



ABC Event & Seminar Booklet for March - April 2010

Western Washington

March

- 3/1-3/3 Safety Seminar: OSHA 30-Hour
- 2/9-3/25 ABC's School of Construction Management Spring Session
- 3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty
- 3/4 ABC Green Council Roundtable: Exploring Green Innovation Series: Pacific Plaza Building - Tacoma
- 3/4 ABC's Young Professionals Group Joint Social "Creating New Connections" with Rebuilding Together Seattle's Young Professional Society at FX McRory's - Seattle
- 3/11 Safety Seminar: Aerial Scissor Lift Train the Trainer
- 3/16 Legal Bites & Bagels: Look Before You Leap: Changes to the Contract
- 3/16 Safety Seminar: Arc Flash Training
- 3/18 North End Breakfast: Federal Contracting - Is It Right for You? - Mt. Vernon
- 3/18 Workers' Comp Workshop: Basic Claims Management
- 3/19 Safety Seminar: First Aid/CPR Four-Hour Refresher
- 3/22 Excellence in Construction Entries Due by 4 pm
- 3/24 Member Dinner Meeting: Reducing Waste + Improving Efficiencies + Increasing Value to the Customer = LEAN
- 3/25 Safety Seminar: Fall Protection, General - Bellingham

*Last printed version:
ABC goes paperless
March 1st! Look for the
March/April event and
class schedule in your
email inbox.*

April

- 4/6 Safety Seminar: Trenching/Excavating
- 4/7 Workers' Comp Breakfast: Heat-Related Illness
- 4/8 Safety Seminar: Driver Safety
- 4/14 Safety Seminar: Accident Investigation
- 4/15 Free South End Networking Event - Tacoma
- 4/20 Legal Bites & Bagels: Five Steps for Effective Marketing and Business Development
- 4/20 Safety Seminar: Lead/Silica/Asbestos Awareness
- 4/21 Safety Seminar: Forklift Train the Trainer
- 4/22 ABC Green Council Earth Day Community Service Project
- 4/22 Workers' Comp Workshop: Advanced Claims Management - Bellingham
- 4/28 2010 Excellence in Construction Awards Showcase



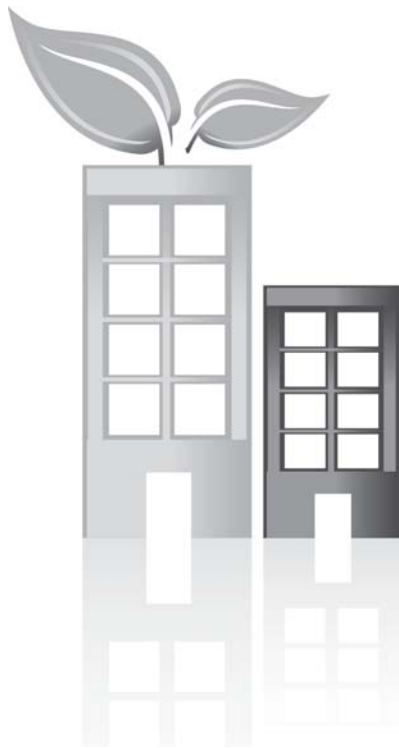
Happy St. Patrick's Day!

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



Associated Builders & Contractors' Green Council Roundtable

Exploring Green Innovation Series

Site Tour & Presentation The Pacific Plaza Building

Hosted by BLRB Architects

Thursday, March 4, 2010

11:30 am - 1:00 pm

Pacific Plaza Building

1250 Pacific Ave, Suite 700, Tacoma

Come join us for an up close and personal site tour and presentation of Tacoma's first LEED® Platinum (pending) rated office building. Completed in July 2009, Pacific Plaza is the first new Class-A commercial building built in Downtown Tacoma in the past eight years. The project is an adaptive reuse of a 1960's five-story parking garage into a high-end mixed-use office building. Come learn from the project architect about the innovative green design features such as a 29,000-square foot green roof, a 180,000-gallon cistern transformed from the turkish bath basement of a long demolished building, and a state-of-the-art mechanical system with extensive use of natural daylight. This successful result of the public-private partnership between the City of Tacoma and Pacific Plaza Development creates a new paradigm for development standards within Tacoma's urban core.

