I recently read a LinkedIn post, asking “What ONE thing do you long to have more of in your life, in ONE word?”

Some of the answers given were:

Leisure, time, travel, money, success, chocolate (that must have been Joelle), vacation, serenity, freedom, grace, security, me, immortality, fun, tranquility, peace, calm, stability, confidence, courage... just to name a few.

But the one answer that most appeared was, “time”.

So, I thought I’d throw it out there for you all. If you could have that ONE thing that would fulfill you, what would it be and why?

My answer was time. And one of my reasons, was this little blessing, my first grandchild, Cole Joseph, born February 9th.

Now, on with the show!
NEWLY AWARDED PROJECTS

408 Panama Mall
Stanford, CA
Owner: Stanford University
Architect: Kenneth Rodrigues
GC: Vance Brown, Inc.
Team La Verne

Latitude 34
Playa Vista, CA
Owner: Clarion Partners
Architect: Gensler
GC: Inner Space Construction
Team La Verne

Jones Lang LaSalle (JLL)
Menlo Park, CA
Owner: Jones Lang LaSalle
Architect: TMDA
GC: Novo Construction
Team Fremont, Interiors

Commonwealth Corporate Center - Bldgs 1 & 2
Menlo Park, CA
Owner: Sobroto Development
Architect: ARC Tec, Inc.
GC: Devcon Construction, Inc.
Team Fremont, Glass

Icon at Sunset Bronson Studios
Los Angeles, CA
Owner: Hudson Pacific Properties
Architect: Gensler
GC: McCarthy Building Companies, Inc.
Team La Verne

Pearl Therapeutics
Redwood City CA
Owner: Pearl Therapeutics
Architect: WHL Architects
GC: Novo Construction
Team Fremont, Interiors

LAM Research Corporation, Bldg CA 3E
Fremont, CA
Owner: LAM Research
Architect: Devcon Construction, Inc.
GC: Devcon Construction, Inc.
Team Fremont, Glass

The Village at USC
Los Angeles, CA
Owner: University of Southern California
Architect: Harvey Ellis Devereaux
GC: Hathaway Dinwiddie
Team La Verne

Relypsia
Redwood City, CA
Owner: HCP LS Redwood City, LLC
Architect: DGA
GC: Landmark Builders
Team Fremont, Interiors

Edwards Lifesciences - E2 Building
Irvine, CA
Owner: Edwards Lifesciences Headquarters
Architect: Perkin + Will Inc.
GC: DPR Construction
Team La Verne

Sony Pictures - 8 Story Building
Culver City, CA
Owner: Sony Pictures
Architect: Gensler
GC: C.W. Driver
Team La Verne
NEWLY AWARDED PROJECTS

Google SAS Lab Wall
Mountain View, CA
Owner: Google, Inc.
Architect: WHL Architects
GC: Devcon Construction, Inc.
Team Fremont, SPD

Google Tech Center TC6
Sunnyvale, CA
Owner: Google, Inc.
Architect: Valerio Dewalt Train Associates
GC: Level 10 Construction
Team Fremont, SPD

Sunset HQ TI - Bishop Ranch 2600 Camino Ramon
San Ramon, CA
Owner: Sunset Development, Company
Architect: Sunset Development Company
GC: Sunset Development, Company
Team Fremont, SPD

Tableau 260 CA
Palo Alto, CA
Owner: Tableau Software
Architect: Gensler
GC: Devcon Construction, Inc.
Team Fremont, SPD

SCE El Dorado Substation / Admin Office
Boulder City, NV
Owner: Southern California Edison
Architect: Elements Architecture
GC: Perera Construction & Design
Team Las Vegas, SPD

Hakkasan Nightclub TI
Las Vegas, NV
Owner: MGM
Architect: MGM
GC: Team Construction
Team Las Vegas, SPD

Wynn Sun Valley 2014
Las Vegas, CA
Owner: Wynn Las Vegas, LLC
Architect: Butler Ashworth
GC: WDD
Team Las Vegas, SPD

The Village at USC
Los Angeles, CA
Hello and Wishing Everyone All the Best So Far This Year.

The Lean Training Team just concluded our one week “Train the Trainer” Kaizen event. Much was learned by all and we are excited to get going!

The first 11 “Mini Kaizen” events have been selected from the 72 pages of employee input we received prior to our yearly planning meeting.

Our goal and focus is on removing struggles and solving problems while creating better flow.

The plan was to begin in March but it looks like we will be able to start some of the events in February.

We have selected the team members and will be coordinating calendars over the next two weeks.

