

Butternut Squash Soup

This soup is great for the upcoming autumn season. It's surprisingly filling, but not so much that you feel too full.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 onion, thinly sliced
- 4 cloves garlic, smashed
- 2 fresh sage leaves
- 2 teaspoons kosher salt
- Freshly ground black pepper
- 2 medium canned plum tomatoes
- 1 medium butternut squash (about 2 pounds), peeled, halved, seeded, and diced
- 4 cups low-sodium chicken broth or water
- 1 teaspoon balsamic vinegar

Optional toppings:

Either Cinnamon OR 2 tablespoons freshly grated Parmesan



Directions

1. Heat the olive oil in a soup pot over medium heat. Add the onion, garlic, sage, 1 teaspoon of the salt and season with pepper, to taste. Cook, covered, stirring occasionally, until soft and fragrant, about 15 minutes. Raise heat to medium-high, add the tomatoes, and cook, stirring with a wooden spoon, until the tomatoes break up and the onions brown slightly, about 7 minutes.
2. Add the squash and the remaining teaspoon salt, and continue to cook, stirring occasionally, until the squash is tender, about 12 minutes. Add the broth, bring to a simmer, and cook, uncovered, until the vegetables are tender, about 20 minutes. Set aside to cool slightly.
3. Working in batches, puree the soup in a blender, or with an immersion blender. Return the soup to the pot and reheat over medium heat. Stir in the vinegar. Serve. Top with either cinnamon or parmesan.

Pet Photo Contest

Who has the best or cutest pet at Welch and Rushe? Please send us your best pictures!

Are they dressed up? Did you take professional pictures of them? Or are they just plain adorable? Show off your animal baby for the chance to win a **\$50 Visa Gift Card** and to have them featured in next quarter's newsletter. Email pictures to Sarah at skoch@welchandruse.com no later than Friday, December 6. Only one pet and one entry per employee so put your best paw forward!

Be sure to include your name, your pet's name and anything you'd like to say about the picture. We will post them on the Welch and Rushe Facebook page and have our followers vote!

"Like" Welch & Rushe on Facebook!

We are excited to improve our presence on social media.

We are **highly** encouraging you to take pictures and/or videos of your sites, (with the customer's approval). You can send your pictures to Sarah Koch for approval and posting!

If you have article ideas for next Quarter's newsletter, such as recipes, new family member, personal accomplishments, etc., email Sarah at skoch@welchandruse.com for details.

Employee of the Quarter

Larry Graves

Vice President
 Started November 1991

Larry has been an outstanding employee and an inspiration to many young men and women over the years. He dedicates many hours into making our company great. He started in the field as a Plumbing Foreman and worked his way up to Vice President. We appreciate you for everything you do and the amount of pride you put into your work. You truly are an incredible part of our family here at Welch & Rushe.

"Larry is an invaluable part of Welch & Rushe. I have gained tremendous respect for his honesty and never-ending dedication to his position over the years." - David Welch

A Strong Finish for the IMF

By: Sarah Koch & Melissa O'Neill

Multi-phased. Occupied. Horizontal construction. Those are the three worst phrases a construction crew could hear. And the IMF building had all of those qualities. In May 2013, Welch and Rushe was awarded the International Monetary Fund Headquarters (IMF) project in Washington, D.C. and is now only months away from closing out. The building itself was built in different phases between 1973 and 1998; needless to say, it was in dire need of refurbishment and replacements.

The remodel project consisted of 13 floors above ground and 6 floors underground totaling well over 1 million square feet. According to foreman Charlie Mudd, "It was a particularly challenging job even for a remodel." Charlie and his team were working while the building was still being occupied. Both daytime and nighttime shifts were continuously working, often including weekends and even holidays. The plumbers had multiple bathrooms to update, two kitchens and a fitness room. Upstairs in the penthouse, our team had to run mechanical mains around existing duct work to phase out all the old systems with new ones that were more efficient.

Rick Armstrong, the Project Executive, has seen almost everything happen with this project. "Logistically, it was a very difficult job. Design changes were inevitable and there were almost 2,000 separate change proposals." Despite all the changes, he was never shaken by the size of the project.

Stuart Clayton, Project Manager, agreed with Armstrong saying, "the nature of the building was a complication; a lot of unforeseens." Also like Armstrong, the unforeseens never intimidated him, "It was just another job." When the renovation is finished later this year, Welch and Rushe will close out the largest project in our company's history.

October is International Breast Cancer Awareness Month

By: Melissa O'Neill

One in eight women in the United States will be diagnosed with breast cancer in her lifetime. Each year it is estimated that over 252,710 women in the U.S. are diagnosed and more than 40,500 will die. Breast cancer is the second leading cause of cancer death among women. Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.