About the ABC Green Council:

The ABC Green Council was created to provide a forum for education and networking related to the emerging field of green building. Chaired by **Bill Malowney (Technocom)** and vice-chaired by **Brian Pahlow (Nuprecon, LP)**, the ABC Green Council Roundtable meets on the first Thursday of each month from 11:30 am to 1:00 pm and are free and open to ABC members and prospective members alike. Come join us as together we increase our knowledge of this important field that is transforming the way we build.

For more information, to RSVP or to be put on the email list for notifications on ABC Green Council roundtables, please contact Kim Trautman at kim@abcwestwa.org.





YPG/YPS Joint Social

"Creating New Connections!"

Thursday, March 4, 2010 | 7:00 - 9:00 pm

FX McRory's | 419 Occidental Avenue South, Seattle

\$10 per person, proceeds go to YPS Rebuilding Together Seattle House Project Fund!
Includes light appetizers, Happy Hour drink specials, free raffle ticket and RTS bracelet

Join ABC's Young Professionals Group as they host their first joint event with Rebuilding Together Seattle's Young Professionals Society. Get to know your fellow young professionals in the industry and raise funds for a YPS project house in the spring! All proceeds of this event go towards the YPS project house fund. Attendees will receive a free raffle ticket with entry, and have the option to buy more raffle tickets if desired. Donations are accepted even if you can't attend the event. Registrations/donations are tax-deductible; attendees/donors will receive a receipt from RTS. **RSVP to Amy Gegoux, amy@abcwestwa.org or 800.640.7789.**

Sponsored by FX McRory's



ABC's YPG Mission: YPG serves as an entry vehicle for members to get involved in ABC and participate in information sharing. It provides networking, educational and community enhancement opportunities for the current and future leaders of the construction industry and business-related fields.



Rebuilding Together Seattle Mission: RTS provides donated repair services for homeowners in need so they can continue to live independently in warmth and in safety.

RTS's YPS Mission: YPS is a service organization of young professionals who support RTS and its mission through community outreach, fundraising, networking and volunteering to ensure the growth and strength of RTS.

YPG/YPS Joint Event | RSVP by March 1 | 800.640.7789 | Fax 425.455.5701

Attendee Name: _____

Company: _____

Email: _____

Registration fee \$10 per person: \$10 x # _____ people = \$ _____

I'd like to donate \$ _____ to the YPS Rebuilding Together Seattle House Project Fund

Check enclosed/In the mail Please bill me Visa/MC/Amex #: _____ Exp.: _____

Cardholder's Name: _____ Signature: _____

Billing Address: _____ Phone: _____

Contact Amy Gegoux to register: 425.646.8000, 800.640.7789 or amy@abcwestwa.org.

ABC of Western Washington | 399 114th Ave NE | Bellevue, WA 98004 | www.abcwestwa.org



Associated Builders & Contractors
of Western Washington's Member Dinner Meeting

Reducing Waste + Improving Efficiencies + Increasing Value to the Customer = LEAN

Featuring Henry Beeland, CEO,
Team Development Group

Wednesday, March 24, 2010
The Bellevue Hilton
300 112th Ave SE, Bellevue

5:00 - 5:45 pm Registration & Networking
5:45 - 7:00 pm ABC Business Meeting & Dinner
7:00 - 7:45 pm Speaker Presentation

Contractors: Have you heard about LEAN but dismissed it because you are not a manufacturer? Join us to learn how LEAN is about more than manufacturing and how it can help your construction business. LEAN expert Henry Beeland of Team Development Group will present on the advantages of LEAN and local construction companies will be on hand to share their experiences.

Advantages to LEAN:

- increasing your revenue opportunities
- improving processes
- decreasing operational costs
- increasing customer satisfaction
- increasing safety and improving productivity

LEAN offers many advantages in material handling, inventory, quality, scheduling, personnel and customer satisfaction.

Henry is the founder of the Lean Leadership Institute, and is a certified Lean instructor. He has an AA degree in Communications from Georgia Military College, and a BA in Human Resources Administration from Mercer University. Henry's approach to learning always includes his passion and energy, and his workshops are loaded with interaction and laughter.



Western Washington

March 24, 2010 Dinner Meeting RSVP ★ Early registration deadline is March 17th

Please register (names): _____

Early Registration (before 3/17): \$48 x _____ = AMOUNT \$ _____; **OR** Late Registration (after 3/17): \$55 x _____ = AMOUNT \$ _____

Company _____

Phone _____ Email _____ Please provide #__ vegetarian meals for my group I need a map!

