



# CONNECTIONS

Dec. 2011

## Controls Group Update

The Controls Group continues to develop and we are touching opportunities more frequently thanks to the UMC Team. To date, we have budgeted 25 projects for Business Development, we are providing construction services on Procure and the Federal Detention Center, and have opened discussion with engineering about our design build controls specifications. We have secured the installation of the DDC system for a processing plant in Eastern Washington.

What to look for in the near future. We are also in the process of upgrading the controls here in the Main Office at UMC. The process of changing out the controls will be completed in three phases and will occur from now through the end of June 2012. First, we will be upgrading the controls and visibility at our air handling unit on Saturday, December 3. Second, we will be replacing the VAV box and exhaust fan controls. In the last phase will be adding energy monitoring with a touch screen in the lobby, and CO2 monitors in conference rooms. There may be additions such as lighting controls and others later. Please come see Richard Farmer or Bryan Eppler to find out what we are up to. Also, please look for construction notices in the near future.

## Safety

What we want for Christmas is for all of you to be safe. The following is a list of safety considerations for holiday activities. Please be sure to take note of them as you and your family enjoy the season.

1. **Fall Protection:** Use care when getting onto your roof to put up decorations. Be sure the ladder is extended 3 feet past the landing and secured. (Have someone hold the ladder.) If you have questions about roof anchors or need fall protection equipment, call Safety Director Kirk Baisch at 206.604.2743.
2. **Ladders:** Be very careful when using ladders to put up lights and decorate the tree. **Never:** use a step ladder as an extension ladder, stand on the top two

step of a step ladder, lean out too far from the ladder to set that one last ornament. Be careful of wet feet on a ladder.

3. **Electric Shock:** Inspect the cords on your lights – if they are nicked or worn, replace them. Be especially careful with outdoor lighting. Do not put too many light strings on one circuit.
4. **Fire:** Be sure to keep your indoor tree well watered. Have your chimney cleaned so that Santa can have clear access. Use extreme care when using candles. Check to see that your lights are not too hot. Do not leave home with your indoor Christmas lights on. Consider switching to LED lights which remain cool and use less energy. Take extra caution when using portable heaters.
5. **Personal health and injury:** Help yourself avoid colds and flu by washing your hands often, getting a flu shot, avoiding others when they are sick, covering coughs and sneezes, eating nutritious meals, drinking enough water, and getting enough rest. Use care when lifting heavy objects- ask for help if it is too heavy. Don't try to do too much – fatigue is a major cause of colds, flu, and injuries.
6. **Toy safety:**
  - Purchase toys that are age-appropriate. Select toys to suit the age, abilities, skills and interest level of the intended child. Toys that are too advanced may pose safety hazards for younger children.
  - Read instructions carefully before buying a toy or allowing your child to play with a toy he has received as a gift.
  - Prevent burns and electric shock by not giving kids under ten toys that are electric.
  - Check for small parts. Children under three can choke on small parts contained in toys or games.
  - Avoid choking hazards. Kids under eight can choke or suffocate on uninflated or broken balloons.
  - Manage pull-cord toys. Watch for pull toys with strings that longer than 12 inches – they could be a strangulation hazard for babies. Remove strings and ribbons from toys before giving them to young children.

## Safety (cont'd)

7. **Theft** can be an issue when you are out shopping. Do not leave presents visible in your car – cover them especially if you will be away from the car for a while. Park in well-lit areas. Take care to maintain home security as well.
8. Consider the **stability of your tree**: secure it to the wall if you have small children and/or rowdy relatives.
9. Remember that **winter driving** can be difficult. Leave enough time so that you are not

rushed. Carry chains if you are going over the mountains. A bag of kitty litter in your trunk can provide weight for traction and can be sprinkled under tires to provide traction in extremely icy situations. Equip your car with a first aid kit, blanket, flashlight, road flares and non-perishable snacks. Use care when driving in the rain. Keep an eye out for drivers who have forgotten to designate a driver.

10. **Stress** and the holidays seem to go together. Travelling, visiting family members,

getting presents and shopping can all increase your child's stress levels. Sticking to usual routines, including sleep schedules and timing of naps, can help you and your child enjoy Christmas and reduce stress. Don't take on too much. Eat healthy meals. Get enough exercise and enough sleep. Make time for yourself – breathe deeply, take a walk, close the door and take a nap, just say no! Maintain a grateful attitude. Help someone less fortunate than yourself.

**Have a safe and happy holiday!**

## 2011 Events Calendar

### DECEMBER

#### Santa Party

Thursday, 12/8

5:00pm-7:00pm

UMC

### JANUARY, 2011

#### Holiday Party

Saturday, 1/14

6:00pm-Midnight

Lynnwood Convention Center

## Anniversaries

### 15 Years:

Ronny Clark, Sr. (Dec)

### 10 Years:

Doug Neilson (Dec)

## Birthdays

### December

3 Josh McGaffey

4 Steve Stamm

5 Paul Idzik

8 Rick Coulter

10 Paul Schuler

11 Jerry Bush

17 Liz Spell

24 Ian Footer

### January

2 Pat Damitio

3 Chris Gunn

5 Steve Bueler

7 Wayne Hakola

11 Brett Endres

11 Kirk Baisch

14 Khai Xiong

16 Jon Ericson

29 Scott Locke

30 Rick Hawkins

30 Bill Rasmussen