



# In The Gutter



April 4th, 2024



We look forward to seeing you at the MGI/PDC/BFM annual party on 4/6! Cocktails to start at 6pm, with dinner to begin at 7pm in the Leelanau Ballroom. This is a kid free event! We have the ballroom until 10pm. Busy season is coming up - be prepared to change over to Black and RED season. That means you are scheduled to work Monday - Friday. Black season time off requests must be submitted before the schedule is released (1 week before) and no PTO needs to be used. Red season time off requests must be put in **two weeks prior** and PTO is required to be used and available



## Atta Boys from March

Congrats to February's winner - Tim!

Welsey & Damon - Wilson  
Job



## Reminders

Be sure to pack your rain gear and some extra clothes as we come into our rainy/wet season!

Your clothing allowance was updated at the beginning of the year - if you need gear, check your balance and place an order!

## Birthdays and Anniversaries

4/1 - Thank you for 11 years of service  
Chad!

4/4 - Thank you for 2 years of service Jesse!

4/11 - Happy Birthday Chris!

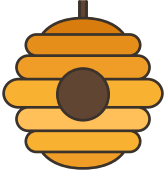
4/14 - Thank you for 12 years of service  
Mark!

4/19 - Thank you for 14 years of service  
Jason Ball!

4/19 - Happy Birthday Matt Gelles 🦋 🦋

4/23 - Happy Birthday Steve!

4/25 - Thank you for 2 years of service  
Rob!



# Safety Meeting Recap

## Wasps and Hornets



- Inspect your work area before starting for signs of bees or wasps.
- Wear light-colored, smooth-finished clothing to cover as much of the body as possible.
- Keep work areas clean. Insects may be attracted to discarded food or open drink containers.
- If you are attacked by several stinging insects at once, run to get away from them. (Bees release a chemical when they sting, which may attract other bees.)
- A shaded area is better than an open area to get away from the insects.
- If you are able to physically move out of the area, do not attempt to jump into water. Some insects (particularly Africanized Honey Bees) are known to hover above the water, continuing to sting once you surface for air.
- Workers with a history of severe allergic reactions to insect bites or stings should consider carrying an epinephrine auto injector (EpiPen) and should wear a medical identification bracelet or necklace stating their allergy.

### First Aid

If a worker is stung by a bee, wasp, or hornet:

- Have someone stay with the worker to be sure that they do not have an allergic reaction.
- Wash the site with soap and water.
- Remove the stinger using gauze wiped over the area or by scraping a fingernail over the area.
- Never squeeze the stinger or use tweezers.
- Apply ice to reduce swelling.
- Do not scratch the sting as this may increase swelling, itching, and risk of infection.



Foreman  
Meeting to be  
held on 4/9.



Safety Meeting on  
Driving with Trailers  
to be held on 4/23.  
Breakfast to be  
provided.

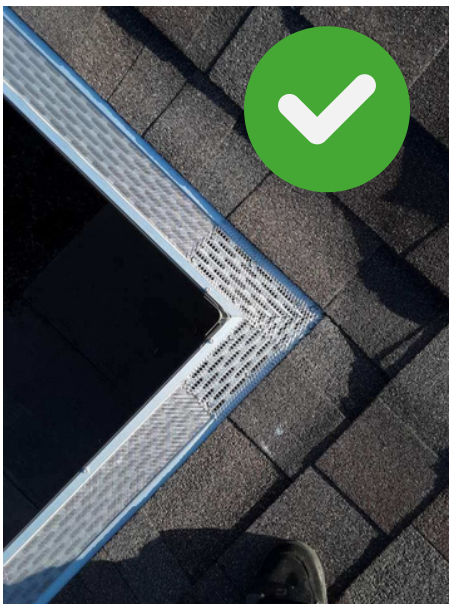


# Do's and Don'ts



DO NOT leave gaps or exposed areas on gutters with armour guard. Basic screen can be cut into this area to handle the valley and roof lines if needed.

DO NOT use roofing screws to attach armour guard to the gutter.



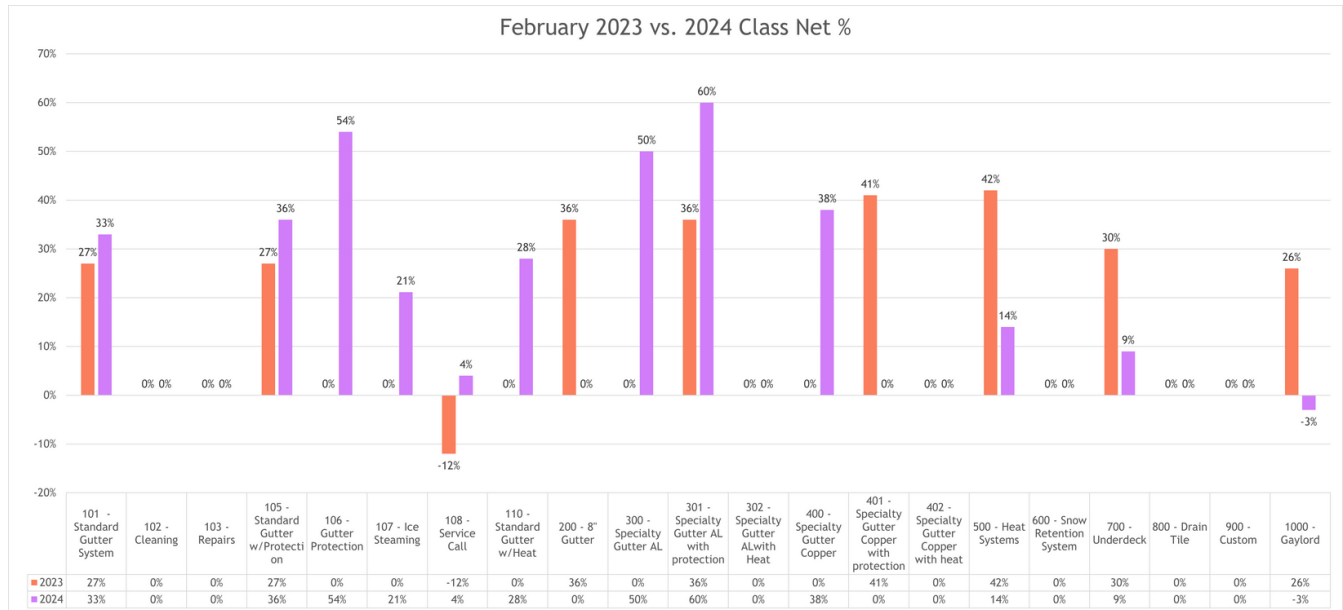
DO make sure the AG has a tight fit, and again basic screen cut in if it is needed.







# Let's Talk Numbers



The above graph compares the net percentage of profit from each class from February 2023 and February 2024.

## Mental Health Corner

### Sleep Awareness for Better Health

Getting better sleep consistently is as important for your health as good nutrition and exercise. While good sleep habits seem like common sense for adults and our youth, putting them into practice takes commitment and planning. Our behavioral health experts discuss tips for encouraging quality sleep, the effects of substance use on the sleep-wake cycle, and why sleep is critically important to our kids and teens.

TIPS FOR GETTING BETTER SLEEP CONSISTENTLY

SLEEP IS CRITICALLY IMPORTANT FOR CHILDREN AND TEENS

HOW SUBSTANCE USE AFFECTS SLEEP QUALITY