

THE MONTHLY MOUTH

STRAIGHT FROM PMI

BEHIND THE SCENES: SUNSHINE COMMITTEE

Giving is very important to us at PMI! By providing a helpful hand through PMI's Sunshine Committee, we are able to take the concept of giving and mold it into reality! The Sunshine Committee is a group of PMI employees organizing events and fundraisers, with the primary focus of giving back to PMI employees in need. All proceeds raised through Sunshine Committee events go back to a PMI employee in need!

PMI Cares is a wonderful volunteer program at PMI. Focused on helping local community programs through volunteering; PMI Cares provides the opportunities to connect with others and give back to the community!

To express our gratitude for your time volunteering for PMI Cares events, PMI donates bonus hours to you for each hour volunteered (40 hrs/yr/person max) and will provide a free PMI Cares t-shirt!

Do you know someone who could use a little sunshine? See a Sunshine Committee Group Member or submit an anonymous form in the the break room suggestion box.

With questions regarding the Sunshine Committee or to join, please reach out to Shirley Gutsch at shirley.gutsch@pmillc.com

Up-coming volunteer opportunities are posted in the break room! With questions regarding PMI Cares, please reach out to Kaylee Hutchinson at kaylee.hutchinson@pmillc.com.

"We make a life by what we give."

- Winston S. Churchill

UPCOMING EVENTS & VOLUNTEER OPPORTUNITIES:

**SEPTEMBER 7: LABOR DAY
PLANT & OFFICE CLOSED ALL DAY**

VOLUNTEER: SEPTEMBER 12: BLOOMER COMMUNITY PICNIC (NOON - 3:00PM)

SEPTEMBER 12: BLOOMER COMMUNITY PICNIC (3:30PM - 11:00PM)

SEPTEMBER 16: 401K AND INVESTMENT MEETINGS WITH JIM QUANDT (1P - 4:30P)

VOLUNTEER: SEPTEMBER 17: PMI ADOPT-A-HWY (4:00PM - 6:30PM)

SEPTEMBER 26: BENEFIT FOR JESSE RIHN GOLF TOURNAMENT; BLOOMER GOLF COURSE (10:00AM)



WELLNESS CHALLENGE

GOAL: COMMIT TO BEING HELPFUL!

DATES: SEPTEMBER 1ST - 30TH

PRIZE: \$15 PMI BUCKS!

PICK UP YOUR TRACKER IN THE BREAK ROOM OR AT THE HR DEPARTMENT!




PMI
PROCESSED METALS INNOVATORS
VOLUNTEER
Serving • Giving • Caring



BLR TRAINING

NOISE & HEARING CONSERVATION

LOCKOUT/TAGOUT: AFFECTED EMPLOYEES
OR
LOCKOUT/TAGOUT: AUTHORIZED EMPLOYEE

FORKLIFT RE-CERTIFICATION

PLEASE REFER TO THE SEPTEMBER BLR TRAINING
EMAIL OR YOUR MANAGER FOR A LIST OF
LOCKOUT/TAGOUT AUTHORIZED EMPLOYEES.

MANAGERS WILL CONTACT YOU REGARDING FORKLIFT
RE-CERTIFICATION.

DUE: SEPTEMBER 30, 2020



EMPLOYEE OF THE MONTH: JACE MCMULLIN

Jace is a great addition to the PMI Production Team! He comes to work with a good attitude and is willing to help out the team wherever needed. Jace is an overall good worker and his hard work shows!

Congrats Jace!

To place a nomination for October's Employee of the Month, visit the Employee Portal at www.pmillc.com!

HAPPY ANNIVERSARY!

CHRIS CONARD 9/29/2003
DAVE BISCHEL 9/7/2004
URIAH BOWMAN 9/15/2008
ROB CICHON 9/11/2012
JOHN PLENDL 9/10/2013
MARK GUNDERLACH 9/8/2014
RUSS LITTLE 9/22/2014
NITA ROGGE 9/22/2014
DAVID PRIEST 9/14/2018
MIKE BUNGARTZ 9/9/2019
JOYCE TOMAN 9/16/2019
ROBERT JENNESS 9/23/2019

HAPPY BIRTHDAY!

PAUL METZENBAUER 9/6
NATHAN MCMAHON 9/8
MARY KOUBA 9/10
WILLIE HANSEN 9/12
KAYLEE HUTCHINSON 9/12
SHAUN BRUCE 9/13
CHRISTIAN CONLEY 9/14
SHANE GREGORY 9/16
PATRICK DENOMIE 9/16
AVERY MACIK 9/19
LOUIS SONNENTAG 9/23
TROY RASMUSSEN 9/25
ANDREW ZILLMER 9/26
JESSICA EDINGER 9/27



BEST FOR YOU TURKEY CHILI!

THIS VERSION IS SIMPLY THE BEST! PERFECTLY SPICED AND PACKED WITH PLENTY OF PROTEIN AND FIBER. CAN BE MADE ON THE STOVETOP OR IN YOUR SLOW COOKER!

PREP TIME

10 MIN

COOK TIME

45 MIN

TOTAL TIME

55 MIN

Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained

Fun Toppings: Cheese, Avocado, Tortilla Chips, Cilantro, Sour Cream

Fun Tips:

Add in chopped carrots for a boost of nutrients!

Add a tablespoon or two of honey for a natural sweetness.

Instructions:

STEP 1:

Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.

STEP 2:

Add in ground turkey and break up the meat; cooking until no longer pink; drain excess oil. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.

STEP 3:

Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings as necessary.

STEP 4:

Top with anything you'd like. Makes 6 servings; about 1 1/2 cups each.

