapy





Laura's Recipe Corner

CUCUMBER QUINOA SALAD

Ingredients

- 1 English cucumber, diced
- 2 cups chilled* cooked quinoa
- 1/2 cup diced red onion
- 1/2 cup crumbled feta cheese
- 1/3 cup julienned or roughly-chopped fresh basil leaves
- 1 batch Lemony Italian vinaigrette (see below)

Lemony Italian Vinaigrette Ingredients:

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar or red wine vinegar
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Italian seasoning, homemade or store-bought
- pinch of salt and black pepper

Instructions:

To Make The Cucumber Quinoa Salad:

Toss all ingredients together until combined. Serve immediately.

To Make The Lemony Italian Vinaigrette:

Whisk all ingredients together in a small bowl until combined.

Enjoy!





Pre-Trip Inspection for Your Vehicle

As a driver, it is of utmost importance that you understand the benefits of carrying out a pre-trip inspection of your vehicle. When you check your commercial truck before going on a trip, you ensure awareness around potential issues, prevent any delay and much more.

Pre-Trip inspection

It's ideal to inspect several areas on your commercial vehicle to ensure a successful trip ahead of you. Some of these areas include:

- ✓ Service brakes: When you follow this safety procedure, you set yourself up for a safer trip. Not checking your braking systems can cause a potential accident and you can easily avoid this problem during pre-inspection.
- ✓ Tire tread depth: As a driver, you may be driving hundreds of kilometers a day and it is definitely more kilometers than the average driver. Driving frequently is one of the primary causes of faster wear of tires. So, before you are back on the road again, be sure to check the tread depth before each trip.
- ✓ Emergency equipment: When you are a driver, you must have everything you might need on a trip with you at all times. That is why before each trip, you should check your emergency equipment to make sure that you have the necessary tools.
- ✓ Trailer: Inspect it before you go to make sure it's fastened correctly to avoid a potentially dangerous situation on the road.

Benefits of performing a pre-trip inspection

Increased awareness of potential vehicle issues

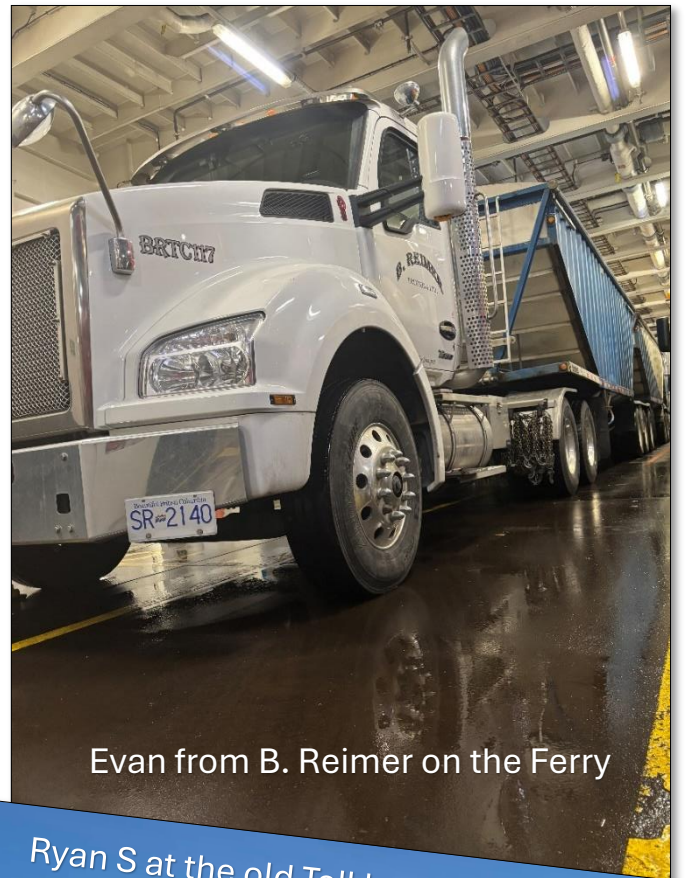
When completing a pre-inspection before your trip, make sure you check every part of your truck. When you do so, you may come across a potential problem that should be immediately fixed. Inspecting your vehicle also provides you with all the details you need to know about each part of the truck. It gives you a better idea of what should be repaired and what should be replaced. Additionally, pre-trip inspections help you save on your repairs because you'll have caught it before it got worse.

Staying safe on the road

This is one of the most significant benefits of performing a pre-trip inspection for your vehicle. It might be a time-consuming task, but if you take the necessary time to go over your vehicle, you see to it that you don't hurt yourself or another driver. You might be in a hurry and would want to skip the pre-inspection, however, you should keep in mind that, just because the last trip went well without a review doesn't guarantee that the next one will be safe.

While sparing some time before every trip might seem like a cumbersome task, the advantages of such pre-trip inspections can make this small effort worth it.

