

Employee Newsletter | Winter 2023

Campbell's Corner

Things People With Integrity Do

Integrity is one of the most character-defining attributes a person can have. It defines who you are, what you stand up for, and whether or not you can brave through conflict and hardship while sticking to your guns. People with integrity all share a specific set of positive character traits; these are some of them.

Respect, you don't let others down by betraying and lying
You live by the same standards you expect from others
Even if you are afraid, you stand up for what is right
When you give your word, others can count on it
You take ownership of your mistakes
You give credit where credit is due
You believe in transparency
You are trustworthy

INTEGRITY

Normer W, Caupbell







We'd love to hear from you.

Articles and updates in *Chapin Connections* are written by employees. Your thoughts, ideas, and observations are not only welcomed, but needed.

To submit ideas, articles, photos—or if you have questions—feel free to email *nmesler@chapinmfg.com*.

—Nick Mesler

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CRAZY BUFFALO BLIZZARD

This past quarter at the Chapin Clarence Facility, we have been moving along steadily. It is right towards the end of the busy Salt Season and we are doing our best to fulfill orders that are arising. But the past two months haven't been the easiest here in Western New York. There has been two generational

level snow storms that have hit us within a month of each other causing conditions to be rather hectic here. The snow storms have generated over 105 inches of snow in the greater Buffalo area causing shut downs of the whole area for days on end. With people losing power and such hazardous conditions around the holiday time this past holiday season was one to remember for the employees here. But the community as a whole has come together and stepped up to help out those in need and those who have been effected by these two once in a life time storms. Our employees here luckily where all safe and everyone made it back to work after both of these storms.



News & Updates from our Chapin Manufacturing location in Clarence, New York

by Bill Campbell





But as one can imagine, even though the snow here was the worst of it compared to most other places in the country, we weren't the only location to rack up the snow. Thus causing our production here to go up with people in need of our salt spreaders to help them get through the season. Whether it's our Res, Pro, 81000 or OPP unit

we have been building to the best of our ability to get these in stock and out the door so the people affected by this weather can be better prepared for if and when these types of storms may happen again.

All in all though it hasn't been a terrible holiday season as we have got to spend some time away and be with our loved ones to end the year. From holiday parties to the start of the new yea, to the salt season starting to hit its climax it has been a good year for Chapin Clarence. With new faces coming in to help the team and seeing some faces leave us, we here are ready for the challenges ahead for the 2023 year and are hoping to once again have another great year.





KENTUCKY HAPPENINGS

New Business

New Walmart business goes live!! This first quarter we have spent considerable time ramping up production on our new Walmart business. This is an addition of over million units and a just incredible opportunity for Chapin as a whole as we continue to grow.



The team has done a great job working through some challenges with new line lay-outs and new equipment to ensure we hit our targets.

New Equipement

With the new bussiness we needed to intruduce two new automated printers, with the help of Jim Dillion from our engineering team.



Jim took time away from his schedule to help install

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News & Updates from our Chapin Manufacturing location in Mount Vernon, Kentucky

by Doug Platt



and train our team on the operation of these printers, of course there have been a few bumps along the way. But I am very impressed with how quickly the Kentucky team has learned to run these machines while continuing to run production with very minimal interruption. Great Job all involved!!

New Products

We have also added our 40 gallon ATV tanks to growing ATV business. Our team of processors did a great job of building a process to work through the unique challenges with molding these. With all the added bussiness it has really pushed our Danville shipping operations to ensure our orders our shipped timely to all our customers. We welecomed new shipping personnel in Jeremy Franks, Trent Clark and Aaron Castro. With the guidence of Tharen and Candice this team came up to speed very quickly and are doing an amazing job keeping up with the heavy demands. Welcome to the team guys!!

Moving forward we are now working on plans to add upgraded controls and automation to more of our machiness as we continue to grow.



Douglas Platt Kentucky General Manager



SALES UPDATE:

Fall business has been good, and holiday breaks were well received. We have started the New Year with a strong sales position with Purple Martin Season, Flags and Spring bird feeders, houses and accessories sales right around the corner.



