

# the brush up

DECEMBER 2009



## Looking Ahead to 2010

2009 is just a mere couple weeks away from becoming history. Wow- another year has shot by us all here at Long. Did you meet the personal goals you had set for yourself in 2009? Just to keep working in this sour economic climate has undoubtedly been the goal of many of us. Likewise our corporate goals have been to continue to aggressively seek work so we can keep the hopper full and our whole TEAM working full time. It continues to be a struggle but you should all be reassured our efforts and collective creativeness when finding and chasing work is endless.

As you all develop your personal goals and intentions for the coming year for increased skill at your profession (or losing weight, start exercising, stop smoking, run faster, jump higher, a larger savings account, be a better person, father, husband, mother or wife or whatever your goals may be), I promise to be supportive to you all in attaining your personal goals. In exchange for my promise I ask, and all of you already do so everyday, that you also be part of our corporate goals as we enter a new year.

Which are:

- Retain our current annual sales level
- No accidents or citations on any job
- Find new opportunities in this challenging economy
- Make the hours and budgets on every job
- Decrease re-work by 50%
- No catastrophic job losses

Congratulations and thanks to each and every one of you for your continued efforts of making Long Painting the safest and best place a Professional Painter can work.

Merry Christmas and Happy Holidays to you and your family. ❖Mike Cassidy

### MIKE'S CORNER

Part two of a two part series. Check out November's issue at our web-site for the first installment.

## Surviving the Holidays

Last month we briefly discussed parking lot safety, holiday shopping and travelling to and from our destinations during the holidays. This month I want to touch on a couple of ways to help you to manage the inherent stress that surrounds this time of year. Regardless of beliefs or holiday traditions it is difficult to not be affected by the fast-pace of this time of year.

- Do something nice for yourself each day.
- When tasks seem overwhelming, re-establish your goals. Set smaller, easier to attain goals.
- Consciously force yourself to slow down.
- It's ok to say 'no'. Occasionally we try too hard to be more helpful than normal and we end of burying ourselves. There is a huge difference between being really busy and being overwhelmed.
- Try to exercise or stretch as often as possible. Five to ten minutes of stretching can make a world of difference both physically and mentally.
- Holiday treats are what some of us wait all year for. However, make sure that you also eat the healthy and nutritious foods that you normally do. Smaller portions work well.
- Get plenty of sleep. Don't underestimate naps. A 15-30 minute nap can make a world of difference.
- It's ok to ask for help. When you recognize the fact that you're in over your head don't wait – ask for help.
- Try and remember that the rush will be over soon and attempt to merely take it all in stride.

I hope some or all of these hints provide some help. Enjoy the holidays, keep everyone safe, and relish in the fact that you just survived the holidays!

## FOOD DRIVE

Bring your donation of non-perishable food items and grocery store gift cards for the

### Kent Food Bank.

Bring your donations to the lobby of the Kent office, or to the Holiday Party on December 12. Donations will be collected until December 18.

For information about items accepted or needed, or to volunteer, contact



Kent Food Bank  
515 W Harrison  
253-520-3550

## LONG PAINTING COMPANY'S ANNUAL HOLIDAY PARTY

Saturday, December 12  
10 AM to 1 PM

Renton Technical College, Building "J"

Bring the family and meet Santa!

## 2010 SAFETY COMMITTEE

I am pleased to announce Long Painting Company's 2010 Safety Committee members for the respective offices:

**Kent** – Greg Smith, Dan Santos, Paul Greenwood, Lance Smith, Cyndi Marks, Mike Johnson, Darko Sadikovic

**Portland** – Gene Dockery, Glenn Hollenbeck, Amber Fryberger, Josh McCanna, Alan Wheeler, Chris LaDuke, Will Crone

**Eugene** – Mike Crawford, Don Casteel, Jeremiah Griffen

**Medford** – Gerald Dooley, Floyd Clark

These members will preside over the January 2010 Safety Committee meeting that will be held in conjunction with the foreman's meeting. Congratulations to the new committee members. I also want to thank the 2009 Committee members for their contributions, ideas, and efforts to helping create a safer workplace for all of us. Thank you. ❖Mike Wilkinson



## Holiday Eating: Thinking Ahead and Moderation

Overindulgence? Deprivation? Neither of those sound very appealing when it comes to the much anticipated inundation of holiday goodies and treats. Experts say that a couple of ideas to successfully approach the holiday fare are to think ahead and exercise moderation.

When you are heading out to a holiday party try and eat a light snack before you go. Arriving hungry will only increase your odds of eating things that you may not want to. Offer

to your guest to bring a healthy food dish. During the party, position yourself away from the table(s) where the food is placed. This will minimize what I refer to as "grazing". Use a smaller plate. Trust me, that works very well both on a conscious and subconscious level. Moderation: think "portion control" which includes desserts and the delicious (albeit high calorie) eggnog drinks.

The holiday season is one of joy and happiness and we should enjoy all that embodies the spirit of the season to include experiencing the goodies and treats that are WAY too delicious to pass up. Plan ahead and exercise moderation if you want to fit into those designer jeans come New Year's. Happy Holiday!

