



A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf

June 28, 2020

The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails.

~ John Maxwell ~

People ask the difference between a leader and a boss. The leader leads, and the boss drives.

~ Teddy Roosevelt ~

If you're walking down the right path and you're willing to keep walking, eventually you'll make progress.

~ Barak Obama ~

Leadership and learning are indispensable to each other.

~ John F. Kennedy ~



9 Ways to Avoid Back Pain

If you've been sidelined by a sore back, you're not alone. Four out of five people experience back pain at some point, making it the second most common reason for visiting the doctor.

Back pain takes various forms, from a persistent dull ache to sudden sharp pain, and has many causes. Sometimes it results from a sprain, fracture, or other accidental injury. It can stem from a disease or medical condition, such as arthritis, fibromyalgia, or spinal stenosis (a narrowing of the spinal canal through which the spinal cord runs). Many people develop back pain in part because they are overweight or sedentary.

The good news is that most lower back pain usually gets better within a few days or weeks, and surgery is rarely necessary. What's more, simple self-help strategies such as these can be effective at preventing back pain and keeping it from returning:

- Get more exercise. If your back is hurting, you may think the best way to get relief is to limit exercise and to rest. A day or two of rest may help, but more than that may not help the pain. Experts now know that regular physical activity can help ease inflammation and muscle tension.
- Watch your weight. Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting strain on your lower back. Staying within 10 pounds of your ideal weight may help control back pain.
- If you smoke, stop. Smoking restricts the flow of nutrient-containing blood to spinal discs, so smokers are especially vulnerable to back pain.

- Sleeping position. If you're prone to back pain, talk with your doctor about the best sleeping position. Sleeping on your side with your knees pulled up slightly toward your chest is sometimes suggested. Prefer to sleep on your back? Put one pillow under your knees and another under your lower back. Sleeping on your stomach can be especially hard on your back. If you can't sleep any other way, place a pillow under your hips.
- Pay attention to your posture. The best chair for preventing back pain is one with a straight back or low-back support. Keep your knees a bit higher than your hips while seated. Prop your feet on a stool if you need to. If you must stand for a prolonged period, keep your head up and your stomach pulled in. If possible, rest one foot on a stool -- and switch feet every five to 15 minutes.
- Be careful how you lift. Don't bend over from the waist to lift heavy objects. Bend your knees and squat, pulling in your stomach muscles and holding the object close to your body as you stand up. Don't twist your body while lifting. If you can, push rather than pull heavy objects. Pushing is easier on the back.
- Lighten your wallet. Sitting on an overstuffed wallet may cause discomfort and back pain. If you're going to be sitting for a prolonged period --



while driving, for example, take your wallet out of your back pocket.

- Pick the right handbag or briefcase. Buy a bag or briefcase with a wide, adjustable strap that's long enough to reach over your head. A messenger bag (like the ones bike messengers wear) is made to wear this way. Having the strap on the opposite shoulder of the bag distributes the weight more evenly and helps keep your shoulders even and your back pain-free. When carrying a heavy bag or case without straps, switch hands frequently to avoid putting all the stress on one side of the body. To lighten the load, periodically purge bags, cases, backpacks, and other carriers of things you don't need.
- Forget about back braces. Various back supports are available, from elastic bands to special corsets. They can be helpful after certain kinds of surgery, but there is not much evidence that they help treat chronic back pain.

Source: webmd.com/back-pain/



managing people...

Yes, it's like herding cats sometimes. Consider:

Joe walks into the galley and tells his Steward, Frank, "I'm sick and tired of doing all of Henry's work. That guy is so lazy. You need to run him off or I'm dragging up. And I'm not doing a thing to help him."

Clearly you have a situation here. This can be a problem for those of us who manage crews, so it's good to have tools in our toolbox to handle them.

It's natural to try to avoid conflict, but as a manager, you'll eventually have to deal with a conflict between employees. You must do this without favoritism toward one or the other, and in the fairest way possible. If you're ready for the challenge, get ready to do a lot of listening and prepare to offer constructive criticism to **both** parties. In the end, you'll be able to work it out.

- Speak to each employee separately. This gives you a chance to listen to each side without interruption. Try to discern not only his concerns, but also the outcome he desires.
- Find the underlying problem. For example, some problems occur when employees have different styles of working – if one person is methodical while the other “shoots from the hip”. Some problems may have their foundation outside the office – an employee is short with others because he is having problems at home.
- Meet with both employees to hash out the problem. In many cases, the employees have not yet expressed their true feelings to each other.
- Offer solutions to the problems. This requires both employees to make sacrifices – it’s not fair if only one person has to change.
- Maintain close contact with the employees. Address concerns **as they come up**. This helps to ensure that the problem doesn't come up again. And if you do have an issue, you can deal with it while it is small.



