



## FEATURED PROJECT

# Silver Cross Hospital CVOR Expansion

Silver Cross Hospital hopes to begin performing surgeries this March in its new 6-story addition on the East side of the hospital, with the main focus being on the second floor cardiovascular operating rooms.

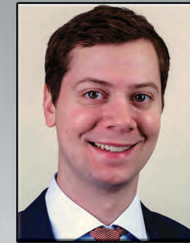
The project, which began in December of 2019, will provide the hospital with the advanced technology needed to perform better heart surgeries. The addition was led by Block Electric General Foreman Steve VanDyke.

This project included new normal and emergency

15kv substations with new feeders from the central utility plant in existing spare conduit to the new substation electrical rooms. Block Electric ran over 12 ½ miles of conduit on this project! The project schedule was compressed in the fourth quarter of 2020, when it was finally watertight and we were given a goal of substantial completion by January 15 of 2021. It took all of the team members' hard work and overtime to meet this goal. Thank you everyone for your efforts to make this project a success!

*(Continued on page 4)*

## Vice President's Message



There's no denying 2020 was an extremely challenging year for all of us. That being said, we were able to get through the year successfully thanks to

the hard work and perseverance of all our Block Electric Team members. This new year has started off better than we have hoped. We continue to see COVID cases plummet both locally and nationally.

Furthermore, businesses that had been previously closed or reduced capacity have begun to reopen. With the vaccine roll out charging ahead, I hope life for all of us will return to normal in the very near future.

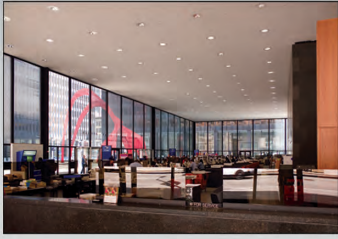
This optimism of a return to normal has also shown through by increase of new projects that are available to bid. We are very busy pursuing new and exciting opportunities.

Recently, we have booked new work for the following projects:

- Iron Workers – LED upgrades
- Chicago Cultural Center – Lighting upgrades
- Stateville Prison – Power & HVAC upgrades
- Illinois River Correctional Facility – Security Upgrades
- Skokie Hospital Reading Room Remodel
- Abraham Lincoln National Cemetery.

In addition, we recently have started new projects, including the Project C

*(Continued on page 2)*



## Customer Delight

*“One of my favorite project stories is the Chicago Central Post Office. Morlights was originally hired by an electrical contractor, Block Electric, to support the GSA — but we didn’t stop there; ultimately, our design reduced energy use and installation cost by 50%! Another fun factoid, The Chicago Central Post office is the ONLY building on Chicago’s Federal Plaza that restored the original Mies van der Rohe light fixture detailing.”*

## Vice President’s Message

*(Continued from page 1)*

Distribution Facility in Markham, a new senior living facility in Maywood, a new wastewater facility at the Costco Meat Plant, and the Belden Stratford building renovation in Chicago.

Moving forward, we will continue to provide our customers with service, safety, and quality, and ensure that they receive the best “Customer Delight” experience in the industry in 2021 and beyond.

— SCOTT BLOCK  
Vice President, Block Electric

# Spotlight On: George Brauneis III

## FOREMAN

While approaching his 38th year with Block Electric Company, George Brauneis III is one of the last remaining employees who has worked for all three generations of the Block family. At age 19, he was attending College of DuPage when the opportunity for his apprenticeship became available.

George lives in Algonquin with his wife Jill. They have been married for 36 years, have two children and are expecting their first grandchild this April.

Shown in the picture below are George, Jill, their son George IV, his fiancé Jaimie, their daughter Elizabeth, and her husband Greg.

Most of you may not know this, but George is a third generation electrician, following in his family’s footsteps. His Father George Jr. and Grandfather George Sr. were also members of 134, both obtaining their 50 year membership pins.

Currently George is working at Trans Union, replacing and upgrading seven 500 KVA UPS systems. The job entails extensive preparation and documentation. Together with Brian Gavin (Trans Union’s Chief Engineer), and Pat Phee (Block’s Foreman who has maintained the facility’s power for the last 25 years), he is providing seamless transfers of power to the 46,000 square foot data center.

George previously worked at O’Hare International Airport, where he completed two projects. The first one was a maintenance building for the Airport Transit System (ATS). The second one was the Airport Rescue



and Fire Fighting Station (ARFF#2), which was located on the airfield. Both jobs presented new challenges including: Buy American policies; stringent tolerances; jobsite access and security; and numerous escorts and inspectors.

According to George, the best part of working for Block Electric is their value of Customer Delight, and having the privilege of working with so many outstanding craftsmen. George has seen it from both sides, as he also worked in the office as the Purchasing/Logistics Manager, as well as Safety Director.

