



CONNECTIONS

May 2009



While the economic bad news continues, UMC's **refusal to participate in the economic downturn continues.** We are executing our current projects while upholding the highest of standards and quality of work. We are continuing to actively bid on new projects as they come up and we are confident that our track record and reputation will speak for itself.

We are making great strides in securing our company's future and UMC is and remains very stable during this challenging economy!

To maintain our successes, we all need to do our part in keeping UMC a front runner with owners and general contractors. One thing that is considered very important in the industry is our safety record and the safety of our employees and those working around us. The most significant factor is to think about what you are doing and what impact it will have on you and others - be aware of your actions and influence others with their safety choices.

We offer on-going safety training for our employees and appreciate you putting into action what you learn. If you feel a situation or something is unsafe, please call it to the attention of your manager or contact our Safety Director, Kirk Baisch. Together we can all make a difference!

-Jerry Bush



Safety Swine Flu

With the incidence of swine flu increasing and getting closer to home, and the media coverage growing more constant, here is some information to share with your family and your co-workers. Having the right information and using caution can go a long way to keeping you protected.

Description Swine flu is a Type A influenza virus, sub type H1N1, similar to the common human flu virus. The common human flu virus kills a few hundred thousand people worldwide each year. Flu strains that originate in livestock such as pigs or chickens have the potential to kill millions worldwide if they start spreading among people. This is because, unlike ordinary strains of winter flu, humans have little resistance to them. Public health experts are particularly concerned about strains like this one that have spread from pigs to humans, because the animals can harbor several flu viruses at once which can swap genes and become more dangerous and stronger.

The flu outbreak of 1918 which is estimated to have killed 50 million people worldwide was an avian flu of the same sub type as the current swine flu. There are several factors which suggest that the current swine flu will not be as deadly. Although there is no preventive vaccine, we have

antibiotics that can treat the flu now. We have a much better understanding of how diseases spread. Governments worldwide have procedures in place to minimize the spread of the virus.

The spread of swine flu to people occurs in two ways. They can acquire the virus after being in contact with infected pigs or areas where the pigs have been - which is uncommon here - or they can catch the flu from an infected person. The disease spreads in the same way as human flu, by inhaling airborne particles from coughs and sneezes, or by touching a contaminated surface and then touching the nose or mouth.

The symptoms of swine flu are similar to normal flu and include fever, cough, sore throat, headache, aching limbs, chills and fatigue. Some patients infected with swine flu have also reported loss of appetite, diarrhea and vomiting. In very young children, the warning signs include fast or troubled breathing, a bluish skin tone, a failure to interact with others, and being highly irritable.

As with seasonal flu, swine flu varies in severity, with the worst cases leading to fatal pneumonia and respiratory failure. The current strain seems to be more lethal to those in the 25 to 45 age range, probably because their immune systems overreact. It should be emphasized that in most cases the infection makes people sick but is not life-threatening.

Safety (cont'd)

Minimizing infection can be accomplished in several ways. Because virus particles can survive for hours on surfaces such as door handles, it is important to wash your hands and contaminated surfaces frequently with soap and water. You should cover your mouth with a handkerchief or tissue if you cough or sneeze. If you do use your hands when coughing or sneezing, wash them as soon as possible afterwards. Avoid touching your mouth and nose with your hands or rubbing your eyes. Keep your distance from people with symptoms and think twice about attending crowded gatherings.

On the question of wearing a face mask: There is no evidence to suggest it is worth wearing a face mask if you are healthy and are not caring for an infectious patient. Health officials say wearing a mask can give people a false sense of security. Only certain types are effective, and then only if worn properly. Masks only work if changed regularly, but they can get damp from breathing, making them more likely to harbor viruses. There is some concern that people using a mask might neglect to wash their hands as regularly. The only masks that offer any protection against viruses conform to a US standard N95. People need to be trained to put these on properly.

If you think you may be infected, stay home. Cover your coughs and sneezes and avoid close contact with other people. Notify your doctor. Tests for swine flu can be done at home or by healthcare workers.

STAR Performer-May



Ned Moore has worked for UMC since 2004 when he came to work on the Bellevue City Hall project. Ned has been a great addition and asset to the UMC sheet metal group.

Ned is a talented employee with the ability to take on many different types of jobs. He has worked in the Special Projects Group, Industrial Group and is currently working in the Major Projects Group. Ned installed the sheet metal at the Everett waste water project which included some large FRP and aluminum ductwork. He was also involved in the Goat Hill project. He is currently working as the site Superintendent at the One Lab project.

