

Service

Safety

Quality



JULY, 2009

PRESIDENT'S MESSAGE

- JACK BLOCK

I ran across this article floating around on the internet and it made me think of some things that affect all of us. It is spreading fast so be prepared should you get this call. Most of us take those summons for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of fraud has surfaced. The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information and bingo; your identity was just stolen.

The fraud has been reported so far in 11 states, including Oklahoma, Illinois, and Colorado. This swindle is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they are with the court system. The FBI and the federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud. Check it out here: http://www.fbi.gov/page2/june06/jury_scams060206.htm.

These are tough times for many people, and unfortunately during times like these crime always rises. In our industry the theft of tools rises as any recession deepens. We have a huge investment in tools and equipment trying to make our work the most efficient possible. It is one of the ways we always try to remain at the top of our industry, and stay competitive. We give our people the latest and best tools available in order to do their work professionally and with quality. In times like these thieves are everywhere. Please exercise extra caution, not only to protect your personal tools but also the company tools. Construction sites are prime theft targets not only for tools but also material. Survival right now is tough enough, we don't need to have our material and equipment stolen just adding to increased costs and loss of efficiency.

Make sure you lock up your personal tools, especially after leaving your work area even for a second. Make sure you keep our tools secured and out of sight of would be thieves. If it's easy to take, it will be taken. Construction is hard enough and we need everyone's help to prevent construction theft.

Here are a few common sense reminders. If you are done with a tool, call for a pickup and get it back to the shop. If you shortly will need it again make sure you store it in a secure area. Don't leave your work area with any tools not secured. This pertains to material also. We all need to work together and we can survive. While construction theft is always an issue, it is especially an issue during these recessionary times. Don't make life easy for thieves, secure everything.

REBUILDING TOGETHER*METRO CHICAGO

- MIKE DEGER

Rebuilding Together*Metro Chicago is a volunteer organization committed to preserving and revitalizing low-income homes and the communities of Chicago and South Suburban Cook County. Their mission is to improve the homes and neighborhoods of the elderly, disabled, and low-income residents so that they may continue to live in warmth, safety, and comfort. By focusing on specific neighborhoods each year, and collaborating with other community revitalization initiatives, Rebuilding Together*Metro Chicago is able to maximize and sustain its positive impact on the lives of local community residents.

Power Construction Company, LLC is one of the 2009 sponsors of Rebuilding Together*Metro Chicago. This year Block Electric worked with Robbie Stangle of Power Construction Company, LLC and other tradesmen to improve the home of an elderly couple, Mr. & Mrs. Jones located in Chicago. Everyone joined together to make major improvements to their home. Block Electric repaired and installed new light fixtures, fan kits, smoke detectors, new circuits, and GFI's to the kitchen and basement.

Thank you to Mike Arvesen, Fred Biosca, Melissa Lorek, Dan Greene, and Nick Lenzion who volunteered their time and skills to help make this home a safer place to live.

SCHOLARSHIP AWARDS

Congratulations to the following recipients of the 2009-2010 Block Electric Scholarship Awards.

Nadine Arvesen, daughter of Mike and Sue Arvesen. Nadine will attend Western Michigan University.

George Brauneis IV, son of George and Jill Brauneis. George will attend Illinois State University.

Elizabeth Brauneis, daughter of George and Jill Brauneis. George will attend Eastern Illinois University.

Bridget Hughes, daughter of Jerry and Sharon Hughes. Bridget will attend Western Michigan University.

Andrew Hughes, son of Jerry and Sharon Hughes. Andrew will attend The University of Illinois at Chicago.

Jorianne Maritato, daughter of Richard and Dorene Fliger. Jorianne will attend Elmhurst College.

Kathryn Vignocchi, daughter of Joe Vignocchi. Kathryn will attend the University of Illinois at Urbana.

ANNIVERSARIES

Congratulations and thank you to the following employees for their years of loyalty, service, and dedication to Block Electric.

Pat Phee	30 Years	June 18, 1979
George Masters	30 Years	July 1, 1979

NEW JOURNEYMAN

Congratulations to Thomas Hackett Jr. who recently completed the required on-the-job training and related instructions qualifying him as a journeyman.

