

The Chambers Connection

Chambers Construction

Volume 7 Issue 4 July 2022

Building What's Important In Peoples' Lives

• Stay positive; play to win-win. • Be a teammate; communicate and act to build respectful and trusting relationships. • Find the time and create opportunities to help each other. • Be a problem solver; bring solutions daily. • Build long-term relationships before short-term gains. • Build it like you own it. •

President's Message



Dave Bakke, CEO/President

"Keeping It Fresh"

This is the 35th newsletter. I periodically go back and reread the previous messages. I've talked about our Core Purpose, Core Values, our community involvement, the quality of our work and the quality of our people, the ever-changing landscape of the construction industry, manpower shortages, quality of life, caring about what we do, supply chain issues, inflation, showing up as the best we can be, communicating, commitment to what we do, supporting others, tools, safety, COVID and more.

My goal is to provide you all something meaningful to read that resonates with why we do what we do and why you do what you do. I don't know that I always hit the mark. It's hard to produce new topics that I think will matter to all of you. It's hard to "keep it fresh" while not boring you with a bunch of blah, blah, blah. Some have told me they don't really read the newsletter. While that is a bit disheartening, it does motivate me to try and produce more meaningful articles that will keep all of you interested.

So with that being said, this month I am reaching out to all of you (employees, spouses, partners) to give me feedback on what you'd like me to communicate in my message box. What topics are of interest to you? What do you want to know about the company? I'm open to innovative ideas, and I honestly do want to know what you think. You are welcome to email me any suggestions or comments to dbakke@chambers-gc.com, call me, or simply stop by my office and talk.

In the meantime, I will continue to beat the drum on all the items I've talked about before. I'll be talking more about our Core Purpose and Core Values; we have a lot of work to do to reinforce and be true to our values. I feel we have drifted away from the importance of those, and we need to get back on track.

To close this out, I encourage each of you ask yourself: are you being positive, are you being a teammate, are you creating opportunities, are you solving problems, are you building relationships and are you building it like you own it? And, are you "Keeping it Fresh"?

I'm proud of all we do and I really mean it when I say, "Go Chambers!"

- Dave



First Interstate Bank- Roseburg
Completion date: 8/22

Oregon Lung SpecialistsCompletion Date: 9/22

2300 Oakmont Completion Date: 10/22

McKenzie School District Completion Date: 10/22

O'Hara Catholic School Completion Date: 10/22

ReNew Institute Completion Date: 10/22

Serenity Lane Spiritual Center Completion Date: 10/22

LTD Glenwood Bus Wash Completion Date: 11/22

Shedd FaçadeCompletion Date: 11/22

Springfield Creamery Completion Date: 11/22

874 Seneca Completion Date: 3/23

Grain Millers BRT Completion Date: 3/23

ArcimotoCompletion Date: 6/23

Eugene YMCA Completion Date: 11/23

Camas Ridge Elementary Completion Date: 1/24

PROJECTS BIDDING



45 Large Projects \$167,476,915

17 Small Projects \$366,070



Our office will be closed in observance of the following holiday:

Labor Day - Monday, September 5th



Employee Spotlight



Batman (AKA Dave Brunscher) and his wife.

Dave Brunscher

Dave Brunscher has recently been promoted to Foreman. Congratulations from the whole Chambers Team!

Dave started in construction in 2002, and continues to love the work stating that "you can start with nothing and finish with a new home or make something old look new again." He has seen some highs and lows throughout his career but sees Chambers as a place that encourages workers to be quick, efficient, build on their skills and provides the chance for their employees to have a great work-life balance.

He has lived in Eugene since 2000 and has a big family. His wife and six kids keep him busy with honey-do lists, trying to help with his kid's homework (sometimes unsuccessfully) and a lot of grocery store runs. He appreciates the time he is able to spend with his family and loves that this job is able to give him flexibility. Dave has some interesting bucket list items which include having happy and successful kids, visiting New York, owning a llama and getting to ride a giraffe someday.

When asked about Chambers, Dave said that he is extremely happy to be here and is excited for his future with the company. We are so glad to have you on our team, Dave!



