

Western Dispatch

MARCH 2011

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WESTERN'S DEDICATION TO EXCELLENCE

Led by the Culinary Vision of Corporate Chef Richard Middleton, Western is proud to have a top notch Apprenticeship Program. We currently have 16 Red Seal Chefs and Bakers. In addition there are 18 apprentices on our team and an additional 13 waiting to sign up.



Corporate Chef
Richard Middleton



Sheldon, one of our
ticketed Chefs
enrolled in the
Baker Red Seal Program



Chef Dismas, one of
our Chef instructors



Angela, an apprentice; Shane, one of our new graduate Chefs; Chef Hughie, a Chef instructor; Kaiser, an apprentice and Shannon, an apprentice!

Inside this issue:

Spotlight on Safety	2
March Holidays	3
Recipe from Shane	3
Chef's Helpful Hints	4
March Birthdays	4
Star Performers/ Observation Winners	4

WESTERN
CAMP SERVICES LTD.

SPOTLIGHT ON SAFETY

OUR EVOLVING SAFETY CULTURE

Anyone can write a safety program, but it takes a real commitment from all of us here at Western Camp Services to create and implement a complete safety culture. The goal of developing a safety culture is to instill the qualities that motivate all of us to strive to achieve safety excellence and can be developed only if we all work together.

Just as a group is only as strong as its weakest member, our team is only as safe as the least-concerned member. A safety culture creates an environment in which every one of us is personally committed to his or her own safety as well as each colleague's safety. A real safety culture is a complete change in attitude that becomes part of the individual's lifestyle and daily habits, whether at home or at work.

Our safety culture is not created overnight; it is ever-evolving. Over the past few years we've developed and continue to implement our safety programs, safety education and training, job hazard analyses, safe operating procedures, observation based safety card system and annual audits. We continue to learn from our successes and from our mistakes and make the necessary changes to make all of our worksites a safer place to be.

We would like to thank everybody in helping evolve our safety culture and participating with such great commitment. Thanks and keep up the great work!!!!



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

COMPLACENCY: THE GREATEST THREAT TO SAFETY

Numerous accidents have occurred due to allowing ourselves to become complacent in our everyday activity whether it is on or off the job. We must always work safely with the highest degree of awareness. Many of our jobs are repetitive in nature, and the more we repeat what we are doing, the better the chance that we are becoming complacent without even realizing it. *Personal safety is not like a light switch that can be turned on or off. It must continuously be on the "on" position.*

One key to avoid the complacency trap is to form "safety habits". Habits that you do over and over until they override your former unsafe behaviour and become automated. Habits such as wearing gloves, glasses, proper footwear, remove tripping hazards, attending safety meetings and paying attention, using seatbelts, etc.

The places we feel the most familiar with can be the most perilous because the menace is not so obvious to us.

www.toolboxtopics.com/Contributed/complacency

<http://>

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March Holidays

National Noodle Month

March 1st-National Pig Day and Share a Smile Day



March 5th-Multiple Personalities Day

March 14th-Potato Chip Day

March 17th-St. Patrick's Day



March 22nd-National Goof Off Day
(not at work)

(but



March 27th-National "Joe" Day (everyone who hates
be called "Joe" this day)

their name can

RECIPE COMPLIMENTS OF SHANE J

Lobster Cakes with Chipotle Aioli

Lobster Cakes

1 bag minced lobster meat	1 red onion
1 pinch parsley, finely chopped	1 ea red/green pepper, finely chopped
1 tbsp garlic, minced	3 to 4 eggs
Salt and pepper to taste	bread crumbs to bind

Sauté all finely chopped vegetables and parsley until soft and then cool.

Drain all excess moisture from lobster meat, add cooled vegetables, parsley, seasoning and eggs.

