

AVESI Interns 2020

SEPTEMBER 2020

We are very pleased with our AVESI Interns and wish them the absolute best as they return to their studies!

STL FUSRAP Site



Jared King



Dylan Bushman



Caleb Hansen



Dylan Sheets



Rachel Sneed

Jared King has returned to MO State to continue his Bachelors in Science. Dylan Bushman has continued working for AVESI part time while pursuing his Bachelors in Environmental Science at MO State. Caleb Hansen is attending the Nuclear Program at State Tech College of MO. Dylan Sheets completed his Bachelors and has accepted a full time position with AVESI. Rachel Sneed is working part-time with AVESI while finishing her Bachelors in Molecular/Genetic Biology at SIUE.

STL Laboratory

Bailey Connor has returned to University of AL to pursue her Chemical Engineering Bachelors. Allison Young has returned to MO state to finish her Bachelors in Chemical Engineering as well!



Bailey Connor



Allison Young

IAAAP Site



Jeren Glosser
Kaylee Dameron

Jeren Glosser completed his Bachelors in Environmental Science and has returned to IA State University to further his education. Kaylee Dameron has continued working with AVESI part-time while also attending IA State University to finish her Bachelors in Environmental Science.



NEWSLETTER

SEPTEMBER 2020

HUMOR AND YOUR HEALTH

Short-term benefits:

A good laugh has great short-term effects. When you start to laugh, physical changes occur in your body. Laughter can:

- Stimulates many organs by enhancing your intake of oxygen-rich air which stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

- Activates and relieves your stress response. A laugh fires up and then cools down your stress response, which can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.

- Soothes tension by stimulating circulation and muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects:

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

- Improve your immune system. Positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.

- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations and help you connect with other people.

- Improve your mood. Laughter can help lessen your depression and anxiety and may make you feel happier

Laughter May Be a Key in Fighting Workplace Stress

Laughter really is the best medicine—for some things. You've heard the phrase before and, according to the Mayo Clinic, it holds some truth. While a good sense of humor can't cure all, laughing and joking around can help reduce your stress, improve your mood and make it easier to connect with others.

Humor in the Workplace

The benefits of humor extend far beyond your personal life—they can be achieved at work too. Humor in the workplace can:

- Provide a non-confrontational means of talking with others without intensifying emotions.

- Help put difficult situations in perspective.

- Reduce stress by activating a physical response in the body—it can actually make you feel more relaxed and ready to take on difficult tasks.

- Help boost your mood, especially if you're having a bad day.

- Help foster positive professional relationships with your co-workers.

Positive and Appropriate Humor

Humor has a place in the office, but only if you know when and where it belongs. Be sure to avoid:

- Jokes that are sexual in nature

- Jokes about someone's sexuality, religion, ethnicity or personal appearance

- Comments that put others down

- Sarcastic remarks

- Serious subjects

- Jokes that carry negative messages (If you wouldn't say it in a conversation, don't say it in a joke.)

Next time you're feeling stressed out at work, tell a joke or two. Remember to be mindful of your audience and the types of jokes you're telling to ensure that you're only introducing positive humor in the workplace.



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PROPOSAL UPDATES

In September 2019, AVESI, Inc. submitted pricing and a commitment letter to team with APTIM on their proposal for the Decommissioning & Disposal of the SM-1 Nuclear Reactor Facility at Fort Belvoir, VA. APTIM provided a Best and Final Offer and resubmitted. This project STILL has not yet been awarded.

In February 2020, AVESI Inc. signed a teaming agreement with HGL/APTIM to provide radiological support services for the USACE Luckey rebid in Luckey OH. The team has spent the summer in intense proposal mode. The proposal was submitted on August 26th. This project represents \$100M over a 10-year period. We hope to see an award by early 2021.

In March 2020, AVESI, Inc. signed a teaming agreement with ATI, Inc. in order to pursue a Pre-placed Remedial Action Contract (PRAC) out of the Omaha District for USACE. We recently heard that ATI was not selected.



AVESI has responded to several Requests for Proposal in support of Mallinckrodt Pharmaceuticals in downtown St. Louis, MO. To date we have completed 7 purchase orders.

AVESI is currently preparing to respond to a Request for Proposal for A and E services at the Niagara Falls Storage Site in New York. The RFP is expected to become public in October of 2020.

AVESI continues to support phosphate mining contamination investigations in central Florida.

After completing the RFP for supporting remediation work on the bank of I-270 in St. Louis, MO late in the third quarter of 2020, the HGL/APTIM/AVESI team has started the remediation to excavate over 30,000 cubic yards of soil. The area will be restored with backfill by the end of the year. This will be a big way to wrap up 2020!

There are several additional big proposal opportunities on the horizon! Stay tuned for more information.



Please welcome our 5 new ESH II Technicians: Alex Folk, Jacob Rusk, Robert Robinson, Tyler Colombara and Christina Anderson! Take the time to watch over these folks as they acclimate to our work.

We want to thank our employees for their amazing employee referrals! Without your help our hiring process would have been much more difficult; which leads us to announce our new Employee Referral Program (ERP)!

Soon you all will be receiving guidelines and a simple form to submit for the ERP where AVESI will be rewarding the employees that successfully refer new employees. Don't worry if you were part of the referral process this round as you will be included!



SEPTEMBER 2020

Where were you?



September 11, 2001 - Where were you?

It's one of those questions that we asked a lot early on in the years that followed 9/11/01. But, somehow, every time I am asked where I was, the conversation leads to "but do you remember right after?" American Flags flying everywhere.

You couldn't buy a flag because they were sold out. An overwhelming sense of connection to our country. U-S-A Chants at sporting events, bars, and college campuses. A nation that was focused on helping and healing, remembering, and reflecting.

A lot has changed since 9/11, but a lot hasn't. We live in a complex world full of complex ideas,

problems, and situations, but does disagreement need to lead to divisiveness?

9/11 was a reminder that we have a lot more in common than what divides us. A lot of lives were lost that day, and many more lives were lost defending those ideals we hold so dearly.

As we reflect on 9/11, honor the memories of those lost by getting away from the political pundits and social media messes— instead, find a way to connect with a neighbor or a stranger. A police officer in your community or someone less fortunate. Remember and Reflect. Help and Heal. Honor and Remember.

9/11 IS a reminder that we have a lot more in common than what divides us.

BJ Kraemer President, MCFA



EMPLOYEE UPDATES

SEPTEMBER 2020

Congratulations to Thomas and Hannah Huber who tied the knot on August 14th, 2020! We wish you both the best in your new life together!



AVESI Employee Thomas Huber and Hannah Huber



AVESI Employee Mark Plummer

EMPLOYEE RECOGNITION

Brittany Rickman and Mark Plummer are celebrating their 5 YEAR ANNIVERSARIES! AVESI proudly presented their awards and gifts in September and want to thank you both for your hard work and dedication!



AVESI Employee Brittany Rickman

EMPLOYEE ANNIVERSARIES

1 YEAR:

- 8/26- Wesley LeBegue
- 8/19- Michael Medina
- 10/7- Ashley Hollis

2 YEARS:

- 10/3- Cody Huber

4 YEARS:

- 9/9- Mike Dekeyser



- 7/17 – William Childers
- 7/30 – Thomas Huber
- 7/31 – Jacob Rusk
- 10/3 – Jessica Kirkton
- 10/4 – Matthew Stacy
- 10/22 – Tyler Passig