



**recipe
contest**

Do you have a favorite holiday recipe you'd like to share?

Please submit your recipes for holiday goodies to CindyM@longpainting.com, or by fax, Attn: Cyndi to 253-234-0034. Each recipe submitted will be concocted in our test kitchen for the panel of judges (Mike Wilkinson and the Fabulous Four accounting team). The winner of the taste test will receive a \$25 gift card to Williams-Sonoma, just in time for Christmas baking! This contest is open to ALL Long Painting employees and immediate family members.

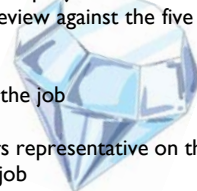
Five Diamonds Update

At a recent shareholders meeting the Five Diamonds program was reviewed as it comes to the end of it's fourth year.

The Five Diamonds program is one of the ways we measure the success of our projects and the skill of our leadership teams. All projects with a contract value over \$25,000 are eligible for review against the five criteria necessary for a successful company.

Five Diamond criteria are:

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|------------------|--|
| SAFETY | No accidents or citations issued on the job |
| QUALITY | No significant rework required |
| CUSTOMER SERVICE | A positive rating from the customers representative on the jobsite |
| PRODUCTIVITY | Beating the hours budgeted for the job |
| PROFITABILITY | Returning a higher profit on the job than was included on the estimate |



Each category achieved at the end of a project is awarded a diamond. A diamond in all five categories earns each of the team leaders a \$500 US Savings Bond. The team leaders consist of the Foreman, Superintendent, Project Manager, and Estimator.

Since the program began back in 2006, we have tallied the following numbers:

Number of bonds awarded	747	Percent of projects achieving in each category:
Value of bonds awarded	\$315,900	Safety 89%
Percent of eligible projects achieving award	46%	Quality 81%
		Customer Service 95%
		Productivity 66%
		Profitability 70%

Very impressive numbers for the size and complexity of the work we do!

Recently, with the kickoff of our electronic filing project, we have incorporated documentation requirements as part of the Five Diamond program, in our continuing efforts to assure quality and successful project management.

Thank you to all of our team leaders and field crews for a very successful four years. *John Fisher*

Surviving the Holidays

It is inevitable. Inescapable. Foretold by the great Nostradamus himself – “You will be barraged during the last 45 – 60 days of each calendar year regardless of your beliefs or holiday customs and rituals. Barraged by what, you may ask. Weather, increased/more impatient traffic volumes, pushing and shoving in stores by those attempting to ‘get the killer deal’, by the end of the year business crunch, and on be very

and on and on.” Ok, I made that up but you get my point. The holidays can stressful and distracting which can lead to an accident or physical illness. While certainly not all inclusive, here a few tips to help survive the holiday season:

Shopping: Parking Lot Safety

If at all possible, avoid driving alone or at night. If you must shop at night, try and park in well-lit areas. Some shopping centers provide valet parking for a nominal fee.

Keep your doors and windows locked. If so equipped, activate your car alarm when leaving the vehicle.

Make a note of where you parked thereby avoiding any confusion when you come out of the store. A distracted, lost and wandering citizen is a good target for burglars. Secure packages out of sight. In the trunk or at least covered up with a blanket or jacket. Be aware of your surroundings as you approach your vehicle. Do not approach your car if there is suspicious activity near it. Go back into the store and request that store security escort you to your vehicle. Many shopping malls have mobile security patrols that are more than willing to escort you to your vehicle.

Shopping: Store Safety

Avoid wearing expensive jewelry. Even though you are rushed and thinking about a thousand things, stay alert to your surroundings. Avoid carrying large amounts of cash. Keep cash in your front pocket.

If you carry a purse, be extra careful as these are prime targets of criminals in crowded shopping areas.

Avoid overloading yourself with packages. It is important to have clear visibility and freedom of movement to avoid a mishap. Beware of strangers approaching you for any reason. Con artists may try various methods of distracting you with the intention of taking your money or possessions. Never leave your purse in a shopping cart or on a counter while you pay for your purchases. **continued**

MIKES CORNER
SURVIVING THE HOLIDAYS is a two part series, to be continued in December. Featured in Part II: holiday decorating safety, winter driving (again), toy and “people” safety.



Safety @ Home

Each November, my family gathers around the table to focus on the things we feel thankful for. We reconnect over turkey dinner and football and enjoy a little pumpkin pie. If you plan on doing the same to celebrate Thanksgiving, keep a little safety in mind.

