



FEATURED PROJECT SAIC Interior Buildout

Successfully completing an interior buildout project on time during the COVID-19 pandemic was a huge accomplishment for Block Electric, one that delighted a long-time customer, the School of the Art Institute of Chicago.

The four-story, 62,000 square foot space at 25 E. Washington in downtown Chicago opened to the public on November 13 and features the work of acclaimed artists and emerging talent. The complete buildout offers 26,000 square feet of public art galleries, 60 individual studios for SAIC's graduate students, three critique spaces, offices, and a student lounge and work area.

The project allowed SAIC to relocate its art galleries, Exhibitions and Exhibition Studies



offices, and graduate student studios from the Sullivan Galleries at 33 South State Street, where they had been housed for a decade.

Block Electric was fortunate enough to have worked on the original Sullivan Galleries in 2010, along with the new 25 E. Washington galleries, under the supervision of Joe Weiszhar and Greg Van Dreesse both times. Joe and Greg were assisted by a great cast of foremen including George Brauneis, Dave Gonzalez, Greg Blaszkinski, Kenny Ryan and Howie Ridder. The SAIC interior buildout was yet another successful project completed by everyone involved for a wonderful long-time customer.

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Vice President's Message



COVID fatigued anyone? I am. The virus has continued to spread and has hit the upper Midwest the hardest in the last couple of months.

It seems that all anyone talks about these days is how to mitigate the spread and what we can and can't do around it. I know I'm tired of hearing it and I'm sure you are too. It has been 9 months since the beginning of the pandemic and I'm sure we can all agree that we are ready to move into 2021.

This past year has no doubt brought on unprecedented times. It is also a year, more than ever, to look back at how many successes we had together.

We got to celebrate our 100th year in business...an accomplishment very few companies in the world can claim. We successfully completed many different types of projects in all different industries, such as (3) Maintenance facilities for the Peoples Gas Company; a modern Senior Living Facility; COVID-19 upgrades around various Health Care Facilities; an outpatient orthopedic and cardiovascular center at La Grange Hospital; a brand new Courthouse to serve Will County; our featured project – an Art Gallery for the School of the Art Institute of Chicago; and many others.

All of these projects had either started and/or finished right in the middle of our current pandemic. Turning these projects over as a success is hard enough in normal times. Throw a pandemic in the mix, and you were there to stand up to the test of the times.

(Continued on page 2)

Vice President's Message

(Continued from page 1)

All of these projects were done right, on time, and showcased our higher level of service in what we call **Customer Delight**. It was thanks to you that no matter how troubling these times have been, you were able to face the challenges and change with the times. We are deemed an essential business for a reason and for us to maintain, innovate, and grow as a society our work must continue. All of our projects serve a very important purpose to our lives and the lives of many others. Keep striving to provide that extra value and keep **delighting** our customers as you always have. I wish you and your family a safe and healthy Holiday season and a very happy New Year!

Some of our new projects include:

- Midwest Orthopedics – Office Buildout
- Nouryon – Tanks Sump Pump Upgrades
- Munster Imaging Lab Renovations
- USACE – Lighting and Power upgrades
- Silver Cross Hospital – Low Voltage Hangers
- Northwestern University – Block Museum Fire Alarm Upgrades
- Toyal America – Compressor Replacement
- Ruth Page Center for Arts – Service Replacement

— SCOTT BLOCK
Vice President, Block Electric



Spotlight On: Ken Ryan FOREMAN

Becoming an electrician was one of Ken Ryan's goals long before he began working for Block Electric as a foreman in 2008.

"Finishing up high school, I always knew I wanted to get into the trades," Ken said. "I have friends and family in the trades and knew being an electrician is something I would succeed in."

Zapata Elementary School, Prosser Career Academy School and USPS Forest Park are some of the recent projects Ken has worked on

for Block Electric.

Among other things, Ken said he likes the variety that comes with the job. There's "never a dull day," he said. "You always get to do something new and unique each day."

Ken lives in New Lenox, Illinois with his wife Brooke and their six month old son Maverick.

When he's not busy working, Ken enjoys traveling, hiking and spending time with his family. He also enjoys remodeling and flipping homes.

"After just getting married in October, we're getting ready for the holidays and looking forward to our first Christmas with our son," he said.

WARMEST WISHES FOR A BEAUTIFUL HOLIDAY SEASON!

During the Holiday Season more than ever, our thoughts turn gratefully to those who have made our progress possible. And in this spirit we say, simply but sincerely:

THANK YOU AND BEST WISHES FOR THE HOLIDAY SEASON
AND A HAPPY NEW YEAR!

