



Boise Cascade

BOISE CASCADE WELLNESS PROGRAM

www.boisecascadewellness.com

2012 Boise Cascade, LLC Wellness Champions

Boise Cascade Wellness Champions are an integral part of the Boise Cascade Wellness Program and serve a key role as messengers and motivators for the program.

For many of the Champions, 2012 will be their sixth year helping to promote the program and motivating their co-workers to make healthier choices. Please take an opportunity to thank your wellness champion for bringing wellness information and resources to you and your co-workers. If you have questions, or would like to provide feedback, ideas or suggestions, please contact your wellness champion.

Division/Location	Champion
BMD Albuquerque	Connie Ludwick
BMD Atlanta	Phyllis Gerke
BMD Baltimore	Kim Wells
BMD Biddeford/Saco	Sue Donegan
BMD Biddeford/Saco	Helen Gilman
BMD Biddeford/Saco	Dottie Guinard
BMD Billerica	Lisa Trulli
BMD Billings	Misty Mickle
BMD Boise	Zac Law
BMD Chicago	Cindy Thyfault
BMD Chicago	Tom Werner
BMD Corporate	Pam Bartels
BMD Corporate	Leslie Harvey
BMD Dallas West	Zsa Zsa Shepherd
BMD Delanco	Dennis Dimarino
BMD Denver	Karen Kothlow
BMD Detroit	Gloria Sennett
BMD Grand Junction	Dave Hood
BMD Greensboro	Amy Deal
BMD Houston	Tianna Roberts
BMD Idaho Falls	Vicki Durbin
BMD Lathrop	Audrey Myers
BMD Marion	Jeff Johnson

Division/Location	Champion
BMD Memphis	Randy Zulager
BMD Milton	Garrett Yoho
BMD Minneapolis	Sheryl Johnson
BMD Minneapolis	Toby Yard
BMD Orlando	Teresa Mize
BMD Phoenix	Donna Hernandez
BMD Phoenix	Jason Wolff
BMD Plano	Zsa Zsa Shepherd
BMD Pompano	Karen Wilson
BMD Portland	Tim Jaeger
BMD Portsmouth	Tom Early
BMD Riverside	Nancy Smith
BMD Salt Lake City	Brenda Clark
BMD Spokane	Jodi Posey
BMD Tulsa	Diane Nadeau
BMD Vancouver	Kimberly Koppe
BMD Westfield	Brett Churco
BMD Woodinville	Lena Weber
BMD Yakima	Katie Ryan
Corporate Headquarters	Faye Delbridge
WOOD PRODUCTS Alexandria	Cedrick Jackson
WOOD PRODUCTS Alljoist	Valerie Cyr
WOOD PRODUCTS Elgin	Kris Welch
WOOD PRODUCTS Filler King	Glenda Johnson
WOOD PRODUCTS Florien	Shawn Moore
WOOD PRODUCTS Florien	Lori Sepulvado
WOOD PRODUCTS HQ	Jean Zorr-Uebelacker
WOOD PRODUCTS Kinzua	Shawna Kirk
WOOD PRODUCTS LaGrande/Particleboard	Joel Hasse
WOOD PRODUCTS Medford, White City, Rogue Valley, Willamina, Monmouth	Lori Austin
WOOD PRODUCTS Medford, White City, Rogue Valley, Willamina, Monmouth	Linda Hubbard
WOOD PRODUCTS Oakdale	Anita Duck