

# HEALTH & SAFETY NEWSLETTER

2025-January



New  
Year  
New  
Look

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### INSIDE THIS ISSUE

Maintenance Minute  
– Checking your  
coolant levels



Holiday Spirit at  
Vedder – December  
Potluck



NEW ARTICLE –  
Fitness Fun featuring  
Skiing &  
Snowboarding

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Ryan S. running through the Fraser Canyon



Bryan E in Creston on a winter December day



A Beautiful picture at Vanderloo Farms in Creston, BC taken by Len Skerik



Bryan K in Mountain Lake, MN



Picking up Milk at Corner's Pride Farm in Rosedale, BC



*Picture Time!*



Did you guess The Grinch for last month? If you did, congrats!

We thought we would have a little fun last month! 😊



## The face behind “Guess Who” Mary Hinchcliffe.

For over a year now Mary has been putting together this monthly article, but alas, it's time to move on with a brand new article and say goodbye to “Guess Who – Mary's Limelight”

Before we do, we figured our last Limelight should be about the person behind “Guess Who” - Mary herself!

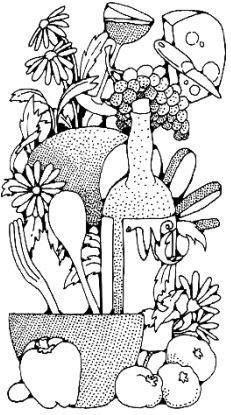
Thank you to everyone who participated over the last year making this article a success!

### MARY:

- Been with Vedder for 12 years
- Born in Newfoundland
- She thinks she's the funniest person she knows...lol
- Married with 4 children and 2 grandchildren (so Far 😊 )
- Loves to attend Worship concerts with my Son!
- Was a girl guide leader for 12 years
- Travelled to Guatemala on a mission's trip

Picture is with her granddaughter Whitney!





# Laura's Recipe Corner

## LOADED BAKED POTATO SOUP

### Ingredients

- 8 ounces bacon, chopped
- 3 pounds russet potatoes
- 1 large onion
- 2 garlic cloves, minced
- 2 tbs flour
- 4 cups low sodium chicken broth
- 1 cup heavy cream
- 4 cups shredded cheddar cheese, plus some for garnish
- 1 cup sour cream, plus additional for garnish
- Ground black pepper
- 3 scallions, sliced thin



### Directions

1. Cook bacon in a heavy bottomed pot over medium heat until crisp. While bacon is cooking, peel potatoes and cut into  $\frac{3}{4}$  inch pieces. Transfer bacon to a plate lined with paper towels.
2. Add onion to fat remaining in pot and cook over medium heat until golden, about 6 minutes. Stir in garlic and flour and cook until fragrant, about 1 minute. Gradually whisk in broth and cream, stir in potatoes and bring to a boil over high heat. Reduce heat to medium-low, cover pot, and cook until potatoes are tender, about 7 minutes.
3. Transfer 2 cups of cooked potatoes to a bowl. Puree remaining soup in blender until smooth. Return to pot and warm over medium-high heat. Off heat, stir in cheese until melted then whisk in sour cream. Return reserved potatoes to pot and season soup with pepper.
4. Ladle soup into bowls, garnish with bacon, scallions, cheese and sour cream.



## Coolant Maintenance

Properly Filled  
Reservoir



Overfilled Reservoir



Checking your coolant levels should be a part of your pre-trip inspection routine. Low coolant levels can indicate a leak or other issues within the system. To check the coolant level, ensure your engine is cool, then locate the coolant reservoir and inspect the fluid level against the marked indicators. If the level is low, add the appropriate type of coolant as specified by the manufacturer. **DO NOT OVERFILL!**

**It is essential to understand the main components of your coolant system:**

**Radiator:** Acts as a heat exchanger to cool the coolant.

**Water Pump:** Circulates coolant throughout the engine.

**Fan Clutch:** Regulates the operation of your cooling fan.

**Coolant:** A mixture of water and antifreeze that absorbs and dissipates heat.

**Hoses and Clamps:** Transport coolant and connect various components.

**Coolant Reservoir:** Stores excess coolant and maintains pressure.

**It's crucial to be aware of warning signs that may indicate a problem with your coolant system. Look out for:**

**Overheating Engine:** A clear sign that the coolant system is not functioning correctly.

**Coolant Leaks:** Puddles of coolant under your truck.

**Discoloured Coolant:** Indicates contamination or degradation.

**Frequent Coolant Refills:** Suggests a leak or other issue.

**Steam from Engine:** A sign of overheating.

**Performing regular inspections can help you catch potential issues early. Here's a simple step-by-step guide:**

**Check Coolant Level:** As mentioned, ensure the coolant level is within the recommended range.

**Inspect Hoses and Clamps:** Look for signs of wear, cracks, or leaks.

**Examine the Radiator:** Ensure there are no obstructions or damage.



Some great photos  
from Owner Op  
Adrian B



Ted from B.Reimer  
unloading wood at North  
Vancouver Equestrian and  
in Armstrong at Old Country



