

THE Co-Line PRESS

FOR EMPLOYEES OF CO-LINE WELDING, INC. VOL. 21 | NO. 4 | APRIL 2021

UPCOMING EVENTS

Apr. 16 – Quarterly meeting

Apr. 23 – Co-Line Press deadline

Apr. 30 – Vaccines at Co-Line

May 3 – Co-Line Press distributed

HAPPY BIRTHDAY!

April 3 – Kyle Soderblom

April 5 – Cole Harre

April 6 – Dan Goemaat

April 6 – Derik Allbee

April 7 – Marc D'Aguanno

April 9 – Jeff Kramer

April 9 – Davin Van Haaften

April 9 – Taryhn Annee

April 12 – Ty Clark

April 16 – Mark Schultz

April 22 – Adam Jennings

April 22 – Derek Bates

April 23 – Chris Cleverley

April 24 – Brian White

April 24 – Brenda Smith

April 25 – Matt Facile

April 26 – Reggie Kaldenberg

April 29 – Chris Tice

SERVICE ANNIVERSARIES FOR APRIL

1 year – Brent Steir

1 year – Adam Flagel

2 years – Greg Postels

3 years – Jason Sanders

6 years – Leon Vander Weerd

6 years – JT Walker

7 years – Logan Daniels

8 years – Steve Davis

14 years – Jeff Davis

18 years – Rick Harrill

19 years – Loren Fopma

24 years – Roger Van Hal

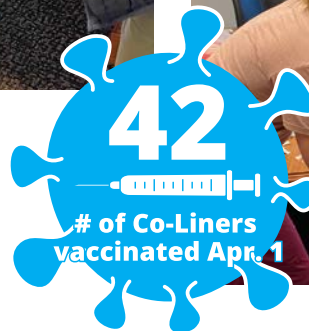
42 years – Rail Brand

COVID-19 SHOTS ADMINISTERED AT CO-LINE



Among the Co-Liners who received the first dose of the COVID-19 vaccine at work on Apr. 1 are Jay Mitchell (above) and Justin Flander (right).

Forty-two Co-Liners rolled up their sleeves and received their first dose of the COVID-19 vaccine at work on Thursday, Apr. 1. The shots were administered by Mahaska County Public Health, and they will return to Co-Line on Friday, Apr. 30, to give the second dose of the vaccine.



of Co-Liners
vaccinated Apr. 1



BRACKET CHALLENGE

2021 WINNERS

1ST PLACE

ROGER VAN HAL

*\$100 and a Tundra
35 Yeti Cooler*

2ND PLACE

KEVIN SCHIPPERS

\$75

3RD PLACE

LEANN

HJELMELAND
\$50

CO-LINE PEOPLE AND THEIR FAMILIES

If you have any news you'd like to share with Co-Liners, please email LeAnn Hjelmeland at leannhnp@netins.net.

Congratulations to Simone and **Derek Bates** on the birth of their son, Liam Curtis. He was born at 12:34 p.m. on Mar. 10 in Pella. Liam weighed 8 pounds, 14 ounces and was 20.5 inches long.



Congratulations to Vanessa and **Lucas Hilton** on the birth of their son, Dawson Lucas, born Mar. 26. Dawson was born at 9:46 a.m., weighing 6 pounds, 8 ounces. He was 19 inches long. Dawson was welcomed home by his first-time big sister, Delaney, 2.



The Co-Line family expresses its condolences to **Drew Van Soelen** and his family. Drew's great-grandfather, Ralph Van Soelen of Newton, passed away on Mar. 3 at the age of 92 years. A memorial service was held Mar. 9.

Co-Line expresses its sympathy to Kim and **Kurt Moyer** on the passing of Kim's father, Roger Johnson of Shenandoah. Roger passed away at the age of 79 years on Mar. 7 at the Montgomery County Memorial Hospital. A memorial service was held on Mar. 10 at Fremont Lutheran Church of Nyman. Burial with honors was at Mt. Hope Cemetery of Nyman.

The Co-Line family expresses its sympathy to Kari and **Jeff Bokhoven** and their son Joseph. Kari's father, John Venenga of Pella, passed away on Mar. 11 at the Comfort House in Pella after experiencing cardiac arrest on Mar. 1. He was 78 years old. A memorial service was held on Mar. 15 at First Reformed Church in Pella.

We express our sympathy to Laura and **Adam Jennings** and family. Adam's grandfather, Terry Dean Hall, passed away at Saline Care Nursing and Rehabilitation Center in Harrisburg, IL. He was 73 years old. He was remembered in a private family memorial service and burial of ashes.

THANK YOU

Co-Liners: Thank you so much for the baby gift you sent after the birth of our daughter, Cally. I appreciate you thinking of us "up north!" Also, a big thanks to the Hometown Press staff for covering for me while I was on maternity leave. I'm truly grateful!

