

Western Dispatch



JUNE/JULY
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MESSAGE FROM BILL

I wanted to share some of the powerful ideas I recently received from my 2.5 day Robin Sharma workshop.

First and foremost, Robin stated that a company needs a world class culture to be better than the rest! This is the brand that Western continues to work diligently on, "It's all about Great People" Robin spoke a lot about the execution of ideas. A comment that really hit home to me was—a good idea flawlessly executed is better than a great idea poorly executed.

A key task I did and challenged the office staff to do and now I challenge each of you to do is:

- ◇ Take 15 minutes and write down what you want your life/career to look like in 24 months. Interestingly, the act of putting your goals down on paper is far more powerful and more likely to hold a level of reality and accountability than a simple wish list.
- ◇ Then start living your life accordingly. Quite often it is the "not to do" list that is just as important as our daily "to do" list. Remember we all have excuses that keep us from being our best but it's the disciplined people that will achieve their goals.

When you stop into the office come see me...and share your 24 month goal. I can't wait to hear it!



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WESTERN
CAMP SERVICES LTD.

"It's All About Great People"

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SPOTLIGHT ON SAFETY

Guidelines for Proper Glove Use in Food Establishments: "No Bare Hands"

Contamination of food by the hands of food handlers is an important cause of food borne illness outbreaks. For this reason, Western Camp Services (and health departments) requires kitchen staff to wear gloves while handling. The "no bare hands" requirement is especially important when handling ready-to-eat foods (e.g. sandwiches, salads).

Gloves and utensils (such as tongs) can be used to minimize bare hand contact of food. If gloves are used incorrectly, however, the risk of contamination by a gloved hand is the same as for a bare hand. If the type of glove is appropriate, proper hand washing is practiced, and the gloves are changed frequently, gloves can provide an effective barrier between the hands of food handlers and the foods they handle.

Food handlers may develop latex allergies through prolonged use of latex gloves (approximately 10 % of the population is thought to be susceptible to such allergies). For this reason, latex gloves should only be used in the double glove method—cut resistant glove covered by the latex glove—no direct skin contact. In all other applications where skin contact is required, nitrile gloves (or other acceptable materials) should be worn.

Proper Use of Gloves

1. Hands must be washed and dried thoroughly:
 - Before wearing gloves
 - When changing to a new pair of gloves
 - After removing the gloves
2. A new pair of gloves must be worn:
 - When changing tasks (e.g. when moving to a new work station, after handling raw meats, before handling ready-to-eat foods such as sandwiches, after cleaning duties, etc).
 - After covering mouth during sneezing or coughing, blowing nose or touching hair (again, hands must be washed after gloves have been removed).
 - As frequently as possible. A pair of gloves should not be worn for more than 4 hours. Prolonged use of a single pair of gloves can result in excess perspiration on hands, which provides ideal conditions for bacterial growth on the skin. Gloves are also more likely to leak or tear if worn for extended periods.
3. Disposable gloves should only be used once.
4. Durable re-usable gloves must be washed and sanitized between tasks and stored carefully after removal to prevent contamination.
5. Gloves should always be worn by employees:
 - Who have cuts, sores or rashes on hands
 - Who wear orthopedic support devices on the hands that cannot be adequately cleaned, such as casts and braces
 - Who wear artificial nails or fingernail polish



