The 60th Annual Spring Convention of MICA is now history. The setting was picturesque, our attendance reached 172, and the speakers and technical programs were superb. The following is a summary of attendance:

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members &amp; Spouses</td>
<td>151</td>
</tr>
<tr>
<td>Speakers &amp; Guests</td>
<td>4</td>
</tr>
<tr>
<td>Children</td>
<td>17</td>
</tr>
<tr>
<td>Total Attendance</td>
<td>172</td>
</tr>
</tbody>
</table>

This convention marked MICA’s 60 years of serving the insulation industry. The Board of Directors worked long and hard this past year to make this convention an educational experience.

The welcome reception was sponsored by 56 of the 75 associate member firms. The hors d’oeuvres were tasty and the libations flowed freely. The weather was ideal for the beach front reception.

The opening session included a breakfast buffet and a keynote address by Mr. Eric McElvenny. Eric provided an inspiring presentation on his incredible journey from losing his leg in Afghanistan to his participation in the Ironman Triathlon. His story captivated both the members and spouses in attendance.

During the opening session, we recognized the twelfth-year recipients of the “Safety Best Practices Award”. We congratulate these companies for their efforts in safety. Please see the complete article on this most prestigious award on page 21 of this newsletter.

We concluded the morning session with three concurrent forums dealing with member issues. There was a union contractor forum, an open shop contractor forum, and an associate member forum, all running simultaneously. Each of the three sessions were well attended. There was some lively discussions in each of the forums.

Our nineteenth annual “Mick Van Horn Memorial Golf Tournament” was held on Tuesday afternoon. Fifty-six golfers participated in the tournament. The Riverwalk Golf Course provided a unique and challenging setting. The course provided ample opportunities for “water balls” and errant cart driving as the players vied for the coveted ‘fish’ award. A complete summary of the tournament results is provided later in this newsletter.

The Wednesday session began with an encore presentation by Dr. Charles Cartwright. Dr. Charlie spoke at our fall business meeting this past October and left those in attendance wanting more, and he delivered. Dr. Charlie demonstrated his passion for bringing out the best in others through personal engagement and vibrant communication, and motivating employees to excel in their respective roles.

Our second speaker was Mr. Doug Jenks, with the law firm of Auman, Mahan & Furry. Doug substituted for Gary Auman and provided an extended update on OSHA requirements. It was the same “Doctor Doom” message, but from a different “I am not Gary Auman” perspective!

Mr. Darrel Bailey, current president of NIA, provided an update on the activities of the NIA in its efforts to promote the insulation industry nationally. He stressed the need for all members to become more active in supporting regional and national initiatives and to get involved in the national or regional association activities.

(Continued on page 6)
Thanks goes out to the membership for allowing me to serve as the President for the next year. I thought I might start out with a brief biography, so that you get a chance to understand my background and what makes me who I am. I was born and raised on a farm in rural New Haven, MO (commonly known as the land of milk and honey). Diane and I bought 20 acres that joined the family farm, so the old adage that the nut does not fall far from the tree applies to me. My Mom, who is 87, is still able to live on the farm. Diane and I celebrated 40 years of marriage in 2016 with our three daughters, their husbands and our eight grandchildren. After college, I was fortunate enough to find a job 10 miles from the farm and spent 25 years working for a trucking company, before coming to work at hth companies, inc.

We just concluded the spring meeting held in San Diego. The program was excellent, and the speakers were very interesting as always. A special thanks to all associate members for their continued support to MICA. It was a beautiful venue and lived up to all the hype as the weather was terrific and so many things to see and do and not near enough time to accomplish all. Oh well, after visiting there I could force myself to go again and again. It was great to get home, and the weather was so nice I thought I was still in San Diego, but I know it is short lived and we will be back to the normal Midwest weather, hot and humid any day now.

Many thanks to George for taking the helm this past year and steering us in the right direction. Also, I would like to thank Lance Pickerign who retired after nine years of service on the Board of Directors, and Mark Horvat, who was the President of the Associates and sat on the Board for the past year. We welcome Jeff Adair as a new director replacing Lance, and Chad Rebholz taking over for Mark.