LeAnn Hjelmeland

Eric and Faye: Thank you for your generous donation to the Pella Shooting Team. Our can drive was a great success.

Brandon De Jong

PERFECT ATTENDANCE

For February, Co-Line will award 99 employees for perfect attendance with each receiving a \$20 Co-Line coin. Congratulations and keep up the great attendance!

Tyler Albert	Don Crawford	Rick Harrill	Elliott Mapes	Levi Roose	Kyle Soderblom	Marty Van Wyk
Garrett Auberg	Marc D'Agunno	Samantha Hunt	Larry Marchant	Tony Roth	Mike Stoner	Marylou Van Wyk
Gabby Axmear	Ken Daugherty	Ken James	Zach McClellan	Chad Sailors	Joel Struik	Teryl Ver Ploeg
Derek Bates	Allen Davis	Jennifer Jansen	Doug McClelland	Jason Sanders	Chad Thompson	J.T. Walker
Brad Braafhart	Bryan De Jong	Trent Jansen	Greg McCulley	Taylor Saunders	Chris Tice	Luke Weishaar
Jake Brammer	Jeff De Jong	Todd Johnson	Mike Moore	Joel Schmidt	Cory Tice	James Welch
Abbie Brown	Justin De Jong	Jeff Kling	Juan Munoz	Jeffrey Schultz	Kierston Till	Dave Westbrook
Jason Broyles	Andy Elbert	Stefany Knowler	Wayne Munsterman	Jeff Schut	Ron Van Baale	Wayne Woollums
Kerry Bryan	Matt Facile	Jeff Kramer	Monica Nikkel	John Sharp	Lanai Van Hal	Baker Zegers
Mitchell Bryan	Justin Flander	Shawn Kramer	Dennis Nolin	Dennis Smith	Roger Van Hal	
Nick Burch	Loren Fopma	Justin Kriegel	Bob O'Dell	Gary Smith	Justin Van Maaren	
Casey Burkle	Dan Goemaat	Sandy Kuhlmann	Tom Orr	Jeff Smith	Drew Van Soelen	
Adam Carrothers	Gary Goings	Eric Leonard	Greg Postels	Kyle Smith	Brady Van Wyk	
Kevin Chapman	Tony Hall	Logan Long	Ken Reed	Peter Smith	Brian Van Wyk	
Sam Collins	Mark Harmon	Chadera Maasdam	Bryce Romick	Bob Snyder	Marlo Van Wyk	

HAIRCUTS

@ CO-LINE CUTTING EDGE

APR. 12 & 13

Just \$5! To sign up,
contact receptionist
at ext. 200. Pay with
Co-Line coin, cash, or
payroll deduct.



12-MINUTE CHAIR
Massages

THURSDAYS,

APR. 1, 15, AND 29

Contact receptionist at ext. 200
to sign up. Pay with Co-Line
coin, cash, or payroll deduct.



Follow Co-Line on
Facebook



The monthly newsletter created for
employees of Co-Line Welding, Inc.

Designed by LeAnn Hjelmeland
Edited by Margaret Vander Weerd

Email: leannhttp@netins.net
Connect with us on colinemfg.com
1041 Cordova Ave., Lynnville, IA 50153

This newsletter can be read online under the
"Newsroom" tab on Co-Line's website,
colinemfg.com. Look for the link that says,
"Download our latest newsletter here."

REMEMBER WHEN: APRIL 2014

> *Car body finds new purpose in weld cell*



The photo above was in the April 2014 Co-Line Press with the following caption: One of Dale Brand's old alcohol funny car bodies got put to an interesting use recently – it is now the hood for the smoke eater in the Goalsetter weld cell!

> *Prime Country starts catering Friday lunches*

Also from the April 2014 Co-Line Press was an article on Friday lunches being catered by Prime Country BBQ & Catering:

Friday lunches at Co-Line have experienced a rejuvenation now that Prime Country BBQ & Catering has started serving meals at the end of the work week.

For a while now, the Friday lunch numbers have dwindled at Co-Line. Part of the reason is because a lot of people take vacations or leave when they have 40 hours if the workload is current. Another reason the Friday numbers are lower is people don't want to eat pizza for lunch and dinner as some have Friday night pizza traditions. The Subway numbers have also been dwindling. So when Faye Brand was approached late last year to see if Co-Line would be interested in having this new catering company cater for Co-Line, she jumped at the change.

Mark and Vicky Huizer of Lynnville started Prime Country Catering & BBQ and served their first lunch at Co-Line on Friday, Mar. 14. Prime Country will serve at Co-Line every Friday for the spring and summer months. They will also be serving Thursdays in Pella and at Thunder Night in Newton, the Knoxville races, and a variety of towns in the area on weeknights.

The Friday lunch menu at Co-Line will vary some but will always have smoked meat using Prime Country's Green Mountain Grill.

