

SERVICE AWARDS

Feb-14			
Department	Name		Year
1704	Mark	Carroll	10
1681	Gary	Stout	15
1103	Kelly	Prater	15
1681	David	Butler	20
Mar-14			
Department	Name		Year
1130	Luke	Robbins	5
1130	Juan	Dejesus	10
1591	Donnel	Robinson	15
1231	Timothy	Kennedy	15
1203	Antonio	Castanheira	15

Delivery of the 510DA

Remember last newsletter, we had the article “Story Behind the 510DA Photo”? Mr. & Mrs. Schutt’s attended Yacht Expo in December and decided to purchase a 510DA. Mr. and Mrs. Schutt came for a plant tour to see their vessel in production and asked Stan Ksyniak to hide the picture in the vessel during production. In the picture the Schutt’s are taking delivery of their vessel at our facility.



Learn to Dive

- Jesse Shembeda

Have you ever wanted to learn to dive? Discover Diving in Port Orange (www.DiveFL.Com) has classes starting at \$225 for a lifetime PADI certification. When you sign up for a class you will receive 20% off a set of mask, fins, snorkel and boots. As an avid diver myself, you would be amazed at what you could discover underneath the water!

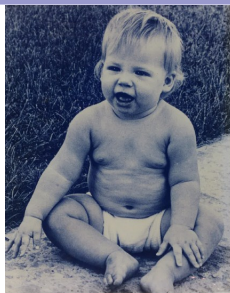
OUR SPACE

By Lance Smith

Name: Kyle Kinser
 Hometown: Mirimar, FL
 B-day/ Sign: 2/24 Pisces
 Education: First Coast Tech Applied Welding
 Status: Married
 Family: 2 Daughters Mia and Ayla
 Department / Position: Maintenance—Welding Bay
 Years @ Sea Ray: 4 months
 Most Memorable Moment: When my daughters were born
 Role Model: My father
 Ideal Vacation: Fiji Islands



Name: Fernando Gonzalez
 Hometown: Crescent City, FL
 B-day/ Sign: 5/12 Taurus
 Education: Welder Certificate
 Status: Married
 Family: Wife and baby girl
 Department/ Position: Maintenance—Welding Bay
 Years @ Sea Ray: 7 months
 Most Memorable Moment: When I burnt my hand— first aid
 Role Model: Jesus Christ
 Ideal Vacation: Beach in Hawaii



Guess Who?

Employee name will be posted in the next newsletter. Last issue photo was Daniel “Shane” Jones from our Fabrication Building



Pulse

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

Volume 7 Issue 2
 February– March 2014

Spartan Race

-Mike Regan

February 15th was a beautiful sunny Saturday in Tampa at the Raymond James Buccaneer Stadium. Thousands were in attendance, but not for football, it was a Spartan takeover. On this day was the Tampa Special Ops Spartan Race, four miles of mix and mashed urban stadium navigation and limit pushing Spartan Race obstacles co-engineered by members of the circuit who have been in the U.S. Military Special Operations Forces for extra tactical ingenuity and torture. My son, Aiden, 8, ran his third Spartan Kids Race for a half-mile, navigating both in and out of the stadium, up 12ft mud hill climbs, through mud trenches, a buddy system log carry (pvc pipe), balance beams, high knees through tires, barb wire (twine for kiddos) mud crawl across the 50 yard line on the field of the Bucs Stadium, and grandstand runs right up in front of the Buccaneer pirate ship! He was overjoyed to earn another medal and begin his 2014 race year, as well as check out and get hands on with some awesome military heavy metal on site! My team of 6 had trained specifically for months with boot camps and special Spartan training workouts and we were about to see how well it paid off. Excitement and nervousness overwhelms the starting corral as up to 200 people jump climb and overcome a 6ft wall just to get into the starting corral. You can hardly stand still as the announcer speaks out the safety precautions and Spartan Law as well as blesses all about to race as we all take a knee. We take off in a melee quickly ascending 9 levels up the stadium breezeway for a spectacular view of the Bucs stadium layout, glancing around quick at racers far ahead sprinting up and down monotonous grandstands, top to bottom, and the slow crawl of Spartans navigating the 80 yard barb

