

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

POTENTIAL PROJECTS

ABC has volunteered to manage the construction/renovation of the Rhode Island Construction Training Academy, (RICTA) for the Associated Builders and Contractors. We are currently working on design, and finalizing the construction budget. Onsite work should begin in mid September.

We are currently negotiating a project in Tiverton for the construction of a Club House and Marina. The Marina is scheduled to be constructed this fall, and the Club House next summer.

ABC was invited to provide the Mater Ecclesiae College a construction management proposal for a new library building. The proposal was submitted and the decision should be made by September 15th.

ABC's insurance provider is purchasing a retail/office building in East Greenwich. We provided a design build proposal to renovate the building, we are awaiting the purchase deal to close.

A lot of the projects that have been sitting idle for the past 6 - 12 months are now beginning to pick up momentum—2009 looks like it should be a record year.



ABOVE: Progress is showing on Building 18 at Newport Heights. Building 18 is the first building that will be completed on the job. The expected completion is mid-late October. On the left is Building 18 from last month's newsletter, on the right is the progress picture of Building 18.

WORK IN PROGRESS BY JAY EDWARDS

WORK IN PROGRESS

Work on St. Gregory's Church kicked up a notch with the delivery of the western red cedar from the west coast. ABC has been installing the steel plates and cross braces in preparation for the removal of the exterior walls after the removal of the remaining stained glass. The sculpture has been removed and is being re-worked by the Owner's subcontractor while ABC starts to ready the choir area so the sculpture can

return in early October.

The Newport Heights project is progressing well on both the Owner and Rental sides. The Owner buildings are roofed and are almost all weather tight as the MEP trades follow with their rough-in work. The rental side is in various stages of construction from waiting for the new slab to near weather tight. ABC's crews are installing the sonatubes and hold downs for the new porches, installing the exterior building trim

and trimming out and decking the porches. Siding has started on the owner side, and insulation and drywall are set to start soon.

The Bradley School Kitchen renovation started this month as ABC completed the existing equipment survey and removal prior to the asbestos abatement. The area has been cordoned off from the rest of the school so the work can continue during the school year which is about to start.

THIS MONTH IN SAFETY

BY ANDREW BROOKS

MOST FREQUENT VIOLATIONS

September's safety topic will focus on the six most frequent violations of the construction industry. These violations include fall protection, electrical, stairway and ladder, driving, scaffolding and trenches. Surely you have heard stories of how dangerous these aspects of construction can be. Several of these topics have been discussed at previous safety meetings, but we will expand on those others that have not been previously discussed.

On Wednesday, September 3, 2008, I will be attending the kick-off meeting for SAFER (Safety Alliance Furthering Educational Resources). SAFER has been organized to provide the RI construction community with FREE and valuable information concerning construction safety. This should be a valuable tool towards a much safer work environment in the future.

Our safety record for the past month has been very good - keep it up!

ABC HAPPENINGS

BY PAMELA DOUGLAS

As this month's edition of Advanced Monthly goes to print, Labor Day is upon us which signals the "unofficial" end of summer.

The 2nd Annual Family Day was held on Sunday, August 24th. There was great weather, abundant food and the company couldn't have been better. As part of this year's family day, participants were asked to bring canned and dry goods to be donated to the Martin Luther King Center Food Pantry, along with a 50/50 drawing where half of the money went to one winner, and the other half will also go to the food pantry. The winner of the 50/50 drawing was Mike "Lucky" Oliveira. Thank you to everyone that donated to the food pantry and brought food and helped to make this day a success.

And although the summer may be winding down, the next Friday Lunch Cookout will be held on Friday, September 26. Hope all of you can make it.

The end of summer brings thoughts of Fall and Winter activities. The 2009 United Way campaign will be starting soon - more on this in the weekly news. Also, Thanksgiving, Christmas and New Year's. Watch your weekly news for more information.

Birthday greetings for September go out to David Kirchner and Pam Douglas.

... TO YOUR BENEFIT BY RAY DAUPLAISE

401(k)

In my mind, the most valuable benefit ABC offers its employees is participation in a 401(k) retirement plan. For 2008, an employee can defer as much as \$15,500 to a 401(k), plus an additional \$5,000 if over 49 years old by year-end. Under a traditional IRA, this annual limit is \$5,000, and \$6,000 for us oldies.

Social Security, or what may be in its place by the time the younger folks among us retire, is intended to be a supplement to people's savings. It was never intended to be a primary source of retirement funds. In fact, it was designed to provide a poverty level of income! Can you live

on \$1,200 or so a month? Is that how any of us intends to enjoy our golden years?

Unless you plan to dramatically alter your lifestyle and do pretty much nothing, your level of income needs to be pretty close to what you're earning today. It's possible you'll need more than you spend now because you'll have all sorts of free time on your hands! You need to start saving for this today, because the sooner you start, the less you have to put away each week to achieve a decent living standard when you retire.

Saving for retirement is easy if you never see the

money. Furthermore, your net paycheck will not go down as much as you defer because the deduction is made before income taxes are calculated. So, for example, if you defer \$50 per week, your net check might decrease by only \$30. It's like getting a \$20 interest-free loan that you don't have to repay until after you retire and you can invest it tax-free until then as well. That's a big bonus that can add thousands of dollars to your retirement funds!

In order to emphasize the importance of saving now and helping employees live above poverty level at retirement, we are making a change to our 401(k) plan. Effective October 1, all employees will be automatically enrolled in the plan when they become eligible to participate. Wage deferrals will be set up for all new employees in the amount of 3% of gross wages. Additionally, we will set up the same wage deferral for all existing employees not already participating in the plan on that date. Any employee will be able to opt out of the deferral by signing a statement indicating that he/she does not want this deferral.

We cannot over-emphasize the importance of planning now for retirement. As it turns out, it's not as far off as we think it is!

BELOW — John and Andrew Brooks busy at the grill at the 2nd Annual ABC Family Day, held at the Newport Elks Lodge in Newport. Thank you, John.



BUILDING & INFORMATION TECHNOLOGY BY JEFFREY BROOKS

GEOTHERMAL HEAT

I am sure we have all heard of geothermal heat before. We have heard that it can be ridiculously expensive in this part of the country, and generally has a pretty poor payback period. But still, what is it? With geothermal heating and cooling, you still need to have a boiler like any other house has, and you most likely will still need an air conditioner, or at the very least, an HVAC system. Geothermal heat consumes minimal energy because it essentially runs off of intake and exhaust fans.

Below the frost line the earth's temperature never really moves outside of 50°-60°F. Geothermal heat takes the outside air and pushes it down a well to below the frost line where the air moves around and either disperses its heat in the summer or absorbs the

heat from the ground in the winter. The air is then pulled up into the home where it is either further heated or occasionally further cooled. It creates less load on your existing HVAC units and heating systems, significantly reducing your energy bills.

Then why would it be so expensive in the Northeast? Ice glaciers and our extremely shallow bedrock. When you receive a proposal for this system, the cost will almost never be accurate. The cost could be much less, or significantly higher, depending on your location, if your house is sitting on a rock ledge or on solid bedrock. Out west, if they were to put geothermal heat in your neighbor's house, it would cost essentially the same, but here in the northeast, the price could be wildly different only 100 ft away.

Overall, if you are willing to take the risk, it is definitely worth the investment in the savings in heating and cooling for the coming years.