

HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
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Summer Safety

Summer is finally here! It's been a long winter and the wait for warm weather is finally over. Enjoy your summer safely by staying hydrated, preventing heat related illness, practicing water safety and being mindful of bugs.

During the summer you may be more aware of drinking enough fluids to prevent dehydration due to the warmer temperatures. Hydration is important to your health year-round and failing to do so can have negative effects on your body. Aim for about 2-3 liters of fluids daily and increase this amount in instances of extreme heat and exercise.

Nothing satisfies thirst better than a tall glass of cold water. Drink fluids constantly throughout the day and limit soft drinks or caffeinated beverages that can dehydrate your body. Remember the saying "if you are thirsty, its too late".

Plan your outdoor activities for the cooler parts of the day which are usually outside the hours of 12pm-3pm. Choose loose, light colored clothing and a wide brimmed hat to help regulate your body temperature. Generously apply broad spectrum sunscreen with an SPF of at least 30 and reapply every two hours or immediately after swimming. Take frequent breaks in the shade or go into air conditioned spaces to help cool off.

Stay safe around the water by actively supervising kids within arm's reach, swimming only in designated or lifeguarded areas and wearing properly fitted life jackets during water activities. Check local weather and water conditions before heading out. Even at a lifeguarded beach or pool, parents and primary caregivers are primarily responsible for keeping a constant eye on their own children – so stay safe and alert!

To stay safe from summer bugs, use EPA-approved repellent (DEET or Icardin), wear light colored, loose clothing and avoid peak dawn and dusk hours. Always check for ticks after hiking or walking in tall grass. Mosquitoes breed in stagnant water, so empty or drain any

UPCOMING HP PROGRAMMING

Respect in the Canadian Armed Forces

RitCAF

30 July

Positive Space Ambassador Training

15 & 16 July

Alcohol Other Drugs Gambling and Gaming Awareness

AODGGA

21 & 22 July

Stress Take Charge

STC

23 July

Mental Fitness Suicide Awareness

MFSA

28 & 29 July

What's happening in July?

7 July

8Wing Golf Tournament



11 July

Beach Party at BICC



Healthy Eats!



BBQ Pulled Mushrooms

source: delish.com

Ingredients

- 6 king oyster mushrooms
- 2 Tbsp. extra-virgin olive oil
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- 1/2 tsp. kosher salt
- 1/4 tsp. chilli powder
- 3 Tbsp. BBQ sauce
- Vegan mayonnaise, for serving
- 2 brioche buns

Directions

Step 1

Preheat oven to 375°. Using a fork, shred mushrooms into 1/2" pieces.

Step 2

Spread pulled mushrooms on a baking sheet. Drizzle with oil. Sprinkle with garlic powder, paprika, salt, and chili powder. Using your hands, toss to coat.

Step 3

Bake, mushrooms, turning halfway through, until slightly golden and about halved in size, about 20 minutes.

Step 4

Drizzle with BBQ sauce. Continue to bake until sauce is warmed through, about 5 minutes more.

Step 5

Spread mayonnaise on bottom buns. Pile mushrooms on top; close with top buns.

Did you know?

- You do not need to travel south to enjoy the ocean – New Brunswick is home to Canada's warmest saltwater beaches.
- Thanks to Canada's northern latitude, the summer solstice provides vast amounts of sunlight. In some parts of the country, it can stay light out as late as 11pm
- Over 7 out of 10 Canadians participate in outdoor summer activities, ranging from hiking to exploring the country's world-famous National Parks.



5 Summer facts

1. Canada boasts more lakes than all other countries combined.
2. Hiking and backpacking are the most popular activities, with over 40% of Canadians hitting the trails.
3. Canadian summers are getting consistently warmer. Temperatures have been averaging roughly 1.7 Celsius to 2.0 Celsius higher than historical mid 20th century baselines.
4. High temperatures and dry conditions create a volatile wildfire season, with an estimated 8,000 fires occurring annually across the country.
5. Montreal hosted Canada's only Summer Olympic Games in 1976.