

# June 2018

## Pierce Distribution Services Company

### Kevin Hogan Writes...

June is in full swing and we are preparing for the Rockford Pro Am. Dino McNabb has been talking to some customers to see if they want to play this year. So far, we have two participants from Komatsu. I am sure by the date of the Pro Am, we will have our four players and their caddies. It is my hope to make it to this event. I hope the course dries up before the Pro Am. The Rockford area has been pounded with rain recently. Unlike past years, we are not having a General Manager Meeting that week.

It is with great pleasure that I am announcing that Metso has decided to extend their contract with us. This was due to the hard work that Gabe White (Columbia GM), his Pierce team, and Dino's team have put into this process. Thank you for your dedication and hard work. Let's continue to go beyond our customer's expectations. At Pierce, "We Do Whatever It Takes."

My upcoming schedule includes a trip to Loves Park Headquarters (Rockford plant), our Houston

facility and the ICP facility in Portland.

A funny personal story, my children Meg (Belvidere West, Axle Tech, one summer) and Bob (Belvidere West, clean up detail, then covering for Jorge in receiving, multiple summers) had a half marathon in San Diego, California. Meg runs in races all across the country. The younger Bob has never run a race. I told them that to make it interesting I would pay the winner between the two of them \$100. Then I decided to surprise them and fly down to witness this match. My cousin Greg picked me up at the airport, I coordinated with Bob's girlfriend Katie to see where there were going to eat that night. Greg and I made to the restaurant before they arrived and were sitting there when they walked in. It was a huge surprise. Now, back to the race, they schemed together to finish tied forcing me to pay them both \$50. They had GPS chips in their outfits provided by the race. I watched them go over the finish line tied. So I checked their times to be sure

who won, it was exactly the same. It is amazing what your children can do to pull one over their Dad.

I would like to wish everyone celebrating birthdays in July a Happy Birthday. There is one Milestone Anniversary in July as follows; Eav Tan (ICP) 15 years on July 30th. We have many notable Anniversaries in July; Tabitha Lee (Ripley) 11 years on July 2nd, Bertha Gonzalez (Rockford) 17 years on July 19th, Steven Chipman (ICP) 18 years on July 5th and I will celebrate my 39th anniversary on July 9th. I would like to thank everyone celebrating Service Anniversaries in July for their years of dedication and commitment to Pierce.




**Jack's Words Of Wisdom...**

**"There are years that ask the questions, and years that answer."**

~Zora Hurston



### Kevin Hogan

### ICP Writes...

Below: The ICP Wellness garden is coming along nicely....



**Great wellness bulletin boards, ICP!**



# ICP Continues...

## ICP July Milestones

Shiman Yee	3 years
Eav Tan	15 years
Steve Chipman	18 years



STEVE CHIPMAN



EAV TAN



SHIMAN YEE



# Houston Writes...



L to R: Rich Grabowski, Jennifer Norwood, True Matyja

**Plant 5 Houston Facility Safety Manager writes:** June is National Safety Month, and Plant 5 Houston takes every opportunity to promote safe work practices and to help prevent unnecessary injuries at work. With this year's theme, "No 1 Gets Hurt", we are encouraging all of our team members to continue reporting any potential hazards and all unsafe acts to improve safety not only this month, but every day. "If you See something, Say Something".

## WILLIE STONE

### THE WEB

- Awesome sites for learning:
- *Lifehacker.com* - One of my favorite sites on the planet—learn how to do just about anything better, faster, smarter.
  - *UReddit.com* - Dozens of courses in the arts, computer science, language, math, statistics and more.
  - *Sacred-Texts.com* - The largest archive of free books on religion and spirituality on the internet.
  - *TriviumEducation.com* - Brush up on critical thinking, rhetoric, grammar and logic with Trivium's free resources.
  - *MeetUp.com* - See what's happening in your area and meet up with like minds for adventure and sharing. Medium.com

# Houston Continues...

## “As The Tractor Wheel Turns” Volume 2

Staying hydrated is very important in the Houston area with the high summer heat and humidity levels. When working in the heat for extended periods of time, avoiding dehydration is of utmost importance for good work health and employee safety.

