



Western Washington

## ABC Event & Seminar Booklet for July - August 2009

### July 2009

- 7/1 Workers' Comp Breakfast: Return to Work Programs
- 7/7 Management Seminar: Planning for Success
- 7/9 Safety Seminar: OSHA 10-Hour
- 7/9 ABC Green Council Seminar: Sustainability & Rating Systems: LEED® and Beyond
- 7/15 Safety Seminar: Basic Rigging
- 7/16 Safety Seminar: First Aid/CPR Four-Hour Refresher - Bellingham
- 7/16 Safety Seminar: Heat Stress, Bellingham
- 7/17 ABC Golf Extravaganza - Hawks Prairie, Lacey
- 7/18 Safety Seminar: First Aid/CPR Eight-Hour
- 7/22 FREE Eastside Networking Event - Azteca, Bellevue

### August 2009

- 8/4 Management Seminar: Planning for Success
- 8/5 Workers' Comp Breakfast: Recognizing the Substance Abuser at Work
- 8/6 ABC Green Council Roundtable
- 8/13 Safety Seminar: Scaffold User Training/Ladder Training
- 8/14 Management Seminar: LEED® GA & BD+C Test Prep, Day 1
- 8/18-21 Safety Seminar: Boom Truck NCCCO Training - Bellingham
- 8/21 Management Seminar: LEED® GA & BD+C Test Prep, Day 2
- 8/27 Safety Seminar: Silica/Asbestos/Lead Awareness
- 8/27 Free North End Networking Event - Bellingham

**ABC will be closed July 3rd for the holiday weekend.**

**Have a safe 4th of July!**

Associated Builders & Contractors of Western Washington  
399 114th Ave NE, Bellevue, WA 98004  
PH: 425.646.8000 or 800.640.7789  
FAX: 425.455.5701 | [www.abcwestwa.org](http://www.abcwestwa.org)

26<sup>TH</sup> ANNUAL ABC DINNER AUCTION

# SHOOTOUT AT THE ABC CORRAL!

SATURDAY, NOVEMBER 7, 2009

BELLEVUE HILTON

300 112TH AVE SE, BELLEVUE



5:00 - 7:00 pm	Registration Open
5:00 - 5:30 pm	Private Whiskey Bar Reception (for Shotgun Pardners, Corral, Saloon & Whiskey Sponsors)
5:30 - 6:00 pm	Open Whiskey Bar Reception (for all guests)
5:30 - 7:00 pm	Three Silent Auctions
7:00 - 10:00 pm	Live Auction, Make-A-Wish®/Fund-A-Wish

## HANG ON TO YER HATS... HERE COME THE SEATING OPTIONS:

**Shotgun Pardner \$850** (that's \$85 per rider, \$15 less than last year!)

- One table for 10 rough riders, in the first level of seating (you know, in the fancy seats!)
- Attendance at the private whiskey bar reception for you and yer posse the night of the event (exclusively for our Shotgun Pardners, Corral and Whiskey Sponsors)
- 1/2 page ad in the program book (you provide the artwork, or the uppity designer will shoot ya!)
- Sign with yer company's name at your table and recognition the night of event
- Mention in pre-event mailings and program book as a Shotgun Pardner

**Six Shooter Pardner \$650** (that's \$65 per guest, the same price as the early bird price!)

- One table for 10 gunslingers in the second level of seating (not too shabby pardner!)
- Mention in pre-event mailings and program book as a Six Shooter Pardner

**Slingshot Pardner \$70, Early Bird \$65** (must RSVP by 9/25)

- General admission seats per wrangler (no nonsense, let's git down ta bizness!)
- Register early and don't miss out on this special early bird price!

*Associated Builders & Contractors  
of Western Washington*

399 114<sup>th</sup> Avenue NE | Bellevue, WA 98004 | 800.640.7789

Register online at [www.abcwestwa.org](http://www.abcwestwa.org)!



Associated Builders  
and Contractors, Inc.

Western Washington

**DON'T SHOOT! WE'LL SPONSOR SOMETHIN'... SPONSOR LEVELS:**

***Corral Sponsor \$1,000 (only one available!)***

- Host a private whiskey bar reception for the Shotgun Pardners the night of event
- Attendance at the private whiskey bar reception for you and yer guests the night of the event
- One table for 10 cowboys in the first level of seating
- Mention in pre-event mailings as the Corral Sponsor
- 1/2 page ad in program book (you provide the artwork)
- Recognition the night of event and in the program book
- Yer company name on the auction Website page and in emails promoting the event
- Yer company logo on all attendee name badges

***Saloon Sponsor \$400***

- Provide all guests with a program book
- 1/2 page ad in program book (you provide the artwork)
- Recognition the night of event and in the program book
- Mention in pre-event mailings as an Saloon Sponsor
- Two complimentary tickets to event
- Attendance at the private whiskey bar reception for you and yer guests the night of the event
- Each table centerpiece will have a sign with yer company's name on it
- Recognition the night of event and in the program book
- Yer company name on the auction Website page

***Whiskey Sponsor \$250***

- Provide guests access to the complimentary whiskey bar during opening reception
- Recognition the night of event and in the program book
- Yer company name on the auction Website page

***Showdown Sponsor \$175***

- Provide guests with western-themed entertainment during the silent auction and reception
- Recognition the night of event and in the program book
- Yer company name on the auction Website page

***Bandanna Sponsor \$100***

- Provide guests with complimentary bandannas as they enter the auction
- Recognition the night of event and in the program book

**Supporting  
Sponsor:**



**2009 ABC DINNER AUCTION | "SHOOTOUT AT THE ABC CORRAL!" | NOVEMBER 7, 2009**

Company: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Attendees: \_\_\_\_\_

Seating Level (please check):

