

Western Dispatch

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A Message from Bill

Hello,

I would like to start by thanking all of the staff for their continued dedication and hard work! A company is nothing without its people.

Western started the same as many companies do, the culture was based on family environment and through its growth it has been challenging to maintain this culture. But, we have, and we're reminded by the yearly return of all our valued people.

In saying that we at Western want/expect you to go home in the same manner you arrived. Safety is another huge part of our culture not only in the work place but at home as well. We continually reflect upon our policies and procedures to make a better work environment for all.

So, thanks again for making this company what it is today!! Be safe.

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HAPPY
VALENTINE'S
DAY!

SPOTLIGHT ON SAFETY

Shoveling Safely

1. **Fit for the job?** If you aren't accustomed to shoveling, or if you're not in good shape, shoveling snow can be a strain on your heart and back.
2. **Warm Up.** As with any exercise, consult with your doctor to ensure you are fit enough for this physically demanding activity. Before you begin shoveling, do warm-up stretches and flexing exercises to loosen up the muscles and prepare them for the job ahead.
3. **Lighten the load with the right shovel.** A snow shovel should be lightweight, about 1.5 kg or a little over 3 lbs, and the blade shouldn't be too large. Otherwise your load will be too heavy, putting too much stress on your heart and back. The handle should be long enough so that you don't have to stoop to shovel and the grip should be made of plastic or wood because metal gets too cold. As a general guideline, the shovel (blade plus handle) should be elbow height when standing upright.
4. **Bundle up.** Wear several layers of warm lightweight clothing that's easy and comfortable to move in. The inner layer should be thermal underwear that allows perspiration to escape from the skin surface. Make sure your head (especially your ears), feet and hands are well covered. Your winter boots should be warm, water-resistant and high-cut and provide good traction. Gloves should be light and flexible and give you good grip. If it's really cold, wear something over your mouth. And don't shovel at all if the temperature drops below -40°F when it is windy.
5. **Pace-Don't race.** Shoveling snow in heavy-duty clothing can be as strenuous as weightlifting. You may want to get the job over with as fast as you can, but it's better to keep moving and work at a steady pace. A good recommended rate for continuous shoveling is usually considered to be around 15 scoops per minute. Shoveling is going to make you sweat and, if you stop you get a chill.
6. **Push-Don't lift.** Push the snow rather than lift it. If you must throw it, take only as much snow as you can easily lift. And remember, the wetter the snow, the heavier it is.
7. **Face-don't twist.** Turn your feet to the direction you're throwing—don't twist at the waist. Don't throw snow over your shoulder or to the side.
8. **Get the scoop.** Consider using a snow scoop to push the snow instead of lifting. The scoop helps you to move snow with less effort by riding up over the snow to allow you to move it without ever having to lift it.
9. **Rest and recover.** Take frequent breaks and drink some non-alcoholic fluids. In extreme conditions, such as very cold and windy weather, 15 minutes of shoveling should be followed by 15 minutes of rest.



Pictures taken at Camp 165...great, safe job shoveling Lendo!



For more information: <http://www.ohsinsider.com>

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Challenge for our field staff!! ...who wants to see Charles in shorts rolling around the snow at the end of March?!

If, we as a company do not have a recordable incident/accident for our first quarter...Charles has stated that he will roll around in the snow in his shorts!! Now who would like to witness that as we will take lots of pictures!

February Holidays

February is national Grapefruit Month and International Friendship Month!
 February 2nd is Groundhog Day
 February 10th is Umbrella Day
 February 14th is of course, Valentine's Day
 February 15th is National Gum Drop Day



February Recipes

An easy recipe for chicken legs and thighs from Chef Dismas!

Season chicken with paprika, course salt, and course pepper.
 Place on parchment paper lined baking sheet and cook in oven at 400 °F for approximately 40 minutes, depending on the size of the chicken pieces. When cooked, brush with an Asian Sweet and Sour sauce or an Asian Sweet Chili Sauce. Return to oven for 5 minutes at same temperature and then serve.

Valentine's Day Dessert

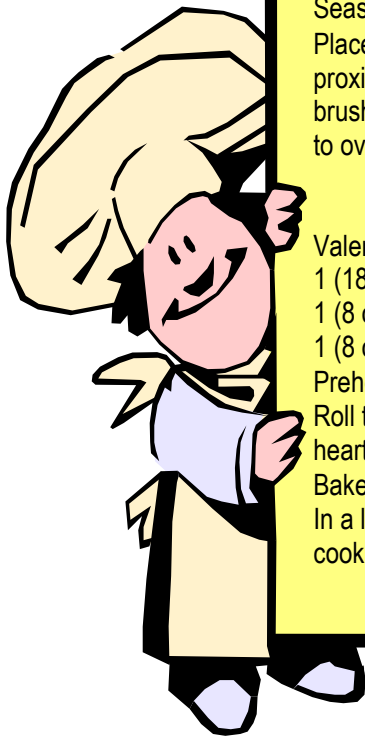
1 (18 oz) pkg refrigerated sugar cookie dough	1 can cherry pie filling
1 (8 oz) pkg cream cheese	1 c confectioner's sugar
1 (8 oz) container frozen whipped topping, thawed	

Preheat oven to 350 °F

Roll the cookie dough to 1/4 inch thick and form it into a heart shape. Place the heart shape on a cookie sheet.

Bake at 350 °F for 10 minutes, or until cookie is lightly brown on the edges.

In a large mixing bowl, mix cream cheese with sugar. Spread the mixture on cooled cookie dough. Cover with cherry pie filling and whipped cream.



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Chef's Helpful Hints

- ◆ To easily remove honey from a measuring spoon, first coat the spoon with nonstick cooking spray.
- ◆ When boiling corn on the cob, add a pinch of sugar to help bring out the corns natural sweetness.
- ◆ Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
- ◆ To help prevent colour loss, do not cover vegetables when cooking them.
- ◆ Liven up your coleslaw by adding a peeled, diced apple to it.



Observation Card Winners for the Month of December!

Olivia B from Camp 195 noticed that the plastic garbage cans in the client's rooms were against the heaters which were causing them to melt. She addressed it at the safety meeting and had signs printed up about the issue. Great job Olivia!!



Liam M from Camp 165 noticed the grease bin set up was incorrect causing a lifting concern so he put a stop to the disposal of oil. The set up was changed to prevent overhead lifting...another great observation! Awesome Liam!

Birthday Wishes For the Months Of February

- | | |
|----------|----------|
| Andy T | Eva H |
| Thelma L | Tim P |
| Peter P | Brenda P |
| Edith R | Martin S |

Star Performers

Western Camp Services would like to say a Big Thank You to the following field staff!

- Kevin H at Camp 190
 George C at Camp 69
 And Jaeger at Camp 195
 Kudos on all of your hard work!