

FEBRUARY | 2024

THE BUZZ

THE OFFICIAL NEWSLETTER OF SKG



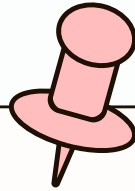
“The busier you are, the more intentional you must be.”

Remember, to speed up, sometimes you need to slow down. Make sure your tasks are actually what you need to be doing to advance the ball. Being busy isn't the same as being effective.

- BGM

SKG Value of the Month!

INTENTIONAL



Yes To What Matters

Intentional

- Purposeful, deliberate, conscious
- Small things + big picture
- Doing the right thing at the right time
- Yes, to the right things/to what matters
- Being selective (time + energy)
- Meaningful connection

All Company Updates

HR Updates

RECRUITING

- Designer (Austin or SA)
- Project Manager (Austin)
- BD (Austin)
- VP Sales (Austin)
- VP Architectural Products (Austin)



PLEASE SEND
REFERRALS TO
LUCIA WOOD

SEND YOUR FEEDBACK TO
SKGFEEBACK@SKGTEXAS.COM

UNLEASH THE KNOWLEDGE!

THESE TIPS WILL SAVE ON
CLARIFICATIONS, EMAILS, TIME
AND \$\$

- Freight really adds up. Please check all your quotes for freight costs and add to Core... especially the “fine print” as that is where it is often called out.
- Remember to provide the purchasing team with your new Herman Miller Essentials number once you receive it. This DOES require you to go on Omni to sign up for one.
- Reminder...San Marcos North and East as well as out of state orders should be designated as Ausitn location. New Braunfels south and West are designated for San Antonio location.
- Please enter client PO#'s on the order header page. This is very helpful on the finance end.

Questions? Tip suggestions?
Send them to the Purchasing Team!



DON'T FORGET

Process Trainings
every Monday at 1:30pm
CORE Trainings
every Friday at 11:00am



MILLERKNOLL UNIVERSITY CONTENT:



MillerKnoll Review:

- All content, resources, and tools are available solely through Omni Resource Portal
- Knoll specials are up to a 15-week lead time
- MillerKnoll Lunch & Learns every other week from now through July

MillerKnoll *Reminders*

- NEXT MKU: Wednesday, February 28th
- Contact Lauran Horvath with questions about Omni Resource Portal
- Cove Collection by Knoll now available!



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WANT TO JOIN? TAKE A TEST DRIVE AT ONE OF OUR MEETINGS EVERY 1ST TUESDAY FROM 12-1. LUNCH WILL BE SERVED

- **BRINGING BACK THE CULTURE CLUB CALENDAR IN OUTLOOK.**
- **MONTHLY HAPPY HOURS IN SAN ANTONIO AND AUSTIN (SA: LAST THURS OF EVERY MONTH / ATX: LAST WED OF EVERY MONTH AT MEANWHILE)**
- **FRIDAY FIVER: MLK SCHOLARSHIP INITIATIVE**
 - **EVERY FRIDAY, DROP A \$5 IN THE AUSTIN JAR OR VENMO @TINA-MEAZELL TO HELP GROW THE MLK YOUTH LEGACY SCHOLARSHIP TO \$1,000**
- **GIVE BACK KICK BACK**
 - **LOG VOLUNTEER HOURS IN THE GIVE BACK KICK BACK SMARTSHEET. FOR EVERY HOUR VOLUNTEERED, YOU'LL GET ONE RAFFLE TICKET FOR A CHANCE TO WIN \$1,000 WORTH OF FURNITURE. UPLOAD A PICTURE VOLUNTEERING IN SKG GEAR AND YOU'LL GET ONE ADDITIONAL TICKET THROWN IN THE RAFFLE.**
 - **WE'LL DRAW A LUCKY WINNER EVERY QUARTER.**
- **ONGOING EFFORTS WITH LIRIOS PEDIATRIC CENTER**
- **UPCOMING EVENTS**
 - **FEB 13: MARDI GRAS CELEBRATION WITH KING CAKE & CHAMPAGNE TOAST**
 - **FEB 13 / FEB 21: SA MESSAGES / ATX MESSAGES WITH MONICA**
 - **FEB 28 / 29: MONTHLY HAPPY HOUR (ATX/SA)**
 - *****MARCH STEP CHALLENGE*****



We take pride in
being part of
both the culture
in our community
and our culture
within SKG!



SKGer OF THE MONTH



*Natalie
Hewlett*

February is...



