

The Warmth of Summer is Finally Here!

A WISER, SAFER CHOICE!

NORTHSTAR ELECTRICAL SERVICES

PENNSYLVANIA * NEW JERSEY * DELAWARE

NORTHSTAR'S SAFETY TRAINING

Did you know that June is National Safety Awareness Month? One of Northstar's founding principles is safety. We are always trying to make our job sites as safe as possible, not only for our technicians, but for site employees, other pedestrians and customers.

In an effort to stay up with the electrical code, we have our technicians take courses regularly to learn new safety regulations as well as refresh themselves on previously learned information.

We require all of our technicians to take a safety course, an OSHA course, and our most recent venture is to have all of our technicians take a course in NFPA 70E, which is



part of the National Electric Code.

NFPA 70E is the Standard for Electrical Safety in the Workplace. It goes into detail on safe work practices for

electrical construction and maintenance. Specifically, it covers hazards in the field such as electric shock/electrocution, arc-flash (an electrical fireball—a video demonstrating this can be found [here](#)) and arc-blast (an electrical explosion at high energy levels).

We always strive to achieve the highest level of safety in our work, and keeping up with new education for our technicians is a big part of that.

We are also very proud to have three technicians on staff that have continued their education to obtain their Master Electrical License!

Our technicians face dangers on the job everyday.

FREE DINNER

[Respond to this email](#) and we will enter you in our drawing for a \$50 gift card to your choice of restaurants or other gift card choice*. Good luck!

Congratulations to May's Winner:

Lucia Renck

23rd Group Facility Services

Respond by June 16th to be entered.

* PF Chang's, Maggiano's, Chili's, Cheesecake Factory, The Capital Grille, Legal Seafood, Season's 52, California Pizza Kitchen, Ruth Chris's Steakhouse, Flemings Prime Steakhouse, Home Depot, Barnes & Noble, Nike, Zappos.

School's Out for Summer!

With all of the fun approaching for the warm summer months, we want everyone to remember that there are about to be a lot more children out and about!

Drivers should be extra cautious, especially in residential areas. Always stay focused—the coffee and cell phone can wait. Children may cross the street at the wrong place or suddenly run out in front of you. It's important to always stay alert!

For the parents out there, to keep your kids safe it is a good idea to teach them to make eye contact with the driver before they cross a road.



Summer Recipes Galore!

As the weather gets warmer, it's always nice to have a refreshing cold drink. Here at Northstar we prefer a nice light drink:

Sparkling Mint-Lime Iced Tea

Ingredients:

- 4 cups of water
- 4 mint tea bags
- 8 teaspoons lime juice (freshly squeezed or purchased)
- 4 half slices of lime for garnish, if desired
- 4 sprigs fresh mint, if desired
- Honey to sweeten drink, if desired
- Crushed Ice
- 2 cups sparkling water (carbonated)

Steps:

Bring 4 cups of water to boil. Remove from heat and add 4 bags of mint tea. Allow to steep for 10 minutes. Discard tea bags and pour tea into a small pitcher. Refrigerate for at least 3 hours or until well chilled.

Chill tall glasses in fridge or shortly

in freezer, if desired. Add crushed ice, 1 cup of tea, sweetener (if desired) and 1 or 2 tsp lime juice, depending on how tart you like your tea. Stir. Add ½ cup sparkling water. Squeeze mint sprig and add to glass. Garnish with half a lime slice if desired.

This recipe and many more summer creations can be found [here](#).

This drink pairs very nicely with one of our other summer favorites: Cucumber and Peach Salad. As we are always trying to eat healthy here, this is an easy meal for us to throw together.

Cucumber and Peach Salad

Slice 3 medium Persian cucumbers (you could also use one large English hothouse or Japanese cucumber, which are also thin-skinned and not too seedy). Halve and pit 2 ripe peaches, then cut into thin wedges. Combine the cucumbers and peaches in a bowl with the juice of one lime and a good pinch of flaky sea salt.

You could stop there and eat

this straight out of the bowl, or you could add some fresh tarragon or cilantro leaves to dress it up a bit.

Original recipe is posted [here](#).

Don't forget your pets!



course with the warm weather upon us our pets are also in danger of overheating and dehydration. To keep our beloved puppies cool we like to use a mixture of one part water and one part chicken broth, and then we freeze them in ice cube trays. They love these little treats!

Whether it is a special drink or just water, please make sure to stay hydrated in the sun and heat! It's much easier than we realize to get dehydrated quickly! You'll thank yourself later for staying hydrated!

Happy birthday to both Dawn and Dave this month!!



Happy Father's Day to all the dads out there! We appreciate all that you do!

