

The Commonwealth Quarterly

News from around the circuit.

Summer 2010



Commonwealth Electric Company
of the midwest

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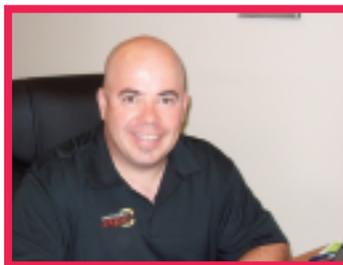
Southwest Promotion

Patrick Campbell - Executive Vice President

Effective March 30, 2010, the Board of Directors elected Dan Shannon Vice President.

Dan has over 17 years experience in the trade show, convention and special event industry. The past five years, Dan has served as General Manager for the Commonwealth Electric Expo Division headquartered in Phoenix, Arizona. Dan's Expo operations provide exclusive utilities services to the Phoenix and Tucson Convention Centers and other Arizona venues.

To contact Dan, you may reach him at (602) 253-5881 or dshannon@commonwealththeelectric.com.



Dan Shannon -
Vice President

Immanuel Medical Center

Jake Gable - Project Manager

The Immanuel Medical Center project started in January of 2008 with the first package consisting of underground work for three new buildings that are attached to the Immanuel Hospital, Rehabilitation, Emergency Department and Imaging/Oncology Department. The first package was wrapped up in the winter of 2008.

Commonwealth was awarded the next package at the Immanuel Medical Center in early 2009. Keith Burnham is heading the project as general foreman. This project consisted of fit out, renovations and shelling areas in the three new buildings. The Emergency Department consisted of 5,000 square feet of fit out. We finished the Emergency Department in September of 2009. As for the Rehabilitation Department, there was 40,000 square feet of fit out and shelled area. The Rehabilitation building was completed in January of 2010. Last, the Imaging/Oncology Department has

just under 50,000 square feet of fit out, renovation and shell area. The first two phases of Imaging/Oncology are completed and we will be wrapping up the final phase in December of 2010.

Due to all the hard work by Commonwealth's electricians, managers, CAD department and engineers; we were awarded the Preliminary Spine Center Contract in conjunction with the Immanuel Medical Center Project. The Preliminary Spine Center consisted of renovating 14,000 square feet of existing hospital. The Spine Center was a fast track project. It started in early February 2010 and will be completed by the end of June 2010. Due to excellent work by our electricians, the job is ahead of schedule. The Spine Center consists of patient bed care stations, waiting rooms, operating rooms and a pharmacy.



Immanuel Medical Center

New Electrical Kitchen Upgrade for the Children at Wildwood Hills Ranch

Allison Petersen – Service Coordinator

South of Des Moines, Iowa on a beautiful stretch of the St. Charles highway in scenic Madison County sits the Wildwood Hills Ranch. The Wildwood Hills Ranch is a non-profit, faith based organization dedicated to helping Iowa's at-risk youth.

The ranch supports year round activities but has evolved around camp activities during the summer months. The core summer program at the ranch offers free transportation and summer camp experiences to at-risk children who will benefit from a positive change of environment and a program that focuses on character, leadership, and teamwork. Youth participate in activities such as horseback riding, swimming, gardening, team building and art. Children are surrounded by positive role models while being immersed in activities that are affirmative, instructional and fun. Most importantly the ranchers discover their futures can be filled with much more hope and promise than their current circumstances deem possible. The ranch serves over 100 children per week during the summer. The transformation of the children at Wildwood Hills Ranch can be truly extraordinary.



One of the important support services at the ranch involves the kitchen and feeding all the ranchers and staff. The ranch kitchen was in serious need of electrical upgrades to continue supporting

the kids and staff at the ranch. Commonwealth Electric Company of the Midwest provided materials and labor to electrically rehabilitate the kitchen facility. New distribution panels, new lighting and lighting control, new branch circuit wiring and kitchen equipment connections; and a complete new grounding system were all incorporated into the kitchen electrical upgrade. The ranch now has a safe, fully functional electrical installation to support the kitchen activities. Tim Crowley was Commonwealth's electrician on the project. Michael Price, Jason Lane and Allison Petersen supported the project from the office. Michael Price serves on the Board of Governors for the ranch.

If you are interested in the activities and programs at the ranch or would like to support the ranch in its mission, please visit www.wildwoodhillsranch.com for more information.



"Tim Crowley, Commonwealth Service Electrician"

Tucson Branch Awarded P1 Generator Installation at Tucson Medical Center

Jay Hooper – Vice President

CECM has been awarded the prime contract for the installation of a new 2.25 MW 13.8 KV generator at Tucson Medical Center (TMC). The installation will consist of the new generator, 13.8 KV paralleling switch gear, a 3000 KVA transformer, two 3,000 amp distribution switch boards and new feeders to existing sub distribution switchboards. Also included is selective coordination of the new and existing automatic transfer switches throughout the hospital via the installation of new transfer switch controllers.

This will be the Tucson location's first installation of a medium voltage generator and related switchgear. Coordination of five sub-contractors, with no interruption of service to the hospital will be a pretty good trick to say the least. Outside of the electrical work, building modifications along with mechanical piping are other major portions of the work.

