

SHOP TALK

A Twice-Monthly Newsletter for our Team. March 1, 2024

Mindfulness is the capacity to perceive our world clearly, without adulteration or manipulation.

It is only when the mind is open and receptive that learning and seeing and change can occur.

Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.

The moment. Stop regretting the past and fearing the future. Today is all you have. Make the most of it. Make it worth remembering.

It is impossible to become like somebody else. Your only hope is to become more fully yourself. That is the reason for practicing meditation in the first place.



NATIONAL NOODLE MONTH

With March being National Noodle Month, it's time for us to break out our favorite noodle recipes.

Noodles are food that goes back thousands of years with the earliest written record of it occurring during the Eastern Han Period in China some 4,000 years ago. Since their invention, they've literally traveled the world and are enjoyed in a thousand different forms. All of these noodles are worth checking out during March.

The History Of National Noodle Month

This month was first created a few years ago by the National Pasta Association. This organization helps to encourage pasta consumption and helps pasta manufacturers collaborate on marketing, production, and regulatory issues surrounding pasta.

We just couldn't resist dipping into a big pot of noodle facts, so we did the research and came away with the following facts. We think the noodle facts below will be eye-opening to most people. Or, at least, that's our hope.

- The first time the word “Noodle” was used was during the mid-18th century.
- Every day around the world, almost 300 million portions of instant noodles are eaten.
- If properly packaged, dried pasta noodles will last virtually forever, or at least for a long, long time.
- The word “Noodle” comes from the German word “Nudel,” which comes from “knödel.” Knödel means “Dumpling.”
- In China, noodles are a symbol of longevity.
- Following WWII, noodles became extremely important in Japan as a food source that was easy to obtain and cook.



PESTO PASTA SALAD



Observing National Noodle Month

As we said earlier, there are thousands of noodles out there for people to choose from during National Noodle Month. That means that a person can have different noodles for every meal of every day of this month and not have even come close to trying all of the noodles that are available.

That’s why during this month we’re going to stick with some of the basics: Shells, Rotini, Linguine, Radiatore, Spaghetti, and Campanelle. Of course, the pasta noodles that a person chooses during this month will depend on their personal preference, their personal taste, and what recipes they are using.

Pesto makes this salad a winner and may even get some of the guys to eat fresh spinach!

3/4	cup	pesto
1/2	cup	mayonnaise
2	Tbsp	lemon juice
1/4	tsp	salt
1/4	tsp	black pepper
16	oz	rotini pasta (or penne or bowtie)
2	cups	cherry tomatoes, halved, or grape tomatoes, which can be whole
2	cups	fresh spinach, tightly packed
1	cup	mozzarella cheese, diced about 1/2”

- Combine first 5 ingredients to make a dressing. Set aside for now.
- Cook the noodles al dente’ and drain. Transfer to a mixing bowl.
- Add the tomatoes and mozzarella.
- Fold in the sauce and blend gently so all of the noodles are coated.
- Add in the spinach and gently fold into the pasta.
- Transfer to a serving bowl or a salad bar pan.
- Top with parmesan cheese if you like.

Variations:

- Add (thawed) frozen peas just before serving.
- Yes, bacon. You can add some crispy crumbles.
- Black olives go well with the pesto in this salad.





SHRIMP ALFREDO PASTA BAKE



A great way to use the leftover boiled shrimp. This makes a half steamtable pan.

16 oz angel hair or penne pasta
2 lbs shrimp, cooked, peeled
3 cups broccoli, frozen, chopped up a bit
3-4 cups Alfredo sauce
1/2 cup Parmesan cheese, grated

- If you don't have any leftover shrimp, we suggest that you peel and butterfly before cooking, then just boil as you would your usual boiled shrimp.
- Cook the pasta al dente', then transfer to a large mixing bowl.
- Add the cooked shrimp and broccoli, toss to mix a little bit.
- Add in the Alfredo sauce and fold in. Add more as needed to make a moist dish
- Top with parmesan cheese
- Bake at 350 until the casserole is heated throughout, and the top starts to become golden brown.
- Remove and place on serving line.

