

RWC Crew Talk



Farrish Johnson Law Offices open the doors to their new building

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In early spring the Farrish Johnson Law Offices officially opened the doors to their new building. The new building features a 12' long handmade reception desk capped by Cambria stone, three large conference areas with frosted glass panels, two large island work centers, a lunch room, secretarial stations, and 11 offices. This facility will not only offer a pleasant work space for the existing members of the Farrish Johnson Law Offices but also allow for continued growth of the firm. From the very first day, this job was fast paced and challenging but also very rewarding. All trades worked side by side for much of the project, often following in each others' foot steps finishing each step in the construction process in order to let the next trade get to work. With



**Farrish Johnson Law Offices
Paulsen Architects**

a great blend of hardiboard siding, brick, and cut stone, the exterior of this building adds an eye catching addition to the Eastwood Industrial Park and will become a staple of the area for many years to come.

I would like to take a moment to thank our job superintendent, Kirby Loewen, the Paulsen Architect team, and all the subcontractors for their excellent craftsmanship. And a special recognition to the Farrish owners and their building committee, Scott Kelly, David Salsbery, and Steven

Fink, whose dedication, effort and belief in this collaboration made the project a success.

*Ian Carlstrom
Project Manager*

RWC Crew: Chad Amundson, Dale Anthony, Doug Baer, Chad Becker, Wade Carrigan, Tim Clabo, Tracy Coy, Bernie Davey, Matt Drown, Keith Furst, Terry Gappa, Don Hermel, Karl Idso, Lars Idso, Bruce Johnson, Duane Karels, Joel Langlie, Ed Laughter, Tim Leonhardt, Kirby Loewen, Mick McMartin, Brent Otto, Kyle Ramaker, Arvin Rustman, Steven St. Peter, Tracy Sanchez, Jim Schmidt, Mark Stadler, Vernon Stone, Greg Sunderman, Lowell True, Bob Umhoefer, Dale Van Stelten, and Vic Wendt

Robert W. Carlstrom Co., Inc

709 S Front St

PO Box 786

Mankato, MN 56002-0786

Phone: 507-625-2872

Fax: 507-388-2513

Email: rwc@rwc Carlstrom.com

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THINK SAFETY: Warm Weather Tips

Congratulations are in order once again to all RWC employees! As of June 7, 2006, RWC has gone 523 days with no lost time. Let's keep up the good safe work!

The hot weather is here and it's time to be reminded of some hot weather safety tips and warning signs of heat related injuries.

TIPS FOR STAYING COOL:

Keep hydrated: Drink plenty of water. When the temperatures are high, you should drink 16 ounces of water every 20 minutes. Drinking pop, coffee, ice tea or even sport drinks with caffeine can actually hasten dehydration.

Go light but cover up: Wear lightweight, light colored clothing. Loose fitting clothes help with ventilation, but make sure clothes are not too loose to avoid tangling hazards.

Respect the sun: Skin cancer is now the fastest growing form of cancer among working age men. So try to use sunscreen whenever working outdoors. Read the directions to see how often you should reapply it.

Stress ventilation: Heat increases the threats found in enclosed spaces. When using paints or sealers or any other fume generating materials, make sure there is plenty of ventilation.

Know the signs: Everyone should be able to recognize the early warning signs of heat cramps, heat exhaustion, and heat stroke. If you start to feel

faint or uneasy in the heat, it is very important that you tell someone immediately.

SIGNS TO LOOK FOR:

Heat cramps are muscular pains and spasms due to heavy exertion that usually occur in the abdomen or legs. Believe it or not, a banana or two a day can help prevent those cramps.

Heat exhaustion occurs typically during heavy exertion in warm, humid places when body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to vital organs to drop, a mild form of shock results. If not treated, the victim's condition will get worse. Body temperature will keep rising and the victim may suffer heat stroke.

Heat stroke or sun stroke is life threatening. The victim's heat control mechanism (which controls sweating) stops working, causing the victim's temperature to rise so high that brain damage and death may occur if the body is not cooled quickly. Help is needed immediately.

And last but not least, the date is set for our Third Annual RWC Safety Day; it will be Thursday, June 29th, at 11:30am, at the Midwest Wireless Civic Center. We will be having a buffet lunch, a few guest speakers, followed by hors d'oeuvres, beverages and door prizes to end the day. See you all there! And remember: THINK SAFETY!

Al Hagen, Safety Director

Current Projects

- Springfield Medical Center/Mayo Health System Addition & Renovation, Springfield, Engan Associates, P.A.
- Johnson Outdoors Warehouse, Mankato, I & S Engineers and Architects
- Nicollet Public School Additions, Nicollet, GLT Architects
- ISJ/Mayo Health System, Madison East Physical Therapy Buildout, Mankato, Paulsen Architects
- St. Mary's Catholic Church Community Center, Le Center, Kane and Johnson Architects
- Taylor Northway Data Center, North Mankato, RL Engebretson Co.
- ISJ/Mayo Health System, Power Plant & Loading Dock Addition, Mankato, Ellerbe Becket, Inc
- MinnStar Bank, Mankato, RL Engebretson Co.

