



Vallonia



Times

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Employee of the Month



Karen Ulbrich was nominated by the staff to be Employee of the Month for February.

Karen celebrated 51 years at Vallonia in January!

Staff nominated Karen because of her great sense of humor, her strong work ethic and her longevity and dedication to Vallonia Industries.

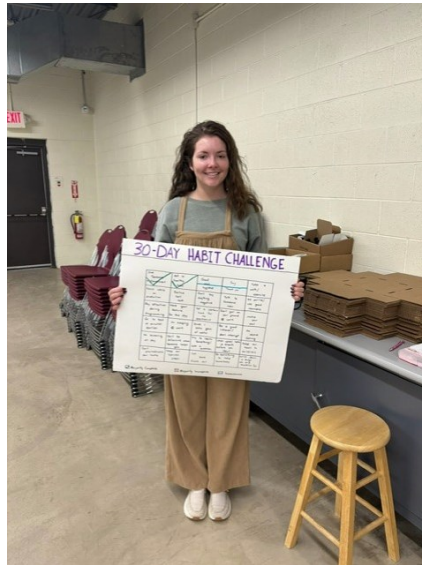
My Costume Project by Kayla B.

I made two of my own furry suits. I made myself my own two tails. One is supposed to be my own gray wolf tail and the other tail I made is a gray bunny tail. I love using my own pink sewing machine. It's a Singer one. I'm getting used to making my own ideas with my fabric. I'm really good at making my own stuff myself. The two ears I didn't make they were bought. One was waiting to be delivered from my younger sister. Her name is Myra. The other ears I found at Dollar Tree for \$1.50 and they were the last grey bunny ears. I love both of them so much. I really love my gray wolf ears the most.



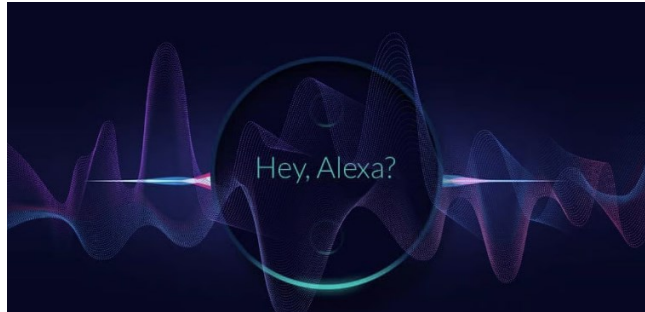
The 30-Day Challenge

In the month of January the individuals participated in a 30-Day Habit Challenge where they focused on healthy habits. We wanted to share with you in case you would like to try your own for the next 30 days.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Give Someone a Compliment	Eat a healthy meal	Practice Good Oral Hygiene	Say "Thank You"	Take a Walk/Exercise
Focus While Doing Production Work	Positive Self Talk	Don't Say Anything Negative	Talk to Someone New	Be polite/use good manners
Pay attention during programming	Have good posture for the day	Set a certain time for using electronics	Don't use your phone at work	Make your bed
Go to bed 10 minutes earlier	No sleeping at work	Drink one extra glass of water	Be a good listener/don't interrupt	No Name Calling
No swearing all day	Don't be defensive when someone helps you	Try to learn something/ask a question	When upset take a breath before you react	Keep our hands to ourselves
Don't procrastinate your tasks	Keep our spaces clean	Get some fresh air	Do something to help somebody	Write down 3 things you are thankful for

Greg's Gazette



I got a new “Hey Alexa” Tuesday. My family got it for me. It is a machine. It will talk back to you. You can order it online through Amazon. There is a book that comes with it. I like mine a lot. My niece Mary Cornwell got it for me this week. I like it a lot.



We would like to give a shout out to the following people/groups for your support:

Crawford County Commissioners for your commitment to our cause and to our community and for working with us to help bring in new jobs for our individuals.

Jamie Ferry for your ongoing support through donations for supplies for our individuals' projects.