- Shotgun Pardner \$850
- Six Shooter Pardner \$650
- Slingshot Pardner #\_\_\_ x \$65 (before 9/25)
- Slingshot Pardner #\_\_\_ x \$70 (after 9/25)

Sponsor Level (please check):

- Corral Sponsor \$1000
- Showdown Sponsor \$175
- Saloon Sponsor \$400
- Bandanna Sponsor \$100
- Whiskey Sponsor \$250
- Bronc Bustin' Sponsor \$100

Payment:  Please bill me  Check enclosed  Charge Visa/MC/Amex:

Amount to be charged: \$\_\_\_\_\_ Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholders' Address: \_\_\_\_\_

**PLEASE RSVP BY NOVEMBER 1<sup>ST</sup> TO AMY GEGOUX: 800.640.7789, FAX 425.455.5701 OR AMY@ABCWESTWA.ORG**



PAC Fundraiser:

# ABC Glow Ball Tournament

Cost: \$150 per person; \$500 for Foursome  
September 11, 2009 from 6:00 to 10:00 pm  
Foster Golf Links  
13500 Interurban Ave S., Tukwila 98168

## Are You Afraid of the Dark?

Join your fellow ABC members for ABC's 3<sup>rd</sup> Annual Glow Ball Tournament! It's from 6:00 to 10:00 pm (Shotgun start at 7:30 pm). Each golfer gets 9 holes of night golf, two glow-in-the-dark balls, buffet dinner, drink tickets, prizes for the top team and more! All funds raised go to ABC's State PAC which supports legislators that share ABC's merit shop and pro-business philosophy.

*Corporate or personal funds are gladly accepted.*

**We are limited to the first 44 players, so sign up today!**

## PAC Fundraiser: ABC Glow Ball Tournament Registration form

Company Name: \_\_\_\_\_

Participant Names: \_\_\_\_\_

#\_\_\_\_ of players x \$150 = \$ \_\_\_\_\_ <OR> #\_\_\_\_ of foursomes x \$500 = \$ \_\_\_\_\_ (discounted price)

Check Enclosed    Credit Card: AMEX/Visa/MC # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholder's Address \_\_\_\_\_

Contact Name: \_\_\_\_\_ Email: \_\_\_\_\_

Mail or fax back to Associated Builders & Contractors  
399 114<sup>th</sup> Ave NE Bellevue, WA 98004  
FAX: 425.455.5701



Registration fees benefit the ABC State PAC Fund to help elect pro-free enterprise officials and legislation. Questions? Contact Amy Gegoux at amy@abcwestwa.org, 800.640.7789 or 425.646.8000.



# Associated Builders & Contractors' Green Council Seminar

## **Sustainability & Rating Systems: LEED® and Beyond...**

By James Jenkins, LEED® AP Homes,  
BD+C, CSBA, O'Brien & Company

Thursday, July 9, 2009  
1:00 - 4:00 pm  
Enterprise Fleet Management  
1119 SW 7th, Renton



Through presentation and interactive discussion with the audience, James will explore the relationship of sustainability in the built environment, green building rating systems and code compliance, specifically addressing LEED® v 2009 and the Living Building Challenge. Green Building Rating Systems are great tools to achieve sustainability for design and construction teams that may not have the expertise and experience to design the nebulous "sustainable building" without a guide and anyone wanting marketable recognition of their efforts to achieve sustainability. James will also discuss the market opportunities in green building from the construction trade perspective and provide insightful steps the construction industry can be taking in our slow moments to be better prepared for the next wave of green building; pursuing certification or not.

**James Jenkins, LEED® AP Homes, BD+C, CSBA, Sustainability Consultant & Project Manager, O'Brien & Company**  
*James provides technical leadership to a large portfolio of green building projects at O'Brien & Company. He is well versed in green building certification programs such as LEED®, Built Green™, and Living Building Challenge and offers fine-tuned skills as an educator and facilitator for project development, design, and construction teams. James works closely with his projects to provide well-rounded education on green building techniques and practices, and ensures team compliance and proper tracking for LEED® Certification projects. James knows how to help designers and contractors achieve their sustainable building goals and he is an expert at resolving technical sustainable building and certification issues. James leads O'Brien & Company's developed workshop such as Build It LEED® and LEED® Study Sessions. He is also a lead trainer for the Sustainable Construction sessions of the Sustainable Building Advisor program in the Puget Sound and the Sustainable Building Module of the Building Operators Certification program.*

### **July 9, 2009 | ABC Green Council: Sustainability & Rating Systems: LEED® and Beyond...**

ABC member discount: \$79 x \_\_\_ people = \_\_\_\_\_ ; Regular registration fee: \$113 x \_\_\_ people = \_\_\_\_\_

Attendees: \_\_\_\_\_

Company \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

Ck Enclosed/In the mail or  Visa/MC/AMEX# \_\_\_\_\_ Exp. \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholder's Address \_\_\_\_\_

**48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.**



# 2009 ABC Golf Extravaganza

Friday, July 17th ★ 1:00 PM Shotgun Start

The Golf Club at Hawks Prairie

8383 Vicwood Lane, Lacey (Exit #111)

- ★ Our community service partner, the Make-A-Wish Foundation of Alaska, Montana, Northern Idaho & Washington, will benefit from a portion of the proceeds from the tournament ★
- ★ Hosted sponsor tees! ★ Fun contests & prizes! ★ Room for only 144 players! ★
- ★ Invite clients and suppliers! ★ Reward key employees! ★ This tournament WILL sell out, so sign up today! ★

The Woodlands was the first of two distinct championship courses built at The Golf Club at Hawks Prairie. With fairways lined by dense, old-growth forest, the course stretches from 5600 to 7170 yards depending on which of the four tees you choose. The Woodlands is acclaimed for its definitive Northwest features, which include sprawling fairways that meander through tall-timber, idyllic ponds and wetlands, and expansive, multi-tiered greens.



