

SHOP TALK

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

Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.

-Vince Lombardi

If you want to go fast, go alone. If you want to go far, go together.

-Unknown

Collaboration has no hierarchy. The sun collaborates with soil to bring flowers on the earth.

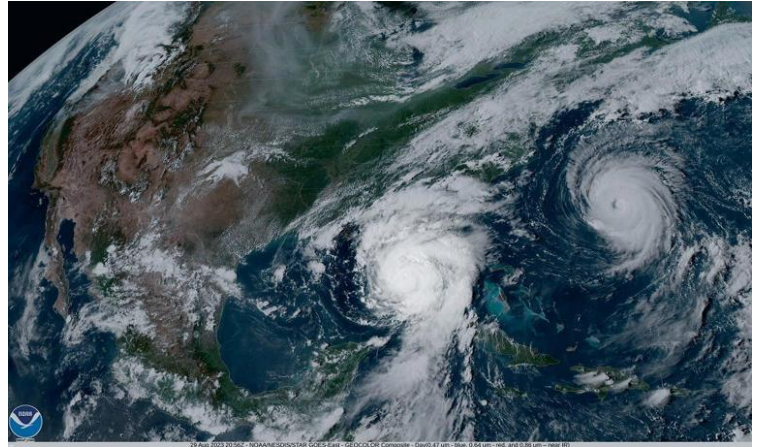
-Amit Ray

The nicest thing about teamwork is that you always have somebody on your side.

- Margaret Carty

Coming together is a beginning. Keeping together is progress. Working together is a success.

- Henry Ford



HURRICANE SEASON BEGINS TODAY...

...and runs from June 1 until November 30.

This year is predicted to be an especially intense season for hurricanes, due to La Niña. What does this mean?

La Nina typically suppresses tropical activity in the Pacific while enhancing tropical activity in the Atlantic. This is due to cooler waters in the Pacific, while the Atlantic usually experiences less wind shear during La Nina. That, combined with already very warm sea surface temperatures in the Atlantic, could make 2024 a very busy year for the Atlantic.

"We've got possibly extremely warm sea surface temperatures, especially in the main (hurricane) development region and the prospect of La Niña being in place," said Florida State climatologist David Zierden. "That's not good news for hurricane season."

This issue looks at what to do in the event of a hurricane approaching or making landfall.



HURRICANE READINESS STARTS NOW.

You can't stop a tropical storm or hurricane, but you can take steps now to protect yourself and your family.

If you live in areas at risk, the Centers for Disease Control and Prevention (CDC) encourages you to be prepared for hurricane season. The Atlantic hurricane season is June 1 through November 30 each year. It's always important to be prepared for a hurricane.

Planning for hurricane season and other potential disasters can be stressful, and with COVID-19 to consider as well, it may be especially so.

Prepare to Evacuate

If you may need to evacuate, prepare a "go kit" with personal items you cannot do without during an emergency.

Find out if your local public shelter is open in case you need to evacuate your home and go there.

If you need to go to a disaster shelter, follow CDC recommendations for staying safe and healthy in a public disaster shelter during the COVID-19 pandemic.

Follow guidance from your local public health or emergency management officials on when and where to shelter.

Stay in a safe place from water & wind

Always keep a safe distance from flooded and damaged areas. When you're at risk from storm surge or flooding, it's important to get to high ground away from bodies of water and any flood-prone areas. Evacuate if told to do so. Never drive through floodwaters or compromised bridges. Always pay attention to barriers and signage.

If your house becomes flooded and you're still there, get higher in your house to escape the flood waters. If the highest floor of your home becomes dangerous, get on the roof, and call 911.

Though rain and storm surge cause more direct deaths, wind can also be very destructive and deadly in hurricanes. Winds can be stronger higher above ground level. This can put high-rise buildings at a greater risk. To protect yourself from wind, the best thing you can do is put as many walls as possible between you and the outside. An interior room without windows is the safest place you can be in a building. You can cover yourself with a mattress and wear a helmet for added protection. If your area is under an Extreme Wind Warning, take shelter immediately. Make sure to stay sheltered until the threat is gone.

Have a way to get weather alerts and updates

Make sure to have Wireless Emergency Alerts enabled on your phone to receive Warnings and other alerts. Always pay attention to the latest forecast as conditions can change quickly and storms can rapidly intensify from a tropical storm to a major hurricane. Even small changes in the storm's track can make a big difference.

