

Watson

50 PRINDLE HILL RD.

Wats Up at Watson

Orange Warehouse:

Front Row Left to Right:

Jose A. Martinez
Tom Pietrosimone
Luis Berrios
Margarita Herrera
Melalyn Palomo
Bernabe Izaguirre

Second Row:

Michelle Olsson
Alejandra Vazquez
Maribel Velazquez
Aida Alicea
Luis Cruz
Zachary Olsson

Third Row:

Wes Weilgosh
Helen Roberts
James Dielsi
Alejandro Herrera
Darnell Colter
Josh Lambert

Back Row:

Ian Torres

November/December 2018



fa-la-la-la-la-la



WATSON EMPLOYEES COME THROUGH BY LEAPS AND BOUNDS

Mary Pataky came to us with a dilemma. The dilemma, being her sister in law Susan's animal shelter was in dire need of food and supplies. Recently there was an incident where the prior owner cut and run and left the Shelter and the sum of its residents in dire straits. Susan did her best to keep the shelter afloat but it was coming down to the bare bones, and it didn't look like there was any light at the end of the kennel.

A call to paws was in order! Watson Employees sprang into action by donating money, toys, food, housing, bedding, leashes, cleaning supplies and their time. We went from half a desktop in items to a mountain of dog and cat items that filled the alcove at the entrance of the offices in one month. We did not stop there. Watson sent over ten 50 pound bags of dry dog food and ten 50 pound bags of dry cat food. Erika Hinsdale our sales rep in Durham, NC sent us a huge Walmart shipment of food, litter, and treats! Christina Cole got Purina to sponsor the SPCA and had three pallets of Purina One Dog & Cat food sent directly to the SPCA!

October 31st we loaded up the Pataky's car, along with Lester Case and his wife, Debra's van full of all our donated goodies and drove them to Monroe, CT for drop off!

The SPCA wanted us to thank you all, for everything you brought in, bought, gave, hauled, drove, unloaded, stacked and cashed out! Not only are there everyday dumps of unwanted animals but there are unadoptable residents there that need constant care that appreciate you and your deeds more than you will ever know!

Remember though; it's not over, the SPCA is always and will be needing donations along with Adopters. If you find yourself wanting a new family member, please consider going to visit Susan Hernandez and the animals of the SPCA of Connecticut at 359 Spring Hill Rd, in Monroe or visit the website for current adoptees <https://bit.ly/2zskyJZ>.

Pictured Left: #1 Top- Our Pile of donations via Watson Employees, #2 Purina Donations with Shelter Director Susan Hernandez, Mary Pataky and Lester Case, #3 Mary Pataky, SPCA Director Susan Hernandez, Christina Cole & Lester Case with donations at the SPCA, #4 bottom Lester & Debra Case unload the van full of donations!

For the



Supply Drive



CHRISTIAN COUNTY ILLINOIS

ANIMAL CONTROL

Watson

TAYLORVILLE

The Watson Taylorville crew collected donations and purchased items for the Christian County Illinois Animal Control during the same time frame as Watson Connecticut did their SPCA drive. Craig Dickey and Akel Watson hand delivered those items to the Christian County Animal Control facility. Donations included food and toys from Watson employees for dogs and cats! If you are thinking of adding a new family member to your home, please think about adopting from the Christian County Animal Control located at 300 South Baughman Rd Taylorville, Illinois 62568. If adding a furbaby to your life is not in the cards, please consider a monetary donation as nothing is too small to help out! Thank you Watson Employees for getting this together and thinking of the animals in their time of need!



This animal control provides more than just adoptions. The facility often hosts events for fundraising as well as good Holiday Cheer with Open Houses and pictures with Santa. CCAC usually goes the extra mile via social media and similar avenues to reunite pets with their owners with a high success rate. Adopted dogs could even get you registered to win a Christmas Turkey! Non Adopters were able to purchase tickets for \$5 with the proceeds benefiting the shelter. With caring like lost dog notifications and pet of the week pursuits, it's not hard to want to give a little extra to people who care so much in making sure these animals have a fighting chance at life.

Interested in learning more on how you can help Watson give to the Christian County Animal Control or how you can give yourself visit their facebook page here <https://bit.ly/2SiBJox> or their official website <https://bit.ly/2r8wQmf> for more info!



PURPOSE & PROFIT

Enlightened leaders, amazing results.



Presentation by...



Barry Nalebuff
Professor,
Yale School of Management

Panel discussion with...



Cindi Bigelow
President & CEO,
Bigelow Tea



Gavin Watson
V.P. Manufacturing,
Watson



Lawrence Ford
CEO, Conscious
Capital Wealth Management

Gavin Watson speaks at Purpose & Profit an event put on by the Connecticut Chapter of Conscious Capitalism!

The Credo for Conscious Capitalism is that they believe that business is good because it creates value, it is ethical because it is based on voluntary exchange, it is noble because it can elevate our existence and it is heroic because it lifts people out of poverty and creates prosperity. Free enterprise capitalism is the most powerful system for social cooperation and human progress ever conceived. It is one of the most compelling ideas we humans have ever had. However, we can aspire to even more.

