

STERLINGRISK VOICE

Integrity



Innovation

Collaboration

Care & Respect

Excellence

**December 2014
Issue**

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**"Excellence is
the gradual
result of
always striving
to do better."**

~Pat Riley

This month's issue is sponsored
by the **Yellow** team

Pies, Pies and More Pies!!!

By Tom Clementi and Marc VanDusen

Pies, pies and more pies!!! Not only did the Yellow Team exude excellence throughout the month of November with the food drive commitment but we also provided some tasty treats to the SterlingRisk Family at the end the week to say thanks and also to toast the success we had in helping the needy.



Visit Strive to see a special
time lapse of the giving tree
from the Yellow Team.

From the giving tree to the raffle to the Matt Stein "Freaky Friday Eats," it was not only a team effort but a company-wide dedication to assisting those less fortunate than we all are. Everyone took a moment to step back and realize that the life they have is pretty good and that there is always someone less fortunate that needs a helping hand. We rose to the occasion and showed our true

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Matt Stein after eating a food dare.

value colors!!!
A HUGE thank you to all those who contributed to those in need.

A special shout out (do the kids still say that now a days?) to Susan, Marguerite and Colleen for all their help in putting this together and making it a great success.



We donated 15 boxes of food to the "INN" Interfaith Nutritional Network" and for Project Renewal we collected \$470 which when matched by all parties should be approximately \$1400.

Thanks to the Connecticut office who delivered their own box of goods to the Homes with Hope Food Pantry. Until next time!! Go Bananas!!

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The Yellow Team is proud to support the INN (Interfaith Nutrition Network) this month with their donation food drive. The INN is a volunteer based organization that has a simple mission of "serving Hungry, & Homeless Long Islanders with Dignity, Respect and love." The INN depends on the entire community to help out with the needs of our neighbors. The INN works to help provide housing, food and support for anyone in need. All kinds of donations are accepted from cleaning supplies, clothing, toys, canned food and volunteering to make a meal in the soup kitchen, any donation can help!

DONATE NEW ITEMS THROUGHOUT THE YEAR

- Unwrapped toys or Clothing
- Gifts for teenage boys and girls
- Gift cards to local stores
- Cleaning Supplies (mops, sponges, vacuums, cleansers)
- Towels, wash clothes, bed linens, blankets
- Furniture (beds, couches, tables, chairs) – accepted as needed
- Kitchen supplies (flatware, plates, cups, pots & pans) –as needed

Please call The INN's Donation Department (516) 486-8506 ext. 114.

Birthdays

The following birthdays for this Month:

- 1st – Dennis Sturtz
- 1st – Kathleen Montaniz
- 2nd – Terry Merrifield
- 3rd – David Epstein
- 4th – Katherine Lahren
- 5th – Donald Knoll
- 5th – Patricia Kenny
- 9th – Steve Jasinski
- 9th – Steven Stack
- 16th – Joe Santospirito
- 17th – Mark Dweck
- 20th – Lora Godsey
- 22nd – Jeffrey Seisser
- 23rd – Renee Mickens
- 24th – Lydia Cheshire
- 24th – Steven Schiffer
- 25th – Christina Krebs
- 25th – Jenny Sancho
- 29th – Lilian Morataya
- 30th – Carl Shephard
- 31st – Nicholas Toscano

HAPPY BIRTHDAY!!!!!!

Suggestion Box

Have a suggestion for the Values Communications sub-committee?

Have an idea for possible stories in this newsletter?

We want your ideas!

Email us:

valuescommunications@sterlingrisk.com



Banana Brigade Sponsors CPR Training Class

By Tammy Kuhl

Thanks to the Banana Brigade, there are 17 of us at SterlingRisk who are now CPR Certified. The use of CPR, short for Cardiopulmonary Resuscitation dates back to 1740, yet most people don't know how to perform it. Given properly and immediately to sudden cardiac arrest victims, CPR can save lives.