Carpenters

Any employee who refers an applicant receives a \$.50/hour increase when the employee is hired for as long as they stay employed with us up to one year. That equates to a \$1,000 employee referral fee for new hires who stay for a year or longer. Please direct experienced carpenters to our website to apply. Tell them to check the employee referral box and fill in your name. You can also let Stacy Ivey, Frank Travis or Scot Moore know of your referral.

New Team Member



Steve KopkiJourneyman Carpenter

Know Your Hard Hats



WHITE— Experienced ORANGE— Under 18 **BLUE**—Inexperienced

Trivia Drawing

June's "Trivia" Winner: Julie Green!

Last issue, we asked you which construction type was the oldest and the answer was Rammed Earth.

This Month's Trivia Question: Hydraulic cement requires what to work?

For a chance to win this month's drawing and a \$50 gift card, submit your answer to Kristen Ross by August 15, 2022 at kross@chambers-gc.com or call her at 541-868-8529.

Employee Spotlight



Meet Your Team — Quality Control

Levi Connelly is our resident QC expert and he performs this role for all Chambers Construction projects.

Levi works with our project superintendents to instill safe jobsite logistics and task pre-planning to ensure top quality installation. He also assists our superintendents with reviewing installed work to confirm installations are per plans and meet our standards of quality.

His work embodies our core value: "Build It Like You Own It" as the QA/QC best practices are based on this foundation of ownership and pride.

In addition, Levi is pretty good at capturing awesome drone footage on some of our jobsites!

Thank you for all the hard work you do for us, Levi!



Introducing Richard McConochie!

Meet our newest Project Engineer, Richard! He joined our team in June and will be working on the Camas Ridge project when it begins. He comes from an architectural career background that morphed into his interest in construction. His favorite part about this work is seeing the parts and pieces coming together to form a complete picture.

Richard was born and raised in Eugene and went to school at Oregon State University where he got his masters degree in architecture. He still lives in Eugene with his wife and enjoys the social dancing scene. Some of his favorites include ballroom and swing dancing. He enjoys art and even has his own website where he displays his work (https://www.richard-mcconochie.com/)! He has some interesting travel stories as well, including one about climbing Mt. Fuji in Japan.

While you will need to ask him for the whole story, we will just say it involved losing a toenail, taking the scenic route down the mountain and some questionable characters at the hostel in Tokyo.

When asked what he likes about Chambers, he said he likes the sense of community and support that people give each other, as well as the team-oriented approach to problem solving. We are so happy to welcome Richard to our team!





Here Comes the Sun

1. Sunny Days = Vitamin D

Vitamin D is an essential nutrient needed for proper bodily functions; like immunity, elevated mood and fighting cancer! Vitamin D is the only nutrient widely available from a non-food source... the sun. And it's free! Definitely a win-win.

Unfortunately, it's one of the most common vitamin deficiencies in the modern world. One reason for this is because many of us lead much more indoor lifestyles than 50 years ago.

In Oregon, we have less sun exposure in the winter, due to the shorter days that are often cloudy and rainy, meaning we literally see less sun. So, that makes summertime sun exposure a vitally important way to "store" vitamin D for the less sunny winter months. (Yes, your body can store vitamin D for months, so sufficient sun exposure during the summer can help get us through less sun exposure in the winter.)

2. Edible Sunscreen? Not exactly.

No, not the lotion kind. There are foods that can help your body naturally reduce sun-sensitivity. Because sunburn is a type of inflammation, your diet can directly contribute to the amount of whole-body inflammation you have. Diet can help increase or decrease your skin's sensitivity to UV rays, as well as its ability to repair itself when it does get damaged.

To help reduce your sun sensitivity and risk of sun damage, make sure you're eating enough anti-inflammatory foods.

- Healthy fats rich in Omega-3s: Omega-3s help to reduce inflammation in your body and promote healing. Good sources include fatty fish (like sardines and salmon), eggs, flax seed and walnuts. Omega-3s are also available in supplements like flaxseed oil or krill oil. Or, try New Zealand Green Lipped Mussel, which is a highly bio-available source of ETA, a potent EFA that is a proven anti-inflammatory.
- Healthy saturated fats: Choose healthy saturated

fats like coconut oil, avocado oil and organic grassfed butter. Saturated fats are the building blocks of healthy skin, hair and nails.