Dehydration is a condition that can occur when the loss of body fluids, mostly water, exceeds the amount that is taken in. With dehydration, more water is moving out of individual cells and then out of the body than the amount of water that is taken in through drinking. Medically, dehydration usually means a person has lost enough fluid so that the body begins to lose its ability to function normally and then begins to produce symptoms related to the fluid loss. Although infants and children are at highest risk for dehydration, many adults and especially the elderly have significant risk factors.

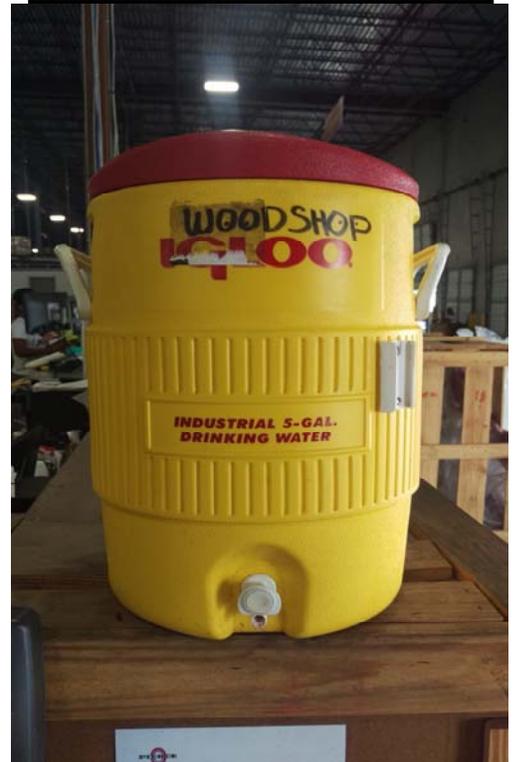
People (and animals) lose water every day in the form of water vapor in the breath we exhale, and as water in our sweat, urine, and stool. Along with the water, small amounts of salts

or electrolytes are also lost. Our bodies are constantly readjusting the balance between water (and salts or electrolytes) losses with fluid intake. When we lose too much water, our bodies may become out of balance or dehydrated. Most doctors divide dehydration into three stages: 1) mild, 2) moderate and 3) severe. Mild and often even moderate dehydration can be reversed or put back in balance by oral intake of fluids that contain electrolytes (or salts) that are lost during activity. If unrecognized and untreated, some instances of moderate and severe dehydration can lead to death.

Life is a gift that has been given to you. It is in your hands to make the best of what God has given to you. Dare to believe. Too often we underestimate the power of touch, a smile, a kind word, a listening ear, and honest compliment or the smallest act of caring, all of which have the potential to turn a life around. The only disability in life is a bad attitude. Our prime purpose in this life is to help others. If you can't help them, at least don't hurt them. Never look down on anyone unless you are helping them up. Success is not measured only by money and stuff. Success is not only to be measured by a position that one has reached in life as by the obstacles which you've overcome.

Life is measured in love, positive contributions and moments of Grace. It's about the difference you make in people's lives.

### Richard Grabowski



## New Hires at Houston Plant 5

- Luneidys Acosta
- Luidmila Castillo
- Jorge Chavarria
- Mariela Cornelio Ibanez
- Quincy Cruse
- Daniel Delgado
- Candida Ibarra
- Dulce Sanchez



Pierce Bottles for water and Gatorade while working in the Houston Mahindra Plant.

## Our C.F.O. Writes...



### Wellbeing Resources June 2018

**1. Revisit Your Budget** – Does the budget that you set up at the beginning of the year still square up with your lifestyle, or have major life events since then thrown your saving and spending out of whack? Review your budget at the six-month mark—and make any necessary changes to reflect your spending and saving needs. This is a key part of taking control of your money.

**2. Hone in on Your Health** – If you haven't had an annual exam with a primary care physician this year, now is the time to schedule an appointment. And if your health regimen includes a workout plan, check in with your HR representative to see if your employer or insurer reimburses gym fees or offers any discounts. It can't hurt to ask!

The June newsletter can be downloaded via the toolkit link at [www.ajg.com/livelifewell](http://www.ajg.com/livelifewell).

## Make Your Summer Sizzle (Not Your Sunburn)

The sun is out, the sky is blue and your favorite spot to swim is calling your name. Who's ready to head outside and find an adventure? Summer months are full of fun—but because of that, simple safety precautions often get overlooked. Don't waste your summer recovering from a careless moment or a heat-related illness. Stay smart about sun safety, avoid heat-related illnesses and take advantage of the beautiful weather!