Check enclosed In the Mail Charge: MC Visa AMEX

Credit Card # _____ Exp. Date _____

Cardholder's Name _____ Signature _____

Cardholder's Address _____

RSVP to Amy Gegoux at 800.640.7789, amy@abcwestwa.org or fax to 425.455.5701.
Companies considering ABC membership are welcome to attend one networking event free of charge
(excluding events which are members-only) by making arrangements with VP of Membership Wendy Novak.



Safety Seminars ★ March 2010

3/1-3 Safety Seminar: OSHA 30-Hour, by Valerie McNulty, *Safety Training Works, Inc.*
Mon., 3/1, Tues., 3/2 & Wed., 3/3, 7:30 am - 6:30 pm (each day; all three days must be attended to receive certification), La Quinta Inn, Tacoma. With the insurance companies and general contractors putting a greater emphasis on safety and safety training at renewal time, this is an ideal opportunity to have your field personnel OSHA 30 trained. This training opportunity will address the unique safety and health issues important to the 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. You will receive OSHA 30-hour certification and OSHA Construction Standards 29 CFR 1926. **Free for ABC Retro participants. ABC member discounted fee: \$320 for first attendee, and \$250 for each additional attendee. Regular registration fee: \$480 (if non-members join ABC within 30 days of completing the class, ABC will credit the difference in price to your membership dues). Registration deadline: 2/22.**

3/11 Safety Seminar: Aerial Scissor Lift: Train the Trainer, by Rob Scherbarth, *Overton Safety Training*

Thurs., 3/11, 7:30 am - 4:30 pm, ABC, Bellevue. This eight-hour course satisfies all state and federal training and qualification requirements for aerial/scissor lift operators. At the completion of this certification course, students will receive training tools that they can use when training their co-workers. Students must bring their own hard hat and fall protection (full-body harness and shock-absorbing lanyard). **ABC Retro participants: \$154 first attendee, \$99 each additional. ABC member discounted fee: \$695 first attendee, \$400 each additional. Regular registration fee: \$995 first attendee, \$500 each additional. Registration deadline: 3/4.**

3/16 Safety Seminar: Arc Flash Training, by Rick Beutler, *DOSH*

Tues., 3/16, 1:00 - 5:00 pm, La Quinta Inn, Tacoma. This arc flash training class will provide you with the information you will need to protect your employees from arc flash and other electrical hazards. The class will review the current DOSH rules, how to identify situations where arc flash may occur and the proper equipment needed to protect yourself and your employees. **Free to ABC Retro participants. ABC member discounted fee: \$85 for first attendee, and \$70 for each additional attendee. regular registration fee \$130. Registration deadline: 3/9.**

3/19 Safety Seminar: First Aid/CPR - Four-Hour Refresher, by Mike Newhouse, *First Aid Northwest*

Fri., 3/19, 8:30 am - 12:30 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. As this is a refresher course, all attendees must have a valid first aid/CPR card. Mike Newhouse has taught for many years, always to rave reviews. **Class size is limited. No refunds after 3/18, but substitutions are accepted. ABC member discounted fee \$52; regular registration fee \$78. Registration deadline: 3/12.**

Registration Form ★ Safety Seminars ★ January 2010

Registering for (*Check all that apply*):

- 3/1-3 Safety Seminar: OSHA 30-Hour:** ABC Retro Members = FREE
 ABC member discount: 1st @ \$320 + ___ people @ \$250 each = _____; Regular registration fee: \$480 x ___ people = _____
 Attendees: _____
- 3/11 Safety Seminar: Aerial Scissor Lift: Train the Trainer:** ABC Retro Members: 1st @ \$154 + ___ people @ \$99 = _____
 ABC member discount: 1st @ \$695 + ___ people @ \$400 each = _____; Reg. registration fee: 1st @ \$995 + ___ people @ \$500 = _____
 Attendees: _____
- 3/16 Safety Seminar: Arc Flash Training:** ABC Retro Members: FREE
 ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
 Attendees: _____
- 3/19 Safety Seminar: First Aid/CPR - Four-Hour Refresher**
 ABC member discount: \$52 x ___ people = _____; Regular registration fee: \$78 x ___ people = _____
 Attendees: _____

