

# inside acat

■ Newspaper for customers, friends and employees



## CHEMTECH

The team of the Industrial  
Chemicals Division introduces itself



*Applied Chemicals International Group*  
*Technical Service is our Success*

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*Manfred Zabl*

Dear friends of our company!

This is already the 25th edition of our now quite popular company newspaper, so we are celebrating a small anniversary. For more than 12 years, we have been informing our readers about our activities and achieved developments. Despite the lack of professional journalistic talents, we strive to make our publication interesting and worth reading. We consider it as an alternative to professional media.

This issue mainly deals with the industrial chemicals we distribute. Industrial chemicals are our youngest, but rapidly growing mainstay. The division name was deliberately chosen very generally, as it covers a

wide range of topics and tasks: from the production of paints and varnishes, to various building materials, flame protection coatings and much more. Our team of experienced specialists provides intensive technical support and a comprehensive service in many countries. In this issue, we would like to introduce our interested readers to the perhaps less known activity of our company group.

In addition to industrial chemicals, we are strongly represented in the areas of paper production and environmental technology. In these areas we also distribute chemicals, but the topic is different. For all of our three business areas, the main principle of our company is a top consulting and an intensive partnership-oriented support by our very well trained staff - in delivery as well as in the use of our chemicals. Therefore, many of our products can be used more efficiently and economically, because it is not only important what you use, but also how you use it.

In connection with our activities related to chemistry the question often arises, how can we say that the use of chemicals is environmentally friendly when all chemicals are harmful? We must be aware that chemistry is an important, indispensable part of our life culture, that our whole life is based on chemical processes, that life is all about chemistry! Every day pharmaceuticals save many people's lives, cleaning agents with chemical additives ensure cleanliness and hygiene. Admittedly, there is a difference between naturally occurring and synthetically produced chemical substances. Natural chemistry is self-regulatory, artificially produced chemicals must be used economically and efficiently. In order to do this a comprehensive knowledge is required. The knowledge of how to use them is essential for the responsible and efficient introduction of synthesized chemicals into natural chemical processes.

To ensure that the quality and the safe and healthy use of our products is traceable and guaranteed at every stage of our work, we have subjected ourselves to the criteria of the world's highest standards and we have been a „Responsible Care“ certified company for many years.

I hope you enjoy reading this anniversary edition of Inside ACAT and I wish you happy and relaxing holidays and a successful and happy 2018!

Manfred Zabl  
CEO Applied Chemicals International Group



# IC – INTELLIGENT CHEMISTRY

## ACAT Division chemtech, innovative and reliability for the chemical industry

The smallest division of ACAT supplies high-quality products to many branches of the chemical industry. The key factor for the success of the division is the high motivated team.

**AUTHOR:**  
**PHOTOS:**

**ALEXANDER FRANK**  
**CHRISTINE NESTLER-KENZIAN**

Firstly, a brief presentation of the division chemtech. The basis for growing sales is committed and motivated employees. Their expertise and their tireless efforts make it possible to succeed in the harsh competitive market of special chemicals used in many different

applications and quantities. I would like to introduce this team in alphabetical order.

Sara Dominguez is our youngest team member. Since July 2017, she has been responsible for sales in Switzerland. In addition, she supports our service in Switzerland and Austria. With her quick understanding and her high motivation, she will certainly lead our new sales area to success.

The backbone in the office is Gabriele Horak. She ensures that our goods are delivered to customers on time, no matter, if it is a truckload or only 25 kilograms





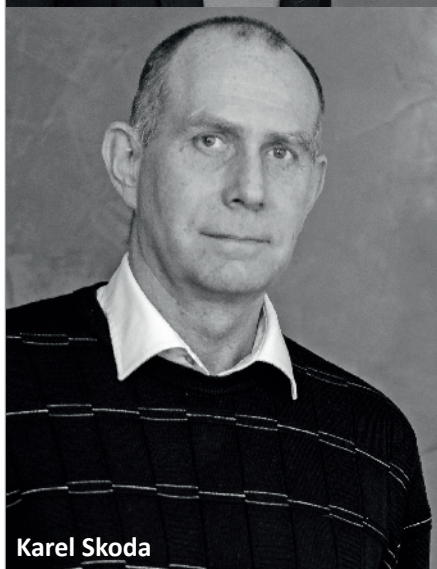
Gabriele Horak



Alexander Frank



Paula Ignatescu



Karel Skoda



Sara Dominguez



Gerhard Zima

of a special product. All offers and invoices pass her control, and she organizes everything needed for special requirements (for example, small container loads at the customer's request).

Paula Ignatescu successfully supports our customers in Romania and Moldova. She is able to succeed in this difficult market with technical competence and commitment. Unfortunately (for us!) she would like to retire next year and that is why we are already looking for an adequate successor to fill this gap.

Our sales representative Karel Skoda is tirelessly on the road. He is responsible for the Czech Republic, Slovakia, Slovenia and Croatia. Mr. Skoda is our top specialist. He has just the right answer to all questions concerning chemical additives. He was particularly successful in building the sales and distribution structure for the additives of the company Münzing.

Gerhard Zima is responsible for our product portfolio in Austria and Hungary as well as for the technical support in Switzerland. In addition, he is our expert for the launch of new products. He delves into each application to find the best solutions for customers.

And last but not least I would like to introduce myself. My name is Alexander Frank, and I am head of the department. Since autumn 2009 I have had the pleasure of working with such an excellent team of employees. It is great fun to work under these conditions! Where our products are used, and an overview of the product portfolio of the Division chemtech will be shown in several articles of this issue.

In addition, our team is at your disposal for comprehensive and competent advice on our products and their application. We look forward to your inquiries!

# SPECIAL ADDITIVES OF MÜNZING CHEMIE

The special additives of Münzing Chemie including defoamers, dispersants, rheology modifiers, wetting and levelling agents have achieved worldwide recognition for their performance, quality and technical innovation. Our core activities are the research and development and the technical service to help our customers to improve their products.



Photos: Christine Nestler-Kenzian

**AUTHOR: ALEXANDER FRANK**

We can offer you a comprehensive range of defoamers and deaerators for aqueous and solvent based systems. Our products are based on different chemical structures - such as natural vegetable fats, mineral oils, poly-siloxanes or poly-oxyalkylenes. They are mainly suitable for aqueous systems and partly also for solvent-based systems. Preferably, they are used in the production of paints, building materials and adhesives, but they are also suitable for many other applications.

With our products a wide range of dispersants on different chemical

basis is available. Our products are suitable for a wide range of applications, both for water-based and solvent-based systems. The applications range from high-solids systems to inorganic and organic pigments, carbon blacks, classic fillers, matting agents to precipitated azo pigments.

You will find a variety of thickeners and rheological additives on different bases, such as polyurethanes or polyacrylates, but also on other polymers. We can offer products for brush and roller application, spraying and casting processes. In addition, we provide effective additives for systems difficult to thicken, pigment concentrates and highly alkaline systems.

Our wetting agents and levelling agents are suitable for both aqueous and solvent-based systems. In many applications, properties such as gloss, brilliance of metallic paints, levelling and anti-cratering

and an improved print transfer can be achieved.

For the construction industry we offer a wide range of powder additives suitable for many different applications, such as powder paints, silicate or mineral plasters, tile adhesives, sealants and leveling compounds, screeds, gypsum and mortar mixes. We also supply powdered defoamers, shrinkage reducers and powdered wetting agents. In addition, some specialties such as hammer-strike effect additives, emulsifiers, water-repellent agents and much more are available. Together with the application technology of Münzing, we provide support for selecting products. On request, we carry out laboratory tests with your systems to determine the optimum selection of the additives and their dosage quantities. Our sales representatives will be pleased to provide additional information. ●



# FUNCTIONAL FILLERS AND MINERAL ADDITIVES

With the products of our supplier Imerys we make a range of mineral fillers available to our customers. The practical inorganic additives are suitable for a wide range of applications because of their functional properties and processing methods.

**AUTHOR:**

**ALEXANDER FRANK**

We supply the calcium carbonates from Imerys as GCC (ground calcium carbonate - natural carbonate) or as PCC (precipitated calcium carbonate). Both coated and uncoated grades are available. The technical difference between the products is primarily based on the deposit of the carbonates, the grinding, the precipitation and the crystal structure. Clays are mined from primary or secondary deposits. In chemical terms clays are hydrated aluminum silicate-plates formed by the weathering

of granite. Essential for their properties are the fine particle size and the lamellae or platlet structure. By calcining anhydrous aluminum silicates with increased whiteness and hardness and other sizes and shapes of particles are obtained.

Mica is as well a plated silica. A particular feature is the very weak bond between the layers. Especially for its chemical resistance, heat resistance, and the high aspect ratio mica is used for corrosion protection and reinforcement applications.

The diatomaceous earth is a powdery sediment formed by the weathering of skeletons of fossil diatoms. It mainly consists of amorphous silica and it has a very porous structure. Its specific and unique properties are based on the special microstructure and on the shape of the skeletal fragments.

Our sales representatives will be glad to assist you to find the best product for your application! ●



Photo: Imerys

# COLOURSTAR® – Colourants for a colourful world

Colours offer a variety of design possibilities and make the world more beautiful. Our solid and liquid pigments, dyes and preparations offer maximum reliability and colour consistency in all applications.

**AUTHOR: ALEXANDER FRANK**

We can cover the entire range of industrial applications with our pigments, dyes and preparations: in the production of plastics, paints and coatings, agricultural products, building materials, food and feed, writing materials and artists supplies.

