

Spotlight on One of Our "Great People"

Welcome to the Western Family, Fiona, Placement/Recruitment Coordinator

Question 1—Hometown

Peace River

Question 2—As a child, what did you want to be when you grew up?

Dentist

Question 3—What is your favourite movie?

A Few Good Men or Shawshank Redemption

Question 4—What is your favourite book?

Count of Monte Cristo or Alice in Wonderland

Question 5—What is your favourite meal?

Food! (Ask Jessica haha, she calls me fatty)

Question 6—What brought you to Western?

I heard it was a great place to work

Question 7—Where do you see yourself in 5 years?

At Western, I hope!



November Observation Card Winners

Linda G—Camp 82—Observed staff not only shut off the dishwasher to descale it, but turn off the breaker as well.

Cynthia G—Camp 61—Upon arriving back to camp from days off, the stove burners were loose, moving back and forth, tipped and not fitting properly. Maintenance staff were made aware and the burners were replaced.

Birthday Wishes For the Month of December

Gary F Derrick G Suzette V

Lana S Heather T Vicki S

Gina S Betty B Steve S

"It's All About Great People"

Western would like to recognize Andy P, one of our Maintenance Technicians for going over and above in all he does! Come see Melinda when you get a chance!

CLIENT OF THE MONTH—November 2016

Camp 60—Curtis V Camp 64—Rob K Camp 61—Richard

Camp 62—Forrest Camp 63—Mike B

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Western Dispatch

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Merry Christmas to one and all!

'Tis the season again for family and friends! A Warm Christmas Wish to all of you from your Western Family! These last few years have been hard on all of us in the Oil and Gas Industry with fewer opportunities and fewer locations and thus fewer employment opportunities. But we have made it! We have walked through where others have fallen. With 2016 fading behind us we look forward to 2017 and we are already seeing increased activity.

Through this recession, many have been affected. We pause and think of those less fortunate around us. Be they strangers or family or friends, let us all reach out and lend a hand where we can. Be that with a donation, volunteer some time or even visiting someone for coffee. At the office, the staff are volunteering at our local Christmas Bureau packing Christmas Meals, as well we sponsored a special meal for shut-ins through the Meals on Wheels program.

Remember, it's all about great people, so reach out and touch someone!

Inside this issue:

Spotlight on Safety	2
Bob's Monthly Motivational Moment	
Recipe of the Month	3
Christmas Humour	3
Birthday Wishes	4
Client of the Month	4
Star Performers	4
Observation Card Winners	
One of our "Great People"	4



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SPOTLIGHT ON SAFETY

Prevention of Slips and Falls

Why is prevention of slips, trips and falls important?

In Canada over 42,000 workers get injured annually due to fall accidents.

How do falls happen?

Statistics show that the majority (66%) of falls happen on the same level resulting from slips and trips. The remaining 34% are falls from a height. We're going to focus on "falls on the same level" caused by slips.

Slips

Slips happen where there is too little friction or traction between the footwear and the walking surface. Common causes of slips are:

- wet or oily surfaces
- occasional spills
- weather hazards – snow and/or ice
- loose, unanchored rugs or mats
- flooring or other walking surfaces that do not have same degree of traction in all areas.

Slip Prevention - Reduce your risk of slipping:

- take your time, pay attention and look at to where you are going
- wear footwear appropriate for the job, environment & season (non-slip shoes are useless on ice)
- adjust your stride to a pace that is suitable for the walking surface and the tasks you are doing
- walk with the feet pointed slightly outward for balance – walk like a duck
- make wide turns at corners

See GSWP-007 Housekeeping for additional slip prevention examples

Charles Hallett, BEH, CPHI (C)
HSE Manager

BOB'S MONTHLY MOTIVATIONAL MOMENT

I think they picked me for my motivational skills. Everyone always says they have to work twice as hard when I'm around!



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Christmas Humour

What do you call a kid who doesn't believe in Santa?
A rebel without a Clause

What does Santa bring naughty boys and girls on Christmas Eve?
A pack of batteries with a note saying "toy not included"

What do you do if you cross a duck and Santa?
A Christmas Quacker

What goes "oh oh oh"
Santa walking backwards

Black Bean Brownies

1 15 oz can black beans, rinsed and drained
3 eggs
1/4 c butter, melted
1 tsp vanilla
3/4 c sugar
1/2 tsp salt
1 tsp baking powder
1/2 c cocoa

1/2 c chocolate chips

Puree beans, eggs, vanilla and butter in food processor until smooth. Add sugar, salt, baking powder and cocoa and pulse to combine. Spread in greased 8 x 8 baking pan. Sprinkle with chocolate chips. Bake at 350°F for 25—30 minutes.

*Gluten Free

**Swap the butter for margarine or oil to make lactose free

These are **awesome**, and you would never know they're made with black beans!!

Allen - Cook at Camp 61



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