



CONNECTIONS

March 2009



Safety

Numerous studies show that job stress is the most significant source of stress for American adults and that it has escalated progressively over the past few decades. Increased levels of job stress - as indicated by the perception of having little control and too many demands - is associated with immediate feelings of fear, anger and frustration, and can lead to long-term health problems.

Job stress is also costly, with an annual price tag for U.S. businesses of over \$300 billion annually due to accidents, increased absenteeism, employee turnover, diminished productivity, medical, legal and insurance expenses and Workers' Compensation payments. A recent Gallup poll reported that 80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress, and 42% say their coworkers need such help.

The sources, severity and consequences of job stress vary for each of us as do the solutions for these problems. Stress is difficult to define because it is a highly personal response. In similar circumstances, one person may be stressed out while another feels energized and excited. If you are alive, you have stress.

Stress is what motivates us to do what we need to in order to survive.

Stress causes the release of chemicals in your body to enable you to take action such as fighting or fleeing from danger. If you take physical action, then these chemicals are dissipated by your response. But if you do not take physical action, these chemicals build up in your system. If you are riled up often or for prolonged periods, this build-up may cause long-term health problems

Most of us cannot eliminate stress in our lives, but we can minimize it and learn to manage it. Six ways to reduce stress:

- Get enough sleep, eat wisely, and exercise daily.
- Set priorities and focus on what is important.
- Manage your time so that you are not doing things at the last minute.
- Organize your workspace and your home.
- Say no to unnecessary tasks and obligations.
- Get help with your responsibilities.

Eight ways to handle stress more effectively:

- Turn it around: look for the good in all situations. (For example, if you make a mistake, figure out how to avoid that mistake in the future. Interpret stress differently: instead of reacting badly to "pressure", take it on as a challenge.)

- Establish and maintain contact, with other people and pets. This contact can elevate your mood and reduce the stress hormones.
- Try meditation and/or massage.
- Laugh: try to see the funny side of things in your job, on your commute, and at home. See the world thru the eyes of children.
- Instead of living thru video games, romance novels, or TV sports, do something in real life!
- Get outdoors every day. Experience the weather, the ocean, the mountains, and your yard work!
- Choose to be happy.
- Keep your eyes on the big picture. Ask yourself if this will matter tomorrow, next week, or next year.



STAR Performer-March



Consistent is defined by Webster as "showing steady conformity to character, profession, belief, or custom". One of the true joys in working with Dan Lehr is his day in, day out consistent approach he brings to managing projects. If you're involved with Dan on his project, you know and understand your roles and responsibilities.

In today's world of construction where projects are built faster than before, with documents that at times are not complete, we are tempted to make quick decisions. Dan's methodical approach to project management, where decisions are evaluated in a professional manner, where the pro and cons of each decision are properly analyzed and organized structure is expected and maintained is a welcomed reminder of how projects are suppose to be built.

With much respect, I'm proud to nominate Dan for the UMC STAR Performer of the month.

Written & Submitted by:
Ted Granston

Birthdays



March

- 2 John Munson
- 3 Bryan Irely
- 6 Bruce Lincoln
- 7 Ryan Hoggatt
- 8 Chris Bondelid
- 11 Max Harshman
- 11 Mark Peebles
- 12 Mike Harshman
- 14 Randall Gaylor
- 14 David Babington
- 14 Henry Biggs
- 15 Dori Jenkins
- 16 Gary Peterson
- 23 Krista Powers
- 23 Dave Johanson
- 26 Dan Lehr
- 30 Mehrdad Rad
- 30 Stu Erholm
- 31 Maria Boyer
- 31 Ryan Lynn
- 31 Dale Bechtholdt

April

- 5 Clarice Kellogg-Olson
- 15 Ed Toyoji
- 15 Judy Gaylor
- 21 Daniel Vu
- 24 Marshall Nichols
- 27 Bill Coston



Anniversaries

15 Years:

Nate Zeumault (Mar)
Floyd Burkey (Apr)

5 Years:

Mike Harshman (Mar)
Max Harshman (Mar)
Todd Olson (Mar)

2009 Calendar of Events



AUGUST

Summer Picnic - TBD

SEPTEMBER

Golf Tournament
Sunday, 9/13/09
Harbour Point Golf Club

OCTOBER

Trick or Treat & Party
Friday, 10/30/09
UMC

DECEMBER

Santa Party
Friday, 12/11/09
UMC

JANUARY

Holiday Party
Saturday, 1/9/10 - TBD

New Hires



Shaun Buckley started working for UMC on 2/12/09 as a Project Engineer. For the last five years Shaun has been an automotive mechanic while completing his bachelor's degree at University of Washington. For eight months preceding this, he could be found interning at Washington State Ferries in the project controls department. Shaun enjoys hiking, running, skiing, music, movies, and technology.