The company is still on target for launching the updated Spring seed cake program, our Gamekeeper line is available to retail, and online for our customers. Our new large gourd for the Purple Martin line is still in development.

Our two gallon chicken feeders, chicken waterers, and chicken dribblers are available online, and there has been a great deal of interest in the retail segment.

> The sales team has been working on great for promotions our customer base, and the Heath Operations team is working hard to position the company for success. This is an exciting time of year for Heath with the winter suet season in full swing as well with strong customer demand, and order fulfillment.



News & Updates from our Heath Manufacturing location in Coopersville, Michigan

by Ken Daly & Steve Hickey



NEW HIRES/STAFF UPDATE:

Welcome to our new team members:

Kyle Kuharevicz, Plant Manager, October 10, 2022 Dakota Brown, Manufacturing Process Operator, November 11, 2022 Katie Bordeaux, Manufacturing Process Packer, December 2, 2022 Ben Stock, Shipping Clerk, November 14, 2022 Jackie McLean, Inventory Specialist, November 28, 2022 Joel Stein, Production Leader 3rd Shift, October 31, 2022 Anthony Blair, Production Leader 1st Shift, November 21, 2022

Here are a few photos from our holiday celebration



Thank you team for a great 2022. Lets make 2023 great too!!





Here at Chapin Custom Molding we have had a slow start to this quarter. As the year has progressed we are seeing a slight uptick in sales. Repeat business from current customers has been a big portion of the increase. It has been a large team effort to control our costs and to focus on continual improvements so we can be sustainable through these lean months.

One of the improvements that has been started is to install new heads on press 24. This will improve OEE by allowing us to run bottles at rate. Another large project is to replace the screw on press 6. This new screw will help us also run the hose end bottles at rate to keep up with the demand.

CCM has started to work with a local recycler. We have been able to repurpose the clumps that are produced from purging and scaling the heads, formerly a nonusable source of plastic in inventory, to a clean usable raw material.

For the past few months, we have been teaming up with the Batavia plant on 2 products that are in development: The 2 gallon electric sprayer and the 8 gallon OPP sprayer. We have been working diligently to get these products production ready. As we move towards this, we have been collaborating closely with the engineering team to tweak items that will ultimately make these product launches smooth.

CCM is now in full swing with the 48oz bottle printing and assembly. Both the warehouse as well as the main plant have been packing these bottles out to make sure that we stay on track with the production schedule. Both sites have been doing a great job with the various builds. We are also excited to start printing the hose end bottles. The printer for this has been installed, and we anticipate starting to use it for production by Late Jan, early Feb.



CCM is thrilled to announce the hiring of Steve Budinsky. He will fill the role of Plant Superintendent. As the former GM of one of our high volume customers, Steve had already spent a lot of time in our plant and knows many of employees, our policies, our

News & Updates from our Chapin Custom Molding location in Elyria, Ohio

by Melissa Brown & Michael Wolfert



and our values. He will be a great asset in continuing to strengthen our CCM family and we are excited to have him on board. Join us in welcoming him as he gets acclimated in this new role.



Back in October 2022, CCM Employee **Michael Gannon** competed in the NPC Natural Northern U.S.A. bodybuilding competition. Michael was cheered on by several of his coworkers and placed in the top 10 for the 50+ age group in the Men's Bodybuilding Masters category. He joined the CCM team in April of 2022 as a machine operator and has since been trained on our bottle printer. We would like to congratulate Michael on his hard work and dedication in both his career here at CCM and in his personal endeavors.

CCM would like to wish everyone Happy Holidays and a Happy New Year!





Këtu në Chapin Custom Molding kemi pasur një fillim të ngadaltë të këtij tremujori. Me kalimin e vitit ne po shohim një rritje të lehtë në shitje. Biznesi i përsëritur nga klientët aktualë ka qenë një pjesë e madhe e rritjes. Ka qenë një përpjekje e madhe në ekip për të kontrolluar kostot tona dhe për t'u fokusuar në përmirësime të vazhdueshme, në mënyrë që të jemi të qëndrueshëm gjatë këtyre muajve të dobët.

