

Step Write Up



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Step Up and Work it Out!

My name is Michelle Devine Giese and I am a recovering alcoholic. I am good with that. I feel fortunate that I am in a spot where I don't feel ashamed about being in recovery. I know not everyone feels the same way about having an addiction or about other people knowing about it. I understand. I was not always so open about my addiction. I felt embarrassed or ashamed. I think part of it comes from my perception of how society views people with addictions.

I love watching *The Biggest Loser* while working out. The people on the show really inspire me to work a little harder or a little longer. This season was even a little more interesting as there was a mother/daughter team from the Shiocton/Greenville area. I thought that was pretty cool. It got better when one morning Cathy Skell, the mother half of the team, announced on national television that she is an alcoholic and has been in recovery for over 20 years. I was so impressed. I thought, that is the message I want to share with others. It is OK to be a recovering addict, and not just alcohol or drugs but food, shopping or from whatever else people become addicted.

I would love to see people who are comfortable with being in recovery out there talking about it. I thought if I ever get a chance to talk to her I am going to tell her how much respect I have for her putting her recovery out there on national television. Well a few months later I had that chance. Since then Cathy and I have shared our

stories with each other and gotten goose bumps about some of the similarities. That is pretty cool.

I asked Cathy if she would do an open speaker meeting for our employees or the local recovering community. She was eager to help in any way. Well our speaking meeting has grown into a half-day event. Kristin (the daughter half) and Cathy will be speaking about their addictions, recovery and how living a healthier lifestyle has changed them.

We are having a doctor speak about how addictions can hurt your body and how making healthier choices can reverse some of the damage that we cause ourselves. We are going to have breakout sessions that will include samplings of different types of exercise such as yoga and zumba, and healthy cooking tips/demo by Chef Jeff. Cathy and Kristin will share their experiences over lunch with question and answer time. There is much, much more. The event is called Step Up and Work it Out. It will be at the Fox Valley Technical College on September 12, 2009. For more information or to sign up visit our website www.stepindustries.com. I hope to see many of you there.

Michelle Devine Giese
VP/COO

How to Stretch Your Food Budget

By Michelle Devine Giese, VP/COO

In these times we are looking for ways to cut costs and save money. Here are a few helpful tips while still eating healthy.

Eat less meat. Meat is one of the most expensive items at the grocery store. Making meals based on whole grains, rice and beans adding in seasonal fruits and vegetables. Another idea is to not make the protein the center of the dish, use it sparingly by adding it in a stir fry or with vegetables and pasta.

Buy what is in season. This is one of the best times of the year to buy local fresh fruit and vegetables. There are farmer markets in most areas where deals on fresh produce can be found. Peak summer items are tomatoes, peppers and cucumbers. In the fall look for sweet potatoes, squash and apples.

Do it yourself. Instead of calling to order a pizza or calzone make your own at home. This can be a great way to clean up leftover vegetable and meat or experiment with items that normally are not found on the pizza menu.

Statement of Purpose

Step Industries provides transitional employment to people recovering from addiction to alcohol and other drugs. These opportunities are intended to relieve the stress of unemployment, promote self sufficiency, and help prepare the recovering person for further vocational growth.

Although we are a nonprofit corporation, we are primarily supported through the sale of our services. Thus customer satisfaction is essential to our ongoing success.

We offer a safe, supportive work experience. We choose to work together in an environment of respect, cooperation, and trust.

Healthy Summer Fun Suggestions by Step Employees

Water tubing...Tim H.

Volleyball...Shaunee O.

Frisbe...Kristi H.

Fishing...Randy F.

Hiking...Chad G.

Park meeting...Tony D.

Basketball...Kenny L.

Frisbe golf...Brittany B.

Laying in the sun...Emily S.

Camping...Jamie S.

Biking...Garry P.

Swimming...Steve F.

Jacki Sack...Jason L.

Soft ball games...Steve F.

Skate boarding, dinking, gardening...Michael V.

Bar B Q, bonfires...Sarah M.

Jet ski, boating...Jody J.

Walking trails...Chris G.

Menominee Park—Oshkosh...Natalie D.

Wiouwash trail...Katie N.

Red Granite, fly kites...Molly R.

