

Sabin Announces Nitric Acid Group!

Sabin Metal Corp., East Hampton, NY will offer its recovery and refining capabilities for PGMs to producers of nitric acid, according to an announcement from Kevin M. Beirne, vice president of sales and marketing.

Beirne also said that, for the first time, Sabin will offer palladium recovery gauzes for nitric acid processes; the gauze is used for capturing platinum which is lost from the catalyst during the initial stages of the nitric acid formulation process.

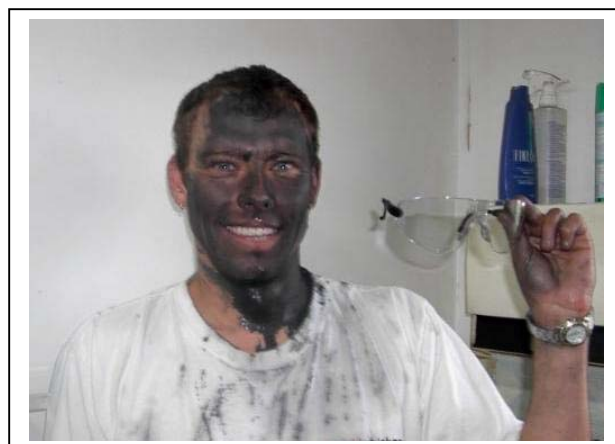
In conjunction with this announcement, Beirne added that Alan E. Heywood has been appointed director, PGM Recovery Systems, for the company's Nitric Acid Group. Heywood has extensive experience in this industry, especially in the area of precious metals recovery from oxidation catalysts used in nitric acid production, and has been associated with a number of international precious metal refining organizations.



Alan E. Heywood – Nitric Acid Group Director

Hello from Canada,

Well here we are October 1st, 2004 and the weather has been nicer now that it has been all summer. We here at SMC (Canada) Ltd. are preparing for winter and weekend ice fishing. Did you know that most of your diehard fishermen (women) use canned peas for bait? Try it, it works wonders. Let your peas float in the ice hole and when your fish come up to take a "p", grab the fish and throw it on the ice. Talk to Tom Brady, he learned this from the Canadian Gang.



We hope your safety program is working well. As for our crew, we have achieved on Oct. 01, 2004 - 464 days. Attached is a photo of our employee Derek Croxall covered in a floatation concentrate. Fortunately he had been wearing his safety glasses and he was not hurt. The picture tells the story – "Wear your Safety Glasses".

Have a safe October both at home and at work.

PS. Enjoy your holidays!

Employees News

Lin Yao & Sam Fronk were the winners of drawing for the Buffalo Bills tickets. Most of us hope you enjoy the games {the rest are pouting}.

Samantha & Doug Hesse are awaiting the arrival of their first child, later next year. Congratulations to both of them.

On August 24, 2004, **Robert Homer** (Maint.) celebrated 25 years of service at Sabin Metal {Scottsville}. Thank you Bob.



Vicki & Shawn Strong welcomed in John William Appleby Strong on September 18, 2004 at 11:00am. He tipped the scales at 9 pounds 5 ounces {or 135.8 troy oz.} Mother, Father, Baby & Big Brother are all doing fine.



During Vicki's absence **Doris Rothrock** has taken over responsibilities in Accounting on a part time basis. If you get a chance, stop by and annoy her.

"Can I Have Your Attention Please" 10/12/04 is Gail Heale's birthday. Happy Birthday Gail!

At the Scottsville Plant there has been some old faces back in our midst. We would like to welcome them back and extend our thanks for their help.

Retiree News

We at Sabin Scottsville wish all of our retired co-workers a Happy and Healthy New Year! Please let us know what is going on with you so we can pass it on. Contact Sherrye in Human Resources.

Holiday Stress Tips

(HealthDayNews) -- The holiday season brings shopping, traveling, school exams, end-of-the-year business and parties, parties, parties.

Not surprisingly, the winter holiday season also means less sleep for most people. At the very least, getting by on less than your regular eight hours will make you grumpy at the office holiday party. At its worst, sleeplessness could lead to tragedy on the road.

To make your holiday a safe one, follow this advice from the National Sleep Foundation and the American Automobile Association:

Don't drink and drive, especially when you haven't had enough shut-eye. Lack of sleep can make one drink feel like four or five.

Keep your regular sleep schedule, going to bed and waking up at the same time every day of the week.

Limit eating and drinking before bedtime. A small snack is okay but caffeine, nicotine and alcohol are not.

Continue to exercise regularly.

If you're traveling, get a good night's sleep before your trip. This means at least 8 hours for adults and 8.5 to 9.25 hours for teens.

Don't drive early in the morning or late at night, times when you're normally asleep.

Schedule regular stops, every 100 miles or two hours.

Avoid alcohol and medications (such as antihistamines) that may impair performance or make you drowsy.

Make sure you have a companion to help keep you awake.



Hope everyone's Holidays are Safe &

Hanni

Submit news for any section of the Nugget to Sherrye in Human Resources (ext. 292)

Submissions for the January issue are due by Monday, December 27, 2004