



No Snooze News

SUMMER EDITION 2011

CSG Tankers Delivered

Cleansing Services Group (CSG) recently took delivery of 8 brand new tankers of various shapes and sizes from Crossland Tankers.

One of these tankers was exhibited at the annual PAWRS Show in Paignton, Devon in June at the Crossland Tankers stand.

Pictured to the left is the tanker that featured in the exhibition, a 32tonne ADR tipping tanker.

Also in the picture is CSG driver Darren Bennet moving into his new cab. We hope you are very pleased with your new wheels Darren!



CSG Driver Darren Bennet "moving into" his brand new tanker built by Crossland Tankers Ltd, this particular tanker was also recently on show at the recent PAWRS exhibition in Paignton



new starts



Brian Wild
General Manager,
Burnley



Nathan Halleron
Painter, Burnley



Simon Ridgeway
Welder, Burnley



Dane Blackburn
Mechanic, Burnley



Shaun Morrissey
Welder, Burnley



Ciaran Kearney
Yard Man, Swatragh



Thomas McAuley
Welder, Swatragh



Colm McGuigan
Welder, Swatragh



Declan Findlay
Apprentice Welder,
Swatragh



Helen McCarroll
Company Accountant,
Swatragh



John Doherty
Welder, Swatragh

APOLOGY

Apologies to John Doherty (Welder, Swatragh) for forgetting to include him as a new start in the previous edition of the newsletter. A momentary lapse was had by the editorial committee before publishing! We hope this did not cause too much distress!

Safety Focus: Welding



It is important that all welders adhere to the health and safety codes when it comes to operating welding equipment. Welders must always wear the necessary PPE (Personal Protective Equipment) when welding, including:

- protective shield to prevent flashes and adequate eye protection
- boiler suit and gloves to prevent burns
- safety boots to protect feet from sparks

It is also important that the working area is clean and tidy at all times and that there is nothing flammable within the working area that is not required. Welders must always check that all material surfaces to be welded are clean and free from dirt and dust, the tip and nozzle of the welder must be clean before starting to weld, if not, clean with snips if necessary. The correct wire should be used at all times for the appropriate materials being welded and that the welding equipment is set to the proper ampage also.

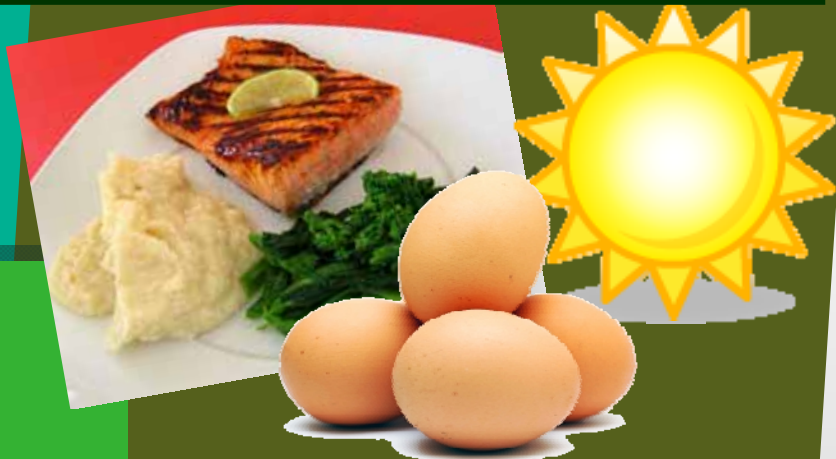
An air-fed helmet must be used when welding in a confined space to ensure a clean air supply is available to the welder. All reasonable and practicable precautions should be taken to ensure your safety and the safety of others prior to welding.



HEALTH *and* WELLBEING

VITAMIN D

In this edition we have decided to look at the nutrient cholecalciferol, commonly known as Vitamin D, and its importance in the diet.



Functions of Vitamin D

Vitamin D is required for the absorption of calcium and phosphate into the body, both of which are necessary for healthy bones and teeth.

