

Service Awards

Apr-13

Department			Year
1706	Charles	Johnson	10
1207	Janice	Swank	15
1734	Robert	Collins	15
1711	Robert	Polenz	25
1206	Larry	Grieger	25

May-13

Department			Year
1701	Ailyn	Ryan	10
1203	Richard	Mitchell	10
1704	Thomas	Mccort	10
1387	Michael	Strickland	15
1554	Kenneth	Shuman	15
1219	Daniel	Thomas	25
1206	James	Farrell	25

2013 EAC Events

April: 4/27/13 Volleyball / Horseshoes

May: 5/11/13 Relay for Life & 5/22/13 Taste of SRMD

June: 6/1/13 Softball Tournament & 6/29/13 Victory Cruise Lines

August: 8/3/13 Corn Hole & 8/24/13 Roller Skating

September: 9/21/13 Flag Football & 9/28/13 Santa Photos

October: 10/5/13 Basketball

November: 11/16/13 Bicycle Poker Run

December: 12/7/13 Winter Banquet

Benefits

Brunswick and Vanguard are providing Retirement Profile statements that will be mailed to your home address at the end of the month. Included in the Profile is your expected retirement income based on your current 401(K) contributions and details about whether you are saving enough for retirement. Please take time to review this valuable information.



Our Space

By Lance Smith

Name: Tim Blyden

Hometown: Hinesville, GA

B-day/ Sign: September 6

Education: N/A

Status: N/A

Family: N/A

Department / Position: 1101/ Lamo Woodshop Floor Unit

Years @ Sea Ray: 3 years

Most Memorable Moment: N/A

Role Model: Coworker Chris Simmons

Best Quality: N/A

Ideal Vacation: Home with family



Name: Wally Tomlinson

Hometown: Flagler Beach

B-day/ Sign: June 28 Cancer

Education: AS degree Computer Drafting and Design

Status: Girlfriend Beverly

Family: 3 Children 2 daughters and 1 son

Department/ Position: Crew Leader 1681 Maintenance

Years @ Sea Ray: Over 10 years

Most Memorable Moment: Birth of daughter

Role Model: Jesus Christ

Ideal Vacation: Kicked back on an island beach having a drink with my girl "Loves Forever"



Guess Who?

Employee name will be posted in the next newsletter. Last issue photo was Lance Smith from our Maintenance.

Pulse

An Employee Newsletter Published by the Employee Activities Committee at Brunswick Manufacturing, Palm Coast

Volume 6, Issue 3
April—May 2013

Morning Coffee

By Sisouphanh Sihachack

I can't start my day without a morning cup of coffee, but so often we hear how caffeine isn't good for us, and how drinking coffee can cause health problems. In reality, coffee has many health benefits, and it's about time we started recognizing it! Here are some great reasons to keep (or start) drinking coffee every day!

Lowers Risk of Type Two Diabetes- Who knew that something as simple as coffee could have such amazing health benefits? It turns out that drinking coffee can actually significantly lower one's risk for type two diabetes. In fact, the more you drink, the better, according to Sid Kirchheimer of WebMD. Apparently, Harvard University completed an 18 year study regarding the health benefits of coffee, analyzing data on around 126,000 people. Turns out, one to three cups a day can lower your risk by less than ten percent, while six cups or more per day can lower a man's risk of type two diabetes by 54%, and a woman's risk is lowered by 30%. That's a pretty good argument for the pot a day folks.

Helps You Lose Weight- Because of the natural antioxidants in coffee, it can help you to lose weight. Another new fact, one recently determined by a new study done by Fulgencio Saura-Calixto and M. Elena Diaz-Rubio for publication in ACS' Journal of Agricultural and Food Chemistry, found that brewed

coffee can even be a good source of fiber, having close to two grams of soluble fiber per cup. Most dieters are aware of the benefit of fiber in the weight loss arena. According to the study, "The dietary fiber content in brewed coffee is higher than in other common beverages such as wine or orange juice." So drink up, dieters! Just skip the sugar!

