



The BUILDER

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Quality Control Program at GBS

In an effort to continuously improve our products and processes, GBS has implemented a Quality Control Program. Sarah Mears is our Quality Control Manager, and she is overseeing the following objectives at all the stores.

1) Rolling out iPhones to drivers:

- Drivers are sending pictures to our customers for immediate notification of shipments.
- Efficiency has improved with proof of delivery.
- GBS has received great feedback from customers because of saved phone calls a reduction in their labor costs. No more workers sitting on job-sites waiting for deliveries or worrying about materials for the next day!



2) Working with Store Managers to implement better procedures for windows and hardware:

- Improved storage and handling of products
- Timely and accurate delivery

3) Yard cleanup/some rearranging:

- Easier access to inventory for customers and employees
- Cleaner yard with room for new and improved products

4) Sales force equipped with iPads

- Improved communication with customers and quick inventory pricing
- Small quotes written from the road, creating faster service
- Vendor apps (such as Trex, TimberTech, and Marvin windows) help with product selection
- Vendor pricing and ordering from iPad



Samples of delivery photos sent to builders.

After 40+ years in this industry, we know there is always room for improvement. If you have additional suggestions or ideas for us, please don't hesitate to contact Sarah, Bob, or one of the store managers. Together we can accomplish great things.

Employee Spotlight: Steve Forrester

Steve Forrester is the Operations Manager for our Commercial Division. Steve was employed by GBS from 1978 until 1983, then rejoined the company in 2011. He says, "I always missed GBS Lumber when I left in 1983, and hoped to someday come back and work in the GBS family. The people here are friendly and that makes work a lot easier and more enjoyable."

Steve and his wife, Becky, have a daughter, Kyra, who is 11 years old. Their family loves their dog, Oleo, and their cat, Fluffkin. ("Yes," says Steve, "that's the cat's real name, as given to her by a three year-old!")

In his spare time, Steve likes to play golf, fish, and play "any sport I can get my daughter to play someday." He also enjoys many types of music (except country) and cheering for the Clemson Tigers.

You can find Steve at the Geneva Court location or around back in the drywall warehouse. He's always ready and willing to get the job done right, contributing to the tremendous growth of our commercial division. Steve, we're so glad you're a member of the GBS team!





From our CEO

Partners,
Thanks to all
of you for your
part in another
successful year
for GBS. It's



our customers that have kept us here and going strong for over 40 years. As we evolve with the market, we continue to add resources that will help you be more successful as your strategic partner. Over the past few months, in addition to the services we already offer, we have increased our horsepower in stone, flooring, and most significantly, windows. We have integrated our service and delivery resources in order to deliver a higher level of service. We have also added personnel in order to reduce turnaround time for quotes and to provide more help when ordering. We're looking forward to another great year as your partner. Please feel free to call me with comments, questions, and most of all, any suggestions that will help us serve you better.

Bob Barreto
Chief Executive Officer

Product Highlight: KBRs Hard Core

North America's Premier Manufacturer of Tileable Substrates

For nearly 20 years, KBRs has been innovating the way shower systems are manufactured and installed. From their first patented shower base, to their current vast offering of pre-sloped shower pans, waterproofing systems and creative accessories, they continue to engineer and manufacture the most trusted shower substrates available.



Contact Mike Bell at 864-449-7454 to learn more about this product, or email him at mike.bell@gbsbuilding.com.

“In any project the important factor is your belief. Without belief, there can be no successful outcome.”

~ William James

Live to Tame the Silent Killer

Hypertension has been called the “silent killer” because most people who have it don't have symptoms. About 70 million Americans have high blood pressure that can seriously damage blood vessels and organs.

Are you one of those at risk for a stroke or heart attack?

The foundation for treating high blood pressure and to prevent prehypertension from becoming hypertension is to live a healthy lifestyle. While medication may also be necessary, a healthy lifestyle can reduce or delay the need for medication. It can also make the medication work more effectively.

Blood Pressure Category	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)
Normal	less than 120	and less than 80
Prehypertension	120 – 139	or 80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or 90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or 100 or higher
Hypertensive Crises (Emergency care needed)	Higher than 180	or Higher than 110

- **Follow a healthy diet** – The DASH (Dietary Approaches to Stop Hypertension) is a good place to start. Limit your salt intake and alcohol consumption to 1 drink per day for women and 2 drinks per day for men.
- **Be physically active** – Engage in moderate activity, like a brisk walk, for 30 minutes most days of the week in addition to your usual daily activities.
- **Maintain a healthy weight** – Know your body mass index (BMI <25), which is a guide for knowing your healthy weight.
- **Quit smoking** – If you are not a smoker, don't start.

By using these lifestyle steps to achieve blood pressure levels in the normal range, you can “tame the silent killer” and lower your risk for heart disease and stroke. Knowing your blood pressure numbers is critical. You can get a free blood pressure check at any local pharmacy or grocery store. If your blood pressure isn't in the normal range, discuss it with a primary care provider.

Adapted from Connections Vanderbilt Health and Wellness

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