There are four principles of Conscious Capitalism;

Higher Purpose:

Energize stakeholders around a higher purpose while maintaining the essential ingredient of profitability.

Stakeholder Orientation:

Focus on stakeholders rather than shareholders and create value for all involved.

Conscious Leadership:

Purposefully cultivate an environment of trust, care, and service for the entire business ecosystem.

Conscious Culture:

Connect stakeholders to each other and the company's purpose through shared values inherent in the people, processes, and practices of the business.



In October, Gavin sat down with other enlightened leaders like Cindi Bigelow, president, and CEO of Bigelow Tea and Lawrence Ford,

CEO Conscious Capital Wealth Management to discuss how they contribute, care and build a culture towards a higher purpose in business. There are two places you can watch Gavin talk about how Watson strives to be a good company not only to its employees but in the community as well.

You can see WTNH News 8's feature here;
<https://bit.ly/2OQEnQU> and the October New Haven event's video filmed by Blake Powers and Christina Cole can be seen on the Watson Video Youtube channel at <https://bit.ly/2PXKs2I>



For more info on how you can be a part of Conscious Capitalism too visit:
<https://bit.ly/2RdZtKj>

COLUMBUS HOUSE, VETERANS DAY AND WATSON

November 8th, 2018, Watson employees Joanna Meeker, David Graham and Brian Gilbey paid a visit to Columbus House bearing an abundance of appreciation and gifts for the Veterans that reside there.

Columbus House provides Veteran's Services through Harkness House. Harkness House is a program that provides housing and support for 14 homeless Veterans, connecting them to services, expanding their social and employment skills, and encouraging reconnection to their communities.

Supportive Services for Veteran Families are also provided. SSVF provides up to 90 days of services for Veterans and their families who are experiencing homelessness or are at risk of becoming homeless in the New Haven, Middlesex, and New London counties. SSVF offers financial assistance, rapid re-housing, and benefit & employment services. A former serviceman manages the program.

For more information on their services and how you can help go here:

<https://bit.ly/2RhTVhX>

Columbus Houses programs provide so much support to their Veteran's Community that we feel we can't do enough to help support them in their endeavors.

This year Watson provided gift cards for 19 Veterans residing between Harkness, and its affiliate Recovery House. Inside recipients were gifted \$30 Stop & Shop Cards, \$50 Visa Cards, and \$20 Domino's Pizza Cards! Watson added a little extra sweet and salty to this Veteran's Day when employees gathered together and packed 36 yummy gift bags full of a variety of snacks to hand out between the two homes! A handful of extra Domino's Cards were provided to give pizza parties to residents when residents were available!



Thank You Veterans we appreciate all that you have done, do and will continue to do for our country and your fellow American's here and around the world. You are always appreciated at Watson!



Watson Annual

Thank You once again to the wonderful truly scrumptious Holiday Meal!



Holiday Meal!

Watson Family for providing us with a







Prototypes Demonstrate Watson's

Get Up, Earth and BARilliant Bars



Every year, Watson develops several new prototype products that we use for sampling at trade shows. These bars are only prototypes, a test formula used to showcase our capabilities and versatility, similar to the auto industry's use of "concept cars" that they display at annual car shows.

Our bars are only concepts. They are not available on the market as, of course, Watson does not sell nutrition bars. They are meant to show a potential customer how a Watson premix will perform in something like a nutrition bar. By demonstrating, for example, our expertise in taste masking, prospective new clients can actually try a sample and see how good it tastes because we masked flavors that would be bitter or otherwise undesirable.

Our three prototype bars were each targeted to a different trend or health benefit:

- Whole Food Nutrition Bar - A snack bar with a label-friendly whole food premix.
- Brain Health Bar - formulated with nutrients including choline & iodine for brain health.
- Energy Bar - formulated to provide sustained energy.

Watson's manufacturing capabilities allows us to develop unique formulations using Watson manufactured value-added ingredients.



Brittany Cave
Sales Representative
Watson Employee for 6 years



BARilliant
Mind Health Bar with
Excellent Source of Choline and Iodine



Earth Bar

Fortified with Vitamins Extracted from Nature.
Good source of Vitamin C from Acerola, Vitamin D2 from Mushroom, and Vitamin E from Sunflower



Get UP

Energy Bar with
30mg Caffeine, 3mg TEACRINE & an
Excellent Source of B6, B12, and Folate

Dairy-free & Vegan, Wholesome Nuts & Seeds,
No Artificial Colors or Flavors, NonGMO

Technology and Expertise!

Why these prototype bars are exciting:

The number of Americans over the age of 65 is expected to double in the next three decades, and millennials are increasingly starting families. Both groups are exceptionally health-conscious, and the growth of these two groups means that more consumers will be actively seeking healthy choices, intently scrutinizing the nutrients in the foods they eat. Manufacturers considering food fortification options should view this as an opportunity.

Watson introduced these three on-trend premixes at the Institute of Food Technologists (IFT) Food Expo in Chicago in July 2018. This expo is one of the largest events in the industry; it brings together professionals from all segments of the food industry.

