

MAR/APR/MAY  
2008

**SPRING ISSUE**

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**Dates to remember:**

All Fools Day	Apr 1
Passover	Apr 20
May Day	May 1
Mother's Day	May 11
Memorial Day	May 26

# Spring Times

## **RSC Hosted Kaizen Blitz**

**The Kaizen Blitz that RSC hosted was a success.**

**The team consisted of Dennis Coleman, Meredith Wayant both of WCTI; Quincy Jones of Peerless Ind.; Eri Gomez of Pamarco Global; John Bowden and Mark Hodden both of Replogle Globes; along with RSC's Dave Lester, Deb Britt, Chris McCallum and Diana Sacrider.**

**The main focus was an area (Deb Britt's area) in our Shipping/Packaging Department that needed some new ideas and reorganization to create an efficient "work cell."**

**The team worked for 2 days and on the 3rd day the project was ready for viewing from the RSC employees and staff. Needless to say the project was a success and everyone was impressed with the outcome of the project that the team brainstormed and worked very hard to complete.**

**Dave Lester plans on continuing the principles that were learned during the Kaizen event to improve ergonomics and productivity at RSC.**

**Thanks to all who participated in this project.**

## **HEALTHY TIPS FOR YOUR TICKER...**

The American Heart Association released updated guidelines recently emphasizing other lifestyle choices in addition to diet, for preventing heart disease. Broader recommendations are needed to address the growing obesity rate in our nation.

Two-thirds of Americans are now overweight, placing us at an increased risk for heart disease.

Try changing or incorporating a few of the following habits in to your lifestyle, one at a time:

\*One of the most important lifestyle changes you can make is *breaking the habit*. When you quit tobacco your blood vessels and heart tissue begin to improve, even in long-time smokers.

\*Get at least 30 minutes of moderately intense cardio exercise 5 days per week or 20 minutes of a vigorous, more intense cardio exercise 3 days per week.

\*Do strength training twice a week

\*Eat 5-9 servings of fruits

and vegetables per day.

\*Limit your saturated fats and avoid trans fat all together.

Just by making a few positive lifestyle changes you could cut your chances of developing heart disease by half.

By maintaining a healthy diet and lifestyle we can delay or even prevent the negative effects on our hearts as well as our bodies.

## ANNIVERSARIES

KANN PHASOUK	1/4/96	12 YRS	THONG MONMANY	3/13/95	13 YRS
RYAN THOMPSON	1/15/01	7 YRS	DOUG DONAHUE	3/15/93	15 YRS
DON MCLEOD	1/15/01	7 YRS	POME THANNAVONG	3/20/95	13 YRS
JASON MILLER	1/15/01	7 YRS	DAN NOE	3/21/94	14 YRS
RAY HOWARD	1/16/84	24 YRS	JASMINA KMETAS	3/24/97	11 YRS
MARIO LERMA	1/16/89	19 YRS	JACK JOHNSON	3/24/97	11 YRS
LANCE MALTBY	1/18/99	9 YRS	KEVIN MCWILLIAMS	3/25/85	23 YRS
SCOTT DOOLITTLE	1/20/86	22 YRS	JC ANDERSON	3/30/98	10 YRS
DAVE HINDERLITER	1/21/91	17 YRS	REYNA PALAFOX	4/6/92	16 YRS
DEB GRIFFIS	1/22/87	21 YRS	HUEY MASON	4/8/60	48 YRS
CAROL JOHNSON	1/29/07	1 YR	RICH WHITSITT	4/12/76	32 YRS
BOUASENG APHAY	1/31/94	14 YRS	TOMAS JIMINEZ	4/21/97	11 YRS
FRANK GARDONA	1/31/00	8 YRS	ERIC BREAULT	4/30/00	8 YRS
SJ BANAS	2/1/07	1 YR	GREG RIIHL	4/30/00	8 YRS
CLAY HALCOM	2/5/68	40 YRS	SUE MEYER	4/30/79	29 YRS
DAO SAYAVONG	2/7/05	3 YRS	MIKE MYERS	5/1/95	13 YRS
BETTY PETERSON	2/13/95	13 YRS	HAL HALEEM	5/3/79	29 YRS
CHRIS MCCALLUM	2/16/98	10 YRS	DUANE BACHTI	5/6/85	23 YRS
JON MUTTON	2/16/04	4 YRS	LAKSANA BILAVARIN	5/9/05	3 YRS
DEB BRITT	2/17/03	5 YRS	BILLIE GORSUCH	5/10/06	2 YRS
JERRY JOHNS	2/18/76	32 YRS	KEVIN KRETSINGER	5/16/94	14 YRS
PANN BARNAS	2/20/95	13 YRS	KRIS WOLF	5/17/04	4 YRS
JASON BROCK	2/21/94	14 YRS	BOB HENNEBERRY	5/20/80	28 YRS
MANIVONG SYHAKET	2/27/95	13 YRS	MARCY BAILEY	5/26/92	16 YRS
ESPERANZA ESPINOZA	3/1/93	15 YRS	SAENG ROUNGTAKOUN	5/31/95	13 YRS
ROGER ROSSER	3/6/00	8 YRS			

