



# UGLITA



## Uglund Marine Project Services

Uglund Construction AS and Marine Project Services (UK) Ltd. combine forces with UMPS.  
Page 3

## MV Lunita - Safety Award Winner 2015

Safety is given the highest priority onboard all our vessels. The Safety Award Winner in 2015 was MV Lunita.  
Page 4

## Nymo with major subsea contract

Last summer, Nymo was awarded the contract for construction of 18 subsea structures by GE Oil and Gas.  
Page 11



## UGLITA

P.O. Box 128  
N-4891 Grimstad - Norway  
E-mail: uglita@jjuc.no

A/S Uglands Rederi  
Ugland Bulk Transport AS  
Ugland Offshore AS  
Ugland Shipping AS  
Ugland Marine Services AS  
Ugland Construction AS  
AS Nymo

## Contents

Market Outlook - Company Status .....	2
Creation of - 'Ugland Marine Project Services' .....	3
MV Lunita - Safety Award winner in 2015.....	4
Days without LTI .....	5
Officers' and crew conference .....	6
Honour to Ugland employees.....	6
Awarding of Ambassador Carlos Salinas .....	8
Ugland Circle of Wives (UCW) .....	9
Safe Food Handling and Nutrition.....	10
Commemoration of the 2000th voyage from Northern China to South East Asia .....	10
Nymo underway with major subsea contract ...	11
Nymo at Career Day at UiA.....	12
Cover-up of sediments at Vikkilen .....	13
Nymo participation at Conferences .....	14
Staff news.....	15-17
Sporty sponsors cycle the "Queen Stage" .....	18
Excercise for a healthier working environment .	19
UMS - Great In Shape Challenge.....	20
Excerciser of the month .....	22
Company Sporting Activities .....	23

# Market Outlook - Company Status

The global shipping and offshore markets faced severe challenges throughout 2015. The dry cargo markets remained severely depressed, reflecting the slowdown in Chinese economic output, and the low oil price continued to put offshore operators under significant pressure. In contrast, tankers, specialised products and gas markets all performed well. As we look forward to 2016, the market outlook remains muted, and the challenges in the dry cargo and offshore markets continue to dominate overall sentiment with charter rates hovering around operating costs and substantial decline in fleet valuations. However, it should be borne in mind that the shipping industry has experienced significant market volatility over the years with cycles of recession followed by recovery.



We have felt the impact of these depressed market conditions. However, our long-standing strategy of moderate financial gearing and focus on safety, the environment and high quality ship management and vessels has allowed us to face these headwinds. Our financial statements for 2015 show a significant loss due to the recognition of impairment costs, but our underlying cash flow is positive. Given the continued depressed markets in 2016, we have adjusted our newbuilding program for bulk carriers by postponing delivery schedules, in good cooperation with the yards. To be on the safe side we have also secured adequate financing well in advance of the first delivery which will now be in 2017.

The J. J. Ugland Companies have a long-term commitment to shipping. We do not expect a quick recovery in any of our main markets, but we remain optimistic over the longer term. With a robust balance sheet, solid partners, modern fleet and skilled employees both onshore and offshore, we are prepared to steer a steady course through the current recession.

Jørgen Lund  
Chairman

**Editorial committee:** Ingrid Rasmussen, Espen Skoog, Berit J. Boye, Eva Svantesen  
**Design:** Ingrid Rasmussen and Espen Skoog  
**Translation assistance:** Samtext Norway AS  
**Print:** Synkron Media A/S

# Creation of - ‘Ugland Marine Project Services’

Ugland Construction AS and Marine Project Services (UK) Ltd combine forces with  
UMPS – Ugland Marine Project Services

Text: Tommy Christensen / Matt Smith



Ugland Marine Project Services (UMPS) is a joint venture formed in 2015 between Ugland Construction AS and Marine Project Services (UK) Ltd with the prime focus of combining the Ugland Barge Fleet and the practical project experience of MPS to provide tailored and complete packages for Marine Transportation and Heavy Lift Projects in the UK and Europe.

MPS's core activities specialize in providing Barge Towing, Sea-fastening and Grillage design, Load in / out operations, Marine Engineering, Project and Operational Management which compliments the existing barge fleet and 800 t capacity heavy lift vessel.

UMPS is dedicated to serving Oil & Gas, Offshore, Subsea, Heavy Fabrication, Project Forwarding, Shipping and Engineering Companies in UK and Europe.

Since forming the venture UMPS has successfully undertaken projects combining all services in Europe with the largest of these being the loading, sea-fastening, barge towing, port operations and project management for the safe delivery of two tidal turbine subsea foundations manufactured in Poland and destined for France.

The project was not straight forward and required specific planning at the loading phase to accommodate the size and shape of the foundations which were wider than the barge and had to be supported clear of the barge deck during transportation.

This required a specifically designed and constructed sea-fastening grillage in line with the barge structure, this difficulty was further compounded by restrictions on where the units could be placed on the barge to be within reach of the loading and discharge gantry cranes.

All commercial and operational elements of this project utilizing barge UR 2 were managed by UMPS, the project was completed on time, on budget with all cargo safely delivered in line with the clients expectations.

During the coming year UMPS will continue to focus on barge projects within UK & Europe for large infrastructure developments in the renewables, offshore, oil and gas markets. As well as delivering specialist cargo movements for one off projects.



# MV Lunita - vinner av sikkerhetspris 2015

## MV Lunita - Safety Award winner in 2015

Tekst/Text: Jens Dahlum

“Sikkerhet har høyeste prioritet om bord i alle våre skip”  
“Safety is given the highest priority on board all our vessels”



Sikkerhet har den høyeste prioritet om bord i alle våre skip. For å oppmuntre til ytterligere innsats på dette området, blir det hvert år delt ut en sikkerhetspris til skipet som skårer høyest på sikkerhet i løpet av året.

I 2015 ble MV Lunita vinner av denne prisen. Kriterier for å motta sikkerhetsprisen er som følger:

1. Minimum rapporterte personskader
2. Flest rapporterte personrelaterte nestenulykker
3. Gode resultater når det gjelder havnestatskontroller
4. Fokus på best mulige resultater når det gjelder sikkerhet, miljø og drift

Lunita har rapportert null mannskapsskader og 11 nesten-ulykker. Lunita har blitt sjekket fire ganger av Port State Control i løpet av 2015, med en anmerkning.

Gratulerer til kapteinen og hele besetningen!

Safety is given the highest priority on board all our vessels. In order to even further promote safety awareness a Safety Award is each year given to the ship with the highest Safety Score during the year.

For 2015, MV Lunita is the winner of this award. The criteria to receive the Safety Award are the following:

1. Zero reported personnel injuries
2. Most reported personnel Near Accidents
3. Good Port State Performance
4. General safety, environmental and operational performance.

Lunita reported zero crew injuries and 11 near accidents. Lunita has been through four Port State Controls during 2015, with one deficiency.

Congratulations to the Captain and all ships personnel!