Realize that impacts can be felt far away

Remain vigilant even if you're far from the most damaging winds. Inland flooding can be felt hundreds of miles from the coast. Never drive through



Evacuation Procedures

When a customer informs you of a possible evacuation:

IMMEDIATELY call the office. This is important so we can plan. We need to plan on your pickup if needed, and also dry ice deliveries.

Take a complete inventory and then keep a “running” inventory by deducting items you use. If you do evacuate, bring a copy of the inventory with you.

When an evacuation is certain and you have info:

Call in and report when you will be coming off, and if the customer is sending you to a hotel or home on standby.

Before you leave, put dry ice in the cooler/freezer. Seal the doors with tape.

Bring in any paperwork: (order, inventory, payroll, BBSM) It should be up-to-date, signed and don't forget those Charge Codes if they are required.

If our customer asks for your phone number:

Politely tell them crew assignments are handled by our office, so we can prevent confusion and coordinate everyone's safe return to work.

When you get to your location, whether hotel, home, or bunkhouse:

Call to let us know you've arrived, and give us a phone number where we can reach you.

If you are at a hotel on standby:

Do not leave. You will not receive standby pay if you do. This is also a customer policy.

Don't consume any alcohol: you may be called back to work on short notice. Please do not violate this important rule.

When you return to your work location:

Call to report that you have arrived safely.

If you put dry ice in the refrigerators, they will have to be vented carefully. Follow confined space entry and CO2 procedures.

If you are staying in one of the bunkhouses, please know:

- They are wind-rated for 140 mph winds. We shelter in place unless it becomes clear that we must evacuate. If so, we will evacuate everyone.
- Generators will be pre-positioned for immediate power restoration once the storm has passed.
- As normal, food will be supplied at the central galley, and we will also be stocking foods you can use – and water - while the power is out.
- There will be at least one senior manager on the premises. This is usually Mark. If you don't have his contact information, he's happy to provide it.
- If there is an immediate safety concern – no matter if we're in the middle of a storm or not – call us. We'll respond regardless of the weather.





FAJITA CHICKEN PASTA

A little Tex-Mex goes a long way. Yields one half pan.

1/3	cup	cooking oil
3	lbs	boneless chicken, cut into ½ inch strips
5	each	bell peppers, assorted colors, julienned
4	cups	onions, thinly sliced
1/4	cup	chili powder
1/4	cup	ground cumin
4	tsp	salt
1	Tbsp	paprika
1	tsp	garlic powder
1	lb	penne pasta (uncooked)
7	cups	chicken stock (broth)
1	cup	chopped cilantro
1	cup	cream cheese
12	slices	Swiss cheese, chopped up however

- On a grill, sear the chicken on all sides.
- Transfer to a stock pot and add spices, peppers, and onions. Cook until vegetables are just barely tender About 5 minutes at the most).
- Add the chicken stock and pasta (the pasta may not be fully submerged). Bring to a boil. Cook until the pasta is just cooked; remove from heat.
- Stir in the cilantro and cheeses
- If the liquid is still a bit thin, return to stove and cook gently on low heat to reduce the liquid.
- Transfer to a half pan and place on steamtable for serving.
- You can also top with more cheese and bake until lightly browned and then place on serving line.



TEX-MEX TACO BURGER

All the flavor of a taco but nestled in a toasted bun. Yum! You'll need:

Shredded lettuce
 Diced tomato
 Sliced onion (very thin slices)
 Shredded Cheddar cheese
 Taco seasoning (1 pack per lb of beef)
 Ground cumin (1 tsp per lb of beef)
 Garlic powder (1 tsp per lb of beef)
 Pickled jalapenos (in a jar, optional)
 Salsa (optional depending on the crew)

- Break the ground beef into pieces and season with the seasoning packets and spices. Blend together.
- Make patties about 1/2 inch thick, but larger in diameter than the bun.
- Cook the burgers on medium heat – otherwise you'll scorch the spices.
- Meanwhile, toast the burger buns and place the bun bottoms in a shallow full-size insert pan.
- Top each bun with some shredded lettuce, then the patty. Add the cheese, then more lettuce; tomatoes, sliced onion, and jalapenos if you are using them.
- Set the top bun on and you're done!