We supply APEO- and VOC-free pigments and dyes in liquid form for aqueous applications. We also have universal pastes for solvent systems and for aqueous systems. In addition to it, we can also offer pastes for epoxy, polyester, silicone and PU resins. Pigments and dyes in powder form, even in dust-free or pre-dispersed form are available for many applications. ●

<b>Powder pigments</b>	ColourStar xxx 100xP - Inorganic pigments ColourStar xxx 100xP – Organic pigments ColourStar xxx 10xxxP – Iron oxide pigments ColourStar xxx 100xxP – Cadmium pigments ColourStar Pearl xxx 10xxxP – Pearlescent pigments ColourStar xxx 108xP – High IR reflection ColourStar xxx 109xP – Food application ColourStar Cos xxx 100xP – Cosmetic application
<b>Aqueous pigment preparations</b>	ColourStar Series 111x L – 113x L (VOC / APEO free) ColourStar Cos Series 111x L – 113xL - Cosmetic application
<b>Universal pigment preparations</b>	ColourStar Series 120x L – For aqueous and solvent-based systems
<b>Pigment preparations for solvent-based systems</b>	ColourStar Series 123x L – For UV curing systems ColourStar Series 124x L – Transparent, partially solvent-based systems ColourStar Series 125x L – Covering, partially solvent-based systems
<b>Dyes powdered</b>	ColourStar Series 131x P – Acid dyes water soluble ColourStar Series 133x P – Solvent dyes (plastic) ColourStar Series 134x P – Solvent dyes (lasers/inks) ColourStar Series 137x P – Basic dyes water soluble ColourStar Series 138x P – Direct dyes water soluble ColourStar Series 139x P – Food dyes water soluble ColourStar Cos Series 131x P – Acid dyes cosmetic application ColourStar Cos Series 133x P – Solvent dyes cosmetic application ColourStar Cos Series 139x P – Food dyes cosmetic application
<b>Pigment preparations solid</b>	ColourStar Series 140x P – Granules for rubber and plastic ColourStar Series 142x P – Pigment preparation solid for EVA/rubber ColourStar Series 145x P – Pigment preparation solid for PE ColourStar Series 149x P – Pre-dispersed pigments water-soluble
<b>Silicone</b>	ColourStar Series 150x L – Liquid basis silicone oil
<b>UP - resins</b>	ColourStar Series 160x L – Liquid for UP resins
<b>PU / PU foam</b>	ColourStar Series 161x L – Liquid for PU / PU foam
<b>Epoxy</b>	ColourStar Series 163x L – Liquid for epoxy resins
<b>Plastisol / PVC</b>	ColourStar Series 165x L – Liquid for plastisol / PVC phthalate free
<b>Dyes liquid</b>	ColourStar Series 171x L – Acid dyes ColourStar Series 173x L – Solvent dyes ColourStar Series 177x L – Basic dyes water soluble ColourStar Series 179x L – Food dyes water soluble

Photos: Christine Nestler-Kenzian





# FLAMESTAR –

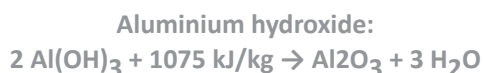
## The mineral flame retardant

These flame retardants are based on metal hydrates, in particular on aluminium and magnesium hydroxide. Their environmental friendliness (halogen-free) and the favourable price / performance ratio have made them the most important flame retardants.

AUTHOR:

ALEXANDER FRANK

The flame retardant effect of metal hydrates is based on physical and chemical processes. In the presence of an ignition source – a hot object or an open flame - the thermal decomposition of the aluminium hydroxide into aluminium oxide and water takes place. During this process, energy is detracted from the ignition source, as the decomposition is an endothermic reaction.

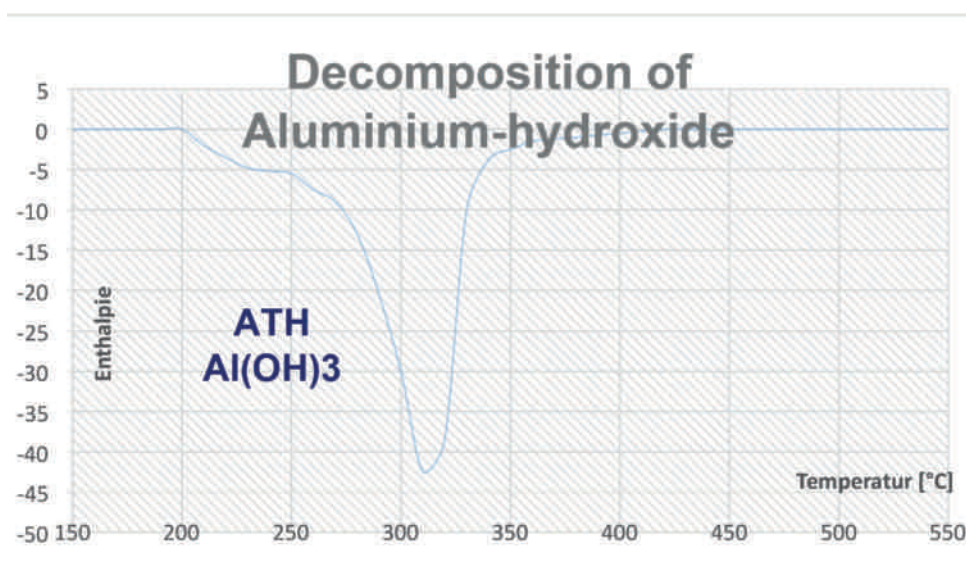


At the same time, the released water vapour cools down the surface of the material and dilutes particularly the concentration of burnable gases in the surrounding area of the affected plastic material.

The remaining aluminium oxide residue has a high internal surface where sooty particles or precursors of soot (polycyclic aromatic hydrocarbons, PAH) are absorbed. Additionally the oxide layer acts as a “protective layer” containing the further release of low molec-



ular weight decomposition products and it acts outward as a kind of “heat barrier” protecting the polymer against further decomposition. ●



# LAPINUS – Intelligent fibre solutions

The mineral fibres of our partner Lapinus are made 100% of natural rocks. The results are high-precision special fibres, specially produced for the needs of our customers.

**AUTHOR: ALEXANDER FRANK**

In this context, intelligent means that the products have special properties to meet the specific requirements of our customers with regard to mechanical and thermal characteristics.

The special shape of the Lapinus fibres provides reinforcement and dimensional stability of composites. These properties are enhanced by a special surface treatment ensuring a chemical or physical bond between the fibres and the matrix material.

The extremely high melting temperature of the fibres allows excellent function even at temperatures where other fibres such as cellulose, aramid fibres or slag can no longer be used.

lose, aramid fibres or slag can no longer be used.

The Lapinus fibres have a high mechanical strength due to the excellent bonding properties. Therefore they significantly increase the durability of the finished products resulting in a prolonged period of use.

The fibres can be used in the field of paints, composites, plastics, seals and also in friction linings. ●

# LITHOPONE UND BLANC FIX – White and heavy

Lithopone and barium sulphate are now available as products of our new partner VB Techno. The long experience of VB Techno in the production, development and distribution of barium and zinc products guarantees our customers the highest quality of this white pigment.

**AUTHOR: ALEXANDER FRANK**

Lithopone is a re-discovered white pigment with functional properties suitable for several applications. It is chemically inert and practically insoluble in acids, alkalines and solvents. The optimized particle-size distribution imparts its low binder requirement and its excellent rheological behaviour.

The low Mohs hardness produces lower abrasion compared to TiO<sub>2</sub>.

Further properties of this pigment are its high lightness, neutral white colour and its diffuse reflectance in the near UV range. Thanks to its rheological and optical properties, Lithopone is ideal for binder systems with high pigmentation or special requirements.

We have barium sulphate both as grounded, natural, high-purity barium and as a synthetic, precipitated product. It can be also used as an universal extender with additional functional properties. Our products have the highest whitening power, they can be optimally dispersed and they have low oil absorption and abrasion. Blanc Fix is chemically inert and has excellent UV barrier properties. ●

# MICROSPHERES –

## Lightweight, stable hollow spheres

In cooperation with EKO Export, one of the leading manufacturers of microspheres in Europe, we now offer a range of cenospheres. The application ranges from coatings and adhesives to lightweight construction materials.

**AUTHOR:**

**ALEXANDER FRANK**

Cenospheres are light-weight hollow spheres filled with air mainly consisting of silica and aluminum oxide. They are formed by the combustion of coal in thermal power plants and then separated from the flight ash during flue gas cleaning. In specific further steps the cenospheres are prepared for the specific applications.

White and gray products in different grain sizes are available. The hollow spheres are hard and stiff, but

nevertheless they are elastic. They have a low specific gravity, and they are non-toxic and heat-insulating. The incorporation of the hollow spheres not only reduces the weight of the finished products but it has also a positive influence on their mechanical properties, such as elasticity. These properties make them a special lightweight filler for a variety of applications.

The applications range from the car industry (underbody protection, sound damping coats, etc.) to plastics (BMC - Bulk Molding Compound), building materials like mortar, lightweight concrete, and wall panels, to adhesives and coatings. There is also a large number of applications in the oil and gas industry as well as in the refractory sector. ●

## BINDING AGENTS OF CROMOGENIA

We offer a wide range of binding agents especially for the use in aqueous systems from the Cromogenia Company. The focus is on low VOC content and environmentally friendly products.

**AUTHOR:**

**ALEXANDER FRANK**

Cromogenia is a family-owned company headquartered in Barcelona. For more than 70 years, chemicals have been produced for a wide



Photo: Christine Nestler-Kenzian

range of applications, providing customers on all continents. One focus is on water-based binders and additives for a variety of applications. In this context, we offer a range of polyurethane and acrylate dispersions, hybrid systems and crosslinkers.

A wide range of additives based on polycarboxylate ether and -ester,

naphthalene- and polymelamine sulfonates are available for the construction materials industry in both liquid and powder form.

