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## Free Coffee Day!

To celebrate those employees with Birthdays in November (see Birthday Listing on page 3), there will be **free coffee** from the vending machine starting early AM on November 21st through early AM on November 22nd. ENJOY!

**HAPPY BIRTHDAY TO ALL!**

## Improvement Idea Winner By Johnathan Rex, Plant Mgr.

**Congratulations! Yao Kangni Soukpe**, a Straighter on 2nd shift, is the Improvement Idea winner for the month of October.



Yao's idea is to make a cage for 330 furnace similar to the ones we use on the 100 Line. This idea will help to free up capacity on the 100 Line and will allow for other products to be processed through the 330 furnace.

A total of 13 improvement ideas were submitted in the month of October. There were **so many great ideas** that it was very difficult to pick a winner. Others contributing ideas were **James Koester**, with 4 ideas, **Evelyn Chmielewski**, with 2 ideas, and **Vindon Griffin Jr., Michael Jackson, Gregory Smith, Brian Wingate, Cory Hunter, and Nancy Gardner**, with 1 idea each. Thank you, everyone, for letting us know your ideas for improvements here at Rex.

The next Improvement Idea spin will be held on Monday, November 21, at 3:10 PM in the Induction area. Yao will be drawing the name of one lucky employee for the "Employee Appreciation" spin. Please come and join us if you can. Perhaps your name will be drawn and you'd have a turn to take a spin on the Rex Wheel of Chance.

Have you thought of any ideas that would make improvements here at Rex? Write them down on an Improvement Idea form, or just a plain piece of paper, and drop them in the box outside of door of the Production office. You could be our next winner!

## Monthly Winners

By Johnathan Rex, Plant Mgr.

Our Improvement Idea winner for the month of September was **Kris Hunsicker**, Heat Treat Supervisor on the "A" Shift. Kris, along with Chuba Blaze, James Forbes, Terry Copenhaver, Gregory Smith, Adrian Rivera, Gregory Bruno, and Michael Jackson, who also put in improvement ideas in September, received a "Thank You" pin and a \$5 lottery ticket.



Kris Hunsicker (left,) the Improvement Idea winner, is congratulated by Johnathan Rex, Plant Manager.

A name was drawn for the "Monthly Employee Appreciation" reward. That lucky winner was **Maria Monje**, Furnace Operator in the 800 Group. Maria won a reward of \$100 on her spin.

Then slips were drawn from a bucket that contained the names of all the people who work for Rex Heat Treat. Five names were drawn and the winners each received a \$5 instant lottery ticket. Those 5 lucky winners of lottery tickets were **Mike Santiago, Sandy Zigon, Nancy Gardner, Richard Harris, and Terry Copenhaver**.



Maria Monje (left), the Employee Appreciation winner, looks to see what she won on her spin.

**Kris Hunsicker**, who was not able to be there, took his spin on a later date and won a reward of \$100.

Out of all the correct guesses submitted for **The Rex Riddle**, one name was drawn to receive a \$5 instant lottery ticket. That winner was **Sarah Mansuetti**.

Everyone who was there enjoyed cookies and fruit and free hot beverages from the vending machine.

Come to next month's spin and see if your name is drawn for the Employee Appreciation reward!



Chris Constable (11 yrs) receives his anniversary gift from Johnathan Rex (right).



Johnathan Rex, Plant Manager, hands out "Thank You" pins and lottery tickets to James Forbes, Terry Copenhaver, Adrian Rivera, and Chuba Blaze, who submitted improvement ideas in September.



Mike Santiago, Nancy Gardner, Sandy Zigon, and Terry Copenhaver (all on the left) were lottery ticket winners.

## Happy Retirement, Walt!



After 49 plus years with Rex Heat Treat, **Walter Bates** is leaving us! And in all those years Walt only missed **ONE** day of work! That has got to be some kind of record. We are so accustomed to having him here, taking care of this and that, and always stepping in to take care of a special job, that we are not sure how we shall manage without him! Guess we will have to because Walt's last day was September 30.

Walt started working for Rex Heat Treat way back in 1962 as a Heavy Racker in our Anodizing Department. Over the years Walt held a variety of positions at Rex: Furnace Operator, Sales Correspondent & Pricing Clerk, Lab Technician, Foreman, Senior Lab Technician, and Heat Treat Supervisor. He even left for 3 years to serve in the Army. Walt has always been someone we could all count on.



We had a little sendoff luncheon to wish Walt well on his retirement. John Rex, Company President, spoke of Walt's many years at Rex and the various positions he held. We all enjoyed a chuckle upon hearing some of the early comments his supervisors made on Walt's performance reviews.