## PLANT NEWS

\*Lance Maltby lost his mother in January. Please continue to keep Lance and his family in your thoughts and prayers.

\*Margarita Gonzalez joined the RSC team in January. She is working for Clyde Tucker in the Pack-sort Department. Congratulations and welcome Margarita!

\*Denny Myelle decided to "cash in his tickets" for retirement. Rumor has it he opened a Daycare!!!! God bless him!

\*And congratulations to Dave Lester on his promotion to Plant Manager! Good luck to Dave in his new position.

\*After selling RSC, a little over a year later, John Mink has decided to reduce his time at RSC. He will look in on us once a month to see how everything is going. We will miss John and wish him all the best in his adventures.

\*Justin Bagg and his wife had a new addition to their family. Her name is Alyvia Grace and came in to this world on March 31st. Congratulations on your new baby!



## EMPLOYEE ASSISTANCE PROGRAM (EAP)

The EAP is confidential and free to employees and their families.

They have a 24-hour, 7-day a week help line (800-272-2727) staffed by experienced, Masters-level counselors. Immediate assessment and crisis intervention when an employee or family member calls.

They provide up to four face-to-face sessions with a licensed therapist in a convenient location.

The EAP can help with a variety of family and personal concerns, including:

Anxiety	Couples problems	Life cycle transitions
Substance abuse	Financial problems	Legal Problems
Childcare concerns	Eldercare concerns	Family conflict

### Scores N' More ...

**Agri-Fab:** Our overall quarterly score through January was 92%, a "very good" on their rating scale.

**Caltherm:** RSC was, once again, recognized for our outstanding overall performance with them. Congratulations and keep up the great work!

**Crane:** Our overall score from October of 2007 to January of 2008 has been 100%. Great job!

**Dapco:** Our overall rating was 34.2 for 2007 which ranks RSC in Dapco's "good" section. The "excellent" rating is 35-40 and we were just under that.

**Delta Power:** We had a grade of 100% or a letter grade of "A" for the 3rd and 4th quarters of 2007.

**Douglas Autotech:** Our overall score for the 4th quarter was 99.7%.

**Dura:** Our overall rating was 95% out of a possible 100%.

**Gecom:** Our supplier performance average rating thru February is 103 for an "A" ranking.

**Greenlee:** Our scores for January were 100% in quality, 96% qty, 88% delivery and 68% price.

**Henry:** Our 4th quarter rating was 100%.

**Melling Tool:** Our supplier evaluation rating from 2-1-07 to 1-31-08 is 95.6% out of a possible 100% - putting us more than 85% on their approved supplier list.

