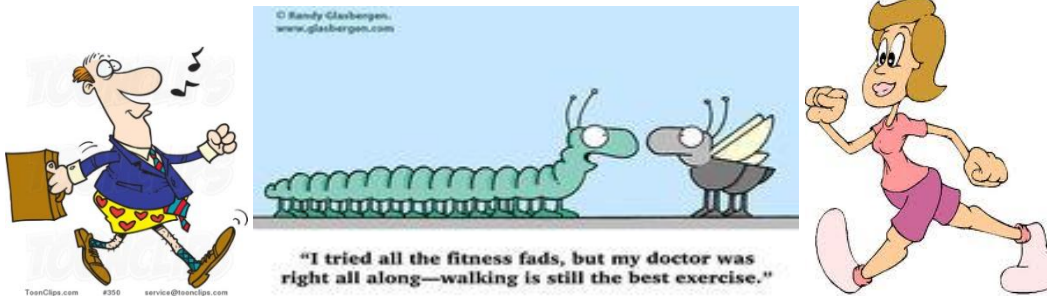




HEALTH & SAFETY NEWSLETTER

June 2016

Well - here we are 6 months into 2016 already! Just think, 6 more months and its Christmas! Time is flying by! As per usual our Health and Safety Newsletter is chocked full of great reading for everyone. Sheldon brings us an interview to share, Sabrina and her monthly crossword, Wayne and Mike with their little tidbits of information. Our winning recipe for the month of June is Wayne Balfour and his Chicken Chickpea Stew! June will also bring the start of the H & S Walking Club thru the summer til Sept 2. Enjoy!



Your Health and Safety Committee is pleased to announce another Walking Club ----- Get out of your desk at lunch and go for a walk!

Vereena will be keeping track on a spread sheet, it's all about numbers – but don't worry I have it handled!

This is to happen at lunch, **not before work or after work**, but at your lunch break! This way you get up and out and go for a good 30 min walk!

Start Date: Wed June 1st 2016

End Date: Fri Sept 2nd 2016

The goal will be that you do 45 walks of 30 minutes of walking during the 3 month period, for a total of 1350 minutes of walking from June 1st to Sept 2nd.

Your reward for doing the 45/30 min walks, come Sept 2nd will be a \$50.00 gift card for Sportschek!

(Just think about the benefits of getting out of your desk and going for a walk!)



CAN-AM WEST

BIG RIG GROUP



HEALTH & SAFETY NEWSLETTER

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Everyone knows that we are supposed to exercise. Your doctor asks how often you exercise at yearly physicals, you see commercials for running shoes on TV, you hear ads for gym memberships on the radio. But as a trucker, it's hard to make time for traditional exercise since you spend most of your day behind the wheel, but one thing you can do is in-cab exercises and quick exercises while refueling at truck stops.

Exercises while driving:

Abdominal Crunch – Sit up straight and tighten your abdominal muscles. Be sure to not hold your breath. Try to hold it for one minute before releasing. Try to work up to 3-4 minutes, maybe the length of a song playing on the radio. Now set a repetition goal to make it fun. Repeat every time you see a green car or when you pass a gas station.

Side Twist – Do this at a traffic light. First, do an abdominal crunch as defined above. Then as you sit tall and face forward, slowly twist your upper body to the left then right. Help tone your core by making sure your muscles are contracted the entire time. Do in repetitions or timed intervals.

Pelvic Tilts – Sit tall and suck in your stomach like you are trying to make your belly button touch your spine. Push your hips forward. Either hold for 10-15 seconds and do 10 reps or do a timed interval exercise. You can also combine this movement with the glut squeeze below. Simply tightening all these muscles at once, repeatedly and daily will give you more tone.

Glut Squeeze – As you drive, tighten your buttocks muscles. If you are doing it correctly, you will rise slightly taller in your seat. Hold for 30 seconds, and try working up to a minute or two. Relax, and then repeat later. Conversely, you can do them in a set up reps: squeeze for 15 seconds release, and then repeat for a total of ten times.

Grip Squeeze – This is also to be done at traffic stops because at all other times your hands should be on the wheel. Keep a hand grip on the bench or seat next to you. Grab it at a light and see how many times you can squeeze it before the green light. At the next stop, repeat on the opposite hand. Not only will this exercise strengthen your forearms, it can also relieve stress.



