



WELDING SUPPLY  
SPECIALTY GASES

# NEWS

HELPFUL - HUMBLE - HONEST - HEART DRIVEN

<b>Albany, NY</b> Boys & Girls Clubs of the Capital Area	<b>Derry, NH</b> The Upper Room	<b>Rochester, NY</b> Ronald McDonald House of ROCH
<b>Allentown, PA</b> ALS Hope Foundation	<b>Elmira, NY</b> Parity of Angels Bampa's House	<b>Rome, NY</b> BB Robotics
<b>Auburn, NY</b> Nicks Ride 4 Friends Unity House	<b>Fulton, NY</b> Oswego County Opportunities	<b>Scranton, PA</b> NEPA Youth Shelter
<b>Binghamton, NY</b> Mercy House of the Southern Tier	<b>Geneva, NY</b> Geneva Vol Fire Dept	<b>Syracuse, NY</b> Food Bank of CNY
<b>Buffalo, NY</b> Patricia Allen Fund @ Golisano Children's Hospital	<b>Glens Falls, NY</b> North Country Ministry	<b>Utica, NY</b> Abraham House
<b>Burlington, VT</b> Josh Pallotta Fund Hunger Free Vermont	<b>Massena, NY</b> Operation Grateful Nation	<b>Watertown, NY</b> Watertown Urban Mission
<b>Danbury, CT</b> Harambee Center for Youth Dream Come True of Western CT	<b>Plattsburgh, NY</b> Plattsburgh Interfaith Food Shelf	<b>West Lebanon, NH</b> Boy Scouts of America Troop 260 Pregnancy Center of the Upper Valley

**Annual Branch Donations - OVER \$30,000**



## UPCOMING EVENTS

-  Feb 6th • WEAR **RED** DAY
-  Feb 14th • Valentine's Day
-  Feb 26th - 28th • NYS Farm Show - Syracuse, NY

*February is American heart month!*

*This month, we are focusing on everything HEART HEALTHY!*

Wednesdays are for WALKING: Each wednesday this month, we encourage you to get up and get outside for a nice walk. Grab a parter, go as a group, or go alone... whatever you prefer. The important thing is to make sure we are bringing some activity into our daily routines!

**Friday, Feb 6th - National WEAR RED Day!**





# SLIPS, TRIPS AND WINTER AWARENESS

Winter conditions and cluttered workspaces increase the risk of falls. This month focuses on keeping our footing and work areas safe.

## This month's focus:

- Walking & Working Surfaces – Avoiding wet and uneven areas
- Winter Footwear – Improving traction and stability
- Housekeeping – Keeping aisles and exits clear
- Learning From Close Calls – Using near misses as learning tools

**Why it matters:** Slips and trips are among the most common workplace injuries—and many are preventable.



## HAPPY Anniversary!

## HAPPY BIRTHDAY

### 1 - 5 Years

- Zachary Hollinger (1)
- Pete Johnson (1)
- Samantha Barley (1)
- Nathan Prine (1)
- Anthony Fouquet (1)
- Austin Prachel (2)
- Andrew Smith (2)
- Matt Keep (2)
- Troy Lund (3)
- Aaron Stever (4)
- Ben Orszulak (4)

### 6 - 10 Years

- Daniel Dennis (5)
- Cal Manning (7)
- Richard Peacock (7)
- Richard Albright Jr. (7)
- Nicholas Smith (8)
- Charles Wilmot (9)
- Ray Milne (9)
- Jason Lewis (9)
- David Gruarin (10)
- Jim Barot (10)

### 11 - 15 Years

- Michael McGonis (14)
- James Lamphere (15)

### 16 - 20 Years

- Steve Barnum (18)

### 21+ Years

- Matthew Salisbury (22)
- Cindy Taylor (26)
- Daryl Eichorn (32)
- Jim Root (33)

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|---------------------|----------|
| Christopher Breault | Feb 3rd  |
| Bri Spedding        | Feb 3rd  |
| Julie August        | Feb 5th  |
| Keith Van Slyke     | Feb 5th  |
| Kyle Pipes          | Feb 6th  |
| Dan Casciano        | Feb 7th  |
| Tim Wells           | Feb 11th |
| Ken Shaffer         | Feb 11th |
| Kyle Maciejczyk     | Feb 11th |
| Sheldon Haselton    | Feb 13th |
| Dan Carapella       | Feb 13th |
| Kate Anecharico     | Feb 14th |
| Eric Gooley         | Feb 14th |
| Scott Tucker        | Feb 15th |
| Brian Terry         | Feb 16th |
| Burrell Jardin      | Feb 17th |
| Scott Matheis       | Feb 18th |
| Tom Hathaway        | Feb 18th |
| Mike Bailey         | Feb 21st |
| Wyatt Kyle          | Feb 21st |
| Dennis Edmonston    | Feb 21st |
| Mike Bailey         | Feb 21st |
| Spencer Underdown   | Feb 22nd |
| Daryl Eichhorn      | Feb 23rd |
| Poul Moller         | Feb 25th |
| Zakk Kimball        | Feb 25th |
| Jim Parsons         | Feb 25th |
| Davis Nykell        | Feb 25th |
| Addie Haun          | Feb 27th |

