

*Friday, June 30, 2006*



==== UMC NEWSBLAST ====

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Safety Corner

**Bicycle Safety**

- Wear a helmet.
- Wear comfortable, brightly colored clothing.
- Wear a reflective vest from dusk until dawn.
- Use lights and reflectors from dusk until dawn.
- Wear gloves.
- Wear shatterproof glasses (UV/IR protective).
- Check your tires for nicks, cuts and wear before each ride, and ensure the tires are inflated properly.
- Make sure all the nuts, bolts and connectors are tight.
- Make sure your brakes work and the cables are lubed.
- Make sure the saddle is tight.
- Make sure the handlebar grips are tight.
- Ride with a basic tool kit, basic first-aid kit, and some money for a phone call or a cab ride if you run into trouble.
- Bring water.
- Never ride off-road alone.
- Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.
- When riding in the street, obey traffic signals and traffic laws.
- Use hand signals when turning.
- Make eye contact with drivers, pedestrians and other cyclists to be sure they see you.
- Walk your bike across crosswalks.
- And mostly, WATCH OUT FOR TREE LIMBS!!!

**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.**

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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.

—→ June's STAR Performer: Mark Stenson

Mark Stenson started with UMC in 1993 as an apprentice plumber. It was clear at the time that Mark would soon be running work. Mark has all of the attributes of a leader and a key field manager for UMC.

I have worked with Mark on many projects over the years. He has worked on some of UMC's most significant and difficult projects including the University of Washington H-Wing Addition, Benaroya Hall, SeaTac South Terminal Expansion and, currently, Cosmopolitan Tower.

Mark was the lead on the Benaroya Hall Project, which had many unique and challenging aspects related to the extreme acoustical requirements.

He was also the lead on SeaTac STEP, which, at the time, was the single largest project award in UMC's history. This was an extremely complex project. The project duration straddled 9/11/01, which resulted in significant changes to the project, design as required by new security measures. Mark was the leader of this project and was instrumental in its successful completion for UMC.

I have always enjoyed Mark's attitude, gung-ho mentality and ingenuity in his approach to projects. He exemplifies UMC's core values and is an easy candidate for Star Performer!

- Written by Jerry Bush

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### Quotable Leader

*" Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."*

- Mario Andretti

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### Project Spotlight

**Paul Idzik/Keith Flowers** gives us this update on the Downtown Office Building Project

A South Lake Union Real Estate Group is currently in the process of redeveloping more than 60 acres in the South Lake Union neighborhood. Construction on the project began in January of 2006 and is expected to be complete for occupancy by late 2007. The buildings structure consists of a concrete frame and post tension slabs with 9+ foot ceilings in the retail/commercial space. The Project consists of two buildings: East and West. The East building will be four stories tall with two levels of underground parking for cars and bicycles. It will encompass 134,800 sf with 1 floor of retail space and 3 floors of commercial space. Currently the east building is poured up to and including the first floor with UMC installing pipe on the heels of the re-shore in the parking levels. The West building will be six stories tall with three levels of underground parking for both cars and bicycles. It will encompass 186,300 sf with 1 floor of retail and 5 floors of commercial space. Currently the west building is poured up to and including Parking Level 2. Along with GLY construction the UMC design-build shell and core job has consisted of mostly a plumbing crew including Danny White, Chris Hardin, Mike McKay, and A.C. Newsom. Dave Hanson is working the Sheetmetal side of business. Keith Flowers is the Project Manager and Paul Idzik is the Project Engineer.

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### UMC Health Awareness Corner

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

**61.** Dilute juice with water. **62.** For every cup of coffee you drink, drink a glass of water. **63.** Add a handful of berries to your morning cereal. **64.** Eat produce at every meal. **65.** Try plant-based protein such as soymilk, soy yogurt, tempeh hummus or beans. **66.** Join a online diet program. Long on when cravings strike. **67.** Keep a exercise journal to track your progress and focus on your goals. **68.** Walk on a beach. **69.** Schedule a fitness break at the same time each day. **70.** Cut your lunch hour in half and use those extra 30-minutes for a walk.

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### Mark your Calendars

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.

August 26, 2006 – Annual UMC Family Picnic Come join the family fun at Cottage Lake Park. Information about the picnic will be sent in paychecks in the coming weeks and watch for poster on the jobsites.

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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