
INDIANA ARMSTRONG BUILDERS ASSOCIATION

NEWSLETTER

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E-MAIL ADDRESS: INDARMBD@MICROSERVE.NET

February

WEBSITE: WWW.IABUILDERS.COM

2015

Monthly Meeting

Tuesday

February 10th, 2015

Program Sponsors for 2015

February- Indiana Gazette-Renda
Broadcasting

March-

April-Indiana Vac

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

WHITE TOWNSHIP FIRE STATION

6pm

Anniversaries

Menu: Baked Chicken
Scalloped Potato
Coleslaw
Rolls & Butter
Brownies

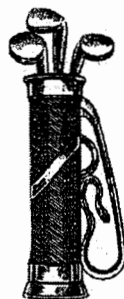
Congratulations to the Indiana County Technology
Center for 35 years of service to the students of
Indiana County. 1980 - 2015

RESERVATIONS HAVE TO BE MADE BY
FEBRUARY 5TH AT NOON. WE NEED
THIS INFORMATION SO THE CATERER
CAN ORDER YOUR MEAL.
PLEASE CALL 724-349-2327

Roy Lingusky Classic - Indian Springs Golf & Country Club - June 17, 2015 - 11 AM

Golf Sponsors:

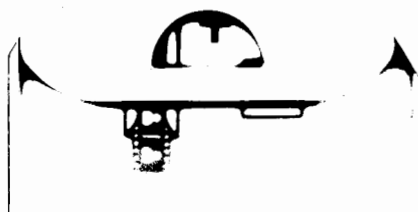
Arone Lumber – Co-Sponsor of Tournament
Lunch- CBBT- Al Horn
Reception- CBBT- Al Horn
Refreshment Cart – Indiana First Bank
Renda Broadcasting- Mark Bertig



Hole Sponsors:

Evergreen Insurance
-Kathy Koons
S & T Bank
- Christine Rumbaugh

*If you want to be a Golf Sponsor, please call the office at 724-349-2327.



President

Jim McCombs

February 10- Board of Directors Meeting –White Township Firehall – 5 pm
- Monthly Meeting – White Township Firehall – 6 pm

Executive Officer

Richard A. Clawson

March 10- Board of Directors Meeting- White Township Firehall-5pm

Vice-President/Treasurer

Tony Busija

Monthly Meeting- White Township Firehall- 6pm

Vice-President/Secretary

Rod Greczek

13-14-15- The 3th Annual Home Show-S&T Bank Arena
at the White Township Recreational Complex

Associate Vice-President

Chuck Houser

Immediate Past President

Terry Johnson

Board of Directors

Norman Burns Matt Houser

Sam Ward Kathy Koons

Chuck Houser John McLaughlin

PBA Directors: Tom Mumau, Mark Lunz, Mark George & Matt Houser

PBA Life Board Members:

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

January's riddle winners:

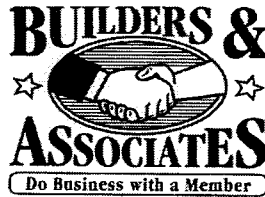
Silvio Corte of Corte Masonry

Ed Kachur of Soft-Lite Windows & Doors

Sue from W. Kelly Campagna & Association

January's riddle :

The answer was 3 cars.



**Membership has
its privileges!**

February's riddle:

'Grand Prize' Puzzle



Problem No.99

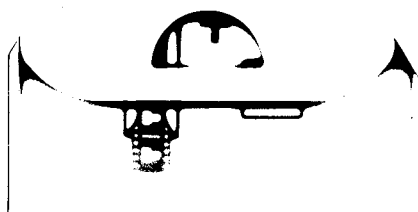
12 6

345 789

"Look, chums," crowed Winthrop Swellhead, "a Waterbury watch! I won this for solving problem 99. The numbers 1 through 9 were placed above or below a line according to some scheme. I had to determine where the next number , 10, was to go.

The answer was mere child's play!

The first 3 winners will receive a IABA LED flashlight.





Member Advantage at a Glance

www.nahb.org/ma

Lowe's - Visit www.LowesForPros.com/NAHB or call 877-435-2440 and register to save 2% on your Lowe's Accounts Receivable (LAR) purchases and free delivery on purchases over \$500. Save an additional 5% every day at the store when they mention the 5% at time of purchase and when using their LAR.

General Motors - \$500 exclusive private offer on most Buick, Chevrolet and GMC vehicles. Business Owners receive a \$1000 private offer on select vehicles and may also qualify for additional incentives, visit www.nahb.org/ma and click on the GM logo to find out more.

AT&T, Verizon, Sprint & T-Mobile - Savings up to 35% including a free analysis of new and existing plans. Program offers free mobile to ANY mobile, free mobile device management, dedicated help desk support, and much more. Visit www.eMemberBenefits.com/NAHB or call 866-430-NAHB (6242).

2-10 Home Buyers Warranty - Visit www.2-10.com/NAHB or call 855-280-1328 to receive exclusive access to discounts on select products, including the Builder Backed Service Program and the systems and appliances warranty.

UPS Savings Program & YRC Freight - UPS discounts of up to 36% on a broad portfolio of shipping services. Savings of at least 70% on less-than-truckload shipments 150 lbs. or more with UPS Freight and YRC Freight. Visit www.1800members.com/NAHB or call 1.800.MEMBERS (800-636-2377) for more information.

