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**“2018 marked our lowest number of recordable injuries since recordkeeping began.”**

**-Jack Olmstead**

## | 60 Years in the Making |

Picture this: It's 1958 and a 19-year old electrician starts his own company with a used Southern Bell truck. Fast forward sixty years to 2018 and that company has grown to over 900 employees and is the largest, most respected electrical company in the state! THAT'S TRI-CITY ELECTRICAL CONTRACTORS, INC.!

2018 was a great year for Tri-City—business was good, and it marked our 60<sup>th</sup> anniversary. Not only did we work hard, we celebrated our success and deservedly so. When you consider that 64% of businesses fail before 10 years and 79% fail before 20 years, this is a truly remarkable achievement in the business world. In fact, here's a Jeopardy answer for you: only 12% of companies listed on the 1955 Fortune 500 list are still around today.

Now, to look forward. Because of your past hard work, there are some great opportunities on the horizon for our company. We need to stay focused and provide the high quality of service and installation that our customers have learned to expect from Tri-City. Every time we meet with a customer, whether they be new or existing, it is an opportunity to “wow” them yet again. This applies to both external customers (like GC's and owners) and internal customers (Tri-City employees from another division or department). Our past success should not allow us to be complacent, because the tangible drawback to complacency is that we will fall short in growth.

So, I encourage you to take every training opportunity we offer. Technology changes, new tools become available, we all need to take advantage of these advances and future-proof our Company. If you are new to the field, join an apprenticeship program. It's a commitment but I went through it myself and it is well worth the effort. Attend the upcoming training fairs, which are not only a great opportunity to learn hands-on skills but are great fun, as well. Talk to your supervisor and your project manager about available training to help you reach your goals at Tri-City. And be prepared for a new comprehensive training initiative to be launched in the next year or so.

We have had a really great year safety-wise: 2018 marked our lowest number of recordable injuries since recordkeeping began. This is due to the phenomenal teamwork shown by all employees, to be aware of and communicate hazards on the jobsite, and the constant efforts of our safety managers.

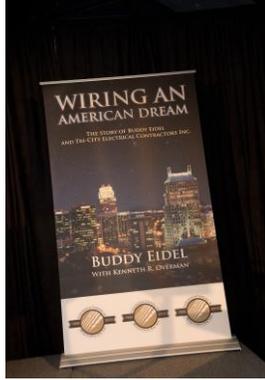
Again, congratulations on our 60<sup>th</sup> anniversary. I applaud everyone involved with Tri-City, our valued clients and vendors, our dedicated employees and their families—YOU accomplished this!

## | Tri-City Electrical Contractors, Inc. Celebrates 60 Years |

On Friday, November 9, 2019, Tri-City Electrical Contractors, Inc. officially celebrated 60 years of success. The event at the Orlando Science Center was attended by Tri-City's Founder and Chairman Emeritus Buddy Eidel, his wife Paula and members of his family. Employees, vendors, general contractors and partners joined the festivities. The highlight of the evening was the reveal of *Wiring An American Dream*, a book on the story of Buddy and Tri-City.



## | Tri-City Electrical Contractors, Inc. Celebrates 60 Years |



*Wiring Florida for over 60 years*

1958  
Tri-City Electrical Contractors Inc. is opened by Buddy and Charles Eidel with an old AT&T service truck.

1967  
First large commercial project- McNamara Pontiac

1984  
Regional office opens in Tampa

1989  
Awarded first Disney contracts totaling \$1.5 million - Walt Disney World Casting Center, Disney's Studio Backlot Tour, Walt Disney Site Improvements

1990  
Awarded first large healthcare project- The Orlando Regional Medical Center- 808-bed hospital

1994  
South Atlantic Tri-City is formed in the South Florida market

2004  
Wired our largest project to date- Gaylord Palms Resort & Convention Center - \$38 million

2008  
Tri-City gets into the Casino business with its first project- \$10.5 Million

2017  
Tri-City Electrical Contractors, Inc. becomes an ESOP!

2018  
Tri-City turns 60!

## | Praise for YOUR Work |

Rhett Williams received a nice compliment from Chad at Integra Lakes: “Rhett Williams was one of the best electricians we have had to the property, he did an incredible job!”

The Commercial Estimating Department would like to welcome three Junior Estimators to our team – Paul Mansingh, Alicia Smith, and Binyam Worku. They are currently learning many new and exciting things before they get assigned to one of our teams.

At their Subcontractors Appreciation Event on October 19, Hensel Phelps recognized Tri-City’s safety program with their 2018 Subcontractor Safety Award. Tri-City works with Hensel Phelps on many jobs and they have been impressed with our dedication to providing a safe work environment for not only our employees, but everyone on the worksite.

Congratulations to our Safety Team: Mike Powers, Josiha Schuh, Mark Kozloski, Ermanno Gri and John Marshall. And a big thank you to all our employees—you take responsibility for safety every day and it shows!



You’ve gone and done it for the third year in a row. All the wish lists on the Angel Tree were filled for the 88 contract fulfillment specialists at Inspire! This was the most we have ever had and our Altamonte employees came through yet again. Santa and his elves (aka Kevin Neal and Parker Bizar, with Bryan Castle ready for backup) loaded the vans and delivered them yesterday (see pictures attached). The Inspire staff was overwhelmed.

Special mention needs to be made of both Liz Marshe and Cheryl Lulli, who always are eager to help but put forth an especially strong effort this year. The gift bags were amazing, everyone put a lot of thought into the gifts this year.

You are a wonderful group of people, in fact, you are awe-Inspiring (pun absolutely intended). Thank you!

Jane Hodges



Congratulations to the following project teams on your 2018 Eagle Awards!

