

begira

20 YEARS



CARING FOR THE HEART OF ULMA

July 2022
55

20
YEARS
OF BEGIRA



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begira 
20 YEARS

20 YEARS IS NOTHING... AH, YES IT IS...

Well, like everything, it depends. In this case it seems that yes, it is.
20 years of our Begira magazine count for a lot. Since July 2002 when we launched number 0, until today, with number 55, the subjects addressed, and the ups and downs we have experienced, have been many, but we continue with the same hope as at the beginning. Begira is already part of the history of our ULMA Group and, as always, we want to thank everyone who has made it possible for us to get here. Let's go for another 20.

 **ULMA**

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NEW SUSTAINABLE PACKAGING SOLUTIONS AND ENHANCED VERSATILITY FOR FRUITS AND VEGETABLES AT FRUIT LOGISTICA 2022



ULMA PACKAGING

In response to the growing demand for the increase in sustainable and environmentally friendly packaging, and as part of the #ULMAweCare project, ULMA Packaging is developing and innovating sustainable designs and applications in the packaging machine ranges.

The solutions presented at Fruit Logística 2022 include technologies aimed to improve **sustainability in the fruit and vegetable sector** such as VENTURI, TIGHT-BAG and

BETTER-SEAL technologies. Likewise, machines that **facilitates the recycling** of packages at the end of their life cycle were exhibited. These machines **are highly versatile**. They are able to work with conventional materials and with alternative materials such as paper-fibre-based films, mono-material packaging and other renewable materials.

End-of-line automation and integration solutions for the automatic packing of both trays

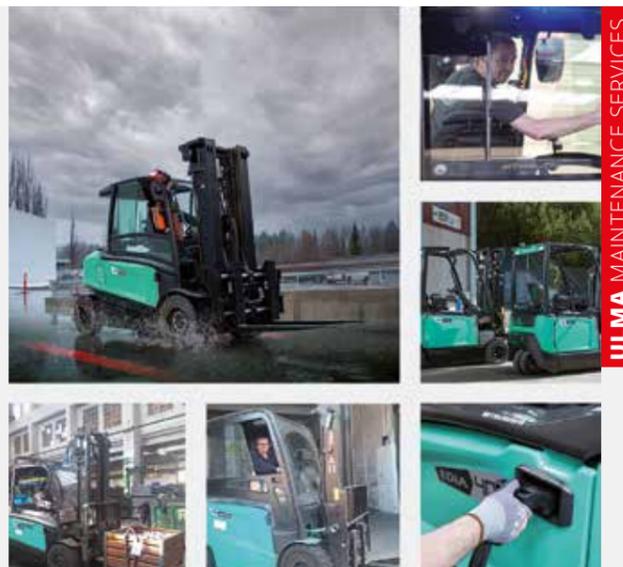
and bags were also presented. Complemented by other auxiliary equipment, these provide efficiency and productivity to the line.

All the machines are equipped with an HMI (UPC 4.0) that facilitates operation, connectivity and **integration in an Industry 4.0 environment**.

CIE LEGAZPI IS COMMITTED TO ELECTRIFICATION BY ULMA

ULMA Maintenance Services has renewed the CIE Legazpi forklift fleet with **13 new electric counterbalanced forklift units** with lithium ion technology. This bid submitted by ULMA **minimizes the environmental impact** of CIE Legazpi's activities **without affecting the productivity** of this customer of long standing.

The sustainable solution implemented by ULMA, which replaces the old diesel internal combustion trucks, **maximizes the safety of both CIE operators and of the work processes**, and leads to a major reduction in emissions, with a significant optimization of energy consumption, with consequent impact on production processes and environment.



ULMA MAINTENANCE SERVICES

ON-SITE PRESENCE THE KEY TO SUCCESS IN THE CONSTRUCTION OF OFFSHORE PLATFORMS IN MEXICO



ULMA CONSTRUCTION

The **EK-BALAM oil field, located off the shores of the Gulf of Mexico, will be increasing its production capacity with a new offshore platform called BALAM-TA2. The platform is being constructed in two parts, in the ESEASA Offshore yard.**

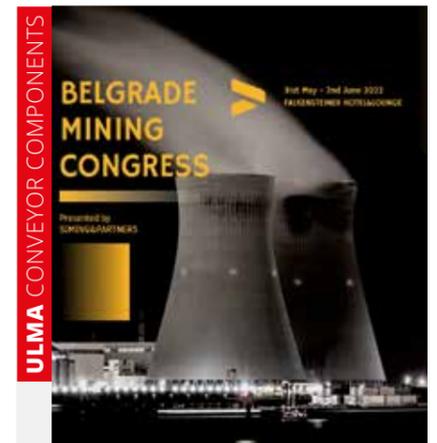
The bottom part of the platform, which will be placed on the seabed, is 42 metres high and 13 metres long. Inside and on either side of the structure, 10 BRIO scaffolding towers have been installed which are 14 metres high, along with walkways of various lengths: 6, 9 and 11 metres.

In a demanding project like this, **the supply of large quantities of equipment and the lead times were vital to the success of the project.**

ULMA's staff were continuously present on site, not only for the technical supervision of the scaffolding structures, but to provide theoretical and practical training on the BRIO multi-directional scaffolding, work at heights, industrial safety and leadership for middle managers.