George and his wife have been bunkered down and distancing themselves due to the Covid-19 virus. They both like to travel and are hoping for a quick end to this pandemic so they can go on some more adventures.



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

# New Products, Tools and Prefab Assemblies

## WE NEED YOUR HELP!

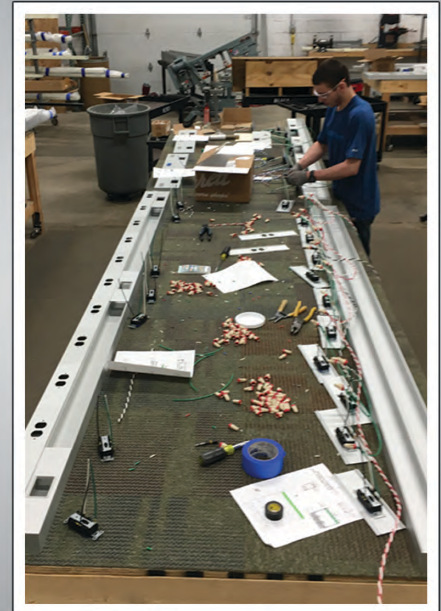
We are looking for fresh and innovative ideas for new products, tools and ongoing prefab assemblies to feature in future issues of the Block Electric newsletter.

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.

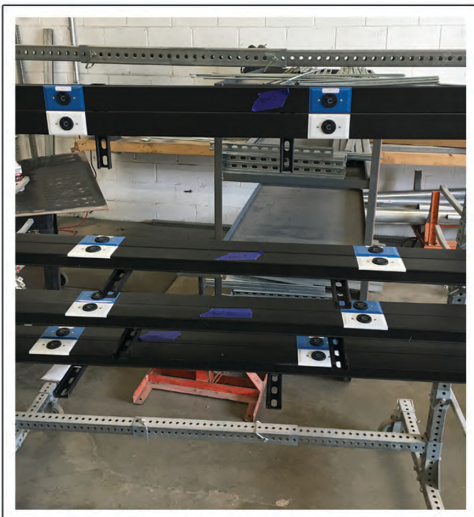
There are no right or wrong answers. We're looking for any and all products and ideas to share with the team.

## WHAT'S IN IT FOR YOU?

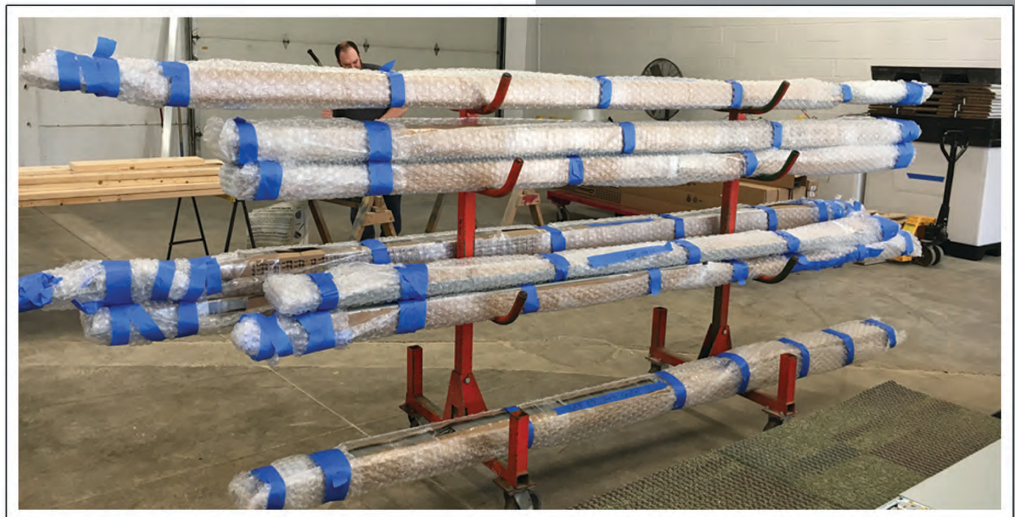
**If your idea is featured in the Block Electric newsletter, you will receive up to a \$50.00 Visa gift card.**



