



BROGGER TIMES AT NORTHBROOK DRIVE

Someone shared this with me and I thought it was great advice. When you get a second read it. Enjoy!

HANDBOOK 2010

Health:

1. Drink plenty of water
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009.
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes' walk daily. And while you walk, smile.

Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't overdo. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree.

Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time w/ people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change..
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come..
38. When you awake alive in the morning, thank GOD for it.
39. Your Inner most is always happy. So, be happy.

Merry Christ Day and Happy New Year!!

HAPPY NEW YEAR

KEY PEOPLE IN OUR STORE:

Store Manager.....Ted Mills

Front End.....Holly Lawson

Fuel.....Elizabeth Brakebill

Starbucks.....Tampa Newport

Pharmacy.....Kristie Hutchinson

Floral.....Kim Jones

Produce.....Mike Beckham

Nutrition.....Chris Coning

Deli.....John Pugh

Cheese Shop.....Belinda Brackett

Bakery.....Debbie Moody

Seafood.....Alex Kandilakis

Meat.....Chuck Breeden

Drug G.M.....Karen Lindsay

Grocery.....Ray Caldwell

Frozen Food.....Gordon Smith

Dairy.....Jeff Trentham

December Anniversaries

Name	Date
Tanza Leatherwood	12/02/85
Brandi Lawhorn	12/11/07
Gerry Anders	12/18/07
Randy Clark	12/18/80
Steve Nelson	12/19/73
Randy York	12/31/06



December Birthdays

Name	Date
Betty Noe	12/11
Sharif Ahmaed	12/11
Janice Allen	12/11
Brandon Hollifield	12/12
Steven Russell	12/12
Kim Jones	12/17
Tampa Newport	12/20
Charles Hamilton	12/24
Trish Stinnett	12/25
Lynnette Draine	12/29
Sonya Kron	12/31

Contract Rules Concerning Flex Days

Per Union Contract for Local 1995 - Article # 17 Paragraph 12:

Any employee who is eligible for 2 weeks of vacation can use one of these weeks as flexible vacation days. Any employee who is eligible for 3 or more weeks can use up to 3 weeks as flexible vacation days.

The employee should designate by January 31st of each year if they choose to do this. Days to be taken as flexible vacation days must be scheduled in advance at a time that is mutually agreeable with the Employer.

The employee will be paid any flexible vacation not used in a calendar year on the first week of December of each year.

Please be mindful of how many days you are allowed as well as how many you have taken.



Your Newsletter is on the Web

Don't forget to visit Your525Newsletter online, with a Brand New Look, at

<http://your525newsletter.yolasite.com>.

Be sure to check it out and drop me a line to share your comments and suggestions with me about how to improve the site or what you would like to see. I would love to hear from you!

Check It Out!





As Part Of Kroger's Core Values, We Have Created An Inclusion Council Help Make Our Store The Best That It Can Be For Both Our Associates And Our Customers. Here Is The Goal Of The Kroger Inclusion Council: Your Voice Matters, Working Together Works, Encouraging Everyone's Involvement, Being The Best Person You Can Be. The Council Includes 12 Associates Throughout Store That Would Like To Hear Your Comments, Suggestions, Concerns and Ideas So That You Have A "Voice" In The Store.

KROGER 525 INCLUSION COUNCIL MEMBERS

- Alex Kandilakis.....Meat/Seafood
- Alice Pinckard.....Front End
- Betty Noe.....Front End
- Danielle Allen.....Management
- David Lemelin.....Grocery
- Debbie Moody.....Bakery
- Doug Flynn.....Accounting
- John Ingram.....Fuel
- Mechelle Hawkins.....Deli
- Mitchell Honey.....Produce
- Sherri Breeden.....Drug G/M
- Tampa Newport.....Starbucks



From the Vault items are specially priced online items for Associates only and reflect a savings greater than the everyday Associate 20% discount.

