

## Message from the C.E.O.

**I**t is hard to believe, but we are enjoying our 67<sup>th</sup> Red Gold fresh pack. Every single one of them is unique and this pack is no exception. We have learned that we can't out think Mother Nature. In our last issue, we predicted an early pack, but of course cool weather and too much rain challenged that. We are getting a later start with the August 8 trial run at Orestes. The crop appears properly spaced out and we should have lots of tomatoes through the second week of October.

With this late start, our growers know how important scheduling will be to keep an even flow of tomatoes to the manufacturing plants. They always do an outstanding job bringing in quality tomatoes, no matter what conditions they face.

The processing plants are anxious to get up to speed and make up for the late start. Since last season, our Peak Performance Teams have continued to improve line efficiencies by removing the bottlenecks, reducing downtime and focusing on quick change overs. Our goal is to reach our pack budget with two less days of production.

At Orestes, additional dicing capacity was added to the gallon line and flexibility was increased by adding a dicer-slicer option to a 28 ounce can line. One of the many energy reduction projects included adding an economizer to the boiler, to preheat the feed water, using the exhausted heat in the stack.

Plant security continues to be a major focus! The Orestes location has chosen to install a new badge system that allows only employees with badges to enter the building. The badge also acts as a time card. New gates and special locks were installed at the main entrances. Employees caught onto the new system quite rapidly.

Geneva received a major upgrade and redesign in the peeling area. A 50 ton peeler, disk bed and tag remover replaced our smallest line. Five color sorters, a carousel conveyor system and new inspection tables were added to help direct and control the flow of tomatoes to each of the filling lines. A control integration package was added to ensure the lines run with increased efficiencies.

In 1988 Red Gold installed our first evaporator at the Elwood facility, to concentrate the tomato juice into puree, catsup and tomato sauce. This year a much needed state-of-the-art upgrade package was added to the Dedert evaporator, which will provide an operator friendly system. New product-flow piping to each evaporator effect was also added, to increase the efficiency of the system. The team did a great job on the design, installation and training on the evaporation project. Tomatoes should be ready by August 22 to do a test-run.

Before pack even started, one of our biggest efforts was completed and put to use at the Distribution Center. The WMS (Warehouse Management System) brings four main benefits to Red Gold.

1. Improved space utilization of our warehouse
2. Improved stock rotation
3. Improved traffic flow
4. Increased productivity in picking products for shipment, and/or stocking inbound loads from manufacturing plants.

The WMS team and DC employees worked very hard to get this system operating in time for tomato pack. They will be installing this system at our three plants, soon after the last tomatoes are harvested.

I hope everyone has a terrific fresh pack experience... safe and productive!

*Brian*

## Under Water Rescue

Like many, Elwood citizen Linda Southern watched the television news report on the June flood devastation in south central Indiana. But unlike many, Linda could not sit idle without trying to help the victims of the flooding. After several unsuccessful phone calls, Linda was surprised to find that no formal Elwood-area donation programs had been initiated. So, Linda created a program on behalf of the big-hearted citizens of our community.

Utilizing the Elwood Call Leader newspaper and word of mouth, Linda advertised her donation drive. She contacted family and friends requesting their help. Her next hurdle was to establish a "home base" for the donation collections. St. Vincent Mercy Hospital Foundation generously offered their building at 201 Anderson Street, in Elwood, as the official collection site.



For two days, Elwood residents, churches, the Kiwanis Club and local sororities responded to Linda's call for help in support of the victims. Collectively, they brought a mountain of clothing, cleaning products, bedding materials, linens, toiletries, first aid supplies, various food items and bottled water. The total donations were nothing short of massive.

Linda's next challenge was to transport the donations to the flood victims. Linda thought about the area's largest transportation company, Red Gold and RG Transport. When Brian Reichart received Linda's call, it was not a surprise that he jumped at the opportunity to help. Brian provided an RG Transport tractor, trailer and driver to move the flood victim's donations. Brian also added pallets of ketchup and salsa for the families in need. On Tuesday, June 24, 2008, Linda and her volunteers, including strong young members of the Elwood High School football team, loaded all the donations into a RG Transport trailer.

A short time later, the "load of help" was delivered to the Ashbury United Methodist Church in Columbus, IN. The church served as a central distribution point for getting the much appreciated supplies to the flood victims. Thanks to "Linda's Team" and Red Gold, the quality of life for many flood victims improved a little that day.

Anyone wishing to make additional donations to the flood victims can contact Jennifer at the Ashbury United Methodist Church at (812) 372-4555.

