

A DAY TO REMEMBER AND CELEBRATE!

June 9, 2023 · TRIBUTE TO RETIREES FROM ULMA

July 2023 # **58** DIA

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"Everything that has a beginning has an end. After eight years as Chairman of ULMA Packaging and four years in the ULMA Group, I am returning to my job feeling excited and motivated but also a bit nervous and with a certain level of stress! I had the same feelings when I had to write a similar column four years ago, just after taking office. Now, looking back, I realise that I did not even know what challenges I was going to have to face: we were immediately affected by a pandemic that brought the whole world to a standstill, and then we began the process of drawing up the new relationship model with MONDRAGON. These last four years have certainly not been easy!

With all the difficulties, the Group has had to face, I can confidently say our company is stronger today than when I took over. Not only because of my work but also due to the effort and energy put in by all of those around me, not forgetting, of course, the work put in by the Group as a whole!

ULMA Group is strong, but not only in terms of its thriving business: we are strong because our corporate identity, culture and values have brought us to where we are today, bolstering us against the challenges that lie ahead.

So have no doubts: ULMA Group is in good hands and is now in those of Ibon, so we wish him all the best in his new post!"

"Twenty-two years ago, ULMA's path and mine crossed, and since then, we have been on the same journey. I have to admit that until I started working at ULMA I had no idea about cooperativism, and everything I have learnt has been at ULMA through years of experience. After all these years, I would like to highlight two main ideas about cooperation: on the one hand, the appeal and relevance of the cooperative

model and, on the other, how close I am to the

principles and values on which is based on.

I will meet the challenges of this new 4-year mandate that lies ahead, and I am fully aware of how the Group's decisions directly affect our business and its employees. I am delighted to take on this new challenge, determined to find new ways to address future needs and opportunities. Finally, I am looking forward to the good times and the bad ones that we will have over the next four years. I already have some years of experience in the ULMA Group but now it is my turn and duty to adapt my approach somewhat by continuing the good work already carried out and reinforcing the values of our cooperative venture. This will require everyone's participation, as it is not the only way to move ahead.

I would like to express my heartfelt thanks to Lander for the firm resolve he has shown and the hard work he has put in over these last four difficult years, which has been a great opportunity for me to learn so much from him by being alongside. Let's all move firmly on!"

SUCCESSFUL WORKSHOP FOR CHILDREN



After the big halt caused by the pandemic, this year we have resumed the workshops for ULMA's employee's children. From the 5th of June to the 22nd, more than 60 children aged between 4 and 12 took part in different activities organised at the workshop held at ULMA Group's Central Departments.

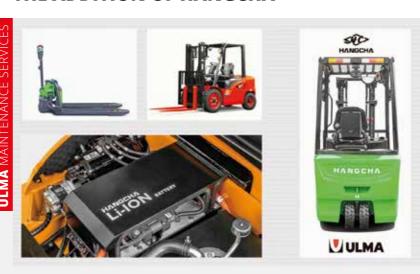
The activities focused on the topic of "Environment and Climate Change" and the children were able to learn about the importance of taking care of our environment. They did it in a fun way with experiments, crafts, gymkhanas,

For ULMA, this workshop aims to help out parents with the issue of work-family balance. Especially during June when there are no classes in the afternoons and this often entails a significant problem for the families. The timetable of the workshop (from 14:00 to 18:00) was designed to accommodate, as much as possible, the working hours of parents and it also allowed them flexibility in drop-on and drop-off times.

OVER 60 CHILDREN BETWEEN THE AGES OF 4 AND 12 PARTICIPATED IN THE WORKSHOPS THAT TOOK PLACE FROM 5 TO 22 JUNE AT ULMA GROUP'S CENTRAL **DEPARTMENTS**



ULMA MAINTENANCE SERVICES EXPANDS PRODUCT PORTFOLIO WITH THE ADDITION OF HANGCHA



PORTFOLIO BY INCORPORATING HANGCHA ULMA MAINTENANCE SERVICES HAS ANNOUNCED ITS RECENT PARTNERSHIP WITH HANGCHA, A LEADING FIRM IN THE MAINTENANCE SECTOR.

