



*Whole Hearted Living*  
The Oxford Heart Health Network

# The Oxford Heart Health Network

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Volume 4 Issue 2



April 2003

## Who's In the Kitchen? An Evening with Bonnie Stern and Guests

On Tuesday, March 25, 2003 the Oxford Heart Health Network held "An Evening with Bonnie Stern and Guests".

The focus of the evening was healthy weight management through healthy eating and active lifestyles, with ideas for spring and summer.

Bonnie did a cooking demonstration focusing on Canada's Food Guide, and she gave the audience menu ideas for spring and summer.

The cooking demonstration was very informative. Bonnie shared many tips from her cooking school, and delighted the audience with her great sense of humour.

The Oxford Heart Health Network had Bonnie's



Cookbooks for sale at a discounted price. Bonnie generously personalized each and every book. These books are still available to be purchased at the Oxford County Board of Health.

The Woodstock YM-YWCA did a presentation on active living benefits and local community programs and services to increase physical activity.



The audience was invited to sample Bonnie's salad recipe which was prepared beforehand by Dee-lights Bakery.

Bonnie and her assistant Rhonda really enjoyed coming to Woodstock and felt they were received with a warm welcome. A great evening was enjoyed by everyone

Special thanks to all our sponsors who made this event a success.

## Oxford Community Child Care

A March Break Program for kids age 3-11 years old was held in Embro March 10-14. 30 to 50 children attended each day. It was called "It's all about Friends". The children enjoyed team building activities, crafts, stories and lots of great songs. There were special guests throughout the weekend including an OPP officer and his dog, Santa Claus, and Jim Evans minister of Knox United Church. The children were introduced to a game and talked about team work.

The children donated non-perishable food items and they worked as a team to build a sculpture out of the food. The food was then donated to Operation Sharing on the Friday. The children enjoyed a pizza lunch and everyone received a certificate of participation. In total there were 6 volunteer students from the community. The Embro West Zorra Optimist sponsored the program and Oxford Community Child Care planned and staffed the program.

Submitted by Sherry Kitchen  
Resource Program Co-ordinator

## Oxford County Nutritional Partnership

The partnership has approved the United Way Special Projects Funding for Tillsonburg and area and cheques are being distributed in March. As a result of this funding plus funding through the Breakfast for Learning, every elementary and middle school in Tillsonburg and Otterville will have a breakfast and/or snack program in place by the fall of 2003. This joint venture will benefit every child in these communities and is a great opportunity to raise awareness of the importance of these programs.

## March is Nutrition Month

Are you wondering what to have for dinner tonight? Looking for a quick and healthy meal idea? March is Nutrition Month and this year's theme is "Healthy Eating... Tasty and Easy" which focuses on helping families find solutions to nutrition and healthy eating challenges for themselves and their families. To mark this annual event, the dietitians at the Board of Health would like to provide you with a quick meal idea that may come in handy when you are short on time. Remember that a meal doesn't have to be hot or fancy to be good for you! Nor does it have to be made from scratch with "fresh" ingredients. Canned and frozen foods can be great building blocks to a meal. Just try to get foods from each of the Four Food Groups on the table at every main meal and focus on increasing whole grains, vegetables and fruit. Your kids may even enjoy this meal because the carrots are candied!"

### Fiesta Fish Fillets

4 frozen fish filets (cod, haddock)  
¾ cup mild salsa  
2 Tbsp. olive oil  
2 green onions (chopped)  
2 Tbsp. lemon juice  
2 cloves garlic  
salt and pepper to taste  
½ tsp. Basil

Preheat oven to 400°C. Place frozen fish filets in a shallow baking dish with olive oil. Pour salsa, green onions, lemon juice, garlic, salt, pepper and basil over fish. Bake for 10 minutes or until fish flakes easily with a fork.

### Candied Carrots

3 - 4 large carrots (peeled and cut into strips)  
Margarine or butter (2 tsp.), melted  
1 Tbsp. Liquid honey  
2 Tbsp. frozen concentrated orange juice (or 3 tsp. grated orange peel)  
pinch of salt

Cook carrots in boiling water in medium saucepan until tender. Drain well. Mix margarine, honey, orange juice and salt in a cup. Add to carrot. Toss to coat.

# Upcoming Opportunities

## **Canadian Red Cross Woodstock-Oxford**

- Orientation to Red Cross on Tuesday, April 15, 2003 @ 77 Finkle Street in Woodstock. Please R.S.V.P. to 539-0265 if you are able to attend.
- On Saturday, May 10th from 9 am until noon the Red Cross will be hosting a Perennial and Garden Sale @ 77 Finkle Street in Woodstock. If you have items you wish to donate, please contact Robin at 539-0265. Hope to see you there.



## **Southgate Centre**

- New Fitness Class 8:45 a.m. , Mon, Wed, Fri for 1 hour.
- Breakfast last Friday of each month \$4.00 all you can eat.
- Karaoke at SouthGate on Good Friday, April 18th, featuring Gospel Music. Doors open at 6:30 p.m. , dinner is at 7:00 p.m. Karaoke and dancing 8:30 p.m. to 12:30 a.m. \$13.00 in advance. \$16.00 at the door. See you there!