- Vegetables: The vitamins and antioxidants in vegetables help to protect cells from the effects of UV radiation. Leafy greens and tomatoes are great and happen to be in season. The CDC recommends that 50-75% of your plate be plant based.
- Antioxidant-rich foods: Antioxidants help reduce inflammation and free radicals in your cells, as well as protect against sunburn and skin damage. In addition to veggies, berries, beans and nuts, green or black teas have high antioxidant properties as well.
- Eat for the season: Eat fruits and vegetables that are seasonally available. Buy local and buy fresh. Shop your local farms and farmers markets for the freshest and tastiest organic or home grown produce from your area. Try eating a "rainbow" of seasonal produce each day.

3. Sun Protection Strategies

The first step of good sun protection is keeping your skin healthy from the inside out. It's also important to protect your skin with the proper amount of exposure and coverage. One of the easiest methods of sun care is to cover up and enjoy the sun responsibly.

If you're planning to be in the sun for an extended period of time, wear a hat and cover up. Cover your shoulders, neck, arms and any other part of your body exposed to direct sunlight. With the many new light weight, breathable, SPF-rated fabrics available today, you have a wide range of choices. Even your basic light weight summer t-shirt has an SPF somewhere between 4 - 7. Generally, the tighter knit the fabric, the higher the protection.

It's important to build up sun exposure slowly. This is particularly important for anyone who lives in a colder, higher latitude climate, like us in Oregon. In the spring or summer, build up sun exposure gradually. This gives your skin time to respond by producing more melanin, which will offer increased levels of sun protection. If you want a more "natural" topical sunscreen, the best bet is a mineral block, like zinc oxide or titanium dioxide. These are also available in powder form. If you have pink or light skinned animals, you can use zinc oxide or titanium dioxide powder on them as well to prevent sunburn. Talk to your vet about options.

Also, be aware that many brands of sunscreen lotion and spray expire. So, check your expiration dates, so you don't get burned.

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Employee Spotlight

CORE VALUES

Caught in the Act!

Correction from the last newsletter: **John Wettengel** recognized **Jon McCoy** for "Caught in the Act" in the June newsletter.

To nominate an employee you catch in the act of following our Core Values, send a summary to Peggy Burian at pburian@chambers-gc.com or drop it by the office.



Innovation Suggestions

The rules are that the idea must be implementable, even if it's not implemented, and can be a suggestion to improve any aspect of our business. Send your suggestions to Peggy Burian at pburian@chambers-gc.com or drop them by the office.



Safety Suggestions

Stacy Ivey suggested a "Beat the Heat" sign to post on the jobsites to warn about the summer heat. We're hoping summer gets here and when it does, remember to hydrate and stay cool.

Stacy received \$100 for the suggestion and will be entered in the \$500 drawing at the end of the year.

Send your safety suggestions to Peggy Burian at pburian@chambers-gc.com or drop them by the office.

Reminder to Submit Near Miss Experiences

One year ago, an employee submitted a safety suggestion to share near miss experiences so everyone could learn from them. We created a QR code to do just that!

The report is sent directly to Scot, anonymously. Here's what you do:

- 1. Scan the code
- 2. Answer these simple questions:
 - a. Job number or name
 - b. Date
 - c. Time
 - d. Description of near miss
- 3. Submit

We encourage you to share near miss experiences so we can learn from them, reduce risk and create an even safer work environment. Over time, we will see results. It is still important to address them with the Superintendent or Foreman so they can be corrected immediately.

Call Scot or talk to your Superintendent/Foreman if you have questions. Be safe out there!



August/September Work Anniversaries

Jon McCoy	33
Scot Moore	22
Stacy Ivey	22
Adam Hastings	7
Ken Smith	5
Christopher Pirtle	4
Kris Vannett	3
Adam Haaq	2

Birthdays

Jason Londo	8/3
Logan Zenk	8/3
Kris Vannett	8/5
Jacob Keffer	8/5
Wes Bell	8/12
Mark Harrington	8/18
James Cowles	8/27
Rock Hunsaker	9/9
Greg Wallsmith	9/11
Malcolm Burke	9/12
Peggy Burian	9/17
Ken Smith	9/23

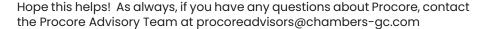




Signatures

Have you ever wanted to put your email signature on your email, response, etc. generated in Procore, instead of having the standard "Sent from Procore" on each response?

