

Western Dispatch



October 2011

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On October 16, 2003 two fellows began to chase their vision; Wayne Sopp and Menno Admiraal. That vision; to have the best camp and catering company in Western Canada. Well, 8 years have past, and Western Camp Services has accomplished this, but never believing in "complacency", a new vision for the company is already underway which we are all very excited to be a part of!

None of this could have ever been possible with out all of you "living" one of the fundamental values that the company was based on; always strive for excellence!

...care more than others think is wise;
...risk more than others think is safe;
...think bigger than others think is practical;
...expect more than others think is possible.

In knowing that you out in the field are the primary reason for Westerns success, we are very pleased to announce that on October 18th, we will be awarding the first ever "Wayne Sopp Award of Excellence". This award will be given out yearly to the two "Great Person" who exemplifies Excellence!

We would like to take this opportunity to say thank you and we look forward to another busy winter season!

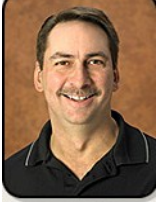
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"It's All About Great People"

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SPOTLIGHT ON SAFETY

HOW DO YOU FIGHT THE FLU?

You can take steps to protect yourself from one of winter's worst "side effects" - influenza, or the flu. These simple steps include frequent handwashing, coughing and sneezing into your arm/sleeve, getting an annual flu vaccination and staying home when sick.

Prevent influenza with frequent handwashing

Hands spread an estimated 80 percent of common infectious diseases like the common cold and flu. **Handwashing, when done correctly, is the single most effective way to prevent the spread of communicable diseases.** Good handwashing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

Cover your cough and sneeze

Sneeze and cough into your elbow or sleeve or use a tissue. After wiping or blowing your nose with a tissue, throw away the tissue and wash your hands. Keep your fingers away from your eyes, nose and mouth

Stay at home and avoid crowds when sick

If you have the flu, avoid going to work and being in large crowds as you can spread influenza easily to others. You should also visit those who have influenza only if necessary.

Keep common surfaces clean

Keep personal items separate if a household member has influenza. Use a disinfectant to clean surfaces around a person who is sick with the flu. Do not share personal items or drinks.

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

<http://www.fightflu.ca/howdoyoufightflu-eng.html>



OCTOBER WEIRD & WACKY HOLIDAYS 2011

Sarcastic Month

October 5—Do Something Nice Day

October 10—Thanksgiving Day

October 11—Take Your Teddy Bear to Work Day

October 16—Bosses Day

October 21—Babbling Day

October 25—World Pasta Day

October

31—

Hallow-



een



Happy
Thanksgiving



Orange Chicken Courtesy of Chef Shawn

2 large chicken breasts
1/2 cup cooked rice
1/4 tsp orange peel finely shredded
2 dash's cinnamon
1/2 cup orange juice
1 1/4 tsp cornstarch
2 tbsp. chopped walnuts



Place chicken bone side down between 2 pieces plastic wrap. Working from the center to the edges lightly pound forming a rectangle. Season with salt and pepper. In a small bowl mix orange, rice and cinnamon. Spoon the mixture into the center of the chicken breast making sure that the mix is 1/4 inch from the edge. Fold one edge over the mix and continue to roll till chicken is completely rolled. Place chicken on plastic wrap and roll tightly to make sure that the chicken is completely sealed. Place in a simmering pot of water to cover chicken. Add 2 bay leaves and peppercorn. Cook for 5 to 8 minutes and then let rest. Slice chicken into rounds. To make orange sauce stir together orange juice and corn starch and cook on middle heat for about 1 minute until thick. Stir in walnuts and spoon sauce over chicken.



Western Camp Services is a proud supporter of



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CHEF'S HELPFUL HINTS



Lemons will stay fresh longer if you store them in a bowl of cold water in the fridge. They'll keep up to 3 months this way.



To clean and freshen wooden chopping blocks, counter or rolling pins, sprinkle table salt on these surfaces when they are wet and scrub dry.

Leftover beef stew can be blenderized to a puree and used as a base for Scotch broth and other soups.

To make peeling hard-cooked eggs easier, butter your thumbs.



After boiling pasta or potatoes, cool the water and use it to water your house plants. The water contains nutrients that your plants will love.





A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.

Hello All!!!
 It's great to see the effort everybody is putting forward in completing over 200 observation cards in the month of August.
 Here are the particulars of the two Observation Card winners:
Camp 150 – Chris F. observed a staff member referring to a MSDS sheet before mixing chemicals for kitchen cleaning. Chris made a positive comment to the staff member and also noted that the SOP Manual contains information related to proper procedures of chemical use.
Camp 195 – Betty B observed kitchen staff uniforms and aprons needing to be kept fresh & clean. The food is great, but appearances can also paint the wrong picture. A guest was also overheard making a negative comment about the appearance of kitchen staff uniforms. The issue was brought up to the Chef's attention and dealt with accordingly.
Honorable Mention: Sheldon T @ Camp 150 was reviewing the MSDS for a cleaning chemical to be used in the kitchen and noted it was not a food safe product. The product was removed from the kitchen and sent back to the warehouse.
 Please let everybody know that the observation card program is helping our safety culture evolve 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.
 Thanks again
 Charles Hallett, BEH, C.P.H.I. (C)

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

Amy B	Kristalee D	Patrick T
Sasha G	Sandra L	Beth J
Christian S	Errol H	Jackie M
Meaghan O	Patrick T	Rita T
	Lew P	



 **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!!

Al C at Camp 195 Dennis J at Camp 135

Christian S at Camp 195

Denise S and Ray B at TimberWolf