BLACK HISTORY MONTH IS AN ANNUAL CELEBRATION OF THE ACHIEVEMENTS AND CONTRIBUTIONS OF AFRICAN AMERICANS IN THE UNITED STATES. IT HONORS BLACK PEOPLE FROM ALL PERIODS OF U.S. HISTORY AND IS A TIME FOR RECOGNIZING THEIR CENTRAL ROLE IN SHAPING OUR COUNTRY.

AMERICAN HEART MONTH

This February marks the 51st anniversary of American Heart Month. Heart disease is the number one killer in the U.S., claiming more lives than all cancers combined. Take steps to lower your risk for heart disease this month and throughout the year. Follow the tips below to get started on your path toward heart health.



- **Be Active.** Physical activity is one of the best ways to fight off heart disease and other chronic conditions. At least 30 minutes a day is ideal. Can't do a full 30 minutes? Split your exercise into 10-minute increments.
- **Maintain a Healthy Diet.** Include a variety of fruits and vegetables, whole grains, low-fat dairy products and lean protein sources (poultry without skin, seafood, processed soy products, nuts, seeds, beans, peas). Avoid foods that are high in fat, sugar & sodium. Eating foods low in saturated fat & cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.
- **Avoid smoking altogether.**
- **Limit Alcohol Use.** If you choose to drink alcohol, limit your intake - no more than one to two drinks a day. Alcohol can increase blood pressure.
- **Know Your Numbers.** Check cholesterol & and triglyceride levels regularly. Monitor blood pressure and get tested for diabetes. Staying informed will allow you to better manage your health and prevent certain health conditions from developing.

If you have heart disease or diabetes, it's not too late. Following these preventive tips can help manage or improve your condition. Also be sure to take all medications that have been prescribed to you. Talk your healthcare team about what you can do to prevent or treat heart disease.

MOLTEN DOUBLE CHOCOLATE MUG CAKE

ACTIVE TIME: 1 1/2 MINS | TOTAL TIME: 3 MINS | YIELD: 1 MUG CAKE

A WORD TO THE MUG-CAKE-MAKING WISE: THE SIZE OF YOUR MUG AND THE STRENGTH OF YOUR MICROWAVE WILL BOTH IMPACT THE SUCCESS OF YOUR CAKE. IF YOUR MICROWAVE IS ALL-POWERFUL, CONSIDER PREPARING AND MICROWAVING YOURS IN A CEREAL BOWL FOR ASSURANCE. IF YOU'RE INTO SHARING, THIS MAKES 2 SERVINGS. IF NOT (ME), CONSIDER IT ONE SERVING.

INGREDIENTS

- 3 TBSP. VEGETABLE OIL
- 1/4 CUP (50 G) GRANULATED SUGAR
- 1 LARGE EGG YOLK
- 1/2 TSP. VANILLA EXTRACT
- 3 TBSP. SOUR CREAM
- 1/2 TSP. BAKING POWDER
- 1/2 TSP. KOSHER SALT
- 3 TBSP. ALL-PURPOSE FLOUR
- 2 TBSP. DUTCH-PROCESSED COCOA POWDER
- 3 TBSP. SEMISWEET CHOCOLATE CHIPS
- VANILLA ICE CREAM, FOR SERVING



DIRECTIONS

- STEP 1 - STIR TOGETHER THE OIL AND SUGAR IN A 12- TO 14-OUNCE CERAMIC, MICROWAVE-SAFE MUG, USING A FORK. STIR IN THE EGG YOLK AND VANILLA, AND THEN THE SOUR CREAM. STIR IN THE BAKING POWDER AND SALT, AND THEN THE FLOUR AND COCOA POWDER.
- STEP 2 - STIR IN THE CHOCOLATE CHIPS AND MICROWAVE ON HIGH FOR 1 TO 2 MINUTES, DEPENDING ON YOUR MICROWAVE (IN MY MICROWAVE, 1 1/2 MINUTES IS JUST ABOUT GOLDEN). THE CAKE IS DONE WHEN IT RISES ABOVE THE EDGE OF THE MUG (OR CLOSE TO IT) AND ITS TOP LOOKS GLOSSY AND SET, BUT NOT WET.
- STEP 3 - LET COOL BRIEFLY—IT WILL COLLAPSE—SORRY, BUT TRUE. THE CENTER WILL BE MORE MOLTEN-LIKE THAN CAKE-LIKE, VERY SOFT, AND VERY HOT—BE CAREFUL! ENJOY ASAP WITH VANILLA ICE CREAM.

HAPPY MARDI
VALENTINE FAT
PUPPY TUESDAY
PRESIDENT'S
GRAS

SG