Construction begins on Johnson Outdoors Warehouse

In late April work began on one of RWC's largest square footage projects in recent years, located just east of the Eastwood Industrial Park. The site work and concrete is progressing nicely on a 150,000 SF warehouse/distribution center for Johnson Outdoors. Developed by Lidstrom Commercial Realtors and designed by I & S Engineers and Architects this building consists of a steel frame structure encased in pre-cast wall panels and an EPDM roof system. The building will include 15 loading docks, roughly 12,000 SF of office space and have the ability to expand for future development. The construction consists of over 60,000 CY of sand fill in the building alone, 5000 CY of concrete in the footings, pads, and floor, and two months of steel and pre-cast erection. Completion is expected Fall 2006.

Ian Carlstrom, Project Manager



Welcome Wayne Strelow

At the end of April, RWC welcomed a new job superintendent, Wayne Strelow. Before joining RWC, Wayne owned his own general contracting/home building company for 16 years and has also held several job superintendent positions. Wayne and his wife, Claudia, live in Rochester, MN, and have two sons, Wade, 25, and Tyler, 23, and one daughter, Desi, 18. Wayne's hobbies include trout fishing and antique motorcycles.

Wayne said it took him awhile to make the decision to accept the position with RWC, but after hearing all the positive responses when talking to those who have worked with RWC, the decision became easier. After meeting the employees of RWC and seeing some of the company's present and past projects, Wayne likes that he is

working with a company and people who are committed to quality.

"The commitment to work ethics, safety, and quality of product can only lead to good things for the company and the people associated with it. Everyone has been very helpful and friendly. It makes the 90 mile trip from home to work and back much easier. Thank you to everyone for your support. I am looking forward to getting to know everyone better, and to working on many successful projects." - Wayne Strelow



RWC participates in Mankato's First Annual Career Expo



In early May, our firm took part in Mankato's 1st Annual Career Expo held at the Midwest Wireless Civic Center. Tenth graders from Mankato schools and several surrounding communities were able to visit "hands-on" exhibits highlighting a broad range of careers. Thank you to Al Hagen, Jeremy Hatlevig and Ian Carlstrom for educating these future business leaders with some of what's involved in the construction industry. Also, a thank you goes out to those who donated their time and/or materials: BLK Electric, Javens Mechanical, Lloyd Lumber, Ted Kenne Construction, Paulsen Architects, and the following RWC employees: Bruce Johnson, Bobby Umhoefer and Doug Baer. And above all, a big thanks to Rachel Dent for serving on the planning committee and helping make the Career Expo possible.

The photo to the left shows Al Hagen speaking with a few students about the wall section designed to show the students various materials that can be used when building an exterior wall.

Four RWC Job Superintendents attend Medical Protocol Training



Pictured: Curt Willson, Craig Jaskulke, Arnie Numps, Wayne Strelow, & Bernie Davey

Particle count? Negative air pressure? Operating filter equipment? These practices may not mean much to the average person, but to the medical field they are critical. Because of continuous upgrade of medical practices, remodels, additions and new construction are a constant at medical facilities, not only in the immediate area, but everywhere. These medical facilities need to make sure that their patients are in the cleanest and healthiest environment available. Several of these facilities are requiring construction

trades working in their buildings to step up their practice of infectious disease control. RWC is making sure that their workers are skilled, above and beyond, in protecting not only themselves but the patients as well. A select few union carpenters from throughout the state, including four of our own, took part in a two-day Infectious Disease Control training class (put on by the carpenters' union) to learn about the implications of working in a hospital/medical environment and what the hazards are to both the patients and the construction workers. The first day of training involved more classroom time while the second day was more "hands-on" work such as operating the filtering equipment, monitoring the negative air pressure and particle count. Due to the experience Curt Willson, Wayne Strelow, Arnie Numps, Bernie Davey and former employee Craig Jaskulke already have from working in hospitals, they were encouraged to critique the class and give feedback to the union to make the

class as effective as possible for future "students".

With this valuable knowledge, owners can be confident that our tradesmen are working with them to provide the safest construction environment in their facilities. A special thanks to Craig Jaskulke and the Carpenters' Union for providing this valuable class.





June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 2px;"> Birthday </div>	<div style="border: 1px solid black; padding: 2px;"> Employment Anniversary </div>			1 Lee Carlstrom-39 yrs	2	3 Jared Wendt Ian Carlstrom-10 yrs
4	5	6	7	8	9	10
11	12	13	14	15 Bobby Umhoefer	16 Doug Baer-20 yrs	17
18 Father's Day	19	20 Brent Otto Wade Carrigan-1 yr	21 Summer Begins	22 Doug Drill	23 Curt Willson Jared Wendt-3 yrs	24 Lowell True-13 yrs
25 Rachel Dent-5 yrs	26	27	28	29 RWC Safety Day	30	



July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 2px;"> Birthday </div>	<div style="border: 1px solid black; padding: 2px;"> Employment Anniversary </div>					1 Lori Krueger-19 yrs
2	3	4 Independence Day	5 Jim Schmidt-12 yrs	6	7	8
9	10	11	12	13	14 Vernon Stone	15
16	17	18 Curt Willson-11 yrs	19 Duane Karels	20 Rich Landsteiner-8 yrs	21	22 Wayne Strelow
23 Mick McMartin	24 Jim Amundson	25	26	27	28	29
30	31					