This partnership complements Hangcha is renowned for reliability, ULMA's key Mitsubishi Forklift Trucks product portfolio and offers the best alternative in terms of quality-cost balance.

robustness and efficiency, plus an unwavering commitment to technological innovation and has an exceptional customer

service department. Its range of products broadens the options for customers looking for high quality maintenance solutions at the best price.

By including Hangchain its portfolio, ULMA's intention is to extend its range of tailor-made solutions even further and meet the needs of an increasingly diverse clientele.

It also pledges to provide costeffective, versatile solutions to meet the logistical and maintenance challenges facing businesses. In this way, it reaffirms USM's ongoing commitment to adapting to the needs and preferences of its customers.

IT HAS BEEN 20 YEARS SINCE THE OPENING OF THE HEADQUARTERS IN AJOFRÍN, TOLEDO



IN MARCH 2003, THE AJOFRÍN HEADQUARTERS IN TOLEDO WAS INAUGURATED, WHICH TOGETHER WITH THE ONE IN MADRID MAKES UP ULMA'S CENTRAL DELEGATION.

It began its activity with 22 employees and currently the headquarters has a consolidated team of 140 professionals who have maintained the enthusiasm of the beginning, which is necessary to strengthen this common project. Thus, some of the people who played a leading role in the beginnings of the Ajofrín headquarters continue to form part of the ULMA team, whose qualifications, involvement and commitment are the key to maintaining long lasting and trusting relationships with customers and partners.

The Ajofrín logistics centre is also a fundamental part of ULMA's logistics network and service, aimed at reducing delivery times and offering a quality and reliable service.

ULMA EMBEDDED SOLUTIONS OPENS AN OFFICE IN SAN SEBASTIAN

Since 13 years ago, ULMA Embedded Solutions has always strived to provide the best solutions to customer needs. By focusing on its customers, they have increased in market presence and, in the last years, they have realised how important and neccesary is to come even closer to them.

To achieve this objective, ULMA Embedded began by creating a team of engineers and sales staff in Madrid and Bilbao, and now the business has expanded even further by opening an office in San Sebastian last month. This is where the team specialised in systems engineering works for the automotive and railway sectors.



addition to attracting talent, which is being quite challenging for the need for very specific profiles, is to work closely with some key customers and be flexible when it based.

The aim of this new office, in comes to travelling to the rest of the peninsula and neighbouring countries. The office is located in ULMA Embedded Solutions due to the Miramón Technology Park, where several companies in the technology sector are already

EFFICIENT AUTOMATION AND SUSTAINABLE PACKAGING AT FRUIT LOGISTICA 2023



In line with the WeCare project, Packaging showcased a wide range of sustainable packaging solutions and efficient automation in its Flow Pack (HFFS), Heat Sealing and Vertical Form Fill Sealing (VFFS) lines at the Fruit Logistics trade fair.

This equipment includes different technologies such as VENTURI™, TIGHT-BAG™ and BETTER-SEAL™ that reduce packaging material, increase recyclability and compostability and ensure food safety and waste reduction. The equipment also includes new alternative materials that facilitate recycling of packaging at the end of its life cycle and the packaging machines use renewable materials based on paper fibre or highly recyclable mono-materials.

At the same time, these lines offer more efficient automation through

ULMA Packaging Automation and Digital Packaging technology. The equipment includes an HMI (Human Machine Interface) to boost smooth operation and integration in an Industry 4.0 environment, enhancing the possibilities of connectivity through remote access and integration with MES and ERP systems using OEE analysis tools both in the equipment itself and via the myULMA customer portal.

ULMA AGRÍCOLA OPENS NEW PRODUCTION PLANT AND OFFICES





AFTER 44 YEARS OF ACTIVITY WITHIN ULMA CONSTRUCTION'S FACILITIES, ULMA AGRÍCOLA INAUGURATES ITS NEW PRODUCTION PLANT AND OFFICES LOCATED IN THE TORREAUZO NEIGHBOURHOOD OF OÑATI.