One of the biggest challenges will be installing the new feeders to the existing sub-distribution switchgear without any significant down time through the use of temporary generators and transfer

switches. Our experience at the VA Hospital performing this same type of work on the emergency distribution systems was a big factor in being awarded this work.

Most of the major equipment, including the new generator, has been pre-purchased by the owner and is already on site. The contract will start soon and is to be completed by the end of 2010. Field superintendent Tony Doar will head up the field superintendent duties with Tim Beatty taking on project manager responsibilities. A team effort by CECM will be required to coordinate the sub-contractors to assure a smooth transition to the new system.

This project is the first phase in TMC's transition to primary metering and an expansion of their emergency power distribution system that includes two more generators and a primary emergency loop for the entire hospital to follow this phase. We are well suited to this type of work and we are hoping that performance on this project will speak for itself and lead to the award of subsequent phases of this work.

Waukee Schools Continued Growth

Mike Duffy – Special Projects

The continued growth of the Waukee School District has kept the Commonwealth service and controls departments busy this past year. Trevor Schmidt and his controls team are finishing work on three new schools for the district. Waukee Middle School, Shuler Elementary and New Waukee Elementary are all under construction at this time. Trevor has been working closely with Keith Elmquist of the Waukee Schools to ensure the work gets completed on time for 2010/2011 school year. We have worked with Keith on several of the District's Energy Management projects and value the trust he has in our people to complete his projects.

Jason Lane and the Service Department have also been busy helping Eric Rose and his staff. The growth of Waukee's athletic department to a 4A powerhouse has made it imperative to make improvements to all of their sports complexes. The success of the school's performing arts department has resulted in changes to their facilities as well. Commonwealth has had a hand in several projects related to these improvements. The electrical maintenance

crew at Waukee, led by Tom Tovrea, has been a valuable partner to Jason and his crews. CECM is proud to be a part of the Waukee School District's continued expansion.



Waukee Stadium



Waukee Elementary School

Work Begins at B D Medical - Other Projects Planned . . .

Ruth Chermok - Business Development

A small crew has begun the initial work on underground for a project at B D Medical. A second project is also underway in conjunction with B D Construction.

Since beginning work at the facility we have also had the opportunity to look at two additional jobs. One involves a complete relighting of a warehouse area.

In our discussions with facility management at B D, we understand that numerous other projects are in the planning stages. A new building addition is scheduled adjacent to one of our existing work sites; and a complete new installation of switchgear equipment late in 2010.

Our existing team has done a great job in the initial planning stages on these projects. Our "first impressions" with any customer are critical and are critical to earning repeat business. We are very excited about this business relationship, and know that our team will "sell" many additional projects thru their attitudes, quality installations, and problem solving capabilities!

Brian Orton and Jared Kemper have been working to plan and develop a proposal for a service outage and maintenance project at FLEXcon.

Our project will be to go thru their entire Siemens switch and coordinate the work of a factory representative. Other maintenance and installation of thermograph windows is also scheduled. This will be our second project for FLEXcon and certainly one of the most interesting and challenging. This will be conducted during a one day plant shutdown and timelines are critical.

Our team will be charged to get the plant "off-line" and back "on-line" within an eight hour window. We are looking forward to this project, and know our team will be very successful!!!

Also, work is scheduled to commence this week at the Columbus Family YMCA. We are scheduled to perform lighting maintenance and install a scoreboard for the YMCA. We are very excited to earn the YMCA business and look forward to possibly assisting them with proposed plans as they look to develop a new building with one of the proposed Quality of Life Centers.

Our Columbus Relay for Life Team - Captain Sean Martys is working with Holly, Malinda and others to plan many special events during the Relay. Commonwealth has donated a truck for "Take a Swing at Beating Cancer". Sean is "decorating" the truck and it will be available during the relay for all participants to donate and take a "Swing" with a sledgehammer to raise funds to beat cancer.

Also, in cooperation with Behlen Mfg the team will be constructing a birthday cake to "Celebrate More Birthdays" (theme of the American Cancer Society). Candles (glow sticks) will be purchased to place on the cake in honor of more birthdays of their loved ones facing cancer.

Lastly, at the end of the Relay there will be a "balloon release" event. This will be to capture the "release of fear" and to signify that "hope floats" for all those fighting cancer! A big thank you to the Safety Committee and all involved in our Burger Bash at ADM—the event was extremely successful! We raised over \$500 for the Relay and fed 150 people!!