CAN-AM WEST



BIG RIG GROUP





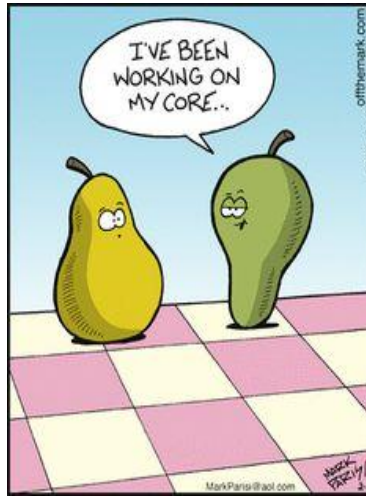
Things to Do With Dad Word Search

V	V	C	A	M	P	I	N	G	I	U	C	I	E	M	D	P	BASEBALL
W	P	O	O	L	O	Q	I	D	R	B	M	V	G	E	I	F	BBQ
E	H	N	C	X	U	W	X	D	E	V	C	N	Z	N	Y	O	BOWLING
B	E	F	V	U	C	E	S	U	N	I	B	A	G	W	H	O	CAMPING
O	G	N	I	H	S	I	F	Q	N	V	L	P	A	O	J	T	CUDDLE
I	G	A	M	E	S	C	B	C	I	V	O	T	C	T	M	B	DINNER
P	F	Q	G	S	K	G	I	V	D	N	C	K	S	T	X	A	EATOUT
G	L	P	N	M	W	P	A	N	G	H	E	J	H	L	L	L	FISHING
J	O	L	I	Q	M	K	X	R	T	Y	R	J	L	W	A	L	FOOTBALL
T	G	A	T	T	R	H	B	V	D	M	R	A	C	H	H	Z	GAMES
T	W	Y	N	A	U	U	B	B	V	E	B	B	C	F	I	Q	GARDENING
K	S	B	U	N	E	O	Q	Q	N	E	N	A	W	H	K	C	GOLF
N	T	A	H	K	G	L	T	L	S	J	X	I	R	N	I	Q	HIKING
T	R	L	K	J	N	C	D	A	A	G	R	P	N	P	N	Q	HOCKEY
D	O	L	U	S	K	R	B	D	E	K	L	A	T	G	G	G	HUNTING
X	P	G	N	I	L	W	O	B	U	U	R	E	C	C	O	S	KITEFLYING
V	S	Y	A	R	D	W	O	R	K	C	V	I	P	O	N	T	PICNIC
H	R	X	V	K	K	I	T	E	F	L	Y	I	N	G	D	A	PINGPONG
																	PLAYBALL
																	POOL
																	SOCCER
																	SPORTS
																	TALK
																	WATCHTV
																	YARDWORK

All About Puzzles
puzzles.about.com



Tips when considering increasing your physical activity levels



Physical activity is not just for young sporty types. It is never too late to start to gain the benefits, no matter how old or unfit you are.

- If you are not used to physical activity, it is best gradually to build up the level of activity. Start with 10 minutes and over time build this up to 30 minutes. Brisk walking is a great activity to start with.
- One big obstacle is the uphill battle to become fit. Many people feel that the first few attempts at physical activity are quite a struggle. Do not get disheartened. You are likely to find that each time it becomes easier and more enjoyable.
- Try to keep physical activity high on your list of priorities. If one kind of activity becomes boring, try switching to another type. A variety of different activities may be better. Physical activity needs to be something that you enjoy or it will not be something that you will keep up.
- Some people set their goals too high. For example, aiming to run a marathon. This may take too much time, you may lose enthusiasm and physical activity may become a drudge. Be aware of this pitfall.
- Use everyday activities as part of your physical activity programme. Consider a brisk walk to work or to the shops instead of using a car or bus; take the stairs in the office or shopping centre and not the lift, etc. Reduce the amount of time that you spend being inactive (watching TV, sitting in front of a computer screen, etc). Remember to include some muscle-strengthening exercises.



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Interview Vedder driver: Peter Gauthier

With Sheldon

H & S: How long have you been driving professionally?

Peter: 43 Years

H & S: Of those 43 years, how long have you been with the Vedder Group?

Peter: 10.5 years

H & S: Since you have been trucking, what type of freight, trailers, have you hauled?

Peter: Right now I pull milk tankers for VRL. Since being with Vedder/Can Am I have pulled every type of trailer and hauled all kinds of freight from pipe to milk to garbage etc.

H & S: What improvements to the industry have you seen over your career?

Peter: Definitely hours of service. Drivers are getting more time off then they did 20 years ago which is very good for mental health. Equipment has become safer and much more driver friendly. As the saying goes "Great Living Crappy Life" referring to being away from home.

H& S: Is there something that has changed to the negative?

Peter: Without hesitation, quality of drivers. Drivers now are not trained very well out of driving school and the industry is screaming for more drivers forcing companies to take chances on drivers they normally wouldn't due to no experience. Lots of drivers now don't respect the weight they are hauling or the road or equipment.

H & S: Do you find today's trucker as being healthier than 25+ years ago or not?

Peter: More drivers today appear out of shape today. They get out of their trucks and look a mess, they are dirty and wearing dirty clothes. I believe this is part of why Truck Drivers are looked at as "undesirables" from the public. No pride in the work or the equipment.

H& S: What do you like about Trucking? ----- Peter: Being outside independence and the freedom. I am a "Professional Sight See'er".





Chicken Chick Pea Stew

From: Wayne Balfour



Ingredients:

- 1 14oz can chickpeas rinsed and drained
- 1 14oz can diced tomatoes
- 1 14 oz can tomato sauce
- 2 cups cooked chicken cut into small pieces
- 1 cup chicken stock
- 16 to 20 baby carrots
- 1/3 cup raisins
- 1 large garlic clove
- 1 tsp finely grated orange zest
- 1/2 cup orange juice
- 1 tsp Finley grated lemon zest
- 2 Tbsp lemon juice
- 1 tsp ground cumin
- 1 tsp oregano
- 1/4 tsp cayenne pepper
- salt and pepper to taste
- 20 snap peas
- 3 cups cooked quinoa or rice

Directions:

Place all ingredients except snap peas and quinoa in a pot bring to a gentle simmer. Partially cover and simmer 20 minutes or until carrots are tender. Mix in snap peas and heat thru. Serve over quinoa or rice.

