

The Compliance Corner

MBC & AFFILIATES, INC.

"Turning Compliance Into Performance"



A MONTHLY NEWSLETTER TO EDUCATE & ENTERTAIN CLIENTS November 2019

CEO Corner



Welcome back to another month of *The Compliance Corner*! Since this is the month that we in the United States traditionally say, "Thank You" and reflect on all the things we are blessed to have, let me say Thank You to all of our readership for being engaged with us. Also, since this is a special holiday week that honors our veterans, I'd like to send a huge Thank you for your service out to all the veterans and their families out there!

November is also a time when many of you are painstakingly working through your annual budget details.

Please take a moment to check out our Internal & Supplier Auditing services highlighted in our Service of Month section and budget some independent audits to ensure your organization is staying afloat amidst all the rapidly changing global requirements.

Another thing that November brings is Fall FOOD! It's a time when the weather is getting colder and people start pulling out soup, stew, and comfort food recipes that have been passed down from generation to generation. There's just something about the Fall that brings a warmth and calm in our otherwise fast paced life. Whatever your traditions in November, enjoy the smoky warmth of the season and take the time to slow down a bit. November is also a time when amateur grill masters fire up their smokers for some tasty smoked meats. There's nothing quite like the intoxicating smell of a smoker filled with well-seasoned meat humming along on a crisp November day.

In light of the season, I thought I would share a recipe for smoked pork belly chunks. I didn't even think I liked pork belly but kept hearing about it so I decided to try my hand at it. The result was a flavorful, melt in your mouth tenderness that surprised me. The speed at which this dish came together also surprised me. It was only 5 hours from beginning to end. For smoking, that is fast! So, if you generally eat pork, don't pass this by simply because it says pork belly. Pork belly is the same cut of meat as bacon so there's no reason to be cautious of the "belly" part. Here's a picture of the batch I made. I made it for a get together and it was literally gone within 30 minutes of setting it out.



[Here's the link to the recipe, if you'd like to try it yourself.](#)

Enjoy the newsletter and Happy Fall!

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Five Surgeons



Five surgeons were talking about the best patients. The first surgeon said, "Accountants are the best to operate on because when you open them up, everything on the inside is numbered."

The second surgeon said, "Nah—librarians are the best. Everything inside them is in alphabetical order."

The third surgeon responded, "Try electricians, man! Everything inside them is color coded!"

The fourth surgeon said, "I prefer lawyers. They're heartless, spineless, and gutless."

To which the fifth surgeon said, "I like engineers. They always understand when you have a few parts left over at the end."



Smartphone – Evil Distractor or Results Multiplier? by Blaine Oelkers



Just about 2.5 billion people in the world have a smartphone. Some see their smartphone as an evil device of distraction, something they are addicted to, and something that is a time vampire in their life. With its constant notifications and access to all your social media, it certainly could rule your life. But does it have too?

Is it Really Evil?

I recently asked my son if he thought our Apple iPhone's were good for our lives or bad for our lives. Now for the record, he could be biased since he is currently working at Apple in Sunnyvale, California.

What he said was...

"It's just a tool – how you use it is up to you." Bo Oelkers, Software Engineer at Apple

I think that's true. I've seen it used productively and I've seen it used unproductively.

I've seen people totally distracted, constantly checking social media, emails, and text messages – it can be overwhelming. I've seen people walking (and unfortunately driving) totally consumed by their smartphone.

On the flip side, I've seen totally productive uses as well. I start every morning in my You Version Bible App and my Headspace meditation App. I use it all day long to stay connected to the most important people in my life. I'm always only a few clicks away from those I love.

Like Bo said it's actually just a tool. A powerful tool.

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Meet Tyler Harmon



Tyler Harmon brings a robust engineering background to the MBCA Team. His primary focus is on complement and refine Production and Process Controls by leveraging emerging technologies such as Additive Manufacturing and Cloud-based Computing Infrastructure. Tyler has worked in the Medical Device space for 8 years across academia, startups, and multinational biotech companies such as Abbott Labs and Kimberly-Clarke Healthcare.

Tyler has worked as a consultant throughout his entire career. He's built his way up from joining teams as an individual contributor to leading them within global organizations. He received his degree in Biomedical Engineering from the Georgia Institute of Technology in Atlanta. It's there that he grew to love a challenge in both academic and professional life.

As a serial entrepreneur, Tyler has founded and worked for several startups where he provided a breadth of support. His first success was born from his undergraduate research in combat medical devices. He's recently moved into management consulting where he provides strategic support to executive teams.

Tyler has thoroughly enjoyed becoming a member of the MBCA Team. The focus on bringing clients value and ensuring their future success aligns perfectly with his personal philosophies on business.

Tyler lives in Atlanta with his wife Ashley, a fellow engineer but of the civil persuasion. They met at Georgia Tech and have been inseparable since. The young power couple enjoy tutoring kids in their community and hunting for their next investment property. He's also talked her into joining him in his weight training hobby. "I wouldn't recommend arm wrestling her anytime soon. I know from experience." Tyler jokes.

