



CONNECTIONS

February 2009



Safety

On January 28th, Skanska Safety recognized UMC employees

Jim Garland and **Steve James** for performing their job safely and **setting the safety standard for others at Good Sam to follow.**

Steve and Jim were working on ladders and had tied off for fall protection. UMC Safety: Setting the Standard! Good work!!

Winter Recreation

Winter sports, such as downhill skiing, ski jumping, snowboarding, snowmobiling, ice climbing, ice skating, and even sledding, can be fun way to get outdoors during the long winter months. But participants in these sports have a high chance of injury. We have all seen the risky stunts like include trick jumps and flips at high speeds. Your kids may think it all looks easy and never consider the practice it takes or the injuries that may be involved.

While it is difficult to track injuries due specifically to these winter sports, the facts do point to increased risk with these activities. According to the U.S. Consumer Products Safety

30 Years

Ron Thorvilson*

25 Years

Doug Smith*

Ed Toyoji

Gary Peterson

20 Years

Randall Gaylor*

Rick Hawkins*

15 Years

Matt Mifflin*

Brett Endres*

Eric Oswald

Wayne Hakola

10 Years

Steve Brooks*

Krista Powers*

Khai Xiong

Tom Abbott

Bruce Freeman

Daniel White

Ronnie Clark, Sr.

5 Years

Billy Sulfridge*

Gary Morgan*

Leon Bialkoski*

Richard Riker*

Ronny Clark, Jr.

Dave Ranger

Rick Davison

Dave Hanson

J. Peterson

Michael Yonich

James Flint

Shawn Hawker

-Jerry Bush



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We Build Value



What a Great Party and what a kick-off for 2009! The UMC Holiday Party turned out to be a great event once again. What makes it great each year is the people. The food, music, atmosphere, etc. would not mean a thing without all of the wonderful folks that show up and have a great time.

As usual, there were too many conversations and too little time. I truly enjoy conversing with the UMC crowd at any time, and especially at a party! These events are a great opportunity to get to know our fellow UMC folks, spouses, kids, etc on a different level.

As is tradition, Becca & Soul Intention entertained and, as usual, was a big hit. The new venue proved to work well for most, especially those who reside in the south end.

Thanks to all who attended, and a special thanks (once again) to all who helped put it together.

As is tradition, UMC acknowledges employee's for their continuous years of service at the Holiday Party. The following employees were eligible at the end of 2008 and those present (designated by an *) were recognized for their "Years of Service":

Safety (cont'd)

Commission, snowboarding is the leading cause of winter sports injuries, sending 149,388 people for medical care in 2007. Skiing resulted in 131,454 injuries and snowmobiling caused 34,699. Don't let yourself become a statistic.

Safety Considerations

As part of our commitment to safety 24/7, please consider the following tips when you are participating in winter sports.

- Cold muscles, tendons and ligaments are more susceptible to injury. Do some light exercise and stretching for at least 3 to 5 minutes, before beginning your sport.
- Do not try to imitate the risky stunts. To attempt these, you need a coach and serious practice. Make sure your kids understand this too.
- Do not participate in winter sports alone. If you get injured, another person may save your life.
- Wear appropriate protective gear, including goggles, helmets, gloves and padding, and make sure equipment is in good working order and used properly.
- Take frequent water breaks to prevent dehydration and overheating.
- For warmth and protection, wear several layers of light, loose and water- and wind-resistant clothing. Layering allows you add and remove clothing to accommodate your body's constantly changing temperature when outside or in a cold

environment such as an indoor ice rink.

- Wear proper footwear that provides warmth and dryness, as well as ample ankle support.
- Pay attention to warnings about upcoming storms and severe drops in temperature. Stay inside the boundaries at ski areas.

STAR Performer-Feb.



"Wow"! He is really an incredible addition to the UMC team. Always willing to help; taking the initiative to make this place better." This is just one of many compliments I have recently received for our February STAR Performer, Les Bouck. Les has been with UMC a short 1 ½ years but in that time he has distinguished himself as a hard worker with a commitment to get any task accomplished correctly and on time.