ULMA CONVEYOR COMPONENTS AND SIMING TOGETHER IN BELGRADE



ULMA CONVEYOR COMPONENTS

ULMA Conveyor Components has participated in the congress **organized by its distributor for the Balkan region, Siming**, in Belgrade from May 31 to June 2. This congress has brought together both the main mines in the region and their suppliers. Throughout this congress, the current complicated situation of instability in the prices of raw materials and the problems in the supply chain, which affect the sector, were discussed.

Both ULMA and its partner Siming have **exhibited the latest novelties from their catalogue, as well as the PREMIUM Service proposal in terms of supply assurance, extended guarantees, safety stock and improvements in the life of rollers on conveyors.**

LARGE AMOUNT OF EQUIPMENT FOR THE CONSTRUCTION OF PORTUGAL'S FIRST HIGH-SPEED RAILWAY SECTION



ULMA CONSTRUCTION

UNDER THE NATIONAL RAILWAY PLAN, THE 80-KM ÉVORA-ELVAS LINE WILL BECOME THE FIRST HIGH-SPEED SECTION OF LINE IN PORTUGAL, FOR FREIGHT AND PASSENGER TRANSPORT.

This section is part of a wider project, called the Southern International Corridor, which will connect Elvas to the port of Sines, improving the country's links to Europe.

These projects are managed by the state-owned company 'Infraestruturas de Portugal', and we were involved in four of the five sections, partnering with construction companies such as MotaEngil, MADONU, Constructora São José, Teixeira Duarte, Sacyr, COMSA, Fergrupo and FCM.

- Freixo - Alandroal section: 20.5 km
- Évora North - Freixo section: 20.5 km
- Évora - Évora North section: 10 km
- Alandroal - Leste line section: 38.5 km

The Freixo - Alandroal section has 10 viaducts and 16 overpasses. The scale of this project involved the supply of tonnes of equipment, engineering solutions, and continuous communication between all project participants, whilst continuously ensuring safety.



HARRI STREET BENCH SELECTED FOR THE 2022 ADI AWARDS

Harri, the street bench of the new ULMA Architectural Solutions collection, has been selected for the "DELTA" Selection of the 2022 ADI (Industrial Design Association) awards.

This urban bench is one of the 183 projects selected from a total of 362 projects submitted. The "DELTA" Selection is **a benchmark index and recognition of national industrial design** that rewards the work of industrial designers and production companies.

Harri, is a two metre long, elegant, versatile and timeless bench that



ULMA ARCHITECTURAL SOLUTIONS

blends in unobtrusively in any location. Its creator, the designer Miguel Angel Ciganda, was inspired by the thorny towers of the Aránzazu Sanctuary in Guipúzcoa for his creation, and it is his favourite design in the collection.

ULMA HANDLING SYSTEMS AT THE VII EUSKADI LOGISTICS CONFERENCE



ULMA HANDLING SYSTEMS

ULMA Handling Systems, led by its Commercial Director Eñaut Sarriegi, participated in the 7th Euskadi Logistics Conference, held on 11 May at the Euskalduna Palace in Bilbao. The Conference, organized by the **Mobility and Logistics Cluster**, in collaboration with The Easyfairs Group, contributed to joining forces and facilitating knowledge transfer on issues of digitization, automation

and logistics solutions to the Basque industrial fabric.

Eñaut Sarriegi's talk presented the details of a logistics automation process based on gradualism. Under this premise, the company provides **initial, medium or high-grade automated intralogistics solutions, depending on the customer's needs, any size of project.** "Automation is a process



that helps business logistics management, from receipt of merchandise from production and external suppliers, to dispatch," said Eñaut.

Among the success stories presented by ULMA was that of Eroski, who also participated in the presentation, in the person of Arantza Laskurain, head of continuous improvement and projects at the distribution company.

Leading companies such as AR Racking, Ibili, Dachser, Mondragon Unibertsitatea, among others, also participated in this conference.

ULMA AGRÍCOLA AT GREENTECH AMERICAS 2022

ULMA Agrícola has been present at the second edition of the GreenTech Americas 2022 trade fair, which was held in Santiago de Querétaro from 27 to 29 April 2022, to showcase its latest solutions and know-how applied in the field of horticultural technology.

GreenTech Americas is a meeting point for all professionals involved in horticultural technology in the region of Mexico and the rest of Americas. The exhibition focuses on the early stages of the horticultural chain and production issues relevant to growers.



ULMA AGRÍCOLA

Throughout these 3 days, ULMA was able **to establish stable business relationships, exchange ideas and identify new opportunities in the field of horticultural technology.**

ULMA FORJA, S. COOP. ACHIEVE THE CERTIFICATION OF ITS CRIMINAL COMPLIANCE MANAGEMENT SYSTEM

ULMA Forja S.Coop. has achieved the certification of its Criminal Compliance Management System. The system was certified under UNE 19601:2017, after an audit by Bureau Veritas. In this way, **ULMA joins the small group of industrial companies certified in the field of compliance, which is both more demanding and more in demand with every passing day.**

This certification reinforces the cooperative's commitment to regulatory compliance and to the culture and values it has held since its founding 60 years ago. Of special importance to its culture is **"the value of doing the right thing."** Under ULMA Forged Solutions Compliance Program, this aspect of its culture is put in writing, and the



controls necessary to ensure ethical and regulatory compliance in the organization are established. This is also essential to the sustainability of the cooperative and to its legacy to future generations.

This certification is in addition to the cooperative's existing certifications

in Quality, Environmental and Occupational Health and Safety Management Systems, ISO 9001:2015, ISO 14001:2015 and ISO 45001:2018, as well as the AS 9100D standard for the aerospace sector.

