

Scratch Zone

1	4	7	6	8	2	3	5	9
5	2	8	3	9	1	6	4	7
3	9	6	5	7	4	2	1	8
7	1	4	2	5	6	9	8	3
9	6	5	8	3	7	4	2	1
8	3	2	4	1	9	5	7	6
6	5	1	9	2	8	7	3	4
4	7	3	1	6	5	8	9	2
2	8	9	7	4	3	1	6	5

SUDOKU - Answer



"The Filtered Times"

Issue 5
1st Quarter, 2008



B.G.E. Service & Supply Customer Newsletter
Published - Head Office Edmonton

B.G.E. Edmonton COR Certified - What is COR?

(COR) is a Certificate of Recognition given to companies who develop health and safety programs that meet established health & safety standards. Achieving COR involves internal & external safety audits that ensure we are consistently achieving the

safety standards. Following the COR process highlights areas where you are meeting the standards as well as highlights areas for continuous improvement. The maintenance of the COR program better enables our company to reduce workplace injuries and keep our staff,

customers & visitors safe. COR is fast becoming an expectation for all employers. Thanks to the Safety Committee for their due diligence and to all the staff for thinking & working safely. Please contact the Safety Committee if you have any questions.



WCB Saskatchewan awarded our Saskatoon branch a Certificate of Achievement - In recognition of achievements in making Saskatchewan workplaces safer. **Congratulations** to our Saskatoon branch for their positive efforts.

AIPMAC 27th Annual Fort McMurray "Business Associates Day"

Fort McMurray held it's Annual Business Associates Day on Oct 24/25, 2007. They had a record attendance this year. This is a chance for all plants and business's to network and have some fun too. There usually is a Casino evening. This year it was decided to host a mini golf course. Each business sponsored a golf hole. Many Thanks & compliments to

Rick Tooke & Andy Villeneuve (Service Department) for creating the Halloween themed hole. It was a hit amongst the golfers and B.G.E. won for most creative golf hole. We unfortunately do not have a picture of the golf hole, however we do have a picture of the golf clubs used and one of the designers - Rick Tooke.



Submitted by Bert Leblanc



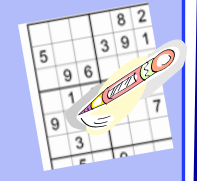
COR Certified	1
WCB Recognition	1
AIPMAC	1
Christmas Traditions	2
Safety Corner	2
Employee News	3
Go Green	3
Tidbits	3
Sudoku	3
Employment Opportunities	3
Scratch Zone	4
Sudoku Answer	4

SUDOKU Inside

PUZZLE PAGE 3

How do you play Sudoku?

- © Fill in the blank squares so that each row, and each 3x3 block contain all digits 1 through 9.
- © Don't give up, it is easier than you think!



**Christmas Giving
"Food for Fame"**



Edmonton - Every year we continue the tradition of collecting items for the Foodbank. Everyone in the B.G.E. Edmonton Administration & Manufacturing contributed to this worthy cause. This year we continued that tradition with a new twist. We signed up with CityTv/Sobey's for their "Food for Fame" promotion. The deal is to donate and then share your Christmas wishes that will air on CityTv throughout the



Holiday season. We delivered our 2 large boxes filled to the brim on December 1st. Darrel Sutton graciously matched our donation with \$500.00 contribution to the Food Bank. Thank you to Darrel Roberta, Melissa, Andrea, Carol, Joe and the children Ella & Reese, Brandon & Brittney and Logan who came out to record our Christmas greeting; We had fun recording our greeting and contributing to such a great cause. Next year we wish to collect more donations and have more employees come out to share this fun, and worthy experience.

Submitted by Linda Ritcho

**Celebrating Christmas
Customer Luncheon**

Edmonton held it's Annual Customer Appreciation Luncheon December 6. The luncheon was well attended by 76 customers. They were treated to a festive lunch complete with a door prize draw. **Thanks to the entire Customer service Team!** who helped setup, clean up and assist towards another successful Customer Luncheon.



Jim Scharpegge mingling with a group of our customers

"A successful team is a group of many hands but of one mind!"

Bill Bethel

Safety Corner - "Back Talk"

Through the years we all have learned of the proper techniques for bending and lifting, so why is it we continue to rush along in haste and lift, well knowing we are putting our back at risk for injury. For this reason we are providing some "Back Talk". Did you know that your spine is one of the strongest parts of your body. It is strongest in its natural curves. When you put your back in a position that does not follow the natural curves, the back has

Back Talk" Continued



work harder to do the same job. Poor posture fatigues the muscles faster and over time can produce back pain.