## KETCHUP KORNER

This is a place where you can catch up (Get it?) on news, fun facts, and items of interest about our products, people, and activities.

**Did You Know...**the tomato evaporator at our Geneva facility is the only evaporator east of the Rocky Mountains that produces tomato paste? Our Elwood and Orestes facilities have evaporators as well; concentrating the tomatoes to levels needed for ketchup, puree, sauce and concentrated crushed tomatoes.

**Did You Know...**RG Transport has purchased new tractors due for delivery in September? The new tractors will have 280 gallon fuel tank capacity. At an average price of \$4.50 cents per gallon for diesel fuel, that first "fill up" will cost a whopping \$1,260.

### Quarterly Definitions

**Brix** is one of the quality attributes we measure on our products. It is the number used to document the amount of soluble, or dissolved, solids in our tomato products. It is measured on a sugar scale using a refractometer.

**Total solids**, another quality attribute we measure, are the amount of soluble and insoluble solids in our tomato products. Insoluble solids are solids not dissolved. The term "solids" is used to describe the non-water portion of tomatoes.



# Dear Stewie Readers,

Are you like me and your blood pressure rises when the phone rings and someone offers you an attractive "1 in 687 million chance of winning a \$6 road atlas"? How aggravating! But, I sure would not have minded if someone would have "surveyed" ol' Stewie about gasoline prices before they raised them 687 million percent.

Who would have thought that filling up the Stewie-mobile would become so expensive? My personal budget is so outta wack that I've lost all control of my debits and credits. It's getting so serious my "vacation budget" monies have totally left the building in an attempt to rescue my grossly overspent gas pump account. Definitely no trips to a beach resort this year for this reporter...no wonderful massages...or no colorful "I did my best to eat the 72 ounce steak and all I got was this lousy t-shirt" t-shirt. Nope... this lycopene laced correspondent is going to have to find some less expensive daytrips to fill this year's time off schedule.

My peeps tell me many of the local festivals can be fun and entertaining. And, if you stay away from the ever popular chain saw carved Elvis statue, they can also be very affordable. I definitely need affordable. But, which festivals are best? Being of curious and somewhat unsound mind...to the Internet I go. [www.indianafestivals.org](http://www.indianafestivals.org), helped me find some potentially interesting ones. For example, in Ligonier (no clue where that is, but I'll bet I could find it), there's the upcoming "Marshmallow Festival". Or, there's the fan-favorite Plymouth "Blueberry Festival". Who wouldn't like to be surrounded with all things made from marshmallows or dark sticky berries?

Wait a minute...in Clinton, we've got the "Little Italy Festival". No good Red Gold tomato representative should miss that one. Or, just down the street is the Tipton County "Pork Festival". The literature indicates they crown a Big Porker Queen and a This Little Piggy Princess. How cool is that! Stand back...I'm very happy to report that up north is the Valparaiso "Popcorn Festival". Thank you Orville! I'm now thinking "all-you-can-eat 96% Fat Free" snacks and a possible head start on several feet of fresh Christmas garland.

Here's another alternative...if you're a toe-tapper like me, the upcoming "Blues at the Crossroads Festival" in Terre Haute, or maybe even the "Back to the Fifties Festival" in Lebanon, sounds pretty captivating. And, what's this?? There's even a "34th Annual Octoberfest", in September no less, in Hoagland. Somebody send those folks a calendar!! Morgantown hosts the "Colonel John Vanter Day" festival. Not sure who he is but he has his own day. Whoa, here we go....Valpo also has the "27th Annual Wizard of Oz Festival" complete with not only a few witches, but a flock of flying monkeys. We're definitely not in Kansas any more.

And, Friendship is hosting the "National Muzzle Loading Rifle Association National Championship Shoot". I hope the competitors are "friendly" in Friendship as that could turn ugly quick. Or, if "Sidewalk Chalk Art" is your thing, then the upcoming Greencastle festival is for you. Sure hope it doesn't rain.

And lastly, I have a very tough decision to make. Do I partake in Wabash's "Indiana State Hand Corn Husking Contest" or Rising Sun's "Navy Bean Fall Festival"? (Note: maybe it should be renamed "Navy Bean Fall Festival Immediately Followed by The Natural Gas Festival", but that might be considered too tacky). How can any famous reporter decide? Time out...decision made...I'll attend neither! I just found Madison's "Harvest Celebration Festival" at the Lantier Winery. A good time there will definitely make you forget about those gas prices!!

So, this reporter's advice is to stay close to home...save some money...pick a local festival to attend...and see everybody next time!