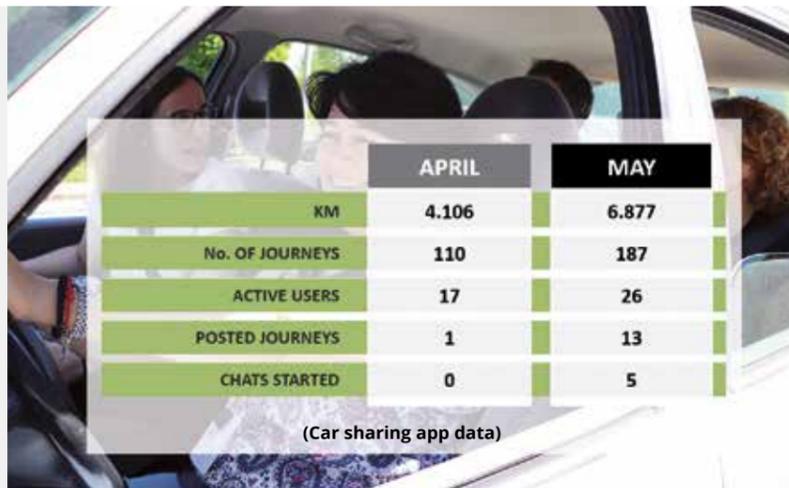
MORE AND MORE PEOPLE AT ULMA CHOOSE TO SHARE A CAR TO GO TO WORK

Commuting to work by shared car is increasingly common at ULMA. Last May, **an internal campaign was launched to encourage commuting by sharing a car.** The objective of the campaign was to reduce the Kg of CO₂ emitted during the daily commute.

In May, a total of 187 shared car trips made by ULMA people were recorded. This equates to a total of **6,877 km.**

Following the launch of the Do you want to come to work by shared car? campaign, during May there was an improvement in the data on the use of car sharing, compared to April.

All metrics showed improvement, the two most important being Posted



Trips and Chats Started. These metrics show that, the Ciclogreen Ekokilometro program carpooling platform was used by ULMA people to contact other people they meet on their way to work and who are interested in sharing a car.

If you still do not know the application and you are interested in sharing a car: www.ekokilometro.ulma.com.

Also, if you use the application you will win points that you can exchange for fantastic gifts.

SUCCESS OF INOXTRUCK SANITIZABLE EQUIPMENT AT IFFA FRANKFURT 2022

Inoxtruck has presented its wide range of **innovative sanitizable equipment solutions**, including its Tipping Tower and the eurobin stacking system, at IFFA Frankfurt, the leading international fair for the meat industry in Europe. This fair has had some 900 exhibiting companies from more than 40 countries and has hosted nearly 50,000 visitors from 129 countries.

Fernando Odriozola, head of the Inoxtruck business unit, says, "the outcome could not be better - the number and quality of contacts established has exceeded the 2019 fair; added to which, these new contacts are in large part in countries that we consider strategic such as Switzerland, the Netherlands, Poland, Austria or South American countries".



The presence of Inoxtruck at this world-renowned fair, attended by the most important brands in the sector, reinforced the commitment of ULMA Maintenance Services to personal relationships customers. So much so that it was able to attract new **potential distributors for the USA, Iceland, Finland and Korea.**



NEW WEBINAR TO SHOW A COMPLETE LINE FOR PORTIONING AND PACKAGING OF MEAT

MAREL and ULMA Packaging have launched a joint webinar to show a **entire meat portioning and packaging line.** MAREL, a world leader in food transformation and processing, provides the portioning system, while ULMA provides its packaging solutions.

Together, MAREL and ULMA are working to **support the production of high quality, safe and affordable food** by providing software, services, systems and solutions to the fish, meat and poultry processing industries.



BIDAFARMA STARTS A NEW JOURNEY WITH ULMA, THANKS TO MOVIK

ULMA HANDLING SYSTEMS



BIDAFARMA, a wholesale distribution cooperative for wide-range medicines, has opted for ULMA Handling Systems to develop an automatic storage and order preparation system. This installation will be implemented through the Movik automation system, developed by ULMA.

The Movik solution is used to **standardize and simplify** ULMA's solutions to bring the excellence of large projects down to a smaller form. The keys to this new business line will be the **speed of its products and services, the scalability and efficiency of the resources used for automation.**

HWS FORMWORK ENSURES CONSTRUCTION SAFETY AT THE MIRABELLA COMPLEX, CANADA

LOCATED AT 1926 LAKE SHORE BOULEVARD WEST, TORONTO, THE MIRABELLA LUXURY CONDOMINIUMS IS A TWO-TOWER COMMUNITY THAT OFFERS A PREMIUM LOCATION, SITUATED ACROSS FROM SUNNYSIDE PARK ON THE SHORES OF LAKE ONTARIO, WITH STUNNING VIEWS OF THE CITY OF TORONTO SKYLINE AND NORTH VIEWS TO HIGH PARK.

ULMA worked collaboratively with its customer to provide perimeter protection for construction operations above the Gardiner Expressway.

The building will consist of 38 stories with a total of 720 suites. **ULMA is involved in this project with its HWS hydraulic protection system, a safety item for the protection of workers and the public during various construction activities.**

The system provides protection over 3 levels of floors against weather and falling objects. Other advantages of the fully self-climbing system include work platforms that aid in formwork placement.



