

CONNECTIONS

April 2009



Safety

We had two recordable injuries in March. We need to focus on hazard recognition and correction in order to improve this trend. Be a safety leader on your job. If you see an unsafe condition or activity, work to correct it. If you cannot accomplish the change, talk to your supervisor. Never walk by an unsafe situation.

In training this month, we focused on safe driving. Here are some reminders for you and your family to consider. Although most of us drive without giving it much thought, driving is a skill that requires complex coordination between your mind and body. Staying focused at all times will help ensure that you - and those on the road with you - will reach the destination safely.

Multi-tasking is definitely the trend in today's fast paced world. When you are driving, you are multi-tasking by definition: you are operating heavy equipment at high speed; you are navigating; and you are responding to other drivers and other obstacles around you. Do not allow distractions to introduce even one more activity into the mix.

Distractions come in many forms and can lead to deadly results. Experts estimate that drivers are doing something potentially

distracting more than 15% of the time their vehicles are in motion. Driver inattention is a factor in over one million crashes in North America annually. Raising your awareness of potential hazards and eliminating or controlling their impact will make you a much safer driver. Here are some suggestions:

- Adjust seat position, climate controls, or other devices before you start to drive or when you are stopped.
- Do not eat or drink or smoke while underway. Stopping for these activities can be a relaxing break.
- Pull over to a safe place to make or take a call. Even hands-free devices cause you to pay less attention to driving.
- Keep conversation in the car quiet and light. Do not get wrapped up in emotional, intense, or complicated matters while driving.
- Read maps and check road conditions before your journey so that getting lost and traffic conditions will be less of a distraction.
- Pull over to care for children. Attending to children requires your full attention and can pose significant risk if you are driving.
- Do not drive when you are sleepy. Drowsiness slows reaction time, decreases awareness, and impairs judgment, just like drugs and alcohol. Sleepy driving can be avoided by getting enough sleep the night

before, traveling with an alert passenger, taking power naps, and scheduling regular breaks.

It is impossible to avoid all distractions on the road. However, if we minimize, control, or eliminate most distractions, we can be prepared to respond adequately to the unexpected.

STAR Performer - April



I am pleased to announce April's STAR Performer, Dori Jenkins, as she is a person who wears many hats in the Safety Department and always keeps safety at the forefront of everyone's mind.

Dori is responsible for keeping track and following up with L&I on the safety incidents and claims; setting up training classes for first aid, asbestos, forklift, OSHA 10 and OSHA 30, rigging, boom lift and scissor lift; compiles accident / incident trends and analysis reporting; and multiple other projects to help create a safe working environment.



STAR Performer (cont'd)

Dori's support role goes beyond her desk as she gives her time selflessly to help out her co-workers from questions to research to planning company functions.

It is a true pleasure to have Dori Jenkins working with me and for UMC as she is a great role model with a superior work ethic. Thanks Dori for a job well-done!

Written & Submitted by:
Kirk Baisch



Anniversaries

20 Years:

Jerry Bush (May)

15 Years:

Floyd Burkey (Apr)

10 Years:

Shane Jacob (May)

5 Years:

Rosalie Baxter (May)

WELCOME TO UMC!

New Hires



Jenni Gregg started with UMC on 3/9/09. Before coming to UMC, she spent a year and a half as a Mechanical Systems Estimator at Skanska and, four years prior to that, as a Design Engineer at Red Dot Corporation, a custom automotive HVAC company. Jenni has her EIT registration in Washington State and is a LEED accredited professional. Two nights a week, she can be found on campus at Seattle University, where she is pursuing her MBA. When not at work or school, Jenni enjoys shopping, paper crafts, martial arts and snowboarding. Welcome Jenni!

Birthdays



April

- 5 Clarice Kellogg-Olson
- 15 Ed Toyoji
- 15 Judy Gaylor
- 21 Daniel Vu
- 24 Marshall Nichols
- 27 Bill Coston

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
- 29 Sean Cavanaugh

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



Matt Thibeau began working for UMC as a Senior Project Manager on 3/9/09. His last position was with MacDonald Miller as a Senior Project Manager where he was for more than 4 years. In all Matt has almost 14 years experience in the industry and has led successful hospital, office, data, and multi-use projects. Matt is active in the MCA of Western Washington

New Hires (cont'd)

where he sits on the Board of Education. Matt also enjoys skiing, swimming, running, fishing, UW football, and Chicago Cubs baseball. Welcome Matt!



