

April 2018



An Employee Owned Company

A CHARTER MEMBER OF



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The Supply Line

From The CEO

What are you grateful for? I hope that you have many people, fond memories and other meaningful things in your life that trigger your appreciation. Research suggests that those who have an attitude of gratitude typically experience less anxiety, less depression and improved odds of well-being.

This month's article was supposed to be all about Electric Supply's culture and our commitment to support our community. Then I came across an article in the *Wall Street Journal* titled *An Attitude of Gratitude* which triggered a change of (writing) plans. What follows is a blend of what I planned to write and key take-a-ways from the WSJ article, Jennifer Breheny Wallace's, *An Attitude of Gratitude*.

Back to the benefits of gratitude: Among adolescents, studies show that "the experience of high levels of gratitude can set a child up to thrive" as gratitude initiates an "upward spiral of positive emotions." This is likely to result in greater engagement in school, happiness, mastering the ability to reframe challenges in a positive light, more effectively managing their life, stronger peer relationships and goal setting. For most of us, these benefits acquired and enjoyed in our formative years will follow us into adulthood.

If you recognize yourself or a loved one (perhaps a child) as not being particularly grateful, can you take steps to become a more grateful person or to help your loved one become more grateful and perhaps reap some of the benefits that accompany an attitude of gratitude?

Definitely yes!

With intentional practice, experts say that gratitude "can move from a fleeting state to a habit and can eventually become a personality trait." Make certain you look for good in your life and in others. Acknowledge and thank the people who do nice things for you. If possible, look them in the eye and say "Thank you" or when you are thanked, say "You are welcome" with a smile. If you have a spouse or children who are deprived of gratitude, be a positive role model and lead them by example.

To strengthen your attitude, try spending five minutes (minimum) every day to list the things you genuinely appreciate. You can encourage a spouse or child to practice this focused gratitude exercise. Discipline yourself to find positives that were the result of difficult challenges you've faced and be grateful for the experience.

As cancers go, mine was relatively mild but still scary. None-the-less,

the side-effects of the various treatments were and still are frustrating. Still, there is a chance that my aggressive cancer returns. As a whole, my cancer dramatically increased my appreciation of everyday life experiences, family and friends (including all of you!). For most of my life, I have typically gone out of my way to greet people. Today, I am not only more likely to engage in a conversation with a stranger but also more likely to receive a positive lift from the interaction. My cancer was a challenge but I think it made me a better person. When thinking of those who were born into a war-torn area, diagnosed with a terminal illness or any other catastrophic circumstance, it became impossible to stay bogged down with my petty ailments.

If you live in a bubble and do not have a thorough understanding of the world, make sure you start to comprehend the daily hardships encountered by those living in places or circumstances where almost every day is gut wrenching. An in depth awareness of the incredible trials that face much of the world's population certainly jars me back to reality and makes me realize my worst days are someone else's picnic.

One other activity to consider if

Continued on page 2...

Birthdays

Dallas Waugh	4/1
Jerry Meguiar	4/3
Johnny Godwin	4/11
Bridget Hooten	4/12
Michael Garcia	4/12
Brian Randazzo	4/13
Jeff Yazdi	4/13
Gary Straub	4/14
Joe Covello	4/17
Shane Wieder	4/18
David Roman	4/18
Shedrick Mobley	4/19
Nate Bailey	4/21
Matt Smith	4/22
Michelle Lopez	4/24
Andrew DiFranco	4/25
Lisa Eckel	4/26
Keith Gentner	4/29
Yusif Tolbert	4/30

Service Anniversaries

Tim Williams	18 years
Kyle Long	12 years
Paul Morana	9 years
Sarah Garlick	2 years
Jon Oertle	1 year
Jose Alonso	1 year
Tim O'Connor	1 year
Bobby Summers	1 year
Dan Hockett	1 year
Amanda Edgecombe	1 year

From the CEO, continued...

you are committed to growing your attitude of gratitude is to help those who are less fortunate than you. This is something you can do with your team mates at Electric Supply, with family members or better yet, with both!

Electric Supply's first community support project must have been in the mid-1980s and was either putting some sweat equity into the construction of a West Tampa playground or a fund-raiser for Tampa's Judeo-Christian Clinic; which BTW still provides free, compassionate, timely health care to indigent residents of Tampa Bay. Both were worthwhile community projects and put Electric Supply on a path to many diverse community support projects.

