

Safety tips before using the barbecue

A hhh... the first long weekend of the summer! This is the best long weekend because as you are doing whatever it is that you do, you have this little voice in the back of your mind telling you that this is the first of several yet to come.



What's cookin'
Lori Gysel
Gerry Kentner

Before we chat too much about all the fun things we want to do with a couple of days off work let's say a little thanks to those who do not get time off on a weekend like this, rather they work extra hard and extra long hours to ensure the comfort of others— gas stations, restaurants, retail, emergency personnel, tourist businesses. All these workers and a whole lot more would love to be enjoying barbecue too, but their jobs don't permit— so a great big thank you to them!

Many of you will be breaking out the barbecue for the first time this weekend. Many of you are like me, and you barbecue all year round. Regardless, though, let's check a couple of things first. If you haven't used your barbecue since last summer, you might want to have it looked at before you try to light up. There are little spiders that love to make nests inside the tubes of the barbecue, blocking the flow of propane— you might want to clean that out. You may need a new burner, grill or bricks— like I do. A thorough cleaning is a good idea too.

A couple of other suggestions:

- Whether propane or charcoal, make sure the barbecue stands on level ground.

- Never leave the fire unattended. Keep children and animals away.
- Never pour flammable liquid on to the barbecue.
- Use long-handled tools and flame-proof oven mitts.
- Keep your barbecue lighter away from the heat of the barbecue (I found out the

hard way that those babies explode!). Also, if you use non-stick cooking spray or anything like that on your grill, keep that away from the heat too!

One more safety tip. If you are using charcoal at home and you can let the coals die out to ash, you still want to stir them up before you leave them alone to make sure there are no burning embers left.

If you are using charcoal in a park— do not dump the hot coals! A couple of years ago I was at Cedarvale Park with my family for a picnic and I went wading with the kids in the river. As I stepped into the river, I felt sharp pains in my foot. I thought I had stepped on broken glass. As I was rolling around on the grass whining and moaning, my husband grabbed the kids out of the river and investigated the source of my complaint. Someone had dumped their hot coals just in the edge of the river. Let me tell you from experience that those babies are still mighty hot— even in the water. Good thing it was me who found them and not the kids. So please be courteous to your fellow park users!

Have fun and keep cooking!



Barbecue Sauce

Ingredients

- 1 tbsp olive oil
- 1 cup minced onion
- 2 garlic cloves, minced
- 2 beef bouillon cubes
- 1/2 cup hot water
- 3 cans (6 oz each) tomato paste
- 1 cup Splenda Granular
- 3/4 cup Worcestershire sauce
- 3/4 cup Dijon mustard
- 3 tbsp liquid smoke, hickory-flavoured
- 1 tsp salt
- 1/2 cup cider vinegar
- 1 tbsp Tabasco sauce (or more for a spicier sauce)