**Minnesota Rubber:** Our overall rating is 82%.

**Schaeffler:** Our overall evaluation is 96.40 with a rating of an "A".

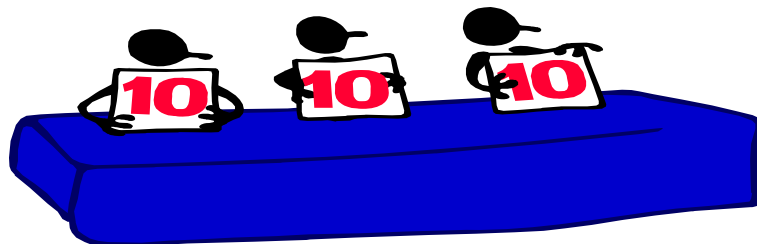
**Sercel:** Our supplier report card score is 86.25, ranking us 33rd supplier out of 49 suppliers.

**Task Force:** They thanked us for making 2007 a successful year for them. Our supplier review for 2007 was excellent—"A".

**Topworx:** Our supplier performance score is 4.0 out of a possible 4.0!

**Truck-Lite:** For the 2007 performance review we scored a 100% for both quality and on-time delivery.

**Warner:** Our score through February is 100% for quality and 85.71 for delivery.



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**THE NEWSLETTER.....** We are in the process of putting our newsletter "Spring Times" on the web. Because of this we will be creating spring, summer, fall and winter issues. So every three months, beginning with this issue, (the spring issue) we will generate another newsletter for the season, next one of course will be summer, June. This newsletter covers Jan, Feb, Mar, April and May and the summer issue will cover June, July and August, and so on.

**PAT'S PICK...** This month's recipe comes from Lisa Ingram, RSC's Payroll Asst. There are many occasions when one of the office personnel brings in a dish to pass for lunch. Lisa provided this delicious entrée just a few weeks ago.

**Chicken in a Crock.** This is a very simple and easy dish to make and only takes a short amount of time to incorporate.

\*6 Chicken breasts-bone in and skin on (can use boneless/skinless breasts if desired-bone and skin adds flavor to the dish)

\*2) 12-oz. cans of diced tomatoes

\*2) 12-oz. cans of Italian diced tomatoes

\*8-oz. of Italian salad dressing

\*Salt, Pepper & Garlic to taste

\*5-quart crock pot

Pour 1 can of diced tomatoes in the bottom of the crock pot. Place 3 chicken breasts on top of the tomatoes. Add salt, pepper and garlic (optional) to season. Pour 2 cans (doesn't matter if it is Italian or regular) of diced tomatoes on top of the first layer of chicken breasts. Place remaining 3 chicken breasts on top of the diced tomatoes. Again add salt, pepper and garlic to season. Pour remaining can of diced tomatoes on top of the second layer of chicken breasts. Pour Italian dressing into pot. Season again with salt, pepper and garlic. Cover crock pot, set on high and cook for approx. 4 hours. Reduce heat and cook for an additional 1/2 hour or until chicken is completely done. This dish provides 6 servings.

**PAT'S GOLF TIP**

**Listen to good players!** Golf is a game of continual learning. When playing or speaking with a pro or a very good player, listen to what they have to say about making shots, strategy or the swing. Gaining knowledge is part of the process of continuous improvement (had to get that last statement in being a Quality Control guy). Remember—the more you practice, the luckier you'll get.

**5 MUST HAVE SAFETY TOOLS**

1. Smoke detectors: Install smoke detectors on every floor and outside each bedroom, and test them regularly.
2. Fire extinguisher: Keep extinguishers in your kitchen and garage. Most fire extinguishers are combination Class ABC types. Class A puts out fires of ordinary combustibles. Class B is used on fires involving flammable liquids such as oil. Class C is used on electrical fires.
3. Carbon monoxide detectors: Carbon monoxide is odorless and colorless, and it can be fatal unless detected. Place a detector outside of all bedrooms in your home.
4. Ground fault circuit interrupters (GFCI's): Use GFCI's throughout your home, especially in the kitchen, bathroom and laundry room. A GFCI protects against electric shock in case you come in contact with a live wire.
5. First-aid/emergency kit: Store antibiotic ointment, bandages, adhesive tape, cold packs, antibacterial hand cleaner, scissors, tweezers, eyewash and a flashlight in an easily accessible place.

**"Safety is understanding; it is an attitude of mind—it is not necessarily a simple following of rules or directions."**

**by: Garry Richards, Author, Safety vs. Challenge**