❖Mike Wilkinson



## Holiday Activities for the Family

### 19th Century Christmas Celebration, December 5

Fort Nisqually, Tacoma WA Celebrate Christmas as in 1855, with cookies, dancing, and the traditional Yule Log. [www.fortnisqually.org](http://www.fortnisqually.org)

### Winter Wonderland Hayrides, December 5, 12, and 19

Seward Park, Seattle WA Guided hayrides around Seward Park hourly. \$5 ea; Space is limited. <http://sewardpark.audubon.org>

### Wright Spirit Holiday Event, December 12

Museum of Flight, Seattle WA Santa arrives by helicopter at 10 AM; afterward, enjoy music and family activities. \$14 ea. [www.museumofflight.org](http://www.museumofflight.org)

### Oregon Zoo Zoollights, through January 3

Oregon Zoo, Portland OR This year's festival includes the zoo train and choral ensembles. \$10.75 ea. [www.oregonzoo.org](http://www.oregonzoo.org)

### Tuba Christmas Concert, December 12

Pioneer Courthouse Square, Portland OR Enjoy the sounds of nearly 200 tubas playing festive holiday tunes. 1:30-3:00 PM

### Lake Tahoe Shakespeare Festival, December 5-20

Various Locations, NV Enjoy ballet, theatre and symphony/chorale. [www.laketahoesakespeare.com/holiday](http://www.laketahoesakespeare.com/holiday)

## Long Goes Bowling

Employees from the Kent office have just completed the first half of the second season of a competitive bowling league. It has been a very exciting and enjoyable time for all members.

We currently have two teams competing this year—The Stone Monkeys and The Other Team.

The Stone Monkeys, consisting of Todd Fauchald, Bill Newcomb, Justin Corgiat, Mike Lester, and Bill Stevens, are into their second year with their newest member, Kevin "Killer" Kamrowski. Last year The Stone Monkeys held on very competitively for a first year team and were even awarded monetary prizes for their accomplishments. This year every team member has set their standards higher and are improving their personal bests weekly.

The Other Team, consisting of Eric Evans, Rob Webster, Alan Langer, and Lydecia Taylor have been pushed to the limits struggling through the loss of two very valuable teammates, Dan "The Pin Breaker" Santos and Kenny Johns. They are hoping for a late season relief once they overcome their obstacles. The Other Team has just finished the half year mark by retaining first place for three consecutive weeks and securing themselves in the end of season finals. They are hoping for a big pay day for that accomplishment.

Anyone interested in participating as a substitute bowler or joining a team can contact any of the current bowlers for more information.

Come on out to ACME Lanes in Tukwila, WA and join the fun, or just sit and watch for a good laugh. We bowl every Wednesday night starting at 7 PM. Holiday break ends January 6, 2010. ❖Eric Evans



**Did You Know?** Rudolph the Red Nosed Reindeer was created for Montgomery Ward department stores in 1939 as a promotional gimmick for Christmas shoppers. The song made famous by Gene Autry wasn't recorded until 1949, after Montgomery Ward released the copyright to Rudolph's creator, Robert L. May.

## safety@home

The first snowfall can be a magical experience. Suddenly, you find yourself grinning, maybe even humming to yourself. One cup of cocoa later, you realize it's actually still snowing...and dread settles as you realize...school will be canceled! The line at the tire center for snow tires stretches to Coeur d'Alene! And you forgot to pick up toilet paper and that gallon of milk yesterday on the way home from work.

But like everything else in life, a little preparation can help you enjoy the coming season to the utmost. Let It Snow!

Cold or stormy weather can create a little cabin fever. Dust off the board games, break out the playing cards, and have a little family time. Old movies are a great winter activity, and thanks to internet movie services such as Netflix and Blockbuster, you don't even have to venture past your mailbox to enjoy a film.

A warm fire in the hearth is one of the best things about winter. Have your fireplace chimney and flue inspected and cleaned yearly. Never burn branches in your woodburning fireplace, as pieces can float out of your chimney and ignite your roof, your neighbors' roof, or nearby trees.

Power outages are a common inconvenience in winter. Be ready by storing flashlights and extra batteries together in an easy to find place. Have extra blankets ready to go— if you store your winter blankets, 'tis the season to get them out of storage and have them ready! Stock up on foods

easily prepared without electricity, and if you use an electric pump for water, make sure you store water for both drinking and washing. If you have small children at home, have extra items like diapers, wipes, and formula on hand. Keep an eye on the temperature inside your home during a power outage. Infants and persons over 65 years of age are especially susceptible to cold; you may need to make arrangements to stay elsewhere during an extended outage to keep everyone warm.

If there is enough snow to go sledding, remember to dress warm. Hats, coats, and gloves are a must—even for mom and dad! Always supervise sledding, and keep away from motor vehicle traffic and crowded areas. Sunscreen and lip balm are just as important in winter as in summer.

Have fun, and stay warm! ❖Cyndi Marks



**Stormy Weather: Be prepared before the storm to enjoy winter's majesty!**