Wiremold Assembly



Wiremold Assembly 2



Wiremold Wrap



Lighting Control Assembly



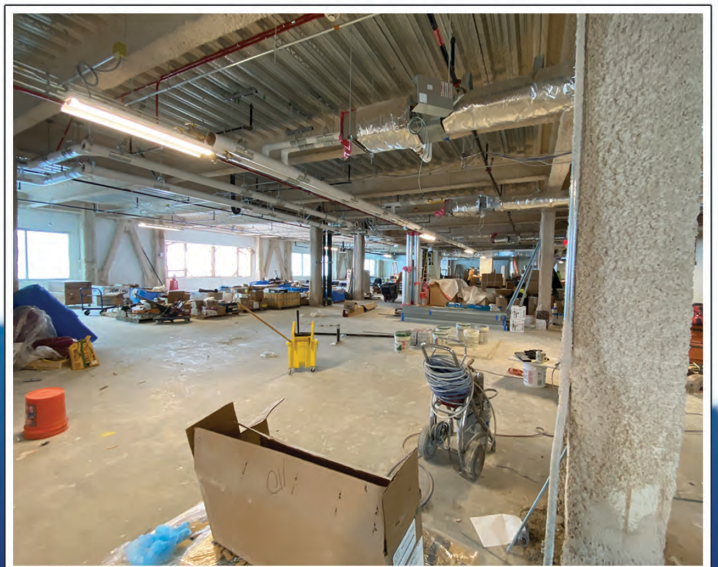
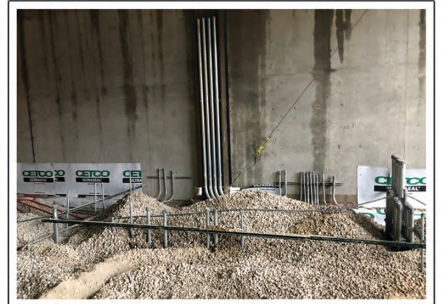
Cord Drops Motor Connects

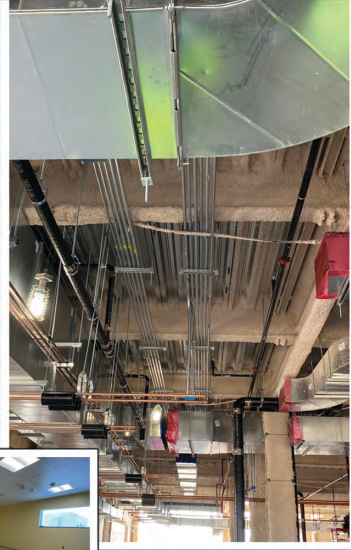


Lighting Control Assembly

# FEATURED PROJECT Silver Cross Hospital CVOR Expansion

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# FOCUS ON SAFETY

## Healthy Foods for Construction Workers



### THE CONSTRUCTION WORKER DIET - PART 2

#### Basic Nutrition Boot Camp

A construction worker is a lot like a weight lifter and so there is an overlap in the diets of construction workers and body builders.

For one, both construction workers and body builders need a lot of protein. Protein is used primarily for rebuilding and repair damaged cells and tissues. As a construction worker (and a body builder), you put your body under a lot of stress and your body will need to

repair itself. It needs protein to do this. Secondly, both body builders and construction workers need a lot of complex carbohydrates. Complex carbohydrates are turned into glucoses to use as energy. However, the nice thing about complex carbohydrates is that your body digests them more slowly so you don't get a sugar spike right away and then the slump right after, which can make you feel tired throughout the day. Instead, with complex carbohydrates you get a slow and steady release of energy and you're getting more nutrients. The most important thing you can do is make sure you're consuming enough calories, as this is going to be your fuel for the day. This means eating a big breakfast that's high in calories (mostly protein and complex carbs). It also means make sure you don't skip your meal for the day, even if you aren't hungry. Then, make sure you eat dinner right when you get home.

#### Breakfast

As mentioned above, your breakfast should consist of a variety of complex carbohydrates and proteins. You can research these on your own as the list of all the complex carbs and proteins are too long to mention.

#### Lunch

Although breakfast will give you the fuel to start your workday, lunch is going to give you the fuel to keep going until the end of the job.

Too often many guys are overworked and yet they'll skip lunch, saying they're too busy to eat. Try not to make this mistake as skipping meals can actually cause your metabolism to slow down. This will make it harder for you to lose weight and can actually cause weight gain (Piedmont, 2020). You'll also feel more sluggish finishing out the day. So carve out a bit of time, even if it's only ten minutes, to grab a quick bite.

#### Dinner

Dinner, although still important, is not as backed by science the way breakfast is. However, you should still opt for healthy foods and proteins to help your body recover for the next day out at the job site. You will want to limit complex carbs towards the end of the day though, as you won't need the same load of glucose for energy as you did in the beginning of the day.

#### Pack Up Your Ego

In order to eat healthy on the jobsite, you're probably going to have to take a lot of crap from the guys. Let's face it, nobody wants to see another guy eating a salad because it's going to make him think of his poor dietary choices. Most people cannot handle the cognitive dissonance of this and they'll probably call you out. That's fine, pack up your ego and let them tee off on you. Odds are, you're actually going to set a good example for the rest of the crew. After the initial blowback dies down people are going to start asking you about your diet. They're going to ask you what you eat and why. They're going to start asking you for recipes or if you can let them try something you brought, especially if it's something new and interesting they've never tried. By and large, you're going to set a good example. So, prepare for the blowback and just let it roll off your back. You never know whose life you might change just by making some simple changes in your own life.

