

Inside this issue:



<i>My Trip to Kenya</i>	2
<i>Team Rex</i>	2
<i>Birthdays In April</i>	3
<i>Did You Know?</i>	3
<i>Service Anniversaries</i>	3
<i>Save the Date!</i>	4
<i>Give Your Back a Break</i>	4

Free Coffee Day!

To celebrate those employees with Birthdays in April (see Birthday Listing on page 3), there will be **free coffee** from the vending machine starting early AM on April 26th through early AM on April 27th. ENJOY!

HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner

By Johnathan Rex, Plant Mgr.

Congratulations! Evelyn Chmielewski, Administrative Assistant, is the Improvement Idea winner for the month of March.



Evelyn suggested we change the physical address of our plant so that map websites and GPS units can readily locate us. Our present address of 8th Street and Valley Forge Road does not immediately come up. With confirmation from the Lansdale Post Office, we can begin using 951 W. 8th Street as our physical address; however, we must continue to use P.O. Box 270 for our mailing address. The change to a street number will reduce the amount of phone calls from truck drivers who call in for directions because their GPS unit is unable to locate us.

A total of 16 improvement ideas were submitted in March. Others contributing ideas were **Nancy Gardner** with 5 ideas, **James Forbes** and **Keith Bannon** with 2 ideas each, and **Vernell Donaldson**, **Yao Kangni Soukpe**, **Victor Carrasquillo**, **Maria Monje**, **Vindon Griffin Jr.**, and **Cory Hunter** 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, April 26, at 3:10 PM in the Induction area. Evelyn will be drawing the name of one lucky employee for the "Employee Appreciation" spin. Come and join us to see if you could be that lucky person spinning the Rex Wheel of Chance.

Write your improvement ideas down on a piece of paper and drop them in the box outside of the Production office for a chance to be the next improvement idea winner.

Monthly Winners

By Johnathan Rex, Plant Mgr.

Our Improvement Idea winner for the month of February was **Kris Hunsicker**, the Heat Treat Supervisor for "A" Shift. Kris along with James Forbes and Tom Felder, also submitting ideas in February, each received a "Thank You" pin and a \$5 lottery ticket.



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

Before Kris took his spin on the Rex Wheel of Chance, we had him draw the name of an employee for the "Monthly Employee Appreciation" reward. That lucky winner was **Vindon Griffin Jr.**, Material Handler in the Shipping Department on the Mid-shift. Vindon took his spin and won a reward of \$75.



Vindon Griffin Jr. (rt.), the Employee Appreciation winner, is congratulated by Johnathan Rex, Plant Mgr.

We also had Kris draw slips 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 **Greg Smith**, **Jim Koester**, **Tim Plaucher**, **Chris Snyder**, and **Nancy Gardner**.



Johnathan Rex, Plant Mgr., hands out "Thank You" pins and lottery tickets to Tom Felder and Jim Forbes, who also submitted improvement ideas in February.

When **Kris** took his spin, he won a reward of \$150.

We had an assortment of cookies, brownies and fresh apples for refreshments and free hot beverages from the vending machine.



Nancy Gardner was one of the lucky lottery ticket winners.

Why not join us at next month's spin if you can? You never know—perhaps you'll be the next lucky Employee Appreciation winner. Then you'd have an opportunity to take a spin on the Rex Wheel of Chance.



Mike Sweeney (24 yrs.), Scott Wagner (15 yrs.), Mike Davis (9 yrs.), and Vernell Donaldson (3 yrs) were on hand to collect their anniversary gifts from Johnathan Rex, Plant Manager. Also celebrating an anniversary were Chuba Blaze (2 yrs.) and Chris Snyder (2 yrs.)

My Trip to Kenya

By Sarah Mansuetti



I recently took a trip to the Meru Province of Kenya. If you ever find yourself with the opportunity to travel to Kenya, go! It is a beautiful country with beautiful people. The flights were long, but worth it. Our trip took us from Newark, NJ to Amsterdam, Netherlands, and finally to Nairobi, Kenya. This was my first trip overseas, so every part of it was an adventure.



