

# SR SADOFF IRON & METAL INFORMER

ISSUE

Q2

VOLUME 20

PEOPLE, TEAMWORK, EXCELLENCE

## Letter from the CEO June 2020

Dear Team Sadoff,

I am writing to you to address the feelings that some or all of us may be experiencing in some form or fashion during these anxious and trying times.

Sadoff Iron and Metal Company is made up of over 230 individuals - each of us with different viewpoints, opinions, backgrounds, and life experiences. It is our moral, civic, and legal obligation to promote and provide a safe work environment that is free from harassment, threats and violence and is based on respect, inclusion, and non-discrimination.

This is how it has been, and how it will be.

In these times of heightened tensions both locally and nationally, we must be especially vigilant of our comments and actions towards one another. The workplace is not a place to make political statements, nor hold political debate. Harassment will not be tolerated. Please take the time to review our company policies on Harassment, Workplace Threats & Violence, and Equal Employment Opportunity.

**My main message is to be good to each other.**

If you need someone to talk to, we have resources for you through our Employee Assistance Program (EAP) and the Optum Public Crisis Line – both are free of charge.

EAP: (920) 924-0614

Optum Public Crisis Line: 1-866-342-6892

At Sadoff –

WE ENHANCE QUALITY OF LIFE BY CREATING SECURITY THROUGH SUSTAINABILITY!

Thank you for all you do!

Best personal regards,



Mark Lasky  
Chief Executive Officer



- We Appreciate You
- Stay Active Wellness Program
- Healthy at Home
- Origin of 10,000 Steps
- Honor & Recognitions
- Balsamic Chicken with Mushrooms Recipe
- Brass & Copper Awards
- Wordsearch Contest
- Brownie Recipe
- Milestone Anniversaries

## *We appreciate you!*


We try our best to say thank you to acknowledge the many wonderful and positive acts that showcase who we are as individuals that collectively make up our impact and footprint as an organization. Our family is committed to you and to creating a workplace that promotes gratitude and appreciation for the great work done each and every day. Our hope is that you feel appreciated, not only through words but also through our actions and values of requiring a safe work environment and recognizing the goodness in our teams that separates us from many other organizations. Whether it is a job well done, community involvement, or rewards and recognition from outside agencies, we understand the importance and responsibility in recognizing the hard work you put into the successes we see every day. Our family's hope is that you can be proud of who we are, what we do, how we do it, and why we do what we do. Every day, we strive to support our team by doing what is right, focusing on what is important, and opening new doors for one another. We hope you feel a sense of pride when you see our trucks on the road and the work put in by the men and women that make up our great company. Sadoff Iron & Metal Company means more than just a scrap processing company: the impact we have on one another, our customers, and our communities is what makes the difference. **Be good to one another and celebrate one another. We have a wonderful team. Thank you!**

## **EHS VALUES AND PRINCIPLES**

- We value human life above all else and manage risks accordingly.
- We relentlessly pursue and continually improve Environmental, Health & Safety (EHS) systems and processes.
- We do not compromise our EHS Value for profit or production.
- We comply with all laws and set higher standards for ourselves and our suppliers where unacceptable risks are identified.
- We support pollution prevention and sustainable development by incorporating social responsibility, economic success, and environmental excellence into our decision making process.
- We measure and assess our performance and are open and transparent in our communications.
- We supply and use safe and reliable products and services.
- We use our EHS knowledge to enhance the safety and well being of our communities.
- We are all accountable for conforming with and deploying our EHS Values and Principles.

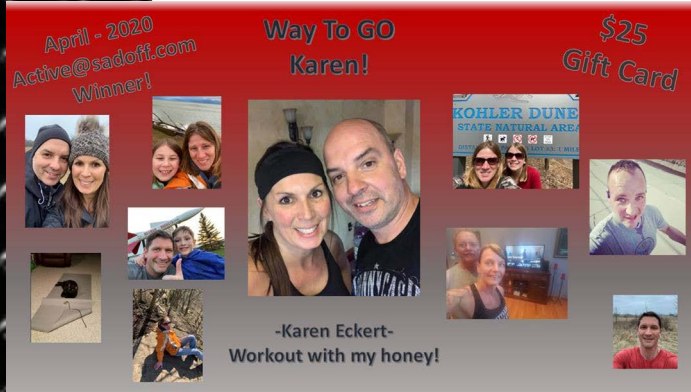


**SR** SADOFF IRON &  
METAL COMPANY  
THE PREFERRED CHOICE IN RECYCLING

Chance of transmission	Asymptomatic COVID-19 Carrier	Uninfected Person
VERY HIGH		
HIGH		
MEDIUM		
LOW		
VERY LOW	 <span style="margin: 0 10px;">← 6 feet →</span> 	
VIRTUALLY NONE		