Each of these new Custom Nutrient Premixes was showcased in a nutrition bar to demonstrate how good bars with vitamins, minerals, and other nutrients can taste. Attendees at the conference had the opportunity to sample each bar and evaluate its flavor profile. Watson's microencapsulation technology masks the flavors associated with certain nutrients, and the result is a great-tasting bar with a strong nutritional profile.

The first bar we nicknamed the "*Barilliant*" bar. As the name implies, the focus of the custom nutrient premix used in this bar is on brain health. This nutrient premix formulated by Watson includes choline bitartrate, potassium iodide, and vitamin E. The prototype Barilliant bar is an excellent source of Choline and an excellent source of Iodine.

The second bar was named the "*Get Up Bar*". The Get Up bar is fortified with a Watson Custom Pre-mix which provides caffeine, theacrine, cyanocobalamin, pyridoxine hydrochloride, and folic acid. This bar is designed to appeal to the consumer looking for more and sustained energy during the day. The prototype Get Up Bar is an excellent source of Vitamin B6, Vitamin B12, & Folate, and contains 30mg Caffeine and 3mg Theacrine per serving. Both Caffeine and Theacrine have strong flavors, but Watson successfully masks them using our microencapsulation technology. The resulting bar tastes delicious with no off-flavors or afternotes detracting from the natural berry flavor of the bar.

The third snack bar prototype that Watson sampled at the IFT contained a unique type of nutrient premix. The nutrients in this premix come from plant- and whole-food sources. This prototype bar is being called the "*Earth Bar*," and it is designed to appeal to the consumer looking for whole food nutrition with convenience. Watson's premix is made entirely of plant-based nutrition and contains sweet potato flour, acerola cherry extract, vitamin E from sunflowers, and mushroom powder. Watson has trademarked the name Nutri-NatureTM to describe this type of premix.

All three of the prototype bars described above are dairy-free and vegan. They include wholesome nuts and seeds and contain no artificial colors or flavors. These examples of healthy snack bars are also Non-GMO and low in sodium.

Health consciousness among consumers has increased and is likely to continue to do so, and the added nutrients and vitamins that food fortification provides can be a premier selling point for manufacturers willing to invest in it.

All three bars were introduced at IFT and were also shown at SupplySide West. In addition to these two major shows, the bars have been shown at regional and state IFT shows, and at numerous customer presentations.

Who made the actual bars? Can I buy them?

The bars were made by a company called Liberty Orchards, located in Washington state. They made them for us using the three custom nutrient premixes we sent them (one for each bar) added to their own fruit and nut base. They also packaged and labeled them for us, too.

The bars are bite-sized. This small size is perfect for sampling at trade shows, but due to lack of room, we were not able to print the full ingredient statement or nutritional panels on the labels. This is fine for a trade show because we hand out a flyer with the ingredients and the nutritional panels, but of course would not be OK for a bar that was actually going to be sold in a store.

What is a Watson Custom Nutrient Premix?

When vitamins, minerals, and functional ingredients are added to a food or beverage product, they must be added in precisely the right amount, in the proper chemical form, and at the right time during the production process in order to achieve accurate fortification. Because every food product and process is unique, there is no single formula to satisfy every need. Watson will formulate a custom nutrient premix to meet the requirements of each product a customer wants to fortify.

We are more than just a manufacturer. We believe in partnering and building long-term relationships with our customers. We are committed to assisting our customers to reach their goals in product formulation, market growth, new product launches, and long-term strategy.

What is the Nutri-Nature™ Premix?

Nutri-Nature™ Premixes are customized formulations of plant-based and naturally derived nutrients. Some of these nutrients can present formulation challenges due to sensory and solubility issues, as well as homogeneity for content claims. Watson provides solutions to improve those characteristics, such as microencapsulation, matrix-encapsulation, trituration, granulations, and micronization. These technologies can allow for the successful fortification of foods, beverages, and supplements. Nutri-Nature premixes can be designed for organic compliance and non-GMO certification.

Examples of nutrient sources can include microgreens, acerola cherries, mushrooms, and sunflower seed.

What is microencapsulation?

Microencapsulation is a process by which we apply a protective coating, called a matrix, around a small particle called the core or active. The matrix keeps an active ingredient locked in and stabilized until the release of the material is desired.

- Encapsulation can mask a bitter or bad taste.
- An ingredient could be encapsulated in order to provide a barrier from other ingredients.
- An ingredient might be encapsulated to provide a specific temperature release (as in a baking application), a pH release, or a sustained or modified release.

Trends in Summary

Consumers already try to customize their diets. Products that make this task easier for them will certainly get their attention. A clean label, condition-specific product with a custom macronutrient composition has great potential to bring personalized nutrition into the mainstream — especially with clear messaging that speaks to the target group through health and nutrient-content claims, images, and marketing copy. (For example, a gluten-free nutrition bar fortified with turmeric and a joint health nutrient premix!)

