

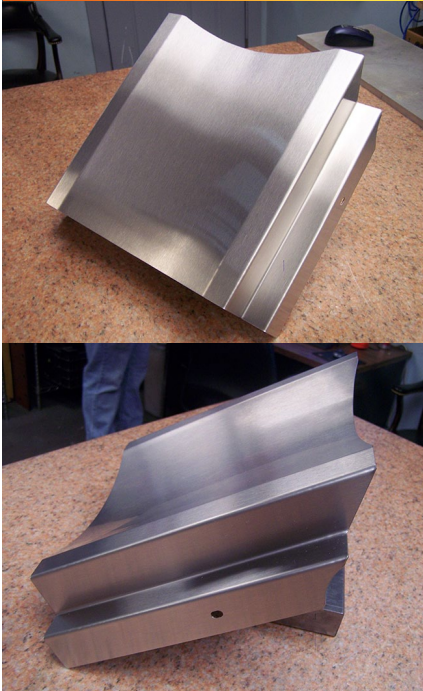


VALCO INDUSTRIES, INC.
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PRESSing NEWS

Valco News—August, 2015

VALCO PRODUCT OF THE MONTH



Valco currently produces a commercial grade food processor apron for one of our valued customers. Although the part seems simple at first, the 304 #4 stainless steel apron is a grained show surface steel that requires it to have no visual scratches, scuffs or marks. The stainless steel apron goes through three different processes here at Valco to achieve its unique shape. The food processor apron is first laser cut in our laser department to achieve its overall size and oblong holes. It is then roll formed on our precision rollers and finally off to our press brake department where the final bends are broke into the part with 100% inspection to follow.

Valco is very proud to service a company in the food processor industry; one of the many unique things we do here at Valco.

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IN THE VALCO SPOTLIGHT: Bill Murray

Our Associate Spotlight this month shines on **Bill Murray** who has recently joined the Valco Team as part of our maintenance department. Bill attended Tecumseh schools and after graduation took a job working on a local farm. He said that the farm work was the hardest job he has had during his 50 year working career.

Deciding that perhaps being an all-purpose “farm hand” might not be his best career move he left the farm and took a job with Vining Broom which over the years turned into a 45 year career. After three years, he left Vining in 1969 to take a job at Cascade where he worked on a lathe, dip tank, and in shipping and receiving. When Cascade experienced a slow down in work he returned to Vining Broom where he spent the next 41 years.

Upon his return, Bill became part of the maintenance department at Vining and over the years worked on most of the equipment and machinery the company had in their operation. He also did a great deal of building maintenance which has now come in very handy since Valco is located in the same facilities where Bill worked for many years.

In 1971/72 Bill started a company called Murray Truck and Trailer that did most of the maintenance work on the over the road equipment that Vining had at the time. At one point in time Bill was responsible for taking care of 4 over the road tractors, one box truck, 2 yard tractors, and

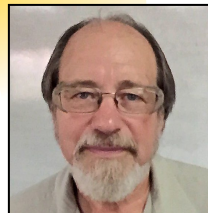
30 trailers. Most of Bill’s mechanical knowledge and expertise was self-taught and learning on the job. Bill did most of the Murray Truck and Trailer work in the evenings and on weekends when the equipment was not in use. He continued doing this until 1994 when Vining Industries was sold.

Bill then went to work for a local oxygen company and for the next four years made deliveries to people’s homes that needed the oxygen. He became good friends with most of his customers and certainly provided each of them with service and help beyond what was called for or expected.

Bill also is the proud owner of a horse farm/stable, called Whispering Pines Stables, where he boards and takes care of horses on his 10 acres of land. He currently owns four horses and is boarding an additional 20 horses. This is in addition to his work during the day at Valco. I think it is safe to say Bill is an extremely hard working multi-talented individual.

He has been married to Donna since 2000. Donna is currently working for NextStep in the same building she worked in some 30+ years ago, when it was Vining Broom. Who says you can’t go home again? Bill has two daughters, Lori, who lives in Lancaster, Ohio, and Jamie, who lives in Missouri. He is the proud grandfather of 5.