For this reason Vitamin D helps to prevent Rickets (bending of the bones) in children and Osteomalacia (softening of the bones) in adults; it also helps to protect against osteoporosis (brittle bones) in older adults.

How much Vitamin D should I take?

As Vitamin D is a fat-soluble vitamin, this means it can be stored in the body for future use and so does not need to be obtained daily.

People should be able to obtain all the Vitamin D they need from eating a Healthy Balanced Diet and from natural sunlight. However, it is recommended by the Department of Health that certain groups of people should take Vitamin D supplements to prevent deficiency:

- * children from six months to five years old
- * all pregnant or breastfeeding women
- * all people aged 65 or over
- * people who are not exposed to as much sunlight, such as those who cover their skin for cultural reasons or those who are housebound or confined to indoor spaces for prolonged periods of time

Sources of Vitamin D

Vitamin D can be obtained naturally through the action of sunlight on the skin - however it is important to be careful to protect skin from burning when out in the sun.

Vitamin D can also be found in a number of different food sources, including:

- oily fish, such as salmon and sardines
- eggs
- fortified fat spreads
- fortified breakfast cereals

For those worried that they are not getting enough Vitamin D, the option of supplements is also available. It is important to consult your doctor or pharmacist about this.

Taking too much Vitamin D for a prolonged period of time can lead to weakening of the bones.

A mystery celebrity chef has joined the No Snooze News team and has introduced a new feature: **The Recipe Corner.** He has kindly donated a recipe which is easy to prepare and cook and is also packed with Vitamin D.

GRILLED SALMON WITH HONEY

Ingredients:

240g Salmon Fillet
2 tbsp. Honey
1 tbsp. Soy Sauce (Low Sodium)
1tsp Olive Oil
Salt & Pepper to taste
Resealable Plastic Bag

Method:

The fish can be cooked in either a grooved pan on the stove or using an outdoor grill / BBQ

- * Cut the salmon fillet into similarly sized pieces as per the number of servings required. Place in resealable bag with honey & soy sauce. Mix well and place in fridge for 2 hours to marinate.
- * Place the fish on an oiled hot grill and cook for 8 to 10min depending on thickness of the fillet, turning them once.
- * Season with salt and pepper then served on warmed plates.
- * Extra marinade could be used as a vinaigrette to drizzle over the fish when serving.

ENJOY!



charityUPDATE



The Charity Committee for 2011 have been hard at work fundraising for the charity of the year: The Huntington's Disease Association.

With events such as a charity car wash, the Belfast Marathon and even a spur of the moment pancake sale, the team have made sure there has been something for everyone to enjoy!

... And the year isn't over yet! A table quiz has been organised for Friday 21st October at 8pm in Walsh's Hotel as well as the annual Santa Dash in Garvagh forest on Saturday 3rd December. Support for these events will be much appreciated.

Well done to the charity committee for all their efforts so far this year!

A big thanks to Heather McAleese (Accounts Assistant, Swatragh) for her fundraising efforts with her now world-renowned pancakes!

Heather thoughtfully brought in a batch of pancakes to share among the office staff on Pancake Tuesday; however they proved so popular that the decision was taken to sell them off to the highest bidders! A whopping total of £54 was raised, all of which goes towards the Huntington's Disease Association. Thank you to Heather and all those who contributed!



Crossland Tankers Ltd, Swatragh hosted yet another charity BBQ on Friday 8th July; and this one proved just as popular as the previous ones. With burgers, sausages and even desserts on offer, employees were spoiled for choice on what to have! A great day was had by all and a total of £200 was raised. Thank you to all those who contributed in any way!

For the fourth year in a row, Crossland Tankers Ltd and BP McKeefry Ltd entered the Belfast Marathon, with 4 relay teams and 3 individual full marathon runners taking part.