• Charles Hallett, BEH, C.P.H.I. ©
HSE Coordinator

June/July Holidays

National Candy Month

June 1—World Laughter Day

June 4—Respect for Chickens Day

June 6—National Yo Yo Day

June 19—Father's Day

June 22—Stupid Guy Thing Day



July 1—Canada Day

July 7—National Strawberry Sundae Day

July 11—National Cheer Up the Lonely Day

July 20—Ugly Truck Contest Day

July 27—Take your pants for a walk day



Tomato Zucchini Soup By Monty Smith

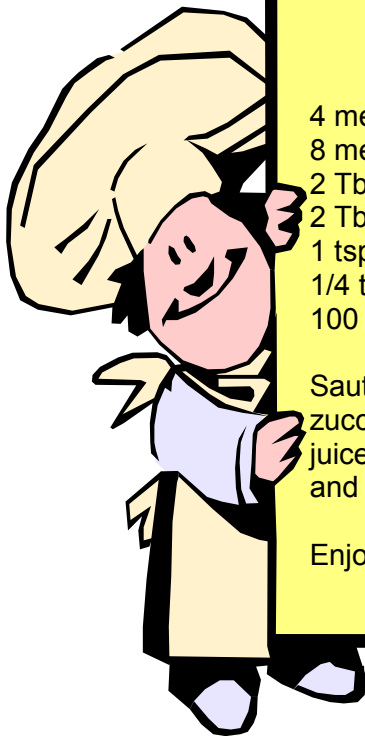


4 medium onions, diced
8 medium zucchini's grated
2 Tbsp olive oil
2 Tbsp butter
1 tsp black pepper
1/4 tsp nutmeg
100 oz can diced tomato

2x1.36L tomato soup
1x1.36 L V8 juice
1 L whipping cream
250 ml white cooking wine
splash Worcestershire sauce
dash of Tabasco sauce

Sauté onions, pepper and nutmeg in butter and oil until golden. Add zucchini and cook until soft, stirring often. Add tomatoes, soup and juice and bring to a simmer. Finish soup with cream, cooking wine and seasonings. Will serve about 30 people.

Enjoy!!



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Chef's Helpful Hints– Making the Best Burgers



- ◆ Start with really good meat. Use 80/20 ground chuck which offers best flavor and a juicier hamburger that isn't too fatty. You could buy some chuck and have a butcher grind it for you.
- ◆ Don't handle the meat too much as this will make the burgers tough.
- ◆ A panade, or mixture of bread crumbs and milk, will add moisture and tenderness to the meat when the burgers are cooked well done.
- ◆ Add a tablespoon of water to the meat along with the seasonings when you mix them in. If you are adding a lot of ingredients to the meat, combine all of them first, then add the meat and mix just to blend.
- ◆ Gently form the meat into patties about 3/4" thick. Place the patties on waxed paper and press slightly into the center of each with the bottom of a drinking glass. This will stop the burgers from puffing up when they are grilled.
- ◆ Don't press down on the meat when the burgers are on the grill. That will press out moisture and you'll end up with dry burgers.
- ◆ Cook the meat to 160° F. The temperature will rise to 165 degrees while you are adding the toppings. This is the minimum safe temperature for ground beef.

March and April's Observation Card Winners!

Kevin J—Camp 145

Observed a co-worker using the meat slicer in a not so safe location (near the walk in cooler). Discussed with the co-worker and moved the slicer to an alternate location to eliminate hazards.

Mary P—Camp 190

A staff member left her work station without letting her co-worker know. Mary discussed this with her co-worker and reminded her to let her know where she was going and estimated time back so if they did not return as expected we would know to come look for the missing/late co-worker.

Phylis H—Camp 195

Observed a colleague improperly handling/preparing raw chicken (only using cut resistant gloves). Phylis stopped the colleague and reminded them to use a cut resistant glove covered with either a latex or nitrile glove. This is a great method to prevent cross contamination of food items and contact surfaces in the kitchen.

Birthday Wishes For the Months Of June/July!

Amie A	Fraser A	Chad C
Bertrand B	Gloria M	Lucille G
Jaegar K	Dennis J	Se Ra H
Timothy C	Amanda E	Liz F
Jeremia J	Serinda T	Sean M
Kevin H	Shannon M	Serene B
Trevor B	Michelle E	Keeli J
Kaiser K	Crystal M	

Western's Great People

Western Camp Services would like to say a big THANK YOU for going OVER AND BEYOND at Camp 135!

Dennis J	Serene B
Kevin J	Aimee A
Bert B	Chris F