

RUN. JOG. WALK.

IN SUPPORT OF WRH URGENT CARE CENTRE
SATURDAY, SEPTEMBER 8, 2018
 RIVERFRONT FESTIVAL PLAZA

Registration: 8:00am / Warm Ups: 8:30am / 5K Start: 9:00am / 1K Start: 9:30am

Please visit our website for more information about this charity event or call us directly at 1-844-RUN-4WDS
www.runforwindsor.com



#RECIPEOFTHEWEEK

Mini Turkey Burgers

Makes 12 servings
 Preparation Time: 20 min
 Cooking Time: 12 min

INGREDIENTS

- 1-1/2 lb (750 g) ground turkey
- 1 Egg, lightly beaten
- 1/4 cup (50 mL) dry bread crumbs
- 1 small Onion, diced
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper



METHOD

In bowl, combine turkey, egg, bread crumbs, onion, salt and pepper. Shape into 12 small patties, about 3 inches (8 cm) in diameter. Barbecue, broil or pan-fry in skillet until an instant read digital thermometer reads 160°F (71°C), 3 to 4 minutes per side. Sandwich in bun, with desired topping.

ALTERNATIVES

Can substitute ground turkey for ground beef or ground chicken

NUTRIENTS Per Serving (1 patty and 1 mini bun :

Calories: 182 ; Protein: 13.6 g; Total Fat: 6 g; Carbohydrates: 18.9 g; Sugar 15g; Fibre: 0.9g; Sodium: 213mg

Big Bike for Big Fun !

This year marked the 10th Anniversary of Windsor Regional Hospital Teams participating in the BIG BIKE for Heart and Stroke, and once again riders rose to the challenge!

Nearly \$5000 was raised between the two teams – the WRH Stroke Team captained by Denise St. Louis and the WRH Heart Team led by Sharra Hodgins. This brings the total raised for Big Bike by employees over the past 10 years to well over \$65,000!



For over 60 years, the Heart & Stroke Foundation has been dedicated to fighting heart disease and stroke. Because of their work, health care professionals are able to deliver the treatments that have saved thousands of lives and improved the lives of millions of others. Congratulations to all riders and donors!



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COMPASSION is our PASSION

WINDSOR REGIONAL HOSPITAL
 OUTSTANDING CARE - NO EXCEPTIONS!

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WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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Celebrate National Indigenous Peoples Day

WRH is proud to help recognize National Indigenous Peoples Day – an opportunity for all Canadians to recognize and celebrate the unique heritage, cultures and outstanding contributions of First Nations, Inuit and Métis peoples.

In the Erie St. Clair LHIN, there are nine recognized Indigenous communities: Aamjiwnaang First Nation, Bkejwanong First Nation, Can-Am Indian Friendship Centre, Caldwell First Nation, Chippewas of Kettle & Stony Point First Nation, Delaware First Nation, Fiddle & Sash Métis Association, Sarnia Lambton Native Friendship Centre and Windsor Essex Métis Nation of Ontario.

Each community celebrates Indigenous Solidarity Day in its own special way. Locally, you can recognize this day by attending an Indigenous Gathering 2018 at Mic Mac Park on Prince Road on Thursday, June 21st from noon to 4 pm. This event is being co-sponsored by Can-Am Homes and Heritage Canada. This year's celebration features traditional food and entertainment.

So, what is National Indigenous Day?

According to the Assembly of First Nations (AFN), the Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.

For generations, Indigenous peoples have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year. In cooperation with Indigenous organizations, the Government of Canada chose June 21st of every year to be recognized as National Aboriginal Day. On June 21, 2017, Prime Minister Trudeau issued a statement renaming this day as "National Indigenous Peoples Day".

religious freedom

indigenous peoples day

social justice

genocide historical truth reconciliation justice healing

COMPLIMENTARY SOFT DRINK OR COFFEE & FREE CARD TWO \$50 GIFT CARD GIVEAWAYS

Breakaway Gaming Centre
 655 Crawford

paradise gaming centre

BIG D

CHARITY #W939

Visit our website for more information at www.wrh.on.ca

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