This achievement is an important milestone for the company in that it will provide them with their own premises for the proper new installations to improve the quality of its products and services, as well as to contribute to the economic growth of the **region.** They also emphasise that

the new premises will hopefully be a catalyst for the future success of the co-operative.

development of their work. **ULMA** The new industrial plant has four **Agrícola pledges to use these** 5-tonne cranes, a warehouse span of 30 metres, eight loading and unloading bays and a fast loading platform for maritime containers. In addition to this, there is a storage space of over 8,000 m² with silos and

shelves for storing raw materials and finished products. The building has been designed to be energy efficient and includes closed circuit anti-intrusion technology, plus an automatic door access control

ULMA Agrícola hopes to inaugurate this building of which they say they "very proud" as soon as possible.

ULMA HANDLING SYSTEMS TO CHAIR THE MOBILITY AND LOGISTICS CLUSTER

The 20th General Assembly of the Mobility and Logistics Cluster, MLC ITS Euskadi, was held on 2 June. It was unanimously agreed that ULMA Handling Systems will take over the presidency of the Cluster and Eduardo Lasa Ramirez will be its new chairman.

The event was attended by representatives from around fifty associated organisations, who endorsed the change in members of the Board of Directors, in accordance with the association's statutes.



from Joaquín Acha of Autobuses La Unión, who has completed his term of office.

As a result, **Eduardo Lasa takes** The Euskadi Mobility and Logistics **over the presidency of the cluster** Cluster is an association of different

companies involved in mobility and logistics. It promotes different collaborative projects among companies, such as innovation projects, product development or infrastructure.

AD HOC DRAINAGE SOLUTION FOR THE ICONIC PILAR SQUARE IN ZARAGOZA



The famous Pilar Square in Zaragoza has been renovated and they needed a **drainage system** that could withstand D400 loads. Although it is a pedestrianised square, during the festivities of El Pilar, for example, the stages for concerts are erected there and the area becomes busy so trucks need to be able to pass through the area.

In terms of aesthetics, the appearance needed to remain the same, to maintain the beauty of the square. That is why ULMA's concealed drainage system was chosen. But there was one problem: the owner did not want the manhole for the sump unit to also be slotted.

To solve this issue, the engineers designed an alternative: They made a **special support** with a unique box at the right height to ensure that the slotted grille and the slotted manhole were at the same level.

Once again, the ULMA Architectural Solutions' engineering department showed its ability to create bespoke solutions to meet the requirements of each project.

ESE ERRE, SILVER SPONSOR AT THE 29TH ANAPAT CONVENTION



Ese Erre, the sales division of ULMA Maintenance Services specializing in spare parts and consumables, showed its commitment to the sector at the recent General Meeting of Partners and the 29th ANAPAT Convention. As Silver Sponsor, Ese Erre joined key players in the industry at this important event.

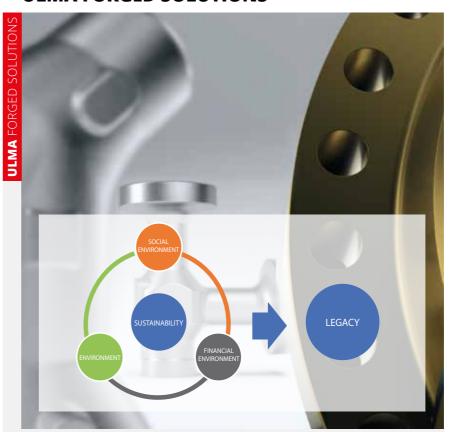
Held in Murcia, **the convention marked a milestone in post-pandemic recovery** and it become the prelude to ANAPAT's 30th anniversary next year. The event highlighted the sector's strength and unity and heralded the future and challenges lying ahead.

With its outstanding range of benchmark items, **Ese Erre** took advantage of the event to forge relationships and present its product range. They also contributed to the "Training for Growth" topic by reflecting on the importance of training in the sector. During the

convention, ANAPAT's business activities during 2022 and forecasts for 2023 were discussed, with a special presentation by the economist Marc Vidal.

Ese Erre's participation underlines its ongoing commitment to growth in the sector. Its presence at this event demonstrates the company's interest in continuing to be an active player in the development of the industry.

SUSTAINABILITY, A FIRM COMMITMENT AT ULMA FORGED SOLUTIONS



Sustainability has become a global concern, and meeting the needs of the present without compromising those of future generations has become a challenge for society in general.