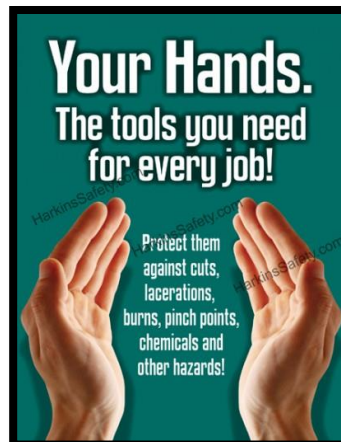
# GET A GRIP..... PROTECT YOUR HANDS

Did you know that 92% of workplace hand injuries are preventable?



## Tips to protect your hands:

1. Watch for sharp edges and objects
2. Always cut away from you when using a cutting device
3. Pay attention and don't rush
4. Watch for pinch points and
5. Do not overexert yourself when cranking or turning
6. Wear gloves when appropriate and ensure they fit appropriately
7. Stay alert and aware of your surroundings
8. Report injuries immediately and seek first aid







# Vedder Holiday Spirit



Bryan E, met up with some of Santa's Reindeer before Christmas!





# Monthly Laughs & Facts

## JANUARY BIRTHDAY FACTS!

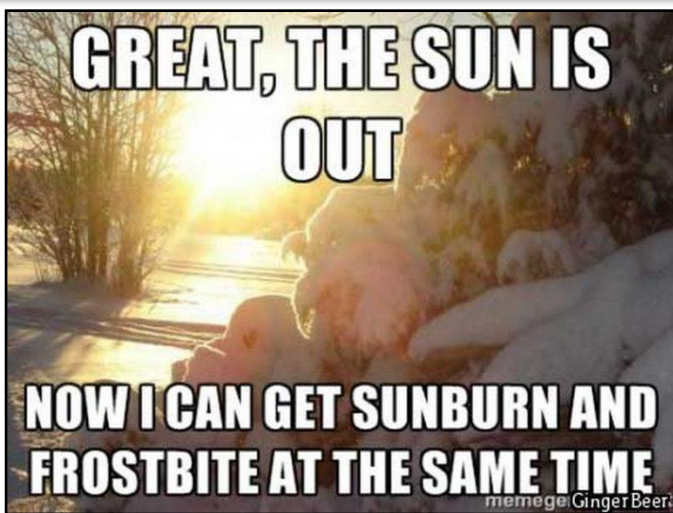
January BABIES ARE MORE LIKELY TO BE FAMOUS!

NAMED FOR THE ROMAN GOD OF NEW BEGINNINGS.

ORIGINALLY ONLY HAD 30 DAYS.

IT'S THE COLDEST MONTH.

GARNET BIRTHSTONE SYMBOLIZES Balance.



# HEY! Where is the world did you go?



Daron Findlay



## HEY! Where in the WORLD did you go?

Country: MEXICO City: PUERTO VALLARTA

What drew you to this location: FRIENDLY LOCALS, DRY, WARM, AMAZING FOOD & RELAXING ATMOSPHERE.

Memorable Trip Moment: WATER TAXI OVER TO LAS ANIMAS BEACH & PIRATE SHIP CRUISE

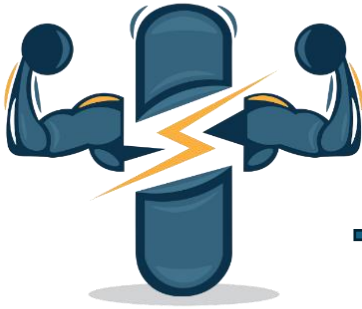
Challenging Trip Moment: ZERO CHALLENGES FLIGHTS INCLUDED!

Memorable Dish/Dessert: MOLCAJETE BOWL @ EDDIE'S PLACE & STEAK @ BARRACUDA

Unique Cultural Learning: LEARN HOW TO LIVE WITH LESS "STUFF" AND STILL ENJOY LIFE IMMENSELY.