wire mud trench crawl into the Bucs end zone. We dashed in and out of corridors blocked with 7, 8, and 9 ft walls having to use each member of our team to overcome and navigate cargo net climbs, burpee challenges and endless stair runs! The pace was fast and mood was light, fun and determined. The sweat built and mud gathered, fatigue was taking its toll on all of us, 40lb sandbag carries, 25 ft. rope climbs and surprise fire hose sprays in between mud hills mixed with spear throws, ammo box shuffles and a fire pit leap into pugel stick wielding gladiators. We all completed and reined triumphant with our medals and free beer! Great start to this season all around!



Saint Patrick's Day



- Dave Tilton

Saint Patrick's Day is a public holiday observed on March 17th, in the Republic of Ireland, Northern Ireland, Newfoundland, Labrador and Montserrat. It is also widely celebrated by the Irish diaspora around the world; especially in Britain, Canada, United States, Argentina, Australia and New Zealand. For most Irish people in Ireland, the day has little to do with religion at all. What began as a religious feast day for the patron Saint of Ireland has become an International Festival. These festivals celebrate the Irish culture with parades, dancing, special food and a whole lot of green. Happy Saint Patrick's day.

Holiday & Date Observed

- Good Friday**
Thursday, April 17, 2014
- Memorial Day**
Monday, May 26, 2014
- Fourth of July**
Thursday, July 3, 2014
- Labor Day**
Monday, September 1, 2014
- Thanksgiving Day**
Thursday, November 27, 2014
- Christmas Eve Observed**
Wednesday, December 24, 2014
- Christmas Day Observed**
Thursday, December 25, 2014

DATES TO REMEMBER:

- Summer Shutdown**
Last day of production
Thursday, July 10, 2014
Production resumes
Monday, July 21, 2014
- Winter Shutdown**
Last day of production
Thursday, December 18, 2014
Production resumes
Monday, January 5, 2015

Do not forget our Facility EAC has a Facebook Page: [Searay Meridian](http://searayeameridian.com) and <http://searayeameridian.com>

IN THIS ISSUE:

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Be Careful for Bikers during Bike Week



Ribbon Cutting Ceremony

What was the big deal about? The Ribbon Cutting Ceremony was in celebration of the new water test ramp completion, which marks a big step forward for the Palm Coast facility. The new ramp will accommodate the new L-Series being manufactured here.



2014 Activities for Points Chart Summary

Activities	Points	Comments	Key Dates
Biometrics	0-100	25 per value	Biometrics for BMI, BP, Cholesterol Ratio, Glucose
Health Coaching *Tobacco Cessation	50 - 200	50 Pts/per Goal (Max. of 4 or 200 Pts.) *TC = 1 goal	Enroll: 1/2/14 - 10/31/14 Earn Reward: 1/2/14 - 11/30/14 Participate: 1/2/14 - 12/31/14 ** 6 outbound interactions before 11/30/14 or completion before 5/31/14 reduces medical premium
Get Fit on Route 66	50 -100	50 Pts per 1,224miles, 100 pts per 2,448miles (max of 100 points)	Enroll: 1/20/14 - 2/16/14 Participate: 2/3/14 - 4/13/14 Track: 2/3/14 - 4/20/14
Walk This Way™	50 -100	50 Pts per 250K (max of 100 points)	Enroll: 4/28/14 - 6/22/14 Participate: 5/12/14 - 8/3/14 Track: 5/12/14 - 8/17/14
Colorful Choices	50-100	50pts per 100 produce pts, 100pts max	Enroll: 8/25/14 - 9/21/14 Participate: 9/8/14 - 10/19/14 Track: 9/8/14- 10/26/14
Weight Watchers®	50-100	Weight Watchers: 10 sessions = Level 1 pts, 24 sessions = Level 2 pts.	Verify with attendance form - download at website. Track: 1/2/14 - 9/30/14.
Condition Management	50 - 200	50 Pts/per Goal (Max. of 4 or 200 Pts.)	Enroll: 1/2/14 - 12/31/14 Earn Reward: 1/2/14 - 11/30/14 Participate: 1/2/14 - 12/31/14

