



CONNECTIONS

Sept 2009

President's Corner



Believe it or not, it's the September U Connections already! Hopefully you all had a great summer.

The UMC summer events have started out to be a great success. Thanks to all who helped put together a great picnic and the UMC Golf Tournament is coming up!

As the end of 2009 draws near, it is time to set the course for 2010 and beyond. Over the next few months, we will be diving into the Catalytic Coaching process, business and strategic planning for the upcoming year. As I noted in last month's newsletter, we will be focusing on building a change culture in our company with the objective of building strategies to stay one step ahead of our quickly changing world. The recent changes to our organization clearly demonstrate our ability to quickly change our business as required to respond to the market.

You will also see a continued focus on safety. While we have not met our safety goals this year, it's awesome for me to see our field managers, journeymen, project managers, etc. get on board with the Safety Group to elevate UMC's

awareness and focus on safety. Kirk, Bill and Dori work very hard to assure safety on the jobsites and to manage claims as they arise. However, the real safety effort is in the hands of our field managers, journeymen and apprentices. Each individual has a responsibility to work safely and go home each night injury-free. Please do your part to help UMC Safety help you get home safely.

-Jerry Bush



Safety

REMINDER - School is back in session and there will be more and slower traffic during school hours. Please slow down and watch out for kids, especially in the Mukilteo area as there are four (4) schools within a 1-mile radius of our office. Please be particularly mindful when driving through crosswalks as the kids are usually not focusing on cars.

Safety focus for September:

Flu season is fast approaching - the CDC (Centers for Disease Control) is speculating that this is going to be a very harsh fall and winter with people coming down with severe cases of the flu. The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times

can lead to death. Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu-related complications; and
- approx. 36,000 people die from flu-related causes.

According to the CDC, symptoms of the flu include: fever (usually high), headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, sore throat, vomiting, and diarrhea. A new virus, novel H1N1 (formerly called swine flu) was introduced to the United States in April of 2009. H1N1 causes the same symptoms as the typical seasonal flu but because it is a new virus in humans, it may cause harsher symptoms, longer illnesses, and more complications and fatalities. One pattern that is particularly common to novel H1N1, is that the flu seems to get better, and then high fever returns with a dry cough. Precise diagnostic differentiation can only be determined with laboratory testing.

Flu viruses are thought to spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**



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Safety (cont'd)

Some people, such as older people, young children, and people with certain health conditions (such as asthma, suppressed immune systems, heart disease, kidney disease, diabetes, heart disease, and pregnancy), are at higher risk for serious flu complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. The single best way to prevent the flu is to get a flu vaccination each year. There are two types of vaccines: the flu shot (an inactivated vaccine, containing killed virus, given with a needle) and the nasal-spray flu vaccine (made with live, weakened flu viruses that do not cause the flu). Seasonal flu vaccines are now available for this year, but the CDC estimates that H1N1 vaccines will not be fully developed and available until early November.

If you get the flu, there are four flu antiviral drugs approved for use in the United States: oseltamivir (brand name Tamiflu®); zanamivir (brand name Relenza®); amantadine (Symmetrel®, generic); and rimantadine (Flumadine®, generic). The use of antiviral drugs may help manage symptoms, shorten the time that you are sick with the flu, and help avoid complications. They are equally effective for seasonal flu and novel H1N1.

To help prevent the spread of both seasonal flu and novel H1N1 flu:

- Avoid contact with ill persons.
- Cover your nose and mouth with a tissue when you

cough or sneeze. Throw used tissues in a trash can. If you do not have a tissue, sneeze/cough into the crook of your elbow, rather than into your hands.

- Wash your hands often with soap and water or use an alcohol-based hand gel.
- Avoid touching your eyes, nose or mouth.
- Eat a healthy diet, get enough sleep and find ways to manage stress.
- **If you get sick, stay home from work** and limit contact with others to keep from infecting them. **Do not return to work until you have been fever-free for at least 24 hours**, without the use of fever diminishing drugs such as aspirin and Tylenol.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen

- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and a worse cough.

In summary:

- Novel H1N1 is a new virus to humans, (with symptoms similar to seasonal flu), that may cause harsher symptoms and more complications.
- To maximize your chances of avoiding seasonal flu and H1N1, get two flu vaccines, particularly if you are in a high risk group. The H1N1 vaccine is not available as of yet.
- Anti-viral drugs are equally effective for H1N1 and seasonal flu. They do not cure the flu but may help minimize its effects.
- Use the standard hygiene techniques to minimize exposure to both types of flu.
- Watch for warning signs that require emergency medical attention.
- **If you get the flu, stay home and do not come back to work until you have been fever-free for 24 hours.**



STAR Performer-Sept.



Safety Coordinator Bill Coston, came up through the plumbing trades and has focused on safety in all of his work. He joined UMC one year ago and in that year he has demonstrated UMC's core values of Safety, Teamwork, Accountability, and Respect. Bill hit the ground running and was assigned almost immediately to be the full time safety representative at the Fort Lewis Stryker Brigade project. He navigated his way through the unique challenges of that particular job while simultaneously learning the details of UMC's commitment to safety.

