



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

April 1st, 2021

There is no work too hard for a good team.

Claro Hortelano

The most important thing is to try and inspire people so they can be great in whatever they want to do.

Kobe Bryant

My dear friend, clear your mind of "can't".

Samuel Johnson

Our chief want is someone who will inspire us to be what we know we could be.

Ralph Waldo Emerson

I am not embarrassed to tell you that I believe in Miracles.

Corazon Aquino

APRIL FOOL'S DAY EDITION

In honor of this iconic day, a few jokes are in order. And what better topic than the pandemic for a few laughs?

"There's no way I could handle self-quarantining without my girlfriend, because this is her place."

"Being quarantined with a talkative child is like having an insane parrot glued to your shoulder."

"The World Health Organization announced that dogs cannot contract COVID-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out."

"I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it."

"They said that a mask and gloves were enough to go to the supermarket. They lied, everyone else has clothes on."

"Never in my wildest of wild dreams did I ever think I would go up to a bank teller and request money with a mask on."

OK, so apparently my chance of survival is directly reliant upon how much common sense the rest of the world has? You have to be joking me.

TEN COMMANDMENTS OF GOOD SAFETY HABITS

This is a reprint worth repeating:

Developing everyday safety habits can keep you injury free through the year. Here are ten safety habits to live by:

Set Your Own Standards. Don't be influenced by others around you who are negative. If you fail to wear safety glasses because others don't, the blindness you may suffer will be yours alone to live with.

Operate Equipment Only if Qualified. Your supervisor may not know you have never done the job before. Tell your supervisor so the necessary training can be provided.

Respect Machinery. If you put something in a machine's way, it will crush it, pinch it, or cut it. Make sure all guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize it first before placing your hands in a point of operation.

Use Your Own Initiative for Safety Protection. You are in the best position to see problems when they arise. Ask for the PPE or additional guidance you need.

Ask Questions. If you are unsure, ask. Do not accept answers that contain, "I think, I assume, I guess." Be sure.

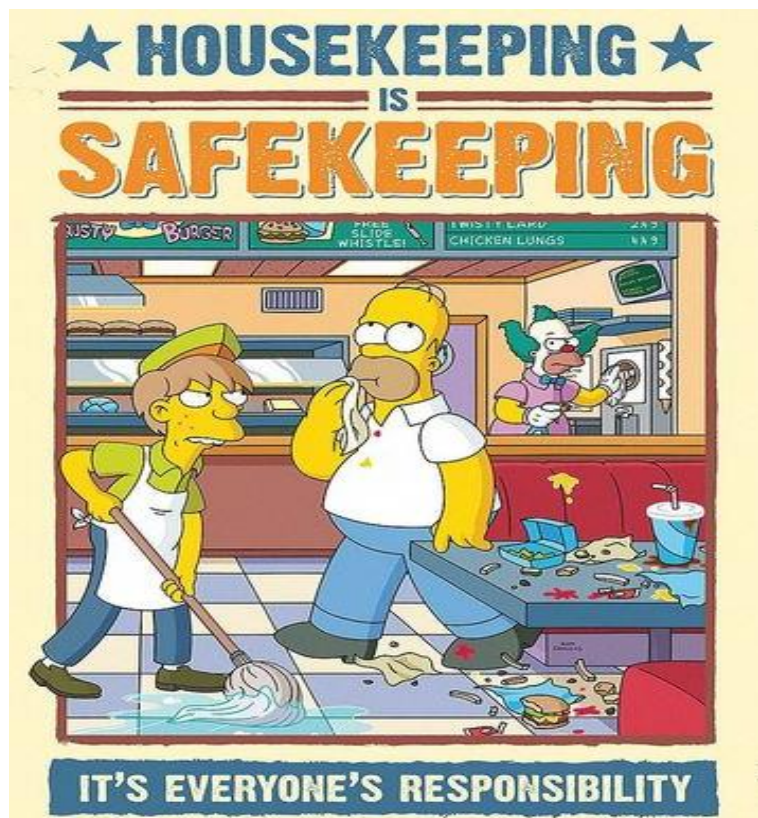
Use Care and Caution When Lifting. Most muscle and spinal injuries are from overstrain. Know your limits. Don't try to exceed them. The time it takes to get help will prevent weeks of being off work and in pain.

