

Globe

+GF+

THE GLOBAL MAGAZINE
FOR GF EMPLOYEES

ISSUE 4 · 2018

A man of adventure

Lasse Kouva from GF Piping
Systems in Avesta (Sweden)

At its finest

The investment casting technology of GF Precicast enables safe and reliable turbines

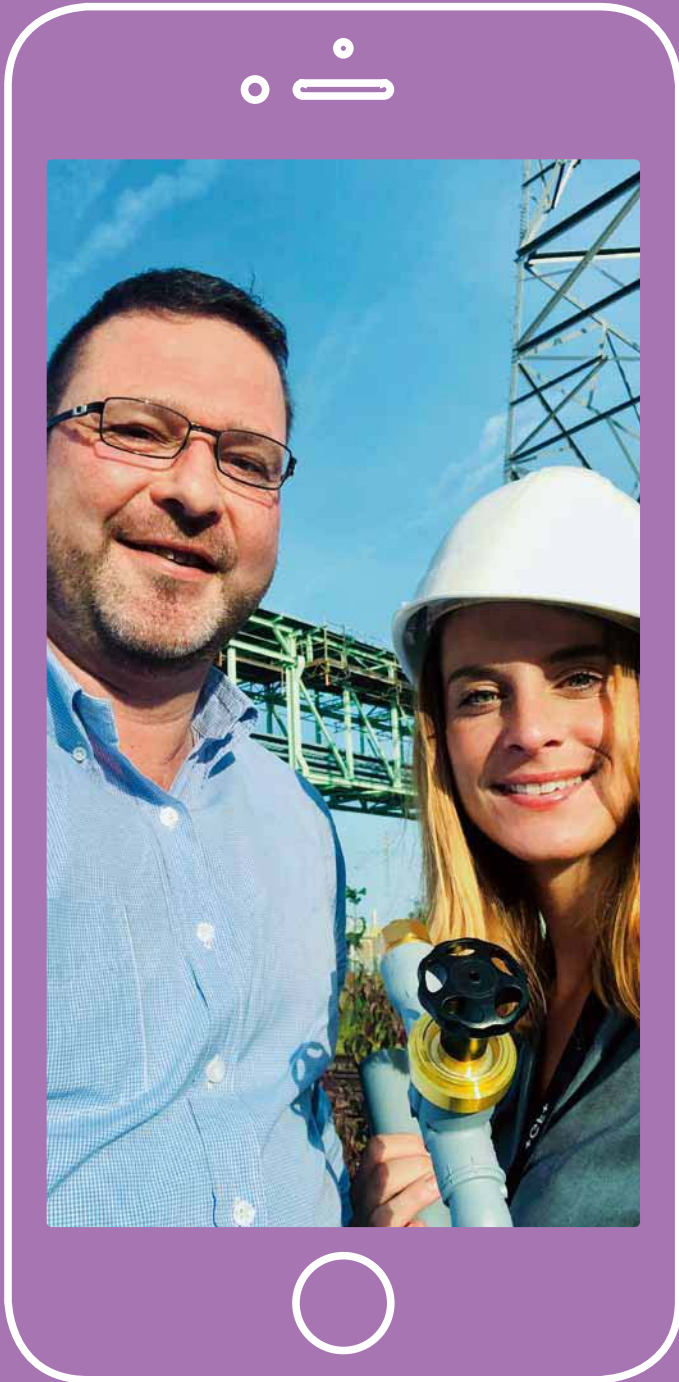
A very strong bond

Johnson Matthey produces precision medtech components using GF machines

Fit in everyday life

Tips and ideas for how to be healthier in life and at work

HELLO!



Jürgen Hanssens

Antwerp (Belgium),
September 20, 2018,
9:30 a.m.

In this picture, you see me and my colleague Julia Runow from Schaffhausen (Switzerland). Julia joined us for a Value Selling training course. Here we are waiting for a key customer on site, eager to put some Value Selling methodology into practice!

Jürgen Hanssens is Account Manager Industry at GF Piping Systems in Flanders (Belgium).





**JOIN IN
AND WIN!**

What are you doing on
January 8, 2019
at 1:30 p.m. local time?

Send your snapshot with "Hello!" in the
subject line and a short description to:
globe@georgfischer.com

All entries will be included in our
competition on page 40.



Giovanni Bosco

Arola (Italy),
September 20, 2018,
9:30 a.m.

At that time, I was still thinking about the previous evening
and the nice BBQ I had with my family. As you can see
in the picture, our menu was quite healthy with fish and
a nice selection of vegetables on the grill.

Giovanni Bosco is Area Sales Manager Customer Services
at GF Machining Solutions in Losone (Switzerland).



You can find further submissions
to HELLO! online at
globe.georgfischer.com

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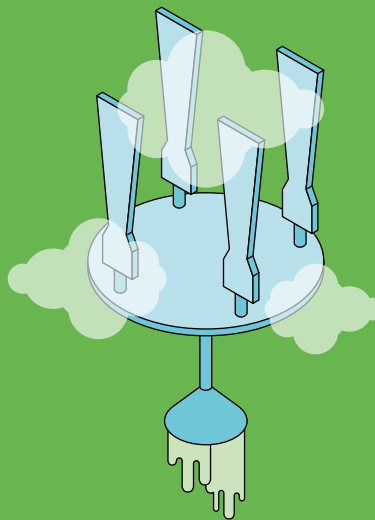


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OUR CUSTOMERS

A very strong bond

The American company Johnson Matthey manufactures precision metal components using laser machines from GF Machining Solutions.



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THAT'S HOW IT WORKS!

Casting technology at its finest

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OUR LOCATIONS

Rooted, committed, and cosmopolitan

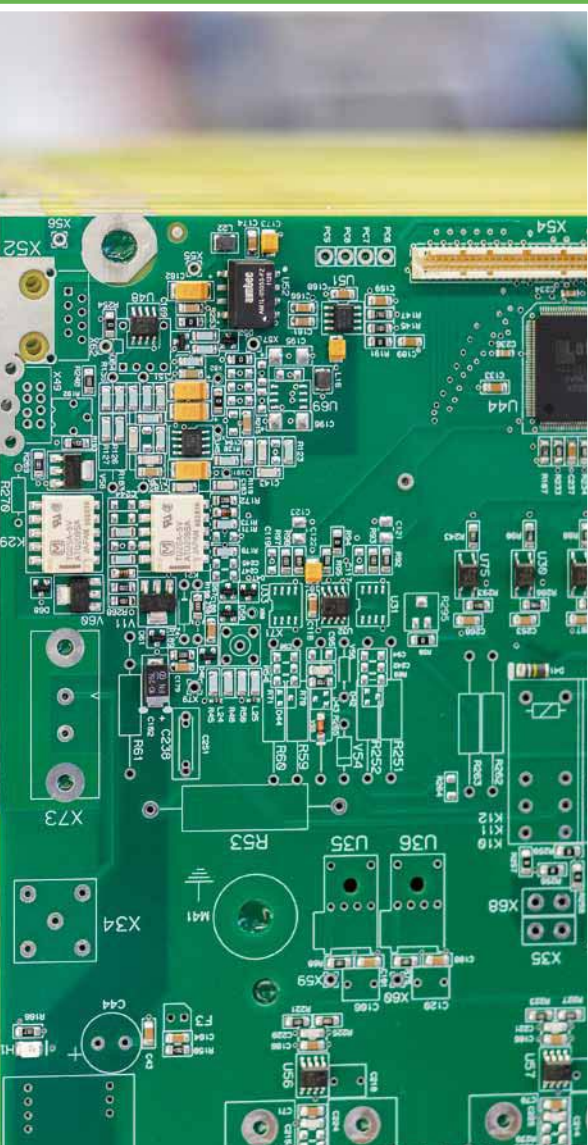
At the Losone (Switzerland) site GF Machining Solutions produces and distributes Electrical Discharge Machines, parts, and services for the world market.



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A DAY WITH At home on the road

As a Training and Support Manager, Martin Reisacher spends a lot of time abroad. He has traveled to more than 100 countries on behalf of GF Piping Systems.



EDITORIAL

Health has many facets

Dear colleagues,

Our health is precious, both for us as private individuals as well as employees working at GF. Yet in an age when time seems to fly and each day brings new challenges and changes, it is sometimes easy to forget about taking care of our health. But even small adjustments, such as a healthy diet or more physical activity, can make a real difference.

In the cover story of this Globe issue, our colleague Lasse Kouva from Finland talks about how important outdoor activities such as hunting or fishing are to him and how they help him balance his job. You can also find interesting examples of campaigns at our sites, which contribute to the health of GF employees worldwide, in the section “Our goals”. In addition, “Two points of view” features two colleagues who share their personal secrets for keeping fit and healthy at work.

Preserving and improving our health, and healing illnesses – these are precisely the areas in which we support our medical technology customers. The super-fast laser machines of GF Machining Solutions are a good example. With their help, globally active companies such as Johnson Matthey can process tiny metal components with high precision. This is particularly important for medical instruments that are inserted into human blood vessels, for example. It is yet another exciting success story that highlights the contribution our solutions make in the area of human health.

I hope you have an informative and entertaining read.

Beat Römer
Head of Corporate
Communications



IN BRIEF



50 colleagues from Germany, Austria, Switzerland, England, Italy, the Netherlands, Poland, Romania, Sweden, the Czech Republic, and Turkey took part in the sustainability conference for the Europe region in September.

Sustainable for the future

The GF sustainability conference for the Europe region took place in Zurich (Switzerland) at the end of September.

Around 50 colleagues of the GF Corporation and the divisions exchanged views over two days on potential for improvements and concrete projects in the areas of environment and energy. CFO Andreas Müller and Joost Geginat, Head of GF Piping Systems, also participated and explained the importance of sustainability for GF's business activity.