Custom Nutrient premixes can be formulated to meet specific health-condition needs and appeal to consumers looking for these health benefits:

Targeted health management of body systems

- Heart
- Brain
- Bones
- Eyes
- Joints
- Gastrointestinal tract

Watson Exhibits at These Trade Shows:

- ASB – Annual Baking industry show in Chicago
- SupplySide East – Annual Dietary Supplement and Food Ingredient Show in New Jersey
- IFT (Institute of Food Technologists) – Annual Food industry show which is in New Orleans next year
- IBIE – Largest baking industry show in the USA – takes place every 3 years. Held in Las Vegas
- SupplySide West – Annual Dietary Supplement and Food Ingredient Show in Las Vegas



How to get your samples:

You can try a sample of each bar.

We will be handing out samples of all three bars on **Monday December 17th and Tuesday December 18th** on all shifts at all three operation locations. Along with the bars, we will have signage explaining the concepts and we will have brochures. Please remember these samples are not labeled for general distribution. They are for your consumption only as samples. Also they ALL contain nuts, so they are not appropriate for people with nut allergies.

Are we getting more of these samples in the Future?

Yes! We will be sampling Birthday Cake Oreos and Energy Gummies next. Stay tuned for more info!



Taylorville Tornado

Many of you are already aware that a large tornado hit Taylorville IL on December 1, 2018. Taylorville is home to Watson's second manufacturing facility.

The National Weather Service has classified the tornado as an EF3, making it the strongest one to touch down in the town since NWS began keeping records in 1950.

The tornado, which had a top wind speed between 150 and 155 miles per hour, was one of three that touched down in Christian County.

The tornado that ripped through Taylorville, injuring more than 20 people and damaging more than 500 structures, traveled 11.5 miles on the ground and was a half mile wide at its peak. It reached the edge of Taylorville about 5:21 p.m. Saturday.

Christian County was declared a state disaster area Monday by Gov. Bruce Rauner. The state disaster declaration makes available a wide variety of state resources that can help affected communities respond. It is expected that it will take several months to clean up from the storm.

In Summary:

- Taylorville Illinois took a direct hit from an EF3 tornado on Saturday Dec 1st.
- At least 26 people were injured, but there are no reports of fatalities.
- At least 506 buildings in Taylorville were estimated to be damaged.
- There were 22 reports of tornadoes in Illinois Saturday.

The Watson IT team and Taylorville team worked to get internet, computers, and operations up as quickly as possible after power was restored. A big thank you to all of you for your fast response!

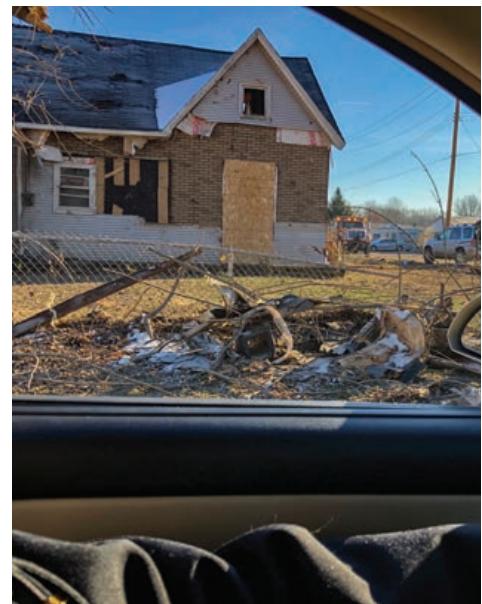
Helping after the Storm:

The food bank in Taylorville had an immediate increase in need for food from families impacted by the storm. Some families had lost everything and had urgent needs. Watson was able to assist by donating \$2,500 for emergency relief food and supplies for Taylorville. In addition to the cash, Philip delivered the spare Kroger Grocery Store gift cards that were left over from the Thanksgiving gifts.

This is an especially difficult time for families, right before the holidays. Watson Taylorville holds a toy drive annually for families in need. This year we were able to increase donations to provide additional toys. It is expected that more families will need assistance this year due to the loss of homes and livelihoods.



These are pictures of where the tornado went thru with Watsons building in the background. We were that close to where it crossed route 48 and touched down. - Sherry Lawrence.



Photos of the Taylorville town destruction courtesy of Sherry Lawrence of the Watson Taylorville Plant. Thank You Sherry for giving us a first hand look of what has happened.

Watson Quick Looks



This year's Puppy Up Watson team photo!
Watson reached it's \$1500 goal and more with the help of everyone's painted birdhouse auction sales. Most everything that went to the event sold! Thank You everyone for all your help and talent in making this happen.



Watson's Tom Intelisano and Steve Rascati hand delivered 200 boxes of brownie mix & 100 cans of cranberry sauce to WHEAT of West Haven when they were in the lurch with Thanksgiving meals this year!



Gary Britting and Lorie Pillsbury man (and woman) the Watson Booth #376 at the Texas Longhorn IFT Expo Supplier Night!



Watson was able to help the Hayhurst School, First Lego Robotics team, The Galactic Narwhals, with their Into Orbit Global Challenge Tournament by sending them film and having open discussions with Gavin Watson and Patricia Catauro, former NASA Food Scientist, about using film for food packaging in space travel. We also sponsored the Galactic Narwhals by designing and donating their team shirts! If you'd like to learn more about Into Orbit's Challange and Lego Robotics go here <https://bit.ly/2O2OLUU>



The Microbiology 101 talk that was given in the Watson Main Cafe on November 20th 2018 can be viewed here <https://bit.ly/2QrZYEi> for future reference if needed.



