

Western Dispatch



JUNE 2012

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16th ANNUAL RELAY & WALK



Western once again had some of our office staff volunteer at the 16th Annual Kids With Cancer Relay and Walk. Even though they all got soaking wet in the rain, they did a great job! Thank you Tom W, Heather T, Renata W, Bob S, Briana D, Karen S, Carroll D and Debbie M!

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"It's All About Great People"



SPOTLIGHT ON SAFETY



ILLEGAL DRUGS AND ALCOHOL—NOT IN THE WORKPLACE

The fact that some people use substances such as alcohol and illegal 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?

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.

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

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 time 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.
- Report to work or work with a presence in the body of alcohol or drugs or their metabolites as per the chemicals and the associated cut off concentration levels.

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

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

Month of June Holidays

National Bathroom Reading Month

June 1st—Leave the Office Early Day

June 4th—Barefoot Day

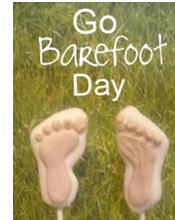
June 11th—Corn on the Cob Day

June 15th—Flip Flop Day

June 17th—Father's Day

June 27th—Decide to be Married Day

June 28th—National Handshake day



Bannock Recipe Courtesy of Charlene C Camp 20

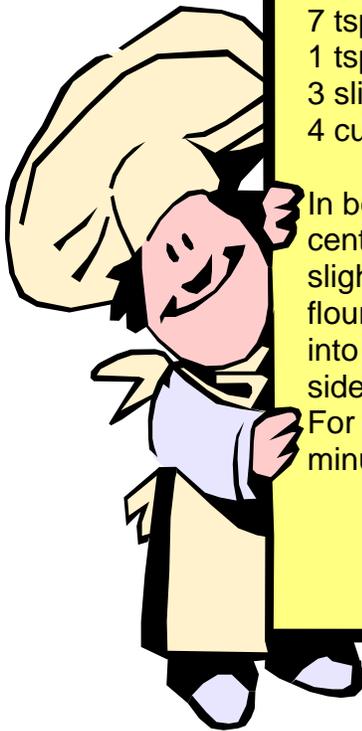
Ingredients:

- 7 cups flour
- 7 tsp baking powder
- 1 tsp salt
- 3 slightly beaten eggs
- 4 cups milk



In bowl, whisk together dry ingredients. Make a well in the centre and pour in eggs and milk. Toss with fork just until soft, slightly sticky dough forms. Turn out onto floured surface; with floured hands and knead slightly. Roll to 1/2 inch thick. Cut into whatever shapes you like. Deep fry for 3 minutes on each side until golden brown.

For baked bannock add 1/2 cup of oil or lard and bake for 30 minutes at 400°F.

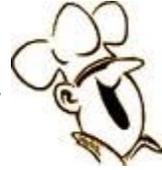


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CHEF'S HELPFUL HINTS



- ◆ When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness
- ◆ Potatoes will take stains off your fingers. Just slice and rub raw potato on the stains and rinse with water
- ◆ Use a meat baster to "squeeze" your pancake batter onto the hot griddle—perfect shaped pancakes every time.
- ◆ Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.



APRIL OBSERVATION CARD WINNERS

Linda A—Camp 160—Observed a staff member using toilet bowl cleaner in a spray bottle to clean showers. Linda reviewed the MSDS and noted the chemical should not be used or placed on toilet lids, vanities, sinks, bathtubs, cabinets, countertops, rugs, floors, etc and do not breath the vapour from the cleaner. As the chemical was placed into a spray bottle, the toilet bowl cleaner was being vapourized causing a major safety concern. Linda stopped the staff member and discussed the situation with the staff member and the toilet bowl cleaner is now only being used for its intended purpose of cleaning toilets.

Lendo L—Camp 195—Observed outside boots being left in the hallway near the emergency exit of a dorm creating a tripping hazard. Lendo repositioned the boots to eliminate the tripping hazard and left a note for the owner of the boots reminding them of the safety hazard and to take them to their room. The boots were removed the following day by the owner and haven't been seen by the emergency exit again.

Birthday Wishes For the Month Of June!

- | | |
|-----------|-------------|
| Sondra D | Liz F |
| Lucille G | Amelia N |
| Mary P | Glen R |
| Marwa E | Johnathon K |
| Ruth M | Alain M |

Western's Great People

Western Camp Services would like to say

"Kudos" to you for all of your hard work!



- James R—Camp 195
 - Linda G—Camp 195
 - Sandra L—Camp 160
 - Shirley W—Camp 160
- Please stop by and see Melinda to re-