NEW OFFICE BUILDING

Inauguration in Austria

GF Casting Solutions in Altenmarkt (Austria) opened its doors to around 2'200 guests at the end of September. The occasion was the inauguration of the new 1'800 m² office building. The building project took around twelve months to complete. The site produces lightweight casting parts from aluminum and magnesium die-casting for the automotive industry. A total of 550 employees work here for GF Casting Solutions. The Austrian headquarter of GF Machining Solutions is also newly located in Altenmarkt. ■



Around 2'200 guests came to the GF Casting Solutions open day in Altenmarkt at the end of September. The new office building was officially opened the day before. The site management team cutting the tape (picture below right): Alexander Weissensteiner, Mansuet Grasser, Rainer Stoll, Christian Heigl (Managing Director), Andreas Thaler, and Thomas Traxler (f.l.t.r.).



PRODUCT IN FIGURES

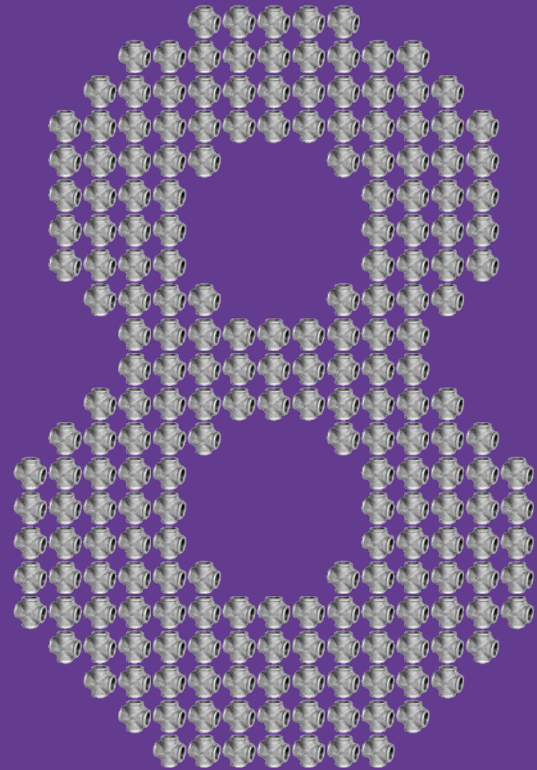


James Jackson, Head Business Unit Americas (front, 1st f.l.), and **Joost Geginat**, Head of GF Piping Systems (front, 3rd f.l.), also joined in the third Walk for Water in Irvine.

Third Walk for Water

At the end of October, GF Piping Systems in Irvine (USA) hosted a special charity event: For the third time, GF employees along with their families and friends, customers and vendors joined the Walk for Water to raise awareness for the global shortage of drinking water. The 275 participants symbolically carried buckets filled with water over a route of three miles – the average distance people around the world have to walk every day to collect drinking water.

Sponsorships and donations, including USD 10'000 from GF Corporate, amounted to USD 90'000 net. The donations will support Water Mission, a non-profit company and customer of GF, in providing sustainable and safe water to people in need. ■



Eight billion malleable cast iron fittings – GF surpassed this impressive production milestone in 2018. Georg Fischer II, grandson of company founder Johann Conrad Fischer, began commercially producing malleable cast iron products in 1864. He was the first in Europe to start up the manufacture of malleable cast iron fittings, some 40 years after his grandfather succeeded in producing malleable cast iron. A heat treatment step, known as tempering, was then added to make the cast iron particularly resilient (similar to steel). As a result, malleable cast iron fittings beat cast iron products in terms of both quality and price. The innovative pipe connections quickly set a new standard and were used for such major projects as the gas and water supply networks in European cities. The GF logo also symbolizes the groundbreaking significance of malleable cast iron fittings: in 1890, a stylized cross-shaped fitting became a distinctive element of the logo, to which a second cross was added in 1903.

Status: The oldest GF product still being produced
Production: Began in 1864 in Schaffhausen (Switzerland); since 1898 in Traisen (Austria)
Production quantity: Around 50 million pieces annually
Product range: 1864: 91 models; 2018: around 850 models
Size: 1/8 inch to 4 inches



More pictures and videos
on the news in brief at
globe.georgfischer.com



ZERO RISK

A common safety culture

Since the end of 2015, the occupational safety initiative “Zero risk” has been helping to heighten awareness of risks in everyday work situations at GF. The number of accidents at GF Casting Solutions fell by 20 percent in the first year after introducing the initiative alone. The second phase of the initiative has been underway for more than a year now. In the meantime, the other two divisions have also launched “Zero risk.”

Only a GF wide understanding of hazards and safety can lead to the elimination of serious accidents in the workplace by the end of 2020 and to a reduction of at least 20 percent in the accident rate in every division. ■

STRATEGIC PARTNERSHIP

Cooperation with 3D Systems

In August 2018, GF and 3D Systems, a leading provider of 3D printing solutions, entered a strategic partnership. Both companies want to bundle their expertise and offer jointly developed manufacturing solutions. The partnership brings together 3D Systems' experience in additive manufacturing and GF Machining Solutions' expertise in conventional metal processing. The combination of 3D printers, materials, software, electric discharge machining (EDM), as well as milling and laser technologies, allows for seamless and efficient workflows. Shortly after announcing the partnership, both companies showcased their first joint manufacturing solution: the DMP Factory 500 at the International Manufacturing Technology Show in Chicago (USA). ■



Pascal Boillat, Head of GF Machining Solutions (L.), and **Vyomesh Joshi, President and CEO of 3D Systems,** first presented the joint manufacturing solution at the International Manufacturing Technology Show in Chicago.



TWO POINTS OF VIEW

How do you keep yourself fit and healthy in your daily working life?

Physical fitness means something different to every person. Everyone has to find out for themselves what is necessary to do their job well. Personally, I believe that physical exercise makes a positive contribution to quality of life. On the weekend, I regularly ride my mountain bike, go running or go for a walk with our dog. This kind of physical exercise helps me to process thoughts from the working week that are on my mind. I can make more sense of it all and clear my head. Even when my working days are filled with meetings and tasks, I always try to spend my lunch break away from my workplace. Peace and quiet are the keywords.

As Head of Work Safety & Health Protection at our production plant in Schaffhausen, I deal with issues concerning the health of employees on a daily basis. It is important to us that noise and pollutant emissions during production are kept to a minimum and that we continuously improve the workplace in terms of ergonomics. We regularly offer initiatives like hearing, lung, or spine tests to raise awareness among our employees about safe and healthy working practices. Those who have lots of energy or want to relax during their lunch break can take advantage of what is on offer at GF Piping Systems and take part in a yoga, pilates, or indoor cycling class. ■



Uwe Margraf

As Head of Technology at the GF Piping Systems plant in Schaffhausen (Switzerland), Uwe Margraf cares about efficient and trouble-free production. The experienced technician is also responsible for health and safety topics at the plant. He started working at GF 32 years ago.



My job often involves long working hours and a lot of meetings with internal and external stakeholders. That's why it is important that I keep an eye on my health and that I release stress regularly. Before I go to the office in the morning, I do some yoga, for example. This daily routine helps me to stay calm and generous during the day – no matter what happens. In addition, I can relax by talking to my husband while we walk together in the beautiful area around our place. This helps me to put my thoughts in order.

Most of my GF team members are women. We are all very sensitive about our well-being and we always share information on nutrition or a healthy life-style. It is important to us to create a good and comfortable working environment with fresh and clean air and a low emotional stress level. When feeling sick or stressed out, our employees rely on the support of the HR department. As prevention is also crucial, in South Korea it is mandatory for employees to take part in a biannual health check-up. It goes without saying that we support our employees by refunding the money. ■

Michaela Kim

Since the summer of 2017, Michaela Kim has been working at GF. As a Controller she is involved in finance, HR, logistics, and administration tasks at the GF Machining Solutions site in Anyang (South Korea).



More pictures of Uwe Margraf and Michaela Kim at globe.georgfischer.com



They are part of the project team responsible for enhancing the digital service platform (f.l.t.r.): Benjamin Klassen, Project Manager at Symmedia; Rea Schegg, Design Thinking Leader at GF Machining Solutions; Thibaut Gelez, Project Manager at GF Machining Solutions.

MADE IT!
DIGITAL SERVICE PLATFORM

More service for customers

GF Machining Solutions continues to advance its digital service platform rConnect in close collaboration with its customers. Thanks to outstanding teamwork, a first milestone has now been achieved.

The digitalization of industry is in full swing: machines are connected with each other; they exchange data and communicate with humans. By means of its digital service platform rConnect, GF Machining Solutions supports its customers in making the industrial production of their products more intelligent.

Close to the customer

Within the scope of a Design Thinking project, the division now brings the existing solution to a next level. "To identify the hidden needs of our customers, we conducted a dozen interviews over a two-month period. We quickly found out that there is a strong customer need for digital services that speed up the problem-solving process," explains Rea Schegg, Design Thinking Leader at GF Machining Solutions. Based on these insights, an interdisciplinary Design Thinking team developed a prototype of a new service platform. "We tested the prototype with five customers over a period of three months in their real working environments. This way we learned a lot about the necessary functionalities and how we could speed up the troubleshooting process," Rea Schegg says, explaining the benefits of the Design Thinking method. In June 2018, a project team comprised of customer services, software engineering, and Design Thinking experts started with the development of the new monitoring and support functions.

Outstanding teamwork

Key to the success of the enhanced digital service offering is the software platform behind it. This is where the expertise of Symmedia

comes into play. The software company has been part of GF since fall 2017. "We played a major role in the development of rConnect – back then as an external partner. Today, we are a part of the GF family and the different departments collaborate even more closely as a team," explains Benjamin Klassen, Project Manager at Symmedia. He is in close contact with colleagues from Design Thinking, Digital Transformation, Machine Development and Customer Services on an almost daily basis. An important contact for Benjamin Klassen is Thibaut Gelez, who heads the project for GF Machining Solutions and knows well the needs of customers. "Thanks to the new project set-up and our interdisciplinary team, we are much more efficient than before," he says.

