

# The Flaman Link

## Looking Ahead to 2015!



Flaman Nisku staff getting into the spirit of Halloween!



Another successful year in the books



Ag Sales Meeting held in Saskatoon – getting ready for 2015!



Sled'N Snap Booth



Sled'N Snap 2013/14 grand prize winner Jason Holt and his family

The year 2014 has proven to be a great success because of our hard working employees and our loyal customer base. Our company accomplished many things this year, becoming more uniformed as one company, adding product lines, better relations with our suppliers/dealers and opening more stores.

What can we look at for the year 2015? The price of oil is down. Commodity pricing is not as high as before. Everyone says it is going to be a harder year. But is it?

We know that the price of oil and commodities will fluctuate. We know our customers will be looking harder at every purchase they make. So when things get tougher, we have to work harder. We have to give the best service. We have to go the extra mile. We have to give the best we can every day.

I have personally spent a lot of time with Flaman employees and dealers across the provinces in the last two months. What I hear from the employees are stories about how they started and stories about how employees made a difference in their own communities and how much they love working at Flaman. It is very moving to have this many unique people working together.

When I look at this and see how other people look at the upcoming year, I SMILE. I know we have great employees that will make the difference. We have great support from our suppliers and dealers. We have the winning ingredients to make this year amazing.

*Thanks again to every employee in Flaman for making our company better every day.  
Happy New Year*

– Rocky Amson



EDITION 10 – WINTER 2014

**FLAMAN**  
Group of Companies

Rental Meeting 2014 – Las Vegas



# Great people work here!

FLAMAN employees proudly helping others!



## Edmonton Sight Night Run

On September 27, Flaman Nisku and Yellowhead staff participated in Edmonton's Annual Sight Night Run in support of the Alberta Sports and Recreation Association for the Blind. The team ran in support of their recently lost co-worker Jason Schmidt who was heavily involved with this organization. Flaman was the main sponsor of the event. Everyone had a great time and it was heartwarming to see everyone out to show their support.



Thank you to everyone who participated!



TEAM FLAMAN FITNESS - ANDREW NGUYEN, KEVIN JACKEL, MIKE LOGAN, JEREMY MARTIN, NATHAN RAMSDALE, AND JAMES LOGAN

## The Inside Ride

A few of our team members in BC recently participated in a local fundraiser called The Inside Ride. This fundraiser is a Canada wide indoor cycling challenge dedicated to raising money and showing support for local families and kids with cancer. Flaman Fitness entered a team of 6, with each member riding for 10 minutes equaling an hour on the bike.

The event raised over \$39,000 (double its goal!) for families impacted with children with cancer. The Inside Ride teams up with the British Columbia Childhood Cancer Parent's Association, and 100% of the proceeds going directly to families in need.

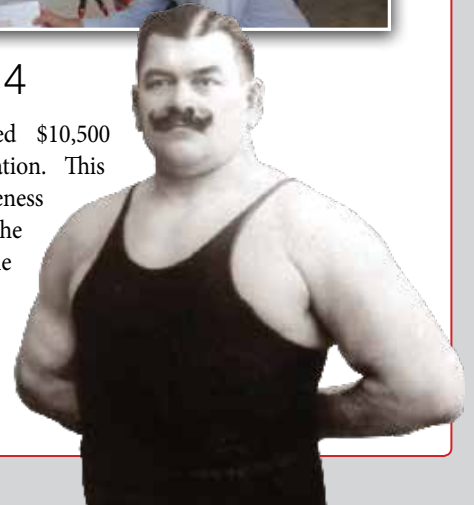
"The challenge was a lot of fun - music blasting, teams all dressed up in different costumes, and everyone dancing and cheering their teammates on. We will definitely be attending for years to come" - James Logan

James got involved after meeting Shannon W. and her son Brendan who was diagnosed with cancer at 4 years old. After 8 years of chemotherapy and 2.5 years of leg surgeries he is a healthy strong 16 year old boy who believes fitness saved his life. What an inspiring story! Great job Team Flaman Fitness!



