

SHOP TALK

A Twice-Monthly Newsletter for our Team.

We rise by lifting others.

Unknown

The more you care, the stronger you can be.

Jim Rohn

You can accomplish by kindness what you cannot by force.

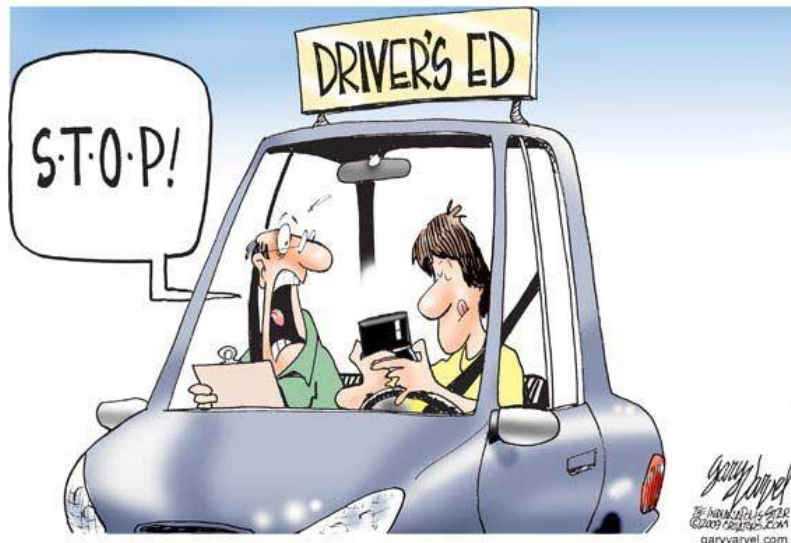
Publius Syrus

If you want to be wisely selfish, care for others.

Dalai Lama XIV

Nobody cares how much you know, until they know you care.

Theodore Roosevelt



DISTRACTED DRIVING AWARENESS MONTH

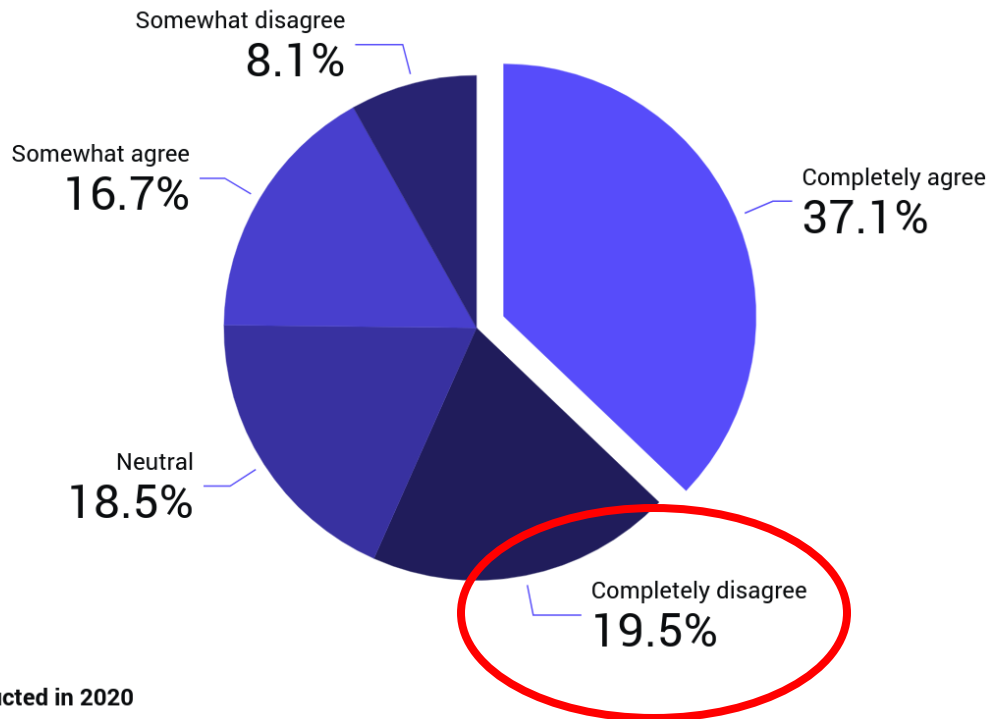
April is the month designated to awareness of the dangers of distracted driving. What exactly is distracted driving? The exact definition of distracted driving is fairly straightforward: if you engage in an activity that takes your eyes off the road, you are driving distracted.

