

Friday, September 8, 2006



==== UMC NEWSBLAST ====

Safety Corner

Smoke Alarms: To ensure your family will be effectively alerted to any fire dangers, use the following guidelines when installing and testing smoke alarms:

- Only purchase smoke alarms that are listed by UL and carry the UL mark on packaging.
- Install smoke alarms on every level of your home, including the basement and bedrooms.
- Smoke rises, so smoke alarms should be mounted high on walls or ceilings.
- Test your smoke alarms at least once a month.
- Install fresh batteries at least once a year.

Smoke alarms should be replaced at least once every 10 years

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

Welcome to UMC

Terry Schultz started working for UMC on 8/28 as a Cad Services Lead reporting to Curtis Watson. Terry has 15 years experience in multi-discipline drafting/design with emphasis on Structural, Piping/Process Piping, HVAC, and Mechanical. He has spent the last seven years as the sole proprietor of Spokane CAD Consultants in Spokane, Washington, where he worked with clients such as CH2MHill, J.U.B. Engineers, and Martin Hill Architecture on projects such as the CIP for Spokane's Riverside Park Water Reclamation Facility, and Idaho's Hayden Waste Water Treatment Plant Upgrade. Terry currently serves as the president of the American Design Drafting Association. In his free time, Terry enjoys gardening, woodworking, biking, and skiing

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

Quotable Leader

"Perseverance is the hard work you do after you get tired of doing the hard work you already did."

- *Newt Gingrich*

Project Spotlight

Warren Rose gives us this update on the **Horizon House Project**

With the long awaited ending to the batch plant operator's strike, concrete placement at Horizon House has resumed. Level 8 of the north tower was placed on Aug. 30th, and Level B1 of the south tower placed two days later on Sep. 1. Level 9 north is scheduled to be placed on Sep. 12th and level 1 south on Sep. 18th.

With nineteen stories above ground and five below, and perched on top of a hill, the residence of Horizon House will enjoy unobstructed westerly views of Downtown Seattle and Puget Sound.

The Horizon House construction team is comprised of Gary Peterson as plumbing general foreman, Bill Sulfridge plumbing lead foreman and Dan Thornton, plumbing foreman. Rick Riker is our sheet metal general foreman and Scott Young, sheet metal lead foreman. Doug Price is our fitter general foreman and Kirk James, foreman.

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*

1. Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha.... Then do it!

Watch for the next Health tip in our next edition of the Newsblast

Helpful UMC Hints

Taking Digital Photos – Tip #1

Use the appropriate camera setting

Digital cameras allow you to take pictures at different quality settings; the higher the setting the better the photo quality. If you plan to take jobsite photos for UMC, you will always use the highest setting. This ensures the highest quality picture possible for post-processing and printing.

If you have any questions about your digital camera settings, please contact Gail Kinner gkinner@umci.com.

Look for more Tips in upcoming editions!

Mark your Calendars

September 10, 2006 – Annual UMC Golf Tournament The date is set and the Course is picked. Join in on the fun of a little golf and a lot of good stories and getting to know your fellow employees. Harbour Point Golf Course is a fun, challenging course for the beginner and even the advance golfer.

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Please email questions, comments or news to Linda Barnhart @ lbarnhart@umci.com
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