## November 2014

This year, Flaman donated \$10,500 to the Movember Foundation. This organization brings awareness to men's health issues and the importance of going to the doctor and getting checked. There were some serious moustaches around the Flaman stores this year.





## P.A. Employees continue Guatemala efforts



Barney Bartley from our Prince Albert location was one of the lucky few to be able to go to Guatemala on Flaman's last humanitarian trip.

He, like everyone else, was greatly touched by the work that is being done by the Frank Flaman Foundation and found the experience to be life

changing. However, when Barney came back home to Canada, he decided to continue to help the people back in Guatemala.

When the group was working there, they built stoves for the people in the village. Not only are these stoves a way of heating their homes, they are a way of providing the people with a better way of life. Cooking their food and boiling their water can help reduce diseases and infections throughout the village. The cost to build one of these stoves is about \$125 CAD.

Barney decided to raise money to send back to Guatemala to build more stoves for more people. He recruited the help of his fellow Flaman co-workers in Prince Albert and organized a program where a certain amount can be taken off each person's pay cheque to go towards this cause. As of now, with the help of his co-workers, collecting and selling scrap metal and collecting and cashing in the office bottles, Barney has been able to raise about \$1200. He plans to continue raising money for this cause that has become close to his heart. Great job Barney!

## Yorkton's Secret Santa



In early December the Yorkton community suffered a tragic loss. One of their oldest apartment blocks caught fire and burnt to the ground, leaving more than 100 people homeless and without any personal possessions.

The response from Yorkton people was awesome, clothing and small items were immediately being

dropped off with the Salvation Army. The families were receiving donations but were in need of some bigger items like bed sets, sofas and appliances. This is where our own **Bernie Molnar** stepped in and decided to help. He started up the Flaman BIBBQ (Bernie Imaginary BBQ) and he approached some suppliers to join us and pitch in as well. He started with a goal of 16 bed sets. Others (**Melanie Ikert** in Moosomin and **Mike Schmaltz** in Saskatoon) took the initiative to box up and send Clothing and children's toys to Yorkton. Flaman employees from every store chipped in and our donations were matched by Flaman Group of Companies – And we reached and surpassed our goal! Along with the Yorkton Football team Flaman employees managed to deliver 27 bed sets and sheets to needy families. But Bernie didn't stop there; he had heard that the Salvation Army was short of about 60 or more gifts for older kids this Christmas. With the left over donations from the bed blitz Bernie met with the owner of Canadian Tire and convinced them to match the \$1500. Together they bought and donated curling irons, blow dryers, karaoke machines, Bluetooth devices, helicopters, speakers, sleds etc. - six carts full. These gifts will make many more Christmases merry!

"Be proud everyone, we impacted the life's of a lot of less fortunate people just before Christmas and proved as a whole that we do care and share. May all your Christmases be blessed with a renewed feeling of Happiness and Joy" – **Bernie M**

**We are proud, proud of you Bernie! Great Work!**

## Flaman Ice Bucket Challenge Update:

As you all know, Flaman challenged their employees across the company to participate in the ALS Ice Bucket Challenge and for every employee who did, Flaman pledged to donate \$100 to ALS Canada.

With 100 employee participants, we wrote a cheque for \$10,000. But, we wanted to do things a little different. We decided to extend the challenge to ALS Canada to nominate 3 deserving charities to also receive \$10,000. The following are the charities that they nominated and the donation amounts that they received as per ALS Canada's request.

Jays Care Foundation: \$10,000  
Dreams to Memories: \$10,000  
Durham Hospice: \$2,500  
The Dorothy Ley Hospice: \$2,500  
Hospice Care Ottawa: \$2,500  
Maison Vale Hospice: \$2,500

Thank you again to all participants!

## Paying It Forward – Ice Bucket Challenge



The Dorothy Ley Hospice, sent a big THANK YOU to Flaman Group of Companies for our generosity.

*"We were so thrilled to be chosen as part of the proceeds from Flaman Group of Companies and the Flaman Ice Bucket Challenge. I can assure you and the Flaman team that this donation will go to help individuals and their families that are living with life limiting illness and loss"*



It's been another successful Christmas haul for the staff at Flaman Nisku. They collected all these toys, food and clothing for the Leduc Christmas Elves and Santa Helpers who put together hampers for families during Christmas.

