

SHOP TALK

A Twice-Monthly Newsletter for our Team. April 15, 2023

It always seems impossible until it's done.

Nelson Mandela

Quality means doing it right when no one is looking.

Henry Ford

The difference between ordinary and extraordinary is that little extra.

Jimmy Johnson

People who wonder if the glass is half-full or half-empty miss the point: the glass is refillable.

Unknown

If you think you're too small to make a difference, try sleeping with a mosquito.

Dalai Lama

Time to De-stress



**NATIONAL STRESS
AWARENESS MONTH**

April is National Stress Awareness Month. In this issue we talk about how to manage stress at work and at home in our daily lives. Read on for more...

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Have you ever been in a situation that was a little (or a lot) overwhelming, you had deadlines approaching and a mile-long to-do list, and you were just in way over your head?! Well, you're definitely not alone. Everyone feels stressed from time to time, especially as we get older and the responsibilities really pile onto our plate. The thing about stress is, a little bit of it isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find a healthy balance is the best way to live a productive, happy life.

A small amount of stress once in a while is good because it means you're working hard, and you care about what you're doing. However, too much stress doesn't allow us to think is overbearing. Prolonged stress leads to real physical problems including IBS, ulcers, diabetes, muscle and joint pain, etc.

3 Types of Stress

When you say you are stressed, you may not know what type of stress you are feeling – but it's still important to understand the differences.

Acute stress will come on suddenly and can be severe such as with an unexpected deadline at work. This can be nerve-wracking, but the feeling won't last long and can be managed without long-term effects.

Eustress is the feeling of stress such as with planning a wedding; it is usually short-term and actually releases good hormones, such as dopamine, which creates a happy feeling. While you may feel under a lot of pressure, it is for something positive and exciting.

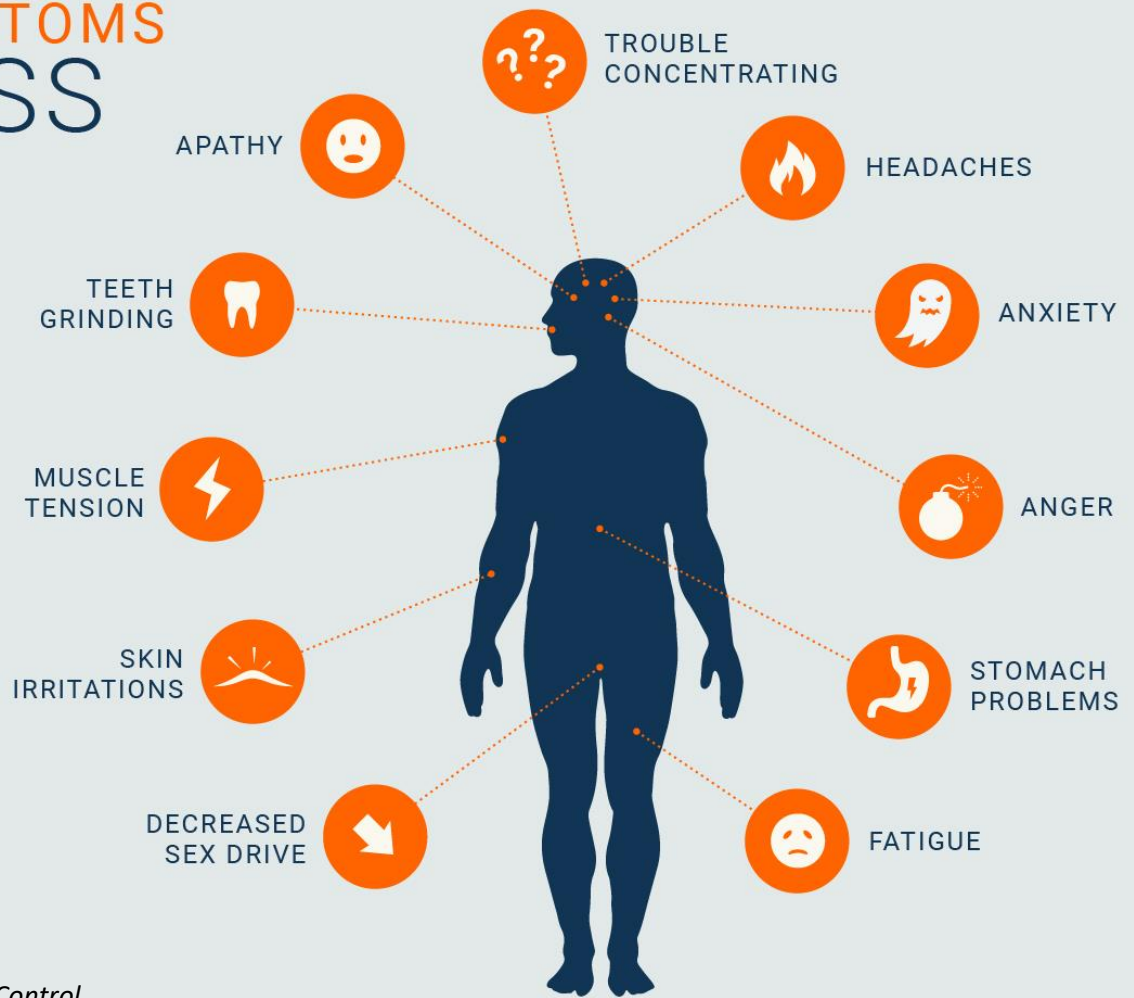
Distress is a dangerous form of stress often associated with harmful side effects. It is often experienced long-term and is associated with inability to cope with life events such as the death of someone close, or financial struggles. Distress may cause headaches, anxiety, fatigue, depression, and disturbances to typical eating and sleeping patterns.