Project Pluto  
FHO Switchroom K  
Adventist HQ Bldg 3

Guys,

Just want to thank JA Croson & Tri-City, personally from the LECESE Team. On this project, your teams are shining stars! You have always been proactive, diligent in getting work completed, helpful, and problem-solvers. We truly appreciate the partnership.

Thanks, and know that our team appreciates this more than we can express with a simple “Thank You”.

Keep up the excellent work, we are almost at the end!

Ashley Tarasco  
Project Manager  
Lecesse Construction

Hard Rock Tampa Team,

I wanted to take a quick second to personally thank the entire TCE team for all they have done for this project to keep us moving forward. As we have had several unwanted interruptions to the progression of the project TCE has never walked away or said no to any challenges put in front of them. We realize the massive sacrifice your team has made with all the overnight emergency repairs required to keep us on tract for our 12/20 turnover to owner owners. I am truly honored to have had/have TCE over the years as a true partner to Seminole Gaming. Again, please make the effort to pass this along to each and every employee that is part of this project.

From the bottom of my/ our hearts we truly appreciate and thank you. You are a 1<sup>st</sup> class partner to us

James Bradford | Project Manager  
Development/Construction Seminole Gaming



## | Newly Awarded Projects |

Project	Type	General Contractor	City
1701 Grand Central	Multi-Family	NRP	St. Petersburg
Bainbridge Orlando Office	Renovation	Bainbridge Companies	Casselberry
Banyan Cove	Multi-Family	Roger B Kennedy	Deland
Dunedin Fine Arts Center	Service	J. Kokolakis Construction	Tampa
Equinix 8th Floor Remodel	Service	DPR Construction	Tampa
FL Hospital Orlando Cath Lab Reno	Renovation	Brasfield & Gorrie The Grove Resort & Spa Developer 2	Orlando
Grove Resort & Spa C2 Tower	Renovation		Orlando
Integra Addison Pointe	Multi-Family	Landsouth Construction	Melbourne
Madico Phase 1	Manufacturing	Walbridge	Pinellas Park
Madico Phase 2	Service	Wallbridge Aldinger Construction	St. Petersburg
Marriott Waterside Phase 2	Service	DPR Construction Waltbiling & Hood General Contractors	Tampa
NCH Hospital Renovation	Renovation		Naples
Palm Parkway	Multi-Family	Epoch Properties	Orlando Altamonte Springs
Sanctuary at Centre Pointe	Multi-Family	Jack Jennings & Sons	
Sanctuary	Multi-Family	Plaza Construction	Tampa
Slot Expansion/Bar Seminole Casino	Renovation	RMB & Redman General Contractors	Immokalee
USPI & HSS – MOB and Parking Garage	Garage	DPR Construction	West Palm
Vantage Lofts	Multi-Family	Wharton Smith	St. Petersburg



Vineland Landings



USPI & HSS



Tampa RV

## | Recently Completed Projects |

Project	Type	General Contractor	City
Back of House- SHRT	Service	Suffolk-Yates	Tampa
Center Bar- SHRT	Service	Suffolk-Yates	Tampa
Citi-Group Elevator Modernization	Service	DPR Construction	Tampa
Hub @ Orlando	Student Housing	Mark Baron	Orlando
Jubao Asian High Limits-SHRT	Service	Suffolk-Yates	Tampa
Princess Martha Garage	Service	Mainstay Construction	Tampa
Tampa RV & Airstream	Service	Welbro Construction	Tampa
Vernazza Apartments	Multi-Family	Fore Property Company	Kissimmee
Vineland Landings	Multi-Family	WPGC	Kissimmee
Watermark Phase 3	Renovation	Edwards Construction	Winter Garden
Wendell Krinn Robotics Lab	Service	Ajax Construction	Tampa
Woodwinds	Multi-Family	NDC Construction	Clermont
Low Rise Expansion- SHRT	Casino	Suffolk-Yates	Tampa
Channel Club	Multi-Family	Kast Construction	Tampa



Sanctuary

## | Altamonte Project Updates |

FL Hospital Celebration ORs 1, 3, 7 Telemetry is nearing completion with Brasfield & Gorrie. We received a large change order for additional ORs 8-11. The Estimators for this project were Andy Burger, Troy Chroniger, Lambert Malone, and Gregory Evans. The Project Manager is Steve Egloff and the Superintendent is Sean Taylor.

...

Finrock Project 766 Garage Expansion near completion. The Estimator was Tim Adams. The Project Manager is Rick Patrick and the Superintendent is Jeff Hynes. The anticipated completion date for this 336,570 sq. ft. garage is December 2018.

...

Nemours 6<sup>th</sup> Floor Inpatient Cardiac Build Out will soon be underway with The Robins & Morton Group. The Estimating Team was Troy Chroniger, Andy Burger, and Greg Evans. The Project Manager is John Ferro, III and the Superintendent is Harold Bailey. The anticipated completion date is September of 2019.

...

Gaylord Palms Garage is beginning with DF Chase, Inc. The Estimating team was John Stansel and Tim Adams. The Project Manager is Rick Patrick and the Superintendent is Lance Wester. April of 2019 is the targeted completion date for this 399,736 sq. ft. garage.

...

## | Tampa Project Updates |

Our multi-family team has begun work on the Sarasota Apartments for General Contractor Bainbridge Construction. Leading the Tri-City team are Senior Project Manager Steve Pritchard and Superintendent Kenrick Whittaker. The 336 unit complex consists of 12 3-story buildings and is expected to be completed in September 2019.

...

The Seminole Hard Rock Hotel & Casino Expansion is in full swing! A portion of the Low-Rise Expansion was a part of an early turn-over request from Seminole Gaming and Suffolk/Yates in order to open the additional gaming space and L Bar by Christmas 2018.

This was the largest project acceleration push in the history of Tri-City Electrical Contractors. Thank you to our project team for your countless hours spent on the project and for meeting the deadline.

