

Friday August 26, 2005



=== UMC NEWSBLAST ===

Hurricane Katrina Relief

Here at UMC and UMCCF we express our deep sorrow and send our sympathy to those who have lost everything, including their loved ones, as Hurricane Katrina came ashore on the Gulf Coast and moved north. The survivors of the storm feel isolated right now and are facing the phenomenal task of rebuilding their lives, homes and businesses, but they are not alone. UMCCF salutes all of the relief workers who have rushed to the area. Our thoughts and prayers are with them.

UMCCF would like to extend to UMC employee's that want to contribute to the Hurricane relief effort a 100% match of their dollars to the relief efforts. UMCCF will donate all funds to The Salvation Army. Email notification and flyers will be out in next week's paycheck. Please see, call or email Linda Barnhart if you wish to contribute.

A UMC Welcome!

Dave Braden has come on board with our Service Department in the capacity of **Plumbing Technician**. He grew up in California and has lived in Washington since 1999. Prior to joining UMC, Dave worked for Madden Mechanical for the last two years and holds both his med gas and backflow certifications. Dave and his family live in Everett.

John Wildt has joined the Service Department as an **HVAC Technician**. John and his family moved to Washington from the Bay area five years ago. He worked for Puget Sound Refrigeration for five years prior to joining UMC. He and his family now live in Issaquah.

Please join us in giving our new employees a UMC welcome!

Project Spotlight

Mary Pakinas reports the following update on **SCCA – Women's Clinic and Expansion**

Seattle Cancer Care Alliance has added a Women's Clinic on the third floor of the SCCA building. UMC installed the heating water boxes, plumbing fixtures and the ductwork. This project is very infection control minded. All the waste for the plumbing was done off-hours in the ceiling of exam rooms, ultrasound rooms, and rooms which are in use during the week. We just finished our above ceiling punch list with minimal items on the list. As we wrap up the Women's Clinic, we are starting the expansion, which is a core and shell added to the footprint of the existing building. The steel is going up and the decks will begin to pour in the next few weeks. The mechanical room fab is in process with equipment arriving beginning at the end of September. **Don Swenson, Mike Grecula, Dave Hansen** and their crews have done an excellent job on the project. Detailing and MEP coordination was done by **Curtis Watson**, who spooled the mechanical room fab pieces and now has started on the piping for the rooftop, and **Brandon Kappus**, who has done all the ductwork drawings. Good job!

Gas Savings

With the price of gas skyrocketing and no relief in sight, **Shane Jacob** suggested we utilize a few good habits in order to maximize our gas mileage for both our UMC and personal vehicles:

- **Fill up with a lower-octane gasoline.** Buy the lowest grade or octane of gasoline that is appropriate for your car. Unless your car requires premium gasoline, filling up your car with high-octane fuel is a waste of money.
 - **Don't top off.** Don't bother topping off when filling your car's gas tank. Any additional gas is just going to slop around or seep out. Stop pumping at the first indication that your tank is full when the automatic nozzle clicks off.
 - **Tighten up that gas cap.** Gas will evaporate from your car's gas tank if it has an escape.
 - **Go for the shade.** The hot summer sun that makes the inside of your car feel like a sauna also zaps fuel from your gas tank.
 - **Check your tire pressure once a month and pump up your tires.**
 - **Keep your engine in tune.**
 - **Replace air filters.**
 - **Use the right oil.**
 - **Carpool, use mass transit, ride your bike whenever possible**
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New items in the Company Store

Always pulling out an old, flimsy grocery bag to put your lunch in? Now you can pack your lunch in style, using our new **UMC lunch bag/6-pack cooler!** These high-quality, insulated coolers have two outside pockets and a shoulder strap and are the perfect size for lunch or a six-pack (of soda, of course!) At only \$8 each, they're a bargain.

We have also updated the Nalgene Water Bottles with a new color – a dark blue with our logo in white on the front. Check them out by clicking on the link http://pipeline.umci.com/intra/costore_temp.html
To view all our items for sale, visit the UMC company store on line at <http://pipeline.umci.com/intra/costore.html>

If you wish to order any of our Company items or have any questions, contact Lise Van Deusen at lvandeusen@umci.com or (206) 368-6207.

UMC Company picnic fun and photos!

All the fun we had at the annual **UMC Company picnic** may have come and gone, but the memories still live on! Check out our online photo gallery by clicking on the link below. You will be able to view all the photos, print, copy, save or order your photo selection to be printed online.

<http://pipeline.umci.com/gallery>

- When you get to gallery, click on the button on the left-hand side named "2005 UMC Picnic" to open the album.
 - Click on the first photo to enlarge it. You can move through the album by clicking on the arrow on the right side of the page.
 - If you want to order prints on line, there is a drop down box where you can select the company you wish to use.
 - If you want to save, send or copy a photo, **right**—click on the photo and choose your option.
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Quotable Leader

To see what is right, and not to do it, is want of courage or of principle.

- Confucius
(551 BC - 479 BC)

Safety Tip - Back to School

Here are some tips to send your kids off to school safely:

1. Drive Safely

- Whether dropping your kids off, driving to or from work, or elsewhere, ALWAYS obey school zone speed limits.
- Always be aware that school is in session. Each school has different starting and ending times. Also, many schools have open campus' where kids are present all day.
- Obey the school bus signals. Traffic in ALL directions must stop when the school bus is picking up or dropping off students.
- The light is changing, it will become darker in the morning as time goes on. Make sure your kids have reflective material on their backpacks, or jackets.
- Be patient and take a few additional minutes to get where you are going.

2. Check the Backpack

- Choose a backpack that has wide, padded, adjustable straps
- Adjust the backpack so that it rests no more than two inches below the waist
- Pack the heaviest items in first
- Teach your kids to face the backpack when lifting it and to bend their knees if the backpack is heavy.

3. Cover the Noggin

When selecting a helmet for your child, choose one that:

- Fits. Don't buy a helmet that is too large thinking your child will 'grow into' it
- Has a chin strap and buckles that stay securely fastened
- Doesn't obstruct your child's vision

4. Get Them to Bed

- Establish a regimented bedtime routine. This could include a bedtime story or a warm shower or bath 10 to 15 minutes before bedtime
- Offer a light snack of cheese. It contains tryptophan, an amino acid that aids sleep
- Don't offer nighttime beverages. Midnight bathroom trips interrupt sleep
- Restrict adrenalin-stimulating activities before bedtime, such as movies, video games, computers or physical exercise.

5. Establish Contact

The ASCA recommends that parents try to meet or contact their child's counselor at least three times during the school year to:

- Discuss the child's challenges and concerns
- Learn about the child's school and social connections
- Work together to identify resources and find solutions to any problems.

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

UMC Approved Signature Line

Here at UMC we pride ourselves on Core Values and with that comes continuity. We have developed an approved standard signature line that everyone needs to use for email correspondence. To view the steps for setting up your signature in Outlook, click on this link <http://pipeline.umci.com/intra/selfserve/outlook/signature.html>. Upon completion of your signature set up, please email Linda Barnhart <mailto:lbarnhart@umci.com> for verification.

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