

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS007

June 2016

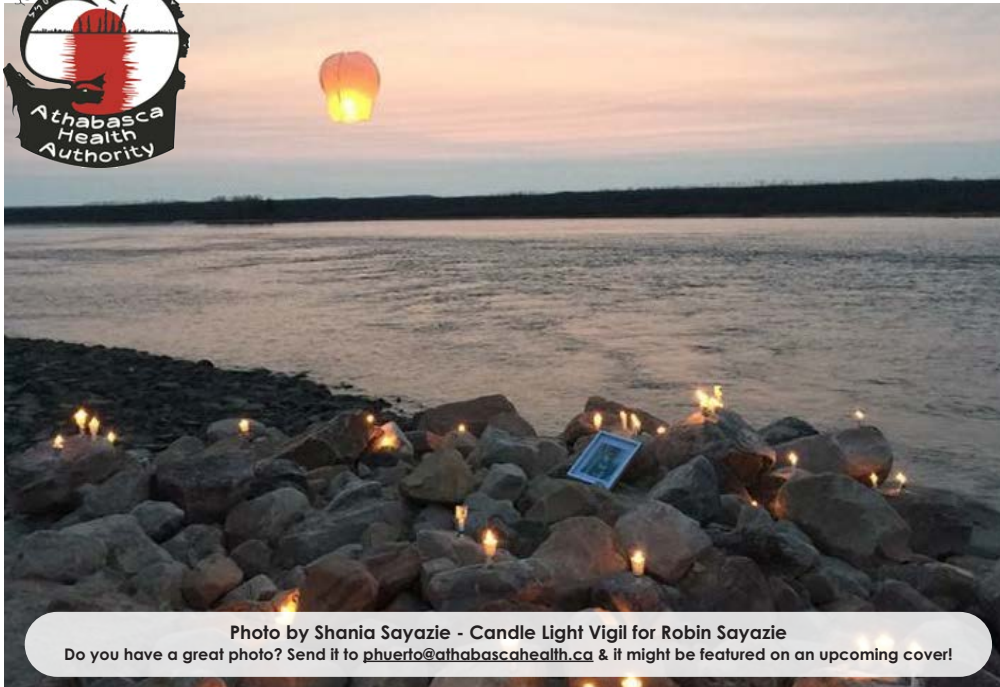


Photo by Shania Sayazie - Candle Light Vigil for Robin Sayazie
Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

Brain Injury Awareness Month

As incredible as this may sound, brain injury in Canada is a silent epidemic. **In Canada, brain injury is the number one killer and disabler of people under the age of 44.**

The social, emotional and economic consequences of brain injury are in fact devastating not only to the survivors themselves, but to family members, caregivers, support workers and the community at large – everyone involved with working towards recovery. And currently, there are no drugs or techniques that can cure a brain injury. So let's take care to protect ourselves & those we care about!

If you have stories, updates, events or information you'd like included in the next monthly issue please contact:
Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

In this issue:



Nearly all bicyclists who died (97%) were not wearing a helmet.
Wear yours!
(You might even win a prize while you're at it)



Yoga classes starting at AHA on June 27th!
Mondays @ 7:30pm

Beginners welcome!



June 21st is National Aboriginal Day. Turn to page 15, to see if you learn something new!

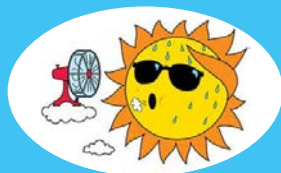
Joke of the Month

Never criticize someone until you have walked a mile in their shoes.

That way, when you criticize them, you'll be a mile away, and you'll have their shoes.

Dene Word of the Month

edu
it is hot, warm
(as in weather)



Trivia of the Month

Which great lake caught on fire?
Lake Erie – caught fire in 1969, it ignited a firestorm of public outrage over the indiscriminate dumping of sewage and industrial chemicals into the Great Lakes.

Q.I. Kaizen Corner

Kaizen [改善] means 'to become better through change'.

Kai [改] means 'change'

Zen [善] means 'good'.

The spirit of kaizen is simple: little drops of water make the mighty ocean. Or: achieving improvement by taking small, comfortable steps instead of drastic, rigorous changes. That makes kaizen easy to apply to our own lives as we strive for continuous improvement on a personal level. You can apply kaizen to improve your mindfulness, knowledge and skills. To achieve goals. Step-by-step, little-by-little.

