



OCTOBER 2023 NEWSLETTER

INSIDER NEWS

WHO WANTS ICE TICKETS? Send in your answer to the Brain Teaser by noon, **Monday, October 30th**. We will draw two names, two winners, each will receive two tickets! It's that easy. **Fun for the entire family!** *Employees who win must wait three months before winning another Newsletter Challenge contest.*



Congratulations to **Billy Gattis** and **David Gasnik**, they were last month's winners of the Newsletter Challenge, and they each won two tickets to see the Nashville Predators vs San Jose Sharks.



Let's all welcome **Ashlyn Sexton**, Assistant Project Manager to the Beech Team!



*Congratulations to Logan & Karley
on the birth of their daughter
Spencer Kate Schaible*



We're a TEAM! One person struggles, we all struggle. One person triumphs, we all triumph.

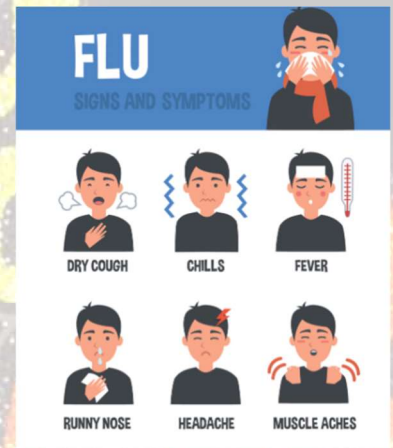


SAFETY TIPS

8 WAYS TO AVOID CATCHING & SPREADING THE FLU

Every year, millions of workers are infected with a contagious respiratory illness: influenza, commonly known as the flu. Many workers who are sick with the flu refuse to let the illness prevent them from working, thinking they can "tough it out." So, they go to work with a reduced ability to work safely and productively, and they jeopardize the health of their co-workers.

- **WHAT'S THE DANGER?** - The flu virus is easily spread, mainly through droplets made when someone who has the flu coughs or sneezes into the air. When another person breathes in these droplets or touches a contaminated surface and then touches her eyes, nose, or mouth, that person can become infected. Unfortunately, while many people recover from the flu within a week or so, some people can develop serious complications, which may lead to death.
- **EXAMPLE** - Good old Joe hasn't taken a sick day in 20 years. Nothing slows him down-not even a good dose of the flu. Sweating, sneezing, coughing, and spluttering, he never misses a beat. But Joe doesn't deserve an award for his unfailing devotion to his job. Less than a week after Joe's illness, four of his co-workers have called in sick, including Bob, whose diabetes puts him at risk of developing a serious complication.
- **HOW TO PROTECT YOURSELF** - A healthy workplace is in everyone's best interests. Here's how you can help:



IS IT A COLD OR FLU?

| SIGNS AND SYMPTOMS | COLD | FLU |
|-------------------------|------------------|---------------|
| Symptom onset | Gradual | Abrupt |
| Fever | Rare | Usual |
| Aches | Slight | Usual |
| Chills | Uncommon | Fairly common |
| Fatigue, weakness | Sometimes | Usual |
| Sneezing | Common | Sometimes |
| Chest discomfort, cough | Mild to moderate | Common |
| Stuffy nose | Common | Sometimes |
| Sore throat | Common | Sometimes |
| Headache | Rare | Common |

1. Get your flu shot annually and early.
2. Cover your mouth when you cough or sneeze
3. Keep your hands away from your eyes, nose, and mouth.
4. Wash your hands.
5. Keep common surfaces sanitized.
6. Distance yourself socially during the flu season.
7. Be kind to your immune system: Eat properly and try to get sufficient sleep.
8. Stay home if you're sick.

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LOOK WHO ADDED A \$1,000.00 TO THEIR BANK ACCOUNT



Beech Construction Services implemented a “Perfect Attendance” bonus, September 1st, 2022. Upon completion of twelve months of perfect attendance you will receive \$1,000.00. Mike Sims is the first employee to achieve 12 months of perfect attendance.

The following are in the running for \$1,000; Doug Gibson and Suan Slayton, 8 months; Valentin Esquibel, 6 months; Billy Gattis, Jose Vazquez, and Joseph Vasquez, 5 months; Dan Krawczyk, David Gibson, David Gasnik, 4 months; Richard Abad, 3 months; Steve Mason, Angelo Echevarria, Fidel Gonzalez, and Joe Ruiz, 2 months and Allan Guardado, 1 month. Keep up the hard work.

