



MONTHLY NEWSLETTER

Vol. 14/ issue 4
October 2023



The Clothes Line

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Hidden Spiders

How many hidden spiders can you find in this month's edition of the newsletter.



Monthly Message

Greetings CLS Team Members,

Fall in Michigan is a beautiful time of the year! There are so many family and friend activities to do such as visiting a cider/donut mill, leaf peeping, hayrides, corn mazes, pumpkin carving, football games, bonfires, and so much more. Get out there and enjoy all that Michigan has to offer.

This is our 15th year holding Anniversary meetings with our Teams. The Family Owners love hosting these meetings each year to keep our Team Members informed about how the company is performing, give announcements, talk about safety, and show an appreciation for our Teams. The calendar has been set for visits to each branch location during the month of October and during November we will be holding meetings in Kalamazoo for the Production and Administration Teams.




We are honored to be selected by the CSC Network to host two group tours – one with a group focused on Production September 28 and the other group focused on Service October 5. Those attending the tours are Owners and Operators of other independent laundries throughout the United States and Canada. CLS is very proud to introduce our Team Members to these groups and hear valuable feedback. Thank you in advance for showing our guests around and answering questions they may have. We are so proud of our Teams!

Thank you to the Administration Team in Kalamazoo for their cooperation during the office refresh. Their offices have been literally turned upside down! We hope the project will be finished soon and have appreciated your patience with all the disruptions. Also, a special thank you to Melanie McDermott who has been managing the project by coordinating vendors, selecting paint colors, and helping with making temporary offices for our Team Members. It will be worth it!

The Executive Team is busy at work developing our goals for 2024. So much planning goes into this process in order for CLS to continue thriving! We appreciate our Team Members input and feedback as our Leaders gather information and start to focus on the new year. With that said, there are still three months left in 2023 and we want to finish the year well! Thank you all for working as a Team to reach higher and higher each year.

**You're Invited:
Health Centered
Employee Wellness
Open House!**




Available for all team members, spouses + dependent (ages 2+) who participate in a CLS health plan.

Take a tour of the new health center, meet the Marathon Health team, grab some snacks, and learn about the FREE services available to you and your family!

Wednesday, October 4th
7:00am – 9:30am & 3:00pm – 5:30pm
Health Centered Employee Wellness
3520 Covington Rd
Kalamazoo, MI 49001

No RSVP necessary.
See you there!



269-924-0500
my.marathon-health.com

We are CLS!
Sarah, Kurt, Ron

Upcoming Events



October Birthdays!

Griselda Garcia Alonzo	Oct 5th
James Brandt	Oct 7th
Rosa Ramiro Mejia	Oct 7th
Jaime Martinez	Oct 7th
Yaneli Lopez Rendon	Oct 7th
Elvira Rodriguez Garcia	Oct 8th
Bayron Campos Diaz	Oct 10th
Wally Roznowski	Oct 11th
Octavio Nunez Diaz	Oct 12th
Joey Stannard	Oct 12th
Daryl Johnson	Oct 14th
Blanca De la Paz	Oct 17th
Daniel Villegas	Oct 18th
Laura Vazquez Ramirez	Oct 18th
Gabriela Hernandez Matus	Oct 23rd
Antonio Toledo Licona	Oct 24th
Melvin Silva Sanches	Oct 24th
Nathan Mousseau	Oct 26th
Kyle Hartman	Oct 26th
David Velasques Jax	Oct 27
Jeffrey Penning	Oct 29th
Elaine Brinkert	Oct 30th
William Laparr	Oct 30th



October Anniversaries!

Sarah Wrubel	33 years
Gerald Kopec	21 years
Perry Shepard	20 years
Sara Bergstrand	14 years
Brian Schneider	8 years
Consuelo Ramirez	6 years
Ofelia Flores Hernandez	5 years
Justin LaPoint	4 years
Andrew Trospen	3 years
Jaime Martinez	2 years
Aurora Paulino	2 years
Christine Rantz	2 years
Marisa Gonzales-Krug	2 years
Aaron Campbell II	1 year

Another Year In The Books!



Upcoming Events



Breast Cancer Awareness Month

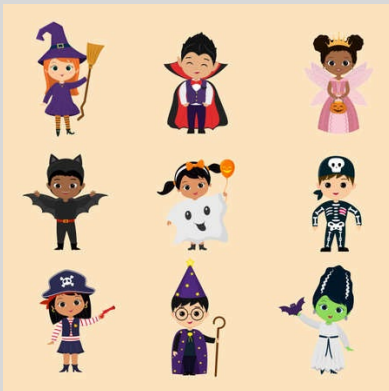
October

Breast Cancer Awareness Month has been celebrated every October since the nineties. It is called 'Pink October' as people around the world adopt the pink color and display a pink ribbon to raise awareness about breast health.