It has always been our message from the MICA family to get involved as this is your chance to communicate with others who are experiencing similar problems and develop new friends and ideas. I found this article and thought I would share it with you as it nails the mission of MICA:

**PROFESSIONAL GENEROSITY**

Jane, whose business always remained small, frequently boasted about her independence. She would say, “I’m not in the business of passing out ideas for free.” She refused to join associations, and she avoided conventions. She never gave counsel that she couldn’t follow up with an invoice. Mary, a professional in the same field, also started small. But within a few years, Mary’s company blossomed into offices across several states. She said, “My career leapt when I began to exchange ideas with my peers—and to help other people with what I’ve learned.” This is Howard Butt, Jr., of Laity Lodge. Life turns on many paradoxes and one is this: the high walls we build to prevent getting taken can also prevent our getting ahead... in the high calling of our daily work.

Thanks for reading and remember “BE SAFE OUT THERE”.

Dale Winters
MICA President
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Dyplast proudly manufactures Polyisocyanurate Insulation products that meet or exceed the most demanding CINI-2014 & ASTM C591-15 standards. Dyplast is the right choice for energy efficiency and economics for mechanical pipe insulation.
Nate Brink presented the results of the MICA Contractor Survey on Product Selection. The survey results were of great interest to both our associate and contractor members. Nate has provided the MICA office with a copy of his survey results, and we will be sending a copy of his presentation to the general membership by email.

The social activities complimented the technical sessions. The spouses enjoyed a challenging Krav Maga self-defense workshop on Tuesday morning. Wednesday morning they boarded an Old Town Trolley for a tour of San Diego and Coronado Island.

During Wednesday evening’s gala celebration, the members recognized the eleven Past Presidents in attendance for the 60 years of leadership to MICA and the insulation industry.

The convention concluded on Thursday morning with a farewell breakfast buffet. The Board of Directors and new officers were introduced, golf awards were presented and those in attendance even had a chance to win some nice attendance prizes. The 60th annual spring convention was truly a most enjoyable event.

Plans are already being made for next year’s convention. The 61st annual spring convention will be held June 18 - 21, 2018, at the Mystic Lake Casino Hotel in Prior Lake, Minnesota. President Dale Winters and the entire Board of Directors have already begun to plan an exciting year of member involvement in MICA.
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FUTURE MICA MEETING DATES

Fall 2017 Annual Fall Business Meeting — October 18 & 19, 2017, Embassy Suites Downtown, Omaha, NE.

Winter Board and Committee Meetings — January 2018, TBD.

61st Annual Spring Convention — June 18 — 21, 2018, Mystic Lake Casino Hotel, Prior Lake, MN.

Fall 2018 Annual Fall Business Meeting — October 17 & 18, 2018, Omaha, NE.

MICA MEMBER ADDRESS/INFO. UPDATES

Be sure to inform the MICA office of any changes or corrections to your listing for either the MICA Directory, e-mail correspondence or mailing address. Even if you update your company listing on the MICA website, please inform the MICA office of the changes. We try to be as current as possible with your help.
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Scott Marker - IN, IL, IA  630-235-4352
Mark Sullivan - WI, MN, Dakota  414-915-3156
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MICA OFFICERS ELECTED FOR 2017-2018

During the 60th Annual Spring Convention, the Board of Directors elected officers for the association for the 2017-2018 year. The following members will be serving as officers of MICA:

- **President** Dale Winters, hth companies, inc., Union, MO.
- **President-Elect** Scott Weekley, Mid Plains Insulation, Omaha, NE.
- **Vice-President** Matt Hymer, Midwest Materials Company, Joplin, MO.
- **Co-Treasurer** Doug Barton, Midwest Insulation Services, Omaha, NE, & Steve Beresh, Mid-Plains Insulation, Omaha, NE.
- **Associate President** Chad Rebholz, Jeff-Co Sales & Marketing, Indianapolis, IN.

