

JRT NEWSLETTER

October 2022

Josh LaMarre

Josh was born in Mobile, Alabama and has 2 brothers, Bama is oldest then Josh followed by Heath. He also has 2 sisters, Hilary and Dakota. He moved to Oregon in 2019. He and his wife have 3 children and are expecting their 4th this month!

Josh started his first job at 15 working at a dog track. He entered the local 441 when he was 17 yrs. old and worked 6 yrs. there before getting his card and went on the road to travel for work.

Currently Josh is working on Project Basie as our HVAC foreman along with Bama, Ryan H, Anthony M, Garrett D and a large crew including Brandon Blakeman our plumbing foreman.

Josh said a work typical day for him is getting to work about 1 hour early and in most cases opening the job trailer and making a nice cup of hot coffee. Have a PTP meeting with the guys before doing what's needed throughout the day and then going home to his wife and kids.

When asked what the best part of his job is, Josh replied, the atmosphere! The relationships with the co-workers, who he pictures as family who he would do anything for any one of them, more than co-workers!

Josh said the things that may surprise people about him is he's very down to earth guy that loves to have fun. He also loves hunting, fishing and he's learned how to snowboard since moving here.

One thing he's interested in learning is the keys to catching salmon. He caught a few last year on a charter boat and also on a fishing trip with Brandon Blakeman.

A few things on his bucket list include a trip to Greece, a trip to Alaska and to catch a 150# Halibut!





Employee of the month

Gabriel Stegehuis

GABE, the big dinosauresrex, is who I nominate. He is always on time, very patient and listens to anyone's concerns. He sees problems from a different perspective, the dude is a keeper plus he's 4 times as big as me!

– Weston Massie

Gabe is always on time, great leader/teacher, he's always smiling and in a good mood. Plus he never tried to beat me up yet.

-Abe Kadow

October Work Anniversary's

Ron Bergmann - 23 yrs.

Bruce Beard - 7 yrs.

Eric Anderson - 8 yrs.

Richard LaMarre - 5 yrs.

Alan Kyllonen - 4 yrs.

Stephen Gonzales - 4 yrs.

Cole Stolp - 4 yrs.

Joshua LaMarre - 3 yrs.

Jesus Padilla - 3 yrs.

Joani Jagelski - 1 yr.

Gilberto Romero-Corona - 1 yr.

Robb Schiedler - 1 yr.

Bryce Davis - 1 yr.



October Birthdays

Luke Erickson

Qyntyon Zehner - Millbrat

Levi Tapani

Dara Bergmann

Bryce Davis

Deborah Hudson

Weston Massie

Eddie Erickson

Matthew Johnson

Austin McWain

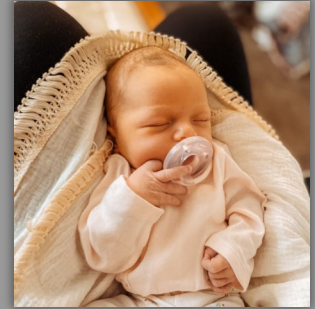
JRT NEWS



Congrats to Jeff & Anya Jones on your marriage!



Weston & Lucy Massie welcome baby girl Beverly Heidi!



Ricky & Abby Juntunen welcome their first baby! Rita Reneel

JRT Apparel Store

Our new apparel store for the main side is set to launch by end the end of today! You will be receiving a email from Ideon Gear with instructions on how to use it.

(Service department not included)



Payroll changes are coming, starting January 1st 2023, stay tuned!
All employees will be accruing PTO based on your anniversary date.

October Productivity Tip

I got a tip for welders, if they ever have to weld on a o-let for a live tap they should thread a nipple & gauge on to test their weld before drilling the hole into the live line. It will save them huge if there is a leak in the weld. Thanks Austin Tervo!

LAST MONTHS WINNER



ERIC BURDICK

Send in any of your ideas that we can share to increase production to Ron Bergmann 360-903-2742 or ronb@jrtmechanical.com
If your ideas is selected in a future newsletter, you will receive \$50.00 in cash.

Fall Seasonal Reminder

As summer is ending and we move into the fall season, below are a few safety reminders that are worth taking into consideration.

Rain:

- PNW in the fall can experience a lot of rain.
- As we come from summer into fall, and the rains start up, things can become slippery.
- Oil on the road from the summer turns into a slick sheet when it rains.
- Take precautions when driving.
- Metal stairs are extremely slippery when it rains, ensure that the stair treads have anti-slip mats for grip tape on them.
- Keep tools and technology in a dry storage area.

Drive safely as it gets darker:

- Daylight saving time ends every year on the first Sunday in November. This means it starts getting dark earlier. As we set our clocks backwards by one hour in most areas of the country, please drive carefully and proactively in darker conditions!



JRT INFO

Flu Shots

Vital Care is coming to the JRT office to give the yearly flu shots again.

When: October 13th from 4PM to 6PM

Where: JRT Training Room at the main office, 2211 SE Grace Ave. Battle Ground, WA 98604

Vital Care Billing

Vital Care is set up to bill claims through HMA starting October 1st. JRT requires that all members be on the current HMA insurance plans so that Vital Care can bill claims through HMA. Please bring your HMA card with you when you go to Vital Care. If you are on the Buy-up or Mid Plans, JRT will continue to pay for office visits with a zero \$ copay. The other services are subject to deductible and coinsurance based on your plan. If you are on the HDHP Plan, the office visits and services are paid at 80% after your deductible is met. Please contact Elaine if you have any questions about billing.

Vital Care is open 7 days a week! Hours: 7am - MIDNIGHT!

Weight Loss Challenge

Summer weight loss challenge is over - Here are the winners!

1st place \$400 - Kevin Rose 11.85%

2nd Place \$220 - Noah Hill 11.30%

3rd Place \$120 - Curtis Muonio 8.99%

Next challenge starts on October 6th and ends December 8th. Cost to Sign-up: \$40.00 buy-in, pay with cash or [cash.app/\\$elainemuonio](#) • 100% confidential = Weight Loss is measured by total % lost. Top 3 Prizes will depend on the amount of people joining the challenge. The Prize \$\$ will be split between the top 3 that have the biggest percentage of weight-loss. Text Elaine 360-600-4137 if you want to join.

Mental Health First Aid Training Class

The class instructors, Sharla Paso and Heather Massie, are from the Listen Line in Battle Ground.

These trainings are available to all employees and their spouses. Please text Elaine 360-600-4137 if you would like to sign up for a winter class. The class is available in the Tri Cities and in Battle Ground. (if you have already signed up, no need to sign up again) More info to follow on dates and times!

Walker Tracker

Walker Tracker has a new web platform! Check it out!

Continue to enjoy all your favorite Walker Tracker features in a new, streamlined interface.

The mobile app will remain the same, and all your data and entries have been carried over.

October's monthly challenge is companywide! No teams. Don't be like Lucas, let your phone or watch count your steps!

Walktober Weekend Challenge is 10/28-10/31.

Go to <https://jrt.walkertracker.com> to join!