We are thrilled to have someone with Bill’s skills, talent, know how, and can do attitude as part of our team. We look forward to having Bill help us grow and improve every day.



Our last summer 2015 holiday, **Labor Day, will be celebrated late this year as it is on Monday, September 7th.** We will be closed for Labor Day and as always this is a paid holiday for all full time associates. Normal production, shipping and receiving hours will resume on **Tuesday, September 8th.** Enjoy the long holiday weekend and be sure to be safe and smart out there.



Announcements



Nichole Metzger.....Sept. 10th
 Bob WilkersonSept. 10th
 Larry BrownSept. 16th
 Scott FerrellSept. 21th
 Jerry StultzSept. 25th
 Dave Montgomery.....Sept. 27th
 Larry HuxleySeptember 30th

What a great month for birthdays at Valco. We wish each of you the very best on your special day and hope you have a great day and an even better year. Here's wishing each of you a year of good health, lots of laughs and much personal and professional success.

Years of Service

Jerry Stultz Sept. 111 Yrs!
 Zack Peck..... Sept. 6 4 Yrs.
 Scott Ferrell Sept. 92 Yrs.
 Dave Jenkins..... Sept. 13 5 Yrs.
 Angie Judy Sept. 24 8 Yrs.
 Bob Wilkerson Sept. 24 3 Yrs.
 Paul Perez Sept. 30 2 Yrs.

Thanks to each of you for being part of the Valco Team and doing all you do for our many customers and in helping Valco to grow and succeed. Your many contributions are greatly appreciated. and we look forward to working with you in the years ahead.

Note: If you have a change of address, phone number, marital status, payroll withholding changes, etc., notify the office so we can be sure our records are up to date and we know how to reach you or someone of your choice if necessary.



How to Pack a Healthy Lunch for Work

Instead of being tempted to grab a fast high-calorie lunch, pack your own healthy lunches for work. You will spend less money and eat better! If you are on a diet, packing a healthy lunch can also help you stick to your weight-loss plan while you're at work. Pack serving-size containers, so you can control the portion size to prevent overeating. The key to packing a healthy lunch for work is planning. Consider foods that are good for your heart health and that help you keep your energy up during the day.

The following are some foods that are good for you and help energize you for the afternoon ahead:

- Fruits: blueberries, strawberries, cantaloupe, mango, citrus fruit, tomatoes, avocado
- Veggies: peppers, sweet potatoes, spinach, broccoli
- Proteins: pork, salmon, soy, beans, nuts
- Grains: whole grains, oatmeal
- Low-fat dairy products

The following are some energizing healthy snack ideas you can try:

- An orange—bring the whole orange, or peel the orange in advance and bring the wedges in a small snack bag.
- A spoonful of peanut butter on whole-wheat crackers.
- Low-fat yogurt with strawberries and blueberries. Chop up the berries ahead of time and bring them in a small container with your lunch, or add them to the yogurt in advance.
- A cup of cantaloupe and mango slices with mandarin orange wedges.
- Sliced veggies and hummus dip—slice the veggies at home and bring them in a small snack bag.

Another healthy and energizing tip is to make sure you stay hydrated. Your body is about 60 percent water, and it needs that water for digestion and energy. Keep a water bottle or big cup with you at work to remind you to drink plenty of water throughout the day, and refill it as soon as it's empty.

Dial 211!

Dial the United Way 2-1-1 Number to Get Help or to Connect You to Help. 2-1-1 is an easy to remember, non-emergency telephone number that connects people with essential community information services. 2-1-1 saves time and frustration through trained specialists who match callers to the right agency based on each caller's need. The 24 hour line makes it easy for people to navigate the maze of human service providers and helplines. All calls are free, anonymous, and confidential.



Great Quotes

“Many an opportunity is lost because a man/woman is out looking for four-leaf clovers.” —Anonymous

“If the word quit is part of your vocabulary, then the word finish is likely not.” —B. G. Jett

“There are always flowers for those who want to see them.” —Henri Matisse

“I haven't failed; I've just found 10,000 ways that won't work.” —Thomas Edison

“The main thing is to keep the main thing the main thing.” —Stephen Covey