

SHOP TALK

A Twice-Monthly Newsletter for our Team. October 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

The strength of the team is in each individual member. The strength of the individual is in the team.

Phil Jackson

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

Margaret Carty

A major reason capable people fail to advance is that they don't work well with others.

Lee Iacocca

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

Henry Ford



Every October, the world turns its attention to a crucial health issue affecting millions of women worldwide: breast cancer. Designated as Breast Cancer Awareness Month, this period serves as a powerful reminder of the importance of early detection, research advancements, and support for those affected by this pervasive disease.

Breast cancer remains one of the most prevalent forms of cancer among women globally. According to the World Health Organization (WHO), it is estimated that over 2 million new cases are diagnosed each year. Beyond the statistics, breast cancer profoundly impacts individuals, families, and communities, underscoring the necessity for continuous awareness and action.

The primary goal of Breast Cancer Awareness Month is to educate women about the importance of early detection. Regular breast self-examinations, clinical screenings, and mammograms can significantly increase the chances of detecting cancer in its early stages, when treatment is most effective. Educational campaigns and initiatives during October emphasize these practices, aiming to empower women to take charge of their health.

Furthermore, Breast Cancer Awareness Month serves as a platform for fundraising and support for research into causes, prevention, diagnosis, treatment, and cure of breast cancer. Organizations around the world use this month to raise funds for research programs, patient support services, and advocacy efforts. The collective efforts of these organizations contribute to groundbreaking research and advancements in medical technology, ultimately improving outcomes for breast cancer patients.

Importantly, the awareness generated during October extends beyond medical considerations to address the emotional and psychological impacts of breast cancer. Support networks, counseling services, and community events provide opportunities for those affected by breast cancer to connect, share experiences, and find solace in knowing they are not alone in their journey.

Beyond individual actions, corporations, governments, and celebrities often participate in Breast Cancer Awareness Month through partnerships, sponsorships, and public endorsements. This collective mobilization amplifies awareness efforts, reaching a broader audience and fostering a sense of solidarity in the fight against breast cancer.

As October unfolds each year, communities worldwide are encouraged to participate in events, wear pink ribbons, and engage in discussions that raise awareness and promote action. Whether through educational seminars, fundraising walks, or social media campaigns, every effort contributes to a collective movement aimed at reducing the impact of breast cancer on individuals and society as a whole.



Ultimately, Breast Cancer Awareness Month serves as a poignant reminder of the progress made in the fight against breast cancer and the challenges that remain. It underscores the importance of ongoing research, early detection, and support for those affected. By uniting in our efforts and commitment, we can strive towards a future where breast cancer no longer poses a significant threat to the health and well-being of women worldwide. Together, we can make a difference in the lives of countless individuals and families impacted by this disease.



BLACKENED VOODO PASTA

Simple and tasty, this is sure to be a hit on seafood night as a meaty side dish or as an entrée with just about any meal. Serves 10-12.

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| 2 | lbs | rotini pasta (best for this dish) |
| 2 | lbs | smoked sausage |
| 2 | tsp | Blackened seasoning (or Tony's) |
| 3 | cups | Alfredo sauce |
| 1 | cup | milk or half and half |
| 1 | cup | fresh parsley, chopped |
| 2 | tsp | LA hot sauce or Sriracha sauce. |

- Cook the pasta al dente'. Drain and set aside.
- In a skillet, add the sausage and season with the blackening seasoning or Tony's.
- Cook until sausage is brown on both sides.
- Transfer to a saucepan or small stockpot.
- Add the alfredo sauce, milk (or half and half) and the hot sauce. Stir to combine well
- After cooking until the sauce is hot, add in the cooked pasta. Stir to combine but do so gently so as not to break up the pasta.
- Remove from the heat and stir in the parsley, saving just a small amount to garnish with.
- Transfer to a steamtable pan for serving, and garnish with the remaining chopped parsley.

By the way, you can make it a killer entrée by simply adding some cooked, diced chicken and caramelized onions.



CHICKEN & BISCUIT COBBLER

This easy dish makes the best of leftover chicken and veggies. Makes 1 each shallow half pan.

