

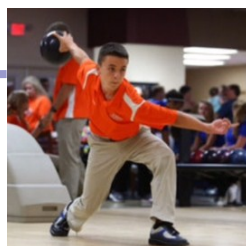
SERVICE AWARDS

Oct-13				
Department				Year
1130	Daryl	Lane		10
1701	Ronald	Hall		15
1203	Timothy	Flatt		15
1101	Dennis	Jarvis		15
1551	David	Smith		20
1727	John	Field		25
Nov-13				
Department				Year
1701	Darren	Wong		15
1554	Jose	Ribeiro		15

2013 EAC EVENTS



Our first water delivery of the 510DA with Captain Bill and Darrel Bugno.



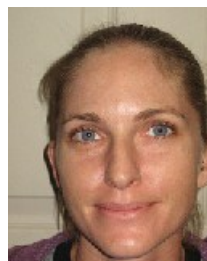
Tyler James (Scott James's son)

There was no stopping University's Tyler James at the state bowling tournament at Boardwalk Bowl in Orlando. James won five straight matches and went undefeated to win a state title in the boys individual bracket Thursday. The seventh-seeded James beat fifth-seeded Raymond Repaci of Wekiva, 279-244 and 236-203, in the semifinals. Repaci made it through the consolation finals to set up a rematch in the finals, which James won 254-212 and 278-216. "Tyler finished fifth last year as a sophomore," University coach Greg Gilmore said. "There are so many good bowlers. It comes down to really the luck of the draw. It's just really, really competitive. "He's a good student; a good person. I'm glad he got the win. It doesn't happen too often." University finished fifth in the team event. "They were disappointed, but you're talking 200 some teams in the state," Gilmore said. "For a four-year school to finish fifth, a lot of teams would have traded places with us."- Daytona News Journal 11/7/13

OUR SPACE

By Mark Jones

Name: Dennia McNeil
 Hometown: LeRoy, Michigan
 B-day/ Sign: April 24, 1981 Taurus
 Education: Landscape Design
 Status: Single
 Family: One daughter
 Department / Position: 1511, Upholsterer
 Years @ Sea Ray: Just converted to Sea Ray
 Most Memorable Moment: When daughter was born
 Role Model: My mother
 Ideal Vacation: A month long kayak/ fishing trip through Poland.



Name: Phillip Clark II
 Hometown: Edgewater, FL
 B-day/ Sign: 9/10/1991, Virgo
 Education: Graduated Lennard High School 2010
 Status: Single
 Family: 2 Sisters, 1 brother, mother and father
 Department/ Position: 1102, Parts Inspector
 Years @ Sea Ray: One year
 Most Memorable Moment: First successful hunting trip
 Role Model: Leroy Rogers (irreplaceable friend)
 Ideal Vacation: Trip to Jamaica or Japan



Guess Who?

Employee name will be posted in the next newsletter. Last issue photo was Tricia Giordano—PACE Coordinator



Pulse

Volume 6 Issue 6
October– November 2013

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

How not to get sick by Sisouphanh

The cold and flu season is now upon us, along with the drastically ever changing Florida weather. Unless you live in a bubble, then you know how it feels when the symptoms of a cold or flu begin to take affect on your body. Here are just a few tips to keep in mind for prevention of colds and flus.

-Stop stressing about getting sick : Stress has been scientifically proven to weaken the immune system. Don't let life's frustrations take you down and force you into bed rest. Take control of your stress level and do something to calm your body and mind. Get a massage, take a yoga class, go workout do anything to take the edge off.

-Work up a sweat: exercises that involve resistance or cardio do more than keep you in shape. Exercise helps to circulate blood throughout your body, which enables germ fighting cells to wash away toxins. In fact, 30-45 mins a day, five days a week will minimize sick days by 50 percent.

-Eat Good Fat: low fat diets help to ward off infections. Stay away from saturated and Trans fatty acids. However, increase your intake of Omega-3 fatty acids. The most effective Omega-3 is found in fish oil.

-Get adequate sleep: getting enough sleep is essential in maintaining health. Sleeping 7-9 hours each night helps to increase your white blood cell count. Your body also repairs itself during sleep. Information searched from the web.

Kickball by EAC

On Saturday, September 28th EAC held our second Kickball Tournament for 2013. EAC added a twist to the game to take away the competitive edge and bring back the fun. Anyone who wants to play, goes to the field and we split the people up into teams. Here is the winning team.

American Cancer Society

3rd ANNUAL RELAY FOR LIFE
 RUMMAGE SALE
 SATURDAY NOVEMBER 23rd
 8 AM -12 NOON
 CATTLEMANS HALL, BUNNELL
 Spread the word
 All teams are invited to participate in the rummage sale.
 All money raised will be given to your team.
 Contact Judy at judymazzella@gmail.com OR Shelley at FlaglerRelayFund@gmail.com to reserve your tables and for more information
 !!! LET'S ROCK THIS !!!

EAC has another form of communication. Here is a website designed for our facility. There is information, links to Brunswick sites, local newspapers, charity sites and employee recognition. Take a look and save the link.
<http://searayeac.weebly.com>

Daytona Lagoon Waterpark Pass

The 2014 Daytona Lagoon Water Park Annual Passes are discounted for Sea Ray / Meridian employees. The passes will be \$38.00 per person (taxes already included). You must submit your names and cash (exact change) to Tricia before Wednesday, November 20, 2013.



When filling out your Christmas cards, Take a card and send it to:
Holiday Mail for Heroes
 PO Box 5456
 Capitol Heights, MD
 20791-5456

Pass this on and think of how many cards these wonderful people who have sacrificed so much would get.
Please share.
 It's the least we can do to show our love and support.
 Deadline is December 6th 2013

DATES TO REMEMBER:

Thursday, November 28, 2013 we are off to Observe Thanksgiving.