"Anyone can learn CPR, and everyone should! Seventy percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has lapsed. This alarming statistic could hit close to home because home is exactly where 88% of cardiac arrests occur. Put very simply: The life you save with CPR is most likely to be someone you love." American Heart Association

The instructor shared a frightening fact with us. Did you know that New York is the State where a person is **least** likely to receive CPR when it's critically needed? Panic is surely a factor, but fear of being sued is an even bigger issue. Good Samaritan laws came into existence in order to protect people from liability during rescue attempts and encourage them to help out without fear of litigation.

In New York, New Jersey, Connecticut, Pennsylvania, Massachusetts, Rhode Island, Oregon and Washington, any person with CPR training acting in good faith and with reasonable care who voluntarily and without expectation of monetary compensation, renders emergency treatment at the scene of an accident shall not be liable for damages, injuries, or death alleged to have occurred as a result of such emergency treatment. These laws protect those who come to the aid of medical emergency victims for no other reason than kindness. In some cases, Good Samaritan laws even require someone at the scene of an emergency to offer assistance. In Vermont and Minnesota, not helping an accident or crime victim is punishable by law.

If you missed the opportunity to take this life-saving class, you can view the "Hands-Only CPR" instructional video at www.heart.org/handsonlycpr.

Rewards & Recognition Corner

This month, we had one winner of the drawing of our S.H.I.E.L.D. VALUES Program, Stage 1: **Pam Baione**. You have shown that you are a true A-Player by living and mirroring the Values and Behaviors of the organization.

Below is the list of recipients of the Values Care Cards this past month:

Evelyn Riddick, Will Kremmelbein, Dennis Sturtz, MaryLou Peterkin, Meghan Hagans, Steve Markowitz, Rose-Marie Talio, Dee Smith, Tracey Nixon, Linda Brady, Gina Murphy, Lauren Cooper, Maureen Watchmaker, Efram Mitrani, Orit Langhaus, Laura Johnson, Brad & Marla Dubler, Meghan McDonough & Colleen Gaitings

You all went above and beyond and showed **INTEGRITY**, **INNOVATION**, **COLLABORATION**, **CARE & RESPECT** and **EXCELLENCE**

Science Facts

- An ostrich sticks its head in the sand to search for water.
- The human neck has the same number of vertebrae as a giraffe's.
- Correction fluid was invented in 1951 by Bette Nesmith Graham – the mother of former Monkee Mike Nesmith.
- Mercury is the only metal that is liquid at room temperature.
- The famous Halley's Comet returns every 76 years. It last appeared in 1986 and will re-appear in 2062.
- Wheat is the world's most widely cultivated plant. It is grown on every continent except Antarctica.
- Weak F-1 tornadoes can form when a hurricane hits land.