It's pretty simple... highlight your signature in Outlook and click "copy." Then when you go to Procore (you don't need to be in any specific module), you can click on your initials in the upper right-hand corner. Click on "My Profile Settings"- this is where your basic information is located. Then, scroll down to the bottom and you will see a box that says "Email Signature." Paste your signature that you copied into this space and click "update." Now, any correspondence that you send through Procore will have your personalized signature on it!







Organically Grown Cooler

Our team, Ken Smith and Izayah Moriguchi, worked to complete a face lift on a cooler for Organically Grown. Great job!



Before



After



Worker Fatigue

Worker fatigue is defined as the increasing difficulty in performing physical and mental activities. It is typically a consequence of insufficient restorative sleep; however, health and emotional issues can also play a role in worker fatigue. We all have experienced fatigue at one time or another and to varying degrees. There is no job or employee immune to fatigue.

What are Common Workplace Fatigue Risk Factors?

Workplace fatigue can happen both inside and outside of the workplace. Workplace fatigue is incredibly common in most of the U.S. workplaces, especially among nightshift employees and employees who have irregular schedules. After a while, chronic workplace fatigue can take a toll on the mental, emotional and physical health of employees and it can lead to profound consequences if not managed properly.

Workplace fatigue can be easy to miss early on, but if not caught, it can lead to more serious problems such as impaired function and health concerns. For certain employees, admitting they have work fatigue can be difficult. Often this is due to high-demand jobs. Research shows that injury rates are 18% higher during evening shifts and 30% higher during night shifts when compared to day shifts.

Workplace fatigue is a safety topic that should be recognized and managed accordingly. Employers and employees should recognize the common risk factors related to workplace fatigue, which can include but are not limited to:

- Fast paced or mentally demanding work
- Irregular shift schedule or consecutive night shifts
- Working more than 50 hours per workweek
- Poor sleep quality
- Physically demanding work
- Long commuting hours
- Stressful, noisy work environments
- · Dim lighting or overly bright lighting

What are Common Workplace Fatigue Symptoms?

Symptoms of workplace fatigue can show up at any point in an employee's work career, but it is not always easy to spot, especially for others. It can go unrecognized until serious health problems show up or they leave due to burnout. Spotting the signs early is a crucial factor in employee retention, but also in the overall health of the employee.

Symptoms can range from mild to severe, occasional to chronic, and imperceptible to highly noticeable. This can surface because of workplace environmental factors such as working conditions, hours, the nature of the work,



etc. Indirect factors such as sleep problems or personal health problems may cause fatigue, too. It is important to remember stress factors at work can affect every aspect of daily life.

With an attentive eye, symptoms of worker fatigue can be easy to recognize in your work environment and those of others. Once a person can find the symptoms of work fatigue, you can begin to manage them. Common symptoms include:

- Reduced alertness
- · Slow reaction time
- Impaired memory and other cognitive functions
- Irritability
- Difficulty staying awake
- Impaired vision
- Digestive problems
- Impaired decision making
- Loss of situational awareness
- Performance decrement
- · Loss of drive and motivation
- · Depression

How Can you Mitigate Workplace Fatigue?

It is important for all employees to know the signs and symptoms of fatigue. This can be for self-recognition or in co-workers. However, fatigue is fatigue and it can be work-related or non-work related, and often one influences the other. The difference between them is work-related fatigue should be managed by employers, while non-work related should be managed by the individual.

Long-term health effects of fatigue associated with shift work and chronic sleep loss may include heart disease, diabetes, high blood pressure, gastrointestinal disorders or depression. An equal concern is the safety consequences of fatigue which would include decreased alertness, higher error rates, slowed reaction time, poor judgment of performance when assessing risk, inability to remember sequences of events, injuries and accidents.

Creating a Fatigue Toolbox

Managing fatigue is an important part of creating and keeping a healthy, productive work environment.

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Multi-Factor Authentication & Security

In April of this year, we instituted the use of multi-factor authentication (MFA) and virtual personal networks (VPN) across all Chambers Construction devices and systems. While the rollout was fairly smooth, we recognize these are still new and people have questions, mostly about what these are and why they're necessary.