FURLOUGH

Monday, December 16– Thursday, December 19

Winter Shut Down

Monday, December 23, 2013. Production Resumes Monday, January 6, 2014

Do not forget our Facility EAC has a Facebook Page: [Searay Meridian](#)



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The Bed Race by EAC

The Bed Race was postponed from Saturday to Sunday. We placed 2nd on time and won funniest. Special thanks to Jack Jones, Juy Sihachak and Dave Tilton for assistance with the bed design, making, painting, decorating and transporting. The runners were: Devon Stout, Josh Brown, John Woodward, John Branning and Joe Krupa. Thank you Stan for the inspiration!



Fishing Tournament

by Tricia Giordano

Would like to say thank you to all employees and family members that participated in the Sea Ray Employee Fishing Tournament. The weather was nasty, but you all were troopers. The winners were: Slam-

Jed Cox. Spots- Mike Soard. Reds- 1st Mike Soard, 2nd Aiy Saysavanh, 3rd Jed Cox. Flounder- 1st Trevor Carl, 2nd Tom McCort 3rd Jed Cox. Trout 1st Jed Cox, 2nd Trevor Carl, 3rd Cory Soard.



Wedding Bells



Congratulations to Jimmy Anderson from Engineering on his marriage on Saturday, November 2, 2013 to Teresa Torres. Wishing Mr. & Mrs. Anderson the best of luck in their future.

Volunteers



Looking for volunteers to help put up a fence at Second Chance Rescue in Bunnell on Sunday, November 24, 2013. Repairs will start at 8:30am. See Tricia to volunteer.

Congratulations to Caleb Warren from Assembly on his marriage on Saturday, October 5, 2013 to Cody Holmes. Wishing Mr. & Mrs. Warren the best of luck in their future.

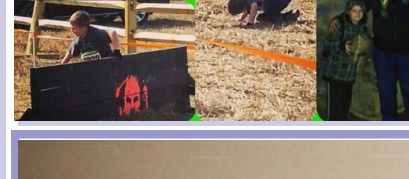
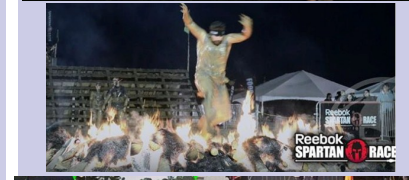
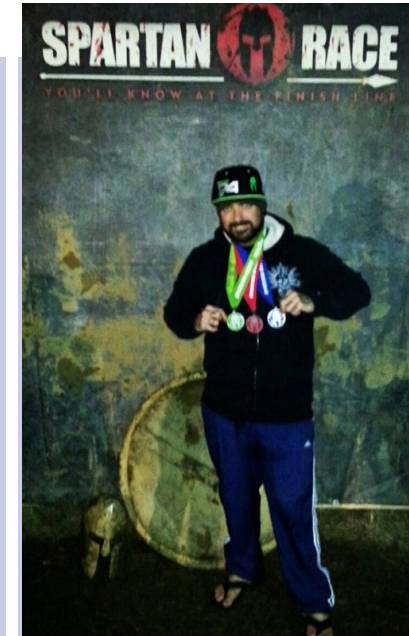


Here is a picture of "Ship Shape T.V." filming at our facility.



Sparta Race By Mike Regan

On Saturday, November 9th the race the Spartan Beast in S. Carolina marked the completion of a 10 month journey of determination fitness fun and mud. In February I raced my first Super Spartan in Miami 9.2 mi 2:43hr/min. The second race was March in Georgia, the Spartan Sprint at 4.75 mi in 1:20hr/min. The third race was November 9th in Carolina, the Spartan Beast 13 miles in 4:38hr/min finishing at dark in 40 degrees. I received not only completion medals in every level of the Spartan Race, but also the "Trifecta Medal" for completing all levels in a calendar year. My son Aiden age 8 also raced. His first race was in Georgia, with his second race in Carolina Aiden received his second Spartan Kids Medal by completing the 8+ 1mile race. Such a wonderful family event to share and participate in teaching, determination, strength, courage, respect and honor. Various teams make up the participants such as wounded war veterans, cancer fighters and survivors, and people that have fought hard to simply overcome what life has thrown at them and to never give up..! Through months of training of the body and mind it takes blood, sweat, tears, cuts, bruises and cramps to reach the finish. Spartan medals are EARNED, not given. www.spartanrace.com

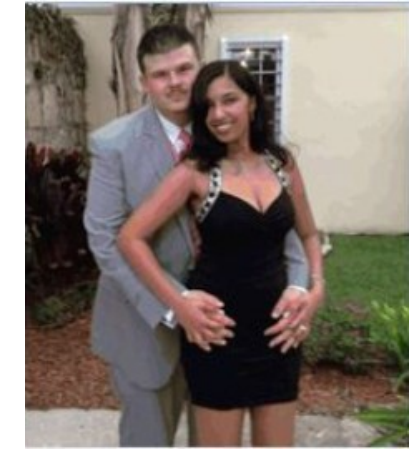


Eight Annual Twenty Year Plus Club

Thank you for all the employees who attended the Twenty Year Plus Club on Friday, November 15, 2013.



Engagements



Congratulations to Dustin Gurney from Lamination on his recent engagement to Atiya Sochan on Thursday, October 10, 2013.



Congratulations to Wally Tomlinson from Maintenance on his recent engagement to Beverly on Saturday, June 7, 2013. They will wed December 22, 2013.



Congratulations to Johnny Ringko (from Phase 1 Assembly) and Stacy on the birth of their daughter Kamryn Noy Siharaj on October 5, 2013.