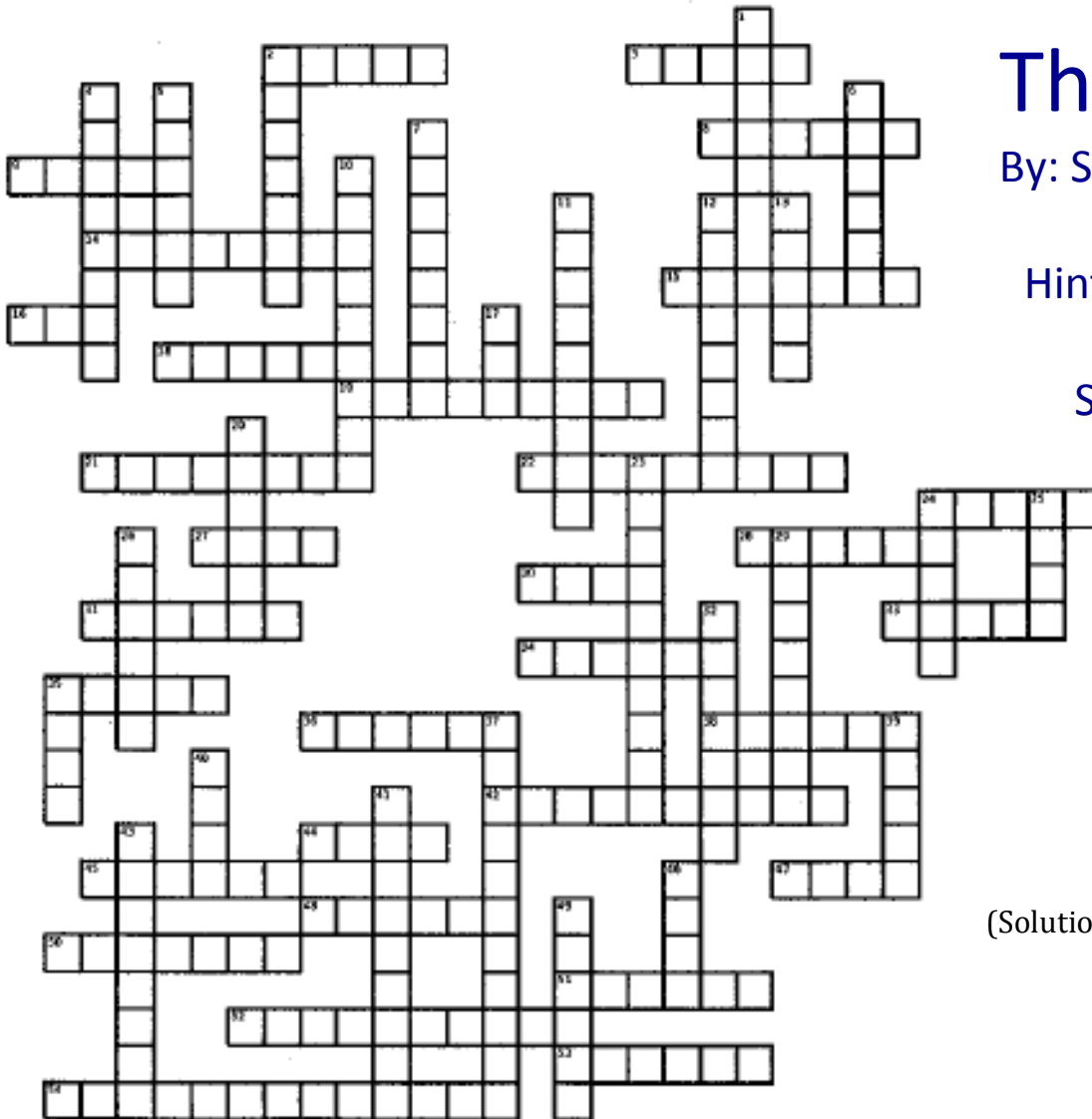
Did you know?

- The first Thanksgiving was not a feast, but rather a time when Native Americans helped Pilgrims by bringing them food and helping them build off the land.
- In the U.S., about 280 million turkeys are sold for Thanksgiving celebrations.
- There is no official declaration for the use of turkey. They just happened to be the most plentiful meat at the time of the first Thanksgiving in 1621.
- Twenty percent of cranberries are eaten on Thanksgiving.
- Fifty percent of Americans put the stuffing inside the turkey.
- Benjamin Franklin wanted the national bird to be a turkey.

The "Biz"

By: Susan Corva

Hint: All answers
pertain to
SterlingRisk



(Solution on page 5)

Across

- 2 A King of Israel
- 3 Inundate; hard rain
- 8 Super _____; food store
- 9 "The Burden of _____" by Scott Turow
- 14 Fender-bender
- 15 James Bond movie, "_____ to Kill"
- 16 "Lady in _____"
- 18 Rod Steiger movie "The Pawn _____"
- 19 Indemnification
- 21 "The Bourne _____"
- 22 Barbara Stanwyck movie "Double _____"
- 24 "Grand _____ Auto"
- 27 50's TV show "What's My _____?"
- 28 Color of royalty
- 30 "Sweet _____ Alabama"
- 31 1993 movie, "Addams Family _____"
- 33 Cheech & Chong movie "Up in _____"
- 34 Actor _____ Nielsen
- 35 H2O
- 36 TV show "Agents of _____"
- 38 Strategy, principle, rule
- 42 TV ad
- 44 "The _____ of Riley"
- 45 "She Wore a _____ Ribbon"
- 47 Civil commotion; laugh _____
- 48 _____ maker (alcoholic beverage)
- 50 Sterling's spam repository
- 51 Too much of a good thing; overage
- 52 Something new or different
- 53 Asserts one's right to
- 54 Cooperation; teamwork