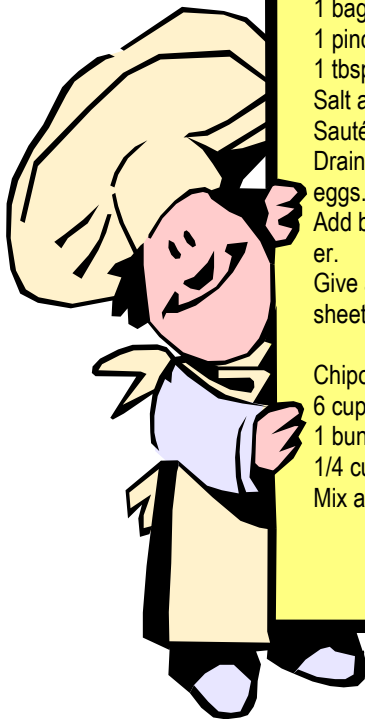
Add breadcrumbs and lightly mix by hand, until cakes are able to be formed and hold together.

Give a quick sear in a nonstick pan or griddle with clarified butter and heat in oven on a sheet pan.

Chipotle Aioli

6 cups mayo	1 bottle of chipotle Tabasco or half a small can chipotles
1 bunch cilantro, chopped	3 tbsp garlic, minced
1/4 cup lime or lemon juice	salt and pepper to taste

Mix all ingredients together and adjust seasonings to your liking.



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Chef's Helpful Hints

How to caramelize Onions

- ◆ Slice onions into 1/4-inch wide rings.
- ◆ Heat butter or combination of butter and oil in heavy skillet.
- ◆ Add onions and a small amount of sugar (optional) and slowly cook over medium heat.
- ◆ Cook until onions are caramel colored, stirring often, 30 to 40 minutes.
For more flavor, add a touch of vinegar at the end of cooking, stirring to deglaze the pan.



Tips:

Large, mild-flavored onions work best.
Caramelized onions can be frozen in an airtight container up to three months
To remove onion smell from hands, wash with soap and then rub hands against a chrome faucet.



How to roast Garlic

- ◆ Preheat oven to 375 degrees F.
- ◆ Remove as much of the paper from 2 whole heads of garlic as you can without breaking apart the cloves.
- ◆ Place garlic heads in 1/4 cup water in a small baking dish.
- ◆ Drizzle with 1 tablespoon olive oil.
- ◆ Cover with aluminum foil or baking dish cover.
- ◆ Put into oven and baste with olive oil/water mixture after 30 minutes.
Bake until garlic is soft and easily pierced with a thin-bladed knife, about 1 hour total cooking time.

OBSERVATION CARD WINNERS FOR JANUARY!

For the month of January alone, we received over 150 observation cards. There were so many great ones that it was very hard to pick our winners for this month. Keep up the awesome work!

Michael D from Camp 61 observed a cook bending over the garbage can to peel carrots. He taught the staff member that it is easier to peel over a cutting board with the carrot touching the board. This prevents back pain and it is much quicker...great observation Michael!

Shannon M from Camp 195 noticed a door in one of the bunks with a window blocked by a sign. This prevents people from seeing if someone is coming or going. This could be very hazardous so the sign was removed and placed inside the door...another great observation...Thank you Shannon!

...and this month we would like to do a honourable mention to **Linda A**. She observed a Camp Manager cutting keys without safety glasses. Serious eye injury was prevented as glasses are worn all the time now...kudos Linda!

Birthday Wishes For the Month Of March



- | | |
|-----------|-------------|
| Scott B | Johnathon C |
| Linda C | Allan C |
| Sandy G | Eva H |
| Mich L | Elwood L |
| John L | Quinn N |
| Darrell S | Daniel S |
| Johnny 5 | Priscilla F |

Star Performers

Western has so many GREAT employees, new
and returning!
We would like to recognize the following for the
month of March!!

- Ron M**(Camp 190)
Amanda E (Camp 165)
Julien M (Camp 21)
Linda A and Dave A (Camp 190)
THANK YOU AND KEEP UP THE