First milestone

By completing the development of a new dashboard for the digital service platform, the project team has achieved an important milestone. "The dashboard is the first module of our new customer service portal which enables the users to monitor the efficiency of their production," explains Benjamin Klassen. After being introduced to a broader audience for the first time in November, the platform with the new user-friendly dashboard will progressively be deployed worldwide in 2019. "Over time we will add more modules that we defined in the Design Thinking phase. We are convinced that these will enhance the overall customer service experience," explains Thibaut Gelez. ■



AT A GLANCE

The goal:

Improved digital service offering for customers

The project:

Development of new service functions in close collaboration with customers

Project start:

April 2017

First milestone:

Presentation of the new dashboard at an industry exhibition in Japan in November 2018

The team:

Customer services, software engineering, and Design Thinking experts from GF Machining Solutions



More pictures at
globe.georgfischer.com

COVER STORY
MOOSE HUNTER
LASSE KOUVA

Name: Lasse Kouva
Position: Service Manager
Division: GF Piping Systems
Site: Avesta (Sweden)
At GF since: 2015

A man of adventure

Lasse Kouva is a true adventurer. The Service Manager at GF Piping Systems in Avesta (Sweden) fishes, hunts, and loves to be outdoors. For him, living the good life means living with nature, come winter, spring, summer, or fall.





Lasse Kouva grew up close to the Arctic Circle and likes to spend as much time as possible in nature. He went on his first hunting trip with his grandfather when he was ten.



Lasse started to build this small hunting lodge ten years ago. Today it provides the perfect hunting base for him and his family.

Sweden is new territory to Lasse Kouva. Only a few weeks have passed since he and his wife relocated from Oulu in Finland to Avesta (Sweden) where he took on a new position as Service Manager at GF Piping Systems. "My role is to run the prefabrication workshop, develop our service business, and lead the development of pre-fab and tailored solutions," he explains. The 1'300-square-meter facility in Avesta houses a competence center for welding solutions for plastic pipes and fittings. Around 17 employees work here.

Before coming to Sweden, Lasse was Area Manager at GF Piping Systems in Finland for four years. When the new position at Avesta was offered to him, he happily accepted. "I am really excited about this career opportunity," he says. The Service Manager position requires a strong service and sales focus, which Lasse certainly has. "It's an adventure for both me and my wife," he continues. "It's a great opportunity to experience a new culture and to improve our Swedish, which we learned in school." Fortunately for Lasse, Sweden is teeming with rivers, lakes, and forests so he can continue to hunt and fish – activities that have been an integral part of his life since early childhood.

All in the family

Lasse went on his first hunting trip with his grandfather when he was ten. He was twelve when he obtained his own hunting license

and 15 when he shot his first moose. The moose trophy means a lot to him and hangs in his hunting lodge near the small village of Kouva, where his family name originates and where his great-grandfather was born. Lasse started building the cabin ten years ago and the project is finally nearing completion. For Lasse and his relatives the remote hut is the perfect base for hunting and ice-fishing.

One could say that hunting is embedded in the Kouva family DNA. Inside a glass case at the local history museum in his birthplace of Pudasjärvi is a hunting spear that once belonged to Lasse's great-grandfather, Juho Kouva. Like others of his generation, Juho hunted bear meat for food. Through the generations – from his great-grandfather and father down to his brothers – the men in Lasse's family have all been hunters.

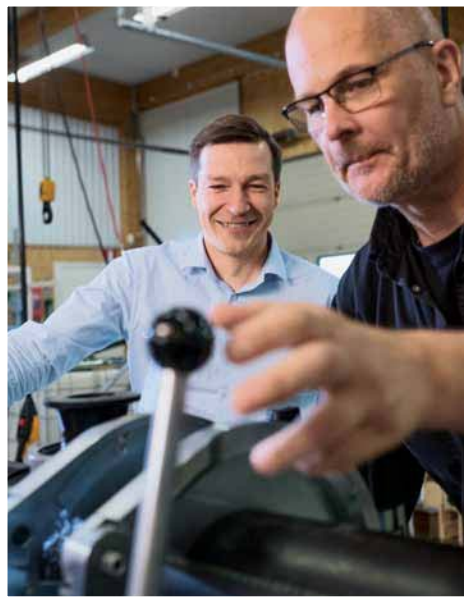
Moose hunting is a group activity. The hunting society that Lasse belongs to, Luokanjärven Erä, consists of members of his extended family, about 15 to 20 people, including his father, uncles, and cousins. Dogs are also vital to the hunt. "We usually meet in some remote place before dawn. We separate into groups of a few men and a dog each. After releasing our dogs in the woods, we wait. They can smell moose from afar and are trained to follow their traces. When they see a moose, they start barking to stop it." This allows the hunters to get as close as possible to the animal and take aim properly. The approach is everything. "When you come closer to the barking dog, you never know what's going to happen," he explains. "This moment is always full of excitement."

According to Lasse, hunting is not a hobby, but a way of life. He recalls his earliest encounter with a moose when he was two years old. While his father and brother worked on removing the hide from a moose carcass with skinning knives, he was playing nearby with the trophy. This scene is ingrained in his memory as part of their family history. "The moose hunt is the key to our society and what holds it together. Our fathers have taken us hunting and fishing since we learned to walk," he says. In Finland, hunting has an almost sacred meaning. Hunters used to pray to Tapio, the ancient forest god of East Finland. This tradition continues in a milder form today. "We still say that we get what Tapio gives us," explains Lasse. >

«The moose hunt is the key to our society and what holds it together.»

Lasse Kouva
Service Manager, GF Piping Systems





Born in Finland, Lasse Kouva recently took on a new position as Service Manager at GF Piping Systems in Sweden. His role is to run the prefabrication workshop and develop the service business.

› **A sustainable way of life**

For Lasse, life is little without the great outdoors. Apart from hunting, he also fly-fishes, ice-fishes, and skis cross-country. Spending time in nature is in his nature. Growing up close to the Arctic Circle means that his activities follow the seasons. In Finland, hunting and fishing are strictly regulated by the government. Wild animals are hunted for their meat, as well as for population control. Hunters need to pass a general hunting test and obtain a personal hunting license. Those wanting to hunt moose need to belong to a government-approved society. These regulations and processes ensure safety for man and animal alike. Hunting reflects a sustainable way of life. "People are sensitive about future generations, not taking more from nature than they need for their own purposes," says Lasse.

New life, new challenges

At 39, Lasse is looking forward to the challenges his job as Service Manager at GF Piping Systems in Avesta (Sweden) will bring. Having joined GF in 2015, he has always appreciated the team spirit at the company. "I had great colleagues in Finland and now I am part of a great team in Sweden. When you value terrific teamwork and have good people around you, you can work well!"

And how will Lasse's life in Sweden and his roots in Finland intersect? "According to my colleagues, the Swedish hunt and fish, too. So I'm looking for a good fishing spot and am trying to locate a good hunting society," Lasse says with anticipation. He is not leaving his old hunting grounds completely, however. "Now that I live in Sweden, I think about when I can go back to my family and my hunting lodge." Autumn is hunting season, and Lasse has already planned a couple of trips to Northern Finland. ■



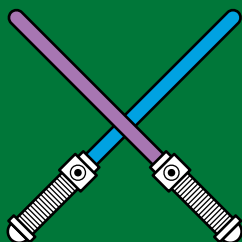
More pictures and a video of Lasse Kouva at globe.georgfischer.com

3x3

1. The last film I saw at the movies:
2. Summer or winter?
3. At the end of a working day ...



Tee Thye Sim
Account Manager,
GF Piping Systems,
Riverwood (Australia)



1. Star Wars: The Last Jedi – may the force be with you!

2. Summer all the way! Nothing beats a day at the beach with the family.

3. ... I spend some quality time with the family.



Franziska Schär
Sales Configurator Management,
GF Machining Solutions,
Meyrin (Switzerland)

1. Ocean's 8 at the open air cinema.
2. Winter – that's when I can go skiing again at last.



3. ... I like to head outdoors and enjoy nature.



Toth Mihai Gabriel
Operator of Quality,
GF Casting Solutions,
Arad (Romania)

1. Jumanji 2.



2. I prefer winter as there are no mosquitoes.

3. ... I come home and hug my son and my wife!

**JOIN IN
AND
WIN!**

Here are the new questions:

1. I would love to be able to:
2. For me, pleasure means ...
3. After work: Relaxing or action?

Take part and send your answers along with a portrait photo and "3x3" in the subject line to: globe@georgfischer.com
All entries will be included in our competition on page 40.



You can find further submissions to 3x3 online at globe.georgfischer.com

A DAY WITH
MARTIN REISACHER

Name: Martin Reisacher
Position: Training and Support Manager
Division: GF Piping Systems
(Sales Company International)
Location: Schaffhausen (Switzerland)
At GF since: 1986

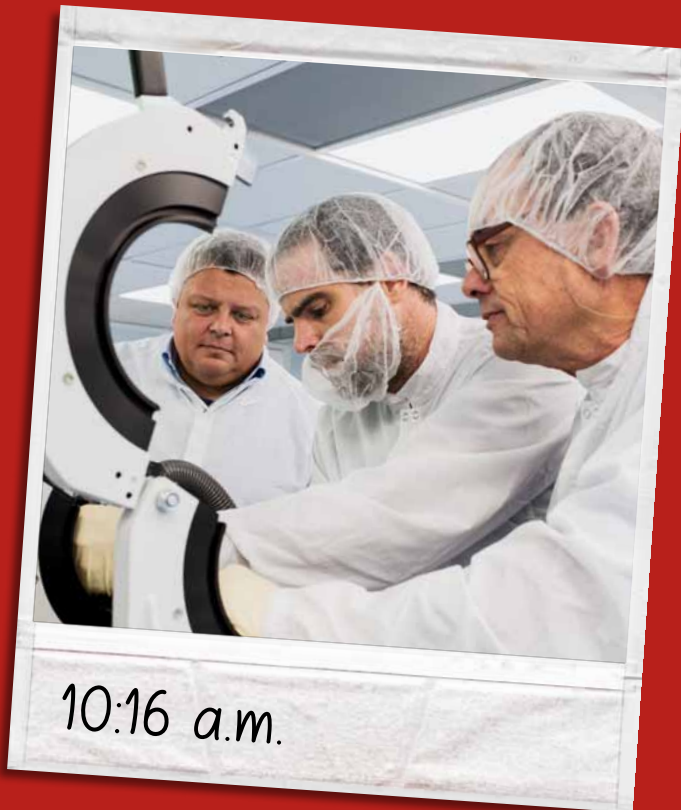


6:10 a.m.