**WE EXPECT REGISTRATION TO FILL UP BEFORE THE DEADLINE -- SO SIGN UP TODAY!**

All names for foursomes must be registered and paid for by July 1<sup>st</sup> - no refunds will be given after that time, but substitutions are allowed. Dress: Suitable golf attire required. Collared shirts with sleeves required. Shorts must be Bermuda length. Soft spikes only.

## 2009 ABC Golf Extravaganza Registration Form

**COST:** \$175 per person. Includes 18 holes of golf, use of driving range and balls, golf cart, lunch, refreshments, dinner, a 2009 ABC Golf Extravaganza golf shirt, contests, prizes and tons of fun!

**NOTE:** Nearly all registrations are for foursomes. If you want to use this for business development, make your own foursome of prospective or current clients!

PLAYER	COMPANY	SHIRT SIZE (S, M, L, XL, XXL, XXXL)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Team Captain's Email (will get all foursome information sent to them): \_\_\_\_\_

#of Players \_\_\_\_\_ x \$175 = \$\_\_\_\_\_  Check Enclosed OR  Charge my Visa/MC/Amex Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Cardholder's Address \_\_\_\_\_

**Register Now:**

Only room for 144 players!

Deadline: Monday, July 1<sup>st</sup> (Warning: usually sold out before deadline!)

**Become a 2009 Golf Sponsor!** Questions? Contact Amy Gegoux @ ABC

800.640.7789 or amy@abcwestwa.org; FAX: 425.455.5701

399 114th Ave NE, Bellevue, WA 98004



# Tee It Up!

Associated Builders & Contractors of Western Washington's

## 2009 Golf Extravaganza Sponsorship Opportunities



**Don't miss out on this great marketing opportunity to meet your target audience face-to-face!** The 2009 ABC Golf Extravaganza will be held on Friday, July 17th, 2009 at The Golf Club at Hawks Prairie in Lacey. Sponsors will receive special recognition at the golf tournament including signage, recognition in the ABC Newsline and ABC Website ([www.abcwestwa.org](http://www.abcwestwa.org)), and a Golf Sponsor gift.

**Sponsors on the Tees:** Back again this year, Tee Sponsors will be able to "host" their holes on the course. You can hand out company or golf "goodies," say hello to old friends and meet new ones. (All food & beverages must be purchased through the golf course.) Green Sponsors will have signs on their greens.

**All sponsorships are FIRST COME, FIRST SERVED with preference given to those who previously held the sponsorships.**

### SPONSORSHIP LEVELS:

~~SHIRT SPONSOR~~ ~~SOLD!~~ ~~\$2,000~~  
Includes your company logo on a golf shirt for every player, a foursome registration, and a special sponsor gift.

~~DINNER SPONSOR~~ ~~SOLD!~~ ~~\$2,000~~  
Includes signage at dinner, a complimentary foursome registration, and a special sponsor gift.

**PHOTOGRAPHY SPONSOR** **\$1,500**  
Includes your company logo on each foursome photo (36 foursomes!), a table and sign at the photography tee, and a special sponsor gift.

~~LUNCH SPONSOR~~ ~~SOLD!~~ ~~\$1000~~  
Includes signage at lunch, your company name on a lunch coupon in each registration packet, and a special sponsor gift.

~~PLAYERS CART SPONSOR~~ ~~SOLD!~~ ~~\$750~~  
**New sponsorship this year!** Includes signage on each of the players carts (72 total), and a special sponsor gift.

~~BEVERAGE CART SPONSOR~~ ~~SOLD!~~ ~~\$750 ea.~~  
Includes signage on one of two beverage carts, your name on all beverage tickets, one complimentary tournament registration (per cart sponsorship), and a special sponsor gift.

**HOLE-IN-ONE SPONSOR** **Only 1 left!** **\$400 + insurance**  
Includes a sign and a table at the Hole-in-One hole, and a special sponsor gift. **Sponsor must provide the insurance and have a witness on the tee.**

**DRIVING RANGE SPONSOR** **\$350**  
Includes a sign on the driving range and a special sponsor gift.

Continued on right...

## **SPONSORSHIP LEVELS CONTINUED:**

### **SPECIAL CONTEST TEES**

**\$400**

Includes a sign, a table and chairs on your tee, and a special sponsor gift. Price includes a \$100 tee prize for winner.

**Please select the contest you prefer -- these are first-come, first served.**

- Women's Long Drive       Women's Closest To       Men & Women's Accuracy  
 Men's Long Drive       Men's Closest To

- We'll need a table and # \_\_\_\_\_ chairs at our tee.  
 Please provide us with # \_\_\_\_\_ complimentary lunches for people staffing our tee. (If you don't have an exact number of lunches reserved by 7/13 for your staff, they will be responsible for buying their own from the clubhouse. It's a long day - don't let them go hungry!)

### **TEE SPONSOR**

**\$300**

Includes a sign, a table and chairs on your tee, and a special sponsor gift.

- We'll need a table and # \_\_\_\_\_ chairs at our tee.  
 Please provide us with # \_\_\_\_\_ complimentary lunches for people staffing our tee. (If you don't have an exact number of lunches reserved by 7/13 for your staff, they will be responsible for buying their own from the clubhouse. It's a long day - don't let them go hungry!)

### **GREEN SPONSOR**

**\$150**

Includes a sign on your green and a special sponsor gift.

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## **SIGN-UP FORM - 2009 ABC GOLF EXTRAVAGANZA SPONSORSHIP**

Company: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

We plan on staying for dinner. Please include # \_\_\_\_\_ x \$25 dinner registrations. (If you are registered to golf, your dinner is already included, but if you plan on having people joining you at dinner, please note the additional people at \$25 ea.)

