

The Commonwealth Quarterly

News from around the circuit.

Spring 2005



Commonwealth Electric Company
of the midwest

INSIDE THIS ISSUE:

Zero Accidents CAN be Achieved

New Faces

Mercy Medical Center East Addition

Des Moines Foreman Safety Training

Cahaba Capital Center III Renovation

Arizona Hematology-Oncology

Back to School 4

Kiewit Safety Award Winner - CECM

Hydro Power Units in Nebraska?

Zero Accidents CAN be Achieved

Ruben Bera – Corporate Safety Director

One of the goals that most companies try to achieve is going an entire year without a recordable accident. Our Commonwealth Electric Phoenix branch did just that - complete 2004 without a single recordable accident. Considering the nature of our work and the hazards that are faced everyday, this is a great accomplishment.

As a result of this achievement, Joe Graham, Phoenix Branch Manager was presented with a plaque signifying this achievement. In addition to completing 2004 accident free, Joe also accepted on behalf of the Phoenix employees a plaque indicating that Phoenix also had the lowest incident rate. This is a traveling plaque that is awarded annually to the branch that has the fewest recordable accidents.

Incident rates are an indicator of how well a company performs in the field of safety. When jobs are bid more and more, owners and general contractors are looking for sub-contractors with low incident rates. Not having accidents is a good thing but it is also a good marketing tool we can use to demonstrate that we are not only a quality contractor but a safe contractor as well. Please join me in congratulating the Phoenix



Joe Graham proudly holds safety awards presented to the Phoenix branch for an excellent safety record for 2004.

branch employees, field and office staff for their achievements. They have demonstrated that going accident free is not a wish but achievable. I challenge all locations to follow the Phoenix branch and strive for zero accidents/incidents.

The plaques will be proudly displayed in the Phoenix office for all to see.

New Faces

Ruben Bera – Corporate Safety Director

Margaret Lucas has joined me in the safety department. She has been very helpful in her short time here helping me get organized (which was a huge task). She assists me in the daily operations of your safety department. She has assisted many project managers and other office staff in her short time here. Having her aboard has allowed me to spend more time on the job sites conducting safety training and safety audits. We are now able to track incidents and develop training programs that will help all employees be more aware of the hazards they face daily and steps that can be taken to reduce exposure. With Margaret's help we will continue to provide safety support and help all locations go accident free. We are here to support and assist all of you.



Margaret Lucas – Safety Administrative Assistant

Mercy Medical Center East Addition

Michael Price – Branch Manager

Commonwealth Electric Company in Des Moines, Iowa has been awarded the electrical contract for Mercy Medical Center East Addition. We are working with some familiar faces with Kraus Anderson Construction. Their construction team is the same group who worked on the St. Elizabeth's Hospital addition in Lincoln, NE.

With a total construction budget of almost 70 million dollars, Mercy's new addition will be a state of the art addition to Mercy Medical Center's existing hospital near downtown Des Moines. The project consists of a new 6 story tower wing located off of 3rd street, just south of University Avenue and will incorporate substantial renovation of portions of the existing hospital. When complete, the new facility will house The Ruan Neuroscience Center, two critical care units, the Mercy Education Center and Comprehensive Mother – Baby Services. The central theme of the Mercy East addition will be a 123-foot high atrium incorporating two 3-story high lobbies. One lobby will serve the first three floors and the other serving the new mother-baby center. With foundation work occurring throughout the winter, steel erection is getting underway this spring.

New emergency power generation and distribution, energy plant upgrades, power distribution, lighting systems, critical power distribution, energy management systems, infant abduction system, fire alarm and nurse call systems, exten-



Overall View from East - Artist Rendering

sive patient care area and surgery room electrical requirements, telephone, data and fiber optic cabling systems are a few examples of Commonwealth's scope of work for the project.

The project foreman is Nate Findlay. The project manager is Ron Saf, assisted by Matt Masters. Utilizing their experience with Mercy Medical Center, we are working in conjunction with Wolin Electric. Estimating and pre-construction assistance has been a group effort by Matt Firestone, Nick Page, Paul Claus, Ron Lannin and the Des Moines office staff.



Nate Findlay & Gary Hagen looking over plans



Mercy Medical Center East Addition

Arizona Hematology-Oncology

Jay Hoobler – Branch Manager

Once again Commonwealth Electric has teamed up with Chestnut Construction on the construction of a medical office facility in the Tucson area. Chestnut Construction has been an excellent customer of ours, particularly in the area of medical office facilities. In addition to numerous projects that we have performed with them at the University Medical Center, we have been fortunate to work with Chestnut on the construction of seven separate medical office facilities over the past three years. The most recent of which is the Arizona Hematology-Oncology facility.