ULMA CONSTRUCTION

- Fully self-climbing, no crane required.
- 100% protection along the busy Gardiner Expressway.
- Work platforms for formwork installation.
- Screens extend above live level, protecting workers from wind and the uncomfortable view when at extreme heights.

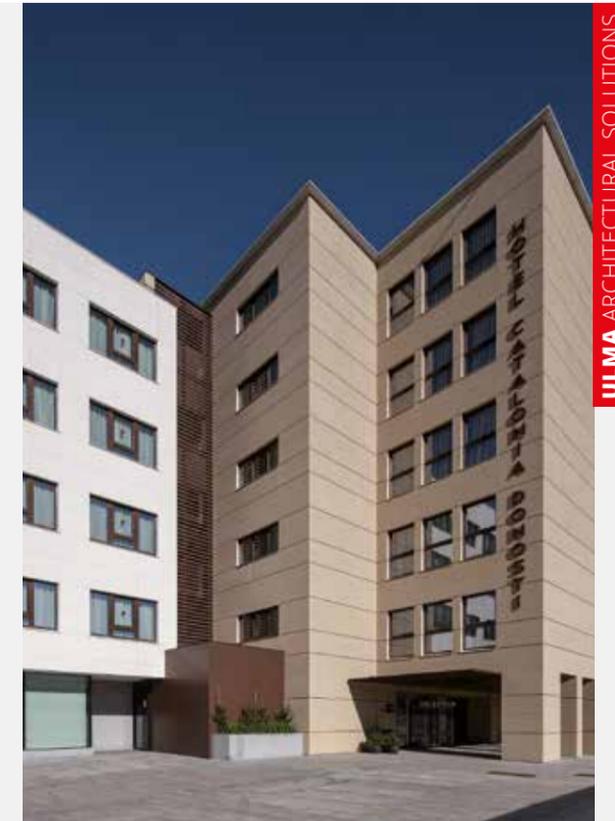
AN OLD MEDIEVAL CONVENT TRANSFORMED INTO A STYLISH HOTEL IN SAN SEBASTIÁN

The Catalonia Donosti hotel in San Sebastian is a former convent, now adapted to a modern 4-star hotel with 128 rooms.

The north facade with the bell tower, its two towers and the layout of the central body of the church remain from the old convent. By contrast the main entrance of the hotel is newly built, which gives the Catalonia Donosti a **stylish and modern feel.**

For the new-build facades, **ULMA facade panels** were used "due to **their functional and compositional advantages**" in two different colours and textures. The paper texture in colour M05 was chosen, as it provides modernity and marked contrast with the main facade and the horizontally striated texture, resembling the original sandstone of the facade.

In addition, as the Hotel Catalonia Donosti is located a few metres from the sea, the quality of the materials has been an important aspect for consideration in order to avoid long-term problems and guarantee the durability of the facade. The fastening system of the installed profiles has a specific treatment for salinity.



ULMA ARCHITECTURAL SOLUTIONS

EUSKARALDIA: ACT BY SPEAKING, SPEAK WITH YOUR WORDS

Korrika'22 revealed the desire of the Basque people to go out into the streets and their firm will to **take steps to increase both the knowledge and the use of Basque.** Now the way is open for a new version of Euskaraldia, a mass social exercise in changing linguistic habits among speakers who understand Basque, extended to all societal units and for a limited time.

Arigunea, ahobiziak eta belarriprestak... These are words and concepts that have become very common and will be repeated in **the third Euskaraldia**, which will be held from 18 November to 2 December.

As in previous years, ULMA and its Business Areas will participate in Euskaraldia. Different arigunes will be created and the motivation commission of the ULMA Group (UML) will focus its efforts on moving this initiative forward.



ULMA GROUP

In September the individual registration period will open, so meanwhile **go ahead and fire up your engines, move from words to deeds!**

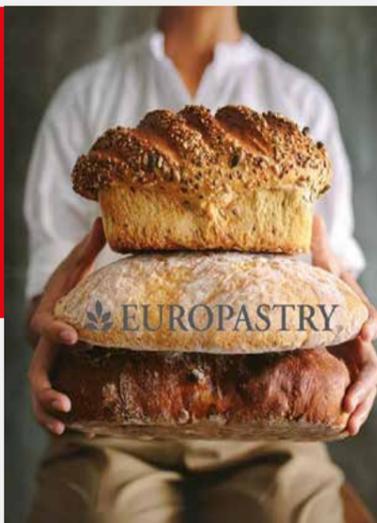
ULMA IS SWEETENED WITH EUROPASTRY

Europastry, a company based in Rubí (Barcelona) and a leader in frozen pastry dough, will undertake a new project, in two phases, with ULMA Handling Systems.

In phase 1, an automated boxing warehouse will be installed, with 4 aisles of 5 stacker cranes, together with the automatic order preparation system. In phase 2, the boxing warehouse will be expanded to 6 aisles.

Europastry currently has an automated pallet warehouse, from the Mecalux company, and a manual order preparation system in a warehouse that is at -22°C. With this project, Eurpastry will now use automation to process some orders that are now prepared manually; this will improve conditions and increase its order preparation capacity.

ULMA HANDLING SYSTEMS



FORMWORK SOLUTIONS FOR THE CONSTRUCTION OF A CURVED STRUCTURE IN NEW YORK CITY

ULMA CONSTRUCTION



An impressive curved structure, Olympia Dumbo, is being built in one of the trendiest neighbourhoods in New York, USA.

