

SERVICE AWARDS

June		
Name		Year
Ricardo	Munoz	10
Thomas	Savage	10
Edward	Lamb	15
George	Saunders	20
Frank	Palermينو	20
Kenneth	Fonte	20
Robert	Ballard	20
July		
Tina	Progar	5
Keith	Santana	10
Rebecca	Green	10
Gennady	Vakhovsky	15
Randy	Martin	15

Surfers for Autism

- Tricia Giordano

On Saturday, August 16, 2014, Flagler Beach will be hosting the Annual Surfers for Autism event. As usual, they are looking for volunteers to assist during the event. EAC will be sending out a sign up sheet to see if we could get a team of volunteers for this event. Here are some questions and answers for first time volunteers:

What can I expect the day of the event? You will go to registration and check in – turn in your waiver and receive a wristband. If you are under the age of 18, your waiver **MUST BE NOTARIZED** or you will not be allowed to volunteer. **What time should I arrive?** There is a mandatory volunteer meeting at 8:00 am but you may arrive earlier to help set up or assist resources in set up. **How late does it last?** We surf until 4:00 pm. You may stay later and help us break down. **What if I don't surf?** You do not need to know how to surf to be able to volunteer. The majority of volunteers needed will be in the water but inexperienced volunteers will be at the water line or may assume duties in the activity tent or food tent. **Do I have to stay all day?** We do ask that you make it a full day commitment. **Do I get a t-shirt?** We cannot offer t-shirts to all the volunteers for free but we do offer you a discount on the event shirts. **Will there be food?** We will provide lunch and water all day. Bring anything additional you would like. **What do I need to bring and will there be a place to put it?** A towel, sandals (the sand gets hot) and a smile! We have a tent for volunteers to put their belongings and grab some shade. Volunteer Q & A taken from Surfers for Autism website.

Instant Sunburn Cure

You'll Need: a Large Bowl, Earl Grey Tea Bags

Place 5-7 Earl Grey tea bags in your coffee pot filter holder and then run a pot of water through your coffee pot. Once it's done brewing, transfer the tea into a large bowl and add the teabags that you used to brew the pot of tea. Let it cool to room temperature. Soak a clean towel in the bowl of room temperature Earl Grey Tea. Wring it out gently and apply it to directly to the burned area for a minimum of 30 minutes. Do not use sprays, aloe or any other "treatment". This tea **MUST** be applied within 6-8 hours of the initial burn to be most effective. It will immediately relieve pain. By the next morning, it will look like the back in the photo. Pain is gone, tan remains. This does not work with plain tea, it only seems to work well with Earl Grey Tea. Information taken from Common Home Cures on the internet. Photo to the right.

OUR SPACE

By Lance Smith

Name: Ryan Powell
 Hometown: Palm Coast, FL
 B-day/ Sign: January 23
 Education: High School
 Status: Single
 Family: Parents and brother
 Department / Position: 1554
 Years @ Sea Ray: 5 years
 Most Memorable Moment: Beating Brian at Ping Pong
 Role Model: Brian Lenihan
 Ideal Vacation: Cayman Islands



Name: William Michael
 Hometown: Bunnell, FL
 B-day/ Sign: June 4th, Gemini
 Education: High School
 Status: Taken
 Family: Expecting one
 Department/ Position: Fabrication/ Router Room
 Years @ Sea Ray: 1 year
 Most Memorable Moment: Meeting Brittany
 Role Model: Jesus
 Ideal Vacation: Bahamas



Last Issue Picture Below



Guess Who?

Employee name will be posted in the next newsletter. Last issue photo was Sisouphanh Sihachak from our Fabrication Building

New Picture Below





Pulse

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

Volume 7 Issue 4
June-July 2014

Sea Ray Discounts

Juy Sihachak

Most of us already know about the benefits of working for Brunswick. On the other hand there are many other benefits that our Corporation provides that many of you may not be aware of. Here are just a few of the many discounts that Brunswick employees are entitled to.