Ned is a highly motivated, organized, skilled sheet metal worker and an effective leader that has great success with the company's general contractors. He has proven he can successfully manage all three mechanical trades for UMC.

Ned has earned the respect of his foremen, crews and co-workers on projects. It is a great pleasure working with Ned and looking ahead to future collaborations.

Written & Submitted by:
Chris Gunn

UMC Recognition

An award that UMC recently received and one that will be given next week demonstrate prime examples of the success and reputation we have in the industry.

David Babington recently represented UMC as we were honored with the 2009 Better Workplace award, presented by the Association of Washington Businesses & State Attorney General Rob McKenna at Legislative Day in Olympia.

AWB "recognizes member businesses that go the extra mile in providing a family-friendly work environment, promoting safety and enabling employees to achieve their best. Awards are given to companies that demonstrate innovation in the areas of workplace safety, job training and advancement, and benefit & compensation programs."

On May 7, UMC will be honored as one of the top 75 philanthropic businesses by Puget Sound Business Journal. This recognition is an honor. In spite of the many challenges we all face, UMC and its employees have found the time and resources to contribute to UMCCF and other organizations. Thanks to all of the UMC employees that contribute to UMCCF.



Birthdays

May

- 2 Don Swenson
- 5 CV Nguyen
- 5 Gail Kinner
- 15 Steve Otis
- 19 Rene Soucy
- 25 David Malone
- 26 Rich Happel
- 26 Antonio Fernandez
- 28 Tom Boysen

June

- 11 Jon Baker
- 13 Linda Pelletier
- 14 Kim Leasure
- 18 Rich Munoz
- 21 Catherine Waldren
- 22 Vanessa Witkowski
- 24 Steve Russo
- 24 Konstantin Aluf



Anniversaries

20 Years:

- Jerry Bush (May)
- Larry Savell (June)

10 Years:

- Shane Jacob (May)
- Henry Biggs (June)
- Chris Gunn (June)

5 Years:

- Rosalie Baxter (May)

2009 Calendar of Events



AUGUST

Summer Picnic
Saturday, 8/1/09
Cottage Lake, Woodinville

SEPTEMBER

Golf Tournament
Sunday, 9/13/09
Harbour Point Golf Club

OCTOBER

Trick or Treat & Party
Friday, 10/30/09
UMC

DECEMBER

Santa Party
Friday, 12/11/09
UMC

JANUARY

Holiday Party
Saturday, 1/9/10
TBD

refrigerator, so your cooperation is greatly appreciated!!

UMCCF News

Each month, the UMC Charitable Foundation will feature an organization in the Puget Sound area that could use the support of the community, either financially, by volunteering your time or participating in an event.

FEATURED CHARITY

Multiple Sclerosis

Multiple Sclerosis (or MS) is a chronic, often disabling disease that attacks the central nervous system (CNS), which is made up of the brain, spinal cord, and optic nerves. Symptoms may be mild, such as numbness in the limbs, or severe, such as paralysis or loss of vision. The progress, severity, and specific symptoms of MS are unpredictable and vary from one person to another. Today, new treatments and advances in research are giving new hope to people affected by the disease.

In a region where MS is more prevalent than almost anywhere else on earth, the Seattle Chapter is the most dependable resource for programs, services, education, information and support to 9,000 people living with MS.

Many of us know of someone afflicted with this disease and have watched the changes over time. What can I do? The annual Bike MS Ride 2009 will be held in Mt. Vernon on September 12 & 13.

Refrigerator

There appears to be a continuing issue with the lack of space in the refrigerator. We need your cooperation, so please:

- limit your lunches to the current day,
- bring in smaller quantities of milk and juice (eliminating the gallon size),
- remove any food or drinks that are expired or unwanted.

These three suggestions should free up space for others to use the refrigerator at any given time. Remember, we have well over 50 people that may need to use the

Multiple Sclerosis (cont'd)

Chapter: Greater Washington
Start date: September 12, 2009
End date: September 13, 2009