Daryl W in Groton South Dakota



Evan from B. Reimer on the Ferry

Ryan S at the old Toll booth on the Coquihalla



Tyson with CMT in Calgary



Did you know that most workplace injuries that occurred in 2024 were a result of slips, trips and falls?



Most slips, trips and falls are preventable!

Tips on how you can prevent slipping, tripping or falling while at work....

- **Ensure you are wearing proper footwear**
 - Full ankle support.
 - Ensure work boots are always tied properly.
 - Wear ice cleats during winter conditions.
- **Always maintain 3-points-of-contact.**
- **Be aware of your surroundings.**
 - Wear a headlamp when the work area is not lit well.
 - Look for uneven surfaces.
- **Take your time.**





Monthly Laughs & Facts

I KNOW WHAT I'M DOING



NEXT TIME IT SNOWS!



DO YOU HAVE A DATE FOR VALENTINE'S DAY?



YES, IT'S FEBRUARY 14TH.



WHEN YOU'VE HAD A LONG YEAR



AND IT'S ONLY FEBRUARY

makeameme.org

National Days to Celebrate

in February

- | | |
|--------------------------------|---------------------------|
| 1. Dark Chocolate Day | 16. Innovation Day |
| 2. Groundhog Day | 17. RAK Day |
| 3. Carrot Cake Day | 18. Pluto Day |
| 4. Thank a Mail Carrier Day | 19. Chocolate Mint Day |
| 5. Chocolate Fondue Day | 20. Love your Pet Day |
| 6. Frozen Yogurt Day | 21. Card Reading Day |
| 7. Send a Card to a Friend Day | 22. Wildlife Day |
| 8. Kite Flying Day | 23. Sword Swallows Day |
| 9. Pizza Day | 24. Tortilla Chip Day |
| 10. Umbrella Day | 25. Quiet Day |
| 11. Make a Friend Day | 26. Tell a Fairy Tale Day |
| 12. Exterrestrial Culture Day | 27. Chocolate Cake Day |
| 13. Get a Different Name Day | 28. Tooth Fairy Day |
| 14. Library Lovers Day | 29. Leap Day |
| 15. Hippo Day | |

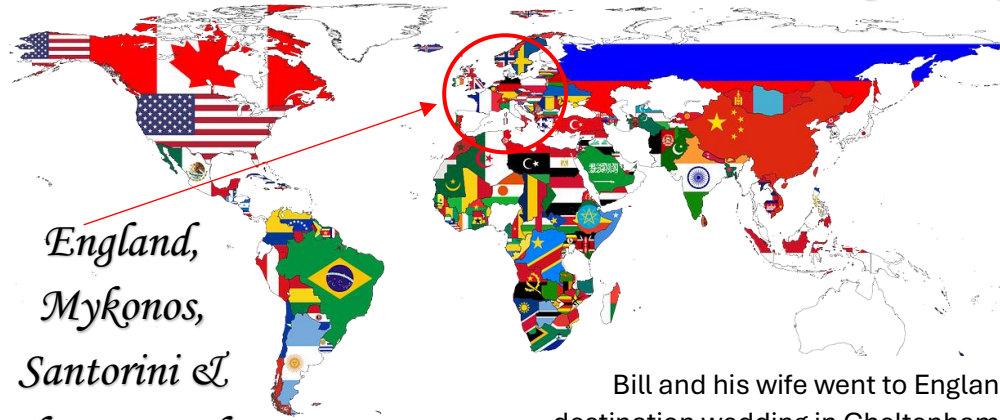
February is also National...

- | | | |
|----------------------|-------------------|---------------------|
| Bird Feeding Month | Embroidery Month | Black History Month |
| Grapefruit Month | Cat Health Month | Friendship Month |
| American Heart Month | Canned Food Month | Cherry Month |

HEY! Where is the world did you go?

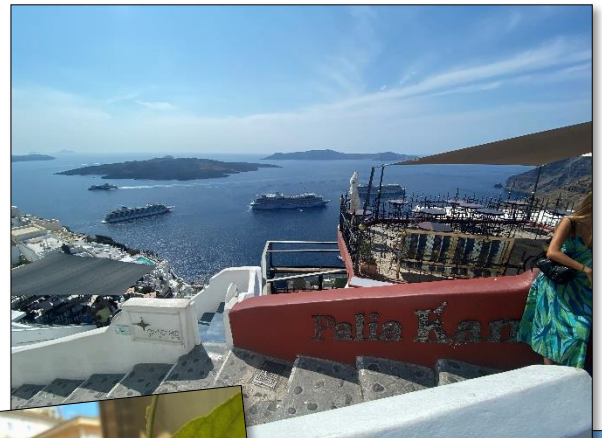


Bill Jackson



England,
Mykonos,
Santorini &
Florence Italy

Bill and his wife went to England to attend his niece's destination wedding in Cheltenham, England. They also took a Mediterranean Greek Island cruise with stops in Mykonos, Santorini, and other amazing islands. And finished it all off with a stay in Florence Italy!