## Stay Active Wellness Program Monthly Winners



*Congratulations to our monthly winners of our Stay Active program!*

### 2020 Get Out and Get Active Program

May 1st – September the Sadoff Wellness team would like you to get active! Submit photos of your active lifestyle each month to be entered into a drawing for a monthly prize. Each employee can submit as many pictures as they want each month but there is a maximum of 5 entries into the drawing per employee each month.

#### How to Participate:

Submit your photos to [active@sadoff.com](mailto:active@sadoff.com) along with your name, date of the activity in the picture and a brief description of the activity. Please keep the pictures work appropriate as they may be utilized to highlight the Sadoff Active Lifestyle in the Newsletter, Sadoff Intranet and other publications involving Sadoff and/or the Wellness Team.

#### 2020 Walking Challenge

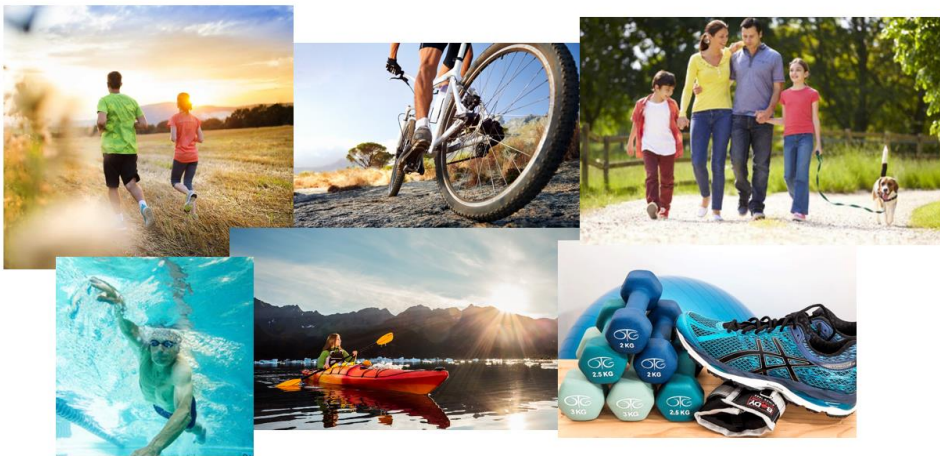
The wellness walking challenge is on again and we are starting to get some results. To participate all you need to do is to keep track of your steps each month and convert those steps to miles, fill out the tracking sheet and turn it in to [walkingchallenge@sadoff.com](mailto:walkingchallenge@sadoff.com).



*Congratulations to Christine Antkowiak and Ron Schlafer for winning 1 day of vacation for participating in the Walking Challenge for May. Keep walking everyone!*

# Safer at Home & Healthy at Home

You can still get out and get active while practicing social distancing



The Sadoff Wellness Team would like to encourage you to get out and get active while respectfully practicing social distancing!

\*\*\*

Submit photos of your active lifestyles to [active@sadoff.com](mailto:active@sadoff.com) each month to be entered into a drawing for a monthly prize. Each employee can submit as many pictures as they want each month but there will be a maximum of 5 entries into the drawing per employee each month.

\*\*\*

Submit the pictures to [active@sadoff.com](mailto:active@sadoff.com) along with your name, date of the activity in the picture, and a brief description of the activity. Please keep the pictures work appropriate as they may be utilized to highlight the Sadoff Active Lifestyles in the Newsletter, Sadoff Intranet, and other publications involving Sadoff and/or the Wellness Team.

## The Origin of 10,000 Steps

When you join Fitbit or any other step tracker, the default goal is set for each user at the magical number of 10,000 steps a day (you can also choose to customize your goal). And while this may not be the first time you've heard that goal, it might be more meaningful, and motivating, to understand its origins.