6 Ways to Beat the Stress

Now that you understand the different types of stress, it's time to focus on how you can cope with a stressful situation.

1. Exercise is a great way to relieve stress. Low intensity exercise such as yoga, help you relax. Higher intensity exercises typically make your body release endorphins, which may act as de-stressors.
2. Downtime: Make time for things you love to do, whether it is in the evenings after work or whenever you can, prioritize things that matter to you.
3. Breathe: Take a few minutes to get away to a quiet space and take some deep breaths. Clearing your mind for a few minutes every day can help you calm down, focus and feel refreshed! (*more on this later*)
4. Reflect: List all the good things in your life. Stress can take away from the positives that surround you daily. Bringing your mind back to those things that bring you joy can make stressful elements seem trivial and it can put a new perspective on your day.
5. Sleep: Sleep is important in restoring the body and staying healthy. Not getting enough sleep can make your stress worse. Try to clear your mind before going to bed and prevent worries from sabotaging your sleep.
6. Talk it Out: Another wonderful way to relieve stress is to talk it out. Meet up for a cup of coffee or tea with a friend. Sometimes you just need to vent. Sharing your feelings or current situation with a friend can do wonders to relieve stress.

Recognizing THE SYMPTOMS of STRESS



Source: Centers for Disease Control

Healthy Ways to Cope with Stress

Feeling emotional and nervous or having trouble sleeping or eating can be normal reactions to stress. Here are some healthy ways to deal with stress:

Take breaks from watching, reading, or listening to news stories, including those on social media. Consider limiting news to just a couple of times a day and disconnecting from phone, tv, and computer screens for a while. Even fifteen minutes a day helps!

Take care of yourself. Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.

- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.

- Avoid drugs and alcohol. These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.

Make time to unwind. Do some activities you enjoy.

Talk to others. Talk with people you trust about your concerns and how you are feeling. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.

Connect with your community- or faith-based organizations.

Recognize when you need more help. If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.



