

Friday, February 24, 2006



==== UMC NEWSBLAST ====

Safety Corner

Cold Weather Can Effect Work And Play

We have all heard and read of people falling into icy lakes or getting lost in the mountains as examples of hypothermia. But the truth is that anyone exposed to cold temperatures, whether for work or recreation, may be at risk of becoming too cold. When the body is unable to warm itself, serious cold related illnesses and injuries might occur, resulting in permanent tissue damage and even death. Did you know that hypothermia could occur even if land temperatures are above freezing 32F?

Hypothermia: When normal body temperature drops below 98.6 F to or below 95 F. The symptoms are fatigue, drowsiness, uncontrolled shivering, cool bluish skin, slurred speech, clumsy movements, irritable, or confused behavior.

Here is a short list on how to protect yourself:

- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms and what to do to help the individual.
- Train the workforce (and your family) about cold induced illnesses and injuries.
- Select proper clothing for cold, wet, and windy conditions: Layer of clothing to be able to adjust to changing temperatures; wear a hat and gloves in addition to underwear that will keep water away from the skin (polypropylene).

High Risk Individuals:

- Those who have cardiovascular disease, diabetes, hypertension
- Those who take medications- should check with your doctor or pharmacy regarding any medication and the impact of being in the cold.
- Those in poor physical condition, have a poor diet, or are older.

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

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.

—► **March's STAR Performer: Clarice Olson**

Inscribed on the New York Post Office Building in 1914 appears:

"Neither snow nor rain not heat nor gloom of night stays these couriers from the swift completion of their appointed rounds."

Clarice Olson, our Payroll Manager, takes this high standard up a notch. For close to 6 years, Clarice's exceptional dedication and urgency to get each and every paycheck, to every individual, each week at UMC can be relied on... even if the post office doesn't live up to their commitment and get the check delivered timely! Through shutdowns and all the other time-sensitive project needs, Clarice delivers... to the tune of more than 75,000 checks during her time with UMC! On top of getting you your checks correctly and on time, Clarice successfully keeps the many complicated union trust reports straight, accurate and on time, as well as the required state and local tax reporting.

When not making sure all of us get paid, Clarice enjoys her Mariners (yes, Edgar is still her favorite), spends time in her garden and doing home decorating and remodeling projects as well cheering her daughter Heather on during Heather's marathons both for fun (?) and to benefit AIDS research.

We are very fortunate to have Clarice to count on. So, go ahead, feel free to tell her how much you appreciate her dedication when you next talk to her! She deserves it!

- Doug Smith

Quotable Leader

"If you are out to describe the truth, leave elegance to the tailor."

-Albert Einstein

Welcome to UMC!

Gail Kinner starting working for UMC on 2/13 as Marketing Manager, reporting to Dean Petterson. Prior to joining UMC, Gail worked as Marketing Manager for Synrad Inc. in Mukilteo. Earlier in her career, Gail worked as Marketing Manager and Marketing Coordinator for Seattle firms Spencer Technologies and Dimension4 Inc. After college, she spent several years in Norway working and playing basketball. Gail earned a BA in Communications from Pacific Lutheran University. Gail enjoys basketball, softball, golf, and spending time with her family.

Keith Flowers began working for UMC on 2/13/06 as a Senior Project Manager, reporting to Maria Boyer. Keith has worked the past five years as a Senior Project Manager for W.A. Botting Company. Prior to that he worked for Midwest Mechanical Contractors, Inc for fourteen years as a Senior Project Manager, Project Manager, and Operations Manager. Keith enjoys golf and woodworking.

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

Project Spotlight

John Williams gives us this update on **Horizon House Water Leak and Tie-In.**

Red Alert! 200 gallons of water per minute is flooding the site from underneath the existing building. Midnight Shut Down? Who you going to call... TEAM UMC!

The Horizon House Phase II UMC Team found themselves orchestrating three midnight shut downs last week. The Construction team led by Gary Peterson and Service team led by Henry Biggs joined forces in bringing emergency relief on three difficult shut downs.

Shutdown #1 - Water Supply Leak:

A 6-story building was demolished that connected to the existing 19 story Horizon House Central Tower. The facilities staff had been unsuccessful in locating the source of a major water leak for several months, which ultimately was causing wash out under the Central Tower building. The leaks origination point was a sheared-off 6" water line at the building point of entry. The shear presumed to have been caused by the 2001 Nisqually 6.8 earthquake. This line served the 19-story Central Tower and a Commercial Kitchen. UMC helped identify the leak location and then executed flawlessly in repairing the pipe.

