

Congratulations!

to the Newest Members of the Quarter Century Club



Deane Hanna



Gary Kaech



Mike Sabin



This year's inductees into the Quarter Century Club began working for CL Swanson in 1984, the year that gave us the Los Angeles Summer Olympics & Ronald Reagan elected President.

Deane Hanna, Gary Kaech & Mike Sabin each started as a Route Service Representative. Deane & Gary in Madison, WI & Mike in Freeport, IL. They all began using some of the older equipment compared to today's technology and they serviced some of our largest accounts which we still have today. Today Gary & Mike are Supervisors in their region and Deane is currently a Utility Person.



Above (l to r) is Gary Kaech, Mike Sabin, Ann Swanson DeVillier (company founder) & Deane Hanna.

Pictured left is Mike Egan, Northern Division Vice President & CEO Chuck Swanson Jr. with each of the inductees.

CL Swanson Welcomes Division Manager - Dining Services



In response to the rapid growth of CL Swanson's dining services division, **Laura Kalt** is welcomed to the CL Swanson team. She will be responsible for the dining division, including the commissary and catering operations, interacting with our existing clients and supervising the three District Managers-Dining Services and 30+ dining clients in the Northern Division.

Laura brings broad experience to our dining services division. Previously, Laura worked as a General Manager for various hospitals and health care facilities in the metropolitan Milwaukee area. She has been responsible for operations, planning, purchasing, staffing and customer satisfaction.

In addition to her other skills, Laura is a Registered Dietitian with an extensive background in nutrition, regulatory compliance and food production. She has also received a B.S. Degree from the University of Wisconsin - Madison and an MBA from UW - Milwaukee.

Benefits to our customers

- Additional experienced customer support
- Registered Dietitian to support healthier eating programs
- Regulatory compliance & food production skills
- Broad knowledge base to better serve our varied client base
- Further training for our current staff

On the Light Side

Sometimes its nice just to have a good chuckle. Here are a few quotes from **Erma Bombeck** to put a smile on your face.

- *Never go to a doctor whose office plants have died*
- *A grandmother pretends she doesn't know who you are on Halloween*
- *Marriage has no guarantees. If that's what you're looking for, go live with a car battery.*
- *Before you try to keep up with the Joneses, be sure they're not trying to keep up with you.*
- *Housework is a treadmill from futility to oblivion with stop offs at tedium and counter productivity.*
- *There is nothing more miserable in the world than to arrive in paradise and look like your passport photo.*



OVER THE BACK FENCE POST

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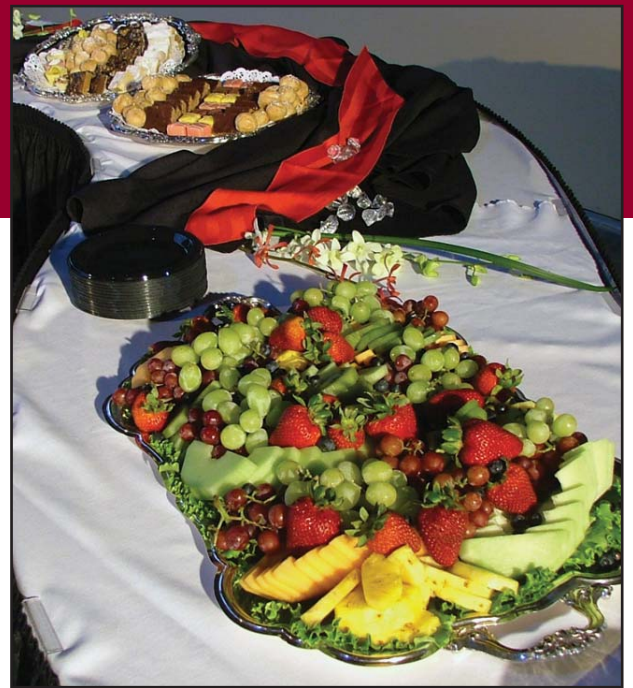
Over the Back Fence Post is a series of company updates for employees and clients of CL Swanson. Letters and suggestions from the reader are welcome and may be directed to the editor. Over the Back Fence Post, 4501 Femrite Drive, Madison WI 53716. Editor: Rachel Simons, Creative Input: Ford R. Munn, Editing Support: Shirley Pete. Please go to our website to fill out a "We Want to Know" survey!