FEATURED PROJECT

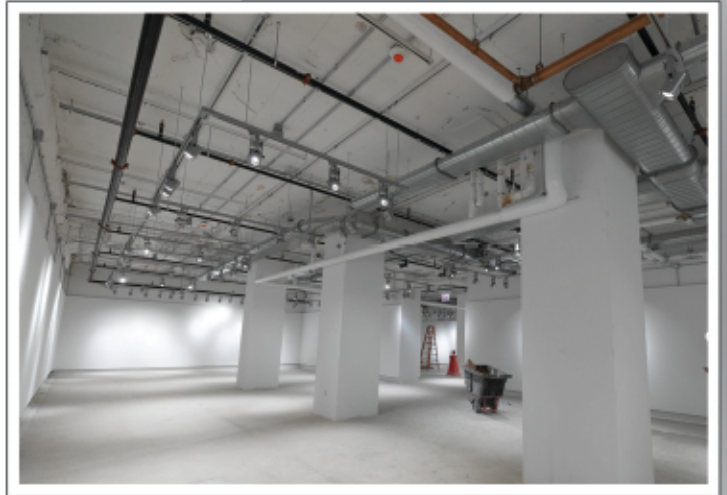
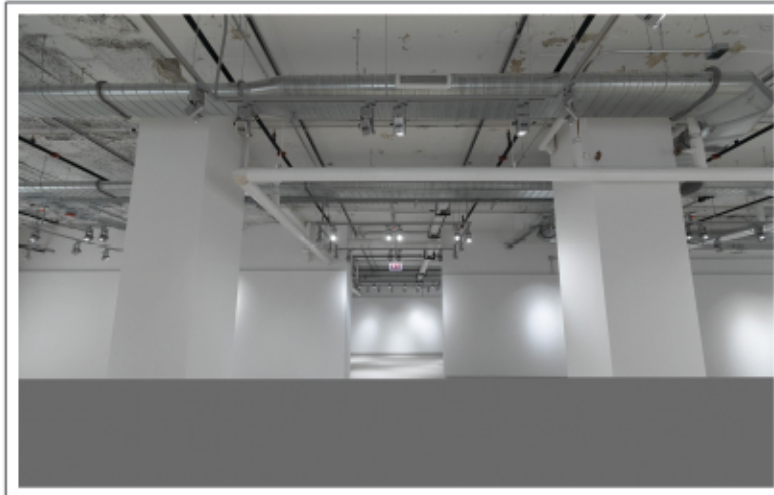
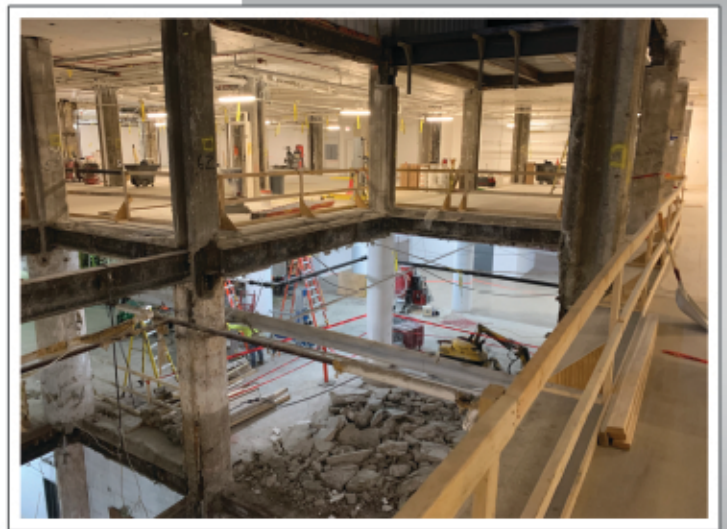
SAIC Interior Buildout



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Block Electric's Safety Policy

It is our policy to provide all employees with a safe, healthful, and hazard-free workplace.

The intent at all times is to comply with the provisions of the Williams-Steiger Occupational Safety and Health Act of 1970 (OSHA).

Block Electric recognizes that accident prevention and efficient production are interrelated.

We further recognize our responsibility to provide adequate training, safeguards and safety equipment for each employee. In turn each employee bears the responsibility to comply with all safety regulations and the use of required safety equipment.

The safety and well being of our employees has been and will continue to be of primary importance.

Our EMR is .77 and our Contractor Score is 2429 "Excellent". Matt McShane is our safety director.

Milestone Anniversaries

Congratulations to the following Block Electric employees who celebrated a milestone anniversary:

- Michael Benninger, who celebrated 30 years on November 12.
- Todd Giusto, who celebrated 25 years on November 20.
- Rick Madison, who will celebrate 20 years on December 18.
- Michael Vanderbilt, who will celebrate 20 years on December 18.