John Wooden once said: 'Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens. And when it happens, it lasts.' So here they are: seven steps to kaizen your life!

#1 - Ask yourself simple questions

Dream big! Then break it down to small questions. Avoid the 'But how?!?' Ask yourself questions like: 'What is the first thing I can do to...?' or 'Can I spend a few minutes daily doing...?' Asking small questions helps you find the first necessary step to take. That first small step that brings you closer to your goals. At this point you may not know how you'll get there, or how it will happen. But with taking that first small step, you are walking. In your answers to those simple questions you can find the next step, and the next step, and the next that is in the direction of your overall goals. Allow the path to be created along the way.

#2 - Make time

There never seems to be time. There is always something to do. However, you will need time to really take the first small, necessary steps towards your goal. In other words: to take action! Review your daily schedule critically and be realistic. Where can you make some time? Discipline yourself. Make an important appointment with yourself: in that time you only do what you said you would do. It's like saving money: if you wait until the end of the month to see what's left to save, then nothing is left. Budget your resources in advance.

#3 - Stay positive!

It is imperative to stay positive. Anyhow, remaining positive under all circumstances is worth the discipline to cultivate into a habit! A journey of little steps just seems so long sometimes... And then you'll get a feeling of 'I will never get there' or 'It is sooo far away!' So on a regular basis look back at how far

Who Can I Contact?

For more information you can also contact the Quality, Kaizen and Patient Safety Office (306) 439-2604 or tbassingthwaite@athabascahealth.ca



you've come already. Remind yourself every time, that all those small steps in the right direction ultimately lead to your goal. Only talking and dreaming about your goals gets you nowhere. So every step is one!

#4 - Celebrate your successes!

Reward yourself. Set milestones and reward yourself for your accomplishments. Maybe you succeeded to workout twice a week for a whole month. Or you saved that extra hundred dollars this month. Set yourself a realistic and doable mini goal and reward yourself for achieving it. But keep your reward in line with your goal. If you're trying to eat healthier, then rewarding yourself with a chocolate cake is not such a good idea. Better to reward yourself with a new pair of running shoes.

#5 - Break down your goal

Bring your big goal down from general to specific. Outline the small steps you can take. Steps that are doable. You don't need a complete master plan or to have all details figured out. Start with the big picture. If your goal is to read more books on personal development [general], a specific step can be to start with 20 minutes of reading per day [specific and measurable]. Do this for one year, six days a week, and at the end of the year you'll have read 15 nonfiction books of 200 pages! Is it safe to say you achieved your big, general goal? Oh yes!

#6 - Be consistent

We've all been there. You start enthusiastically. This time you're really motivated. But somewhere on your path, for whatever reason, you end up in the ditch. You forget about your goal. What was it you want to change or achieve? You feel guilty. If you pressed 'pause' and messed up the process, just press 'play' and start over. Be kind to yourself. We are humans, not machines. But keep in mind: it's like in Disney World. If you don't stay in line, you never get to enjoy the ride! So get in line and stay in line!

#7 - Visualize

Visualize that you achieve your goal. Visualize how you achieve it in small steps. The more you see this picture in your mind, the greater the chance that you take action and thus the greater the chance that you will succeed!

>> Adapted From: <http://www.seven2success.com/2013/01/kaizen-your-life/>

Our Kaizen, Quality and Patient Safety Office wants to raise awareness, spread information and connect and broaden its reach. If there are topics you would like to see addressed, ideas you have to share, improvement milestones you want to see highlighted and celebrated, feedback or questions let us know!

THE FAMILY KITCHEN

GROW!

GARDENING

Fresh Air, Fresh Food, & Fun!

Spend Time Together

SOW GREAT MEMORIES

EAT WELL & SAVE MONEY

Many people believe that gardening is a lot of hard work, but it's really as easy as 1-2-3!

1. Plant It ~ 2. Tend It ~ 3. Harvest It

LET'S GET STARTED!

Gardening is a great way to spend time with your kids in the great outdoors.

Tips For Gardening With Kids

- Small tools are easier for small hands to use. Consider getting a few kid size tools.
- Mark off a section of the garden for your child to care for and take pride in. Children love to make their own plant choices, and watch them grow!
- Teach your child the proper names of each plant, and what each one looks like at different stages of growth. It is a great educational experience!

