



Welcome to August!!! Lots to discuss and more importantly getting “YOU” our people involved this month. July shaped up to be a super month weather wise, and here is hoping August brings on the same. Lots of people are on holidays and enjoying this weather, with getting out and about and being active! Enjoy this read with great ideas from Vereena and Sabrina and ending off with an awesome recipe for these last lazy days of summer upon us.



**H & S COMMITTEE EVENTS CLUB**

**2<sup>ND</sup> ANNUAL SPORTS DAY AND BBQ**

**SATURDAY SEPT 12<sup>TH</sup> 2015**

**1PM TO 5PM @ LITTLE DELAIR PARK IN ABBOTSFORD**

See Vereena at the CAW Abbotsford Dispatch to sign up!! Posters will be put up and messages sent out in the next few days. Free for all the Events Club Members and for non members it will be \$5.00 each! Think about signing up with Payroll and having \$8.00 deducted off of your statement monthly if you haven't already done so! Lots of games facepainting/tug of war/baseball game/water balloon toss and BBQ'd hot dogs and burgers!





## HEALTH & SAFETY NEWSLETTER

August 2015

We, here in Abbotsford, are encouraging all our office employees to start backing into their parking spots. If anyone is having issues or would like to be taught when you arrive at work or leave work, Wayne or Sheldon here in the office or anyone for that matter, of your Health and Safety Committee will be happy to help you out. Here are some tips to get you started:

**Locate an empty parking spot.** If you are able to find a parking spot with only one car or no cars on either side you will be able to reduce your chance of an accident while increasing your visibility.

After you have located a parking spot, **drive in front of it so that the rear bumper of your vehicle is slightly in front of the space.**

Before putting your vehicle into reverse, **check for oncoming vehicles in front of you and approaching vehicles from behind you.** Check your rear view and side mirrors for pedestrians. This is a very important safety precaution, especially if you are in the parking lot of a public place.

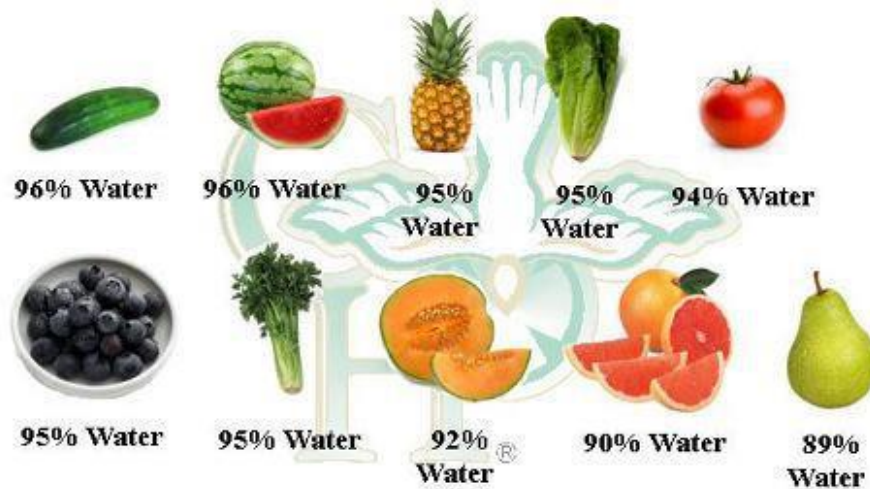
**Shift your vehicle into reverse.** Turn your steering wheel to the right as you slowly begin to accelerate in reverse.

**Continue moving backwards** and begin to straighten your vehicle's steering wheel as your car enters the parking space. Once your car is aligned in the parking space, **straighten your steering wheel and continue to back into the parking spot** until the front of your vehicle is aligned with the front of the other vehicles in that row. Make sure that you are far enough into the parking space that the front of your vehicle is not obstructing the aisle; however, also be careful not to continue in reverse until you hit the curb or the vehicle parked behind you.

**Shift your car into park** and prepare to exit the vehicle.



## Top 10 Hydrating Foods



[www.HealingPowerHour.com](http://www.HealingPowerHour.com)



## Healthy Recipe Contest

Our Health and Safety Committee would like to get you involved and have you submit your Healthy Recipe. We will go through all the entries and pick one a month for our newsletters beginning in September. Please send them to [vghealthssafety@vtlg.com](mailto:vghealthssafety@vtlg.com) The winners will receive a \$25.00 gift card to Save On Foods. Drivers and all employees alike please send us your recipes!!!



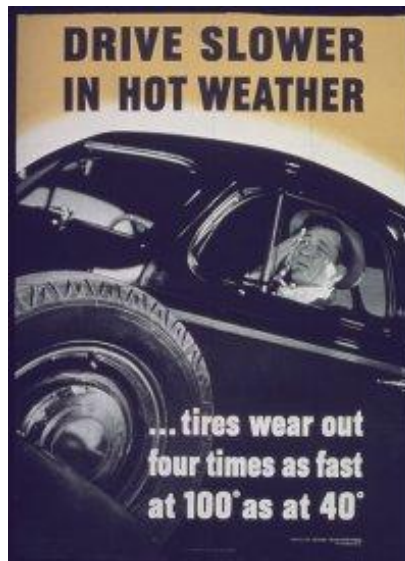
A few years back as part of our Occupational Health and Safety Committee we set up Suggestion Boxes in our Abbotsford, Calgary and Kelowna offices. These have gone by the wayside and we just want to send a friendly reminder to all staff and drivers to use these boxes. They are up in all drivers rooms as well as Milk Dispatch . They are there for YOUR use for YOUR ideas and constructive feedback.





**HEAT SAFETY TIPS**  
CBSDFW.COM

- ▶ SLOW DOWN
- ▶ DRESS FOR SUMMER
- ▶ WATCH WHAT YOU EAT
- ▶ DRINK PLENTY OF WATER
- ▶ STAY OUT OF DIRECT SUN
- ▶ AIR CONDITIONED PLACES



### Black Bean & Chickpea Fiesta Salad



- 2 cloves garlic, minced
- 3 tbsp fresh lime juice
- 1 tbsp extra virgin olive
- 1 tsp cumin
- pinch crushed red pepper flakes
- 1/2 teaspoon salt
- 15 oz can black beans, rinsed and drained
- 1 cup canned chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/4 cup minced red onion, finely diced
- 1/4 cup cilantro, chopped
- 1 medium avocado, diced

#### Directions:

In a large bowl, combine the garlic, lime juice, oil, cumin, crushed red pepper, and salt. Add the black beans, chickpeas, tomato, onion and cilantro; mix well. When ready to eat, gently mix in avocado and serve right away. Great Summer Salad!