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Guess that Plane!



Note: Scroll to the bottom to find the answer and some additional fun

Process Improvement & Stress Reduction:

A Chronicle

The topic of today's article involves something that is close to the heart of everyone: stress. In my experience, stress and worrying is driven primarily by not knowing how a situation is going to end, for example interviewing for a new job in the 2nd biggest depression in history and having to wait to see if you are moving to the next round. The stress comes from not knowing the outcome. You can handle the situation better if you know it is going to conclude one way or the other.

The word "Lean" has become a standard in the world of manufacturing because of the gains and efficiencies that can be achieved through a deliberate mechanism of analyzing and improving processes. The lean transformation is effectively taking a process and prematurely asking questions in order to remove unknowns, improve the way things are done, and create simple solutions.

Effectively, lean manufacturing is really trying to achieve a reduction in stress on the people related to a process or system by reducing the amount of unknown answers in a given process. Since the people that developed the lean principles are engineers, they don't have feelings like you and I (come on: you know who you are, or you may be married to one. Oh yeah, I forgot; I am one of "them" also), therefore they did not broaden their scope to encourage that lean can be applied to all types of situations and environments to reduce stress.

Take for example an office environment or a business in a service industry. The goal is to change the incoming data or input into a more valuable output. This means there must be some transfer of data or information between coworkers and it will most likely be performed and/or exchanged over and over again. These actions are almost identical to a part moving through the plant floor at a manufacturer. What types of variables come into play as the data moves through the organization? What type of questions are coming up? Can the process be rearranged or streamlined to prevent stress as it moves through the process? What can you do to reduce the stress of your coworkers and provide a more efficient workforce?

Lean is a very powerful tool and it can be applied to anyone or any industry. Not only is there the benefit of reducing stress, but there is an

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added side effect of improving the synergy of the process and generating an overall increase in productivity. It takes a little time and a little research, but the investment will quickly pay for itself. Sounds like a win-win to me.

Sincerely,

Keri Welhart
President/Owner

Kris Welhart
General Manager/Owner

Keeping Life In Perspective:

Less Stress When Improvements are Made Through Good Health & a Healthy Work-Life Balance.

"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear."

- Buddha

Slow down...relax...deep breath...inhale...exhale. Now. Take a step back from what you are doing, if you will. Clear your mind. Take whatever it is you are thinking about at this very moment and drop it. And, for those of you who don't think you have the time because it will throw you off track and make you lose your train of thought, my suggestion is to write it down on a sticky note for safe keeping. Return to the sticky note later, you have my word that this will only take a few minutes.

Next, picture your life - the people in it, the obligations, the positive and negative thoughts that consume you, the shortage of time, the emotions involved, the schedules, the problems, the triumphs, the job, the kids, the deadlines and all the other elements life consists of.

Question. Do you feel in control of it all?

If your answer to this question is yes, you should officially be awarded "superhero" status. As for the rest of you, I imagine you are sitting there shaking your head from side to side, as am I. Because...in one way or another most of us have experienced the feeling of "NOT having both hands on the wheel". This feeling is valid and is also a part of being human. However, if mismanaged, there is potential risk that you'll be led into a

state of unhealthy stress. This unhealthy stress may, in turn, have detrimental consequences on your quality of life. The good news is...there is light at the end of the tunnel. When you get stuck in a dark place, there is always a way out if you have a strong enough desire to pursue happiness. The key is to teach yourself how to cope with and manage the stress connected to "feeling out of control". Once you learn and are able to put your method of coping into practice you'll be closer to winning the game of life.

And the best part of all is that winning doesn't always have to be a struggle. This is because there are simple, fool-proof practices that can be put into place. (The catch is that you will have to hold yourself accountable and actually follow through.) If you ask me, there are 2 basic practices for stress management. The first practice: Keep your body and mind in good health...eat good, sleep good, exercise good, communicate good, etc. The second practice: Keep your work-life balance in check at all times. In a WebMD article online, Sherry Rauh outlines 5 tips(in red below) for a better work-life balance.

1. **Figure Out What Really Matters to You in Life.**

Think about what you want your priorities to be, and focus on them separately. Focusing on all of your priorities at once can lead to falling short or even failing at the goals that you have set for yourself.

2. **Drop Unnecessary Activities.**

Drop the unnecessary ones because they will take time away from the things that mean the most. Time is a precious commodity...you do not get to ask for more.

3. **Protect Your Private Time.**

It is important to spend quality time with yourself and with those whom you love. Time alone will be a stress reliever. It will allow you to regroup and analyze if you are dedicating the right amount of time and energy on your priorities. On the flip side, time with those whom you love will bring joy and laughter that cannot be found alone.

4. **Accept Help to Balance Your Life.**

You don't have to "do" life alone. Allow yourself to be co-dependent at times. There will certainly be an opportunity in your future to pay it forward...either by reciprocating to the same individual that was there to lend you a helping hand or to someone new.

5. **Plan Fun and Relaxation.**

Life isn't permanent. Therefore you should work hard and play equally as hard. Take that vacation that you have been putting off for months. You just might find out upon your return that you are able to produce results over and beyond what you would have had you not taken the trip.

On a final note, I do not claim to have mastered the act of managing stress. It is a daily focus with both peaks and valleys. Therefore, my advice is simply that - advice. I'm signing off today, wishing you (and myself) the best in uncovering and applying effective practices for stress management.

I will leave you with some really cool websites relating to your health and well-being. You should visit them and save them to your favorites for when you are having a bad day...seriously.

Understanding and Managing Stress

<http://www.webmd.com/balance/guide/5-strategies-for-life-balance>

http://helpguide.org/mental/stress_signs.htm

Meditation & Yoga

<http://www.yogajournal.com/>

Fitness

<http://www.fitsugar.com/>

<http://www.livestrong.com/>

<http://www.exercisetv.tv/>

<http://www.fitnessmagazine.com/fitness/cfile.jsp?item=/marketing/builda-workout/BuildVideo>

<http://www.mapmyrun.com/>

<http://fitbyfun.com/index>

Nutrition

<http://www.nutritiondata.com/>

<http://www.healthcastle.com/nutrition-myths.shtml>

<http://women.webmd.com/family-health-9/slideshow-energy-mood-boost-diet>

The April Plane:

The Cessna 421 C



Fun Facts

1. The Cessna 421C is also known as the Golden Eagle Executive Commuter.
2. The model was approved on October 28th 1975.
3. The Cessna 421C is a pressurized "cabin class" aircraft that will hold 6-8 passengers.
4. It will climb to a ceiling of 30,000 feet and has a cruise speed of up to 258 knots.

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