Taking pictures...Katherine P.

Friendship trail...Andrea

Canoeing...Jared B.

Kayaking, rafting downriver...Eric

Jump roping, water balloon fights...Lisa S.

Rollerblading...Sam W.

Running through the sprinkler...

Picnics in parks, parades...

Dog walking, eating ice cream...

Catching bugs with kids...

Old car shows, journal by the lake..Laura B.

Happy Birthday!

Neenah

Casey R.	8/01	Tracy O.	9/07
Connie K.	8/02	Chris G.	9/12
Haley	8/05	Joseph R.	9/17
Matthew K.	8/07	Ted K.	9/20
Laurie B.	8/25	Dan H.	9/21
Andrea M.	8/27	Ken P.	9/21
Andy H.	9/06		
Steve T.	9/08		

Milwaukee

Mike P. 8/14

Rochelle

C.



Happy Anniversary!

If you see any of these people, give them a big hug and ask them how they did it!

Neenah

Wade B.	8/01/08	Jeanette P.	9/08/08
Clint H.	8/05/97	Anna P.	9/10/07
Gary W.	8/15/07	Andrea M.	9/16/06
Molly R.	8/18/08	Serah M.	9/26/08
Carrie O.	9/03/07		

Milwaukee

Samantha G.	9/03/08	Diane D.	9/28/08
Kenyatta S.	9/07/07	Melloneice W.	9/30/08

Another Freedom

I came into recovery also addicted to cigarettes, not unusual in this circle. It seems like everyone smoked back then and, not surprisingly, most of the old-timers who gave me a hand died of smoking related illnesses. It seemed increasingly “stupid” to be recovering from one killer addiction while still doing another. I was able to find freedom from cigarettes after three years of abstinence from alcohol and other drugs. This is not an unusual pattern, to get our feet on the ground and then turn to the other stuff that will kill us or just mess up our lives. First things first. I must have chewed several tons of gum coming off of nicotine but I made it through and I am grateful for another piece of freedom.

Hugh Holly,
CEO

Staying Motivated by Dan Haak

This newsletter is about health and wellness. I've tried exercising and eating healthier, going to the YMCA or walking, but if I go on the treadmill for 30 minutes and weigh myself afterwards, my weight would be the same. I hadn't lost any weight after all that? Those types of results were too slow for my patience level. Improving your health has a lot to do with perseverance and patience. I use golf as an excuse and call it exercise now. I also don't get on a scale before, after, or any other time. I've chosen to find smaller victories, like fitting into a pair of shorts from last summer.

In business and our economy now, results can be similar. We've done mass mailings to large groups of people and made countless cold calls trying to get results. Most of the time, things don't pan out as you hope, but every once in a while, you get the phone call from a prospective customer. They may have the perfect job or be the perfect company to do work for. Those prospects are what get your blood flowing and excited about the potential that may be out there. It's a good rush scrambling to put together volume and timing. It's hard to not get ahead of things. Sometimes we're ready to start hiring right after we submit a quote. We've done some quotes

that call for 30 people for 6 months. Then you start asking questions about getting all those people together and for that sustained period of time. It creates great problems that we'd love to have more of. The unfortunate part is that those calls don't happen as often as we'd like. It gets tiresome to keep going with little results. The same can be said with exercise, and while I can't comment much on that, I do think it's important to find the small victories and use them as motivation to keep moving forward. It might be small like a new business contact, small entry level job with a new company, or a follow up note from a current customer. If you have enough of those small inspirations, it might be enough to push you over the top and hold back from having that doughnut, or in my case a 'little' less ice cream.

Congratulations and thank you to everyone who's able to persevere through the tough times in life, we need more people that. It takes more of an effort than ever to keep things moving forward in business and daily life.

Healthy Eating By Cheryl Fritz, Sales & Marketing

Healthy Eating

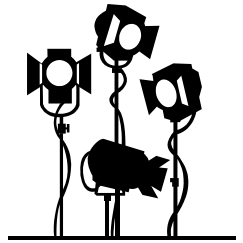
A few easy changes to your recipes can lower the fat and calories in your meals. Some easy changes I have made are to replace ground beef with ground turkey or use low fat or nonfat cheeses to recipes. These switches work great for tacos, chili, casseroles and lasagna. Here is a Lasagna recipe with the changes.