John Rex presented Walt with a beautiful wooden rocking chair in appreciation of his many years of service. He also presented Walt with his old Photo ID Badge from way back when all Rex employees wore them. Walt was just a youngster back then!

Walter can never be replaced because of his knowledge and dedication, and we sure will miss him. We all wish Walt the very best for a long, healthy, and happy retirement. And we hope to see him around here often!



## Frequently Asked Questions About United Way



### What is United Way?

United Way is a nonprofit, 501(c)(3) agency that brings people and communities together to advance the common good. They partner with local nonprofits, businesses, government and social service agencies to address our community's most pressing needs. Their mission is uniting caring people to build pathways out of poverty, creating opportunity for all.

### What does United Way do?

United Way's work helps provide the building blocks for a good life in three areas: Education, Financial Stability, and Health.

### Who runs United Way?

United Way's staff works with knowledgeable, well-trained volunteers who represent our diverse community.

- A volunteer board of directors sets policy and strategic direction.
- Various volunteer committees oversee financial practices and provide counsel on operational issues.

### Are United Ways related?

There are 1,400 community-based United Ways across the country and each is separately incorporated and independently governed by local volunteers.

### I don't benefit, so why should I give?

You, a family member, friend or coworker may have already used the services of United Way partner agencies without realizing it. We all win when children succeed in school, when families are financially stable and when people have good health. When you support United Way, you help build a better life for us all.

### What's the difference between designated and undesignated gifts?

A designated gift restricts your gift to a specific 501(c)(3) organization. An undesignated gift takes advantage of United Way's thorough, research-based program selection that gets the money to the issues and areas that need it most. This allows you to help the most people and do the most good for our entire community.

### Is my donation tax-deductible?

Yes. And even if you don't itemize on your tax return, you can take a deduction.

### What's the difference between United Way and other non-profits?

Making a gift to United Way is the most effective way to help our whole community. United Way's unique ability to work across complex issues with hundreds of community partners is unmatched.

**Rex  
Campaign  
Starts in December**



## Yearly Work Anniversaries

The following employees are celebrating their Work Anniversaries in **November**

**1 to 5 Years      6 to 10 Years      Over 10 Years**

Fred Cherezov      Vindon Griffin Jr.      James Forbes (14)

Arthur Hurt

You will receive your annual gift at the monthly spin.

### Did You Know?



Seven US presidents have changed their names legally. **Ulysses Simpson Grant** (pictured) changed from Hiram Ulysses Grant. **Grover Cleveland** changed from Stephen Grover Cleveland. **Woodrow Wilson** changed from Thomas Woodrow Wilson. **Calvin Coolidge** changed from John Calvin Coolidge. **Dwight David Eisenhower** changed from David Dwight Eisenhower. **Gerald Rudolph Ford** changed from Leslie King, Jr. (changed when his mother remarried and his stepfather legally adopted him). **William Jefferson Clinton** changed from William Jefferson Blythe (changed when his mother remarried and his stepfather legally adopted him).

There were actually SEVEN presidents before George Washington. They are known to history as the "Presidents under the Articles of Confederation" and had the official title of "President of the United States in Congress Assembled." The first was John Hanson (1781-82), and the next six presidents were Elias Boudinot (1783), Thomas Mifflin (1784), Richard Henry Lee (1785), Nathan Gorman (1786), Arthur St. Clair (1787), and Cyrus Griffin (1788). There were actually sixteen Presidents of the Continental Congress, but John Hanson, the ninth, was the first to serve as President under the Articles of Confederation and the first to hold the title "President of the United States."



John Hanson

### Welcome Aboard!

**George Rusinko**  
**Nathan Hamilton**

**Maintenance**  
**Maintenance**



Daylight Saving Time ends at 2:00 a.m. on Sunday, November 6. Before you go to bed on Saturday, turn your clocks back one hour.

Change those batteries in your smoke and CO detectors, too!



Wishing you and your family a very Happy Thanksgiving.

### A LITTLE HUMOR

A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough.

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this."



She calls Phoenix immediately, and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."

### Happy Birthday

Employees celebrating a birthday in **November** are listed below. Let's wish them a happy day.

- 8                      Monserrate "Mike" Santiago
- 11                     Ron Makos
- 17                     David Brough
- 21                     Nenneth "Lee" Holder

### The Rex Riddle - #8 ?

Some may not admit it without wearing a frown.

What goes up but never back down?

To submit your guess for The Rex Riddle, take a slip out of the folder in the rack in the Production Office, fill it out, and drop it in the box outside of the Production Office door. Guesses will be taken until the morning of the monthly spin.