The first night we stayed in Nairobi at the Methodist Guest House. The next morning we went into downtown Nairobi to exchange our money and be tourists. In the early afternoon we started the journey to Meru. Meru is about 225 kilometers from Nairobi. The trip took us almost five hours in the van. Driving past the landscape of rural Kenya, it was so different from the landscape of rural Pennsylvania. There were rice fields, coffee and tea crops, and a huge pineapple plantation. There were small villages and many people outside working on the land, building structures, taking care of their herds of animals. Quite different from the noise, crowds and traffic jams of Nairobi. One of our stops was on Meru Embu road right on the equator. Meru was only five kilometers north of the equator, so after piling back into the van, it was a very short trip to The Blue Towers Hotel. We stayed at the Blue Towers for the week. It was a nice place to stay.



The group that I went with was based out of Bethany United Methodist Church in Allentown, PA. Two of our team members held classes all week for a Pastor Training. One of the other team members and I visited schools and held health screenings.



We visited three schools that week—The Kaaga School for the Deaf, The Luuma School and The Nyambene Boarding School for Girls. The biggest difference in the Kenya school system, as opposed to schools here, is that secondary school is not supported by their government. If you continue your education past an 8th grade level, you have to pay tuition. At Luuma and Nyambene, Bethany supports twelve students by paying for their tuition, uniforms and books. Jo and I interviewed the students and found all of them to be extremely ambitious and graceful.



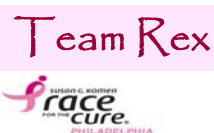
The health screenings were held at the churches in which the pastor trainings were. The days that we ran the screenings were extremely busy. We seemed to find most of the people in the communities to have good blood pressures and blood sugars, and those who had readings out of the normal range had already been to visit the clinics and doctors.



There were so many moments of this trip that made it absolutely unforgettable. We saw a beautiful waterfall. The Monarch Tree, which is the oldest tree in east Africa. It is so big that you can actually crawl inside of the tree. We only had five of us inside the tree, but there was plenty of room for more! One of the most memorable things was probably going on safari. To see lions and giraffes and monkeys and elephants and zebras and so much more—all so close you could almost reach out and touch them—was amazing.



I can't wait to make another trip to beautiful Kenya.



Thank you to everyone who signed up to be a part of Team Rex and to participate in the Susan G. Komen Race for the Cure. The race takes place on Mother's Day, May 9, 2010. Please show your support by making a donation to this worthy cause—just see one of the Team Rex members. Thanks!

A LITTLE HUMOR

The IRS decides to audit Grandpa and summons him to the IRS office. The IRS auditor was not surprised when Grandpa showed up with his attorney.

The auditor said, "Well, sir, you have an extravagant lifestyle and no full-time employment, which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable."

"I'm a great gambler, and I can prove it," says Grandpa. "How about a demonstration?"



The auditor thinks for a moment and said, "Okay. Go ahead."

Grandpa says, "I'll bet you a thousand dollars that I can bite my own eye."

The auditor thinks a moment and says, "It's a bet." Grandpa removes his glass eye and bites it. The auditor's jaw drops.

Grandpa says, "Now, I'll bet you two thousand dollars that I can bite my other eye."

Now the auditor can tell Grandpa isn't blind, so he takes the bet.

Grandpa removes his dentures and bites his good eye. The stunned auditor now realizes he has wagered and lost three grand, with Grandpa's attorney as a witness. He starts to get nervous.

"Want to go double or nothing?" Grandpa asks. "I'll bet you six thousand dollars that I can stand on one side of your desk and pee into that wastebasket on the other side and never get a drop anywhere in between."

The auditor, twice burned, is cautious now, but he looks carefully and decides there's no way this old guy could possibly manage that stunt, so he agrees again.

Grandpa stands beside the desk and unzips his pants, but although he strains mightily, he can't make the stream reach the wastebasket on the other side, so he pretty much urinates all over the auditor's desk. The auditor leaps with joy, realizing that he has just turned a major loss into a huge win. But Grandpa's own attorney moans and puts his head in his hands.

"Are you okay?" the auditor asks.

"Not really," says the attorney. "This morning, when Grandpa told me he'd been summoned for an audit, he bet me twenty-five thousand dollars that he could come in here and pee all over your desk and that you'd be happy about it!"

Happy Birthday

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

3	Chris Sholly
12	Walter Bates
17	James Koester
28	John Rex

Junk is something you throw away three weeks before you need it.

Did You Know?



