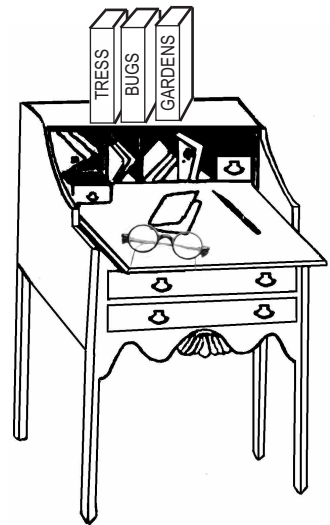


From: Her Desk Drawer

Honey Garlic Glazed Kebabs

Made with chunks of Ontario Sweet Corn, smoked sausage and red and green peppers, these kebabs are real barbecue show-offs. Bright and colourful, they come hot off the grill glistening with an easy honey, garlic and soy glaze. If you find it hard to thread the corn pieces onto the skewers, run a thin metal kitchen skewer through the centre of each piece first. Precook the corn so it won't dry out on the barbecue and just grill until the kebabs are hot and glazed.



- 4 small cobs Ontario Sweet Corn, husked, cut into 24 (1") pieces
- 2 cloves garlic, minced
- 1 tbsp vegetable oil
- 1/3 cup ketchup
- 1/3 cup honey
- 2 tbsp soy sauce
- 4 smoked cooked sausages, cut diagonally into quarters
- 16 chunks green pepper
- 16 chunks red pepper



In large pot of boiling water, parboil corn 3 to 4 min. or until almost tender; drain well. In small saucepan, sauté garlic in oil until tender. Add ketchup, honey and soy sauce; stir to combine. Cook, stirring, over medium heat until boiling. Set sauce aside to cool. Thread corn pieces onto 8 metal skewers alternating with sausage and peppers. Brush kebabs with

sauce. Grill 4 to 6" from medium-hot coals 10 to 15 min. or until sausage and vegetables are hot and glazed, turning and brushing several times with sauce.

Common Cents



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Introducing the new Universal Child Care Benefit

Q: Jim and Tammy, we received a \$200 cheque in July for the new Universal Child Care Benefit. Although we know it is just a refund of some of our tax dollars, it feels like "found money"! Any suggestions on how to best use it for our two kids?

A: Thanks for the question. Yes, the Universal Child Care Benefit (UCCB) promised by and delivered by the federal government became a reality for families with young children. This month we will explain the new benefit and what it's all about ... and then next month we will offer some thoughts on ways you can build a little nest egg for your kids, OK?

"The Universal Child Care Benefit is a new initiative designed to assist Canadian families, as they seek to balance work and family life, by supporting their child care choices through direct financial

support. The UCCB payment is to be paid on behalf of children under the age of six years in instalments of \$100 per month per child."

So, if you have children under the age of six that live with you, and you are the person defined as "primarily responsible for the care and upbringing", then you are entitled to receive \$100 per month per child under age six, indefinitely going forward, until each child turns six. The initial July 2006 payment was made by cheque on July 20, but future payments can be directed right into your bank account through direct deposit.

It is important to note that this payment is made to your family regardless of income level. This means that if your family receives only a portion of the Canada Child Tax Benefit, or none at all, due to higher incomes, your household is still entitled to the full \$100

per child under six.

If you have children under six and did not receive the July payment, it is suggested that you call the Canada Revenue Agency directly at 1-800-387-1193 or www.universalsalchildcare.ca. This is an excellent website that describes the benefit in detail, allows you to download an application form if required and provides a user-friendly Q & A covering most if not all of the bases.

Lastly, note the benefit is taxable and will be taxed in the hands of the lower income spouse. So, at a 30% tax bracket, this would mean you would actually keep \$70 per month or \$840 of the \$1,200 you will receive per child for the year.

So, we hope that helps. This month, make sure your kids or grandkids are getting this! Next month, we'll help you spend or save it!

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Military Heritage Days at Fort Malden

Fort Malden National Historic Site of Canada in Amherstburg will celebrate Military Heritage Days on Saturday, Aug. 5 and Sunday, Aug. 6.

Between 10 a.m. and 5

p.m., join costumed reenactors to get a first-hand, colourful lesson in history. Stroll through military encampments, observe a soldier's life and witness artillery and weapons

demonstrations.

Other highlights of the weekend include musical performances, hands-on children's activities and an exhibit of Canadian military memorabilia.

Residents reminded to beat the heat

The Windsor-Essex County Health Unit reminds residents to take steps to prevent heat related illnesses during periods of high temperatures and humidity.

"The combination of high heat, high humidity and smog can be very dangerous," says Dr. Heimann, Medical Officer of Health. "High risk groups include the elderly, infants and preschool children, people with chronic illnesses like heart conditions, those who are obese, people involved in strenuous outdoor activity and people taking certain

medications."

Heat related illnesses result from prolonged exposure to high heat and humidity. While there are varying degrees of heat related illnesses, the most extreme cases can be life threatening.

The public is advised to beat the heat by taking these precautions:

- Drink lots of water and natural fruit juices.
- Stay out of the blazing sun or heat.
- Avoid strenuous physical activity outdoors.
- Never leave children

and pets unattended in a car.

- Check on neighbours, relatives and friends who are frail, elderly and live alone.

- Use air-conditioned places like shopping malls and community centres.

- Seek medical attention if you have or observe signs of heat illness in someone else.

- In an emergency, call 911.

For more information on preventing heat related illness, as well as common signs and symptoms visit www.wehealthunit.org