One name will be drawn from all the correct answers to receive a \$5 instant lottery ticket.

Can you figure out the riddle?

#### Answer to Last Month's Riddle

I may run rings around you or escape your clutching grip. Or leave a treacherous trail that gives a sudden slip. (If you're not careful!) You always end up winning, while I shrink with each new meet. Our bouts will be my ruin, but you'll come out smelling sweet.

What am I?

Answer: A bar of soap

## The Famous Stomach

On June 6, 1822, in the company store of the American Fur Company on Mackinac Island in Lake Huron, a drunken man accidentally discharged his rifle into the torso of Alexis St. Martin, a 28-year-old voyageur who worked for the American Fur Company. A voyageur is a traveling porter and canoe-man, whose job it was to row the big cargo canoes along rivers, and to carry both the vessel and its cargo along the banks when a waterfall or rapids got in the way. Voyageurs worked in teams.

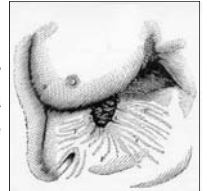


Dr. William Beaumont (left), an army surgeon, was stationed on Mackinac Island in Lake Huron as part of a peacekeeping force in 1822. Beaumont rushed to the young man's side to find a massive hole where his belly button had been. Part of the stomach was actually spilling out. Expecting the man to die, Beaumont cleaned the wound and applied a dressing.

Here is a description of the injury that Beaumont himself wrote a dozen years later:

*"The wound was received just under the left breast, and supposed, at the time, to have been mortal. A large portion of the side was blown off, the ribs fractured and openings made into the cavities of the chest and abdomen, through which protruded portions of the lungs and stomach, much lacerated and burnt, exhibiting altogether an appalling and hopeless case. The diaphragm was lacerated and a perforation made directly into the cavity of the stomach, through which breakfast food was escaping [when Beaumont arrived at the scene]."*

Alexis St. Martin did not die. Instead his stomach healed in a very strange way—the stomach attached itself to the wall of his chest while the hole remained open with a loose flap of lining hanging over it like a curtain—it became a permanent gastric fistula. By pushing the flap aside people could actually see inside the man's stomach!

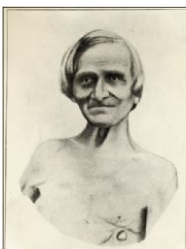


Dr. Beaumont immediately recognized the opportunity this presented. He could be the first man to study and examine a living digestive system. Convincing St. Martin to cooperate, Beaumont began experimenting by tying tiny bits of food on silk threads and inserting them in St. Martin's stomach. Periodically he would remove them to observe the state of digestion.

St. Martin became an employee of Dr. Beaumont doing various chores, such as chopping wood, working as a house servant, and mowing the fields. He had to keep a dressing over the hole when he worked or his last meal would spill out.

After the first year of experiments, St. Martin skipped out and returned to his home in Berthier, Canada. He married Marie Joy and together they would have 6 children. He took up his old profession with another fur company and remained in Canada for 4 years. Dr. Beaumont traced him through agents from his previous employer and hired St. Martin for work in Fort Crawford in Wisconsin. The agents transported St. Martin and his family to the fort, which was about 2,000 miles away by boat—a very rugged trip in those days. Once at the fort, Dr. Beaumont started a second series of experiments under the old arrangements, with St. Martin working as a general servant and a guinea pig. The doctor and his "guinea pig" parted ways once again but eventually got back together for a third series of experiments.

Dr. Beaumont's experiments led to a new branch of science—the study of human digestion—and made celebrities of both Beaumont and St. Martin (whose tummy window stayed open for the rest of his life). In 1833, Beaumont published his book, *Experiments and Observations on the Gastric Juice and the Physiology of Digestion*. The book contains some 240 experiments, all performed in the same famous stomach.



Dr. Beaumont died in 1853, at the age of 68, partly as a result of a slip on ice-covered steps. Alexis St. Martin, the man with the hole in his stomach, died in 1880, living to the age of 86. The photo on the left is Alexis St. Martin at age 81.

This historical marker (right) is in front of the American Fur Company Store and Dr. Beaumont Museum on Mackinac Island in Michigan.

<http://en.wikipedia.org> & "Richard Hawk Inc. [www.makesafetyfun.com](http://www.makesafetyfun.com)



### SAFETY SLOGANS:

**Carbon monoxide is the "silent killer"—install CO detectors.**

**Stretch regularly and make it a part of your daily fitness program.**

**Look for age recommendations before purchasing toys, and heed the recommendation.**