Variations:

- Substitute kale or spinach for the broccoli
- And yes, bacon works in this dish very well. As bacon does with most things.
- You can use crawfish in place of the shrimp.

Yes, it's also National Peanut Month (who makes up this stuff?) So, we present to you a dish that celebrates both noodles AND peanuts: Pad Thai, on the next page.

About national peanut month:

National Peanut Month had its beginnings as [National Peanut Week](#) in 1941 but later morphed into a month-long celebration in 1974.

When it comes to plants packing protein power, peanuts provide a whopping 8 grams per ounce, more than any other nut according to The Peanut Institute. And remember, it's not a nut! Nuts grow on trees. The peanut is also high in antioxidants. This goober (as they're called in the south), is also high in vitamins E and B6, but they're rich in minerals such as magnesium, iron, and zinc. Studies also show when paired with other nutrient-rich foods, this wonderful legume helps us absorb nutrients better, too.

Revolutionary inventions and discoveries made the peanut easier to cultivate during the late 1800s and early 1900s. One such contributor was Dr. George Washington Carver who is considered the Father of the Peanut. His dedicated research into the peanut led him to publish "How to Grow the Peanut and 105 Ways of Preparing it for Human Consumption" in 1916. His continued interest resulted in more than delicious uses for the peanut.

Savor the taste of delicious peanuts all month long. These tasty nuts add a punch of flavor to almost any dish. Eat them whole or spread peanut butter on a sandwich. Bake up a delicious treat using peanuts.



PAD THAI



This is a spicy, but not too hot, well-rounded dish. Don't be put off by the peanut flavor; it really makes the dish! This should serve about 10 people.

The Sauce:

3	oz	fish sauce
3	Tbsp	soy sauce (low sodium is better)
1	cup	light brown sugar
3	oz	cider or white vinegar (not balsamic)
1/4	cup	Sriracha hot sauce
1/2	cup	peanut butter (creamy)

The Noodles:

1 ½	lbs	rice noodles (flat)
1/2	cup	oil (not olive oil)
3	Tbsp	garlic, minced
1 ½	lbs	chicken, diced, or shrimp (or both)
6	each	eggs
2	cups	bean sprouts (optional but preferred)
2	cups	shredded carrot (long strings please)
3	each	red bell pepper, julienne thin
10	each	green onions, sliced (white and green)
1 ½	cups	dry roasted peanuts
3/4	cup	lime juice (lemon will work if you need)
1	cup	cilantro, chopped

- Cook the noodles according to directions on the package just until tender.
- Rinse under cold water and drain. Set aside.
- Make the sauce by combining all the ingredients and blending well with a wire whip. It takes a minute to get it blended due to the peanut butter.
- In a large skillet or on a flattop grill, set to high heat, put about 1/2 cup of the oil. Add the chicken, carrots, and bell peppers and sauté until the meat is cooked and the peppers are tender but firm. Note: If you have a wok this is the time to break it out and use it 😊.
- If using a skillet, remove ingredients and return the skillet to heat. If using a grill, just push the ingredients to the side for the next step.
- Add more oil to the pan or grill, then scramble the eggs dry, breaking them into small pieces.
- If using skillet, add back the meat/peppers and then add in the bean sprouts, noodles, peanuts and sauce to the skillet. Stir frequently to prevent it scorching. Cook until it is all heated throughout.
- If using the grill, remove ingredients and transfer to a large bowl.
- Toss the noodles, peanuts, and sprouts onto the grill with remaining oil. Working the product with a spatula, toss until it is all heated throughout.
- Remove from the grill and transfer to the large bowl.
- Add in the sauce and cilantro; toss everything to coat well.
- Transfer to a steamtable pan.





QUICK BEEF GOULASH & NOODLES

This is a great way to make leftover beef something they'll want to eat! Serves about 10.

