

# IMPACT

Quarterly Newsletter



March 2019

Volume 8 | Issue 1

In this edition:

Feature Article

Industry Trends

New at Tri-Mach Group Inc.

Food Safety 101

Project Showcase

## Feature Article

### Tri-Mach's New Headquarters Underway!



Tri-Mach Group Inc. recently announced the construction of their new Elmira-based headquarters. This new facility will be approximately 80,000 square feet, tripling the size of their existing facility. It will provide additional office and manufacturing space needed to continue its growth trajectory.

Through recent years, Tri-Mach Group has experienced incredible growth in both the number of new employees joining the team and total projects taken on. Due to this rapid expansion, the company's operations have quickly outgrown

the capabilities of its current facility.

Tri-Mach's new headquarters will allow for all staff to reside under one roof and most importantly, allow for improved process flows in manufacturing. The larger manufacturing space will allow Tri-Mach to take on larger-scale turn-key projects and accommodate full factory testing of customer product. It will also provide additional space for new equipment and support the hiring of 25 new jobs over the next 2-3 years.

Not only will this new building bring additional workspace to

the company, but also contain advancements and upgrades which will provide a high level of employee engagement and satisfaction. Throughout the building's conception, Tri-Mach Group has turned to their employees for suggestions on what components to include within the new building to help create a more welcoming/comfortable atmosphere for the team. Some of the upgrades will include an employee fitness center, larger kitchen/lunchroom area, additional green initiatives, and more.

Construction on the new building is scheduled to be completed by winter of 2019, at which point all Tri-Mach Group operations and staff will move from the old location into the new one next door. The company is excited for the new building and looks forward to all the benefits it will bring in the years to come.



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# Industry Trends

## Can a Meat-Free Diet Lead to Depression?



Recent studies are finding that vegetarian and vegan lifestyles can lead to a higher chance of depression and other mental disorders, thought to be derived from a lack of essential nutrients found in meat. With a carefully monitored diet and help from additional supplements, it is possible to live a meat-free lifestyle with no issues arising; however, individuals not taking supplements may be risking negative side effects over time.<sup>1</sup>

In past years, the idea that meat and animal fats will have a negative impact on our bodies has been imbedded in our minds. Due to this mentality, many people have turned

to a diet with less, or no meat, for the sole purpose of improving their physical and mental health.

The human body requires many nutrients from our diet, which each contribute to our mental health every day. Many of these nutrients can be found within meat products, with a few being derived solely from meat. Two of the nutrients with the largest impact on an individual's mental health include B12, and omega-3 fats EPA and DHA (eicosapentaenoic acid and docosahexaenoic acid).<sup>1</sup>

B12 is a nutrient derived from animal products such as beef or seafood that plays an essential role in the production of red blood cells. A deficiency in B12 decreases the brain's serotonin levels, responsible for controlling your brain's mood. These lowered levels often result in anxiousness and depression over time. Recent studies have found that up to 77% of vegetarians and 92% of vegans are B12 deficient. To combat this deficiency, non-meat

eaters are recommended to eat more nutritional yeast, coconut oil, and fortified coconut milk, however this still does not offer the same benefits as an omnivore diet.<sup>2</sup>

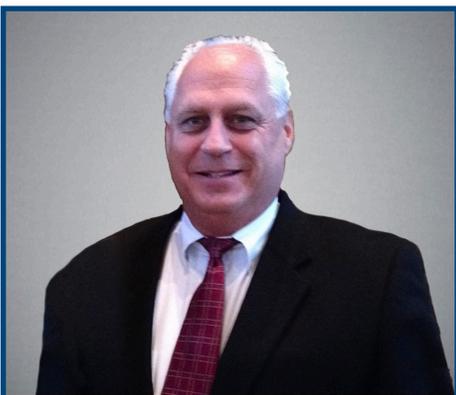
EPA and EHA are Omega-3 fatty acids found in fish and other seafood, which have proven to include many benefits including increasing heart and brain health. Recent studies have shown vegetarians have 30% lower levels of EPA and DHA than omnivores, while vegans have nearly 60% lower levels. Eating 12 to 16 ounces of cold-water fatty fish per week remains the best way to get your recommended amount of EPA and DHA.<sup>2</sup>