Please congratulate these individuals for their willingness to serve our association and our industry. They are not compensated for their time. They are giving of their time and efforts solely to help improve the insulation industry and MICA. Give them your support and when asked to help, please find it in your heart to say “yes”.

NEW BOARD MEMBERS ELECTED

The membership voted on vacancies for three positions on the Board of Directors of MICA. The following members were nominated and elected to serve three-year terms on the Board:

- Jeff Adair – KW Specialty Services, Fridley, MN.
- Matt Hymer, Midwest Materials Co., Joplin, MO.
- Dale Winters, hth companies, Union, MO.

We are most grateful to these individuals for their willingness to continue to serve MICA and the insulation industry. Their leadership and involvement at the Board level is most valuable. The Board establishes the strategic initiatives and objectives that drive MICA. We are continually looking for new member involvement at the Board and committee levels. Contact the MICA office or an officer if you are interested in taking a more active role in MICA.

Stepping down from the Board of Directors after serving nine years on the Board was Lance Pickerign with Gagnon, Inc., in St. Paul, MN. We extend our sincere grati-
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MORE CONVENTION PICTURES
NIOSH AND OSHA INTRODUCE IMPROVED HEAT SAFETY APP FOR OUTDOOR WORKERS

An updated app for smart phones and other mobile devices can help workers stay safe when working outdoors in hot weather. The free app was redesigned by CDC’s National Institute for Occupational Safety and Health (NIOSH), along with the U.S. Department of Labor’s Occupational Safety and Health Administration (OSHA).

The OSHA-NIOSH Heat Safety Tool mobile app, for iOS and Android devices, determines heat index values—a measure for how hot it feels—based on temperature and humidity. Workers exposed to hot and humid conditions, including construction workers, landscapers, farmers, and others, are encouraged to use the app to check weather conditions if they will be outdoors for short or long periods during the summer heat.

“With the hot summer months on our doorstep, this app is a valuable tool for employers and workers to help prevent heat-related illnesses,” said John Howard, M.D., director of NIOSH. “In many cases, workers rely on their employers to provide opportunities for taking rest breaks and drinking water. This app puts life-saving information at the fingertips of both supervisors and workers to inform them when they need to take precautions to stay safe at the worksite.”

**Extreme heat can be deadly**

Extreme heat causes more deaths than any other weather-related hazard; each year more than 65,000 people seek medical treatment for extreme heat exposure. In 2014 alone, 2,630 workers suffered from heat-related illness, and 18 died from heat stroke and related causes on the job, according to OSHA.

Work-related exposure to heat can also result in reduced productivity and growing risk of injuries, such as those caused by sweaty palms, fogged-up safety glasses, and cognitive impairment (that is, mental confusion, impaired judgment, and poor coordination).

The app, an updated version of OSHA’s original Heat Safety Tool, uses the device’s geolocation capabilities to pull temperature and humidity data from National Oceanic and Atmospheric Administration satellites to determine the heat index. The app shows the current risk level (minimal, low, moderate, high, or extreme) and forecasts the hourly heat index throughout the entire workday giving employers information they can use to adjust the work environment as needed to protect workers.

“We applaud NIOSH for updating this important worker safety tool. Workers are most vulnerable in the first few days of working in the heat and the app helps users to calculate risk levels and learn the protective measures they can take to prevent heat illness,” said Dorothy Dougherty, Deputy Assistant Secretary of Labor for Occupational Safety and Health. “Being aware of the risks, gradually building a tolerance, and taking the necessary precautions can keep workers safe and save lives.”

**How to stay safe outdoors in extreme heat**

In addition to calculating the heat index, the app provides users with specific NIOSH and OSHA recommendations for protection against the heat based on the calculated risk level. This includes information about staying cool, proper hydration, and scheduling rest breaks. Recommendations are based on the 2016 publication NIOSH Criteria for a Recommended Standard: Occupational Exposure to Heat and Hot Environments, which was recently updated to reflect the latest science.

