

G & L 2019 Mid-Year Newsletter



"George & Lynch will always be the preferred company that provides high-value added services to safely build, operate and maintain infrastructure that supports the continued quality of life in our communities."

Chris' Corner

At times, I know I'm so focused on a task or making progress on my to-do list, that I don't always see the details of the work is taking place around me. Perhaps it is the same way with some of you? Whether I always notice or not, I am aware of the diverse talents and skills that we as a company possess and need to get a project done. Hopefully, at least some of those abilities have been learned at G&L. I believe we all have certain aptitudes from an early age and pick up tips and tricks to add to our individual toolkits throughout life. Personally, I spent time as a carpenter and farm hand before getting into this field of work. I still use a lot of those skills today.

Speaking of skills, I want to highlight one skill I do NOT have. I welded a little bit on the farm, but I can't claim I was good at it – just couldn't seem to even see the what I was doing. It wouldn't be fair of me to refer to one individual in our shop as 'welder', maybe not even 'fabricator'. 'Master craftsman' is more like it. Richard Sterling builds factory quality stuff. He takes pleasure in his work, as I hope you all do. Recently, he has been making rollers to use with pipe welding and transport on a project to repair sewer main under the median of US13 in Dover. I was sort of messing with him and asked him if he ever signs his work (as an artist would). He doesn't, but he showed me how he welds GL on each finished item. That may help to identify our property or perhaps deter theft. The most important thing to me is the pride he took in doing this work for G&L. Richard, thank you for a job well done!

We are experiencing difficulty finding a number of new employees with the skills needed in our industry. We are thankful for the new employees that have come on board. Did you know the average age of workers in our industry in Delaware is 47? It's about the same here at G&L. Please share your knowledge by helping to train new employees and the next generation.

In appreciation,
Chris Baker

We are George & Lynch



Kickball Tournament

George & Lynch participated in a kickball tournament at the DE Turf Sports Complex in Frederica in June. It was a great time helping raise money for their playground. We won the Best Decorated Tent award which looked amazing and showed our G&L spirit! Thank you to everyone that helped out!







Save The Date! - Christina Funk

We are excited to be having the Fall Festival at Killens Pond State Park in Felton this year. It will be October 5, 2019 at Pavilion 1. Be sure to RSVP when we send out the flyers so that we can get a park entrance pass to you, otherwise you would have to pay an entrance fee. We hope to see you and your family there!

George & Lynch has made contributions to the following organizations over the past 7 months:

- Epworth Christian School – 16th Annual Gala
- Lewes Little League
- Ace Mentor Program – Whiting & Turner
- Smyrna/Clayton youth Lacrosse
- Dover Fire Department
- Dover Little League
- Delaware State Police Mounted Patrol Unit
- Rehoboth Boys & Girls Club
- Ducks Unlimited
- Delaware Stars Youth Ice Hockey
- Sharp Energy
- Leukemia & Lymphoma Society Delaware
- Kent County Safe Summer Day 2019
- USO
- City of Dover 4th of July
- First State Corvette Club
- Gumboro Fire Company
- Delaware Botanic Gardens
- Modern Maturity Center – Gala
- Delaware Turf Regional Sports Complex
- Delaware Community Foundation
- Delaware Breast Cancer Coalition – Lights of Life

Hi Everyone,

Please contact your Physician's now to make your appointments for your annual physical. This is only If you and your spouse are on the George & Lynch, Inc medical plan. Physicians are booking through the end of the year. If you need help finding a doctor please e-mail me at kmurphy@geolyn.com

We will be visiting crews over the next month, and will be helping you to log into your wellworks account. This will help prepare you to send off your wellness information.

Thank you,
Katie

If anyone has any questions. I'm available to you:
Katie Murphy, HR Manager
(office) 302-342-3136
(cell) 302-218-4351- (also by text)
(e-mail) kmurphy@geolyn.com

Thank you! Let's make this benefit year a successful and HEALTHY one!!!
Katie



THE IMPORTANCE OF PREVENTATIVE CARE

Preventative care includes health services like screenings and check-ups that are used to prevent illness, disease, and other health problems. Many medical conditions can be recognized and treated in the early stages by completing your preventative screenings and immunizations.

DID YOU KNOW?

Prevention is the key to avoiding disease and establishing a lasting relationship with your Primary Care Physician is the first step.

Wellworks For You
www.wellworksforyou.com
800.425.4657

Having a relationship with your Primary Care Physician provides you with the tools and education needed to better manage your health. Your PCP can help improve your health by:

- Teaching healthy and sustainable lifestyle choices
- Ensuring you perform the preventative services that are right for you
- Identifying risk factors
- Identifying and treating common medical conditions
- Managing chronic disease care for longevity and a better quality of life
- Making referrals to medical specialists, when needed
- Familiarity allows for optimal management of your complete health and well-being
- And more!