Practice Good Housekeeping. Disorganized work areas are the breeding grounds for accidents. You may not be the only victim. Don't be a cause.

Wear Proper and Sensible Work Clothes. Wear sturdy and appropriate footwear. These should enclose the foot fully. Avoid loose clothing, jewelry, and be sure that clothing can't become entangled in the machinery.

Practice Good Personal Cleanliness. Avoid touching eyes, face, and mouth with gloves or hands that are dirty. Wash well. Most industrial rashes are the result of poor hygiene practices.

Be a Positive Part of the Safety Team. Willingly accept and follow safety rules. Encourage others to do so. Your attitude can play a major role in preventing accidents.



Horseradish Mayo

This stuff is really good on a roast beef sandwich. A hot dog. A Reuben. A grilled sausage...

| | | |
|-----|------|--------------|
| 1 | cup | mayonnaise |
| 1 | Tbsp | sugar |
| 1/4 | cup | horseradish |
| 1/4 | tsp | salt |
| 1/4 | tsp | black pepper |

- Mix it and serve.
- Keeps up to 3 days in cooler.



Curried Mayonnaise

If you like curry, you'll love this.

| | | |
|-----|------|---------------------|
| 1 | cup | mayonnaise |
| 1 | Tbsp | curry powder |
| 1 | tsp | lemon juice |
| 1/2 | tsp | grated fresh ginger |

- Mix it and serve.
- Keeps up to 3 days in cooler.



Roast Beef & Caramelized Onion

Well , you have to have something to put one of those delicious mayo recipes on. Here's a clear winner. No recipe, just a procedure:

- Make some fresh rolls, preferably from a French dough, so they're a bit crusty, chewy, and will soak up the beef juices and a slathering of mayo.
- Meanwhile, slice some onions a bit on the thick side and sauté them until they are a golden brown.
- While waiting on the onions, slice some beef. You can use any roast beef or some smoked brisket, pot roast or virtually any kind of beef. Come to think of it, you could also do this with chicken but that's a whole other dish!
- Pan the beef, put it in the oven, heat it on a grill or in a skillet until it's at serving temp (165F).
- Split and toast the rolls.
- Place a generous portion of beef on the bottom of each roll, then top with Swiss cheese.
- Layer on some of those golden onions and lay them in a steamtable pan with a really good mayonnaise on the side.
- Stand back and watch as they enjoy, come back for more, and congratulate you on a fine meal!

Pimento Spread

Here's an old one. We made it new so you can make it too. Easy to make, and a nice addition to the sandwich offerings at break time or dress up a burger. Stick some celery around it and you've got a little snack.



Makes about 4 cups

1 lb shredded cheddar
1 cup mayo
8 oz cream cheese
1 can pimentos, drained, diced
1 tsp LA hot sauce (not Tabasco)
1/2 tsp cayenne
1 Tbsp honey

- Mix it all up. You can use a mixer on low but don't overmix it or it will become mush.
- Chill. Serve.
- Put it out on the salad bar, serve it with burgers, or as an extra item for breaks.
- Keeps up to 5 days after preparation if refrigerated.

Apple Ginger Chutney

a spicy condiment made of fruits or vegetables with vinegar, spices, and sugar, originating in India.

Not your usual condiment, this pairs with ham or any kind of pork – even BBQ – or chicken. The cranberries are optional but really good. Makes 4 to 5 cups.

