



VALCO INDUSTRIES, INC.  
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# PRESSing NEWS

Valco News—May, 2015

## Friendly Reminders From Valco



The Springfield Arts Council will be kicking off their 49th Summer Arts Festival on **Wednesday, June 10th**, with the return of *Phil Dirt and the Dozers*. The six week all FREE entertainment series starts on Wednesday, June 10th, and ends on Saturday, July 18th, with *Jefferson Starship*. All of the performances are at Veterans Park and start at 8:00 p.m. unless otherwise noted. Bring a lawn chair or blanket to sit on and enjoy a wide range of entertainment. For more information on the festival and a complete schedule of events you can go to [www.springfieldartscouncil.org](http://www.springfieldartscouncil.org). Take advantage of one of Springfield's best community wide events.

## Let's Celebrate!

The first summer holiday of 2015 is quickly approaching as we will be celebrating **Memorial Day on Monday May 25th**. This of course is a paid holiday for all full time associates who have been with us for at least 90 days.

 **Independence Day (July 4<sup>th</sup>)** this year falls on a Saturday so we will be taking **Friday, July 3rd**, off as the paid day for the July 4<sup>th</sup> holiday. More information will be available as we get closer to Independence Day.

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## IN THE VALCO SPOTLIGHT: Ricky Rollins

Our Associate Spotlight this month shines on **Ricky Rollins**, who has been a member of the Valco Team since July 2014.

Ricky works as part of our production support team on first shift in a variety of different areas/departments.

Ricky was born and raised in Springfield and attended North High School (Go Panthers). After receiving his GED he enrolled in the EMT (Emergency Medical Technician) program at Clark State. After receiving his EMT certificate he was hired on at Med Tran where he worked the next six years.

He then decided to make a career change and took a job with Metals USA in the packaging area and worked there until he had to have some surgery. After being released back to work, he took a job

with Pratt Industries as a fork lift driver doing loading and unloading of trailers. Unfortunately, he was in a bad car accident which required him having to be off work for a long period of time. The good news was that it was not his fault.

After working several different jobs through a temp agency, he was hired on at Valco. Ricky is the proud father of three children, Alexiannah, age 7, Adam, age 5, and Jessa, age 3. When not working or spending time with his children, Ricky likes to play billiards around the area. He says he has enjoyed his first year at Valco and likes having the opportunity of learning and doing a lot of new and different things. We look forward to working with Ricky in the months and years ahead and wish him continued success.



## Valco Expands Capabilities



Valco has recently expanded its capability with a national Truck Modification Company. In addition to supplying Drive Columns and Components necessary to convert the vehicles to a Dual Drive System, we are now managing the Supply Chain to support both the Domestic Fleet and Local Production.

Pictured above is Valco Associate Joe Guinn assembling one of the drive steering columns we are now supplying.

## Valco Associate has perfect attendance since being hired



Hats off to **Mark Winn** who has been part of the Valco Team since July 22, 2012, and has not missed a day at work since being hired. We thank him for not only doing a great job as part of our welding department these past three years, but also for being here every day.





## Food For Thought...

**Keeping your brain in the best possible health possible is important:**

As you age, so does your brain, and you may experience what's called cognitive decline. Basically your brain does not work as well as it did in the past. You can play a role in preventing or slowing down some of the decline.

**To nourish your body and brain:**

- Maintain a healthy weight and lifestyle. Studies show that obesity, diabetes, high blood pressure, and high cholesterol all can increase your risk for dementia.
- Eat fruits, vegetables, and whole grains. Antioxidants in green, leafy produce and dark-skinned vegetables may be particularly protective.
- Eat foods with "good" fats, such as olive oil, sunflower oil, avocados, and nuts.
- Avoid saturated fats and cholesterol found in foods such as red meat, and whole-milk dairy products. Focus on eating poultry or fish.
- Get your omega-3s. Common sources include sardines, tuna, salmon, mackerel, and herring. Try to eat one of these fish at least once a week.



**... is not a strategy for success.** You can want to be thinner, but until you get off your behind, you are going to stay fat. You can have the world's best plan to sell more, but until you start talking to customers, it won't happen. You can intend to spend more time with your family, but until you

start clocking minutes, the intentions are empty words.

Don't tell me what you have planned. Don't waste my time with your detailed strategy for success. Just show me what you are doing to be successful. Your actions tell me all I need to know. It's nice to have a plan, but unless you take action, your plan is just words.

—Source: *The Idiot Factor*

## Great Quotes

"Patience, persistence, and perspiration make an unbeatable combination for success."  
—Napoleon Hill

"Things may come to those who wait, but only the things left by those who hustle."  
—Abraham Lincoln

"We cannot change the cards we are dealt, just how we play the hand."  
—Randy Pausch (read his book, **Last Lecture**, written as he was dying from cancer)

"How can something bother you if you won't let it." —Terri Guillemets

"The only place success comes before work is in the dictionary."  
—Vince Lombardi (He would know)

## Announcements



Robin Freeman ..... June 7<sup>th</sup>  
Paul Blevins ..... June 12<sup>th</sup>  
Lita Wood ..... June 13<sup>th</sup>  
Jamie Callan ..... June 17<sup>th</sup>

We hope you each have a great day on your special day and an even better year; a year of good health, lots of laughs and much personal and professional success. Enjoy your special time of year!

### Years of Service:

Denise Gordin..... June 20.. 10 Yrs!!  
Jessie Whitt..... June 23..... 1 Yr.  
Dave Montgomery.. June 24.... 11 Yrs!!  
Jon Young ..... June 25.. 13 Yrs!!  
Mike Bell..... June 27.... 4 Yrs\*!

\*(Go Figure)

Lonnie Cook ..... June 30..... 1 Yr.

Wow! June was sure a great month in terms of hiring some great folks. We thank each of you for being part of the Valco Team and for doing such a great job for Valco and our many customers each and every day. We look forward to working with you in the months and years ahead

### Congratulations to...

**Tyler Ater** on his recent graduation



from both Shawnee High School and CTC. Tyler was enrolled in their two

year welding program at CTC and was recently selected as the outstanding welding student in his class. After graduation he will become a full time Valco associate. He will soon be taking advantage of Valco's tuition reimbursement benefit program by attending classes at the Hobart Welding School to further his education and welding knowledge and skills.

**Well Done!!**