In addition, we support our customers with laboratory work for choosing the right products. Our sales office will be happy to assist you in order to find the most suitable product. ●



# WHEN CATS TAKE A VACATION...

## Skyvell makes them purr!

Skyvell products are indispensable in the fight against dirt and malodours. In noble hotels, in trendy locations - and in the cat hotel "Müsli" near Basel, where spoiled velvet paws have a good time, while their owners enjoy their well-deserved holiday.



Photos (2): Müsli-Katzenhotel

**AUTHOR:**

**ALDO RANDISI**

What do owners of domestic cats do if they want to take a vacation? For a short holiday, perhaps a neighbour or a good friend can lovingly take care of the beloved house cat. But if a trip of several weeks is planned? Then a cat hotel is just the right place, where also the cat can take a vacation. But is that really the case? We visited the cat hotel "Müsli" in Allschwil near Basel in Switzerland, and we took a look around there: In fact, the "Müsli" is not a boarding kennels in the traditional sense. It is not a cattery where all the "guests" are locked in a barred cage and where they

have to share their sleeping and resting places, eating utensils and litter boxes with many other “guests” - including their relevant odours and small bouncing bloodsuckers. The accommodation in the “Müsli” meets the highest requirements. Particularly appreciated are the high hygiene standards. If one does not keep an eye on the cats, it might be that there is “thick air” when several velvet paws meet. In principle, cats are solitary animals. If several animals meet in a narrow space, which are not well-disposed to each other, each cat wants to stake its territory.

The result are biting odors causing humans and animals to flee, especially the owners of potential and of existing purring hotel guests, who want to leave their four-legged darling with a good feeling. Rapid action must be taken to avoid disturbing the harmonious environment. Frequent and thorough cleaning is part of the hotel’s golden rule. A decisive role is played by the right choice of tools: “Thanks to the Skyvell products, we have solved this problem,” says Müsli owner Nicole Rudin. “We can completely eliminate all odors,” she says.

Now the hotel team taking care of up to 80 cats, has more time for the purring guests.

At the cat hotel up to twelve cats live in a group in spacious rooms. Usually, the occupancy is according to the age of the cats. Of course, it is particularly lively in the teeny room, where there are also most of the toys. The seniors are more peaceful and quiet. There are also toys, however, because if older cats feel comfortable, they also like playing. The check-in of the guests at the cat hotel is similar to hotels the cat owners are staying: the cats arrive at the reception, where they show their “passport” with the registered vaccinations. The health of cats has top priority at the “Müsli”. In addition to the feel-good factor, this is also very important to the owners. The cats travel with large luggage. They bring items smelling like “home” such as shoes, bedspreads, T-shirts etc, to overcome the pain of separation and to do not suffer from homesickness. Nicole Rudin lives with and for her four-legged guests. In the course of the years she has run the “Müsli”, she has already experienced a lot. She especially remembers the beau-



*Where Skyvell provides fresh air, humans and animals can breathe - and cats can purr...*

tiful holiday love story between a rather shy cat and a very big cat. They had been guests at the “Müsli” for one month. Soon they understood each other very well. When they left they snuggled up their tails and it looked like hugging each other ...

They were not the first cats for which the farewell at the end of the holiday was harder than the farewell to the owner and the familiar surroundings at the beginning of the holiday. But farewell pain is part of a dream holiday. Often it is also hard for Nicole Rudin and her team to let cats go they became fond of. Fortunately, many of them have become regular guests. They always come back to the “Müsli” making the farewell much easier.

How good is it to know that even a concerned cat owner can enjoy his holiday with sun, beach and sea with a clear conscience! He can be sure that the beloved cat lives very well at the cat hotel “Müsli”. There it is pampered from the mustache to the tip of its tail. From the hard working “Müsli” employees, it gets everything it needs to feel great: delicious food, hygienic ambience and clean air. And thanks to Skyvell, the care team has more time for cuddling with its four-legged guests. It’s purr-fect !

# ACAT DIVISION WATERTECH:

## We will be pleased to give you advice!

Technical equipment and intelligent aids are essential for the proper function of a sewage treatment plant. But it is equally important how a plant is operated. We offer innovative systems, specially developed polymers and an extensive technical know-how!



**AUTHOR:**

**VINCENZO CARCO**

ACAT FlocStar®: these are specially and individually developed, intelligent polymers that guarantee a trouble-free operation of municipal and industrial sewage treatment plants. But we offer much more! The highly motivated expert team of the ACAT Division watertech with its comprehensive knowledge will be happy to assist and advise you.

We offer:

### SUPPORT IN MUNICIPAL AND INDUSTRIAL WASTEWATER TREATMENT PLANTS

- Evaluation of the plant using operating data.
- Defining plant engineering measures; wherever possible, we restore the system to an optimal operating state with existing installations.
- Adjustments to the mode of operation due to constantly changing types of wastewater, especially in the industrial sector.
- Training of the staff on new mode of operation.
- Supervision of the treatment plant, weekly check of values, if necessary recommendation of changes.



## SUPPORT IN ROAD MAINTENANCE AND TUNNEL CONSTRUCTION

- Joint inspection of the construction site.
- On-site laboratory testing to evaluate the most suitable product for the plant.
- Instruction of the staff concerning application and dosage of products.
- In conventional tunnelling (blasting): we measure the nitrite content for you and we search for a suitable precipitant.
- In road maintenance we make on-site tests for the effective operation of the treatment plant.
- During special operations, we accompany the suction vehicle.

## ADVICE ON ODOUR PROBLEMS

- Investigation and trials on site.
- Determination of the most suitable product and dosing system. The determined product mixture is produced in the respective country and thus the delivery times are very short.
- Maintenance of the dosing system.
- Our Odotech products OdoWatch® and OdoScan™ provide continuous odour monitoring and odour distribution models.

## WE ASSIST YOU IN MEETING AUTHORITIES OR IN THE PREPARATION OF ANNUAL REPORTS

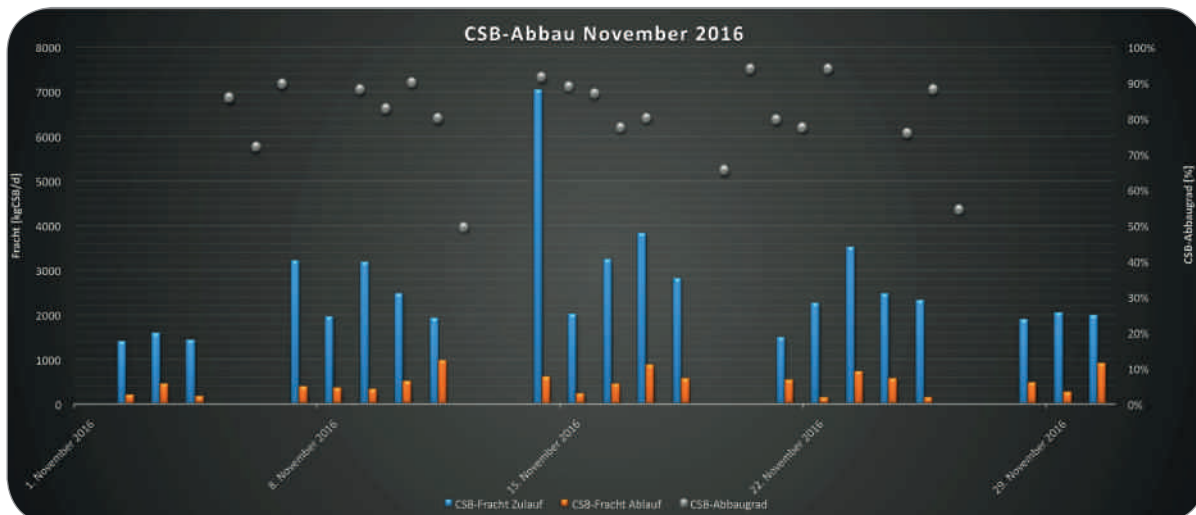
Our services and the way they can be used are tailored to the needs and wants of our customers.



*Advice on every kind of odour problems (above),  
Preparation of annual reports (below)*

We offer our services:

- At cost.
- Flat-rate monthly.
- Flat-rate annually.



# ACAT SLUDGE DEWATERING:

## With us the future has already begun!

The demands of our customers in terms of environmental protection, CO<sub>2</sub> balance and resource management keep on growing. Therefore, as a supplier of chemicals, we are always required to take this into account, however, this can only be achieved by placing top priority on our development work.

**AUTHOR:** ERICH SAILER

One of the many examples is our excellent FlocStar® products which we have developed and improved in cooperation with our suppliers. We are not always as successful as we have been with centrifuges. In this case we really took a big step into the future of sludge dewatering.

Like all other suppliers, we have been able to dramatically increase the molecular weight, but beyond that we have developed cross-linked or branched molecules. Usually, by increasing the molecular weight the solubility of the product deteriorates, but not with us! ACAT has developed procedures to significantly improve solution performance without reducing product quality! The new FlocStar® 24xx products for centrifuges are the result. They can replace liquid products resulting in cost savings of up to 50 percent. In addition, the drainage properties are improved in terms of dry substances achieved, as well as in terms of the centrate quality.

We also have developed new products for sludge dewatering with screw presses. Our new FlocStar® 2453P can improve the achieved drainage result by two to three percentage points.

If you are interested, please contact your application engineer. He will be happy to advise you at any time! ●



# WEFTEC: Products, markets, players

At this important Chicago trade show an ACAT team was looking for trends and deepened contacts

Foto: sparkie, pixelio.de



Also in 2017 an ACAT team visited the WEFTEC. We were able to deepen our contacts with some of our suppliers, we looked for novelties and market trends. The WEFTEC, which again took place in Chicago in 2017, is the American counterpart to the IFAT.