Team 1: The Professionals - Stephen McFerran, Dympna Kearney, Micheal Bothwell, Dermot McCartney, Alan McKnight - finished in 4hrs 12mins 46secs

Team 2: The Runaways - John O'Kane, Karl McTague, Terry, Dominic Traynor, Pearse McKeefry—finished in 4hrs 3mins 55secs

Team 3: Absolute Beginners - Marc Cudden, Leanne Bothwell, Paul, Aáron Mawhinney, Darren Kearney - finished in 4hrs 9mins 33secs

Team 4: The Only Contenders - John Burke, Emma McKeague, Aidan McNicholl, Eugene O'Kane, Sean Foye - finished in 4hrs 28mins 13secs

The individual full marathon runners were:
Dermot McKeague who finished in 3hrs 46mins 47secs
Cathy McKeefry who finished in 4hrs 22mins 7secs
Eddie Deighan who finished in 5hrs 4mins 25secs

A big thank you to all those who took part in yet another successful year and generated a total of £3,037 in sponsorship.

In a change for 2011, the charity committee came up with a new fundraising event in the form of a charity car wash! This was held on Friday 27th May at the Swatragh depot and was a huge success, raising a total of £580!

Cars came from far and wide to get their cars washed by the Crossland Staff. Dessie McAtamney even rounded up unsuspecting shoppers in the nearby towns/villages using his trusty loudspeaker to get their cars washed!

A huge thank you to all those who helped out at the car wash as well as to JNK Components for donating the supplies and also to Margaret Williamson for allowing the use of her field to advertise the event!

Thanks Again Everyone!





team 1: the professionals



team 2: the runners



team 3: absolute beginners



team 4: the wily collectors



eddie & dermot



leford christie...



marathon group



dermot & cathy



Lurl notague and daughter- oscarlata



relaxing after a long run!



laura botchwell and friend



receivers preparing for the big race...



cars line up for the car wash...



... and the queue just gets longer!



working hard at the car wash!



eagerly awaiting the excitement!



Well Done also to Dominic Traynor (Workshop Manager, Burnley) who raised £50 from taking part in the Belfast Marathon, and also in the Great Manchester Run with Rick Hine.

This money was donated to the Meningitis Research Foundation, another very worthwhile cause.

MATCHES & HATCHES

Congratulations to Paddy Campbell (welder, Swatragh) and his wife Julie on the birth of their baby daughter Catherine on 21st June, weighing 9lb 11oz



Catherine Campbell

Congratulations to John Doherty (welder, Swatragh) and his wife Denise on the birth of their new baby daughter Hannah, who was born on 18th April and weighed 8lb 3oz.



Hannah Doherty

Wedding Anniversary Celebrations

A huge congratulations go to Nigel Twigger (welder, Burnley) and his wife Karen who celebrate their 25th wedding anniversary on the 27th September.

Congratulations!

Congratulations also go to Grant Bann (Yard Man, Swatragh) and his wife Katrina on the birth of their son Tyler, who was born on 19th May and weighed 9lb 4oz



Tyler Bann

LENGTH OF SERVICE

10 Years

Mark Brown Senior Design Engineer
Bryn Ives Business Development Manager
Paul Villars (Stores, Burnley)
Mark Bradley (Welder, Swatragh)

15 Years

Liam O'Kane (Welder, Swatragh)

Congratulations to you all and thank you for all your years of hard work!

Fond Farewells

Crossland Tankers Swatragh recently said goodbye to two of its employees.

Linda Lockhart who was the Company Accountant for 5 years before going off on maternity leave has decided not to return. She will be sadly missed by all those in the office, who marked her departure with a meal in Yoko.

Sarah Lemon who was the Company Accountant while Linda was on Maternity leave also left in June 2011. Once again the girls in the office marked Sarah's departure with a lunchtime visit to Friels. Any excuse!

We would like to take this opportunity to wish both Linda and Sarah well in all their future endeavours and we also wish Sarah the best of luck in her upcoming exams!

Don't Forget!
Charity Table Quiz

Walsh's Hotel, Maghera
Friday 21st October 2011
8pm!



Comments/Feedback

Your comments on the newsletter and the articles featured in each edition are most welcome or if you wish for something to be included in the next edition please feel free to contact Dympna Kearney;

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