

# Western Dispatch



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## October 2012

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## Field Staff Contest USP—Unique Selling Proposition

**Western Camp Services** is introducing a contest for all **Field Staff!** The contest is open to all employees with a grand prize of \$500.00 available for the best USP sent to Melinda.

**Purpose:**

To stop everyone you meet in their tracks and to get them to make a strong mental impression of what Western Camp Services represents.

**Guidelines:**

1. **It should be short.** ie. The US Post Office uses "We deliver to you"
2. **It should not be logical.** If it's logical it's easy to forget.
3. **It should start with the word "We".** It's never "I" - that sounds small. "We" reflects a larger organization.
4. **It should include the word "you" or "your".** The word "you" gets people involved.
5. The question is **"We do what for you?"**

Google the USP you choose and see if anyone else in the world is using it. Even if they are, it could be in a different field and they may not have trademarked it. You can search to see if the USP you have choose is being used anywhere else for exactly the same purpose. The web site is <http://www.uspto.gov/web/trademarks/workflow/start.htm>



Please have your "USP" to me by November 9th by emailing me at [melinda@westerncampservices.com](mailto:melinda@westerncampservices.com)

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**WESTERN**  
CAMP SERVICES LTD.

## "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

## ILLEGAL DRUGS AND ALCOHOL—NOT IN THE WORKPLACE

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.

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
Hallucinogens	LSD (lysergic acid diethylamide), PCP (phencyclidine), mescaline	inattention, sensory illusions, hallucinations, disorientation, psychosis
Inhalants	hydrocarbons, solvents, gasoline	intoxication similar to alcohol, dizziness, headache
Opiates	morphine, heroin, codeine, some prescription pain medications	loss of interest, "nodding", overdose may be fatal. If used by injection, the sharing of needles may spread Hepatitis B, or C and HIV/AIDS.
Stimulants	cocaine, amphetamines	elevated mood, overactivity, tension/anxiety, rapid heartbeat, constriction of blood vessels

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 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 customers and the public.

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

- Use, possess, distribute or offer for sale drugs or drug paraphernalia or 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 or 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.

Reference: [http://www.aadac.com/87\\_135.asp](http://www.aadac.com/87_135.asp)

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

HSE Coordinator

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## October Weird Holidays

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October 5th—World Smile Day  
October 8th—Thanksgiving Day  
October 10th—National Bring Your Teddy Bear to Work/School Day  
October 14th—Be Bald and Free Day  
October 19th—Evaluate Your Life Day  
October 27th—Cranky Coworkers Day  
October 31st—Halloween

Happy Teddy Bear Day!



Recipe from Elizabeth S

### Salsa Chicken

6 Chicken Breasts

1 tsp basil

1 tsp garlic powder

1 tsp onion powder

1/4 tsp dry mustard

Preheat oven to 350°F. Rub chicken breasts with olive oil and season with remaining ingredients. Cook for 30 minutes at 350°F and check internal temperature (165°F). Remove chicken out of oven and cover with salsa (1 tbsp per chicken breast) and cook for an additional 15 minutes. Serve with seasonal rice or potato wedges.



### CHEF'S HELPFUL HINTS

- Thaw fish in milk. The milk absorbs the 'frozen' taste and adds a 'fresh caught' taste.
- Chill chicken for 1 hour after coating it. The coating will stick better when cooking.
- Rinse cooked pasta under HOT water to prevent stickiness.
- For fluffier omelets add a pinch of cornstarch before beating.
- A thin slice taken off the end of a potatoe will reduce baking time.



### July's Observation Card Winners

**Sylvie B—Camp 195** Identified improper food storage in the walk-in cooler. Raw foods were being stored above ready to eat foods (cross contamination). Sylvie took the time to rearrange the food items to eliminate the issue. The issue was also discussed the following tailgate meeting with all of the staff.

**Maxine T—Camp 195** Identified when staff were off site for cleaning some of the individuals identified as Bunk Fire Wardens were unavailable. The issue was discussed with the appropriate Client Representative and an appropriate solution was put into place.

### Birthdays for the month of October

Bonnie C  
Leona M  
Mario C

Sasha G  
Llewlyn P  
Dana M

Dennis S



# Star Performers

Kudo's to Linda C—Camp 27 and Heather T—Camp 195 for doing a great job!! Keep up the great work!

Please come see Melinda at the office to receive a gift of appreciation!



### Client of the Month—September

TimberWolf Lodge—Shawn S      Camp 160—Dustin W      Camp 140—Michael B

Camp 28— Rick W      Camp 22—Dave      Camp 63—Phil A