



PCEA TODAY

Professional Construction Estimators Association
CSRA Chapter

August
2023

Mark Stephens, President

Message from the President

Our first meeting at TBonz in July was a success, and I thank everyone for their input regarding **Education, Scholarship, Networking and Growth**. We have been busy outside of our monthly meeting with discussions on how to create focus and value in each of these areas. We will return to our regular agenda for our meeting on August 10, and you will get updates on all topics.

We are fortunate to have Scott Clark - President, and CEO of RW Allen Construction as our guest speaker in August. Scott will give us an overview of the AGC East Georgia Skills Challenge. The Skills Challenge can also be a great opportunity for us to reach many potential applicants for our Scholarship Program. Many thanks to David Eller for inviting Scott!

We currently have two applications for Membership being reviewed, with a third due within the next week. We'll make official introductions and a warm welcome at our meeting. We are well on our way to our goal of 30 members, so please keep extending invitations.

I look forward to seeing everyone on the 10th. Let's have a well-attended, fun, and productive meeting!

Our national PCEA convention will be held in Augusta next year, so don't miss it! Please mark your calendars for April 24th through 28th, 2024.



Students show off their construction skills during a past AGC Skills Challenge. The skills challenge is a regional competition between high schools that takes place before the state competition. Scott Clark will be joining us for our August Meeting with more information about the local skills challenge, to be held on November 16, 2023 at Exchange Club Fairgrounds in Augusta, GA.

Skills Challenge

Local competition helps develop future work force

The AGC Georgia Skills Challenge series was a big hit in 2022 with over 2,100 student competitors and student observers attending from 90 schools. The series events were hosted in Augusta, Gainesville, Macon, Marietta, Moultrie, Rome, and Statesboro. The core competitions for the Challenges are Carpentry, Electrical, Masonry, Plumbing, and Welding with Blueprint Reading, Heavy Equipment, Roofing, Fine Furniture/Woodworking, HVAC, and other disciplines being offered at select Challenges.

The annual events are held in the fourth quarter of each calendar year and serve as the qualifier for five construction competitions that move on to compete at the SkillsUSA Georgia State Leadership & Skills Conference (SLSC).

During the 2022 Skills Challenge series hundreds of influencers including state legislators, school superintendents, high school counselors, mayors, school board members, and leaders from the Department of Education and Technical College System of Georgia were in attendance.



For more information about the skills challenge in Augusta, visit <https://rwallen.com/skills-challenge/>

Attention General Contractors!

We are currently in our planning stages for a General Contractors' Roundtable. Use your contact list and let Kat Sanders know if you have someone that may be interested:
ksanders@cce-inc.com or
706-969-5054

2024 National Convention

PCEA Convention 2024

Planning phases are well underway for next year's PCEA convention. Please mark your calendars! Start making a list of potential sponsors and presenters!

April 24th through April 28th, 2024

August Fun Facts

August's birthstones are the peridot, sardonyx, and spinel. Its birth flower is the gladiolus or poppy, meaning beauty, strength of character, love, marriage and family. The Western zodiac signs are Leo (until August 22) and Virgo (from August 23 onward).



Anger and Workplace Violence

Preventing Uncontrolled Anger on the Jobsite

For more information on preventing violence in the workplace, visit <https://www.dol.gov/agencies/oasam/centers-offices/human-resources-center/policies/workplace-violence-program#PreventingWorkplaceViolence>

The Department of Labor estimates that approximately 2 million US workers are victims of non-fatal workplace violence every year. Workplace violence can cause unnecessary stress, fear, and a fear for one’s own safety. Victims and observers become less productive, are prone to distractions, experience lower morale, and may become suspicious of one another.

Anger is a normal human emotion and a response to dangers or threats. It could be a physical threat or a threat to our pride, self-control, conceptions of fairness, and other triggers. While becoming angry isn’t wrong, uncontrolled anger can lead to lashing out and unacceptable aggressive behaviors.

The good news is that learning is just as normal as anger, and we can learn to avoid problems associated with anger. Here are some tips to manage workplace anger in yourself and others:

Learn to identify and manage your own feelings of anger: Learn and understand your own triggers so that you can identify them quickly. What conversations, behaviors, or situations tend to make you angry? Understanding these triggers will help you come up with strategies to prevent violent action. You may need help from a trusted friend or professional counselor to fully understand your own anger. Learn what you feel like with your anger is intensifying so you can take steps to control it.

Learn how to communicate. You need to be able to voice your frustrations without cursing, screaming, or blaming. Focus on solving the problem or issue instead of laying blame and finding fault in others. It may take practice to learn how to talk about your feelings calmly, but calm solutions are always more effective than useless screaming and yelling.

Find healthy ways to de-stress outside of work: People are more likely to get angry when they are stressed. Hobbies, exercise, and mindfulness can help reduce the stress levels in your body.

If you ever feel threatened by a co-worker, don’t retaliate: Don’t respond to anger with anger, since that can escalate the situation. If you feel threatened or like there’s a potential for violence, calmly walk away. Notify your supervisor or call 911, depending on the situation.

AUGUST 2023

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Membership Meeting Thursday, August 10

Members and guests are welcome to join us this coming Thursday at 11:45 as we enjoy fellowship and lunch at TBonz located at 2856 Washington Road, Augusta, GA. Scott Clark will be joining us to inform the group about the upcoming Skills Challenge.

PCEA Social, Thursday, August 31

Please join us for our August Happy Hour Social on August 31st at Doc's Porchside on Washington Road as we network and discuss chapter events. Drop in and bring a guest from 4:30 to 6:30!

Board & Committee Meetings

The Golf Tournament Planning Committee will meet Monday, August 7th at 4:30 PM at Doc's Porchside on Washington Road.

The Convention Planning Committee will meet Tuesday, August 22nd at 3:30 PM at MAI Risk Advisors.

The Board of Directors will meet Wednesday August 30 at 8:00 AM at MAI Risk Advisors to discuss chapter business.

PCEA of the CSRA 2023-2024 Board of Directors

President	Mark Stephens	Cost Segregation Services
1st Vice President	Kat Sanders	Centennial Contractors Enterprises
2nd Vice President	Steve Munn	MAI Risk Advisors
Secretary	Sara Lord	AllStar Tents and Events
Treasurer	David Eller	Georgia Drywall, LLC
National Director	Steve Munn	MAI Risk Advisors

PCEA Contact Info & Links

www.pcea-csra.org - CSRA Chapter Website

www.pcea.org - National Website

Contact Mark Stephens, 706-294-7989, mstephens@costsegregationservices.com, for general information.

Contact Kat Sanders, 706-969-5054, ksanders@cce-inc.com for more information about membership and advertising in our newsletter.

PCEA Supporters



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MAI
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STEVE MUNN
Client Advisor
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