



# Western Dispatch



**WESTERN**  
CAMP SERVICES LTD.

## August 2009

## Wayne Sopp, President

7668 69th Street  
Edmonton, AB T6B 2J7  
Ph: 780-468-1568  
Fax: 780-468-1948

TIMBERWOLF LODGE:  
Rainbow Lake  
Ph: 780-956-2382

[www.westerncampservices.com](http://www.westerncampservices.com)

### Inside this issue:

Spotlight on Safety	2
Staff Uniforms	3
Wayne's Helpful Hints	4
Star Performers	4
Birthday Wishes	4

### Western's Team Building BBQ



Who's the  
Chef?!



Enjoying the  
food!!



Team Building  
Activity



Spin for  
prizes...did  
Colin win a  
suburban?!



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



## ILLEGAL DRUGS AND ALCOHOL – NOT IN THE WORKPLACE

The fact that some people use substances such as alcohol or illicit drugs, or that some people misuse prescription drugs is not new. The use of alcohol or drugs may adversely affect the ability of a person to work in a safe manner. Employees are often working independently with equipment or materials that may pose a threat to the safety of the workplace and the property at the workplace if handled without proper care and attention. There are two ways in which people who have taken alcohol or other drugs are at greater risk for injury than other people are. First, they are more likely to get injured. Second, in the same circumstances, an intoxicated person is likely to be hurt more seriously than they would have been if they were not intoxicated.

**In general, what are the effects of various types of substances?**

Category	Examples	Examples of General Effects
Alcohol	beer, wine, spirits	impaired judgment, slowed reflexes, impaired motor function, sleepiness or drowsiness, coma, overdose may be fatal
Cannabis	marijuana, hashish	distorted sense of time, impaired memory, impaired coordination
Depressants	sleeping medicines, sedatives, some tranquilizers	inattention, slowed reflexes, depression, impaired balance, drowsiness, coma, overdose may be fatal
Stimulants	cocaine, amphetamines	elevated mood, overactivity, tension/anxiety, rapid heartbeat, constriction of blood vessels

**Western Camp Services has a Drug and Alcohol Policy which can be found in all camps in the HSE Manual, Chapter 9 - Health and Hygiene Control.**

The policy is intended to remind all employees of the risks associated with the use of alcohol and drugs and provide understandable and predictable responses when an employee's conduct jeopardizes the safety of the workplace. The Alcohol and Drug Testing Policy imposes the smallest burden on any rights an employee may have under the various Provincial Human Rights legislation and at the same is equally effective in promoting the purposes of the policy. By utilizing the policy, the company promotes the following:

- the safety and dignity of our employees,
- respects the confidentiality and privacy of all individuals covered by this policy,
- respects the best interests of the company, its clients and the public.

While performing company business or while on company/camp site premises and property, an employee may not:

- Use, possess, distribute or offer for sale drugs or drug paraphernalia.
- Use, possess, distribute or offer for sale alcohol.
- Use a company vehicle or operate equipment/machinery or engage in company business while impaired by alcohol or drugs.
- Be unfit for work due to the use or after-effects of alcohol, drugs or prescription drugs.

Please refer to the HSE Manual for further information and details.

Reference:

<http://www.ccohs.ca/oshanswers/psychosocial/substance.html>

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

# STAFF UNIFORMS

3



All Western Camp Services Camp staff have standardized uniforms. This professional appearance is the same in all Western Camps. These uniforms also provide our staff with a level of safety and comfort.

Non slip shoes help to prevent slips. Long sleeved chef uniforms help keep heat away from bare skin and aprons provide an extra layer of protection from the heat or chemical spills. Beanies and hair nets keep hair or sweat from falling into the food.

## The Western Uniform

### Kitchen Staff

- Beanies with hair nets
- Long sleeved chef jackets or white company shirts
- Black chef pants
- Waist or full body aprons
- Black closed-toe non slip shoes

### Housekeeping

- Beige company golf shirts
- Black pants or black jeans
- Black closed-toe non slip shoes



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

# Wayne's Helpful Hints

Place unhusked corn in microwave for 4 to 5 minutes. The results are fantastic—and no pots of water to boil and clean up afterward.



Garlic piercing: When cooking with garlic cloves, pierce each one with a toothpick. This makes them easy to retrieve especially in a sauce.



Lettuce Loves Fat: Fat can be removed from hot soup by floating a large lettuce leaf on the surface. Remove and add more leaves if necessary.

Fresh nuts: Keep nuts in airtight containers in the refrigerator. They'll stay fresher longer.



"Do you believe in life after death?" the boss asked one of his employees.



"Yes, Sir." the new recruit replied.



"Well, then, that makes everything just fine," the boss went on. "After you left early yesterday to go to your grandmother's funeral, she stopped in to see you."

Western Camp Services is a proud supporter of



## Star performers

We would like to say a Big Thank You to Marianne A and Olivia B when they were up at TimberWolf Lodge for going above and beyond!!...a client left this note behind...

Thank's Lady's  
you women do  
a great Job  
around here.  
Keep Up The Good  
Work. -Ther's Again

## Birthday Wishes for our August Staff!



- |             |           |
|-------------|-----------|
| Ron M       | Dismas L  |
| Bill J      | Wade K    |
| Michael B   | Mike M    |
| Sheila V    | Fay L     |
| Connie V    | Dave J    |
| Katherine S | Michael H |
| Diane O     | Liam M    |
| Toni M      | Frank H   |
| Terry O     | Beverly B |