- Consider planting a border of flowers that will attract butterflies, bees or hummingbirds to your yard. They will pollinate your garden, and enrich your gardening experiences.
- Accept the dirt and mess! Kids will get dirty so put them in some old clothes before gardening.
- Remember that things do not have to be perfect. Nothing will be ruined by a flattened plant or a crooked row. Relax and have fun!
- Don't forget the sunscreen!



Garden Bites

Start With These



- Green Beans
- Lettuce
- Carrots
- Strawberries
- Beets
- Potatoes
- Cucumbers
- Peas

Wacky Veggies

Try growing a new vegetable & involve your little one(s) in the selection!

Some examples include lemon cucumbers, purple or orange cauliflower, rainbow carrots, or pink tomatoes.



Just be sure that the plant is suited to the climate in your area!

No Plot? No Problem!

Even if you don't have a backyard garden you can still grow your own food!

- Try growing spouts. Keep reading to find out how!
- Some vegetables do very well in large pots, try some radishes or lettuce on your balcony or front step!
- Look into nearby community gardens & plan weekly trips. Fond du Lac will be having a community garden this summer again!



Growing sprouts doesn't take much space or equipment & kids love the daily progress!

Notes: You can find these at a garden shop or online. They should be marked as food grade sprout seeds. This is important because garden seeds meant for planting are often treated with chemical coatings.

Try alfalfa, lentils, peas, or mung beans!

EASY INDOOR PROJECT

Jar O' Sprouts

1. Put 1-2 TBsp seeds in a wide mouthed jar. Cover jar with screen or a mesh. Cheesecloth works well. Secure with a rubber band. Add water, swirl, and drain. Refill with 1 cup of water. Soak seeds overnight. Drain water. No dirt required!
2. Rinse twice daily by refilling jar with water and gently swirling. Drain water.
3. Enjoy! Ready in 3-6 days. Keep well drained sprouts in a sealed container in the fridge. Try adding them to a sandwich or salad!



MAKE VEGETABLES FUN!

Veggie Wagon

Ingredients

- 2 large carrots
- 1 medium cucumber
- 2 wooden skewers (6 inches)
- Fresh baby carrots, broccoli and cauliflower or veggies of your choice!
- Vegetable dill dip

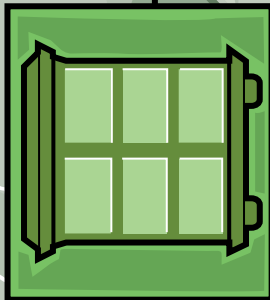
Directions

1. Cut carrots into flat pieces 6-in. in length. Cut cucumber into 1/2-in. slices. Place one cucumber slice on the end of each skewer; place carrot pieces lengthwise across skewers to form wagon frame.
2. Pile carrots, broccoli, cauliflower and remaining cucumber on wagon. Serve with dip. Yield: 4 servings.

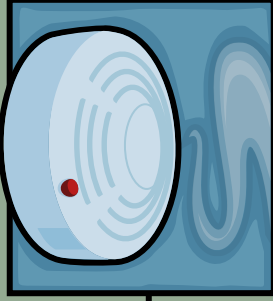


Children are more willing to eat vegetables when they have grown, picked and washed them themselves!

Be Ready! Wildfires



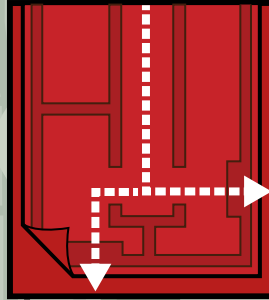
Windows/Vents
Close all windows, doors, vents, blinds before evacuating.



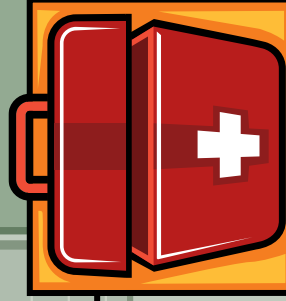
Smoke Detector
Install a dual-sensor smoke alarm on **each level** of your home. Test monthly and change the **batteries** at least once each year.



Flame/Smoke
Smoke from wildfires is a mixture of gases and fine particles. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.
Listen and watch for air quality reports and health warnings about smoke. You can suffer from smoke even if you are not in the direct path of the wildfire.



Escape Route
Have several planned escape routes away from your home—by car or foot.