Two more Watson Edible Glitter products to look for on your store's shelves!



The Westies giving tree is up in West Haven's main office. This year Watson gives you the opportunity to pick a child by name and age to donate a Christmas present to. Presents are due back wrapped by 12/17. There's only a few names left so hurry up!!

Hurricane Florence Shopping Challenge 2018

The Watson Inc Shoppers have completed their challenges for the Hurricane Florence Food Drive Competition!

Hurricane Florence was a long, slow moving Hurricane in September of 2018 that devastated the Carolinas. It is estimated that Florence dropped a maximum of 35.93 inches of rain in parts of North Carolina. Residents not only lost their homes and everything they owned but are still suffering the consequences of this massive Hurricane. Recently, Raleigh NCs Lake Jordon was releaved of water overage which again resulted in coastal flooding as government officials opened the dam into the still high watered Cape Fear River. The long term effects of the hurricane are now just beginning. One thing that alleviates the strain of situations like this is not having to worry about where food and necessities are coming from. Watson again organized a food drive like our one for Puerto Rico to get supplies to the affected areas.

Watson employees are given \$100 each to see how much different and healthy foods they can purchase within that spending limit! Congratulations and thank you all for taking time out of your week and weekend to do this for those affected by this destruction! Two palettes were sent to the Food Bank of Central & Eastern North Carolina Here are our winners and numbers:

- | | |
|------------------------|-------------------------|
| 1. Jacob Struble | 305 Items |
| 2. Michael Pixley | 250 Items |
| 3. Tom Chen | 221 Items (.93 over) |
| 4. Christina Cole | 167 Items (.25 left) |
| 5. Amit Sinha | 166 Items (.10 left) |
| 6. Carla Velasquez | 159 Items (.24 left) |
| 7. Wai Lo | 133 Items (\$8.00 left) |
| 8. Linval Whitely | 126 Items (\$1.37 left) |
| 9. Stephanie Couture | 111 Items |
| 10. Otilio Perez Colon | 102 Items |
| 11. Pu Sie Lo | 90 Items |
| 12. Noemi Seda | 68 Items (6.08 left) |



Above: Flood ravished neighborhood in Wilmington, NC Below: Employees packing and getting supplies ready to go.



For a virtual tour of the gross amount of food obtained by Watson employees visit the Watson Inc Facebook Page here <https://www.facebook.com/Your-Watson/videos/1939743866319627/>

Taylorville

Give, Go & Gobble

Team Taylorville took Turkey to a whole new level this year and brought the feast to the Taylorville food pantry. Watson Taylorville employees got together and packed 13 Thanksgiving boxes full of

- 13 Thanksgiving centerpieces (tissue paper turkeys)
 - 13 sets of felt tip markers
 - 13 color your own Thanksgiving tablecloths
 - 13 Stove Top Turkey stuffings
 - 13 Cranberry sauces
 - 13 instant mash potatoes
 - 13 cans of pumpkin
 - 13 boxes of pie crust mix
 - 13 four packs of canned corn
 - 13 cans of sliced carrots
 - 26 cans of potatoes
 - 13 cans of Yams
 - 13 bags of marshmallows
 - 13 boxes brownie mix
 - 13 gram -cracker pie crusts
 - 13 cans of apple pie filling
 - 13 boxes of Pumpkin spice quick bread
 - 26 jars (or cans) of Turkey gravy
- and wobbled the gobble over to their local pantry!

But the cluck didn't stop there as 13 Thanksgiving cards containing a Kroger Food Card each for the purchase of a turkey (or other preferred Holiday meat product) were also included.

The Taylorville Food Pantry has been Feeding Hunger with Heart since 1984. In addition to donors, corporate and otherwise, who routinely donate food products that help keep a routine base, they also have round-trip transportation for senior citizens to the food pantry. Individuals 60 and older ride for free on the second and fourth Thursday of the Month. Watson is proud to partner with such a vital part of this Illinois community. For More info on how you too can contribute to the TMA Food Pantry go here: <http://taylorvillefoodpantry.com>





Taylorville Toy Drive

Watson's plant in Taylorville IL does a yearly toy drive for Christmas. Toys are donated to St. Mary's Church. St. Mary's is a Catholic educational community located on Adams St in Taylorville, IL, and is a vibrant Catholic faith community that serves the needs of their local community and beyond. St. Mary's Church offers a variety of ministries to help the Church. The church also provides a quality Catholic education (pre-K through 6th grade) in their excellent school. Watson's Taylorville, IL plant participates in St. Mary's annual "Santa's Workshop" toy giveaway event. The event mentioned above reaches out to the community. Whereas parents and caretakers normally would not be able to provide presents to children in their families, St. Mary's makes it possible for them to leave with an item of their choice. Parents come to the church and select new, unwrapped toys for their children to take home and wrap as their own. "Watson chose this event because it's for needy families ... and also because it helps them to feel good about giving their kids something for Christmas under the tree that they picked out and they wrapped.

