



Welcome to the final H&S Newsletter of 2013. We hope everyone has enjoyed a healthy and safe year, and wish everyone in the Vedder Family a tremendous holiday season. This month we welcome the newest members to the Vedder Group team, highlight the importance of wearing high visibility vests and hard hats in our yards, give you some holiday eating tips, wrap up another successful Movember campaign, share a recipe that's perfect for our drivers to take on the road, and end with a funny, albeit dangerous, holiday fact. Happy Holidays!

WELCOME TO THE VEDDER GROUP

Your Vedder Group Health & Safety Committee would like to send out a special welcome to the newest members of the Vedder Group team. Recently the Group acquired a new Milk Hauling Division in Edmonton, plus took over the Big Rig Group. To all the employees in those new divisions, welcome aboard. The Vedder Group Health & Safety Committee is here to serve you so please contact us with any questions or suggestions you may have. The committee members are: Carlos Navarrete, Michael Gatt, Daron Findlay, Trish Grant (Calgary), Troy Sampson, Vereena Zappone, Nicole Nelson, Sabrina Dalglish (Kelowna) and Sheldon Baron. You can reach any one of us by calling 1-866-857-1375 or by email healthandsafety@vtlg.com. Welcome!

HIGH VISIBILITY VESTS AND HARD HATS

True or False?

1. High visibility vests and hard hats are two of the most inexpensive and easy to use pieces of Personal Protective Equipment.
2. High visibility vests and hard hats are two of the most effective ways to prevent accidents and injuries.
3. High visibility vests and hard hats are mandatory for all employees at all Vedder Group yards.

The answer to all three questions is TRUE!

High visibility vests make it easy for the people operating trucks, forklifts, and personal vehicles to see you, especially in the dark and in bad weather. Hard hats protect you from falling objects or head injuries while loading, unloading and working on top and under railcars and trailers. It takes weeks and months to recover from injuries, but it only takes a moment to put this protective equipment on. Please ensure you and your co-workers are following these two simple safety rules!





HEALTHY EATING TIPS FOR THE HOLIDAYS

We all know that one of the best parts of the holiday season is the fantastic meals and yummy treats that we get to enjoy. Here are a few tips on how to enjoy them in a healthier way.

Eggnog

Step...away...from the eggnog. With ingredients like sugar, eggs, whipping cream, and bourbon, this is a nutritional bullet smart revelers will dodge. One cup has 343 calories, 150 milligrams of cholesterol, half of the USDA's suggested daily limit, and 21 grams of sugar, almost a day's worth. Instead, enjoy spiced cider. And if you're really craving a creamy glass of eggnog, an eggnog made with unsweetened cocoa powder lightens it up.

Fruitcake

Don't let the name deceive you. Though this sweet treat contains fruit, it can also have plenty of butter, sugar, and corn syrup. One slice we tried clocks in at 410 calories and 13 grams of fat. You'd actually be better off enjoying a slice of pumpkin pie, which contains about 250 calories per slice as well as beta-carotene. Or, bake a lighter loaf with grits, bananas, and blueberries; it has only 145 calories per slice.

Sugar cookies

Santa's health may be in jeopardy if you feed him too many sugar cookies this Christmas. The classic recipe is pretty simple, but the amount of all-purpose flour, butter, and egg used is unnecessary. An average cookie can contain over 200 calories and 14 grams of sugar. For a healthier batch, use egg whites and less butter to keep saturated fat and cholesterol low, and a touch of whole-wheat flour to add fiber.

Candy canes

There's no way to avoid the fact that candy canes are pure sugar and vinegar. They're only 60 calories apiece but don't offer any nourishment. Rather than making them a mid-afternoon snack in the month of December, use the canes as Christmas-tree decorations. Get creative in the kitchen with other joyful treats that have some nutritional value, like this festive candy made with white chocolate, dried cranberries, and almonds.

MOVEMBER 2013

This year Vereena and Sabrina ran another successful Movember campaign (even though a few of us chickened out). We had 13 participants and raised over \$300 for the men's cancer initiatives and handed out gift certificates to the following "winners":

James Fraser – CAW Division 204

Len Colville – CAW Division 204

Paul Wilson – VTL Abbotsford Milk Division

A big thank you to all our participants and supporters!



RECIPE OF THE MONTH – SWEET POTATOES WITH WARM BLACK BEAN SALAD

For a satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomatoes adds protein. Be sure to eat the skin, which is full of fiber, as well.



Makes: 4 servings

Active Time: 15 minutes

Total Time: 25 minutes

Ingredients

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 2 medium tomatoes, diced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon salt
- 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro

Preparation

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender all the way to the center, about 1 hour.)
2. Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Nutrition

Per serving: 295 calories; 6 g fat (2 g sat , 3 g mono); 6 mg cholesterol; 52 g carbohydrates; 0 g added sugars; 8 g protein; 9 g fiber; 572 mg sodium; 541 mg potassium.

HOLIDAY SAFETY FACTS

DEEP FRIED TURKEY FIREBALLS

Deep-frying your turkey can be so dangerous that Underwriters Laboratories, the product safety certifier, has refused to stamp any fryers on the market with its iconic UL logo. From 1998 to 2007, there were at least 138 incidents involving turkey fryers that caused 36 injuries and more than \$7.8 million in property loss.



Decorating disasters

Decorations sure are pretty, but the fact that more than 5,000 people are injured in decorating-related falls each holiday season is not. To make sure you're not a statistic this year, do the following when stringing lights or hanging mistletoe.

- Check that the ladder is on secure and level ground.
- Space the ladder 1 foot away from the wall for every 4 feet high it reaches.
- Stay centered between rails and do not overreach.
- Don't step on the top two rungs.
- For roof access, extend the ladder at least 3 feet above the roof.
- Keep the top and the bottom of the ladder clear of obstacles.
- Make sure the ladder is locked open.