Marcia and Norm Haas for always being champions for Vallonia and for all you do for our individuals and staff.

Shirley Callan and Diane Beatty for your generous donation of magazines for our projects.

Joyce Weber and Ashleigh Falkenburg for your wonderful donation of fabric for our individual's sewing projects.

Jason Witosky at Continuum Creative Media for the incredible videography work you did on Vallonia's Manufacturing in Motion video highlighting our individuals and the work they do here.

Tara Lawrence and the North West Industrial Resource Center for giving Vallonia the incredible opportunity to highlight our individuals and our program through your Manufacturing in Motion Project.

National Popcorn Day

by Brittany B.

On January 19th, we celebrated National Popcorn Day.

Did you know that the corn we eat and the corn we pop are two different types of corn? In fact, the corn you would find on your dinner table is most likely unable to pop at all.

Only one variety of corn is able to become popcorn: *zea mays everta*. This particular variety of corn has small ears and the kernels burst when exposed to dry heat.

In 1948, small heads of *zea mays everta* were discovered by Herbert Dick and Earle Smith in a cave known as the “bat cave” of west central New Mexico. Ranging from smaller than a penny to about two inches, the oldest bat cave ears were about 4,000 years old.

Several individually popped kernels were also discovered, which have since been carbon dated and shown to be approximately 5,600 years old. There is also evidence of early use of popcorn in Peru, New Mexico and Guatemala as well as other places in Central and South America.



Aztecs used popcorn to decorate their clothes and also for eating. Native Americans have also been found to eat and use popcorn in their day to day lives. In a cave in Utah, where Pueblo Native Americans lived, popcorn has been found that dates back to over 1,000 years ago. French explorers who traveled to the new world discovered popcorn being made by the Iroquois natives in the Great Lakes region. As people moved around North America and settled many people adopted popcorn as a popular and healthy snack.

Popcorn is one of those snacks, that is perfect anytime and anywhere. It's great on the go, in the theatre, or in your living room!

*From “The History of Popcorn” by Jason Katz

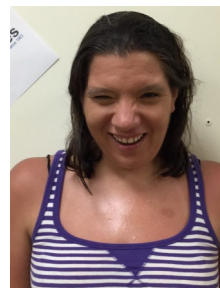
Movie Review: Mercy

By Stephanie G.

Mercy

Release Date: January 23, 2026

5/5 Stars ★★★★★



On Friday January 16, I went to watch the movie called "Mercy". It took place in a futuristic city. During the movie, the main character was a cop. He was forced in a chair, trying to make sure somebody didn't kill his wife, while being tortured. He was awaiting a trial. He found out she was seeing someone else, but she was actually dead. His sponsor killed his wife and held his daughter hostage. His partner got arrested. I don't recommend this movie to children, due to the amount of graphic blood involved. My favorite character was the one played by Chris Pratt. I really enjoyed this movie.



Turkey Meat Loaf

2 lbs. ground turkey

1 box stovetop stuffing (we use the one with dried cranberries)

3/4 cup milk

1 egg

Add 3/4 cup of milk add to the stuffing and let sit for 1/2 hour.

Add 1 egg and turkey to stuffing with your favorite seasoning.

Put in baking dish and bake at 350° for 1 1/2 hours or until internal temp reaches 165° and serve with your favorite side dish.



Write Your Own Winter Story

Groups 1 & 2 worked on creating their own winter short story.

Group 1 Story

Reggie the snowman lived at the North Pole in a cozy igloo. If he ever wandered too far from the cold, he would start to melt, so he was always careful. One windy morning, Reggie slipped outside and WHOOSH! His face fell right off and vanished.

Panicking, Reggie ran straight into Santa Claus, who promised to help. Santa searched high and low. Reggie's eyes had flown all the way into outer space, sparkling like tiny stars. A playful rabbit had hopped off with his carrot nose, and his mouth had somehow landed near a smoking volcano, warming itself on the rocks.