"I am excited to have Mark and Vicky sharing their talents with us on Fridays," Faye said. "The numbers have shown the employees were ready for a change, and we are excited to have them catering for us."



EMPLOYEE SPOTLIGHT AND TRAINING

BAKER ZEGERS

tube laser operator

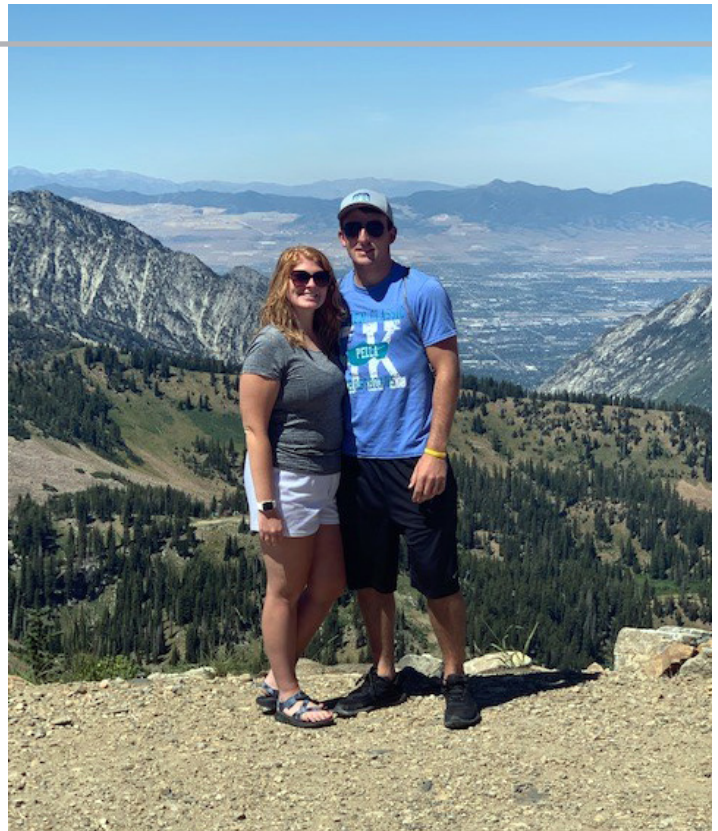
Co-Liner Baker Zegers has been part of the Co-Line Team since shortly after graduating from Lynnville-Sully High School in 2015. He began working part-time at Co-Line as a welder in October that year while attending DMACC for welding. Since then, he has also worked in the flat laser department and now the fiber optic tube laser department, where he is a full-time tube laser operator. He reads prints and performs quality measures to ensure quality parts.

Baker lives in his hometown of Sully and is engaged to be married to Katelyn Kime, a graduate of Grandview's nursing program. He has one dog named Luka.

Outside of Co-Line, plenty of things keep Baker busy. In the summer, he likes to golf, play basketball, and fish, and in the winter, he enjoys ice fishing. He competes in the men's league at Diamond Trail Golf Course and plays alumni basketball every Wednesday night. Baker also follows the Iowa Hawkeyes and the Dallas Mavericks.

Baker said he started working at Co-Line because it was local and he knew of the company. And the "drive and care of the employees" is what has kept him at Co-Line for over five years now.

He noted how Co-Line has grown since he started working here as the welding department has doubled



in size, the new addition was built, and the company has added three flat lasers and two tube lasers.

Baker's favorite Co-Line memory? When Rail Brand propped his Harley next to a car and did a spin out, burning out the tire during Motor Mania.

"I like the diversity of all new parts. It keeps me on my toes."

— BAKER ZEGERS



MARCH TRAINING

- **Five employees** completed Safety Awareness, Measurement Tools, Setup Sheet, and E2 Training.

REFER A FRIEND

We'd love for them to **JOIN OUR TEAM!**

Co-Line — You Share, We Share — **\$500 for EMPLOYEE REFERRALS!**

Fabulous! FRIDAYS!

MAR. 5

Fabulous Friday and Employee Appreciation Day were celebrated with each Co-Liner receiving cash (specifically a \$100 bill!) and candy.



MAR. 12

Milk and cookies for all! Co-Liners were able to pick a box of their favorite Girl Scouts cookies to enjoy with a bottle of either white or chocolate milk.



Andy South makes the difficult choice of picking just one type of Girl Scout cookie to enjoy on Mar. 12.



Kiersten Till picks out a bottle of milk to go with her Girl Scouts cookies.

MAR. 19

Nothing says spring like the burst of color from a flowering plant. The day before the first day of spring, Co-Line gave each employee a potted flower from Nick's Greenhouse to take home and enjoy. Spring has sprung!