CECM Office Heart Walk Challenge

Heart disease is our nation's No. 1 killer, claiming more than 870,000 American lives a year—more than the next four leading causes of death combined. You probably know someone suffering from heart disease, stroke, or other cardiovascular disease. Most of us do. In fact, many of us work with people at Commonwealth Electric who has personally been affected by one of these diseases. Ruben Bera, our Corporate Safety Director, is one of those directly affected. This is his story:

"As the Safety Director for Commonwealth Electric Company I try my best to stay healthy. Practice what I preach. I try and combine a daily 2 mile walk/run routine and I try and eat the right foods which can be difficult when I'm traveling. One morning in April 2008 I was in Boston on business. I got up early, put my tennis shoes on and off I went. I walked to the river and started my run. About one block into it I felt a lot of pressure in the center of my chest. I immediately stopped and so did the pressure. I brushed it off as a pulled muscle. Typical guy reaction. I walked back to my room but the pressure was still there although very slight. When I got home I told my wife and she suggested I get checked out. After a series of tests the Doctors found 1 main artery in my heart that was 90% blocked and 2 others about 40% blocked. I can't describe the feeling I had and what thoughts went through my head. I was mad although I didn't know at what. I kept saying, "I'm too young". You can't believe the thoughts that go through your mind. I knew one thing, I was lucky and I was going to make sure I did something about it. I now have 2 stents and with my exercise, working on 3 miles a day, and diet my blood is flowing freely. My heart is getting stronger with each mile. I recently got a clean bill of health and I feel great. My message is simple; know your numbers, cholesterol and blood pressure. Don't forget to exercise. Three things many of us over look. Stay active and move. Don't overlook symptoms your body is sending. It's

been two years since my experience and when I have those days where I really don't want to run/walk, I remind myself of my experience. That's all the motivation I need. I've been through 2 pair of tennis shoes and its great seeing my grandkids grow. I don't look back.

As the wizard of Oz said to the tin man, "remember, the heart is measured not by who you love but by how you are loved by others". If not for you, do it for those who care about

you. My family appreciates my efforts. Take care of your fragile heart, walk – walk – walk."

Ruben's experience has inspired him to help the American Heart Association raise funding for research and treatment of heart disease. And so the Commonwealth Electric Office Heart Walk Challenge was born.

The Lincoln, Omaha, and Des Moines branches were pitted against each other in an effort to raise the most money for the cause. Ruben enlisted the help of an employee at each branch to serve as Team Leader; Lyndsey Harms in Lincoln, April Samuelson in Omaha, and Allison Petersen in Des Moines. Each used their creativity, initiative and good old fashioned nagging to collect as much money as they could. In addition to soliciting donations, there was also the added challenge of recruiting walkers for each city's start! Heart Walk. Ruben made the commitment early on to travel to each city and participate in all three walks.

In the end, the Omaha office came out on top, raising the most funds and bringing out the most walkers to their Heart Walk event, with Lincoln and Des Moines following very close behind. All three offices can consider themselves winners as they were each able to shatter the \$250.00 goal that was set for them at the start. As a company, Commonwealth raised almost \$1,700.00 for the American Heart Association.

Thanks to the hard work of Lyndsey, April, and Allison and the generosity of coworkers, friends, family, and business partners, the First Annual CECM Office Heart Walk Challenge was a great success. Commonwealth looks forward to even greater results next year, as this is only the beginning of our efforts on behalf of the American Heart Association.



Des Moines, Iowa



Omaha, Nebraska



Lincoln, Nebraska

The Importance of Safety

Ruben J. Bera – Corporate Safety Director

We all know that safety on the job is a job requirement. There are reasons we wear PPE and follow safety rules. The biggest reason is to make sure you, the employee, go home the same way you came to work. As an employer, our responsibility is to provide all workers a work place that is free from injury and illnesses. As an employee, you are expected to follow written safety rules. Working together, we can make this happen. We, as a company, have demonstrated that we can work safe. Our safety numbers are always improving and we continue to receive safety awards for our efforts. To help promote our common goal we recently celebrated May Electrical Safety Month. Cookouts were held and some job sites received lunches as a thank you for working safe.

Another important reason to work safe is to prevent OSHA citations. I have been told many times over that OSHA is back in the enforcement business. More and more, OSHA visits are occurring and companies are being fined for poor safety performance. By following established safety rules we should not have to fear an OSHA visit.

Many customers and owners are looking closely at contractor's safety performance before awarding work. They understand the importance of a safe work site and look for companies that have

proven track records. Those companies who feel safety is a waste of time will be left out in the cold.

Of all three reasons to work safe, the number one reason for working safe is taking care of our employees. Our employees are our number one asset. No job is worth doing if it can't be done safely. When I get asked about our safety culture I respond by saying, safety is not part of what we do, it's what we do. Let's continue to work safe and demonstrate to others that Commonwealth Electric Company is committed to excellence and committed to employee safety.

Hats Off to Omaha — The Omaha branch recently received an award of honor with distinction. This is the fourth year in a row Omaha has been recognized for their safety efforts. Hats off to Gary Demmel and all Omaha employees for achieving this goal and winning this award.

A Message From the Heart — The Midwest recently participated in the American Heart Association health walks. Our success was due to the efforts of three important employees - Lindsey Harms in Lincoln, April Samuelson in Omaha and Allison Petersen in Des Moines. These ladies did an outstanding job organizing these efforts. Thank you for a job well done.



*Gary Demmel, Omaha, Vice President
Greater Omaha's Safest Companies Award*



Left to Right: Mike King, Lindsey Harms, Ruben Bera



Left to Right: Ruben Bera, April Samuelson, Gary Demmel



Left to Right: Ruben Bera, Allison Petersen, Michael Price