"Having our employees get involved in events and the community like this instills a sense of pride, and we are very proud of all the efforts of our staff to help support and give back," states Moira Watson the VP of Marketing and Communications at the West Haven, CT facility.

This event reaches out to a community population estimate of 33,642 people in the Christian County area. We are sure that it will continue to grow and in doing so, it could always use more participants and donations. If you feel this is something you would like to get involved in please go to the following link for information. <https://stmarytaylorville.org>

This year in addition to the regular donations we will be giving extra to the community as the December 1st tornados walloped the city. We have no idea of what people lost, but we can only assume that it was more devastating during the Holiday Season. Watson not only sent a check to the Taylorville Food Bank for \$2500 as we are sure people will be in need, but we will also be providing extra toys to this year's St. Mary's toy drive to make sure the town's children will not go without gifts.





Pictured top left and bottom right: Mark Enlow, Daniel Hughes, Jerry Musser, Travis Chance, Doug Brown, Craig Dickey and Sherry Lawrence.

January and February Birthdays 2019



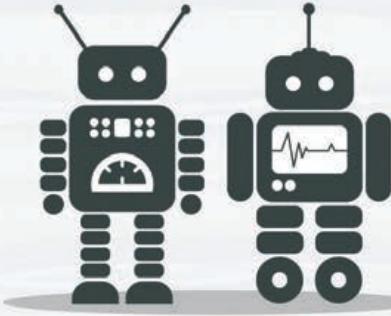
January 2019 Birthdays

Silvia	Vasquez	2nd
Jeanette	Crans	4th
Nick	Onofrio	4th
Ismael	Ruiz	8th
Owen	Cole	9th
Sarah	Sawyer	12th
Joaquin	Estremera	13th
Broderick	Randall	13th
Jose	DePina	16th
Jeremiah	Rimkus	16th
Don	Sasek	17th
Michael	Preston	23rd
Terence	Threet	24th
Lester	Case	24th
Mackenzie	Watson	25th
Heriberto	Cardona	27th
Ivette	Colon	28th
Ricardo	Rojas	29th
Jesus	Ruiz	29th
Brian	Gilbey	30th
Linval	Whitely	30th

February 2019 Birthdays

Al	Vega	2nd
Ken	Wade	3rd
Steven	Rascati	4th
Matthew	Cacioppo	4th
Elida	Rivera	5th
Elizabeth	Luna-Rivera	6th
Marie	Rascati	6th
Blake	Powers	6th
Omar	Perez	6th
Tom	Chen	8th
Delyan	Ivanov	8th
Alejandro	Herrera	9th
Benjamin	Shuler	9th
Jean	Gelin	10th
Michael	Rutledge	11th
Dean	Sharp	11th
Cynthia	Shanahan	13th
Valentine	Sterling	15th
Mary	Watson	15th
Stephanie	Couture	15th
Robbie	Greenberg	16th
Jeovany	Rios	20th
Jaquay	Chiles	23rd
Aaron	Cooley	24th
Wesley	Wielgosh	24th
George	Parkison	25th
Otilio	Perez-Colon	26th
Michael	Sterling	26th
Victor	DePina	28th

January and February Anniversaries 2019



January 2019 Anniversaries

Mary	M.	Watson	1/4/88	31YRS
Ken		Bakulski	1/3/94	25YRS
Joseph		Guido	1/31/94	25YRS
Jose	A.	Martinez	1/14/97	22YRS
Ricardo		Rojas	1/19/00	19YRS
Nicola		DiViesta	1/15/01	18YRS
Julio		Colon	1/22/03	16YRS
Carlos		Ramirez	1/3/05	14YRS
Joseph		Cavar	1/29/07	12YRS
Luis		Berrios	1/12/09	10YRS
Jean		Gelin	1/25/10	9YRS
Jimmy		Perez	1/25/10	9YRS
Raymon		Beall	1/31/11	8YRS
Michael		Preston	1/31/11	8YRS
Jose		DePina	1/14/13	6YRS
Gary		Wada	1/15/14	4YRS
Percival		McKenzie	1/12/15	4YRS
Amit		Sinha	1/26/15	4YRS
David		Graham	1/4/16	3YRS
Savannah		Dees	1/16/17	2YRS
James		Bruneau	1/19/17	2YRS
Israel		Santiago	1/19/17	2YRS
Tarway		Socree	1/19/17	2YRS

February 2019 Anniversaries

Edgardo	Ortega	2/24/87	32YRS
Joseph	Togba	2/7/01	18YRS
JohnPaul	Tata	2/23/04	15YRS
Edward	Walsh	2/14/05	14YRS
Paul	Lauzon	2/3/11	8YRS
Masood	Ahmad	2/14/11	8YRS
Al	Vega	2/24/11	8YRS
Robert	Klimczak	2/13/12	7YRS
Joshua	Lambert	2/4/13	6YRS
Gregory	Foreman	2/3/14	5YRS
James	McMahon	2/10/14	5YRS
Christopher	Scheibel	2/9/15	4YRS
Duane	Wagner	2/9/16	3YRS
Lester	Case	2/29/16	3YRS
George	Parkison	2/13/17	2YRS

Thank You for all your hard work here at Watson!