Hello Spring

Continued on page 6

FABULOUS FRIDAYS

Continued from page 5

MAR. 26

Fabulous Friday featured a Rock, Paper, Scissors Contest among all Co-Liners, with **Brian Lewis** (pictured at right) of the north building crowned champion! He won \$100, a \$25 gift card, and a bag of Easter candy. Runner-up **James Westbrook** of the south building won \$50, a \$25 gift card, and a bag of Easter candy. Co-Liners can keep practicing as a rematch between buildings will be held later this summer. Easter candy was also distributed to the rest of the Co-Liners on Mar. 26 as it was the last Fab Friday before Easter.



James Westbrook and Brian Lewis battle for the title of Rock, Paper, Scissors Champion!



The north building department winners in the Rock, Paper, Scissors Contest are, from left: Lanai Van Hal, Marc D'Aguanno, Andy South, Kevin Schippers, Brian Lewis, Daryl Triplett, Reggie Kalderberg, and Nicole Fetzer-Bryan.



Candy and \$25 Casey's gift cards were awarded to department winners in the RPS contest.



All Co-Liners received Easter candy on the last Fab Friday before Easter.



Left: James Westbrook and Jesse VanDer Molen face off in the championship round in the south building.



The south building department winners in the Rock, Paper, Scissors Contest are, from left: Floyd Campbell, James Heimbeck, James Westbrook, Kyle Soderblom, Jason Teft, Travis Messer, Chris Cleverly, and Jesse VanDer Molen.

WELCOME, NEW FACES!

We're glad to have you on board at Co-Line!



JEFF BOKHOVEN, 59, became Co-Line's sales manager on Jan. 4 after working at Precision Pulley & Idler for 39 years. Jeff lives in his hometown of Pella, where he graduated from Pella High School and then went on to attend DMACC. Jeff and his wife, Kari, have one son, Joe. For fun, Jeff enjoys snow skiing, outdoor activities, and traveling. He's a member of several organizations, including the American Welding Society, Rubber Manufacturing Association, Society of Manufacturing Engineers, American Production & Inventory Control Society, and Rubber Roller Group.



"I have liked the culture, work-life balance, and collaboration."

— **JEFF BOKHOVEN**



SHELBY CONGER, 18, began working as a parts coordinator (picker) in January. A native and current resident of Montezuma, Shelby is a 2020 graduate of Montezuma High School. Last fall, she attended Iowa Central Community College for a semester and plans to go back to college this fall to become a veterinary technician. Co-Liners might know Shelby's mom, Kierston Till, a fellow Co-Liner. Shelby's family also includes her dad, Sam Conger, and her sister, Quincy Conger. Shelby's past work experience includes two summers of being a greenhouse worker at Mariposa Farms. Her hobbies include rodeoing and training horses during the spring, summer, and fall months. She also enjoys being outdoors and hanging out with friends and family.



"I enjoy the people at Co-Line. You can't walk through the factory without a friendly face greeting you. Fabulous Fridays are awesome, too."

— **SHELBY CONGER**



CANDID CORNER

Mike Moore set a record in the Goalsetter backboard cell one day last month! Way to go, Mike!



Watch out for the "nesting geese" around Lake Seven-A. They are very protective of their nests!

CO-LINER TRIPS

PART OF 10-YEAR TRIP: PRAISEFEST IN BRANSON

After a year of no traveling due to COVID-19, **Margaret Vander Weerd**, who loves to travel, was finally able to use part of her Co-Line 10-year trip award given in 2020. (Employees who reach 10 years of working at Co-Line are awarded \$1,500 to spend on a trip to the destination of their choice.)

March 18-21, Margaret joined a bus tour to Praisefest in Branson, MO, with a friend and 33 others. She may have her praise concert fix for quite awhile after attending five three-hour concerts at Mansion Theatre, all while wearing a required mask, she added. A mask-patrol of sorts made sure masks were in place during the concerts, and also in restaurants anytime while not actually eating.

Her favorite performance was by The Collingsworth Family on Saturday night. “They were so awesome, and Kim (the mom of the group) is a phenomenal piano player, self-taught starting at age three, without any music or written notes of any sort anywhere,” Margaret said. Kim travels with her very own grand piano and has won several much-deserved Musician of the Year Awards.

The performers during Praisefest were Greater Vision, Booth Brothers, Legacy Five, Billy Blackwood Quartet, comedian Tim Lovelace, pastor Steve Gaines, Cana’s Voice, Ernie Haase and Signature Sound, Jeff and Sheri Easter, Phil Cross and Poet Voices, and Tribute Quartet.

Also part of the four days was the Sight and Sound Production of “Jesus,” which was spectacular with great music, live animals, and very realistic massive sets portraying the life of Jesus. The inspiring performance traveled alongside Jesus and the miracles He performed, bringing some of the most unexpected people to Christianity throughout His journey with the inspiration behind every miracle and piece of Jesus’ life.