4	lbs	cooked beef (chuck roast, leftover rib-eye)
1/2	cup	butter or margarine
2	each	onions, diced
2	each	green bell pepper, diced
2	each	red bell pepper, diced
2	Tbsp	paprika
28	oz	canned tomatoes, chopped, with liquid
2	cups	beef stock or broth
1	lb	egg noodles (about 10 cups), uncooked
1/4	cup	fresh parsley, chopped (or 2 Tbsp dried)
1	cup	sour cream

- Slice the beef thin – about 1/8 inch thick. Set aside.
- In a large saucepan, heat the butter, add the onion and cook until just beginning to brown (5-10 minutes).
- Add the beef, paprika, and bell peppers; cook another 5 minutes or so until the peppers soften.
- Add in the beef broth and tomatoes, bring to a boil and then reduce to a simmer.
- Cook another 10 – 15 minutes to reduce the liquid.
- Meanwhile, cook the noodles in salted water until just tender. Remove and toss with a bit of butter to coat lightly (to prevent clumping or sticking). Place in a steamtable pan and garnish with chopped parsley.
- When the liquid has reduced to your liking, taste and adjust for salt and pepper.
- Remove and place in a steamtable pan for serving and garnish with chopped parsley.
- Serve sour cream on the side.

CREAMY GARLIC NOODLES

A simple base recipe to which you can add chicken, pork, vegetables, or even smoked brisket chunks! Serves 12 ish.

1/2	cup	butter
2	Tbsp	garlic, minced
8	cup	chicken broth
4	cups	milk (may need to add more)
2	lbs	fettuccine noodles
1 ½	cups	grated parmesan cheese
Optional:	4 cups	broccoli
	4 cups	chicken or other cooked meat that has been diced or shredded

- in a large saucepan, sauté the garlic in the butter until it is just beginning to lightly brown.
- Add broth, milk, salt and pepper to taste.
- Bring to a boil and add the pasta.
- Reduce to a simmer and stir occasionally until the pasta is cooked through and the liquid is reduced.
- You may need to add liquid during the cooking to keep the pasta from drying out.
- If using additional ingredients, add them in the last 5 minutes of cooking so they will be heated throughout.
- Remove and transfer to a steamtable pan for serving.



HYDROGEN SULFIDE SAFETY

The work done by SONOCO customers is producing oil and gas through drilling, construction, and production operations. At times this work will be done in areas that produce Hydrogen Sulfide Gas (H₂S), known as “sour gas”. It is important to know the properties of the gas and how to protect against exposure to it.

The Properties of Hydrogen Sulfide Gas (H₂S) are:

- Colorless
- Heavier than air
- Highly flammable
- Low concentrations produce a “rotten eggs” odor
- High concentrations: (permissible exposure limit is 10 PPM max for General Industry)
 - Are highly poisonous
 - May cause paralysis and unconsciousness
 - Numbs the sense of smell
 - Causes drowsiness
 - **CAN BE FATAL!**

To Protect Against Exposure to Hydrogen Sulfide Gas (H₂S):

Once aboard a new structure:

- Review the site specific contingency plan
- Learn the meaning of the alarm system, emergency, and escape procedures
- Locate the H₂S monitors that give readings on H₂S levels
- Know the location of respiratory protective gear (NIOSH-certified self-contained breathing apparatus, SCBA, or airline respirator with escape SCBA) and how to use it. This information will be

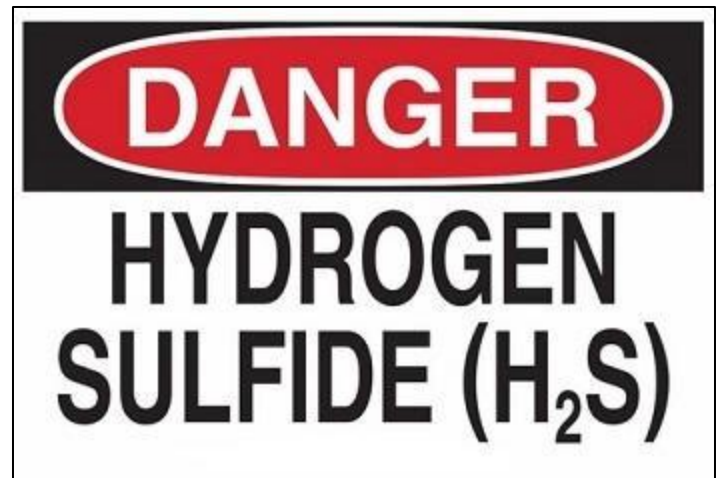
communicated at your site-specific orientation to the platform.