**Sponsorship Requested:** \_\_\_\_\_  **Check enclosed**

**Amex/Visa/MC #** \_\_\_\_\_ **Exp.** \_\_\_\_\_ **Amount to be charged: \$** \_\_\_\_\_

**Cardholder's Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Cardholder's Address:** \_\_\_\_\_

**Please bill me**

### **Fax or mail back to:**

**Associated Builders & Contractors  
of Western Washington  
399 114th Ave. NE, Bellevue, WA 98004  
FAX: (425) 455-5701**

### **Questions?**

**Contact Amy Gegoux ([amy@abcwestwa.org](mailto:amy@abcwestwa.org))  
at (800)640-7789 or (425) 646-8000.**





# Free Eastside Networking Event

**Wednesday, July 22, 2009**

**5:00 - 7:00 PM**

**Azteca Mexican Restaurant | 150 - 112<sup>th</sup> Ave. NE, Bellevue**

**This event is FREE of charge (includes appetizers; cash bar)**

★ Come and network with others in your industry! ★

★ Learn more about what ABC offers to save your business money: safety resources, Retrospective Rating Program, marketing opportunities, training, legislative representation, competitive health insurance program & more... ★

★ \$100 cash prize to any ABC member who brings a non-member company that joins at the event! ★

★ Companies joining that night receive 15% off their 2009 dues! ★

Questions? Call VP of Membership Wendy Novak at 425.646.8000 or 800.640.7789 or email [wendy@abcwestwa.org](mailto:wendy@abcwestwa.org).



Associated Builders & Contractors of Western Washington | 399 114th Ave NE | Bellevue, WA 98004

Western Washington

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## Free Eastside Networking Event Registration Form ★ July 22, 2009

Please RSVP by July 20<sup>th</sup> so we can order enough food!

Contact Name: \_\_\_\_\_ Company: \_\_\_\_\_

Phone: \_\_\_\_\_ Please register # \_\_\_\_\_ attendees (list names below)

Attendees: \_\_\_\_\_ Email Addresses: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I need a map! This event is free of charge. Please fax your completed form to 425.455.5701.

# Workers' Comp, Management & Safety Seminars ★ July 2009



**7/1 Workers' Comp Breakfast: Return to Work Programs**, by Glen Kuntz, *S.D. Deacon Corp. of WA*  
**Wed., 7/1, 7:30 - 9:00 am, The Coast Bellevue Hotel, Bellevue.** What do you do when a worker has returned to work after an absence due to injury? What are your responsibilities and rights? What are your workers' responsibilities and rights? Join us for breakfast and come find out about return to work programs and how to make them work for you and your employees. There will be an interactive discussion of how we are all coping with light duty jobs while still being productive in this current economy. **Free to ABC Retro participants (limit two per company). ABC member discounted fee: \$32 per person. Regular registration fee: \$48 per person. \*A full breakfast will be served.\* Registration deadline: 6/24.**

**7/7 Management Seminar: Planning for Success**, by Bayandor Farivar, *Manifest Management*  
**Tues. 7/7, 7:30 - 10:00 am, ABC, Bellevue.** This workshop is designed to teach business owners how to make the most of a business plan by understanding not only what the key elements of a plan are, but also how to use it to guide daily operations and decision-making. You will learn how to: develop a simple business plan and then use it as the cornerstone of accountability; present your plan to employees, customers, vendors and financial institutions for powerful partnership results and a "big picture" culture; develop a living corporate vision statement; create information for business planning including market potential and market competition; see the whole marketplace, including how to connect with other companies, affiliates and even competitors to improve your opportunity; leverage the power of information; and manage from context instead of content. **ABC member discounted fee: \$89 first attendee, \$30 each additional attendee. Regular registration fee: \$149 per person. Registration deadline: 6/30.**

**7/9 Safety Seminar: OSHA 10-Hour**, by Valerie McNulty, *Safety Training Works*  
**Thurs., 7/9, 7:30 am - 6:30 pm, ABC, Bellevue.** This training opportunity will address the unique safety and health issues important to the small business construction owner. The program will focus on developing strategies for managing your safety and health program and provide insight to common OSHA-identified hazards and regulatory issues. The OSHA 10-Hour Construction Safety Training offers OSHA 10-hour certification and OSHA Construction Standards 29 CFR 1926. You won't want to miss this important safety training. **Free for ABC Retro participants. ABC member discounted fee \$159 for the first attendee, and \$100 each additional attendee. \$300 each regular registration fee. Registration deadline: 7/2.**

**7/9 ABC Green Council Seminar: Sustainability & Rating Systems - LEED® and Beyond**,  
 by James Jenkins, O'Brien & Company  
**Thurs., 7/9, 1:00 - 4:00 pm, Enterprise Fleet Management, Renton.** See flyer on page 3. **ABC member discounted fee: \$79 per person. Regular registration fee: \$113 per person. Registration deadline: 7/2.**

## Registration Form ★ Workers' Comp, Management & Safety Seminars★ July 2009

Registering for (*Check all that apply*):

- 7/1 Workers' Comp Breakfast: Return to Work Programs:** ABC Retro Members = FREE (limit two)  
 ABC member discount: \$32 x \_\_\_ people = \_\_\_\_\_; Regular registration fee: \$48 x \_\_\_ people = \_\_\_\_\_  
 Attendees: \_\_\_\_\_
- 7/7 Management Seminar: Planning for Success:**  
 ABC member discount: 1st @ \$89 + \_\_\_ people @ \$30 each = \_\_\_\_\_; Regular registration fee: \$149 x \_\_\_ people = \_\_\_\_\_  
 Attendees: \_\_\_\_\_
- 7/9 Safety Seminar: OSHA 10-Hour:** ABC Retro Members: FREE  
 ABC member discount: 1st @ \$159 + \_\_\_ people @ \$100 each = \_\_\_\_\_; Regular registration fee: \$300 x \_\_\_ people = \_\_\_\_\_  
 Attendees: \_\_\_\_\_
- 7/9 ABC Green Council Seminar: Sustainability & Rating Systems - LEED® and Beyond**  
 ABC member discount: \$79 x \_\_\_ people = \_\_\_\_\_; Regular registration fee: \$113 x \_\_\_ people = \_\_\_\_\_  
 Attendees: \_\_\_\_\_

Company \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

Ck Enclosed/In the mail or  Visa/MC/AMEX# \_\_\_\_\_ Exp. \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholder's Address \_\_\_\_\_

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.