To make sure he is on time for his first appointment, Martin is up early. He has a 40-kilometer journey ahead of him to get from his hotel in Ashdod to Kirjat Gat, where he will be meeting with a distributor. Since his first trip to Israel in 1998, Martin has become more fascinated by the country with every visit.

At home on the road

As a Training and Support Manager, Martin Reisacher is responsible for the markets in which GF Piping Systems does not directly operate, ranging from Africa through Eastern Europe to Mongolia. He works in close collaboration with distributors and end customers, gives training courses and provides on-site support for the installation of GF products. So far, he has traveled to more than 100 countries on behalf of GF. A major project has taken him to Israel today ...



10:16 a.m.

Next, Martin visits an installer who is also involved in the project. Together they check the state of the welding machine used to connect pipes and fittings. As these will be deployed in the chip manufacturer's clean-room production, strict hygiene standards must be ensured.



12:30 a.m.

At lunch, Martin and the installers share a typical Israeli meal: pita bread, hummus, and mezze, a selection of starters. Different cultures, rituals, and people make Martin's working days varied and interesting.



8:05 a.m.

In Kirjat Gat, Martin is welcomed by Dubi Lustig, the Managing Director of Z.L. Systems. Martin and Dubi have known each other a long time. Z.L. Systems has been selling GF products in Israel for 40 years. And so today's meeting also starts with a personal exchange – and a gift: Swiss chocolate.



9:28 a.m.

One of Martin's tasks is to optimize the flow of goods from distributor to end customer. Martin inspects the GF products that will be used to expand the factory of a well-known microchip manufacturer very closely, since the producer has special requirements.



3:14 p.m.

In the afternoon, Martin gives a welding training session at Meptagon. Installers have to take regular refresher courses if they want to work on behalf of the microchip manufacturer. GF developed the infrared welding technology specially for this end customer 25 years ago.



8:32 p.m.

Martin calls his wife and daughter to say goodnight. That is also important to him when he is away on business. Travelling is part of Martin's daily life. But however impressive the different countries might be, he always looks forward to returning home ...

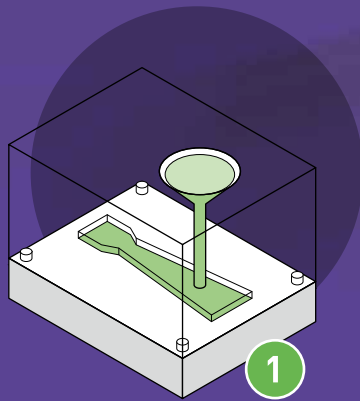


More pictures of Martin Reisacher's day at globe.georgfischer.com

THAT'S HOW IT WORKS!
PRECISION CASTING

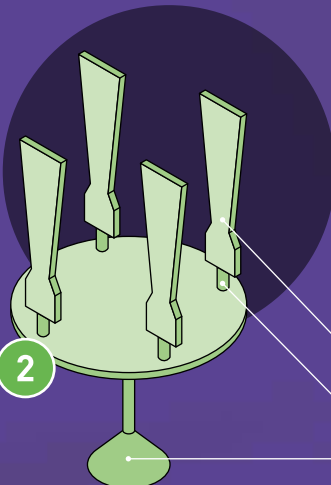
Casting technology at its finest

Heat-resistant castings in jet engines and stationary gas turbines have to cope with operating temperatures of more than 950 degrees Celsius. The precision casting technology of GF Precicast in Novazzano (Switzerland) has been proven over decades and enables airplane and industrial gas turbines as well as rocket engines to run reliably and safely even under these extreme conditions. GF Precicast has been part of GF Casting Solutions since 2018 and currently offers its customers – including General Electric and Rolls Royce – more than 100 different precision casting solutions. The production process is sophisticated and works like this:



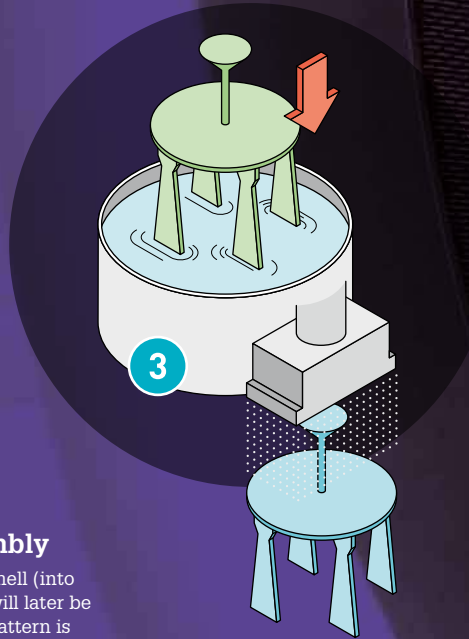
The wax pattern

The production process for every precision casted component starts with a wax pattern, produced by means of a mold into which wax is injected. The pattern is a geometrical copy of the component that is to be casted. Cavities, such as cooling channels in turbine blades, are created by inserting a ceramic core into the wax mold. Liquid wax is then injected into the mold. After only a few minutes, the wax pattern is ready and can be extracted. Larger patterns can be made up of several wax patterns assembled for further processing using special tools.



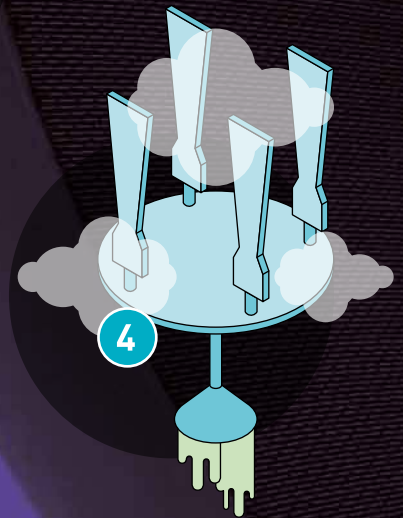
The cluster assembly

To prepare the ceramic shell (into which the molten metal will later be poured), the single wax pattern is assembled into a cluster composed of the funnel and the feed sprue. A cluster can also be composed of several wax patterns.



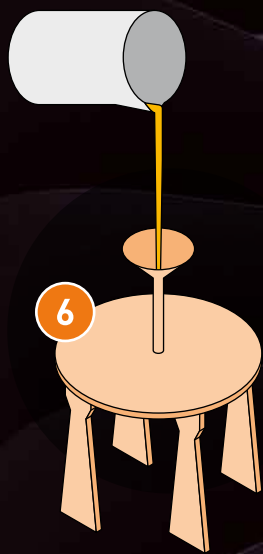
The ceramic shell

Having been thoroughly cleaned, the cluster is dipped repeatedly in a slurry tank containing liquid ceramic, then coated by a stucco and hung up to dry on a conveyor belt. A robot repeats this procedure as many times as required until the ceramic coating is between six and ten millimeters thick. In serial production, this production step is completely automated.



The dewaxing

Once the ceramic shell is completely dried, the cluster is placed in a high-pressure boiler with the funnel pointing downward. The wax melts and drains off at a temperature of 200 degrees Celsius, leaving behind the ceramic mold required for the next step in the production process.

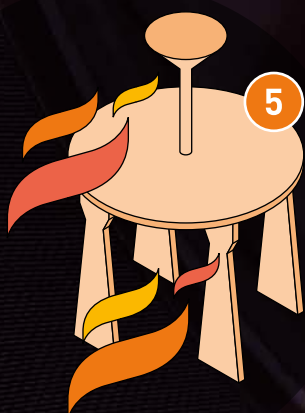


The pouring

The ceramic mold is heated to around 1'100 degrees Celsius in a pre-heating oven. In the casting furnace, the metal alloy delivered in the form of ingots is inserted into the melting pot. Pouring begins after the alloy's melting temperature is reached, which varies between 1'400 and 1'650 degrees Celsius. From the pre-heating oven opposite, the ceramic mold is then rapidly placed in the pouring furnace and the liquefied alloy is poured into it within a matter of seconds. The casting process must be completed within 60 seconds, otherwise the molten metal and the ceramic mold will chill down excessively.

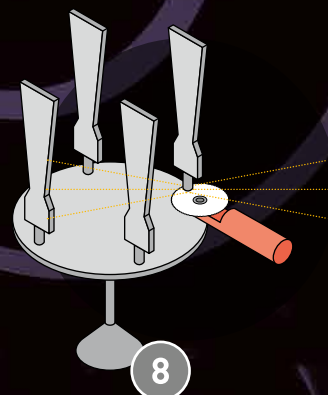
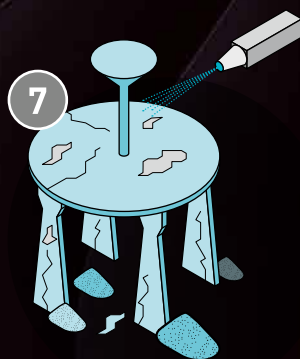
The firing

To withstand the pouring pressure, the ceramic mold has to be fired in an oven at around 1'500 degrees Celsius before any liquid metal can be poured into it. This can take up to three hours.



