

TimeLines

A Quarterly Newsletter from M.H. Rhodes/Cramer Company,
Division of Capewell Components Co., LLC

Volume 1, Issue 1

Things that make you go hmmmmmm.....

Only in America.....

- ...can a pizza get to your house faster than an ambulance.
- ...are there handicap parking places in front of a skating rink.
- ...do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.
- ...do people order double cheeseburgers, large fries, and a diet coke.
- ...do banks leave both doors open and then chain the pens to the counters.
- ...do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
- ...do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.
- ...do we buy hot dogs in packages of ten and buns in packages of eight.
- ...do we use the word 'politics' to describe the process so well: 'Poli' in Latin meaning 'many' and 'tics' meaning 'bloodsucking creatures'.
- ...do they have drive-up ATM machines with Braille lettering.



Quote Quips

"I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."

Groucho Marx

Application Spotlight

Mmilitary, commercial, industrial and residential. M.H. Rhodes/Cramer products are used in a variety of applications.

As summer approaches we turn our thoughts to warmer weather, outdoor activities, and relaxing on lazy summer nights. Our focus this quarter is on pools, hot tubs, steam baths and saunas for health. Studies indicate stress can be a major factor of headaches, poor eating habits, and reduced sleep, resulting in poor health. We all have some form of stress in our lives but how our bodies respond to these stresses is the key.

Various activities we can do to reduce stress levels in our bodies include: breathing exercises, listening to relaxing music, walking, dancing, reading, meditation and getting a massage, to name a few. Indulging ourselves in a relaxing sauna, hot tub or steam bath for an hour or two will not only help us clear our minds and look better, but will have a direct affect on our overall body health so we feel better, too.



Sauna interior image provided by:
Sauna King Systems, Inc.

Whats New? PIRs!



Introducing MarkTime® PIR Vacancy Time Switches

Model 42ES1 is a California Title 24 compliant switch with "Manual on-Auto off" feature that eliminates accidental room lighting.

Model 42ES2 is an "auto on-auto off" switch without a dimmer. **Model 42ES3** now available for 3 way capability! Clamshell package comes complete with 42ES2, 3 way control switch and wall plates.

Model 42ES2D is an "auto on-auto off" switch with dimming capability that has been developed to be the most energy efficient lighting control available. LED light indicates dimmer setting level. **Model 42ES3D** now available for 3 way capability! Clamshell package comes complete with 42ES2D, 3 way control switch and wall plates.

Contemporary design with low profile Passive Infrared Sensors automatically "turn-off" circuit to ensure limited lighted time when areas have been vacated. All switches have a 150° detection range and 10m (max) detection distance. Time delay and sensor sensitivity is field adjustable. Flashing LED light indicates sensor is functioning properly and can be easily located in dark areas. Available in white and ivory; wall plates included.

UL and cUL approved for incandescent lighting with rated loads of 500W @ 120VAC. Easy to install in a standard electrical wall box, the MarkTime® brand of PIR light switches are ideal for energy management renovation projects and new installations in commercial, industrial and residential properties.

AVAILABLE IN 2nd QUARTER 2010!

Sauna, pool and spa manufacturers depend on MarkTime® timer products to ensure their products are of the highest quality offered to the consumer for better health and greater relaxation. At M.H. Rhodes/Cramer we are committed to supplying our customers with high quality, hand crafted MarkTime 72 series panel mount timers used in these products and more.

Remember, it's a total package for a healthy, happy lifestyle; eat healthy, increase your exercise, allow yourself to relax, and laugh.....often!

For more information about MarkTime timers for commercial and residential applications, we invite you to visit our website at www.mhrhodes.com.

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TimeLines Staff

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Employee Spotlight!

Fun In The Sun!



From the smiles on these faces, it's evident last year our picnic was a success and seems to get better and better each year. This last picnic was graced with a warm sunny day, great food, games, prizes and good conversation. Many agreed the day was a much needed break and said the bingo game was highlight of the afternoon!