Some examples of NIOSH recommendations that can be applied in many different outdoor workplaces include:

- Limit time in the heat and/or increase recovery time in a cool environment.
- Increase the number of workers per task.
- Train supervisors and workers about heat stress, including symptoms of heat-related illness, first aid, and risk factors.
- Use a buddy system where workers observe each other for signs of heat intolerance.
- Provide adequate amounts of cool, potable water near the work area and encourage workers to drink frequently.
- Use a heat alert program (additional written guidelines) whenever the weather service forecasts that a heat wave is likely to occur.
- Develop a plan to get employees acclimatized to hot weather and to increase physical fitness.

For more information on heat-related illnesses, visit [www.cdc.gov/niosh/topics/heatstress](http://www.cdc.gov/niosh/topics/heatstress). To install the OSHA-NIOSH Heat Safety app on your iOS or Android device, visit [www.cdc.gov/niosh/topics/heatstress/heatapp.html](http://www.cdc.gov/niosh/topics/heatstress/heatapp.html).

NIOSH is the federal institute that conducts research and makes recommendations for preventing work-related injuries, illnesses and deaths. For more information about NIOSH, visit [www.cdc.gov/niosh/](http://www.cdc.gov/niosh/).
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SPORTS AWARDS

This year’s golf tournament marked the nineteenth annual “Mick Van Horn Memorial Scramble Golf Tournament” of MICA. The golf tournament drew 56 golfers. The Riverwalk Golf Club was the site of this year’s tournament. The course was as challenging as it was unique. Twenty-nine associate member firms sponsored holes and six firms sponsored the special events at this year’s golf outing. The sponsorship signs were placed on the appropriate holes throughout the course. We want to extend a special thank you to the thirty-three associate member firms for their added financial support of MICA. Mick would be proud!

There was ample water and wooded areas on this year’s course that added to the possibility of qualifying for the coveted “fish” award. Several associate member firms donated golf items to this year’s grab bags. The extra golf balls were much appreciated! We are very thankful for these gifts.

There were several worthy candidates for the “fish” award this year. This year the coveted “fish” award went to RT Behm, with ITW Insulation Systems, in Kansas City, MO. It was reported that RT led his group from the 6th hole on one course to the 7th hole on a different course. He discovered his mistake and found his way back to the appropriate hole, but he had already secured his place as the award winner! The following is a list of the winners of the golf awards:

- **Prestigious “Fish” Award** RT Behm, ITW Insulation Systems, Kansas City, MO.
- **Alpha Associates, Closest to the Pin** Steve Brown, K-Flex USA, Youngsville, NC.
- **Cook Brothers, Longest Drive (Men)** Mike Kroll, HB Fuller Construction Products Inc., Aurora, IL.
- **Braco Supply, Inc., Longest Drive (Women)** Kathi Coyle, ITW Insulation Systems, Palatine, IL.
- **Ideal Products of America, Longest Putt** Doug Barton, Midwest Insulation Services, Omaha, NE.
- **Midwest Fasteners, Inc., Closest to the Pin** Matt Hymer, Midwest Materials Company, Joplin, MO.
- **Proto Corporation, Most Accurate Drive** Ron Carlson, Jeff-Co Sales & Marketing, Minnetonka, MN.

**Winning Team:** Jeff Adair, KW Specialty Services, Fridley, MN; Steve Brown, K-Flex USA, Youngsville, NC; Justin Rispoli, Aspen Aerogels, South Park, PA; Jerry Zukowski, Knauf Insulation, Shawnee, KS.
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SAFETY BEST PRACTICES AWARDS

The Safety and Environmental Committee of MICA has initiated a strategic objective that recognizes the importance of sound safety practices. Safety is recognized by MICA as a vital part of the insulation industry and a key success factor in any organization. The committee, in keeping with this notion, requested that the Board of Directors establish the “Safety Best Practices” Award. The Board did approve such an award to be given in conjunction with our annual spring convention.