More information on this timely and important topic appears in this issue. Read on for more.

IN THIS ISSUE:

- The 10 commandments of good safety habits
- More on distracted driving
- Great new recipes
- More on servant leadership
- More Rodney Dangerfield one-liners

To what degree do you think distractions on your mobile device impair your ability to drive safely?



Based on a survey conducted in 2020

THE zebra

It's hard to believe that almost one-fifth of drivers believe that distractions don't affect their driving, but a survey conducted in 2020 shows exactly that! Just knowing this should give us each more reason to NOT drive distracted; you never know what the driver next to you will do.

One of the most important strategies is to stay focused and avoid becoming distracted. This means you should not use your cell phone or any other type of electronic device while you are driving. To avoid the temptation to do so, put them away.

And yet the number one cause of accidents in the U.S. is distracted driving. What can YOU do? Be defensive to be safe. Here are the top ten tips for being a good defensive driver:

1. Always Be Prepared

When you drive frequently, it's easy to get too casual about it. Since many of your recent driving trips have gone by without incident, it's easy to assume that everything will be fine this time, too. However, you should never get too relaxed about what it means to be driving a vehicle on the road.

2. Stay Focused on Your Driving and the Road

3. Always Keep an Eye on Your Surroundings and Scan Far Ahead

If you want to know how to become a better driver, you'll want to learn to not just focus on the car that is right in front of you. Instead, you should be aware of your general surroundings and look further ahead for potential hazards. You should also get in the habit of using your mirrors to keep an eye out for potentially dangerous situations occurring behind you.

4. Always Try to Predict a Possible Risk

Once you have learned to become more aware of your surroundings, you will then want to learn how to predict a risky situation. Then, you will need to have a plan for what type of action, if any, you should take to keep yourself safe from this potential risk. For example, say that you notice a truck on the highway has construction materials in the back that are not tied down well. You should be able to sense that this is a risk and safely distance yourself from the truck.

5. Stay Safely Distant From Vehicles Around You

There is a simple rule to help you understand how far back you should stay from the car in front of you. It is known as the three-second rule. This means that, based on your current speed, there should be at least three seconds of driving time between your vehicle and the vehicle that is in front of yours.

6. Don't Drive in the Blind Spot of Another Vehicle

Enough said. Don't do it.

7. Don't Expect that Others Will Drive Carefully

Don't assume that other drivers are also using the same caution and focus that you are applying to the task at hand. However, this is not always going to be the case.

When you are driving, it is important to pay attention to the things that you are able to control. What you can control in the situation is your own driving and not anyone else's. Do not expect them to use the same defensive driving strategies that you are using.

8. Keep Your Distance from Tired, Bad, or Drunk Drivers

Sometimes when you are on the road you might notice a driver that seems to be driving poorly. Maybe they are driving on the lane marker or center lane, driving too slow or too fast, drifting in and out of the lanes, or tailgating. If you notice drivers like this, it is best to safely distance yourself from them and their vehicle.

9. Avoid Road Rage Situations

You might notice a driver that seems upset at your driving. Perhaps they honked at you or are driving recklessly. It is important in situations like this that you don't engage at all.

You should even avoid making eye contact with them. Instead, slow down and allow them to drive away from you. It is never a good idea to provoke someone who is clearly already angry, even if you feel you're in the right.

10. Don't Change Lanes

Frequently, and Signal to Others Before You Do

The risk of getting into an accident will be increased if you are constantly slipping between cars and unnecessarily changing lanes. You should, avoid doing so unless necessary.

When you do need to change lanes, inform other drivers using turn signals, your vehicle's lights, or hand signals. Just like you can't read the minds of other drivers, they don't know what you are going to do either. By using the communication tools you have, you can help keep yourself as safe as possible.



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RAMEN CHICKEN NOODLE SOUP



Yes, it's tasty and yes, it's easy too. This makes about 1 ½ gallons of soup.