Today, we can safely say we have a minimum of 32 years of community support experience and

offer multiple annual opportunities for you to support your community with sweat equity, a monetary donation, canned goods, school supplies or perhaps your best chili recipe.

In addition to doing the right thing and helping the people in need who benefit from our community support, Electric Supply has also benefited. Being known as a company that supports our community has attracted better job candidates, improved our community's perception of our workplace and grown owner pride; all of which has strengthened our culture and set us up for greater sustainability.

So where are we today? I hope I am wrong, but I sense that our community support enthusiasm is on the wane. We have fewer participants in many of the activities. Some of our bigger donors have retired and too few are

stepping forward to fill their shoes.

Does this concern you? If not, it should. What's more important than all of the following: individual performance, an effective strategy, a large inventory, logistic prowess, and vast computer capabilities? It is culture. In 99.9% of businesses, culture trumps every business attribute.

We've enjoyed a remarkable 48+ year run powered by our remarkable people who have transformed into an awesome team. Thank you! I think we are at a tipping point. Will we go on to bigger and better things or we start to slip in the other direction? Together, we'll move in the right direction.

You are the best!



Profound Reflections

By Shaker Brock

"You can't leave footprints in the sands of time if you're sitting on your butt. And who wants to leave butt prints in the sands of time?"

unknown

Be extraordinary! Leave your mark! If you want to be remembered for doing something great you can't rest on your laurels. Greatness takes hard work and dedication but you have to be willing to take that first step. It's time to get up and start your own journey.

Caption This Photo Contest

Submit your captions to Kelly Oertle for a chance to win a gift card. Entries must be received by April 20th. One entry per person, please.

Photo credit:
Shaker Brock



Make Every Day Earth Day!

In honor of Earth Day (observed April 22nd), here are some simple and easy tips to help you go green, protect the earth, save money and make every day Earth Day. You can make a difference!

- ✓ Join a local park, river or beach cleanup.
- ✓ Use environmentally-friendly, non-toxic cleaning products.
- ✓ Replace inefficient incandescent light bulbs with efficient CFLs or LEDs—reduce your carbon footprint by 450 pounds a year.
- ✓ Car pool, ride your bike, use public transportation or drive an electric or hybrid car. Reduce your carbon footprint by 1 pound for every mile you do not drive.
- ✓ Keep your tires properly inflated and get better gas mileage. Reduce your carbon footprint 20 pounds for each gallon of gas saved.
- ✓ Change your car's air filter regularly.
- ✓ Teleconference instead of traveling. If you fly five times per year, those trips are likely to account for 75% of your personal carbon footprint.
- ✓ Stop using disposable plastics, especially single use plastics like bottles, bags and straws.
- ✓ Recycle paper, plastic and glass. Reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year.
- ✓ Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used.
- ✓ Use cloth towels instead of paper ones. Reduce garbage and save trees.
- ✓ Change your paper bills to online billing. You'll be saving trees and the fuel it takes to deliver your bills by truck.
- ✓ Read documents online instead of printing them. Go paperless, even in the office.

- ✓ When you do use paper, make sure it's 100% post-consumer recycled paper.
- ✓ Set your office printer to print two-sided.
- ✓ Bring a reusable water bottle and bring a mug to the office, school and to the coffee shop.
- ✓ Bring reusable bags when you shop.
- ✓ Pack your lunch in a reusable bag.
- ✓ Buy local food to reduce the distance from farm to fork. Buy straight from the farm or join a local food co-op.
- ✓ Grow your own organic garden, or join a farm share group. Even in cities, gardens can fill an empty lot.
- ✓ Don't eat meat. Curb carbon emissions from the livestock industry.
- ✓ Compost kitchen scraps for use in your garden. Turn waste into fertilizer.
- ✓ Wash your clothes in cold water and line dry.
- ✓ Take a shorter shower and use a water-saving shower head.
- ✓ Lower the temperature on your water heater.
- ✓ Turn off and unplug electronics that you aren't using. This includes turning off your computer at night.

For more tips, please visit www.earthday.org.

ch-ch-ch-changes

Leo Velez has accepted a position at the Will Call counter, and Christian Williers recently moved into the Quotations Department. Congratulations to both of you!