Fish Memorial Enabling Package has begun with Brasfield & Gorrie. The Estimators for this project were Andy Burger, Troy Chroniger, Lambert Malone, and Greg Evans. The Project Managers are Dave Sweat and John Ferro, III and the Superintendent is Matt Hastings. February 2019 is the anticipated completion date for this hospital project.

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FL Hospital Winter Park CT/GEN Project is underway with Brasfield & Gorrie. The Estimating team consisted of Troy Chroniger, Andy Burger, and Greg Evans. The Project Manager is David Sweat and the Superintendent is Ted Stanton. The anticipated completion date is June 2019.

...

Work is underway at Jubilee Apartments in Orlando for Lescage Construction. Tony Berrios is our PM and the Supt. is Frank Veshosky.

## | South Florida Project Updates |

JFK Medical Center with DPR Construction recently topped off the 3 story bed tower expansion. Superintendents Kevin Chamberlain, Robert O'Hanna and Tim Pierson are leading the way. Currently roughing in the 2<sup>nd</sup> and 3<sup>rd</sup> floor of the bed tower. CEP completed 80% AHCA inspection. 8 story parking garage completed in December with RR Simmons.

...

The Slot Expansion and bar addition project at the Seminole Casino in Immokalee has just been completed. This project had an aggressive schedule to meet a Christmas day opening. It was run by Superintendents Jeanette Garcia and John Whitaker and Project Manager Matt Malszycki.

We are hard at work at Seagrass Village (Assisted Living Facility) for Royal American Construction in Port Orange. PM is Jeremy Williamson and the Supt. is Greg Clark.

...

Work has begun on Amelia Court Apartments in Orlando for WPGC. Our PM is Lee Gardner and our Supt is Ismael Carrasco

...

PM Ralf Packard is working on several projects: Park Place at Winter Garden (Town Homes) for F & J Developers (Superintendent Kenneth Bertotti) and Four Seasons Amenity Renovation for Ovida Construction (Superintendent Ron Mosser).

...

PM Thomas Penna is heading up several projects for Kolter Homes: Victoria Park & Victoria Hills Communities in Deland with Supt. Everett Flaitz and Grande Oaks Town Homes in Lake Mary with Supt Anival Castillo.

201 Las Olas/212 2<sup>nd</sup> Ave - Officially known as "The Main Las Olas" but nicknamed the "twin towers", located in the heart of downtown Fort Lauderdale with Stiles Construction. Superintendents Tim Ehman & Jim Levitz are leading the way on each structure, both on the 2<sup>nd</sup> deck out of 24 & 28 floors. 201 will be the newest Class A office space in downtown in more than a decade. 212 will feature 341 apartment buildings and a recently announced Publix Green Wise on the ground floor.

Hard Rock Hollywood: CEP portion is in the final punch stage. Site Utilities is ongoing, but much of our scope is complete. The Low Rise Expansion scope is 90% complete with additional changes/work forthcoming.

## Hard Rock Tampa Projects Completed in 2018:

### Center Bar

PM: Jeremy Chambers  
Superintendents: Bruce Gunnin, Jeff Rooksberry

### Jubao Asian Gaming

PM: Jeremy Chambers  
Superintendents: Bruce Gunnin, Jeff Rooksberry

### Low Rise Gaming/L Bar

PM: Jeff Fillmore  
Superintendents: Brian Desanti, AD Cook, Alvin Johnson, Emon Benjamin, Lorenzo Benders, Kenny Bullard, Jerry Baughman

Safety/Material: Susana Balderas, Daniel Lopez, Ermanno Gri, David Boggs, Terri Spaulding



Seminole Hard Rock - Tampa  
Low Rise Acceleration

monumental construction effort  
262,500 manhours  
254 employees  
950+ fixtures installed  
1 1 2 days of construction

THANK YOU  
to all the team members. We could not have completed it without you!



## | Social Scene |



Thank you to all the families that attended the 2018 Tampa Family Picnic at Zoo Tampa!



Halloween 2018 – celebrated Tri-City style!



| Social Scene |



Luis Sopena helped the Central Florida Division get into the holiday spirit!



Tri-City's Central Florida Division participated in the CFC ABC 2018 Chili Cook Off in November. Congratulations on your awards!

- Best Themed Booth - 1st Place
- People's Choice Best Chili - 2nd Place
- Judge's Choice Best Chili - 1st Place



Crazy Christmas Dress Day 2019!



**Florida Hospital Switchroom K**

Electrical, Health Care - \$1-\$5 M won an Eagle Award Dave Sweat, Harold Bailey, and Crew

**Project Pluto: Disney Springs The Edison, Maria & Enzo's and Enzo's Hideaway**

Electrical, Renovation - \$1-\$5 M won an Eagle Award Vanessa Medina, Tim Delong, Gary Hamer, and Crew

**Adventist Headquarters Building 3**

Electrical, Health Care - \$5-\$10 M won an Eagle Award Rick Patrick, Ray Eme, and Crew



## | Employee Spotlight |



### | Tania Floren | HR Generalist

#### What was your first job?

The first job I ever had was at a cute little diner called Bakers Square in the west suburbs of Chicago. I started there as a hostess when I was 15 and worked there for a little over 3 years.

**How long have you been with Tri-City and something you love about your role?** I started with Tri-City in October of 2016 as the Recruiter and then transitioned into my current role as an HR Generalist in April of last year. I love that everyday we're given a chance to create meaningful and lasting relationships, solve complex problems, and learn new things. I love working in a profession that is still maturing and exploring different ways to make a difference!

**What do you like best about Tri-City?** I like that there is a sense that we are all working together towards an achievable vision and I see everyone making strides towards it every day to make it a reality!