# Dager uten LTI

## Days without LTI - 2015-2016

Tekst/Text: Jens Dahlum

**Trygge arbeidsrutiner har kontinuerlig fokus om bord i våre skip. Nye milepæler nådd:**

**Safe working practices are an ongoing focal point on board our vessels. New milestones reached:**

Om bord i hele vår flåte er det daglig kontinuerlig fokus på trygg og sikker adferd og årvåkenhet for risikofaktorer. Takket være hele besetningen om bord er følgende milepæler i dager uten LTI (fraværsskader) nylig nådd:

Safe behaviour and awareness of hazards in daily work are a continuous and ongoing focal point on board our fleet. Thanks to all ships' personnel the following milestones in days without LTI (Lost Time Injuries) have recently been reached:

1000 days without LTI	1500 days without LTI	2000 days without LTI	2500 days without LTI
Star Norita	Kristinita	Isabelita	Fermita
	Carmencita	Bonita	
		Rosita	

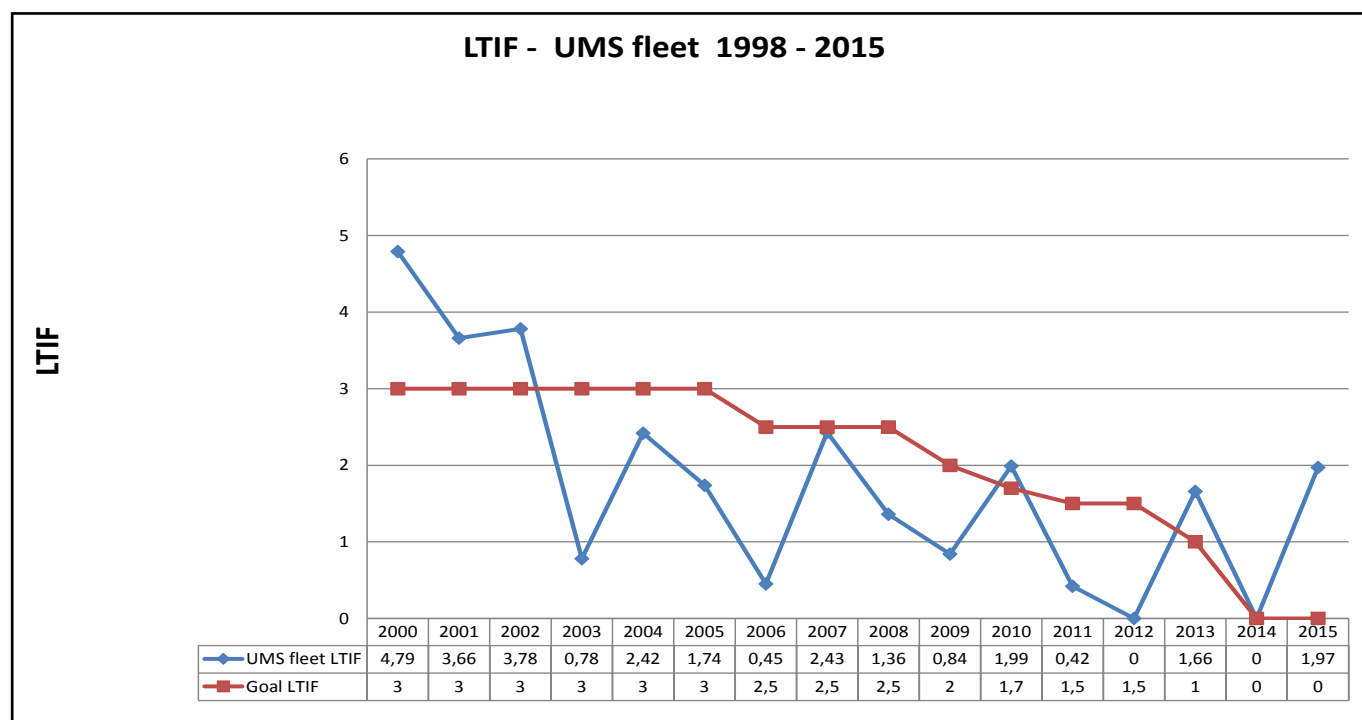
Gratulerer til alle og lykke til i det videre arbeidet med optimale sikkerhetsrutiner om bord!  
Fortsett med den gode arbeidsinnsatsen!

Congratulations to all and good luck in your efforts to enhance safe working practices on board!  
Keep up the good work!

## Lost Time Injury Frequency (LTIF) 2015

Dessverre er fire Lost Time Incidents (LTI) rapportert i 2015. Det er nødvendig med fortsatt fokus på egen sikkhet, trygge arbeidsrutiner og sikker adferd og årvåkenhet.

Unfortunately, four Lost Time Incidents have been reported during 2015. A continuous focus upon personnel safety, safe behaviour and safe conditions is needed.



LTIF=Manhours \*100000/LTI

# Mannskapskonferanse Officers' and crew conference

**M**annskapskonferanse for seilende fra Uglen, Evita og Juanita ble avholdt i kontorlokalene i Vikkilen 11.-13. april, med totalt 29 deltagere. Dag 1 og 3 ble det holdt kurs i BassNet og Refman for offiserene (17 i tallet).

Dag 2 av konferansen hvor 29 deltok var det fokus på Safety-QMS, info fra maritim personalavdeling, marked-/befraktningsnytt, drift og innkjøpsrutiner mm, samt IKT-informasjon. Flere viktige emner ble diskutert og mye nyttig erfaring utvekslet.

Dagen ble avsluttet med velsmakende og hyggelig middag på Strand Hotell, hvor det også ble utdelt heder og ære.

**A**n officers' and crew conference for seafarers from Uglen, Evita and Juanita was held at the Vikkilen offices on 11, 12 and 13 April, with a total of 29 in attendance. Day 1 and 3 were for on-board officers only (17 attending), learning more about BassNet and Refman.

Day 2 focused on Safety/QMS, info from the maritime personnel department, marketing/chartering news, operations and purchasing procedures etc, and ICT information. A number of important topics were discussed, and much valuable experience was exchanged. 29 officers and crew attended.

The day was rounded off with a delicious and enjoyable evening meal at the Strand Hotel, during which two employees were honoured and thanked for their long and loyal service to the company.

## Hederstegn til Ugland ansatte Honour to Ugland employees

Tekst/Text: Eva Svantesen



Fra venstre/From left: Øystein Beisland, Leidulv Arne Kvamme, Dag Einertrø, Torbjørn Sandvik

**D**en 12. april under middagen på Strand Hotell i forbindelse med mannskapskonferansen, ble to trofaste medarbeidere i J.J. Ugland selskapene hedret for sin inn-

sats og fikk tildelt fortjente hedersbevisninger. Norges Rederiforbunds Gullmedalje ble tildelt elektriker Leidulv Arne Kvamme.

## Fratredelse

Matros Dag Einertrø har valgt å tre inn i pensjonistenes rekke, etter en lang yrkeskarriere til sjøs. I den anledning vanket det bilde som avskjedsgave.

Det ble holdt festtaler for begge jublantene hvori de ble takket for god innsats gjennom alle disse årene. Blomsterhilsen er også en naturlig del av seremonien.



Fra venstre/From left: Leidulv Arne Kvamme, Øystein Beisland, Dag Einertrø

During the dinner at Strand Hotel on 12 April, in connection with the Officers- and Crew Conference, two loyal employees were honoured.

The Norwegian Shipowner's Association's Gold Medal was awarded to electrician Leidulv Arne Kvamme.

## Retirement

Matros Dag Einertrø, who has now taken retirement, was honoured and thanked for his service for many years, as well as being presented with a gift (painting).

In speeches, they were both thanked for their fine contributions over the years. In addition they were both presented with a lovely bouquet of flowers.

### Norges Rederiforbunds Gullmedalje:

Norges Rederiforbunds Gullmedalje er en utmerkelse som henger høyt. Den tildeles personell som må oppfylle følgende krav:

Vedkommende må ha tjenestegjort 30 år i medlemsbedrifter i Rederiforbundet. Minst 20 år skal være opptjent om bord, og minst halvparten av tiden må være opptjent i samme bedrift. Vedkommende må ha utført sin tjeneste til bedriftens fulle tilfredshet. Oppførsel og moralske forhold, så vel i som utenfor tjenesten må ha vært fullt ut tilfredsstillende.

### Norges Rederiforbunds Gullmedalje:

The Norwegian Shipowners' Association's gold medal is a highly ranked award.

Marine personnel eligible for the gold medal must have served for more than 30 years in the Shipowners' Association's membership companies, at least 20 on board, and 15 completed in the same company. The candidate must have carried out his work to the full satisfaction of his employer and exhibited irreproachable behavior and high moral standards, both on and off duty.