Një nga përmirësimet që ka filluar është instalimi i kokave të reja në presën 24. Kjo do të përmirësojë OEE duke na lejuar të përdorim shishet me shpejtësi. Një projekt tjetër i madh është zëvendësimi i vidhës në presën 6. Kjo vidhë e re do të na ndihmojë gjithashtu të përdorim shishet fundore të zorrës me shpejtësi për të përmbushur kërkesën.

CCM ka filluar të punojë me një riciklues lokal. Ne kemi qenë në gjendje të ripërdorim grumbujt që prodhohen nga pastrimi dhe leskërimi i kokave, më parë një burim i papërdorshëm i plastikës në inventar, në një lëndë të parë të pastër të përdorshme.

Gjatë muajve të fundit, ne jemi bashkuar me fabrikën Batavia në 2 produkte që janë në zhvillim: Spërkatësi elektrik 2 gallon dhe spërkatës OPP 8 gallon. Ne kemi punuar me zell për të bërë gati prodhimin e këtyre produkteve. Ndërsa shkojmë drejt kësaj, ne kemi bashkëpunuar ngushtë me ekipin inxhinierik për të rregulluar artikujt që përfundimisht do t'i bëjnë të lehtë hedhjen në treg të këtyre produkteve.

CCM tani është në lëvizje të plotë me printimin dhe montimin e shisheve 480z. Si magazina ashtu edhe fabrika kryesore i kanë paketuar këto shishe për t'u siguruar që ne të qëndrojmë në rrugën e duhur me orarin e prodhimit. Të dy faqet kanë bërë një punë të shkëlqyer me ndërtimet e ndryshme. Ne jemi gjithashtu të ngazëllyer që fillojmë



të printojmë shishet e fundit të zorrës. Printeri për këtë është instaluar dhe ne parashikojmë të fillojmë ta përdorim për prodhim deri në fund të janarit, në fillim të shkurtit.

CCM është i emocionuar të njoftojë punësimin e **Steve Budinsky**. Ai do të plotësojë rolin e Mbikëqyrësit të

Të Reja & Përditësime nga lokacionet tona të Chapin Custom Molding në Elyria, Ohio



by Melissa Brown & Michael Wolfert

Uzinës. Si ish-Menaxher i Përgjithshëm i një prej klientëve tanë me volum të lartë, Steve kishte kaluar tashmë shumë kohë në fabrikën tonë dhe njeh shumë nga punonjësit tanë, politikat dhe vlerat tona. Ai do të jetë një aset i madh në vazhdimin e forcimit të familjes sonë CCM dhe ne jemi



të ngazëllyer që e kemi atë me ne. Bashkohuni me ne në mirëseardhjen e tij teksa ai përshtatet në këtë rol të ri. Në tetor 2022, punonjësi i CCM **Michael Gannon** konkurroi në konkursin NPC Natural Northern të SHBA-së për Bodybuilding. Michael u brohorit nga disa prej kolegëve të tij dhe u vendos në 10-shen më të mirë për grupmoshën 50+ në kategorinë Master në Bodybuilding për meshkuj. Ai iu bashkua ekipit të CCM në prill të vitit 2022 si operator makinerie dhe që atëherë është trajnuar në printerin tonë të shisheve. Ne dëshirojmë të përgëzojmë Michael për punën dhe përkushtimin e tij të palodhur si në karrierën e tij këtu në CCM ashtu edhe në përpjekjet e tij personale.

CCM dëshiron t'i uroj të gjithëve Gëzuar Festat dhe Gëzuar Vitin e Ri!



















Santal

CHAPIN AWARDED

Over the past 12 months there has been some dynamic changes in two step distribution. Pro Group, Distribution America and Val Test have all combined to create Hardlines Distribution Alliance (HDA). This creates a pivotal distributor group in Hardware and Lawn & Garden. This new formed group now consists of 95 distributors and more than 200 warehouse facilities that blanket the country. HDA held an Executive Planning Conference over three days in November. This included individual meetings with vendors and distributors along with open table discussions on successes and challenges as we head into the new year.