As the UMC Corporate Courier he is frequently confronted with changing deadlines, altered tasks/priorities and always handles them with both a sense of urgency and good humor. Les doesn't wait for tasks to be assigned. He identifies a need or improvement, creates a plan for change and

follows the project through to completion. Les applies these same attributes outside of the office as well. He is very involved in his church organization as the associate pastor as well as being an avid fisherman.

It is a pleasure working with Les. His conscientious approach to each day's work is always noticeable and much appreciated. Next time you're grabbing fruit out of the lunch room or submitting a courier request, be sure to take a moment and thank Les for his outstanding performance and for keeping all of us well stocked with supplies.

Written & Submitted by:
Bill Laughlin

Birthdays



February

3 Davin Chea
6 Paul Donohue
10 Debbie Jones
17 Warren Rose
22 Ruthann Browse
24 Shane Jacob
25 Dick Kirk
26 Wayne Denton
29 Dean Petterson

March

2 John Munson
3 Bryan Ireys
6 Bruce Lincoln
7 Ryan Hoggatt
8 Chris Bondelid
11 Max Harshman
11 Mark Peebles
12 Mike Harshman
14 Randall Gaylor

Birthdays (cont'd)

March

14 David Babington
14 Henry Biggs
15 Dori Jenkins
16 Gary Peterson
23 Krista Powers
23 Dave Johanson
26 Dan Lehr
30 Mehrdad Rad
31 Maria Boyer
31 Ryan Lynn
31 Dale Bechtholdt



Anniversaries

25 Years:

Ray Lind (Feb)

15 Years:

Nate Zeumault (Mar)

10 Years:

Linda Pelletier (Jan)

5 Years:

Danny Blain (Feb)

Mike Harshman (Mar)

Max Harshman (Mar)

Todd Olson (Mar)

2009 Calendar of Events



Summer Picnic - TBD
Golf Tournament - TBD
Halloween Party - TBD
Santa Party - TBD
Holiday Party - TBD

New Hires



Bill Rasmussen started working for UMC as a Service Account Manager on 1/5/09. Bill's last position was with Ferguson Enterprises as Commercial Water Heater Manager. Prior to this Bill attended Central Washington University where he graduated with a Bachelors degree in Business Administration. Bill was married last October and lives with his new wife in Bothell. Bill also likes to spend his free time hiking in the summer and snowmobiling in the winter.

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

In 1986, the Make-A-Wish Foundation of Washington was founded. In 2000, the chapter expanded its territory, enabling it to serve children throughout Alaska, Montana and Northern Idaho, in addition to Washington. Since that time, the local chapter has granted wishes to more than 3,750 children. This year, the chapter will grant 291 wishes to children battling life-threatening medical conditions.

You can help grant the wishes of children with life-threatening medical conditions by supporting the events of the foundation. Mark your calendars and save the date for the [Wish Night Gala & Auction](#) Saturday, March 14, 2009 at The Westin Seattle. Enjoy a fun and inspiring evening filled with stories of hope, strength and joy, one-of-a-kind auction items and the chance to bring joy into the lives of children battling life-threatening medical conditions. For more information about attending, hosting a table or sponsoring this special event, please contact [Brian Roberts](#) at 206.623.5999.

Wish List

The Make-A-Wish Foundation has ongoing needs for items used for wish-granting as well as for administrative purposes. If you are able to provide any of these items (new, or in new condition) please contact Administrative Coordinator [Jeni Miller](#) at (206) 623-5300 or (800) 304-WISH.

Ongoing Items

- Disposable cameras for wish trips
- Icebreaker gifts (\$20 to \$25 range) for teen boys
- Professional printing, advertising, marketing and communication services
- Antivirus software
- Microsoft Office software
- Children's educational software
- Backpacks used for traveling wish kids and their siblings
- Photo paper for ink jet printers
- Wrapping paper and gift bags
- Children's clothing
- Blank recordable CD's and DVD's