MAINTAINING A GREAT REPUTATION

Evon, Chris and Will,
Really appreciate our work together at Opryland. You Guys are amazing coordinators and communicators. Its no wonder you have the great reputation.
Best,
Mark E, Mike C and Jeff J.



OCTOBER EMPLOYEE RECOGNITION – Jose Hernandez Vazques, Johnny Rutherford, and Kelly Ferrell. *Thank you for all your hard work – we appreciate you!*

REMINDER – Please use billing@beech-construction.com when ordering material(s) or equipment.

MARK YOUR CALENDARS – Thanksgiving Lunch at the Smyrna office, November 16th.

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SHOP TALK DAILY EQUIPMENT CHECKLIST

Before you start using the equipment, remember to always check the following.

FLUID LEVELS

- FUEL (IF YOU HAVE EQUIPMENT ON SITE, DO YOU HAVE YOUR 5-GAL GAS CAN?)
- COOLANT LEVEL
- ENGINE OIL LEVEL
- HYDRAULIC OIL LEVEL

EQUIPMENT PARTS

- PARTS PROPERLY GREASED
- BOLTS
- HOSES
- TRACK ADJUSTMENT
- TIRES
- ALARMS
- CHECK FOR LEAKS



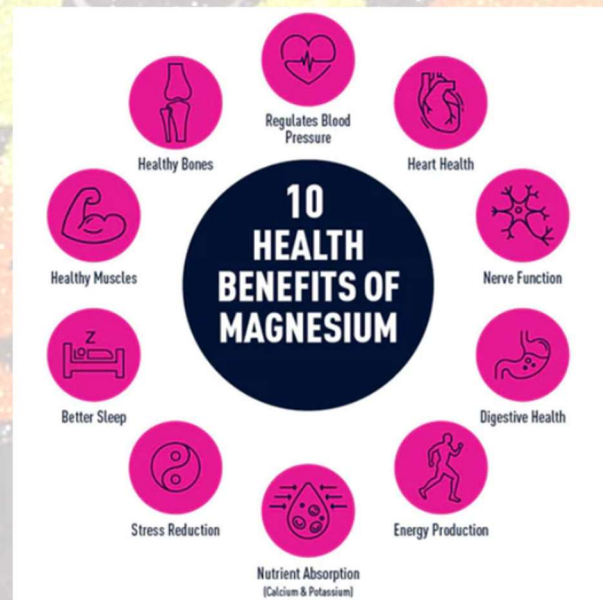
BRAIN TEASER – which sharks would you find at a construction site.

REPAIRS NEEDED: Please contact Dave Gasnik for any maintenance or repairs.

HEALTH CHECK BECAUSE WE CARE!

HAVE YOU HAD YOUR MAGNESIUM TODAY?

Magnesium plays a crucial role in muscle function, the nervous system and energy production. Magnesium also helps maintain blood sugar and blood pressure. Green leafy vegetables, such as spinach, legumes, nuts, seeds, and whole grains all contain magnesium.



- Tony Bruster - 3rd
- Evan O'Brien - 9th
- Jose Vazques - 20th
- Billy Gattis - 22nd

Joe Ruiz - 1 year



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BEECH PROGRESS PICTURES

Hello Fall! Construction has not slowed down. The Project Managers are keeping us going with over 70 current projects, which include T-Mobile, Cedar Stone Park, ICE, and the Inn @ Opryland Room Renovations just to name a few. We also have over 110 projects out to bid. Thank you to all the Superintendents for keeping us on schedule and a big shout out to all the laborers for their hard work. Teamwork makes the dream work.

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|--|--|--|
| <p>INN @ OPRYLAND ROOM RENO</p>  | <p>VANDY LIBRARY</p>  | <p>NEJATC</p>  |
| <p>INN @ OPRYLAND ROOM RENO</p>  | <p>VANDY LIBRARY</p>  | <p>NEJATC</p>  |
| <p>ICE</p>  | <p>ICE</p>  | <p>MISC CONCRETE WORK</p>  |

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