The new building designed by Hill West Architects and developed by Fortis Property Group continues to grow in height in the Brooklyn neighbourhood of Dumbo. The district is known for its arts and cultural scene, restaurants and spectacular views of the Manhattan skyline.

Olympia Dumbo with a height of 82 m and 16,500 m² will house 74 flats and penthouses, common facilities



and services, a gym, a sauna, a swimming pool and a parking garage. In total, the building will have 26 floors.

The peculiar curvature of the building required a unique design. ULMA has provided formwork, shoring and climbing solutions that have been adapted to all the requirements of the project.

The ULMA solution was completed with the **RKS guided climbing system for the building's lift core**, from the 6th floor to the top floor.

SALE OF SOFTWARE IN THE USA

MAJOR AMERICAN MULTINATIONAL COMPANY IN THE ENERGY SECTOR, JOINS THE LIST OF CUSTOMERS OF ULMA EMBEDDED SOLUTIONS' LOTU4TE SOFTWARE.

This international sale is an important milestone for the cooperative for two reasons. On the one hand, it is the **first sale of proprietary software outside European borders**. Secondly, we added the energy sector to our traditional sectors (railway, automotive, aerospace, etc.) in the field of software. **The energy sector** is undergoing an innovation process to overcome the major challenges it faces in the coming years.

ULMA Embedded Solutions will be continuing to work to increase sales of **LOTU4TE** in the coming months. Improvements to the product continue to be developed and implemented and, in turn, new international market niches are being explored, in order to diversify sales and be able to reach more potential customers.



ULMA EMBEDDED SOLUTIONS

LOTU4TE is a new software tool that provides a **bidirectional connection between IBM ETM and NI Teststand** to improve testing efficiency through automated testing. It also improves the quality of the product, as it

allows full life cycle traceability, from requirements to the results of the automated tests.

ULMA CONVEYOR COMPONENTS PRESENT AT THE CIM EXHIBITION IN CANADA

ULMA Conveyor Components has participated as an exhibitor at the CIM (Canadian Institute of Mining) exhibition between May 1 and 3 in the city of Vancouver (Canada). After the cancellation of this event due to the pandemic in 2020 and that in 2021 it was held virtually, CIM has once again been held, strongly, in person and has reached 100% occupancy.

ULMA has been present together with more than 470 companies **exhibiting the latest developments in the sector**. The exhibition has been a great success,



ULMA CONVEYOR COMPONENTS

with a large number of customer visits, potential new customers, both from EPC companies and from suppliers and end users, so the opportunities for ULMA in the future are very interesting.

THE MEDICAL TECHNOLOGIES ACTIVITY OF THE ULMA GROUP PARTICIPATED IN THE XVIII SEMG CONGRESS

The Medical Technologies activity of the ULMA Group was at the XXVIII National Congress of General and Family Medicine, held from 7 to 11 June at the Euskalduna Palace in Bilbao, to publicize **its advances in the development of new medical technologies in different specialities.**

The congress highlighted the numerous activities linked to **new diagnostic techniques in Primary Care** for which new devices were presented. Also worth mentioning are the large number of people who came to the ULMA stand showing interest in the technologies and devices that the brand itself has developed.



ESE ERRE AT THE 28TH ANAPAT CONVENTION IN TOLEDO



ESE ERRE, uESE ERRE, ULMA Maintenance Services' spare parts business unit for professionals, was at the 28th ANAPAT Convention, in Toledo.

ANAPAT is the National Association of Aerial Work Platform Rentals. This Convention brought together the leading companies in the sector, including ESE ERRE. A range

of presentations were given by top-level experts, in addition to sharing of experiences and knowledge among the attendees.

ESE ERRE, which was present as a silver sponsor, also participated in the workshop area with an information stand in which it not only presented its **wide range of successful**

EXPERIENCE IN SUSTAINABLE AND EFFICIENT PACKAGING FOR THE MEAT INDUSTRY AT IFFA 2022



IFFA Frankfurt was again the most important meeting point for the meat industry, where we displayed a wide range of packaging solutions and applications. 700 sq m in which we showcased high-efficiency high- hygienic machines that covered the most demanding requirements of the industry.

The **sustainability** of packaging continues to be a fundamental aspect that gives us a competitive advantage, and which was also very evident at IFFA.

There were a large number of visitors from all over the world visiting the ULMA booth. Among the solutions showcased, they saw efficient and sustainable thermoformers that allow simple format changes, high-production and automatic flow pack packaging lines, a high reliability traysealers, a VFFS vertical wrapper, a full **automation** solution from product loading to palletizing and a special corner to explain **ULMA Digital** solutions and services.