The Effects of soft drinks or colas On the Human Body

by Wally Tomlinson

Soda, also termed as soft drink, coke, or fizzy drink, is a beverage consumed worldwide by people of all ages. In fact, if sources are to be believed, the United States ranks first among countries in its consumption. Not only adults, but even kids and especially youth today have become addicted to it, without realizing the various effects it can have on their body. In fact, nowadays, a meal is said to be incomplete unless it is served with soda. Hence, it has become a part and parcel of our life, and it is almost impossible for most of us to stop drinking it. But the truth is that soda is not a healthy drink, as it contains little to no vitamins, minerals, or other essential nutrients, and is loaded with some extremely unhealthy ingredients, like sugar, artificial sweeteners and flavorings, caffeine, phosphorus, preservatives, carbonic acid, and many more such harmful ingredients. Hence, it may cause various adverse effects on the body, which may eventually lead to severe ailments.

Effects on the Human Body

Phosphoric acid is one of the prime ingredients in most soft drinks, and, if consumed in excess, can cause reduction in calcium and magnesium levels in the body. These are two essential minerals in the body, and are important for maintaining a healthy heart rate, normal nerve and muscle function, strong bones, and blood clotting. Hence, a deficiency in these two minerals can lead to various health ailments, such as tooth decay, osteoporosis, damaged arteries, etc.

Caffeine

Just like phosphorus, caffeine, in excess, is also responsible for leeching calcium from bones and causing heartbeat irregularities, severe anxiety, nausea, vomiting, muscle pain and stiffness, depression, etc. Though it is healthy when consumed moderately, mindlessly downing soda bottles results in an unhealthy concentration of an otherwise healthy substance.

Sugar

Needless to say, soda is loaded with sugar in the form of high fructose corn syrup (HFCS). HFCS is known to have many adverse effects on the body, including elevated blood cholesterol and phosphorus levels, increased risk of heart diseases and diabetes, weight gain and morbid obesity, etc. Sadly, even diet soda is not entirely healthy for our body, as it contains artificial sweeteners like aspartame, which can increase your cravings for sweets and junk foods.

Carbonic Acid

The pH of body fluids is around 7.4, which makes them slightly alkaline in nature. However, the pH of soda is around 2.5 or 3. Hence, too much consumption of soft drinks can affect the body's normal pH level, which can weaken the immune system and increase the risk of various ailments related to acidity, such as heartburn, acid peptic disease, and many more.

Soft drinks should be consumed in moderation. Since it does no benefit to our body other than satiating our taste buds, and in fact causes considerable harm, it is better that we should make healthy choices about our diet, and opt for clean, plain water, fresh fruit juice, or green tea instead of soda.

Article from: <http://www.buzzle.com/articles/effects-of-soda-on-the-body.html>

Discount Tickets for Employees

Spring is in the March There is no better time of the year to visit our nation's most popular theme parks. Kick off your spring vacation with a Disneyland Park Hopper pass and save over \$25! With this incredible pass, you and the entire family will be able to step into both Disneyland and Disney California Adventure for one amazing price! And if those two parks weren't enough for you, SeaWorld Orlando and Busch Gardens Tampa will definitely fill your quota. Right now, get tickets for both parks, 2 for \$99!

Jersey Boys Las Vegas Now is your chance to make your Las Vegas stay memorable with exclusive savings on Jersey Boys tickets. Save \$50 on Mid Center and Side Orchestra seats, and see Frankie Valli and the Four Seasons rise to popularity with the mega success story that won the Tony Award for Best Musical. There's nothing like experiencing all of the Four Seasons hits like "Oh, What a Night!," "Big Girls Don't Cry," "Walk Like a Man," "Can't Take My Eyes Off You," and more live in Las Vegas.

Deal of the Month: Save \$50 on Mid Center & Side Orchestra Seating on Jersey Boys Las Vegas Tickets!

Did You Know?