Indigenous Peoples' Day

October 9th

Indigenous Peoples' Day is a holiday in the United States that celebrates and honors indigenous American peoples and commemorates their histories and cultures. It is celebrated across the United States on the second Monday in October



Prom

October 28th

We will be hosting a Halloween themed prom in Kalamazoo. Get in the Halloween spirit by dressing up in your best costume and make your way to the CLS Covington building where the prom will be hosted. Someone will win best dressed costume so bring your "A" game and get ready for a good time!

Halloween

October 31st

Everyone enjoys the excitement that comes along with Halloween. Make sure keep you and your family safe this Halloween and remember to say Trick-or-Treat!



Halloween Safety

Trucks and Treats

As Halloween quickly approaches, adults and children alike are gearing up for a night full of spooks, delicious treats, and tons of fun. For Big Truck drivers, this time of year means more potential hazards to watch out for. If you plan on driving on all hallows eve, read these tips which will hopefully make this season a lot less scary for all the drivers out there.

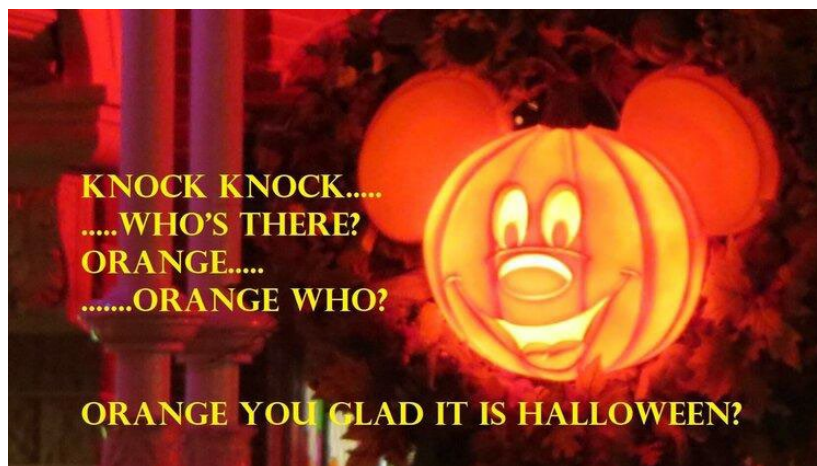
Trick-or-Treaters:

Many neighborhoods host their trick-or-treat events on weeknights. The peak times for this are typically between 5:30 and 9:30 pm. Be sure that you are driving defensively and keeping a close eye out for children. Children are twice as likely to be struck and killed by a vehicle on Halloween than on any other night of the year. Don't add to the statistics and try your best to avoid areas with children all together. Also bear in mind that many costumes may make it harder for you to see pedestrians. Consequently, turn your lights on earlier than you usually would so that you can see them, and they can see you.



Parties:

Adults like to celebrate Halloween too and a lot of the time, their celebrations involve late night parties with alcoholic beverages. As a result, you may encounter tired or drunk drivers coming home from these parties, so be extremely cautious!



Pranksters:

It isn't uncommon for teenagers to try and spread a little Halloween mayhem in their neighborhoods. Unfortunately, many of these youngsters don't comprehend exactly how dangerous their pranks can be. For instance, drivers have reported people throwing eggs, pumpkins, and rocks at vehicles while standing on overpasses. Not only does this kind of activity cause thousands of dollars in damage, but it can also result in fatal collisions. Although it is unfortunate that this happens, you need to be cautious of your surroundings and keep your equipment locked and secure.

This Month's Subject

G.O.A.L (Get Out and Look)



According to the National Safety Council, one out of four vehicles' accidents can be blamed on poor backing techniques. Backing accidents caused 500 deaths and 15,000 injuries per year. It also costs millions of dollars a year in repairs, equipment costs, and lost revenue.

One out of every four accidents are the result of poor backing techniques. Poor backing can result in damage to equipment, buildings, property, pedestrians, and can cause serious injury and death.

Backing accidents are almost always preventable if the driver is properly trained and uses the following preventative skills:

- Avoid backing if possible or pick spots that reduce backing to a minimum.
- Walk around your truck and check for clearance- Get Out and Look
- Back sure your truck or trailer doors are secured.
- Watch for people, vehicles, forklifts, overhead wires, tree limbs and other objects.
- Use your mirrors and back up slowly using the driver's side whenever possible.
- Watch your clearance on both sides through your side mirrors.
- Use a spotter if the backing maneuver could be hazardous.
- Turn on your four-way flashers before backing.
- Tap your horn periodically as a warning.
- If it is dark, get out and check the unlighted areas with a flashlight.

Take a deep breath and commit yourself to perfect backing with no compromises. No one ever made-up time by backing quickly.

If you need to pull forward and try again, do so.

Slow movements help you maintain full control of your vehicle and to correctly judge distances. If you are unsure of anything during your backing, revert to your G.O.A.L Get out and look.

Extras

Potluck



Thank you to everyone that participated in the potluck on September 15th. The food was spectacular thanks to you!



Extras



SUICIDE PREVENTION WALK 10th Anniversary Celebration



Thank You to everyone who joined CLS in the Suicide Prevention Walk. It was a great morning in honor of raising awareness towards Suicide. Remember that YOU are worth more than you think, you MATTER especially here at CLS.