Company _____ Phone _____ Fax _____

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

Workers' Comp, Management & Safety Seminars ★ March 2010



3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty, by Michael Octave, *ERNWest*
Wed., 3/3, 7:30 - 9:00 am, ABC, Bellevue (note new location). Do you need help keeping your workers' comp program going smoothly? Keeping an injured worker on salary can reduce and minimize your claims costs. This program will focus on managing and controlling your workers' comp claims; plus Michael will cover in detail the impact of a claim on your experience factor, retro refunds, and eligibility for joining discount programs. **Free to ABC Retro participants (limit two per company). ABC member discounted fee: \$25 per person. Regular registration fee: \$38 per person. *A continental breakfast will be served.* Registration deadline: 2/24.**

3/16 Legal Bites & Bagels Series: Look Before You Leap: Changes to the Contract, Bob Jayne, *Oles Morrison Rinker & Baker LLP*
Tues. 3/16, 8:00 - 11:00 am, ABC, Bellevue. Are your field supervisors fully aware of the perils and pitfalls that lurk within the contract you signed? This seminar is for project managers, field supervisors, and administrators who need to understand how contract changes can affect your bottom line. *This seminar was sold out in 2008, so sign up early!* **ABC member discounted fee: \$79 first person, \$20 each additional attendee. Regular registration fee: \$118 per person. Registration deadline: 3/9.**

3/18 Workers' Comp Workshop: Basic Claims Management, by Heather Davis, *Employer Resources Northwest*
Thurs., 3/18, 8:00 - 11:00 am, ABC, Bellevue. Some of the key elements you will learn in this seminar include: your obligation (and your rights!) under the workers' comp laws, easy claims control techniques you can put in place right away, how an early return to work program can save you money, "red flags" to help you spot fraudulent claims, steps you can take to get a runaway claim under control, when a claim will affect your premium rate and by how much, and how to work with L&I or your claims administrator to get a claim closed. **Free to all ABC members. ABC Retro members are required to attend one claims management class. Non-member registration fee: \$32. Registration deadline: 3/12.**

3/25 BELLINGHAM LOCATION! Safety Seminar: Fall Protection, General, by Jennifer Richards, *Safety Matters*
Thurs., 3/25, 1:00 - 5:00 pm, Quality Inn Baron Suites, Bellingham. Do you know the difference between fall arrest and fall restraint; active and passive fall protection systems? What is the difference between anchorages and connectors? You will learn all of these subjects plus information about rescue and retrieval as well as body support types. When you are finished with this class you will have learned the fall protection basics as stipulated in WAC 296-155 Part C-1 and CFR 1926 Subpart M. **ABC Retro participants free. ABC member discounted fee \$85 for the first attendee, and \$70 each additional attendee. \$130 regular registration fee. Registration deadline: 3/18.**

Registration Form ★ Workers' Comp, Management & Safety Seminars ★ March 2010

Registering for (Check all that apply):

- 3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty:** ABC Retro Members = FREE (limit two)
 ABC member discount: \$25 x ___ people = _____; Regular registration fee: \$38 x ___ people = _____
 Attendees: _____
- 3/16 Legal Bites & Bagels Series: Look Before You Leap: Changes to the Contract**
 ABC member discount: 1st @ \$79 + ___ people @ \$20 each = _____; Regular registration fee: \$118 x ___ people = _____
 Attendees: _____
- 3/18 Workers' Comp Workshop: Basic Claims Management**
 ABC members: ___ people = FREE; Regular registration fee: \$32 x ___ people = _____
 Attendees: _____
- 3/25 Safety Seminar: Fall Protection, General - Bellingham:** 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 _____

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Associated Builders & Contractors
of Western Washington

North End Breakfast Meeting
Federal Contracting:
Is It Right for You?

Featuring Stan Uhlig,
Federal Construction Consultants

Thursday, March 18, 2010
7:30 - 9:00 am
The CottonTree Inn
2300 Market Street, Mt. Vernon

Join us for a discussion on the pros and cons of federal contracting with **Stan Uhlig of Federal Construction Consultants**. Stan has devoted over 37 years working with the Department of Defense (DOD) and other federal agencies and knows all too well the headaches companies experience with federal contracting. Because of this, he now consults national companies in federal contracting as a trusted leader in his field. His goal is to empower companies to be on the leading edge for successful federal construction contracting.

