



# Grain Exchange Bulletin

A Newsletter for Grain Exchange Building Tenants

Issue 5, January 2008

## Winter Safety Reminders

As we venture into the coldest months of the year, please remember to be safe. Here are a couple tips to show you how:

- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears. Also, mittens keep your hands warmer than gloves.
- For those who wander out on Minnesota's 10,000 lakes, be careful! The thickness DNR recommends is 4 inches to walk, 8-12 inches for a small car or truck, and 12-15 inches for a medium truck.
- For more winter weather tips, check out these web sites.

<http://www.dnr.state.mn.us/safety/ice/index.html>

[http://www.redcross.org/services/disaster/0,1082,0\\_595\\_,00.html](http://www.redcross.org/services/disaster/0,1082,0_595_,00.html)

<http://www.redcross.org/services/hss/tips/coldweather.html>

## Holiday Season Stretch You Thin?

The MGEX has a way for you to earn some extra cash while continuing the spirit of giving after the holidays.

All Grain Exchange tenants and their employees are invited to take part in the MGEX Tenant Referral Program. This program enables you to get paid for referring new tenants to the building.

Please contact Cindy Cotcamp at [ccotcamp@mgex.com](mailto:ccotcamp@mgex.com) or (612) 321-7170 for more information.

## Save the World, One Piece of Paper at a Time

The cleaning contractors would like to remind you to designate a central location in your office to place recyclable paper. They will empty the central container each day. Remember, the blue containers are no longer used for recycling paper.

Also, uncrushed cans may be recycled. Please place them in separate bags and leave them in the maintenance hallway at the bottom of the Main Building stairwell.

## MGEX Record Volume

Those of you in the building who trade commodities know the market has been pretty volatile lately. This volatility helped contribute to higher volume and a record breaking year at the Exchange.

The MGEX broke its all-time calendar-year trading volume record with 1,826,807 futures and options contracts trading in 2007. This surpassed the previous record of 1,655,034 in 2006 by 10 percent.

## Where's The Massage Guy?

"The Massage Guy" has not disappeared, he has simply relocated to room 109 in the Main Building. He is still here Tuesdays and Thursdays from 10:00 – 4:00 p.m.

Take a stress break and call Charles at (612) 655-6374 or contact Cindy.

## Building Security Reminder

As it gets colder we sometimes get unwanted visitors in the buildings. Please remember to lock your office doors when unattended at the end of the day to ensure the safety of you and your co-workers.

Also, remember to keep valuables in a safe place in your office.

## Cold Weather Reminder

If you are not comfortable with the temperature of your office and can not change it, contact Cindy.

For safety reasons, space heaters are not allowed in the buildings.

## Blood Drive

Depending on the response, Cindy would like to organize a blood drive in the building. Please contact her if you would participate should we organize one.

**Need More Space?  
Building Questions?  
Contact Cindy at  
(612) 321-7170 or  
[ccotcamp@mgex.com](mailto:ccotcamp@mgex.com)**

**Building Maintenance: (612) 321-7170**