Thank you for being part of our company's success over the years. We greatly appreciate and value your hard work and success. Happy Anniversary.

FOCUS ON SAFETY Healthy Foods for Construction Workers THE CONSTRUCTION WORKER DIET



Eating Right on the Job Site

It should come as no secret that you burn a lot of calories on the jobsite. But what you may not realize is just how many calories you burn. All you know is that you're hungry and tired at the end of the day.

But, did you know that as a construction worker you can burn up to 300 calories per hour on the job?

Compare that to an office job, where workers only burn 102 calories per hour. You're burning three times as many calories as the average cubicle warrior.

The downside of working construction is that getting your lunch at the jobsite isn't always convenient, unlike the typical office worker. Usually you're stopping out before work to pick up some Mickey D's before heading out to the job site (or some newbie is out making a Mickey D's run for everyone else). While you're getting a lot of calories in a typical McDonald's meal, you're also killing your health.

For instance, say you get the Big Mac Meal that comes with fries and a drink, you're looking at 1,320 calories. However, with those 1,320 calories you're getting 51 grams of fat, 192 grams of carbs and 1,425 mg of sodium.

Working hard you're going to want to consume at least 2,500 calories per day and then some to make up for all the calories you burned.

Here's the problem, you only consumed 1,320 calories, but you still need to consume another 1,180+ to get to where you need to be. However, you already consumed 79% of your daily value of fat, 64% of your daily value of carbs, and 60% of your daily value of sodium. And these numbers are based on a 2000 calorie diet. Which means, you have to make up for 500 more calories and still consume the same percentage of fat, carbs and sodium as recommended.

Nutrition Calculator

Find McDonald's calories, carbs and nutrition information on your favorite products using the nutrition calculator. Percent Daily Values (DV) are based on a 2000-calorie diet.

1320 Cal.	51 g	192 g	32 g
Calories	Total Fat (79% DV)	Carbohydrates (64% DV)	Protein
Saturated Fat: 13 g (26% DV)	Dietary Fiber: 9 g (36% DV)	Cholesterol: 45 mg (90% DV)	
Trans Fat: 1 g	Total Sugars: 49 g	Iron: 33% DV	
Cholesterol: 80 mg (160% DV)	Sodium: 1425 mg (61% DV)	Potassium: 34% DV	

So, while you can knock a few percentage points off of those numbers above, you get the basic idea. By consuming this fast food meal, you ended up consuming an unhealthy percentage of fat, carbs and salt. Now, this isn't to say you're eating McDonald's meals every day, but you're probably consuming other fast food which is just as unhealthy. Or maybe you're splitting a pizza with the guys or something similar. Maybe you're even hitting up the vending machine from time-to-time too. Fact is, you're not eating as healthy as you should be or could be.

How to Eat Healthy on the Jobsite

The good news is that there is a simple solution to eating healthy as a construction worker. All you have to do is pack your lunch every day. That's it. No gimmicks or special tricks, just pack your lunch. Now, this will require a small bit of effort, but nothing like the work you're used to.

Here's what you'll need:

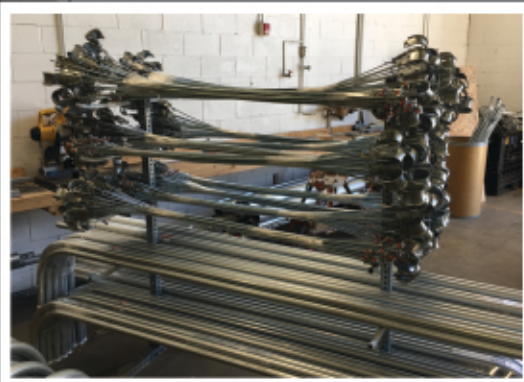
- Some basic nutrition information
- Heavy duty lunch box
- Some recipes
- An ego that isn't fragile.
- Oh, and don't forget to wash your hands with a good hand soap before you eat. You never know what type of virus or bacteria you're going to ingest.

NEW IDEAS NEEDED...WIN A VISA GIFT CARD!

New Products, Tools and Prefab Assemblies



ROUGH-IN



WE NEED YOUR HELP!

We are looking for fresh and innovative ideas for new products, tools and ongoing prefab assemblies to feature in future issues of the Block Electric newsletter.

In an effort to make our jobs run more efficiently and be more cost-effective, we are looking for your suggestions regarding which tools can be used in your day-to-day work to make your lives easier.

There are no right or wrong answers. We're looking for any and all products and ideas to share with the team.

WHAT'S IN IT FOR YOU?

If your idea is featured in the Block Electric newsletter, you will receive up to a \$50.00 Visa gift card.

TEMPORARY



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Block Electric Company is an Equal Opportunity Employer

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to see our website!



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