Happy Father’s Day! With June upon us come more outdoor activities. Don’t forget the sunscreen and insect repellant. Remember eye and hearing protection when using power tools. Remember to wear your helmet when bike riding. I cringe when I see parent without helmets riding with their children who are wearing helmets, most likely forced to wear it by the same adults not wearing one. Do the parents think they are immune to having an accident? So parents think about this: how is your family going to cope with you sustaining a head injury that might put you in the hospital for surgery followed by being out of work for 6 to 12 months of rehabilitation because you were not wearing a helmet when riding your bicycle? Spend the $20 to buy a bike helmet. It is a lot less expensive than an ambulance ride not to mention neurosurgery. Wishing you a happy and safe summer, the Health Ministry Board.