Go-Kit
Have a disaster supply kit ready to take with you.

Additional Tips

- Firewood** Stack firewood away from house.
- Vegetation** Clean gutters, rake leaves, and remove dead limbs from around your home.
- Water** If there is the threat of a wildfire, you can use your hose or sprinkler to wet your roof and shrubs around your home.



FIRE BAN

No open fires are allowed in campgrounds or in backcountry or random camping areas. All fire permits are suspended or cancelled and no new fire permits will be issued.

Due to extreme wildfire hazards, the Ministry of Environment, in consultation with the Ministry of Parks, Culture and Sport and the Ministry of Government Relations, has expanded the ban on all open fires issued May 10 to include Lac La Ronge Provincial Park and all Crown forest north of the Churchill River. The original fire ban for the west side of the commercial forest remains in place.

C5334189

Safety Secret Code 1

Decode the secret messages to find out how to stay safe while around ATVs.

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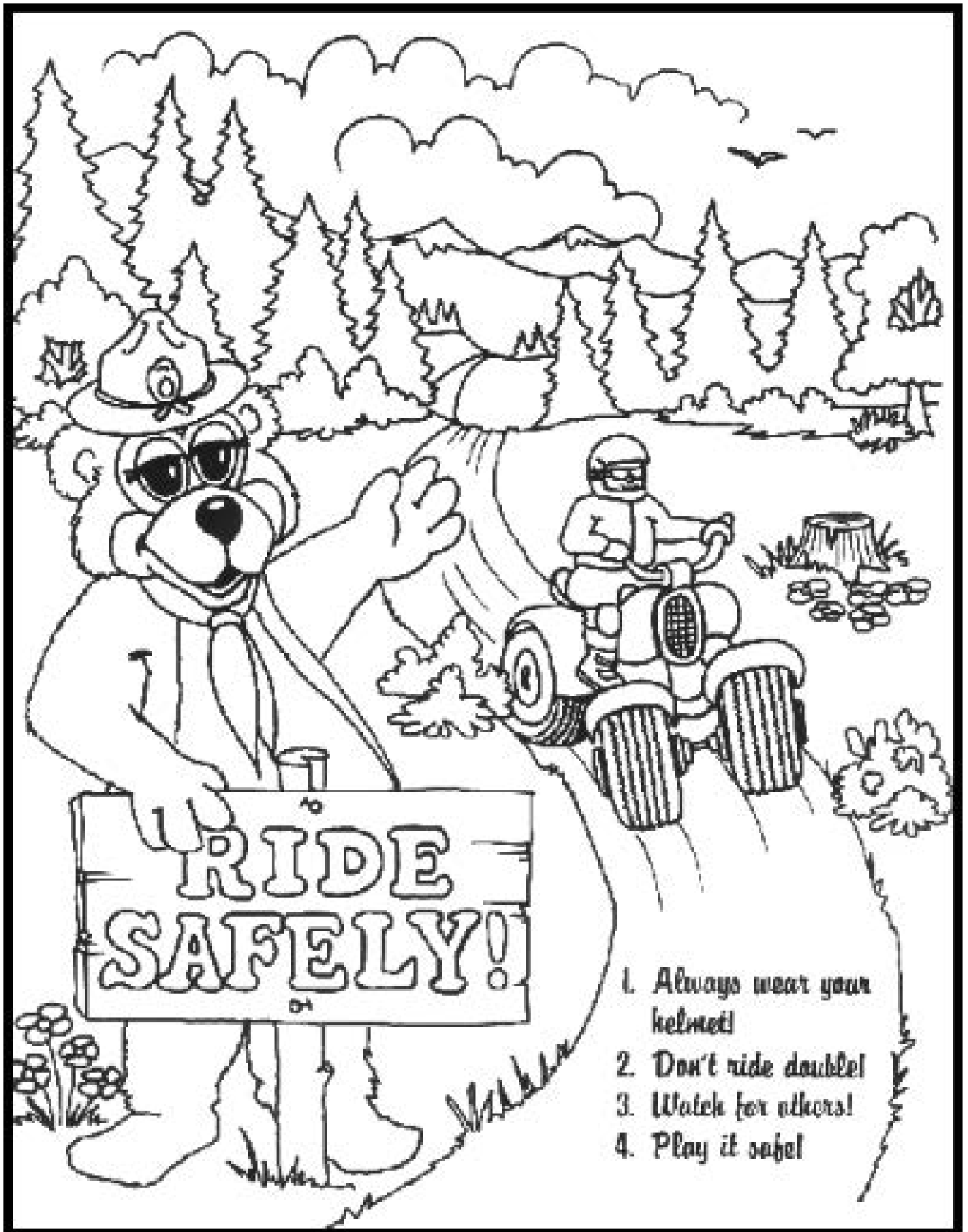
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In 2004, **180 kids** under 16 died in ATV accidents. In 2011, **107,500 ATV-related injuries** were treated in emergency rooms across the country. Please be safe!

