

Friday, May 5, 2006



==== UMC NEWSBLAST ====

Safety Corner

Vehicle Maintenance is a very important part of safety and with the soaring price of gas keeping tires properly maintained helps with gas mileage. Here are some tips we all should live by.

1. If you don't keep enough air in your tires, they can wear irregularly, which in turn can make it harder to control your car.
 - Don't eyeball your tires--use a pressure gauge.
 - Check it every week, and before trips.
 - Check the air pressure when the tires are cold.
 - The recommended pressure is usually listed on a label in the glove compartment or on the driver's side doorframe.
2. The maximum inflation pressure appears on the side of the tire.
3. Keep your wheels aligned. Pay attention if your car pulls to one side or shakes.
4. Slow down if you have to drive over a pothole or debris. If you ram a curb or hit a big pothole, get your alignment checked.
5. Rotate your tires every 6,000 miles, unless the owner's manual recommends a different interval.
6. Measure the amount of tread in your tires, and inspect them every once in a while. Too little tread means less traction, especially when roads are slippery. A good rule of thumb is to insert a penny into the tread, with Lincoln's image headfirst. If the top of Lincoln's head is in the groove, you still have enough.
7. Modern tires have "warning bars" that appear across the tire when it is time for replacement.
8. Don't overload your car or truck. The tire-information placard or owner's manual will have information about load limits.
9. Inspect your tires for uneven wear, cracks, and foreign objects in the tread. If you find nails, screws or rocks in the tread, remove them.
10. Make sure your tire valves are protected with valve caps.
11. If you're towing a trailer, remember that some of the weight of the trailer is transferred to your car or truck.

If you have any questions about any of the safety tips, please ask Jim Schick or Brian Van in our safety department.

UMC Employee News

On 4/10/06 **Paul Idzik** accepted UMC's job offer of Project Engineer after serving several months as an intern. Paul reports to Maria Boyer and is currently working on the Westlake-Terry and Wenatchee Data Center with Keith Flowers.

On 5/3/06 **Ned Miller** transferred to our Engineering Department, reporting to David Malone as a Design Engineer. Prior to this Ned had been a Project Engineer working with the Industrial Construction team. Ned is currently working on our new project at Port Gardner Wharf with Ted Granston.

Welcome to UMC!

Jesse Tompkins started working for UMC on 4/26 as a Project Engineer Intern, reporting to Bryan Eppler. Jesse will be graduating at the end of May '06 with a degree in Mechanical Engineering from the University of Nevada, Reno. Jesse enjoys skiing, wakeboarding, and mountain bike riding.

Tom Parker started working for UMC on 4/24 as an Engineering Intern, reporting to Tom Boysen. Tom is currently enrolled in the Mechanical Engineering program at Henry Cogswell College and will graduate in August of this year. His wife, Mary, is training to compete in the 2008 Olympic games for Discus. Tom enjoys football, hiking, swimming, rain, snowboarding, Frisbee, golf, and biking.

Please stop by or drop an email to give them a UMC welcome!

Quotable Leader

"Do not despise the bottom rungs in the ascent to greatness."

- Publilius Syrus

Ring the Bell!

Port Gardner Wharf

Hoffman Construction selected UMC for the Design-build project at Port Gardner Wharf in Everett. This is a mixed-use project with retail and condominiums. There is much community interest in this project and it appears that the condos will sell quickly. UMC is already underway on the design portion of this project. Ted Granston, along with the UMC estimating and marketing team, put together the winning proposal. Ned Miller is working on the design portion.

Project Spotlight

Rich Happel gives us this update on the Service Department.

UMC Service was recently awarded its first Energy Conservation Measure (ECM) Project from Grubb & Ellis Management Services (GEMS) for a large eastside software firm. The project first included co-designing the measure with GEMS facilities & engineering personnel. The project consists of replacing two existing 20 ton air-cooled condensing units located in a parking structure with two new water-cooled condensing units utilizing chilled water for the condenser cooling medium.

The new units use automatically controlled water-regulating valves to optimize and control the condensing temperature of the refrigerant. Major air distribution modifications are included in this project as well as a temporary cooling system. The Energy conservation will be derived primarily from the reduced energy (>50%) for utilizing water-cooled condensers instead of air-cooled in addition to the re-commissioning of the outside air economizers, which were never able to operate due to the hot condenser air in the area. Paul Donohue is managing this project, which is expected to be completed by June 1st.

UMC Health Awareness Corner

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

21. Keep a stock of low calorie snacks on hand: cut up carrots, cucumber, pretzels, and non-fat popcorn. **22.** Don't eat in front of the TV. **23.** Try spices and seasonings instead of salt. **24.** Add spinach to your salad, sandwich, tacos or burger and get a boost of Vitamin C and iron. **25.** Choose tuna packed in water, not oil. **26.** Grab the cell phone and go for a walk. **27.** Park your car on the far side of the lot and get in a little extra exercise. **28.** Take your family on regular walks. **29.** Dance with your children. **30.** Try a yoga class.

Mark your Calendars

May 13, 2006 – Skagit Spring Classic This is a 25, 62 or 100 mile bike tour of the beautiful Skagit Valley. The ride takes you from the Skagit Valley, by Lake Samish and on the scenic Chuckanut Drive. See Jerry Bush if you are interested.

June 3, 2006 – Issaquah Triathlon This is a great race for both novice and experienced triathletes. It is a short course or "sprint" triathlon starting with a nice cool swim in Lake Sammamish. Give it a tri!! See JB for details.

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. More information will be coming in the next few weeks regarding the fund-raising efforts/contest that UMC employee's can be involved in.

August 26, 2006 – Annual UMC Family Picnic Come join the family fun at Cottage Lake Park. More information will be coming in the months ahead.

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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