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| 1/2 | cup | margarine, melted |
| 5 | cups | chicken, cooked and shredded |
| 1 | lb | frozen mixed vegetables, or leftover |
| 1 | can | cream of chicken soup |
| 2 | cups | chicken stock |

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| 1 | cup | shredded cheddar cheese |
| 2 | cups | milk |

Biscuit mix for 12 biscuits

- Pour margarine into a shallow half pan.
- Add the chicken in a single layer in the pan.
- Top this evenly with the vegetables.
- Sprinkle with salt and pepper. Set aside.
- Combine biscuit mix with milk and cheese, blend until it is somewhat smooth but still a little lumpy (as it will be with cheese in it).
- Spread the biscuit mix carefully over the top of the vegetables in the pan. Alternatively, you can drop by spoonfuls over the top until you've used all the mixture.
- Bake at 375 F for about 45 minutes, until the topping is browned and the mixture bubbly.
- If you find it is browning too quickly, turn the oven down to 350 F.
- Remove and place on serving line.



Filipino American History Month, observed throughout October in the United States, commemorates the rich cultural heritage and contributions of Filipino Americans to the fabric of American society. This month-long celebration recognizes the enduring legacy and remarkable achievements of Filipino Americans across various fields, from arts and literature to politics, science, business, and beyond.

The history of Filipino Americans in the United States dates back to the 16th century, with the arrival of Filipino sailors known as "Luzones Indios" who landed in Morro Bay, California in 1587. Since then, Filipino Americans have played integral roles in shaping American history and culture. From farm laborers and workers in the early 20th century to soldiers who fought bravely in World War II and the Vietnam War, Filipino Americans have made significant sacrifices and contributions to the nation's development and defense.

Culturally, Filipino Americans have enriched American society through their vibrant traditions, culinary delights such as adobo and lumpia, music, dance, and festivals like the Barrio Fiesta. Filipino American writers and artists have also made indelible marks in literature, film, music, and visual arts, bringing unique perspectives and narratives to the forefront.

In politics and public service, Filipino Americans have broken barriers and achieved notable

milestones. Individuals like Larry Itliong, who co-founded the United Farm Workers alongside Cesar Chavez, and José Esteves, the first Filipino American mayor elected in the continental United States, have paved the way for future generations of Filipino American leaders.

Filipino American History Month serves as a platform for education, awareness, and celebration. It encourages reflection on the challenges faced by Filipino Americans, including discrimination and social inequality, while highlighting their resilience, achievements, and ongoing contributions to a diverse and inclusive America.

As Filipino American communities across the nation come together to commemorate this special month, they honor their heritage, strengthen cultural bonds, and inspire future generations to continue building upon the legacy of their ancestors.

5 Notable Filipino Americans

1. Kiwi Camara - The attorney is known for being the youngest graduate from Harvard Law School at the age of 19.
2. Prince - The pop singer rose up the charts with hits like Purple Rain and Little Red Corvette.
3. Thurgood Marshall, Jr. - The son of Supreme Court Justice Thurgood Marshall and Cecilia Suyat Marshall served as a White House senior staff member in the Clinton Administration.
4. Jose B. Nisperos - Nisperos became the first Asian to receive the Medal of Honor. He served as a member of the Philippine Scouts during the Moro Rebellion.
5. Tim Lincecum - The All-Star MLB pitcher won three World Series Championships during his career - all of them with the San Francisco Giants.



CAJUN SHRIMP BOIL PASTA

Easy peasy for a Saturday lunch and great for leftover seafood night shrimp. Serves about 12.