# A DAY IN THE LIFE...

## Pedro Cardoza, Seasonal Recruiter & Housing Supervisor - Orestes Facility



It's that time of year again! There are plenty of things to tip us off that "fresh pack" is just around the corner. One unmistakable sign is that our workforce grows. Slowly, our seasonal co-workers begin to fill up the living quarters as well as the break rooms. Many of Red Gold's seasonal employees are traveling from Texas, Florida, and North Carolina. One can imagine all of the work that is involved in making sure Red Gold has positions filled for this very busy time of year... just ask Pedro Cardoza, Red Gold's Seasonal Recruiter and Housing Supervisor!

Pedro's job is to coordinate everything from recruiting to making sure the workers arrive safely, with appropriate accommodations for their group. Pedro lives in Texas, but spends six months of the year in Indiana, here at Red Gold, and he physically touches base with our office every two months. While still in Texas, he begins the process of recruiting new employees. He recruits people from all over the South and Southwest. This part of his job isn't too difficult...most of the new recruits come to him via word of mouth. Pedro has worked hard to build camaraderie with people in Texas. Therefore, many potential employees hear great things about Red Gold. The proof is in the tomato pudding; have you ever noticed the same faces from year to year? Each year, 70% of the same employees come back to experience another fresh pack.

After making sure he has enough employees for fresh pack, Pedro's job isn't even close to being complete. He is also responsible for making sure everyone gets to Red Gold safely. Pedro lives in Brownsville, Texas, which is where many of the seasonal employees live as well. Coordinating travel for 330 employees from Brownsville, 1600 miles and 26 hours away, can be daunting. Most of the people travel to Indiana in cars, but, what about those without vehicles, or those that are hesitant to make the drive? Approximately 100 people a year need help with transportation, so Pedro makes arrangements for travel by bus. Even those with cars can still count on Pedro if needed. If someone breaks down on the long trip, Pedro will arrange for a driver to go and pick them up.

By the time the workers arrive, Pedro has already made sure that their living quarters are ready to go. Out of season, Pedro spends part of his time making repairs to the housing. When everyone arrives, he has already figured out exactly where everyone is going to stay. This is easier said than done. The Orestes facilities typically house 400 residents, but consider that only 330 of these residents are actual Red Gold employees. The rest of the residents are children and family. There are different sizes of units, so Pedro must decide who is going to stay in which room and with whom. He makes sure he keeps families together, while trying to accommodate everyone's requests. He also makes sure that everyone continues to have all that they need throughout pack.

Once everyone has arrived safely and has settled into their homes, it is time to start training. Pedro begins the training process during recruiting. He lets everyone know what to expect once they arrive at Red Gold. It is very important to Pedro that everyone reads and is aware of the policies at Red Gold. During this training period, Pedro has already contemplated who will work in what job and the proper gear each employee will need. The training doesn't stop after the initial period, however. Pedro is also responsible for continued training for new hires and for employees who switch jobs. This creates a lot of training meetings! One of Pedro's favorite meetings is the Blessing Meeting, held the first Sunday before pack begins. He has the Father from the local Catholic Church as well as other pastors come to Red Gold to say a blessing. He's been doing this for 25 years now!

There are a variety of other great things Pedro does for Red Gold and its employees during this time of year. Those who work at Orestes can attest to the excitement on Fajita Friday, when Pedro serves up his famous fajitas to Red Gold employees. Profits from this go towards making the 'After-Pack-Party' a smash. Pedro also has a celebration for the seasonal employees on Mexico's Independence Day, September 16. He works closely with the Texas Migrant Council (TMC), to represent migrant workers in the state of Indiana. Pedro has worked hard to gain more hours for workers. TMC is also responsible for coordinating the schooling for the children of the employees, held six days a week. He's also worked with the Indiana Health Center to bring the Indiana Migrant Clinic to Red Gold. This is a mobile unit that visits Orestes two times a week. Pedro has also brought the Mexican Consulate from Indianapolis to Red Gold so that they could see first hand, the great place where the seasonal employees work. When asked what his favorite part of working with Red Gold was, Pedro answered, "There's good communication with Red Gold and the employees," he continued, "It's a hard job taking care of people, but when you like your job and the company, it's easy."

