

Spring Training on March 25th and 26th

Pitchers and catchers have reported, Florida is full of ball players, and in our area we're expecting snow on the ground for another month. You know what that means, it's time for the R.J. Zavoral & Sons, Inc. Annual Meeting. The meetings will take place the Tuesday and Wednesday after Easter. On Tuesday, we will review our employee manual, safety manual, and a few other topics. We will also set up times for everyone to meet with the representatives from Alerus Financial to talk about your 401K. On Wednesday, we will be discussing maintenance, start-up and reviewing the proper procedures for each piece of machinery. These meetings are mandatory. If you are unable to attend for any reason at all, call Dave. We look forward to seeing everybody and starting off another successful summer campaign. See you on March 25th.

Al Gore would be proud...

Reduce, Reuse, Recycle. Haste not, waste not. Although we aren't putting sails on the scrapers, we are doing our part to "go green" by recycling concrete. With the pile dwindling at the landfill, it was a good time to move over to the north pit, where the guys spent about a month crushing. The most common saying on the job was, "when it works, it works good. When it doesn't, it doesn't." Judging from the pile, it looks like it went pretty well. Thanks a lot guys for all the cold, hard work.



Mt. St. Helens or the crushed pile at the north pit...you make the call.

Digger's Dinner

Who: Anybody who digs

What: Dinner, Drinks, Door Prizes

Where: Ramada Inn

When: March 27th, 6:00 pm

The party is sponsored by the local utility companies. If you are interested, call the office to RSVP by March 14th.

Shop talk

This winter has been slow for most of us, but not for the boys in the shop. They've been busy getting all the equipment repaired and tuned up and ready for action. There's a lot of iron to go through and they are busting their knuckles to get it all ready in time. Remember to tell them thanks for all the hard work they do to keep you up and running.

Project Updates:

07.194	EGF 13th St SE	70% completed, finishing up this spring.
07.195	ACS Pulp and Tailings	And the "beet" goes on...
07.201	GF Airport Ditch Reroute	About 90% completed. Grading and finishing in the spring.

Key's are key to starting vehicles

Sounds silly enough, but it's really frustrating when there are pick-ups and dump trucks sitting at the west wing that can't be moved because no one can find the key. Any time you park a dump truck, semi, or pick-up at the West Wing, put the key on the big peg-board right next to the walk-in door so the next person to use it knows where to look for the key.

Cooter's Corner

Helpful maintenance tips from your friendly mechanic.

There's been some instances of people putting the wrong fluids in the wrong places on equipment. If you are not 100% sure of what goes where, be sure to ask someone, check your machine fluid spec sheet, or check the operator's manual in the cab.

Belated B-Days

Wish these guys (and gal) a happy belated birthday when you see them!

Roger Smith - Aug. 15th

Tim Larson, Terry Morrison, & Mike Zavoral - Aug. 23rd

Chris Schultz - Aug. 28th

Robert Rose - Aug. 31th

Matt Cummins - Sept. 6th

Randy Enright & Bryce Wilson - Sept. 8th

Jeff Beard - Sept. 11th

Travis Cariveau - Sept. 14th

Buck Enright - Sept. 23rd

Tom Bye - Sept. 26th

Brenda Ficklin - Oct. 6th

Josh Lavoi - Oct. 7th

Happy Birthday from the RJZ Family!

Drain your Tanks

It's getting colder and soon the temps will hit below freezing, so it's a good idea to start draining your air tanks of condensation at night to help ensure you are up and running in the morning.

Da Thirty Pointer!

If you are planning on taking some time off to sit in the woods and shoot the big one, don't forget to fill out a vacation request form. Please get your form in by Friday the

Trivia:

1. What's the longest field goal by a Viking's kicker?
2. What's the record for most TD passes in a game for a Vikings QB?

"Silent gratitude isn't very much use to anyone." - Gertrude Stein

October B-Days

Scott Boushee - Sat. the 13th

Jason Common - Sat. the 13th

Jon Schroeder - Mon. the 15th

Marshal Monk - Thurs. the 18th

Marc DeMers - Sat. the 20th

Chris Reck - Fri. the 26th

Stanley Mercer - Sat. the 27th

Robert John Zavoral - Thurs. the 18th

Happy Birthday from the RJZ Family!

Safety Central

Water: An Essential Element

Water makes up more than two-thirds of the weight of the human body. An average adult loses about 10 cups of water a day. This needs to be replaced, so the typical recommendation is to drink 8-10 cups of fluid each day. Some of the water in our body is obtained through foods we eat (those that are 85-95 percent water) and some is the byproduct of metabolism. But drinking water is our main -- and best -- source of hydration. We also obtain water through liquid foods and beverages, such as soup, milk and juices.

Alcoholic beverages and beverages containing caffeine (coffee, tea and colas) are not the best choices, because they have a diuretic (water-excreting) effect. If an inadequate amount of water is consumed, the body fluids become imbalanced, causing dehydration, which can be life-threatening when severe. Water is a lubricant within the body, and is the basis of saliva and the fluids surrounding the joints. Water regulates body temperature through perspiration. It also helps prevent and alleviate constipation by moving food through the intestinal tract.

