

# THE Co-Line PRESS

FOR EMPLOYEES OF CO-LINE WELDING, INC. VOL. 22 | NO. 4 | APR. 2022

## UPCOMING EVENTS

- Apr. 9** – Co-Line’s 43rd anniversary
- Apr. 15** – Good Friday (paid holiday)
- Apr. 17** – Happy Easter!
- Apr. 22** – Co-Line Press deadline
- Apr. 28** – Quarterly meeting
- May 2** – Co-Line Press distributed

## HAPPY BIRTHDAY!

- Apr. 3 - Kyle Soderblom
- Apr. 6 - Dan Goemaat
- Apr. 6 - Jager Huysen
- Apr. 7 - Marc D’Aguanno
- Apr. 9 - Jeff Kramer
- Apr. 9 - Davin Van Haaften
- Apr. 12 - Ty Clark
- Apr. 18 - Austin Gourley
- Apr. 22 - Derek Bates
- Apr. 24 - Brian White
- Apr. 24 - Brenda Smith
- Apr. 25 - Matt Facile
- Apr. 26 - Reggie Kaldenberg
- Apr. 29 - Chris Tice

## SERVICE ANNIVERSARIES FOR APRIL

- 1 year - Isaac Green
- 2 years - Brent Stier
- 3 years - Greg Postels
- 4 years - Jason Sanders
- 7 years - Leon Vander Weerd
- 7 years - JT Walker
- 8 years - Logan Daniels
- 9 years - Steve Davis
- 15 years - Jeff Davis
- 19 years - Rick Harrill
- 20 years - Loren Fopma
- 25 years - Roger Van Hal
- 43 years - Rail Brand

## Co-Line achieves 500,000 hours without a lost-time accident

Half a million work hours without a lost-time accident is cause for celebration – and lots of donuts! 1,260 donuts to be exact. To commemorate the safety achievement of reaching the 500,000 hours, Co-Line arranged for a hilarious Hurts Donut Company “ambulance” to visit during the workday on Friday, Mar.



25 and give out 180 individual donuts to employees. Each employee was also able to take home half a dozen donuts to share with their families. Way to go, Team Co-Line!

*Left: Terry DeCook and Taylor Saunders grab a sweet treat to enjoy at work on Mar. 25.*

## JAMES WELCH IS...

The 2022 Co-Line Biggest Loser Challenge is in the books, with an impressive 615.1 pounds lost by employees from Jan. 6-Mar. 31. This year’s overall winner is **James Welch**, who dropped 56.8 pounds (25.98% of his starting weight)! He was awarded with \$500 in prize money

## THE BIGGEST LOSER

Co-Line



on Mar. 31. The other top weight losers were **Cory Tice**, who lost 48 pounds (20.96%), and **Dan Tool**, who cut 51.4 pounds (20.58%). They were each awarded \$300 and \$100 respectively. Congratulations to the winners, and a job well done to all who took steps toward healthier living! *Left: James Welch and Cory Tice with their prize money.*

# CO-LINE PEOPLE AND THEIR FAMILIES

If you have any news you'd like to share with Co-Liners, please email LeAnn Hjelmeland at [leannhttp@netins.net](mailto:leannhttp@netins.net).

Congratulations to Jamie and **Zach McClellan** on the birth of their son, Marvin Bailey McClellan, on Mar. 15. Marvin weighed 6 pounds 11 ounces and was 20.5 inches long.



25 at the age of 91 years. A funeral service was held on Mar. 30 at the Behner Funeral Home in Fairfield, followed by burial at the Fell Cemetery in Libertyville.

## THANK YOU

We would like to thank everyone for their thoughts, prayers, and encouragement both during the pregnancy and now that Marvin is here. A special thanks to the weld group and anyone else that contributed to the baby basket given to us. It is great to be a part of the Co-Line family!

*Zach and Jamie McClellan*

The Co-Line family extends sympathy to Briana and **Micah Heartsill** and their family. Micah's great-grandmother, Marie Sauer of Delta, passed away on Mar. 20 at the age of 95 years. Funeral services were held on Mar. 25 at Holland-Coble Funeral Home in What Cheer. Burial was at the Bethel Cemetery, south of Delta.

The Co-Line family extends condolences to **Kierston Till** and her family on the death of her grandmother, Mary Delle Wasson Griffiths of Libertyville. Kierston's grandmother passed away on Mar.

To the Brand family and Co-Line friends: Thanks so much for the beautiful "Mother" stone you gave for my mother-in-law's funeral. It means a lot to us.

*Don and LuAnne Steenhoek*

I can't tell you how much I appreciate my Co-Line family. Thank you very

much for the "pay it forward" and the thoughts and prayers for my family and myself before, during, and after my procedure.