SPICY SALMON SHEET PAN DINNER ●

Put it all on a sheet pan and bake it. 😊 For 10

- | | | |
|----|-------|--------------------------------|
| 10 | each | salmon fillets |
| 1 | Tbsp | paprika |
| 1 | Tbsp | garlic powder |
| 1 | Tbsp | onion powder |
| 1 | Tbsp | salt |
| 2 | tsp | black pepper |
| ½ | tsp | cayenne |
| 1 | bunch | fresh asparagus |
| 1 | lb | frozen green beans (thawed) |
| 3 | each | carrots, thin sliced on a bias |
| ¼ | cup | olive oil |

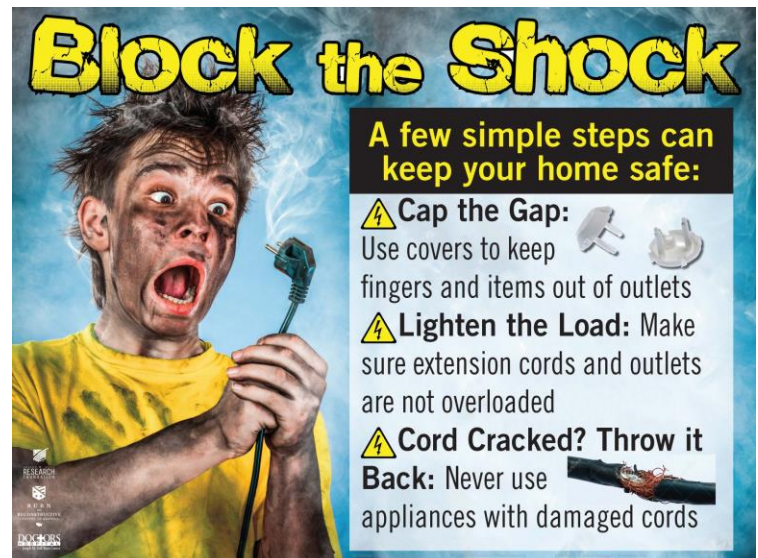
- Make a rub with the spices and rub all sides of the salmon.
- Lightly oil a sheet pan and lay out vegetables in an even layer.
- Drizzle the remaining oil over the vegetables.
- Roast vegetables for about 10 minutes and remove from oven.
- Lay salmon fillets on top of the vegetables.
- Bake until the salmon is easily flaked with a fork and veg are tender(ish). About 10 to 15 minutes but check at 10 minutes.
- Remove and transfer gently into a shallow steamtable pan for service.

DON'T BURN THE BISCUITS.

Who can say that they have never burned biscuits in the oven? Apart from the terrible smell and growing appetite, the potential for starting a fire or receiving a thermal burn are serious concerns.

When it comes to burns, there are three major types, which includes thermal burns, electrical burns, and chemical burns.

- Thermal burns are caused by contacting an object that has enough heat on the surface to cause injury.
- Electrical burns are received through direct or non-direct contact with a pathway of electricity.
- Chemical burns are typically observed during



the use of corrosive materials or acids, such as industrial solvents or cleaning products.

Understanding the Hazards

Each year in the United States, 1.1 million burn injuries require medical attention. From this 1.1 million, up to 10,000 people will die from burn-related infections. The initial burn itself may not be fatal, but improper after care can result in devastating losses.

Typically, when burns are discussed, it is thermal or contact burns as the primary culprit. But

contact with chemicals or electricity can also result in severe burns.

Most burns are relatively small and classified as minor. These tend to share common symptoms like pain at the location of the burn. When more extensive and deep levels are reached, then they are classified as severe burns, which can result in the need to seek immediate care.

The skin is the largest organ of the body. When the skin has become damaged and can no longer function properly, issues can arise such as infection, headaches, and trouble breathing. Based on the degree of the burn, different first aid or medical attention is required. 1st degree burns are common like a sunburn or rug burn. 2nd degree burns are the most painful, as the nerve ending is affected but not destroyed completely. 3rd degree burns are the most devastating as all layers of the skin have been damaged and are highly subject to infections.

Understanding the Protection Factors

Before any work operations are conducted, be sure that proper pre-planning has taken place. Based on the hazards identified and operations to be conducted training should be up to date.

Anytime there is a potential for fire a properly rated and fully charged fire extinguisher should be present in the work zone. Training on proper usage should be up to date as well for the affected employees.