Symbols of April

Birthstone: Diamond

Flower: Daisy & Sweet Pea

Zodiac: Aries and Taurus

Holidays

Easter - 4/1

April Fool's Day - 4/1

Autism Awareness Day - 4/2

Earth Day - 4/22

Arbor Day - 4/27

National Poetry Month

National Arab American Heritage Month

Jazz Appreciation Month

Alcohol Awareness Month

Cancer Control Month

April Fun Facts

- The Boston Marathon is held during April
- Professional Baseball season begins in April
- In ancient Rome, the month of April was sacred to the goddess Venus
- It is the second month of Spring, and is a time of planting and spring cleaning

Important Phone Numbers

EMPLOYEE ASSISTANCE PROGRAM (EAP) BENSINGER DUPONT PHONE (866) 757-3271	FAX (800) 500-0993
CONSUMER CREDIT COUNSELING SERVICE HILLSBOROUGH (813) 289-8923 OTHERS (800) 388-2227	FLORIDA BLUE MEDICAL MEMBER SERVICES (800) 583-9072 WWW.BCBSFL.COM
ETHICS LINE TO REPORT SUSPECTED ETHICAL ABUSES & FRAUD PHONE (800) 500-0333	INSURANCE QUESTIONS BOUCHARD INSURANCE JEAN KELLY 727-373-2916 SHELLIE DUPUIS 727-373-2907

April is Alcohol Awareness Month

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

This year's theme is "Changing Attitudes: it's not a 'rite of passage.' Alcohol and drug use by young people is extremely dangerous—both to themselves and to society—and is directly associated with traffic fatalities, violence, suicide, educational failure, overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. Adolescence is a time of heightened risk-taking and as alcohol and drugs enter the picture, parents are faced with a unique set of challenges. Parents often forgive underage drinking as

a "rite of passage." They can simply sit back and hope their kids will "get through it" or they can change their attitude and take an active role in learning about alcohol and drugs and help their kids do the same.

It can be daunting to talk with children about drinking and drug use, but it is well worth the effort parents put into it. In fact, research has shown that kids who have conversations with their parents and learn about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations. Here's the opportunity when parents can reinforce that using alcohol is not a 'rite of passage.'

"Alcohol and drug use is a very risky business for young people," says Andrew Pucher, President and CEO of NCADD, "and parents can make a difference. The

longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it's so important to help your child make smart decisions about alcohol and drugs."

An integral part of Alcohol Awareness Month is Alcohol-Free Weekend (March 30–April 1), which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During this seventy-two-hour period, NCADD extends an open invitation to all Americans, young and old, to participate in three alcohol-free days and to use this time to contact local NCADD Affiliated and other alcoholism agencies to learn more about alcoholism and its early symptoms.

www.ncadd.org/aam

IF YOU HAVE QUESTIONS REGARDING YOUR ELECTRIC SUPPLY BENEFITS, OUR EXPERTS HAVE THE RIGHT ANSWERS.

Ann Lockwich - Insurance: health, dental, vision, disability and other supplemental insurances

Gary Straub - 401K

Harry Irwin - ESOP

Mission: At Electric Supply, we exist to be the distributor of choice to our targeted customers by delivering a unique and innovative customer experience that is as near to perfect as humanly possible while remaining both competitive and a sustainable organization.

Vision: Electric Supply's vision is to be the best company in the world, to our people, our customers and our suppliers.

Values:

- Safety
- Honesty
- Respect
- Success
- Humility
- Confidence
- Sustainability
- Community
- Trust
- Responsibility
- Enthusiasm
- Empowerment
- Environment
- Diversity
- Flexibility and Discipline
- Happiness and Friendships

Come Tailgate with ESI & EATON!

We will have the latest Eaton Lighting, Electric/Gear, Power Quality and B-Line products on display. All attendees will receive a free BBQ lunch and can enter to win some cool prizes!



11AM-1PM
THURSDAY
APRIL 5

ESI'S TAMPA OFFICE

4407 N MANHATTAN AVE., TAMPA



The Supply Line



An Employee Owned Company

Visit us on-line

In addition to the monthly Supply Line newsletter, you can check on important upcoming events anytime on-line.

Visit us at www.electricsupplyinc.com

To sign up for our eSupplyLine, please e-mail us at esupplyline@electricsupplyinc.com.

We welcome your comments and suggestions. Send your suggestions to esi@electricsupplyinc.com.

Thank you!

The Supply Line

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