In addition, there are events that recognize certain distributors and vendors for their accomplishments during the past 12 months. I am honored to share that Chapin was named the Lawn & Garden Vendor of the Year. Trent Kauffman, Merchandise Manager – Electrical/Lawn & Garden commented: "Chapin deserves credit for doing what a lot of other manufacturers don't do, which is continually work to develop ways to grow the business beyond just selling more stuff. A couple examples would be transitioning from sprayers only to sprayers and spreaders, as well as bringing Heath into the mix and launching the watering lineup. It's exhausting to have growth-oriented conversations with manufacturers that just want us to sell more of the same things year over year, and I'm always glad that Chapin doesn't do that to us. I'll always



make time to work on the Chapin business ahead of most other Vendors that I work with. ". This recognition is determined by a vote from the distributors. Our sales performance, program values, special buys, customer service and shipping all factor into the individual distributor members vote. This shows the strength of the Chapin team in all facets. Bill Potts from Florida Hardware also added that "In the years that Florida Hardware has worked with Chapin International, they have continued to set themselves apart from their competition. They continually provide support, programs and promotions on top of outstanding product quality.".

In addition to that recognition, the 8740A was chosen as the Best Featured Product of the event. Kauffman added: "This item should

be a total

for all of them. And, since most of these guys are already stocking Chapin, it should be an easy sku add.". comments I received from the distributors is that it is well made and the versatility to spread different materials is a huge advantage. It provide great value to the user.

I want to thank everyone for the support provide to HDA and its members. This would not have been a possibility without everyone putting forth the efforts you do on a daily basis.







Get To Know Dan

This month's Employee Spotlight is on Dan Mast, or **Rocky** as he is sometimes referred to by those who work with closely. Dan started with Chapin in November of 2001. Before Chapin Dan graduated from Pembroke High School where he studied Tool and Die Making through BOCES, a program that involved a Co-Op at Gleason Works in Rochester, NY. After graduation, Dan attended Monroe Community College for a year in a technical program for Tool and Die Making. He also worked at Austro Mold in Rochester as an Apprentice Tool Maker for injection molding.

Working at Chapin

When Dan started at Chapin he was a Trimmer/ Packer on 3rd shift. He went to the weldline in the Metals Department for a year and then came back to the Plastics Department as a Plastic Technician Apprentice. Dan completed the New York State Plastic Technician Apprenticeship program and has been a Journeyman Plastics Apprentice ever since. He has worked on all 3 shifts at some point and has trained several Plastic Technicians and General Maintenance throughout the years, some of which work here in Batavia and others that have since moved to Ohio and work at Chapin Custom Molding.

Dan has been involve with the Union as well. Over the past 5 years Dan has served as a Union Steward and is currently the Union Treasurer.

Dan enjoys working at Chapin. *"I enjoy this job, I like what we are doing as a company and I am hoping to retire from Chapin."* He enjoys attending the company activities very much. Dan has attended most of the company picnics and holiday parties during his time with Chapin. He has also participated in Chapin bowling events and the Chapin Golf Tournament.



Family/Life Outside of Chapin

Besides keeping our Blow Molders running here at Chapin, Dan is a family man who is very

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proud of his 3 children. Dan enjoys spending time with his wife Jayme, his oldest son Jayden (16), his daughter Danielle (15), and his youngest son Hunter Dan (12). He especially likes to spend time camping with them on Conesus Lake every year.

Sports and school activities keep Dan and his wife busy year round. Dan himself was an excellent athlete in high school. He played Varsity Football, Wrestling, and Baseball for Pembroke.



His son Jayden also plays the same three sports for Pembroke. Jayden was named an All-State Offensive Lineman on this year's New York State Champion 8-Man Football team, and last year he finished 3rd in the Section V Wrestling tournament.