Where possible, the following back postures should be avoided because they do not maintain the natural curves of the spine:

- Forward bending
- Twisting
- Extreme side bending



ACTIVITY is good for your back, it:

- Develops and stretches muscles & joints.
- Keeps you flexible
- Prevents your joints from seizing up
- Gives you stronger bones
- Keeps you fit by working your heart & lungs
- Reduces pain by releasing natural chemicals

Don't take it lying down

Even when you have pain, you can still participate in low-impact activities.

- **Make a splash.** Be gentle to your joints by swimming or doing water exercises.
- **Walk this way.** Head outside or to the mall for a healthy walk.
- **No place like home.** Get moving at home with an exercise DVD.
- **It's a stretch.** Warm up with slow, gentle stretches before you exercise or physical work.

Activity not only keeps back pain at bay, it'll perk up your spirits!



Stay Active

Excerpts from www.backactive.ca, www.wcb.ab.ca

Employee's Corner - Anniversaries

- Edmonton**
 Mike Yack - 23 yrs
 Anh Luu - 17 yrs
 Tu Tran - 15 yrs
 Van Tran - 13 yrs
 Linh Tu - 10 yrs
 Joe Doyle- 10 yrs
 Rick Tooke- 8 yrs
 Xuan Tran - 6 yrs
 Giang Nguyen - 6 yrs
 Hua Miao - 4 yrs
 Jason Fried - 3 yrs
 Hector Chinchilla - 2 yrs
 Truc Nguyen - 1 yr
 Gai Dang - 1 yr
 Karren Kingsbury - 1 yr
- Thu Hoang - 1 yr**
Doan Huynh- 1 yr
Vinh Vandeworp - 1 yr
Bong Tran - 1 yr
Luyen Truong - 1 yr
- Winnipeg**
 Diane Price - 8 yrs
 Gordon Davis - 2 yrs
- Saskatoon**
 Shannon Palmer- 24 yrs
- Prince George**
 Colette Evans - 10 yr
- Calgary**
 Arlene Hertlein - 6 yrs
 Carrissa Speager - 2 yrs
 Elaine Raskob - 1 yr
 Bernie Waldorf - 1 yr

Welcome New Employee's

- Fort McMurray**
 Jon Foy - Technical Support Services
 Tyson Durnford - Service Tech.
 Marcel Lebas - Service Tech.
 Kyle Yarosloski - Service Tech.
- Vancouver**
 Paul Dean - Sales Manager
- Edmonton**
 Nicole Gagnon - Manufacturing
 Thoa Vo- Manufacturing



Eva Mullen - Retires



Eva Mullen has retired from B.G.E. after 26 years of service. We wish Eva a pleasant retirement and the very best of health & happiness in her new adventures. Thank you Eva for everything!

Congratulations Everyone, Thank you for your continued excellence!

Plant a Tree



TD Bank Financial Group announced as part of its annual Customer Appreciation Day, it is partnering with Tree Canada to plant 160,000 trees in select locations throughout the country, including Kelowna, Ontario, Quebec, and Halifax. The environmental impact of 160,000 trees is significant. Over their lifetime, these trees will absorb 93,418 tonnes of carbon dioxide and will filter other pollutants such as carbon monoxide, sulphur dioxide and ozone. Each mature tree will lift nearly 400 litres of water out of the ground and discharge it into the air daily, cooling the air while producing life-giving oxygen. Trees reduce water run-off and erosion, keep streams cleaner, recharge ground water, and provide habitat for wildlife.

www.treecanada.ca

Tidbits:

Bananas contain a natural chemical which can make a person happy. This same chemical is also found in Prozac.

An apple, potato, and onion all taste the same if you eat them with your nose plugged.

Polar Bears can eat more than 50 lbs. of meat in one setting.



Wow

SUDOKU For You!

1	4			8	2		5	9	
5	2		3	9	1		4		
	9	6			4	2	1		
	1	4	2				9	8	
9			8	3	7			1	
	3	2		1	9	5	7		
	5	1	9				7	3	4
4	7		1	6	5		9	2	
2		9	7	4		1			

www.krazydad.com



B.G.E. Service & Supply Ltd.



is always looking for quality people to join our team! If you would like further information on our company and the opportunities available, or feel that B.G.E. is a family business that you would like to be a part of, please contact;

Melissa Zimmerman at 436-6960 or melissazimmerman@thefiltershop.com