New Hires (cont'd)



Kathi Jenkins started working for UMC as a (temp) Project Assistant on 12/15/08 and became an employee on 2/2/09. Kathi's last position was with MulvannyG2 Architecture as an Administrative Assistant for their Corporate Mixed-Use team. Prior to this she was a Production Specialist for the SanMar Corporation for 6 years. In her free time Kathi enjoys concerts, spending time with her family and playing Saturday night poker with friends.



Gary Green rejoined UMC on 2/23 as a Sheet Metal BIM Coordinator, after originally working for UMC several years ago. Gary has been a Local 66 member for 18 years, working his way through a 5-year apprenticeship program and eventually becoming a Journeyman in 1993. He has been detailing projects for the last 14 years, working for McKinstry, Hermanson, and UMC. Gary enjoys playing with his kids, working on his house, and camping with his family, wife Trina, 5-year old Allie, and 8-year old Jake.

UMCCF News

Each month, the UMC Charitable Foundation will feature an organization in the Puget Sound area that could use the support of the community, either financially, by volunteering your time or participating in an event.

Featured Charity

Children's Hospital is "Ranked as one of the best children's hospitals in the country by *U.S. News & World Report* and *Child* magazines, Children's serves as the pediatric referral center for Washington, Alaska, Montana and Idaho. Founded in 1907, Children's provides excellent patient care with compassion and respect, and conducts cutting-edge pediatric research. We also serve as a respected educational resource for parents and healthcare professionals alike."

Seattle Children's Health Fair 2009 March 14, 2009

The 7th Annual Seattle Children's Community Health Fair will be held on Saturday, March 14 from 10 a.m. to 2 p.m. at Seattle Children's Hospital. Bring your children, ages 3 to 8, to the hospital for a **free** "hands-on" event. Learn about health, safety and Seattle Children's through many fun activities including the Teddy Bear Clinic, a visit from the Tooth Fairy, ambulance and operating room tours, finger casting and more! Buy low cost booster seats and life jackets and kids and adults can get fitted for a free bike helmet. Quantities are limited and wearers must be present.

Where: Seattle Children's Hospital, Whale 4
4800 Sand Point Way NE, Seattle, WA 98105

When: Saturday, March 14, 10 a.m. to 2 p.m.

Fee: Parking and admission are FREE!

To learn more: 206-987-1569

85th Annual Children's Garden Sale April 18, 2009

85th Annual Children's Garden Sale Saturday and Sunday, April 18 and 19, 9 a.m. to 4 p.m.; Seattle Children's Administrative Offices, 6901 Sand Point Way N.E., Seattle. Purchase perennials, annuals, shrubs and trees — many of which have been propagated on hospital grounds. Children's groundskeepers will provide expert advice. Call 424-338-0123. Presented by the Laura Brigman Guild.

A Growing Trend

As time goes on, more and more people in our own community are living on the streets as the shelters are filled to capacity.

In an effort to help the homeless in our area, Sonja and Bill Cotterall have teamed up with another couple and a church on Whidbey Island to prepare and distribute lunch to those living on the streets.

Every other Thursday, the men head down to Seattle from Whidbey Island to bring homemade hot soup, sandwiches, chips, fruit and water to the less fortunate. They feed 50-100 people every other week. The people are very appreciative and look forward to the truck driving up and handing out nourishment.

You may be asking yourself, how can I help? Something that was seen first-hand and is really

needed for adults are the following:

- Gloves
- Hats
- Underwear
- Socks
- T-shirts
- Sleeping bags
- Used clothing

Another idea, maybe you can bring to Sonja anything that will help with this expense to feed the homeless every other Thursday:

- Cases of water
- Top Ramen
- Vegetables (for soup)
- Chicken or beef broth