The Japanese first started using the 10,000 steps a day number, as part of a marketing campaign to help sell pedometers. Since that initial campaign however, medical experts around the world have agreed that 10,000 is a healthy number for which to aim.

10,000 steps a day is a rough equivalent to the Surgeon General's recommendation to accumulate 30 minutes of activity most days of the week. It should be enough to reduce your risk for disease and help you lead a longer, healthier life. The benefits are many: lower BMI, reduced waist size, increased energy, and less risk for Type II diabetes and heart disease. In fact, a study of the 10,000 steps a day method conducted in 2010 reported conclusive health benefits.

10,000 steps daily is approximately 5 miles. Unless you have a very active lifestyle or profession, you probably don't reach 10,000 steps on a given day without putting some effort into your activity. This could be a lifestyle change such as walking to work, or the addition of an exercise routine to your day.

Another reason to do it? For most people, it's convenient, free and simple to reach with just a little change to your daily routine. Use the Sadoff Walking Challenge as a form of motivation and see how many steps you can get in! You can join at anytime and it runs through September. If you have questions reach out to your Sadoff Wellness Team at [WellnessCommittee@sadoff.com](mailto:WellnessCommittee@sadoff.com)

*Stay Safe and Stay Healthy!*

## Honor and Recognitions

Please join us in congratulating Julia Breckheimer (daughter to Paul) on her receipt of a \$1,000 scholarship from the Upper Midwest Chapter of ISRI. The scholarship committee had a difficult time selecting this year's recipient as they had more qualified candidate applications than in any other previous year. This fall Julia will be entering her Freshman year at Stevens Point and intends to major in Biology.



# A RECIPE FOR HEALTH

## Balsamic Chicken with Mushrooms

Try this low-cost dish that is both healthy and packed with flavor.

Prep Time: 20 min. | Servings 4 | Serving Size: 1 chicken breast with mushrooms

### INGREDIENTS

- 1 lb. Chicken Breasts ( boneless, skinless)
- 1 Tbsp. Olive Oil
- 1/4 cup All-Purpose Flour
- 1 Tbsp. Margarine ( trans-fat-free)
- 10 oz. White Mushrooms (sliced)
- 1/4 tsp. Black Pepper
- 1/3 cup Balsamic Vinegar
- 1/2 cup Low Sodium Chicken Broth (fat free, less sodium)

Nutrition Facts	
4 Servings	
Serving Size	1 chicken breast with mushrooms
Amount per serving	
<b>Calories</b>	<b>240</b>
<b>Total Fat</b> 9g	
Saturated Fat 2g	
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 150mg	
<b>Total Carbohydrate</b> 12g	
Dietary Fiber 1g	
Total Sugars 4g	
<b>Protein</b> 27g	
<b>Potassium</b> 480mg	



**SRI** TEAM WELLOFF  
*Scrapping Unhealthy Lifestyles*

### DIRECTIONS

1. Place the chicken breast in a plastic bag and pound thin with a mallet.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt the margarine in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.
5. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breast back to the pan and simmer for 5 minutes.

### \*\*Reviewer Recommendation:

I followed this to the letter except I didn't have margarine so I had to use New Balance. This is absolutely delicious. I was tempted to add salt and pepper and maybe some spices to the flour, but I'm so glad that I did not. The balsamic vinegar is really all the flavor that it needs. We even put salt and pepper on the table but nobody used it. I do think the cooking time for the chicken and the mushrooms is all a bit too long or maybe my heat was too high. Next time I'll go by temperature instead of the repeated 5 minutes. Everyone loved this dish - even my child who doesn't like mushrooms. She just took a piece of chicken that, while it had been cooked with them, didn't have any on it.