### | Jeremy Chambers | Tampa Service Supervisor

**How long have you been with Tri-City?** Approaching 13 years this May, fresh out of college with my Bachelors' Degree in Business Administration - Specialization in Management, I started at TCE as a Helper back in May of 2006.

**What advice would you give someone looking to advance their career?** Work your plan and learn something new each day. This job is not an individual effort and takes a team collectively to be successful and recognize everyone - we're a team and all in this together!

**What do you like most about working for TCE?** The foundation Tri-City has built. TCE's history is unrivaled and I respected the groundwork and wanted to be with a company embraces their history and proven success. Of course, the TCE team and staff are outstanding - it takes everyone! Thanks, TCE for the support over the years!



### | Michael Quirola | S FL Project Manager

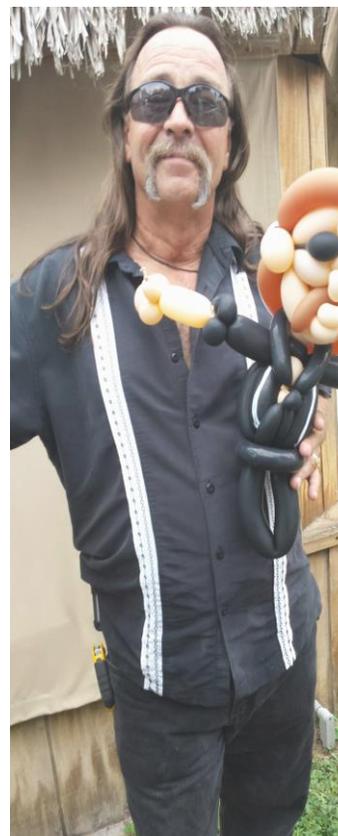
#### What was your first job?

My first job was when I was 16 at a Colombian restaurant bussing tables where shortly after I was promoted to working in the kitchen to learn under their chef. As a part of my curriculum in High School by the age of 17 I was also working in an auto repair shop doing oil changes, brake jobs and tune ups on cars.

#### How long have you been with Tri-City?

I originally started with TCE in 2013 as an apprentice out of S. FL, then I moved to SWFL at the end of 2014 and came back to TCE in 2016 as an APM.

**What piece of advice would you give to someone trying to further their career?** I feel TCE has a really good work environment to the point that it makes me proud to work for this company, added with their idea of promoting from within and giving me every opportunity to better myself.



### | Chris Tantanella | S FL Service Supervisor

#### What was your first job?

My first job was at Old Man Goff's Farm at \$1.85 an hour! He told me he was cleaning up the place, so his wife would have something worthwhile to inherit when he was "gone."

#### How long have you been with Tri-City and what do you love about TCE?

Since July 2007, I left for about a year and then returned. Kinda' like a bad penny... I like the atmosphere of mutual respect.

**What advice would you give someone trying to further their career with TCE?** Assume responsibility for your actions, good or bad. The only person who doesn't make mistakes is the one who isn't doing anything.

## | Meet our Executives and Managers |

### What's on your bucket list? What's your favorite local restaurant?

- Play golf in every state. - Kim Richmond
- Antarctica and race on the Nordschleife (Nürburgring) in Germany. -Jeremy Chambers
- Travel to Greece with my Wife -CL Janeski
- Take a trip to Paris with my daughter Kerry. -Jane Hodges
- Columbia House - Natasha Washburn
- Fishbones -Jane Hodges
- The Columbia Restaurant -Tom Pritchard
- Drive a new 911 Turbo Cabriolet as fast as possible, with the top down across the Umbrail Pass in the Swiss-Italian Alps. -Jack Olmstead
- Vacation to Hawaii. - Scott Henderson
- California Grill on top of Disney Contemporary Hotel during the fireworks. -Cindy Bargo
- Café Positano -Cheryl Lulli
- Shrimp Shack (Ft. Myers) -Matt Malszycki
- Travel the US more- so much to see in our own country! - Cheryl Lulli
- Buy a house near the beach on the barrier islands of Melbourne, Florida! - Cindy Bargo
- Napa -Kim Richmond
- Longhorn -Donita Johnson
- Salt Rock Grill in Indian Shores, FL -Jack Olmstead
- The Back Room in Apopka -Kim Richmond
- Visit Bora Bora or Fiji -Ken Curcio
- Private charter for a week in the BVI- point to a beach and go! -Natasha Washburn
- I am still looking for that favorite local restaurant. It is difficult when most things around are chains. -Jim McKenzie
- Eddie V's -Robert Kissick
- Ocean Prime -CL Janeski
- Learn to fly airplanes -Matt Malszycki
- Travel to Italy - going for 2 weeks this March. -Mike Powers
- Fishing in Alaska. -Tom Pritchard
- Go on a cruise! -Donita Johnson
- Visit Iceland so I can see the Aurora Borealis and eat fermented shark. -Jim McKenzie
- BJs Brewhouse and Brewery -Josina Schuh
- Fairbanks Inn- local diner as Frisch's Big Boy no longer in state. -Mike Powers
- Golf in Ireland or Scotland -Robert Kissick

### What's your favorite place you've traveled?

- Appalachian Mountains of western NC -Robert Kissick
- Steamboat Springs, Colorado -Scott Henderson
- Stuttgart-Zuffenhausen (location of the Porsche Factory) -Jack Olmstead
- 20713 -Ken Curcio
- Cabo San Lucas -Ken Curcio
- Mauí -Tom Pritchard
- Alaskan land/sea cruise -Mike Powers
- Any Caribbean Beach where my cruise ship stopped. -Cindy Bargo
- The island of Bequia located in St. Vincent and the Grenadines. -Jim McKenzie
- When I was younger, I took 3 months to hike the Rockies, visit Yellowstone Park and Mount Rushmore and attend Frontier Days in Cheyenne, Wyoming. The memories of those grand places and events have stayed with me forever! -Jane Hodges
- Panama Canal Cruise- Natasha Washburn
- Mount Rushmore -Donita Johnson
- Oraía Brava in Florianópolis, Brazil -Chris Sydlowski
- Very tough, Monaco is right there but Italy is #1! -Jeremy Chambers
- Mauí, Hawaii -CL Janeski
- Paris, France -Matt Malszycki
- Washington DC -Josina Schuh
- Travel to Hawaii & Alaska -Josina Schuh



## | Safety |

Based on OSHA recordables, we had a good year in 2018--your efforts led to our lowest recordable rate in our history! Our crews, their superintendents and project managers did a great job!