HEY! Where in the WORLD did you go?
ENGLAND, GREECE, TURKEY, LONDON, ROME, GREEK ISLANDS,
Country: ITALY City: FLORENCE, VIENNA

What drew you to this location: _____

FAMILY WEDDING & TRIP TOGETHER

Memorable Trip Moment: TOUR OF EPHEBUS, TURKEY

NIECES WEDDING IN CHELTENHAM, ENGLAND

Challenging Trip Moment: MISSING RETURN FLIGHT HOME

ALMOST MISSING AN EXCURSION IN VIENNA

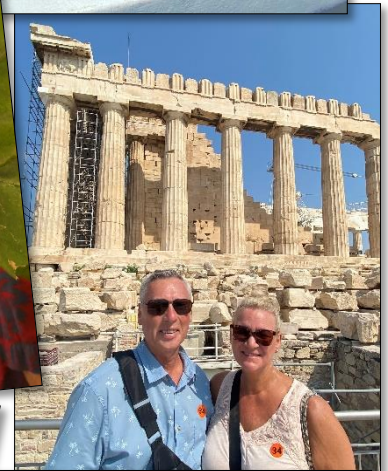
Memorable Dish/Dessert: GELATO, - COMMUNITY FARM
- CHICKEN DISH FOR DINNER IN VIENNA LUNCH - EPHEBUS

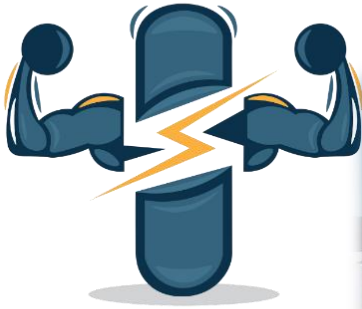
Unique Cultural Learning: _____

SAW HOW TURKISH RUGS ARE MADE

Souvenir / keepsake from this trip?: LINENS,

TONS OF FAMILY MEMORIES





FITNESS FUN: SNOWSHOEING



What started thousands of years ago as an essential mode of winter transportation has evolved into a popular recreational activity. But if you've never done it before, you might ask, why go snowshoeing? Here are a few reasons:



Snowshoeing in Vancouver: Grouse Mountain

Just 15 minutes from downtown, Grouse Mountain is the closest of the local mountains and the perfect place to spend an afternoon snowshoeing in Vancouver.



Snowshoeing at Lac du Bois Grasslands near Kamloops

An overview of snowshoe and hiking trails in the Lac du Bois Grasslands Protected Area near Kamloops, BC.



Snowshoeing in Vancouver: Cypress Mountain

Fresh air, the company of good friends, no lift tickets, and inexpensive equipment rentals—what's not to love?

- **It's great winter exercise:** If you're looking for a way to stay in shape even when the snow falls, snowshoeing is an excellent low-impact aerobic exercise. It lets you extend your hiking and running season and lets you enjoy solitude in areas that might be crowded in summer.
- **It's a great social activity:** All ages and ability levels can enjoy the sport together.
- **It's inexpensive:** If gear and lift-ticket prices for skiing and snowboarding give you pause, you'll be happy to know that snowshoeing is affordably priced. Your required gear includes snowshoes and appropriate attire; poles are also recommended, but not required. You can also rent your snowshoes and poles at most mountain resorts.
- **It requires only a few basic techniques:** Few outdoor activities are as beginner friendly. If you plan to venture off easy trails, you'll need to learn how to go up and down hills, traverse slopes, use your poles, how to get up after you fall in deep snow. Taking a class or going on a tour can offer great opportunities to learn these concepts.

BENEFITS OF SNOWSHOEING:

- **Cardiovascular workout:** Burn up to 1,000 calories per hour.
- **Low-impact muscle building.**
- **Endurance building.**
- **Balance strengthening and agility.**
- **Improved sense of well-being by connecting to nature.**
- **Gentle on joints.**
- **Can be done anywhere there's snow.**
- **Doesn't require expensive gear.**



Kids Fun Page!



FEBRUARY ACTIVITIES

- Winter-themed collage art
- "Secret message" art
-  ● Have a Valentine's Day tea party
- Create family mailboxes
- Create sensory bottles
- Go on a Valentine's Day scavenger hunt 
- Create homemade Valentine cards 
- "Fashion show" family night
- Have a family pizza night
- Learn about the Chinese New Year
- Build catapults and have a contest
- Make heart suncatchers
- Create a heart art collage
- Learn about whales and other marine animals
- Play pen and paper games 
- Make a bird feeder
- Valentine's Day bingo game
- Flashlight treasure hunt