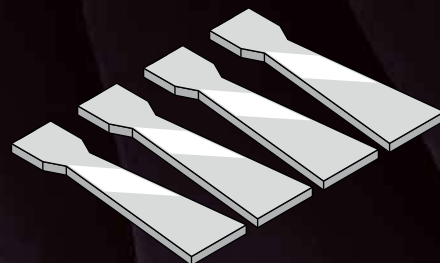
The knockout

Once the alloy has chilled, the ceramic mold is removed by using a high-pressure water jet. What is left behind is the metal casting. Some components, such as turbine blades, additionally require the removal of the ceramic cores using a caustic solution.



The quality control and finishing

The gating system, which includes the funnel and feed sprue, is no longer required and is separated from the casting, which then undergoes an initial visual inspection. Defective parts, which are not allowed to be repaired, are disposed of as scrap. Quality control is an extensive process involving a variety of inspections, for example fluorescent penetrant inspection (FPI) and X-rays. Finishing is a labor-intensive process and includes deburring, polishing, and dimensional inspection of the casting.



FLAGSHIP PROJECT IN AUSTRALIA

The Adelaide Desalination Plant in South Australia started operations in 2011. It can produce more than 100 billion liters of drinking water a year, which is enough to cover around half the annual water consumption of the city of Adelaide with a population of around 1.3 million – or enough to fill 714 million bath tubs. GF Piping Systems supplied pipes, valves, and other components for the plant.



OUR MARKETS
WATER DESALINATION

Precious liquid

More and more parts of the world are suffering from a lack of drinking water. One solution is setting up desalination plants for sea water – a growth market into which GF Piping Systems wants to expand further.

Two-thirds of the Earth's surface are covered with water, but only 2.5 percent of this is fresh water. Yet in many areas the demand for water is rising, for example in the booming Gulf states. A possible solution is sourcing drinking water from the sea. More than 400 desalination plants have been set up around the Persian Gulf to this date. Worldwide, there are over 19'000 such plants in around 150 countries. Experts estimate that this number will rise by around eight percent a year up to 2025.

"The desalination market offers a lot of potential," explains Adrian Schwyzer. As Global Market Segment Manager Water Treatment, he has been the driving force behind the expansion of the desalination business of GF Piping Systems since October 2016. He collaborates closely with about a dozen GF employees in sales companies all over the world. The division has been active in the desalination market since 1997 and has contributed to the construction of around 700 plants. There are currently 28 projects ongoing.

Competence and customer proximity

In order to be closer to key customers, Adrian Schwyzer moved his office to Dubai (UAE) in August 2018. "The Gulf region is currently the most important market in the world when it comes to desalination," he explains. Countries like Australia, China, and the USA also have a lot of potential in this respect.

The opportunities for further expansion look good, as one of the greatest strengths of GF Piping Systems is its broad portfolio. Its services go beyond corrosion-resistant pipes made from modern plastics such as PVC-C, PVC-U, HDPE, or PP. They also include

innovative DIASTAR 10-type diaphragm valves or automatically controlled ball valves. This makes it possible to manage the complex desalination process with precision. In addition, measuring instruments and sensors from GF monitor flow levels, salt content, pH value, and other factors which are important for reliable desalination.

Yet GF Piping Systems is more than just a supplier of standalone products. The division offers customized complete solutions. "Depending on the requirements we supply preassembled solutions that are tailored to the individual plant," explains Adrian Schwyzer. The customers are mostly large international plant manufacturers. They profit from the know-how which GF Piping Systems can provide, right from the planning stage onward. "We want to be involved at all stages of the project – from construction through to training the installers," reports Adrian Schwyzer.

Retrofit: turning old into new

Apart from the interesting business with new plants, there is a second market, which is equally attractive. "About 80 percent of the desalination plants here in the Middle East are more than 20 years old," says Adrian Schwyzer. Most pipes and valves in these plants are made of metal, which have been corroded by aggressive chemicals over time. GF Piping Systems replaces these parts with corrosion-resistant components made of plastic in so-called retrofit projects. Whether old or new – according to internal estimates, the desalination plants business could generate approximately CHF 40 million each year. "GF Piping Systems will carve out an even bigger slice of this pie in the future," says Adrian Schwyzer with conviction. ■



FROM SEA WATER TO DRINKING WATER

Most new desalination plants use the principle of reverse osmosis. This means that sea water is pressed through semi-permeable membranes at high pressure, so that the salt remains behind. The desalinated water is then processed further to make it good enough to drink. The waste product, the brine, flows back into the sea. A large plant can desalinate up to 300'000'000 liters of sea water a day – enough to provide water for up to two million people.



Adrian Schwyzer

has been at GF Piping Systems since 2016. Prior to this, he spent more than ten years gathering valuable experience in all aspects of constructing desalination plants. He now benefits from this expertise in his role as Global Market Segment Manager Water Treatment.

OUR CUSTOMERS
JOHNSON MATTHEY



Johnson Matthey (JM) currently uses six GF Machining Solutions machines: five ML-5 laser micromachining platforms and one MLTC laser tube cutting platform. JM bought its first machine in 2013 and the most recent one in 2018. Another one is on order and will be delivered in 2019. JM is currently exploring potential uses for other GF Machining Solutions machines. To that end, Mike Lerner from GF Machining Solutions (below) is in close contact with Zane Wyatt of JM (L.).



A very strong bond

Johnson Matthey, a leader in science that makes the world cleaner and healthier, offers essential components for life-saving diagnostics and surgical devices to the medical technology sector in addition to numerous other services. From its site in California, JM manufactures tiny parts in precious metals using high-speed precision Laser machines from GF Machining Solutions in Chicago.



When someone says top-quality precision metal components, what springs to mind are the many clockwork components in a Swiss watch: moving parts that are tricky to handle manually, but that are durable and very stable. Medical technology is proof that precision metal components can be much smaller. "Our products have diameters of up to eight millimeters but can measure as little as 0.5 millimeters across with tolerances of +/- twelve microns," explains Zane Wyatt from Johnson Matthey (JM). As Engineering Manager, Zane Wyatt is responsible for the engineering team at the highly automated machining facility in San Diego, CA (USA). With 220 employees based there the site manufactures tens of millions of complex microcomponents, from radiopaque marker bands, through ablation catheter tips to ring electrodes and tip electrodes. Reputable medical device manufacturers around the world buy JM components, which are found in catheters, pacemakers, and neurostimulation devices. Hospitals use them to diagnose and treat patients in orthopedics, cardiology, and neurology, and for endoscopies.

Features and holes barely visible to the naked eye

The marker bands used during surgery to indicate to the doctor the actual position of the catheter inside the patient's body, and the ablation catheter tips made by JM are not just unbelievably tiny: the materials have to meet very demanding quality and stability standards because they perform complex tasks in human veins. "That is why we use stable, durable precious metals, mainly platinum group metals such as platinum, but also other precious metals like iridium and gold," Zane Wyatt explains. These metals require special machining techniques so Johnson Matthey uses high-speed machining solutions that guarantee precision and positioning accuracy. Wyatt adds: "We count on GF Microlution machines because we appreciate the higher throughput and rapid cycle times, which mean we only need a few machines to complete a given order on time. They also lower the cost per unit." Zane Wyatt is impressed by the quality of the Laser platforms: "These machines produce burr-free, clean edges and holes in the finished components." A very important consideration for instruments used in the human body. >

› **Athermal machining with no wear**

“GF Microlution’s ML-5 allows JM to create microholes and to micromachine parts in a fraction of a second, for example making tiny holes in ablation catheter tips,” comments Mike Lerner, Global Salesman at GF Machining Solutions in Chicago (USA). “The fully automated Microlution machine is fitted with a femtosecond Laser, which means that the materials are machined without any heat, thereby avoiding tool wear,” Lerner adds.

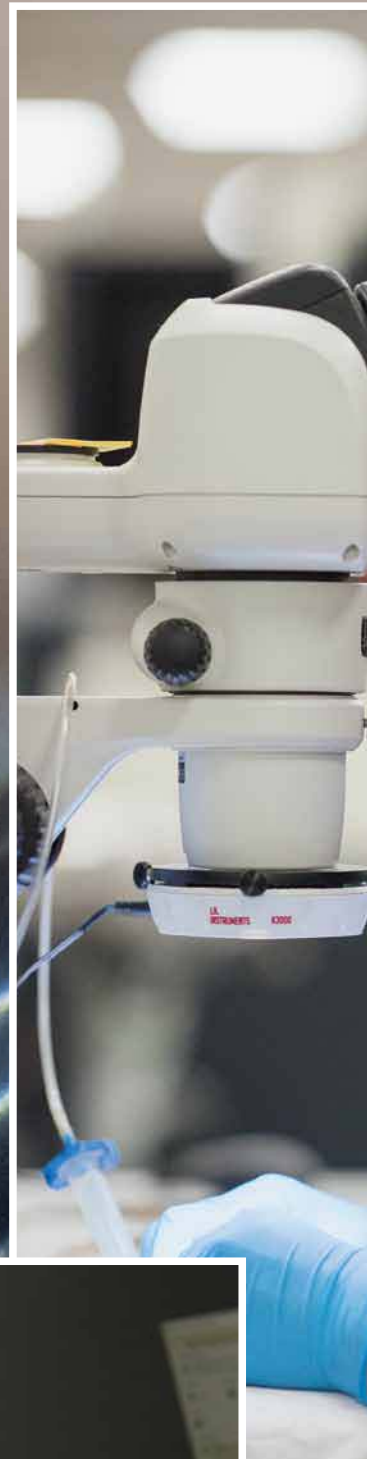
The GF Machining Solutions Global Salesman in Chicago, IL (USA) has worked closely with Zane Wyatt for the past three and half years. Recently the two of them have been customizing the design for the new MLTC cutting platform currently on order. “Since buying its first MLTC, Johnson Matthey has won several new marker band contracts. JM plans to use the new MLTC to expand capacity and bring in new orders,” Mike Lerner explains. What does he like about the cooperation with JM and Zane Wyatt? “I like the open lines of communication and quick response times,” he states, adding that both elements make for effective cooperation focused on results. “We provide sophisticated, automated turnkey solutions that integrate with other machines in the processing chain. Of course challenging issues come up. For example, the MLTC platform on order needs to be able to manufacture tubes with an extremely small diameter – less than 0.3 millimeters. We talk about the issues and devise solutions collaboratively,” Mike Lerner comments.