*Great job everyone who donated!*

## Stepping into the Boxing Ring for Charity



Fight 4 The Cause is a charity boxing classic in Victoria, B.C. that pits local personalities against each other for a good cause. This year's main charity was The Mustard Seed, a non-profit that fights hunger and poverty on Vancouver Island. Flaman's own **Paul Clare** boxed in the event. He says the fight allowed him to step out of his comfort zone, learn things and experience a different kind of work out. Paul underwent an intense seven week training session to prepare for the fight.

*"The training was humbling, I consider myself fit but this is an entirely different type of fitness on a different level," says Paul. "When you're boxing you're going at your peak performance level for 2 minutes at a time, then you rest for 30 seconds and then you're back at it."*

## Service Awards



**Richmond, BC**  
**Mike Logan**  
5 years  
Store Manager



**Abbotsford, BC**  
**Michael Lee**  
5 years  
Store Manager



**Vernon, BC**  
**Aaron Wells**  
5 years  
Territory Rep



**Vernon, BC**  
**Richard Templin**  
5 years  
Delivery/Service



**Regina, SK**  
**Doug Maier**  
20 years  
Delivery/Service



**Southey, SK**  
**Rob Flaman**  
20 years  
Logistics Manager



**Regina, SK**  
**Glen McKinstry**  
20 years  
Service



**Saskatoon, SK**  
**Dave Washington**  
5 years  
Service Tech



**Saskatoon, SK**  
**Justin Howe**  
15 years  
Service Manager



**Yorkton, SK**  
**Warren Bazeley**  
5 years  
Truck Driver



**Yorkton, SK**  
**Josh Garbutt**  
5 years  
Sales



**Yorkton, SK**  
**Shari Hagen**  
5 years  
Fitness Sales



**Yorkton, SK**  
**Glenn Krahenbil**  
5 years  
Truck Driver



**Yorkton, SK**  
**Stan Davidiuk**  
10 years - Fixed  
Operations Manager



**Burlington, ON**  
**Steve Brown**  
5 years  
ONT General Manager



**Saskatoon, SK**  
**Bill Kerr**  
5 years  
Parts/Rentals



**Saskatoon, SK**  
**Mark Flaman**  
5 years  
Parts/Rentals



**Saskatoon, SK**  
**Mike Woelk**  
5 years  
IT



**Saskatoon, SK**  
**Terry Stadnyk**  
5 years  
Trailer Sales



**Saskatoon, SK**  
**Dave Weightman**  
10 years  
VP of Operations & HR



**Saskatoon, SK**  
**Terry Dubois**  
10 years  
Truck Driver



**Saskatoon, SK**  
**Mike Julicher**  
15 years  
Service Technician



**Prince Albert, SK**  
**John Hanson**  
10 years  
Service Tech/Delivery



**Prince Albert, SK**  
**George Harmatiuk**  
10 years  
Service Technician



**Nisku, AB**  
**Ryan Watson**  
15 years  
Trailer Sales



**Nisku, AB**  
**Kimberly Kalyn**  
10 years  
Accounting



**Nisku, AB**  
**Eric Kuhn**  
10 years  
Yard



**Nisku, AB**  
**Roland Charest**  
5 years  
Shop



**Nisku, AB**  
**Steve Whittington**  
5 years  
VP of Marketing



**Edmonton, AB**  
**Felix Jelic**  
10 years  
Rentals



**Edmonton, AB**  
**Marc Andre Bergeron**  
5 years  
Fitness & Trailer Sales



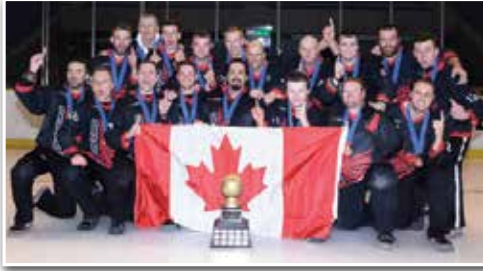
**Edmonton, AB**  
**David French**  
5 years  
Shipping Manager