1. <https://articles.mercola.com/sites/articles/archive/2017/09/14/vegetarian-depression-risk.aspx>
2. <https://chriskresser.com/why-you-should-think-twice-about-vegetarian-and-vegan-diets/>

## New at Tri-Mach Group Inc.

### Tri-Mach Group Announces New U.S. Sales Director



Tri-Mach Group Inc. is pleased to announce the appointment of Stuart Ogilvie as their new US Sales Director.

Stuart joins Tri-Mach with over 30 years of experience providing meat and poultry producers with custom

equipment solutions. Stuart's track record of maintaining long term business relationships with customers in these markets will fuel Tri-Mach Group's expansion.

"Stuart's appointment is part of a strategic growth plan that involves penetration into the United States and Latin America. Our company's continued success is based on hiring and retaining great people like Stuart. We are excited to have him expand our reputation in custom sanitary design and fabrication south of the border," states Krystal Darling, CEO of Tri-Mach Group of Companies.

The expansion within the U.S. stems from the high demand of meat and poultry within America, resulting

in a raising number processing plants opening across the country. Throughout U.S., the amount of livestock has been steadily growing over the years, with the amount of hogs alone increasing over 2% from 2017 to 2018. The meat and poultry industry represents the largest segment within U.S. agriculture, with meat production totaling 52 billion pounds in 2017 and poultry reaching 48 billion pounds.<sup>1</sup>

Tri-Mach Group is excited to welcome Stuart to the team and looks forward to expanding their products and services to new customers within the United States and Latin America.

1. <https://www.meatinststitute.org/index.php?ht=a/GetDocumentAction/i/148858>

# Food Safety 101

## Choosing the Right Conveyor System

In recent years, conveyors have become an essential part in the food manufacturing process, helping to increase efficiency and decrease labour costs. With all of the customization available in the market today, there are various factors to account for in the purchase of a conveyor. It is important for the buyer to look at the bigger picture of the system and how it will integrate into their process, taking into account the installation, startup, spare parts, maintenance and power, along with other factors.<sup>1</sup>

Due to consumer marketing and trends, manufacturers are dealing with increased SKU's, shorter runs, and the requirement for versatility within conveyor lines. It is essential to find a conveyor manufacturer who will look into the entirety of your operation to find what's best for your specific process. The right system should not only raise the operation's efficiency but also reduce any sanitary risks along the way. Customers should look to provide details and answers to



some questions in order to provide a customized solution. Some questions the supplier will take into account include:

- What is the specs of your product(s)?
- What are your sanitary requirements?
- How often will the system be washed?
- What's the rate of production?
- Is space tight, requiring turns/inclines?
- Is the line manual or automated?

Perhaps as important as the quality of the conveyor, is the experience and reputation of the supplier you choose. Obtaining customer references and information on similar products will assist you in learning about the process. A good supplier will take on

the responsibility and complete the project to meet each of the needs of your application. Most often a "one size fits all" conveyor cannot meet the needs of your process, so ensure the conveyor is being fit to your process rather than fitting your process to the conveyor.<sup>1</sup>

For any conveyor project, ongoing communication and meetings with the supplier will ensure all the needs are met and that every precaution is being taken during the integration. All components within a food manufacturing line should work together to best augment the overall operation. In a market full of competition, the key is to select a partner that adds value both before and after the sale is complete.

With over 30 years of experience, Tri-Mach Group has the expertise to take your production process to the next level. Contact our sales department today to begin your first step to creating the perfect custom solution, specifically tailored to your needs and regulations.

1. <https://www.manufacturing.net/blog/2018/12/adding-value-your-conveyor-system>

## Project Showcase

### Matt and Steve's



Matt and Steve's is a food manufacturer based out of Mississauga, Ontario, most well known for their 'Extreme Bean' Caesar garnish. Due to success in recent years the company has moved

into a new facility with a production area approximately four times larger than their previous facility. For this new facility the company chose to implement an entire new production line, with efficiency and sanitation being of utmost priority.

