

*Friday, April 7, 2006*



==== UMC NEWSBLAST ====

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Safety Corner

Daylight savings time is upon us again, did you know that the time change can have significant effects on health and safety, for example, there are more fatal car accidents on the Monday morning following the Spring time change compared to any other time of the year. Losing an extra hour of sleep could affect our ability to focus; it also is harder to wake up, so people are often running late and rushing to work. Here are a few idea's to help adjust to the change, don't rely on caffeine to wake you up or alcohol to put you to sleep, eat properly, stay well hydrated, and remain physically active. Keep reminding yourself that you'll adjust to the time change soon.

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

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UMC Employee News

Promotion: Curtis Watson from Lead MEP Systems Coordinator to Detailing Manager

Curtis has worked for UMC since 2002 and has worked in a range of positions in our group starting in the role of Engineering Drafting Support (Bldg 108), Curtis then moved into the entry levels of the detailing group working with Ed Toyoji (Fred Hutch), and most recently he has been working assisting Brett Endres in the daily challenges and as Lead MEP Systems Coordinator on several projects. Curtis' wide range of experience in the detailing group makes him a natural selection for this position for years to come.

Curtis has been working in the Detailing and Drafting arena since graduating High School. In this time he has worked for firms such as CDi, Berona Engineers, and FSI Engineers all before joining the UMC team.

Curtis' (and the rest of our very talented detailing team's) mission for the future is to take the detailing group into the next generation of detailing and MEP Trade Coordination, taking the lead in 3D, 4D (Schedule/Time) and 5D (Procurement/Purchasing in industry terms) detailing and model development. The group is currently working on one of a few 3D projects that will shape the future for detailing at UMC and how it benefits our teams overall project planning. This new era will also bring new challenges to be addressed as well, and this group led by Curtis is ready for those challenges.

Congratulations Curtis!

Welcome to UMC!

**John Pattee** started working for UMC on 3/20/06 as a Project Engineer reporting to Pat Damitio. He has worked for several Seattle area firms, most notably with the Chemithon Corporation for 24 years. He has extensive experience in the design, manufacture and installation of equipment and systems used in the chemical, power, and pharmaceutical industries. John will be celebrating 33 years of marriage to his wife Shann later this year and has 2 children and a dog – Daisy. He enjoys bicycle riding and is currently training to ride the “RSVP” (Seattle to Vancouver BC) in August.

**Rob Dalbol** started working for UMC on 3/21 as a Project Engineer, reporting to Bryan Eppler. He is currently working on the Washoe Medical Center project in Reno. Rob is a recent graduate of the University of Nevada, Reno with a B.S. in Mechanical Engineering. Rob enjoys snowboarding and backpacking.

**Wayne Denton** started working with UMC on 3/21. Before joining UMC, Wayne has been enrolled in North Seattle Community College's Drafting program. Wayne is an avid baseball fan and musician who enjoys learning and experiencing new things and ideas. His greatest pleasures in life are his wife, Irina, and his 15-month old son, Alexander a.k.a. “Sasha”.

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

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Quotable Leader

*“Talent wins games, but teamwork and intelligence wins championships.”*

*-Michael Jordan*

## Project Spotlight

**Tom Boysen** gives us this update on **EDC2 – Seattle, WA.**

UMC is designing, building, and commissioning the EDC2 project for a Major Financial Institution. The area was formerly a "co-location" grade data center and has multiple live tenants in operation. This project consists of a build-out of a new space, plus the reinforcement of mechanical and monitoring systems to an "enterprise" grade facility. All work affecting live tenants must be carefully planned and coordinated to eliminate any operational disruption. Max Harshman has been engineering the renovations and will continue through commissioning. Terry Gredler has been performing the Sheetmetal related modifications. UMC is also managing a major expansion of the HVAC control system and the power monitoring system. The work is scheduled for completion in July.

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## UMC Health Awareness Corner

Here are ten easy tips for a healthier life...

**1.** Set a goal of trying one new fruit or vegetable every week. **2.** Keep a bowl of fruit on your desk at work. **3.** Switch from ice cream to frozen yogurt. **4.** Substitute sweet potatoes for regular potatoes or fries. You'll get more vitamin A. **5.** Get more fiber. Add canned beans or a handful of nuts to your salad. **6.** Take the stairs, not the elevator. **7.** Don't email your office mate. Walk down the hall and deliver the message personally. **8.** Get a dog. Commit to walking 10 mins. In the morning and 20 mins. at night. **9.** Buy a soccer ball. Kick it with your kids or a neighbor. **10.** Buy shoes at the end of the day when your feet are more swollen from use.

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## Mark your Calendars

April 8, 2006 – Skagit Valley Tulip Run This is a 5 & 2 Mile Spring run on hard-packed gravel trails and roads. It starts at 9:30 AM at the Port of Skagit Airport. If you are interested in participating in this run please contact either Bill Laughlin, Bruce Pence or call (360) 856-6990 for more information.

May 13, 2006 – Skagit Spring Classic This is a 25, 62 or 100 mile bike tour of the beautiful Skagit Valley. The ride takes you from the Skagit Valley, by Lake Samish and on the scenic Chuckanut Drive. See Jerry Bush if you are interested.

June 3, 2006 – Issaquah Triathlon This is a great race for both novice and experienced triathletes. It is a short course or "sprint" triathlon starting with a nice cool swim in Lake Sammamish. Give it a tri!! See JB for details.

August 13, 2006 – Guts & Glory 5K Walk/Run The Crohn's & Colitis Foundation of America will be hosting the Annual Guts & Glory 5K Walk/Run at Qwest Field. This will be a fun-filled day for the entire family. More information will be coming in the next few weeks regarding the fund-raising efforts/contest that UMC employee's can be involved in.

August 26, 2006 – Annual UMC Family Picnic Come join the family fun at Cottage Lake Park. More information will be coming in the months ahead.

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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