Cooking Safely

Statistics show that residential fires increase on Thanksgiving Day, causing more property damage and fatalities than on any other day during the year. These incidents can be avoided with common sense cooking safety. Don't keep food in the oven to warm; take it out and turn the oven off. Keep children out of a busy kitchen to avoid burns and injuries. If you plan on deep frying your turkey, make certain the turkey is completely defrosted and patted dry before immersing in hot oil. Keep the burner in a clear, open space away from the house, a fence, or any other structure that could catch fire. Make sure there is at least two feet between the propane tank and the burner. Read the manufacturers' directions to thoroughly understand how to use your turkey fryer safely. If the oil begins to smoke, turn the propane off immediately.

Food Sense

Many people underestimate the time it can take to properly thaw a frozen turkey. A 24-lb turkey takes 5-6 days to thaw. A frozen turkey should be thawed in the refrigerator, never on the countertop. Thawing guidelines suggest 24 hours for every four pounds of turkey. Place the turkey on a cookie sheet or tray in the fridge to avoid spilling juices on other food. A fresh turkey should be cooked within two days.

Use an internal meat thermometer to be safe. The internal temperature of a cooked turkey should be 180°. To be truly food safe, do not stuff your bird. Cook the stuffing in a separate oven safe dish.

Always wash hands, utensils, counter tops, or anything else that comes

Emergency Preparedness: Flood Season

As you may know, the Long Painting Company office in Kent is virtually smack-dab in the middle of the Green River Flood Basin in the Kent area as outlined by the King County Office of Emergency Management in conjunction with the Army Corps of Engineers. Working in concert with city, local, and state agencies along with our insurance underwriters and outside engineering companies, Long Painting has produced a Flood Emergency Response Plan (FERP) and submitted it to the insurance carrier for review. We are presently in the process of refining this plan along with holding meetings to discuss what WE will do in preparation for the predicted flooding this winter. Long Painting is committed to ensuring a safe work environment for all of our staff as well as ensuring continuity of business operations. Further communications regarding the FERP and what, specifically, you can do in preparation will be coming soon. Using one of the many resources available from the City of Kent, we are presently placing tri-fold brochures in and around the office and warehouse outlining evacuation routes from the Kent office to outlying areas. If you have any questions regarding the FERP or other preparedness matters just give me a call. *Mike Wilkinson*



Long Painting Company

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into contact with raw turkey or juices with hot soapy water.

Trim the meat from the turkey and refrigerate within two hours. Eat the leftovers within 3-4 days.

For more information, call the USDA Meat and Poultry Hotline at 1-888-674-6854 or log on to www.fsis.usda.gov.

Remember Your Pets

Holidays can be stressful to your pets. Provide a quiet refuge for your pet; they'll appreciate a place to recharge away from the hubbub. Keep your garbage secured—bones from the bird are dangerous for your pet to ingest, as is plastic wrap or foil with food remains. If you don't normally feed your pet table scraps, inform your guests not to feed your pet from their plate—it can disturb your pets' delicate digestive system.

Finally, make sure that your pet's ID tags and registrations are current. A door opening frequently to greet guests may provide an escape route for a stressed pet.

Avoid Family Disasters

Provide entertainment for all ages such as board games or family movies (away from the football), and if weather permits, encourage children to play outside. A fun scavenger hunt or even a game of touch football will use up that rambunctious energy to avoid the grumpies. *Cyndi Marks*



Surviving the Holidays, continued Holiday Travelling: How to Get There and Back Safely

Distance and topography of where you may be travelling will dictate how detailed and extensive that your efforts need to be in preparing for holiday travel. Vehicle prep/children prep/ pet prep/ house prep:

Vehicle – you know the drill: tire pressure/condition; wiper blades, window washer fluid (de-icing); ice scraper; first aid kit, fire extinguisher, flares, chains (as necessary), spare food/water, flashlight, small tool box

Children – if travelling for more than two hours make sure that your children are dressed comfortably. Make sure that they have age-appropriate toys to occupy them, snacks are good distracters for long trips too.

Pets – if travelling with you, make sure that they are properly secured and away from the driver. Take bathroom breaks as necessary and ensure that they have sufficient water. If they are remaining at home until you return, ensure that adequate care will be provided to them in your absence. Local kennels have good rates during the holidays and for more private care, you can hire pet-nanny's (my term) that will come to your home and care for your pets.

House – if leaving overnight or multiple days, consider installing an auto-timer (available at many department/hardware stores) on one or more lights in the house, make arrangements for mail/paper pickup

Have a safe and Happy Thanksgiving holiday!!! *Mike Wilkinson*

Thanksgiving Fun Facts

- The average age of a Mayflower passenger was 32.
- The biggest turkey ever recorded was 86 pounds.
- Congress did not declare Thanksgiving a national holiday until 1941.
- The average person consumes 4,500 calories on Thanksgiving Day.
- The first national football game broadcast in America was in 1934 on NBC Radio. The Detroit Lions hosted the Chicago Bears at the University of Detroit Stadium.