CL Swanson Catering-On Location



Over the past few months the CL Swanson Catering Department has had the opportunity to cater a variety of events including a fund raiser for the Madison, WI Salvation Army, Taylor Employee Appreciation Lunch in Rockton, IL and our very own Quarter Century Dinner. All events were put on in a professional manner, exceeding the expectations of all clients. The pictures on this page are from those events.

Call your
CL Swanson
Representative to
schedule your event!



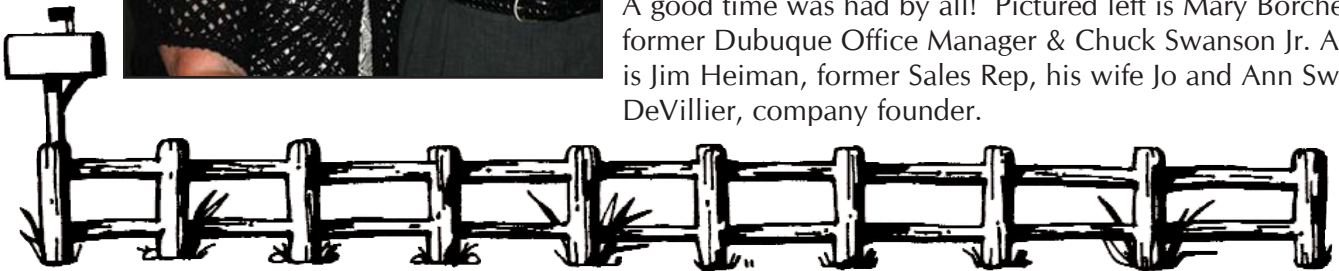
More Quarter Century Pictures



There was an outstanding turnout for the Quarter Century dinner held on a beautiful July day. Front row (l - r) Pat Borchers, Gary Kaech, Mike Sabin, Ann Swanson-DeVillier, Deane Hanna, Mary Borchert. Back rows: Chuck Swanson III, Marta Swanson, Dick Larson, Terri Moore, Bob Justus, Mike Egan, Jim Heiman, Ken Ginter, Lewis LaBudde, Ed Getter, Jon Baker, Chuck Swanson Jr., Loren Grossman, Fred Carlson, Lois Butts, Eldon Zimmerman, Linda Voegeli.



A good time was had by all! Pictured left is Mary Borchert, former Dubuque Office Manager & Chuck Swanson Jr. Above (l-r) is Jim Heiman, former Sales Rep, his wife Jo and Ann Swanson-DeVillier, company founder.



News in Review

With the 2009 Quarter Century Dinner now history and CL Swanson Corporation's 65th Anniversary in the near future, it's a good time to look back. The page below is from the September, 1989 *Over the Back Fence Post*. You'll find some of the same people pictured both in 1989 & 2009 and some pictured in 1989 who have gone too soon.

OUR FOLKS

QUARTER CENTURY CLUB DINNER MEETING



CHARLES SWANSON, SR. WELCOMES THREE NEW MEMBERS INTO THE QUARTER CENTURY CLUB. TOM BORCHERT, REGIONAL MANAGER OF DUBUQUE, BOB SHAW, SUPERVISOR AT THE MADISON REGIONAL OFFICE, AND DON REGEZ, REGIONAL MANAGER OF THE FREEPORT OFFICE.



PAT BORCHERS, A FELLOW MEMBER IS SHOWN WITH SOME OF THE OLDER EQUIPMENT HE REMEMBERS FROM THE LATE 40'S AND EARLY 50'S.



BOB AND MARY JEAN EGAN ARE SHOWN ABOVE WITH PAT AND ROSEMARY BORCHERS.



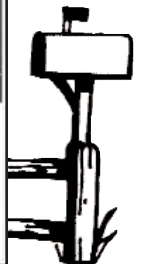
ANN AND CHUCK SWANSON ARE CERTAINLY ENJOYING THE FESTIVITIES.



ANN SWANSON IS PICTURED WITH DON AND JERI REGEZ.



NOW ISN'T JIM HEIMAN, SALES REP. FOR THE MADISON AREA AS WELL AS A QUARTER CENTURY MEMBER, LUCKY? ABOVE HE IS REMINISCING WITH JERI REGEZ, ANN SWANSON, JO HEIMAN, MARY BORCHERT AND ROSEMARY BORCHERS.