Helps Control Depression -Coffee has been shown to help to control or reverse depression. Partly, of course, because the caffeine helps one to be more alert, which can reduce the feelings of depression, but it may also have to do with the level of antioxidants contained in a cup. In fact, a recent Brazilian study showed that even children can drink a moderate amount of coffee to cure depression. Apparently, the study found that a small amount of coffee (a cup or two a day) actually benefits children's health, despite previous claims that "it'll stunt your growth". There are many more health benefits to drinking coffee, and it seems that they far outweigh any risk involved. So quit feeling guilty and enjoy your morning cup of Joe! Next time someone tells you that you're drinking too much coffee or need to quit, give them the facts. I know I will!

(Most of information for article was from Internet through Google)

Don't forget horseshoes and volleyball are Saturday, April 27, 2013 at Wadsworth Park. Horseshoes at 8am and volleyball at 12pm. Come cheer your coworkers on or join in the fun.



DATES TO REMEMBER:

Memorial Day

Monday, May 27th

Fourth of July

Off- Thursday, July 4, 2013
(four day work week)

Summer Shut Down

Last day of Production Thursday, July 11, 2013

Production Resumes Monday, July 22, 2013

Do not forget our Facility EAC has a Facebook Page: Searay

Compliance Audit

By Mark Jones

John Oakes, our Corporate Auditor, conducted a Corporate Compliance Audit accompanied by Richard Lane. All aspects of the boat building process are audited. They stop in all areas at our facility, in all buildings, to review product being built to spec. There were no ABYC (American Boat and Yacht Council) findings. "Great job" goes out to all team members. We had a few observations that were found and they pertained to labels. These opportunities will be addressed so we can prevent them on future audits.

Keep up the good job and be safe.

IN THIS ISSUE:

Retirement, Cornhole Tournament, Congrats, Relay for Life P. 2

PACE & Stop Smoking Insert

Green Team, Volunteers, Humane Society, Taste of SR/MD P. 3

Service Awards, EAC Events, Benefits, Our Space/ Guess Who P. 4

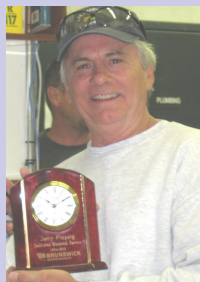
Retirement Time



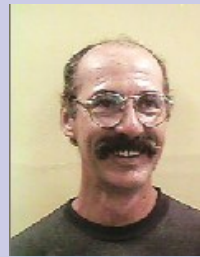
Danny Bonn, Assembly retired on March 28, 2013 with 15 years of Brunswick Service



Jerry Flassig, Maintenance Department retired on April 1, 2013 with 19 years of Brunswick Service



Al Pringle, Warehouse plans on retiring on May 2, 2013 with 20 years of Brunswick Service



Ed Stachurski, Assembly plans on retiring on May 2, 2013 with 26 years of Brunswick Service



Jimmy Farrell, Assembly plans on retiring on May 9, 2013 with 25 years of Brunswick Service



Marie Ferrara, Assembly Back Yard plans on retiring on May 9, 2013 with 17 years of Brunswick Service



Congratulations



Congratulations to Rob Popowich, Ricky Coyne and Aiy Saisavanh for winning \$150.00 for the biggest black drum in the last "Annual Sea Ray Sykes Creek Fishing Tournament."

RELAY FOR LIFE



EAC will be involved in Flagler County's Relay for Life (American Cancer Society) on Saturday, May 11, 2013- Sunday, May 12, 2013 at the Palm Coast Town Center. This year each team can sell the Luminaria bags (pictured above) for \$5. Each bag can be designed with a name in memory, in honor of or to support a loved one. The bag is then lit next to the track the evening of the event. We are trying to get some bags here, so you can decorate in advance. If interested in purchasing a bag, bring \$5 to Chuck or Tricia. All money raised through Luminaria sales will go to the American Cancer Society from the Sea Ray Team.

Cornhole Tournament

by Tricia Giordano

Congratulations to our top three placing teams: 1st place went to Ryan Powell & Brian Lenihan, 2nd place went to Greg Prince & Billy Dressel and 3rd place went to Chris Driggers and Dave Tilton. Thank you for everyone who participated and came to cheer on their friends on this cool windy morning.



