



## A WORD FROM THE PRESIDENT

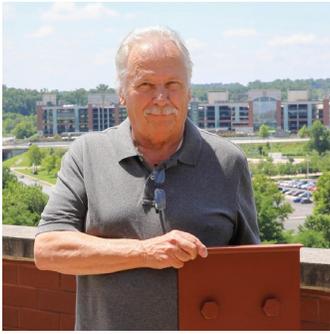
Summer is here and we are already halfway through 2019! There are a lot of exciting projects currently going on at David S. Brown. The Met is progressing nicely and expected to be done by the end of the year. The dormitory at Garrison Forest is scheduled to be open for the start of the fall school year and we look forward to finishing that up quickly. We are excited to announce 405 W. Redwood, our newest downtown property, is officially open and residents are starting to move in. In addition we will be breaking ground on the Marriott Hotel at Metro Centre and a new library at Stevenson University Owings Mills campus in the coming months. Finally, we have been working on two shuls in the local community and are excited to share updates on those. As always, I personally want to thank all of our hard-working employees at David S. Brown. None of this would be possible without your dedication. Thank you!

 - Howard Brown

## New Hires

We would like to welcome all of our new employees here at David S. Brown. It is our belief that our extraordinary employees are our greatest strength and asset. We could not do what we do without all of our hardworking and motivated team members. We look forward to all of your future achievements here at David S. Brown.

<b>Carlos Gonzales</b> , <i>Porter</i>	<b>Marianne Karsh</b> , <i>Residential AR Admin</i>
<b>Octavius Smith</b> , <i>Senior Accountant</i>	<b>Robert Register</b> , <i>Porter</i>
<b>Charles Cunningham</b> , <i>Porter</i>	
<b>Carlos Gonzalez</b> , <i>Crew Leader</i>	
<b>Terry Brown</b> , <i>Weekend Porter</i>	



*Ed Malkinski, Construction Director*

## Department of the Quarter: **Construction**

### When was the construction department created?

The construction department has always been an integral part of David S. Brown since Howard started overseeing the company in the early 1970's. Our current construction director, Ed Malkinski, has been with the company for 15 years, and has proudly grown the team into what they are today.

### How many people work in the construction department?

There are 19 employees that work in the construction department. The team consists of one construction director, three project managers, two estimators, two administrative assistants, one safety manager, and ten superintendents.

### How has the construction department transformed over the years?

The construction department has seen a lot of change over the years. As mentioned above, there has always been a construction department, but the role it has played is constantly evolving as the company continues to grow. Three years ago, the department was split into two sections, estimating and construction. This has allowed the team to more efficiently handle the increase of work that is coming in. They provide a large range of services, from the construction of a new apartment building, to tenant fit-outs, to general maintenance, to property site work. On a given day their team can be making a minor adjustment to a 1,000 sf retail space while also putting the finishing touches on a 50,000 sf office building.

## Current Project Photos



**The Met** is the newest apartment building coming to Metro Centre at Owings Mills. It is expected to be complete by the end of 2019 and will have 114 apartments. The building will feature state-of-the-art amenities and finishes.



The dormitory and faculty housing building being built at **Garrison Forest**, a private school located in Owings Mills. This 12 unit building is scheduled to be finished by the start of the 2019 fall school year.



## Red Brook Health Tip of the Quarter

Provided by Nick Shultz, Executive Director of Red Brook Health & Wellness Center

Summer vacations are in full swing and it's easy for your fitness goals to get derailed between Memorial Day and Labor Day. Look to utilize these tips so you can enjoy your time away and not beat yourself up about it.

1) Rent bikes for the entire family and pedal your way through town instead of driving each day. Not only will you speed up your heart rate but you'll also enjoy the views along the way.

2) For the fitness minded, try performing the Red Brook Strength beach workout every other day to maximize your time and maintain fitness levels during your time away.

- After warming up and actively stretching, perform the following exercises on the beach (not necessary) by yourself or with family / friends

- Jumping Jacks x 20

- Body Weight Squats x 15 (Walking Lunges x 15 / Leg for advanced)

- Pushups x 10

- Bear Crawl x 5 Yards Forward + 5 Yards Backwards (Jog in place as alternative)

- Run / Walk x 50 yards up and back

***\*\*Rest and repeat for a total of 3 – 5 rounds, depending on your fitness level. Cool down with a nice walk or run. Hydrate properly and enjoy the rest of your day.***

3) Ask the kids.... Yes, ask the kids. Find out what activities or sports they'd like to play one day. Basketball, Baseball, Lacrosse, Frisbee, Volleyball, Football, etc. Let the kids pick an activity and have fun with it.

4) Rest! Listen to your body, get that extra sleep and use the break to mentally recharge yourself. Not only are you re-charging your physical battery, but also your mental one. Enjoy!

When you get back from vacation, the Red Brook Health team is here to get you back on track. Look for new classes to hit the summer schedule over the next few weeks along with our **FREE** Saturday Boot Camp sessions open to friends and families.

Have questions or input on what you'd like us to cover in the Health Tip section, contact us at **Info@RedBrookHealth.com**