An impressive product range and great customer service

JM and Microlution began working together in 2013, prior to the company’s acquisition by GF Machining Solutions in 2016. Zane Wyatt remembers: “At the time, we decided on Microlution because their machines offered superb build quality and unique engineering – and on top of all that, they provided excellent customer service.” When Microlution became part of GF, Johnson Matthey was exposed to everything that GF Machining Solutions had to offer. “The range of capabilities and offerings was impressive,” says Wyatt. A perfect fit that runs like Swiss clockwork. ■

Johnson Matthey wants to create a cleaner and healthier world.

The leader in the science field produces medical technology components in San Diego, CA (USA). JM exclusively uses laser machines from GF Machining Solutions. In addition to medical components, JM offers a wide range of other products and services, such as clean air and natural resource efficiency solutions.





“The dedication of GF Machining Solutions is outstanding”

Engineering Manager Zane Wyatt heads up the seven-strong Engineering team at Johnson Matthey in San Diego (USA) and is the point of contact for Mike Lerner of GF Machining Solutions. In addition to his engineering role, Zane Wyatt manages projects for new product introductions and acquisitions of new technologies.

What are the challenges when manufacturing Johnson Matthey's microcomponent products?

The main challenges are linked to size and materials. We machine precious metals to make our products and these are much denser – it is very different to machining base metals like steel and aluminum. Over the decades, JM has mastered the process of machining platinum group metals (pgms), building on the experience of highly skilled engineers and machinists.

How does GF Machining Solutions support you with its Laser machines?

The range of GF Microlution Laser solutions has helped us to keep ahead of the competition and contributed to us becoming a market leader. Our success is largely due to the capabilities and precision of the machines. Engineers from GF Machining Solutions and JM work closely on the design and equipment layout. The collaboration has been critical in building a machine that fulfills all our requirements.

How would you describe the relationship with GF Machining Solutions?

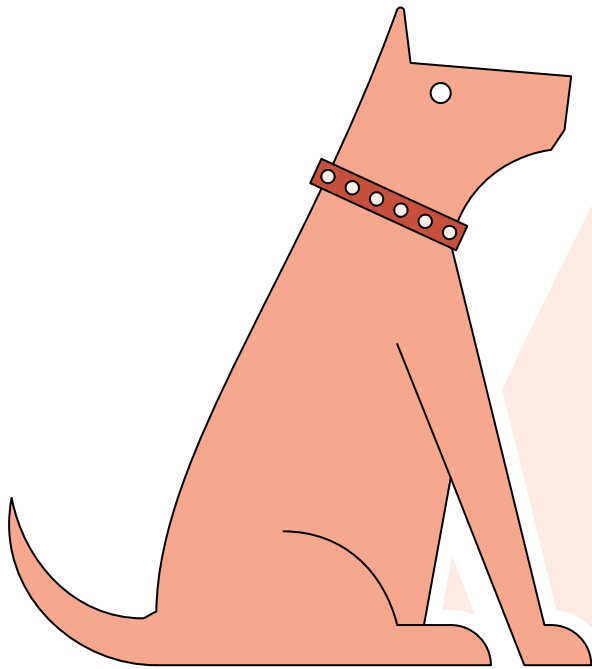
Over the years, successful collaboration has created a very strong bond. That definitely underpinned our decision to choose GF Machining Solutions as our sole supplier for femtosecond Laser machines. GF Machining Solutions has been willing to collaborate closely with us on custom design solutions and has delivered the design features, which has been fantastic.



More pictures at
globe.georgfischer.com

Healthy employees, healthy company

Our working world is becoming faster, more complex, and more demanding at an ever-increasing pace. One of the things this has an impact on is the health of our employees. The HR managers of the three divisions report on the importance GF attaches to this issue.



«Often it's the little things that make the difference.»

Noel Schreiber
Head of Human Resources,
GF Piping Systems, Schaffhausen (Switzerland)

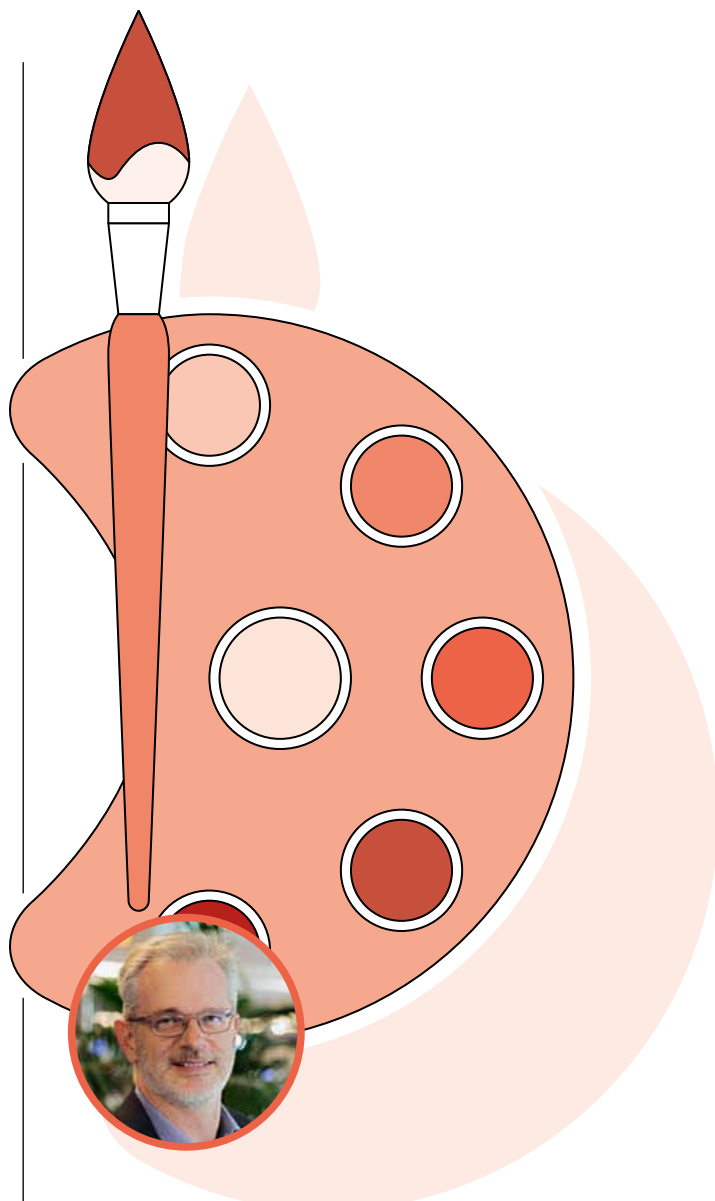
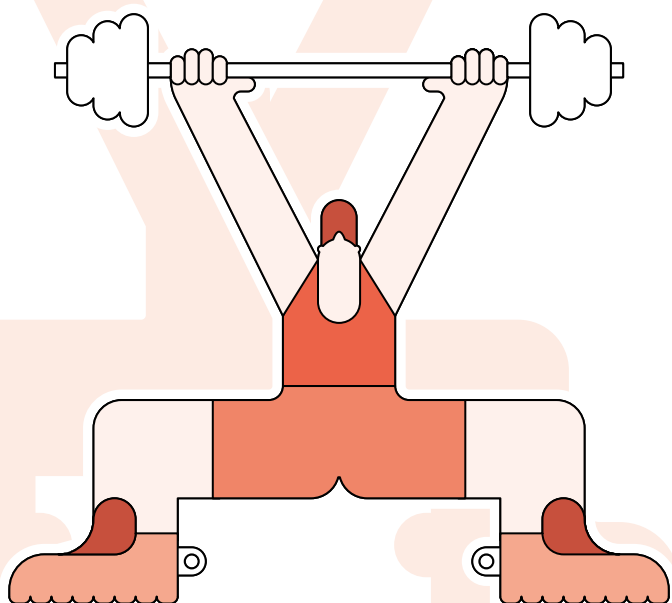
It's our duty as an employer to make sure our employees go home healthy. That's why we give high priority to occupational safety and employee health, whether in the production area, where we invest heavily in a healthy environment, or by offering a wide range of services and facilities, including health checks and sports courses, to promote our employees' physical and mental well-being. It matters a lot to me that the importance of employee health is recognized in all organizational areas and at all hierarchical levels. Every month, for example, our division management closely examines the figures for accidents and what might lie behind them. We recently launched a safety campaign to further reduce hand injuries. It's also very helpful to discuss ideas and experiences in this area with my HR colleagues around the globe. This way, we can learn a lot from each other and share best practices. In fact, it's often the little things that make the difference. I myself enjoy sports and reading. Both give me the calm and relaxation I need. Since the summer we have a young dog at home, and that keeps me moving.



«Prevention contributes a lot to the health of every individual.»

Jörg Hannsen
Head of Human Resources,
GF Casting Solutions, Schaffhausen (Switzerland)

At GF Casting Solutions, occupational safety and health protection are among the top issues. Since 2015, we have been using our “Zero risk” campaign to make employees around the world aware of potential hazards in the workplace and help bring about a lasting change in safety awareness in the company. This is important, because prevention already contributes a lot to the health of each individual. I’m always delighted by the many local initiatives at our locations. These include sports activities, offers of advice on nutritional issues and help with handling stress the right way. There is also a new “Demography” working group to deal with the rising average age of our workforce. I myself switch off two to three times a week in the gym or while running. One of the things that has always helped me is that I consciously focus on the positive aspects of life.