For ULMA Forged Solutions, as a cooperative business, responsibility, democratic participation, fairness, and solidarity are the cornerstones of all its actions and decisions. They are intrinsically linked to delivering better ULMA Forged Solutions than those that already exist.

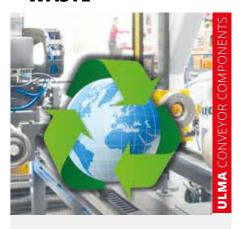
Faced with the challenge of guaranteeing a sustainable future, ULMA Forged Solutions recognises the need for an energy transition towards cleaner and renewable sources. They understand that their contribution to the fight against climate change and the reduction of carbon emissions is

ULMA FORGED SOLUTIONS RECOGNIZES THE NEED FOR AN ENERGY TRANSITION TOWARDS CLEANER AND RENEWABLE SOURCES

crucial to ensure a sustainable future. Therefore, they are committed to calculating their carbon footprint, which will allow them to accurately assess their environmental impact and define the necessary steps to be taken in the coming years.

Currently, their carbon footprint value lies within scopes 1 and 2 (direct and indirect emissions), and they are striving to achieve the third scope before summer and initiate a cycle where their environmental impact will be reduced through a clear, measurable indicator.

OUR GOAL: ZERO WASTE



WITH THE FOCUS SET ON PROTECTING THE ENVIRONMENT, ULMA CONVEYOR COMPONENTS IS WORKING INTENSIVELY ON THE "ZERO WASTE" PROJECT.

This project is based on the principle of reusing products so that they are not returned to the environment as waste or rubbish.

To this end, they have installed specialised spill control equipment and implemented specific training for workers. Waste treatment has also been optimised to reduce pollutant emissions that may end up contaminating the air and ground.

The amount of waste sent to landfill has also been reduced by 90% through efficient waste management. The number of times waste has been transported for treatment has also been reduced, leading to a 10% reduction in carbon footprint.

In short, ULMA Conveyor Components is trying to change the mentality, habits and production model in order to be more sustainable, more responsible and to produce less waste.

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AJUSA OPTS FOR ULMA'S SHUTTLE-M

Ajusa, a company located in Albacete, is a leading worldwide manufacturer and distributor of engine components. Its flagship product is the cylinder head gasket and its focus on combustion engines allows it to expand into markets where this technology still thrives, such as North America.

This expansion means Ajusa has had to increase its production capacity while maintaining the current resources and increasing the number of reference products in stock by 20%; this increase in output explains why they have opted for ULMA.

The proposed project consists of an automated order picking centre comprising three SHUTTLE-M aisles (with the possibility of adding two more aisles) and eight picking



stations (including the possibility of adding two more). Two of the picking stations will be used to prepare orders for the domestic market and the remaining six will be used for export and internal orders (kitting). The project will also have six stations for the entrance of goods into the new warehouse, which will have the capacity to

move approximately 1,200 pallets per hour for both incoming and outgoing goods.

It should be noted that this is a very important milestone for both ULMA and DAIFUKU, as it is the second SHUTTLE -M system sold by ULMA in the domestic market.

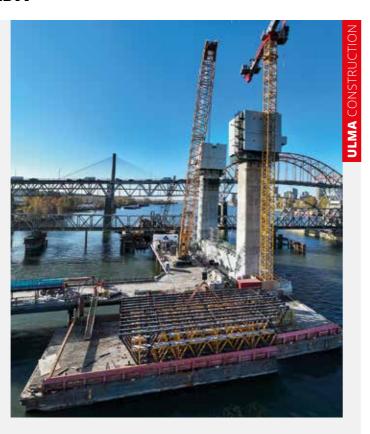
NEW PATTULLO BRIDGE IN CANADA

THE PATTULLO BRIDGE IS A KEY ROAD CONNECTION BETWEEN NEW WESTMINSTER AND SURREY IN BRITISH COLUMBIA, CANADA.

The bridge, which crosses the Fraser River, is more than 80 years old and is being replaced by a new structure that will improve safety and traffic flow.

