

Friday, August 13, 2004

=== UMC NEWSBLAST ===

30 YEAR ANNIVERSARY:

It's not every day you come across an employee who has spent **30 years** with the same company! **Rick Coulter** is one of those special few, reaching his 30th year with UMC on **September 9th**. Please join us for lunch at noon on that day, to congratulate Rick and thank him for his many years of hard work and dedication to our company! More info to follow...

UMC PHILANTHROPY

Mukilteo Lighthouse Festival

UMC will be sponsoring the Mukilteo Lighthouse Festival's 'Run-A-Muk' event once again this year. The festival runs from **September 10-12** and boasts a lively children's parade, a spectacular grand parade, a juried art show, the very popular 5/10K Run-A-Muk road race and one of the larger fireworks displays on the Puget Sound.

<http://www.mukilteofestival.org/forms/runamuk2004.pdf>

Lance Armstrong Foundation

You can help raise \$5 million for people around the world who are living with cancer. UMC will match any employee donation for a WEARYELLOW wristband (\$1) from the Lance Armstrong Foundation. Contact Lise Van Deusen if you are interested, or visit <http://www.laf.org/> for more information. UMC will supply the wristbands; they are currently on backorder, so get your request in soon!

UPCOMING EVENTS:

Get Ready to Celebrate the New Year!

The UMC holiday party will take place on **Saturday, January 8, 2005**. This event promises to be a fun start to an exciting new year for UMC, so be sure to mark the date on your calendar! More information coming soon...

Time is Running Out to RSVP for the Company Picnic!

Juanita Beach Park on August 28th.... potluck BBQ, volleyball, games and fun for the whole family! Be sure to **contact Lisa Bigler, extension 269, by August 18th** if you plan to attend. More info at www.umci.com/intrapicnic_2004.html.

SAFETY TIP:

Lift things properly to prevent back problems! Bending your knees when lifting could prevent many injuries. When you lift, place one foot slightly in front of the other for balance and avoid twisting to the side.

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