# Awarding of Ambassador Carlos Salinas Conferred with the Order of Sikatuna

From the PTC Waves magazine,  
the official eBulletin of Philippine Transmarine Carriers, Inc.

PTC congratulates Ambassador Carlos C. Salinas on his being honored with the Order of Sikatuna Rank of Grand Cross (Datu), Gold Distinction, by President Benigno S. Aquino III at a ceremony held at the Reception Hall of Malacañan Palace last January 11, 2016. The Order of Sikatuna is conferred upon individuals for their outstanding and meritorious service to the Republic of the Philippines in the development and promotion of political, economic, and cultural relations with other countries.

Ambassador Salinas, who was enrolled in the roster of the Order of Sikatuna, was recognized for his exceptional service to the country as Philippine Ambassador Extraordinary and Plenipotentiary to the Kingdom of Spain and the Principality of Andorra. Over the last five years, Ambassador Salinas worked towards the accomplishment of his vision for the Philippines to assume its rightful place on the world stage. Towards this end, through his efforts, the Spanish Congress issued an Official Declaration pronouncing Spain's commitment towards the enhancement of Spanish - Philippine economic cooperation, with Spain serving as the gateway for the Philippines into Europe and Latin America, and vice versa.



At the ceremony, Ambassador Salinas was recognized for the following achievements: forging increased Philippine-Spain defense cooperation; pursuing important research that led to the discovery of historical documents that strengthened the country's claim over Bajo de Masinloc; promoting Philippine maritime interests in the International Maritime Organization (IMO) and the European Maritime Safety Authority (EMSA); arranging for important visits of Philippine government officials to better understand Spain's experience in managing its various Autonomous Regions, thus contributing to peace-building efforts in the Southern Philippines; and negotiating numerous economic and cultural exchange initiatives such as the Memorandum of Understanding (MOU) between the Philippine Department of Tourism and the Instituto Español de Comercio Exterior (ICEX) España Exportación e Inversiones of Spain for the conduct of Madrid-Fusión-Manila, among others.

Coming full circle, Ambassador Salinas was witness to the largest investments ever made by a Filipino businessman, not only in Spain, but in all of Europe, in the food and beverage industry, as well as, in real estate, where today the Filipino flag flies proudly outside one of Madrid's tallest buildings. In his own way, Ambassador Salinas, as founder of the PTC Group, has remained true to the company's vision of "moving the world, in more ways than one."



# Ugland Circle of Wives' (UCW) relief work in 2015



**JANUARY:**  
*Bahay Aruga, Ermita Manila*  
Giving of packs of toiletries and snacks

**FEBRUARY:**  
*Maysan Elementary School, Valenzuela City*  
Feeding and giving school supplies to SPED



**MARCH:**  
*Bahay Aruga, Ermita Manila*  
Feeding and giving of activity books to Cancer patients (kids)



**APRIL:**  
*Alabang, Muntinlupa City*  
Dental Mission for 100 patients

**MAY:**  
*Silang, Cavite City*  
Giving of schools supplies with bags and umbrellas for 120 student of different levels



**JULY:**  
*Banawe, Quezon City*  
Giving of school supplies in Philippine Orthopedic Center school for crippled



**SEPTEMBER:**  
*Bacoor, Cavite City*  
Feeding for 200 children

**AUGUST:**  
*Alabang, Muntinlupa City*  
Dental Mission for 120 patients



**DECEMBER:**  
*Toclong, Cavite City*  
Giving of packs of toiletries with snacks for 12 elders



Ugland Circle of Wives List of Officers	
<b>President</b>	Fe De Jesus
<b>Vice President</b>	Maris Singzon
<b>Secretary</b>	Renee Rose Padilla
<b>Treasurers</b>	Dina Tamayo and Michelle Avanica
<b>Auditors</b>	Imelda Banzali and Nora Magaling
<b>Public Relations Officer</b>	Marlene Dolendo Coleen Palaez
<b>Advisers</b>	Lani Venzon, Edith Cruz and Jo Balaong

# Safe Food Handling and Nutrition

Text: Bjarne Wilmann

Chief Cook Eddie M. Cuartero is our first Pilot candidate in the Ugland fleet who has completed MCTC (Maritime Catering Training Consultancy) advanced course in Safe Food Handling and Nutrition.

As part of the introduction of MLC 2006, emphasis is now well and truly focused on the importance of addressing subjects such as hygiene practices, healthy and nutritional diets, galley management and budgeting, as well as providing a decent variety of good dietary and healthy eating menus. The MCTC course covers mentioned important aspects and other issues related to daily duties of Chief Cooks on board vessels. Five modules covering both theoretical and practical aspects are to be completed within a period of 10 weeks.

We are pleased to observe that Chief Cook Cuartero completed this comprehensive course with average mark of 97. We wish him all the best for his future employment and career with the Ugland companies.



From left, Master of MV Ellenita, Captain Renato B. Gullo presenting Chief Cook Eddie M. Cuartero with his Certificate of Achievement, Safe Food Handling and Nutrition.

## Commemoration of the 2000th voyage from Northern China to South East Asia



On 1 June, a Commemoration of the 2000th voyage from Northern China to South East Asia by Charterer Chun An took place at Caofeidian Berth in China.

Left: Gen. Manager Wang Lian, Chief Engineer A. De Jesus and Captain E. Lo, Carmencita, and Gen. Manager Gary Yu of Dalian, China

Below: At Caofeidian, with selected dept. heads



# Stor subsea kontrakt til Nymo

## Nymo underway with major subsea contract

Tekst/Text: John Isaksen, Project Manager

Sommeren 2015 ble Nymo tildelt kontrakt med GE Oil and Gas på fabrikasjon av 18 Subsea strukturer. Av de 18 strukturene er det 8 A-FLETer (Actuated Flowline End Termination), 4 FLETer (Flowline End Termination), 3 SSIVer (Subsea Isolation Valve), 1 GLRB (Gas Lift Riser Base) og 2 stk. Wet parking stand.

Strukturene er en del av videreutviklingen av ENI OCTP (Offshore Cape Three Points) feltet som er ca. 60 km på utsiden av kystlinjen til Ghana. Subseastrukturene skal plasseres på havdybder fra 130 til 1600 meter.

Fabrikasjonsarbeidet startet ved Nymos verksted i november 2015 og skal være slutført i løpet av første kvartal 2017. 16 av strukturene blir fabrikkert i 3 deler, en toppmodul, en mellomramme og en bunnramme. For disse strukturene er det laget tre fabrikasjonslinjer som skal sikre at det blir flyt i produksjonen.

Prosjektet har fabrikasjon pågående både på Eydehavn og i Vikkilen. I denne perioden (vår/sommer 2016) er ca. 100 personer engasjert i prosjektet. Nymo har besluttet at all fabrikasjon skal utføres av Nymo ansatte, inklusiv stålarbeid. Totalvekt for prosjektleveransen er ca. 1200 tonn.

Kontrakten sikrer at Nymo videreutvikler kompetanse og opprettholder kapasitet innen subsea fabrikasjon, som et av Nymos strategiske satsningsområder.



Last summer, Nymo was awarded the contract for construction of 18 subsea structures by GE Oil and Gas. Eight of the 18 structures are Actuated Flowline End Terminations (A-FLET), four are Flowline End Terminations (FLET), three are Subsea Isolation Valves (SSIV), one is a Gas Lift Riser Base (GLRB) and two are Wet Parking Stands.

The structures form part of the continued development of ENI's Offshore Cape Three Points (OCTP) field, which lies around 60 km off the coast of Ghana. The subsea structures will be fixed at depths of 130 to 1600 metres below sea level.