Teamwork Holds the Rolling Stones Together



Even after playing together for more than 50 years, the Rolling Stones still understand the value of practicing together. According to the *Scoro* website, the band commits to two months of rehearsal before every tour.

The routine helps them reconnect with each other's rhythm until they can communicate and perform almost telepathically—Keith Richards knows what's going on just by watching Charlie Watts' left hand, for example. If the tempo of the show starts to sag, a single quick glance between the two sparks a pickup in the pace.

The group understands each member's distinctive roles: Richards is the band's spiritual leader, Watts is the backbone, Ronnie Wood is the mediator, and lead singer, Mick Jagger is the CEO, in charge of everything.

"This is the secret to becoming an excellent team," *Scoro* says. "There is no substitute for the ongoing commitment and deliberate practice required to build better teams."

Tell This One to Your Doctor

Konrad Adenauer, chancellor of West Germany when he was in his 90s, was being examined by his doctor.

"I'm not a magician," the physician said. "I cannot make you younger."

"I haven't asked you to," said the chancellor. "All I want is to go on getting older."

Service of the Month

Auditing Monitor Compliance



Need routine Internal Audit support or help performing audits of your global suppliers? We perform both *internal* & *supplier* audits. We have you covered!

We provide cost effective alternatives to hiring an army of FTE's to support your supply chain.

Ask us how we can put your supply chain qualification and monitoring activities on auto-pilot and, in turn, drastically reduce your costs and compliance risks in this heavily monitored area.

Contact mball@mbcaconsulting.com
for details

Social Media

Where and Why We Spend Time on Social Media

How much time do you spend on social media every day? An infographic from FameMass.com reports that in 2019 the average person spends two hours and 23 minutes a day on social media, up from one hour and 30 minutes in 2012.

Where are they spending their time each day?

Facebook	58 minutes
Instagram	53 minutes
YouTube	40 minutes
Snapchat	35 minutes
Twitter	3 minutes

Why are they on social media?

Stay up-to-date with news	40%
Stay in touch with friends	39%
Find entertaining content	38%
Fill spare time	37%
Network	33%
Share photos or videos	32%
Research products	31%
Because friends are there	30%

Brainstorming Isn't the Only Solution

Fun fact: The man who popularized brainstorming in the 1940s also touted the benefits of solitude when searching for creative ideas. Alex Osborn's book, *Your Creative Power*, described how he brought a practice he'd seen in a previous job to the advertising firm BBD&O (he's the "O").

"The early participants dubbed our efforts 'Brainstorm Sessions,' and quite aptly so," the he writes, "because, in this case, 'brainstorm' means using the brain to storm a creative problem—and do so in commando fashion, with each stormer attacking the same objective."

But he also advised solo thinking. "A good long shower or a hot tub often induces ideas. One reason is that while we bathe, we are shut off from distracting influences." And he describes one particularly fruitful effort:

"Once when I faced a hard creative task, I went to an inn over 100 miles away. Not only was I uninterrupted—not only did I get away from routine—but, because I had made such effort to go so far solely to engage in creative effort, my imagination seemed to work far better. The very taking of that trip tended to sharpen my imagination."

Brainstorming can be useful, but it's not the only tactic for sparking your creativity.



Saving Photos from Instagram

The first thing you need to do is click on the app's profile icon and then on the hamburger menu that is located on the app's top right corner. On the bottom right corner, you should then click on the Settings option. Click on the option marked Account. This will open up a menu bar, on which Android users should click the Original Posts option and iOS users should click on the Original Photos option. Now all you have to do is toggle the button and all original posts shared via your Instagram account will be saved by default on your smartphone.

The app's web version can also be used to save images. Open Instagram in your computer's web browser, open the image you would like to save, and click on the three dots located at the image's top left corner. Tap on the option Go to Post, then right click and open View Page Source. You will then press Command +F and type ".jpg" within the search bar. The first ".jpg" that is highlighted within the code can be copied beginning with 'http://instagram' and pasted to a new tab, which will allow you to right click and save in the traditional manner.

Mark Your Calendar

Nov 17	Take a Hike Day
Nov 19	Women's Entrepreneurship Day
Nov 21	World Pancreatic Cancer Day
Nov 25	International Hat Day
Nov 28	Thanksgiving Day (USA)
Dec 1	Basketball Day
Dec 5	International Volunteer Day
Dec 7	Pearl Harbor Remembrance Day
Dec 9	International Anti-corruption Day
Dec 11	International Mountain Day
Dec 15	International Tea Day

Monthly Quotes

It is health that is real wealth and not pieces of gold and silver. —Mahatma Gandhi

I have no interest in being safe. I do, however, have every interest in being wise. The former is averse to going forward, while the latter is averse to anything but going forward.

—Craig D. Lounsborough

Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality. —Jonas Salk

The way to get started is to quit talking and begin doing. —Walt Disney