Being much smaller, but nevertheless it is still an exciting terrain to get a good overview of the different products, markets and their players. That is why our commitment to IFAT is always important, because it offers our customers and interested parties a good opportunity to get to know us and our activities.

*Text: POB*

## CMS: The trade fair for cleaning systems with new visitor record - and Skyvell was there!

CMS 2017 in Berlin succeeded in establishing a new visitor record

On the closing day, the International Cleaning Trade Fair CMS Berlin 2017 - Cleaning.Management.Services. was able to draw a brilliant conclusion. From 19 to 22 September, 23,000 industry representatives from over 70 countries, including 18,300 trade visitors from all segments of the cleaning sector, informed themselves about the wide range of commercial cleaning products and services.

ACAT was present with the natural odor removers from Skyvell and again this year we are very satisfied with the course of the fair. „At the Skyvell booth we welcomed many cleaning companies. Bad odours are always a hot topic in professional cleaning, and sustainable natural products like Skyvell are attracting a great deal of interest,“ said Piotr Szablewski, sales representative for Skyvell.

Also, some employees of the specialized trading companies of the Mobiloclean-tradegroup, which we could win as our customer, visited our stand. At least two



birds could be killed with one stone: customer care and customer acquisition.

*Text: LD*



# BLACK ON WHITE:

## The History of Papermaking (Part 2)

“Paper is the basis of all creativity”. Even in the age of digital media paper is an integral part of our world. In the second part of our short history of this probably most important writing media and material of mankind, we deal with the triumph of paper in Europe and we would like to put the spotlight on those devoting themselves to the art of papermaking today.



Rag mill Stromers in front of the city wall in a Nuremberg cityscape from 1493

### AUTHOR:

**GILDIS GRABNER**

In the paper mills of the late 19th and early 20th century, the work was noisy, dirty, exhausting and dangerous. The industrial successor to the old paper mills brought work and prosperity to thousands of people, but it also brought diseases and early death to many of them. Fortunately, this is history. Today papermakers are highly qualified professionals. With incredible pieces of art work engineering, with high-tech and sophisticated know-how they are able to produce almost all paper qualities customers need: from the high-gloss quality product to the packaging box.

The beginnings of the “paper revolution” in Europe were rather modest. The rulers and the clergy preferred parchment, because they considered it more durable. Everything made for “eternity”, from the valuable folios of the monastic writing rooms to documents of rights and possessions, were entrusted to the parchment, the specially treated and moreover reusable “animal skins” rather than to a mixture of plant fibers mostly obtained from rags.

### A SECRET TECHNOLOGY IS SPREADING

That was in the spirit of the inventor. The Chinese, who had invented the paper at the beginning of the Christian era, had no interest in promoting the art of mak-



Photo: Österreichisches Papiermachermuseum

*Dipping paper is fun at the Papermaking Museum in Steyrermühl (Upper Austria).  
Once paper production was backbreaking work.*

ing paper across national borders. But the knowledge of something valuable never remains secret in the long run. Not today, not in the distant past. Gradually but steadily the know-how of paper production spread. From China the art of paper-making came to Korea. In 610 a monk brought this art to Japan, where this craft fell on fertile ground and was further developed. By adding plant slime from roots, such as the Hibiscus manihot acting as a dispersant, the Japanese significantly improved the manufacturing technique. Thus, it became possible to process even long fibres into a uniform and firm sheet, the so-called Japanese paper. As in China, the “new material” was also widely used in Japan. In addition to the use as a writing material, it was made into clothes, fans, umbrellas, paper flowers and much more.

Now the triumph of the paper went on continuously. An anecdote tells of a Chinese papermaker, who was taken prisoner by the Arabs after the Battle of Talas in 751. He is said to have brought the knowledge of papermaking to the Middle East. Recent researches doubt this. They rather assume that the winners always have chosen the specialists of the losers to use them for their own pur-

poses. The fact is that in 795, that is almost 50 years after the defeat of the Chinese at Talas, the first paper mill was built in Baghdad.

The Arabs widely used the new writing material, primarily for copying the Koran. However, many other Arabic cultural assets were also widely distributed via the “new” practical writing material, including to Europe: astronomy (constellations), mathematics (Arabic numerals) and medicine (the Persian Muslim Ibn Sina wrote medical literature, which significantly influenced the development of the medicine at the European universities from the 12th to the 17th century).

In the 9th century the Arabs settled down in southern Spain and Sicily and they brought with them their highly developed culture. Nearly each city had a library. The library of Cordoba comprised 400,000 books, those of Hulwan 200,000 books and the library of Cairo 150,000 books. Of course, only little was left. Large stocks of literature were lost because of the book burnings of the crusaders ...

The knowledge of papermaking spread via Sicily and Spain to France and central Italy, from where it reached the Alps, Austria, Switzerland and Germany.



The Arabian developed moulds made of metal wire and they used starch for paper sizing, which significantly improved writability and quality. Nevertheless in Europe one remained skeptical. Peter of Cluny (1092-1156) noted that during his studies in Moorish Toledo he had seen books from “worn canvas or perhaps even worse material”. Emperor Frederick II (1194-1250) has forbidden to write notarial documents on paper and the statutes of the city of Padua of 1236, said that documents made of paper had no legal force. In addition to its lower durability compared to parchment, its Arabian origin may have been partly responsible for the fact that the use of paper in Christian countries was slow at first.

#### THE NEW MATERIAL GAINED ACCEPTANCE

Nevertheless, more and more paper mills opened in Europe. The first was built in Palermo in 1102, followed by Genoa in 1154 and Siena in 1224. The paper mill, founded in 1276 in Fabriano near Ancona, succeeded in outperforming the competition with a noticeable increase in quality. The reasons for this were the clear water available in this region to a large extent, the use of a hydropower-operated mechanical rag stamping mill, the use of wire sieves and the use of animal glue. The “new-fangled” wire sieve made it possible to attach the labels of origin, the watermark. Originally intended as a “company stamp”, time over it evolved into art with status value.

The oldest paper made in Austria was found in the archive of the Abbey Heiligenkreuz. Its watermark, a bell, precludes any confusion with the Italian imported goods. It was probably made at the paper mill in Leersdorf near Baden founded by Jan der Turs von Rauchenegg around 1321. In 1469 another paper mill was built at the Traisen near St. Pölten, in 1498 another one near Wiener Neustadt and in 1517 one near Graz.

Germany’s first paper mill, the Gleismühle, was founded in Nuremberg by Ulman Stromer in 1390/91. Soon many more were built in Ravensburg, Chemnitz, Strasbourg, Liegnitz, Lübeck, the Lower Rhine, Lüneburg and Metz.

The oldest Swiss paper mill may have been the paper mill of Belfaux on the Sonnaz near Freiburg. It started operation in 1432. It is not proven whether paper was made in the paper mill of Marly near Freiburg before. A short time later, however, paper mills were erected in almost all Swiss areas: in 1440 in front of the Riehen-tor in Basel, in 1448 in St. Alban in Basel, in 1460 in Thal and Worblaufen, near Bern, in 1472 on the island of

Werd in Zurich and in 1477 in Serrieres near Neuchâtel. The center of papermaking was Basel with seven paper-producing companies in 1576.

The new material was first used primarily in the writing rooms and offices of the monasteries and cities, primarily for sacral purposes (Christian scriptures, votive images of the life of Jesus Christ, indulgence prayers for pilgrims). But paper trading gained momentum with the invention of printing. Previously, the completion of one single book in the scriptures of the monasteries had taken a whole year. In the second half of the 15th century, books could be produced in a very short time with the moving letters made of metal and wood according to Gutenberg’s invention. The spell was broken, the educational privilege of the clergy began to totter. Coupled with Martin Luther’s translation of the Bible into German, more and more people were able to learn to read and to write - and as a result they possibly formed their own opinion. Finally the increasing demand for paper replaced parchment as the favoured writing material.

Already the papermaker of the Middle Ages worked in a well-organized company. A paper mill needed a lot of capital significant also for its time. It employed several journeymen as well as apprentices and maids. In particular, in the 15th and 16th centuries, the paper produced was of such great value that it was sold only in shops with great reputation such as pharmacies and goldsmiths. With the increased demand and the building of more and more paper mills, the situation eased. However, papermaking was and it is still is an art - from its beginnings to the present day.

#### PAPER FROM RAGS

First the main raw material of paper production in Europe was rags, old garments made of flax, jute, hemp or sisal. It was the work of an army of poor people to gather them. In medieval cities there were no canals or waste collection. Everything no longer needed was thrown on the street. It was hoped that the next rain or downpour would wash away everything. It was not a pleasant task to look for old garments in the bestial stinking, nauseating heaps. Besides, it was also extremely harmful to health. This is why, for example, anthrax was called a “rag pickers disease”.

The collected cloths were sorted by color, washed and crushed. After the digestion process they were defibred. At the beginning this was done by hand in a kind of mortar until in the 13th century the Italians started to use water power. For at least one day, the “stuff” had to be processed until it was ready for the dipping vat.





*Postcard from the: Jahresschau Deutscher Arbeit, Dresden 1927- Paper mill*

#### SCHÖPFER, GAUTSCHER AND LEGER

The pulp obtained was diluted with water in a special type of trough, the vat; the substance content was about three percent pulp. The Schöpfer submerged the mould in the solution. Then he put the screen with the wet fleece on the so-called "donkey", where the excess water dripped off.

The Gautscher laid one wet mat of fibre after the other each on one felt. The Leger piled the felts with the sheets up to a pile of 182 felt and 181 sheets, called Bausch. Then Schöpfer and Gautscher took turns, because the Schöpfer had to do the hardest work. The weight of the dipping vat was up to 40 kilograms and at that time a working had up to 18 hours.