The Just Born factory, in Bethlehem, PA, produces enough PEEPS® Brand Marshmallow Candies in one year to circle the Earth twice. In the early 1950s, it took 27 hours to make one PEEPS® chick. Today it takes 6 minutes.

The most famous decorated Easter eggs were those made by the well-known goldsmith, Peter Carl Fabergé. In 1883 Fabergé was commissioned by the Russian Czar, Alexander, to make a special Easter gift for his wife, the Empress Marie. Fabergé's first egg had an outside shell of platinum and enameled white which opened to reveal a smaller gold egg. The smaller egg, in turn, opened to display a golden chicken and a jeweled replica of the Imperial crown.



The Easter lily (or Bermuda lily) was first brought to the United States in 1919 by a World War I soldier named Louis Houghton, who brought the bulbs to Oregon and gave them to friends and family. Today, an area along the California and Oregon border produces 95 percent of all bulbs grown in the world for the potted Easter lily market. They produce more than 11 million bulbs annually.

Yearly Work Anniversaries

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

1 to 5 Years

Greg Smith

5 to 10 Years

Michael Jackson

You will receive your annual gift at the monthly spin.

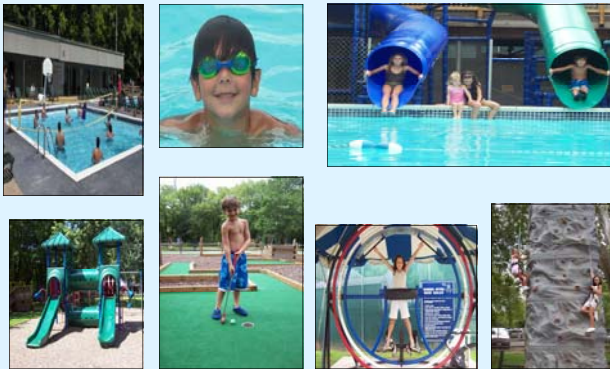




SAVE THE DATE!

The Rex Heat Treat company picnic is coming up on Sunday, June 6th, at Neshaminy Picnic Park. This place is AWESOME!!! LOADS of fun for the WHOLE FAMILY! So, don't forget to mark the date on your calendar for a fun time and good food. The signup sheet will be coming soon attached to a future paystub.

For any questions, see one of the Navigators.



Give Your Back a Break

By The Safety Team

Try these strategies to prevent painful injuries.

If your job requires sitting for long periods of time:

- Sit up straight with your feet flat on the floor and your knees bent at a 90-degree angle. If you're short, use a stool for your feet.
- Keep your lower back flat against a firm backrest. A lumbar support pillow may give added comfort.
- When reaching to the side, turn your whole body rather than twisting part of it.
- Arrange your work area to avoid repeated bending and reaching.
- During scheduled breaks, get up and walk around. Gentle stretching can also help relieve tense back and neck muscles.

If your job requires standing for long periods of time:

- Place one foot on a small stool or box and then alternate feet from time to time.
- Stand up straight and keep your head aligned with your back and hips.
- Avoid bending and twisting the trunk area at the same time. Turn your whole body as a unit.
- Shift position frequently. Stretch gently to loosen up the muscles in your back.

Many of the causes of back pain at work result from improperly lifting heavy items. Here are some basic techniques for lifting safely:

- **Assess if you need help.** Before you even think of lifting an object, ask yourself if you can handle the load alone or whether you should solicit the help of a co-worker or some kind of mechanical aid, like a dolly.
- **Always bend your knees.** Most people bend at their waist when they try to lift something. But that strains your back. Bending at the knees helps you keep your center of gravity and lets your stronger leg muscles do the work of lifting.
- **Hug the load.** Keep the object as close to your body as you can while you gradually straighten your legs to a standing position.
- **Don't twist.** Keep your feet, knees, and torso pointed in the same direction when you lift. Twisting can overload your spine and cause serious injury.
- **Carefully put down the load.** Use the same techniques in lifting as in setting down the object.



SAFETY SLOGANS:

UNPREPARED = UNSAFE. WHEN JOGGING, RUN AGAINST THE TRAFFIC FLOW.

SAFETY IS SOMETHING YOU LEARN FROM THE START. BEING ACCIDENT FREE IS DOING YOUR PART.