



## The Importance of Wellness in the Workplace.

### Health Unit Program Focuses on Health and Wellbeing of Employees and Employers.

I recently attended a "Building a Healthy Workplace" seminar in our area. The program is offered (free of charge) by the Perth District Health Unit and the seminar was in partnership with the County of Huron.

Health and wellness has been getting increased attention over the last number of years as we have all become more aware of attaining a healthy lifestyles in our own individual lives. Both employees and employers can greatly benefit from this program.

It aims to create working environments which improve health and well-being, reduce risk of chronic diseases and injury, improve job satisfaction and morale, increase productivity and reduce personal health care expenses. It can also contribute to a healthier workplace culture.

The health unit assists once the company creates a wellness committee backed by an organizational commitment. Data is gathered to determine the needs of the company and from the data a wellness plan is developed. The plan is implemented and a summary report is generated. They have many programs and resources available and are able to address the needs of your company.

In today's business environment we are all well aware that risk reduction and balance are both necessary elements to be successful. To keep your company's health plan working as effectively as possible it is worth considering these effective programs.

To get started, contact your local district health unit and ask for their public health promoter. In our area that person is Chera Francoeur

1-877-271-7348. More information is also available for the Perth Health Unit at [www.pdhu.on.ca](http://www.pdhu.on.ca).

**Gerry N. Cumming**  
**Gene Financial**

Box 891, 316 Centre St.  
Wingham, Ont. N0G 2W0

### Notice of Annual General Meeting

The Huron Manufacturing Association will hold its Annual General Meeting on July 9, 2009 at the Holmesville Community Hall. Networking and Non-alcoholic refreshments will be at 5p.m. Dinner is at 6p.m. A special guest speaker on the topic of The Creative Economy is planned for 7p.m.

Pre-registration is required. See the enclosed flyer for registration details.

### Proposed Changes to HMA By-Laws

The Huron Manufacturing Association hereby gives notice to the members of the Association that the following changes are proposed to the By-Laws of the organization:

#### Article I

##### Section B- Organizational Philosophies

- [to replace existing wording] We believe the opportunity exists for significant growth in the Huron County manufacturing sector and supporting businesses.
- [New clause] We believe that the local community is an important partner in the manufacturing sector and that our associate members are an important connection to our holistic approach.

#### Article II

##### Section D- Meetings

##### Executive Committee Meetings

- [to replace existing wording] As circumstances warrant a meeting of the Board of Directors or Executive Committee may be conducted via electronic means, for example, conference calls, teleconference etc. provided reasonable procedures for conducting such a meeting is followed. Any action taken during these meetings must be ratified at the next meeting of the Board or Executive Committee.



## Syfilco Shines at HMA Breakfast Meeting



### HMA Members Enjoy Learning & Networking over Breakfast

On May 20th Syfilco hosted a breakfast meeting for members of the HMA. The meeting included a talk from Marc Lacoursière, Principal of The Achievement Centre in London on the topic of keeping and growing business in any economic climate.

Marc indicated that an economic downturn is a good time to get a jump on your competition. Touch base with customers. Perhaps you can offer your customers something extra and renew purchasing contracts early. Especially if you are looking at going to your financial institution for a loan, saying you have renewed contracts will make your financial picture look better.

Syfilco President, Tony De Boer spoke to the group about the strides his company has made in the past 3 years. In 2006, the company was not in as good a position as it is today, prices for raw materials had risen and global competition were squeezing Syfilco's bottom line. Tony got down to some serious business seeking out new markets, and now today the company is back to where it was before the 2006 slump. Syfilco continued to recover sales numbers throughout the current economic downturn, and Tony is seeing signs of further activity that he believes is an early signal of the recession coming to an end.

The next HMA breakfast meeting is on June 17th at Royal Homes in Wingham at 7a.m. Everyone is welcome to attend, RSVP with the name of your company and the number of people attending to [info@huronmanufacturing.on.ca](mailto:info@huronmanufacturing.on.ca)



# Huron Manufacturing Association ManuFacts

## QUICK NEWS

### HMA & Huron County Library Launch Manufacturing Collection



A reporter from the Clinton News Record gets a snapshot of (from left to right) HMA Chair, Chris Meier, Deputy County Librarian, Sharon Cox and HMA Workforce Development & Training Co-ordinator John Feeny.

On May 27th the Huron Manufacturing Association and the Huron County Library announced the launch of the Huron Manufacturing Association recommended reading list.

Dozens of books have been selected from among the library's existing holdings and additional books have been purchased by the library. The books cover topics such as lean manufacturing, running your own business and managing teams.