This is the twelfth year that we honored the recipients of this noteworthy award for our members. The participating companies were recognized at our opening breakfast meeting for members and spouses Tuesday morning. They also set aside a “Safety Roundtable Discussion” session on Wednesday morning, at which time, the participating companies shared their “Safety Best Practices” with the general membership.

The grading process for the “Best Practices in Safety” Award Program uses a grading system that recognizes each applicant’s achievement in developing a quality safety program. The award levels are:

Platinum: 95 to 100%; Gold: 88 to 94%; Silver: 80 to 87%; Bronze: 70 to 79%

Achieving platinum status this year were Brace Integrated Services, Inc., Distribution International, Dyplast Products, F & H Insulation Sales and Services, Fit Tight Covers, L & C Insulation, Performance Contracting, Inc., Pittsburgh Corning Corporation, Proto Corp., and Sprinkmann Insulation, Inc.


Achieving silver status this year were hth companies, Inc., Jake Marshall, and Systems Undercover, Inc.

Achieving bronze status this year were Cook Bros. Insulation, Inc., Mid Iowa Environmental, and Roxul, Inc.

Education of our members in good safety practices is a strategic initiative of MICA. The safety award is MICA’s way of recognizing the efforts of our membership in implementing good safety practices. Safety is not a one year effort. Safety is not for select companies only. Safety is vital for every company, every year!

We extend a special “thank you” to Gary Auman and his graders, who so tirelessly graded the safety applications. Gary gives his expert feedback, in writing, to each participating firm.

Platinum Level Safety Award Recipients.

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SUMMER’S HERE – AND THE TIME IS RIGHT FOR: ‘WATER, REST AND SHADE’

Summer has begun and it brings hot weather – and potentially dangerous work conditions. The U.S. Department of Labor’s Occupational Safety and Health Administration reminds employers and workers to take precautions to stay safe before a heatwave begins.

OSHA’s message is simple: Water. Rest. Shade.

On hot days, the agency recommends frequent breaks in a cool or shady environment, and drinking water every 15 minutes. OSHA also urges employers to allow new workers to acclimate and build up resistance to the increased temperatures. A recent study of heat-related workplace fatalities found that most occurred during the worker’s first week on the job.

As part of its Heat Illness Prevention Campaign, OSHA offers a website to raise awareness of heat illness symptoms and prevention with educational and training resources in several languages. The site also links to the OSHA-National Institute for Occupational Safety and Health’s Heat Safety Tool, an app available for iPhones and Androids.

OSHA encourages employers and safety professionals to use the site to share examples of how they are keeping workers safe in the heat. In addition to featuring the best examples on its website, the agency will also feature them in its bimonthly newsletter “Quick Takes.” OSHA urges employers, employees and safety professionals to share their heat tips and photos on Twitter using the hashtags: #WaterRestShade and #ProTips.

U.S. LABOR DEPARTMENT’S OSHA PROPOSES TO DELAY COMPLIANCE DATE FOR ELECTRONICALLY SUBMITTING INJURY, ILLNESS REPORTS

The U.S. Department of Labor’s Occupational Safety and Health Administration proposed a delay in the electronic reporting compliance date of the rule, Improve Tracking of Workplace Injuries and Illnesses, from July 1, 2017, to Dec. 1, 2017. The proposed delay will allow OSHA an opportunity to further review and consider the rule.

The agency published the final rule on May 12, 2016, and has determined that a further delay of the compliance date is appropriate for the purpose of additional review into questions of law and policy. The delay will also allow OSHA to provide employers the same four-month window for submitting data that the original rule would have provided.