BIKE SAFE

MAY THE HELMET BE WITH YOU

CONTEST

Draw to be held June 30, 2016



Shout out to our young cyclists!

If someone (a teacher, RCMP, community member) spots you being safe on your bicycle, you could get your name entered in a draw to win a **sweet helmet** or the grand prize of a **fat tire bicycle!**

Biking safe means doing things like:

- Wearing a helmet
- Using proper hand signals
- Obeying traffic signs



Left Turn



Right Turn



Stop



Right Turn
(Alternate)

The contest is open to everyone in the Athabasca Basin between the ages of 3-19.

Have fun, & bike safe!



Age 3-7

Age
8-12

Age 13-19

Adults: If you see a young person practicing safe bicycling, please send their name to phuerto@athabascahealth.ca or call 439-2647 to get them entered in the draw!

Together we can build safer communities.

Bike safety

Backpack
Look, Ma, both hands on the wheel!

Helmet
You have to protect your most important asset!

Headlight or reflector
Riding at night is dangerous when cars can't see you.

Bike that fits
Too big or too small is an accident waiting to happen.

Brightly colored clothing



2016 Bike Rodeo - Stony Rapids

The students at Stony Rapids learned a lot about bicycle safety at their bike rodeo. Topics included helmet safety, hand signals & ABCs.

Star Wars themed bookmarks & glow in the dark tattoos were given out, along with treats for those who answered safety questions correctly.

A big thanks to Cst. Steven Westerhof & the Stony Rapids RCMP detachment for helping us put on this event!



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

ABC Quick Check

AIR

BRAKE

CHAIN

The Heart and Stroke Foundation has pioneered the use of a clot-busting drug that, when accessed quickly, can actually reverse the effects of a stroke. So for many, it's as if it never occurred. Please give generously, visit heartandstroke.ca.



HEART &
STROKE
FOUNDATION

Finding answers. For life.

JUNE IS STROKE MONTH.

NOW IS THE TIME PUT YOUR HEART INTO IT.™

LEARN THE SIGNS OF STROKE

FACE is it drooping?

ARM(S) can you raise both?

SPEECH is it slurred or jumbled?

TIME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

STROKES *by the* NUMBERS



Every 10 minutes
someone has a
stroke in Canada



14 000
Canadians will
die from stroke
this year



AGE 55
past it, your risk
of stroke doubles
every 10 years

1.9
million

brain cells the average
patient loses for every
minute delay in
treating a stroke that
a stroke is left
untreated

20%

the chance a stroke
survivor will have
another stroke
within 2 years

**200-
300**

Canadian babies
will have a stroke
just before or after
birth this year

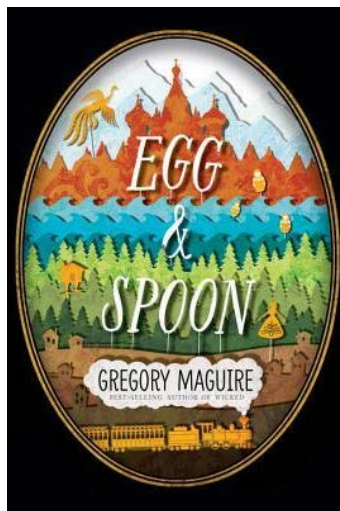
Look in a Book

“She read books as one would breathe air, to fill up and live.”

-Annie Dillard

Are you participating in the reading challenge? Get a form from the AHA facebook page to join us!
You could win a Kobo Aura H20 e-reader + sleep cover!