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| 2 | Tbsp | butter or oleo |
| 1 | each | medium onion, diced small |
| 2 | Tbsp | fresh ginger, minced or smashed |
| 2 | tsp | garlic, minced or smashed. |
| 1/4 | cup | light brown sugar |
| 2 | Tbsp | honey |
| 1/2 | cup | cider vinegar |
| 1 1/2 | cups | orange juice |
| 1/2 | tsp | ground cloves |
| 1/2 | tsp | ground cinnamon |
| 1/2 | tsp | salt |
| 5 | each | large Golden Delicious apples |
| 1/2 | cup | dried cranberries (optional) |
| 1 | each | fresh jalapeno, seeded and minced |

- Peel, core the apples and slice about 1/8 to 1/4 inch thick. Soak in lemon water to prevent browning.
- In a saucepan, sauté onion, garlic and ginger in butter until soft. Add all the liquids and seasonings.
- Bring to a boil and let cook a couple of minutes.
- Drain apples, add to the liquid and cook 5 minutes.
- Remove from heat and fold in the cranberries if using. Let stand and serve hot, warm, or cold.
- Thicken with cornstarch if you like it thicker.



Roasted Corn Salsa

Roast the peppers by laying them on a range element and charring until they blacken a bit. Toss in a zip loc bag and let them steam. Remove the skin and use. Makes about 5 cups.

- 3 cups corn, fresh or frozen
- 2 each fresh jalapenos, seeded, finely chopped
- 1 each red bell pepper, roasted, seeded and diced
- 1 each green pepper, roasted, seeded and diced
- 1 each onion, diced
- ½ cup olive oil
- 1/3 cup lime or lemon juice
- 2 each garlic cloves, mashed
- 1 tsp chili powder

- In a mixing bowl, blend lime juice, oil, spices and garlic.
- Roast the corn in a dry pan or skillet until it starts to brown. Remove from pan and place in a mixing bowl.
- Add remaining ingredients and toss to coat with dressing. Add salt to taste.



Buffalo “Wings” Cauliflower

The quest to get people to eat veggies continues. This is seriously different and good. Makes about 20 servings.

- 10 cups cauliflower, thawed and well-drained dry
- 1 ½ cups flour
- 2 Tbsp seasoned salt
- ¼ cup Louisiana or Crystal hot sauce (not Tabasco)
- 1 cup water

- Preheat oven to 450 F.
- Cut the larger pieces of cauliflower in half; set aside.
- Combine flour and salt, then add water and hot sauce, make a thin batter.
- Coat the cauliflower in batter, arrange on sheet pan with parchment; roast 20 to 30 minutes until crispy.

While cauliflower is roasting, make the sauce:

- 2/3 cup hot sauce (Louisiana, Crystal, etc.)
- ½ cup oleo
- 1 ½ Tbsp vinegar
- ¼ tsp cayenne
- 2 Tbsp honey
- ½ tsp garlic (granulated or powder)

- Combine everything in a saucepan and bring to a simmer while stirring with a wire whip.
- When it begins to bubble, remove from heat.
- Place cauliflower in a bowl and toss in the sauce.
- Place in a steamtable pan for serving.
- Have ranch or blue cheese (or both) dressing available as a dip.





It's National Stress Awareness Month

More like national stress **year**, right!? But yes, April is National Stress Awareness Month. Let's spend a few minutes thinking about how it can harm us, and how we can avoid or reduce stress in our daily lives.

Stress can literally make us sick. People under stress – especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.

A survey by the American Psychological Association found that the five factors most often cited as a source of stress were money, work, family, economic outlook and relationships. So here are a few helpful tips on how to manage stress:

Eat and drink to optimize your health with a balanced diet, reduced intake of sugary snacks, and cut back on the caffeine, which can compound the effects of stress. Caffeine can be healthy in moderation, but not in excess.

Get some exercise. Besides having physical health benefits, exercise has been shown to be a powerful stress reliever. It reduces stress hormones like cortisol, and releases endorphins that help to improve mood.

Sleep on it: Sleep is essential for good mental, physical and emotional well-being. Get enough sleep each day.