OSHA invites the public to comment on the proposed deadline extension. Comments may be submitted electronically at www.regulations.gov, the Federal e-Rulemaking Portal, or by mail or facsimile. See the Federal Register notice for details. The deadline for submitting comments is July 13, 2017.
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THE PASSING OF L. BRENT HUFFMAN

The MICA office received notice of the death of L. Brent Huffman. Brent was a long time member of MICA when he worked for Ed Sleeper, with Mechanical Insulation Company in Kewanee, IL. He and Joan hardly ever missed a MICA meeting. Ed Sleeper was a president of MICA and encouraged his employees to be involved in MICA. Brent was a true soldier. After Ed Sleeper died and his son-in-law, Rick Blume, took over, Brent was instrumental in keeping Rick involved in MICA. He died peacefully at home with his wife, Joan, ever at his side. For those of us who knew Brent, we will miss his contagious smile, and his willingness to help. Brent and Joan were part of the fabric that makes MICA such a unique association.

We will miss him.

Memorials may be directed to the Windmont Park Lighting Fund, St. Jude’s Midwest Affiliate or to the Kewanee Senior Citizens Center.

Cards of sympathy may be sent to Joan and the Huffman family in care of the funeral home:

Rux Funeral Home – Kewanee
507 S. Chestnut St.
Kewanee, IL 61443

EXECUTIVE ORDER TO EXPAND APPRENTICESHIPS, VOCATIONAL TRAINING; REMOVE BURDENSOME RESTRICTIONS

U.S. Secretary of Labor Alexander Acosta welcomed President Donald J. Trump’s bold step towards fulfilling his promises to grow the American economy with the announcement of an executive order to expand apprenticeships and vocational training, close the skills gap and reduce regulatory burdens on workforce development programs.

“There are six million job openings in the United States,” said Secretary Acosta. “This is the highest number of job vacancies on record. American companies want to hire Americans, and Americans want to work. Apprenticeships teach the skills needed to find good jobs and to succeed in those jobs. Apprentices are a proven pathway to helping businesses find the workers they need, while helping workers launch prosperous careers without the crushing burden of student debt.”

President Trump signed the executive order expanding apprenticeship programs and vocational training at a White House ceremony that was also attended by U.S. Secretary of Commerce Wilbur Ross; Rep. Bobby Scott; Rep. Virginia Scott; the head of the Small Business Administration, Linda McMahon; several governors and a number of apprentices. In their remarks, the President and Secretary Acosta praised the White House Office of American Innovation and Ivanka Trump, a presidential adviser, for their leadership on this initiative.

The executive order calls on the Secretary of Labor, in consultation with the secretaries of education and commerce, to propose regulations that promote the development of apprenticeship programs by industry and trade groups, nonprofit organizations, unions and joint labor-management organizations. It also directs the departments of Commerce and Labor to promote apprenticeships to business leaders in critical industry sectors, including manufacturing, infrastructure, cybersecurity and health care.

“The U.S. Department of Labor will work expeditiously to execute the president’s vision and begin to implement measures to expand the apprenticeship and vocational training programs that can help our economy thrive, while keeping good, high-paying jobs in America,” Secretary Acosta said.

DODGE MOMENTUM INDEX RESUMES GROWTH IN MAY

Following a dip in April, the Dodge Momentum Index advanced 4.0% in May to 139.1 (2000=100) from its revised April reading of 133.7. The Momentum Index is a monthly measure of the first (or initial) report for nonresidential building projects in planning, which have been shown to lead construction spending for nonresidential buildings by a full year. In May, the commercial component of the Momentum Index increased 4.8% to an eight-and-a-half year high, which suggests that construction activity for commercial buildings will continue to rise over the next year, even with signs of decelerating improvement in market fundamentals (occupancies and rents). The institutional component of the Momentum Index rose 2.9% in May, making a partial rebound after pulling back 12.0% in April. During this year’s first quarter, the institutional component had re-established its often hesitant upward trend, with March up 21% compared to the end of 2016. May’s moderate gain, following the April retreat, provides evidence that the upward trend for the institutional sector remains underway.

In May, six projects entered planning each with a value of $100 million or more. For the commercial building sector, the leading projects were the $245 million Camden Partners office tower in Camden, NJ and the $140 million first phase of the Gateway of the Pacific office complex in San Francisco, CA. The leading institutional building project was a $100 million detention center in Conroe, TX.

![Dodge Momentum Index](image-url)
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