

# SHOP TALK

A Twice-Monthly Newsletter for our Team. April 15, 2024

"The task of the leader is to get their people from where they are to where they have not been."

*Henry Kissinger*

"You cannot be a leader, and ask other people to follow you, unless you know how to follow, too."

*Sam Rayburn*

"Leadership and learning are indispensable to each other."

*John F. Kennedy*

"The quality of a leader is reflected in the standards they set for themselves."

*Ray Kroc*

"Become the kind of leader that people would follow voluntarily, even if you had no title or position."

*Brian Tracy*



## HOUSEKEEPING IS CORE to SAFETY

"Uncluttered working conditions are essential to the safety of all workers and should be maintained at all times in both work and office areas. Proper housekeeping management provides for an orderly arrangement of operations, tools, equipment, storage facilities, supplies, and waste material."

Good housekeeping is evidenced by floors free from grease and oil spillage; properly identified passageways; unobstructed accesses and exits; neat and orderly machinery and equipment; well-nested hoses and cords; properly stored materials; removal of excess waste material or debris from the working area; walkways free from ice and snow; surfaces, including elevated locations, free from accumulated dust; and adequate lighting. Maintaining these conditions contributes significantly to lower incident rates."

From the OSHA website. We'll talk more ☺



We've all been there: it's the end of a long day, we are in the middle of a big project, and we are just coming back to do the same thing tomorrow. Might as well just leave it overnight, it will cut down on prep time tomorrow.

Then tomorrow comes, and you're much too busy to tend to "unimportant stuff" like organizing your workspace. It's an accident waiting to happen.

Housekeeping is an important factor to ensure safety in an organization. Good housekeeping can help companies reduce workplace hazards and provide a safe and secure environment for employees.

But in a work setting, it means much more. Housekeeping is crucial to safe workplaces. It can help prevent injuries and improve productivity and morale.

There are many important things that you need to know about good housekeeping in the workplace. Here are 11 tips for effective housekeeping to ensure worker safety.

### **Prevent slips, trips, and falls**

All workplaces should be "kept clean and orderly and in a sanitary condition." The rule includes passageways, storerooms, and service rooms. Floors should be clean and dry.

### **Eliminate fire hazards**

Employees are responsible for keeping unnecessary combustible materials from accumulating in the work area. Combustible waste should be stored in covered metal receptacles and disposed of in a safe manner on a daily basis.

### **Prevent falling objects**

Protections such as a toe board, toe rail, or a net can help prevent objects from falling and hitting workers or equipment. Other tips include stacking boxes and materials straight up and down to keep them from falling.

Place heavy objects on lower shelves and keep equipment away from the edges of desks and tables. Also, refrain from stacking objects in areas where workers walk, including aisles. Keep the layout in mind so workers are not exposed to hazards as they walk through areas.

Falling objects can lead to major injuries. It's also important to carefully observe whether items are precariously balanced on the shelves or not, as there's always a risk that they might fall. Ideally, workers should be tasked with the responsibility of double-checking items once they've been placed on the shelf to ensure they aren't at a risk of falling.

### **Declutter**

A cluttered workplace can lead to ergonomics issues and possible injuries because workers have less space to move. The best way to maintain good housekeeping in the workplace is to keep the aisles, stairways, emergency exits, and electrical panels as free of clutter as possible.

For instance, trash receptacles should be emptied out before they overflow and it's imperative for organizations to purge any untidy areas in the workplace. These may seem like minor issues, but they can quickly escalate and can ladder up into other concerns.

It's important for organizations to make sure that they set up a cadence to regularly clean out trash

receptacles and keep the workplace as organized and as clean as possible.

### **Store materials properly**

We must ensure chemicals and dangerous substances are stored and handled in a way that minimizes their risks and limits people's exposure to them.

We can control risks by:

- storing chemicals according to the manufacturer's instructions
- keeping the minimum quantity of hazardous substances necessary
- storing incompatible substances separately
- taking steps to prevent release or leakage of dangerous substances
- keeping a spill kit near to storage areas, and ensuring staff are trained in what to do in the event of a spill
- cleaning up any leaks or spills that occur immediately
- using appropriate precautions when handling substances – for example, wearing protective clothing or ensuring adequate ventilation
- ensuring employees who store and handle dangerous substances are properly trained
- checking containers used for short-term storage are properly labelled

If you store chemicals or dangerous substances that could create a fire or explosion, you must ensure that flammable substances are correctly stored in suitable containers and are not stored near to a source of ignition such as a heater.