Boudreaux the Helicopter Pilot

Boudreaux was a helicopter pilot for one of the oil companies in South Louisiana. One day while flying in from offshore about lunchtime, Boudreaux decided he had time to land at home to get a bite to eat. When he landed, his buddy Thibodeaux saw him from across the road and came running over.

Thibodeaux says, "Mais you know Boudreaux, if you give me a few tips, I bet I can fly dat helicopter." So Boudreaux, being the good friend he is, gave Thib some quick tips. Thibodeaux gets in, starts the helicopter up, pulls the stick up, and the chopper shoots straight up, higher and higher, finally going through the clouds and out of sight.

A couple of minutes later, the chopper comes straight back down just as fast as it had gone up, crashing to the ground. Boudreaux runs over to the now demolished bird, and asks Thibodeaux as he is crawling out of the wreckage, "Thib, what happened cher?"

Thibodeaux replies, "Mais Boudreaux, I was doin' jus' fine, but I was getting pretty high up dere. And da higher I got, da colder it was getting. So I turned off dat big fan on top da helicopter!"

QUICK TIPS

When using seasoning, don't pour straight from the container. Just in case somebody bumps you, you slip, or whatever, you know?

When doing BR work please don't toss the bed linens out into the hall. It really looks terrible and it's a possible slip or trip hazard. Instead, just bring a laundry bag with you. Toss them in, and log as you go. When the bag is full, you have it already counted.

Don't forget those wet floor signs. Put them out before you begin mopping. And, don't forget to pick them up when the floor is dry. If you leave them out when the floor is dry, you are training people to ignore them and they'll walk all over your hard work!

When changing the trash in waste baskets, be sure to put a few extra bags in the bottom of the can. This way, you never have to search for a bag if you need to change a can in a hurry.

Greek Baked Penne

It's the cinnamon and nutmeg that warm up the flavor of this dish, which is savory and not at all sweet. It was a favorite during our latest test kitchen sampling. Makes 2 each 1/2 size pans.

2 each onions, diced
3 lbs ground beef
28 oz whole tomatoes, crushed by hand
3 Tbsp cider vinegar (or red wine)
1 tsp cinnamon (seriously, you need this)
½ tsp nutmeg
2 lb penne pasta
2 jar Alfredo sauce
18 slice Swiss cheese

- Put on a pot of water to boil the pasta until it is a little underdone (it will be baked).
- Meanwhile, in a skillet, brown the beef, then add the onions and cook until wilted.
- Add the crushed tomatoes, vinegar and spices and cook about 10 minutes until the liquid thickens.
- When pasta is cooked and drained, put half in bottom of each pan, top with the beef mixture.
- Top the beef with the remaining noodles, then pour the Alfredo sauce evenly over the noodles.
- Arrange the cheese slices on top of the sauce.
- Bake about 20 minutes or until cheese is bubbly.



Nutty Chicken Noodles

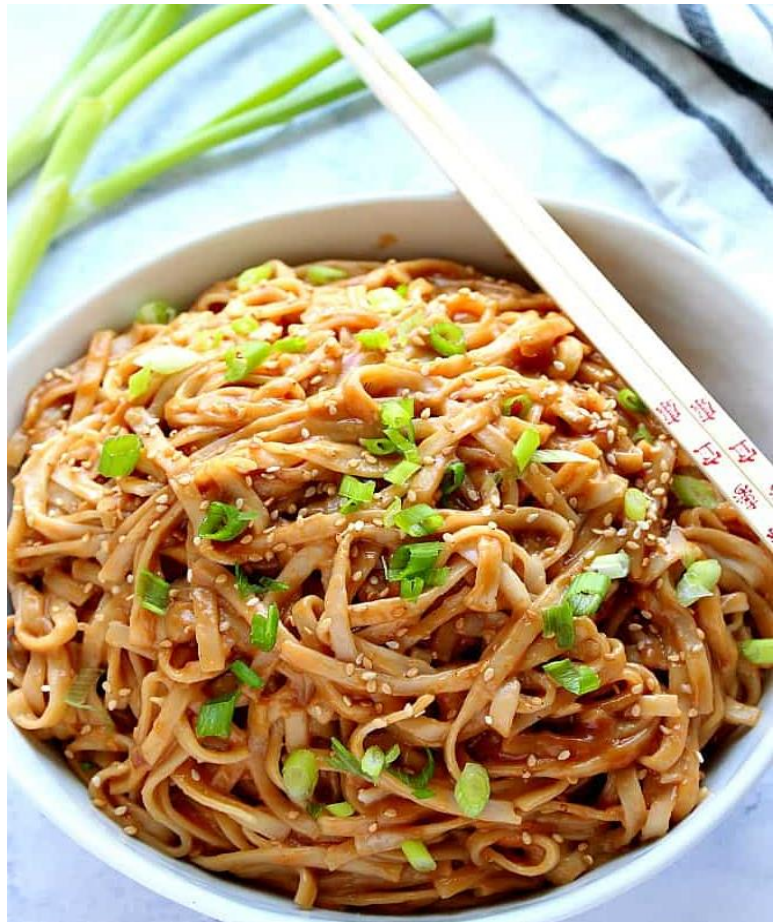
This recipe is loosely based on the traditional Pad Thai recipe. It's fast and easy, and the flavor is subtle. But it does have peanut butter so it's a "love it or hate it" type of dish. Be sure that it's not the main offering on the menu. Makes 2 each ½ pans.