Stan will share information in the following areas:

- What it takes to compete in federal construction
- How to develop a winning strategy
- Identifying resources and capabilities needed to be successful
- Understanding the federal laws, rules and processes



Western Washington

Make sure you attend this very informational breakfast and get answers to all of your questions!

March 18, 2010 North End Breakfast ★ Registration deadline March 11th

Please register (names & email addresses) _____

Company _____

Phone _____ Email _____

Registration fee: \$30 x # _____ people = AMOUNT \$ _____ Check enclosed/In the Mail Charge: MC Visa AMEX

Credit Card # _____ Exp. Date _____

Cardholder's Name _____ Signature _____

Cardholder's Address _____

RSVP to Amy Gegoux at 800.640.7789, amy@abcwestwa.org or fax to 425.455.5701.
Companies considering ABC membership are welcome to attend one networking event free of charge
(excluding events which are members-only) by making arrangements with VP of Membership Wendy Novak.



Safety Seminars ★ April 2010

4/6 Safety Seminar: Trenching/Excavating, by Guy O'Tierney, *CSTOP, LLC*

Tues., 4/6, 1:00 - 5:00 pm, La Quinta Inn, Tacoma. A mistake while trenching or excavating could be deadly. Is your crew properly trained? Foremen and superintendents must have training in soil analysis, protective systems and knowledge of OSHA and DOSH excavation standards. The person in charge must be able to identify predictable or potential hazards and know how to take corrective action. The seminar will include videos, slides, and in-class exercises to reinforce the information provided. **Free to ABC Retro participants. ABC member discounted fee: \$85 for the first attendee; \$70 each additional attendee; regular registration fee \$130. Registration deadline: 3/30.**

4/8 Safety Seminar: Driver Safety, by Eric Tofte, *Evergreen Safety Council*

Thurs., 4/8, 1:00 - 5:00 pm, ABC, Bellevue. Driving accidents are a rising cause of injury and death to the workforce. What steps should be taken to ensure a safe journey? Are there things that a driver should do every time they head out on the road? Come learn what the legal requirements are and how dangerous it is if you drive under the influence, drowsy, or with an unsecured load. Also learn some defensive driving techniques that can help you avoid being in an accident when others are driving aggressively or erratically. **Free to ABC Retro participants. ABC member discounted fee: \$85 for the first attendee; \$70 each additional attendee; regular registration fee \$130. Registration deadline: 4/1.**

4/14 Safety Seminar: Accident Investigation, by Jennifer Richards, *Safety Matters*

Wed., 4/14, 1:00 - 5:00 pm, ABC, Bellevue. Do you want to prevent accidents? Of course you do! The primary purpose of an accident investigation is to prevent future accidents. A thorough investigation will produce facts that lead to corrective actions that will prevent or reduce the number of future accidents on your site. Don't miss this advanced level, four-hour seminar that will help you to complete effective accident investigations. Topics to be discussed include definition of an accident, root causes of accidents, and elements of accident investigation. **ABC Retro participants: \$110 for the first attendee; additional people are free. ABC member discounted fee: \$190 for the first attendee and \$85 each additional attendee. Regular registration fee: \$250. As part of the registration fee, each company will receive one ABC Accident Investigation Kit, valued at \$250. Registration deadline: 4/7.**

4/21 Safety Seminar: Forklift Train the Trainer, by Rob Scherbarth, *Overton Safety Training, Inc.*

Wed., 4/21, 7:30 am - 4:30 pm, ABC, Bellevue. State and federal law require that everyone who operates a powered industrial truck (forklift) must re-certify every three years. Now is the time to certify or re-certify if you took this class three years ago. At the completion of this certification course you will receive training tools that you can use when training your co-workers. **This eight-hour certification class is offered to contractor firms only. Must be a qualified forklift operator to take this class. ABC Retro fee: \$154 first attendee, \$99 each additional. ABC member discounted fee: \$695 first attendee, \$400 each additional. Regular registration fee \$995 first attendee, \$500 each additional. Registration deadline: 4/14.**

Registration Form ★ Safety Seminars★ April 2010

Registering for (*Check all that apply*):