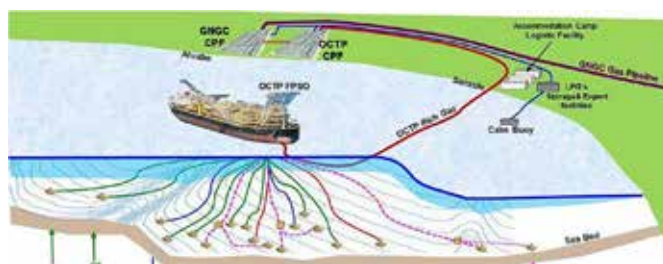
Fabrication started at Nymo's works in November 2015, and is scheduled for completion in the first quarter 2017. 16 of the structures will be built in three parts, a top module, a mid-section and a skid. Three fabrication lines have been set up for these structures to ensure a smooth production flow.

Fabrication work in connection with this project is underway at both Eydehavn and Vikkilen. During this period (spring/summer 2016), around 100 people will be engaged in the project. Nymo has decided that all fabrication work will be undertaken by Nymo employees, including steel work. In total, the project deliverables will weigh in at approx. 1,200 tonnes.

The contract ensures that Nymo can further develop its competence and maintain its capacity in the area of subsea fabrication, which is one of the company's strategic focus areas.

Venstre/Left:  
Typisk subsea struktur som inngår i Nymos leveranse /  
A typical subsea structure; part of Nymo's delivery

Under/Below:  
Illustrasjonen av feltutbyggingen /  
Illustration from the field



# Høyskolen i sørøst-Norge og Nymo, sammen på stand under karrieredagen på UiA

## 12. februar 2016

Tekst: Marie Borgen, HMS&HR Rådgiver, Nymo

For 4. år på rad deltok Nymo på årets karrieredag på UiA. Nymo hadde også i år en godt besøkt stand. Mange studenter bemerker usikkerheten i bransjen, men tilsynelatende opplever vi som står på stand at studentene er optimister og mener trenden vil snu, og at de velger å fortsette med masterstudie i stedet for å gå ut i jobb etter bachelor.

Nymos økende samarbeid med UiA de siste årene, viser at studenter i Grimstad i større grad vet om Nymo og er nysgjerrig på om det er mulighet for å få jobb hos oss. De fleste spørsmålene studentene har til Nymo, er hvilke type ingeniører vi trenger, og om vi eventuelt tilbyr sommerjobb.

Karrieremessen blir godt organisert av UiAs egne masterstudenter på industriell økonomi. Det er et profesjonelt opplegg, hvor vi ser stor nytte av å møte mange studenter fra ulike studieretninger, UiA-ansatte, andre firma fra bransjen og rekrutteringsbyråer.

Sjakkelen er blitt et godt varemerke og et godt symbol på Nymos industriforankring inn i det akademiske miljøet.



Studenter i ivrig samtale med HSN og Nymo.  
Students visiting the UCSN and Nymo stand.

I år stilte vi studentene 5 spørsmål, og deriblant vekten på sjakkelen. Det ble en lykkelig student som studerer byggfag, som gikk av med seieren av en I-pad.

# University College of Southeast Norway (UCSN) and Nymo at Career Day at UiA (University of Agder)

## 12 February, 2016

Text: Marie Borgen, HMS&HR Advisor, Nymo



From left: Silje Sverreson, Adm. Manager, Norwegian Institute of Systems Engineering (NISE), UCSN, and Marie Borgen, HMS & HR Advisor, Nymo

For the fourth consecutive year, Nymo took part in the annual Jobs Fair at the University of Agder.

And once again, a large number of people flocked to Nymo's stand. Although many students commented on the uncertainty affecting the industry, those of us who manned the stand found that students were apparently optimistic,

believing the trend would reverse. They had therefore chosen to pursue a master's degree rather than go out to work straight after their undergraduate studies.

One result of Nymo's growing collaboration with the University of Agder in recent years is that students in Grimstad know more about Nymo and are curious about the opportunities for employment we have to offer. The students mainly want to know what type of engineers Nymo needs, and if we can offer summer jobs.

The Jobs Fair was well organised by students studying for a master's degree in industrial economy at the University of Agder itself. It is a professional event, and we find it extremely useful to meet a lot of students from different courses, faculty members, other firms within the industry and recruitment agencies.

The shackle has become an excellent trademark and a good symbol of Nymo's industrial ties to academia. This year, we asked students five questions, including the weight of the shackle. The winner was a civil engineering student, who was delighted to take home his prize, an iPad.

# Tildekking av sedimenter i Vikkilen

## Cover-up of sediments at Vikkilen

Tekst/Text: Øyvind R. Boye

Ifølge Miljødirektoratet omfatter den nasjonale handlingsplanen for opprydding av forurenset sjøbunn ca. 100 prioriterte verft. AS Nymo er ett av disse verftene.

Forurensningene det fokuseres på i Vikkilen, er TBT som stammer fra stoffer som var lovlig å bruke i bunnstoff for båter til inn på 90-tallet.

Nymo har gjennomført undersøkelse av sedimentene og etablert tiltaksplaner med assistanse fra NIVA. Basert på tiltaksplanene har Nymo fått pålegg fra Miljødirektoratet om å utføre tiltakene i 2016. Utførelse av tildekkingen startet i april og er planlagt ferdig i løpet av juni.

Totalt skal det dekkes til et areal på ca. 125 da med ca. 20 cm sand og noe grusmasse.

Arbeidet utføres av Agder Marine som er ansvarlig for å levere sand og grus, samt å legge ut massen ved hjelp av en slipplekter og taubåt. GPS system brukes for å legge ut sanden i et koordinatsystem som sikrer jevn fordeling og målestaver på sjøbunnen dokumenterer tykkelse på tildekkingen.



Over/Above:

Sand leveres på kaia ved Nymo i Vikkilen/Sand is being delivered on the quay at Nymo in Vikkilen.

According to the Norwegian Environment Agency, the national action plan for the clean-up of contaminated seabeds encompasses approx. 100 prioritised shipyards. AS Nymo is one of these yards.

The contamination in focus at Vikkilen is TBT, which derives from substances that could legally be used as components in ship-bottom paint until the mid-1990s.

Nymo has carried out analyses of the sediments and has drawn up action plans with the help of the Norwegian Institute for Water Research (NIVA). Based on these action plans, Nymo has been ordered by the Norwegian Environment Agency to carry out the remedial measures in 2016. The sediment cover-up operation started in April, and is scheduled for completion by the end of June.

In total, approx. 12.5 hectares (30 acres) of seabed will be covered by a 20 cm blanket of sand and gravel.

The work is being undertaken by Agder Marine, which is responsible for supplying the sand and gravel, as well as depositing it on the seabed by means of a drop barge and tug.

A GPS system is used to lay the sand in a grid pattern that ensures an even spread, and measuring sticks on the seabed document the thickness of the covering layer.



Venst/Left:

Taubåt og slipplekter i aksjon/  
Tug and drop barge in action.

# Nymo deltagelse på Sørlandets olje- og offshore-konferanse, samt Næringslivsdag

## Nymo participation at Southern Norway Oil and Offshore Conference, and Business Conference

Tekst/Text: Berit J. Boye



Det var også tid for en paneldebatt. Her deltok f.v. Torjer Halle (Schlumberger), Carl Liungh (Sevan Marine), Øyvind R. Boye (Nymo) og John G. Bernander (ordstyrer). There was also time for a panel debate. From left to right: Torjer Halle (Schlumberger), Carl Liungh (Sevan Marine), Øyvind R. Boye (Nymo) and John G. Bernander (moderator).

**N**æringsforening i Kristiansandregionen, DNB og GCE Node arrangerte 2. februar Sørlandets Olje- og offshore-konferanse i Kilden Teater og konserthus, Kristiansand.

