



VALCO INDUSTRIES, INC.
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PRESSing NEWS

Valco News—January, 2014

Laser Training at Trumpf



Josh Salyers who has been part of the Valco Team since January 2008 and is one of our lead laser operators, made his second trip to Trumpf in Farmington, CT, for additional training in late December. He felt this trip was even better than the first trip he had taken a couple of years ago. Josh says he was able to learn and get into a lot more detail on the ASI safety circuit and all of the components that come together to ensure the laser is running properly.

The first 2 days of his week-long trip were spent on the gas mixer system, which if not set correctly will cause damage to the major component of the laser, that being the resonator. That was followed by the vacuum pump as well as the RF generator and all of its components. Josh was also able to learn how to better read and understand Trumpf's wiring diagrams. He also learned how to trouble shoot and diagnose problems, as well as how to maintain and repair the pallet changer and all of its components. During the week long training, he was given the opportunity to run a few different parts on Trumpf's 3030 fiber laser, which he found to be incredible and showed him how far the laser industry has come. Josh would hopefully like to see one here at Valco in the very near future.

We are glad Josh was willing and able to attend what turned out to be a very informative and educational week of training. This allows him to continually improve his skills, knowledge, and abilities in operating the lasers we have at Valco, which benefits Valco and our customers, as well as Josh.

IN THE VALCO SPOTLIGHT: Josh Fickler

Our Associate Spotlight this month shines on *Josh Fickler* who has been a member of the Valco welding Team since August of 2013. Josh was born in Dayton, Ohio but soon moved to West Milton, Ohio. Josh graduated from both Milton Union High School (Go Bull Dogs) and Miami Valley Career Technology Center. During his junior and senior years at Miami Valley, Josh majored in Computer Information Technology. After graduating high school he spent a year at Sinclair Community College taking network management.



Josh decided the networking and information systems was not for him. After taking some time off, he enrolled at Hobart Institute

of Welding Technology in July of 2012. After graduating from Hobart in May of 2013, Josh spent some time doing heavy equipment repair, which he greatly enjoyed. This also allowed him to put to use his new welding skills and knowledge. Luckily for us, Josh joined the Valco Team in August of 2013.

Josh says he enjoys working at Valco and is glad to be putting to good use his welding training and education which allows him to hone his skills every day. When not working, he enjoys participating in paintball. Josh also enjoys listening to and attending live music in a variety of venues. It is good to have Josh as part of our welding department and we look forward to working with him in the months and years ahead.

Donation to Red Cross Provides Shelter During Recent Frigid Weather

Donation given in honor of Valco's customers, suppliers, friends and partners



As you may remember from our December newsletter, Valco decided to make a donation to our local Red Cross chapter as a meaningful way to say **Thank You** to our customers and associates. Pictured (left) is **Eddie Leventhal**, president of Valco, giving **Mike Larson**, president of our local Red Cross,

the "thank you" check. This was presented to Mike at the Salvation Army which the Red Cross had partnered with to open a shelter for those who were homeless during the recent frigid weather. This community partnership provided 25-30 men safe, warm sleeping conditions, as well as, three warm meals a day during this terrible weather period. Presenting the check during this time of crisis confirmed that we had made a very good and meaningful decision that may just have helped to save someone's life.

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MORE BLUNT FOOD FOR THOUGHT

When going through challenging times...

- Hang in there. But don't be an idiot about it either. Eventually there comes a time to walk away and let it go. As the saying goes, "when you find yourself on a dead horse, get off."
- Healthy arguments are good things. When two people always agree, one of them is no longer necessary.
- It doesn't matter where you start out in life; it only matters where you end up.
- Success comes from what you DO not from what you SAY you are going to do.
- If you have to ask whether it's right or wrong, it's wrong. Trust your gut.
- It's rarely personal.
- No Time for Tact

Great Quotes

"It is not enough to be busy. So are the ants. The question is: What are we busy about."

—Henry David Thoreau

"Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious."

—Bill Meyer

"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"

—Anne Frank

"Coming together is a beginning, staying together is progress, and working together is success."

—Henry Ford

"Character, in the long run, is the decisive factor in the life of an individual and of nations alike."

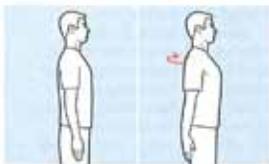
—Theodore Roosevelt

Shaping Up!

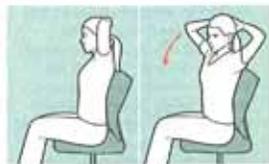
3 exercises to ease chair fatigue

Sitting for hours in front of a computer at work or TV at home can do a surprising amount of damage to your hips, back, shoulders, and neck. But you can

prevent the discomfort by spending a few minutes a day on these exercises from Scott Quill, a Boston-based certified strength and conditioning specialist.



1 Problem: Hunched shoulders
Fix: Stand or sit with your arms at your sides, your feet shoulder-width apart, and your head up, facing forward. Then breathe deeply, lift your chest, and pull your shoulders back, squeezing your shoulder blades together for 3 seconds. Relax, and then repeat eight to 10 times.



2 Problem: Stiff upper back
Fix: Sit with your feet flat on the floor and your hands interlocked on the back of your head so that your elbows are in line with your ears. Rotate your trunk to the left as far as possible, keeping your hips still and posture rigid. Then, keeping your back straight and chest up, tip your right elbow downward. Return to the starting position and reverse the direction. Perform three reps on each side, rotating a bit further each time.



3 Problem: Neck pain
Fix: While sitting in a chair, place your elbows on your knees and keep your hands wherever they are most comfortable. Tuck your chin into your chest so that your back is rounded. With your knees, elbows, and chin still in the same positions, reverse the curve in your back by arching your spine. Hold, and then return to the starting position and repeat eight times.

ILLUSTRATIONS BY JASON LEE

Announcements

Happy
Birthday!



Josh Salyers..... Feb. 1st
Cody Evans..... Feb. 4th
Don Briggs..... Feb. 10th
Darren Gonzales..... Feb. 14th

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...

Robin Freeman ... Feb. 8.....12 Yrs!
Jamie Queen..... Feb. 15..... 3 Yrs.
Nichole Metzger.. Feb. 16..... 3 Yrs.

We thank each of you for all you have done and continue to do for Valco and our customers. Your many contributions are greatly appreciated and we look forward to working with in the months and years ahead.

Congratulations to...

Bob Bombin on the birth of his first grandchild, Zander. Zander was born on Christmas Eve and we are glad to say all are doing well. Sounds like Bob got the best Christmas gift one can get.