Associated Builders & Contractors, 399 - 114th Ave NE, Bellevue, WA 98004, FX: 425.455.5701 PH: 425.646.8000, 800.640.7789



# Safety Seminars ★ July 2009

## 7/15 Safety Seminar: Basic Rigging, by Rob Scherbarth, Overton Safety Training, Inc.

Wed., 7/15, 7:30 am - 4:30 pm, ABC, Bellevue. One of the critical components of a safe crane lift is the rigging of the load. The rigger needs to understand how to calculate the weight of the load. This knowledge is needed so that the crane is not overloaded, and the load is properly attached to the hook for a safe, stable lift. Wire rope is an integral part of the rigging, and there are over 30 types of wire rope. If the proper wire rope is not chosen for the material being lifted, the rope could fail and the load would fall. When you have completed this one-day course you will be a certified rigger. **Free to ABC Retro participants. ABC member discounted fee: \$210; regular registration fee \$315. Registration deadline: 7/8.**

## 7/16 BELLINGHAM LOCATION! Safety Seminar: First Aid/CPR - Four-Hour Refresher, by Gail Hall, LifeSaver Training

Thurs., 7/16, 8:00 am - 12:00 pm, Quality Inn Baron Suites, Bellingham. State law and good sense dictate that at least one person on every jobsite should be trained and certified in first aid and CPR. This course satisfies the legal requirements and safeguards your employees by having trained personnel on your crews. Topics include injury and illness assessment, bleeding and airway management, heart attacks, poisonings and other vital information. As this is a refresher course, all attendees must have a valid first aid/CPR card. **Class size is limited. No refunds after 7/9, but substitutions are accepted. ABC member discounted fee \$52; regular registration fee \$78. Registration deadline: 7/9.**

## 7/16 BELLINGHAM LOCATION Safety Seminar: Heat Stress, by Gail Hall, LifeSaver Training

Thurs., 7/16, 2:00 - 4:00 pm, Quality Inn Baron Suites, Bellingham. Heat stress results from the buildup of body heat generated by the muscles during work, and from heat coming from warm environments. When the body becomes overheated, less blood goes to the active muscles, the brain, and other internal organs. Come learn how to protect your workers from heat-related conditions. **Free to ABC Retro participants. ABC member discounted fee: \$85 first attendee; \$70 each additional. Regular registration fee: \$130 per person. Registration deadline: 7/9.**

## 7/18 Safety Seminar: First Aid/CPR, by Mike Newhouse, First Aid Northwest

Sat., 7/18, 8:30 am - 5:00 pm, La Quinta Inn, Tacoma. State law and good sense dictate that at least one person on every jobsite should be trained and certified in first aid and CPR. This course satisfies the legal requirements and safeguards your employees by having trained personnel on your crews. Topics include injury and illness assessment, bleeding and airway management, heart attacks, poisonings and other vital information. Mike Newhouse has taught for many years, always to rave reviews. **Class size is limited. No refunds after 7/10, but substitutions are accepted. ABC member discounted fee \$52; regular registration fee \$78. Registration deadline: 7/10.**

### Registration Form ★ Safety Seminars★ July 2009

Registering for (Check all that apply):

- 7/15 Safety Seminar: Basic Rigging: ABC Retro Members: FREE  
ABC member discount: \$210 x \_\_\_\_ people = \_\_\_\_\_; Regular registration fee: \$315 x \_\_\_\_ people = \_\_\_\_\_  
Attendees: \_\_\_\_\_
- 7/16 Safety Seminar: First Aid/CPR - Four-Hour Refresher - Bellingham  
ABC member discount: \$52 x \_\_\_\_ people = \_\_\_\_\_; Regular registration fee: \$78 x \_\_\_\_ people = \_\_\_\_\_  
Attendees: \_\_\_\_\_
- 7/16 Safety Seminar: Heat Stress - Bellingham: ABC Retro Members FREE  
ABC member discount: 1st @ \$85 + \_\_\_\_ people @ \$70 each = \_\_\_\_\_; Regular registration fee: \$130 x \_\_\_\_ people = \_\_\_\_\_  
Attendees: \_\_\_\_\_
- 7/18 Safety Seminar: First Aid/CPR  
ABC member discount: \$52 x \_\_\_\_ people = \_\_\_\_\_; Regular registration fee: \$78 x \_\_\_\_ people = \_\_\_\_\_  
Attendees: \_\_\_\_\_

Company \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

Ck Enclosed/In the mail or  Visa/MC/AMEX# \_\_\_\_\_ Exp. \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholder's Address \_\_\_\_\_

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.

Associated Builders & Contractors of Western WA | 399 - 114th Ave NE | Bellevue, WA 98004 | PH: 425.646.8000, 800.640.7789 | FX: 425.455.5701



# Free North End Networking Event

**Thursday, August 27, 2009**

**5:00 - 7:00 PM**

**Quarterback Pub & Eatery**

**356 36th St., Bellingham (exit 252 from I-5)**

**This event is FREE of charge - includes appetizers (cash bar) plus the use of pool tables!**

★ Come and network with others in your industry! ★

★ Learn more about what ABC can do for your business to save you money: safety resources, Retrospective Rating Program, marketing opportunities, training, legislative representation, competitive health insurance program & more... ★

★ \$100 cash prize to any ABC member who brings a non-member company that joins at the event! ★

★ Companies joining that night receive 15% off their 2009 dues! ★



Western Washington

Associated Builders & Contractors of Western Washington  
399 114th Ave NE  
Bellevue, WA 98004

Questions? Call VP of Membership Wendy Novak at 425.646.8000 or 800.640.7789 or email [wendy@abcwestwa.org](mailto:wendy@abcwestwa.org).