### **Use and inspect personal protective equipment and tools**

Wear correct PPE – such as safety shoes, gloves, and safety glasses – while performing housekeeping. Determine what type of PPE to wear based on the potential risks. Regularly inspect, clean and fix tools. Remove any damaged tools from the work area.

PPE should also be inspected on a regular basis and any damaged articles should be removed and

replaced. Set up a regular maintenance schedule to identify any damaged tools and inspect machinery, and if necessary, replace them.

### **Determine frequency**

We all should participate in housekeeping, especially in terms of keeping their own work areas tidy, reporting safety hazards and cleaning up spills, if possible.

Before the end of a shift, we should inspect and clean our workspaces and remove unused materials. This dedication can reduce time spent cleaning later.

The amount of debris or contaminants the workplace releases can help determine the frequency of housekeeping. A company should have a mixture of deep cleaning and more frequent, lighter cleaning that involves sweeping and responding to spills.

### **Think long-term**

Housekeeping should be more than a one-time initiative – it should continue through monitoring and auditing. Keep records, maintain a regular walk-through inspection schedule, report hazards and train employees to help sustain housekeeping. Set goals and expectations, and base auditing on those goals.

And please remember, we're not just responsible for our safety, but the safety of others – our team members and our customers. Take the time to keep our work areas neat, clean, and organized.







## PASTA AGLIO e OLIO (oil & garlic)

Serves 4 to 6

- |     |      |                                           |
|-----|------|-------------------------------------------|
| 1   | lb   | dried spaghetti pasta                     |
| 1   | cup  | pasta water (from cooking spaghetti)      |
| 1/2 | cup  | olive oil                                 |
| 12  | each | garlic cloves, thinly sliced (not minced) |
| 2   | tsp  | red pepper flakes                         |
| 1/3 | cup  | fresh parsley, chopped fine               |
| 3   | Tbsp | lemon juice                               |
| 1/2 | cup  | Parmesan cheese, plus more for serving    |
|     |      | salt and pepper, to taste as needed       |

- Cook the pasta al dente; drain (save 1 cup liquid)
- While pasta is cooking, in large pan, the heat olive oil and sauté garlic until it's just beginning to brown (take care not to burn it. Stir frequently).
- Add red pepper flakes and the cup of pasta water and cook together for a minute.
- Add the pasta to the pan and stir or toss to fully coat the pasta.
- Add salt and pepper to taste (don't salt heavily).
- Remove from heat and gently stir in lemon juice, cheese, and fresh parsley until coated.
- Transfer to a steamtable pan and top with more Parmesan cheese and a few pepper flakes.
- Place on steamtable for serving.

NOTE: Make this an entrée by adding in grilled chicken or sauteed shrimp, or fresh mushrooms. These additions will not negatively affect the nutritional balance.



## FETTUCCINE WITH SURIMI CRAB

Using imitation crabmeat for this dish adds just a bit of sweetness, balanced by the salty Parmesan cheese. And it's budget friendly. 12+ servings.

- |       |      |                            |
|-------|------|----------------------------|
| 2     | lbs  | fettuccine pasta, uncooked |
| 1/2   | cup  | butter                     |
| 1     | each | large onion, diced         |
| 2     | Tbsp | garlic, fresh, minced      |
| 3/4   | cup  | flour                      |
| 7     | cups | milk (2%)                  |
| 1 1/2 | cups | grated Parmesan cheese     |
| 2     | lbs  | imitation crab meat        |
| 1/4   | cup  | chopped fresh parsley      |

- Cook the pasta al dente; drain and set aside.
- While pasta is cooking, melt butter in a saucepan.
- Add the onion and garlic; cook at a med-low until the onions are transparent.
- Add flour to mixture to make a roux. Cook for a couple of minutes to achieve a blonde roux.
- Add the milk and cook on med-low, gently, to heat the milk. Don't boil or the milk will scald.
- When the milk is hot, add the Parmesan cheese and blend in.
- Stir in the crab and the noodles. Gently stir to coat and remove from heat.
- Transfer to a steamtable pan and garnish with chopped parsley.



## PASTA CARBONARA & SURIMI

Makes about 6 servings.