10kt. White Gold, 1/6 ct. tw. Diamond Journey Heart Pendant or 3/4 ct. tw. Diamond Solitaire Earrings in 14K White Gold



Advertised Price \$99.99
From the Vault Price \$69.99*
 (*includes free 2nd day shipping \$5.95 value)

Advertised Price \$499
From the Vault Price \$379*
 (*includes free 2nd day shipping \$5.95 value)



Available online only

Use online discount code: 9KREPD379
 Offer valid 12/1/09 - 12/31/09
 Cannot be combined with any other offer or discount



Thick Frost Glow II
By: Timothy Sorsdahl

December Happenings

- Dec. 1, 1955: Rosa Parks Is Jailed In Montgomery
- Dec 7, 1941: Japan Bombs Pearl Harbor
- Dec. 16, 1773: The Boston Tea Party
- Dec. 18, 1787: New Jersey Became The 3rd State
- Dec. 25: Christmas Day



Check Out Your Total Associate Discounts

Employee Assistance Program Visit www.MagellanHealth.com/member or call 1-800-547-1442 for information, referrals and support on topics such as:

- Family
- Work-Life Balance
- Stress
- Health and Wellness
- Relationship Issues
- Grief and Loss
- Depression and Anxiety
- Alcohol or Drug Concerns



Convenient, Easy & Secure

With Express HR you can update your Personal Information, add or update Direct Deposit, view and print your pay stub and update your Federal Taxes (W-4). You can update this information through Express HR in three different ways:

- Log in using the kiosk Express HR kiosk in our store
- Log in from any computer by going to www.myemployeeinfo.com/atlanta and clicking on the link for Express HR
- Call 1-800-952-8889, keyword Express HR

Don't forget all the discounts available to you as an associate, especially now during the holiday season. From jewelry to computer products to cell phone service to flowers, CDs, DVDs and more, there's plenty to pick from and save money. Check out this list:

[Fred Meyer Jewelers and Littman Jewelers](#)



Every month, there is a special associate-only offer from Fred Meyer Jewelers. Also, visit www.fredmeyerjewelers.com or www.littmanjewelers.com to save **20 percent off our everyday low, online prices** with promotion code **910KRE20**. DISCOUNT DOES NOT INCLUDE: SWISS WATCHES, DIVING WATCHES, UNMOUNTED DIAMONDS AND GIFT CARDS.

[Microsoft Associate Purchase Program](#)



Purchase some of Microsoft's most popular software and hardware at discounted prices!

[Hewlett Packard/Compaq/dell/sarcom Computer Equipment](#)



As part of the Kroger team, you can enjoy the benefits of reduced cost, easy procurement and great support from HP/Compaq and Dell. Purchases can be made online or by telephone.

[i-wireless](#)



i-wireless and Kroger partnered together to launch a new reward program for associates and customers. i-wireless offers associates 30 free minutes for every \$100 spent.

[FM Store 24/7: Associate-Only Savings on CDs, DVDs & Video Games](#)



Save an **extra 10 percent off** low Fred Meyer online prices on CDs, DVDs and games, which include more than 300,000 titles. FREE shipping on orders over \$25. Use promo code "**KR112008**" at **checkout**.

[Kroger Flowers - Online Discount](#)



Receive 10 percent off all flowers, plants and gifts on online purchases from the floral section of www.kroger.com. Enter **EMP11** at **checkout**.

[Ford Vehicle Purchase Program](#)



Through the Partner Recognition Program, the Ford Motor Company extends special pricing to associates, both active and retired, and their spouses (CHILDREN ARE NOT ELIGIBLE) who purchase or lease eligible Ford vehicles. Enter **partner code XD810**.

[Cell Phone Plans and Service Providers](#)



Kroger has negotiated national accounts with **Cingular**, **Nextel** (from **Sprint**) and **Verizon** to offer associates discounted cell phone plans. Coverage and calling plans vary based on your location.

[Dream Seats](#)



All Kroger associates can enjoy a **5 percent discount** with Dream Seats, a preferred seating provider for concerts, sports and theater events nationwide.

THINK SHRINK: SHRINK SMARTS



The Shrink Topic For The 12th Period Is...

Production Planning Sales Tool



Period 12 Safety Topic:

Equipment Safety

U-boats and carts

“Working together, we can develop a culture that will reduce accidents to zero.”

Safety Creed

Carts and U-boats make lifting and moving heavy loads easier and safer.

Make sure you:

- Never load them above the shoulder height and keep a clear line of sight while moving.
- Push them instead of pull them.
- Inspect them before each use.
- Keep pathways clear of debris and obstructions.
- Never block entrances, exits or pathways with them.

Period 12 Shrink Topic: Production Planning Sales Tool

Production Planning helps determine how much product we need to prepare or process in order to meet the need of our customers. The main components are; a good budget, holiday notes from last year and a forecast history.