På programmet var det innlegg fra viktige lokale bedrifter innen sektoren. Nymo v/ Øyvind R. Boye deltok med innlegg, tema: «Omstilling i god tid for økt konkurransekraft».

Nymo er på mange måter i en spesiell situasjon med full kapasitetsutnyttelse i 2016, og ordrer som strekker seg til 2019, mens olje- og gassindustrien generelt er i en bølgedal.

**O**n 2 February, the Kristiansand Regional Business Association, DNB and GCE Node staged the Southern Norway Oil and Offshore Conference at Kilden Teater og Konserthus in Kristiansand.

The programme of events included talks by representatives from important local companies within the sector.

Nymo's Øyvind R. Boye, contributed a talk entitled "Restructuring well in advance for increased competitiveness".

In many ways, Nymo is in a special situation, with full capacity utilisation in 2016 and orders stretching into 2019, while the oil and gas industry in general is in the doldrums.

**I** Arendal Kulturhus arrangerte Sparebanken Sør 29. januar Næringslivsdag; hovedtema: «Hvor går veien videre?».

Også her var Nymo v/Øyvind R. Boye en av foredragsholderne med temainnlegg: «Utfordringer innen olje- og offshorebransjen».

**O**n 29 January, Sparebanken Sør staged a Business Conference in Arendal. Main topic: "Where do we go from here?"

Here too Nymo's Øyvind R. Boye was one of the speakers. His talk was entitled "Challenges within the oil and offshore industry".

## 25 års jubilanter på Nymo 25 years' of employment at Nymo 2016

Tekst/Text: Berit J. Boye



From left, back row; Petter Lindaas, Jan Olav Noddeland, Geir Risberg, Reidar Kasin. Front row; Jackie Nham, Helge Bech-Hansen, Finn Henriksen, Per Madsen  
Not present; Kenneth Eiknes, Kjell Petter Engebretsen

**G**ullklokker til årets 25 års jubilanter ble overrakt på Generalforsamlingsmiddagen i Nymos kantine, den 19. april. I år var det hele 10 jubilanter.

**D**uring Nymo's Annual General Meeting Dinner in Nymo's canteen on 19 April, ten candidates were presented with company gold watches for 25 years' of employment.

## Technical Manager / Project Manager

Tekst/Text: Eva Svantesen

**K**arl-Otto Tokerud tiltrådte ovennevnte stilling den 4. januar 2016.

Karl-Otto Tokerud (34 år) bor i Tvedestrand. Han er utdannet sivilingeniør fra NTNU Marin Teknikk i 2006 hvor han også tok fordypning i konstruksjonsteknikk.

Karl-Ottos siste arbeidsgiver var Aibel i Asker, hvor han var ansatt i ca. 9 år som senior ingeniør, struktur- og marine operasjoner.

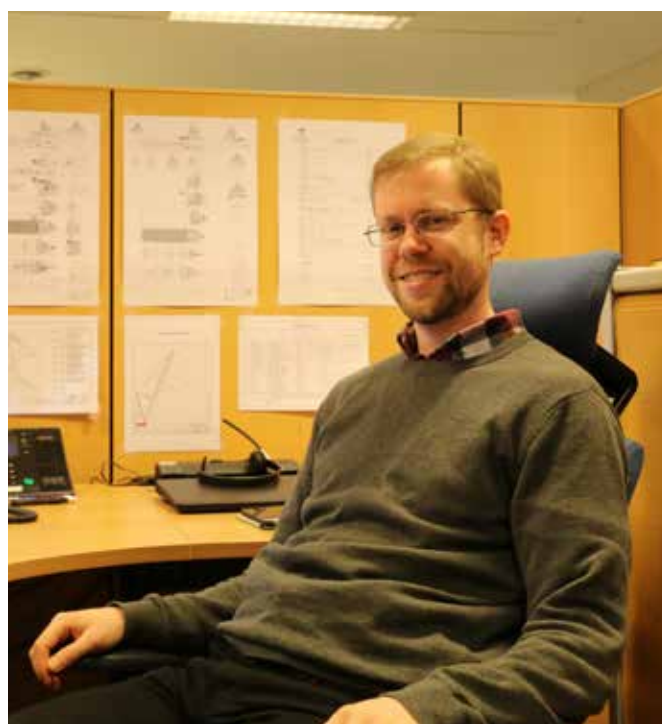
Vi håper han vil trives hos oss og ønsker han hjertelig velkommen til vår organisasjon!

**K**arl-Otto Tokerud took up the position of Technical Manager / Project Manager in the technical department on 4 January 2016.

Karl-Otto (aged 34) lives in Tvedestrand. He has a degree in Marine Technology from NTNU, Trondheim, in 2006, specializing in construction engineering.

His employer for the past 9 years was Aibel in Asker, near Oslo, where he worked as Senior Engineer, Construction and Marine Operations.

We warmly welcome him and hope he will be happy here!



## Heder til Ugland ansatte Ugland employees honoured

Tekst/Text: Eva Svantesen



Fra venstre/from left: Bjørn Arne Lindås, Eivind Rørvik, eier/owner Knut N.T. Ugland, Margrethe N. Beisland, Per Bernt Knudsen



Fire trofaste medarbeidere i J.J. Ugland selskapene ble i desember hedret for sin innsats og fikk tildelt fortjente hedersbevisninger.

**Norges Rederiforbunds Gullmedalje** ble tildelt arbeidsleder Bjørn Arne Lindås. Se kriteriene på side 7.

**Norges Vels medalje** ble tildelt innkjøpsleder Margrethe Nes Beisland og teknisk rådgiver Eivind Rørvik.

**Ambåndsur** ble tildelt senior regnskapsmedarbeider Per Bernt Knudsen.

Ambåndsur er hederstegn som blir tildelt ansatte som trofast har tjenestegjort innen J.J. Ugland selskapene i 25 år.

Disse har vært en stor ressurs for bedriften, så utmerkelsene henger høyt.

Både eier Knut N.T. Ugland, adm. direktør Øystein Beisland og styreformann Jørgen Lund holdt festtaler og jubilentene ble takket for god innsats gjennom alle disse årene.

Four loyal employees of the J.J. Ugland companies were honoured in December for their contributions and were presented with gifts as well-deserved marks of the respect in which they are held.

**The Norwegian Shipowners' Association's gold medal** was awarded to bosun Bjørn Arne Lindås. For criteria, see page 7.

**Norges Vel medals** were awarded to Team Leader Purchasing Margrethe Nes Beisland and Technical Advisor Eivind Rørvik.

**Commemorative watch** was awarded to Senior Accountant Per Bernt Knudsen.

The commemorative watch is awarded to employees who have faithfully served the J.J. Ugland companies for 25 years.

In speeches by Knut N.T. Ugland, Øystein Beisland and Jørgen Lund, all were thanked for their fine contributions over these years.

### Norges Vels Medalje

For å gjøre seg fortjent til denne utmerkelsen må kandidatene ha minimum 30 års tjenestetid hos samme arbeidsgiver. Arbeidstakerens tjenesteforhold må hele tiden ha vært uklanderlig.

### Norges Vels Medalje

To be eligible for this honour, candidates must have a minimum of 30 years' service with the same employer and an irreproachable record of service.



## Minneord om Arild Hagen In memory of Arild Hagen

Tekst/Text: Eva Svantesen

Det var med stort vemod vi mottok meldingen om at vår jurist/HR-direktør Arild Hagen var gått bort den 31. januar 2016.

Budskapet var ikke uventet, for Arild hadde vært syk i over 2 år og hele tiden vært åpen om sykdommen. Dette til tross, han var en slik medarbeider vi så gjerne skulle hatt med oss videre.

Arild ble bare 63 år gammel. Hans karriere innenfor J.J. Ugland selskapene var ikke så lang. Han ble ansatt i januar 2009. På disse årene klarte han å bli en anerkjent medarbeider og gled inn i organisasjonen på et utmerket måte.