We will begin the process of identifying the problems we want to solve in the next round of “Mini Kaizens,” and will be looking for your continued help in selecting the right stuff that’s most important to you.

Looking forward to an awesome 2015!

Again, thank you for your input, it really helped us focus on the most important component of Walters & Wolf, and that is it’s people.

1. Quick Grip Mod Drill Press
2. 5 Why’s Sealant
3. 2 Seconds at a Time
4. Embed Installation
5. Never Drip Caulking Gun
Introducing the Yoga Instructors of Walters & Wolf:

Yoga for Flexibility: Yoga poses work by stretching your muscles. They can help you move better and feel less stiff or tired. At any level of yoga, you’ll probably start to notice benefits soon. In one study, people improved their flexibility by up to 35% after only 8 weeks of yoga.

Strike a Pose for Strength: Some styles of yoga, such as ashtanga and power yoga, are very physical. Practicing one of these styles will help you improve muscle tone. But even less vigorous styles of yoga, such as Iyengar or hatha, can provide strength and endurance benefits. Many of the poses, such as downward dog, upward dog, and the plank pose, build upper-body strength. The standing poses, especially if you hold them for several long breaths, build strength in your hamstrings, quadriceps, and abs. Poses that strengthen the lower back include upward dog and the chair pose. When done right, nearly all poses build core strength in the deep abdominal muscles.

Better Posture From Yoga: When you’re stronger and more flexible, your posture improves. Most standing and sitting poses develop core strength, since you need your core muscles to support and maintain each pose. With a stronger core, you’re more likely to sit and stand “tall.” Yoga also helps your body awareness. That helps you notice more quickly if you’re slouching or slumping, so you can adjust your posture.

Breathing Benefits: Yoga usually involves paying attention to your breath, which can help you relax. It may also call for specific breathing techniques. But yoga typically isn’t aerobic, like running or cycling, unless it’s an intense type of yoga or you’re doing it in a heated room.

Less Stress, More Calm: You may feel less stressed and more relaxed after doing some yoga. Some yoga styles use meditation techniques that help calm the mind. Focusing on your breathing during yoga can do that, too.

Good for Your Heart: Yoga has long been known to lower blood pressure and slow the heart rate. A slower heart rate can benefit people with high blood pressure or heart disease, and people who’ve had a stroke. Yoga has also been linked to lower cholesterol and triglyceride levels, and better immune system function.
Glass Annual Ornament Contest

Team Fremont

1st Place: Lisa C.
2nd Place: Zach P.
3rd Place: Ayesha W.

Team Las Vegas

1st Place: Ken G.
2nd Place: David F.
3rd Place: JJ M.

Team La Verne

1st Place: Frank G.
2nd Place: Eduardo G.
3rd Place: Alida S.
Thanksgiving Potluck, Team Fremont, Interiors

Pear Jobsite BBQ, Team Fremont, Glass

Mike R. Retirement Team Fremont, Glass

32 Years of Service!

Left to right: Bob V., Mike R., Randy W.
Zayden P.
Born September 24, 2014
6.8lbs.
Sheryl & Zyrus P.
Team Fremont, Precast

Campbell Reese W.
Born November 10, 2014
7lb. 1oz.
Chris & Leah W.
Team Fremont, Glass

Emma Melissa C.
Born September 12, 2014
8lbs., 5oz.
Diana & Ivan C.
Team Fremont, Interiors

Dennisa & Eric S.
Team Fremont, Glass

Damian & Crystal D.
Team Fremont, Precast

Married

Births
**OUR MISSION**

Walters & Wolf is a proud company which holds its employees, their families, and its customers in the highest esteem. We must always provide the opportunity for our employees to reach their potential. It is each individual’s personal responsibility to keep physically fit, continue with education, and promote the highest work ethics possible. We must always work together for the benefit of the whole through leadership, teamwork, and constant improvement. Our quality products and installations, matched with our professionalism, set new standards for our industry and others to follow. We understand that it is much more difficult to maintain than to attain. We must remember who brought us to the heights we enjoy by supporting our staff, our customers, and our community. We are a product of our everyday experiences; we must make the most of them. Our success comes from constant effort and investment in ourselves.

**OUR VISION**

- To cohesively communicate information to all employees.
- To recognize employees as individuals and team players.
- Build on our success!
- Have Fun!

**LET US KNOW WHAT YOU THINK!**

We welcome your comments, suggestions and ideas for future articles! If you are interested in submitting an article or would like to send informative industry information, please contact Cheryl L.