For further draining the Bausch was pressed. Pressing was a very demanding job, so the entire crew of the paper mill had to help. Subsequently, the individual sheets of paper were hung up on a leash on a drying loft. During the warm summer months drying took about two days, in winter it took two weeks or more. If the sheets did not dry, they were after-dried in a room of the attic heated with hot smoke via a pipe from the oven of the workshop. Writing paper had to be glued after drying. For this animal glue made out of the skins and feet of animals was used. Sheet by sheet was pulled through the glue or sprayed with it. After draining again the sheets were pressed and dried.

The final check took place in the paper hall. The paper

sheets were held against the light and checked for defects. Defective goods were eliminated. Smoothing the paper surface was done by hand by rubbing with a polished agate stone. Hand smoothing had been practiced until the 19th century, although already dry presses for smoothing existed for some time.

For sale, the paper sheets were packed in reams - 1 ream = 480 sheets, today a new ream = 1,000 sheets.

Paper making was a very hard work. To make a living, often the whole family had to help, including children. In the 19th century the demand for paper grew rapidly, but there was a shortage of raw material. There were not enough rags. But necessity is the mother of invention! A new raw material for paper production was discovered: wood! The new raw material and a number of other pioneering inventions significantly changed the traditional making of paper. There are worlds apart between the handmade paper of the past and today's mass produced paper on paper machines up to eleven meters wide and 120 meters long producing up to 1,000 kilometers paper a day. The further development of papermaking will be illuminated in the third and final part of our short history of paper making. ●

*Read in the next issue:*

***Milestones of papermaking***

*More about this topic:*

Prof. DI. Mag. Dr. Gottfried Schweizer:  
"Paper history – the white art"

# THE ACAT ART CALENDAR 2018:

## The understanding of dreams

• Dreams • Encrypted Messages • Dreams as a Mirror of the Soul • Dream and Reality •

The ACAT Art Calendar 2018 is dedicated to the world of dreams. The dreamlike pictures are from the photo artist Clemens G. Schildberger, who intensively dealt with dreams and dream interpretation, before he made his dream pictures.

**AUTHOR:**

**GERTRUDE MITTERBÖCK**

Already 4000 years before Christ, the recording of dreams was considered important. People sensed that dreams could have meanings. The first dream book was written about 1300 BC. At that time one believed that dreams are messages of gods, so dream symbols had almost always a fixed meaning.

The pioneer of dream research was Sigmund Freud. Around the year 1900 he took the view that in dreams the most secret desires of a person are expressed and acted out. Based on this Freud's former student C. G. Jung dealt with the deepest level of consciousness, the "unconscious".

### SLEEPING HUMANS DREAM ALL OF THEM AND ALWAYS

It is scientifically proven that each person dreams every night, even if it cannot remember the dream in the morning. It is amazing that in most cases dreams are very intense both visually and emotionally. Nevertheless, very often and very quickly they are forgotten.

Dreams are the greatest present sleep makes us. Waking up in the morning we cross the threshold back into our daily lives. We return back from the magical and sometimes incomprehensible universe of dreams to the no less magical and often incomprehensible world of tangible reality.

Dreams are time travels. In dreams not only the events, moods and thoughts of the last day come alive again.

Sometimes the dream takes us back months, years and even decades.

There are different types of dreams. Some occur every night, others not. Dreams are very important - for the body as well as for the psyche. We suspect that they want to tell us something. Something that lies dormant, that is anchored in our unconscious and that, with the help of the dream, makes its way into our consciousness. What we dream is often something we have experienced, or something we have experienced but with which we cannot cope. It can be something we desire, repress, or something that we are afraid of. Dreams are always associated with one's own experiences, hopes, desires and conflicts. In a dream everything is possible.

### OUR DREAMS ARE REFLECTING OUR SOUL

Dreams reflect what occupies us both consciously and unconsciously. If you can decode your dreams and interpret the dream symbols (pictures), you will learn a lot about your strengths and weaknesses. From dreams we can discover much about ourselves, because they are the direct contact to our unconscious. The unconscious reveals itself in the form of dream symbols (pictures).

When dreaming all the information we have got during the day is sorted into different folders in the brain. Unlike the body, the brain never rests.

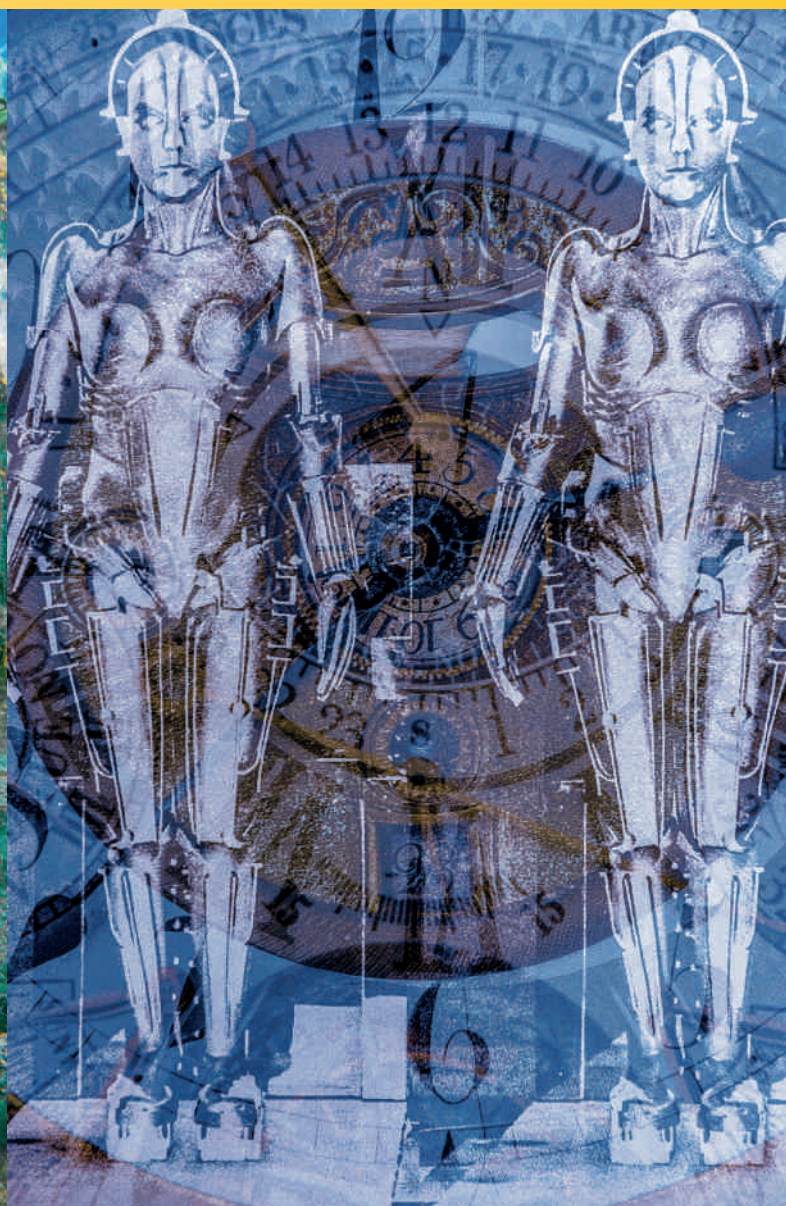
### SLEEP IS FULL OF MIRACLES

How often do you wake up and you ask yourself, „What should this dream mean?“ 80 percent of all people remember their dreams, but only in fragments.

Dreams are encrypted with an individual symbolism (image). The dream symbols allow a direct connection to our subconscious mind. Therefore, we can use our dreams to recognize the issues our subconscious is concerned with.

Dream interpretation is the most natural form of the





*Be inspired by this "Dream ABC Calendar".  
It can give you some important suggestions and hints.*

consciousness extension. It is the art of decoding the messages of the subconscious that are hidden in the contents of our dreams.

Dreams are the keys of the door to the subconscious. They heal us, they inspire us and they help us to better understand our own inner life. Dreams have the power to give our life a new turn.

#### DREAMS AS A SOURCE OF CREATIVITY

Many artists were inspired by dreams to their works. For example, Paul McCartney reported that one morning in 1964, still asleep he heard the melody of "Yesterday" for the first time. After waking up, he wrote down the notes, but Paul McCartney was not sure having

heard this tune somewhere before. For a month, he asked people from the music industry, whether they knew the melody. It turned out that no one knew it. The Beatles made it one of the most successful pop songs of all time.

It is known that scientists and inventors also had flashes of inspiration in their sleep. They know how to use the special power of deduction of the sleeping brain.

However, brainstorms do not come out of the blue, they need preparation. Probably dreams can inspire us so much because mostly they are visual experiences. It seems that emotional, visual dreams encourage creativity. This leads to the conclusion that creative thinking works best between dreaming and waking. That we should be aware of.





Many more people could learn to interpret their dreams when awake. Therefore it is necessary to perceive dreams and to take them seriously. The ability to remember dreams can be trained. We all carry secret formulas of life within ourselves without knowing it. Instinctively we feel that with the help of dreams we can mine the real gold of our existence in the great mine of our unconsciousness.

### DREAMS CHANGE THE WORLD

Be inspired by this "Dream ABC Calendar". Clemens G. Schildberger, the artist of the dream pictures, has dealt intensively with dreams and dream interpretation before he created these dream pictures.

The ACAT dream calendar can also give you some important suggestions and hints. Of course it is also important to let your own feelings and feelings flow into the decoding of your dreams.

*When we dream, we experience things about ourselves we never dreamed of.*

Manfred Poisel

In this sense, a "dreamlike" year 2018!