It might surprise you to know that more than half of cyber attacks are committed against small- to medium-sized businesses. Of the companies attacked, more than 60% go out of business after having a data breach or a hack. Human error is the leading cause of data breaches, and an increase in remote work has created more vulnerable points of access.

To combat these breaches, in an effort to keep company data and finances safe, many businesses like Chambers Construction are putting MFAs and additional security measures in place. Aside from the obvious financial implications, there are other consequences of breaches for companies such as loss of revenue while working through the breach, business disruption, lost customers and reputation loss.

To help illustrate the impact breaches can have on a business, consider the following:

- The average cost of a data breach since 2015 was \$3.8 million. Since Covid, that amount has increased to an average of \$4.4 million.
- In 2017, according to the Federal Bureau of Investigation, there were 301,580 reported complaints and a loss of \$1.4 billion from cybercrime in the United States.
- Just four years later, in 2021, those figures jumped significantly with 847,376 reported complaints and a loss of \$6.9 billion. And this is from <u>reported</u> complaints – the actual figures are likely much worse.
- COVID and the global supply chain problems are contributing to an even greater rate of cyber-crime cases.

At Chambers Construction, we are always looking at how best to protect company, employee and customer data. MFAs and the other security measures we have in place (e.g. clicking extra checkboxes on screens, entering codes for access, etc.) create virtual roadblocks to keep people who are likely up to no good out of our systems. While sometimes they might seem like overkill or feel inconvenient, their function is vital in securing our devices and systems, thereby reducing the potential for significant loss.

Here Comes the Sun (continued from page 4)

4. Bottoms Up!

Hydration is important all year (the human body is about two-thirds water) - but it's especially important in the summertime sun and heat. Recommended amounts to drink are about two-thirds of your body weight in ounces of water each day. (In other words, a person weighing 100 pounds would aim for 67 ounces of water daily).

Remember to boost your water intake if you spend time in the heat, especially when exercising or exerting yourself. It's recommended to add 12 ounces of water for every 30 minutes you spend in the heat or sweating.

5. Enjoy Self-Care

Summer is one of the best times to start a new wellness routine—the long days, sunshine and fresh air can help us feel more energetic, optimistic and better able to set and reach personal goals. Get enough sleep. Exercise. Eat well. Relax. Unplug from the cell phone or the tablet for the evening. Take a walk in nature. Walk the dog. Go for a bike ride. Fly a kite. Plant a garden. The possibilities are only limited by us.

Worker Fatigue (continued from page 7)

Once workplace fatigue is found, employers and employees need to produce a structured plan of action to fight workplace fatigue and to make sure it does not reoccur. Having workplace fatigue toolbox talks can help people on both sides of the fatigue safety equation. Here are few talking points to discuss:

Employers:

- Educate employees on fatigue causes and symptoms
- Incorporate fatigue safety talks or "fatigue safety moments"
- Optimize work conditions including ergonomics, lighting, glare and ventilation

Employees:

- · Give yourself sufficient time to sleep
- Limit alcohol and caffeine for better sleep quality
- Night shift workers need to keep a routine for diet and sleep

Worker fatigue is a significant problem in most industries. Employers and employees need to be on the lookout for potential worker fatigue and take action.

Springfield Drifters

As a sponsor for the new collegiate wood bat baseball team in Springfield, we have 50 ticket vouchers to be redeemed for any home game from now until the end of the season on August 4th!



If you are interested in attending one of the games, contact Kristen Ross at kross@chambers-gc.com or 541-868-8529.





THURSDAY, JULY 28 AT 3PM

3028 Judkins Rd #1 • Eugene, OR 97403

Join us in celebrating the 2022 graduating class of the Chambers Construction Apprenticeship Program!

Light hors d'oeuvres will be served.





Please RSVP by July 22nd using the QR code to the right. Questions? Contact Kristen Ross at kross@chambers-gc.com



UO Football Celebrates Construction Day

October 22, 2022 | Oregon vs. UCLA

Chambers Construction has purchased 50 tickets for employees. These will be given out on a first come first serve basis with a max of two tickets per employee. Please contact Kristen Ross at kross@chambers-gc.com if you are interested in attending.