# RED GOLD ALL STARS



# Continuous Improvement Managers

Gary Middlesworth  
and Mike Rabel

## WHAT WE DO:

- Plan, organize and lead kaizen events
- Provide problem solving assistance to employees and management teams
- Provide training and assistance to employees regarding:
  - Lean tools
  - Problem solving
  - 5 S
  - Standard work
- Document kaizen activity
- Organize project documentation
- Assist management team in prioritizing projects in alignment with plant goals
- Communicate Peak activity to employees
- Encourage employees to find ways to improve or eliminate waste
- Identify and coordinate employee training requirements for Peak Performance
- Assist TAP (Technical Assistance Program) consultants with training and projects

The Plant CIM (Continuous Improvement Manager) is an integral part of the plant's day-to-day operations, and with ongoing project planning and execution. Our CIM's are constantly walking the plant floor look-

ing for opportunities to assist and coach employees with their jobs. They also attend the daily operations review meetings to understand issues and assist in solving daily problems. The CIM's work closely with each manager, serving as a resource for any department improvement activity, and support all of the plant improvement projects as well as ensure timely follow up of kaizen activities.

## Fun Facts

190 kaizens have been conducted since the beginning of Peak Performance in 2005.

82 people have been trained in Peak Performance for a total of over 13,392 hours.

360 employees have participated in training or kaizen activities totaling 24,000 hours.

Who took part in 2008 kaizen activities?

Departments	18	Superintendents	7
Vice Presidents	2	Supervisors	29
Directors	4	Salary Employees	29
Plant Managers	2	Hourly Employees	92
Managers	31		

# AND THE SURVEY SAYS.....

All employees at the Corporate Office, the Distribution Center, Elwood, Geneva and Orestes recently took part in the E3 Quality of Work Life survey. The eight page survey took approximately 30 to 45 minutes to complete, and was designed by the E3 Design Team. This team was comprised of both management and hourly associates from each location. Each of the team members had at least three years tenure with the Employees Experiencing Excellence (E3) program.

The surveys were completely anonymous and will be tabulated by Tab Services in Chicago. Questions regarding communication, collaboration, customer service, change, reviews, recognition, empowerment, Peak Performance, productivity, safety and health were included. Focus groups from all of the plants will discuss the results of the survey to determine what E3 teams will be developed next year and the topics that these teams will pursue.

Since the year 2000, E3 teams have made successful changes in many areas.

1. Our **attendance policy** and our **job selection policy** were written by employees in response to the survey.
2. We have consistent communication on our bulletin boards, at all locations, from the efforts of the **Communication Team**.
3. The E3 process ensured that every location has an employee driven **Safety Team**.

4. New employees are welcomed by employees that are on the **New Employee Orientation Team**.
5. We receive an uplifting message every Monday morning from the **Character Team**.
6. Our employees and families enjoy a quarterly newsletter that comes to our homes from the efforts of the **Newsletter Team**.
7. Our families have twice toured our manufacturing facilities due to the efforts of the **Work and Family Balance Team**.
8. Our **Health and Wellness Team** sponsored a challenge to all employees to 'walk more' for better health. Nearly 400 employees were involved.
9. Our **Recognition Team** designed our recognition program and all of the awards. Nearly 200 awards were presented at our summer business meetings.
10. Last year, our **Employees In Touch Teams** sponsored over 40 events, giving \$6600 to our communities. They also sponsored 99 events for their fellow employees.



# PENNY PINCHERS

Here are a few tips from our employees about how they are saving money in today's economy!

**Emily Jones**- "Go the speed limit. You can save up to 20% on your gas mileage if you stay @ or below 55. I've tried it & it works! When deducting purchases in your checking acct, deduct the # rounded up. If you've spent \$10.04, deduct \$11.00. It adds up quickly and the \$ can be used for a rainy day. Something my mom does; she takes all of her \$1 bills that she's received throughout the day and puts them in a jar. Those add up quickly, too. If anything, you'll never have to worry about not having a tip for the pizza guy!"

**Beth Wilson**- "The biggest money tip I could give right now is how much I am saving on cigarettes since I quit smoking on June 16th, 2008 which to date is \$225 not to mention the extras I picked up at the convenience stores while in there buying cigarettes, which probably was another \$75-100 per month. That is approximately \$300 in a 1 month period of savings. I would also like to thank Red Gold for our Anthem Insurance covering a smoking cessation product in addition to the Smoking Cessation Program every week that I truly need and look forward to each week. I feel great!"

**Meghan McClain**- "Eating at home more instead of going out to eat. Using those green bags at stores instead of getting millions of shopping bags. Also recycling plastic bags back to Walmart."

**Debra Ivey**- "We are planning errands and other around-town travel more carefully to try to accomplish more with less driving."

# OUR FAMILY, OUR HEROES



As July 4th, Independence Day, comes and goes, many of us reflect on the freedoms we enjoy everyday in this great country of ours. We should also reflect on the countless men and women who have served in our Armed Forces to protect our liberties and everyday freedoms. Within our tight Red Gold community, we have a number of family members serving in various branches of the US Military. We would like to honor these brave soldiers by giving their names and service information (additional names are listed in the section of family members who received care packages).