## Free North End Networking Event Registration Form ★ August 27<sup>th</sup>

Please RSVP by August 24<sup>th</sup> so that we can order enough food!

Contact Name: \_\_\_\_\_ Company: \_\_\_\_\_

Phone: \_\_\_\_\_ Please register # \_\_\_\_\_ attendees (list names below)

Attendees:

Email:

I need a map!

This event is free of charge. Please fax your completed form to 425.455.5701.



**Green**  
Construction  
at Work

## LEED® Green Associate (GA) & Building Design and Construction (BD+C) Study Session

### Session Description

Passing the LEED® exam requires a working knowledge of LEED® and green building as well as the ability to apply that knowledge to LEED® project situations. These study sessions provide a review of LEED® project administration, the credits and points in each LEED® category, and how they are applied on real projects. Homework problems challenge participants to develop a working understanding of the LEED® system. Role play exercises will allow participants to practice applying LEED® in the way they will be tested on the accreditation exam.

Experienced LEED® Accredited Professionals run each study session using a participatory approach for adult learners. All participants will have to study the LEED® Reference Guide, as well as other resources outside of the study sessions to prepare for and pass the examination. Participants will need to purchase the LEED® Reference Guide from the USGBC.

### Preparation

Students will need to have a copy of the Green Building Design and Construction Reference Guide, 2009 (hard copy or electronic), and the completion of some homework prior to the session start is strongly encouraged.

### 14-Hour Course Includes

- Small Group Exercises: Hands-on activities/practical applications related to LEED® Categories
- Presentations on the LEED® Exam structure, content, and test taking tips
- Practice Exams and Quizzes
- Discussion on LEED® Categories and credit synergies
- Much more!

### To register:

Homework instructions will be emailed to participants after registration. For more information contact Stacie Elledge at [stacie@abcwestwa.org](mailto:stacie@abcwestwa.org), or (800) 640-7789. You may also register online at <http://www.abcwestwa.org>.

### Course Details

**Date:** August 14 & 21, 2009

**Time:** 8 AM - 4 PM (each day)

**Location:** ABC Office

399 114<sup>th</sup> Ave NE, Bellevue

#### Registration Fee:

ABC Member: \$650.00

Non-Member: \$975.00

(Includes coffee and lunch)

#### Instructor:

James Jenkins  
LEED® AP, CSBA  
O'Brien & Company

### Apply at GBCI

For both Green Associate and Building Design and Construction tests prior approval is required through [www.GBCI.org](http://www.GBCI.org). Visit the Website to apply.

### Fine Print

If the minimum attendance of 10 participants is not reached, Associated Builders and Contractors of Western Washington reserves the right to cancel the workshop up to one week prior. All registered attendees will receive a full refund.



# Safety Seminars ★ August 2009

## **8/13 Safety Seminar: Scaffold User Training/Ladder Training**, by Jon Havelock, CSP, CHMM, *Med-Tox Northwest*

**Thurs., 8/13, 1:00 - 5:00 pm, ABC, Bellevue.** Are you in compliance with the DOSH standards for stairways and ladders? Are you using the proper ladder for the job? Are your stairways properly built and guarded? This four-hour class will give attendees an understanding of the Washington Administrative Code (WAC) requirements for the safe use of ladders and stairway systems. Topics include: practical safety tips for stairways and ladders, review of DOSH & OSHA requirements, and competent person standards. This class will also focus on the safety aspects of scaffolding and current DOSH requirements. Participants will be introduced to scaffolding basics and common safety problems related to scaffolds. Topics include: different types of scaffolds (such as supported and suspended scaffolds), as well as the interpretation of the related standards. After training, participants will be able to recognize potential hazards to get them corrected before being put at risk. **Free to ABC Retro participants. ABC member discounted fee: \$85 for the first attendee and \$70 each additional attendee. Regular registration fee \$130. Registration deadline: 8/6.**

## **8/18, 8/19, 8/20 & 8/21 BELLINGHAM LOCATION! Safety Seminar: NCCCO Boom Truck Certification**, by Rob Scherbarth, *Overton Safety Training, Inc.*

**Tues., 8/18, Wed., 8/19, Thurs., 8/20, Fri., 8/21, 7:30 am - 4:30 pm (each day), Quality Inn Baron Suites, Bellingham.** Includes classroom preparatory workshop specifically designed to prepare the experienced crane operator candidates to take the NCCCO Mobile Crane Core and Small Telescopic Specialty Written Certification examinations. Program Includes: 2.5 day comprehensive written exam preparatory training workshop followed by .5 day NCCCO Mobile Crane Core and Small Telescopic specialty written exams; and NCCCO practical examination on Small Telescopic Crane. Workshop includes: professional classroom training and instruction; 200+ page student workbook designed for the NCCCO written examinations; practice written exams; certificate of completion; NCCCO practical course layout, tips and hints; and a rigging pocket card. **ABC Retro participants: \$1,164. ABC member discounted fee: \$1,164. Regular registration fee \$1,746. Registration deadline: 8/11.**