- The PPST/CMT (Production Planning Sales Tool/Case Management Tool) is an important part of maintaining the variety and freshness of the items we sell in our store.
- Using the PPST/CMT will ensure that departments, such as Meat, will have the appropriate amount of product required to grow sales while minimizing excessive inventory.
- Production Planning Tools may be more applicable in perishable departments. However, proper production planning is important in all departments, especially during the holiday season.

NOBODY LIKES SHRINK



PERIOD 12 Production Planning Sales Tool

Control shrink from unsold product or missed sales.

Plan Ahead to Maximize Sales and Minimize Loss

- The PPST/CMT (Production Planning Sales Tool/Case Management Tool) is an important part of maintaining the variety and freshness of the items we sell in our stores.
- Using the PPST/CMT will ensure that departments, such as Meat and Bakery, will have the appropriate amount of product required to grow sales while minimizing excessive inventory.

Pop Quiz Circle the correct answer for each of the following

1. What does the asterisk mean on the PPST/CMT?
 - A. A Mandatory item.
 - B. An item you store should carry, if sales permit.
 - C. A Variety item designated by the division for all stores to carry.
 - D. A & C.
2. Items listed on the PPST/CMT as “not assigned to a group” are?
 - A. Old UPC's.
 - B. Deleted UPC's.
 - C. UPC's not assigned to a family.
 - D. Either A, B or C.
3. Items with brackets on the PPST/CMT indicate:
 - A. Selling less than daily target.
 - B. Selling more than daily target.
 - C. Selling less than presentation minimum set by division.



Fill out this quiz for your chance to **Win a \$5 In-Store Gift Card**

NAME


DEPARTMENT

TALK TO US
1-800-689-4609

www.ethicspoint.com

If you have concerns or questions about losses at our store, talk with your manager. If you'd rather report your concerns confidentially, call the help line. It's confidential and available 24 hours a day.





**New and Improved!
Check it out!**



Get On Track!

Our Customers

expect us to be our very best every time they shop!



Our People Are Great!

- Friendly Cashiers & Courtesy Clerks
- Friendly Store Associates who acknowledge and assist customers



I Got the Products I Need, Plus a Little:

- Well Stocked
- Fresh perishables
- Variety and selection of products



Kroger Has Good Prices:

- Advertised items in stock and well signed
- Using stickers or balloons to highlight sale items
- Exciting P.A.'s about our feature items, special events, fuel rewards, gift cards, etc.



The Shopping Experience makes me want to return:

- Efficient and quick checkout
- Clean store-dairy cases, floors and restrooms
- Uncluttered store/well merchandised
- Great overall atmosphere – feeling good about their experience

Digital Coupons Now Available on Kroger.com



The Kroger Co. is proud to introduce its new digital coupon center. You and customers can now load all coupons directly to your Kroger Plus Card from one location. You can start loading your coupons now by creating an online account or logging in to your existing account on Kroger's website. Be sure to

check out this NEW FANTASTIC FEATURE at Kroger.com and to visit Kroger's partners for more great digital coupons to download to your Kroger Plus Card.

shortcuts

Cellfire

P&GeSAVER

How does the Kroger Digital Coupons program work?

You are able to load coupons and offers right onto their Shopper's Card from Kroger and participating Kroger Company sites. Offers are loaded to your card within a few minutes and are ready to be used at your Kroger store.

How can you participate in the digital coupon program at Kroger?

You must have an active Shopper's Card and an account on www.kroger.com registered with your Shopper's Card number.

What if you don't have an online account?

Go to www.kroger.com and select the "Register" link and walk through the quick account creation process.

Can you remove coupons from my Shopper's Card without spending them?

Yes, once coupons have been added to your Shopper's Card, you can click on the My Coupons link in My Account and remove coupons from your card.

How can you view the coupons that are available to load to your Shopper's Card?

Simply login to your online account where your coupon information will be displayed for you.

How long does it take until my coupons are active on your card?

Coupons are generally available within a few minutes but can take up to an hour before they can be used in the store.

How can you view coupons loaded on my Shopper's Card?

Click on the "My Coupons" link in My Account to view your active, redeemed and expired coupons.

How do you know when the coupons expire?

The coupons will expire at different times. The coupon expiration date is displayed next to the coupon image on the Digital Coupons page and the My Coupons page.