NEW ULMA WAREHOUSE IN THE UNITED KINGDOM

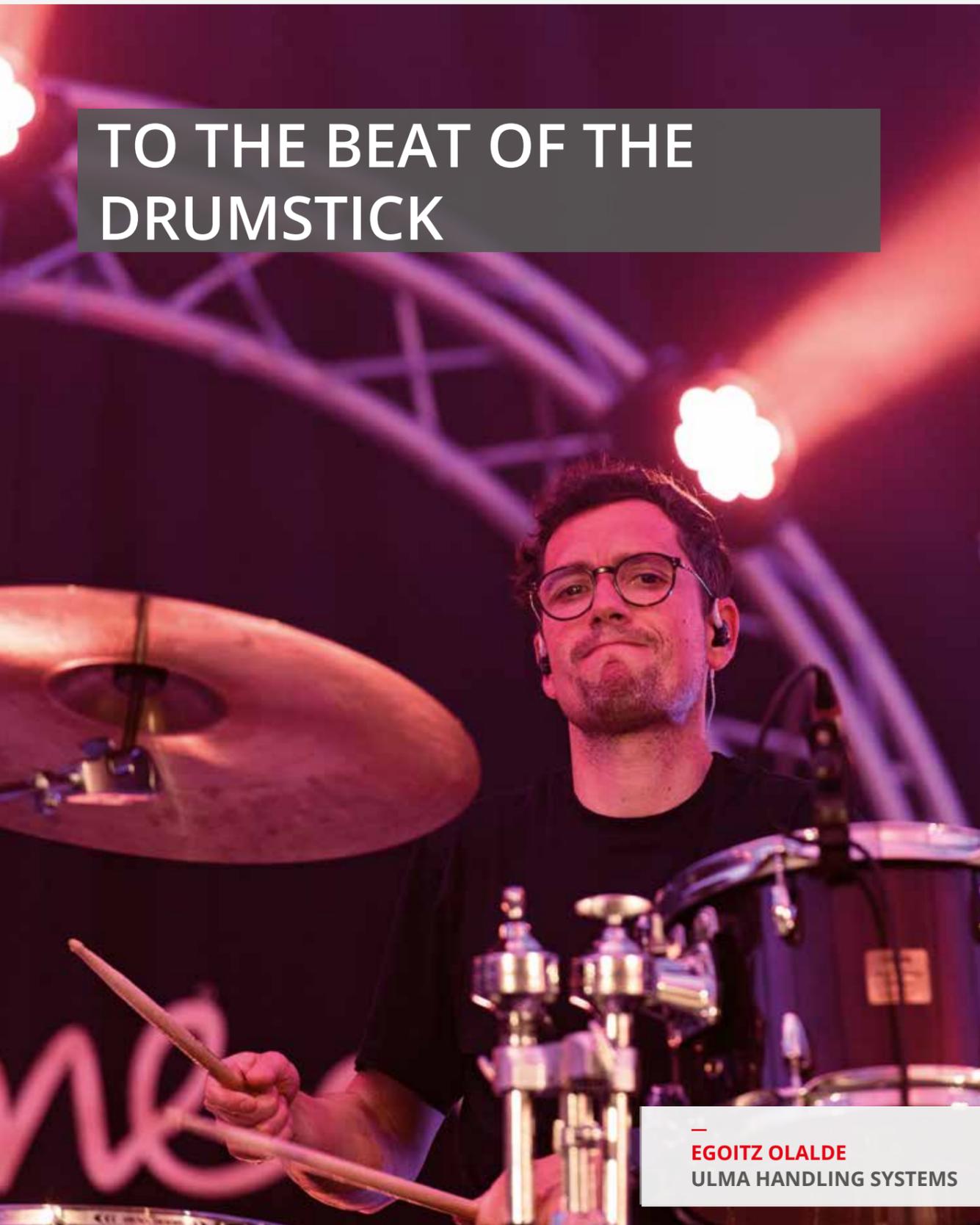


ULMA Architectural Solutions has a new warehouse in the town of Avonmouth, Bristol, thus increasing its presence in the British market. This warehouse makes it possible for ULMA to become a **local supplier in the United Kingdom** and it will strengthen the relationship with the customer, as **delivery times will be shorter, delivery times of 48 hours** for projects in which the customer cannot wait, and **the supply of samples for evaluation will be faster.**

ULMA's presence in the drainage solutions sector in the United Kingdom dates back to 2012. In 2017, the opening of a subsidiary consolidated growth in the UK. ULMA is currently recognized for the high quality of its products, its competitive prices and has the support of a technical department capable of responding within 24 hours.

OTHER TALENTS OF THE ULMA GROUP

TO THE BEAT OF THE DRUMSTICK



—
EGOITZ OLALDE
ULMA HANDLING SYSTEMS

"WHEN I PLAY THE DRUM, I HAVE A FEELING OF CONCENTRATION THAT I DON'T GET WITH ANY OTHER ACTIVITY."

—
Egoitz Olalde works at ULMA Handling Systems in the engineering area called WMS (Warehouse Management System). He plays drums in two groups, Sharon Stoner, which has 3 members, with whom he has already released 4 albums, and Keia, 4 members, with whom he has just released an album.

It all started when Egoitz was 9 or 10 years old. A cousin left him a VHS video with a lot of clips and live performances by rock groups such as Guns n' Roses, Scorpions, ACDC, Queen, etc... He saw, for the first time, the spectacular nature of a rock drummer performing. He was impressed and liked it a lot, both the sound and, above all, the visuals.

"Playing the drums is difficult, it is very easy to make it "sound", but playing it at a medium-high level requires a very precise technique, as you have to coordinate the movements of the four extremities, which is not at all easy" comments Egoitz.

Egoitz has been playing since he was 13 years old. He started at the Musika Eskola in Oñati with a teacher from Gasteiz, whom they called "Páis". He was with Páis for 3 years and then left classes to focus on rehearsing with a group created by 5 kids from Oñati, called Dama Baltza. After more than

10 years as self-taught drummer, he had classes again, this time with a very experienced drummer from Bergara called Aitor Aranburu. He has been taking classes with him since 2007 and currently combines classes and groups with an online course that he is doing at RockSchool. He wants to pass grade 8 which, in principle, is equivalent to the professional degree of the conservatory.

The first groups in which Egoitz played were created by friends (Dama Baltza and Sharon). But, over time, bands like Sorkun, Lenao and Keia asked him to join them.