Watson awarded the 2018 John S. Martinez Community Service Award

On December 6th, Watson was awarded the John S. Martinez Community Service Award during the Columbus House Annual meeting at the New Haven Lawn Club. Since 2004, the award has been given annually in recognition of those who have exemplified community leadership and outstanding support for Columbus House programs. Columbus House chooses awardees based on a variety of factors, including the length of relationships, community participation and volunteerism, financial assistance, advocacy, and a commitment to effecting positive change in communities and throughout the state. The relationship between Watson and Columbus House

Watson has worked in support of Columbus House for several years now. Many of you have participated in events and activities that benefit Columbus House's guests and clients. We have provided Holiday gift bags for some years, and everyone has been

involved with packing off the toiletries and much-needed clothing. We have also contributed items for Welcome Kits. (You might remember packing up welcome bathroom kits with shower curtains, towels, bath mats, and a bathroom wastebasket). We also donate gift cards and food. Watson gardeners have more recently gotten involved too, giving seedlings from the Watson garden for Columbus House's garden. (Their garden really took off this year, and the plants from Watson produced many fresh, healthy vegetables for the Columbus House kitchen!)

Recently, a team from Watson visited the veterans at Recovery House and Harkness House. These are two of the homes in the Columbus House Tradition program. We brought gifts of food and cards thanking the veterans for their service. The veterans also received gift cards for food and household items. It meant a lot to the vets to know that their service

to the country was appreciated and to know that so many of us here at Watson cared about them. The Veterans Day cards that accompanied the gifts were signed by many of you.

You might say we have been an "all weather friend" to Columbus House over the years. In the hot summer months, we supply cases of water. The water is used by the Outreach Committee at Columbus House. They seek out people who are living on the street, in their cars, or abandoned buildings. The Outreach Committee makes contact with people who are not using the shelter and may not be aware of how to access services. The initial meetings and conversations are helped along when the outreach group can offer water and food to people who may not trust them immediately.

In the winter there is often severely cold weather that initiates the shelter to open for warming during the day. Watson provides



hot foods such as pizza on these emergency shelter days.

During the award ceremony, Columbus House thanked Watson as a reliable supporter throughout the year and in times of emergencies and views Watson as a valued partner in ending homelessness. Being a loyal supporter is why Columbus House selected Watson to receive the John S. Martinez award for Community Service.

We are so humbled to be recognized in this way by Columbus House, who is a true leader in relieving suffering and ending homelessness. Helping to support Columbus House's mission is rewarding in and of itself. Being recognized for doing good is always a beautiful thing. However, being formally recognized and appreciated by a leader in the field is truly amazing. Columbus House is the

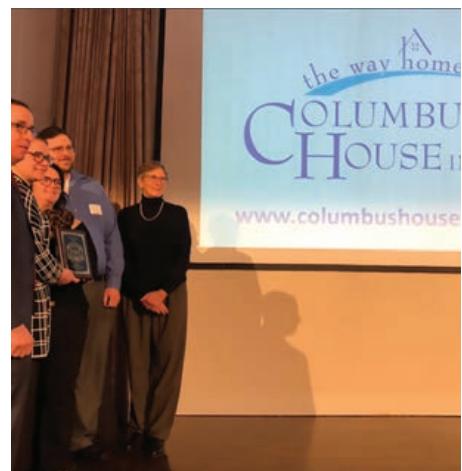
leader in this community in the fight to end homelessness. They are the experts, and we learn so much from them. In the big scheme of things, what we give them is actually very small. What we get back in return is precious.

Who was John S. Martinez?
The late John S. Martinez was a state representative and former Columbus House counselor and board member. During his time on the Columbus House board of directors, he was instrumental in helping the agency obtain state bond funding for its Boulevard property. John was widely regarded as the voice of the underprivileged.

Columbus House
Columbus House is a 501(c)(3) nonprofit organization that has been providing solutions to homelessness since 1982.

Throughout the years, Columbus House has expanded its

mission and programs to include not only emergency shelter but a continuum of housing and services designed to help people who are homeless make moves toward independence. The agency's primary goal is to provide housing either through its own programs or through referrals throughout Hartford, Middlesex, New Haven, and New London counties to service-enriched or independent housing.



Day of Joy 2018

Watson aids in feeding 1,000+ children and their families for Thanksgiving!

November 16th, 2018

Watson Inc. came together with the Real Family Jeep Club to deliver the greens to hungry children in the New Haven Area.

For the fifth consecutive year Pastor Brenda Adkins has put together what they call the “Day of Joy.” The Day of Joy is an event held at the Wexler Grant School whose purpose is to feed children that come from less fortunate communities a Holiday Meal and provide necessities that they would struggle to acquire otherwise.

Pastor Adkins and her husband, who is also ... a Pastor, John C. Adkins get together every year since 2014, with community leaders such as the Knights of Columbus, Yale, Mt. Zion Seventh Day Adventist, Cool Smiles, and Cornell Hill House to provide a meal and help to their immediate communities children.

