

INDIANA-ARMSTRONG BUILDERS ASSOCIATION

NEWSLETTER

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JUNE

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2014

THE ROY LINGUSKY CLASSIC GOLF OUTING

Our annual Golf Outing was held on Wednesday, June 18th, the weather was great after the early rains with 44 golfers enjoying the beautiful day. 1st place team was from JRG Advisors with Rick Galardini, Mike Galardini, Albert Horn, and Ron Carmassi with a 60.

It rained from 11:10 to 11:40, but cleared up in time in time to play. Thanks to Ron Carmassi for giving the closest to pin money to PAC!

PROGRAM SPONSORS FOR 2014:

September – Lowe’s Home Center

October – open

November- open

Please call the office if you’re interested in being a sponsor.

ANNIVERSARIES

35 Years- Keller’s Construction

10 Years- Pynos Construction Inc.

5 Years- Young & Associates

Consulting & Engineers

****MAKE SURE YOUR HIC NUMBER IS CURRENT - it's only good for 2 years****

Welcome New Members

Marylou Marasco of DW Plumbing

Bernard Lieb of Lieb's Woodworking Solutions

Robert Pardee of Pardee Electric

Roy Walter of Walter Contracting

Sean Shafer, Shafer's HVAC, Inc

* * * * *

THANK YOU TO THE FOLLOWING FOR SUPPORTING THE 2014 GOLF OUTING

Arone Lumber & Hardware Co

JRG Advisors

The Consolidated Builders Benefits Trust

Highmark

Lezzer Lumber

S & T Bank

Indiana First Bank

Timeless Expressions

S & T /Evergreen Insurance Assoc

Innovations of Home, LLC

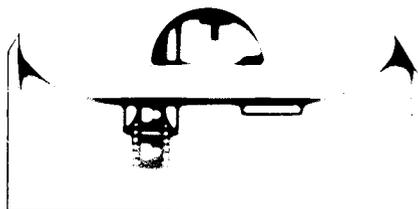
Renda Broadcasting

The Reschini Group

2014 Election

Contact Past-President Matt Houser or Dick if you are interested in running for office for 2014. Elections will be held at November 11th meeting.

Our condolences to the family of Robert L. Bell. Bob was an active member of the Indiana-Armstrong Builders. He was the owner of Nehrig Contracting and the Indiana-Armstrong Builders Association President in 1984.



2014 Officers & Directors

Calendar of Events for 2014

President

Terry Johnson

July 1- Regional Meeting, Indiana County Club
25, 26- PBA Board Meeting, State College

Executive Officer

Richard A. Clawson

Vice-President/Treasurer

Jim McCombs

Vice-President/Secretary

Tony Busija

September 9- Monthly Meeting- White Twp Fire Station -6pm
Board of Directors Meeting- White Twp Fire Station- 5pm

Associate Vice-President

Rodney Greczek

Immediate Past President

Matt Houser

Board of Directors

Norman Burns Jim McElwain
Warren Peter John McLaughlin
Chuck Houser Sam Ward

**Membership
has its privileges!**



PBA Directors: Mark Lunz & Matt Houser

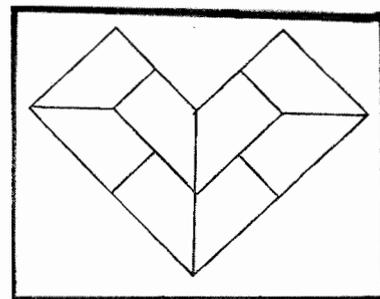
PBA Life Board Members:

Richard Clawson, Gene Gemmell, Curtis Lentz, Steve Misner, Warren Peter & Harold Wilson

May Riddle Winners:

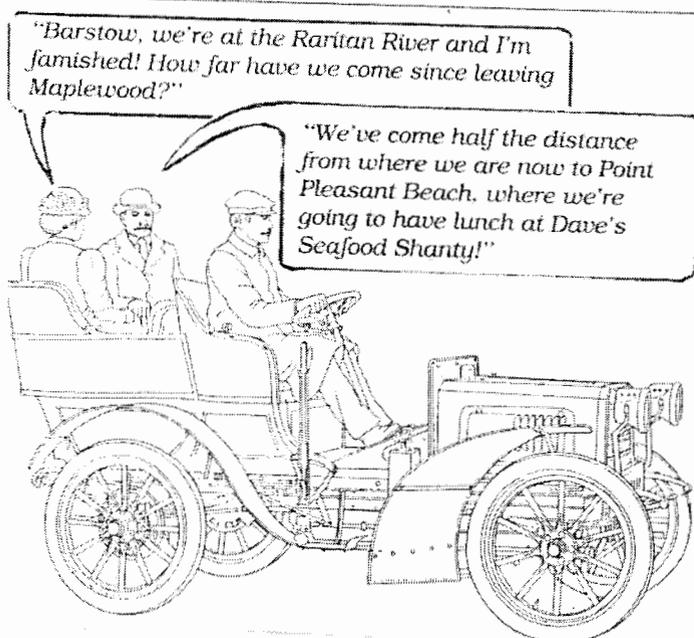
Sue from D.F. Kirsch & Associates, LLC
Dave Kristof of Kristof Construction LLC
Paul Laskey of Laskey Properties and
Jim Nave of Lezzer Lumber tied for 3rd place on fax & email

The answer to May riddle was:



June Riddle

World's Trickiest "Motoring" Puzzle



Here we see Aunt Hattie out for a drive in her 1903 Benz Parsifal. She's headed for Atlantic City with her husband, Barstow, and their driver, Uncle Mohr. Later on, after lunch, a weary Aunt Hattie once again asked her husband where they were. "Well, Barstow, we've reached Forked River. How much further is it to Atlantic City?"