**Congratulations & Thank You**  
for your years of dedication  
and hard work!



## We Are The Champions!

**Jeff Basset (Saskatoon Fitness Store Manager) has had a very busy last couple months, but as a newly awarded World Championship MVP – I'm sure it was all worth it!**



Jeff started training in spring with this Championship tournament in mind. He practiced ball hockey, which is the closest thing to broomball in the summer, as well as booking ice times to play broomball with other teammates. He was very disciplined in nutrition, weight training and cardio training to build his endurance. Jeff was picked up by the Yellowknife Ravens and was immediately made the assistant captain. His team was made up with individuals from Yellowknife, Red Deer, Lethbridge, Saskatoon, Winnipeg, Ottawa, Quebec and Nova Scotia; they completed and won various broomball tournaments in Vegas, Syracuse - New York, Gold Broom in Saskatoon and Jeff received individual notoriety at those competitions. The two most impressive wins came when the team won the Canadian championship, the most competitive broomball tournament in the world – Jeff was named MVP. All these championships lead the team to the Broomball World Championship, hosted in Tomakomai, Japan. This world championship is hosted every two years in different countries around the world. This year teams from Italy, Switzerland, Japan, Australia, Canada, and the US all attended. Jeff's team, The Yellowknife Ravens, were the only undefeated team in the men's tournament. They played the Calgary Cowboys in the final and won 3-0. Jeff lead the tournament in individual points, with 13 goals and 8 assists and he was chosen as Tournament MVP. Huge congratulations to Jeff and his team, World Champion MVP – sounds pretty good to us!

## Born to Rope & Ride



**Matt Switzer, from our Yorkton store, was recently featured in the local newspaper.**

Rodeo-ing runs in the Switzer family: Matt's dad, Blaine, has made the finals 28 consecutive years and his younger sister, Jillian, is also a team roping header. Matt himself has been rodeo-ing for 10 years and roping even before that. Matt took part in the Manitoba Rodeo Cowboys Associations (MRCA) Final held at the Wheat City Stampede in

Brandon. He competed in both calf roping, and in team roping with his father. While falling short of a title Switzer did come away with the season title of heeler in the team roping event. The title was based on results at MRCA events throughout the season. Congrats Matt, on another great season – good luck getting ready for another run to the finals next year!

***"Some people love fishing and boating. I love Rodeos" – Matt Switzer***

## Around the Water Cooler

*Flaman employees were asked:*

**What is your favourite holiday tradition?**

My favourite tradition is celebrating the birth of Christ with a glass of wine while making breakfast on Christmas morning.

– Murdo MacKenzie

I may be passing the amount of days on the advent calendar, as in years old, but ever since I can remember in our family we each get a calendar, and come Christmas we all sit and guess what the picture will be printed on the chocolate. You guessed it Yours truly has the record of 9 correct picks. It's up to you to decide if I had purchase the same calendar, and did a little memorizing myself, wink, wink, ho, ho, ho.

– Wil Porter

**We watch the Muppet Christmas Carol every year!... it just has to be done**

– Dana Dutton

Puzzles, we'll set up a table and work on a puzzle as a group over the vacation.

– Michael Woelk

The food! All of the delicious home-cooked food. And all the candy that comes out this time of year ie. candy canes, Pot of Gold chocolates, Terrys Chocolate oranges, etc.

– Erin Mitchell

**Watching the movie Die Hard – best Xmas movie ever!**

– Ken Barlott

Skating on our dug out Christmas day with the kids and having a wiener roast at noon.

– Wayne Beckett

Driving around looking at all the wonderful Christmas lights

– Jeremy Pacula

**This Holiday Season I am most looking forward to watching my 5 year old daughter open her gifts from Santa, and making breakfast and listening to Christmas music, then starting to make Christmas dinner for the family!**

– Melanie Ikert

Time with family would be first on my list. Turkey and World Junior Hockey would be second.

