



Crew Talk



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NEW PROJECT:

DEMOLITION, ADDITION, AND REMODEL AT ST. MARY'S CATHOLIC CHURCH IN LE CENTER, MN

St. Mary's Catholic Church in Le Center, MN is one of Robert W. Carlstrom Co., Inc.'s newest projects that started this fall. The construction project began with the demolition of an existing 2-story building that was originally built in 1914 and added onto in 1951. The demolition project was challenging in that the building being knocked down was very close to the existing church building. Extra care was taken and demolition went as planned. The old building was used for both classrooms and office space.

The new addition will be approximately 11,652 square feet and will tie into the existing facility. This area will be used for classrooms, office spaces, and will also include a new entry. Besides the new addition, the existing fellowship hall and kitchen will be remodeled also.

Kane and Johnson Architects, St. Mary's Building Committee, and RWC have worked hard to make this project a reality. The project is scheduled to be completed early summer 2006.



The above pictures show various stages in the demolition of the old building at St. Mary's Catholic Church in Le Center, MN. All demo work was completed by RWC's own crews.

Winter Safety Tips

The bitter cold is finally upon us, and those working outdoors should take extra precautions against exposure to the hazards of cold weather as prolonged exposure can result in frostbite and hypothermia. There is no exact temperature at which the weather becomes a hazard. It does not have to be below freezing for frostbite or hypothermia to occur. Many factors like wind, dampness and cold water contribute to unbearable cold conditions. Each job site may have different conditions to consider. Some may be out in the open with no wind protection while others may be protected by the wind, so the superintendent of each job will make the call as to whether a job will shut down. Some workers may get relocated for the day or be sent home because of the cold.

Hypothermia occurs when the body loses heat faster than it is produced and the body temperature drops below 95 degrees. The first

sign is pronounced shivering, followed by feeling tired and drowsy. Irritability and confusion can set in, along with a loss of coordination. At this point get to some place warm before speech becomes slurred, or irrational behavior sets in because the next step is unconsciousness and ultimately heart failure. A primary cause of hypothermia is wind chill.

Frostbite is another hazard of the cold weather. It is the freezing of deep skin tissue layers that leads to whitening, hardening and numbing of exposed skin. It usually affects the fingers, hands, toes, feet, ears and nose. If symptoms of frostbite are present, seek professional medical attention, move the person to a warm dry area, loosen or remove tight clothing that might restrict the blood flow, place the person in lukewarm (not warm or hot) water for 25 to 40 minutes to gradually warm the affected

tissue. Do not massage the area because it may cause greater injury.

With the snow and ice now here, it can result in more slips, trips and falls, so it's even more important to keep the site picked up. If tools or materials get covered with snow and hidden, someone could easily trip and fall. Sand down all sidewalks and other walk ways. Watch out for the insulated blankets that will get covered with snow and, if necessary, make sure you get help moving them if the snow is wet and heavy.

And one last reminder, as you are driving to work or home at the end of the day, stay alert and watch the road conditions. Have a SAFE AND MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Al Hagen, Safety Director

FARRISH JOHNSON LAW OFFICE



As some of you may have noticed we recently began construction on the Farrish Johnson Law offices located at 1907 Excel Dr in the Eastwood Industrial Center. This new office building was designed by Paulsen Architects and consists of several legal offices, conference rooms, a built-in reception desk, vestibule, waiting area,

and a kitchen, all enclosed within a 9,096 square foot wood framed shell. From the beginning the building has posed some interesting construction challenges; most notably, installing the parking lot, including below grade geo-tech fabric, integrated curb sidewalks, and all curb and gutter before the building pad was even dug in order to meet the demanding construction schedule and upcoming winter weather. As a design-build construction project, all trades have worked extremely hard from the very beginning of this project in order to coordinate and complete the project in time for Farrish Johnson to move in March.

Ian Carlstrom, Project Manager



Employee Spotlight



Many of you may have noticed a new face running the Total Station on our jobsites recently. Wade Carrigan began at RWC as an apprentice carpenter approximately six months ago. Before that he taught high school math for five years, and also did landscaping and small construction for nine years. Wade enjoys the construction industry because it not only gives him a chance to use his math knowledge, but also allows him to meet new people and gain more knowledge about how things are built. The message that Wade would like to share with other employees is: "Everyone started at the bottom at one point in the carpentry industry. They learned what they know over time from other people."

Wade is originally from Buffalo Lake, MN and now lives in North Mankato with his wife of two years, Sara, who works as a family resource coordinator in Fairmont. For fun Wade enjoys hunting, fishing, and riding motorcycle.



Current Projects



- ✘ Springfield Medical Center/Mayo Health System addition & renovation, Springfield, Engan Associates, P.A.
- ✘ Taylor Corporation, North Mankato, various projects
- ✘ Kraft Foods, New Ulm, various projects, TKDA Engineers-Architects-Planners
- ✘ ISJ/Mayo Health System, Mankato, various projects, Ellerbe Becket, Inc
- ✘ Nicollet Public School additions, Nicollet, GLT Architects
- ✘ MN State University-Mankato, Computer Room Remodeling, Mankato, Paulsen Architects
- ✘ Technology Plus, various small remodels
- ✘ St. Mary's Catholic Church Community Center, Kane and Johnson Architects, Le Center
- ✘ Farrish Johnson Law Office, Mankato, Paulsen Architects
- ✘ ISJ/Mayo Health System, Power Plant & Loading Dock Addition, Ellerbe Becket, Inc

EMPLOYEE NEWS



Congratulations to Jeremy Hatlevig, Project Manager, and his wife, Kelsie, on the birth of their first child.
Dylan Alexander Hatlevig
 October 8, 2005
 7lbs 3 oz, 21 1/4" long

Within the last couple of weeks, we have been experiencing a boom in our work force. We would like to take this moment to WELCOME all of the new employees and WELCOME BACK some returning employees to RWC.

Dale Anthony, Alan Brewer, Kyle Ramaker, Leland Miller, Matt Drown, Duane Karels, Jim Anderson, Tracy Sanchez, Todd Fritz, Steve St Peter, Vernon Stone, Karl Idso, Lars Idso, and Ed Laughter

Approximately 15 students were treated to a feast of pheasant, duck, halibut, venison and lemon sorbet while watching Lee Carlstrom carefully prepare his specialties. Chef Patrick Clark and his wife Shannon Clark heard through the grapevine of Lee's expertise in preparing gourmet wild game meals and asked him to share his talents at the DeGrood's Appliance "Cooking School" this past October. During these cooking schools, which are held once a month at DeGrood's, selected individuals prepare a unique meal and share recipes and cooking tips with the class.





DECEMBER 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<div style="border: 1px solid black; padding: 2px;"> Birthday Employment Anniversary </div>						
4	5 Tracy Coy	6	7	8	9	10
11	12	13 Arvin Rustman Steve Tollefson	14	15	16	17
18 Dale Van Stelten-10 yrs	19 Jim Jirak	20	21	22	23	24 CHRISTMAS EVE
25 CHRISTMAS	26 Holiday/CLOSED	27	28	29	30	31 NEW YEAR'S EVE



JANUARY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 NEW YEAR'S DAY	2 Craig Jaskulke- 34 yrs Holiday/CLOSED	3 Vic Wendt	4	5	6 Mark Stadler	7
8 Wade Carrigan	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Arvin Rustman- 6 yrs	<div style="border: 1px solid black; padding: 2px;"> Birthday Employment Anniversary </div>			