HEAT STRESS—A SUMMERTIME HAZARD

- DREW BOYCE

Summer is here, and people who do roofing work, road repair, construction, landscaping, or other physically demanding jobs are probably exposed to hot and humid conditions! Being uncomfortable is not the major problem when working in high temperatures. Varying degrees of heat stress may also be suffered, increasing the potential for accidents.

The human body maintains a fairly constant internal temperature. When we become overheated, several reactions take place. First, the body rids itself of excess heat by increasing circulation in blood vessels close to the surface of your skin. This is why your face and hands turn red when you begin to overheat. Your brain may also signal your sweat glands to work harder. As the sweat evaporates, it cools the skin and removes large quantities of heat from your body.

Problems begin when outside temperatures are near your body temperature (98 degrees F.). If the air temperature around you is warmer than your skin, blood that has been brought to the body surface cannot lose its heat. Also, if the humidity is high, your body will continue to sweat liquids containing electrolytes, but will not easily evaporate. Therefore, you can't rid yourself of the excess heat that is building up. With so much blood being sent to the outer surface of your body, less is available for active muscles, your brain, and other internal organs. The following reactions take place:

- Your strength declines;
- Fatigue occurs sooner than it would otherwise;
- Alertness and mental capacity may also be affected. Workers who must perform delicate or detailed work may find they are less accurate. Others may find they have less ability to understand and retain information. The problem is, you may not realize this is happening.

Heat stress may also produce *heat cramps* (the internal organs are not getting enough electrolytes due to profuse sweating). It may bring on *heat exhaustion* (caused by insufficient water intake and not being able to evaporate the sweat). Or, you may suffer *heat stroke*, which is when your body shuts down in an attempt to keep its internal organs from burning up. Without emergency treatment, the heat stroke victim lapses into shock, then a coma and death may follow.

To control heat stress, remember these tips:

- Use ventilation or local cooling fans to increase air movement over your body and promote skin evaporation.
- Take frequent rest breaks between strenuous work activities.
- Wear protective clothing, such as loose cotton or heat reflective clothes.
- Drink plenty of liquids to replenish your fluid loss.
- Avoid alcohol and caffeine, which also cause an expansion of blood vessels and may bring on flushing, dizziness or fainting.

Keep Cool! Your brain—and perhaps your life—depends upon it!

Block Electric Company is an
Equal Opportunity Employer

Niles:
7107 Milwaukee Avenue
Niles, IL 60714
Phone: 847-647-4030
Fax: 847-647-6980

Shorewood:
203-C Earl Road
Shorewood, IL 60404
Phone: 815-744-2000
Fax: 815-744-6070

We're on the web!
www.blockelectric.com



BIRTHDAYS

Vince	Pulio	07/02
Dwayne	Ross	07/05
Matt	Crutchfield	07/05
Michael	Situ	07/07
Keith	Larmon	07/09
Ramon	Gonzalez	07/09
Joe	Vignocchi	07/10
Todd	Schott	07/12
Antonio	Aranda	07/14
Kevin	Patras	07/15
Mike	Atwood	07/21
Lucas	Simpson	07/24
Gary	Besenhofer	07/25
Jim	Turk	07/25
Chris	McCormick	07/25
Ron	Stefaniak	07/28
Phil	Casto	07/29
Tim	Vanderhyden	07/29
Melissa	Lorek	07/29
Dave	Scott	07/31



THE SECRET OF HAPPINESS REVEALED!

What makes us happier: the things we do, or the things we own? The answer is a little more complicated than you might think, according to the *Journal of Consumer Research*. When we're satisfied, we tend to be happier with experiences like a vacation than with goods like a plasma TV. But when something goes wrong—the airline loses our luggage (experience), or the TV breaks (product)—our negative reaction to the experience tends to be stronger than the negative response to the product. One conclusion: Consumers should be very careful when choosing experience-based goods to buy (like vacations or concerts), as the impact of a bad experience will lead to greater unhappiness.

FUN FACTS FOR A FESTIVE FOURTH

- The Massachusetts General Court was the first state legislature to recognize July 4th as a state celebration, in 1781.
- Three presidents died on July 4th: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July 4th, in 1872.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. They changed it to a federal paid holiday in 1931.

NEW EMPLOYEES

Welcome to the new kids on the Block team.

Todd Schott

Richard Ramierz

Kristen Mendez