With a little Christmas magic, Santa brought everything back where it belonged. Reggie's face snapped into place, colder than ever. Safe in his igloo again, Reggie laughed and decided he'd never rush outside without a scarf again.

Group 2 Story



High in the snowy mountains lived a hungry polar bear. Day after day, he traveled across icy cliffs and frozen valleys, searching for something, anything to eat.

One afternoon, a bright flash of gold caught his eye. Sitting in a snowy clearing was a huge pile of golden bananas, glowing like treasure against the white snow. The Polar Bear lumbered over and happily began to eat.

Suddenly the ground shook. A group of fierce gorillas burst from the trees, pounding their chests with anger, and roaring. They charged at the Polar Bear, trying to scare him away from their prized bananas, but the Polar Bear stood his ground. With a mighty roar of his own, he fought back, using his strength and size. The gorillas got overwhelmed by the Polar Bear's strength and fled into the forest, defeated.

Breathing heavily, the Polar Bear looked around. The bananas were all his now. He sat down in the snow, smiling as he enjoyed his golden feast, knowing he had earned every bite.

Write Your Own Winter Story

Groups 3 & 4 worked on creating their own winter short story!

Group 3 Story



In the frozen woods, lived a Doe and her rival, Rusty Rabbit. Winter had locked the forest in ice, and food was scarce. Every day, the doe and rusty argued and fought over whatever scraps they could find buried under the snow.

One bitter night, both of them were so cold, that they agreed to try and start a fire. They scratched and scraped, but the wind was cruel and the cold froze their paws. Just when they were about to give up, Rusty Rabbit finally sparked a flame.

Disaster struck, Rusty's fluffy tail caught on fire! Panicking, Rusty ran in circles. The Doe quickly grabbed Rusty by the scruff and sprinted across the frozen pond toward some old stumps sticking out of the ice. The ice cracked beneath them, and Rusty splashed into the freezing water. The fire went out at once.

Soaked and shivering, they crawled back to the shore and headed back for their food stash, but the fire had spread and the food was burned to ashes. Now there was nothing left to fight over.

At least, the Doe and Rusty Rabbit looked at each other, sighed, and made peace. Together they walked deeper into the woods to find new food, but this time as unlikely friends instead of enemies.

Group 4 Story

Olaf loved living through summer and spring, even though everyone said a snowman didn't belong there. One bright spring morning, while admiring flowers near a cliff, he slipped on a patch of mud and tumbled over the edge.

He landed with a POOF, right on top of a massive scary bear. The bear roared in surprise and Olaf screamed, “I don’t think this is a hugging situation!” He scrambled up and ran as fast as his legs could carry him, darting deep into the woods.



The bear chased him between towering trees, swiping and roaring. With one final lunge, the bear caught Olaf, and the poor snowman fell apart into snowy pieces scattered across the forest floor. The bear sniffed the remains and found Olaf's carrot nose and crunched it up

When the forest grew quiet again, there was no more Olaf, just a few melting snow piles and the echo of a snowman who really, really shouldn't have gone near that cliff!



February 2nd— Happy Birthday, Jeremiah C!

February 4th — Happy Birthday, Karen U! / Thank Your Mailman Day

February 5th — Happy Birthday, Joe W!

February 6th — Happy Birthday, Kenny G!

February 7th — Happy Birthday, JP M!

February 10th— Bring Your Favorite Teddy Bear Day

February 11th — Hot Cocoa Bar Day

February 13th — Valentine's Day Party / Payday

February 14th — Happy Valentine's Day!

February 15th — Happy Birthday, Bethann R!

February 17th — Random Acts of Kindness Day

February 20th — Happy Birthday, Matt H!

February 27th — Pokemon Day / Payday



Have you watched Vallonia's new Manufacturing in Motion video through the NWIRC?

You can view our video and others by using the QR code below or by visiting the link at www.nwirc.org/mfginmotion.