*Sincerely, Jeff Schut*

## FOR SALE

JUST WALK EXERCISE PROGRAM with Leslie Sansone. Three full-length DVDs, 30-day simple slim-down meal plan, 30-day walk calendar, and resistance band. New - never been opened. \$20. Reggie, 641-990-5454.

ANTIQUE SECRETARY DESK, 35.25 inches wide, 49.50 inches tall, text for photos, \$70. Reggie, 641-990-5454.

FREE ROCK BAND DRUMS AND GUITAR for the Wii. Reggie, 641-990-5454.

99¢ GREETING CARDS, digital 4x6 photos, gift bags, tissue paper, gifts, and more at the Co-Line-owned Hometown Press, east side of Sully square, 594-3200.

## PERFECT ATTENDANCE

For February, Co-Line will award 124 employees for perfect attendance with each receiving a \$20 Co-Line coin. Congratulations and keep up the great attendance!

Steve Abbas	Misty Campbell	Amy Fagg	Ken James	Mike Moore	Gary Smith	Tony Van Wyk
Tyler Albert	Russ Campbell	Nicole Fetzer-Bryan	Krystle James	Juan Munoz	Jeff Smith	Brian Van Wyk
Ramey Alter	Adam Carrothers	Justin Flander	Jennifer Jansen	Dennis Nolin	Bob Snyder	Mark Van Wyk
Cory Arment	Katie Castro	Loren Fopma	Trent Jansen	Tom Orr	Kyle Soderblom	Marty Van Wyk
Gwen Auberg	Kristina Coe	Tyler Garton	Todd Johnson	Patti Pieper	Mike Stoner	Marylou Van Wyk
Gabby Axmear	Don Crawford	Dan Goemaat	Reggie Kaldenberg	Michael Pitts	Joel Struik	Parker Van Wyk
Skyler Bailey	Marc D'Aguanno	Austin Gourley	Todd Kaldenberg	Greg Postels	Mark Thelen	Ron Vogt
Derek Bates	Logan Daniels	Trent Grandia	Zachary Kaldenberg	Doug Richards	Chad Thompson	James Welch
Roger Belcher	Ken Daugherty	Isaac Green	Stefany Knowler	Bryce Romick	Chris Tice	Dale Westbrook
Heath Boggess	Steve Davis	Tony Hall	Justin Kriegel	Levi Roose	Cory Tice	Dave Westbrook
Jeff Bokhoven	Adam De Cook	Tyler Halterman	Sandy Kuhlmann	Tony Roth	Shawna Tice	Brian White
Brad Braafhart	Terry De Cook	Mark Harmon	Wayne LaKose	Cole Rozendaal	Dan Tool	Eli Wilhelm
Derrick Brelsford	Jeff De Jong	Levi Harms	Eric Leonard	Chad Sailors	Daryl Triplett	Elijah Williams
Abbie Brown	Justin De Jong	Rick Harrill	Brian Lewis	Jason Sanders	Ron Van Baale	Wayne Woollums
Roger Bruxvoort	Lynn Deal	Jodi Hartman	Logan Long	Taylor Saunders	Lanai Van Hal	Dan Ziegenmeyer
Kerry Bryan	Andy Elbert	Micah Heartsill	Elliott Mapes	Jeff Schut	Roger Van Hal	
Mitchell Bryan	Bethany Emehiser	Lucas Hilton	Greg McCulley	Dan Schutte	Jennifer Van Maanen	
Nick Burch	Matt Facile	Dave Hobbs	Jay Mitchell	Dennis Smith	Drew Van Soelen	



# HAIRCUTS

@ CO-LINE CUTTING EDGE

APR. 11 & 12

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



## Massages

THURSDAYS,  
APR. 7 & 21

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

 Follow Co-Line on Facebook

## THE Co-Line PRESS

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

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This newsletter can be read online on Co-Line's website, [colinemfg.com](http://colinemfg.com). Click on the "Newsroom" tab.

## REMEMBER WHEN



takes it all in donkey basketball in 2015



Team Co-Line proudly holds the championship trophy from the 2015 donkey basketball competition after defeating Janco in the final match, 4-2.

A team of brave men and women represented Team Co-Line/Goalsetter at a donkey basketball event in the L-S High School gym on Apr. 13, 2015. In true Co-Line fashion, the team gave it their all, beating the L-S School staff in the first game and Janco in the championship game to take it all. The hilarious and sometimes painful event raised over \$1,920 for the Sully Central Park improvement project and playground equipment and kept audience members thoroughly entertained. **Dale and Eric Brand** served as coaches for the 13 Co-Liners on the team.



Above: Chris Tice (back) and Jeff Kling (front) prepare to mount before the championship game gets underway.

Left: A young Abigail Brand thinks Co-Line's new trophy is pretty neat.



Dale Brand lifts the championship trophy up high, celebrating Team Co-Line's first-place finish in the donkey basketball competition.

