

# The Concrete Truth

## HAPPY BIRTHDAY!

Wayne E Blunk	04/03
Derrick S Grove	04/13
Luis Hernandez	04/17
Clayton Northern	04/28
Thomas Toler	04/29
William D Banks	04/30

## HAPPY WORK ANNIVERSARY

Malcolm A Filbrun	2yrs
Jose Luis J Acosta	5yrs
Samuel I Jamison	5yrs
Derrick S Grove	12yrs
Corbin J Holsinger	14yrs
Daniel G Frick	26yrs

## Calling off Work

We would like to remind everyone of the calling-off procedure. We understand that emergencies happen that prevent you from coming into work, however it is very important that you communicate your absence with BOTH HR & your foreman, so we can plan accordingly. You can send one group text and done.

## Tools & Equipment

We understand that the work you do can be very labor intensive that is why it has always been our belief to work smarter not harder- hence all equipment & tools provided. If there is a tool or equipment that is needed to help you do your job, we will do our very best to provide it- within means.

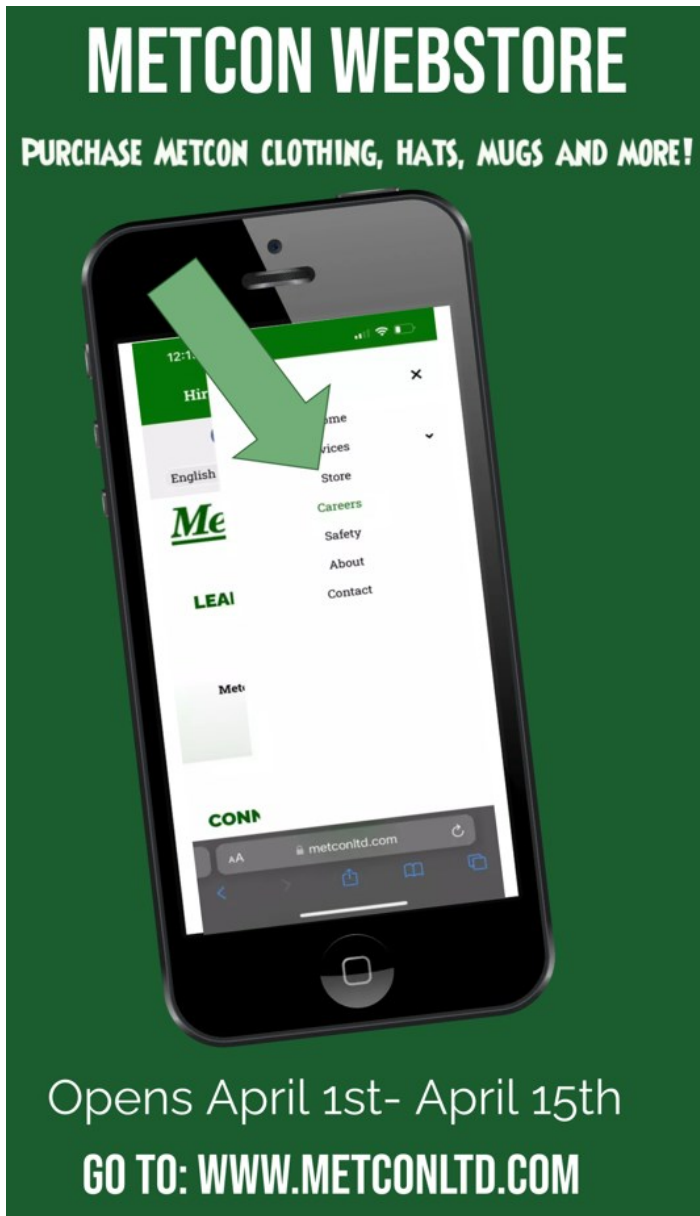
Equipment & tools are not cheap as you know therefore we ask all of you to please make sure you take care of all equipment & tools. Make sure that you communicate any maintenance needed, broken items or replacement needed with your foreman. At the end of the day, make sure everything is picked up, cleaned up and put into the crew truck.



## Working on different Crews

This time of the year, our PMs may split up crews that typically work together. This is due to production needs affected by the weather, when working for a different crew please keep a few things in mind:

- Make sure you are always checking the schedule don't assume you will be sent to the same jobsite as the prior day
- Make sure you attend the morning huddle
- It may be good practice to keep your tools with you.
- Not all foreman go to lunch at the same time; so ask the reporting foreman what time lunch would be.



**METCON WEBSTORE**  
PURCHASE METCON CLOTHING, HATS, MUGS AND MORE!

Opens April 1st- April 15th  
**GO TO: WWW.METCONLTD.COM**



**Metcon**<sup>™</sup>  
**Hey Kids!**

**EASTER**  
Coloring Activity

**Directions:**

1. Go to [www.online-coloring.com](http://www.online-coloring.com) & select a coloring page.
2. Color it, screenshot or email it to HR.

All participants will receive a Easter goodie bag!  
Last day to submit will be April 3rd!

## Road to Challenge – April

April's wellness challenge is focused around mental wellbeing-10 to Zen! Taking 10 minutes a day to do something for you that can reduce stress and/or anxiety or simply add value to your day. Keep a record of activities and share with HR at the end of the month for points. A few ideas.:

Take a Walk

Yoga

Connect with others

Eat 3 meals a day

Prayer/Meditation

Practice deep breathing

Reduce social media time

Set aside time for yourself

Sleep 8 hours

Go Swimming

**For all those who participated in the Metcon basketball– points have been added to your profile.**

## 10 to Zen

1. Let go of comparing.
2. Let go of competing.
3. Let go of judgments.
4. Let go of anger.
5. Let go of regrets.
6. Let go of worrying.
7. Let go of blame.
8. Let go of guilt.
9. Let go of fear.
10. Have a proper belly laugh at least once a day (esp. if it's about your inability to let go of any or all of the above).

Facebook Buddha Heart

### THE METCON TEAM BASKETBALL GAME



2023



**Building a motivated culture where we can achieve more together!**



# Metcon Quality Plan

The purpose of this committee is to identify and work thru resolutions to ensure the best quality product and team leadership throughout Metcon.

The committee consists of one crew foreman & one field crew member per month that visit 4 job sites with the quality control manager to review any and all good qualities, poor qualities, safety, housekeeping and some fun items. Data will be collected from each site and then produce a weekly report to be shared with the entire Metcon Team.

	List/Report Name Connor Annex	Project Name Connor Annex	Company Name
	Date Mar 20, 2023	Project Number	Consultant Name
	Total # of Issues 9		Sign Off:

Issue # 1	Issue Finish clean up as we go and not left behind.		
Floor			
Room			
Sheet	Comment Great job to protect the existing surface and kept really clean to produce a good looking curb. Just make sure to finish the task as cleaning up.		
Status Incomplete			
Assign To	Resolution Date		

**Metcon**<sup>LD</sup>

# 2023 BOOT ORDER

Starts April 1st through April 30!!

GO TO ONE OF 5 RED WING STORES LISTED BELOW, PICK OUT THE BOOTS YOU WANT AND GO TO THE COUNTER AND LET THEM KNOW YOU ARE A METCON TEAM MEMBERS. THIS BENEFIT IS FOR ALL TEAM MEMBERS THAT HAVE COMPLETED THEIR 90DAY PROBATIONARY PERIOD.

Huber Heights, Miamisburg, Kettering,  
Monroe & Springfield Stores

WWW.REDWINGSHOES.COM

Make sure they are laced boots to reduce hazards.



## New Parking Lot!

The parking lot is open for business. Please make sure you leave the parking spots that are in front of the main entrance open for visitors.