THE SONOCO STEAKBURGER

Use the Bayou Burger Patty for this.

For each burger, use:

- 2 slices fresh tomato
- 3 leaves iceberg lettuce
- 3 slices bacon, cooked
- 1 slice Swiss cheese
- 1/8 cup shredded Cheddar
- 1 each cherry tomato
- 1/4 cup fried red onion strings

- Make the onion strings (see below)
- Cook the burgers medium
- While burgers cook, toast buns
- Place bottoms in a shallow insert; top with blue cheese dressing or mayo, then fried red onion strings.
- Top with a patty, then shredded cheddar, lettuce, tomato, bacon and Swiss cheese.
- Add more dressing or mayo to the bun top and place on the burger.
- Put a single cherry or grape tomato on the bun center, then place a steak knife through from the top to hold it.

Fried Red Onion Strings

- Thin slice a couple of red onions.
- Run through an egg wash, then flour.
- Repeat the breading.
- Deep fry golden brown, then remove, salt lightly and drain well.



BAYOU BURGER PATTIES

what's the deal with those burgers that look like a ball? And how do you prevent it? With "The Dimple". This keeps that burger flat and helps it cook evenly. Use it, and you'll see the difference first time.

A nice, SoLA kick. Makes about 15 large patties

- 5 lbs ground beef
- 1 lb ground turkey (it's important)
- 2 each eggs, well beaten
- 1 cup breadcrumbs (plain)
- 1/4 cup Worcestershire sauce
- 1 Tbsp black pepper
- 1 tsp salt
- 2 tsp garlic powder
- 1/2 tsp cayenne
- 1 cup green onions, minced (green and white parts)
- 2 Tbsp minced garlic
- 1/2 Tbsp dry mustard

- Combine all ingredients except beef
- Add beef to mixture and gently blend
- Shape into generous 6 oz patties (remember the dimple).

With Dimple



Without



ROASTED GARLIC MUSTARD

- Wrap 10 cloves of garlic in foil; roast 30 minutes at 400 F
- Squeeze garlic out of the foil into a blender. Puree with:
 - 1/2 cup Dijon mustard
 - 1/3 cup maple syrup
 - Salt and pepper to taste.



PICO DE GALLO

Mix 3 chopped tomatoes, 1 diced seeded jalapeno, 1 diced red onion, 2 tablespoons chopped cilantro, 1/4 teaspoon ground cumin, and salt to taste.



PINEAPPLE SALSA

- Mix 3 chopped tomatoes, 1 diced seeded jalapeno, 1 diced red onion, 1/4 cup chopped cilantro.
- Add 1 cup diced pineapple, a pinch of sugar, 1/4 teaspoon ground cumin, and salt to taste.



ROOT BEER BBQ SAUCE

- Combine a 12-ounce can of root beer, 1/2 cup ketchup, 1/4 cup each lemon juice and orange juice, 2 tablespoons each barbecue sauce, brown sugar and Worcestershire sauce, 1 tablespoon molasses and 1/2 teaspoon ground ginger in a saucepan.
- Simmer until thick, stirring, 45 minutes.



BACON & ONION RELISH

- Cook 3 slices diced bacon until crisp; remove and reserve.
- Add 2 sliced onions to the pan.
- Season with salt and pepper and cook over low heat, covered, 10 minutes.
- Uncover and cook until golden, 30 more minutes.
- Stir in 2 tablespoons chopped parsley and the bacon.



RED ONION MARMALADE

- Cook 2 thinly sliced large red onions in a skillet with 1/4 cup oil at low heat, covered, until golden, 30 minutes.
- Stir in 3 tablespoons cider vinegar, 2 tablespoons brown sugar and 1 teaspoon grated peeled ginger; season with salt.
- Cook until thick, about 20 more minutes.





ALOHA BURGER, CALIENTE!

Not just another pineapple-topped burger; this has a bit of kick to it. For each burger you need:

1	each	bayou burger patty
1	slice	Swiss cheese or:
1/4	cup	shredded Cheddar
1	ring	pineapple (fresh or can)
2	slices	tomato
1	slice	white onion (thin slice)
2	leaves	lettuce (any variety)
2	strips	bacon, cooked
1	Tbsp	roasted garlic mustard
1	Tbsp	root beer BBQ sauce
1	tsp	Thai sweet chili sauce

- Cook the burger medium and flip.
- Add cheese when burger is almost done.
- Meanwhile, grill pineapple rings & toast buns.
- On bottom bun put BBQ sauce.
- Place burger on toasted bun.
- On top of burger portion mustard.
- Put bacon on next.
- Add the pineapple ring to bacon.
- Top with Thai chili sauce.
- Add lettuce, tomato & onion.
- Place top bun on and put your masterpiece in a full-size, shallow insert pan.



