

*Friday, November 3, 2006*



==== *UMC NEWSBLAST* ====

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Extra, Extra Hear all about the new changes at UMC

Have you heard the new buzz in the office? We have made some changes to the organization and want to let you in on all the hype... Some of the changes are:

**Maria Boyer** is charged with starting a new UMC business group, Southern Washington Operations. Their focus will be on projects that are generally located south of King County. Maria will be spending a great deal of time in UMC's Fife office. The group is currently pursuing a large hospital project at St. Anthony's in Gig Harbor. Maria will have a group of project managers, project engineers, and support staff reporting to her. This change will allow UMC to focus on the South End market, which has promise of significant growth over the next several years.

**Steve Otis** is UMC's Operations Manager. He is responsible for UMC's Commercial Operations, including project management, field management, warehouse management, and support staff. Steve has a great new challenge ahead of him and with everyone's support will do well taking UMC operations to the next level.

Lastly, but definitely not least **Brett Endres** is heading up our Special Projects Group. Brett and his group will be focusing on our current special projects including Fred Hutchinson CRC, SCCA, TIAA, and Swedish Medical Center. He is also charged with developing new business for the Special Projects Group.

Please give Steve, Maria and Brett your full support in their new roles. We are very excited about the new step the company is taking to Build Value for our clients now and into the future. If you have any questions, my door is always open.

Jerry Bush

For your reference, we have placed a company organizational chart on the Intranet for your internal use only, the link is below. We have done our best to get the correct titles and positions for everyone in the company. If you find a discrepancy in any of the information please contact Linda Barnhart and she will research it.

<http://pipeline.umci.com/intra/org/>

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Safety Corner

How cold is too cold?

When the body is unable to warm itself, cold related stress may result. This may include tissue damage and possibly death. Four factors contribute to cold stress: cold air temperatures, high velocity air movement, dampness of the air, and contact with cold water or surfaces. A cold environment forces the body to work harder to maintain its temperature. Cold air, water, and snow all draw heat from the body. Wind chill is the combination of air temperature and wind speed. For example, when the air temperature is 40°F, and the wind speed is 35 mph, your exposed skin receives conditions equivalent to the air temperature being 11° F. While it is obvious that below freezing conditions combined with inadequate clothing could bring about cold stress, it is also important to understand that it can also be brought about by temperatures in the 50's coupled with some rain and wind.

Protective Clothing is the most important way to avoid cold stress. The type of fabric also makes a difference. Cotton loses its insulation value when it becomes wet. Wool, on the other hand, retains its insulation even when wet. The following are recommendations for working in cold environments:

- Wear at least three layers of clothing. An outer layer to break the wind and allow some ventilation (like Gortex® or nylon). A middle layer of down or wool to absorb sweat and provide insulation even when wet. An inner layer of cotton or synthetic weave to allow ventilation.
- Wear a hat. Up to 40% of body heat can be lost when the head is left exposed.
- Wear insulated boots or other footwear.
- Keep a change of dry clothing available in case work clothes become wet.
- Do not wear tight clothing. Loose clothing allows better ventilation.

This information was found on OSHA's website at [www.osha.gov](http://www.osha.gov)

**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.

————→ November's STAR Performer: Curtis Watson

Curtis has worked for UMC since 2002 and has worked in a range of positions in the detailing group. Curtis started in the role of Engineering Drafting Support (Bldg 108), he then moved into the entry levels of the detailing group working with Ed Toyoji (Fred Hutch), and most recently has been working in the daily challenges as Detailing Manager.

Curtis has been a key part of many of our biggest projects during his tenure, including Bldg 108 design, FHCRC Phase 4A, CCA, Everett Cancer Center, USCG Ops center, Overlake Hospital South Tower, several TI projects, and Washoe Medical Center. Through all of those projects, his previous drafting experience shined through with clear presentation and a commitment to providing the best possible information.

Curtis, and the detailing team's mission for the future is to take the detailing group into the next generation of detailing and MEP Trade Coordination by 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. Curtis is always willing to provide a hand, learn from anyone who is interested in providing input, and to provide value to our customers in the detailing and coordination process.

Thank you Curtis for all your hard work and dedication to the success of UMC

Please stop by and congratulate Curtis on his selection as this months STAR Performer

Written by ~ Brett Endres

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## Quotable Leader

***"Everyone needs to be valued. Everyone has the potential to give something back."***

*~ Princess Diana*

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## UMC Health Awareness Corner

10 Essential Health Tips from WebMD  
(The Basics to Practice Every Day)

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

### **3. Quit Smoking**

The jury is definitely in on this verdict. Ever since 1960 when the Surgeon General announced that smoking was harmful to your health, Americans have been reducing their use of tobacco products that kill. Just recently, we've seen a surge in smoking in adolescents and teens. Could it be the Hollywood influence? It seems the stars in every movie of late smoke cigarettes. Beware. Warn your children of the false romance or 'tough guy' stance of Hollywood smokers. Thought for the day: Give up just one cigarette.... the next one.

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## Helpful UMC Hints

### **Taking Digital Photos – Tip #3**

#### **Change your perspective**

Try kneeling, or even putting the camera on the ground. Or stand directly below a hi-rise, looking up towards the sky. Or climb a flight of stairs, so you're higher than the subject you're photographing. Changing angles provides a new way of seeing things, and makes for a more dramatic picture.

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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### Mark your Calendars

November 10, 2006 – [Bev's Good bye Luncheon](#) Stop by the office and wish Bev Keeler the very best in her new adventures: More Golfing and Retirement! We will miss you Bev!

November 23 & 24, 2006 – Thanksgiving Office will be closed for this four day weekend. Have a safe and happy holiday.

December 13, 2006 – UMC Santa Party Santa will be making his magical appearance at UMC to visit with all our children. There will be a potluck dinner and a sign up sheet will be coming out soon to bring either main dish or dessert.

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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)