



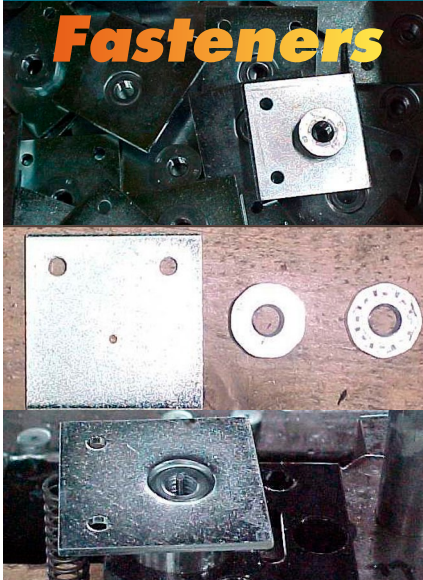
VALCO INDUSTRIES, INC.  
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# PRESSing NEWS

Valco News—June, 2015

## A New Approach to

### Fasteners



Valco has put resources into pierce fastening technology. Some of you may have noticed **Robin Freeman** running these parts in the press department. The process begins with a pierce nut designed to be installed into sheet metal by the special tooling you see above. The pierce nut is placed inside the retainer and the metal plate is located on top. As the press cycles, a hole is punched into the sheet metal embossing it to fasten the nut to the plate.

#### There are several benefits to these new fasteners

- When installed they become an integral part of the sheet metal giving them a high resistance to twist-out, shearing, pull-out, and vibration.
- Together the tooling and fasteners create assured repeatability of accurate positioning which produces closer tolerances than traditional methods.
- There aren't the usual problems associated with welding, such as weld splatter and process variability.
- There's also room to grow with this technology. The tooling can be incorporated into progressive dies and forming tools.

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## IN THE VALCO SPOTLIGHT: Paul Perez

Our Associate Spotlight this month shines on **Paul Perez** who is part of our second shift and works in our grinding department.

Paul was born and raised in Springfield and attended North High School (Go Panthers) and received his GED degree in 1988. His first job was with Hoke Lawn Care Service where he spent the next four years. Due to the seasonality of lawn/landscaping work Paul decided to take a different career path and took a position with Ever Roll in Lawrenceville. While with Ever Roll, Paul learned to weld, grind and operate tube bending machinery.

Due to a down turn in the economy he was laid off from Ever Roll, but soon was hired on at TruLine in Springfield, where he worked for the next several years. While at TruLine, Paul operated a number of different stamping presses.

In 2000 he started working for several black top companies laying

asphalt. Over the next 12-13 years he worked for Rays, Pennington, and Meads doing asphalt work in a variety of different areas. Becoming tired of the seasonal and the very hot summer work, he returned to the world of manufacturing and joined the Valco Team on September 30, 2013. Hopefully Paul is here to stay as he does a great job for us.

He is the proud father of three children, daughter Felina (15) who lives in Springfield, daughter LaLona (21) who lives in Michigan, and son Pablo who is 22 and lives in Kentucky. During his free or non-work time, Paul enjoys spending time with family as well fishing and camping and enjoying the outdoors.

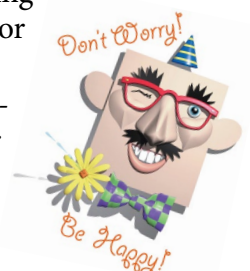
Paul says he enjoys working the second shift, which is something we like to hear, and has enjoyed his time at Valco. He does a great job and we look forward to having him as part of our Team for years to come.



## Control Your Stress Checklist

Many situations can cause your stress response to kick in....if you let it. The key is to recognize what leads you to feel stressed and when, and then develop ways to prevent it or handle it.