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| 1 | lb | penne pasta |
| 2 | Tbsp | margarine |
| 2 | Tbsp | olive oil |
| 2 | lbs | peeled, cooked shrimp |
| 1 ½ | lbs | smoked sausage, cut in 1/4" rounds |
| 1 | each | bell pepper, diced |
| 2 | Tbsp | Tony's seasoning or similar |
| 1 | tsp | garlic powder |
| 1/4 | tsp | cayenne |
| 1 | tsp | crab boil liquid (optional) |
| 2 | cups | heavy (whipping) cream or ½ & ½ |
| 1 | cup | grated parmesan cheese |

- Cook pasta according to directions.
- While pasta cooks, begin the sauce.
- Heat oil and butter in sauté pan, then sauté shrimp until just cooked. Remove, transfer to a large saucepan.
- Brown the sausage with bell pepper and add to the shrimp.
- Add cream and spices to the pan, scraping the pan bottom to release the good stuff.
- Reduce to low heat and add parmesan.
- When cheese is melted, transfer to the saucepan with shrimp and sausage.
- Remove from heat and transfer the contents of the saucepan to a shallow steamtable pan.



KING RANCH MAC & CHEESE

Prepare to be amazed by this. Makes a half pan.

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| 1 | lb | elbow macaroni |
| 1/4 | cup | margarine |
| 1 | each | large onion, finely diced |
| 2 | each | bell pepper, diced about 1/4" |
| 2 | cans | Ro-tel |
| 1 | lb | Velveeta or American cheese |
| 5 | cups | cooked chicken, diced or chopped |
| 2 | can | cream of chicken soup |
| 1 | cup | sour cream |
| 2 | tsp | chili powder |
| 2 | tsp | ground cumin |
| 3 | cups | shredded Cheddar cheese |

- Cook and drain the macaroni. Set aside.
- In a dutch oven, sauté onions and peppers until tender, then add tomatoes and cheese.
- Stir while cheese is melting so it doesn't scorch, then add the chicken, soup and seasonings.
- Heat throughout then add spice and pasta.
- When hot, remove from heat and stir in Cheddar cheese and sour cream.
- Transfer to a steam table pan and bake about 20 minutes, or until it is bubbly.
- Place on serving line for service. If you wish to garnish, use chopped fresh parsley or green onions.

Stair Safety: Steps to Protect Yourself and Others

Stair safety is a critical concern in both residential and commercial settings. Each year, thousands of injuries occur due to accidents on stairs, many of which are preventable. Whether at home, work, or in public places, following these guidelines can significantly reduce the risk of falls and ensure everyone's safety.

1. Keep Stairs Clear and Well-Maintained:

- **Clear Obstructions:** Always keep stairs free from clutter, toys, shoes, or any other items that could cause someone to trip or slip.
- **Proper Lighting:** Ensure staircases are well-lit to improve visibility, especially at night or in dimly lit areas.
- **Secure Handrails:** Check that handrails are securely fastened and at a comfortable height. Handrails provide crucial support and stability, especially for older adults and children.

2. Use Proper Footwear:

- Wear shoes with non-slip soles when using stairs. Avoid walking in socks or smooth-soled shoes, as they increase the risk of slipping.

3. Practice Safe Behavior:

- **One Step at a Time:** Ascend or descend stairs slowly and deliberately. Rushing increases the likelihood of missing a step or losing balance.
- **Hold the Handrail:** Always use the handrail, even if you feel confident on the stairs. It provides an extra level of security in case of a misstep.

4. Supervise Children and Pets:

- Keep an eye on children and pets when they are on or near stairs. Install safety gates at the top and bottom of stairs to prevent young children from accessing them unsupervised.

5. Be Mindful of Environmental Factors:

- During adverse weather conditions, such as rain, snow, or ice, use extra caution on stairs as they may become slippery.

6. Educate and Communicate:

- Raise awareness about stair safety in your household, workplace, or community. Encourage others to follow safety guidelines and report any hazards promptly.

7. Accessibility Considerations:

- Ensure stairs are accessible to individuals with disabilities. Install ramps or elevators where possible and ensure they meet accessibility standards.

8. Perform Regular Maintenance:

- Inspect stairs regularly for any signs of wear, such as loose steps, cracked surfaces, or damaged handrails. Promptly repair any issues to prevent accidents.

9. Emergency Preparedness:

- Know the location of emergency exits and stairwells in buildings you frequent. In case of fire or other emergencies, use stairs as indicated by emergency exit signs and avoid using elevators.