### Sun Protection Tips

Wear sunscreen with an SPF (sun protection factor) of at least 15. • Sunscreen doesn't last all day—reapply every two hours you're outside and after a swim. • Sunscreen also expires! Make sure you check the date on the bottle. • Buy sunglasses that protect from UVA and UVB rays. • Stay in the shade to avoid direct sunlight. • Remember, cloudy days cause sunburns, too!

### How to Treat a Sunburn

Sunburns range from moderate annoyances (think some schmoie slapping you on the shoulder after a day at the beach) to extreme pain and discomfort, and they put you at greater risk for developing skin cancer. If you develop a severe sunburn: • Avoid further exposure and drink plenty of water. • Take a pain reliever and apply aloe or a 1% hydrocortisone cream to lessen discomfort. • Do NOT break blisters. Doing so increases your risk of infection!

**Tony Chiodini**

### JULY ANNIVERSARIES

Name	Day	Plant
Tabitha Lee	7/02/07	7
Anne Jarnigan	7/05/11	7
Priscilla Longoria	7/05/11	7
Todd Johnson	7/6/15	2
Kevin Hogan	7/09/79	C
Mark Tavarez	7/12/10	10
Bertha Gonzalez	7/19/01	2
Donnell Mann	7/20/14	7
Michelle Theus	7/21/14	7
Joella Cook	7/21/14	7
Steve Chipman	7/05/00	ICP
Eav Tan	7/30/03	ICP
Shiman Yee	7/20/15	ICP
Brenda Combs	7/18/16	2

### JULY BIRTHDAYS

Name	Day	Plant
Felicia Bonds	01	7
Warren Bouknight	02	4
Robert Howell	02	7
Irma Villa De Cantu	05	2
Eav Tan	07	ICP
Christopher Rice	07	7
Judy Spitson	17	C
James Willingham	17	4
Cynthia Johnson	17	7
Alinel Castro	17	5
Dulce Sanchez	18	5
Randy Cantonwine	21	ICP
Kelvin Cole	26	7
Monique Williams	30	5

## Ripley Writes...

### National Safety Month!

June is National Safety Month; what better way to recognize it than a safety banner with everyone's signature pledging to help keep our workplace safe. See Something / Say Something. We each are pledging that if we see something unsafe in our facility whether it is an unsafe condition or unsafe act, we will say something. We all have one common interest in that we all want to come to work in an environment that makes it possible to go home each night to our loved ones safe and sound. I am proud to say that our safety program has come so far and this achievement is because we, in each of our facilities, have exceptional associates who have made safety a part of their daily routine. Thank you all for such great efforts! Have a great and safe summer!



**TRACY SCHMITT**

## Weighing in on the Facts

During the month of June our Ripley facility is focusing on nutrition and the effects of the foods we consume. Did you know that Americans consume approximately 56 gallons of soda annually? Studies show that many people consume more soda than water and some people consume little to no water at all making soda account for a quarter of all drinks consumed in the United States. With such a large annual consumption of soda, it is important to research and evaluate the influence they have on a person's health. Once you begin researching you quickly find that even a moderate consumption of soda can be harmful to our bodies.

This month our wellness committee is speaking with and encouraging all our associates here in Tennessee to really take a long look at these effects and to find healthier drinking options; handouts with the Top 10 Reasons to Avoid Soda are being passed out and we are challenging all associates here to pledge to give up soda for 30 days to see the difference it makes in our health. Many have taken this challenge straight on and we have

only just begun.

Our committee is also providing guidance on the importance of, and the correct way to read nutrition labels. Healthy recipes are being shared to help encourage everyone to try new options, learn what benefits / vitamins certain types of foods have, and help us all strive for a healthier lifestyle by filling our bodies with fuel for more energy instead of sludge.

#### **Below are a few interesting facts about foods and nutritional benefits.**

1. Asparagus is a good source of vitamins A, C and E, B-complex vitamins, potassium and zinc.
2. An avocado two times more potassium than a banana.
3. Broccoli contains twice the vitamin C of an orange and almost as much calcium as whole milk, and the calcium is better absorbed!
4. Celery is the best vegetable source of naturally occurring sodium.
5. Kale contains lutein and zeaxanthin, which protect the eyes from macular degeneration.
6. To increase the protein in peanut butter, Brewer's yeast can be mixed in - a useful tip for vegetari-



ans.