«Health has a physical and a mental aspect.»

Jean-Marc Hug
Head of Human Resources,
GF Machining Solutions, Meyrin (Switzerland)

When talking about health, there are two aspects to consider. Apart from the physical aspect, we also have to think of our mental health. In this regard, we at GF Machining Solutions place great emphasis on the 7 Habits® philosophy and foster a culture of collaboration. In addition, we believe that the continuous modernization of our office and production facilities has a positive effect on health. We want our employees to work in a state-of-the-art working environment that is not only beneficial for their physical health but which also motivates and inspires them. The various initiatives at our sites worldwide are also important. At some locations there is a real club culture, with offerings ranging from soccer, bowling, or tennis to fishing and photography. Given that I myself do not have much time for practicing sports regularly, I try to integrate small exercises into my daily routine. Whenever possible, I take the stairs instead of the elevator and my bicycle instead of the car. To relax, I usually draw or play the guitar – both great ways to maintain mental health.

Promoting the health of employees

Whether through ergonomic workplaces, sporting activities, vaccinations, or advice on nutrition, GF sites worldwide do a wide variety of things to promote the health of their employees. There is an increased focus on mental health services, such as courses on managing and preventing stress. Knowing that employees today are exposed to many influences, the company is committed to the health of its workforce. Peter Ziswiler, Head of Corporate HR, is well aware that “employee health concerns us all and should be equally supported by all. It starts with high safety standards in our production plants and ends with a corporate culture based on shared values.”





From collective sporting activities outside work hours through healthy snacks, yoga, and stretching at work to advice on specific health issues, GF locations around the world are dedicated to improving employees' health: 1. GF Machining Solutions, Beijing (China); 2. GF Casting Solutions, Altenmarkt (Austria); 3. GF, Schaffhausen (Switzerland); 4. GF Machining Solutions, Bangalore (India); 5. GF Piping Systems, El Monte (USA).



“It’s vital to spot the alarm signals early”

Gabriela Herzog Zah has a degree in social work and has been Head of GF Employee Counselling in Schaffhausen (Switzerland) since 1994.

Why is employee health an important issue?

Healthy employees are more contented, more motivated, more productive, and have fewer accidents. They cope well with challenges in their private and working lives while keeping their energy levels under control. This means that they create the counterbalance they need to their work, for example through sports or by consciously seeking out time for relaxation. If the employees are well, also GF is doing well.

Has your work changed over the years?

In recent years, it’s been recognized that the psyche plays an important role in most physical illnesses, no matter what position an employee is working in. Today, we increasingly advise specialists and executives who are reaching their mental limits. The psychological strain can be triggered by work-related stress situations, but is often made worse by private difficulties. But no matter whether their problems have to do with their health, their private lives, or their work, employees should receive the greatest possible support from their employer.

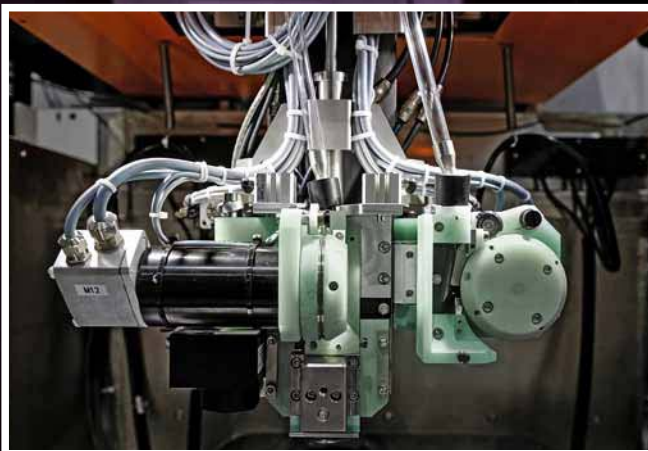
The GF Employee Counselling offers various prevention courses. Why is prevention so important?

It’s vital that we talk openly with our employees about topics such as burnout, stress, or mental health in order to break taboos. If employees and managers know how to recognize alarm signals, it is easier for them to spot changes in behavior among colleagues and employees. If something is obviously wrong – impaired performance at work, for example – the problem is usually already very advanced. As a rule, employees try not to attract attention for as long as possible, even if they have already experienced considerable problems in their private lives. That’s why it’s essential to address even small changes in behavior adequately at an early stage. That makes things easier for everyone.



Read the entire interview at
globe.georgfischer.com

OUR LOCATIONS
LOSONE (SWITZERLAND)



In Losone Zandone GF Machining Solutions manufactures more than 1'000 wire-cutting and die-sinking EDM machines per year.



Rooted, committed, and cosmopolitan

The Losone (Switzerland) location has been producing Electrical Discharge Machines (EDM) for the world market for over 60 years. From this site, GF Machining Solutions also operates the sales activities of machines, parts, and services in more than 40 countries. The proximity of production and sales has resulted in valuable synergies.

Lake Maggiore is a fascinating place. The blue sky, bright shining sun, and glittering water hold a particular attraction. Which is why the locals are joined by numerous foreigners in summer, transforming Locarno (Switzerland) and its surroundings into an international stage. The GF Machining Solutions location in Losone, a neighboring village of Locarno, is equally international. In 1957 the former Agie SA ("Aktiengesellschaft für industrielle Elektronik", acquired by GF in 1996) opened a production plant for die-sinking EDM machines in Losone Saleggi, to which an administration building was added in the 1960s. Due to capacity reasons, production moved to the nearby Losone Zandone in the 1970s. The factory building with the striking saw-tooth roof in Losone Saleggi and the administration building are still owned by GF Machining Solutions. Today they house offices, a large auditorium for customer events, and a TechPoint for machine demonstrations.

In Losone Zandone GF Machining Solutions today manufactures more than 1'000 wire-cutting and die-sinking EDM machines per year in two production lines that cover a space of 55'000 square meters. "The growth rate is currently five percent," says Juri Cugini, Head

of Technical Unit EDM. He worked as Head of Production at Losone Zandone for several years and knows the particularities of this location. "In our plant we not only assemble the EDM machines but also fabricate the electronic boards for the machines ourselves," he explains. "We turn out 70'000 boards a year here." Juri Cugini is responsible for the 470 employees in Losone Saleggi and Zandone as well as for 50 employees working in R&D, application technology, and technical support in Geneva. "In the past we also produced EDM machines in Geneva. The employees who still work there continue to support us in maintaining the high standard of our EDM technology knowledge base for customer support," Cugini explains.

"We sell solutions"

Customers and employees alike value the Losone location because of the proximity of EDM production and international sales. "If, for example, we receive a customer order for an EDM machine, we can coordinate its manufacture with the production department on site," says Thomas Wengi, Managing Director of the sales company GF Machining Solutions International SA. He and his 140-strong team are responsible for selling the entire GF Machining Solutions portfolio and corresponding services in over 40 countries. In addition to EDM >



Vera Camozzi – the pragmatist

Before taking on the role of Head of Logistics in the Technical Unit EDM at the start of 2018, Vera Camozzi gained extensive experience in strategic procurement at GF Machining Solutions. What she enjoys about her current responsibilities is the variety of tasks, which cover planning, sales, warehousing, and IT. Her pragmatic approach often pays off in ensuring an end-to-end supply chain. She enjoys working in Losone because of her colleagues and the natural surroundings, including Lake Maggiore, but also because one of her favorite places is nearby: Ronco sopra Ascona, which is known for its breathtaking view of the lake.



Reto Gallera – the communicator

Although he only started at GF Machining Solutions International SA in March 2018, Reto Gallera already feels that he is part of one big family. The EDM Sales Support & Project Manager enjoys the contact with colleagues, suppliers, and customers, and the international environment. Besides Italian, he can also use his English, French, Spanish, and German skills. Losone is situated in a fantastic region for him. The area not only offers a wide choice of leisure activities such as skiing, kite surfing, and gliding, but also an impressive setting for a lunch break.



David Fattibene – the solutions developer

David Fattibene has been working in the Technical Unit EDM since 2006 as a Technical Production Manager. In 2008, David moved to Beijing (China), where he helped to set up EDM production. Since returning to Losone in 2011 he has been responsible for lean processes and continuous improvements in production. What he particularly enjoys about this is the further development of ideas and solutions. In his spare time, David is a passionate photographer and mountain biker. The region around the Melezza and Maggia rivers is the perfect setting for his hobbies.



Alessandra Magistra – the purposeful one

Alessandra Magistra, a Project Controller since summer 2017, gains insights into all the processes at GF Machining Solutions International SA. Thanks to her tasks in the finance department, in the services department, and in cost control, she is familiar with the connection between processes in different departments. Alessandra likes the challenge of continually facing new situations. She is just as focused in her work as she is when practicing Aikido, a non-violent Japanese martial art. Her new hobby of sailing on Lake Maggiore offers some welcome variety.

› machines, the portfolio also includes Milling and Advanced Manufacturing Technologies, combined with Tooling and Automation solutions. “If a specific EDM machine isn’t available at our TechPoint for a customer demonstration, we can easily perform the demonstration in our nearby production facility,” Wengi continues.

The sales company provides customers with comprehensive support, from machine planning to support throughout the entire lifetime of the machine. Sometimes, used solutions are bought back and sold on to other customers. This is why Thomas Wengi prefers to talk about “solutions”, rather than just “machines”. From Losone, GF Machining Solutions International SA supplies the Swiss, Austrian, and Benelux markets directly, and serves a further 40 countries from South Africa to Russia through resellers and agents. The Swiss market is showing the strongest growth, Wengi says.