“Thank you so much to Co-Line for this travel gift for years of service,” Margaret said.



Margaret Vander Weerd spent a large part of her recent trip to Branson at The Mansion Theatre, taking in five three-hour concerts.

SHANE JANSEN PROPOSES ON TRIP TO COLORADO



Shane Jansen hit the slopes with his girlfriend, Paige Reed, at Keystone and Arapahoe Basin on a trip to Colorado in March. Shane happily reported the weather and skiing were great with snow all three days of skiing, and Paige said “yes” when he popped the question on the trip!

Left: Shane ready for some downhill skiing.

Right: Paige shows off her ring after Shane proposed to her on a March trip to Colorado.



TERPSTRA FAMILY VACATIONS IN CHIEFS TERRITORY

Jeremy and **Taylor Terpstra**, along with their four kids, packed up and headed to Kansas City for 3.5 days in March, staying at Great Wolf Lodge. While in KC, they took a three-hour tour of Arrowhead Stadium and visited Fritz's Railroad Restaurant, where the food is delivered via train.



The Terpstras inside Arrowhead Stadium where the Kansas City Chiefs play.



Tinsley waiting for the Terpstras' food to be delivered via train at Fritz's Railroad Restaurant.



Tayten (who had stitches so couldn't get wet), Tinsley, Taegyn, and Teslyn enjoy some time at the water park at Great Wolf Lodge.

ELBERTS STAY ON SUNNY SHORES OF ALABAMA GULF COAST

Jen and **Andy Elbert** – along with their two boys, Spencer and Austin, and Spencer's girlfriend – spent a week in Gulf Shores, AL, in March. They enjoyed spending their days on the beach soaking up the sun and their evenings sampling the local cuisine and playing games.



Andy and his family ate at Flora-Bama Bar, built on the state line between Florida and Alabama.

This was Andy and Jen's second trip to Gulf Shores. "Last year, we went with a group of friends," Andy said. "This year, we decided the boys deserved a break from college, so we grabbed them and made the 16-hour drive."

One of the highlights from the trip was Spencer proposed to his girlfriend and she said "yes!"



Andy, Austin, Jen, Vicky, and Spencer in Gulf Shores, AL.



The view from the condo.

ISLAND VACAY FOR TICE FAMILY

Cory and Shawna Tice traveled to Maui, HI, Mar. 10-17 with their three daughters: Hadley, 18, Kinsley, 15, and Brilynn, 12. Shawna reports they had an amazing trip and the girls loved their first visit to Hawaii. While in Hawaii, they spent lots of time at the beach; took the famous Road to Hana one day, which was full of waterfalls and spectacular views of the island; snorkeled; and did lots of whale watching. "The weather was great, and it was fun to spend some time away as a family!" Shawna said.



Hadley, Shawna, Cory, Brilynn, and Kinsley in Hawaii.



AMERICAN RESCUE PLAN ACT

by Monica Nikkel, CPA and Accountant at Co-Line

On Mar. 11, President Biden signed into law the \$1.9 trillion American Rescue Plan Act, which includes several income tax provisions. Most of these provisions are temporary expansions for 2021 to combat the pandemic; however, some of the benefits are being considered for future bills to be made permanent. Below is a summary of some of the major tax provisions included in the bill.

STIMULUS PAYMENTS (ECONOMIC IMPACT PAYMENTS)

A third round of stimulus payments were approved with this legislation allowing for \$1,400 for adults and any dependents. Households with earnings of more than \$80,000 for single filers, \$120,000 for Head of Household filers and \$160,000 for Married Filing Joint filers will not receive any payment. Payments are reduced for filers with income above \$75,000 for single filers, \$112,500 for Head of Household filers and \$150,000 for Married Filing Joint filers. Filers with income below those ranges will receive the full stimulus amount. Unlike previous stimulus payments, dependents over age 16 qualified to receive the benefits. Payments were based on the last filed tax return, so if you have already filed your income tax return for 2020, that is the information the IRS used to determine the amount of stimulus money you received.

UNEMPLOYMENT BENEFITS

The ARP extends the three federal unemployment insurance expansions first created by the CARES act through September 6, 2021. The total number of weeks of benefits available to individuals who cannot return to work safely is increased from 50 to 79, the \$300 federal supplement is maintained, and increases from 24 weeks

to 53 weeks of Federal unemployment benefits after the state benefits end. A new unemployment provision was also included that exempts \$10,200 of unemployment benefits received in 2020 from income taxes for Federal and Iowa. The IRS has issued new guidance for those who have already filed their 2020 income tax returns and paid income tax on the full amount of unemployment benefits received and are asking taxpayers not to file an amended return at this time. The IRS is planning on doing a correction internally and automatically processing refunds for those that qualify.