## EMPLOYEE SPOTLIGHT

# TODD JOHNSON

data collection

When Todd Johnson goes on his annual Canada fishing trip and says it's in a remote place, he really does mean remote! To get to the camp where he stays, one must drive 14 hours, followed by a 20-minute flight in a float plane to arrive at the remote camp located in the "middle of nowhere." Todd enjoys the peacefulness, being surrounded by untouched nature. They've even seen bears and moose while fishing.



"We have to limit the supplies we can bring due to the plane weight limitations, so you have to catch fish if you want to have supper each night," he added. "Luckily, since the only fishing pressure is from people that fly in, it is relatively easy to catch your supper!"

Todd is married to his wife, Jennifer. The two live in rural Killduff and will celebrate 10 years of marriage this September. Their lives have changed quite a bit over the past decade as they've added four children to their family: Hattie (7), Quinn (5), Kaid (2), and Wyatt (4 months). Their acreage is a big part of their lives.



"I enjoy raising animals with my children on our acreage and teaching them how to care for other living things," Todd said. "We feed out calves and lambs every year. This year, our farm consists of nine calves, 10 ewes, 15 lambs so far and counting, two egg-laying chickens, and one pig. It is very satisfying to be able to have freezers full of meat grown on our very own farm."



Todd Johnson is pictured with his wife, Jennifer, and their four kids, from left, Wyatt, Hattie, Quinn, and Kaid.

In addition to Todd going to Canada to fish every year, he and his family also like to go camping and boating at Lake Red Rock in the summertime. They also try to make it down to Busch Stadium in St. Louis one weekend a year to watch the Cardinals play.

Growing up, Todd lived in this area and graduated from Lynnville-Sully High School in 2004. He went on to attend DMACC, where he obtained a Machinist Technology Diploma and an associate degree in CAD design.

This August will mark Todd's fourth anniversary with Co-Line. He was drawn to the company because he often heard through the local newspaper about Co-Liners volunteering their time and resources for different causes throughout the community. "I thought that was pretty admirable that Co-Line sponsored groups of employees doing good things for others," Todd said.

*Continued on page 5*

***"I like working with different supervisors and discussing with them the analytics of their department. Most often they already know the patterns, but I am able to help by giving them data to back up what their gut is already telling them."***  
— TODD JOHNSON





The following training classes were held in March:

- Two employees completed Safety Awareness
- Two employees completed Angle Grinder
- Four employees completed Measurement Tools
- Three employees completed Set-Up Sheet
- Four employees completed E2 Training



The winner of the 2022 Ice Out Contest was **Wendi Beason**, who correctly guessed the day the ice would go out on Lake 7A (Sunday, Mar. 6). Wendi chose Natural Ice beer and strawberry ice cream for her \$200 Ice Out Contest winnings!

## EMPLOYEE SPOTLIGHT: TODD JOHNSON

*Continued from page 4*

Since joining the Co-Line team, he has helped fill several different roles in the company. Back when he started, he was in the design department with **Peter Smith** and **Joel Schmidt**.

“While I was working in the design department, I got involved in a Site Solar project. That project led me to helping **Jeff Kramer** in the press brake department for another couple months. During my time in the south building, I noticed the paint and powder line project going on in the southwest corner. I jumped at the opportunity to join the crew assembling the line. After the build was over, I stayed involved with the day-to-day operations for the first year.”

Now, Todd does the paint and powder department’s PM’s, some line maintenance, and some troubleshooting if needed. Recently, he got the chance to assist **Mark Van Wyk** on bringing the newer Modula in maintenance back to life. But Todd’s number-one job is data collection.

“I monitor select inputs/outputs with a CNC Gateway box that we mount to the machine,” he explained. “Then a software called Ignition adds each transaction from the box to a

SQL database that holds millions of transactions. With that Ignition software, I am able to convey real-time statistics to operators, and at the same time send reports and historical trends to supervisors. This software brings Co-Line’s data collection to a whole new level.”

Reflecting on the past several years at Co-Line, Todd’s most memorable moment is from during the build of the paint line when they anchored lots of poles in the concrete.

“It was hard for some of the build crew to remember just exactly where we put those poles,” Todd said. “I would say every couple weeks, you could hear somebody slamming their fork truck into a newly placed pole. One unnamed fork truck driver in the south building hit a pole so hard that he sheared the bolts off with the mast of his fork truck! He said the pole was in his blind spot, and he didn’t even see the pole. I believe him!”

Todd noted how things are always improving around Co-Line with new faces, new machines, new buildings, and new technology. “There are some really neat things in the works here,” he said.

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## NEW CO-LINERS

# WELCOME, NEW FACES!

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



**RON VonDIELINGEN** of Newton joined the Co-Line team on Jan. 3 starting in the press brake department but has most recently moved to the VMC dept. Previously, he worked for 28 years as a shift supervisor at Parker Hannifin Corp. and for three years as a district sales manager for JBI Distributors. Ron grew up in Red Oak and holds bachelor's degrees in education and electronic management. He and his wife, Stacey, have two kids, Owen, 22, and Jady, 19. In his free time, Ron enjoys golfing, bicycling, and hiking.