- Bradley Hartman, son of *Ed Hartman*, RG DC, serving in the Air Force on the AWACS team flying missions into Iraq and Afghanistan.
- Christopher B. Ryan, brother of *Melanie Quinton*, RGT, serving in the Navy as Petty Officer 5 in Afghanistan.
- Codi Matlock, relative of *Sarah Martin*, RGT, serving in the Army as Sergeant in an undisclosed location in Iraq for a second tour.
- Daniel S. Hopper, cousin of *Dawn Beach*, RG Corporate, serving in the Air Force as SSGT in Iraq for a second tour.
- Jacob Sweatland, son of *Linda Sweatland*, RG Corporate, serving with the 25th Infantry Division as a newly promoted Captain in Iraq.
- Justin Haley, son of *Andy Haley*, RG DC, serving as a Specialist in the National Guard in Iraq.

To honor RG Geneva family members serving in the military, the E3 team at RG Geneva sold red, white, and blue candles which raised money to create gift boxes for the troops. The packages were stuffed with toiletries, food, Red Gold ketchup and racing hats; as well as treats for each soldier to enjoy.

The family members receiving the boxes are listed below:

- SPC. Bobbie Betz, sister of *Jill Plummer*, RG Geneva
- SPC. Bret Tamsey, nephew of *Steve Gray*, RG Geneva
- PV2 James Bynum, step son of *Wayne Shumate*, RG Geneva
- SPC. Jesus Mendoza Jr., son of *Jesus Mendoza Sr*, RG Geneva
- MSGT Mark Moses, brother of *Cheryl Faught*, RG Geneva
- LCPL Zackary K. Wolfe, member of LCPL Andrew Whitacre's unit in Afghanistan. This care package was sent to the entire unit at the request of Ernie and *Norma Whitacre*, RG Geneva.

When it comes to honoring the troops, we cannot forget those that have died serving our country. RG Geneva production scheduler, Norma Whitacre, and her husband Ernie recently lost their son, Lance Corporal Andrew Whitacre, while on duty in Afghanistan. Andrew also worked at the RG Geneva facility as summer help between graduation and deployment. On behalf of the Red Gold family, the newsletter team wishes to send our thoughts and condolences to the Whitacre family, as they cope with the loss of Andrew. Andrew's one request was that no one forgets those serving in our Armed Forces. All of us can honor his memory by thanking those that continue to serve and showing them our support and patriotism.

# OVER 245 MILLION SWERVED

According to the National Highway Traffic Safety Administration, RG Transport's professional truck drivers share the highways with over 245 million other vehicles. Successfully remaining "accident-free" is a tremendous feat that requires minute-by-minute focus on defensive driving. On July 12, RG Transport celebrated the excellent skills and safety achievements of several company and owner operator drivers at the annual Safety Awards Breakfast. Company Service Awards, the inaugural Office Employee of the Year, the latest Driver of the Month and the coveted 2008 RG Transport Driver of the Year award winners were also presented during the ceremonies.

## Drivers receiving consecutive accident-free miles safety recognition awards include:

- 250,000 miles – Jim Amon, Jerry Auler, Shane Bangle, Terry Benefiel, Dave Chapman, Greg Davis, Todd Hammond, Ron Link, Wayne Maxwell, Homer McCoy, Rick Parker, Mike Payton, Jerry Penrod, Don Posielenzny, Pat Sprong, Andrew Scott
- 500,000 miles – Brian Gerard, Phil Smith, Mike Wade
- 750,000 miles – Jerry Monroe
- 1 million miles – Mike Bower, Dennis Moran
- 1.5 million miles – James Brown
- 2 million miles - John Spencer

A five-year company service key fob or necklace award was presented to Tom Writtenhouse, Mike Humphries, Leanna Lee, and Chris Welborn. A ten-year hand-blown glass tomato light was presented to Jim Fairfield. Fifteen-year money clips were presented to Tim Rice, Rex Harvey, Larry Beane, John Spencer, Dave Ferrel and Bob Alford.

A new Office Employee of the Year award was suggested and created by RGT's drivers. Based solely on driver's votes, the person deemed "the most helpful" to our fleet of drivers and the winner of this very first award was Barb Beckley.