**SR** SADOFF IRON & METAL COMPANY

**THE PREFERRED CHOICE IN RECYCLING**

Sadoff.com | Connect with us:



## BRASS AWARD

**Congratulations to our monthly brass award winners who each have received a visa gift card valued at \$25.00 along with a handwritten thank you card for their proactive efforts and actions that have been identified as above and beyond the call of duty.**

Chuck Thurman, Roy Haskins, Paul Hanson, Todd Bonlander, Dave Braeger, Mike Lueck, Rex Herrington  
Patrick Garrison, Mike Kletzine, Kyle Ollhoff, Mike Wuest, Martin Reyes, Aaron Radl, Eric Martine, Paul Breckheimer, Patrick Dufon, Christina Nussbaum, Nick Schrubbe, Phil Lont, Brad Hall, Terry Kimpton, Dave Fisher, Garrett Schalk, Mike James, Todd Machtig, Diana Elliott



## COPPER AWARD

**Congratulations to our recent copper award winners who have been selected from the brass award pool. Each received a bonus of \$150.00, \$100 gift certificate to our company logo store and a lunch/snack/breakfast for their department.**



*Jon Treleven*



*Aaron Radl*



*Fabian Pena*



*Garrett Schalk*



*David Fisher*



*Paul Breckheimer*



*Jesse Moffatt*

*Mary Duley (No Picture)  
Tenille Graf (No Picture)*





# Word Search Contest – Win \$100 for Our Company Store:

## How to Participate:

1. Complete the below word search
2. Include your name in the space provided
3. Send the completed page with our intercompany mail to the Fond du Lac office attention Jason Lasky.  
You are welcome to ask your supervisor to assist in getting it to FDL.
4. Completed entries will be entered into a drawing for a chance to win a \$100.00 gift certificate for use at our online company logo store.
5. All entries must be received by August 9, 2020

## Sadoff Viral Edition

Z B V N E O O E Z L A S D H T S S H L X H T A Z U  
L P U O O J D V X F R R Z E R C O I V Z E D O U Y  
Q A V S X I V N C P U Y L V I N C G X X K P I V F  
R Y U K I E S G P S O E E E W G I H O G U F Z Q H  
C H F I Z N T S E Y C S N A K O A R J N Z P U N D  
B H O W U C E D I O N T U R B R L I B R Q V P L J  
F A A T H R F S N M I W V R A J D S E Y W E R D R  
M A S K S I S F S S S W D H E Z I K S U S N S G W  
W H X W B P E F T C W N Y K P M S A R Q H T N J Q  
F L H V A R O S C F O N A O C X T Z Z K Y I E T E  
R D N B E L U T B G W N A R H O A C T B H L Y Z H  
N Z Y N C A X D B U Q X T C T B N E P S C A S F N  
M O C Q U A R A N T I N E I D W C T A O L T I D S  
G E M O H M O R F K R O W M N D E W A A J O T U K  
D L E I H S E C A F E G S I I U D N I G J R R O G  
C S N W S E S R U N M R N V I N A T I H I V D L N  
O U I T R A C I N G O I O I A P N T T L I O O F O  
R R C Y U N C W H T H C F H T E O J I V T B U P I  
O I C I N T R O C N T W B H S S Z U A O A N S S T  
N V A S I Z O O M A A E L S Q J E L B L N I O R C  
A Q V K E F D L C X R J E M B E E T L E Y S F R E  
V O L R Z V P V G H E W P A N D E M I C T K D Q F  
V L J Z Y S O X R H F T W Y K Z T U P N A K P H N  
W W K F C E N L Z Q A Y R E V O C E R I G T U U I  
J G E H Z C S T G U S L U K H S Y J O S L F D B N

Name: \_\_\_\_\_

BUSINESSCONTINUATION  
CONTAGIOUS  
CORONA  
COVID  
DOCTORS  
ESSENTIAL  
EXPOSURE  
FACESHIELD  
FRONTLINE  
GLOBAL  
GLOVES  
HANDWASHING

HIGHRISK  
HOTSPOT  
INFECTION  
MASK  
NURSES  
PANDEMIC  
QUARANTINE  
RECOVERY  
SAFERATHOME  
SCIENTISTS  
SOCIALDISTANCE  
SURVIVAL  
TELECONFERENCE

## High-Fiber, Gluten-Free Brownies – Quick Recipe

*Don't be afraid of the black beans in this recipe. You can't taste them and they give a nutrition kick and fiber boost that you won't find in regular brownies. Try topping them with fresh raspberries too.*

Prep Time: 15 min. | Servings 12 | Serving Size: 1 brownie (1/12 of recipe)

### INGREDIENTS

Nonstick Cooking Spray

3/4 cup Canned Black Beans (rinsed and drained)

1/4 cup Canola Oil

2 Tbsp. Water

1 Egg + 2 Egg Whites

1/4 cup Cocoa Powder

1/4 cup Splenda Sugar Blend (plus 1 Tbsp.)