TransFirst - Payment solutions with average savings of 16% per year. Web/mobile tools, credit card and eCheck processing and more. Free "Savings Analysis" call 800-613-0148 or visit www.TransFirstAssociation.com/NAHB.

Dell - Up to 30% off on all Dell computers. Call 800-757-8442 and Mention NAHB or visit www.dell.com/nahb

Associated Petroleum Products (APP) - Earn \$0.015 for EVERY gallon purchased using the APP Fuel Card program. Visit www.associatedpetroleum.com/nahb to enroll or call 800-929-5243, Option 6 & mention NAHB.

GEICO - Exclusive discounts for members on auto and home owners insurance. Visit www.geico.com/disc/nahb or call 800-368-2734 and mention NAHB for a free quote.

Hertz - Up to 20% off on rental cars and FREE Gold Plus Rewards membership. Visit www.hertz.com/nahb or call 800-654-2200 and use CDP# 51046.

Avis - Up to 25% off rental cars and FREE Avis Preferred Service membership at www.avis.com/nahb or call 800-331-1212 and use AWD code G572900

Budget - Up to 20% off rental cars and FREE Budget Fastbreak at www.budget.com/nahb or call 800-283-4387 and use BCD code Z536900

Hewlett Packard - Discounts: 9% notebooks, 5% printers/scanners, 7% handhelds, 12% workstations, 16% servers, 12% storage and more. Call 888-202-4488 and mention pass code "NAHB" or visit www.hp.com/go/nahb

Office Depot - 10% off all delivery orders. Free shipping on orders of \$50 or more. Call 800-274-2753 mention NAHB.

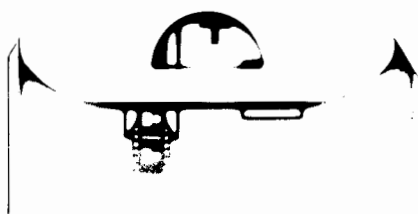
Omaha Steaks - Save 10%, in addition to any online specials. www.OSincentives.com/promo/nahb

Endless Vacation Rentals - 25% discount on over 200,000 vacation rentals worldwide. Call 877-782-9387 and mention NAHB at time of reservation or go to www.endlessvacationrentals.com/nahb

Wyndham Hotel Group - 15% off at over 7,400 hotels. Call 877-670-7088 and mention ID 8000002688. Go to www.nahb.org/ma and click on the Wyndham logo to find out more

FTD - 20% off floral arrangements and gifts at www.ftd.com/nahb or call 800-SEND-FTD use code 17421

NAHB Career Center www.nahb.org/careers - 20% off of standard rates for job posting & 15% off other HR services.



Working Outside in Cold Weather

Anyone working in a cold environment may be at risk of cold stress. Some workers may be required to work outdoors in cold environments and for extended periods, for example, snow cleanup crews, sanitation workers, police officers and emergency response and recovery personnel, like firefighters, and emergency medical technicians. Cold stress can be encountered in these types of work environment. The following frequently asked questions will help workers understand what cold stress is, how it may affect their health and safety, and how it can be prevented.

How cold is too cold?

What constitutes extreme cold and its effects can vary across different areas of the country. In regions that are not used to winter weather, near freezing temperatures are considered "extreme cold." A cold environment forces the body to work harder to maintain its temperature. Whenever temperatures drop below normal and wind speed increases, heat can leave your body more rapidly.

Wind chill is the temperature your body feels when air temperature and wind speed are combined. For example, when the air temperature is 40°F, and the wind speed is 35 mph, the effect on the exposed skin is as if the air temperature was 28°F.

Cold stress occurs by driving down the skin temperature and eventually the internal body temperature (core temperature). This may lead to serious health problems, and may cause tissue damage, and possibly death.

What are the risk factors that contribute to cold stress?

Some of the risk factors that contribute to cold stress are:

- Wetness/dampness, dressing improperly, and exhaustion
- Predisposing health conditions such as hypertension, hypothyroidism, an diabetes
- Poor physical conditioning

How does the body react to cold conditions?

In a cold environment, most of the body's energy is used to keep the internal core temperature warm. Over time, the body will begin to shift blood flow from the extremities (hands, feet, arms, and legs) and outer skin to the core (chest and abdomen). This shift allows the exposed skin and the extremities to cool rapidly and increases the risk of frostbite and hypothermia. Combine this scenario with exposure to a wet environment, and trench foot may also be a problem.

What are the most common cold induced illnesses/injuries?

- Hypothermia
- Frostbite
- Trench Foot

What is hypothermia?

Hypothermia occurs when body heat is lost faster than it can be replaced and the normal body temperature (98.6°F) drops to less than 95°F. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F), if a person becomes chilled from rain, sweat, or submersion in cold water.

What are the symptoms of hypothermia?

- Mild symptoms:
 - An exposed worker is alert.
 - He or she may begin to shiver and stomp the feet in order to generate heat.
- Moderate to Severe symptoms:
 - As the body temperature continues to fall, symptoms will worsen and shivering will stop.
 - The worker may lose coordination and fumble with items in the hand, become confused and disoriented
 - He or she may be unable to walk or stand, pupils become dilated, pulse and breathing become slowed, and loss of consciousness can occur. A person could die if help is not received immediately.