– Michael Lockhart

**'Operation Christmas Child' Shopping.** That is the kick off to our Christmas Season. We do this before we put the tree up, buy gifts etc.

– Jeff Basset

**My favorite tradition is getting together with all my wife's family on Christmas Eve, we don't get together as a group very often so it's a nice way to start the Christmas season by all getting together, renting a hall, playing games, visiting and of course a large Christmas Dinner.**

– Peter Nabholz

## Meet Aaron Wells from our Vernon, BC Store



### Do you have any fun or interesting hobbies?

I love spending time outside. Hiking, biking, fishing, camping, surfing, snowboarding or snowshoeing are all activities I enjoy.

### What is your favourite thing to do when you get home from work?

My dog always runs downstairs wagging his tail. My 3 and 5 year old kids are always hiding on me somewhere predictable. I like to kiss my wife, pretend to look for

my kids in their obvious hiding spot and eat dinner. That's still my favourite routine after work.

### What is your favourite thing about working at Flaman?

We have an amazing group of employees in British Columbia. All the stores have staff with great personalities and outstanding work ethic.

### What is your position and how long have you been with Flaman?

October 1st was my 5th year with Team Flaman. I have been a store manager, commercial sales manager and now territory representative for BC dealers.

### Who are your favourite customers?

When a customer comes back into the store and tells us how a piece of equipment we provided changed their lives in a positive way. They chose Flaman and our equipment and improved their health and wellbeing. Those are my favourite customers.

### What is your dream car?

A fully loaded diesel VW microbus with camper top and surf boards on the roof and bikes on the hitch.



### Do you have a great idea for the next newsletter?

Any ideas, questions or stories can be emailed to either

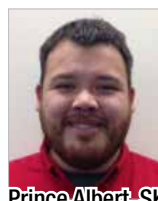
**pam.schaan@flaman.com** or **erin.mitchell@flaman.com**



**Saskatoon, SK**  
**Zach Foulds**  
Yard Support



**Saskatoon, SK**  
**Tessa Lukenoff**  
Shipper/Receiver



**Prince Albert, SK**  
**Hal Elsner**  
Fitness Service Tech



**Southey, SK**  
**Amy Gerrard**  
Parts/Rentals



**Yorkton, SK**  
**Debbie Danyluk**  
Reception



**Yorkton, SK**  
**Jenna Schoolinbaert**  
Fitness Sales



**Swan River, MB**  
**Desmond Legace**  
Service/Yard Support



**Moosomin, SK**  
**Devon Brown**  
Parts/Rentals



**Saskatoon, SK**  
**Janelle Caudle**  
Express Bookkeeper



**Nisku, AB**  
**Thomas Treadwell**  
Mechanic



**Nisku, AB**  
**David Getty**  
Yard Labourer



**Nisku, AB**  
**Marzena Bukowski**  
Administration



**Edmonton, AB**  
**Brent Spradbrow**  
Fitness Sales



**Edmonton, AB**  
**Mitchell Bekker**  
Fitness Service Tech



**Edmonton, AB**  
**Carolee Clements**  
Administration



**Edmonton, AB**  
**Colson Hustin**  
Delivery



**Edmonton, AB**  
**Myles Marshall**  
Fitness Service Tech



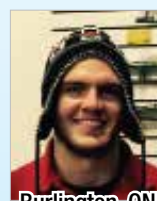
**Langley, BC**  
**Jacob Jelicso**  
Labourer



**Langley, BC**  
**Terry Banks**  
Warehouse Manager



**Burlington, ON**  
**Jenn Thompson**  
Advertising Manager



**Burlington, ON**  
**Paul Mizzoni**  
Delivery

Our Newest Team Members



### Flaman is on Facebook?

You can check out the pages by visiting [www.facebook.com/flamanfitness](http://www.facebook.com/flamanfitness) or [www.facebook.com/flamangroupofcompanies](http://www.facebook.com/flamangroupofcompanies). Have any Facebook suggestions? Send them to [pam.schaan@flaman.com](mailto:pam.schaan@flaman.com) or [erin.mitchell@flaman.com](mailto:erin.mitchell@flaman.com)