EXPANDED CHILD TAX CREDIT

The Child Tax Credit was expanded by allowing households with children to claim up to \$3,600 for children under age 6 or \$3,000 for children age 6 or older and is now fully refundable. The Child Tax Credit will also be paid out monthly beginning in July of this year; however, with the complex data needed for this to happen, it may not be a realistic timeline. Unlike the stimulus payments; however, if you receive an excess amount of the allowable credit, then you must generally repay the excess when you file your 2021 tax return.

TAX FILING AND PAYMENT DEADLINE

In response to the ARP, the IRS announced on Mar. 17 that individual taxpayers will have an extra month to file and pay their 2020 income tax returns without penalty or interest. Individual tax returns and payments are now due on May 17, 2021. They do not have to file Form 4868 to qualify for the postponement, and formal guidance will be issued soon. Iowa announced that income tax returns for 2020 along with payments are due on June 1, 2021.

CO-LINE'S FIRST RESPONDER TEAM

Safety Committee: Bryan DeJong, David Hobbs, Rick Harrill, and Mark Van Wyk

Safety is a top priority here at Co-Line, but accidents do happen. If an accident does occur, you are to report it to your supervisor right away no matter how small it may seem. Depending on the severity of the issue, it may require first aid from a member of Co-Line's First Responder Team. Due to our continued growth, we may have some individuals who are not familiar with who these individuals are. Below is a list of the members of Co-Line's First Responder Team, their location, and what level of help they can give. If you have any questions, please reach out to Human Resources.

NORTH BUILDING

EMT'S:

Mark Van Wyk	North
Kyle Smith	North/South

FIRST AID:

Eric Leonard	North
Derik Allbee	North
Cole Harre	North
Roger Van Hal	North

FIRE:

David Smith	North
Mark Van Wyk	North



SOUTH BUILDING

EMT'S:

Tony Van Wyk	South
Kyle Smith	North/South

FIRST AID:

Don Steenhoek	South
Rick Harrill	South
Mike Moore	South
Bill Wilkerson	South
Ty Clark	South
Sam Collins	South
Dale Brand	South
Ken Reed (night shift)	South
John Sharp (night shift)	South

FIRE:

Don Steenhoek	South
Derek Brelsford	South
Tony Van Wyk	South



**Team Co-Line
has worked**

**95,224
HOURS**

**without a
lost-time accident**



**Want to join Co-Line's
First Responder Team?**

*See Chad Sailors. Updated
training will be scheduled
soon for this group.*

To call for a First Responder in an emergency, use a personal radio or the paging system and calmly state: "First Responder needed at the (lower level 800 ton press, tube laser in the south building, etc.)"

Using the paging system:

- Pick up the closest telephone receiver.
- Push the "PAGE" button and then "4" for all buildings.
- Calmly state, "First Responder needed at the _____ area."
- Hang up the receiver. (The page will sound after you hang up.)

WELLNESS

OVER 100,000 ACTIVITY MINUTES LOGGED IN WELLNESS CHALLENGE

Thirty-nine Co-Liners laced up their tennis shoes and logged more than 100,000 minutes of activity from Jan. 11-Mar. 19. It was all part of the 10 Week Wellness Challenge, put on state-wide by Live Healthy Iowa, where teams of 2-10 people tracked their activity minutes and/or weight loss for 10 weeks. The simple yet effective challenge provided Iowans an opportunity to improve their health while engaging in fun, friendly competition.



TEAM 1

Activity: 12,020 min.

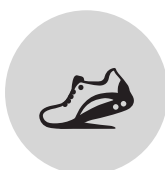
1.48% weight loss

Brenda Smith: 3.89% weight loss

Brenda Smith: 2,479 minutes

Team Members:

Andy Elbert
Brenda Smith
Faye Brand
Lanai Van Hal
Monica Nikkel
Shawna Tice
Wayne Woollums



TEAM 2

Activity: 4,265 min.

1.82% weight loss

Tony Van Wyk: 10.17% weight loss

Tony Van Wyk: 2,039 minutes

Team Members:

Joel Struik
Dan Goemaat
Roger Van Hal
Reggie Kaldenberg
Stefany Knowler
Sam Collins
Justin Kriegel
Tony Van Wyk



TEAM 3

Activity: 18,935 min.

2.22% weight loss

Logan Long: 8.68% weight loss

Marylou Van Wyk: 5,454 minutes

Team Members:

Baker Zegers
Jeff Kling
Jeff Schut
Kierston Till
Logan Long
Mark Van Wyk
Marlys Hoksbergen
Marylou Van Wyk
Roger Belcher



TEAM 4

Activity: 12,695 min.

0.19% weight loss

Cory Tice: 1.51% weight loss

Justin DeJong: 7,514 minutes

Team Members:

Justin DeJong
Rick Harrill
Cory Tice
Gabby Axmear
Todd Johnson
Jodi Hartman
Nicole Fetzer-Bryan
Davin Van Haaften
Katie Castro



TEAM 5

Activity: 26,320 min.