The leading agency for suicide prevention in the area and we continue to offer several suicide prevention resources, including 9-8-8, The Gatekeeper Program, and Survivors of Suicide Loss Support Group (SOS). Gryphon Place is part of the statewide 2-1-1 information and referral system, which connects people to a variety of resources, including housing or utility payment assistance. We are the local volunteer center for Calhoun and Kalamazoo counties. We also offer Restorative Practices services.

Don't Forget to get your Prom Tickets!

Tickets are free! If you are interested in having an alcoholic beverage or two you will want to buy the VIP ticket, which is \$10, The VIP ticket comes with two free drink tickets attached. Reach out to Dawn or Sulema to get your prom ticket!



Peter and Betsy Sanchez Baby

Oliver Henry Sanchez

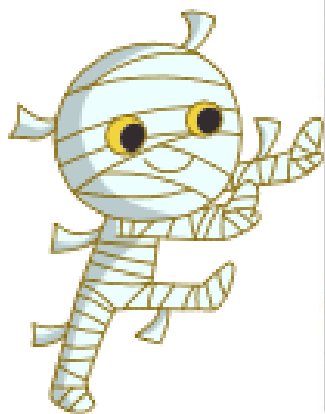
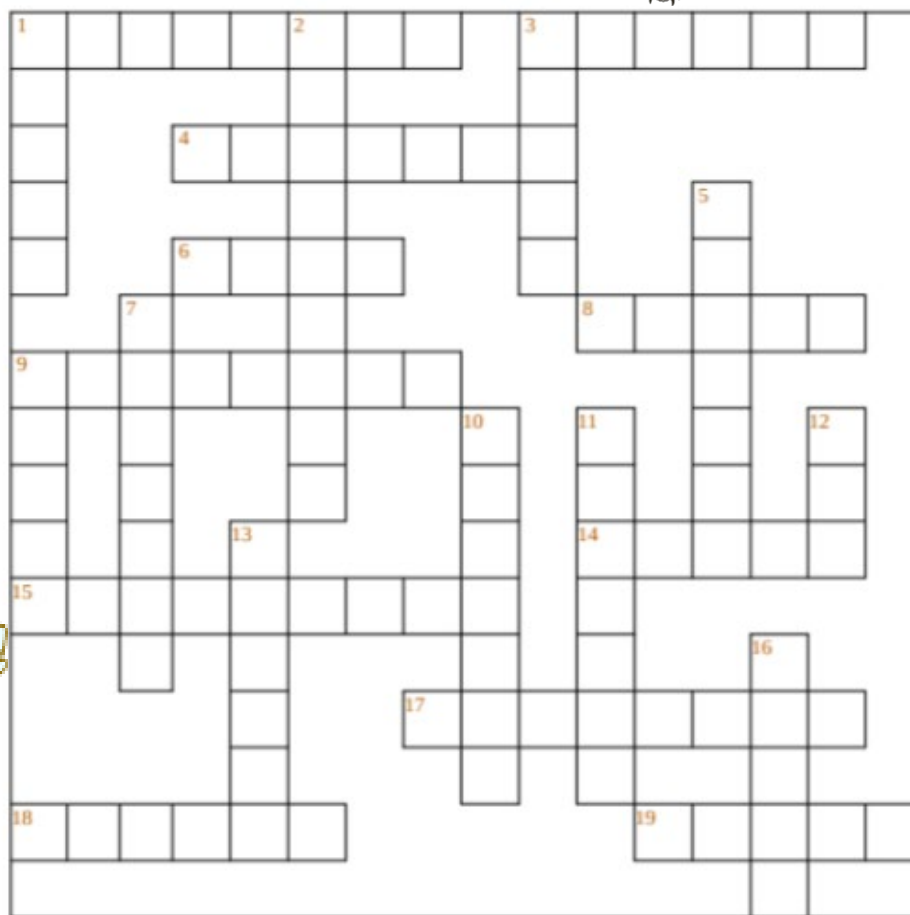
6lbs 8 oz 19.5in long

Congrats to Peter and his family on their second child!

It's a BOY!



Halloween



Across

- 1 A bunch of bones
- 3 Where vampires sleep
- 4 Can be carved into a Jack-o-lantern
- 6 Worn to cover your face
- 8 Egyptian monster
- 9 Comes out during a full moon
- 14 "Trick or ____!"
- 15 The last day of October
- 17 Place full of graves
- 18 Makes cobwebs
- 19 A spirit, back from the dead

Down

- 1 Frightening
- 2 Marks a grave
- 3 What children get on Halloween
- 5 Drinks blood
- 7 Famous vampire from Transylvania
- 9 Woman with magic and a pointed hat
- 10 ____ house; A spooky place
- 11 Halloween month
- 12 Flying, nocturnal mammal
- 13 Walking corpse
- 16 A witch's ride



Have A Good Month!



CLS

Continental Linen Services

ADDRESS:

4200 Manchester Rd,
Kalamazoo, MI 49001