Two separate teams attacked the problem from two ends. The first shutdown team replaced the sheared pipe and ran new pipe to the existing header. This work was performed by Henry Biggs and Paul Schuler, who worked in a 11 foot pit on the outside of the building down stream from the meter feeding 6" ductile iron under the building. The second shutdown team replaced the old pipe running from the City meter to the sheared pipe location with the crew of Gary Peterson & Bill Sulfridge finding access through the floors and vaults to install 6" Vic copper pipe. This shut down took 14 hours to complete.

Shutdown #2 and 3 - Sanitary Sewer Relocation:

During site excavation for the new Horizon House Phase II Tower, an existing 8" sewer line was discovered. It was found that the existing line was not only the garage waste sump but was likely the entire Central Tower high-rise waste line. The removal of the pipe took place in three phases: interior pipe, lower city tie-in, and upper pipe cutover. The first two phases, completed by Paul Schuler and Dave Branden were executed on day shift. Last Friday night, the final phase quarterbacked by Jim Dickson was completed without incident. The challenging upper cut-over was performed by Ed Willis and Ivan Buchanan on a **live 8" sewer line**, at night, during the coldest night of the year in a retirement home facility where domestic services are a necessity to be maintained.

All three shut downs were completed in a professional, efficient and safe work environment. Jim Schick was instrumental in getting the right gear and safety parameters established for the crews: Ventilators, sniffers, protective clothing, face shields and TB shots.

The following are comments of recognition received from our customers LCL and Horizon House:

Ted, John, Maria and Jim: "Thought you'd like to see this complimentary e-mail from Bob Anderson." "Your crews did a fantastic job getting the water line fixed last night so please pass on our thanks to whoever was working on the job. Clearly your efforts made a difference. Thanks, ldb" (LCL Project Manager)

*Mark, your crew, Lewis and subcontractors **UMC**, working with Paul Noel did a terrific job of responding quickly and repairing the water line last night. We are all impressed with the teamwork! Thank you. Bob (Executive Director Horizon House)*

WAY TO GO TEAM!

UMC Health Awareness Corner:

Health kick: Get fit in 2006

By Michelle Theall

Buffalo News

January 24, 2006

It's that time of year. We make the New Year's resolution to get back in shape. Well, let's define the phrase "back in shape." Back in shape implies that one was once "in" shape. It also says nothing about one's stamina or fitness level. Just the outward appearance, the "shape" of your body. Let's face it. We're all part narcissist and want to look our best, turn a few heads, and in general, walk with a little swagger that says, yes, I am in fact, all that. Turns out, this looking-like-the-goddess-I-know-I-am stuff is darned hard work. Without lifelong changes, particularly in attitude and routine, I'm destined to be a domestic goddess at best. So, it pays to take things step by step. With that in mind, I bring you tip one for keeping with your New Year's resolution to get fit. Carve out time and get into a routine.

Prioritize fitness

We make the time for things that are important to us. Every single day, we prioritize. We also make excuses. I don't have time to exercise because I have two kids under the age of 5. I can't go to the gym because I work 50 hours a week. My parents' health is failing and I have to take care of things for them. OK. Fair enough. But, let's take a good look at this. You have some very important people counting on you. Kids, parents, boss and spouse. You cannot take care of any of them if you are sick, tired, or even, gulp -- dead in ten years. When a plane is about to take off and they issue all the safety information about where your floatation device is located, where the exits are, and how to use the evacuation slide, they also tell you to secure your own oxygen mask before you help anyone else. Consider fitness your personal oxygen mask. To be of help to anyone you love, you must be healthy, strong, and alive! It isn't selfish for you to steal an hour out of your day to take care of yourself. It's because you love your kids, parents and spouse that you promise to be around when they need you most. It's a promise you can't keep unless you make your health a priority.

Finding time

How to find that precious hour? Get a pen and paper and think about how you spent every hour of your day yesterday. Write down your activities. Review the list. Where can you steal an hour three times per week to get back into shape? Could you walk during your lunch hour and eat at your desk later? How much television do you watch in the evenings? Try skipping *Desperate Housewives* (or better yet, TIVO it), and go to bed an hour earlier or work out that night. In general, getting up to work out an hour before everyone else starts making demands on you will boost your energy levels and metabolism for the day. What's really important? Fitness isn't magic. It's planned into your day. If you think you'll get to it later, most likely something else will fill up that time and you'll lose your motivation. Plan on being fit. You're worth it.

The people you love are worth it too.

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 race 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.