For almost 20 years they rehearsed in the basement of the Oñati herri eskola. Later they started rehearsing with the band once or twice a week at the Eltzia premises. Apart from all that, practically every morning Egoitz studies for an hour and a half to be able to reconcile work, family and music.

The type of music he currently plays depends on the group - Sharon Stoner basically plays stoner rock with the peculiarity that the voices are highly melodic, by contrast with the hard and heavy sound that characterizes Stoner music. Meanwhile, in Keia it is different, although the rhythmic base is the same (Iñigo Ibarrondo, from ULMA Packaging, Sharon's bassist, also plays in Keia). Keia's style is

more 90s rock-pop, with some folksy touches and, above all, the lead singer is female.

"The styles that I like to play the most are practically all variants of rock. From hardcore metal to out and out pop, even with touches of jazz fusion or more progressive rhythms", says Egoitz.

His first really important experience was the 2-year tour he did in 2002 and 2003 throughout Euskadi and part of the peninsula, accompanying Sorkun, singer of the legendary band Kashbad.

Currently there is over-demand for music bands, which complicates the issue of concerts. However, Egoitz acknowledges that, although they are not travelling as much as they would like, they are doing quite a few concerts with Keia.

"There are many bands or musicians that I would have liked to play with, but if I had to name one, I would say Frank Zappa. For me one of the best and most prolific musicians in the history of music" Olalde says.



—
ZORIONE GALDOS
 ULMA PACKAGING

HOSTING CHILDREN FROM UKRAINE

RADIATION AND NOW, WAR

It has been more than seven years since Zorione Galdos first welcomed Anna. Anna is from Ivankiv, Ukraine. Zorione heard a radio interview with the Elkarte Chernobyl Association in which they appealed to families in Euskadi to take in minors in the summer and she decided to call.

We spent time with Zorione and she told us about her experience and what we should do if we want to follow in her footsteps.

—
Through which association did you host and what steps do people need to take?

We took Anna in through the Chernobyl Elkarte Association. We had several preparatory meetings where they explained to us the objective of the hosting programme, how it worked, etc... Later, all the family members went to the association so that they could 'study' our routines, lifestyle, family structure (age of children), etc. The Association travels to Ukraine,

to the Chernobyl zone, every year to meet the children and families who have decided to take part in the programme. From there, Chernobyl Elkarte does the difficult task of finding the most suitable host family for each child.

—
On what dates do they come to Euskadi?

The summer programme is for two months: July and August. But there is also a Christmas programme.

—
How old are the children who participate in this programme and how do they adapt to our customs, language and way of life? How do they relate to the people at home?

They can start coming at age 6, until the age of 14.

Anna spent the first 4-5 days crying (she was only six). But, from then on, her attitude 'normalized' and she became one of the family. She adapted wonderfully to our habits,

“
“When I am in Oñati I feel better, stronger and happier. After my first trip to Oñati I realized that living in Ivankiv, which is such a polluted town, is not cool”

—
ANNA



social environment, food... Anna always says that in Oñati everyone is very nice and that we smile a lot.

—
Are any group activities scheduled or is the time they spend here just with the host families?

Yes, every year the host families organize joint activities and/or excursions and it is wonderful to be involved. The association's monitors use these occasions to talk to the children who are being hosted and to monitor them.

—
What would you say to somebody thinking of fostering a child but has some doubts?

Don't think twice. Here, where we live, our quality of life is infinitely better than in the area they come from. Here they eat well, they have contact with nature, they are in a stable family environment... all this means they return to Ukraine with a lot of positive energy and with their defences fully restored to face the harsh winter.

But it is not only positive for the children of Ukraine... We also get an energy boost! I don't mean that it is easy, but it is not difficult either. These children just need to feel like one more member of the family in all areas. As almost always happens with children, what they give you is much more than what you give.

—
AND NOW THE WAR, Chernobyl was in the middle of the Russian offensive, how have you experienced this situation at home?

Since everything started on 24 February, for two weeks, we still in contact with Anna with a certain normality. But on 4 March we lost all communication with her and we experienced 35 days of uncertainty and a lot of fear. The press and the other media weren't speaking about the situation in that part of Ukraine.

—
The press has reported on buses that are bringing minors to spend the summer in Euskadi and some relatives. Is Anna one

of the people who has come or is she still in Ukraine?

Yes, once the Russian occupation in their area ended, some families started leaving Ukraine on their own. They always had the support of different NGOs, which guided them about how to leave and go to Poland. Once there, the buses to Euskadi were organized.

After a hard, long trip, Anna and her family arrived in Oñati on one of those buses on 15 April.

CARING FOR THE HEART OF ULMA

DYSLIPIDEMIAS IN THE GROUP

CHOLESTEROL

THE GUEST THAT NOBODY WANTS BUT EVERYBODY NEEDS
(IN THE RIGHT MEASURE)

What is cholesterol? Cholesterol is a natural fatty substance present in all the cells of the human body. It is absolutely essential for the body to function normally; it is involved, among other things, in the functioning of the digestive system, and in the synthesis of vitamin D and various hormones. It has two main sources: internal production in the liver, and generation through some foods in our diet.

Triglycerides, meanwhile, are a type of fat, the most common in the body, and come from food. The body stores them when there is excess calorie intake, and releases them when it needs energy between meals.