Family Storytime - All Ages



Egg & Spoon - Gregory Maguire

Elena Rudina lives in the impoverished Russian countryside. Her father has been dead for years. One of her brothers has been conscripted into the Tsar's army, the other taken as a servant in the house of the local landowner. Her mother is dying, slowly, in their tiny cabin. And there is no food. But then a train arrives in the village, a train carrying untold wealth, food, and a noble family destined to visit the Tsar in Saint Petersburg — a family that includes Ekaterina, a girl of Elena's age. When the two girls' lives collide, an adventure is set in motion, an escapade that includes mistaken identity, a monk locked in a tower, a prince traveling incognito, and Baba Yaga, witch of Russian folklore

Reading Challenge Tip: A fantasy, Russian culture, & fairy tales!

Young Adult

The Skeleton Tree - Iain Lawrence

Less than 48 hours after twelve-year-old Chris casts off on a trip to sail down the Alaskan coast with his uncle, their boat sinks. The only survivors are Chris and a boy named Frank, who hates Chris immediately. Chris and Frank have no radio, no flares, no food. Suddenly, they've got to find a way to forage, fish and scavenge supplies from the shore. Chris likes the company of a curious friendly raven more than he likes the prickly Frank. But the boys have to get along if they want to survive.

Reading Challenge Tip: Though unplanned I think we could call this a book about a road trip!

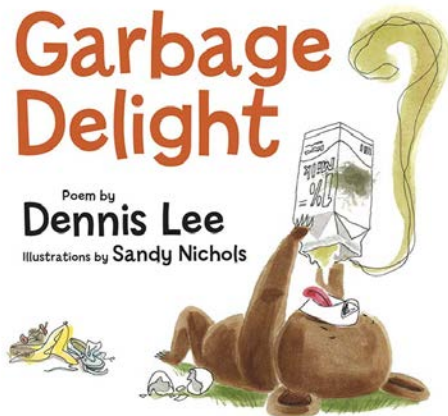


Little Readers

THE CLASSIC POEM BY CANADA'S FATHER GOOSE

Garbage Delight

Poem by
Dennis Lee
Illustrations by Sandy Nichols



Garbage Delight - Dennis Lee, Sandy Nichols

Ages: 5 and under

Take a romp through the garbage heap alongside a very hungry baby bear.

A delightful dose of "Canada's Father Goose" for pint-sized poetry fans! Based on the title poem of Dennis Lee's classic collection, Garbage Delight is a feast for the senses, a stew of sly humour and memorable rhymes. This edition features winsome artwork by Sandy Nichols, who previously paired with Dennis Lee to create the bestseller Alligator Pie, and is a staple item for every toddler's bookshelf.

North of 59 Yoga

Yoga classes will be starting up in Stony Rapids on June 27, 2016. Classes will be held in the multi-purpose conference room on the main floor of the Athabasca Health Authority at **7:30pm every Monday**. The classes are open to everyone, and are suitable for beginners and all age groups!

Our instructors will be Heather Tomson & Melissa Findlay, who specialize in Hatha Yoga.



What is Hatha Yoga?

Hatha yoga is the most widely practiced form of yoga in North America. It is the branch of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

There are nearly 200 hatha yoga postures, with hundreds of variations, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.



Monday Nights
7:30pm
Multi-Purpose Conference Room
AHA Integrated Facility

“ The spiritual stuff behind yoga is about connection – just part of a bigger picture. It is why First Nations people tend to connect to the teachings – it is something we are familiar with from our traditional teachings. ” - Vina Brown.



Get Growing!

Growing your own vegetables is both fun and rewarding. All you really need to get started is some decent soil and a few plants. But to be a really successful vegetable gardener you'll need to understand what it takes to keep your plants healthy and vigorous. Here are a few tips:

- Place in a sunny location. Vegetables need at least 6 hours of direct sunlight per day. The more sunlight they receive, the greater the harvest and the better the taste.
- Plant in good soil. Plants' roots penetrate soft soil easily, so you need nice loamy soil. Use a soil meant for containers if you are growing in pots. Enriching your soil with compost provides needed nutrients. Proper drainage will ensure that water neither collects on top nor drains away too quickly. Place rocks in the bottom of your pots for better drainage.
- Buy high-quality seeds. Seed packets are less expensive than individual plants. If seeds don't germinate, your money—and time—are wasted. A few "extra" cents spent in spring for that year's seeds will pay off in higher yields at harvesttime.
- Herbs, lettuce, & beans are good plants to start with.
- Plant seeds according to the package directions. Because not all seeds will germinate, plant more than you need, then thin the excess later.
- Start Small - Remember this: It's better to be proud of a small garden than to be frustrated by a big one!