Sources:

Stefan Klein: Träume.

Dr. G. Reitz, Dr.med. R. Schmidts, Dr. T. Rosky:

Das große Buch vom Träumen





# PARAGLIDING –

## Nature experience and fresh air

What do paragliding and Skyvell's natural odor removers have in common? One thing for sure: "naturally fresh air"! This is also the slogan of our brand Skyvell. For almost three years I have been working for ACAT in the marketing and sales office of the department of commercial odour remover and I am still as motivated as on the first day. It's the same with paragliding!

**AUTHOR UND PHOTOS:**

**LORENZ DYCKE**

THE PARAGLIDER A MASTERPIECE  
OF ENGINEERING

The dream of flying – which child does not dreamed it? I was lucky: already in my early teens my godfather took me with him in powered aircrafts and gliders. Until today the experiences of that time had a positive effect on me when paragliding. In 2009, I completed the basic training to A-license (DE), one year later followed the overland license (B-license) and finally in 2015 the tandem flight license.

The sail of the paraglider, consisting of the upper and the lower sail, is a wing made of nylon fabric woven particularly tear-resistant by the so-called ripstop technique. For the lowest possible air permeability, additionally the fabric is coated. The sail is divided into numerous chambers. At the front there are the inlet openings, through which the individual chambers are filled with air when mounting the paraglider. With the resulting dynamic pressure, the cap is stiffened and the applied air flow generates a dynamic buoyancy, similar to the wings of an aircraft.

The paraglider is controlled by a right and a left control line decelerating the paraglider on one side. These lines are made of robust materials such as aramid or



*Tandem flight with paraglider*



dyneema, each line of the paraglider has a load-bearing capacity of up to 80 kilograms.

The inventor of the paraglider is the former NASA engineer and scientist Francis Melvin Rogallo. Already in 1948 he described the technique how to construct a sustainable paraglider with fabric and cords. In 1978 the French parachutists Jean Claude Béttemps and Gérard Bosson started from a high mountain for the first time. Shortly afterwards, Laurent de Kalbermatten, a hang glider and designer from Switzerland, constructed his legendary "Randonneuse", which impressed with almost twice the gliding performance of former surface parachutes. Paragliding has not been officially recognized in Germany until 1987.

The glide performance of today's paragliders is about 1: 9 (which means that with a height of 1 m, 9 m can be flown), the maximum speed is about 55 km / h. The normal airspeed is around 38 km / h. Hours of thermal and long distance flights of more than 100 kilometers are not uncommon any more. The flight record with a paraglider is currently at 461 kilometers and was set up in 2007 in Brazil. In Europe the longest flight was 335 kilometers.

### THERMAL AND CROSS COUNTRY FLIGHTS

Thermal is a column of rising warm air created by sun-heated surfaces. Rocks, fields and even houses

heat up faster than, for example, wet meadows. The heated surfaces continue to give off their heat to the overlying air. If the temperature difference is at least two degrees, bubbles of warm air will be formed heating the air above it and rise like a hot air balloon. Of course, this happens in many places at the same time. As a visual comparison one can imagine the rising of hot air bubbles in boiling water. Thermals are often indicated by the presence of visible cumulus clouds at the apex of the thermal. Cumulus clouds are formed by the rising air in a thermal as it ascends and cools, until the water vapor in the air begins to condense into visible droplets. Like the birds or gliders, paragliders center the thermal bubble by circling. Climbing speeds of eight meters per second are not uncommon in summer.

### FLYING HIGH - FAR, FAR AWAY

Over time, I succeeded in using the thermals to ascend and I soon discovered cross-country flying for me. It's always like the beginning of a little adventure leaving the familiar "home mountain" to explore new terrain. Cross-country flying you move from thermal to thermal and from cloud to cloud. You cross valleys, passes and mountain ranges and you encounter birds such as hawks or buzzards who are the true masters of cross-country flying.

I am often asked whether I know where I will land when starting. Usually the answer is an honest "yes and no".



I know in which direction I want to fly, but where I will land depends on weather conditions, on my ability and on the necessary amount of luck.

This year I was able to set my personal course record with 161 km. In about six hours I flew from the Hochblauen near Basel via the Swabian Alb to the Lake Constance. In the evening I landed on the lake shore just before Konstanz. Large parts of the route I flew together with my flight colleague Daniel, with whom I also started. So we could enjoy together the “Landing beer” (customary among paragliders) and the return journey. Of course, many other routes are on my wish list. Therefore, it is important to wait for the right day, to be fit and to have time. At this point I would like to take this opportunity to thank the company ACAT, especially my boss Aldo, for their understanding and for their willingness to allow me the necessary freedom to pursue my passion, if it is compatible with my work.

## TANDEM FLYING, FLYING TOGETHER AND SHARED JOY

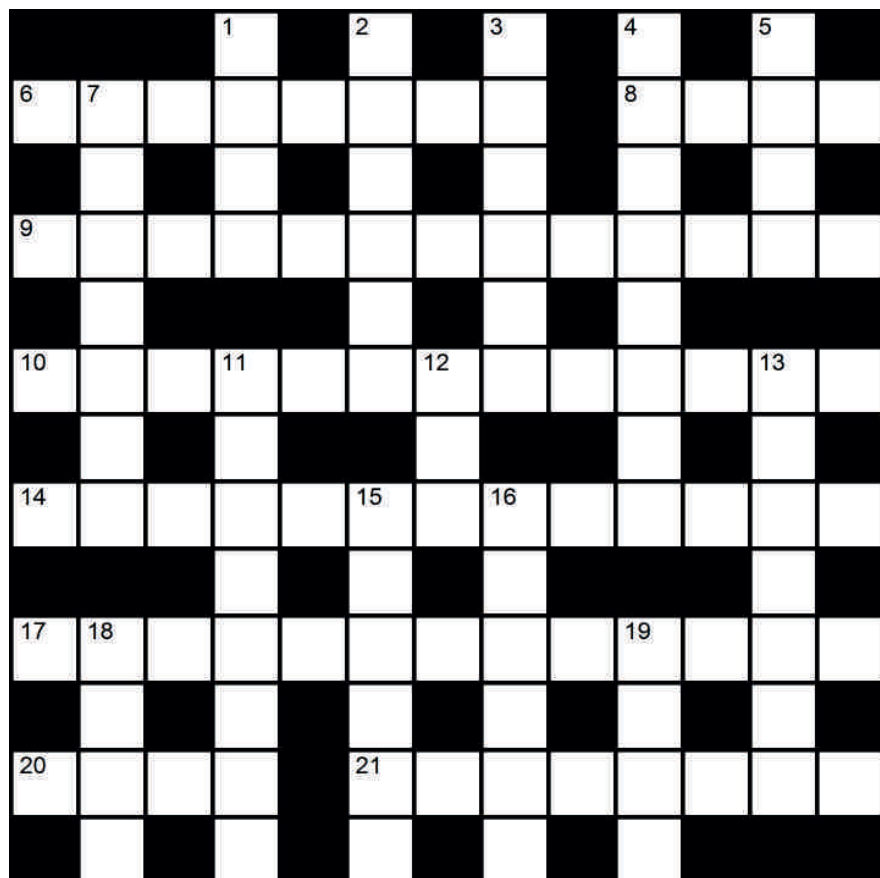
In spring 2015, I acquired the licence for the tandem flight. Prerequisite was my intensive flight experience. At the end of the extensive training a theoretical and a practical examination had to be taken. I really enjoy enabling people a paragliding experience. Since 2016 I have been offering commercial tandem flights at my own website [www.luftzeiten.de](http://www.luftzeiten.de). In June this year I had the honour to fly with my oldest passenger. The flight was the birthday present of the children of the 73-year-old man. Full of enthusiasm he shouted during the flight: “If I were younger, I immediately would start paragliding!”

What are the requirements for a paragliding tandem flight? It does not take an athlete for a tandem flight. Sufficient are: the desire to fly and a normal fitness. A few quick steps and you take off!

All readers, who want to try it once, will find more information on the Internet at:

[www.luftzeiten.de](http://www.luftzeiten.de)

## BRAIN WORK AND MENTAL EXERCISE



### Across

6 Abdicat, 8 Yaks, 9 Salad dressing, 10 Climatologist, 14 Reincarnation, 17 Weatherperson, 20 Anon, 21 Solidify.

### Down:

1 Lira, 2 Bandit, 3 Cereal, 4 Eyesight, 5 Akin, 7 Braille, 11 Monotony, 12 Our, 13 Show-off, 15 Ageism, 16 Nipple, 18 Etna, 19 Reds.

Find the solution in our next issue!

# WIEN-ENERGIE BUSINESS RUN 2017: ACAT participated!



More than 1,200 companies from all over Austria sent their best runners to the start of the 17th Wien Energie Business Run. ACAT participated with two teams!

**AUTHOR:**

**SUSANNE DURST**

On September 7, 2017 more than 30,000 runners from 1,200 companies started at the 17th Wien Energie Business Run at Vienna's Ernst Happel Stadium. The 4.1 kilometer long route led from the stadium, over the Meiereistraße - Stadionallee - Lusthausstraße - Prater Hauptallee - Marathonweg. The destination was the VIP entrance next to the Ernst Happel Stadium.

Six ACAT employees formed two teams called „ACAT Stars“. The team „ACAT Stars 2“ was faster and made it with a total time of only 01:07:24 h to rank 3.838 (total) or to the 1.497 (mixed) rank. The team „ACAT Stars 1“ was with a total time of 01:13:33 h only „close behind“ on rank 5,918 total and 2,613 mixed.