• SCIENCE CENTER

Chambers Employee Discounts

As a Corporate Sponsor for the Eugene Science Center, employees of Chambers Construction receive a **15% discount** on family memberships!

The Eugene Science Center offers a fun learning experience for the whole family with activities for everyone.

- Employees must show a recent pay stub to verify their employment with the company (your pay amounts can be blacked out)
- The employee must be one of the named adults on the card (membership cannot be gifted)

In addition, we have several **free admission passes** good for either the Science Center Exhibit Hall OR Planetarium Show – the passes are valid through 9/30/22. If you are interested in getting a few of the admission passes, they are available on a first-come, first-serve basis. Contact Kristen Ross at kross@chambers-gc.com or 541-868-8529.



Bloodworks Northwest is your local non-profit blood center, supplying blood to 95% of hospitals in the Pacific Northwest. This includes PeaceHealth and McKenzie Willamette! When you donate blood with Bloodworks, you are helping cancer, trauma, and surgery patients right here in our community.



2211 Willamette St. Eugene, OR 97405

> SCAN TO SCHEDULE

To find a location to donate blood, visit schedule.BloodworksNW.org

or call **1-800-398-7888**.



Donate by July 24 and receive a FREE pass to the Lane County Fair!

Donating blood is an essential and encouraged activity critical to sustaining community healthcare.

Pop-Up Donor Centers are being conducted in accordance with social distancing guidelines. Appointments and masks are required at all Bloodworks donation sites and no guests under the age of 16 are permitted onsite.

Local Donors.
Local Patients.

Make an appointment today.

800-398-7888 | schedule.bloodworksnw.org



We Need You!

Would you be interested in getting involved with one of our committees here at Chambers Construction? We currently have openings on the Wellness, Christmas and Company Picnic committees. If you are interested, please contact the following people:

Wellness: Stacy Ivey at sivey@chambers-gc.com Christmas: Peggy Burian at pburian@chambers-gc.com Company Picnic: Kristen Ross at kross@chambers-gc.com



Play Ball!

Our employees enjoyed the company picnic at the Eugene Emeralds baseball game this June!











Project Spotlight

ReNew Institute

Chambers Construction was hired to remodel the third floor of the 10 Coburg building in March of this year for the ReNew Institute. This is the first opportunity we've had to partner with Radiology Associates which is something we looked forward to doing for a long time.

One of the big pushes to complete the Phase I work was to have space for a physical therapist who is seeing athletes from the 2022 World Athletics Championships being held in Eugene! Our crew pulled off some miraculous project coordination and they were able to complete this stage a little bit ahead of schedule. This was a big project that touched around 7,000 SF in just four months. Shout out to Darell Stinson and his team!

Phase 2 work is a larger project and has already kicked off with demolition. This phase will include remodeling

the facility's imaging and procedure rooms. The project is scheduled to be completed in October with the imaging machines arriving in September. Chambers will help prepare the space and coordinate the installation of the machines when they arrive.

This project has had some challenges, but our team is enjoying building something that is so important in our community.

Thank you to everyone who has worked on this project and helped to make it a success: Malcolm Burke, Tim Cabble, James Cowles, Ron Hartman, Mike Hogenson, Scot Moore, Steven Serjeant, Darell Stinson, Jacob Wilson.









Looking Back

Ninkasi

Chambers Construction was hired to build a new administration space for one of our local Eugene breweries and completed the project in September of 2014. Ninkasi Brewing Company's dedication to creativity, excellence for the long term and the hard work of innovation is the theme of the open atrium three-story administrative building. The dramatic bright teal exterior is matched by an energetic interior space designed and constructed with renewable products for flooring, casework and doors. Occupants collaborate, strategize, taste and test in beautifully skylit work and creative spaces.

The most unique installation during this build was a three-story climbing wall in the atrium that highlighted the imagery of hops on a backdrop of Ninkasi's signature teal colors. The wall stands as the focal point in the core gathering place of the building.

Project Manager: Dave Bakke/Rob Braziel

Project Engineer: Kevin Fitzgerald Superintendent: Randy Myers







3028 JUDKINS ROAD #1 EUGENE, OR 97403 CCB #114258