Han var dyktig, lojal, lett å samarbeide med - og for ikke å glemme å nevne: hans gode, smittende humør.

Både arbeidsmessig og kollegialt vil han bli savnet lang tid fremover.

En dyktig kollega og god venn har nå forlatt Ugland-skuta.

Fred over Arilds minne!



It was with great sadness that we received the news that our Vice President HRM/Corporate Counsel Arild Hagen had passed away on 31 January 2016.

The news was not entirely unexpected, for Arild had been ill for over two years, and had been open about his condition from the start. Nevertheless, he was the kind of crewmate that we would so much have liked to have kept aboard.

Arild was only 63 years old. Relatively speaking, he had not been with the J.J. Ugland companies for very long. He joined us in January 2009. But during those years he succeeded in becoming a respected colleague, and quickly became an integral part of the organisation.

He was clever, loyal and easy to work with. And those of us who knew him will remember the good humour he communicated to all around him.

He will be sorely missed for a long time to come, on both a professional and personal level.

Our excellent colleague and good friend Arild has left the Ugland crew and crossed the bar.

May he rest in peace!

### Runde tall/Birthdays

#### 50 år/50 years:

Renato A. Pobuayon Jr.  
Antonio T. Delgado Jr.  
Ibro Zec  
Vidar Røinås  
Pål Taraldsen  
Ole Einar Christensen  
Baryala Tofighi  
Aries D. De Jesus  
Gil O. Panit

Født/born 20.01.66  
Født/born 26.01.66  
Født/born 21.02.66  
Født/born 26.02.66  
Født/born 02.04.66  
Født/born 19.04.66  
Født/born 28.05.66  
Født/born 06.06.66  
Født/born 16.06.66

Motorman, Bonita  
Able Seaman, Kristinita  
Platearbeider/Plater, Nymo  
Maritim personalleder/Crewing Manager, UMS  
Leder anskaffelser/Procurement Manager, Nymo  
Planlegger/Planner, Nymo  
Sveiser/Welder, Nymo  
Chief Engineer, Carmencita  
Motorman, Seniorita

#### 60 år/60 years:

Finn Henriksen  
Dionisio S. Conde  
Ingrid Rasmussen  
Raul A. Begaso  
Ruben A. Gaverza  
Antonio J. Alisasis  
Magnus Jomås  
Øyvind Olsen  
Alexander M. Venzon

Født/born 27.01.56  
Født/born 08.02.56  
Født/born 18.02.56  
Født/born 28.03.56  
Født/born 12.04.56  
Født/born 27.04.56  
Født/born 06.05.56  
Født/born 17.06.56  
Født/born 30.06.56

Maler/Sandblåser/Painter/Sandblaster, Nymo  
Second Engineer, Kristinita  
Administrasjonsekretær/Senior Exec. Assistant, UMS  
Chief Engineer, Lunita  
Third Engineer, Tamarita  
Third Engineer, Seniorita  
Sveiser/Welder, Nymo  
Tilrettelegging/Fabrication Eng. Dept., Nymo  
Master, Rosita

#### 70 år/70 years:

Eivind Rørvik  
Exequiel J. Sas

Født/born 09.04.46  
Født/born 10.04.46

Teknisk rådgiver/Senior Technical Advisor, UMS  
Master, Tamarita

# Spreke sponsorer på “Queen Stage”

Tekst: Christoffer Gundersen



TSS-kvartetten klare for start fra Kragerø, sammen med sponsorene: Sparebanken Sør, The J.J. Ugland Companies, UnoX, Trimtex og Byggmakker. The TSS team ready for start from Kragerø, with the sponsors: Sparebanken Sør, The J.J. Ugland Companies, UnoX, Trimtex and Byggmakker. Photo: Tore Sæther / Team Sparebanken Sør

Den 19. mai var det duket for «Queen Stage» i Tour of Norway. Team Sparebanken Sør (TSS) hadde flere spreke ryttere på startstreken, men de hadde også spreke sponsorer med seg denne dagen. Det som omtales som “Queen Stage” er en spektakulær etappe på 211 km som strekker seg fra kystbyen Kragerø, over Fisketjønnskaret (1265 moh), før rytterne stuper ned mot Rjukan.

TSS hadde invitert sponsorene til å sykle gjennom etappen før proffene skulle i gang senere på dagen. Verdensmester Thor Hushovd (eier av TSS) stilte personlig opp for å gjennomføre denne tøffe turen sammen med sponsorene. Med seg hadde han ansatte fra JJUC, Sparebanken Sør, UnoX, Trimtex og Byggmakker. Fra JJUC stilte Knut Ugland og Christoffer Gundersen. Sistnevnte fikk tekniske problemer allerede før start, men det gjorde ingen ting, siden den tidligere verdensmesteren Thor Hushovd gjerne hjalp til. Etter dette gikk alt på skinner.

Både Knut og jeg hadde forberedt oss godt til turen, så det ble en veldig fin tur. Utover dagen gikk det virkelig opp for meg hvorfor denne turen har fått kallenavnet «Queen Stage». Omgivelsene langs veien var rett og slett fantastiske. Gjennom Drangedal, Bø, Vrådal, Seljord og videre er naturen nydelig. Sykkelseie er en flott måte å oppleve naturen på, og langs landeveien var det flotte bekker og stille vann. Det hele ble bare enda bedre da vi kom til Tuddal og møtte «veggen». Her føles det som at det går rett opp i ca. 20 km. Vi klatret opp fjellet, mens publikum heiet oss frem. Da vi kom til disse bakkene hadde publikum begynt å

trekke til løypene siden proffene nå begynte å nærme seg. Det var motivasjon som kom godt med. Etter hvert kom vi opp på høyfjellet og snøen var tydelig kontrast til de langt sommerlige forholdene vi hadde begynt med i Kragerø. Deretter gikk det fort i serpentinene nedover fjellsiden til Rjukan, og flere var oppe i over 100 km/t på sykkelen. Selv ble jeg litt tatt på sengen over hvor spreke flere av sponsorene var, for det ble ingen rolig dag på sykkelen. Det var god intensitet hele dagen, noe som imponerte selv en verdensmester. Thor kunne skryte av samtlige sponsorer da han ble intervjuet på TV i målområdet.



Thor Hushovd hjelper til med tekniske problemer. Expert assistance from Thor Hushovd. Photo: Tore Sæther / Team Sparebanken Sør

# Sporty sponsors cycle the “Queen Stage”

Text: Christoffer Gundersen

The Tour of Norway cycling road race reached the “Queen Stage” on 19 May. Team Sparebanken Sør (TSS) had several super-fit riders at the starting line, but they also had some super-fit sponsors with them that day. The “Queen Stage”, as it has been called, is a spectacular 211 km route stretching from Kragerø on the coast, over the mountain at Fisketjønnskaret (1,265 m above sea level), before the riders plunge down towards Rjukan.

TSS had invited the sponsors to cycle the route before the professionals got going later in the day. Ex-world champion Thor Hushovd (who owns TSS) came in person to complete this tough challenge along with the sponsors. Doing the ride with him, were employees from JJUC, Sparebanken Sør, UnoX, Trimtex and Byggmakker. JJUC was represented by Knut Ugland and me, Christoffer Gundersen. Unfortunately, I experienced some technical problems before the start. But they were quickly sorted out with former world champion Thor Hushovd’s expert assistance (photo). After that, everything went like clockwork.