The April, May and June Driver of the Month award winners were Steve Emery, Ed Mossburg and Mike Payton respectively. The 2008 RG Transport Driver of the Year Award winner was Greg Davis. This annual award is given to the driver that achieves the highest ratings in safety and operational performance. RG Transport applauds Greg and all the winners of this year's safety and office recognition awards. We are quite proud of all of their accomplishments.

## COMPLIMENT

**I can't tell you how happy I was to see that Red Gold package arrive. I can only find it at Wal-Mart super stores and that isn't often. I have to travel about an hour away to even look for it. Thank you so much for allowing the public to buy from you direct. It is by far the best tomato sauce ever.**

Thanks again  
A Loyal Customer (NC)

Today I received word from Butler she has just been named to the 2008 Australian track and field team for the Olympics.

I thought you would enjoy knowing this Red Gold connection to an Olympian! And, one who LOVES Red Gold ketchup on ALL her food.

Consumer  
Ft Wayne, IN

*(Former Butler All-American Victoria Mitchell has been chosen to the 2008 Australian Olympic Team for this summer's Olympic Games in Beijing, China. She earned her Olympic berth in the women's 3,000 meter steeplechase.)*



## RED GOLD and the OLYMPICS

A few years ago (we) brought Victoria Mitchell among a group of International students from the Butler Track and Field team to the Red Gold warehouse in Elwood. Vic was from Australia and had just won the NCAA championship, Division I, in Steeple Chase. Vic eats ketchup on everything, loved the taste of Red Gold, and she bought a case of Red Gold ketchup at the warehouse to last her a couple weeks – ha, ha. Soon she graduated, went back to Australia, and continued running on the world circuit.

# SANITATION CLEANS UP AT SUMMER BUSINESS MEETING

Service Awards, Employee of the Month Awards and the Traveling Safety Award were recently presented at our summer business meetings. The Traveling Safety Award goes to the safest department in the entire Red Gold Corporation. Orestes, Geneva, Elwood and the DC are eligible to receive this award. The award takes into account OSHA recordables, lost time accidents, near misses and property damage. This year the trophy was awarded to the **Elwood Sanitation Department**.

Receiving a Red Gold necklace or key fob for five years of service were: Michelle Wells, Travis LeMaster, Karen Tunis, Troy Martin, Emily Jones, Dallas Conrad, Stan Kohut, Anita Viehdorfer, Brent Auler, Dave Steighner, Jason Lloyd, Jeff Bohlander, Robert Gray, Barry Moody, Cecil Stinson, Chris Brown, David Gaines, Greg Werline, Jack Martin, Jeremy Conn, Jerry Ream, Jon Bowland, Lou Ann Howard, Marlin Gooding, Melissa Gardner, Melissa Strunk, Mitch Fehr, Pete Schwinn, Robert Johnson, Ron Trissel, Ronnie Bott, Scott Savage, Tom Mason, Tina Taylor, Brenda Stump, Charles Keller-Reeves, Deborah McCoy, Judith Chapman, Kevin Miller, Meredith Sanders, Jr., Patricia Coffman, Randall Boice, Rich Hediger, Richard Fifer, Rickey Moore, Robert Alig, Roy Crabtree, Aaron Kappesser, Leann Martin, Scott Webb, Shane Kelly, and Travis Reed.

Receiving a Red Gold hand-blown glass tomato light for ten years of service were: Dorinda Harnish, David Halt, Chris Couch, Jack Gawel, Tommy Altobellis, Michael Ball, Linda Wallace, Leslie Hare, Troy Pace, Twana Hiatt, Darren Campbell, Eddie Wood, Jimmy Carroll, Jerry Clark, Mark Lawrence, Renee Dunham, Tracy Denton, Gary Billger, Greg Weiland, Kristen Sager, Troy McElfresh, Jamey Sisson, Jim Martin, Michelle Blanco, Mitchell Swingley, Robin Horn, Shawna Smith, Susan Shrewsbury, Terry McKinley and William Rowland.

Receiving a Red Gold bracelet or money clip for 15 years of service were: Danna Dolliver, Doug Van Cleave, Jack Lynch, Sheryl Bogan, Tammera Whetsel, Mike Simmons, Daryl Horlander, Richard Street, Scott Garringer, Steve Baird, Aaron Loyd, Chris Garbers and Pedro Cardoza.

Receiving a Red Gold jewelry box or commemorative knife for 20 years of service were: Joni Allen, Bob Savage, Allen Buster, Barb Davis, Tammy Casto, Carol McDavid, Gary Snodgress, Keith Schubert, Beth Taylor, Brenda Robinson and Loretta Richardson.

The Employees of the Month receive a prime parking space, their picture displayed for the month and a commemorative trophy.