This year volunteers from Pastor Adkins church, His Divine Fellowship Ministry, and Yale contacted Watson Inc. in hopes that we could come together with them to help provide a nutritious Thanksgiving for over 1,000 children and their families on November 17th.

Watson answered that call!

We contacted wholesaler Sunny Produce LLC and ordered the following to provide salads for the Day of Joy guests;

- 10 Boxes of Lettuce
- 10 Boxes of Tomatoes
- 10 Boxes of Cucumbers
- 10 Boxes of Red Peppers
- 10 Boxes of Green Peppers
- 10 - 50 pd Bags of Carrots
- 10 Cans of Black Olives
- 10 Jars of Green Olives
- 10 Variety Containers of Salad Dressings
- 10 Boxes of Croutons

With Watson constantly striving to feed the good food future and so much focus on the Watson Fellowship Garden it seemed only appropriate that we should provide a fresh, beneficial part of the meal.

Our employee, Ivette Colon's, Jeep Club; the Real Family Jeep Club, came to Watson 7 Jeeps and 12 people strong and helped us transport the produce to the Dixwell Avenue Middle School! In the club's regular fashion they donned festive music, fun flashing lights and proudly waved turkey flags to everyone at the schools' amazement and cheer! There were smiles all around, and we can never thank them enough for all their hard work in loading, transport-

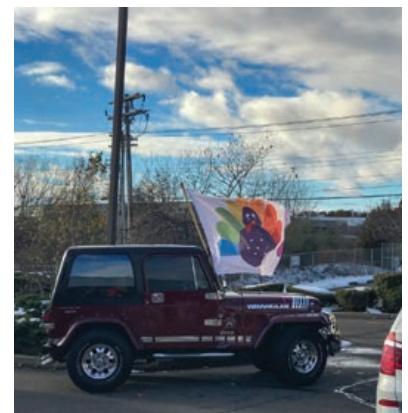
ing and unloading the many heavy boxes and bags of edibles. Thanks to everyone that participated from the Jeep Club and Watson!

In addition to food the organization recruits business to provide other necessities as well. Every year the Knights of Columbus does a coat drive to provide new coats to the children. Cool Smiles provided toothbrushes, toothpaste, and coupons for other dental needs. The “Keep thy Brethren Warm” component of the operation collects sweaters starting in May of the host year. Food drives were held outside of Stop & Shops. Other offerings include clothes, toiletries, shoes, bags of groceries as well as ham or turkey.

This grassroots organization started feeding a handful of people, to 200 in 2016, to now over 1,286 people in a five-year span. As they grow, they will surely need help — sponsors and volunteers.

Anyone that is interested in volunteering, have a valuable connection they could use for giving or wants to give donations is urged to contact Pastor Brenda Adkins at **203-836-6832** or send correspondence to:

**330 Munson St., New Haven, CT
06511**



Early Morning....

The beach.....my favorite spot
especially early morning. Quiet and Sleepy.

I park my car and walk down the hill towards the water, stand and watch for a little bit.

The water is calm, like glass but it's quiet and peaceful,
the water slowly lapping, towards me.

It's sunny and just a little cool. Sweatshirt and shorts work just fine.

Gulls flying lazily above my head, squawking a little bit.

I gaze out over the water.

I want to stay and lose myself, lose myself in the sounds, the smell of the ocean.

But I remember I'm here to get in a little much needed exercise, so I head down the sidewalk, with the water on my left and the beach houses across the street.

I wonder what it would be like to live down here, seems so quiet and peaceful.

To enjoy a cup of coffee and have this view every day.

I bet those that live here are less than thrilled with those of us coming here seeking the quiet, seeking the stress relief...

I turn up a side street away from the beach and walk a little faster now.

Just want to get back to the water. I pass a jogger or 2, a woman walking a greyhound, so timid they seem....

5 or 6 houses down, I take a left and see the beach again. Keep walking, slower now.

I see 2 kids out on the rocks, fishing.

My thoughts stray to wishing I were young again and could do some things differently.

I shake my head though and chase away those unhappy thoughts.

I focus on the water, the waves, the birds.

I stop thinking and just walk, to the turnaround point and then follow the same route -
back to where I started.

I check the time, and decide I have a few minutes to spare before work.

I head down the stairs towards the water and my feet hit the sand and it gets just a little harder to walk, I head closer to the water.

Just stand and watch, not really thinking, but feeling...

I feel at peace this morning, for the first time in a long time.....it's a nice feeling.

hmm...maybe I should do this more often...

Finally - I head back to the car, to a shower and work.

But I keep that good feeling within me, knowing it will always be there.

The ocean, the sights, the sounds, the peaceful feeling, it will always be there.....

-Anonymous

Tidbits :

Did you know there is a Watson Store? The store carries t-shirts to jackets, bags, caps and casual wear. Want to rock your Watson pride or just save your clothes from production? Here is the answer for everyone.

<http://wat.life/1UGLCcu>

Submit suggestions, ideas or
commnts to the Editor of the Newsletter

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