7. Pumpkin seeds are high in zinc, which is good for the prostate and building the immune system.
8. Lemons are considered one of the world's healthiest foods - one lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity and aids in weight loss. Try adding it to a mug of warm water to kick start your day!
9. Eggs contain the highest quality food protein known. All parts of an egg are edible, including the shell which has a high calcium content.
10. The mushroom is the only non-animal natural source of vitamin D.

**TRACY SCHMITT**

# Ripley Writes...

The month of May was Promote Physical Fitness Month at plant 7 in TN... We challenged associates to get moving, make a change, get healthy!

We passed out a calendar for May and asked the associates to write down how much they exercised each day!! WOW! The response was awesome! We had associates hula hooping (Ms. Heddie), doing sit ups, lifting weights, walking, twisting, and so much more! I was so impressed.

We had one associate who even does the Stretch and Flex at home (Willie Hancox). We had several associates that added some type of exercise to their daily routine other than Stretch and Flex. At the end of the month we held a drawing for everyone who turned in their exercise calendar for a set of hand weights. Ann Jarnigan was the winner. Ann stated that she goes to the Gym and walks. I would like to say well done to everyone!! Keep it up! You should be so proud of yourself!!



**MIKE MOORE**

## ASSOCIATE OF THE MONTH GERHARD JERDING

Nominated not by one, but two Line Leads already speaks volumes about Plant 7's employee of the month Gerhard Jerding (sometimes called Gary). Gerhard has been with us since February 2016. He states he has worked in every department with the exception of Woodshop and Label only, but followed with, "If they need me I will be happy to help out!" Gary currently works in Tokyo department as a sorter. Kristen Fulton, his Line Lead, states he is a very hard worker and helps wherever there is a need. Kristen went on to say sometimes you don't even have to ask! He has the best attitude and does "Whatever it Takes." Michelle Theus, Line Lead for Breakdown, echoes the same statements as Kristen, only adding, "What a great Team Player." Michelle said he never complains and always has a smile on his face. She stated, "Gary is someone you can depend on and we are thankful for all he

does." Gary was in the Navy from 1987 - 1991. He also fought in the Gulf War! When you see him, please make sure you give a big THANK YOU for his service! Thanks, Gary. Gary told me he loves to be outdoors. It doesn't matter what he is doing as long as he can be outdoors. Gary's hobby is building model planes, cars, & almost anything. Gary met his girlfriend at Pierce (Lisa) and they have been together for 5 years. Gary has two children Steven (31) and Bridgett (30) both of whom live in Kentucky.

Gary is not one to talk about himself. I had to work hard to get him to talk. I will say I have to agree with everything that Kristin and Michelle had to say about Gary. Gary, you are one of the nicest people we've known. Congrats and thank you!

**KRISTI TAYLOR**



# Corporate Chris writes... SISTER CHRIS OF THE WAILING HIP

I went on vacation with my sister and two of her kids recently. But "vacation" implies that one relaxed. Slept in. Lounged.

**This was not that kind of vacation** because we were at Universal Studios and Islands of Adventure, and we had things to do, things to see, and ride attractions to experience...AND ONLY SIX DAYS TO DO THEM.

Three years ago, I was introduced to The Wizarding World of Harry Potter. I am not ashamed to tell you, dear reader, that when I stepped foot into Hogsmeade, I cried. It's magical beyond anything you could imagine...all of it is geared to letting you have the most enchanted time of your life...like when I bought my interactive wand. (Yes, even at almost 50, I bought an interactive wand.) I finished up my purchase on a credit card so hubs wouldn't know how much it was and still doesn't. The cashier handed me a pen, and asked me to "sign for the Ministry of Magic." Charmed, after I had done so, he handed me back my card and said, "Here's your Muggle plastic." (Muggles are non magic people.) Talk about getting—and keeping—you in the magic. Same thing happened when I bought a Gryffindor student robe this year. When I got home I modeled my wizard robe to my daughters and they both snickered so hard they fell off the couch. **#nerd #bigner #biggergeek**