Located on the northwest side of Tucson, the 16,600 square foot facility will be new construction from the ground up. Once completed, the facility will specialize in blood related cancer treatments. With a six month construction schedule starting in January of 2005, the project is expected to be completed in June. The current progress of the job makes it appear that this project will be completed on schedule.

The Arizona Hematology-Oncology is one of three buildings that are currently scheduled to be completed within the next 18 months at the site. We are hopeful that our efforts on this project will enable us to negotiate the electrical work on the next two buildings and allow us to keep working at the site.

This project is under the supervision of project manager Tim Beatty and on-site foreman Robert Ervin. Robert is one of our top young foremen in the Tucson organization and has been particularly efficient on this project to date. All indications are that this will be another successful project for both Chestnut Construction and Commonwealth Electric.

“BACK TO SCHOOL 4”

Pat Klausen – Project Manager, Lincoln Branch

Does anyone remember the childhood story of the “Little Red Train”? “I think I can...I think I can...”.

Well, here we are coming in on the last 4 months of the project and things are finally starting to take shape.

With a somewhat mild winter behind us we are about 60% done concerning the trim out phase at Husker Village in the north building suites. All gear and permanent power has been installed in north & south throughout along with some sectors of the north building being fully functional.

The south building is in the final rough-in phase and starting suite trim out which is allowing us to catch our breath to get ready for the final sprint to the finish. It looks like everything is on track to meet the substantial completion deadline dates set for late June and early July.

Once we have met the substantial completion deadline of the north building we will have the site-work fully scheduled and well on its way to meet final completion.

With the schedule of construction and the amount of changes made to the project, I cannot over emphasize the pride and teamwork that has been shown by the CECM team. It really has shown that “when the going gets tough, the tough get going”.



Arizona Hematology-Oncology



Arizona Hematology-Oncology



View of South Building



Partial of North Building Electrical Room in Basement



Curt Glass & Steve Wilken Checking Suite Entry Switching

Des Moines Foreman Safety Training

Paul Marsh – Project Manager

To better serve our customer's safely, foremen from the Des Moines' Commonwealth location took part in a first aid and CPR training session. Our office had been notified by numerous individuals that their previous certification had expired long ago and a recertification class was needed. The apprentices receive training through Apprenticeship Training, but many of our journeymen and foremen had not received training in many years.

Matt Preston with Central Iowa Safety Training instructed the class on the basics of first aid, CPR, and environmental safety hazards. Matt is a certified EMT and a volunteer paramedic in the Des Moines area. The class included instruction, hands-on training and of course a test. We have received very positive feedback from the class.

Let's just hope no one has to use it.



Des Moines Foreman Safety Training

Cahaba Capital Center III Renovation

Paul Marsh – Project Manager

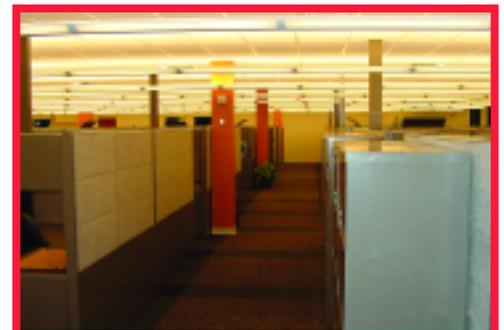
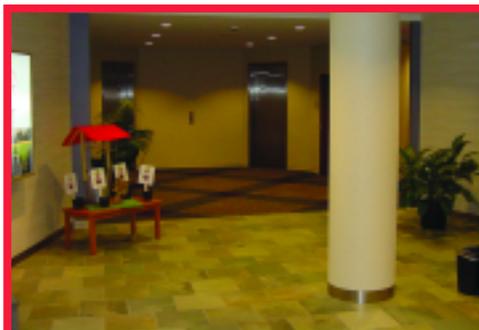
After nearly a year of construction, the employees at Cahaba can begin working in their newly renovated building. Commonwealth Electric was chosen to partner with Hansen Company, Inc. on this design/build project for Cahaba. Cahaba is a division of Blue Cross and Blue Shield of Alabama. Cahaba gets its name from the free flowing Cahaba River which is located in Alabama.

The project consisted of 4 phases, each including complete demolition, new power, telephone and data cabling, and fire alarm system. The existing fire alarm system was upgraded and new expander panels were installed to handle a new larger cafeteria that was constructed during the remodel. Cahaba also chose to install a new Voice Over IP communi-

cation system within their facility. The Voice Over IP system allows the telephone to be connected through the employee's personal computer. With this system the facility is able to transfer telephone conversations on their network and eliminate the need for a system switch.