FOOD THAT MAGICALLY REGROWS ITSELF...

Growing anything from a seed is impressive but also difficult, unless you're blessed with a green thumb.

Sure, it saves on money but there has to be an easier way... and there is! You can actually grow food from kitchen scraps. There is something very MacGyver about that, no? It's true! You can upcycle everything from celery scraps to onion butts with a great chance of success. *Use organic fruits and vegetables for the best results.*

Green onions, lemongrass, leeks, fennel, & spring onions



1 Place root ends in water but don't fully submerge them. Change the water daily.

2 In 3-5 days, growth begins. Harvest the greens when full, then repeat the process.

3 Harvest lemongrass once it becomes a foot tall. Simply cut off what you need without uprooting the plant.

Celery, cabbage, romaine lettuce, & bok choy



1 Submerge the roots, leaving the tops above the water line.

2 Spray with water a couple times a week, replacing the water every few days. Leaves will sprout in about a week.

3 Plant the cutting with only the leaves above soil. Harvest when fully grown, about 6 months.

Ginger



1 Soak the chunk of ginger overnight.

2 Submerge in moist soil. Keep watering until shoots appear.

3 Ready to harvest in a year. Simply remove entire plant, use what you need and repeat.

Onion

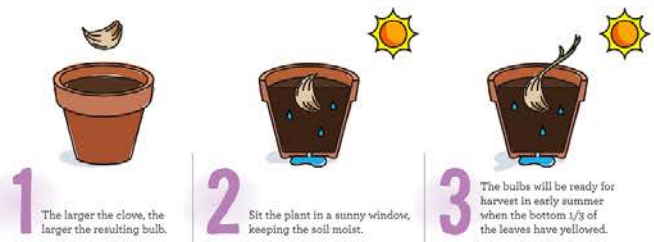


1 Plant root end and lightly cover it in soil. Keep soil moist.

2 Carefully separate the new onions, leaving the roots attached, and plant them.

3 Occasionally cut the leaves down to promote full growth. It can take up to 6 months for plants to mature enough for harvest.

Garlic

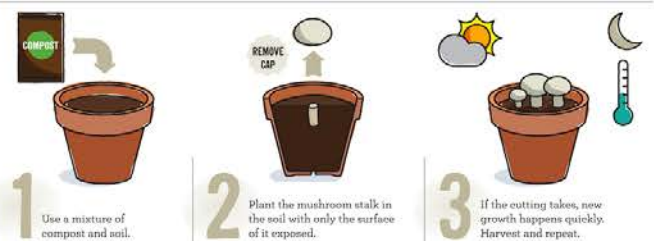


1 The larger the clove, the larger the resulting bulb.

2 Sit the plant in a sunny window, keeping the soil moist.

3 The bulbs will be ready for harvest in early summer when the bottom 1/3 of the leaves have yellowed.

Mushroom



1 Use a mixture of compost and soil.

2 Plant the mushroom stalk in the soil with only the surface of it exposed.

3 If the cutting takes, new growth happens quickly. Harvest and repeat.

News Flash

AHA is proud to welcome new members to the team!

Mary Sayazie, Licensed Practical Nurse for AHA's Nursing Ward.
Independent Service Contractor as of June 15, 2016.



Shelly Cassie, Licensed Practical Nurse for AHA's Nursing Ward.
Independent Service Contractor as of May 16, 2016.

Jack Rennie, Advanced Care Paramedic for AHA's Emergency Ward.
Independent Service Contractor as of June 2, 2016.



Sara Siguenza, Licensed Practical Nurse for AHA's Nursing Black Lake
Clinic. Casual Worker as of June 6, 2016

Shana Throassie, Housekeeping for AHA's Facility.
Casual Worker as of June 3, 2016.



Kristin Harstad, Primary Care Nurse for AHA's Nursing Black Lake Clinic.
Part Time Worker as of May 30, 2016.

Farewell to Paula Dyck, Home Care Nurse for Black Lake Clinic. Last day of work June 10.



