

Friday, January 27, 2006



=== UMC NEWSBLAST ===

Safety Corner

Keep a look out for Faulty Extension Cords, Power Strips and Surge Protectors, here are some helpful tips to look for to ensure that the electrical devices we use on a daily basis does not create a hazard.

- Look for a certification label from an independent testing lab such as UL (Underwriters Laboratories) or ETL (Electrical Testing Laboratories) on the package and on the product itself. Products with this certification label meet current industry safety standards. For extension cords, look for a permanently attached certification label on the cord near the plug. For power strips and surge protectors, inspect the underside of the casing and make certain that it is marked with the manufacturer's name and the testing lab.
- Use electrical cords, power strips and surge protectors that have polarized plugs with one blade slightly wider the other, or grounded three-pronged plugs. These features reduce the risk of electric shock.
- Use special, heavy-duty extension cords for high wattage appliances such as air conditioners, portable electric heaters and freezers.
- Extension cords used outside should be specifically designed for such use to guard against shock.
- Insert plugs fully so that no part of the prongs are exposed when the cord is in use.
- Never cover any part of an extension cord with rugs or other objects while it is in use. If the cord is covered, heat cannot escape, which can result in fire.
- Don't overload cords with too many appliances. Change the cord to a higher-rated one or unplug and relocate appliances to other outlets.
- Make sure cords do not dangle from the counter or tabletops where they can be pulled down or tripped over.
- If a cord feels hot to the touch, stop using it and throw it away.
- Replace cracked or worn cords.
- Don't use extension cords to compensate for inadequate home wiring. Use extension cords only when necessary and only on a temporary basis.

If you have any questions about any of the safety tips, please ask Jim Schick or Brian Van in our safety department.

Ring the Bell!

Key Bank - Tacoma Operations Center

Howard S. Wright Construction selected UMC to renovate the Key Bank Operations Center in Tacoma. Modifications include a new entry, lobby, training center, and conferencing center. Infrastructure improvements include expanding the Server Room capacity, incorporating a new emergency generator, and reconfiguring sorters and high-speed printers. Ted Granston put together the winning proposal. Max Harshman has been designing the modifications. Kevin McLean & Krista Powers will manage the construction.

Welcome to UMC!

Dominique ("Domi") Lower began working for UMC on 1/16/06 as a Project Engineer Intern, reporting to Maria Boyer. She is currently enrolled in the Mechanical Engineering program at Henry Cogswell College. Dominique enjoys horseback riding, skiing, reading, and traveling.

Julie Blanchard starting work for UMC on 1/16 in Accounts Payable. Julie previously worked at Valley Electric for eight years as the Accounts Payable Manager, managing A/P at eight separate entities. She has over twenty- five years experience in this field. Julie also enjoys spending time with her daughter Ashley, going out with friends, and just living life to the fullest.

Welcome to UMC (cont'd)!

Monica Todd joined UMC on 1/16 as Administrative Assistant, reporting to Rich Munoz. She has served as General Manager, Manager, Supervisor, and Server for restaurants in the Everett, Seattle, and Eastern Oregon area for the past six years. She has attended Linn Benton Community and Oregon State University and is currently working on her AA. She has four children, ages 8, 9, 12 and 13.

Matt Sewell began working for UMC on 1/3/ as a Project Engineer, reporting to Bryan Eppler on the Reno Washoe Medical Center project. Matt most recently worked as an Operations Engineer for Lockheed Martin and prior to that he worked for Truckee Precision in Reno as a Mechanical Engineer. Matt graduated from the University of Nevada, Reno's Mechanical Engineering program in December of '04. Matt enjoys cars, soccer, movies and the outdoors.

Please stop by or drop an email to give them a UMC welcome!

UMC Core Values

UMC's "STAR Performance" Core Values (**S**afety, **T**eamwork, **A**ccountability, **R**espect, **P**erformance) truly reflect our culture and are instrumental in the achievement of our goals.

➔ February's STAR Performer: John Strand

John started with UMC on February 9, 1976. When John came aboard he started his career as a plumber and plumbing foreman. Eventually John moved into the office working for the Service and Special Projects group.

Since those days, John has managed countless projects. John generates all of the business for projects he manages. Through all this hard work John has managed to consistently build effective project teams that perform and **Build Value** for the company. He has the loyalty and respect of the crews that work for him. He has also developed great customer loyalty with those for whom he has provided services.

John's commitment and loyalty to UMC is admirable and epitomizes our culture and our way of doing business. I truly enjoy working with John and hope he has another 30 years in him!

- Jerry Bush

Project Spotlight

Kevin McLean and Krista Powers gives us this update on **Providence Centralia Hospital – Emergency Department (PCH-ED) Expansion**.

PCH – ED is a plan/spec project that UMC is building with Andy Johnson & Company, Inc. The project is located just west of the City of Centralia. The Emergency Department (ED) expansion is an addition and overhaul of the existing Emergency Department at the Providence Centralia Hospital. UMC is providing the plumbing and fitting portion of the work. The project is divided into two phases. Phase I includes approximately 10,000 sf of addition and clinic tenant improvement. Phase II includes approximately 5,500 sf of renovation of the existing ED into support areas for the expanded clinic area. Our field staff consists of **Don Swenson** (Superintendent), **Dave Ranger** (Plumbing Foreman), and **Todd Olsen** (Piping Foreman). They are currently in the rough in stage of the plumbing, heating, and medical gas piping. **Completion is scheduled for May of 2006.**

Quotable Leader

A man always has two reasons for doing anything: a good reason and the real reason.

-J.P. Morgan

Upcoming events:

St. Patrick's Day Dash

Come join the UMC Leprechaun's and run, jog or crawl to the 22nd annual Henry Weinhard's St. Patrick's Day Dash, Sunday March 12 at 9 AM. It's one of Seattle's largest foot races that ends with a beer garden at the finish. It's no Pot "O" Gold but it's the next best thing. Registration information and forms can be found at www.stpatsdash.com. Start training now! Weekly runs are at noon on Monday, Wednesday and Friday's. For more information, contact Bill Laughlin or Bruce Pence.

Go Red For Women...on National Wear Red Day!



Go Red For Women is a nationwide movement celebrating the energy, passion and power we have to band together and wipe out heart disease. Too few people realize that heart disease is the No. 1 killer of women - and of men - but the good news is that heart disease can largely be prevented. Spreading the Go Red For Women message empowers women to love - and save - their hearts through lifestyle choices and actions.

National Wear Red Day is Friday, February 3, 2006. On this day, millions of Americans will be wearing red to show their support for women and the fight against heart disease. By wearing red on National Wear Red Day, you can help the American Heart Association raise awareness of heart disease and inspire women to take charge of their heart health.

Join the millions of Americans wearing red on Friday, February 3rd and encourage others to do the same. Get involved. Go Red For Women. It's a simple, powerful way to improve women's heart health. For more information, visit www.goredforwomen.org or call the American Heart Association at 1-888-MY-HEART (1-888-694-3278).

UMC Santa party and photos!

Check out our online photo gallery by clicking on the link below. You will be able to view all the photos, print, copy, save or order your photo selection to be printed online.

<http://pipeline.umci.com/gallery>

Directions on how to use the online photo album:

- When you get to gallery, click on the first golf photo to open the album.
- Click on the first golf photo again to enlarge it. You can move through the album by clicking on the arrow on the right side of the page.
- If you want to order prints on line, there is a drop down box called "Print photo with" on the left-hand side where you can select the company you wish to use.
- If you want to save, send or copy a photo, **right**—click on the photo and choose your option.