

HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment
Red Deer Public Schools



Good Day Team

Wow October already, my my but time flies. As always it is a joy to bring you my simple little newsletter. I truly appreciate the kind comments about the newsletter. If you would like to see other topics let me know, I am always up for suggestions.

October is Fire Prevention Week October 5 - October 11



Charge into Fire Safety!

This year's Fire Prevention Week™ (FPW™) campaign, October 5-11, "Charge into Fire Safety™: Lithium-Ion Batteries in Your Home," works to educate everyone about using these batteries safely. The campaign stresses how important it is to BUY, CHARGE, and RECYCLE safely when it comes to lithium-ion batteries.

Charge into Fire Safety: 3 Steps

- Buy only listed products. When buying a product that uses a lithium-ion battery look for a safety certification mark such as UL, ETL, or CSA. This means it meets important safety standards.
- Charge devices safely. Always use the cords that came with the product to charge. Follow the instructions from the manufacturer. Buy new chargers from the manufacturer or one that the manufacturer has approved. Charge your device on a hard surface. Don't overcharge your device. Unplug it or remove the battery when it's fully charged.
- Recycle batteries responsibly. Don't throw lithium-ion batteries in the trash or regular recycling bins because they could start a fire. Recycle your device or battery at a safe battery recycling location.

HAPPY HALLOWEEN

Just a friendly reminder to be aware of the ghosts and goblins that will be on the streets on Oct 31. This is a very exciting times for kids and they will not be watching for you. When you are done with the pumpkins, the SPCA will take them to help feed the animals, as will the wildlife park.

October Weather

Typically the weather in October can be very gracious or it can be a real bear. Hopefully this October we see lots of sunshine and good days. Unfortunately good common sense (and a life long Alberta Resident) tell me that we will most probably have snow within 45 days. So even though we have seen a lovely Sept I am putting away my golf clubs for the season. While this makes me sad I am excited for the upcoming seasons. Remember to put away your sandals and bring out your foot wear that is appropriate for the season. Yes Ladies winter boots when ice and snow are present. lol



CHARGE into Fire Safety™

Lithium-Ion Batteries in Your Home

Most of the electronics we use in our homes every day are powered by lithium-ion batteries. In fact, most everything that's rechargeable uses this kind of battery.



e-bikes



hoverboards



tablets



cordless vacuum cleaners



e-vehicles



power tools



mobile phones



remote control cars



e-scooters



laptops



e-cigarettes/
vapes



drones



golf carts



smart watches



headphones



toys

LITHIUM-ION BATTERIES store a lot of energy in a small place. These batteries can overheat, start a fire, or explode if overcharged or damaged. By learning how to **BUY**, **CHARGE**, and **RECYCLE** these batteries safely, you can help prevent a fire in your home.



BUY only listed products. When buying a product that uses a lithium-ion battery look for a safety certification mark such as UL, ETL, or CSA. This means it meets important safety standards.



STOP using your device right away if the battery smells weird, gets too hot, makes popping noises, changes in shape or color. If it is safe, move the device away from anything that can catch fire. Call **9-1-1**.



CHARGE devices safely. Always use the cables that came with the product to charge. Follow the instructions from the manufacturer. Buy new chargers from the manufacturer or one that the manufacturer has approved.



RECYCLE batteries responsibly. Don't throw lithium-ion batteries in the trash or regular recycling bins because they could start a fire.



CHARGE your device on a hard surface. Don't overcharge your device. Unplug it or remove the battery when it's fully charged.



RECYCLE your device or battery at a safe battery recycling location. Visit call2recycle.org to find a recycling spot near you.



**NATIONAL FIRE
PROTECTION ASSOCIATION**

The Leading Information and Knowledge Resource on Fire,
Electrical, and Related Hazards

What is Cowboy Candy

Cowboy Candy started in 1922 at WHH Ranch. Yep – over 100 years! Classic and icon are two words that come to mind. While their cowboy candy recipe is unparalleled, we've created our own version of homemade candied jalapenos.

Making candied jalapenos involves marinating fresh jalapeno slices in a sweet glaze, resulting in a powerhouse condiment. The jalapeños soften but maintain their heat, which is harmoniously countered by the sugary glaze.

Candied Jalapeños, colloquially known as Cowboy Candy, is the ultimate jalapeno relish. Thinly sliced jalapeño rings are marinated in simple syrup and spices to create spicy and sweet pickled jalapeños.

How To Make Cowboy Candy

Ingredients

- 1 pound fresh jalapeños
- 2 cups white granulated sugar
- $\frac{2}{3}$ cup apple cider vinegar
- 1 teaspoon granulated garlic powder
- 1 teaspoon celery seed
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{4}$ teaspoon red pepper flakes

Slice The Jalapeños – Throw on a pair of gloves and use a pairing knife to slice the pepper into 1/4-inch rounds.