Souvenir / keepsake from this trip?: MY SOUVENIRS ARE THE GREAT MEMORIES AND HAPPY KIDS





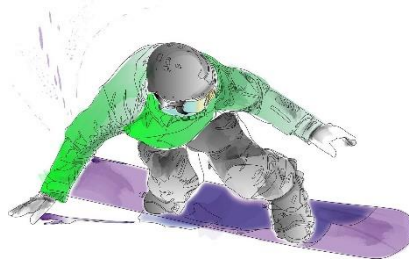
# FITNESS FUN:

## Skiing & Snowboarding

As with any vigorous sport, skiing and snowboarding will really test your fitness. So many different parts of your body will be used, from your legs to your core, not to mention your heart and lungs. Consequently, the benefits are many, some physiological, some psychological, and some even spiritual. Below we have listed some of our favorite spots!

**The benefits of skiing and snowboarding for health and wellness include:**

1. Improving balance and stability by engaging core muscles and lower body groups.
2. Strengthening muscles.
3. Burning calories.
4. Increasing longevity.
5. Boosting mental health.
6. Aiding weight loss.
7. Enhancing circulation.
8. Providing a great HIIT workout.



### Alberta Ski Hills:

Lake Louise Ski Resort  
1 Whitehorn Rd.  
Lake Louise, AB  
1-877-956-8473  
[www.skilouise.com](http://www.skilouise.com)

Banff Sunshine Village  
1037 11<sup>th</sup> Ave. SW  
Calgary, AB  
1-877-542-2633  
[www.skibanff.com](http://www.skibanff.com)

### BC Ski Hills:

Big White  
5315 Big White Rd  
Kelowna, BC  
1-250-765-3101  
[www.bigwhite.com](http://www.bigwhite.com)

Silver Star Mountain  
123 Shortt St  
Silver Star Mountain (Vernon)  
1-250-558-6083  
[www.skisilverstar.com](http://www.skisilverstar.com)

Cypress Mountain  
6000 Cypress Bowl Road  
West Vancouver, BC  
1-855-363-2823  
[www.cypressmountain.com](http://www.cypressmountain.com)

Manning Park  
7500 Hwy#3  
Manning Park, BC  
1-604-668-5922  
[www.manningpark.com](http://www.manningpark.com)

Grouse Mountain  
6400 Nancy Greene Way  
Vancouver, BC  
604-980-9311  
[www.grousemountain.com](http://www.grousemountain.com)

Whistler Blackcomb  
Whistler, BC  
1-800-766-0449  
[www.whistlerblackcomb.com](http://www.whistlerblackcomb.com)





Owner Op Yuri's New Truck



Owner Op Daryl at Various locations in December enjoying the mild winter weather



# Kids Fun Page!



# Winter WORD SEARCH

R V Y J X N V W Z Z X O K E J K Y B O N  
 B V G L O V E S B E O E Y D B E U G D O  
 R G K Z W H V U V K U I S N O W M A N I  
 H Y L A C H B T R A N A S A G I I C Q A  
 I V H J T O W P Z V F Z K L B P U N X C  
 V C Q V Z O L L J Q V Y C U E P D U D C  
 G S Z S W Q W D E E S F Z M M D Z M Q Q  
 R N D F I B N P F C R S R E K A D V R T  
 P O L L N I J Z J Q H H N O B C M I F F  
 X W D E T U T O F Y W S O O S K Q M N F  
 Z F T S E Q S K F I H R F T W T H K Z G  
 G L P V R Q G D S F R F P R C L G D Y F  
 M A C S P L N A Y S N E J S O O E F X U  
 B K O O N A D D K M I C P L V Z C B G M  
 V E H Z L E C A Q Q U Q B L B H E O X C  
 N E T U T D K K I A E H J H A V D N A A  
 T I C E S K A T I N G T W L S C F L O D  
 L I W Z W D A S N O W B A L L I E L Y Q  
 C X C D J C A G M G R U B T F A J K Z F  
 E O L E O H J Z T Q Q Q Y B R Z F E J N

Ice Skating  
 Snow Ball  
 Gloves  
 Wind

Fireplace  
 Hot Cocoa  
 Frost  
 Cold

Snowflake  
 Frozen  
 Snow  
 Ice

Sledding  
 Snowman  
 Cold  
 Winter