Word Search



- Anicinabec** (Algonquian): All Aboriginal people
Chiniskumitin (Cree): thank you
Gitwinksihlkw (Nisga'a): people of the place of the lizard
Ikajurtaul (Inuktitut): help me
Kinauviit (Inuktitut): What's your name?
Kishnamawachik (Michif): youth
Laxkwalaams (Tsimshian): place of the wild roses
Lustagooch (Mi'qmaq): five-branched river
Mani-Utenam (Montagnais): Mary's village
Matimekush (Montagnais): little trout
Mooskudoboogwek (Mi'qmaq): that which makes foam
Natashkuan (Montagnais): where we hunt bear
Nawsyoon (Michif): nation
Onitariio (Huron): magnificent lake
Rimouski (Mi'qmaq or Malecite): land of the moose
Sandakwa (Huron): eagle
Sohkiciwahsipi (Cree): fast-flowing river
Sunaunaa (Inuktitut): What is it?
Wahdokaung (Ojibway): where the alders grow

Did You Know...?

Maple sap was commonly used by the First Nations people as a modern day energy drink. Drinking one cup a day for one lunar cycle restored vitamins, minerals and energy that the body needed in order to get ready to plow fields and go hunting.

The Inuit were the first people to create life jackets. A special garment was made of dehaired sealskins, worn when the Inuit hunted whales.

First Nations developed mosquito repellants. The salish from the west coast, rubbed wild onions on their skin; peoples of the eastern woodlands applied bear fat to their skin; the Cherokee nation mixed ground up roots of goldenseal with bear fat to make insect repellent.

The mohawks invented hockey!
 The Jesuit priests wrote in their journals hundreds of years ago about how the Native people were playing with a stick and a piece of frozen ice embedded with mud and stones. When one of the players was struck by this ancient puck they would yell out "Aukie!" meaning, ouch. So the Jesuits wrote that the Native people were playing aukie - and over the years the name of the game was called hockey!

>> Resource: <https://chrwradio.ca/content/aboriginal-history-month-30-facts-you-might-not-know-about-first-nations>

Upcoming Events:

STONY RAPIDS

- Saturdays - Recreation Nights - 7:00pm @ Stony Rapids School Gym
- Bicycle Rodeo - June 17 Afternoon - Stony Rapids School
- Yoga Class - Mondays @ 7:30pm - AHA Multi-Purpose Room

BLACK LAKE

- Mondays - AA Meetings 7:00pm-9:00pm
- Thursdays - Women's Domestic Violence H.O.P.E. Group Meetings Health Clinic @ 6:00pm-9:00pm

FOND DU LAC

- Mondays - Women's Group
- Thursdays - AA Meetings 6:00-7:00pm @ Clinic Boardroom

URANIUM CITY

CAMSELL

June is Brain Injury Awareness Month



Starting with each letter to the left, see if you can unscramble the rest of the letters to fill in these five higher functions that the brain can perform — and imagine what life would be like if our brains couldn't do them!

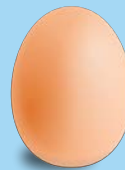
- B** _ _ _ _ _
L C A N A E (to walk upright)
- R** _ _ _ _ _
M E E M R E B (to know where you're going)
- A** _ _ _ _ _
Z Y L A N E (to understand information)
- I** _ _ _ _ _
E I G N M A (to foresee what might happen)
- N** _ _ _ _ _
E I O T C (to observe the things around you)

Healthy Cooking on a Budget

Cheese Broiled Eggs on Toast

Ingredients:

- 2 slices whole grain bread (\$0.16)
- 4 eggs (\$1.71)
- 1/4 cup milk (\$0.24)
- 3 tbsp cheese - parmesan, cheddar, swiss (\$0.71)
- Pinch of salt and pepper (pantry)



Variations:
Add a dash of hot sauce or chopped fresh herbs to eggs before cooking.

Total cost: \$2.82 Cost per serving (Serves 2): \$1.41

>> Item prices from Stony Rapid stores - Recipe adapted from <http://eggs.ca>

- 1 Toast bread, place on baking sheet.
- 2 Whisk eggs, milk, salt & pepper in small bowl.
- 3 Spray skillet with cooking spray. Heat over medium heat.
- 4 Pour in egg mixture. Cook, stirring constantly, just until eggs thicken but are still creamy & slightly undercooked. Spoon half of eggs onto each slice of toast. Sprinkle cheese over eggs.
- 5 Broil* just until eggs set and cheese browns lightly, 1 to 2 minutes.

*usually the highest setting on your oven

Serves: 2

Time to prepare: 3 min

Time to cook: 3 min