8	slices	crisp bacon, crumbled
1	lb	fettuccine pasta
4	each	eggs
1	cup	grated Parmesan cheese
1	Tbsp	garlic, fresh, minced
1	tsp	black pepper
1	lb	imitation crab meat
1/4	cup	fresh parsley, chopped

- Cook the pasta according to directions.
- While pasta cooks, in a bowl, whisk the eggs, cheese, lemon juice, garlic, and pepper.
- Drain the pasta, reserving about 1 cup of the cooking water.
- Immediately add the pasta and 1/4 cup of the cooking water to the egg mixture, tossing to combine.
- Stir in the crabmeat and half of parsley.
- Salt and pepper to taste.
- Transfer to a steamtable pan for serving and place on the line. Garnish with the remaining parsley.
- Have additional cheese available for customers to use as they wish.

## SURIMI CRAB SLIDERS

A simple and tasty cold sandwich, perfect as a fast food healthy option. Makes 12 sliders.

1/4	cup	mayonnaise
1	Tbsp	brown or creole mustard
2	Tbsp	lemon juice
1/2	tsp	paprika
2	packs	imitation crabmeat, flaked
1	each	avocado, mashed
2	Tbsp	mayonnaise
		Salt and pepper, to taste
12	each	King's Hawaiian Rolls, split
12	pieces	romaine lettuce, a bit bigger than the roll size

- Combine first four ingredients and blend to make a dressing.
- Gently fold the crabmeat into the dressing.
- Combine avocado and 2 Tbsp of mayo.
- Set bun bottoms on a serving tray or pan.
- Top the bun bottoms with a portion of avocado.
- Place the romaine leaf on top of the bun.
- Portion about 2 ounces of the crab mixture on top of each lettuce piece.
- Place bun top on each sandwich.
- Serve.

NOTE: you can add crisp, crumbled bacon. ☺





## SEAFOOD or SHRIMP BOULETTES

A great way to extend shrimp and keep that budget in check, these tasty morsels are guaranteed to be popular. Makes around 50 boulettes.

- |   |        |                                      |
|---|--------|--------------------------------------|
| 2 | each   | onions, chopped very finely          |
| 4 | each   | potatoes, cubed, peeled, and boiled  |
| 1 | each   | large green bell pepper, diced small |
| 3 | stalks | celery, very finely chopped          |
| 2 | lbs    | gumbo shrimp, or shrimp fine chopped |
| 1 | lb     | cooked fish, flaked (OPTIONAL)       |
| 1 | Tbsp   | Tabasco                              |
| 2 | each   | eggs                                 |
| 1 | cup    | flour                                |

- Mash the potatoes in a large bowl.
- Add the eggs and blend in with potatoes
- Add the vegetables and shrimp; fold together to make a consistent mixture.
- Sprinkle flour on top of the mixture and fold in.
- Using a #72 scoop, or a tablespoon, spoon balls of the mixture into a deep fryer at 350 F.
- Cook until golden brown. Shake basket during frying to achieve a uniform color, or you can place one fryer basket on top of the other to ensure that the boulettes are completely covered by oil.
- Remove, drain, and serve in a shallow steamtable pan with a drain grate.

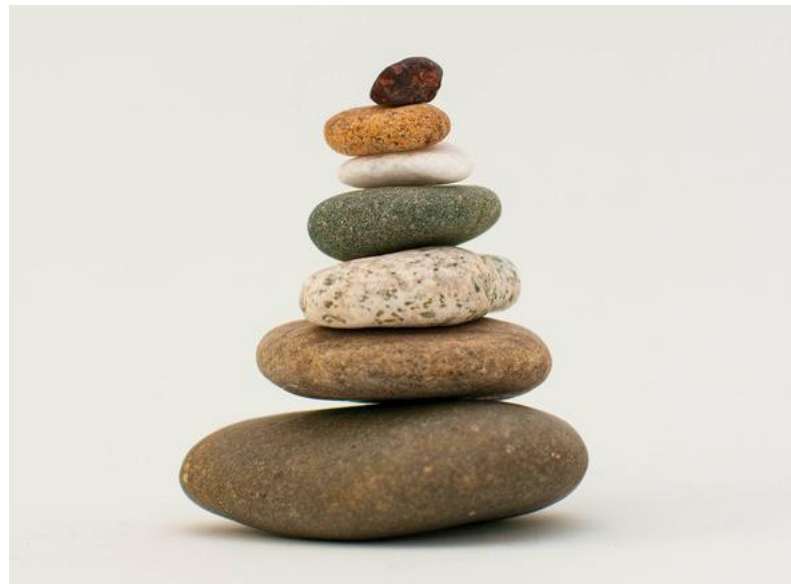
## How to Meditate

Meditation is an ancient practice that has gained global recognition for its benefits in promoting mental well-being, focus, and stress reduction. Millions around the world use meditation to navigate the stresses of life, increase self-awareness, and cultivate mindfulness. In this article, we'll provide you with an overview of how to meditate and will delve into various techniques. For those who are new to the practice, we will conclude with tips on how to start meditating.