"I like the camaraderie."

— **RON VonDIELINGEN**



**KRISTI ROOSE** is Co-Line's new software support analyst after starting at Co-Line on Jan. 3. Prior work experience for Kristi includes eight years at Vermeer doing varied IT, three years at Iowa Primary Care as the IT director, and 12 years at Mahaska Health as a CIO. Growing up, Kristi lived near Graettinger and graduated from Graettinger High School in 1996. She went on to attend Iowa State University, earning a bachelor's in finance and management information systems. Now she lives a few miles southwest of Co-Line with her husband, Scott. They have one son, Daniel, 18, and one daughter, Katy, 16. Kristi's hobbies include horseback riding, running, and biking.



"I enjoy the people, culture, and family atmosphere."

— **KRISTI ROOSE**



**BRITTNEE PRICE** of Grinnell began working at Co-Line as a robotic welder operator on Jan. 3. Before coming to Co-Line, she had been a CNA at St. Francis Manor since 2019 and a CNA at Montezuma Specialty Care for eight months before that. Brittnee grew up in Oxford, graduating from Clear Creek Amana High School in 2017. She has one daughter, Hadalynn, who just turned 3 years old on Mar. 20. Brittnee's interests include hanging out with her daughter and friends, fishing, and racing. An avid dirt track racing fan, Brittnee grew up with IMCA racing and now watches local figure 8 racing.



"The atmosphere is incredibly fun! The people are very nice and welcoming."

— **BRITTNEE PRICE**



# Fabulous! WORKDAYS

## MAR. 4

Friday, Mar. 4 – aka National Employee Appreciation Day – was all about Co-Liners! Everyone enjoyed breakfast pizza at the 9 a.m. break and beer-thirty at 3:30 p.m., as well as 4% profit sharing into all eligible employee’s 401k accounts! Each person also received their choice of donuts, muffins,

or cinnamon rolls at 3:30 to share with their family over the weekend.



## MAR. 11

The Co-Line team celebrated National Pi Day early with delicious fried pies from Vander Ploeg Bakery!



## MAR. 25

Donuts for all on this Fabulous Friday, celebrating the safety achievement of 500,000 work hours without a lost-time accident. Keep it up, Co-Liners!

*Right: Brian De Jong chooses a donut to enjoy at work on Mar. 25.*

*Below: Employees grab boxes containing a half dozen donuts each to take home and enjoy over the weekend.*



## MAR. 17

St. Patrick’s Day for Co-Liners was also Pay Day and Pay It Forward! Each employee was given a Pay Day candy bar and \$20 and encouraged to pay it forward with their “green.” Several Co-Liners in the south building came together to use their \$20 and put it towards a good cause. They raised over \$1,100 to help **Jeff Schut**, who had open heart surgery on Mar. 30. Way to go, Team Co-Line!!



*Right: Co-Liner Jeff Schut is grateful for the \$1,100 given to him as well as the thoughts and prayers sent his way before, during, and after surgery.*



WHERE IN THE WORLD ARE THESE CO-LINERS?

## ELBERTS RETURN TO THEIR 'HAPPY PLACE' FOR SPRING BREAK

**Andy Elbert** and his wife, Jen, spent spring break, Mar. 11-18, in their “happy place” – Gulf Shores, AL. The two rented a condo on the beach along with some friends from Newton and Colorado. The Elberts enjoyed spending their days on the beach and their nights out sampling the local cuisine. On the way home, they stopped in Laurel, MS, home of Ben and Erin Napier from the HGTV show “Home Town.” Andy said they enjoy Gulf Shores so much, they already have next year’s trip booked!



*The Elberts with their friends from Iowa and Colorado.*



*Andy in front of Ben Napier’s workshop in Laurel, MS.*



*Andy and Jen enjoy the sand in their toes on vacation in Alabama.*

## BRAMMERS EXPLORE U.S. ON ROAD TRIP SOUTH AND EAST

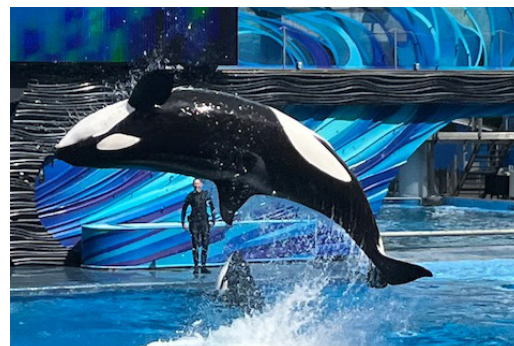


*Jake and Debbie’s road trip brought them to the southernmost point in the continental U.S.*

**Jake Brammer** logged an impressive 4,533 miles on a road trip with his wife, Debbie, from Mar. 11-26. The two stayed in various states and cities on their long trip, including Missouri, Arkansas, Alabama, Miami (three nights), Key Largo, Orlando (two nights), Maryland/Washington, D.C. (two nights), New York City, and Ohio. They did lots of different things over the course of 15 days, but the couple’s favorite parts were seeing the dolphin and whale shows, as well as the fun they had in Key West, DC, and NYC. Jake also liked driving through all the states and seeing the different landscapes. It was a memorable trip for sure!



