

Matthew Hawkins

Hey everyone :)

Matt Hawkins here. Born in California & at 4 years old moved to Tri-Cities where I was raised. I am the 2nd child in the family. My family consists of my folks, beloved nieces and my dog Chief. My family & friends would describe me as a very caring individual who's always learning to better himself in all aspects of life. Growing up I liked to snowboard a lot & later on in years I had a good friend introduce me to dirt bike riding which I look forward to whenever I can.

I've been working at JRT as a plumbing apprentice for 3 years and before that, my work history consisted of years of experience in the automotive industry, business entrepreneurship & plumbing. I started working when I was 11 pushing a broom in my dad's auto repair shop which helped me to develop a lot of respect for those who work hard for their families. A lesson I will never forget.

My work day consists of going over the days plans & layouts of the projects to do list to ensure things are in order & stocked to carry out the tasks at hand. Helping to make sure the other plumbers also have what they need to accomplish their tasks. Also along with that is the installation of storm and waste plumbing for the current project. My one work goal for the next year is having a better understanding of blue prints & the software programs that create them. The thing I like most about work is the challenges it hands you and also the people. One thing that surprised me the most when I started working at Jrt is how well the company takes care of their employees, very impressed.

For fun I enjoy dirt bike riding in the hills, drag racing with friends & family and going to the gym. My favorite way to spend my weekend is going for a drive seeing the beautiful parts of the country I have yet to see. If I could visit anyplace in the world, it would probably be Europe. A few things on my bucket list are to travel more, learn to master the guitar & go over 200mph in a fast car. One thing that may surprise you about myself which I don't talk much about is, I used to be a breakdance champion. Yes, I used to travel and compete long ago. Something unique about myself is I like chocolate chip cookies with salsa, because sugar & spice and everything nice.

One of the funniest things that has happened to me is being stranded in New York City only to have friends from all over help us out for a week. Very nerve racking & unexpected. A few of my pet peeves are, white lies, poor customer service, talking during a movie & breathing through your mouth while chewing.



EMPLOYEE OF THE MONTH

Ricky Juntunen

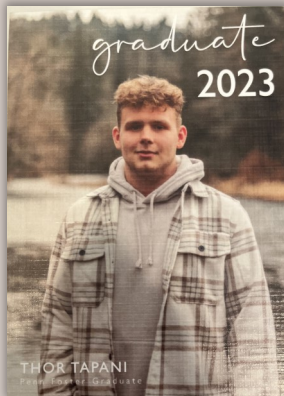


Ricky always has a great attitude, shows up on time, and works hard! - Lucas Tapani

Ricky's quality, speed and drive sets an unmatched standard you don't see very often. - Colton Edwards

JRT NEWS

Congrats to Thor Tapani, Jeb Mehner & Earl Halberg on graduating high school!



*Joren and Lydia Sarkinen welcome
baby girl Alaya Mael*

Eddie and Kaisa Erickson welcome baby
boy Lennon John!



Summer Weight Loss Challenge

The next weight loss challenge starts on July 6th and runs through September 7th! \$40 to join – text Elaine 3606004137

JRT Moms Did you know that HMA has a maternity program called MommyTrax? If you are having a baby, you will get a \$50 amazon card after completing the program. See the attached flier (in email) or go to this website to sign up. <https://mt.lifeadvantages.net/about>

CONGRATULATIONS TO OUR CITC GRADUATES!!



Henri Tapani
Plumbing



Grant Blakeman
Plumbing



Ricky Juntunen
Plumbing



Lawson Close
HVAC

Happy Birthday!

Austin Cervantes

David Christiansen

Clayton Craigo

Nick Deotsch

Dennis Morariu



"I just hope people in the future are, like,
What the heck are these things?"

June Work Anniversaries

Jackson Hays - 18 years

Lynda Pitsch - 15 years

Christian Weber - 12 years

Lucas Tapani - 6 years

Matthew Mitchell - 5 years

Ty Hendershaw - 5 years

Eric Benavente - 4 years

Dennis Morariu - 3 years

Joren Sarkinen - 3 years

Sean Pierce 3 years

Reid Craigo - 2 years

Nicole Ek - 2 years

Jose Mendoza - 2 years

Dmitry Parkhomenko - 1 year

Kevin Genhold - 1 year

JUNE TIP OF THE MONTH

The JRT HUB Scavenger Hunt has started. Use the link below to answer the questions the JRT HUB to find the answers.

The 1st 5 people to get the most correct answers will win.

JRT Scavenger Hunt

JRT HUB LINK



Finance Workshop #4 (the last one!)

- How to Take Advantage of Your Equity
Monday, June 12th
4:30PM – 6PM

In the main office training room

- What is equity?
- Smart vs. Dumb decisions with equity
 - HELOC vs. cash-out refinancing
- Utilizing equity for additional investments

Health Navigator

Did you know that Health Navigator will make all the calls for you to find a mental health provider in the HMA network that is taking new patients? Just thinking about making all those calls can be daunting but they can help!

Contact a Health Navigator Care Advisor for support for your mental health care or any other health-related need. Call 888-352-4969 / Representatives are available Monday – Friday, 8:00 a.m. – 6:00 p.m. (ET)

Mental Health First Aid Class

The ladies from BG Listen Line put on another mental health first aid class here at JRT and it was a success! Here is some feedback from the ones that took the class.

- *"This class is only 8 hours but it could be 15 hours. They really condense a ton of info in a very short period of time. The information can be quite overwhelming but I am glad we have a book to refer back to."*
- *"The mental health first aid class is a great class if you're wanting to learn to effectively communicate with someone who struggles with mental health issues. It also really helped me understand what they're going through and how they feel, or the importance of using proper language when talking to them. Finally, it helped me feel less threatened or scared to talk to them. They also gave lots of information on what to do when things need to be handled professionally and how to talk to someone with mental health issues about getting help."*
- *"This class is about the mental health spectrum that we are all on and the signs and symptoms of one needing help from a mental health professional."*
- *"I thought it was a good class with helpful information that was presented in a way that kept it interesting."*
- *"I would say it is a class to bring awareness to the responsibility of people who witness changes in others in regards to mental health. It is taught in a politically correct manner to the best of their ability. The class will also give you steps to helping others if you are in a good position to do so."*
- *"The class gives good insight on what mental health looks like. It's always so hard to understand what mental health is. We can't physically see it (unlike a broken bone). The real-life stories and examples help give you an understanding of what someone is going through and how to address it without awkwardness."*