When we meditate, we inject far-reaching and long-lasting benefits into our lives: We lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves. Let's walk through the basics.

Here are some straightforward steps to start your journey into meditation:

- **Find a quiet and comfortable space.** This should be a place where you can relax without being interrupted or distracted.
- **Sit comfortably.** You can use a chair, a cushion, or even your bed. The key is to maintain good posture without feeling strained.
- **Close your eyes and breathe naturally.** Pay attention to the movement of your breath going in and out.
- **Let your thoughts flow freely.** Don't suppress or follow them. Simply observe them without judgment.



## Here are a few tips to guide you as you begin your meditation journey:

- **Start small:** Begin with a few minutes per day, then gradually increase the time as you get comfortable.
- **Be consistent:** It's better to meditate for a shorter duration regularly than to meditate for extended periods sporadically.
- **Be patient:** Your mind will wander. When it does, gently bring your attention back to your breath without judgment. It's part of the process.
- **Experiment:** Try different techniques until you find the one that suits you best. Remember, there's no one right way to meditate.
- **Use guided meditations:** As a beginner, guided meditations can be extremely beneficial.

## Here's a slightly more detailed guide to meditation:

**1) Take a seat:** Find a place to sit that feels calm and quiet to you.

**2) Set a time limit:** If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

**3) Notice your body:** You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position, you can stay in for a while.

**4) Feel your breath:** Follow the sensation of your breath as it goes in and as it goes out.

**5) Notice when your mind has wandered:** Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

**6) Be kind to your wandering mind:** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

**7) Close with kindness:** 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.

**That's it! That's the practice.** You focus your attention, your mind wanders, you bring it back, and you try to do it as kindly as possible (as many times as you need to).

## How Much Should I Meditate?

Meditation is no more complicated than what we've described above. It is that simple ... and that challenging. It's also powerful and worth it. The key is to commit to sit every day, even if it's for five minutes. Meditation teacher Sharon Salzberg says: "One of my meditation teachers said that the most important moment in your meditation practice is the moment you sit down to do it."

## How to Make Mindfulness a Habit

It's estimated that 95% of our behavior runs on autopilot. That's because neural networks underlie all of our habits, reducing our millions of sensory inputs per second into manageable shortcuts so we can function in this crazy world. These default brain signals are so efficient that they often cause us to relapse into old behaviors before we remember what we meant to do instead. Mindfulness is the exact opposite of these default processes. It's executive control rather than autopilot, and enables intentional actions, willpower, and decisions. But that takes *practice*. The more we activate the intentional brain, the stronger it gets. Every time we do something deliberate and new, we stimulate neuroplasticity, activating our grey matter, which is full of newly sprouted neurons that have not yet been groomed for "autopilot" brain.





## CORN & SURIMI CRAB SOUP

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Makes about 1 gallon of soup.

- 1/2 cup margarine
- 1/2 cup flour
- 4 cups milk
- 4 cups half and half
- 4 cups whole kernel corn, thawed
- 2 packs imitation crab meat
- 2 cups sliced green onions (the whole thing)
- 1 tsp Tony's or Slap Ya Mama seasoning
- 2 Tbsp soy sauce
- 1/2 cup chopped (or 1/4 cup dried flakes)

- In a stockpot, make a light roux with margarine and flour. Add milk, stirring in to blend in roux.
- Add half and half, again stirring as you do.
- Bring to a simmer but do not boil.
- Add corn and green onions and continue to heat until the entire batch is hot.
- Break up crabmeat into smallish pieces but don't flake too small. Add to liquid.
- When it's all hot, remove and transfer to a soup kettle, or steamtable pan for serving.
- Garnish with parsley.

## AWFUL DAD JOKES

Why was the smartphone taking blurry photos?  
***It lost its contacts.***

Why don't grasshoppers watch soccer matches?  
***They prefer Cricket.***

What do you call security guards outside of the Samsung Store?  
***Guardians of the Galaxy***

What do you call a big fish that makes an offer you can't refuse?  
***The Codfather***



**"Chasing the ice cream truck does not count as a summer fitness program."**