"Hattie, my answer to that is the same as the one that I gave to you at the Raritan River 76 miles ago!"

"Really, Barstow, if I'd known that the distance between Maplewood and Atlantic City was so far I'd have gone to Lake Hopatcong instead!"

From the above information can the reader calculate the total distance that Hattie had to travel to reach the fabled boardwalk at Atlantic City?

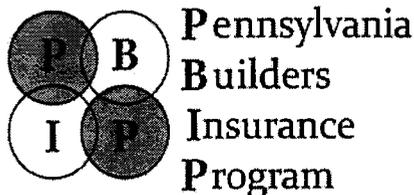
The first 3 correct winners will receive IABA 2014 GOLF HAT.





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Verizon representatives for the NPP discount are:

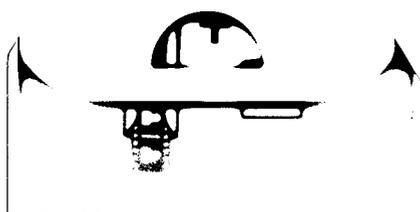
Steve Blades
Business Sales Associate
Steven.blades@verizonwireless.com
412-855-3872

James Conrad
Business Sales Manager
James.conrad@verizonwireless.com
724-766-3944

You must deal with them to get the NPP discount. The local Verizon stores have no information on this at all.

Thank You Matt Houser for taking his crew up to the ICTC and demonstrating how team work makes putting a roof on easy. They put a roof on the modular home that the ICTC is building for the Westmoreland County Housing Authority.

John Morganti thanks Matt Houser and Tony Busija for volunteering to help construct dugouts on the Miracle Fields. He also thanks JD Hennessey from Sherwin Williams for supplying the paint and Rod Greczek for supplying some materials.



Employers Must Protect Workers from Heat- Related Illnesses or Death

Employees who work outdoors in the sun face the challenge of dealing with extreme heat during warmer months. Companies who employ people to work long hours in the hot sun should have important guidelines in place for preventing heat-related illnesses. The human body is not always able to cool itself properly through perspiration when temperatures are high. If a person's body is unable to cool properly by perspiring, his or her temperature will rise drastically, and this can lead to a heat-related illness.

In addition to this, working long hours in the heat can lower a person's level of mental awareness and reduce the quality of an individual's physical performance. It can also raise emotional volatility, and this leads to more workplace accidents. Several workers die each year in the United States from heat-related job illnesses or injuries, and hundreds of others must take extensive amounts of time off from work to recover.

A recommendation from the Occupational Safety and Health Administration is to take these steps to prevent heat-related illnesses and injuries while working:

- All workers should be trained to identify heat stress signs. These include nausea, dizziness, headache, confusion, vomiting, cramps, muscle aches and irritability.
- Supervisors should pay attention to employees' physical conditions, and they should know whether these individuals are fit to work in extreme temperatures.
- Train workers to administer first aid if heat-related illness is suspected. All supervisors should be trained to learn the early warning signs. If workers are feeling uncomfortable, supervisors should also have the authority to let them take needed breaks from working in the heat.
- Workers who are taking certain medications, who are obese, who are older or who are out of shape are at a greater risk for heat-related illnesses.
- Companies should allow employees to work in pairs, which will help them look out for one another and be able to identify warning signs of heat-related illnesses or injuries.
- Help workers adapt to heat by giving extended breaks, altering the workload and providing water. Since the body needs time to condition itself to heat, this is especially important during the first few days of a job.
- Encourage workers to drink plenty of fluids whether they are thirsty or not. Suggest that they avoid drinking alcohol or sugared beverages immediately before or after a long day in the sun.
- Keep in mind that employees returning from long absences will need time to adapt to the heat again.
- Encourage workers to wear lightweight clothing that is lighter in color and fits loosely. Tell them to change their clothes if they become wet.
- Schedule rest periods in cooler areas for workers throughout the day.
- Since good airflow contributes to keeping the skin cooler through evaporation, it is best to use spot cooling and general ventilation when temperatures are higher.
- Monitor workers' responses to heat, the humidity levels and temperatures on an hourly basis when they are exposed to the sun for long periods of time.

To learn more about safety precautions and keeping workers cool to avoid heat-related illnesses in the workplace, discuss concerns with an agent.



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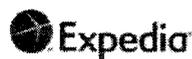
***Eligibility Requirement:** Company must be a commercial construction company, home builder, remodeler or other trade craftsman.

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