



The Concrete Truth

HAPPY BIRTHDAY!

Logan D Adams	7/05
Justin Todd	7/09
Corbin J Holsinger	7/09
Dallas Denlinger	7/14
Michael A Jenkinson	7/15
Darcy Denlinger	7/20
Monica Gloria	7/22
Connor A Crist	7/23
Kidron L Crist	7/31

FROM THE DESK OF

Metcon

Simon King

Good day all,

I hope you are having a great summer so far! Quick update; Metcon is winning work and getting work done! Back-log looks great and the work we have done looks profitable! Our customers are happy and value the work that each of you are doing. Thank you for everything each of you do, you all have a part in making Metcon the great company it is. On another note, you may have seen an email or something come through about SmartDollar. This is something that will be free for each of you, and I believe that this is a great product. This tool helps with the overall health of each of our financial lives. Take some time to look into it when it comes available. Full launch date is July 10th!

[Click Here to Learn More!](#)

HAPPY WORK ANNIVERSARY

Nicholas Williams	1yr
Evan A Bowman	4yrs
Jacob T. Angle	5yrs
Gabriel R Cottrell	8yrs
Bradley A Garber	9yrs
Benjamin R Lavy	11yrs
Matthew M Denlinger	19yrs
Charles E Brunk	19yrs

New TimeKeeping Software
Coming Soon!



Submit hours quickly
and easily!

WHY YOU SHOULD STOP RUSHING
(YOUR BRAIN IS TRICKING YOU)

Rush Mentality

We all have faced it once or twice during our lifetime. We don't hear our alarm or we get stuck in a traffic jam, we planned poorly or underestimated a project. Then we are behind schedule and deadlines begin to creep. Our adrenaline begins to shoot through the roof and we begin to try to catch up aka Rush Mentality!

But in reality we really never "catch up" Let's say you're running late to a meeting and decide to speed on your way there. Instead of going the 60mph speed limit, you push it to 72mph. What used to take you 15 minutes now only took about 12. But saving those precious three minutes costs you significantly. You're putting yourself at greater risk for physical harm (crash– statistics state that 92% of accidents that cause bodily harm have a root cause of rush) mental harm (stress), and financial harm (speeding ticket).

Rushing adds stress and anxiety to your life. Over time, this can make a big difference in your default mental state. I would like to share with you a few tips to help deal with Rush Mentality:

- In the moment: take a minute to pause and evaluate your scenario. Think through the pros and cons and ask yourself these two questions:
 1. What is the worst that could happen if I act normally and don't rush. (example: my friend will be by themselves for 10minutes or I will be embarrassed for a few minutes walking into my meeting a few minutes late.
 2. What is the best or worst-case scenario if I choose to rush? (example: I arrive at my destination on time or worst: I get a speeding ticket and get to my meeting 30min later)
- Plan ahead!: It's easy to feel behind when you've lost control of your schedule. This lack of control is often a matter of priority or poor planning. It's a sign that you've let too many commitments into your life that don't align with what matters to you. Try this:
 1. Start saying "no" and take control of your schedule by saying "no" to more things. Spend your time on things that you value.
 2. Prioritize and organize to-do's by urgency and priority this framework was popularized by Stephen Covey (author of 7 Habits of Highly Effective People). It will help you focus on the right tasks by identifying what's actually important.
 3. Get support or delegate– if you are in a position where you can delegate some tasks, do it. If you cant delegate some duties, ask for support.

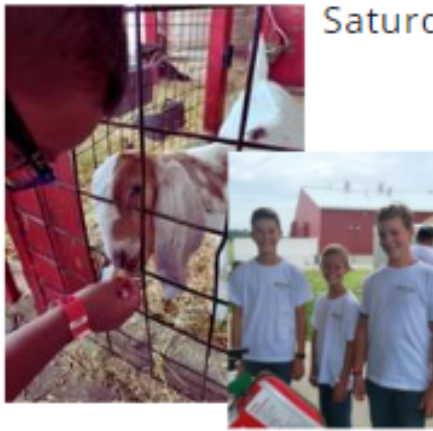




Metcon^{LD}

YOU AND YOUR FAMILY ARE
INVITED TO METCON'S

FAMILY PICNIC



Saturday, July 8th 2023, 11:00 AM Lunch @noon

Young's Dairy

6880 Springfield- Xenia Road

Yellow Springs, Ohio

RSVP WITH HR



Metcon Wellness



Wellness Points- July

We are increasing the Wellness points for July to 65pts for anyone that plays the Metcon Volleyball game during the Metcon Family Picnic. If you are interested please sign-up today.

July

Metcon^{LD}

NEW **Metcon^{LD}**

EMPLOYEE PORTAL OPEN TO ALL EMPLOYEES AND SPOUSE TO ACCESS

Go to the www.metconltd.com and click on Employee Portal

Password = MetconEP5150*

- Metcon Employee Handbook
- Metcon Safety and Health Program
- Metcon Drug and Alcohol Policy
- Benefits Guide
- EAP Service
- Metcon Contacts List
- Metcon Uniform Catalog
- Upcoming Events
- SDS - Metcon Job Sites
- In Case of an Accident or Injury Guides



GRILLING FIRE SAFETY

KNOWING A FEW FIRE SAFETY GRILLING TIPS WILL HELP EVERYONE HAVE A SAFE SUMMER.



Only use your grill outside.

Keep it away from siding and deck rails.




Keep a 3-foot safe zone around your grill and campfire.

This will keep kids and pets safe.



Clean your grill after each use. This will remove grease that can start a fire.



Place the coals from your grill in a metal can with a lid once they have cooled.



Open your gas grill before lighting.



Keep an eye on your grill, fire pit or patio torches. Never leave any of them unattended.

STAY FIRE-SAFE THIS SUMMER!



Check out a some fun activities/festivals around the Miami Valley:



WE ARE NOT A TEAM BECAUSE WE WORK TOGETHER. WE ARE a team because WE RESPECT, trust, and care for each other.

Building a motivated culture where we can achieve more together!

Metcon[™]

**401K
QUARTERLY
OPEN ENROLLMENT**

Its that time... If you have a Metcon 401K retirement plan, at this time you may:

- Increase defferal
- Decrease defferal
- Change elections
- Opt out of the plan
- If you are eligible for the plan but you are not enrolled, you can enroll today



Any changes can be done online or contact HR by, 07/10/2023

METCON WEBSTORE

PURCHASE METCON CLOTHING, HATS, MUGS AND MORE!



OPEN NOW- July 15th

- WWW.METCONLTD.COM
- **PASSWORD: METCON@5150**

Metcon[™]



Lets play Coworker Family Feud!

Team member with the most popular survey answers will win 4 tickets to the Cincinnati Zoo! Click to play:



CLICK TO PLAY

