

Friday, May 19, 2006



==== UMC NEWSBLAST ====

Safety Corner

Lifting and Carrying

Eight out of ten adults will have problems with their lower backs. You can increase your odds of being one of the twenty percent who escape these pains by following the following tips:

- Injuries usually occur because of two reasons. First, when back muscles are weak; second, because of poor techniques for lifting and carrying.
- Take a few minutes each day to strengthen and stretch your back muscles.
- Wear shoes that offer good support and good traction.
- Keep a wide stance and make sure of your footing.
- Keep the load close to your body.
- Lift steadily with your legs, not your back. Keep your head up and your back straight.
- Point your feet in the direction you plan to move. Don't twist.
- Put down the load by squatting down, not bending over.
- If you are using a cart or dolly to move a heavy load, push it, don't pull it.

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

UMC Core Values

UMC's "STAR Performance" Core Values (**S**afety, **T**eamwork, **A**ccountability, **R**espect, **P**erformance) truly reflect our culture and are instrumental in the achievement of our goals.

➡ June's STAR Performer: Matt Mifflin

Matt started working at UMC in 1993 at the Swedish Southeast Tower project. Matt continues to be a key member of UMC's healthcare business team and has been instrumental in maintaining relationships with some of our most important healthcare clients such as Swedish, Fred Hutchinson Cancer Research Center, and Overlake. Matt is innovative and is always looking for ways to make improvements in UMC. He is a strong team player and is key to making projects successful.

A few of Matt's key projects are:

- FHCRC Biologics Lab
- Federal Detention Center
- Swedish Southeast Tower
- FHCRC Yale Building
- FHCRC Public Health Sciences Building
- Evergreen Medical Office Building
- FHCRC - 1616 Eastlake
- Overlake - South Campus Expansion

Matt enjoys time with his family, watching / coaching his kids in baseball and soccer, bow hunting, riding motorcycle, and fishing.

Thanks Matt for your dedication you are truly one of a kind!

- Written by Dean Petterson & Jerry Bush

Welcome to UMC!

Renee Leon started at University Mechanical on 5-8-06 as the Service Coordinator. Renee worked previously for Merit Mechanical where she spent the past 6 years in the dispatch office. She enjoys the outdoors and spending time with her husband and 3- year old son.

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

Quotable Leader

" The difference between the impossible and the possible lies in a man's determination."

- Tommy Lasorda

Project Spotlight

Keith Flowers gives us this update on the Wenatchee Data Center

UMC was selected by Cupertino Electric to be the mechanical design and construction team member for a large Data Center project in Wenatchee, WA. David Malone and Tom Boysen have done an excellent job in spearheading the pre-construction and design team efforts on this challenging fast track job. The construction portion started on March 31, 2006 when we received authorization to proceed with the procurement of the long lead major equipment which included 14 custom air handling units, 4 chillers, 30 exhaust fans, 8 CRAC units, 11 pumps, 4 dry coolers, one 20,000 gallon chilled water storage tank, 19 louvers, and 48 dampers. Crews are anticipated to peak during the months of June thru August as UMC's scope of work in this existing facility will be substantially complete by the end of September to allow adequate time for functional performance testing and commissioning to commence to meet the overall completion date of November 2, 2006. The construction team is being headed up by; Keith Flowers, Sr. Project Manager, Terry Gredler, Sheetmetal foreman, Terry Winston, pipe fitting foreman, and Seann Tanner is the plumbing foreman.

UMC Health Awareness Corner

New to the UMC office – Through one of the many donations/organizations that UMC/UMCCF contributes to we won an Automated External Defibrillator or AED. It took a little work to get the device, but thanks to Dean Petterson and Linda Barnhart it has finally arrived. The Lifepak CR machine will be located in Linda's file cabinet, bottom drawer, and she is trained to use the equipment in case of emergency.

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

31. Put moisturizer on your hands and feet before you go to bed every night. **32.** Quit smoking. **33.** Fasten your seatbelt. **34.** Wear a helmet when biking and/or rollerskating. **35.** When traveling, flex your leg muscles or move your feet every 15 minutes. **36.** Adopt a pet from your local humane society. **37.** When you're feeling stressed, smile and take a few deep breaths. **38.** Don't gossip. **39.** Practice forgiveness. **40.** Learn to say no.

Mark your Calendars

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.

June 16, 2006 – Annual Safety Awareness/Employee Recognition Event The first annual event will be held at the Double Tree Hotel in Bellevue. The venue will start at 7:00 PM with light appetizers and no host bar. The dress is casual. Please RSVP to Linda Barnhart by June 2.

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.

University Mechanical Contractors, Inc.

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Please email questions, comments or news to Linda Barnhart @ lbarnhart@umci.com

www.umci.com



The 1st Annual Safety Awareness Employee Recognition Event

**The 1st Annual UMC Safety Awareness
Employee Recognition event will be a hosted Casino Night**

You and a guest are welcome to join in some casino fun!

The evening will consist of the following:

- ◆ **Light Appetizers and No Host Bar**
- ◆ **Safety and Employee Recognition Awards**
- ◆ **Individual Milestone Recognition**
- ◆ **Vendor Exhibits – displaying safety equipment and tools**
- ◆ **Casino Games – a variety of game tables and gaming chips for the evening**
- ◆ **Random Raffle Drawings**
- ◆ **Casual Dress (jeans and t-shirts okay)**

When:	Friday, June 16, 2006 7:00pm – 10:30pm
Where:	Double Tree Inn – Bellevue (Hilton – Bellevue) 300 112th Ave. SE Bellevue, WA 98004
RSVP:	Submit your name (and guest) to Linda Barnhart no later than Friday, June 2nd.