*The Brammers visit Times Square in NYC.*



*A whale show at SeaWorld.*



*Visiting the Lincoln Memorial in D.C.*



## JANSEN TRAVELS AROUND COLORADO OVER BREAK

**Shane Jansen** enjoyed a spring break trip to Colorado with his fiancée, Paige, in March. They visited family in both Golden and Colorado Springs, spending time downtown in both cities. They checked out Buffalo Bill's grave and museum, Red Rocks Amphitheater, and Garden of the Gods; ventured to many different breweries and restaurants; and saw tons of wildlife. They also traveled to Buena Vista, CO, for a couple nights and skied two days at Monarch.

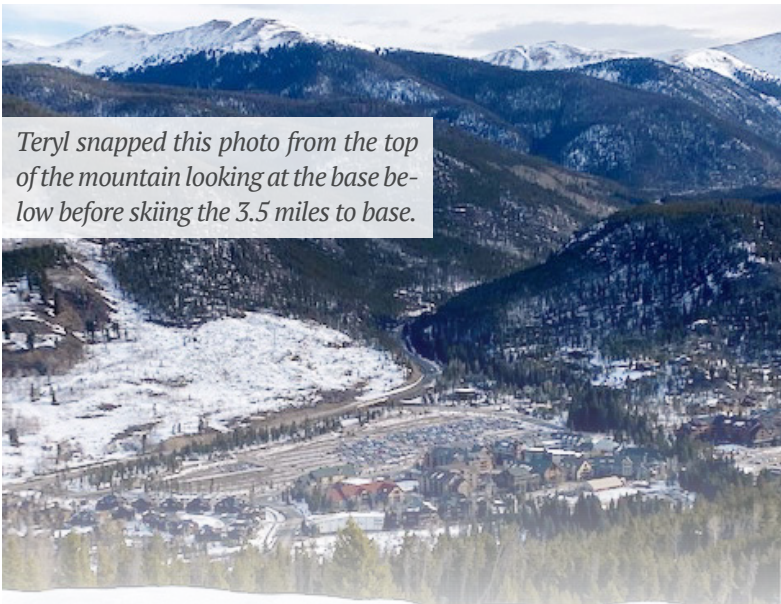


*Shane Jansen and his fiancée, Paige, take in the sights in Colorado.*

“We timed our trip perfectly with around 16 inches of snow falling during the first day of skiing!” Shane said. The couple was happy to fit in one last hoorah before Paige starts nurse practitioner clinicals.



*Shane and Paige are ready to hit the slopes in Colorado.*



*Teryl snapped this photo from the top of the mountain looking at the base below before skiing the 3.5 miles to base.*

## VER PLOEGS HIT THE SLOPES IN CO

Carol and **Teryl Ver Ploeg** traveled to Keystone, CO, during spring break (Mar. 13-16) with their oldest daughter Erin's family to snow ski. It had been 25 years since Teryl was last on snow skis, so the first day was spent in ski school reorienting himself on how to make turns and – more importantly – HOW TO STOP. The next three days were spent enjoying the time skiing with his grandsons, Harrison (eighth grade) and Miles (fifth grade), although he quickly learned that he would not be able to keep up with them. They had no fear in going fast.

Teryl said it doesn't get any better than seeing the beautiful mountain views from the ski lifts and then skiing from the top of the mountain to the base, which could take 30-45 minutes. Anyone that has skied knows how much fun it is to walk in ski boots and carrying your skis and poles. Teryl and his family stayed in a condo (The Springs) at the base of the mountain, so it was only a short walk to and from the ski lifts, which was very welcomed at the end of the day of skiing. Teryl said he fell only once and accomplished his main goal, which was to not come back with any broken bones!



*Teryl (on right) is pictured with grandsons Harrison and Miles.*



WHERE IN THE WORLD ARE THESE CO-LINERS?

## CARIBBEAN CRUISE FOR DOUG RICHARDS' FIRST ANNIVERSARY

**Doug Richards** and his wife, Carol, soaked up some sun and fun on a six-day western Caribbean cruise in March. The couple was supposed to go last year for their honeymoon, but all cruises were canceled due to COVID. So, this year they celebrated their first-year anniversary with the cruise they missed in 2021.

To get to their cruise ship, Doug and Carol drove to Chicago and were scheduled to fly to Fort Lauderdale, but their flight was canceled at the last minute due to weather. After some stressful hours in the customer service line, they were rerouted to Dallas/Fort Worth and on to Miami with a short Uber ride to the port.