Dan's daughter Danielle is on the swimming and soccer teams, she also is in Color Guard and Drama. She has performed in several plays and was named All County at the NY SSMA Senior High Festival All-State for signing. Dan's youngest son Hunter Dan is active Football, Basketball in and Wrestling. Hunter Dan has placed 4th in the New York State Youth Wrestling Championships two years in a row.





Dan's home life and his career here at Chapin have definitely kept him busy for many years now. If you see him on the production floor be sure to congratulate him on over 20 years of service here at Chapin International. Thanks Dan!

Chapin Wellness Quarterly Update

Wellness has always been an important area for Chapin. We value our employees and their overall well being is critical. Some of the fun things we have done this Quarter to continue to promote the Wellness arena are:



October: Breast Cancer Awareness

- Weekly 50/50 Prize Winners
- Weekly Prize Winners
- Chapin donated \$1500 to Genesee Cancer Association

November: Turkey Trot Step Challenge

- 14 participants who logged over three million steps
- 1st Place: Cindy Kegler
- 2nd Place: Troy Lindke
- 3rd Place: Jessica Maskell

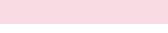


December: Maintain Don't Gain

- We had 14 participants
- 1st Place: Jessica Maskell
- 2nd Place: Dorothy Cervini
- 3rd Place: Amy Coopenberg

United Way Basket Raffle

\$1270 was raised for the United Way



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Winter 2023 | Chapin Connections

Novedades trimestrales de bienestar en Chapin

El bienestar siempre ha sido un área importante para Chapin. Valoramos a nuestros empleados, y su bienestar general es de importancia crítica. Algunas de las cosas divertidas que hicimos este trimestre para seguir promoviendo el bienestar fueron:



Octubre: Concientización del cáncer de mama

- Ganadores de premios semanales 50/50
- Ganadores de premios semanales
- Chapin donó \$1500 a la Asociación del Cáncer de Genesee

Noviembre: Carrera del pavo

- Tuvimos 14 participantes que registraron más de tres millones de pasos en total
- 1.er lugar: Cindy Kegler
- 2.° lugar: Troy Lindke
- 3.er lugar: Jessica Maskell







Diciembre: Manténgase sin aumentar

- Tuvimos 14 participantes
- 1.er lugar: Jessica Maskell
- 2.º lugar: Dorothy Cervini
- 3.er lugar: Amy Coopenberg

Rifa de canastas de United Way

Se recaudaron \$1270 para United Way



Përditësim Tremujor për Chapin Wellness

Mirëqenia ka zënë gjithmonë një vend të rëndësishëm për Chapin. Ne i vlerësojme punonjësit dhe punonjëset tona, dhe mirëqenia e tyre në tërësi është kritike për ne. Disa gjëra argëtuese që kemi bërë këtë Tremujor, për të vazhduar promovimin e arenës Wellness janë:



tetor: Ndërgjegjësim për Tumorin e Gjirit

- Fituesit/et e Çmimeve Javore 50/50
- Fituesit/et e Çmimeve Javore
- Chapin i ka dhuruar 1500 dollarë Genesee Cancer Association (Shoqatës Genesee të Tumorit)

Nëntor: Gara e pulave të detit

- Ne patëm 14 pjesëmarrës që hodhën mbi tre milion hapa
- Vendi i parë: Cindy Kegler
- Vendi i dytë: Troy Lindke
- Vendi i tretë: Jessica Maskell







dhjetor: Ruaj peshë, mos shto peshë

- Ne patëm 14 pjesëmarrës
- Vendi i parë: Jessica Maskell
- Vendi i dytë: Dorothy Cervini
- Vendi i tretë: Amy Coopenberg

Lotaria e Shportës United Way

\$1270 u mblodh për United Way





This year's World of Concrete in Las Vegas was supported by a full staff of Chapin industrial reps and Chapin direct employees. The Chapin booth walk through started at 9 am where we reviewed each particular highlight featured at the show. Since the dawning of Covid, shows have been in question due to participation levels. However, the WOC was extremely busy and good for Chapin.