With our Zero Accident Lifestyle credo, even one accident is too many. Perfection is our goal, with no Tri-City employee getting injured. To do this, we must also strive to improve over the last year. As several departments had zero injuries, they can strive to tie their great record. We want 2019 to be even better than 2018.

How to continue to improve? BE AWARE. When you see a potential hazard, tell your co-workers and your superintendent. Make sure you exercise care and awareness when moving about the jobsite. One of our areas of improvement was the number of lacerations; this is probably a result of continuous reminders about offhand placement and increased glove use. 2018 was our best year avoiding heat issues; come this spring, we will have to gear back up for those exposures.

Now is a good time for all of us to check our training stickers to make sure we are current with our required training. Time flies by and it is easy to miss a renewal. If you need training, ask your superintendent to be scheduled. Many training opportunities will be offered in the upcoming training fairs.

We all need to watch each other's back for safety exposures, as we deal with the ever-changing people and hazards around us. This makes all of us safer and more secure as we continue to do more than is expected! Do not hesitate to contact one of the safety guys for help and concerns or with any ideas and suggestions you may have.

Congratulations to everyone for the outstanding safety effort in 2018! Remember, we are ultimately striving for zero accidents!

Congratulations Eddie Quick on receiving the Safety Award Check from the Ryan Companies. A donation was made to the American Heart Association - the charity chosen by Eddie.



## | This is Why I Work Safe |



“Safety only takes a minute; an injury can last a lifetime. With the family, I believe the best is still to come. My plan is to finish what I started. .”

-Brian Desanti, *General Superintendent*

**Why do you work safe?**  
Send your photo and quote to [Social.Media@tcelectric.com](mailto:Social.Media@tcelectric.com)

## | FEAT |



Tri-City Electrical currently has 107 apprentices in Central Florida FEAT program. The following apprentices are in the top of their class. (Based upon Mid-Term Progress Reports AND are up-to-date with OJT requirements.)

Apprentice	Dept.	Class
Matthew Bolton	300	Construction Basics
Fernando Baez	100	D.C. Fundamentals
Parker Davis	100	Residential Wiring
Jamil Price	100	Structured Cabling
Christopher Collins	320	A.C. Fundamentals
Sean Mahoney	320	Commercial Wiring
James Wilson	160	Industrial Wiring
Nicholas McElroy	320	Motor Control

This is what each of their Instructors had to say about our Top Mid-Term Apprentices:

**Matthew Bolton** - Instructor Jesse Rampersand stated, "He keeps on top of his homework. Works well with others and understands the material. My top student."

**Fernando Baez** - Instructor Carl Craig stated, "He does excellent on his quizzes, participates in class discussions, and is a good man. I look forward to his continued success."

**Parker Dave** - Instructor Paul Feldman stated, "Works well solo or as a group. Good participation."

**Jamil Price** - Instructor Michael Bruning stated, "EXCELLENT STUDENT."

**Christopher Collins** - Instructor Andrew Heintzelman stated, "Chris goes the extra mile. He is not satisfied until he gets it right. I'm sure he is an asset to his company."

**Sean Mahoney** - Instructor Carl Lunch stated, "Very sharp-Sean is a natural at learning."

**James Wilson** - Instructor Jason Hauk stated, "He is well versed in the usage of his code book and has many real experiences to share with the class. He has been a great student."

**Nicholas McElroy** - Instructor Hector Maffia stated, "Participates in class discussions and asks questions to make sure he understands the material."

## | The Academy of Construction Technologies- Where Are They Now |

It is no secret that the construction industry is suffering from a workforce shortage at all levels. However, there is a solution! The Academy of Construction Technologies (also known as the ACT program) recruits high school students 365 days a year to start a career in construction. Their purpose is to educate future generations on what the construction industry can offer them including career advancement and high wages.

The Academy of Construction Technologies was founded in 1992 and is the registered pre-apprenticeship program for high school construction programs in Orange, Osceola, Seminole and Lake County public schools. Students registered into the ACT program receive class room and lab training, CPR, First-Aid and 10 hours of OSHA training. Every April ACT sponsors a job fair in each school district for these pre-trained, ready to work students. ACT students, who are 16 years or older, interview with ACT industry partners for employment opportunities. Employment starts during the summer (June-August) on a limited on-the job training internship program. Upon graduation students continue their employment as a permanent employee. Tri-City Electrical Contractors has been a proud ACT industry partner for over 25 years and host several high school success stories. If you run into the employees below, take a moment and let them share their personal ACT story with you!