“It worked out beautifully, and we arrived with time to spare,” Doug said. “Unfortunately, Carol’s bag with all her clothes was left in Dallas and didn’t get to enjoy the first days of the cruise. It showed up a couple days later in Cozumel, making the rest of the cruise much more fashionable.”

Doug and Carol set sail on Sunday, Mar. 13, sailed all day Monday, and arrived at Cozumel, Mexico, Tuesday morning. They spent the day exploring and shopping in the town center. The next morning, they arrived at Roatan Island, Honduras, where they spent the day ziplining, doing a nature walk over a series of nine suspension bridges, and finished the afternoon at a beautiful beach for a swim. The ziplining consisted of over 2 miles of cable ranging in length from the shortest zip at 40 feet to the longest at 1,250 feet.

Thursday morning, they woke up in Costa Maya, Mexico, where they toured the Chacchoben Mayan ruins and finished at the Seven Color Lagoon, where they enjoyed some sunbathing and relaxing. Friday was another full day at sea, and they woke up back in Fort Lauderdale on Saturday morning.

Each day included a full buffet breakfast, a buffet lunch for Doug (Carol was still full from breakfast), an afternoon snack, and either a full buffet dinner or a sit-down fine-dining dinner where you could dress up a little if you wanted. “The food was great and always available,” Doug said.

After a quick flight back to Chicago Saturday afternoon, Doug and Carol drove home Saturday evening, concluding what Doug described as “a great anniversary celebration, vacation, and all-around wonderful time. We would both recommend a cruise to anyone that is considering one.”



*Doug and Carol enjoy a day exploring and shopping in Cozumel.*



*Dressed for dinner.*



*Preparing to zipline.*



## HARRILLS HIT THE BEACH AND MORE ON ALABAMA TRIP

The Harrill family (**Rick Harrill**, Karen, Amanda, her husband Peyton, Natalie, and Karson) traveled to Orange Beach, AL, during spring break. They stayed in a condo on the beach. The majority of their time was spent on the beach, but they also enjoyed eating at many different restaurants, shopping, playing beach games and card games, watching NCAA basketball, fishing, and just hanging out.



*Left: Karen catches a Red Snapper while fishing with Captain Bill.*



*Karen and Rick relaxing on vacation.*



*The Harrill family enjoys sundaes and malts at a '60s diner.*



*This car made by Justin De Jong featured Co-Line's very own Sparky mascot.*

## CO-LINE DONATES CADET RACE TROPHIES

Co-Line donated the trophies for the recent Cadet pinewood derby car races at Covenant Reformed Church that **Justin De Jong** was a part of. Justin received first place in the show category with his Co-Line Sparky-inspired car. Rumor has it he won't try to make a Sparky out of wood anytime soon!



*Justin De Jong is pictured in the middle with his car that placed first in show. Co-Line donated all the trophies for the races.*



*This young racer was very proud of her turtle race award for the slowest car.*



*Justin De Jong's son Noah (on right) placed third in speed in his division.*

# THE INSIDELINE

by Jeff Kling and Gary Smith, Quality Department



## CANDID CORNER



*James Welch decided St. Patrick's Day was a good day to take it easy in the press department and let this little leprechaun do the hard work for him. ;)*

## THE ACT OF VALIDATION

by Gary Smith

Manufacturing is always improving and pressing the limit to provide a more cost-effective product or service within its market share. These changes to the product/process can give one the upper hand in the marketplace but also bring within this reward the higher risk of the unknown outcomes.

Validation is “the action of checking or proving the validity or accuracy of something.” We must verify that the changes made have achieved the needed results and that you have minimized the risks associated from this change.

Process validation can be broken down into three basic steps: Process design, process qualification, and continued process verification.

Process design is the first of three stages of process validation. Data from the development phase is gathered and analyzed to understand end-to-end system process. This data is used to establish benchmarks for quality and production control. Critical or key features are determined.

Process qualification is the second phase of process validation. Process qualification is the qualification of manufacturing and production processes to confirm they are able to operate at a requested standard during the time of sustained manufacturing. Data covering critical process parameters must be recorded and analyzed to ensure critical quality features can be guaranteed throughout production.

Continued process verification is the collection and analysis of production/processes data to ensure that the product results are within predetermined quality limits. The purpose is to ensure that processes are in a constant state of control, thus ensuring final product quality. Once quality standards are set in place, they must be monitored with regular frequency to confirm those parameters are being met.

We must validate each process to guarantee to the customer that the Co-Line product is within tolerance, meets the exceptions, and is consistent.

We are all in this together, and I am aiming to validate this for you.

Happy 43<sup>rd</sup> Anniversary!