ULMA is taking part in this new bridge construction project, which in addition to two lanes in each direction for vehicle traffic, will have pedestrian and bicycle lanes separated by a central reservation to ensure greater safety for all bridge users.

This impressive construction project counts on the supply of ULMA's formwork systems such as the special MK Truss, the ENKOFORM HMK beam formwork and VR Tables.



THE AUTOMATIC TRAY SEALING LINE STANDS OUT AT INTERPACK 2023



AUTOMATION OF PACKAGING PROCESSES IS ONE OF ULMA PACKAGING'S PRIORITY CONCERNS AND ITS AUTOMATIC TRAY SEALING LINE WAS ONE OF THE HIGHLIGHTS SHOWCASED AT THE INTERPACK STAND.

This packaging line, featuring the design, assembly, delivery and and reducing downtime to a minimum.

Ontheotherhand, ULMAPackaging's

TSA 1000 D double tray sealer, technical support, as it is our goal to has been **designed to maximise** be a one-stop contractor and singleefficiency, reaching an output source supplier to cover all of our of up to 120 trays per minute customers' needs and requirements throughout the life of the line.

ULMA's WeCare sustainable packaging claim is also a key part specialised engineers handle the of all our solutions, including this

automatic line. The packaging produced is 100% recyclable because the materials from which it is made are fully recyclable.

The system being shown at Interpack clearly demonstrates the benefits of having a single-source supplier like ULMA Packaging when adding automatic packaging lines.

ULMA ARCHITECTURAL SOLUTIONS RELEASES A NEW VIDEO

After months of preparation and care, ULMA Architectural Solutions has finally presented its new corporate video.

This audiovisual presentation not only shows their innovative and customisable solutions for drainage and architecture, but also and most importantly, they introduce to the team of professionals behind it all.

As they rightly explained, people are the heart of what ULMA Architectural Solutions do, each of its professionals working hand in hand as a team to make a positive impact on the planet and meet their customer needs.

Making this new video involved travelling all over the world, capturing ULMA Architectural Solutions' technology and products in real motion; from Brazil to Finland, to capture the companys international vocation.



But what really makes the video special, however, is the care and passion that our colleagues at Architectural Solutions have put into every single detail of this new audiovisual presentation.

ULMA CONVEYOR COMPONENTS AT THE CIM CONVENTION + EXPO 2023 IN CANADA

Over 7,000 industry professionals came together in Montreal (Canada) from 30 April to 3 May to meet each other, learn about the latest developments and **share experiences** during the CIM Annual Convention + Exhibition.

Mitch Warner, Managing Partner of Arbinger, set the tone on the opening day with his keynote speech that addressed the importance of building trust and changing mindsets to adapt to different cultural communities. Despite global uncertainty, those attending the convention agreed on a method to increase the willingness needed to decarbonise 2,500 visitors. **ULMA Conveyor** the world.



The Expo buzzed with the energy and enthusiasm emanating from over 470 display stands, where professionals were industry Components took advantage of

its presence at the Convention to present its latest innovations and to meet potential new partners and agents who came able to converse with more than to their stand and showed great interest in the solutions and products on display.

BLOOD DONATION AS PART OF SOCIAL COMMITMENT

ULMA Maintenance Services has organised a blood donation day in collaboration with the Gipuzkoa Blood Donors Association. The initiative, organised by Aitzol Guridi Zubia, the People Management Manager, is the first of two scheduled for this year and clearly shows the company's **commitment** to co-operative values and social responsibility.

Fully aware of the importance of contributing to society beyond immediate business activities, employees from ULMA Maintenance Services became actively involved in the initiative and gave part of their working day to this cause.

Donating blood is simple yet hugely important and saves the lives of those who need it. By organising this blood donation day, ULMA



reaffirms its commitment to the community and reinforces the idea that, 'Every action, no matter how small, can make a difference'.

The next blood donation day is scheduled for the end of the year, and we expect the entire team to actively participate again.

IBON CALVO, NEW CHAIRMAN OF ULMA GROUP

Ibon Calvo, the current Chairman of the Governing Council of ULMA C y E, S. Coop., has been appointed new Chairman of ULMA Group's General Council for the next four years at their Ordinary General Assembly. Ibon, a Senior Mechanical Engineer who joined ULMA in 2001, will succeed Lander Diaz de Gereñu, who held the position since June 2019.

