

Western Dispatch



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RACE FOR THE CURE—GIVING BACK WESTERN CARES FOR THE COMMUNITIES WHERE WE WORK AND LIVE

2012 was the second annual Race for the Cure in support of Kids With Cancer and Western Camp Services was honored to be able to donate the catering for the event. As well, a number of our staff and their families donated their time to cook and serve the attendees and, of course, the Kids! This event was held at **Stratotech International Raceway** in Fort Saskatchewan on July 7 and was once again a huge success. Local car enthusiasts and supporters of Kids with Cancer organized this event which included a Show and Shine and an opportunity to ride in some amazing sports cars, such as Ferraris and Lamborghinis. To see the faces of the Kids light up was what made the event so much fun and knowing that 100% of the proceeds raised were donated to



Kids with Cancer Society made the event one to feel good about. Our thanks to Charles Hirsch and Chris Loffelbein, a couple of the car enthusiasts who not only worked hard to organize this event, but also proved they have their hearts in the right place. Western Camp Services was thrilled to be a part of such a stellar event and we look forward to 2013.

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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 hand washing, coughing and sneezing into you 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. **Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases.** Good hand washing 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.

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

September Holidays

National Rub a Bald Head Month
 September 3rd—Labour Day
 September 7th—National Lazy Mom's Day
 September 15th—International Eat an Apple Day
 September 19th—Talk Like a Pirate Day
 September 22nd—Ice Cream Cone Day
 September 24th—A day to eat with your kids
 September 28th—Ask a Stupid Question Day



Apple Crisp Cups A Favourite of the Fall!

Ingredients:

3 large McIntosh apples—peeled, cored and chopped
 1/4 cup water
 2 tbsp. white sugar
 1/2 tsp ground cinnamon, or to taste

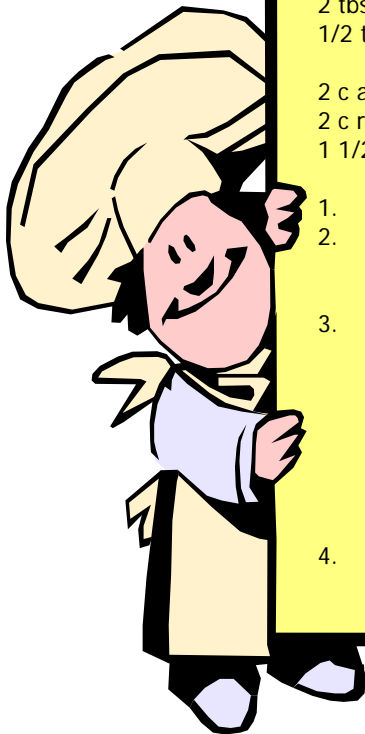
2 c all-purpose flour
 2 c rolled oats
 1 1/2 c brown sugar

1 tsp ground cinnamon
 1/2 tsp ground nutmeg (optional)
 1 1/2 c butter



1. preheat oven to 350 degrees F and grease 4 12-cup mini-muffin tins.
2. Mix apples, water, white sugar, and 1/2 tsp cinnamon together in saucepan and bring to a simmer over medium-low heat, stirring occasionally. Simmer until apples are partially cooked, about 5 minutes and remove from heat.
3. Combine flour, oats, brown sugar, 1 tsp cinnamon and nutmeg in a large bowl; cut the butter into the flour mixture with a pastry cutter until the mixture looks like coarse crumbs. Place a heaping tablespoon of the crust mixture into a mini muffin cup so that it covers the bottom and pushes up the sides of the cup. Make the crust go all the way to the top of the little muffin cup, and patch any holes with more crust mixture. There will be crust mixture left over. Place about 2 teaspoons of apple filling in the crust. Sprinkle about 1 teaspoon of the remaining crust mixture over the filling.
4. Bake in the preheated oven until golden brown, about 15 to 20 minutes.

ENJOY!!



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CHEF'S HELPFUL HINTS Uses for Broths and Stocks



There is a difference between broth and stocks. Technically, stocks use meat bones, while broths do not. But they are interchangeable.

- Use chicken, beef or vegetable broth to cook rice. The rice will have a marvelous flavor, and I think it is more tender than rice cooked with plain water.
- Stocks and broths can be used to reheat leftover stir-fries. Use a small amount over high heat, and add the leftover food; quickly and gently stir-fry until heated.
- Baste chicken, beef, or pork while it's roasting in the oven with broths or stocks to add more flavor and to keep the meat moist.
- Moisten leftover casseroles with a few spoonfuls of broth and stock before reheating in the oven, microwave or on the stovetop.

MAY & JUNE OBSERVATION CARD WINNERS

Maxine T—Camp 195—Observed a staff member taking the time to take garbage and recycling out to the bins one at a time instead of the staff straining herself.

Robert G—Camp 195—Noticed 2 trays of labeled ` ` raw fish ` ` sitting on top of prepared product (roast beef) and moved the fish to a safe area where no contamination or spill would affect the cooked product.

Chris F—Camp 160—Noticed that the kitchen staff are separating cans and aerosol sprays from (food waste) garbage which reduces the risk of explosion or the need to sort materials at the incinerator (burning site).

Birthday Wishes For the Month Of September!

- | | |
|------------|-----------|
| Rose L | Kayle P |
| Jeannine T | Crystal D |
| Tish G | Cynthia L |
| Marilyn P | Timothy A |
| Sandra K | Megan W |

Western's Great People

Kudos to the staff at Camp 140!!

Dennis J Joey A

Darcy S Amie A

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



CLIENT OF THE MONTH

Camp 21—Phil S Camp 23—Tatum Camp 27—Andrew Camp 195—Wes F

...and a friendly reminder to our staff at the other camps to please inform Melinda of their choice for September! Thank you!