GREEN TEAM NEWS

By Destini Wilson

Tips to Go Green at Home:

- When on the go, use a reusable water bottle. Metal, #2HDPE, #4LDPE, or #5PP are safest. Avoid those with phthalates or BPA, which are toxic.
- Don't use anti-bacterial soaps or other cleaners. They work no better than regular soap and water and may cause health problems. Use gentle castile soap and water, which has been shown to be as effective as antibacterial soaps.
- Green your cosmetics – check out the Environmental Working Group Website <http://www.ewg.org/skindeep/> you may be very surprised at all the toxic ingredients that are in cosmetics, personal care products and especially baby products.
- Use green cleaning methods. Vinegar, lemon juice, baking soda, Borax, and regular dish soap are all you really need for the majority of your household cleaning. Don't want to mix it yourself? There are plenty of green alternatives.
- Use Integrated Pest Management for bugs or vermin. There are companies that specialize in this.
- Use natural lawn care. Try to avoid using any synthetic chemicals or fertilizers, which can cause environmental pollution from runoff.
- Plant native plant species, which are better suited to your climate and will require less care and water.
- Create a compost heap and enrich your garden. You can compost most food and yard waste. There are some composter models available that can

make soil from waste in 45 days. There are even small composter units that can be utilized by apartment dwellers.

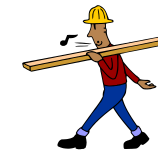
Most of these tips were contributed by Elizabeth Striano Consultant and writer on sustainability and the environment. For more green tips visit www.agreenfootprint.com

Taste of Sea Ray/ Meridian

The "Taste of Sea Ray/Meridian" is scheduled for Wednesday, May 22, 2013 in the classroom. This is how it will work: all employees will bring their dishes and meet at 11:15am in the classroom. As the dishes are complete, a picture will be taken of the employee and the dish in hand to place on the side of the recipe in the cook book. After the picture is taken, the samples with the recipe cards will be distributed to the judges. Judges will be seated at 11:30am in Huddleville awaiting their samples. Only the employees that have brought dishes for the contest can sample the remainder of the dishes in the classroom. The judges will submit votes and the winner will be named. Recipes are then put in the Sea Ray/ Meridian Cook Book. If you are in the event, you will automatically get a cook book.

We need your recipe submitted to Tricia by Wednesday, May 1, 2013

Volunteers Needed

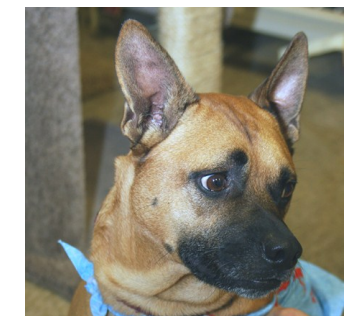


Second Chance Animal Rescue is very much in need of volunteers.

Please note: Volunteers of all ages are welcome and we'll find the appropriate way for you to help. Children can always help by participating in food and supply drives, voting online and getting their friends involved. If you want to help with the care of the animals or events you must be at least 16 years of age.

You must love animals and be dependable! Thanks for wanting to help! We also appreciate **Community Service Volunteers** and can provide "double hours" in some cases!

Second Chance Animal Rescue
110 Bimini Lane Bunnell, FL
386-527-3763



Flagler Humane Society

by Dave Tilton

The Flagler Humane Society has lot's of programs and services like adoption, subsidized spay/ neuter, micro chipping, retail pet supplies and if you have the room / yard you could be a foster parent.

By offering your time, energy and home to an animal in need, you prepare the animal for adoption into a permanent home as well as help prevent overcrowding in the shelter. The shelter is always looking for foster homes, especially throughout the busy spring and summer seasons. The best part is all you need is love to be a Flagler Humane Society foster parent. The shelter provides the rest.

Let's all do what we can to help the animals by donation, adoption, foster parents, and/ or even volunteering at the shelter. It is all for a good cause. Flagler Humane Society 1 Shelter Drive, Palm Coast, FL 32137 hours Tuesday- Saturday 10am-5pm 386-445-1814.