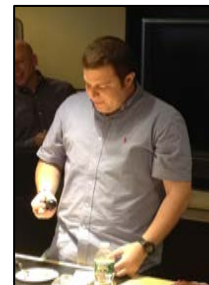
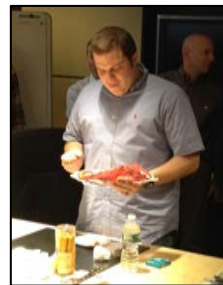
Down

- 1 Founder of Sterling
- 2 Glenn Close TV show
- 4 Ashley Judd movie "Double _____"
- 5 1999 comedy "_____ Space"
- 6 "The _____ of Pauline"
- 7 Marx brothers movie "Monkey _____"
- 10 Adherence to moral principle
- 11 Broadway show tune "Greased _____"
- 12 Science of flying by mechanical means
- 13 _____ Bay Packers
- 17 Mode of transportation; 'wheels'
- 20 Our company newsletter
- 23 'Mark of _____'; Preeminence
- 24 "_____ of Endearment" (MacLaine/Winger movie)
- 25 Rolling Stone song "Light My _____"
- 26 Well-being
- 29 Parasol
- 32 Aretha Franklin song
- 35 "The _____ Beneath My Wings"
- 37 "_____ of Independence"
- 39 Pleasure boat
- 40 Balls of Ice
- 41 Sworn statement
- 43 1996 movie "Up Close and _____"
- 46 Ol' _____ Eyes (Frank Sinatra)
- 49 "The No. 1 Ladies' Detective _____"

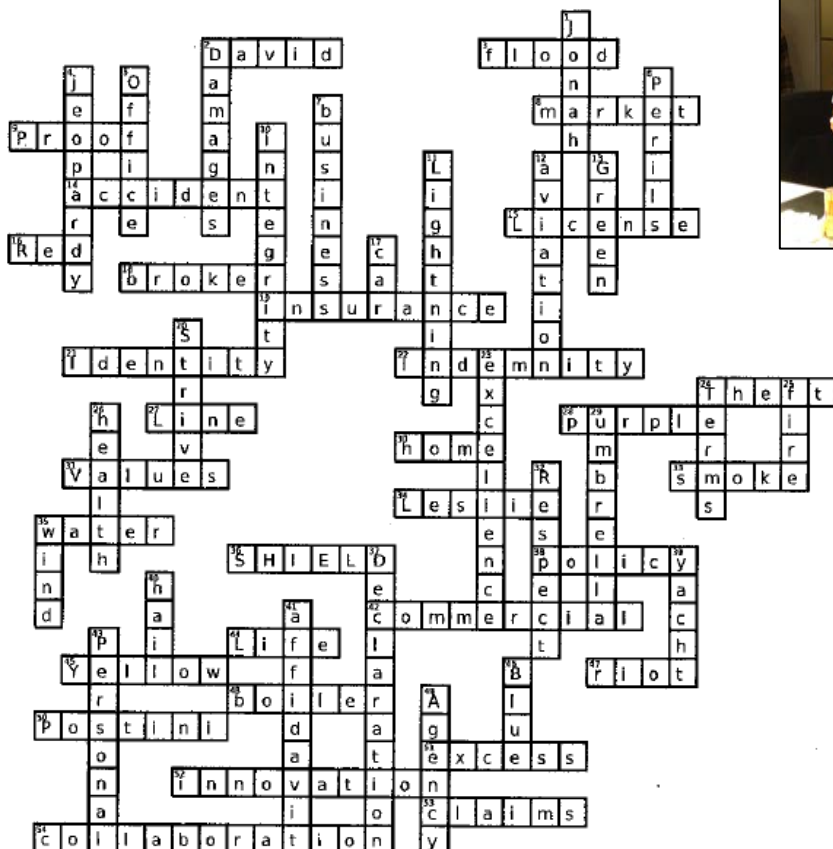
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Below are photos from our special events! Thank you to all for your participation.



Matt Stein raises money by eating some delicacies including a century egg, fish sausage and dried mini crabs.



See You Soon!

Effective January 2015, the SterlingRisk Voice Newsletter will be quarterly.

Please send your content or article submissions to:
valuescommunications@sterlingrisk.com