Dave Tallman was the foreman for this project. Dave has worked for Commonwealth for many years and did a great job looking after the project and working with the owner on a day to day basis.

Commonwealth has handled the service work with Cahaba for many years. They are truly a good customer and we were thrilled to have been a part of this project with them.



Cahaba Capital Center

Kiewit Safety Award Winner – CECM

Bob Philipps – Project Manager

Commonwealth Electric Co was just recently awarded the Kiewit Safety Award for the month of February 2005. The award was given to CECM on February 25th at the GSA – BCIS jobsite along with a lunch for the entire CECM crew. The award is based on the following criteria: Work Plans, Job Hazard Analysis, Fall Protection, Housekeeping, Equipment Inspections, Weekly Safety Meetings and Installation Quality. The other subs on the jobsite who we are competing against are Davis Erection, E & K of Lincoln, City Glass, A-J Roofing and Waldinger Corporation. The crew on site is Jason Rieckman, Kirk Cosaert, Charles Craig, Justin Stone, Tim Trent, Rickie Scholl and Scott Masten.

Jason Rieckman as the General Foreman for the crew has taken on the added Kiewit safety requirements and has done a great job. CECM has such high standards regarding our own safety program that we were doing most of what was required from Kiewit so we felt we had a jump on everyone else. Ruben Bera has been to the jobsite to help coordinate the additional requirements and has conducted classes on scaffolding and other key safety issues. Without Ruben's assistance and safety leadership, I feel we would be experiencing a lot more accidents and or safety issues.

We have always known as a company that we strive to "Work Safe" but it is nice to have such an award given to us by Kiewit Construction Company. One of the best feelings a project manager can have is knowing that all your crews are working safe and can return home to their families at the end of the day.

Hydro Power Units in Nebraska?

Eric Hoge – Project Manager

During the Depression, work began to create a canal in the Loup River and build two hydro powered electric generating facilities. In March of 1937 the first of the plants was commissioned. These units, one in Columbus and one in Monroe, each have three turbine/generators and are still operational today. At least they were operational until a major refurbishment project was started.

American Hydro Corporation (AHC) from York, PA has contracted with Loup Power for the project. Unit 1 at Columbus has been totally dismantled, upgraded, refurbished, and re-assembled. The AHC facility in York refurbished and replaced parts on the turbine including wicket gates, turbine runner, lube oil pumps, high pressure lift skids and controls. Wood Group sub-contracted with AHC for the generator re-wind and associated temperature sensing devices. The re-wind was completed by hand on-site. ACME Industrial Piping provided mechanical piping, heat trace, and solenoids. A fourth contractor, L&S Electric, supplied the PLC and programming for the unit.

With four major contractors providing different electrical components, there was a desperate need for someone to pull the pieces together and make one coherent plan. Commonwealth Electric sub-contracted with AHC to supply engineering, drawings, and installation of all interconnecting conduit and wire. This required collecting drawings from all the different suppliers, creating interconnect diagrams, and installing the requisite conduit and wire to complete the package.

Ron Castro and "Buzz" Dicks have been on the job since day one. The field work has been challenging since the job is a retrofit. There is existing conduit, pipe, and gear that impedes on space for conduit runs. As in most projects of this type, there were also many field changes that had to be accommodated. They have done an outstanding job in making the customer happy with their craftsmanship and hard work.

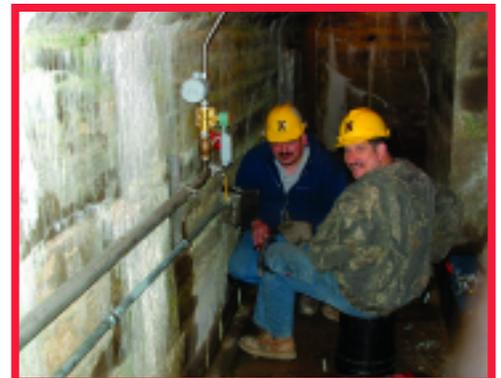
Columbus Unit 1 is scheduled for start-up and checkout April 12-15.



Rickie Scholl Installing Lighting Branch Conduit



Kirk Cosaert Installing Panel Service Feeders



Ron Castro & Buzz Dicks Installing Conduit in Observation Tunnel at Columbus Site



Conduit on Ceiling of Columbus Turbine Floor for Instrumentation, Oil Pumps & High Pressure Lift Skid