Lasagna

- 12 ounces wavy lasagna noodles (save some time by using the no boil lasagna noodles, but remember to adjust the bake time as needed)
- 1 tablespoon olive oil
- 1 onion, chopped
- 8 ounces Jennie O Lean Italian Seasoned Ground Turkey
- 1 (28-ounce) can chopped tomatoes sauce or your favorite marinara sauce
- 1 (8-ounce) container low fat or fat free ricotta cheese
- 1/4 cup (1 ounce) shredded low fat or fat free asiago cheese
- 2 tablespoons roughly chopped fresh basil
- 1 teaspoon salt

- 1 teaspoon black pepper
- 1 cup (4 ounces) shredded low fat or fat free mozzarella cheese
- Heat oven to 375°F. Cook noodles according to package directions. In a large skillet, heat the oil and sauté the onion until translucent, about 4 to 5 minutes. Add the ground turkey and sauté, stirring, until meat is browned, about 8 minutes. Add tomatoes or sauce (which ever you have decided to use) and simmer 10 minutes. Remove from heat. Mix together ricotta, asiago, basil, salt and pepper. Spread 3/4 cup spaghetti sauce on the bottom of a 13- x 9-inch baking dish. Lay down a layer of noodles over the sauce. Layer the ricotta mixture over the noodles. Place another layer of noodles over the ricotta mixture. Spread 3/4 cup spaghetti sauce on top of the noodles. Layer the remaining noodles over the ricotta mixture, overlapping slightly to create ruffled layers. Spread the remaining spaghetti sauce and sprinkle with the mozzarella. Cover pan with foil and bake for 30 minutes. Remove the foil and bake for 10 more minutes, until the cheese bubbles. Enjoy!

Employee Spotlight Dan R. Neenah Plant



I knew Dan as the “second shift guy” for months before I found out his real name. He was always in the break room, quietly waiting for his shift to start. One day I asked him, “Why do you come an hour early every day?” He replied, “Well, I bike here.” I asked him how far, and I almost died when he replied “3.4 miles.” He says he would have still biked even if it was 10 miles one way.

This job is important to Dan. Having had a rough start in an alcoholic family, being in and out of jail, and having had two very lengthy prison stays, he has still not given up. He also has had various schooling including classes on motors for motorcycles, marine, outdoor power products and a six month welding class. Not only that, but he has taken and passed four tests for his G.E.D., and has only one more to go. He is continuing his education at Fox Valley Technical College this fall.

Now sober, he has become an honest, dependable, and trustworthy person who tries to help others as much as he can with work as well as recovery issues. I have gotten the chance to talk to Dan quite a bit. He is now in the process of obtaining his license, and is truly an inspiration to me. This man has no excuses. He rode in the cold, snow, sleet, and rain for two years.

If I need to know something, or if something has to get done, Dan will handle it with a positive attitude. There is an appreciation he has. No matter how much he is making, or how rough it is to make it, he is just grateful he has another chance.

By Lisa Stadtmueller

Team Leader

Fantastic Voyage Sam W. HR/Safety/Quality Manager

A cervical collar and bone growth stimulator became my full time companions following a series of delicate surgeries to maintain the use of my hands and legs. I was at my first follow up appointment with Dr. Theresa Chang. She opened our discussion by telling me what she observed on the inside of my body. I remember how peculiar it felt having someone else talk about being inside my body. I recalled the 1966 movie *Fantastic Voyage* where a miniature submarine with miniature people was injected into another person’s body to save his life. This was the first movie in history to use psychedelic effects and it was “groovy”. The doctor’s voice drew me back as she said, “Your bones are thin and brittle from smoking. If you don’t quit now, you can count on seeing me again in the future for more surgery”. I paused, thinking the only health risk from smoking was a chance of lung problems but that is a common misconception. Smoking exacts its toll on the whole body.