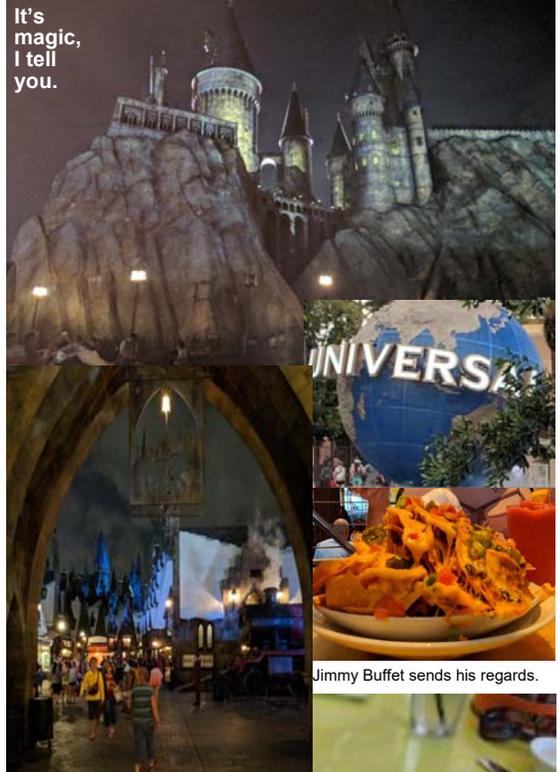
We drank Butterbeer almost every day, sometimes sharing one because you could buy the froo froo-iest drink at Starbucks and it STILL wouldn't be as much as a Butterbeer—they're \$7 and worth it. Five of

us shared the giant feast at Three Broomsticks restaurant. I rode almost every single ride except for the Hulk and Rip Ride Rocket, which I wouldn't touch with a ten foot pole because DEATH. We saw some Transformers, got a little wet on the Jurassic Park ride, and met Blue the T-Rex, who doesn't like eye contact so my sister promptly made eye contact. (She's a silly Muggle.)

We had volcano nachos at Margaritaville, toured the Hogwarts Castle, and watched that very castle light up at night with the four different house colors. We had sushi at Cowfish, rode the Hogwarts Express train, and risked our very lives to take a picture with Jaws. We wandered around Diagon Alley, where we watched the fire-breathing dragon scare the stuffing out of newcomers. We had dinner at the Chocolate Emporium. We sweated our butts off, since the average daily temperature was only slightly cooler than hell. Despite the regular and vigorous sunscreen application, I still developed sun poisoning on my inner shins. We probably walked an average of ten miles per day. We got up freakishly early so we could get to the parks early, then we'd be there for seven or eight hours during which we walked, strolled, or in my case, stomped and/or lumbered, take your pick. My sister Jenny, going through thyroid treatment, RAN CIRCLES around me the entire time we were there. **#letmesleepforthe loveofgod** We also were, by some

miracle, upgraded to suites. These suites were bigger than my entire house and had a full kitchen, two bathrooms, and a living room with a sectional, dining room, and conversation pit. The suite was so big we needed GPS to find the bathroom. We rode the boat through the waterways to get to the parks each day. We had tropical drinks poolside, made memories and laughed until we couldn't breathe. It may not have been the lounging, relaxing vacation you think of when you think vacation, but I believe it might have been the most fun yet. As I kept saying to my sister, "I can sleep when I'm home." I cannot wait to do again. As a matter of fact, I'm going to go check--and clear--my Muggle calendar right now.

**CHRIS CACCIATORE**



# Come on in, the Water's Fine

## Take the Plunge and Dive into Improved Health

Also, protect yourself from the sun with these tips:

1. Wear sunscreen with an SPF (sun protection factor) of at least 15.
2. Sunscreen doesn't last all day — reapply every two hours you're outside and after a swim.
3. Sunscreen also expires! Make sure you check the date on the bottle.
4. Buy sunglasses that protect from UVA and UVB rays.
5. Stay in the shade to avoid direct sunlight.
6. Remember, cloudy days cause sunburns, too!

## June Activity

### Drink More Water

Get ready to track your water intake and experience the benefits of proper hydration! Your first tip? Make sure you drink 64 ounces each day.

**COURTESY OF GALLAGHER  
WELLBEING NEWSLETTER!**



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