

Western Dispatch



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Welcome Aboard!!

TIMBERWOLF LODGE:
Rainbow Lake
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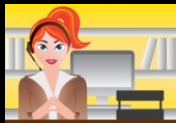
www.westerncampservices.com

Deana
Lehmann
Mooers,
HR Manager



Joining our Human Resources team, Deana is heading up the department as Melinda has accepted another position within the company after 8 winter seasons! Deana is bringing over 10 years of experience in Human Resources.

Amy Oshanyk,
Receptionist



Amy joins the front line literally at Reception. It is her friendly voice that you will hear when you call the office!

Rick Girard,
Business
Development



Rick joins Western as our newest member to the Business Development team. He comes with 18 years of employment as a professional hockey player!

Adam
Seabrook,
Warehouse



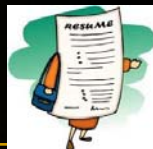
Adam has joined our team in the Warehouse. He comes from a company where he worked his way from Porter to the Main Shipper Receiver!

Shannon
McBride,
IT Tech



As Western grows, a new position has been created and Shannon has joined our team as our IT Technician. He is a welcome addition!

Christine
Sheskey,
Recruiter



Christine is another new member of the Human Resource team. She will be our new Recruitment Coordinator hiring great people!

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"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

Slip and Fall Prevention: A Guide to Staying On Your Feet



Slips and falls result from unintended or unexpected change in the contact between the feet and the ground or walking surface. Good housekeeping, quality of walking surfaces, selection of proper footwear, and appropriate pace of walking are critical for preventing fall accidents. **Slip and fall prevention is a responsibility we all share.**

Slips

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

- Wet, smooth-soled or high-heeled shoes
- Wet or slippery surfaces from occasional spills or weather hazards
- Loose papers, debris or mats
- A change in the traction of walking surfaces

Slip Prevention—Reduce your risk of slipping

- Take your time and pay attention to where you are going
- Wear “slip-resistant” footwear appropriate to the activity and environment
- 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
- Make wide turns at corners
- Clean or draw attention to all spills immediately
- Mop or sweep debris from floors

Proper footwear prevents injuries

- Wear footwear that is closed at the toe and without a pattern of holes
- Wear shoes that protect against spilled liquids, including hot ones
- Wear “slip-resistant” shoes. For wet surfaces, the sole should have a well defined pattern as more edges will provide a better grip
- Don’t wear shoes that are dirty or worn out as this affects their slip-resistance
- To preserve your shoes, only wear them when you are working
- Wear shoes with low or no heel
- Purchase a shoe that says “Slip Resistant”

Adapted from the Canadian Centre For Occupational Health and Safety; 2003. Produced by Environment, Health and Safety and Preventing Injuries to Hotel and Restaurant Worker, focus report, WorkSafe BC



NOVEMBER WEIRD AND WONDERFUL HOLIDAYS

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November 1st—Give Up Your Shoulds Day
 November 2nd—Cookie Monster Day
 November 10th—National Day of Play
 November 11th—Remembrance Day
 November 14th—Loosen Up, Lighten Up Day
 November 18th—Mickey Mouse Day
 November 19th—International Men's Day
 November 30th—Stay Home Because You're Well Day



Molasses and Red Wine Braised Short Rib - Kaiser K Camp 21



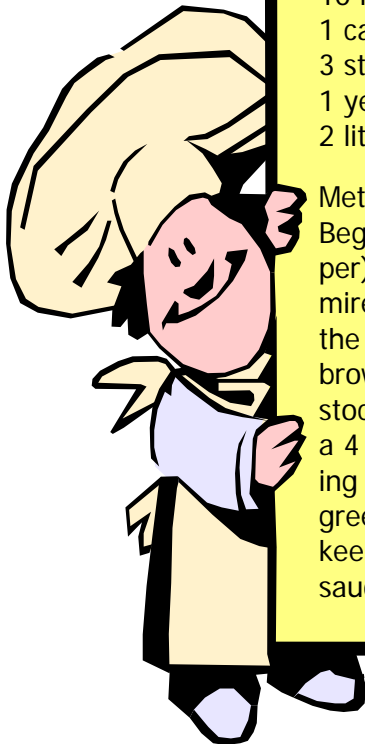
Ingredients:

10 lbs beef short ribs
 1 carrot, chopped
 3 stalks celery, chopped
 1 yellow onion, chopped
 2 litres beef or veal stock

1/2 cup molasses
 1/2 cup red wine
 salt and pepper for seasoning
 1 sprig fresh thyme

Method:

Begin by searing off short ribs (after seasoning with salt and pepper) in a heavy bottom braising pot and set aside. Next sauté the mirepoix (carrot, onion and celery) on high heat in the fat left in the pot from short ribs. After the mirepoix has got some nice brown colour, deglaze the pot with the red wine. Add the beef stock and molasses and bring to a boil. Put the seared short ribs in a 4 inch full insert and add your stock and molasses mix, still keeping it at a rolling boil. Then cover with tin foil and put in a 325 degree oven for 3.5 hours. When finished take short ribs out and keep warm. Strain the liquid and reduce by half. Serve the reduced sauce on top of the short ribs.



Western Dressed for the Cause in honour of Breast Cancer Awareness Month on Friday, October 19th!

Western purchased SUPPORT BRA T-SHIRTS and raised money for a great cause. We were able to raise over \$1400.00...a big thank you to all our supporters!



August Observation Card Winners

Camp 195 – Marlene M – While cleaning a client's room noticed the Client had candles in the room. Candles in camp are prohibited due to the fire hazard they create. Marlene removed the candles from the room, brought them to the Camp Manager and left a note for the Client. Marlene also reminded the other staff members about the fire hazard candles present.

Camp 195 – Marie B – While cleaning a client's room removed the garbage can from under the desk and discovered the can was left against the baseboard heater in the room causing the plastic garbage can to partially melt. The garbage can was removed and used at numerous tailgate meetings to raise the awareness with all camp residents.

Well Done!!

Birthdays for the month of November

Rhema B	George C
Suzanne C	Shantel F
Tommy L	Debbie L
Lendo L	Josh M
Michelle M	Thomas S
Rohit G	Gail L
Ron R	Michelle G
Donna M	

Star Performers

Western would like to recognize the following people for doing a "Great Job"

Kudos to:

Donna M—C 195

Irene G—C 22

Please come see me when your on time off as I have a token of appreciation!

-Melinda

Clients of the Month for October!

Eugene W—Camp 23 Travis R—Camp 63 Brian M—Camp 21 Jack D—Camp 140

Lindsay W—Camp 160 Richelle K—Camp 195 Kurt K—TimberWolf