March is the best time to enjoy a skiing vacation? Hit the slopes at some of the nation's top ski resorts like Black Mountain in New Hampshire, Homewood Mountain Resort in California, and Wachusett Mountain in Massachusetts, and save up to 40% on ski lifts and passes!

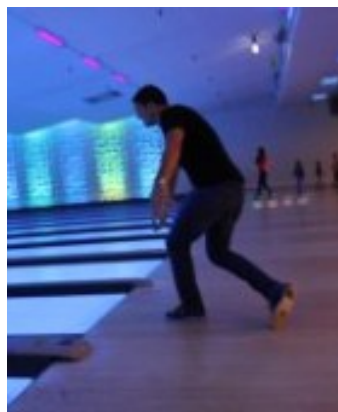
A brand new TicketsatWork.com arrives Tuesday, March 4!

The NEW design features a new navigation for browsing and discovering special offers on the widest portfolio of travel and entertainment options. A new shopping cart and more helpful features including videos, directional maps and event calendars - all developed to enhance the member shopping experience. The new TicketsatWork is just another way we continue to deliver value, service and FUN - every single day.

Please visit TicketsatWork.com for more offers and ordering details. More information and featured offers are also highlighted in the attached Savings Bulletin. Tickets can be ordered online or by calling 1-800-331-6483. Your company code is **BRUNSWICKCORP.**

Rock-a-Bowl and Billiards

A special thank you goes out to every employee and their families for participating in our bowling and billiards tournament. As always, the turnout was great and everything went as expected. I was glad to see and meet new team members during the event. If you are hesitant about participating, I strongly encourage you to do so as these events are a great way to bond with fellow team members. It is also a great way to relax and enjoy the fun and games as we compete with one another. If competition isn't really what you prefer, then just come and hang out and enjoy a few beverages. It is quite surprising to find how much we have in common with one another when we become associated on a first name basis. The intent of all of our events is to promote camaraderie amongst team members. Our bowling and billiards is one of our most popular annual events. With all of the new team members aboard, I strongly recommend participating in any of our events. Please check our calendar for event dates or check with one of our E.A.C members.



Sherwood Golf Club

Brunswick Annual Golf Tournament

Four Person Best Ball Scramble
Thursday April 17th

Teams must be registered no later than the end of the day Wednesday, April 2nd

Check In begins at 7:00 Shot Gun start at 8:30
Rules will be given to you when you register your team.

Registration is open to all Brunswick plants.
2 Brunswick employees per foursome.
1 Brunswick employee per threesome.

Cost is \$48.00 per player.
\$38.00 Cart & Green Fees, Range Balls and Pork Lunch
\$10.00 Goes to the Kitty
All fees will be collected the morning of the tournament.

Based on 100 Golfers, The payout is:

1st place team: \$450.00	PAYOUT SUBJECT TO CHANGE BASED ON AMOUNT OF GOLFERS.
2nd place team: \$336.00	
3rd place team: \$114.00	

2 Closest to the pin holes: \$25.00 each
2 Longest drive holes: \$25.00 each
2014 Toy Drive Fundraisers!!
50/50 raffle—\$1.00 per ticket or 6 for \$5.00
"Poker Run on the Course" \$5.00 per hand, get a card at 5 different holes, 1 extra card can be bought at the end for \$3.00.
Winning hand wins 50%.
MULLIGANS!!!—\$5.00 EACH—1 PER PERSON

Registration forms are available on the intranet. Please turn teams into Heather Cummings or email to hcummings@searay.com. You can also turn your teams into Mindy Wiley

-Juy Sihachak



Thank You

-Chuck Johnson

I would like to say thank you and a job well done to these members of the EAC ---Mark Jones, Sisouphanh "Juy" Sihachak, Ryan Powell, Dave Tilton, Jesse Shembada, Lance Smith and Tricia Giordano (the EAC Committee). My wife and I attended last Saturday night and had a great time. When you have the number of people at such an event and it actually starts on time, that is not easy to do. Well done guys. \$8.00 to bowl for (3) hours with a bunch of fun people, Sue and I had a blast. Looking forward to the next family event!! Keep bringing on the fun EAC, we'll be there whenever we can. Thanks again!!