PEPPERONI PIZZA BURGER

A tasty twist on the old burger, it's easy and delicious.

1	each	bayou burger patty
1	ounce	shredded mozzarella
1	slice	Swiss cheese
2	ounce	pizza or marinara sauce
1	each	bun, house made, split

Note: If you want, you can make patties with ½ ground beef and ½ Italian sausage.

- Place the burger patty on the grill, cook until liquids start to run. Flip.
- Cook until liquids just start to run clear and add the Swiss cheese.
- When you remove the burgers, cover each with a layer of pepperoni.
- Portion some sauce on top of each burger patty.
- Top with enough shredded mozzarella to cover sauce.
- Either lay out in a serving pan ready for customers to grab, or place on a toasted bun bottom and then the toasted top half of the bun so they are ready to go.

NOTE: It's important to toast the bun so it will hold up to the sauce.

Trip and Fall Prevention

The best way to protect ourselves from slip, trip and fall hazards is to prevent them whenever possible. Since slip and trip hazards often appear suddenly from hazards like spills or loose cables, we must remain vigilant to protect one another.

Footwear

Proper footwear is of the utmost importance to prevent slips and trips. This means shoes like sandals, open-toed shoes, canvas shoes, or high heels should be avoided in workplaces that often deal with slippery or uneven surfaces. Non-slip shoes or waterproof footwear can help us safely navigate wet or slick surfaces.

Check for uneven surfaces or rugs that may snag a heel and be sure to encourage that everyone keep their shoes snugly tied.

Signage

When a trip hazard or spill is present, signage is a great way to bring awareness to the new hazard. The trouble is some of us tend to leave their spill signs up long after the hazard is resolved or store it where it becomes part of the daily scenery.

When a sign is seen frequently, it becomes visual noise we ignore. It's best practice to only put these signs out during the moment of danger and remove it as soon as the hazard is resolved.

Clean up spills and keep floors dry

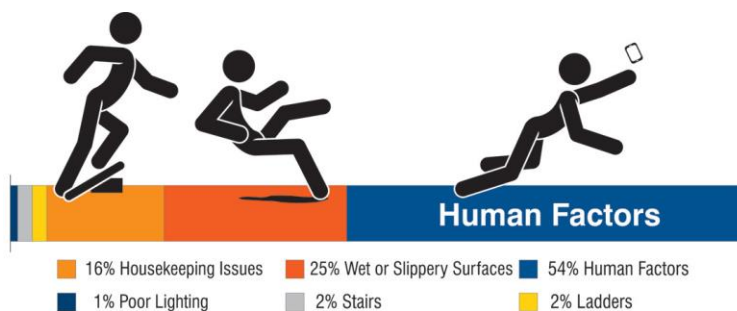
Some of the most common causes of slips are spills and wet floors. Whether the surface is wet from an accident or freshly mopped, always put out a sign as soon as possible to navigate your workers away from the wet surface.

In wet environments like kitchens, it's best practice to put down something to improve traction like anti-skid tape or slip-resistant mats.

Housekeeping

Anything in a path that could catch a foot or cause a loss of traction is a potential slip or trip hazard. Cables across walkways, paper on the floor, boxes, or hoses can all cause a dangerous accident. Items should never be left on the floor, and it is important to continuously check for hazardous clutter.

We suggest frequent cleaning of all work areas, and a workplace culture that closes drawers, puts boxes away, and hides cables in protective covers if they must extend into walking areas.



Proper lighting

Especially when navigating uneven or wet surfaces, we need our workplaces to be well lit to avoid falls. If you can't see the dangers around you, how can you be expected to avoid them? Be sure to report any unsafe conditions, including low light areas.

Plans and protocols

Each of these methods of prevention should be written in your safety plan as company protocol that each worker has easy access to. For your slips, trips, and falls safety plan to work well, we must maintain a safe attitude during our daily work and act on resolving any slip or trip hazards in our area.