He has developed his professional career in the R&D Department of ULMA Construction, first as R&D Technician and later as Product Manager. He was a member of ULMA C y E's Governing Council from 2011 to 2014 and has been its Chairman since 2019.



COLLABORATION AGREEMENT SIGNED BETWEEN ULMA AND THE **GUGGENHEIM MUSEUM BILBAO**

The agreement, valid for three years (2023-2025), was made official at a signing ceremony attended by the Chairman of ULMA Group, Lander Díaz de Gereñu, and Juan Ignacio Vidarte, General Manager of the Guggenheim Museum in Bilbao.

Thanks to this agreement, ULMA joins the Corporate Members programme with Associate Company status. Thanks to it, ULMA will receive a series of exclusive benefits, such as the possibility of using the premises for corporate events, going on guided tours and beeing part of events organised by the Museum. It also includes extra admission right, thanks to the handful invitations to distribute among different groups of interest to ULMA.

The Museum also provides virtual tours of temporary exhibitions on its website, and Corporate Members of the Guggenheim Museum Bilbao, such as ULMA, have the privilege of free access during the first months of the exhibition, before they are available to the general public.



WALTHERPARK, A BUILDING PROJECT IN THE HISTORIC HEART **OF BOLZANO**

WaltherPark is an **urban requalification project** in Bolzano, Italy, for the restructuring and enhancement of a central district located just next to the railway station and Piazza Walther, the city's main square near Bolzano Cathedral.

The project, with a surface area of approximately 16,000 m², consists of a new multifunctional building in the historic centre of the Alpine town of Bolzano, which is part of the redevelopment plan for the entire district, contributing to making WaltherPark a point of interest and tourist attraction.

It is a mixed-use building complex that will include a shopping centre, car parks, offices, restaurants, residential areas and a quality hotel, as well as extensive green areas.

For this project, **ULMA** has provided a wide range of products and the collaboration with the client has been constant in order to solve any problem on-site



VENTILATED FAÇADE SOLUTION BY ULMA FOR THE KUBE



THE KUBE IS A GROUP OF BUILDINGS THAT WILL NOT GO UNNOTICED IN THE CITY OF TARRAGONA. WITH ITS PLAY OF VOLUMES AND AN IMPOSING 19-STORY TOWER, THIS ARCHITECTURAL PROJECT NEVER CEASES TO AMAZE.

The project management department chose ULMA Architectural Solutions to install its ventilated façade system in the building complex. They also raised a very clear premise: they wanted to give the facade a vertical rhythm around the volumes and dimensions of the buildings.

In response to this request, ULMA has proposed a ventilated façade in a mini-wave texture from the range of finishes offered by Stoneo. In this case, the perimeter of the window is covered with the WATER texture, with the mini-wave in a vertical, dark finish.

But without a doubt, the great complexity of this project lies in its execution: each of the cubes that cover the windows has different and irregular dimensions, which required meticulous and precise work from ULMA's technical and installation teams.

ULMA DONATES TWO AMBULANCES TO UKRAINE

As part of the Ukraine Aid Programme, ULMA has purchased and donated two medicalised ambulances for emergencies and medical requirements that could arise in the country. This initiative relies on the help of Ukrainian volunteers who will take the ambulances to Ukraine during the third week of June. We are grateful to them!

Money donated by employees from ULMA covered part of the cost of buying these two ambulances. These donations reached an amount of €7,691.

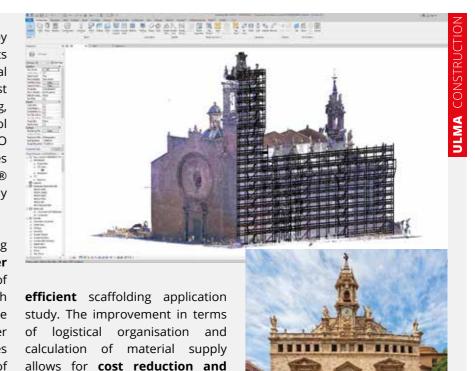
ULMA would like to thank everyone who has done their bit for this charitable cause. We will continue to work together to ensure that the different humanitarian projects in the Ukraine Aid Programme become a reality, and we will inform you as soon as they become a reality.