1 tsp. Instant Coffee

1 tsp. Vanilla Extract

1/3 cup Biscuit and Baking Mix (gluten-free, such as Bob's Red Mill)

1/4 cup Mini Chocolate Chips (gluten-free)

### DIRECTIONS

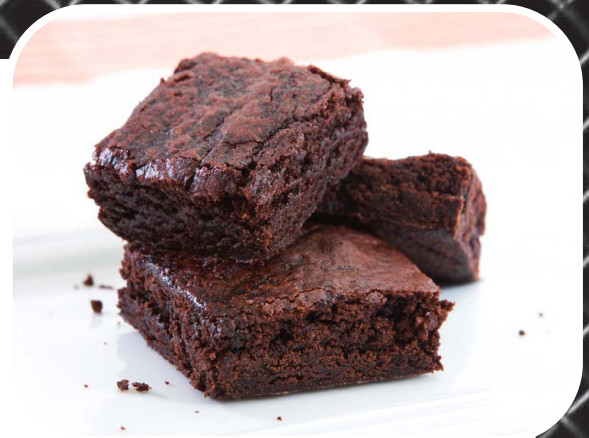
1. Preheat the oven to 350 degrees F. Spray a 9 by 9-inch square baking pan with cooking spray.
2. In a blender, puree the beans with the oil and water. Add the eggs, cocoa, Splenda Sugar Blend, coffee, and vanilla and blend well.
3. Add the baking mix to blender and pulse until just incorporated. Stir in mini chocolate chips. Pour into the prepared pan.
4. Bake for 18-20 minutes
5. Let cool at least 15 minutes before cutting and removing from the pan

### \*\*Reviewer Recommendations:

The brownies were very delicious. I couldn't stop eating them. The one thing is that I did develop a lot of gaseous episodes. Luckily I could blame our pit bull for the strong sulfurous odor. Oh, Jasper just farted again!

Recipe provided by the American Diabetes Association

<https://www.diabetesfoodhub.org/recipes>



**SRI** TEAM WELLOFF

Scrapping Unhealthy Lifestyles

Nutrition Facts	
12 Servings	
Serving Size	1 brownie (1/12 of recipe)
Amount per serving	
<b>Calories</b>	<b>120</b>
<b>Total Fat</b> 6g	
Saturated Fat 1.5g	
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 75mg	
<b>Total Carbohydrate</b> 14g	
Dietary Fiber 2g	
<b>Protein</b> 3g	

PRSRT STD  
U.S. POSTAGE  
**PAID**  
Permit No. 34  
Brillion, WI

(920) 684-3388  
1600 S 26th Street  
PO Box 323  
**Manitowoc, WI 54220**

(920) 457-2431  
3313 N. 21st Street  
PO Box 531  
**Sheboygan, WI 53062**

(920) 921-2070  
1901 Lineville Road  
**Green Bay, WI 54313**



(920) 921-2070  
240 W. Arndt Street  
PO Box 1138  
**Fond du Lac, WI 54936**

(920) 361-1450  
478 E. Huron Street  
**Berlin, WI 54923**

(920) 651-9398  
36 E. 10th Avenue  
PO Box 1066  
**Oshkosh, WI 54903**



(402) 470-2510 – Ferrous  
(402) 434-2860 – Nonferrous  
5510 NW 39th Street  
**Lincoln, NE 68501**

(402) 345-6624 – Warehouse  
(402) 345-5835 – Fax  
4918 F Street  
**Omaha, NE 68117**

## Milestone Anniversaries

Thank you for your years of service!



*David Eirich - Sheboygan  
45 years*



*Richard Rhoades - FDL  
35 years*



*Mike Kletzine - FDL  
30 years*



*Cody Krueger - FDL  
10 years*



*Kevin LeClair - GB  
10 years*



*Christine Antkowiak - Oshkosh  
5 years*

# Thank You!