## **8/27 Safety Seminar: Silica/Asbestos/Lead Awareness**, by Jon Havelock, CSP, CHMM, *Med-Tox Northwest*

**Thurs., 8/27, 1:00 - 5:00 pm, ABC, Bellevue.** Do you know the regulatory exposure limits and requirements to prevent worker exposure to silica, lead and asbestos? In this presentation you will learn the history and background of these workplace hazards, the proper use of engineering controls, and personal protective equipment. Highlights of the seminar include recognition of potential hazardous materials, minimizing hazards to workers and symptoms of lead poisoning. **ABC Retro members free. ABC member discounted fee \$85 for the first attendee, and \$70 each additional attendee. Regular registration fee \$130. Registration deadline: 8/20.**

### Registration Form ★ Safety Seminars★ August 2009

Registering for (*Check all that apply*):

8/13 Safety Seminar: Scaffold User/Ladder Training: ABC Retro Members: FREE

ABC member discount: 1st @ \$85 + \_\_\_ people @ \$70 each = \_\_\_\_\_; Regular registration fee: \$130 x \_\_\_ people = \_\_\_\_\_

Attendees: \_\_\_\_\_

8/18-8/21 Safety Seminar: NCCCO Boom Truck Certification - Bellingham: ABC Retro Members: \$1,164 x \_\_\_ people = \_\_\_\_\_

ABC member discount: \$1,164 x \_\_\_ people = \_\_\_\_\_; Regular registration fee: \$1,746 x \_\_\_ people = \_\_\_\_\_

Attendees: \_\_\_\_\_

8/27 Safety Seminar: Silica/Asbestos/Lead Awareness: ABC Retro Members: FREE

ABC member discount: 1st @ \$85 + \_\_\_ people @ \$70 each = \_\_\_\_\_; Regular registration fee: \$130 x \_\_\_ people = \_\_\_\_\_

Attendees: \_\_\_\_\_

Company \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

Ck Enclosed/In the mail or  Visa/MC/AMEX# \_\_\_\_\_ Exp. \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholder's Address \_\_\_\_\_

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.

Associated Builders & Contractors, 399 - 114th Ave NE, Bellevue, WA 98004, FX: 425.455.5701 PH: 425.646.8000, 800.640.7789



# Management Seminars & Workers' Comp Breakfast ★ August 2009

## 8/4 Management Seminar: Planning for Success, by Bayandor Farivar, *Manifest Management*

**Tues. 8/4, 7:30 - 10:00 am, ABC, Bellevue.** This workshop is designed to teach business owners how to make the most of a business plan by understanding not only what the key elements of a plan are, but also how to use it to guide daily operations and decision-making. You will learn how to: develop a simple business plan and then use it as the cornerstone of accountability; present your plan to employees, customers, vendors and financial institutions for powerful partnership results and a "big picture" culture; develop a living corporate vision statement; create information for business planning including market potential and market competition; see the whole marketplace, including how to connect with other companies, affiliates and even competitors to improve your opportunity; leverage the power of information; and manage from context instead of content. **ABC member discounted fee: \$89 first attendee, \$30 each additional attendee. Regular registration fee: \$149 per person. Registration deadline: 7/28.**

## 8/5 Workers' Comp Breakfast: Recognizing the Substance Abuser at Work, by Tom Pool, *Drug Free Business*

**Wed., 8/5, 7:30 - 9:00 am, Coast Bellevue Hotel, Bellevue.** If you are in the construction business and you care about risk management, your policies and procedures should allow for reasonable suspicion (for cause) drug and alcohol testing. But what do you look for, and what's reasonable? This short training program will show you what to look for and the recommended procedures to follow so that you can protect yourself and your company. Tom Pool is the executive director of Drug Free Business and a retired DEA special agent with over 26 years experience in the administration of workplace drug testing programs. **Free to ABC Retro participants (limit two per company). ABC member discounted fee: \$32 per person. Regular registration fee: \$48 per person. \*A full breakfast will be served.\* Registration deadline: 7/29.**

## 8/14 & 8/21 LEED® Seminar: Green Associate (GA) and Building Design & Construction (BD&C) Test Prep, James Jenkins, *O'Brien & Company*

**Fri., 8/14 & Fri., 8/21, 8:00 am - 4:00 pm (must attend both days), ABC, Bellevue.** See flyer on page 10 for class description. **ABC member discounted fee: \$650 per person. Regular registration fee: \$975 per person. Registration deadline: 8/7.**

### Registration Form ★ Management Seminars & Workers' Comp Breakfast ★ August 2009

Registering for (*Check all that apply*):

8/4 Management Seminar: Planning for Success:

ABC member discount: 1st @ \$89 + \_\_\_ people @ \$30 each = \_\_\_\_\_; Regular registration fee: \$149 x \_\_\_ people = \_\_\_\_\_

Attendees: \_\_\_\_\_

8/5 Workers' Comp Breakfast: Recognizing the Substance Abuser at Work: ABC Retro Members = FREE (limit two)

ABC member discount: \$32 x \_\_\_ people = \_\_\_\_\_; Regular registration fee: \$48 x \_\_\_ people = \_\_\_\_\_

Attendees: \_\_\_\_\_

8/14 & 8/21 LEED® Seminar: Green Associate (GA) and Building Design & Construction (BD&C) Test Prep

ABC member discount: \$650 x \_\_\_ people = \_\_\_\_\_; Regular registration fee: \$975 x \_\_\_ people = \_\_\_\_\_

Attendees: \_\_\_\_\_

Company \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

CK Enclosed/In the mail or  Visa/MC/AMEX# \_\_\_\_\_ Exp. \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholder's Address \_\_\_\_\_

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.

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# PAC Fundraiser: ABC Glow Ball Tournament



Western Washington

**Friday, September 11<sup>th</sup>, 6:00 - 10:00 PM**  
**Foster Golf Links, Tukwila**

## Sponsorship Opportunities

Don't miss this great marketing opportunity! By sponsoring ABC's Glow Ball Tournament you have a terrific opportunity to market your company directly to ABC members, as well as help a great cause! All proceeds go towards covering the cost of this innovative event.