3	lbs	cooked shredded chicken meat
1/2	cup	veg oil
9	cups	shredded cabbage
3	cup	shredded carrots
4	tbsp	minced garlic
1	cup	cider vinegar
1	cup	peanut butter
1	cup	soy sauce
1	cup	chicken stock
2	14 oz	rice noodles
1	cup	chopped peanuts
1/2	cup	chopped cilantro

- Put on a pot of water to boil the noodles (but don't get them boiling yet).
- In a saucepan, put the vinegar, peanut butter, soy sauce and chicken stock. Bring to a simmer and stir until the peanut butter melts and the liquid is hot throughout. Keep it warm.
- In a skillet or on the grill, put the oil and sauté the garlic a

minute, then add the cabbage and carrots. They should just barely wilt a little and no more.

- Add the chicken and stir until it is heated through.
- Remove from the grill and transfer to a large bowl, or if using a skillet, pour it into a large bowl.
- Cook the noodles, which takes only moments, and drain well.
- Transfer the noodles to the large bowl and fold together with the cabbage meat mixture
- Add about 3/4 of the sauce to the bowl, gently mix it in and then transfer the noodles to your half pans for serving.
- Top with peanuts and chopped cilantro as a garnish.
- Have the reserved sauce available to moisten the noodles as needed (and you will need to do this).



JERK SEASONING

Make the real flavors of the Island with this dry Jamaican rub. Super easy and versatile.

2 cups salt
1 cup granulated sugar
1 1/3 cup garlic powder
1/4 cup chili powder
1/3 cup allspice
2 Tbsp ground cloves
1/2 cup thyme, dried
1/2 cup black pepper
1 cup cayenne
1/4 cup cinnamon

- Combine everything until well blended
- Store in a tight container
- Keep in a dry location
- Use as dry rub

Jerk Rubbed Catfish

Cook this on a hot flat grill

- Sprinkle jerk seasoning evenly on catfish filets
- Place on well-oiled grill, bottom side up
- Cook a few minutes and flip
- When done, remove from grill and put in serving pan
- Garnish with lemon or orange slices

Salmon Croquettes

A great item to broaden our menu not just on seafood day but as a great alternative to those heavy beef or pork dishes. Easy to make from simple ingredients too. Makes about 12 each

1 pound salmon, grilled (or canned, drained)
1/4 cup onion, minced
3 eggs, beaten
1 1/2 cups crackers, crushed (or bread crumbs)
1/2 tsp salt
1/2 tsp cayenne
1/2 tsp garlic powder

- Flake the fish with a fork.
- Combine all ingredients. Don't overwork it.
- Form 12 patties and place on sheet pan with parchment liner.
- Place in cooler for an hour before cooking.
- Fry at 350F until golden brown.
- Drain, place in pan with drain grate to serve.
- Serve with cocktail or dipping sauce.

By the way, if you make them round, they are "boulettes". Just roll into balls like hushpuppies and fry them as you would a hushpuppy.



Say What?

The most popular food in the world? Italian, with 84% of people across the globe saying they like it.

Ketchup was once believed to have medicinal qualities that could cure, among other ailments, diarrhea.

A typical ear of corn has an even number of rows.

If you can get your hands on a really ripe cranberry, try bouncing it like a bouncy ball. Word on the street is they're supposed to bounce sky high.

Arachibutyrophobia is the fear of getting peanut butter stuck to the top of your mouth. (Yes, this is a real fear.)

In the state of Kentucky, it is illegal to hold an ice cream cone in your back pocket.



GINGER GLAZED MAHI MAHI

Cool, crisp refreshing flavors will satisfy and fill without filling up. Makes enough for 20 fish filets.

1/2	cup	honey
1/2	cup	soy sauce
1/2	cup	balsamic vinegar (or rice vinegar)
2	Tbsp	olive oil
2	Tbsp	fresh grated ginger

- Combine ingredients, mix well to blend honey.
- Pour over thawed fish filets.
- Marinate about 20-30 minutes, turning often.
- Remove, drain, cook on a hot, well-oiled griddle.
- Put remaining marinade in a saucepan, cook until reduced by about half and use as a glaze; spoon over the cooked fish after placing in serving pan.
- Garnish the fish with a twisted lemon slice