So what's the WOC about? It's all about getting Sales! With the updated branding from Chapin marketing department, key sell sheets and product details were updated and sent to all reps prior to the show. That gave the Chapin booth a host of knowledgeable participants to share with our customer base. In the booth we showcased our core metal line of concrete sprayers, poly line and coloration of concrete sprayers and dust abatement support line. Also included in the booth was a pallet promotion were reps were active in pre selling in specific skued products for a discount in early orders.

When the show began it was as if someone opened up flood gates! People were coming from all directions to visit the Chapin booth. Why? ...to see the updated Chapin product line. All sprayers were set up with a specific order to amplify positive sales. The core product showcase started with the Chapin power trio. Which includes the 1949, 19049, and 19069. Other highlights of the booth included; Chapin's 19099 Evolution Sprayer, customized to show its flexibility with a battery powered air compressor strapped to it... what an attention getter! This concept came from a decorative customer in the state of Ohio who performed concrete ceiling on a decorative job where they didn't want to have to pump the sprayer.

Key customers visited the Chapin booth wanting to know about specific Chapin items for their varied applications. Along with the aforementioned booth highlights, Chapin's engineering department has worked to design a new nozzle helping to eliminate banding that occurs with certain thicker sealers on the marketplace. Key reps and customers were given sample nozzles to field test, helping to support the Chapin design.

Customers attending the show came from California, Florida, Maine, and Canada. They kept all Chapin employees and reps on their toes reviewing products and seeking orders for the show promotion. The attendees proved that the WOC is a strong show and Chapin is looking forward to all customer follow up and participation in the World of Concrete 2024!







We've had Chapin sprayers on the shelf at Walmart for a few years now. If you haven't noticed Chapin's Home Pro 2-gallon and Home Pro backpack, or the Chapin Wet/Dry Hose End sprayers in your local Walmart yet, it's these 3 models that represent the "best" in Walmart's Sprayer Lineup. And, even though as of Spring 2023, every product in the Walmart sprayer lineup may not have the Chapin brand name on it, every single one (both Expert Gardener and Chapin branded) will be proudly manufactured by us!

It was a full-on effort to win the Walmart shelf by our Sales Department in 2022. Starting in early March of 2022, the team strategized on how to win the Eliminator business (Walmart's Private Label) previously manufactured by Hudson. After many strategizing meetings, multiple planogram layouts, presentations, packaging concepts and countless meetings with buyers, Walmart was sending many signals that they were looking to us to take over the Eliminator business. Although Eliminator (Walmart's private brand weed killer) made sense as their private label branded sprayer, Walmart opted to "eliminate" the brand from their sprayer lineup and switch



to Expert Gardener branded sprayers starting in Spring 2023. Expert Gardener is Walmart's "all things garden" private brand. The switch for them brings to the shelf a "more trendy" package than its predecessor, Eliminator. Many more Planograms, packaging designs and prototype samples were developed to provide the Walmart team with what they needed to pull the trigger. The announcement came in early May that Chapin would be the manufacturer of choice for Expert Gardener brand sprayers. The newly awarded

business would mean that Chapin now owns the entire sprayer shelf at Walmart as of Spring 2023, something we haven't accomplished with any other major retailer to date and a significant market share gain for Chapin.



The lineup consists of the following: EG (Expert Gardener Brand) 1-gallon opening price point sprayer, EG 2-gallon Heavy Duty, EG 4-Gallon Backpack (based on our 60100), a new EG 48-ounce sprayer with bonus nozzle, the Chapin G6015 Wet/Dry Hose End and the 2 and 4-gallon Home Pro Sprayers that have continued to perform well at Walmart.

Efforts such as video, and packaging production are being finalized to ultimately bring Expert Gardener products to market and it's just as the first shipments start to leave our Kentucky facility for spring sets. Congrats! And many thanks to everyone here at Chapin and our other locations on this success.

MILESTONES WELCOME TO CHAPIN!