The doctor continued “You’re too thin, your ribs stick out and you have poor muscle tone”. My male ego deflated faster than a falling star. Of course, I imagined myself in pretty good shape. Then, the doctor’s orders followed, “Quit smoking and get yourself to the gym. Lifting weights will make your bones grow strong again”. Now my mind was racing. How, in less than

thirty seconds, could someone just tell me to change my whole lifestyle? Quit smoking? I had already given up drugs and alcohol. What more could anyone expect? Newport 100’s had become my lifelong friend and I fully intended to carry on my addiction to them for the rest of my life. I could easily justify that.

My mind wrestled with the doctor’s orders. Recovery from the series of surgeries had been tedious and the results unpredictable from day to day. My balance was poor and my walking unsteady. I wondered where the courage and fortitude comes from when a person becomes confined to a wheel chair.

With determination, I set out to make good choices for myself. My wife, co workers, friends and family all provided unwavering support as I quit smoking and started making my daily trip to the gym. As my body healed and became stronger, I could sense a change in my attitude as well. I was happy to have quit smoking. I viewed exercise in a new light. I soon considered the fact that I could walk and exercise as a privilege. I visit the memory of my own fantastic journey fairly often and in spirit thank all those who cheered me on along the way.

Step it up and WORK it out!

Saturday,
September 12th, 2009

with Kristin Steede and Cathy Skell of The Biggest Loser Season 7

Join Biggest Loser contestants Kristin Steede and Cathy Skell on Saturday, September 12th, 2009 at Fox Valley Technical College for the "Step it up and Work it Out!" fundraiser to benefit Step Industries & Mooring Programs.

"Step it up and Work it Out!" is dedicated to promoting health & wellness and to bringing the issues of addiction into the spotlight. Not only will Kristin and Cathy share their experiences from The Biggest Loser they have also partnered with Affinity Health System and the YMCA to present medical and physical issues pertaining to living a healthy lifestyle and with the FVTC Culinary Arts Department to demonstrate healthy cooking options.

Whether you are looking to start a healthy new lifestyle or looking for fresh ideas to maintain your healthy life style the "Step it up and Work it out" fundraiser is the place to be.

Event Location

Fox Valley Technical College

Please use Entrance 10 for this event

Visit www.fvtc.edu for directions and parking information.

Schedule

8:00–9:00	Registration
9:00–10:45	Affinity & YMCA Speakers
11:00–11:45	Break Out Session 1
12:00–12:45	Lunch
1:00–1:45	Break Out Session 2
2:00–2:20	Closing

Space is limited.

Select your breakout sessions and register today!

If you select an "active" workout session please wear workout attire to fully participate.

Break Out Sessions

#1 - Shake it up

Have you always wanted to try Zumba but have been afraid? Try it here in this breakout session with personal trainer Robyn Krueger from Anytime Fitness. Robyn will show you a variety of fresh and new ways to shake up your exercise routine. (Active break out)

#2 - Keep it up & Keep it off

Join Cathy as she goes over tips and tricks that she has learned that will help you keep up with living a healthy lifestyle and keep the weight off!

#3 - Stir it up

If you are looking to stir things up in your kitchen then this is the place to be. Join Chef Jeff, Fox Valley Technical College's Department Chair of Culinary Arts and Hospitality, as he demonstrates healthy cooking techniques.

#4 - Tone it up & Tune it out

This breakout session is a must if you are looking for a better way to deal with stress. Yoga Fusion will help you tone up and tune out the distractions in your life with yoga, meditation and aroma therapy. (Active break out)

#5 - Kick it up

Workout clothes are a must for this breakout session! Join Kristin as she talks about and shows you what workouts were like on the Biggest Loser ranch! Whether you are just starting to work out or are looking for ways to kick up the intensity of your workouts this breakout session is perfect for you!

(Active)

Registration Form

Saturday, September 12th, 2009

Registration 8:00 AM to 9:00 AM

Cost to attend: \$30 per person

Cost includes lunch and entry into 2 breakout sessions.

Registration deadline: September 2nd, 2009

Name: _____

Address: _____

E-Mail: _____

Phone: _____

Breakout Session Selection

Please number the breakout session in order preference.

#1 - Shake it up _____

#2 - Keep it up & Keep it off _____

#3 - Stir it up _____

#4 - Tone it up & Tune it out _____

#5 - Kick it up _____

Please mail registration form
& check or money order to:

Step Industries
Attn: Nancy Smith
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Neenah WI 54956

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