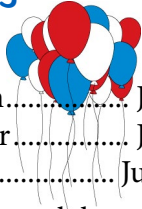
- **Are you often late?** Take a look at your time management. Make it a habit to plan your day, task by task (in advance), and give yourself enough time for your-to-dos. Overestimate the time each task will take. Insert spaces into your schedule to avoid back-to-back meetings.
- **Are you overextended?** If you are juggling too much, determine what's truly essential and important, and what you can put on hold or eliminate.
- **Are you easily angered or irritated by anyone or anything?** Pause to ask yourself if you're making something a bigger issue than it is, leaping to conclusions, or letting your emotions cloud your reasoning.
- **Are you feeling pessimistic in general?** Stop and remember all the things you have to be grateful for and vow not to compare yourself to others.
- **Are you burned out?** Consider self-nurturing activities to recharge and/or find help so you don't have to do tasks alone.





## Announcements

### Happy Birthday!



Steve Queen..... July 8<sup>th</sup>  
Gene Messer..... July 9<sup>th</sup>  
Bill Ferrell..... July 20<sup>th</sup>

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

### Years of Service

Gene Messer.....July 10 ..... 9 Yrs.  
Jim Hardesty.....July 11 ..... 4 Yrs.  
Larry Brown.....July 15 ..... 2 Yrs.  
Don Briggs.....July 22 .... 16 Yrs!  
Ray Powell .....July 22 ..... 2 Yrs.  
Bryant Wells .....July 22 ..... 1 Yr.  
Bill Ferrell .....July 30 .... 12 Yrs!

Looks like July was a good month to hire some great people. Thanks to each of you for all you have done and continue to do for Valco and our many customers. Your many contributions are greatly appreciated.

### Welcome back to...

**Micah Hanks** who has returned to the laser department after recent shoulder surgery and lots of rehab work. It is great to have Micah back with us and we're glad that he is doing well and almost as good as new.

## VALCO ASSOCIATES TRAINED IN ADULT FIRST AID

Would you know what to do in a cardiac, breathing or first aid emergency? Having the right training in an emergency could help you save a life. Recently (9) members of the Valco Team earned their Red Cross Adult First Aid/CPR/AED certification, preparing and giving them the skills to help save a life. The Adult Red Cross First Aid/CPR/AED included Blood Borne Pathogens training that aligns with OSHA's Best Practices for Workplace First Aid Training. This all day training course has helped to prepare our Valco Team members with the knowledge and skills needed to respond to any associates in need of emergency medical attention.

### The Valco Team members who participated in the training are:

- |                             |                  |
|-----------------------------|------------------|
| 1. Angie Judy               | 6. Mike Ropp     |
| 2. Jim Hardesty (2nd Shift) | 7. Toby Clark    |
| 3. Nicole Metzger           | 8. David Jenkins |
| 4. James Hall               | 9. Lonnie Cook   |
| 5. Bryant Wells (2nd Shift) |                  |

Thanks to **Lonnie Cook** and **Bill Wolfarth** for working with the Red Cross to put this vital training program together and recruiting the nine Valco associates to become certified. Your time, effort, and training are very much appreciated and hopefully is not something we will need you to put into action while at work.

### Great Quotes

- "I've learned so much from my failures, I'm thinking of having some more."  
—Ashleigh Brilliant
- "If you're not sure where you're going, you'll probably end up somewhere else."  
—Laurence Peter
- "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
- "Patience, persistence, and perspiration make an unbeatable combination for success."  
—Napoleon Hill

## Reminders



A last reminder that **July 4th, Independence Day** is on a Saturday this year, so we will be taking **Friday, July 3rd**, as the paid day for the July 4th holiday and as such no work. We will be returning to regular production schedules and business hours on **Monday, July 6th**. Have a safe and enjoyable holiday and, during the holiday, give at least some thought as to what Independence Day is really all about.

The **Springfield Arts Council's 49th Summer Arts Festival** is still happening at Veterans Park. The six week all **FREE** entertainment series will be ending 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. There may not be such a thing as a free lunch but there really is such a thing as a free six week summer outdoor arts festival.

Even though it seems like a long way off we will soon be celebrating our last summer holiday for 2015 on **Labor Day, Monday, September 7th**. More information to follow as we get closer to the Labor Day holiday.

