

Western Dispatch



November 2011

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Those of you who have visited the corporate office have seen that Western Camp Services is in the process of building a World Class Culture.

Every world class business has a very distinct culture and they don't sway from it, in fact they build off of it, and that is what Western is building.

Our mantra is "Are you on or off the bus?"

To make sure we are all in alignment, the management staff is taking a 'Magical Mystery Tour' to all of the camps to present our '**On or Off the bus**' culture.

We are very excited about this up and coming tour; as Robin Sharma say's "clarity precedes mastery" and our tour will bring clarity and alignment between the offices and the field.

Bill T. Butler
Vice President



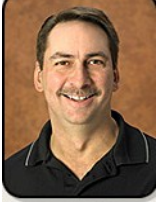
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"It's All About Great People"

The material presented herein is for information purposes only. In any instance where provincial and/or federal legislation conflicts, such legislation shall prevail.



SPOTLIGHT ON SAFETY

So...you are off to Camp! Be Prepared!



Winter travel and weather can be severe, so be prepared!

Winter weather conditions in Canada can quickly become dangerous, often with little or no warning. Winter storms and excessive cold claim over 100 lives each year in this country - that is more than the combined number of deaths caused by hurricanes, tornadoes, floods, extreme heat and lightning each year.

Dress for the Season

Wear loose, lightweight, warm clothes in layers. Trapped air insulates. Remove layers to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Half of your body heat loss can be from your head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry!

Hypothermia & Frostbite

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy.

The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

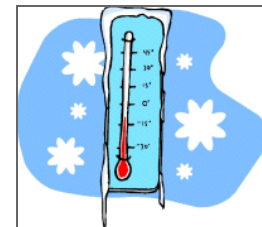
A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

It might be nice at home but remember weather conditions can be a lot different where our camps are situated. Bring appropriate outerwear when heading to camp!

Don't forget Canada's North and our remote regions!!

Charles Hallett, BEH, C.P.H.I. (C)

HSE Coordinator



NOVEMBER HOLIDAYS 2011

I Am So Thankful Month

November 4th—Use Your Common Sense Day

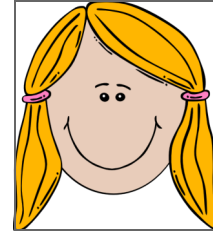
November 10th—Sesame Street Day

November 11th—Remembrance Day

November 14th—National Girl's Day

November 19th—National Day of Play

November 27th—National Day of Listening



"lest we forget"

*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*



On October 20th, Chef Richard was arrested on a charge of "trying to break the sound barrier while riding his chopped Harley Davidson". Amount of bail was \$1500.00 and the amount raised so far is \$2000.00!!
Another fun occurrence helping out a worthwhile cause!

Western Camp Services is a proud supporter of

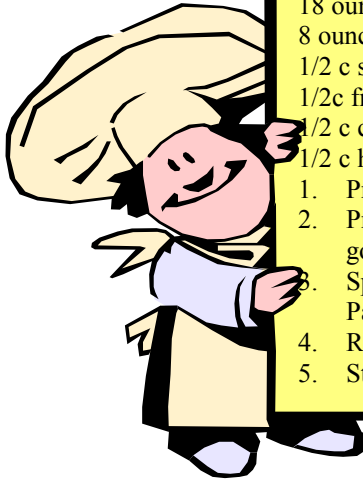


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RECIPE COURTESY OF
TREVOR B

Trev's Dessert Pizza

- 18 ounce sugar cookie dough
- 8 ounce sweetened whipped topping
- 1/2 c sliced banana
- 1/2c fresh sliced strawberries
- 1/2 c crushed pineapple
- 1/2 c halved grapes
- 1. Preheat the oven to 350°F
- 2. Press cookie dough into 12 inch pizza pan. Bake for 15 to 20 minutes until golden brown and cool.
- 3. Spread whipped topping over cooled crust. Arrange the fruit as if you are Pablo Picasso himself.
- 4. Refrigerate until you serve.
- 5. Strap your kids to their chairs because this will be the ultimate sugar buzzzzzz.



OBSERVATION CARD WINNERS FOR SEPTEMBER!

Hello All!!!

Here are the particulars of the two Observation Card winners:

Camp 195 – Sheldon T - observed late plates being stored in the temperature danger zone for an extended period of time. The issue was discussed with the Chef and late plates are now stored either in the fridge or on ice.

Camp 150 – Patrick T - observed a coworker attempting to move the meat slicer after it had been cleaned and sanitized without the guarding being reinstalled. The coworker's forearm was very close to an unguarded sharp edge. Patrick stopped the coworker and discussed this situation, had the guard reinstalled and then helped the coworker move the meat slicer.

Honorable Mentions:

Olivia B – Camp 195 observed kitchen staff not wearing cut resistant gloves. She discussed the concerns with the coworker and the issue was also addressed during the next Tailgate Meeting for corrective actions.

Linda G – Camp 150 observed one staff member stopping a coworker from lifting the meat slicer without the guarding in place. They talked about hand placements and procedures to do it safely.

Please let everybody know that the observation card program is helping to eliminate unsafe actions/ conditions, preventing accidents from occurring and it's really appreciated by everybody within Western Camp Services and our Clients. Please pass on my sincere thank you to all the staff in evolving our safety culture in a great direction.

Please let me know if you have any questions.

November Birthdays

We would like to wish you all a
VERY HAPPY BIRTHDAY!!

- | | | |
|----------|-----------|----------|
| George C | Suzanne C | Phylis H |
| Shane J | Tommy L | Lendo L |
| Shawn M | Sharon R | Josh M |
| | Gloria W | |



Star Performers

Western would like to say a Great Big Thank You to the following staff for going over and above in the past and continually doing so!!

- Gary F—Camp Attendant at C150
- Christian D—Maintenance at C195
- Kevin H—Maintenance at C150