

*Friday, October 6, 2006*



==== UMC NEWSBLAST ====

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Safety Corner

**Why Hand Protection is Important**

Take a moment to hold your hands out in front of you. Look at them. They are the only two hands you will ever have. It has been estimated that almost 20% of all disabling accidents on the job involve the hands. Without your fingers or hands, your ability to work would be greatly reduced. Human hands are unique. No other creature in the world has hands that can grasp, hold, move, and manipulate objects like human hands. They are one of your greatest assets. And, as such, must be protected and cared for.

Source - OSHA

**If you have any questions or comments about UMC's Safety Program and Policies, please ask Jim Schick in our safety department.**

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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.

——→ October's STAR Performer: Max Harshman

Max came to UMC as a lead engineer a few short years ago. He has not wasted any time in becoming a key part of our Design/Build department. Max has tackled some of our most challenging designs and Performed exceptionally well.

Cosmo is a perfect example of how Max does business. The project was difficult from all aspects: design, schedule, client, etc. Max took charge of the design meetings, held himself Accountable for his work, and held the entire design Team accountable for theirs. He was not always the most popular guy in the meetings, but in the end everyone Respected what Max had done for the project.

Congratulations Max on being chosen as this month's S.T.A.R. Performer. I look forward to working with you for many more years.

- Written by David Malone

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Project Spotlight

**Andrea Szalda/Rich Happel** gives us this **Commissioning & Start-up** update on the **Wenatchee Data Center**

Start Up and Commissioning of the Wenatchee Data Center Project is underway. This process being lead by Vern Roach with the assistance of Ethan Mutoli and Bart McDaniel involves five steps. Their responsibility is to commission a variety of newly installed equipment including, chillers, air handlers, computer room (CRAC) units, pumps, variable frequency drives and exhaust fans.

This same process used for the US Coast Guard project, ensures UMC turns over a completely functional job. In step one correct installation is verified, step two unit operation is tested and in step three units designated function is confirmed. The final two steps are system performance and integrated testing. System performance confirms each system is performing as expected. The final step integrated testing verifies all systems are working together as designed.

To date UMC has completed steps 1, 2 and 3. All commissioning is expected to be complete by October 27<sup>th</sup>.

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### Quotable Leader

*" That's all a man can hope for during his lifetime - to set an example - and when he is dead, to be an inspiration for history. "*

~ William McKinley

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### UMC Health Awareness Corner

10 Essential Health Tips

(The Basics to Practice Every Day)

"He who has health has hope, and he who has hope has everything." -*Arabian Proverb*

#### **2. Cut Fat**

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise. Thought for the day: Lean, mean, fat-burning machine.... Then be one!

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### Helpful UMC Hints

#### **Taking Digital Photos – Tip #2**

**Don't immediately delete photos if an unwanted person or thing is in the shot.**

The UMC marketing department may be able to crop sections out of your photograph and still get a good print. Just remember to set your camera at the highest quality setting. One person's trash can be another person's treasure! If you have any questions about your digital camera, please contact Gail Kinner [gkinner@umci.com](mailto:gkinner@umci.com).

**Look for more Tips in upcoming editions!**

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Please email questions, comments or news to Linda Barnhart @ [lbarnhart@umci.com](mailto:lbarnhart@umci.com)  
[www.umci.com](http://www.umci.com)