<mark>Justin Bennett,</mark> Metals, Packer



Adam Brant, Production Worker



Herminia Fawcett, Metals, Packer



Roger Hofmeier, Metals, Powder Coating



Xavier Colon Davila, Plastics, Trimmer/Packer



<mark>Janeliz Claudio Lozado,</mark> Plastics, Trimmer/Packer



Scout Marble, Customer Service, Receptionist



Lindsey Meyer, Plastics, Trimmer/Packer





Spencer Remington, Shipping Clerk

Andre Tucholski, Metals, Weld Line

Recipies from Around the World

SHRIMP WITH COCONUT CURRY SAUCE

I received this recipe from a friend years ago and have made it often enough to commit it to memory. It is easy and delicious. I do not know the origin. The coconut curry base is compatible with beef and chicken too.



- 1 lb. of uncooked shrimp, peeled and deveined
- 2 tablespoons vegetable oil (I use sunflower oil, canola oil would be good too.)
- 1 small onion or half a medium onion thinly sliced
- 1 tablespoon grated fresh ginger root
- 2 cloves garlic, crushed
- 1 red pepper cut into 1/2 inch pieces
- 2 cups broccoli florets
- 1 cup coconut milk (one 13 to 14 ounce can will provide more than 1 cup)
- 2 tablespoons tamari or low sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon Thai Kitchen red curry paste (This paste has good flavor and not too much heat.
- You can add more to taste. It is available in Wegmans and on Amazon.)

INSTRUCTIONS:

- Heat the vegetable oil over medium heat in a large skillet and sauté the onion until it starts to soften.
- Add the garlic and ginger root and sauté for a couple of minutes.
- Add the red pepper and broccoli florets and sauté until they soften slightly.
- Mix the coconut milk, tamari or soy sauce, sesame oil and red curry paste in a bowl. Pour into the skillet and heat over low to medium heat until the coconut milk base starts to simmer. You can add more coconut milk if you would prefer more broth.
- Add the shrimp to the skillet and simmer until the shrimp turns pink. This should take less than 5 minutes.

Serve immediately over white basmati or sushi rice.

CLASSIC CHICKEN CACCIATORE

Chicken cacciatore is an ideal meal for a cold winter day. It is a traditional Italian dish featuring braised chicken, mushrooms, herbs, wine and a tomato broth. This recipe is from Chef Billy Parisi: https://www.billyparisi.com/chicken-cacciatorerecipe/



- $\ensuremath{^{\ensuremath{^{\ensuremath{^{\!4}}}}}$ cup reconstituted dried porcini mushrooms
- 1 whole chicken broken down into parts
- 2 tablespoons olive oil
- 1/2 peeled and small diced yellow onion
- 3 small diced ribs of celery
- 2 peeled and small diced carrots
- 4 finely minced garlic cloves
- 1 cup each sliced baby portabella and button mushrooms
- 1 cup of dry red wine
- 2 each 28 ounce cans of whole peeled tomatoes
- 1 tablespoon of chopped fresh parsley
- 1 $\frac{1}{2}$ teaspoons of chopped fresh rosemary

INSTRUCTIONS:

- Porcini mushrooms: pour 2 cups of boiling water over a ½ ounce of dried porcini mushrooms and let sit for 20 minutes.
- Finely strain the mushrooms and reserve half the liquid.
- Rinse the mushrooms, squeeze out all of the liquid and roughly small chop.
- Season the chicken parts well on all sides with salt and pepper.
- Heat the olive oil in a large pot over medium heat and brown the chicken parts well on each side, about 4 minutes per side.
- Remove the chicken and set aside.
- Add the onions, carrots, celery, mushrooms and garlic to the pan and sauté for 6 to 7 minutes.
- Deglaze with the wine and cook over medium heat until it is almost gone, about 5 minutes.
- Pour in the reserved porcini mushroom liquid, tomatoes, herbs, salt and pepper and stir.
- Add the browned chicken back in the pot, cover with a lid and simmer over low heat 25 to 30 minutes.

Serve immediately over white basmati or sushi rice.