Sean Mc Carthy started working for UMC on 3/09/09 as a Project Manager. Sean's last position was with Midstate Mechanical in Phoenix, Arizona as a Project Manager. Prior to that he was a Project Manager for Harris Companies based out of Saint Paul, Minnesota. Sean has thirteen years of Project Management experience and has been involved in Mechanical-related industries for over 25 years. Sean enjoys spending time with his wife Linda, along with traveling, boating and fishing. Welcome Sean!



Dean Harriman started working for UMC on 3/11/09 as Shop Foreman. Dean has 26 years of welding experience and has been a member of Local 32 for 16 years. Prior to this he was a General Foreman for

Holiday Parks for 2 years. Dean enjoys hunting, fishing, riding horses and dirt bike racing. Welcome Dean!

On the Move...



Bruce Lincoln started working for UMC on 3/26/07 and recently began transitioning into UMC's Shop as Plumbing Lead Foreman, to help facilitate plumbing fabrication. Bruce has 33 years of experience, becoming a Journeyman in 1980 and a member of Local 26 in 1992. Prior to working for UMC, Bruce was a Field Coordinator for Williams Mechanical in Everett for 11 years. He also ran his own business for 10 years. Bruce enjoys softball, golf, and landscaping his yard.



SAVE RESOURCES

There has been a lot of talk and controversy lately regarding computers left on overnight and on the weekends. The latest news and the position that UMC is going to take on this subject is, please **either turn off your computer every night for maximum energy savings OR set it on hibernate / sleep mode.** You can set up the hibernate / sleep mode by going to the "Start" menu, "Setting",

"Control Panel", "Power Options", and adjust the settings on "Power Schemes" and click on the "Hibernate" tab and check Enable hibernation. Every little bit helps, it all adds up!

TIDBITS:

Screen savers can use a minimum of 42 watts; those with 3D graphics can use as much as 114.5 watts, so it's absolutely wrong thinking that a screen saver will save energy.

Flat-panel monitors use less energy (22 watts when left on, 3.3 watts in "sleep" mode) than regular monitors (75 watts when left on, 5 watts in "sleep" mode.)

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

The Salvation Army

UMC and UMCCF are very supportive of The Salvation Army with their mission to help people in time of need.

The Salvation Army has been supporting those in need without discrimination for 128 years in the United States. Nearly 29 million Americans receive assistance from The Salvation Army each year through the broadest array of social services that range from providing food for the hungry, relief for disaster victims, assistance for the disabled,

The Salvation Army (cont'd)

outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children. About 83 cents of every dollar raised is used to support those services in 5,000 communities nationwide. For more information, go to www.salvationarmyusa.org.

One of the more well-known services that are offered by The Salvation Army is Disaster Relief:

- The Salvation Army has an established right to provide disaster relief services.
- The Salvation Army's disaster relief services are supported solely by donations.
- The Salvation Army is not a first responder; rather, it supports first responders.
- The Salvation Army is a mass-care support agency.

The disaster relief area of The Salvation Army supplies:

- Hydration Service
- Emergency Shelter
- Cleanup and Restoration
- Donations Management
- Spiritual and Emotional Care
- Disaster Social Services
- Emergency Communications

Another well-known area of The Salvation Army is the "miracle" of Christmas as it is repeated over and over again through the joy of caring and sharing. The traditional red kettle is an integral part of the Christmas scene, with millions of dollars donated each year to aid needy families, seniors, and the homeless, in keeping with the spirit of the season.



Donations provide Christmas dinners, clothing, and toys for families in need. Financial assistance also helps with basic necessities, along with seasonal aid. Families of prisoners often are included.

Volunteers distribute gifts to shut-ins in hospitals and nursing homes, and shelters are open for sit-down dinners. The Salvation Army endeavors to bring spiritual light and love to those it serves at Christmas so that the real meaning of the season is not forgotten.

HopeLine - Verizon Wireless

"Donate your old phone today and make a difference." Support victims of domestic violence in local shelters and non-profit organizations by donating your old phone to HopeLine. There are HopeLine envelopes located in the kitchen for you to simply put your phone in the prepaid mailing bag, drop it in the outgoing mail and off it goes! This is a quick and easy way to get rid of old cell phones plus support a local charity.