Creating prospects for young talent

Juri Cugini and Thomas Wengi both talk of close ties between long-standing employees and their location. “We want to offer our employees jobs which are attractive and secure. And we want to create development opportunities for young people,” Cugini says. The Technical Unit EDM therefore provides in-house training and supports long-term employment, as trained EDM specialists are difficult to find. “Those who come, stay,” Cugini comments. Thomas Wengi appreciates his service-oriented and committed employees: “They are proud to be members of the GF family. They enjoy trying hard and doing their best to meet the needs of our customers. We’re always focusing on joint success”. ■

AT A GLANCE

Company:
GF Machining Solutions,
EDM production site

Part of GF since:
1996

Employees:
470

Competencies:
Manufacture of wire-cutting and die-sinking EDM machines including electronic boards for the mold and die, electrical, and watchmaking industries



Company:
GF Machining Solutions
International SA, international
sales company

In Losone since:
1998

Employees:
140

Competencies:
Sales and service of EDM,
Milling, and Advanced Manufacturing solutions as well as Tooling and Automation for customers in over 40 countries



More pictures at
globe.georgfischer.com



Both EDM machines and machine electronics (shown below) are assembled at the Losone Zandone plant. Juri Cugini (top L., r.), Head of the Technical Unit EDM, previously worked as Head of Production at Zandone and knows the particularities of this location. In nearby Losone Saleggi, Thomas Wengi (top L., l.) is responsible for selling the entire GF Machining Solutions portfolio and corresponding services in over 40 countries.





Jasmina von Arx is an apprentice in plastic technology at GF Piping Systems in Schaffhausen (Switzerland). For her the development project week in Bolivia was a formative experience.

**JOIN IN
AND WIN!**
Are you committed to social causes?
Does your colleague help those in need?
Then we would like to hear your story:
globe@georgfischer.com
All entries will be included in our
competition on page 40.

HEART AND SOUL
DEVELOPMENT PROJECT WEEK

Insight into another world

At the end of July 2018, 16 GF trainees from GF in Schaffhausen (Switzerland) embarked on a special journey: they spent a development project week in Bolivia to mark 100 years of apprenticeship within the company.

During the first part of the journey, the young people headed into the Andean highlands, where Caritas Switzerland and Caritas Corocoro, supported by the GF Clean Water Foundation, are improving the drinking water supply in several villages. In conversations

with the local population, the apprentices experienced first-hand how the improved water supply has changed people's lives.

The group then traveled to El Alto, a suburb of La Paz, where Caritas Switzerland, together with its partner organization ENDA (Environmental Development Action in the Third World), takes care of girls between the ages of six and 18 who live on the streets or experience violence at home. The young adults worked together to give the inner courtyards at the therapy centers a colorful makeover. Interactions with the local girls are an abiding memory for Jasmina von Arx, an apprentice in plastic technology: "They were all very friendly and open-minded. I was impressed by the way they deal with their situation." For her and the other 15 young people, the development project week was a formative experience: "I'll remember that visit for a long time. The journey made us all more thankful for things we often take for granted at home." ■



During their one-week trip through Bolivia, the 16 GF apprentices also visited the famous ruins in Tiwanaku near Lake Titicaca.



For great photos, videos, and personal impressions, please visit the Bolivia blog at bolivien-blog.ch/en

TAKE AWAY

Fit in everyday life

Integrating a healthy lifestyle into everyday life can be difficult. But one doesn't have to start training for a marathon to get fit. It's more important to set realistic goals in order to improve the way you feel every day. Even small changes can make a difference. For example, did you know that ...



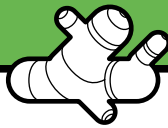
... IT TAKES JUST 15 MINUTES OF EXERCISE A DAY TO STAY YOUNG?

As little as 15 minutes of exercise a day is enough to significantly increase your life expectancy. Whether you ride a bike, take a brisk walk, swim or jog is up to you. What is important is that you do it every day.



... DRINKING WATER IN THE MORNING MAKES YOU HAPPY?

Drinking a glass of lukewarm water on an empty stomach provides your cells with valuable fluids after a long dry spell during the night. It stimulates your metabolism and removes toxins from your body so you can enjoy a more productive and happy start to your day.



... GINGER HAS HEALING PROPERTIES?

In South and East Asia especially, ginger is used as a spice and remedy. The ginger root has antibacterial properties, helps treat colds, improves circulation, and alleviates stomach problems. In winter in particular, try swapping your coffee for a cup of ginger tea: simply cut the ginger into thin slices, pour over boiling water and leave to steep so all the goodness can unfold.



... ST JOHN'S WORT LIFTS YOUR MOOD?

In naturopathy, St. John's Wort is often described as a "natural antidepressant". Taken in the form of tea or capsules it is very effective in getting rid of somber thoughts and lifting your mood.



... CONSCIOUS BREATHING REDUCES STRESS?

Conscious, regular breathing can lower your blood pressure, reduce stress, promote creativity, and help your body detoxify. This is how you can train yourself to breathe correctly:

- Stand or sit upright. Breathe in through your nose and make sure you breathe into your belly; your chest should hardly move.
- Take a slow, deep breath in – count to four.
 - Hold your breath – count to six.
 - Let a long breath out – count to eight.
- Repeat this exercise five times.



... SUNLIGHT HAS A SIMILAR EFFECT TO CHOCOLATE?

Sunlight can work wonders, especially in winter, as fine weather has a positive effect on mood and health. When the sun shines your body produces more serotonin, also known as the happiness hormone. A similar effect is achieved when you eat a large quantity of chocolate.

MY HOME
PITEȘTI (ROMANIA)



**JOIN IN
AND WIN!**

Would you like to present your home to your GF colleagues? If so, please send an e-mail with "My home" in the subject line to globe@georgfischer.com. All entries will be included in our competition on page 40.

The combination of green spaces and urban life is what makes Pitești special

With a Dacia plant and various auto suppliers, Pitești is the heart of the automotive industry in Romania, but with its 167'000 inhabitants, it is so much more than just another industrial city. A variety of parks offers oases of tranquility and represents a stark contrast to the tall glass and concrete structures in the city center. The combination of green spaces and urban life is what makes Pitești so special.

It really does have the right park for everyone, whatever your taste: while Park Trivale in the western part of the city is great for relaxing, I generally meet my friends in the Arges Meadow Park in the east of Pitești to play tennis, badminton, or football. The Strand Park hosts some excellent open-air theater over the summer months. There is much to

see in the city center as well. For example, the Arges County Museum is a highlight for art lovers and science buffs alike. My personal favorite is the planetarium, though the Princely Church is also well worth a visit, having been built for Prince Constantin Șerban and his wife Princess Bălăsa between 1654 and 1658. Just 500 meters away you can see the musical fountain in front of the town hall, which springs to life at sunset with a glorious interplay of light and water to musical accompaniment.

I live in the Prundu neighborhood of Pitești with my husband. During the week, I catch a ride with one of my colleagues to GF Casting Solutions in Bradu, which is around ten kilometers away from Pitești. ■



Catalina Stanescu

works in the Sales department at GF Casting Solutions in Bradu, south of Pitești. Her tasks involve preparing offers and assisting customers. In addition, she takes care of marketing and branding topics.

A day in Pitești



MORNING

HISTORY, ART, AND MORE



Start the day with a visit to the Arges County Museum. It is located in a former palace from the 1890s and has permanent exhibits on a great variety of topics, including fine arts, folklore, history, ecology, sport, and minerals. Astronomy fans such as myself are sure to love a visit to the planetarium.



LUNCHTIME

WANDER IN THE PARK

Anyone visiting Pitești should definitely go to one of the many parks. The biggest – Park Trivale – was created inside an old oak forest and is perfect for leisurely walks or a picnic. The Trivale Hermitage church from 1672 nestled in the middle of the park is also a must-see.



More impressions of Pitești can be found at globe.georgfischer.com



EVENING

WATER, LIGHT, AND MUSIC



In the evening, I recommend going for a relaxing dinner in the center, perhaps at Pizza Luca, which is one of the best pizzerias in Pitești. From here, it is just two minutes' walk to the historic town hall and the musical fountain. You are sure to be impressed by the beautiful display of water, light, and music. Head on to one of the many bars and cafés to round the evening off with the locals.

GLOBE 4-2018 IMPRINT

Published by

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Production

Signum communication GmbH,
Mannheim (Germany)

Translation

CLS Communication AG, Glattbrugg-Zürich
(Switzerland)

Printing of the Chinese edition

DE Druck Europa GmbH, Berlin (Germany)

Printing of other editions

abcdruck GmbH, Heidelberg (Germany)

Image credits

Acciona, Christian Åslund, Alberto Bernasconi,
Jonathan Bloom, Draegenz, Iakov Filimonov/
123RF, Marius GODOI/Shutterstock.com,
Manchul Kim, Oliver Oettli, Helmut Scham,
Shutterstock, Kai Tirkkonen, David Zentz

Other images: GF



Globe is published four times a year in German, English, French, Italian, Romanian, Turkish, Spanish, and Chinese with a total print run of 9'000 copies.

The next issue will be published in March 2019; the editorial deadline is December 14, 2018.

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COMPETITION

Take your chance!

Win an iPad Air 2, Bose wireless headphones, or a JBL Bluetooth speaker. A prize draw will be held among all employees who send in entries under the sections **Hello!**, **3×3**, **Heart and soul**, and **My home**. Send an e-mail to globe@georgfischer.com with the appropriate subject line. We look forward to hearing from you. The winners will be announced in the next Globe.

Conditions of entry

The competition is organized by GF. All employees of GF are entitled to take part. The winner will be established by means of a draw among all submissions entered within the deadline. Cash payment, payment in kind, or an exchange of prizes are excluded. Participants agree to their name being published if they win. Any recourse to legal action is excluded.

**JOIN IN
AND
WIN!**

Here are the winners of the last competition:

- 1st prize:** Sabrina Bjelajac (GF Machining Solutions in Switzerland)
- 2nd prize:** Rahnian Mutiaram (GF Piping Systems in Indonesia)
- 3rd prize:** Jiaqiang Cai (GF Casting Solutions in China)

Further entries which could not be included in the printed magazine can be viewed online at: globe.georgfischer.com

The closing date for entries is January 14, 2019.