Both Knut and I had prepared ourselves well for the ride, so it was really enjoyable. As the day wore on, I realised why this part of the race has been dubbed the “Queen Stage”. The scenery on either side was simply amazing. Through Drangedal, Bø, Vrådal, Seljord and onward, the natural beauty is breathtaking. Cycling is a great way to experience the countryside, and beside the country road there were lovely streams and quiet lakes. And when we got to Tuddal and hit the “wall”, things only got better. Here it feels as though you are going straight uphill for around



From left: Knut N. T. Ugland, Thor Hushovd, Christoffer Gundersen  
Photo: Tore Sæther / Team Sparebanken Sør

20 km. We climbed the mountain while the spectators cheered us on. By the time we came to this section, the spectators had started to line the route, since the professionals behind us were getting close. They gave us some much needed motivation. Eventually, we arrived at the mountain top, and the snow provided a vivid contrast to the far more summery conditions we had started with in Kragerø. Then we sped down the hairpins cut into the mountainside to Rjukan, with several of the riders reaching over 100 kph. I personally was astonished by how fit and strong several of the sponsors were. This was certainly no lazy day out on the bike. The riders kept up the pace all day long, which impressed even a world champion. Thor was full of praise for all the participating sponsors when he was interviewed by TV reporters at the finish line.

## Mosjon for et sunnere arbeidsmiljø

Tekst/Text: Knut N.T. Ugland

De fleste kjenner til Mads Kaggestad gjennom TV-ruta som ekspertkommentator ved sykkelritt og når det oppstår brudd på dopingreglementet innen idretten. Den tidligere sykkelproffen er sammen med sin far Johan Kaggestad blant de mest fremtredende rundt slike temaer. Atle Kvålsvoll er den andre hovedpersonen i Avantas Aktiv. Han er tidligere trener for Thor Hushovd og i dag også sports-sjef for kontinentallaget Team Sparebanken Sør. Dette laget er JJUC stolt sponsor av og gjennom dette samarbeidet ble undertegnede kjent med Mads og Atle.

Gjennom samtaler med spesielt Mads forsto jeg hvor viktig det var at arbeidsplassen la til rette for aktivitet blant de ansatte. Han poengterte viktigheten av at ledelsen så dette

behovet og at et samarbeid med Avantas måtte forankres i ledergruppa før det kunne rulles ut i organisasjonen. Jeg la dette frem for Øystein og Jørgen og de tente på ideen umiddelbart.

Responser blant de ansatte for dette livstilsprosjektet har til nå vært meget positivt. At det er en slags “lavteskelkonkurranse” mellom de ulike lagene internt gjør dette også artigere for alle involverte.

Det gjør meg stolt at vi har fått en mer fysisk aktiv arbeidsplass og at UMS kan bidra til å bedre de ansattes helse på sikt. Samarbeidet med Mads og Avantas har til nå vært utelukkende positivt.

# Excercise for a healthier working environment

Tekst/Text: Knut N.T. Ugland

Most people know Mads Kaggestad from television, where he is an expert commentator on professional cycling and when competitors are caught breaking the doping regulations. A former professional cyclist himself, he is, along with his father Johan Kaggestad, one of the foremost campaigners against doping in sport. Atle Kvålsvoll is the other key individual at Avantas Aktiv. He used to coach Norwegian cycling ace Thor Hushovd, and is currently sports director of the continental team, Team Sparebanken Sør, which JJUC is proud to sponsor.

It is through this collaboration that I got to know both Mads and Atle. Through conversations with Mads in particular, I realised how important it was for employers to encourage their employees to be physically active. According to Mads, it was vital that management recognised this need, and he underlined that any collaboration with Avantas would have to have the full support of the management team before it could be rolled out to the organisation. I put this to Øystein and Jørgen, and they immediately embraced the idea.

So far, the employees' response to this lifestyle project has been extremely positive. The fact that there is a kind of "low threshold" competition between the various in-house teams also makes it more fun for all concerned. I am proud that we have achieved a more physically active workplace, and that UMS is able to help promote our employees' long-term health. Our collaboration with Mads and Avantas to date has been nothing but positive.

## UMS - Great In Shape Challenge

Tekst/Text: Mads Kaggestad (mads.kaggestad@avantas.no)

**Etter tre måneder med The Great In Shape Challenge dokumenterer Ugland Marine Services AS (inkludert er også ansatte i J.J. Ugland AS og Ugland Gård) at de er en arbeidsplass med god mosjonsatferd over helsemyndighetens målsetting.**

At mosjon bidrar til god helse er en gammel sannhet konstatert allerede for 2400 år siden av den greske filosofen Hippokrates. Legekunstens far som sa følgende; «det ikke er nok bare å spise for å holde seg frisk, en må også mosjonere».

Fysisk aktivitet er det samme som forebyggende helsearbeid. Relativ bedring av fysisk form legger liv til årene og år til livet. En livsstil med tilstrekkelig mosjon skaper et godt grunnlag for god helse!

I UMS er ønsket å stimulere til gode valg i hverdagen og skape en sterk kultur. Mosjon bidrar fordi det fører til god helse og dermed en del av helheten bak gode prestasjoner i hverdagen.

Med «The Great In Shape Challenge» ivaretas folkehelseperspektivet gjennom at alle kan delta- og vinne uansett fysisk utgangspunkt og ambisjoner. Målet er engasjement og at flere stimuleres til regelmessig mosjonsatferd gjennom felles giv for noe vi alle er opptatt av - nemlig egen helse.

Det er viktig at programmet ikke handler om "mest er best" prinsippet.

Fordi det er ikke mye som skal til for å skape en sunn livsstil og være tilstrekkelig aktiv. Passe mengde hardtrening skader ikke, men heller ikke en forutsetting for helsegevinst.

På [www.sinnetshelse.no](http://www.sinnetshelse.no) sier Roald Bahr, Professor ved Norges Idrettshøyskole, at for den som fra før er aktiv skal det ikke mere til enn rask gange, hagearbeid med litt ekstra intensitet, sykling, jogg eller lek med barna opp mot ca 30 minutter per dag.

Med utgangspunkt i disse anbefalingene og helsemyndighetenes mål er statistikken på The Great In Shape Challenge i UMS gledelig lesning! For perioden februar og mars viser aktivitetsnivået 1892 økter og 2336 timer. Det gir et snitt per ansatt på 32,1 økter i disse to månedene, og et daglig gjennomsnittlig aktivitetsnivå på imponerende 0,7 timer. UMS dokumenterer dermed en arbeidsplass som slår helsemyndighetenes målsetting hva gjelder helsebringende fysisk aktivitet.

Aktivitetsstatistikken toppes av lavterskelsaktivitetene gang og kroppsarbeid. I februar og mars



registrerte 48 UMS medarbeidere 753 gå-turer på tilsammen 774 timer. Den nest mest populære aktiviteten på lista er kroppsarbeid med 208 økter, og på tredje plass er spinning med 141 økter. Av andre øvelser har åtte fått poeng gjennom «Aktivitet med barn», og det er registrert 28 økter med El-sykel. Alt bidrar til poeng og alle kan bli vinnere. The Great In Shape Challenge handler ikke om hvor fort du løper eller hvor sterk du er. Det er den regelmessige helsebringende aktiviteten i hverdagen som er viktigst.

Om du ikke visste at det var en bokser i UMS så tro om igjen. Selv om det ble med en økt er allikevel boksing på

aktivitetsoversikten. Hvem det var og hvordan det gikk forblir foreløpig en hemmelighet.

Deltakelsen på mosjonsprogrammet er solid og over målsetting med over 93 prosent deltakelse. Laglederne

følger opp sine lag med kollektive målsettinger på deltakelse, gjennomsnittlig poengsum og aktivitet. Men den viktigste oppfølgingen handler om personlig oppfølging og skryt.

På gode lag motiveres deltakerne

på alt som påvirker veien mot målet, og i UMS vises det høy bevissthet på at mosjon og god helseatferd også er en målsetting som skaper resultater og positive ringvirkninger for arbeidsplassen.