- 1 lb shredded cooked chicken
- ¼ cup vegetable oil (not olive oil)
- 3 cups onion, diced large
- 4 cups carrots, sliced thick on a bias
- ¼ cup ginger, peeled and minced
- 3 Tbsp minced garlic
- 4 quart chicken stock or broth
- 3 Tbsp soy sauce (low sodium if you have it)
- 3 packs chicken ramen
- 4 cups cabbage, shredded coarsely
- 6 each green onion, thin sliced diagonally

- Set the flavor packets from the ramen aside. Heat the broth and while it is heating:
- Sauté the onion and carrots in the oil until the carrots become a little tender.
- Add garlic, ginger and sauté another minute.
- Add to the stock and simmer for about 10 minutes.
- Add the cabbage, cook for 5 minutes and add remaining ingredients including ramen.
- Cook until ramen is done, adjust seasoning by adding a ramen flavor pack as needed.



SESAME GARLIC NOODLES

Crazy easy and really tasty. 12 servings

- 4 packs chicken ramen noodles (toss the seasoning pack out)
- 2 Tbsp sesame oil
- 1 Tbsp minced garlic
- 1/2 cup soy sauce (low sodium is best)
- 1 Tbsp brown sugar
- 4 tsp Sriracha sauce
- 2 each green onions, thin sliced

- Cook the noodles and drain. Set aside.
- In a large saucepan, sauté the garlic in the sesame oil at medium-low heat. Cook for only a minute or so. You just want to make the garlic tender and aromatic.
- Remove pan from the heat.
- Add the soy, brown sugar and Sriracha and fold together well.
- Add in the ramen and toss to coat well.
- Transfer to a steamtable pan and garnish with the green onion slices.

NOTE: You can add minced ginger if you like (depending on the crew and their preferences).



ROTINI TACO SOUP

Makes about a gallon

2	Tbsp	cooking oil
2	lbs	ground beef, brown & drain
2	each	medium onion, diced
1	Tbsp	garlic, minced
2	quarts	beef or vegetable stock
2	cans	black beans, rinse and drain
2	cans	Ro-tel, with liquid
3	cups	picante sauce
4	cups	rotini, cooked and drained
1	each	bell pepper, diced
2	Tbsp	chili powder
1	Tbsp	ground cumin

- In a stockpot, sauté onion, garlic until wilted
- Add all ingredients except the rotini and bring to a boil.
- Reduce to a simmer and cook about 5 minutes to let flavors blend together.
- Add the rotini and cook another 5 minutes to allow it to soak in some of the flavor.
- Adjust salt and pepper to taste.
- Transfer to soup kettle or a steamtable pan.

BETTER MEAT LOAF



Better because it's just as tasty but is a Go Green item. Makes 2 bread pan size loaves.

2	lbs	ground beef
2	lbs	ground turkey
1	cup	panko or regular breadcrumbs
2	each	eggs
2	cups	carrots, finely grated
1	each	large onion, minced
1/2	cup	BBQ sauce (or chili sauce)
4	tsp	mustard (not dry mustard)
2	Tbsp	Worcestershire sauce
1/4	cup	green onions, sliced very thin
2	tsp	salt
1	tsp	pepper

- In a large bowl, combine everything but the meats and panko; blend together.
- Add the meats and panko, blend together well.
- Line bread pans with foil; spray with spray oil.
- Fill each pan with half of the mixture and cover with foil.
- Bake at 350 F about 45 minutes to an hour.
- Remove foil; brush with additional BBQ sauce and return to oven for 20-20 minutes.
- Remove, let stand 10 minutes, then slice.



THE TEN COMMANDMENTS OF GOOD SAFETY HABITS

In most everything we do, we find a “trick” to make the process easier and faster. Often, they become work habits. Developing good everyday safety habits can keep you injury free through the year. Here are ten safety habits to live by:

1. *Set Your Own Standards.* Don't be influenced by others around you. If you fail to wear safety glasses because others don't, remember the injury you may suffer will be yours to live with.
2. *Operate Equipment Only if Qualified.* Your supervisor may not realize you have never done the job before. You have the responsibility to let your supervisor know, so the necessary training can be provided.
3. *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. Remember: de-energize the power before placing your hands in a point of operation.
4. *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.
5. *Ask Questions.* If you are uncertain, ask. Do not accept answers that contain, “I think, I assume, I guess.” Be sure.
6. *Use Care and Caution When Lifting.* Most muscle and spinal injuries are from overstrain. Know your limits. Don't attempt to exceed them. The few minutes it takes to get help will prevent weeks of being off work and in pain.

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

8. *Wear Proper and Sensible Work Clothes.* Wear sturdy and appropriate footwear. These should enclose the foot fully. Avoid loose clothing, dangling jewelry, and be sure that long hair is tied back and cannot become entangled in the machinery.

