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RUMBLINGS is produced monthly to help keep you informed on what is happening in forest transportation safety in BC. If you have best practices you would like to share, concerns you would like to discuss, or topics you and others would like to learn more about, please give us a call at **250-562-3215**.



To Stud or Not To Stud?

Well, it's that time of year again folks. From October 1 to April 30 (of any year) studs are allowed to be used in BC. For those of you like myself, this year I'm faced with the inevitable winter tire decision: to stud or not to stud. Now, in the past, I have always had my tires studded. But recent reports on winter tires have me thinking otherwise. Is it worth the money for the Nokian's running at \$250-\$300 per tire, some of which require no studding, or maybe the Michelin Arctic Alpine set in the \$115 range? Now I know not everyone does winter tires but I was surprised to read an article, albeit written in 2005, by the Canadian Press and Leger Marketing. They reported that the use of winter tires across Canada and to my surprise was lower than expected: Québec has the highest usage at 84%, followed by Eastern Canada at 57%. 29% of Ontario drivers make use of winter tires. British Columbia is next at 28%, followed by Alberta at 22% and only 10% winter tires usage in the Prairie Provinces which makes for a total of only 42% of Canadians use winter tires. That being said, the trend is moving upward and more people are switching to winter tires. Quebec is currently the only province to have mandatory winter tires on vehicles. Analysis of the results from their first full winter season of mandatory snow tire use (for those vehicles registered in that province) recorded an 18-per-cent drop in collisions. While each province regulates tire usage, Transport Canada maintains its position on the safety advantages of winter tires, designated with the mountain snowflake symbol (*Tires marked with the mountain snowflake symbol meet or exceed industry established snow traction performance requirements, and have been designed specifically for use in cold weather and severe snow conditions*), on all wheel positions during the winter season. By having all four tires of the same size, type, speed rating and load index, vehicle handling is greatly improved. They also have a video on their website which demonstrates the benefits of using four winter tires of the same type, size, speed rating and load index: <http://www.betiresmart.ca/video/apa.html>.

Which tires are you going with this winter?

- <http://www.tc.gc.ca/eng/roadsafety/safevehicles-safetyfeatures-wintertires-index-468.htm>
- <http://www.ottawacitizen.com/cars/season+winter+tires/3838333/story.html#ixzz1a2TQXlWC>



Ottawa says new 'Buy America' bill not acceptable

International Trade Minister Ed Fast says Canada plans to fight the 'Buy American' provisions in the new U.S. stimulus package, proposed by U.S. President Barack Obama. Obama is backing a US\$447-billion bill to help revive the stalled U.S. economy. But the details are ruffling feathers here in Canada because they contain protectionist measures similar to Washington's original stimulus package in 2009. Fast said in a release Wednesday the provisions are not acceptable to Canada. He says his government is committed to defending free and open trade on the world stage. Fast adds that "history has shown that protectionist measures stall growth and kill jobs." Section 4 of the stimulus bill is headed "Buy American

-- Use of American Iron, Steel and Manufactured Goods." It contains a directive that none of the funds made available under the American Jobs Act be used for "the construction, alteration, maintenance, or repair of a public building or public work unless all of the iron, steel and manufactured goods used in the project are produced in the United States."

http://news.sympatico.ctv.ca/home/ottawa_says_new_buy_america_bill_not_acceptable/955e2cc2



Still drinking your large triple triple?

Coffee Time

Not the worst choice you could make but a 10 oz Hazelnut or Raspberry Steameez drink at Coffee Time rings in with 280 calories, 8 g fat and 40 g of sugar. A better option could be a Vanilla Cappuccino has only 180 calories, 7 g of fat and 23 g of sugar. Or try a regular Hot Chocolate which has 170 calories, 4 g of fat and 25 g of sugar.

Orange Julius

So you're really trying to make a conscious effort to stay on the healthy train and we commend you for that! But be aware that the healthy-looking (and tasting!) Bananarila Julius in a large (32 oz) has an astonishing 700 calories, 13 g of fat and 115 g of sugar. Good news! No need to abandon OJ altogether! Instead order a 32 oz Strawberry Delight which has 380 calories, 0 g of fat and 74 g of sugar.

Second Cup

Still having chocolate and whip cream with a side of caffeine every morning? The 16 oz Moccaccino with whipped cream and 2 percent milk will cost you 440 calories, 21 g of fat and 43 g of sugar. Try swapping it out for a 16 oz Vanilla bean latte made with skim milk (and no whipped cream!) and you'll save 180 calories (260 calories, 4 g of fat and 37 g of sugar). And if you really need that hit of chocolate, just sprinkle on a few chocolate shavings.

<http://www.besthealthmag.ca/eat-well/nutrition/5-of-the-worst-beverages?slide=6>

Upcoming events

RoadHealth	October 24-25	Prince George
Residual Wood Conference	October 26-28	Vancouver

Starbucks

The whipped cream. The white-chocolate flavoured sauce. It should come as no surprise that the Grande White Chocolate Creme Frappuccino beverage is made with 2% milk, has 410 calories, 16 g of fat and 58 g of sugar. To get that smooth white chocolate taste, opt for a White Chocolate Mocha (made with non-fat milk and skip the whipped cream)—a Grande has 350 calories, 6 g of fat and 58 g of sugar. Or take it down to a 12 oz tall size made the same way and you'll get to 270 calories, 4.5 g of fat and 45 g of sugar. Or if you can bypass the white chocolate flavour, a Grande Cafe Mocha packs in only 220 calories, 2.5 g of fat and 32 g of sugar.

Tim Hortons

Inevitably, the seasons have changed and in the near future, we'll all be craving the warm deliciousness that hot chocolate provides, warming our hands and souls through the colder seasons. But it can also pack on the pounds as Tim Hortons' medium Hot Chocolate Supreme has 330 calories, 10 g fat and 49 g of sugar. If chocolate is your thing, a medium Hot Chocolate shaves off almost 100 calories bringing your caloric consumption down to 240 calories, 6 g of fat and 38 g of sugar. Or have a medium Cafè Mocha (190 calories, 8 g of fat and 24 g of sugar).