

THE Leavenworth CONNECTION

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APRIL 2012



Waste Management Changes

The Leavenworth plant has made a significant improvement in the green efforts and goal to be a zero waste facility. As part of our ongoing efforts to improve, there have been changes to the trash carts used in the plant. See the illustration at right for cart information.

On April 2nd we began using the main waste compactor as a collection container for materials going to Waste-to-Energy (LaFarge). This is requiring some significant waste management changes that you need to be aware of.

These changes should significantly improve the efficiency of the recycling program and greatly reduce the cost of purchasing all the LaFarge gaylords.

Reminder – Please be a leader in our green effort, during recent audits we have seen an increase in contaminants in the waste streams. Please see your green champions if you have questions and please provide assistance to visitors or anyone that has questions.

Please contact your Green Champion or Mike Robert if you have questions.

Carts with Red paint:

LaFarge gaylords will be replaced with these carts. Full carts should be emptied into the compactor chute containing these materials.



Carts with White paint:

Mixed paper to be baled will be replaced with these carts. Full carts of mixed paper should be emptied into the baler.



Metal Carts with Black paint:

There will be one cart near the compactor chute on each floor so that bags of landfill garbage can easily be tossed. There will also be one metal cart between each Gravure Press for the PVC shields.



Earn rewards during health fair and wellness screenings!

Two great opportunities are coming up to earn valuable Hallmark Health Rewards.

Wellness screening

On April 18, 2012 we will hold free, onsite wellness screenings. The screenings include comprehensive lab testing and biometric measurements (blood pressure, weight, height and waist measurement). If you participate, you will receive 20 health rewards points and a confidential results report that identifies any particular concern and that can be shared directly with your doctor. You also may schedule a 15-minute coaching session to discuss the results with Debora Harlow, your Leavenworth occupational health nurse.

To register for the screenings, contact the Medical Department or register online at www.employeesignup.com/crl/signup/hall. Information about scheduling the optional coaching session will be available at your screening.



Health fair

On May 16, 2012, we will also hold a health fair from 7:00 AM to 8:30 AM and 3:00 PM to 4:30 PM in the Crown Room, with an opportunity to learn about many of the other health and wellness resources Hallmark offers. You can pick up a coupon for two reward points for stopping by.

Health fair events will include:

Blood Pressure Screening; Varicose Vein Screening; Balance Screening; Diabetes Education; Osteoporosis Screening and many more activities

How Hallmark Health Rewards work

Each point you earn for taking positive steps to maintain or improve health can be redeemed for \$1 in rewards either as gift cards to hundreds of merchants, or as a health credit on your

paycheck. You don't have to be a "fitness guru" to earn rewards, either way you go you win.

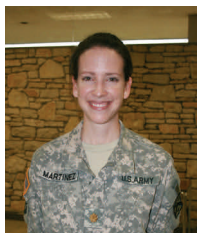
For 2012, many activities are focused on maintaining or achieving a healthy weight. In addition to earning points for participating in a weight loss program, you can receive five points for each five pounds of weight lost and 10 points for achieving or maintaining a healthy body mass index (BMI) during the year. Weight-ins are available any time in the medical department.

The rewards are available to any Hallmarker eligible for Hallmark medical benefits, whether or not you are covered by the Hallmark medical plan. This includes all full-time and part-time regular employees who work a regular schedule of 20 or more hours per week.

For questions about the Hallmark Health Rewards program or website, please contact a Hallmark Business Connections representative at customer.service@hallmarkbusinessconnections.com or 1-866-601-5918 (7 a.m.-7 p.m. CT Mon-Fri).

Diversity & Inclusion GUEST SPEAKER

On March 20, we had two speakers for Women's History Month that spoke about Women in the Military. They spoke about current conditions for women and their experiences.



Major Casey Martinez has served in the U.S. Army in the Aviation Branch for the past 12 years. She has earned a B.S. in Environmental Science from the United States Military Academy and a Master of Public Administration from John Jay College. She served in a variety of units as a Platoon Leader, Company Commander, and training Officer. Casey has been stationed in Fort Campbell, KY; Fort Drum, NY; West Point, NY; and deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom in Afghanistan twice.



Major Teresa Silvernail with Ralph Saucedo

Major Teresa Silvernail has served in the U.S. Army in the Medical Service Corps for the past 10 years. She has earned a B.A. and B.S. in Environmental Science from the University of Washington, Seattle, WA. Teresa also earned both a Master of Business Administration and Master of Healthcare Administration from Baylor University, and a M.S. in Environmental Science from the University of Maryland. She served in a variety of units as a Platoon Leader, Company Commander, Battalion S-3, and Hospital Executive officer. Teresa has been stationed in Korea; Fort Bragg, NC; Fort Lewis, WA; Honolulu, HI; and deployed in support of Operation Iraqi Freedom twice. She is a Fellow of the American College of Healthcare Executives.



These coins were given to Ralph Saucedo who coordinates the diversity committee. The coins are traditionally given as tokens of affiliation, support, patronage, respect, honor and gratitude. Ralph was very honored to be given one by our guests.

BIRTHDAYS

- 02 Keith Boldridge
- 02 Steve Bromell
- 06 Paula Wood
- 08 Mary Ezell
- 08 Randy Wilkins
- 11 Amanda Scott
- 13 Francis Schmitendorf
- 14 Gerald Brown
- 15 Rhonda Cairo
- 16 Denise DeMaranville
- 18 Greg Fischer
- 18 Kay Jones
- 18 Jerry Kruse
- 18 Casey Lundberg
- 18 Curtis Walton
- 20 Jorge Caraballo
- 25 Jimmy Blanken
- 25 Judy Hodges
- 26 Janet Dooley

ANNIVERSARIES

- Randy Wilkins**
April 1, Warehouse
- Kay Jones**
April 10, Party
- Albert Green**
April 18, VSM
- Ed Seute**
April 27, Maintenance

35th

- Debbie Shahegh**
April 14, Party
- Ken Brown**
April 21, Party

15th

CARD SHOP

**-Hop on in to the card shop to get your Easter cards, gifts & decor!
EASTER is APRIL 8th!**

-A new selection of Hallmark hooded sweatshirts are available in the card shop!

-Administrative Professionals Day is April 25th! Remember your Admin!



HallMark IntraNET

Access the intranet from home, HR Direct, and TMS:
<http://access.hallmark.com/intranet>

SAFETY spot

As soon as you see a mistake and don't fix it, it becomes your mistake.

THANK YOU'S

Thank you for the overwhelming support during the discovering of, sickness and passing of my birth mother over the past few years. Many of you shared in my exciting journey of finding her and my sorrow of a life cut too short. Your kind words, prayers and cards meant so much to my family and I. {In great appreciation and gratitude}
-Meredith Thompson