Make The Syrup – Boil the syrup ingredients in a large saucepan. Add the jalapeños and simmer. Transfer peppers to sterile canning jars using a slotted spoon.

Boiling Syrup – Boil the remaining liquid until it turns syrupy. Pour the hot syrup over the pepper slices in the mason jars.

Marinate – Let the jars come to room temperature. Refrigerate for a minimum of 2 weeks for the best flavor and texture.

Notes

Storage: When quick pickling, like this recipe, I like to use jars with matching lids. I also like to use half-pint jars with two-piece lids. These can even be leftover pasta sauce jars with lids. With recipes like this one that don't require canning, you can use any old jar and lid for storage.

If you want to make them shelf-stable, you can process them in a traditional water bath, and they'll last for a year. But again, that's only if you've canned them.

Uses For Candied Peppers

A versatile spicy condiment, candied jalapenos will add a spicy kick to many of your favorite dishes and appetizer recipes:

Candied Jalapeno Dip – Layer over smoked cream cheese; pair with crackers, and bread.

Smoked Queso – Throw in this popular cheese dip!

Baked Ham with Pineapple and Pepper Jelly Glaze

Charcuterie Boards – Adds a spicy-sweet kick to cheese boards. Serve with Pickled Peaches.

Grilled Meat – Use as a marinade or sauce for beef, pork, or even chicken wings.

Cocktail Garnish – Perfect atop a Michelada, Bloody Caesar or Bloody Maria.

Salads – Mix into macaroni salads or potato salad.

Nachos and Quesadillas – Carne Asada Nachos, Carne Asada Quesadilla, Quesadilla With Steak. Pizzas, Burgers, Hot Dogs and Sandwiches

Lil Smokies or Meatballs – Sauce up for an easy holiday appetizer.

Expert Tips

A few tips to note before making this sliced jalapeños recipe:

Always wear gloves when handling spicy jalapeño slices.

Seeds in or seeds out? As with many spicy jalapenos recipes, it's up to you. It won't affect the recipe other than the texture of the seeds.

Don't start the timer until the syrup comes to a full rolling boil. Don't shortchange the cook time.

Try and let your jars of cowboy candy develop for 3-4 weeks in the refrigerator before enjoying, if possible. You can absolutely wait just a week, but a good month really brings out the texture and flavor.

Don't throw away the leftover syrup. You can use it for another batch or add it to chili, cocktails, etc.

I did make this last week from the jalapenos I harvested from my green house. Holy smokes did this ever taste good, and I did not let them rest before we tasted. Now a little warning to you folks who do not care for heat. Be aware that jalapenos may or may not be very spicy. My are spicy and we are ok with that.

National Caretakers Day Oct 2

NATIONAL CUSTODIAL WORKER'S RECOGNITION DAY

On October 2, National Custodial Worker's Recognition Day encourages appreciation to the employees who keep our schools and workplaces across the Division running smoothly. Join us as we celebrate the hardworking personnel that keep our schools, office buildings, and other buildings clean and well maintained.

#CustodialWorkersRecognitionDay

Our school Caretaker workers operate behind the scenes. Oftentimes, they are under-appreciated for the hard work they do day after day, too. While delivering outstanding services and running a well-maintained building, these superheroes contribute to critical first impressions and the success of any business. They're the people we call on to give our brick and mortar businesses a polished look to efficiently keep everything in top condition.

Caretaking work is physically demanding. Depending on the position, Caretakers may work varying shifts and possibly in several locations. They may be part of a team or work independently. No matter where they work, this day recognizes their dedication and hard work.

Many Caretakers require specialized training. In fact, Caretakers take pride in the skills they acquire to do their job effectively. Their skill saves businesses and organizations money. They maintain carpets and surfaces so they last longer and provide building updates so they run more efficiently. As a result, the buildings are safer and healthier for those entering them. They also free-up time for the rest of the organization to focus on growing a business, teaching students, or caring for others.

CELEBRATING CUSTODIAL WORKER'S RECOGNITION DAY

We can all do our part to help Caretakers do their jobs:

- Keep our work stations neat.
- After a break, pick up after ourselves in the lunch/break room.
- Keep the heavy stuff (like pumpkin mess) out of the large garbage cans and put it in the small garbage cans, this way the weight of the garbage is significantly less.
- Ensuring that the paper makes it into the paper recycling and not the garbage
- Glass and other objects that may pierce a workers skin is put into the garbage safely.
- We can even do some light dusting around our desks, office or cubicle. There is no reason to leave a mess for anyone else when we can simply do our part to help. If you know a Caretaker, THANK THEM today!