April 9,  
2022



## 20 WAYS TO ENJOY MORE FRUITS AND VEGETABLES

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor, and texture plus vitamins, minerals, and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

### 1. Variety abounds when using vegetables as pizza

**topping.** Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.

**2. Mix up a breakfast smoothie made with lowfat milk and frozen fruit** - try strawberries and banana, or mango with pineapple or peach.

**3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.**

**4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.**

**5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms, and onions.**

**6. Add color to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.**

**7. Keep cut vegetables handy for afternoon snacks, side dishes, lunch box additions, or a quick nibble while waiting for dinner.** Ready-to-eat favorites: Red, green, or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas, or whole radishes.

**8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run.** Keep a bowl of fresh, just ripe fruit in the center of your kitchen or dining table.

**9. Get saucy with fruit.** Puree apples, berries, peaches, or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast, or waffles.

**10. Stuff an omelet with vegetables.** Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions with low-fat sharp cheddar cheese.

**11. "Sandwich" in fruits and vegetables.** Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber, and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole wheat wraps.

**12. Wake up to fruit.** Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt, or toaster waffle.



**13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.**

**14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.**

**15. Add grated, shredded, or chopped vegetables, such as zucchini, spinach, eggplant, and carrots, to pasta dishes, casseroles, curries, soups, and stews.**

**16. Make fruit your dessert:** Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

**17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.**

**18. Make your main dish a salad of dark, leafy greens and other colorful vegetables.** Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.

**19. Fruit on the grill:** Make kabobs with pineapple, peaches, and banana. Grill on low heat until fruit is hot and slightly golden.

**20. Dip:** Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

© Academy of Nutrition and Dietetics.

## ERGONOMICS IN THE WORKPLACE

Ergonomics is about arranging our environments so we can work comfortably and safely, whether we're in the office or on the move. To set up a workstation that fits your needs, it's helpful to understand the concept of neutral body posture. Neutral body posture is a comfortable working position in which your joints are naturally aligned. Working with the body in a neutral position reduces stress and strain on the muscles, tendons, nerves, and joints - which can reduce your risk of developing a musculoskeletal disorder (MSD).

### KEYBOARD

- Should be flat (or in a negative tilt) on the work surface centered in front of your body.
- Your hand and forearm should be in a straight line with no wrist bending.
- Shoulders should be relaxed with upper arms hanging naturally at the side of the body.
- Keyboard should be at or slightly below elbow height.

### MOUSE

- Mouse should be next to the keyboard.
- Float your hand over the work surface or use a mouse that puts your hand into a handshake position where your hand is angled upright and the pinky side of your hand is resting on the work surface.

### MONITOR

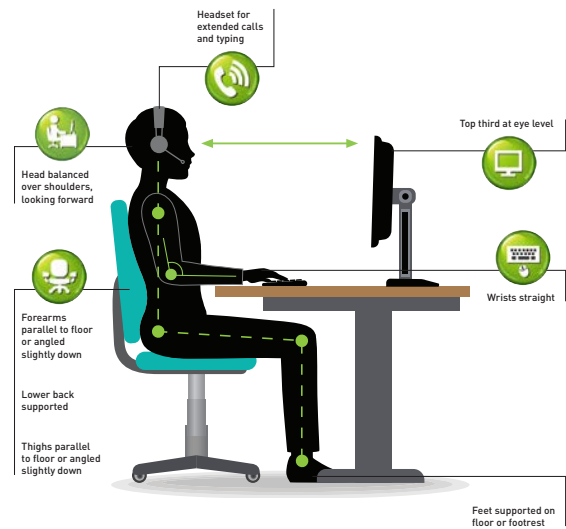
- Raise/lower monitors so the first line of text is level with the eyes.
- Monitor should be an arm's reach away.

### CHAIR

- The chair pan should allow you to sit with your feet flat on the floor.
- Knee height should be roughly the seat pan height, knees should be at or slightly lower than hips.
- You are able to sit back against the back rest.
- Forearms should lightly rest on top of the arm rest while your shoulders are relaxed.

From [saif.com/ergo](http://saif.com/ergo)

## Neutral posture





Team Co-Line has worked

532,882 HOURS

without a lost-time accident.





# HELP CHANGE THE BATTERIES

by Margaret Vander Weerd, Newsletter Editor

When a flashlight grows dim or quits working, do you just throw it away? Of course not. You change the batteries. When a person messes up or finds themselves in a dark place, do you cast them aside? Of course not! You help them change their batteries

Some need AA: Attention and affection. Some need AAA: Attention, affection, and acceptance. Some need C: Compassion. Some need D: Direction. And if they still don't seem to shine .... Simply sit with them quietly and share your light!

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Some thoughts to contemplate.

\*If you have to wear a mask and glasses, you might be entitled to condensation.

\*The girl in the middle of a tennis court is "Annette."

\*When you teach a wolf to meditate, he becomes aware wolf.

\*Water is heavier than butane because butane is a lighter fluid.