- Abdel Taboada - Helper at NBA Experience
- Adarius Jones - Altamonte Commercial Department
- Brad Lewis - CAD Manager
- Erik Vanegas-Gonzalez - Apprentice at A3 Parking Garage
- Harold Rivera - Journeyman Electrician, Altamonte Comm Dept
- Henry Rivera - Helper at NBA Experience
- Hilarios Barrios - Electrician at Project D
- Irving Rosario - Helper at FH Celebration P1
- Jayden Johnson - Apprentice at Jaleo
- Josiha Schuh - Division Safety Manager
- Matthew Saez - Helper at Project D
- Michael Shipman - Altamonte Commercial Superintendent
- Mike Nelson - Superintendent Altamonte Commercial
- Paul Mansingh - Estimator, Altamonte Commercial
- Philip Boruso - Tampa Service Superintendent
- Quincy Flowers III - Helper at Project Wellness
- Vanessa Medina - Project Manager

Paul Mansingh



Brad Lewis



Erik Vanegas-Gonzalez



Josiha Schuh



Vanessa Medina



Mike Nelson



Congratulations and thank you to all our hard-working employees who have dedicated so many years to Tri-City Electric. We appreciate those of you who have been with us from 1 year all the way up to 45 years.

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## 10 Years

### Tampa

Henry Ramirez- Comm  
Adam Smith - Service  
Nikolai Koshkarev- MF  
Steven Pritchard- MF

### Central Florida

Carlos Camacho- Comm  
Robert Gondek- Comm  
Cory Lockhart-Comm  
Claurmais Lorimare-  
Comm  
Craig Moore-Comm  
Jorge Nieves Perez-  
Comm  
Lance Sloley- Comm  
Joseph Speegle- Comm  
Wayne Thomas- Comm  
Robert Ward, Jr.- Comm

## 15 Years

### Tampa

Mark Jennings- MF

### Central Florida

Jesus Calderon- Comm  
Tim Ducote- Comm  
Wilfredo Lisboa- Comm  
Jeanclaude Surin- Comm  
Robert Winterhalter- Comm  
Ismael Carrasco- Res/MF  
Cynthia Green- Corp  
Elaine Robbins- Corp

## 20 Years

### Tampa

Jeff Fillmore- Comm  
William Noles- MF

### Central Florida

Harold Bailey- Comm  
Bruce Haefner- Comm  
Erwin Hunt- Comm  
Robert McChancey-  
Comm  
Kelvin Smallwood- Comm  
Ted Stanton- Comm  
Sean Taylor- Comm  
Ronald Terrell- Comm  
Tri Tran- Comm  
Dennis Ruiz- Service  
John White- Service  
Less Brutus- Res/MF  
Wisney Francois- Res/MF  
Raul Martinez Rodriguez-  
Res/MF  
Wesley Bennet- Corp

### South Florida

Enrique- Perez- Comm

## 25 Years

### Central Florida

Grant Bergeron- Comm  
Andy Burger- Comm  
Mark Cullymore- Comm  
Clif Rando- Comm  
Dan Walker- Comm  
Kevin Neal- Service  
Randall Bainbridge-  
Res/MF  
Carolyn Morgan- Res/MF

## 30 Years

### Central Florida

Dennis Jones- Comm  
Ron Otts- Service  
Tony Berrios- Res/MF  
Previlmar Thibeau- Res/MF  
Elizabeth Marshe- Corp

## 35 Years

### Central Florida

Rick Walt-Comm

## 45 Years

### Central Florida

Michael Powers- Corp

## Retired



Rick Oberne celebrating retirement after 31 years with Tri-City!

Greg Clark

| Service Awards |



Henry Ramirez



Adam Smith



Nikolai Koshkarev



Steven Pritchard



Carlos Camacho



Robert Gondok



Cory Lockhart



Claurmais Lorimare



Wayne Thomas



Robert Ward, Jr.



Lance Sloley



Jason Langdale



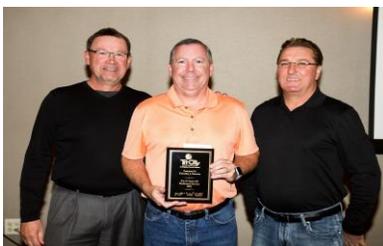
Craig Moore



Wilfredo Lisboa



Jeanclaude Surin



Tim Ducote



Mark Jennings



Ismael Carrasco



Cynthia Green

10 Years of Service

15 Years of Service

Greg Clark

| Service Awards |

15 Years of Service



Elaine Robbins



Jeff Fillmore



William Noles



Harold Bailey



Bruce Haefner



Kelvin Smallwood



Erwin Hunt



Robert McChancey



Dennis Ruiz



John White



Wisney Francois



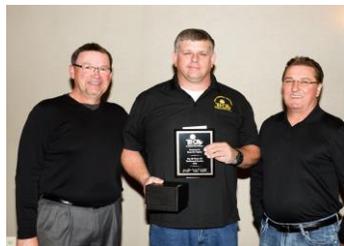
Wesley Bennet



Robert Kissick



Tri Tran



Sean Taylor



Ronald Terrell

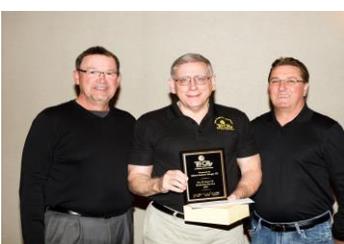
25 Years of Service



Clif Rando



Mark Cullymore



Andy Burger



Dan Walker

20 Years of Service

Greg Clark

## | Service Awards |

*25 Years of Service*



Kevin Neal



Randall Bainbridge



Dennis Jones



Ron Otts

*35 Years of Service*

*30 Years of Service*



Tony Berrios



Previlmar Thibeau



Elizabeth Marshe



Rick Walt



### Interview with Mike Powers after celebrating 45 years of employment with Tri-City:

- **What was your first position with TCE?** I left the Krystal restaurant in Castleberry as an asst manager and was hired as a green helper at the old 123 Atlantic Drive warehouse.
- **What was your favorite project you completed/worked on?** My personal favorite I worked as a superintendent was Page Avjet 747 hanger. In the office I think it is probably Disney Springs a just well-rounded job in all phases.
- **What advice would you give to others looking to advance their career at TCE?** Show up to work on time ready to go and stay busy. Pay attention to what is going on around you. There are opportunities to learn about construction from all that occurs in your area. See what your co-workers are doing everyone can learn something all the time. If you are alert you will build a store of knowledge that will allow you to become a very productive and safe person. A little drive and alertness will protect yourself and the others around you that is the recipe to become a valuable well-respected worker. 20550