Bill's integrity, dedication and work ethic have made him a valuable member of the UMC safety team. His reliability and willingness to take on new assignments make him a solid contributor to our efforts. Bill has conducted many hours of training for our crews and has become a respected resource for our foremen.

Currently Bill splits his time between the Brightwater project and Good Samaritan Hospital in Puyallup. He has focused on new hire orientation, crew training, and troubleshooting safety issues on the sites.

Congratulations, Bill, on being UMC's Star Performer for

September 2009! We appreciate your hard work and perspective.

Written & submitted by:
Kirk Baisch

Birthdays



September

- 5 Mary Bouck
- 6 Karen Langeberg
- 13 Ned Miller
- 18 Troy Turpin
- 20 Leah Holden
- 20 Kathy Jenkins
- 25 Tom Spaulding
- 28 Marian Ladenburg
- 28 Lloyd Lagutang
- 29 Mike McNeil

October

- 1 Bryan Eppler
- 1 Marj Schmidt
- 2 Ted Granston
- 7 Mark Shipley
- 14 Teng Vang
- 15 Brian Burton
- 19 Renee Leon
- 21 Jenni Gregg
- 28 Jeff Buck



Anniversaries

35 Years:

Rick Coulter (Sept)

10 Years:

Steve James (Oct)

5 Years:

Dean Michaels (Sept)

2009 Calendar of Events



SEPTEMBER

Golf Tournament
Sunday, 9/13/09
Harbour Point Golf Club

OCTOBER

Trick or Treat & Party
Friday, 10/30/09
UMC

NOVEMBER

Book Fair
Thursday, 11/5/09
UMC

DECEMBER

Santa Party
Friday, 12/11/09
UMC

JANUARY

Holiday Party
Saturday, 1/9/10
Embassy Suites, Bellevue

WELCOME TO UMC! New Hires



Chris Sandhop started with UMC on 8/3/09 and will be reporting to Maria Boyer as a Project Coordinator. She has spent the last 4 months as a

New Hires (cont'd)

Sales Associate at Air Commodities, Inc. (where she had previously worked for 9 years). Prior to Air Commodities, Chris worked for MacDonald Miller Facility Solutions for 8 ½ years. Chris specializes in construction administration, billings and is interested in learning project management. She recently received her certification for Construction Management from the UW. Chris enjoys golfing, camping, home gardening, and hanging out with her husband, Devin.



Nancy Haugen started with UMC on 8/04/09, reporting to Curtis Watson in the BIM Services Group. Before coming to UMC, she spent 10 months as a Sheet Metal Detailer at PSF and the 4 years prior to that, as a Sheet Metal Detailer at the MacDonald Miller Corporation. When not at work or school, Nancy enjoys spending time with her 4 children and 3 grandchildren.

UMC Picnic Update

The UMC Summer Picnic was held on Saturday, August 1, and it was a perfect day - the weather was beautiful and we had a record attendance crowd! Everyone had a great time with all with games, prizes, food, and lots of cold drinks and especially visiting with others.

I would like to thank the many hands that helped set up and clean up, but especially the following for their planning and / or working the picnic:

- Julie Blanchard (and her daughter, Ashley)
- Monica Todd (and her friend, Veronica)
- Mary Bouck (and her mother, Mary Lou)
- Ian Footer
- Bruce Lincoln
- Kevin Schmidt
- Steve Otis
- Les Bouck
- Brittney Spurlock

The Picnic would not have been a great success without all their hard work...THANK YOU!!

The Picnic planning committee assembled different "theme" baskets for the raffle at the picnic. The winners of the basket drawings were:

1. *Luis Silva* - Patriotic
2. *Andrea Szalda* - Wine
3. *Chris Riddle* - Movie
4. *Eric Nagel* - BBQ
5. *Ryan Santeford* - Fishing
6. *Josephine Petterson* - Coffee
7. *Melissa Dempsey* - Entertainment
8. *Deb Jones* - Lottery
9. *John Eimer* - Survival
10. *Nancy Manos* - Health & Wellness

If you would like to view the photos from the picnic or any other UMC event, they can be found at <http://pipeline.umci.com/gallery/>.

-Marj Schmidt

Homelessness-A Growing Trend

As times goes on, more and more people in our own community are living on the streets as the shelters are filled to capacity.

In an effort to help the homeless in our area, Sonja and Bill Cotterall have teamed up with another couple and a church on Whidbey Island to prepare and distribute lunch to those living on the streets.

Every other Thursday, the men head down to Seattle from Whidbey Island to bring homemade hot soup, sandwiches, chips, fruit and water to the less fortunate. They feed 50-100 people every other week. The people are very appreciative and look forward to the truck driving up and handing out nourishment.

This humanitarian effort by Sonja & Bill and their friends is being done selflessly and with no reimbursement for their time, food and even the gas it takes to drive from Whidbey Island to Seattle.

You may be asking yourself, how can I help? Something that was seen firsthand and is really needed for adults now that the colder weather is fast approaching are the following:

- Hats & Gloves
- Coats
- Underwear & Socks
- Warm shirts
- Sleeping bags
- Used clothing

Another idea, maybe you can bring to Sonja anything that will help with this expense to feed the homeless every other Thursday:

- Cases of water
- Top Ramen
- Vegetables (for soup)
- Chicken or beef broth