When operations involve working with or near electricity, ensure proper protection factors are present, such as outlet covers. Live panels should have face plates and all knock-plates present. Any openings should be protected to prevent arc of electricity. And of course, all lockout/tagout best practices should be used and observed.

When using chemicals, always follow the manufacturer's recommendations of firefighting measures and proper handling of the chemical.

The SDS of a chemical will provide information on specific personal protective equipment that should be provided for safe operations.

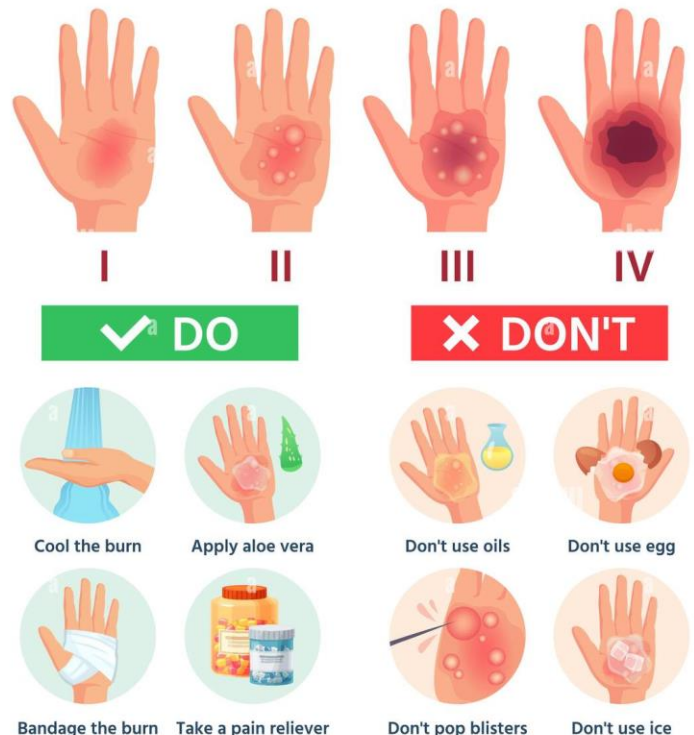
Always try to eliminate the hazard or change how the operations are conducted to limit exposure levels, if possible, as personal protective equipment is the last line of defense.

Heightened awareness is always a key to preventing injury. A multitude of operations will require workers to be exposed to potential hazards that may cause burns. This is especially true in our galley operations.

Ensure your first aid kit is stocked with items associated with the work environment. Burn cream and gauze are necessary items in this regard.

Communicate the importance of these protection factors and remember to wear proper personal protective equipment at all times.

DEGREE OF SKIN BURNS





BANG BANG CHICKEN ●

A variation on Bang Bang shrimp, serve this dish any time. Serves about 10

3	lbs	cubed chicken
1	cup	milk
3	each	eggs
3/4	cup	cornstarch
1	cup	flour
1	tsp	salt and pepper (each)
3/4	tsp	cayenne pepper
3/4	cup	mayonnaise
1/3	cup	honey
1/3	cup	Thai sweet chili sauce
1	Tbsp	Sriracha sauce

- Combine egg and milk, blend well
- Combine flour, cornstarch, salt pepper and cayenne and set aside.
- Dip the chicken in the liquid, then dredge in the flour. Coat well and allow to dry a bit.
- Fry at 350 F for about 1 ½ minutes. Remove and drain well.
- Return chicken to the fryer and fry again for about 2 minutes or until chicken is done.
- Remove and drain. Place in a serving pan.
- Make a sauce with the remaining ingredients.
- Drizzle generously over the top of all the chicken pieces.
- Garnish with chopped fresh parsley, or flakes.