FRENCH FLOURLESS CHOCOLATE CAKE

"La Bete Noire" by Jason Aronen from Bon Appetit

https://www.epicurious.com/recipes/food/ views/la-bete-noire-235831

I made something similar to this recipe and it was amazing. This cake is essentially a lot of chocolate held together with eggs. It is a great cake option for those following a gluten free diet.



Cake

1 cup water

3/4 cup sugar

9 tablespoons (1 stick plus 1 tablespoon) unsalted butter, diced

18 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

6 large eggs

Ganache

1 cup heavy whipping cream 8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped Lightly sweetened whipped cream

INSTRUCTIONS:

- Preheat oven to 350°F.
- Butter 10-inch-diameter springform pan. Line bottom of pan with parchment round; butter parchment. Wrap 3 layers of heavy-duty foil around outside of pan, bringing foil to top of rim.
- Combine 1 cup water and sugar in small saucepan. Bring to boil over medium heat, stirring until sugar dissolves. Simmer 5 minutes. Remove from heat.
- Melt butter in large saucepan over low heat. Add chocolate and whisk until smooth.



- pan to distribute ganache evenly over top of cake.
- Refrigerate cake in pan until ganache is set, about 2 hours. DO AHEAD: Can be made 2 days ahead. Cover and keep refrigerated.

To Serve:

Run knife around pan sides to loosen cake; release sides. Cut cake into wedges and • serve with whipped cream.

INSTRUCTIONS (continued):

- Whisk sugar syrup into chocolate; cool slightly.
- Add eggs to chocolate mixture and whisk until well blended.
- Pour batter into prepared pan. Place cake pan in large roasting pan. Add • enough hot water to roasting pan to come halfway up sides of cake pan.
- Bake cake until center no longer moves when pan is gently shaken, about • 50 minutes.
- Remove from water bath; transfer to rack. Cool completely in pan. •

For ganache:

- Bring whipping cream to simmer in small saucepan over medium heat. Remove from heat.
- Add chocolate and whisk until smooth. Pour over top of cake still in pan. Gently shake
- •























and









Campbell Esquina

Cosas que las personas con íntegrídad hacen

La integridad es uno de los atributos que mejor definen el carácter de una persona. Define quién es una persona, qué es lo que defiende, y si es o no es capaz de superar conflictos y adversidades sin traicionar sus principios.

Las personas con integridad comparten un conjunto específico de rasgos positivos de carácter; estos son algunos de ellos.

1. Respetan, no decepcionan a los demás con traiciones y mentiras.

2. Víven apegadas a las mísmas normas que esperan de los demás.

3. Incluso cuando tíenen míedo, defíenden lo correcto.

4. Cuando dan su palabra, los demás pueden contar con que la cumplírán.

5. Asumen la responsabilidad por sus errores.

6. Conceden el crédito a quien lo merece.

7. Creen en la transparencía.

8. Son dígnos de confíanza.

INTEGRIDAD

Normer W, Caupbell

Campbell's Këndi

Gjërat që bëjnë njerëzit me integritet

Integriteti është një nga atributet më përcaktuese të karakterit që një person mund të ketë. Ai përcakton se kush jeni, për çfarë luftoni dhe nëse mund të jeni të guximshëm gjatë konfliktit dhe vështirësive, ndërkohë që mbani armët tuaja.

Njerëzit me integritet kanë të gjithë një grup specifik tiparesh pozitive të karakterit; këto janë disa prej tyre.

Respekt, nuk í líní në baltë të tjerët duke tradhtuar dhe gënjyer
Ju jetoní sípas të njëjtave standarde që prísní nga të tjerët
Edhe nëse kení fríkë, ju luftoní për atë që është e drejtë
Kur jepní fjalën tuaj, të tjerët mund të mbështeten në të
Ju merrní përsípër gabímet tuaja
Ju jepní mírëbesím aty ku merítohet
Ju besoní në transparencë
Ju jení të besueshëm

INTEGRITET

Normer W, Campbell