Matt and Steve's reached out to Tri-Mach Group to find a method to better stage their operation, in order to improve on their current manual, process. The solution was a fully integrated conveyor line which transports fresh produce through each step of the preparation process.

With Tri-Mach Group's new

production line now in place, all products are automatically transported along the preparation process, bringing each components directly to the workers. With these improvements, efficiency has increased drastically over their previous operation, and production volume has the capacity to increase up to three times.



1. <https://can.mattandsteve.com/>

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March 2019  
Page 3

## A Message From Our President

It was a very successful final quarter of 2018 at Tri-Mach Group, with a large number of projects and events taking place over the past few months. As we look back on 2018, we are reminded of how far we have come over the year and eager about how much further we will go in 2019.

In December we were able to thank all of our hard working employees and their families at the Tri-Mach Group of Companies Christmas Party, which included dinner, awards, dancing, and more. We would like to say thank you to our sister companies, Advance Millwrights and Industrial Contracting Solutions, for all the hard work they have put in over the past year. Each company within our group of companies help to complete the puzzle, ensuring we meet every need of our customers.

We have hit the ground running already in 2019 with the exciting news of Tri-Mach Group's new headquarters coming at the end of the year, as well as the growth of the U.S. Division. Each of these expansions will help our company grow and broaden our capabilities, both locally and globally.

We have a big year ahead of us at Tri-Mach Group, with many elements to look forward to along the way. Here's to a great 2019, which I'm sure will be our biggest and most successful year yet.

Thank you for reading this edition of IMPACT.



**Ryan Martin**  
President  
Tri-Mach Group



## Focused on Food Safety Through Innovation and Quality Equipment Manufacturing

Tri-Mach Group Inc. is a multi-trade, turn-key solution provider specializing in millwrighting, stainless steel fabrication, custom machining, equipment installations and relocations, process piping and electrical services.

We are most noted for our revolutionary Ever-Kleen® Conveyor handling systems; a registered design which offers maximum protection in food safety.

Through innovative and quality manufacturing, we have become an industry leader in the food, beverage and pharmaceutical industries. Our reputation is the key to our success.

We are committed to personal service, top-quality craftsmanship and food safety. Our professional, experienced management and tradespeople are passionate about what we do.

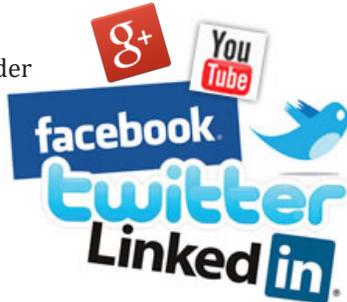
Each Tri-Mach Group Inc. employee exemplifies Best-In-Class service. They are all trained to be HACCP compliant and have received Food Safety and GMP training through The Guelph Food Technology Centre.

## Socialize With Us!

Stay up-to-date with the latest in news and insider information from Tri-Mach Group.

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- YouTube ([youtube.com/trimachgroup](https://youtube.com/trimachgroup))
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## Our Mission is to Create an **IMPACT**

### INTEGRITY

Carry out all tasks with complete dedication to excellence and food safety.

### MOTIVATION

Encourage our people to explore new practices and technology to foster innovation and maintain a competitive edge.

### PROFESSIONALISM

Uphold the highest standards of quality in everything we do.

### ATTITUDE

Maintain a positive approach demonstrating respect and fairness towards our associates, clients, the community and environment.

### COMMITMENT

Dedicated to delivering maximum value and responsive service to our clients.

### TEAMWORK

Work in partnership with our customers to achieve the highest level of success.



## Career Opportunities

We are currently seeking enthusiastic individuals to fill the following positions:

- Sales Account Manager GTA
- Licensed Millwrights
- Millwright Apprentices
- Administrative Assistant (Contract)

Visit: [www.tri-mach.com/careers](http://www.tri-mach.com/careers) to learn more about these opportunities!