To travel through the blood, fat binds to lipoproteins, among which two are of most note: **HDL, also called "good", which collects unused cholesterol and returns it to the liver; and LDL, also called "bad", which transports cholesterol from the liver to the rest of the body.** Excess LDL results in deposition of fat residues in the circulatory pathways. This can lead to circulatory problems such as heart attacks or strokes

EXCESS LDL RESULTS IN DEPOSITION OF FAT RESIDUES IN THE CIRCULATORY PATHWAYS. THIS CAN LEAD TO CIRCULATORY PROBLEMS SUCH AS HEART ATTACKS OR STROKES

DYSLIPIDEMIA: YOUR CIRCULATORY SYSTEM'S SILENT ENEMY

Dyslipidemia is a health disorder that caused by elevated plasma concentrations of blood lipids (cholesterol, triglycerides, or both) or a decrease in HDL lipoprotein.

The importance of dyslipidemia is reflected in it being a fundamental cause in deaths due to diseases of the circulatory system, which, in turn, are among the main causes of mortality in our society.

RISK WEIGHTING

(Values in mg/dl)

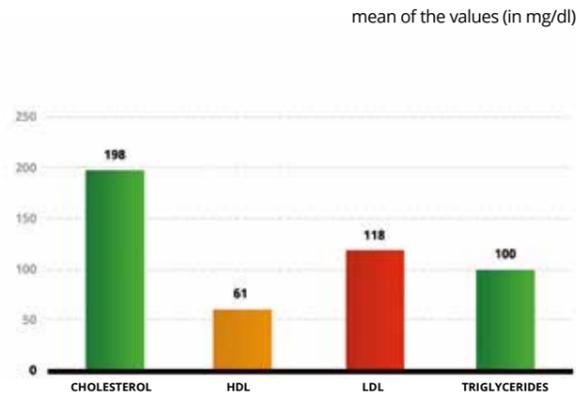
	LOW	MEDIUM	HIGH
TOTAL CHOLESTEROL	<200	200-240	>240
HDL-COL	WOMEN >65 MEN >55	45-65 35-55	<45 <35
LDL-COL	<100	100-160	>160
TRIGLYCERIDES	<150	150-200	>200

ULMA GROUP DATA

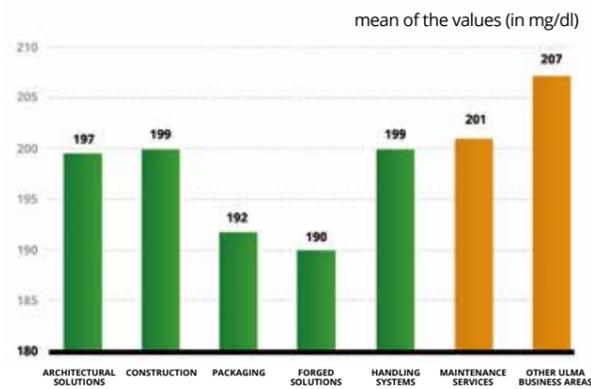
RELAXING IS NOT AN OPTION

As has been a tradition for many years, during the first half of 2022 blood and urine tests were conducted on ULMA staff. This study reflects the results of the analysis of data from approximately 2,000 ULMA Group people.

LIPIDIC PROFILE OF ULMA STAFF



CHOLESTEROL CONCENTRATION IN BUSINESS AREAS



What factors can contribute to this inequality?

AVERAGE AGE:

Total cholesterol figures tend to increase with age.



LIFESTYLE:

A sedentary lifestyle has a direct impact on increased cases of dyslipidemia.



DIET:

An unbalanced diet based on fatty and ultra-processed foods causes a very notable increase in the onset of dyslipidemia.



HEREDITARY FAMILY PATTERNS:

Familial hypercholesterolemia affects a significant proportion of the population.



STRESS:

Some studies report that stress is the cause of an increase in cortisol, a hormone which generates a propensity for fat accumulation and obesity.



So ... what do I do now?

PREVENTIVE AND CORRECTIVE FACTORS OF DYSLIPIDEMIAS

The figures for each person in a blood test must be analysed, interpreted and correctly oriented so that the concentrations of these elements do not represent a risk to their health in the short or medium term.

GENERAL GUIDELINES:



If your analysis figures are among those considered high risk, go to the Medical Service or your Primary Care Physician to analyse the possibility of undertaking medical treatment.



Regardless of the figures obtained, do not lose sight of the fact that dyslipidemia can appear very quickly. It is therefore sensible to adopt the following habits for a healthy life:



Exercise: sport is a key ally in maintaining a balanced body, both low intensity (half-hour walks four or five days a week) and high intensity (twenty minutes three times a week).



Watch your diet: saturated and trans fats (present in red meat, full-fat dairy products, ultra-processed products...) directly increase the risk of dyslipidemia; conversely, increasing the consumption of products with soluble fibre or omega-3 fatty acids benefits your cardiovascular health.



Remove other toxins such as alcohol or tobacco from your life: countless studies establish a direct and very negative relationship with these habits, which multiply the level of risk of a cardiovascular accident.



Take part in the **annual tests** offered by the ULMA Group: regular quantitative and qualitative monitoring of your blood and urine is the basis on which you can work to maintain good health both now and in the future.

2022

1 May - 31 August

RETIREMENTS

FLORIAN CORRALES

LUIS MARIA UGARTE

JOSE MARI RUIZ



IÑAKI GOITIA



JAIONE LAZKANOITURBURU



JUAN CARLOS BARRENA



ANTONIO ROMERO



JESUS MARINO KARETXE



ROBERTO MENDI



Thank you - enjoy!
Congratulations