

ADVANCED BUILDING CONCEPTS

A tradition of quality and craftsmanship

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ABC MISSION STATEMENT

*Relationships Built On
Ethics, Integrity And Trust*

Advanced Building Concepts is a full service family of quality-committed employees, contractors and suppliers dedicated to providing the finest construction services to a select group of residential, industrial and commercial clients in our service area. We are committed to providing and maintaining our personalized style of hands-on management on every construction project to produce satisfaction and profit for all. As a result of our determination to pursue continuing education, we create a safe working environment for our loyal family of employees to benefit from. We prove our excellence one repeat customer at a time and our reputation is maintained one project at a time.

John Brooks, President

FUTURE PROJECTS BY JOHN BROOKS

FUTURE PROJECTS

ABC has finally obtained the building permit for the construction/renovation of Rhode Island Construction Training Academy, (RICTA) for Associated Builders and Contractors. We have started on-site this week with some of the layout. ABC's insurance provider has purchased a retail/office building in East Greenwich. ABC has proposed to renovate that building and we are awaiting approval.

On the island this month we are looking at several projects: Melville Campground, Sachuest Beach, an interior home renovation on the Ocean Drive, and the construction of a new maintenance building.



SHOWN ABOVE: Shown above is a picture of the cross that was recently reinstalled on top of the spire at The Church of St. Gregory The Great. This photo was taken from the back field of the Portsmouth Abbey School by Brother Joseph Byron. The cross looks like it could be on fire.



SHOWN ABOVE: "THE TRINITY" by Richard Lippold, being reinstalled over the altar at The Church of St. Gregory The Great. When Richard Lippold created this sculpture in 1961 he used about four miles of gold-plated wire. Newman Ltd. of Newport is the contractor that was hired to restore and reinstall the sculpture. The gold wire is visible on the left and right sides of the sculpture.

WORK IN PROGRESS BY JAY EDWARDS

PORTSMOUTH ABBEY CHURCH

The wood has been completed, the stained glass has been installed, and everything on both the interior and exterior finish has been painted, and the staging has been removed throughout the PAS Church renovation.

The storm window panels have been re-worked to reinforce the fragile blue glass, and the panels are being installed. The interior flooring was sanded and refinished over the school's February break, while the wires and array work continue in the altar

area.

NEWPORT HEIGHTS

The owner's side of the Newport Heights project is in punch list mode, as ABC and the subcontractors push to complete this phase. On the rental side, work on the finishes is through Building One at the corner of Beacon and Winslow. The porch decking and railings are being installed by Joe Duffy and the rest of the ABC crew at the site.

When the warmer weather finally comes, the site work will be able to resume, and the western side of this project will

start to look like the previous phases.

Work continues on the interior finishes on both the Rental and Owner sides of the project. Several units have been punched out and are now substantially complete on the Owner's side. ABC field crews continue to install decks, rails and, where applicable, steps on the exterior of the Rental units. The trades continue to complete the interiors from rough along the north side to finish along the southern side.

THIS MONTH IN SAFETY

BY ANDREW BROOKS

FALL PROTECTION

This month in safety we are going to discuss fall protection and problems that can occur when you do not use it properly. Construction is a potentially high hazard industry for those who work in it, with falls at the top of the hazards list. In fact, falls are the most frequent cause of fatalities on construction sites and annually account for one of every three construction-related deaths.

The first and most important thing that you will need to do is inspect all of your gear to make sure that it is not damaged in any way, and that it all works properly. The next thing is to make sure that you put on the harness properly. If you do not wear it properly and fall, you could end up with Suspension Trauma. This occurs when you hang from your harness and your body loses its blood flow, which can lead to death in less than 15 minutes. So this month everyone stay safe, and double check your fall protection equipment. Keep up the good work!

ABC HAPPENINGS

BY PAMELA DOUGLAS

Congratulations to Jay Edwards on his recent LEED accreditation. Jay just recently became a LEED Accredited Professional (AP). LEED, which stands for Leadership in Energy and Environmental Design, a green rating system established by the United States Green Building Council (USGBC) is a certification designed to set a standard for high efficiency green buildings. A LEED AP can suggest ways to earn LEED credits without extra cost, identify ways to offset certain expenses, with savings in other areas.

Rob Wegener is inviting everyone to join him in the 2nd Annual Special Olympics Torch Run Plunge on Sunday, March 8th at 12:00 NOON at Easton's Beach in Middletown at the Atlantic Beach Club. Anyone wishing to participate in the plunge itself, minimum donation is \$50.00. Registration starts at 10:00 AM, 11:15 AM Tug of War and games on the beach begin, PLUNGE is at 12:00 Noon. 12:30 PM Post Plunge Party at Johnny's Atlantic Beach Club with great food and music. "Dress to Impress Post Party" - Prizes will be given out for the best costumes—all non-plungers can join the party for a \$15.00 donation. For any additional information, see Rob Wegener.

Look for Jay and Pam (not together) in the St. Patrick's Day Parade on Saturday, March 14, 2009. Jay will be marching with the State and Local Government leaders. Pam will be marching with the Newport Elks. The parade steps off at 11:00 AM at City Hall in Newport. We're hoping for sunshine!

Birthday greetings for March go out to Pete Godek - Happy Birthday to you!

If anyone has any "news" like births, engagements, or other things of interest, please let me know so I can publish them.

... TO YOUR BENEFIT

BY RAY DAUPLAISE

401 (K) LOANS

One of the features of our 401(k) plan is the ability to borrow money from it at rates which might be more favorable than other forms of credit. Loans can only be made to an active employee, that is anyone who is currently working for the company. Loans requested must be at least \$1,000 and cannot exceed \$50,000 or half of the value of the vested balance, whichever is less. The balance in your account serves as collateral for the loan, hence the 50% limitation. The maximum loan period is five years and repayments are made on a weekly basis by payroll deduction. Loan repayments can be suspended up to five years for a military leave of absence, not to exceed the actual period of service. For other leaves of absence, such as family medical leave, payments could be suspended for as many as twelve months.

There are some downsides to borrowing from your account. There is a fee for a loan, currently \$115.00, and an employee is only allowed to have one loan outstanding at

any given time. If an employee is terminated for any reason, including layoff, the entire balance of the loan must be repaid within thirty days. If not repaid, the loan is in default and the remaining balance is deemed to be an early withdrawal, which makes the amount subject to income tax and a 10% penalty as well. There is one other potential cost with a 401(k) loan - loss of income. When you borrow money from your account, investments are cashed to make the loan and now these funds earn the rate of interest on the loan. You forego whatever income might have been earned on these investments as well as any market appreciation that might occur during the time that the loan is outstanding. So your actual cost of borrowing could actually be higher than what you might have paid to borrow the money elsewhere. Of course, the opposite could also be true if the investments would have lost value during the loan period.

As always, see me if you have any questions.

NEWPORT HEIGHTS PROGRESS CONTINUES: On the right—Corner of Winslow—Bldg. 17 and 21 on the left headed toward Hillside Avenue.

Inset picture—Building 18 and 19 looking toward Hillside Avenue. Shown below to the right: Building 18



and 19 looking toward Hillside Avenue. Shown below—Looking up Winslow toward Parkside Circle. The decorative street lights have been installed the sidewalks are done and the binder

coat on the roads and the driveways has been laid. The top coat for the roads and the driveways is coming in April. The landscaping and site-work that had been delayed due to the winter weather will be starting again this month.