#### Nutrition Calculator

Print McDonald's calories, carbs and nutrition information on your favorite products using the nutrition calculator. \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

1320 Cal.	51 g	192 g	32 g
Calories	Total Fat(20% DV)	Carbohydrate(36% DV)	Protein
Saturated Fat: 13 g (26% DV)	Dietary Fiber: 9 g (36% DV)	Calcium: (14% DV)	
Trans Fat: 1 g	Total Sugar: 89 g	Iron: (33% DV)	
Cholesterol: 80 mg (20% DV)	Vitamin D: (0% DV)	Potassium: (34% DV)	
Sodium: 1425 mg (60% DV)			

## 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.

# Scholarship Eligibility/ Application Instructions

Block Electric is committed to the success and achievements of the people who make up our company. We are also interested in promoting the achievements of the next generation of individuals. In order to help accomplish this, we offer a partial scholarship program to our people for their children who are interested in attending college. The funding is made through Block Electric Co.

## Eligibility

The following persons are eligible to apply for a scholarship:

1. Children of a Block Electric Co. employee. The employee must be employed by Block Electric for at least five (5) years prior to application.
2. The applicant must have maintained a grade point average of at least 2.5 on a 4.0 scale during the last two (2) years of high school, or if presently attending college, a 2.5 average in the last complete year.
3. Applicants must be seeking enrollment or enrolled in a four year accredited college or university.
4. Prior recipients can also be eligible. They must re-apply annually, and must have maintained a 2.5 grade point average while attending college.
5. Children of the officers of Block Electric Co. are not eligible to participate.

## Scholarship Amounts

Individual scholarships of \$2,000.00 will be made available. A maximum of three (3) scholarships will be awarded each year.

## Selection Criteria

Selections of recipients will be based on the following:

1. Selections will be made by the independent accounting firm of Porte Brown.
2. In the event that more than three applications

are received in any year, eligible applicants who have not received a scholarship from Block Electric Co. in prior years will be given precedence.

3. At least two-thirds of the annual awards will be made to children of field personnel. Field personnel are defined as Apprentices, Electricians or Supervisors.

4. In the event that more than one application is received from the same family, the second family applicant will receive an award only if there are less than three other eligible applicants.

## Application Process

All applications must be in writing only and sent to: Ms. Pauline Staab, Porte Brown Accounting and Consulting 1752 Capital Street, Suite 400, Elgin, IL 60124

Any questions can be directed to Scott Block or Ryan Underwood at 847-647-4030.

The application is simply a letter written to Ms. Pauline Staab stating the following information:

1. Name, address, telephone number and social security number of the applicant.
2. Name of parent of applicant.
3. Name and address of college or university to be attended.
4. The applicant's high school and/or college (in the event of re-application) should be instructed to send the applicant's transcripts to Ms. Staab at the above address.
5. A summary of why the applicant is in need of this scholarship.

The deadline for the application, along with the other information, is April 30. The selection and notification will be made by May 31.

## Other

Block Electric Co. reserves the right to change the eligibility, scholarship amount, and selection criteria at any time.

## Walk & Roll 50th Anniversary Celebration

**Saturday, August 14, 2021**  
*Soldier Field - South Lot*



For the past 49 years, people from all over Chicagoland have gathered to walk, run, bike, and/or skate to support the American Cancer Society. This year, we are looking forward to celebrating 50 years of community, survivorship, and hope at a socially distant drive-in movie experience at Soldier Field!

Our 50th Anniversary celebration will kick off with self-guided 5k routes around Chicagoland, leading up to the drive-in movie experience.

We are still in the process of working out the details to create the safest Walk & Roll 50th Anniversary celebration possible, but registration is open!

We will continue to update our website and social media frequently.

Walk and Roll Chicago unites the community behind the American Cancer Society's efforts to save lives from cancer.

Date: Saturday, August 14th, 2021

Location: Soldier Field - South Lot

## Block Electric Scholarship Application Deadline: April 30

The application deadline for the annual Block Electric Scholarship is Friday, April 30, 2021. Application instructions are listed below and are in your Team Member Handbook. Submit all applications to: Ms. Pauline Staab, Porte Brown Accounting and Consulting, 1752 Capital Street, Suite 400, Elgin, IL 60124.

## Block Electric's New Journeyman

■ Congratulations to Michael Mallers who became a Journeyman on March 09, 2021.

**Block Electric Company**  
7107 Milwaukee Avenue  
Niles, Illinois 60714



Block Electric Company is an Equal Opportunity Employer

**CHECK OUT OUR WEBSITE!**

Visit [www.blockelectric.com](http://www.blockelectric.com)  
to see our website!

Please follow us on



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**Block Electric Company**  
*Service ■ Safety ■ Quality*  
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