



CONNECTIONS

April 2008



CEO Corner

An employee survey was recently done to get feedback on how UMC is doing in a variety of areas. The survey was administered by an individual who participates in a leadership group that I belong to, and was part of a graduate student project through the University of Washington.

The scores and feedback have been compiled and summarized by a committee (Tom Boysen, Kirk Baisch, Dean Petterson, Dave Babington and myself) in easy- to- understand summary formats that are comprehensive and candid (individual comments have not been published to maintain confidentiality). Many positive aspects of working for UMC were identified, as well as areas that need to be improved upon. For the areas of improvement, feedback has been organized into themes/categories and action plans are being created to address them. The results will be published this month.

-Jerry Bush

Safety

Safety Milestone:

UMC has a reputation of being an industry leader in safety, and in some cases we literally drive the safety for the entire project. We are in frequent communication with the General contractors to make them aware of safety hazards and to give safety suggestions. These efforts pay off in providing one of the safest working environments in the industry. As most of you are aware, University Mechanical was able to work the first quarter of 08 Accident free (no recordable accidents).

We have now literally proven that working accident free is attainable. This is the standard that we should all be striving for, and performance to be proud of. This accomplishment represents our commitment to make safety a core value. Each worker is a safety leader and has the authority to stop work on any task that is unsafe. You don't need to be a Safety Director, Project Manager, Superintendent or Foreman to lead by example and truly make a difference.

Let's continue to work as a team and make safety our top priority!

STAR Performer-April

DON SWENSON



One who is highly respected by his peers and whose services are in great demand by our UMC clients, **Don Swenson** has more than exemplified UMC's star performance core values. Don first started working for UMC in 1978. Since this time, he has been part of many critical and key projects for the company. Over the last four years he has worked primarily on projects in the south end for customers at Providence St. Peters in Olympia and has played a key role in solidifying UMC's position at Good Samaritan Hospital through his performance and relationships built with the GSH facilities group. This last year he has actively worked in the role of Superintendent for the Southern Washington Group.



**UNIVERSITY
MECHANICAL
CONTRACTORS, INC.**

We Build Value

STAR Performer (cont'd)

Don is a mentor to many with his unassuming demeanor and presence. Sheetmetal Foreman, Dave Hanson, stated *"for the last few years I have had the privilege to work directly for and alongside Don on several projects. I have learned a great deal from Don and he has been a big influence on me becoming a better worker."*

We are all fortunate to have Don with the UMC Team for another 13 months before he cashes in his +30 year career of piping for the finer parts of life in retirement. Until then, in his free time, Don enjoys boating, fishing, clamming and an occasional trip to Vegas, but most importantly he enjoys spending time with his family, especially with the grandkids!

I hold the highest level of respect for Don Swenson personally and professionally! He is the person who can be counted on in any and all situations. Those that follow in his foot steps have a high bar to match with his expansive industry knowledge and ability to build relationships with customers. Please take a moment to extend a special 'congratulations' to Don, not only on being this months 'Star' Performer but for a career of star performances.

-Nominated and Written by:
Maria Boyer

Birthdays

April

5 Clarice Kellogg Olson
15 Edward Toyoji
15 Judy Gaylor
21 Daniel Vu
24 Marshall Nichols
26 Brent Johnson
29 Joel Perez

May

5 CV Nguyen
5 Gail Kinner
15 Steve Otis
19 Rene Soucy
22 Craig Strugar
25 David Malone
26 Rich Happel
28 Tom Boysen
29 Sean Cavanaugh

Anniversaries



5 years

Billy Sulfridge

Calendar of Events



August

9th-Company Picnic (Juanita Park)

September

7th-Golf Tournament (Harbour Point Golf Course)

October

30th-Halloween Party

December

12th-Santa Party

January, 2009

10th-Holiday Party (Red Lion, Bellevue)

National Start! Walking Day American Heart Association



APRIL 16

2008

Heart disease is the No. 1 killer in the U.S. And physical *inactivity* doubles the risk. Start! walking and start reducing your risk.

You can support the fight against heart disease by participating in National Start! Walking Day, Wednesday, April 16.

On this special day:

- Show your support and wear your sneakers to work.
- Take a 30-minute walk during the day.
- Make your pledge to live a longer, healthier life.
- Get involved in our goal to reach a million miles walked by the end of the day.

By joining others across the country, you'll be a part of the solution to get America walking.

Walking has the lowest dropout rate of any physical activity, and is the simplest positive change individuals can make to effectively improve their heart health. Research has shown that the benefits of walking and moderate physical activity for at least 30

American Heart Assn. (cont'd)

minutes total on most or every day of the week can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

Did you know that for every hour of regular, vigorous exercise we do -- like brisk walking -- we can live two hours longer?

Local Food, Coat & Blanket Drives

A collection can is located in the kitchen for non-perishable food items benefiting the local food banks. Shelf supplies are getting low! In addition to any non-perishable food items, the food banks would greatly appreciate the following:

- PEANUT BUTTER
- COLD CEREAL
- JAM
- FLOUR/SUGAR
- COFFEE
- TUNA/CANNED CHICKEN
- PASTA
- CANNED FRUIT

The winter coat and blanket drive is going on and donations can be placed in the box in the kitchen labeled "Coat and Blanket Drive". The donations will be given to the Gospel Mission on June 30th.