Michael Fuchs achieved a really outstanding performance: With a running time of only 0:15:15 h, he was ranked 239 out of all 30,000 participants, and first place at ACAT. The second place of our six runners took Franz Bucher with 0:19:43 hours, followed by Harald Reis in 3rd place with 0:23:35 hours. Christine Nestler-Kenzian took place four with 0:24:04 hours, followed by Gabi Horak with 0:28:16 hours and finally Susanne Durst reached the final line with a running time of 0:30:01 hours!

The fun factor was very high, and we rewarded our team spirit and tired muscles with sausages and beer at the party followed.

# KEEP HEALTHY THROUGH THE YEAR

## Tips for the season of colds

The renowned occupational physician, Mag.Dr. Herbert Untner, reports interesting, informative and exciting topics on health and he gives valuable tips for better well-being in everyday life.



Photo: Simone Hainz.pixelio.de(1)

**AUTHOR:** **MAG. DR. HERBERT UNTNER**  
**OCCUPATIONAL HEALTH**

Now it is the season of colds and sometimes departments in companies are only half occupied. Two questions arise: can I protect myself from the attacks of bacteria and viruses in the cold season, and, when I become ill, are there simple home remedies to recover quickly and or to make the annoying symptoms bearable?

### COMMON CAUSES OF FLU AND PREVENTIVE MEASURES

In the cold season the air is dry. This is especially true for the interiors, where during the heating season, the relative humidity drops below the medically recommended level of 40 to 60 percent. The dry air contributes significantly to the dehydration of the mucous

membranes. In turn, dry mucous membranes favour the penetration of the common cold viruses, including influenza viruses.

We are especially susceptible to infections when we have additional strains such as stress, too little sleep, bad eating habits, lack of exercise, too much alcohol, nicotine etc. At some point our immune system is overstrained and the nose runs, we start to cough, or the throat hurts.

Preventive measures can be easily derived from this: avoidance of stress, sufficient sleep, well-balanced nutrition, exercise in the fresh air, moderate consumption of alcohol and cigarettes (or stop smoking altogether). It is also important to ensure the appropriate humidification of rooms (possibly with humidifiers).

An adequate supply of vitamin D also strengthens the immune system (Oleovit drops - daily 5 to 10 drops, or once a week 35 – 70 drops with food, as too little is supplied and in the absence of sunlight, the skin produces too little vitamin D in winter).



Photos: Harry Hautumm, pixelio.de (1), w.r.wagner, pixelio.de



*In the case of a hacking dry cough, it can be very helpful to have a glass of warm milk with some honey in the evening before going to bed.*

### PROVEN MEASURES FOR COLDS

What can I do if I have fallen ill?

The measures just mentioned apply especially when I'm ill. Nobody recovers quickly in the hustle and bustle. To get well needs rest, but not only when you are running a temperature.

Speaking of fever: It should not be immediately suppressed with a drug. Fever is a meaningful reaction of our immune system to eliminate germs faster. Adequate fluid intake with herbal tea supports the healing process.

In the case of dry irritated cough, the following teas have proven to be useful (to be purchased in the pharmacy or herbal specialist shop, or to collect them yourselves in the summer):

- cherry stems, • mullein flowers, • ribwort plantain.

I can also recommend hot saltwater inhalations.

In the case of a hacking dry cough, it can be very helpful to have a glass of warm milk with some honey in the evening before going to bed. Milk has a mild mucous-producing effect and calms the urge to cough. In my family dry cough attacks are treated with a lard, as it has already been successfully applied by our grandmothers. For this a cotton cloth is warmed in the oven. Some (onion) lard is spread on the chest and covered with the warm cotton cloth.

Please do not use thyme-containing recipes for a dry, irritating cough because the essential oils of thyme - the same applies to rosemary and oregano - have a drying effect. But they are very good at symptoms with a lot of mucus that cannot be coughed.

If nose and bronchi are already congested, dairy products are not recommended because of their mucous-producing effect.

Citrus fruits are also not recommended for a cold because they deplete heat from the body. They only make sense in the case of fever. Keyword fever: try the well-tried leg-compress on the next feverish cold (cotton towels soaked in hot vinegar water).

Of course, it is easier to take a tablet! But if you really care about your health, you should give your body natural substances and take the time needed to recover. Only in this way you will be able to maintain health in the long-term.

*More information on this topic:  
Institut für Informationsmedizin  
Website: [www.infomed-wien.at](http://www.infomed-wien.at)*



# FOR HEALTH AND WELL-BEING

## Cooking according to the five elements in autumn and winter

In autumn and winter our body is exposed to cold, wind and moisture. It needs sufficient immune power, so that these climatic factors cannot harm us.

### AUTHOR:

**SUSANNE DURST**

In Traditional Chinese Medicine (TCM), the function circle lung/large intestine is responsible for the immune power. It ensures that enough "Wei Qi" or defence energy is formed.

That's why nutrition is particularly important in the fall/winter and should mainly consist of:

- Warming and cooked foods containing for example: ginger, onion and leek and spices such as fennel seeds, coriander, turmeric, cinnamon, cloves, cardamom, fenugreek.
- Power soups made from bones, meat and fish.
- Hearty, well-seasoned stews with cabbage, pumpkin, sweet chestnuts and root vegetables.
- Legumes, such as lentils and beans.
- Moisturizing food, such as pears, apples and almond puree.

Dry heating air is to be avoided! Therefore, daily walks should be taken and living rooms should be humidified



Photo: Christine Nestler-Kenzian

with indoor fountains, humidifiers or drying of washed laundry. The following TCM recipe for cold autumn/winter days is perfect to warm us.

## Indian vegetable curry with smoked tofu and quinoa

### Ingredients:

**Wood:** 1 bunch parsley, juice of one lemon

**Fire:** some turmeric, 200 g quinoa

**Earth:** 2 tablespoons coconut oil, 800 g of vegetables (cauliflower, peas, carrots, pumpkin), 250 ml of coconut milk

**Metal:** a small piece of ginger, 1 pinch of curry, 3 teaspoons of garam masala, 2 pieces of garlic cloves, 2 pieces of onions, pepper

**Water:** Salt, 400 g smoked tofu

### Preparation:

- Cut the vegetables into small pieces, chop the parsley and the Onions finely.
- Chop ginger and garlic cloves finely. Cut the tofu in approx. 1 cm cubes, mix it with the ginger and the

onions and season with garam masala. Let it rest for 20 minutes.

- In the meantime, wash quinoa with hot water. Cook slowly with the double amount of water or vegetable broth for about 20 minutes on the lowest flame.
- Heat the oil in a pot, sauté the onions and add the vegetables and continue to cook briefly. Add some water and coconut milk and simmer for another 10 minutes on the smallest flame. The vegetables should still be crispy.
- Sauté the tofu-ginger-garlic mixture in oil for 5 minutes. And add it to the vegetables.
- Season with parsley, lemon juice, curry, salt and pepper.

Arrange on a plate with some quinoa.

Enjoy your meal and have a healthy autumn/winter!



Carlo Bossoli: The Battle of Solferino



Photos: IRC (1), Wikipedia (1)

## THE ACAT CHRISTMAS DONATION

On behalf of our clients and partners, we annually support a charitable organization. This year it is the Red Cross with its neutral global commitment.

### AUTHOR:

PER O. BJÖÖRN

Originally, the Applied Chemicals International Group was a Central European group of companies with a focus on German-speaking countries. European culture and society have ensured that we can operate in a relatively stable economic and political environment and that we have an excellent infrastructure. They are an integral component of our corporate success. But looking at other countries, we realize that not everywhere are there such good basic requirements and stable conditions for economic operation.

Therefore, we would like to stop at this point for a moment. We want to express our gratitude and we want to give something back in return. For years we have been doing this by donating to a charitable institution on behalf of our clients and partners at Christmas time each year. In the past, for example, we supported cancer aid organizations, associations for the disabled, doctors without borders, and last year the United Nations Children's Fund, UNICEF.

Currently, people need support in almost all parts of the world. There are a variety of reasons for this: nat-

ural disasters such as earthquakes, floods or storms, famines and wars. That's why this year we want to support a globally active, general aid organization: the Swiss Red Cross, shortly SRC.

The origin of the Red Cross was the spontaneous act of helpful people assisting the wounded and the dying in 1859 on the battlefield of Solferino. Soon after, the pioneers of the Red Cross idea searched for principles for the humanitarian work to be created. The first formulations are already to be found in Henry Dunant's book "A Memory of Solferino", published in 1862. On October 8, 1965 in Vienna the "Charter of the Red Cross" was adopted and promulgated. It defines the seven humanitarian principles of the Red Cross:

HUMANITY - IMPARTIALITY - NEUTRALITY -  
INDEPENDENCE - VOLUNTARY - UNITY - UNIVERSALITY

We are aware that our Christmas donation is just a "drop in the bucket," but, "steadily dripping wears the stone!"

We hope that this year's Christmas donation meets also your approval. We thank you for the successful business relationship and we wish you and your families a peaceful and contemplative Christmas!



## URSULA JEKAL: A SPECIAL OCCASION

Looking at this photo one will assume that Ursula Jekal is celebrating her 20-year long service anniversary, but far from it! Despite this "youthful appearance" Ursula already qualifies for well-deserved retirement! Despite regular pension entitlement she has supporting us with her experience for one year longer and that was a great help to us.

Ursula joined the ACAT team in autumn 1998. She worked in the accounting department and she was responsible for accounting. She was involved in the introduction of the software program Navision and during her professional life she had to deal with many updates and ongoing program extensions.

For all these years accounting has been safe in Ursulas hands. She was a great help for our sales representa-



tives and of course, she was always available to the management for special evaluations and reports. In the last few months Ursula trained our new young accounting team.