SMART PRODUCTS AIMED AT OFFERING THE BEST SERVICE TO **CUSTOMERS**

The digital tools developed by ULMA provide intelligence to its products, optimising internal processes in order to offer the best customer service. Laser scanning, for example, is an effective tool which, together with the BRIO and DORPA scaffolding libraries in REVIT and ULMA's Scaffmax® configurator, facilitates the study and application of scaffolding.

Among the most outstanding advantages are safety and greater accuracy, as an exact replica of the building is achieved and both the scaffolding application and the materials sent to the site fit together right away, avoiding changes during the process. The result of the measurement is a point cloud that represents an accurate 3D model, allowing a faster and more



INOXTRUCK REINFORCES ITS DIGITAL STRATEGY WITH THE ELORA PLATFORM

increased productivity.

In a strategic move to boost its demand for efficient management competitiveness, Inoxtruck has an advanced product lifecycle management platform.

Inoxtruck, a business unit belonging to ULMA Maintenance Services, is innovating its product handling system through Elora PLM, a stateof-the-art open source system for product lifecycle management. It centralises all aspects of product **development**, enhancing the digitisation of information and related processes.

The decision comes after placing control of engineering changes. over 4,000 machines on the market, underlining the growing

and follow-up; in the words of announced that it will integrate Fernando Odriozola, Director with the Elora PLM platform, of Inoxtruck, "We are laying the foundations for efficient product life cycle management which will span the next decade".

> The platform offers a wide range of competitive advantages, such as robust security, advanced document management, CAD integration and facilitation of cross-departmental collaboration, none of which incur any additional costs. It also includes powerful search engines, efficient process management and automatic



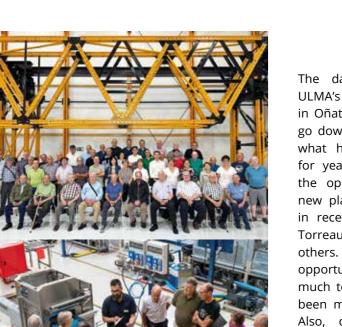
icle — A day to remember and celebrate!

9 de junio 2023

TRIBUTE TO RETIREES FROM ULMA

A day to remember and celebrate!

Nearly 300 retired employees celebrated their big day in Oñati on the 9th of June. It was a day full of emotion and nostalgia. They visited ULMA's plants and met with their old colleagues at lunch at the Zubikoa sports centre.



The day began with visits to ULMA's production plants located in Oñati. Some retirees wanted to go down memory lane and revisit what had been their workplace for years. Others, however, took the opportunity to discover the new plants that have opened up in recent years in Zubillaga and Torreauzo neighbourhoods, among others. Those visits were a unique opportunity to see first-hand how much technological progress have been made over recent years.

Also, during the morning, an official welcome ceremony and presentation took place in the auditorium of ULMA's Central Departments, where General

Manager Iñaki Gabilondo and Chairman of the Group Lander Diaz de Gereñu updated them on the Group's current state on social and business matters.

ral view of the lunch at the Zubikoa sports centre in Oña

Lunch at the Zubikoa sports centre

Once the visits were over, the retirees made their way to the Zubikoa sports centre, where they enjoyed a tribute lunch livened up by music and a couple of surprises. The cherry on top of the day was a raffle with a trip to Istanbul and another to Amsterdam. The party continued well into the evening with music by DJ Joseina Etxeberria.

"We would like to thank all our retirees for their commitment to ULMA over the years; such dedication and commitment have been fundamental in the success of this cooperative project of which they will always form a vital part".

LANDER DIAZ DE GEREÑU CHAIRMAN OF ULMA GROUP

At the end of the party, the retirees left, with the excitement of such an emotional day still lingering on; No doubt all of them were looking forward to the next one.

Furthermore, the retirees from ULMA, who, for geographical reasons, were unable to attend the event in Oñati, ULMA sent a gift to thank them for their hard work and dedication over the years.