CREOLE CHICKEN CHILI ●

Yeah, it's not exactly a bowl of Texas Red, but it's a really good chili on its own merits. 10 servings

1	lb	chicken, boneless, minced or ground
1	lb	smoked sausage, cut in 1/4" pieces
1	Tbsp	chili powder
2	cups	onion, diced
1 1/2	cups	green bell pepper, diced
2	Tbsp	garlic, minced
1	Tbsp	ground cumin
1	Tbsp	paprika
1	can	(28 oz) whole tomatoes, crushed
2	cans	black beans, drained
1	can	Ro-tel, with the liquid

- In an oiled pan, brown chicken and sausage.
- When done, add chili powder and cook a couple minutes longer.
- Add onion, bell pepper and garlic, cooking until tender.
- Add remaining ingredients, bring to a boil.
- Simmer about 15 minutes or so to heat throughout.
- Remove and transfer to serving pan or soup kettle. Garnish with fresh parsley or thinly sliced green onions.





HUMMINGBIRD CAKE ●

No idea how it came by the name, but it's so good who cares? Makes a 3-layer 9" cake. Cut it thin!

3	cups	flour
2	cups	granulated sugar
1	tsp	salt
1	tsp	ground cinnamon
1	tsp	baking soda (not powder)
3	each	eggs, lightly beaten
1 1/2	cups	vegetable oil
1 1/2	tsp	vanilla extract
1	cup	crushed pineapple in juice
2	cups	bananas, chopped (about 4)
1	cup	toasted pecans

- Combine flour sugar, salt, soda and cinnamon and whisk together.
- Add eggs and oil, stirring just until dry items are moistened.
- Add remaining items; stir until just blended.
- Scale the batter into 3 pans prepared with parchment and sides lined with shortening.
- Bake at 350 F until done, about 25 minutes but your oven may vary so check at 20 minutes.
- Remove when done and allow to cool 1 hour. TIP: cakes frost easier when frozen.
- Prepare the cream cheese frosting and frost as shown in the photo above.
- Garnish with a few toasted pecans.

CREAM CHEESE FROSTING ●

1	lb	cream cheese, softened
1	cup	margarine, softened
2	box	(16 oz) powdered sugar
2	tsp	vanilla extract
1	cup	pecan pieces, toasted

- Combine cream cheese and margarine until blended together.
- Add the vanilla and blend in.
- Add powdered sugar gradually, mixing in the mixer as you do. Be sure to scrape down the sides of the bowl frequently.
- When mixture is light and somewhat fluffy, remove and frost the cake as normal.



BREATHING FOR STRESS RELIEF

Take a deep breath in. Now let it out. You may notice a difference in how you feel already. Your breath is a powerful tool to ease stress and make you feel less anxious. Some simple breathing exercises can make a big difference if you make them part of your regular routine.

Before you get started, keep these tips in mind:

- Choose a place to do your breathing exercise. It could be in your bed, on your living room floor, or in a comfortable chair.
- Don't force it. This can make you feel more stressed.
- Try to do it at the same time once or twice a day.
- Wear comfortable clothes.

Many breathing exercises take only a few minutes. When you have more time, you can do them for 10 minutes or more to get even greater benefits.

Deep Breathing

Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.

1. Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
2. Breathe in through your nose. Let your belly fill with air.
3. Breathe out through your nose.
4. Place one hand on your belly. Place the other hand on your chest.
5. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.

6. Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

Breath Focus

While you do deep breathing, use a picture in your mind and a word or phrase to help you feel more relaxed.

1. Close your eyes if they're open.
2. Take a few big, deep breaths.
3. Breathe in. As you do that, imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body.
4. Breathe out. While you're doing it, imagine that the air leaves with your stress and tension.
5. Now use a word or phrase with your breath. As you breathe in, say in your mind, "I breathe in peace and calm."
6. As you breathe out, say in your mind, "I breathe out stress and tension."
7. Continue for 10 to 20 minutes.

More resources (CTRL-Click the links)

[Deep Breathing Exercises & Techniques for Stress Management and Relief \(webmd.com\)](http://webmd.com)

[Take a Deep Breath - The American Institute of Stress](http://theamericaninstituteofstress.com)

[10 Breathing Exercises to Try: For Stress, Training, and Lung Capacity \(healthline.com\)](http://healthline.com)