In the future Ursula will probably have more time for her adult trip-lets (and their expected offspring), for the care of her mother, for the care of her garden, for her dogs and maybe there will be enough time for a new hobby. Possibly she will undertake smaller tasks at ACAT. There can be no talk of retirement! Dear Ursula, I think I am right in saying that we ALL appreciated

your work you have done in a good mood and with a lot of joy even in stressful times. We thank you for your time with us and we wish you only the very best for the future.  
HR

## ANNIVERSARIES

### Harald Reis - 20 Years Accounting Management in Vienna

In 1997, ACAT Vienna was just four years old, had twelve employees and was an ambitious small company with focus on technology and sales. Nevertheless, it was necessary to meet the minimum requirement of administration and therefore, we were looking for an employee with a lot of enthusiasm and heart to take the load off from us for our core business. We chose Harald Reis, a young man in his thirties, who rolled up his sleeves and brought our administration chaos under control.

Over the last twenty years, our company has been growing steadily, and Harald developed our accounting and logistics system with great skill, and he installed the basics essential for a modern, ambitious company. Harald always knows what to do and he has everything under control, whether it is the ISO certification, the Responsible Care program of the early years, the adaptation to modern accounting standards, auditing, and the support



for IT in order processing or the fulfillment of the steadily increasing bureaucratic demands.

Competently, with a sense of proportion and with his social competence Harald Reis painstakingly clears all the obstacles out of the way imposed by bureaucracy.

Today we are still an ambitious mid-sized enterprise with almost 50 employees in Vienna and a sister enterprise in our neighbouring country Hungary, where beside the commercial administration Harald is also member of the management. Nevertheless, we have our backstage management and administration under better control than 20 years ago.

Harald, we thank you for your loyalty, for your unbridled enthusiasm and the high quality of your work. Without you we would not be able to realize many things and to lead them to success! We look forward to many more years of working together! MZ

## ANNIVERSARIES

### Gaby Szabolics 15 Years ACAT Hungary

For 15 years, Gaby has been accompanying us through all the ups and downs in our office in Budapest, and she always has a smile on her face. Only very rarely she shows her "strict side", but then it serves us right. As Gaby is a cheerful nature she cannot be severe with us for long. Now it is our duty, but it is not only that, it is a matter of concern to us to accompany Gaby through a difficult time. We would be very happy to continue to use her service for many more years, because we can always rely on her valuable work. Gaby, we wish you all the best and stay the way you are!

ES



## NEWCOMERS

### Natascha Herbst

And the Syvell team keeps on growing! With Natascha Herbst we have taken on board a strong support for a better and more efficient sale of our Skyvell products. Natascha Herbst is a young dynamic woman in her early thirties with the best industry experience one could wish for. From



November 2017 onwards she will support the team of our sales department. We hope that her profound market knowledge will help us to get an even more professional and efficient sales presence. Her congenial and cosy nature combined with her profound professional experience, have convinced us completely. We are also pleased that this interesting job offers Natascha Herbst also the opportunity to combine a new and interesting area of responsibility with the care of her young son. We wish Natascha all the best and we hope that she will enjoy her new job at ACAT.

AR

## WELCOME BABY!

On 17 September 2017, little Leya has got reinforcement: her brother Theo was born. He weighed 3420 g and was 55 cm tall. Now he is the pride and joy of his „big“ sister. He has taken the hearts of his parents Bettina and Theo Weinbrenner by storm and he keeps all family members on their toes.

ACAT congratulates the young family!



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### Christian Rumpf

Since 1 September Christian Rumpf has been supporting the team of the ACAT paper department. He has extensive experience in both PM and paper recycling. Most recently, he has worked as a shift leader in a deinking plant.



Mr. Rumpf completed his apprenticeship as a papermaker and master of paper production in Steyrermühl. He supports our Austrian customers and he helps to secure and to further expand our high level of support and service. In his spare time Christian spends a lot of time with his family. He is an avid cyclist and he is interested in football.

ROS



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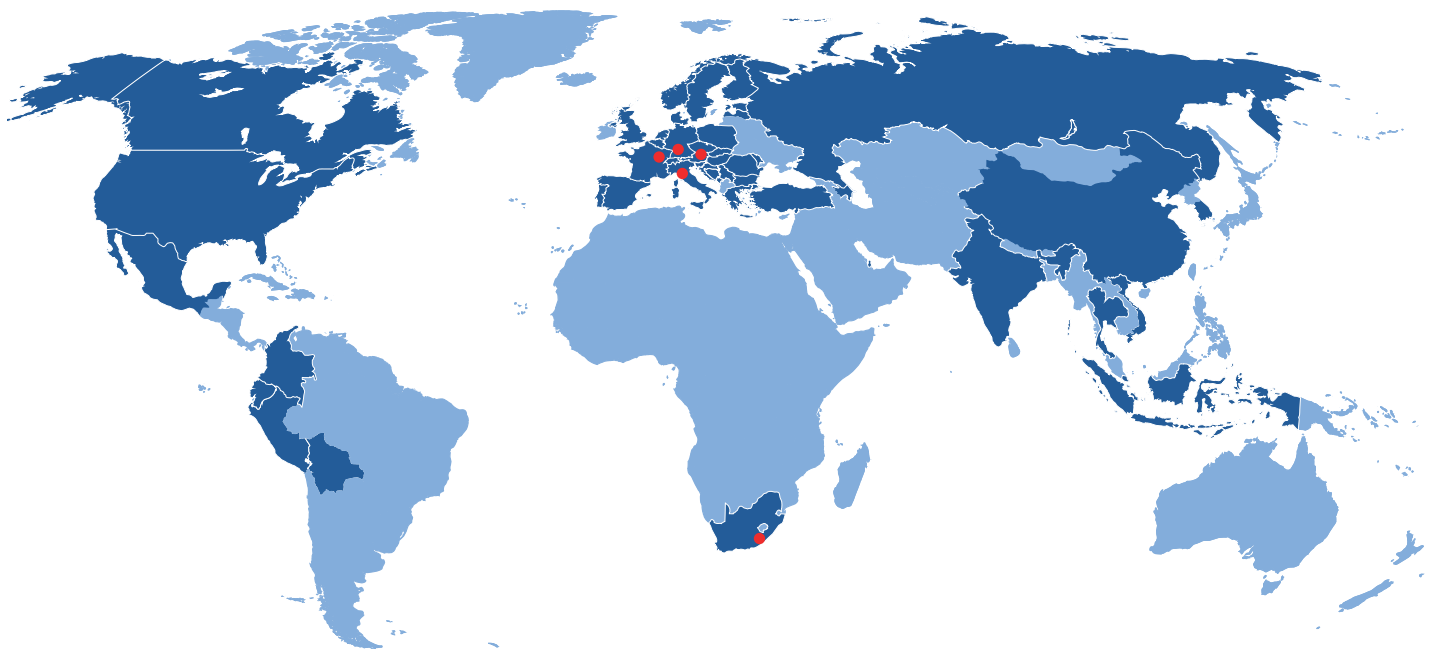
Neubadstrasse 7

CH-4054 Basel

Switzerland

T +41 61 282 82 82

international@acat.com



● our offices

## Europe, Middle East & Africa

Austria, Belgium, Bulgaria, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Liechtenstein, Luxembourg, Malta, Moldavia, The Netherlands, Norway, Poland, Portugal, Romania, Russia, Serbia, Slovakia, Slovenia, South Africa, Spain, Sweden, Switzerland, Turkey, UK

## Asia, Pacific

China, Hong Kong, India, Indonesia, Qatar, Russia, South Korea, Thailand, United Arab Emirates, Vietnam

## Americas

USA, Bolivia, Canada, Colombia, Ecuador, Mexico, Peru

### Applied Chemicals International Group

Applied Chemicals International Group AG  
Neubadstrasse 7  
CH-4054 Basel  
Switzerland  
T +41 61 282 82 82  
international@acat.com

Applied Chemicals International AG  
Neubadstrasse 7  
CH-4054 Basel  
Switzerland  
T +41 61 282 82 82  
international@acat.com

### Applied Chemicals Austria

Applied Chemicals Handels-GmbH  
Wolfgang Pauli-Gasse 3  
A-1147 Vienna  
Austria  
T +43 1 979 3473 0  
office-wien@acat.com

Applied Chemicals Anlagen-  
und Maschinentechnik GmbH  
Wolfgang Pauli-Gasse 3  
A-1147 Vienna  
Austria  
T +43 1 979 3473 0  
office-wien@acat.com

Applied Chemicals Handels-GmbH  
Technics Center  
Wertheimstrasse 1  
A-3270 Scheibbs  
Austria  
T +43 1 979 3473 14063  
office-scheibbs@acat.com

### Applied Chemicals Germany

Applied Chemicals Anwendungstechnik  
(Deutschland) GmbH  
Wallbrunnstraße 24  
DE-79539 Lörrach  
Germany  
T +49 7621 1543 70098  
office-loerrach@acat.com

### Applied Chemicals Hungary

ACAT Alkalmazástechnika Kft  
Budaörsi út 165. II/1.  
HU-1112 Budapest  
Hungary  
T +36 1 224 0322  
office-budapest@acat.com

### Applied Chemicals Italy

Applied Chemicals International  
AG, Milan Branch  
Viale A. Doria 42  
I-20124 Milan  
Italy  
T +39 02 870430 12  
office-milano@acat.com

### Applied Chemicals South Africa

Applied Chemicals Application  
Technology ZA (PTY) Ltd  
207 Plantations, 47 Shongweni Rd  
ZA-3610 Hillcrest  
South Africa  
T +27 31 765 5096  
office-durban@acat.com

### Applied Chemicals Switzerland

Applied Chemicals Schweiz GmbH  
Neubadstrasse 7  
CH-4054 Basel  
Switzerland  
T +41 61 282 82 80  
office-basel@acat.com