Date	Corporate	Distribution Center	Elwood	Geneva	Orestes
August -07	Laurie Eden	David Lloyd	Carol Ann Frye	Shonny Craw	XXXXX
September-07	Billy Poole	Mike Hull	Mike Lemon	Rory Fifer	Karen Lloyd
October-07	Karen Hoover	Jason Montgomery	Matt Green	Steve Pierson	Ron Smith
November-07	Dannae Verneti	Amanda Simpson	Richard Street	Kevin Hamilton	Jim Williams
December-07	Maryan Douglas	Kathy Frew	Don Rosamond	Roxana Palomo	Annie Ricks
January-08	Karen Tunis	Bruce Wihebrink	Joe Jeske	Kathy Amstutz	Tabitha Bulla
February-08	Jerry Tuite	Amber Pickett	Sandy Ost	Mike Hough	Phil Mack
March-08	Chris Bassett	Roger Orebaugh	Jennifer Plummer	Jim Affolder	Delbert Orme
April-08	Karen Hoover	Kevin Coats	Jerry Myers	Randy Sutton	Kenny Rushing
May-08	Tammera Whetsel	Anthony Dupouy	Michael Goens	Gerry Tonak	Helen Compton
June-08	Susan Miller	Randy Gregory	Jon Wallace	Steve Cline	Rick Rushing
July-08	Carmen Blackford	Michael Simmons	Felix Merced	Steve Cline	Monty DiRuzza

# WALK LIKE AN... ALLIGATOR?



The E3 Health and Wellness team challenged employees to walk across America. There were 19 teams, each with 20 members...that's an remarkable 380 employees! On June 2, each walker clipped on a pedometer and started recording the number steps they took each day. Then team members daily steps were added together, transferred into miles, and logged on the map. The goal was to "walk" from Los Angeles to New York City. Of course, it wasn't exactly a non-stop trip! They went from Los Angeles to NYC via Las Vegas, Seattle, Denver, New Orleans, Chicago, Key West, Caribou (ME), and then finally The Big Apple. All together, 160 MILLION steps were logged, which adds up to over 80,000 miles!

Elwood's Super Alligators became the first team to "cross the country" when they accumulated almost 7,800 miles. Geneva's Black Pearls came in a close second. During the recent summer business meeting, the winning Super Alligators were awarded the traveling trophy and each team member was presented with a commemorative winners t-shirt.

In addition to the competition between the teams, the overall goal was to encourage everyone to get healthier through exercise...and walking is one of the easiest ways!

Many thanks to the team of Carol Hanna, Maryan Douglas, Jason Owens, Sheryl Bogan, Jeni Wanner, Norma Whitacre and Elizabeth Sweeney for organizing this event. Plans are already in place for a new and improved contest next year, so keep walking!

Receiving a Red Gold brooch or clock for 25 years of service were: David Jessup, Dave Morgan, Ed Bickel, Jack Gambill, John Hampshire, and Nancy Hudson.

Receiving a Red Gold ring for 30 years of service were: Maurie Fettig and Doug Whitenack.

Receiving a Red Gold diamond ring for 40 years of service was: Jimmy Arnold, newly retired.

## Upcoming Events

Chili Cook Off	October 11	RG Christmas Party	December 6
Employee Holiday	November 27	RGT Christmas Party	December 13
Employee Holiday	November 28		

# SUMMER HEAT

Heat exhaustion is a condition with symptoms that may include heavy sweating, a rapid pulse, nausea, headache, and low-grade fever. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe.

Causes of heat exhaustion include exposure to high temperatures (particularly when combined with high humidity) and strenuous physical activity. Without prompt treatment, heat exhaustion can progress to heatstroke, which is a life-threatening condition. Anyone can develop heat exhaustion, but certain factors increase your sensitivity to heat. The risks are greater for infants, children younger than four, and adults older than 65. The body's ability to regulate its temperature isn't fully developed in the young, and may be inhibited by illness, medications or other factors in older adults. A sunburn also decreases your body's ability to rid itself of heat.

In hot weather, your body cools itself mainly by sweating. The evaporation of your sweat regulates your body temperature. However, when you exercise strenuously, or otherwise over-exert in hot, humid weather, your body is less able to cool itself efficiently. As a result, your body may develop heat cramps, the mildest form of heat-related illness.

Signs and symptoms of heat cramps usually include heavy sweating, fatigue, thirst and muscle cramps. Prompt treatment usually prevents heat cramps from progressing to heat exhaustion.