- 2) Air Monitoring equipment will be set up where required. The methods of detecting H₂S by the use of fixed or portable monitors will be used and will alarm at the appropriate permissible exposure limits of 10 PPM for 1910 (general industry) and/or 10 PPM for 1926 (construction industry).

IF YOU DO NOT KNOW, ASK!

If an Alarm Signals the Presence of Hydrogen Sulfide Gas (H₂S):

- Eliminate all sources of ignition, it is highly flammable!
- Check windsocks/streamers for wind direction and get upwind.
- Climb up, not down to escape the fumes; they are heavier than air.
- Go to the safe assembly area; put on respiratory protective gear during exposure to heavy concentrations of H₂S.





GETTING STARTED WITH MINDFULNESS

What is mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.

What is meditation?

Meditation is exploring. It's not a fixed destination. Your head doesn't become vacuumed free of thought, utterly undistracted. It's a special place where each and every moment is momentous. When we meditate, we venture into the workings of our minds: our sensations (air blowing on our skin or a harsh smell wafting into the room), our emotions (love this, hate that, crave this, loathe that) and thoughts (wouldn't it be weird to see an elephant playing a trumpet).

Mindfulness meditation asks us to suspend judgment and unleash our natural curiosity about the workings

of the mind, approaching our experience with warmth and kindness, to ourselves and others.

How do I practice mindfulness and meditation?

Mindfulness is available to us in every moment, whether through meditations and body scans, or mindful moment practices like taking time to pause and breathe when the phone rings instead of rushing to answer it.

The Basics of Mindfulness Practice

Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. [Here's how to tune into mindfulness](#) throughout the day:



1. **Set aside some time.** You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.
2. **Observe the present moment as it is.** The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier said than done, we know.
3. **Let your judgments roll by.** When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.
4. **Return to observing the present moment as it is.** Our minds often get carried away in thought.

That's why mindfulness is the practice of returning, again and again, to the present moment.

5. **Be kind to your wandering mind.** Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

That's the practice. It's often been said that it's very simple, but it's not necessarily easy. The work is to just keep doing it. Results will accrue.

How to Meditate

This meditation focuses on the breath, not because there is anything special about it, but because the physical sensation of breathing is always there and you can use it as an anchor to the present moment. Throughout the practice you may find yourself caught up in thoughts, emotions, sounds—wherever your mind goes, simply come back again to the next breath. Even if you only come back once, that's okay.

A Simple Meditation Practice

1. **Sit comfortably.** Find a spot that gives you a stable, solid, comfortable seat.
2. **Notice what your legs are doing.** If on a cushion, cross your legs comfortably in front of you. If on a chair, rest the bottoms of your feet on the floor.
3. **Straighten your upper body**—but don't stiffen. Your spine has natural curvature. Let it be there.
4. **Notice what your arms are doing.** Situate your upper arms parallel to your upper body. Rest the palms of your hands on your legs wherever it feels most natural.
5. **Soften your gaze.** Drop your chin a little and let your gaze fall gently downward. It's not necessary to close your eyes. You can simply let what appears before your eyes be there without

focusing on it.

6. **Feel your breath.** Bring your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly, or your chest.
7. **Notice when your mind wanders from your breath.** Inevitably, your attention will leave the breath and wander to other places. Don't worry. There's no need to block or eliminate thinking. When you notice your mind wandering gently return your attention to the breath.
8. **Be kind about your wandering mind.** You may find your mind wandering constantly—that's normal, too. Instead of wrestling with your thoughts, practice observing them without reacting. Just sit and pay attention. As hard as it is to maintain, that's all there is. Come back to your breath over and over again, without judgment or expectation.
9. **When you're ready, gently lift your gaze** (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

Mindful Practices for Every Day

As you spend time practicing mindfulness, you'll probably find yourself feeling kinder, calmer, and more patient. These shifts in your experience are likely to generate changes in other parts of your life as well.

Mindfulness can help you become more playful, maximize your enjoyment of a long conversation with a friend over a cup of tea, then wind down for a relaxing night's sleep.