My first day on the job my dad was concerned about the language I was exposed to. We do not talk at my home like we hear on the job. He said if a construction worker is not calling you an S.O.B. he does not like you. I do not necessarily agree with that but as I have said many times I will take being around people associated with construction over any other group of people I know about. As a group I feel they are better people, more honest, hardworking, and fun to be around. My dad also told me my first day you don't have to like your job because you are only there 8 hours a day. I disagree you need to love your job because you are there 8, 10, 12 hours a day! The vast majority of days I have spent in this trade have been enjoyable and now I own part of the company just like you do or will soon do.

## | Benefits |

### NurseLine by United Health Care

We have the resources to quickly answer your health questions. The more you know, the more you will be empowered to take an active role in making the important decisions.

Sometimes you want immediate answers to your health concerns and you can't wait until morning. Coping with health concerns can be time-consuming and complex. With so many choices, it can be hard to know where to look for the trusted information and support.

**This service was designed specifically to help make your health decisions simple and convenient by providing:**

- Immediate answers to your health questions any time, anywhere- 24 hours a day, 7 days a week.
- Access to experienced registered nurses who have an average of over 4 1/2 years as a Nurseline nurse.
- Trusted, physician-approved information to help guide your health care decisions.

### When you call, a registered nurse can help you:

- Choose the appropriate medical care for your needs – whether that is an emergency room, doctor visit, or self-care.
- Find a doctor or hospital that meets your needs and preferences in your area.
- Understand your diagnosis and explore different treatment options and outcomes.
- Achieve a healthy lifestyle and get tips on nutrition, exercise, health screenings and immunizations.
- Learn how to save money on prescriptions and take your medications safely and avoid interactions.

**Call us any time for health information and support- provided at no additional cost as part of your health plan.**

**NurseLine  
1-800-846-4678**

## | Wow! We've Come So Far |

Tri-City Electrical Contractors Inc. has grown so much in the past 60 years! Send in your past and present photos of your time at Tri-City for a chance to win some TCE Swag!

Send Photos to: [Social.Media@tcelectric.com](mailto:Social.Media@tcelectric.com)



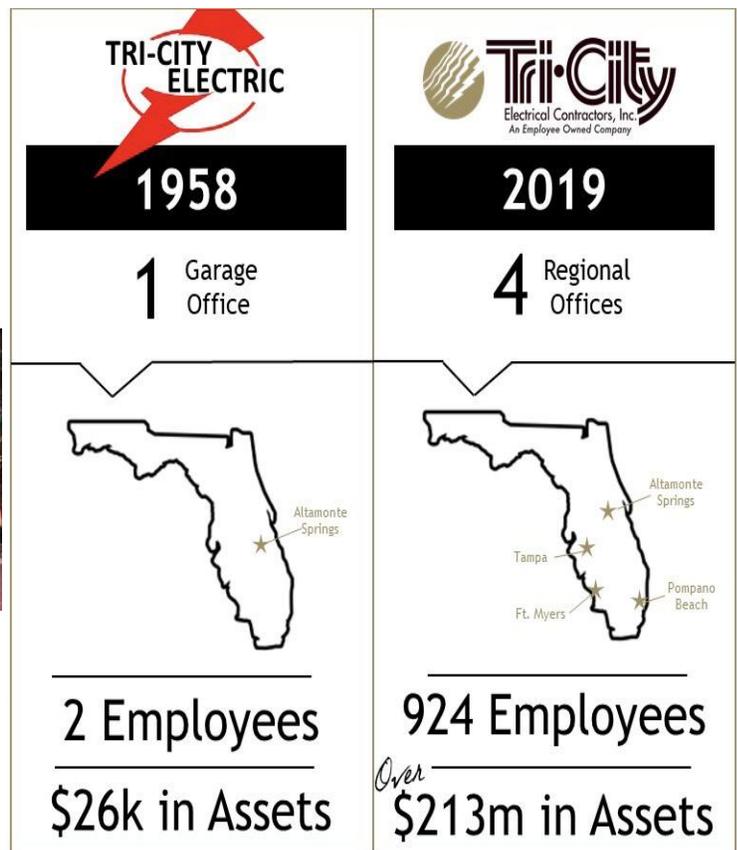
“View from the 15<sup>th</sup> Deck”- Jerry Baughman, Superintendent, East Tower HRT



2018 ABC young Professional event in South Florida let by chapter chair -Project Manager Shawn Paleveda.



TCE Crew '99/'00 Era



## | Wellness |

### High Blood Pressure

High blood pressure – or hypertension – usually has no symptoms. But it can cause serious problems, such as stroke, [heart disease](#), heart attacks and kidney failure. That's why having your blood pressure checked regularly is important – even when you're feeling fine.

#### Help prevent and treat high blood pressure

Even if you aren't sure or don't currently have high blood pressure, you can take steps to keep your blood pressure under control. Consider these lifestyle choices:

- Following a healthy eating plan that includes limiting the amount of sodium and alcohol that you consume
- Exercising regularly
- Quitting smoking
- Managing your stress
- Losing weight if you're overweight or obese

If you have high blood pressure, your doctor will recommend treatment options to prevent long-term problems. In addition to recommending heart healthy lifestyle choices, your doctor may prescribe medication or a special diet.

#### Talk to your doctor

Be proactive. Talk to your doctor about ways to keep your blood pressure in check if you are obese, smoke, don't exercise regularly or eat an unhealthy diet.