20th Anniversaries



Laura Kalt (l) Division Manager, Dining Services with Jaleen Foley (r) District Manager, Dining Services

Jaleen Foley has had a 20 year history with CL Swanson. Jaleen is a District Manager of Dining Services in the Northern Division. She started with CL at Nicolet (Thermo Fisher) as a Cafeteria Manager and was promoted within 1 1/2 years. She has overseen many dining accounts at one time, and has had great success in building the dining services division. Some of the dining accounts she currently is responsible for include: Northcentral Technical College in Wausau, WI, 3M in Menomonie, WI, Westwood Conference Center in Wausau, three Walmart Distribution Centers in Tomah, Menomonie, WI and Sterling, IL. She also oversees Rayovac in Fennimore, WI and Thermo Fisher in Madison, WI as well as other dining accounts. Jaleen has gone through many transitions throughout her 20 years and has trained several new district managers in addition to continually providing support to all her dining managers.

Jaleen's creativity can't be overlooked as she has been instrumental in helping to plan many of the theme meals served in our dining locations. She is frequently involved with surveying new dining accounts and assisting with the proposal process. Husband Tim has been very supportive of all the crazy hours it sometimes takes to run the business.

Thanks Jaleen for all you have done! We look forward to your help continuing to grow our current business segment as well as exploring new opportunities.



Mark Shelton in the Jonesboro Regional Office also celebrated his 20th Anniversary with CL Swanson. Until this September, Mark did a fantastic job in the Jonesboro warehouse. He now handles the Nestles plant in Jonesboro.

Mark is pictured left with Jonesboro Regional Manager **Boyd McMasters** (right).



20th Anniversary



From left Chuck Swanson, Jr., Rick Lockhart & Mid-South Division Manager, Donny Nichols

We all want to wish **Rick Lockhart** congratulations and a hearty "thank-you" for the 20 years he has been with the company. In August 1989 Rick joined the company as our Sales Person in the Bradenton, FL office. His territory encompassed Tampa, Sarasota, Bradenton and Fort Meyers. He soon found out that with his new company, sales was just part of the job!. Following the "sale" Rick learned how to set-up and install equipment, run a route, fix things that broke, catering and in our dining accounts, cook. He did all of that and eventually became our Region Manager. While looking for more efficiency, Rick began using technology to make his job easier and that led him to his current position. Rick has the responsibility of training and maintaining both route accounting software packages in both divisions. As is the case with many of our long-term employees, job flexibility has led to new and different positions in our company.

8 Ways to Stay Healthy at Work

by Pam Ling, CL Swanson Benefits Manager

Maintain a healthy lifestyle through rest, diet, exercise, and relaxation.

Wash your hands frequently with soap and water for 20 seconds (as long as it takes to sing "happy birthday to you..." twice) or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.



Avoid touching your nose, mouth, and eyes. Germs spread this way.

Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.

Keep frequently touched common surfaces clean, such as telephones, computer keyboards, doorknobs, etc.

Do not use other workers' phones, desks, offices, or other work tools and equipment. If you need to use a co-worker's phone, desk, or other equipment, clean it first.



Don't spread the flu! If you are sick with flu-like illness, stay home. Symptoms of flu include fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.

Get vaccinated! If you are on the CL Swanson group health plan, your wellness benefit will cover the seasonal flu vaccine if you have not used all of your benefit. For the H1N1 flu vaccine, the vaccine is paid at 100% regardless of whether you have not met your deductible or have used your wellness benefit—in or out of network.



Going Green at Work

Here are a few tips, courtesy of the Sierra Club (www.sierraclub.org) to be more "green" at work.

- 1. Be Bright About Light** ~ Turn off the lights when your leaving the room for 15 minutes or more and buy Energy Star rated light bulbs.
- 2. Print Smarter** ~ Print on both sides or use the back side for faxes, scrap paper or drafts. Recycle toner & ink cartridges & buy remanufactured ones. Think before you print. Could this be read or stored online instead?
- 3. Ramp up Recycling** ~ Just about any kind of paper in an office can be recycled including fax paper, envelopes and junk mail
- 4. Create a Healthy Office Environment** ~ Use nontoxic cleaning products and brighten up your cubicle with plants, which absorb indoor pollution.



USE A TISSUE

BE A GERM STOPPER.

COVER MOUTH AND NOSE

CLEAN HANDS

Cover Coughs and Sneezes. Clean Hands.
Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands a lot

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.

www.cdc.gov/germstopper

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