Thank you to the folks that brought in their favorite dishes and other food items, those donating use of their tents and to the Management team for grilling! A big thank you to those who were able to stay and enjoy the afternoon and activities! Special thanks to all those who were on the committee for their efforts in planning and executing! Last but not least, thank you to the company for food and beverage purchases and an afternoon of fun!

Employees interested in being on the planning committee for the 2011 picnic, please contact Liz Getz at x3382 or getzl@capewell.com.

Did You Know?

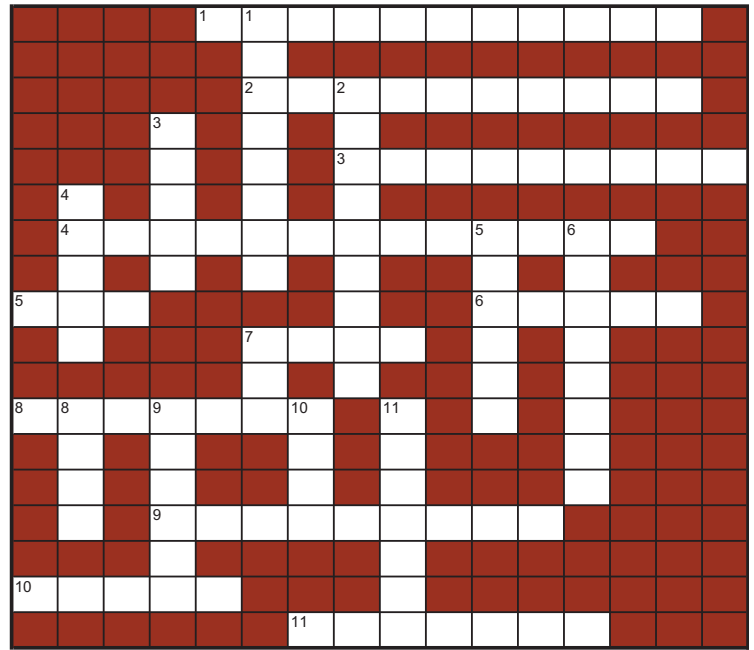
An electric oven uses one kilowatt-hour of electricity in about 20 minutes, but one kilowatt-hour will power a TV for 3 hours, run a 100-watt bulb for 12 hours, and keep an electric clock ticking for 3 months.

Calendar of Events!

Where we've been & Where we're going!

Date	Event & Place	Activity
01.25.10 3 days	AHR Expo Orlando, FL	Exhibit
02.05.10 2 Days	NAFEM Show Orlando, FL	Walk/ Evaluate
03.10.10 2 Days	NESEA BuildingEnergy10 Boston, MA	Walk/ Evaluate
05.14.10 2 Days	EDS Show Las Vegas, NV	Walk/ Evaluate
09.28.10 3 Days	Nat'l. Mfg. Week Chicago, IL	Walk/ Evaluate
10.02.10 3 Days	NECA Show Boston, MA	Exhibit

All About Time!



Across		Down	
1	R & R Railroad ran (3 words)	1	Time between time
2	"Good night!" (3 words)	2	Musicians use this to specify tempo
3	_____ through time	3	Something that tells time
4	First line of a fairy tale (4 words)	4	"Time waits for _____!" (2 words)
5	Equals 24 hours of time	5	Helen says: "_____ is Everything!"
6	Step in time	6	Olympian quest (or Brand Name)
7	"Its about _____, its about space....."	7	Two times five
8	Today is the _____	8	Something that is timed
9	The name of this newsletter	9	ON/OFF
10	How many times does "Time" appear in the puzzle (Including 5 Down)	10	What _____ is it?
11	Time is of the _____	11	Daylight _____ time

Suggestions?

This newsletter has been developed for our employees and our customers. If you have an idea, suggestion or would like to submit an article of interest, please contact a member of the "TimeLines" staff.

Thank you!

Click the links below for information about the events!

Booth #2247 **AHR EXPO** Jan. 25-27, 2010
Orlando, FL www.ahrexpo.com

NAFEM Show; Food Equip. Manufacturers

EDS:
Electronic
Distribution
Show

**National Mfg
Week:
Medical Device
Manufacturers**