Follow these simple instructions if you think you're experiencing heat exhaustion:

- Move to a cooler place (such as an air-conditioned or shaded place)
- Drink cool water or sports drinks containing electrolytes (such as Gatorade)
- Apply cool water to your skin. If possible, take a cool shower or soak in a cool bath
- Rest with your legs elevated above heart level
- Remove any unnecessary clothing and make sure your clothes aren't binding

Contact your doctor if your signs or symptoms worsen or if they don't improve within 30 minutes. Seek immediate medical attention if your body temperature reaches 104 F (40 C) or higher.

*Source: Mayo Clinic Staff*

## Personal Milestones

*Italicized Name Denotes Red Gold Employee*

### RG Elwood, Births:

- Mitch & Kristi Fehr*, Delaney Morgan, June 24, 2008
- Rick & Amanda Tomlinson*, Drake Lee, June 23, 2008
- Scott & Amber Ziegler*, Wyatt Andrew Dale, May 4, 2008
- Anthony & Kiera Curtis*, Macy Marie, April 30, 2008
- Robert Gardner & Destiny Bicknell*, ShyAnn Arykah, June 10, 2008
- Chris & Tracy Brown*, Rebecca Dawn, July 9, 2008

### Marriages:

- Chris & Tracy (Green) Brown*, June 14, 2008
- Joe & Rebecca (Koday) Kiel*, June 13, 2008
- Jeff & Brandy (Myers) McFarlin*, June 14, 2008
- Chad & Wendy (Lake) Cooper*, May 13, 2008
- Michael & Peggy (Allgood) Brown*, May 22, 2008
- Scott & Debbie (Callahan) Heaton*, June 21, 2008
- Scott & Amber (Rickelman) Ziegler*, June 27, 2008

### RG Distribution Center, Births:

- Brent & Anita Auler*, Payton Allen, April 15, 2008
- Shane & Jennifer Freeman*, Taylor Annette, April 24, 2008

### RG Orestes, Marriages:

- George & Wendi (Pratt) Robertson*, June 7, 2008

### Retirements:

- Kathy Collier*, July 11, 2008, 16 Years

### RG Corporate, Marriages:

- Joseph & Amanda (Middleton) Boeger*, August 30, 2008

### Anniversaries:

- Penni & Jack Powell*, August 26, 2008, 30 Years
- Debra & Terry Ivey*, July 15, 2008, 30 Years
- Jonni & David King*, August 21, 2008, 25 Years

# RECIPES

## QUICK GARDEN QUESADILLA

**MAKES 6 SERVINGS**

**PREPARATION TIME: 10 MINUTES**

**COOKING TIME: 2 MINUTES**

- 6 (8 inch) flour tortillas
- 1/4 cup red onion, finely chopped
- 1/2 cup zucchini, cut in slivers
- 1 (14.5 ounce) can **RED GOLD® PETITE DICED TOMATOES MEXICAN FIESTA**, drained
- 1 (7 ounce) can whole kernel corn, drained
- 2 cups Mexican blend cheese, shredded

In a bowl combine red onion, zucchini, **RED GOLD® PETITE DICED TOMATOES MEXICAN FIESTA** and corn. Place 4 tortillas on a cutting board.

Divide cheese and vegetable mixture among the tortillas, season with salt, black pepper and cilantro. Stack to make 2 – two layer tortillas and cover each with remaining tortillas. Brush tops with olive oil.

Place on a wax paper lined plate and microwave on HIGH for 1 minute or until cheese is melted. Cut into wedges. Optional garnishes: sour cream and guacamole

### NUTRITIONAL FACTS PER SERVING

Calories 280, Fat 13g, Cholesterol 30mg, Sodium 670mg, Carbohydrate 30g, Fiber 3g, Protein 12g, Vitamin A 15%, Vitamin C 10%, Calcium 20%, Iron 10%

Variations: Add extra flavor, but not extra fat, by using reduced-fat cheese blends.

Tuck **Red Gold® Salsa** into the filling for a fat-free jolt of taste.



### Editing Team:

Lisa McMinn, Linda Wallace, Jim Fairfield, Renee Dunham, Bethany Johnson, Emily Jones, Susan Geiselman and Selita Reichart

### Contributors:

Brian Reichart, Rick Jones, Chuck Williamson, Luke Logan, Dave Steighner, Gary Middlesworth, Paula Lemaster, Norma Whitacre, Carol Hanna

### Retirements:

*David McShane*, August 22, 2008, 33 Years in the food industry  
*Jack Gawel*, August 29, 2008, 39 Years in the food industry

### RG Geneva, Anniversaries:

*Debbie & Jim Waechter*, August 18, 2008, 35 Years