Length: 1 or 2 days
Miles: Day 1: 20, 60, 80, 100
Day 2: 50, 75

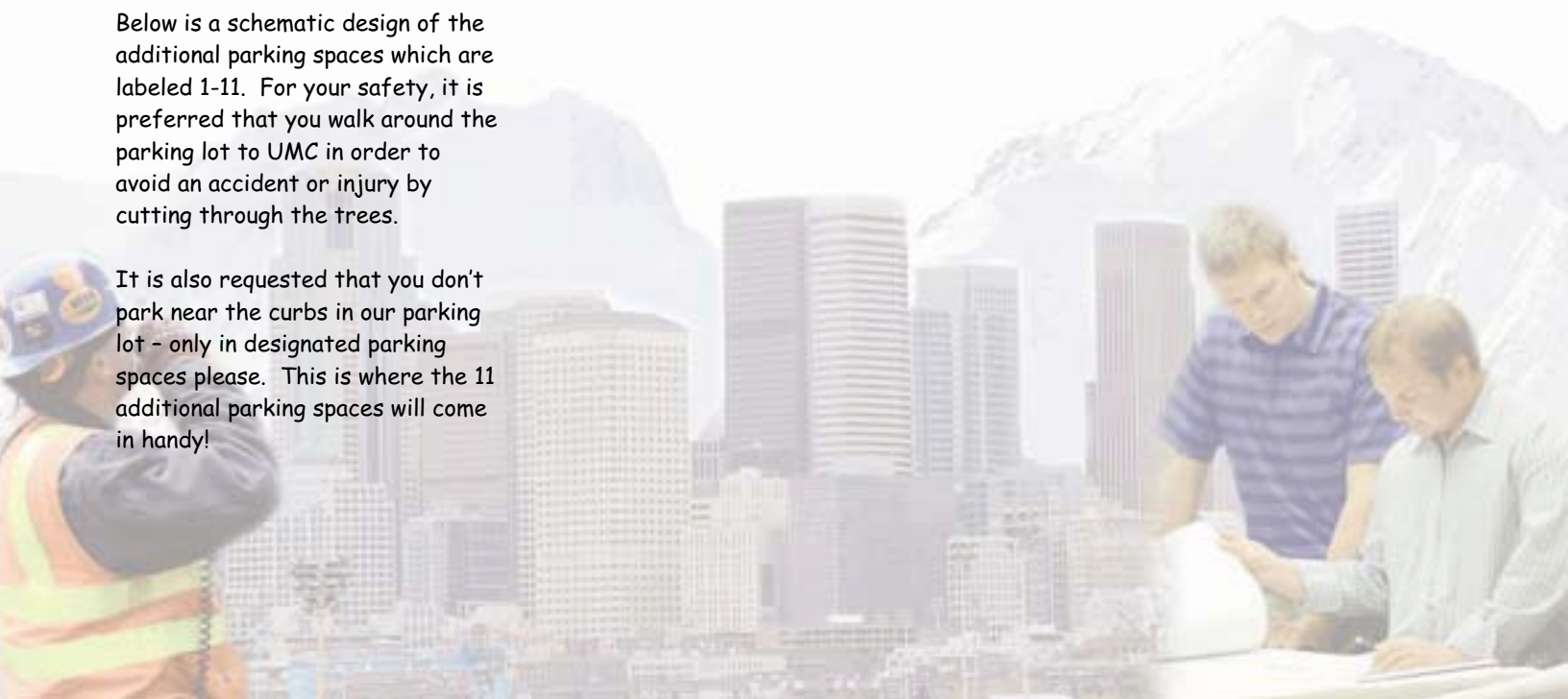
You can either sign up to be a participant and ride your bike or donate to the cause. Please visit www.nationalmssociety.org/chapters/WAS/index.aspx to get more information or to start a team, join a team, register as an individual or pledge a rider.

PARKING

For those of you that are new to the company since last May and as a reminder to everyone else, we have 11 additional parking spaces available on the Tone Commander property, located in the adjacent parking lot to our building. "Reserved Parking" signs in front of the stalls designate which are UMC's.

Below is a schematic design of the additional parking spaces which are labeled 1-11. For your safety, it is preferred that you walk around the parking lot to UMC in order to avoid an accident or injury by cutting through the trees.

It is also requested that you don't park near the curbs in our parking lot - only in designated parking spaces please. This is where the 11 additional parking spaces will come in handy!



TONE COMMANDER

UMC PARKING
STALLS SHOWN
NUMBERED

ROUTE TO UMC

FOR LANDSCAPING
PRESERVATION PLEASE
WALK AROUND

UMC

Ref. Dwg. Rev'd
N/A



**UNIVERSITY
MECHANICAL
CONTRACTORS, INC.**
OFFICIAL SEAL

11511 48th Place West,
Mukilteo, Washington 98273
Phone: (206) 364-8600
Fax: (206) 361-2126

Sketch Title:

UMC OVERFLOW PARKING MAP

Job Number And Name:

UMC OVERFLOW PARKING

Sketch #

SKU-#001

Scale: NTS

Approved By:

Drawn By: BRYAN KING

Ref.:

Rev Date:

Rev #:

Sheet 1 OF 1

Date: 05/06/08