\*My son wants to study burrowing rodents. I told him to gopher it.

\*Nothing tops a plain pizza.

\*Headline: Cosmetology student misses class! Forced to make up makeup test!

\*What do you call a hippie's wife? Mississippi!

~~~

Before he died, Billy Graham was returning to Charlotte

after a speaking engagement, and when his plane arrived, there was a limousine waiting to transport him to his home. As he prepared to get into the limo, he stopped and spoke to the driver, "You know," he said, "I am 87 years old, and I have never driven a limousine. Would you mind if I drove it for a while?"

The driver said, "No problem. Be my guest!" Billy got into the driver's seat, and they headed off down the highway. A short distance away sat a rookie State Trooper operating his first speed trap.

The long black limo went by him doing 70 in a 55 mph zone. The trooper pulled out and easily caught the limo, and he got out of his patrol car to begin the procedure. The young trooper walked up to the driver's door, and when the glass was rolled down, he was surprised to see who was driving.

He immediately excused himself and went back to his car and called his supervisor. He told the supervisor, "I know we are supposed to enforce the law, but I also know that important people are given certain courtesies. I need to know what I should do because I have stopped a very important person."

The supervisor asked, "Is it the governor?" The young trooper said, "No, he's more important than that."

The supervisor said, "Oh, so it's the president." The young trooper said, "No, he's even more important than that."

The supervisor finally asked, "Well then, who is it?" The young trooper said, "I think it's Jesus, because he's got Billy Graham for a chauffeur!"

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Have a great Co-Line month!



***"A truly happy person is one who can enjoy the scenery while on a detour."***

**- Unknown**

**NEW**



# CO-LINE T-SHIRT

**COMING THIS MONTH**

*Just in time for spring!*

The **LOGO SHOP**

## LUNCH MENU — APRIL 2022

| SUNDAY | MONDAY                                                                                              | TUESDAY                                                                                                           | WEDNESDAY                                                                                         | THURSDAY                                                                                                 | FRIDAY                                                                              | SATURDAY |
|--------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------|
|        |                                                                                                     |                                                                                                                   |                                                                                                   |                                                                                                          | 1 by Bredeaux Pizza<br>Pizza, chips, cookie                                         | 2        |
| 3      | 4 by Julie Roose<br>Maidrite, lettuce<br>cauliflower bacon<br>salad, assorted<br>chips, oatmeal bar | 5 by Julie Roose<br>Chicken Philly<br>sandwich on<br>hoagie, spaghetti<br>corn casserole,<br>coleslaw, apple cake | 6 by Julie Roose<br>Savory pork roast,<br>potatoes and gravy,<br>green beans, fudge<br>bar        | 7 by Julie Roose<br>Smoked chicken or<br>crusted cod on a bun,<br>pasta salad, fruit<br>salad, Oreo cake | 8 by Subway<br>6" sub sandwich,<br>chips, dessert                                   | 9        |
| 10     | 11 by Julie Roose<br>Beef or chicken<br>fajitas, seasoned rice,<br>apple/banana, turtle<br>bar      | 12 by Julie Roose<br>Parmesan chicken,<br>creamy potatoes,<br>corn, cookie dough<br>brownie                       | 13 by Julie Roose<br>Shredded beef on<br>bun, Dutch lettuce,<br>mac 'n cheese,<br>pudding dessert | 14 by Julie Roose<br>Pasta bar, garden<br>salad, garlic roll,<br>marshmallow bar                         | 15<br>Good Friday - Co-Line<br>closed                                               | 16       |
| 17     | 18 by Julie Roose<br>Jumbo hot dog, chili,<br>peaches, cinnamon<br>roll                             | 19 by Julie Roose<br>Sweet 'n sour<br>meatballs, seasoned<br>rice, glazed carrots,<br>Funfetti cake               | 20 by Julie Roose<br>Pork loin, mashed<br>potatoes, green<br>bean casserole,<br>pumpkin dessert   | 21 by Julie Roose<br>Deli club on<br>croissant, beef<br>stew, relish tray,<br>cheesecake dessert         | 22 by Prime Country<br>Pork loin, cheesy<br>potatoes, crack green<br>beans, dessert | 23       |
| 24     | 25 by Julie Roose<br>Beef 'n noodles,<br>mashed potatoes,<br>steamed broccoli,<br>peanut butter bar | 26 by Julie Roose<br>Chicken alfredo or<br>traditional lasagna,<br>mixed greens,<br>dinner roll, HoHo<br>bar      | 27 by Julie Roose<br>Sloppy Joe on bun,<br>hashbrowns, calico<br>beans, chocolate<br>chip bar     | 28 by Julie Roose<br>Chicken enchilada,<br>Oriental lettuce,<br>Spanish rice, banana<br>bar              | 29 by Prime Country<br>Pulled pork, mac<br>'n cheese, smoked<br>beans, dessert      | 30       |