



## HEALTH & SAFETY NEWSLETTER

December 2015

Hello and where has this year gone? Ending 2015 with a fabulous newsletter for your reading pleasure! Sabrina has given us a great Christmas word search to do. This month's winner of a \$25.00 gift card from Save On Foods is Dwayne Johnson from Kelowna's office with a Whole Wheat Sugar Cookie recipe! Carlos put together an interesting interview from one of our long time drivers James Jansen. On Behalf of all of us on your Health and Safety Committee we want to wish everyone a safe and happy Holiday Season and all the best for the coming 2016 year!



The New Year is fast approaching and with that comes New Year's Resolutions! Do you know what the #1 New Year's resolution is? The number one New Year's resolution is to **lose weight and improve overall health**.

Did you know that 30% of all New Year's resolutions are broken before February? Why do you think that is? When people feel as though they've failed on a goal they've set, they tend to just give up instead of giving their resolution another go. The biggest step you can take to make your resolutions a success is to set realistic goals! So, this time around, let's look at what you can do differently to make this year a success!





**3 Ways to Reach Your New Year's Goals**

- 1. Weight Loss.** Most weight loss goals are not met because you set yourself up for failure by having unrealistic expectations. There's nothing wrong with thinking big, but let that be a long term goal. To reach that long term goal, set small, reachable goals along the way. For example, instead of saying "this year I'm going to lose 50 pounds" focus on a smaller achievement like 1 pound a week. Another tip for succeeding in weight loss, don't weigh yourself daily, weigh in at the most, once a week and pay attention to how you feel and how your clothes are fitting to help monitor your progress.
- 2. Diet Changes.** Instead of making a drastic change like vowing to cut out sweets entirely or to only eat vegan from this moment on, try making small healthy changes you can keep, like limiting soda, drinking more water, or only having a sweet treat once in a while. Try adding more lean protein and veggies to your diet and limiting processed food. If you make gradual healthy changes you won't feel like you're depriving yourself and soon you will want to make those healthy choices all the time. You need to adapt a healthy eating lifestyle you can live with for the rest of your life, but if you approach your diet with an all-or-nothing attitude you set yourself up to fail.
- 3. Exercise.** if you are just beginning a workout routine don't make your New Year's goal to run a marathon in a month. That can definitely be a great long term goal, but you have to take baby steps to work up to it. You can start by committing to some sort of physical activity for 30 minutes/3 times a week or increasing your present workout by 15 minutes, those are doable goals you can reach!

So, when deciding on your New Year's Resolutions remember to make it a realistic and reachable goal. As you make progress and improve, change and modify your goal to continue to challenge yourself. Look at both long term and short term expectations and if you fall of the horse, don't be discouraged, just get back on and keep trying!

Keep the shiny side up, the rubber side down and Happy New Year!



# Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland

*Chicken Scratch NY*



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
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I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B



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This month we have a new feature where we interview one of our current drivers for their thoughts on Health and Safety, not only within our company but throughout their daily lives. Each month we will contact someone from one of our many divisions, so don't be surprised if we tap you on the shoulder next month!

Our first interviewee is James Jansen, driver for the Abbotsford tank division of Vedder Transport.

**Health and Safety Committee:** How long have you been driving for Vedder Transport?

**James Jansen:** 48 years

**HSC:** Wow, that's longer than I've been on this planet, LOL! What's the biggest change or improvement that you've seen in the years that you have been driving?

**JJ:** First thing that comes to mind is the quality and reliability of the equipment. Air ride trailers, automatic slack adjusters, improved wiring, and more powerful engine brakes are just a few of the things that have greatly improved overall safety. Also, some comfort things such as air conditioning and Sirius radio have made those long, boring days through the prairies and mountains that much more enjoyable and stress free.

**HSC:** What do you think is a major safety concern out on the roads today?

**JJ:** By far the biggest thing is overall speed on the roads, especially on 2 lane highways. The stretch between Sicamous and Revelstoke instantly comes to mind, not to mention the Coquihalla Highway. Trucks and cars are just going too fast these days, especially in winter conditions that can change dramatically.

**HSC:** What would you do to improve this?

**JJ:** Although I didn't like it at first, speed governors on our trucks are definitely a good thing. The faster you go, the faster and faster you want to keep going. You get used to high speeds, then it doesn't seem that fast anymore. At first you say to yourself "I just want to get past this one RV", then pretty soon you're always traveling fast.

**HSC:** What are some of the things you've seen our company do that has been a real positive with respect to Health and Safety?

**JJ:** The Carriers Edge courses have been good, and the one day Defensive Driving Course that we recently attended was excellent. It really made me think about my driving habits, especially the bad ones that are easy to fall into.



## “Stay Safe” Tips for Driving



### Stay Safe by Planning your trip:

Trip planning is the key to safe and stress free winter truck driving. Don't wait until the winter months to start planning for winter. What does this mean? It means that when the weather is good, take notes on where the chain up and chain off places are. Build a library of safe places to park so you have alternatives when your planned stop does not pan out. How many of us have had the experience of aiming for that rest area only to find that it is closed? That is all fine in fair weather but when the blizzard hits we better have a plan B to get to our next safe place.

A big part of trip planning in the winter is monitoring the weather. There are many sources for weather: the XM radio, the Weather Channel (usually on at the truck stops), the internet (from our smartphone or Wi-Fi), 511 from the not – so- smart phones, and our old friend – the robotic voice of NOAA weather. Lastly, there is the old school method of predicting the weather – using the CB to get information about what the conditions are ahead. I know, I know, there are false weather reports out there that our fellow truck drivers dish out but for the most part there is good information.

Take out your map, your library of safe places to park, and the weather information you gathered and plan your trip. Plan it so that you are going over the passes when the snow has melted (or at least after the plows have had a chance to work the road a bit) In bad weather, calculate your speed at 25mph – if you do better than that great. If you overestimate your speed you may run out of your driving hours or hit your 14 before you can get to a safe place. Remember that the “extra two hours of driving for unforeseen traffic or weather” only applies if it is unforeseen – you cannot tell DOT that you did not see the winter storm coming when it has been broadcast by every news report and DOT traffic sign.



**Whole Wheat Sugar Cookies**

**Cookies:**

- 1 ¼ cups flour
- ¼ cup whole wheat flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 4 ounces unsalted butter, softened
- 1/3 cup granulated sugar
- 1/3 cup light brown sugar
- 1 egg white
- 1 ¼ teaspoons pure vanilla extract
- ¼ teaspoon pure almond extract

**Icing:**

- 2 cups confectioner's sugar, sifted
- 2 large egg whites
- 2 teaspoons freshly squeezed lemon juice

**Preparation:**

Whisk together first 4 ingredients in a bowl. Beat butter and sugars together in a separate bowl until fluffy. Add egg white and vanilla and almond extracts, beat until combined. Add flour mixture and stir together. Cover bowl with plastic wrap and chill for at least 4 hours. Preheat oven to 325. Line baking sheets with parchment paper, shape into cookies using cookie cutters. Bake for 12 mins . Make icing and decorate!!! Cookies can be kept in an airtight container for up to 3 days.