



**Southeast
Pennsylvania
Chapter**

CONSTRUCTION EMPLOYEE NEWSLETTER

February 2010

Haiti Disaster Relief

On Tuesday, January 12 at 4:53 p.m. terror stuck the lives of the people of Haiti. A 7.0 magnitude earthquake destroyed roads, homes, public buildings and orphanages across the Port Au Prince region. While many organizations have come to support those in need, ABC has taken a unique stance to help rebuild a nation in tatters.

Locally, Worth and Company employee Ruth Alpha has been collecting donations for an orphanage her local church supports in Port Au Prince. Lifechurch of Allentown acquired the Rescue Orphanage facility in 2009. When news of the tragedy broke, the pastor of Lifechurch, Randy Landis, collected as many supplies as possible

and hopped on the first plane to Haiti to “rescue” the children. All the children at the Rescue Children Orphanage were well and accounted for, but their home was declared unlivable and dangerous. The children of Rescue Children Orphanage need our help. They need to build a new facility to call home. Please consider a tax-deductible donation to help with their building fund. The money you give will go directly to this orphanage. Contact Carmen Rendon at Carmen@lifechurchlv.org or 484-547-6602.



On January 22, President Obama signed a bill into law allowing taxpayers to receive the tax benefit from donations made to Haiti relief efforts in this tax season, instead of having to file on their 2010 tax returns next year.

- ABC's Core Attributes**
- Value
 - Quality
 - Safety
 - Training
 - Experience

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2010 – This may be the most important election year in history – don't miss these important dates!

With impending legislation that could affect our jobs, our healthcare and our taxes for decades to come, it is now more important than ever that we let our voice be heard! Be sure to register AND vote. Let your legislators know that they work for you!

April 19 – Last day to REGISTER before the primary

May 11 – Last day to apply for a civilian absentee ballot

May 18 – Primary Election Day

October 4 – Last day to REGISTER before the November General Election

October 26 – Last day to apply for a civilian absentee ballot

November 2 – General Election Day



Craft Champion

Want to learn more?
www.abcsepa.org

UPCOMING EVENTS

ABC Construction Expo
Greater Philadelphia Expo
Center at Oaks

March 9: 11 AM – 8 PM
March 10: 9:30 AM – 4 PM

Visit www.abcsepa.org to register.

**PHILADELPHIA
CONSTRUCTION EXPO
MARCH 9&10, 2009**

AT THE
GREATER
PHILADELPHIA
EXPO CENTER

Construction
Equipment Guide
TRADE SHOWS
Managed by CEG Productions

Congrats to Tyler Schroy – ABC SEPA Craft Champion

Congratulations to Tyler Schroy of Happ Contractors, Inc. located in Doylestown, PA. Tyler traveled to San Diego representing the Southeast Pennsylvania Chapter to compete in our ABC National Craft Championships. Tyler is a 4th Year Carpentry student at our Apprenticeship Trust Training Center.

Injury Prevention through Stretching

By Jen Throner – Pro Physical Therapy

Simple stretching exercises performed before, during, and after work-related activities can not only significantly reduce the occurrence of injuries, but can also lead to more productive and less stressed team.

Most working individuals are part of a team which requires all members for optimal performance. With one member of the team absent, performance levels decrease. A stretching routine is a great way to keep the whole team of “industrial athletes” in the game and remain valuable contributors to

the company. Research shows that “performing a stretching routine throughout the workday dramatically reduces soft tissue injuries in the work place.” Stretching can be so effective at decreasing work-related injuries that “a large utility experienced a 42.8% reduction in OSHA recordable cases, 48% reduction in sprains and strains, and 62.6% reduction in the number

of lost days upon completion of stretching program. (PRO Physical Therapy 2 Year Project)”

The key component of a successful stretching program is consistency and a program supported by management. Identify key stretching exercises that enhance your ability to complete your job, keep you relaxed, and make you a more effective team member. Ideally, instructions and guidance to an effective stretching routine should be offered by a safety team that can tailor the program to meet the demands of all team members. Just remember; defense is the best offense in preventing injuries while at work.



Mercy Vo-Tech Student on the Move

In 2008, American Infrastructure (AI) offered a \$2,000 scholarship to Penn College to a Mercy Vo-Tech graduating student who was enrolled in their Carpentry Program. The first student to receive this scholarship was Tiffany Vidra. Tiffany started classes in September 2008 and made the Dean’s List after one semester as a result of her hard work and outstanding performance. In addition to the scholarship, AI is offering a summer employment opportunity to the student scholarship recipient and is looking forward to putting Tiffany to work on one of its crews in June.

ABC - The Best Value for Your Construction Dollar