AUTOMOTIVE DISCOUNTS with GM Supplier Pricing

- Discounts on most new and unused General Motors vehicles

- Discounts available for company vehicles and personal vehicles for employees

Dental and Vision Care Discounts with Vital Savings by Aetna

- Discounts for company employees and family members on dental, vision, wellness and other health-related services through a comprehensive network of approved Aetna providers. Average discounts range from 15-50 percent depending on location, services, demographics, etc.

- Dramatically reduced individual and family monthly fees.

EMPLOYEE PURCHASE PROGRAM with Life Fitness® & Brunswick Billiards

- Employees receive discounts on a wide range of Life Fitness fitness equipment.

- Employees can choose from a wide ar-

pool tables and equipment at special employee pricing.

Technology Products with CDW®

- Discounts off retail pricing on a wide variety of technology products for your personal use.

WIRELESS SERVICE with AT&T®

- Discounted rates for personal wireless services for employees and family members

OFFICE SUPPLIES AND PRINTING with Staples®

- Discounts off of retail pricing on over 30,000 office products.

- Approximately 350 custom print products available for customization.

WIRELESS SERVICE with Sprint®

- Discounted rates for business wireless equipment and services

- Discounted plans and wireless equipment for employees and family members

For additional information, please visit <https://bconesso.brunswick.com>

BCONE, my HR, my family and then discounts.

EAC Events

July- Cornhole 7/26 Varn Park

August- Kickball 8/23

Sept- Horseshoe/ Volleyball 9/13

Oct- Open House 10/4 Time 9am-2pm
Boat Race Builders 7am Start

Nov- Flag Football 11/8

Sea Ray Fishing 11/15

Dec- Winter Banquet 12/13

Holiday & Date Observed

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

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: SearayMeridian and <http://searayec.weebly.com>

IN THIS ISSUE:

Graduates P. 2

Here Fishy Fishy and Walk this Way Tip P. 3

Service Awards, Sunburns, Surfers for Autism Our Space & Guess Who P. 4

Don't forget to bring your Register for Walk This Way to Tricia by June 12

Do you have a hobby?

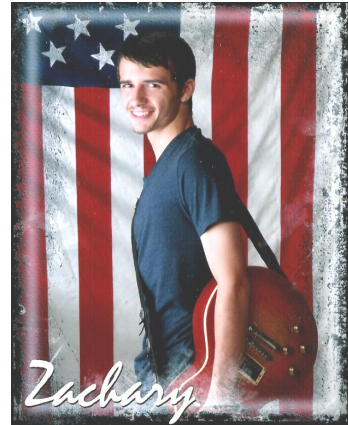
- Jesse Shembeda

We are getting into summer finally and we all have hobbies and activities we enjoy. Why not share the experience with your co workers here at Sea Ray? You can write a story or send in pictures to have added to the monthly news letters. You might find that other people enjoy the same things you do, and would like to join you. We also have a lot of people new to the area who could be looking for things to do. So share what you love, because it's more fun with friends!

Sarah Boogaerts, graduated from Merritt Island High School with honors from. Proud father: William Boogaerts (Maintenance).



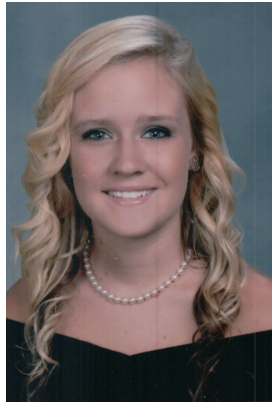
Zachary Pyle, graduated from Seabreeze High School in 2013 and joined the army. Zack just graduated his basic training from Ft. Jackson, S.C. and his AIT (schooling) will be at Ft. Leonard Wood, Mo. He is training to be an 88M, Truck Drive. Proud father--Bud Pyle (Lamination).



Amber Cochran, graduated 8th grade from Buddy Taylor Middle School and will be attending Flagler Palm Coast High School. Proud father: David Cochran (Warehouse).