2.84% weight loss

Tom Orr: 6.78% weight loss

Joel Schmidt: 8,447 minutes

Team Members:

Chad Sailors
Elliott Mapes
Jeff Bokhoven
Joel Schmidt
Patti Pieper
Tom Orr



Winners of the 10 Week Wellness Challenge at Co-Line are, from left: Logan Long, Justin DeJong, Tony Van Wyk (back), Tom Orr, Marylou Van Wyk, Brenda Smith, Joel Schmidt, and not pictured, Cory Tice.

MAKING EVERY BITE COUNT

The foods and beverages you consume have a significant impact on your health. In fact, 60% of adults have one or more diet-related chronic diseases.

The newly released Dietary Guidelines for Americans (2020-2025) offers science-based nutrition advice to develop healthy eating habits and reduce chronic disease risk. For the first time, this edition provides recommendations by life stage, from birth through older adulthood.

The latest guidance provides four overarching guidelines that encourage healthy eating patterns and recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern. Make every bite count and consider the following:

1. Follow a healthy dietary pattern at every life stage. Dietary needs and recommendations vary based on your age, sex, and stage of life. Review the

guidelines to ensure that you and your loved ones—whether they're infants, children, teens, adults, or elderly—are following a healthy diet.

2. Customize your foods and beverages to reflect personal preferences, cultural traditions, and budgets. A healthy dietary pattern can benefit all people regardless of age, race, ethnicity, or current health status.

3. Focus on meeting food group needs with nutrient-dense foods and beverages, while staying within calorie limits. Nutrient-dense foods are rich in vitamins and minerals, without

too much added sugars, saturated fats, and sodium.

4. Limit foods and beverages high in added sugars, saturated fats, and sodium. Be mindful of the nutritional facts of the foods and beverages you consume—including alcohol. Men should limit alcohol to two drinks a day and women should consume no more than one drink per day.

Everyone can benefit from a healthy eating pattern, so start simple with modest changes each day. For healthy recipes or to learn more about the current guidelines, visit [MyPlate.gov](https://www.MyPlate.gov).



DON'T DELAY PREVENTIVE CARE

Brought to you by Holmes Murphy & Associates

The once-a-year checkup has been considered a standard of health care, but many people may be putting off routine appointments during the pandemic. Preventive care allows health care providers to detect diseases or medical problems before they turn serious. Preventive care includes physical and mental health screenings, cancer screenings, annual checkups, and immunizations.

Telemedicine makes it possible for you to talk to a doctor about your health, receive a prescription, and obtain treatment recommendations from the comfort and safety of your home. Telemedicine shouldn't be used for emergency care situations, but can be a great way to stay up to date on preventive care. Your physical and mental health are important, so don't put it on the back burner.

While many major health plans cover telemedicine services, be sure to check



your plan's explanation of benefits to avoid any surprise costs.

THE INSIDELINE

by Jeff Kling and Gary Smith, Quality Department



HOW DID THOSE PARTS YOU MADE LAST WEEK TURN OUT?

by Jeff Kling

Throughout our busy days with all the urgent demands upon your time, you may feel that documenting accurate, clear, concise records of your work is a distraction from the real work of fabricating quality parts.

This cannot be more wrong! Keeping good records of what you're producing is part of the process that our customers expect. Example: Next time you take your car to get the oil changed, I'd hope that the service comes with some form of a receipt that shows someone checked to ensure no leaks and that the levels were correct. That's maybe not the greatest analogy, but it might make you think next time you buy something

or pay for a service, am I going to get what I expect?

It is nearly impossible to remember everything you did and everything that happened on a project. Without clear and accurate records for each project, our handoff to the next process will be incomplete. Needless to say, this can affect the happiness of our customers.

In fact, the quality of our record keeping can be a good (or bad) reflection of the quality of products we give to our customers; purposeful and accurate quality records are the hallmarks of a customer-focused quality management system, but poorly written and retained records can lead to doubts about the quality of our work.



No matter if it's a part count, material usage amount, dimensional check, setup information, etc., ensure you do your best to leave no doubts of the job you did, and if someone asks, "How did those parts you made last week turn out?" there will be records to verify your efforts.

"Response-ability" = the ability to choose your response

SELLING CONFIDENCE *by Gary Smith*

The Co-Line quality policy has a section that deals with the "expectations" of our customers and employees. The better you get to know your customer, the better you can fully meet their expectations. The given by all customers is: A quality part (the first time), at an acceptable cost, and delivered when requested.

Every day, we begin a process to do our work for our customers. The more you do the job, the more you are confident and know the outcome and how to handle any issue. Start a new job and that confidence is lacking. Lack of knowledge, unpreparedness, and fear of the unknown is now looking at you. So how do you sell to me the confidence that the job will be done correctly the first time and that there will be no

change in the produced outcome from all previous production runs?

