



HEALTH & SAFETY NEWSLETTER

October 2016

Hello everyone and welcome to October!!! 2 and a bit more months til Christmas.....where does the time go? We have a great newsletter for you once again with some great information for everybody. Michelle Doyle has given us the winning recipe for October with her Baked Spaghetti Squash Casserole. The other members of your Health and Safety Committee have given some great stuff as well. Enjoy!



DRIVER APPRECIATION WEEK SEPT 4-10TH 2016 WINNERS OF A \$350.00 HOME DEPOT

CONGRATULATIONS TO THE FOLLOWING DRIVERS:

Div 200: Robert Faubert

Div 202: Norm Ramsey

Div 203/214: Tim Gauthier

Div 204: Janos Meixner

Div 305/316: Mark Meeker

Div 302: Sean Bigford

Div 303: Chris Norris

Div 300/316: Roy Acres

Div 600/601/602: Rick Muik



CAN-AM WEST



BIG RIG GROUP



Autumn

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



ACORN	HARVEST	OAK
AUTUMN	LANTERN	ORANGE
FALL	LEAF	PILE
GHOST	LEAVES	PUMPKIN
GOURD	MAPLE	SQUASH
HALLOWEEN	NOVEMBER	TURKEY





HEALTH & SAFETY NEWSLETTER

October 2016



Our Health and Safety Committee Event's Club has put together an afternoon of Bowling at Galaxy Bowling in Abbotsford for Saturday Oct 15th from 1-3pm

This will include an afternoon of bowling along with a Hot Dog and Drink this time around!!!

For all of you that are Events Club Members this event is **FREE** for 4 family members. For those of you that are not, and want to join, the fee will be \$10.00 per person.

If you want to be a part of the Event's Club see one of your committee members to sign up or email us at healthandsafety@vtlg.com

We can arrange to have the \$8.00 a month taken off of your payroll monthly.

See Vereena at Dispatch or any of your H & S Committee members to sign up, for what will be a great afternoon of Bowling!





Hand Stretch

Truckers spend their time steering a truck around town or across the nation. As a result, fingers and hands may start to feel stiff or painful to move once you let go of the steering wheel. Hand stretches help reduce the risk of chronic illnesses such as arthritis or carpal tunnel syndrome. At a red light, rotate your wrist left and right or in a circle. Stretch your wrist by placing the fingertips of one hand on top of the steering wheel. Gently press your weight into your hand and hold the stretch for 30 seconds. Repeat with the other hand.

Abdominal Crunch

Strengthen your abdominals while you're on the road. Squeeze your abdominal muscles and hold it for the entire length of your favorite songs or news report. If you are unable to squeeze your abdominal muscles for long, then aim to squeeze them for at least one to two minutes. Repeat at every red light or for every favorite song that comes on the radio.

Planks

Truckers with a sleeper cabin can perform this exercise while taking a break. Plank exercises help strengthen your back, arm and leg muscles as well as your core. Wherever there is room, start off the exercise by getting on your hands and knees. Place your forearms and hands onto the ground with your palms facing downward. Kick back your legs so that you are placing your weight on your toes. Your entire body should maintain a straight line. Hold this position for 30 seconds.

Shoulder Shrugs

Help relieve the stress and tension from your shoulder area by performing shoulder shrugs. Perform this exercise while stopped at a red light or on a lunch or dinner break. To perform the exercise, lift your shoulders up to your ears as if you're saying "I don't know." Hold the position for a few seconds then release. Perform 10 to 15 reps throughout the day whenever you are feeling tensed or stressed.





INTERVIEW WITH ERIC GOYETTE FROM ABBY MILK

H & S Member: How long have you been working for the Vedder Transportation Group?

Eric: 12 Years – both as a driver and now as a dispatcher in the milk division.

H & S Member: How did you get in the trucking industry?

Eric: I was born into it!! My Dad has always been in the trucking industry and continues to be a professional driver today. As for me, being around the trucking industry for most of my life – it was natural progression to get my commercial license and venture out on my own.

H & Member: What are some of the significant changes that you have seen in the trucking industry?

Eric: Where to start? The trucking industry is more streamlined today and more efficient. The equipment is constantly evolving and customers today have greater accountability from the trucking industry by way of tracking shipments, professionalism on all levels and reliability.

H & S Member: What is one safety tip that you would give to our driving fleet?

Eric: PATIENCE! The capacity to accept or tolerate delay, trouble or suffering without getting angry or upset!



Baked Spaghetti Squash Casserole

Serves: 10 Servings

INGREDIENTS

- 2 ripe spaghetti squash
- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 pound lean ground beef (95% lean)
- 2 cups crushed tomatoes
- 1 (8 oz) can tomato sauce
- ½ cup low-sodium chicken broth
- 1 tsp. Italian seasoning
- 1 packet Stevia
- Salt and pepper, to taste
- 2 Tbsp Parmesan cheese, freshly grated
- 3 Tbsp basil, chopped (divided)
- 1 cup mozzarella cheese, shredded



FRONT

INSTRUCTIONS

1. To make the spaghetti squash, preheat oven to 350 degrees F and cut squash right down the middle. Scoop out all the seeds and place cut side down on a baking sheet lightly sprayed with oil so they don't stick.
2. Bake squash in the oven for 45 minutes until tender.
3. Meanwhile, drizzle oil into a large pan over medium heat and saute onion and garlic until fragrant, about 2 minutes. Add ground beef and cook until meat is no longer pink; drain if necessary.
4. Stir in crushed tomatoes, tomato sauce, chicken broth, Italian seasoning, Stevia, salt and pepper and bring to a boil. Reduce heat and allow sauce to simmer until the spaghetti squash has finished baking.
5. When your squash is about ready, stir in grated Parmesan cheese and 2 tablespoons fresh basil in with the sauce; continue to simmer.
6. Remove squash from the oven and scrape out all the strands of spaghetti using a fork, placing into a large bowl for convenience.
7. In a 9x13 inch baking dish, spoon 1½ cups of meat sauce into bottom and spread out evenly. Layer with ½ of the spaghetti squash then 1½ cups more of meat sauce, then the rest of the spaghetti squash, the rest of the meat sauce (1½ cups) and top with mozzarella cheese.
8. Cover with foil and bake spaghetti squash casserole in the oven at 350 degrees F for 30 minutes, then remove foil and bake an additional 10 minutes until cheese is melted.
9. Top with remaining tablespoon of basil, serve and enjoy!

NUTRITIONAL INFORMATION

Serving Size: ½ cup • Calories: 145 • Fat: 6 g • Carbs: 9.8 g • Fiber: 2.2 g • Protein: 13 g • WW Points+: 4 pts