## **Heart and Stroke Foundation**

- Launches NEW on line weight management Program. "Healthy Weight, Healthy You" You can find it at <http://www.heartandstroke.ca/healthyweight>. An exciting new program that show you how to beat the battle of the bulge-safely and for good.
- Big Bike for Stroke is ready to roll once again in Ingersoll, Saturday, July 12, 2003, and in Woodstock Friday, July 11, 2003 Call Big Bike Coordinator, Keith Courtney @ 519-273-5212 or 1-888-287-7775 for details. Don't miss a great opportunity for your heart, for your health.



**Oxford Community Child Care** will be offering Kids Kamp in Innerkip starting July 7 to August 2003. Other rural locations to be announced. Contact Oxford Community Child Care at 539-4419 for more information.



**Ontario 4H** is putting on a workshop entitled "Enhancing the Rural Volunteer". It is a project of the Ontario Association of Agricultural Societies, and Ontario Agri Food Education. You are invited to attend a dynamic volunteer workshop featuring topics such as volunteer recruitment, retention, motivation, communication, team building and much more! If you are involved with volunteer management or if you volunteer for any organization, this workshop will provide valuable resources and tools to enhance your personal skills and your organization's effectiveness. The workshop will begin at 9:30 a.m. and finish at 3:30 p.m. Participants will receive a volunteer manual, lunch and snacks. Please call to pre-register, as space is limited. Sunday, May 4<sup>th</sup> 2003 at the Ontario Ministry of Agriculture and Food, Boardroom, Hwy 59 North, Woodstock @ 9:00 a.m. Cost: \$10.00 (paid in advance- payable to 4-H Ontario) To register contact: Tammy Dallyn, 4-H Ontario by calling 519-726-7244, [tdallyn@4-hontario.ca](mailto:tdallyn@4-hontario.ca) mail payment to 2276 County Rd 12, RR 2, Essex, ON N8M 2X6.

**Oxford County Nutritional Partnership** is holding 2 volunteer workshops to be held for all volunteers and school staff involved in providing school nutrition programs.

Tillsonburg—April 23, Tillsonburg District Memorial Hospital 10:15 to 2:15 p.m.

Woodstock—April 30th, Oxford County Board of Health 10:15 a.m. to 2:15 p.m.

Everyone is welcome. For more information contact Lynda Metcalfe, Nutritional Program Co-ordinator 539-9800 ext. 283

**Non-Diet Approach to Weight Loss** is starting a new set of classes beginning Tuesday, May 27th 7:00 p.m. to 9:00 p.m. and Tuesday, June 3rd, 7:00 p.m. to 9:00 p.m. Classes held at the Oxford County Board of Health. For more information or to register you may contact Janice Sloat at 539-9800 ext. 234.

# Members Linked at the Heart

## **Active Living Team**

- Lorna Boratto, Donna Burditt, Leanne Boughner, Cynthia McKnight, Heather Aldred-Trepanier, Jackie Beemer

## **Annex Publishing**

- Cynthia McKnight

## **CAMI Automotive**

- Linda Skelton

## **Canadian Cancer Society**

- Mary Hardeman

## **Canadian Red Cross**

- Marilyn Murphy, Robin Kish

## **Community Volunteers**

- Mike Black, Kim Bidwell, Vauneece Haselbah, Joan Milne, Sue Allcock, Dan Smith.

## **DDM Plastics**

- Kim Avey

## **Firestone Textiles Co.**

- Jonathon Rowe, Julie Shipp, Stuart Gomes

## **Fitness 21**

- Tiffany DeGroot

## **Goodlife Fitness**

- Steve Rossiter, Jackie Beemer, Jennifer Giampa

## **Heart and Stroke Foundation**

- Nancy Bomasuit, Julie Powell, Bill Martin

## **Ingersoll Seniors Center**

- Wendy Palen

## **Interagency Council on Smoking and Health**

- Carol Bossenberry, Mary Hardeman, Mike Pape, Faye Minow.

## **Junior Farmers**

- Heidi Danen

## **London Catholic District School Board**

- John VanDommelen

## **O.M.A.F.**

- Kim DeKlein

## **Optimist International**

## **Oxford Community Child Care Inc**

- Darlene Clemens

## **Oxford County Board of Health**

## **Oxford County Dieticians**

- Janice Sloat, Karen Cook, Anne Heppell-Fleck, Angela Utting, Karen Reading

## **Oxford County Nutritional Partnership – Breakfast for Learning**

- Lynda Metcalfe

## **Oxford County Libraries**

- Lisa Miettinen, Rosemary Lewis

## **Oxford 4-H Association**

- Gwen King

## **Oxford Media Group**

- Carly Benjamin,

## **Primary Care Nurse Practitioners**

- Penny Demarest, Ruth Orrange

## **Sentinel Review**

- Kristi Paladino

## **Southside Aquatic Centre**

- Peter Johnson

## **Southgate Seniors Centre**

- Audrey Taplay

## **Thames Valley District School Board**

- Karen Greenham

## **Tillsonburg Community Center**

- Donna Burditt, Julie Dawley

## **Tillsonburg and District Memorial Hospital**

- Lisa Gardner

## **Tillsonburg Library**

- Matt Scholtz

## **Timberjack Canada Inc.**

- Phyl Onafrychuk

## **TRW Canada Limited**

- Phil Lambie, Sue Koost

## **Victoria Park Community Centre**

- Nancy Nadalin

## **Woodstock Library**

- Stephen Nelson

## **Woodstock YM-YWCA**

- Heather Aldred-Trepanier