What is breast cancer? Breast cancer is a group of cancer cells (malignant tumor) that starts in the cells of the breast. Healthy cells are the basic building blocks of all tissue and organs in the body. When cell DNA is damaged, mutated cells start to rapidly reproduce without following the DNA's plan. These cells can spread by breaking away from the original tumor and entering blood or lymph vessels, which branch into tissues throughout the body.

Breast cancer can't be prevented, but early warning signs may involve the discovery of a new lump or a change in the breast tissue or skin. Women should perform a self-exam each month and any changes or abnormalities should be discussed with a doctor. They will also check for lumps or other physical changes in the breast that may need to be investigated. In such cases, a mammogram may be required to allow a qualified specialist to examine the breast tissue.

Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options. Leading a healthy lifestyle can help you reduce your risk factors for breast cancer.

Field Employee Shout-Out

Matt Berry

Plumber Foreman
 Started March 2012

We would like to thank Matt for his hard work and dedication. Your work at WMATA as well as other projects has been a great help. You are a wonderful asset to our company.

"Thanks for all the early mornings you and the crew have put into this project" - Josh Graves

Our Growing Company By: Sarah Koch



In mid-July, Megan Dawson joined the Welch and Rushe team as an Accounting Assistant. She sees her new position as a career that can provide plenty of room to grow. While at home, she loves nothing more than to play with her two new puppies.

Ian Hislop has been a Coordinator for the past 15 years. He was able to learn everything about being a Coordinator through his experience in the field. He decided to join Welch and Rushe on August 19 for a change of pace and a change for the better. On his days off, he likes to relax by going out and hiking.



Katrina Meek was hired on August 12. She has been an Assistant Project Manager for many years. She's currently enrolled at CSM and will graduate in the next few months. Her friend and fellow Welch and Rushe employee, Jessica Moul, told her about an open APM position and the rest is history. In her free time, she loves playing with her three kids.



Luis Naranjo has been out in the field for the past three years. His interest in becoming an APM with Welch and Rushe was piqued when he saw several positive past employee reviews. Since joining us on June 24, he has not been disappointed with his expectations. With his free time, Luis enjoys watching football and sightseeing in DC.



Newly Awarded Projects

Ft. Meade Bldg. 9706 (\$2,750,000)

General Contractor: M.A. Mortenson Co.

Estimator: Chris Riddle

Project Manager: Steve Kerkeles

The Communications Workers of America in Washington, DC (\$1,130,000)

Prime Contractor: Welch & Rushe.

Estimator: Bill Fowler

Project Manager: Bill Fowler

Assistant Project Manager: Angie White

Howard U. Blackburn—Misc. Pipe Repairs in Washington, D.C. (\$245,000)

General Contractor: Asturian

Estimator: Bob Williams

Project Manager: Jeff Davis

Milestones

Happy 5 Year Work-iversary to:

Billy Baker—Foremen (August 2014)

Stuart Clayton—Project Manager (July 2014)

Happy 20 Year Work-iversary to:

Dan Frey—Service (September 1999)

Wedding Bells

- ◇ Three cheers for Nic Gagnon (Estimator) and his soon-to-be wife Alexis who tie the knot in October!
- ◇ Congratulations to Donnie Holtzclaw (Plumber Foreman) and his fiancé Kelsey. We wish you a happy and stress-free engagement!

Baby Fever

- ◇ Mike Heamstead (Service Technician) and his wife Tiffany welcomed their newborn, Sadie Jade, into the world on September 4th.
- ◇ Josh Leaman (Laborer) made it to Grandpa status... for the seventh time! His grandson Dylan was born on August 15th.
- ◇ Congratulations to Sammy Osborne (Fitter Apprentice) and his wife, Lauren, who are expecting their first child in early 2020!

Union Meeting Reminder

If you'd like to voice your opinion, please attend Union meetings.

Rob Tuscano (Service Project Manager) wants to remind everyone that Union meetings are extremely important!

Local 602 Steamfitters meet on the first Tuesday of each month .

Local 5 Plumbing meet on the third Wednesday of each month.

Please go to their respective websites to find out more information.

We're Expanding By: Jeremiah Cleman

As we receive more contracts and grow, we need to order more material, equipment and tools. All those items need a place to go before they get on a jobsite and we are running out of room in our current warehouse. We've decided it's time to expand. We are in the process of setting up a new warehouse at 665A Commerce Drive. Don't worry, it's not far; it's in the same plaza as the Collington Kitchen deli. This move will also allow for a much-needed expansion of the fabrication shop. Our Warehouse Manager Tommy Godbold will be there full-time. "The new warehouse will allow for a more controlled environment," said Tommy.

We appreciate everyone's help in adjusting to the new setup. Feel free to stop by and check out the new space! If you have any questions, send him an email Tommy at tgodbold@welchandrushe.com.