JUAN CARLOS BARRENA

"What a fantastic day. I enjoyed both the food and the visit very much. However, I have just recently retired, so I did not see many changes during the visit, but I had the opportunity to meet up with old colleagues again"

BEGOÑA URRESTARAZU

"Everything was perfect. We all felt very much at home and meeting with people I had not seen for a long time was very nice and emotional. If another tribute to ULMA's retired employees is held again, I will be there for sure"

JOSE MARI BENGOA

"It was a delightful experience. I had the opportunity to visit the ULMA Architectural Solutions plant and see all the changes that have taken place. The explanations given during the visit were also very compelling. The meal was just as good, and with the great atmosphere set by the DJ, we were even encouraged to dance!"





> Images from different moments during the special occasion: visits to Businesses, traditional Aurrezku tribute dance, having lunch, etc.

16

Article Recipe for a healthy lifestyle



Good nutrition and healthy habits are very important both at home and at work. At ULMA, we promote a healthy workplace at every levels, which is why we organised a **Nutrition Course in May.**

Amaia Diaz de Monasterioguren, a dietician and nutritionist, took charge of the theoretical and practical lessons on Nutrition and Healthy Habits every Monday in May at ULMA's Central Departments. As Amaia Diaz de Monasterioguren underlined, "This concept is crucial for the well-being of working people."

The 25 people who took part in the course learned, among other things, the importance of taking care of themselves and listening to their bodies, how to prepare a menu tailored to their needs and how to cook using seasonal products.

The lessons lasted approximately one and a half hours and combined theory with practical activities. Amaia emphasised that the participation of both men and women of different ages and from a wide variety of working backgrounds was an important factor in sharing different experiences and offering advice and examples tailored to the needs of each of the participants.

"Caught up in the rush and routine of work often means we forget about the importance of good nutrition; this course aims to show how important what we eat is and how this helps us perform better and tackle each day feeling fresh and full of energy"

AMAIA DÍAZ DE MONASTERIOGUREN

From theory to practice

The first day of the course began with the presentation of the 7 Pillars of Health and Well-Being. A theoretical class that helped them understand the importance of taking care of themselves and listening to their bodies to find out what they need at any given

From the theoretical part, classes then moved on to more practical aspects. They learned how to prepare balanced weekly menus, distinguish between physical and emotional hunger and identify seasonal and local foods. Amaia also presented practical, healthy, appealing recipes with useful guidelines for making a variety of unique salads.





AMAIA DIAZ DE MONASTERIOGUREN DIETICIAN AND NUTRITIONIST

"The course is tailored to the different needs and situations of the participants and I always try to give individual attention to each of them, which is often a difficult though fulfilling challenge given my extensive background as a dietician and nutritionist; the result proved more than satisfactory, knowing that they are now fully aware of the importance of looking after themselves through healthy, conscious eating habits and the advantages of consuming both seasonal and local products".



URKO BIAIN ULMA PACKAGING

"I found the course very interesting about the topic. What I particularly appreciated most was being able to discover, in a very dynamic and participative way, the tools and knowledge needed to take care of ourselves and those around us".



DANIEL LAGUARDIA ULMA HANDLING SYSTEMS

"All courses organised by ULMA are and I really wanted to learn more always an ideal opportunity to learn new things. In my case, I signed up because I needed to get my eating habits back on track. The course was very well approached, from more than one viewpoint, and instead of just talking about diets, important points were made about correct eating habits and excellent nutritional guidelines were also given".

2023

May 1 - August 31

RETIREMENTS



PEDRO NIETO JOSEBA ZULOAGA



JUAN CARLOS ARROYO JOSE LUIS MEAZA



LUIS UGARTE MIGUEL ÁNGEL BEITIA



JAVIER ETXEBERRIA MIGUEL ÁNGEL ARREGUI



PEIO ARIZMENDI JESÚS HERRERA



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MAITE ELGUERO SANTI GURIDI



(C)

TERE JAUREGUI SEVERINO RODRIGUEZ



GERMÁN RODRIGUEZ

FCO. JAVIER CASTAÑO

Thank you and have fun! CONGRATULATIONS