9. *Practice Good Personal Cleanliness.* Avoid touching eyes, face, and mouth with gloves or dirty hands. Wash well and use barrier creams when necessary. Most industrial rashes are the result of poor hygiene practices.

10. *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 and injuries.

KEEP AN EYE OUT FOR TRIPPING HAZARDS



BEFORE THEY FLOOR YOU



BRAISED CHICKEN & MUSHROOMS

Simple and elegant, this savory dish is delicious and pairs well with garlic mashed potatoes, egg noodles or a rice pilaf.

- 2 cup flour
- 1 tsp black pepper
- 1 tsp salt
- 10 each leg quarters
- 10 slices bacon, raw
- 2 lbs fresh mushrooms, quartered
- 1 lb onions, coarsely diced
- 3 cups chicken or vegetable stock
- 1/4 cup balsamic vinegar
- 1/2 cup parsley, fresh, coarsely chopped

- Make a breading with salt, pepper and flour.
- Dredge the chicken through the breading and set aside.

- In a braising pan or Dutch oven, put about ¼ cup of cooking oil. Heat and brown each leg quarter on all sides. Remove as they are done. Work in batches so you don't just steam the chicken; you want them golden brown.
- Add the onions and mushrooms; sauté until they onions are a bit brown and tender.
- Add the stock and vinegar, bring to a boil then reduce to a simmer.
- Meanwhile, roughly chop the bacon into 1" pieces or so, then cook bacon almost crispy.
- Add the bacon to the stockpot.
- Using a small amount of the remaining flour breading, add it to the bacon fat to make a light brown roux.
- Add the roux to the stock pot and stir in.
- Add the chicken to the pot and cover.
- Cook about 30 minutes or until chicken is done 10 an internal temperature of 165 F. Be sure to rearrange the pieces occasionally during the cooking process.
- When done, remove from the heat and allow to stand about 10 minutes.
- Remove the chicken to a steamtable or serving pan and arrange nicely for appearance.
- Pour the braising liquid over the chicken and garnish with the fresh parsley. Or, you can use green onions or steamed sliced carrots.

On Leadership:

- Inspire others – lead by example.
- Show confidence, but not arrogance.
- Those that say "It's either my way or the highway" are on the road to failure.
- Make everyone in the group feel valued.
- Don't avoid responsibility for things that didn't work out well.
- Share the credit for things that did go well.

GOOD LEADERS TAKE MORE THAN THEIR SHARE OF THE BLAME AND LESS OF THEIR SHARE FOR THE CREDIT.

What Is Servant Leadership?

A true servant leader is a servant first, serving others to not only help produce quality results but to improve their professional growth as well.

The idea of servant leadership encompasses many qualities beyond “the servant as leader.” Some of the key characteristics of servant leaders include:

Strong decision-making skills: The servant leader emphasizes people’s needs. A good leader has to use their knowledge and experience to make a choice in order to benefit the business or company, and it may not always be easy. However, a strong servant leader isn’t afraid to make an unpopular decision or offer critical feedback when necessary.

Emotional intelligence: The servant leader pays attention to and understands the needs of others. A great leader listens well and takes the views and experiences of others into account.

A sense of community: Building community is important for colleagues and coworkers, especially in a shared team environment. Providing ways for workers to communicate with one another is one way servant leaders can help build a strong community.

Self-awareness: Consciousness of how your own behavior affects those around you is essential. Managing your emotions and behavior, especially during critical moments, is key to establishing trust and openness among your team members.

Commitment to others: The servant leadership model is just as much about the professional development and well-being of others as it is about the bottom line. The servant leadership role also extends to personal growth and helping those looking to further improve their skills and achieve their personal goals.



I tell ya, I don’t get no respect. No respect at all:

“This morning when I put on my underwear I could hear the fruit-of-the-loom guys laughing at me.”

“My wife is always trying to get rid of me. The other day she told me to put the garbage out. I said to her I already did. She told me to go and keep an eye on it.”

“I met the surgeon general – he offered me a cigarette.”

“I drink too much. The last time I gave a urine sample it had an olive in it.”

“We sleep in separate rooms, we have dinner apart, we take separate vacations – we’re doing everything we can to keep our marriage together.”

“I went to a fight the other night, and a hockey game broke out.”

“I worked in a pet store and people would ask how big I would get.”