10. Seek Professional Advice:

- Consult with a safety expert or professional if you have concerns about the safety of stairs in your home or workplace. They can provide tailored advice and recommendations.

By following these stair safety tips, you can help create a safer environment for yourself, your family, and others. Remember, preventing accidents starts with awareness and responsible behavior. Stay safe on the stairs!





COOL CRUNCHY CHICKEN SALAD

Makes about 12 servings.

2	cup	mayonnaise
1/4	cup	fresh parsley, minced
2	Tbsp	lemon juice
2	Tbsp	vinegar
1	Tbsp	creole mustard
1	tsp	sugar
1/2	tsp	salt
1/2	tsp	black pepper

6	cups	chicken, cubed or shredded
2	cups	grapes, cut in half
2	cups	celery, thinly sliced
1 1/2	cups	pecans, toasted

- In a large bowl, combine the first group of ingredients.
- Add the chicken, pecans and grapes and fold gently to coat well.
- Serve on lettuce leaves as shown (optional) or place on the salad bar or a bowl on ice.



ITALIAN BEAN & SAUSAGE SOUP

Makes about 2 Gallons

1	lb	great northern beans
1 1/2	lbs	Italian sausage
2	cups	trinity vegetable blend
3	Tbsp	garlic, minced
6	cups	red potatoes, peeled, diced
2	cans	green lima beans with liquid
6	quarts	chicken stock (broth)
4	cups	packed cups of fresh spinach
Salt and pepper to taste		

- Cook the beans in a large quantity of water. Cook until just tender; rinse and drain.
- In a stockpot, cook Italian sausage; remove and cut into coins. Leave drippings in pot.
- Add trinity blend and garlic and cook at a medium low heat until the vegetables begin to brown a bit.
- Add back the sausage and add the chicken stock and potatoes.
- Bring to a boil, then reduce to a simmer.
- Cook until the potatoes are tender, then add the remaining ingredients and heat well.
- Season with salt and pepper as needed.
- Continue to simmer for another 10 minutes.
- Remove from heat, and transfer to a soup kettle or a steamtable pan for serving.



ITALIAN BEAN & SAUSAGE SOUP

This recipe makes about 1 1/2 gallons of soup.

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| 1 | lb | rotini pasta, cooked and drained |
| 2 | cans | Ro-tel |
| 1 | Tbsp | garlic powder |
| 6 | cups | beef stock (broth) |
| 1 | Tbsp | Italian seasoning |
| 1 | lb | frozen meatballs |
| 4 | cups | frozen mixed vegetables |
| 2 | cups | fresh spinach, roughly chopped |
| 1 | each | zucchini, diced about ½ inch in size |
| 1 | cup | onion, diced |
| 1/2 | cup | bell pepper, diced |
| 1/2 | cup | grated parmesan cheese |

- Combine liquids and spices in a stockpot. Bring to boil, then reduce to a high simmer.
- Add vegetables, meatballs, bell pepper, onion and zucchini and simmer until the onion and bell peppers are tender.
- Add the pasta and cook for another 5 minutes.
- Remove and stir in the cheese.
- Place in a soup kettle or on the steam table for serving.



Practicing mindfulness involves cultivating a deliberate awareness of the present moment, which can be achieved through various techniques such as meditation, focused breathing, or mindful movement like yoga. The essence of mindfulness lies in paying attention to thoughts, emotions, bodily sensations, and the surrounding environment without judgment or attachment.

To begin practicing mindfulness, find a quiet and comfortable space where you can sit or lie down without distractions. Close your eyes and start by focusing on your breath, feeling the sensation of each inhale and exhale. Notice any thoughts that arise without getting caught up in them; simply observe them as they come and go.

Another approach is mindful body scanning, where you systematically bring attention to different parts of your body, noticing any tension or sensations present. This practice helps develop bodily awareness and relaxation.

Consistency is key in mindfulness practice. Start with short sessions, gradually increasing duration as you become more comfortable. Over time, you'll develop the ability to bring mindfulness into daily activities, enhancing your ability to respond thoughtfully rather than react impulsively to life's challenges.