Sharon Cox, Deputy County Librarian, expressed her appreciation for the opportunity to work with the HMA. The library is looking to expand holdings of books that will be of value and interest to business owners and people working in manufacturing. Through this partnership with the HMA the library can be sure that it is selecting the most popular titles.

The recommended reading list can be found by visiting the library catalogue on the web. Follow the link under Library Info that says "Have You Read?". The catalogue can be found at <http://www.huron.canlib.ca>.

A selection of books from the reading list are on display at the Clinton Branch of the Huron County Library. Anyone with a valid library card can visit their local library or go online to reserve books from the reading list.

### Director Profiles



**Chris Meier, HMA Chair**  
Chris is the Plant Manager of Progressive Turf Equipment in Seaforth. Chris is in his first year of his second term as Chair of the HMA.



**Frank Palen, HMA Vice-Chair**  
Frank is the Purchasing Manager of Kenpal Farm Products Inc. in Centralia. Frank is in the first year of his first term as Vice-Chair of the HMA.



**Dorothy Cummings, HMA Treasurer**  
Dorothy is the owner of Barmy Tech in Walton. Dorothy is in her first term as HMA Treasurer. Dorothy adds a lot to the spirit of the HMA board and believes board members do not have to be "bored members".



**Gerry Cumming, Awards Committee Chair**  
Gerry is the owner of Gene Financial in Wingham. Gerry has been a board member since 2007 and has been the chair of the awards committee for the past two years.



**Dave Hemingway, Board Member**  
Dave is the owner of Creative Classics. Dave has been a member of the HMA board of directors since the organization was incorporated in 2004. Dave served two terms as HMA Treasurer.



**Luke Janmaat, Board Member**  
Luke is the President of Progressive Turf Equipment in Seaforth. Luke has been a member of the HMA board of directors since the organization was incorporated in 2004.



**You, Board Member**  
If you work in manufacturing in Huron County you could be eligible to serve on the board of directors. Several spots on the board are open.

### HMA Members Enjoy EPCOR After 5

On April, 22nd, Earth Day, the Huron Manufacturing Association it's first "After 5" at Boston Pizza sponsored by EPCOR. There was food and fellowship shared between HMA members. The highlight was a tour of the Kingsbridge Wind Farm hosted by Chuck Wickham of EPCOR. Chuck's knowledge of the project and about wind power generation in general was appreciated by the HMA members. There were lots of questions and a great deal of interest.



Chuck Wickham of EPCOR

Back at Boston Pizza there was delicious food and a presentation from Larry Brown of the Drinking Water Source Protection Authority.

It was a great attendance for the first "After 5", approximately 30 people participated.

### IAPA Conference in London on June 16

The IAPA is hosting a conference in London at the Lamplighter Inn on June 16th. Topics include: The Aging Workforce, Return to Work, Morale and Auto Collisions. IAPA consultants will be available at the IAPA exhibit booth to answer to your health and safety program development needs.

For more information call (905) 614-IAPA



### Display FREE at DEMO DAY

Join EXI-PLAST for the 4th annual DEMO DAY, with games, food and excitement!

**Saturday, July 4th, 2009** at Morrison Dam Conservation Area in conjunction with Family Fishing Weekend 11:00am to 4:00pm.

Admission is FREE. HMA members are invited to display for FREE. First come gets best spot. Contact Marianne at (519) 228 6421. Marianne is also looking for door prizes. The FM 104.9 Beach Buggy will be there.

### HMA Starts Renewable Energy Networking Group, Innovative Companies Attend



Paul Merswolke, Richard Kootsra and Brendan O' Donoghue were just three of the attendees at the R.E.N.G. meeting.

The Renewable Energy Networking Group (R.E.N.G.) had its first meeting on June 2nd. The purpose of the meeting was to get manufacturers working together to develop renewable energy business opportunities in Huron County. The meeting was co-hosted by the Centre for Applied Renewable Energy (CfARE). David

Blaney of CfARE commented on the new Green Energy and Green Economy Act. This Act could have positive spin-offs for Ontario manufacturers if minimum domestic content provisions are included with the forthcoming regulations. Paul Merswolke and Richard Kootsra of New World Generation Inc. attended and spoke about the 2 mega watt turbine design that they have developed with an innovative gear-box free design. The turbine actually contains rubber tires that provide ideal "slippage" in gusty conditions to prevent damage to the delicate internal mechanisms of the turbine. They have an imminent deal with a manufacturer for the 2mW design and are looking for manufacturers interested in producing a smaller version, perhaps a 500 kilowatt design or less. The R.E.N.G. will meet quarterly.

For the Latest News and Event Information from YOUR Manufacturing Association. Visit [www.huronmanufacturing.on.ca](http://www.huronmanufacturing.on.ca).