

Constructively Speaking

Our Mission

The mission of the people of Frye Builders & Associates, Inc. is to understand the needs of our most valuable asset, the customer. We strive to provide affordable, quality construction services, on schedule, performed safely, with timely communication and a positive attitude. Our goal is to achieve total customer satisfaction while providing the greatest personal satisfaction and opportunity for growth for our employees.



The gold medal winners, pictured left to right are: Scott Goeres, Pipefitter, ACI Mechanical, Inc.; Andrew Nelson, Insulator, Iowa Insulation, Inc.; Will Price, Carpenter, Frye Builders & Associates, Inc.; Paul Williams, Millwright, Keen Project Solutions and Lee Palmer, Electrician, K&W Electric, Inc.

Iowa Team Wins Gold Medal at ABC's National Craft Championships

The Associated Builders and Contractors of Iowa Apprenticeship & Training Trust's team won the gold medal at the 29th Annual National Craft Championships in Fort Lauderdale, Florida, earlier this year. The team competition consisted of journey-level professional carpenters, electricians, insulators, millwrights and pipefitters.

The winning team included Frye Builders & Associates' carpenter Will Price of Muscatine, electrician Lee Palmer of K&W Electric, Inc., insulator Andrew Nelson of Iowa Insulation, Inc., millwright Paul Williams of Keen Project Solutions, and pipefitter Scott Goeres of ACI Mechanical, Inc.



The National Craft Championships featured a field of more than 200 craft professionals from 32 states competing for top honors in 15 competitions across 13 crafts. Competitors first took an intense, two-hour written exam and then competed in a daylong hands-on practical performance test.

The competition was developed in 1987 to help celebrate and recognize craft training in construction careers. Each year the competition draws some of the nation's most talented craft professionals and highlights the important role that craft skills training plays in the construction industry. This is the second year the competition has also featured the team competition with five different crafts working to complete a joint project. The National Craft Championships Committee, which is composed of leading merit shop construction firms, plans all year for the two-day competition.



2213 Second Avenue
P.O. Box 36
Muscatine, Iowa 52761
TEL (563) 264-5045
FAX (563) 264-5053
EMAIL info@fryebuilders.com

Mike Frye, President
Jeff Frye, Vice President
Steve Blaser, Vice President
of Field Operations

Frye Builders & Associates, Inc. and Deane Frye Inc. are celebrating 62 continuous years in the construction business in 2016.

Succeed With Kindness and These 5 Kindly Tips

Nice people can finish first. The key is knowing how to use kindness to your advantage. Practice these habits in your business and personal lives and they will become second nature:

- First, be kind to yourself. You'll find being nice to others easier if you build your self-respect with positive thoughts about your personality and achievements.
- Treat everyone with respect. Don't worry about who's on top. Treat everyone the way you want to be treated, regardless of their position or job title.
- Say no when necessary. You can't do everything. But when you do say no, be polite and positive.
- Plant seeds of kindness. Do something nice every day even when your kindness may not have an immediate payoff.
- Complete this statement: "If I were a better person I would _____." Then act on it.

Ants Send and Receive Signals Via Antennae

Ants may not be able to speak, but they can communicate effectively through signals they receive—and send—through their antennae, researchers at the University of Melbourne have discovered.

Ants use chemicals called CHCs (cuticular hydrocarbons) to identify whether other ants are friendly or hostile. When CHCs are removed from an ant's antennae, it can no longer tell whether other ants are from its nest. The CHCs apparently enable ants to share basic information about their affiliation, something scientists could not confirm until recently.

Antennae have long been known as vital to ants' behavior. In an experiment conducted more than 125 years ago, a scientist removed the antennae from four different groups of ants and placed them together. Instead of breaking out into fights, the ants interacted peacefully with each other. The role of CHCs clarifies how such communication works, scientists say.

How To Stimulate Creativity and Generate New Ideas

If you want to encourage an atmosphere of innovation and entrepreneurship in your organization, try what others have done—hold a regular "pitch day" for employees to suggest projects and ideas to senior management.

Urge them to cross team boundaries and work together with co-workers from other departments in developing ideas. Choose the best projects for implementation, at least on a pilot basis. You'll generate lots of ideas, and enhance teamwork in your organization as well. In addition, employees will feel more vested in projects when they have helped to create them.

A net was set up under the Golden Gate Bridge to catch construction workers if they fell. How many men were saved?

Construction Trivia

- 1) How many bricks were used in the construction of the Empire State Building?
a) 10 million
b) 5 million
c) 50 million
d) 25 million
- 2) The Occupational Safety and Health Administration (OSHA) was formed in what year?
a) 1956
b) 1927
c) 1970
d) 1910
- 3) The Hoover Dam contains enough concrete to pave a road from San Francisco to New York City. How much is that?
a) 23.2 million tons
b) 3.1 million tons
c) 90.4 million tons
d) 6.6 million tons
- 4) A net was set up under the Golden Gate Bridge to catch construction workers if they fell. It became known as the "halfway to hell club." How many men were saved?
a) 2
b) 19
c) 181
d) 56

Answers: 1) a; 2) c; 3) d; 4) b

Current Projects

Courtyard Estates of Farmington Petersen Health Care

Farmington, Illinois

Estimator – Mike Frye

Superintendent – Steve Blaser

Union Tank Car – New Waste Water Treatment Building

Muscatine, Iowa

Estimator – Zack Frye

Superintendent – Steve Adolphson

Dennis Hanser Residence

Tipton, Iowa

Estimator – Zack Frye

Superintendent – Mitch Plambeck

Raymond Muscatine

Muscatine, Iowa

Estimator – Jeff Frye

Superintendent – Steve Adolphson



Courtyard Estates of Farmington



Union Tank Car



Hanser Residence



Recently Completed Project: *Yummy Yogurt Café, located at 1150 N. Sixth Street, just off U.S. 34 in Monmouth, Illinois.*

Planning A Project? Give Us A Call!

We would love to talk to you about your upcoming project. Contact us at info@fryebuilders.com or call us at (563) 264-5045.



United We Stand



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