Step #1: Review the set-up information. Become familiar with the process SOP or other aids available. Review the part print to understand what is needed from the customer. Review the QA inspection sheet to see which variables need to be monitored. Ask yourself: Do I understand what the customer is expecting?

Step #2: Increase your knowledge: Ask someone else who may have also performed this job. There is nothing wrong with getting different viewpoints and learning about past improvements. Caution: Do not attempt a totally different method than what is recorded in Step #1. If there is conflicting

information, please get with your supervisor to get it clarified and if needed, updated for others.

Step #3: Prepare yourself to succeed: Know your equipment and how it functions. Listen around you for "different" sounds and actions of the equipment. A fresh set of eyes sees items that others have become accustomed to and can ask questions to others.

Step up to your job and ask yourself, "Am I selling confidence today? Can I meet the customer's expectations and be confident about it?"

We are all in this together, and I am buying confidence.



THINGS AREN'T ALWAYS AS THEY APPEAR

by Margaret Vander Weerd, Newsletter Editor

Every year, Pantone chooses a Color of the Year. Because one hue could not define a moment in time impacted by a pandemic, Pantone chose two shades for its 2021 Color of the Year: Ultimate Gray, a source of strength and dependability, and Illuminating, a bright and warming yellow that sparks hopefulness and optimism.

On another subject, you may or may not have heard this little story; either way, it's a good lesson to remember.

Reportedly, a woman was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft, the plane would re-board in 50 minutes. Everybody got off the plane except one lady, who was blind.

A man had noticed her as he walked by and could tell the lady was blind because her guide dog lay quietly underneath the seats in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her and, calling her by name, said, "Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?"

The blind lady said, "No thanks, but maybe Buddy would like to stretch his legs."

Picture this: All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a guide dog for the blind! Even worse, the pilot was wearing sunglasses!

People scattered. They not only tried to change planes, but they were trying to change airlines!

True story! Have a great day and remember ... **THINGS AREN'T ALWAYS AS THEY APPEAR.**



"Be careful not to dehumanize those you disagree with. In our self-righteousness, we can become the very things we criticize in others ... and not even know it."

– Eugene Cho



NEED A GARDEN GNOME STAKE?

TAKING ORDERS NOW!

Stakes can be painted black or left bare steel to "weather" or paint yourself.

Place order with Wayne by Apr. 15.
Pick up on Apr. 30.

\$25/GNOME STAKE

Need another gift idea? The **HAPPY SPRING PICKUP SIGN** is perfect for this time of year. \$15/each.

deSigns BY CO-LINE

LUNCH MENU — APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 by Julie Roose Smoked pork chop/bun, cheesy hashbrowns, calico beans, butterscotch cookie bar	2 Good Friday - Co-Line closed.	3
4	5 by Julie Roose Two maidrites, Dutch lettuce, kettle chips, peanut butter bar	6 by Julie Roose Seasoned chicken, creamy mashed potato, green beans, brownie delight	7 by Julie Roose Ham 'n cheese, cheeseburger chowder, relish tray, cookies	8 by Julie Roose Pasta bar, mixed greens, garlic roll, monster bar	9 by Smokin' J's Pulled pork, baked beans, coleslaw, cookie	10
11	12 by Julie Roose Pizza burgers, seven-layer lettuce, cottage cheese, Twinkie	13 by Julie Roose Grill day, taco salad, apple/banana, mint brownie	14 by Julie Roose Pork roast, potato/ gravy, corn, topsy turvy bar	15 by Julie Roose Hamballs, red mashed potatoes, glazed carrots, cheesecake dessert	16 by Smokin' J's Pulled chicken, cheesy potatoes, pasta salad, Oreo fluff	17
18	19 by Julie Roose Bean burger bake, homemade bread, applesauce, scotcharoo	20 by Julie Roose Grill day, lettuce/ cauliflower/bacon salad, peaches, salted nut roll	21 by Julie Roose Glazed ham, baked potato, baked beans, pumpkin dessert	22 by Julie Roose Chicken cordon bleu, creamy mashed potatoes, peas, almond bars	23 by Prime Country Smoked sliced pork loin, roll, cheesy potatoes, green beans, oatmeal caramel bars	24
25	26 by Julie Roose Sloppy Joe, mac 'n cheese, cashew lettuce salad, fudge bar	27 by Julie Roose Grill day, broccoli crunch, Oreo fluff, apple crisp	28 by Julie Roose Lasagna (traditional or chicken alfredo), side salad, dinner roll, peanut butter brownie	29 by Julie Roose Pork loin (BBQ or apple glaze), Parmesan potatoes, California medley, Heath cake	30 by Smokin' J's Pulled pork, bacon mac 'n cheese, potato salad, Rice Krispies bar	