### Sponsorship Levels

*Event Sponsor: \$600* – Main sponsor of the event. *Comes with two registrations to the event.* Includes your company logo on all promotional materials for this event, including emails, confirmations, thank-you letters, marketing materials, registration and sponsor forms, name badges and more. Also includes publicity on ABC's Website.

*Dinner Sponsor: \$500* – Sponsors the buffet dinner before the event. *Comes with two registrations to the event.* Includes signage at the event, publicity on ABC's Website, mention in thank-you letters and emails promoting the event.



*Drink Ticket Sponsor: \$400* – Sponsors two drink tickets for each player. *Comes with one registration to the event.* Includes signage at the event, your company logo on all drink tickets, mention in thank-you letters and publicity on ABC's Website.

*Glow-in-the-Dark Sponsor: \$200* - Sponsors glow-in-the-dark golf balls and other materials. Includes signage at the event, publicity on ABC's Website and mention in thank-you-letters.

*Prize Sponsor: \$200* – Sponsors prizes for the top finishing foursome. Includes signage at the event mention in thank-you letters and publicity on ABC's Website.

*Giveaway Sponsor - \$150* – You can provide any golf-related materials with your company logo on them for participants to keep. Examples are golf balls, tees, towels, caps, water bottles, keychain flashlights, etc. Includes publicity on ABC's Website. Must provide 44 of the items. All items must be received at the ABC office by Friday, September 4<sup>th</sup>.

**Corporate or personal funds gladly accepted!**

Sponsorship funds are used to cover the costs of this event, but are not used directly for political purposes. For questions, please contact Amy Gegoux at (425) 646-8000 or (800) 640-7789.

**PAC Fundraiser:**  
**ABC Glow Ball Tournament**  
**Sponsorship Sign-Up Form**

Company: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Sponsorship Level: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Giveaway Sponsor (please list item): \_\_\_\_\_

Check enclosed

AMEX/Visa/MC #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Cardholder's Address: \_\_\_\_\_

**Corporate or personal funds  
gladly accepted!**

Sponsorship funds are used to cover the costs of this event, but are not used directly for political purposes. For questions, please contact Amy Gegoux at 425.646.8000, 800.640.7789 or amy@abcwestwa.org.

**Associated Builders & Contractors  
of Western Washington**

399 114th Avenue NE  
Bellevue, WA 98004  
www.abcwestwa.org





# 2009 ABC Auction Donation Form

Catalog Deadline: Friday, October 16<sup>th</sup>



<b>2009 Dinner Auction</b> <b>"Shootout at the ABC Corral!"</b> Saturday, November 7 <sup>th</sup> 5:30 - 10:00 pm Bellevue Hilton The Skyview Room	Donor Company Name <i>(as it should appear in the catalog)</i>	Company Contact Name
	Donor Phone/Fax	Donor Email Address
	Donor Address	

**Item Title & Description** *(Include quantity, size, number of days/nights, number of people, etc. The catalog description will be made using this information, so please be precise and list any limitations or restrictions).*

Restrictions/Deadlines (if any)

Estimated Value \$ \_\_\_\_\_ *(must complete)* Donor Signature: \_\_\_\_\_

If purchased, was sales tax paid?  Yes  No *(must complete)*

*The ABC Auction Committee reserves the right to set all bids and place in live or silent auctions.*

- Delivery to ABC by donor.  Pickup by auction rep.
- Delivery/pickup arrangements: \_\_\_\_\_
- Certificate and two sets of promotional materials supplied.  Sending item and material separately.
- ABC to make certificate (please provide promotional materials.)

**For internal use only:**

Tracking number: \_\_\_\_\_ Item in: \_\_\_\_\_

**Associated Builders and Contractors of Western Washington**

399 114th Ave NE, Bellevue, WA 98004 | Ph 425.646.8000, 800.640.7789 | Fax 425.455.5701



**Associated Builders and Contractors  
of Western Washington**  
399 114th Avenue NE  
Bellevue, WA 98004-6931

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## **ABC - Working for You! July - August 2009**

Look inside for:

### July 2009

7/1 Workers' Comp Breakfast:  
Return to Work Programs  
7/7 Management Seminar: Planning for Success  
7/9 Safety Seminar: OSHA 10-Hour  
7/9 **ABC Green Council:**  
**Management Seminar: Sustainability  
& Rating Systems: LEED® and Beyond**  
7/15 Safety Seminar: Basic Rigging  
7/16 Safety Seminar: First Aid/CPR Four-Hour  
Refresher - Bellingham  
7/16 Safety Seminar: Heat Stress, Bellingham  
7/17 **ABC Golf Extravaganza - Hawks Prairie, Lacey**  
7/18 Safety Seminar: First Aid/CPR Eight-Hour  
7/22 **FREE Eastside Networking Event - Azteca,  
Bellevue**

### August 2009

8/4 Management Seminar: Planning for Success  
8/5 Workers' Comp Breakfast: Recognizing  
the Substance Abuser at Work  
8/6 **ABC Green Council Roundtable**  
8/13 Safety Seminar: Scaffold User Training/Ladder  
Training  
8/14 Management Seminar: LEED GA & BD+C Test  
Prep, Day 1  
8/18-21 Safety Seminar: Boom Truck NCCCO Training -  
Bellingham  
8/21 Management Seminar: LEED GA & BD+C Test  
Prep, Day 2  
8/27 Safety Seminar: Silica/Asbestos/Lead Awareness  
8/27 **Free North End Networking Event - Bellingham**

**PLUS:** 9/11 ABC PAC Fundraiser: Glow Ball Tournament  
11/7 ABC Dinner Auction "Shootout at the ABC Corral!"