Skyler Ann Tilton, graduated from Astronaut High School. Skyler, we are very proud of you. May your future be bright and successful. With all our love, your family. Proud father--David Tilton (Electrical/ BY).



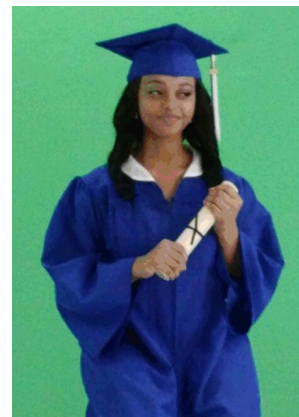
Alyssa McGauley, graduated from St. Augustine high School. Alyssa will be pursuing a nursing degree (following in her mother's footsteps) at St John's Community College in the fall. Proud Parents: Stacy & Sherwin Bouma (QA).



Michael LaMonica Jr, graduated from Open Arms VPK and will be attending Belle Terre Elementary School next year. Proud father: Mike LaMonica (QA).



Theondra Williams, graduated from Matanzas High School. Plans on attending a Florida College. Proud uncle: Mark Jones (QA).



Destiny Nelson, graduated from Flagler Palm Coast High School. Proud mother: Harriet Johnson (Lamination).



Here Fishy Fishy

Wally and Beverly Tomlinson just returned from their honeymoon, which was spent in Islamorada Key, Florida. They went on a fishing charter called (Buzz On), Wally caught a 56 inch bull Dolphin that weighed 45 pounds and his wife Beverly caught a 35 pound cow Dolphin. Great experience.



On Saturday, May 24th Jesse Sink and three friends decided to go fishing at Flagler Beach in their kayaks. Jesse landed a bite on 9th street north, which started the ride. Parts of the ride were caught on video, but lasted 2.5 hours. Jesse ended up winning the fight on 22nd street south catching a estimated 150lb Tarpon, which was released after the photos. You could say Jesse and his friends had a memorable Memorial Day weekend.



Walk This Way® Tip: The Dangers of Prolonged Sitting

Research continues to support the common sense idea that prolonged sitting is hazardous to our health! In a recent large study, women sitting for more than 6 hours per day had a 40 percent higher risk of dying and men had a 20 percent higher risk of dying compared with those who sat for less than 3 hours per day, even in those who exercised regularly. Long periods of sitting are associated with greater cardiovascular risk, higher inflammation, and larger waist circumferences.

The dangers of being too big around the middle are well-documented. According to the National Heart, Lung, and Blood Institute, high-risk waist circumferences are:

- Over 40 inches for men and Over 35 inches for women.

Reducing the amount of time spent sitting could significantly reduce the risk of death from all causes and keep us thinner.

Take a Break to Slim Your Waist

Even in people who spent a long time sitting down, the more breaks they took during this time, the smaller their waists and the lower their levels of C-reactive protein (a marker of inflammation).

Studies suggest that even small changes could help, like standing up to take phone calls, walking to see a colleague rather than phoning or emailing, and centralizing trash cans and printers so you have to walk to them. It suggests that plenty of breaks, even if they are as short as one minute, seem to be beneficial.

Small Changes Help

In an effort to reduce "sitting" and increase daily leisure time activity, some health experts recommend increasing NEAT or non-exercise activity thermogenesis. This would include things like walking to lunch, pacing while on a phone call, climbing stairs, or cleaning the house. The idea is to move a little all day. Experts believe these types of daily activities could account for up to 2,400 calories per day for some people. Try to...

- Stand frequently; pacing when possible, Suggest stretch breaks at long meetings, Try some chair exercises such as gentle twists, chair squats (stand up, sit back down slowly and repeat), dips, etc., For more ideas, check out www.smallsteps.gov

BOTTOM LINE: Find ways to move more throughout the day, **IN ADDITION** to planned exercise, especially if you sit a lot at work or home.

Happy walking!

Source: Patel, A.V. et al. Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults Am. J.Epidemiol. (2010) 172 (4): 419-429.