Laugh. Yes, laughter is great medicine. It reduces your stress response and relaxes your muscles.

And at work? Set – and clarify - daily goals and prioritize your day. Don't be a victim of your own bad planning. Know your plan, follow it, and feel more in control (because you are), and your stress level will be lower.

Make a To-Do list. Simple. Effective. And helps to prevent you feeling overwhelmed.

But don't put too many things on that list. And focus on maybe 3 things max. If everything is a priority, then nothing is a priority. 😊

Kick those bad habits. Managing stress at work is partially about your mindset. Your outlook can have a huge impact on your ability to cope with stress. A positive outlook really can become a habit over time, making you more relaxed and happier.

Focus on what you can control.

We hope you learn how to avoid stress at work. Have a great trick to reduce stress we didn't cover? Let us know.





Baby Carrots & Walnuts

Note: you can use sliced frozen carrots instead of baby carrots for this.

Serves about 10

2 lbs frozen baby carrots
¼ cup butter
½ cup walnuts, coarsely chopped
2 Tbsp honey or brown sugar
1 Tbsp vinegar
2 Tbsp parsley (fresh or dried)

- Boil or steam carrots
- While waiting, sauté walnuts in butter; add honey and vinegar; cook until blended. Set aside.
- Remove carrots from water; drain well. Add to the sauté pan with walnuts and toss to coat well.
- Remove to serving pan.
- Garnish with parsley.

Cauliflower Casserole

Makes a shallow half steamtable pan

3 lbs cauliflower, thawed
1 cup sour cream
2 cups cheese sauce
1/2 cup oleo, melted
1 each bell pepper, diced
1 tsp salt
1/2 cup grated parmesan cheese
1 cup corn flakes, crushed

- Prepare a half pan with food spray.
- In bowl, combine cheese sauce, sour cream, melted oleo and salt.
- Boil cauliflower until hot. Drain and add to cheese sauce.
- Transfer cauliflower to half pan. Cover and bake 25 minutes.
- Combine corn flakes and parmesan cheese.
- Remove from oven, uncover, and top with corn flakes.
- Return to oven for another 10 minutes or so, until browned a bit.





Jerry Seinfeld

I saw that movie "Stand by Me." Good movie. But I don't remember having friends like that when I was 12 years old. Where they put their hand on your shoulder, "You know God has given you a special talent." I remember a kid would put his hand on my shoulder so he could push me off the sidewalk into the bushes. "You know, God has given you a face for the bushes."

The Swiss Army. Never been involved in a war in 200 years. It's a lucky thing. Did you ever see this little Swiss Army knife? Corkscrews, bottle opener, nail file. You don't want to go to war with this little thing. Unless they're in the war of the Dinner Parties they have no chance. "Come on, buddy, let's go ... You get past me, the guy behind me has a spoon. I got the toenail clippers out, so just back off. I'll clip that pinky toe down to nothing. Take you three weeks to grow it back."

Cheesy Fajita Chicken Cheesesteak

This is a seriously good sandwich. It's a simple take on Mexican flavor in a bun!



4 Sandwiches

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|---|--------|-----------------------------------|
| 1 | each | onion, thinly sliced |
| 2 | cups | red and green bell pepper slices |
| 2 | tsp | lemon or lime juice |
| 1 | lb | chicken thighs or breasts, sliced |
| 1 | cup | shredded Cheddar cheese, or: |
| 8 | slices | Swiss cheese |
| ¼ | cup | cilantro, chopped (optional) |
| 4 | each | hoagie, sub or other large roll |

- Split and toast the rolls in the oven.
- Season the chicken with salt and pepper.
- In a pan with oil, sauté chicken until fully cooked.
- Add the onions and peppers; sauté until just tender; season with salt and pepper to taste.
- Portion the chicken onto the rolls, then top with the cheese (either type or even both) and garnish with cilantro if using.
- Place in a shallow steamtable pan for serving.