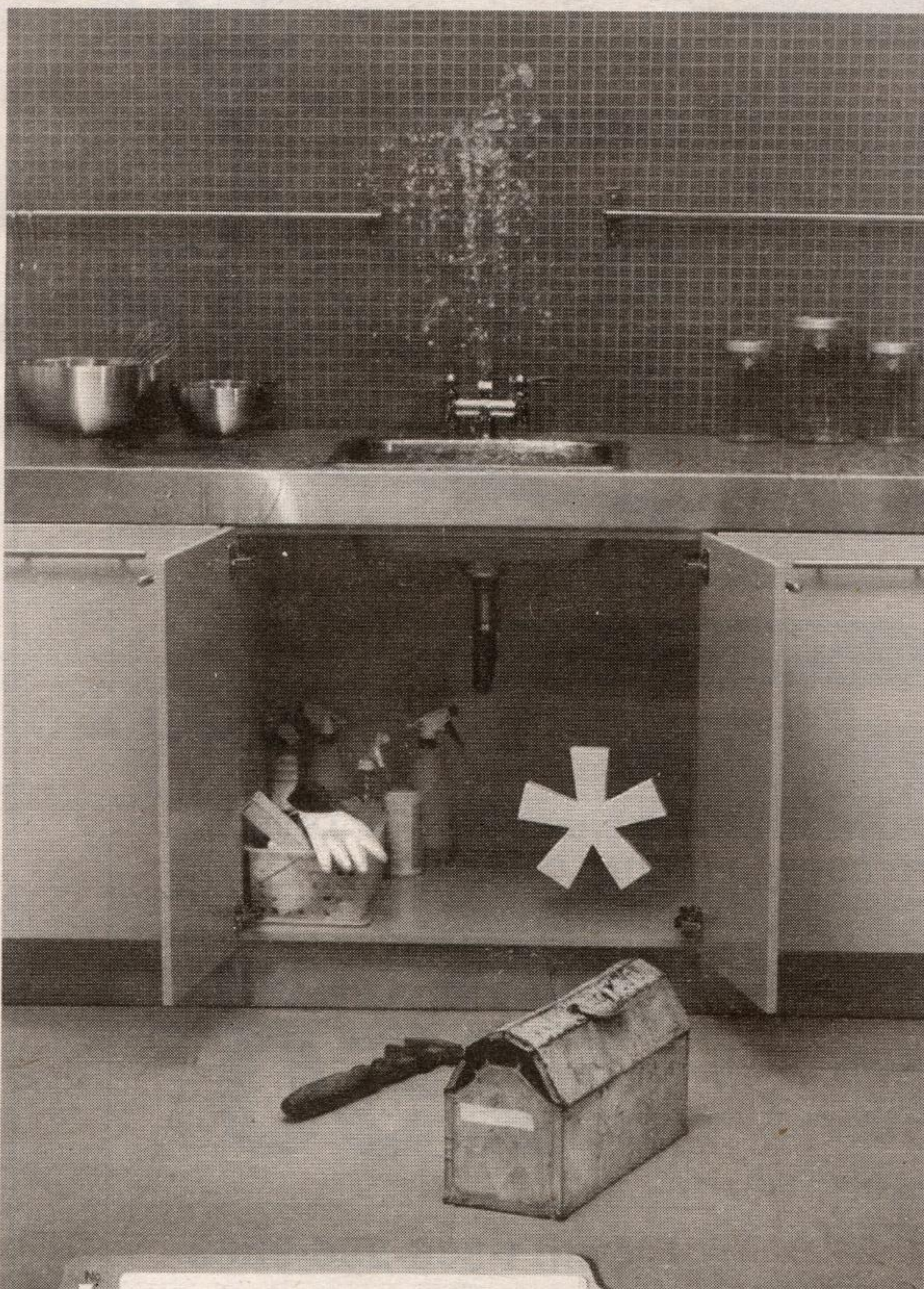
Method

1. Place oil in a large sauce pan. Add onion and garlic. Sauté over medium heat until translucent.

2. Mix the bouillon cubes with water until partially dissolved. Add bouillon mixture and all remaining ingredients to the sauce pan. Stir well using a wire whisk.

3. Simmer, uncovered 25-30 minutes to allow flavours to meld. Stir frequently. Refrigerate overnight in a non-metallic container.

Cook's Note: Sauce is best if prepared a day or two before using.



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SATURDAY JUNE 18, 2005
BRONTE CREEK PARK

FOR OUR 3RD ANNUAL

STEP IT UP!

WALK OR RUN DAY OF HEALING FOR BREAST CANCER
SUPPORT SERVICES FOCUSING ON HEALING AND
WELLNESS THROUGHOUT THE MORNING

Join us for a Run/Walk 10K, 5K, 1K and our newest addition a 1K Cancer Healing Walk lead by Dr. Cindy Yixin Zhang (MD China). She will show how to incorporate Qigong into your journey to help increase the flow of oxygen to your body restoring optimum health. Join us at Bronte Creek Park all in support of Breast Cancer Support Services.

GREAT PRIZES

T-Shirts will be given to the first 200 entrants
Incentive Prizes

- \$75 or more in pledges - Golf Shirt
 - \$150 or more in pledges - Gift Certificate for one of the following Healing Treatments: Massage, Rieki, Therapeutic Touch, etc.
- Grand Prize for most money raised
Door Prizes



For Information on the Walk/Run Healing Day and to receive an Information Package, Please Call:

905-634-2333



Help us by donating a bag of used clothing on the day of the Run/Walk.



Breast Cancer Support Services Inc.

SPECIAL THANKS TO OUR SPONSORS

The Independent **Blair Lancaster's**
SPA & MODELING AGENCY



FUTURE SHOP CORRECTION NOTICE

JVC 42" Digital Plasma Flat-Panel TV 10050227. On pg. 9 of our May 13th flyer, this product is advertised for \$2999.99 after a \$1000 Price Drop. It is actually a \$500 Price Drop

We sincerely apologize for any inconvenience this may have caused our valued customers.

FUTURE SHOP CORRECTION NOTICE

FREE Night at Fairmont Hotel with LG Laundry Pair 10046327/10046328. This offer advertised on p. 18 of our May 13th flyer has expired.

We sincerely apologize for any inconvenience this may have caused our valued customers.



HALTON HILLS

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COURTESY NOTICE

TEMPORARY ROAD CLOSURE

Notice is hereby given in accordance with the provisions of the Municipal Act, S.O.2001, and the Town of Halton Hills By-law 2003-0032 regarding the following temporary road closure for the purpose of the following community event.

Name of Event: Crazy Outhouse Race

Date and Time: Saturday, May 28, 2005
7:00 a.m. to 2:00 p.m.

Location: Road closure between Church Street and James Street on Main Street and including Wesleyan Street

Organized by: Cancer Assistance of Halton Hills

If you require any additional information regarding this temporary road closure please contact Kelly Withers at 905-873-2601 ext. 2330. 81

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