**Three months after the start-up of the Great In Shape Challenge, Ugland Marine Services AS (plus the employees of J.J. Ugland AS and Ugland Gård) can document that it is a workplace where people take more exercise than the target set by the health authorities.**

That exercise contributes to good health is a truth established some 2,400 years ago by the Ancient Greek philosopher and physician Hippocrates, also known as the “Father of Western Medicine”, who said: “If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

Physical activity is the same as preventive medicine. A relative improvement in one’s physical fitness adds years to one’s life and life to one’s years. A lifestyle that includes enough exercise is a sound basis for good health!

At UMS, the aim is to encourage people to make good choices day to day, and create a strong culture. Exercise helps because it leads to good health, and is therefore part of the whole foundation for high performance at work and at home.

The “Great In Shape Challenge” takes care of the public health perspective because everyone can take part and be a winner, no matter what their physical condition or level of ambition. The objective is to encourage participation and get more people to engage in regular exercise through a shared effort on behalf of something we are all concerned about – our own

health.

Importantly, the programme does not rest on the “most is best” principle. Because it doesn’t require much to create a healthy lifestyle and be active enough. A suitable dose of hard training may be no bad thing, but it is not the only way to achieve health benefits. At [www.sinnetshelse.no](http://www.sinnetshelse.no), Professor Roald Bahr of the Norwegian School of Sports Sciences says that for those who are generally inactive, it requires no more than 30 minutes a day of rapid walking, slightly more intense gardening, cycling, jogging or playing with the kids. Based on these recommendations and the health authorities’ targets, the statistics from UMS’s Great In Shape Challenge make for satisfying reading! In the period February–March, the activity log shows 1,892 sessions and 2,336 hours. This averages out to 32.1 sessions per employee in these two months, and a daily average activity level of an impressive 0.7 hours. UMS has thereby proved itself to be a workplace that exceeds the health authorities’ target for health-promoting physical activity. The activity statistics are topped by the low-threshold activities walking and manual labour. In February and March, 48 UMS employees registered 753 walks, lasting a total of 774 hours. The next most popular

activity on the list is manual labour, with 208 sessions, and in third place comes spinning, with 141 sessions. Eight people got points for “Activities with children”, and 28 electric-bicycle rides were recorded. Everything earns points, and everyone can be a winner. The Great In Shape Challenge is not about how fast you run or how strong you are. It is regular, day-to-day, health-promoting activity that is the most important thing.

If you didn’t know there was a boxer at UMS, think again. Although only the one session was recorded, boxing nevertheless appears on the activity list. Who it was and how it went remain a secret for the present.

A great many people have joined the exercise programme, with participation exceeding the target of 93 per cent. The team leaders are following up their teams with shared goals for participation, average point scores and activity levels. But the most important follow-up involves personal encouragement and praise.

Good teams motivate their members in all areas that influence the path to the finish line, and at UMS there is a high degree of awareness that exercise and healthy behaviours are also a goal that creates results and has positive side-effects for the workplace as a whole.

# Månedens trimmer Excerciser of the month

Tekst/Text: Christoffer Gundersen



Over/Above: Knut N.T. Ugland congratulating Rune Moe Skøien as the first winner of the challenge trophy

Under til høyre/Below right: Mads Kaggestad congratulating Rune Moe Skøien in Gran Canaria

Hver måned kåres «Månedens trimmer» gjennom en trekning blant alle som har oppnådd maksimal poengsum på 1000 poeng. I februar var det 45 ansatte som hadde oppnådd 1000 poeng, og blant disse var det IKT-Leder Rune Moe Skøien som ble den historiske første vinner av vandrepokalen. Trekningen fant sted i lunsjen i kantinen, og det var HR sjef Eva Svantesen som bisto Knut Ugland under trekningen.

Mads Kaggestad ville gjerne ringe Rune for å gratulere med seieren. Det viste seg imidlertid at Rune hadde reist på ferie til Gran Canaria, så han bestemte seg for å utsette telefonen til Rune var tilbake fra ferie. Gleden var derfor stor da de tilfeldigvis møttes på Gran Canaria, og Mads kunne gratulere han personlig med seieren.

Each month, an “Excerciser of the Month” is drawn from among all those who have achieved the maximum score of 1,000 points. In February, 45 employees achieved 1,000 points. Among them was ICT Manager Rune Moe Skøien, who made history by becoming the first winner of the challenge trophy. The draw took place in the canteen during the lunch break, with Knut Ugland doing the honours, ably assisted by Senior HR Manager Eva Svantesen.

Mads Kaggestad wanted to call Rune and congratulate him on his victory, but it transpired that Rune had gone on holiday to Gran Canaria. So Mads decided to postpone his call until Rune had got back home. Imagine his delight, therefore when the two met quite by accident in Gran Canaria, and

Mads was able to congratulate Rune in person.



# Bedriftsidrett

## Company Sporting Activities

J.J. Ugland BIL byr på flere muligheter for å være aktive for ansatte. Spinning tilbys gjennom høsten og vinteren, hos Stamina, Grimstad, med et snitt på 15 deltakere på de ukentlige øktene. Bildet under viser de som deltok på avslutningsøkten før påske. Og noen er alt begynt å se frem til høsten og nye spinningmuligheter!



J.J. Ugland BIL (the company sports team) offer several opportunities to keep fit during the year. Spinning is a very popular activity during autumn and winter. Fifteen employees in average attended the weekly classes at the Stamina Grimstad premises. The photo shows employees after the final økt at Easter time. Many of them are already looking forward to the next spinning season!





## The J.J. Ugland Companies

[www.jjuc.no](http://www.jjuc.no)

A/S UGLANDS REDERI  
UGLAND MARINE SERVICES AS  
UGLAND MARINE MANAGEMENT AS  
UGLAND BULK TRANSPORT AS  
UGLAND BARGE POOL AS  
UGLAND OFFSHORE AS  
UGLAND SHIPPING AS  
UGLAND SUPPLIER AS  
UM BULK AS  
J.J. UGLAND HOLDING AS  
J.J. UGLAND AS  
VIKKILEN INDUSTRI AS  
J.M. Uglands vei 20, N-4878 Grimstad  
P.O. Box 128, N-4891 Grimstad, Norway  
Tel: +47 37 29 26 00  
Fax: +47 37 04 47 22  
E-mail: [jjuc@jjuc.no](mailto:jjuc@jjuc.no)

J.J. UGLAND HOLDING AS  
Oslo Office:  
Tyveholmen kontorfellesskap  
Tjuvholmen Allè 19,  
N-0252 Oslo, Norway  
Tel: +47 37 29 26 26  
E-mail: [jl@jjuc.no](mailto:jl@jjuc.no)

AS NYMO  
J.M. Uglands vei 14, N-4878 Grimstad  
P.O. Box 113, N-4891 Grimstad, Norway  
Tel: +47 37 29 23 00  
Fax: +47 37 04 30 64  
E-mail: [nymo@jjuc.no](mailto:nymo@jjuc.no)  
[www.nymo.no](http://www.nymo.no)

UGLAND CONSTRUCTION AS  
Haakon VII's gt. 8, N-4005 Stavanger  
P.O. Box 360, N-4002 Stavanger, Norway  
Tel: +47 51 56 43 00  
Fax: +47 51 56 43 01  
E-mail: [uc@jjuc.no](mailto:uc@jjuc.no)  
[www.uglandconstruction.no](http://www.uglandconstruction.no)

CANSHIP UGLAND LTD.  
PENNEY UGLAND INC.  
1315 Topsail Road  
P.O. Box 8040, Station "A"  
St. John's, Newfoundland  
CANADA, A1B 3M7  
Tel: +1 709 782 3333  
Fax: +1 709 782 0225  
E-mail: [info@canship.com](mailto:info@canship.com)  
[www.canship.com](http://www.canship.com)