Most doctors, clinics and hospitals check your blood pressure with every visit. If you know you're going to have your blood pressure tested, it's a good idea to:

- Avoid drinking coffee or smoking cigarettes for 30 minutes prior to the test. These actions may cause a short-term rise in your blood pressure.
- Go to the bathroom before the test. Having a full bladder can change your blood pressure reading.
- Sit for 5 minutes before the test. Movement can cause short-term rises in blood pressure.

If your blood pressure is high, your doctor may have you return for more tests to check your blood pressure over time before making a diagnosis.

#### DASH to lower your blood pressure

The Dietary Approaches to Stop Hypertension plan is aimed at lowering your blood pressure by focusing on the combinations of nutrients in wholesome foods. DASH isn't just for people with high blood pressure. It's an overall healthy, wholesome, high-fiber eating plan that can also help improve cholesterol levels. All of these healthy changes may help lower your risk for cardiovascular disease and other chronic conditions.

DASH focuses on healthy foods commonly available at the grocery store. How much you should eat depends on how many calories you need each day. This amount is influenced by your age, gender and level of activity. DASH is high in vegetables, fruits and low-fat dairy products; whole grains, poultry, seafood (especially fatty fish) and nuts. It is low in red and processed meats, trans and saturated fats, and sweets.

Sodium (salt) intake is known to contribute to high blood pressure. Adults who would benefit from lower blood pressure should consume no more than 2,400 mg per day of dietary sodium. Even more benefits can be seen when sodium is limited to 1,500 milligrams a day.

Most Americans consume far more sodium than that. If your current diet contains lots of sodium, start by cutting it by at least 1,000 mg a day. That should help bring your blood pressure down as you work toward more desirable levels. Check the sodium content on Nutrition Facts labels and on restaurant menus and choose foods lower in sodium.

#### Fitting DASH into your lifestyle

Try to work more DASH foods into your meals. Add a variety of veggies to lunch or dinnertime salads and soups. Snack on cut-up veggies. Increase vegetable portions of casseroles while decreasing meat portions. Add beans and peas to salads, soups and casseroles. Choose whole-grain versions of breads, cereals and pastas. And go for low-fat or fat-free dairy.

If you take medicines to control high blood pressure, don't stop taking them. But tell your doctor that you're following the DASH eating plan. Together you can monitor progress in your blood pressure as you make healthier food choices.

*Did you know..*



**We are kicking off the new year with a focus on a healthy lifestyle! We have free three-month gym memberships to YouFit- reach out to HR if you're interested!**

## | New Hires |

- Alejandra Lopez, Admin Asst
- David Camacho, Project Manager
- Francisco Avendano, Superintendent
- Jeffery Stanley, Superintendent
- Jennifer Tuller, Admin Asst
- Kenneth Strever, NWS Technician
- Lance Wester, Superintendent
- Michael Cornier, Asst Project Manager
- Ned Bates, Estimator
- Ricardo Rodriguez, Estimator
- Wilfredo Feliciano, Superintendent

## | Future Electricians |



HR Generalist, Tania Floren, her husband Andrew and son Hunter welcomed Ryder to their family on August 24, 2018. Congratulations to the Floren family of four!



Contracts Coordinator Cheryl Lulli has a new granddaughter. Luna Marie was born on 11/11/18, weighing in at 7 lbs, 15 oz and 19 ½ “ long. All her grandkids are pictured with Santa: Tre, Haylee, Luna and Savannah. Congrats to the entire family!



Congratulations to Superintendent Daniel Torres and his wife Georgianna, on the birth of their baby boy- Thomas Daniel Torres on August 12, 2018.



Please join us in congratulating our long-standing bachelor, Tim Adams, for getting engaged to Stephanie Banning on May 26, 2018. Best wishes to you both!

## | Safe Driver Awards |

Congratulations to the following employees for being the 10 Safest Drivers in the company!

1. Rene Mendoza – Altamonte Residential
2. Bobby Lewis – Altamonte Commercial
3. Sal Giarraffa- Altamonte Residential
4. Anival Castillo- Altamonte Residential
5. Ron Mosser- Altamonte Residential
6. Randal Bainbridge- Altamonte Residential
7. Hansel Romero- Altamonte Commercial
8. Matt Vonderheyde- Altamonte Residential
9. Bill Billups- Altamonte Commercial
10. Derrick Spillman- Tampa Multi-Family

### Read to WIN

There are two employee numbers hidden in this issue of the WattsLine- can you find yours? If you do, you win a \$100 Home Depot gift certificate. Contact Jane Hodges at the Altamonte office if you find your employee number.

Good Luck!

## Suggestion Box

Your ideas could be worth \$250!

Do you have an idea that could improve customer service, streamline work processes, and/or save the company money? If so, it could be worth \$250!

The purpose of the Suggestion Box is to encourage employee participation, be innovative, and perform work based on best practices from “those who do the job”.

Criteria:

Can we use the idea.. make it work? Is there any cost-saving benefit? Does the idea benefit our customers? Does the idea benefit our employees?

Please submit your ideas to Jane Hodges to be eligible for a \$250 award.



430 West Drive, Altamonte Springs, FL 32714

## To Do More Than Expected

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### | Upcoming Events |

- March** March Madness Bracket Competition: More info to come on Facebook!
- April 6** Tampa Training Fair will be held at the Tampa Office from 8:00 a.m.- 12:00 p.m. Lunch to follow.
- May 4** Central Florida Training Fair will be held at the Altamonte office from 8:00 a.m. – 12:00 p.m. Lunch to follow.

### News to Share?

Do you have a special announcement to share with the company – wedding, engagement, birth of a child? Send the happy news to [social.media@tcelectric.com](mailto:social.media@tcelectric.com) for the next edition of the WattsLine.



**Follow Us!**