- 4/6 Safety Seminar: Trenching/Excavating:** ABC Retro Members: FREE
 ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
 Attendees: _____
- 4/8 Safety Seminar: Driver Safety:** ABC Retro Members: FREE
 ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
 Attendees: _____
- 4/14 Safety Seminar: Accident Investigation:** ABC Retro Members: \$110 + ___ people @ \$0 = \$110
 ABC member discount: 1st @ \$190 + ___ people @ \$85 each = _____; Regular registration fee: \$250 x ___ people = _____
 Attendees: _____
- 4/21 Safety Seminar: Forklift Train the Trainer:** ABC Retro Members: \$154 + ___ people @ \$99 = _____
 ABC member discount: 1st @ \$695 + ___ people @ \$400 each = _____; Reg. registration fee: \$995 + ___ people @ \$500 = _____
 Attendees: _____

Company _____ Phone _____ Fax _____
 Address _____

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

Cardholder's Name _____ Signature: _____

Cardholder's Address _____

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Workers' Comp, Management & Safety Seminars ★ April 2010



4/7 Workers' Comp Breakfast: Heat-Related Illness, by Jennifer Richards, *Safety Matters*
Wed., 4/7, 7:30 - 9:00 am, ABC, Bellevue. 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 (limit two per company). ABC member discounted fee: \$25 per person. Regular registration fee: \$38 per person. *A continental breakfast will be served.** *Registration deadline: 3/31.

4/20 Legal Bites & Bagels Series: Five Steps to Effective Marketing and Business Development for Contractors, Presented by Bob Jayne, *Oles Morrison Rinker & Baker LLP*
Tues. 4/20, 8:00 - 11:00 am, ABC, Bellevue. In this economy everyone needs more business. Learn how to maximize your current business development and marketing program, plan for the future and measure results. **ABC member discounted fee: \$79 first person, \$20 each additional attendee. Regular registration fee: \$118 per person. Registration deadline: 4/13.**

4/20 Safety Seminar: Silica/Asbestos/Lead Awareness, by Jon Havelock, CSP, CHMM, *Med-Tox Northwest*
Tues., 4/20, 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: 4/13.**

4/22 BELLINGHAM LOCATION! Workers' Comp Workshop: Advanced Claims Management, by Heather Davis, *Employer Resources Northwest*
Thurs., 4/22, 1:00 - 4:00 pm, Quality Inn Baron Suites, Bellingham. To be eligible to participate in the Advanced Claims Management course you must have at least two years of hands-on experience with claims management. This class will cover in detail three types of difficult claims. This class is for you if: you have successfully completed the introduction to claims management classes; your primary job is to handle your company's workers' compensation claims; you actively participate in the management of your claims; you understand the costs associated with claims and how they affect your company; you know at least some of the claims lingo and have personally had dealings with L&I regarding your claims. **Free to all ABC members, \$32 regular registration fee. Registration deadline: 4/15.**

Registration Form ★ Workers' Comp, Management & Safety Seminars ★ April 2010

Registering for (*Check all that apply*):

- 4/7 Workers' Comp Breakfast: Heat-Related Illness:** ABC Retro Members = FREE (limit two)
 ABC member discount: \$25 x ___ people = _____; Regular registration fee: \$38 x ___ people = _____
 Attendees: _____
- 4/20 Legal Bites & Bagels Series: Five Steps to Effective Marketing and Business Development for Contractors**
 ABC member discount: 1st @ \$79 + ___ people @ \$20 each = _____; Regular registration fee: \$118 x ___ people = _____
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- 4/20 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: _____
- 4/22 Workers' Comp Workshop: Advanced Claims Management - Bellingham:** FREE to all ABC members
 ABC member discount = FREE; Regular registration fee: \$32 x ___ people = _____
 Attendees: _____

Company _____ Phone _____ Fax _____

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

Cardholder's Name _____ Signature: _____

Cardholder's Address _____

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Free South End Networking Event

Come meet other contractors in the Tacoma area while learning more about how to take advantage of your member benefits! Join us for drinks and appetizers, plus network with contractors and subcontractors in a casual and fun setting.

Harmon Brewing Company

1938 Pacific Avenue, Tacoma

Thursday, April 15, 2010

5:00 - 7:00 PM

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

★ \$50 cash prize to any ABC member who brings a non-member company that joins at the event! ★

Questions? Call VP of Membership Wendy Novak at 425.646.8000 or 800.640.7789 or email wendy@abcwestwa.org.



South End Networking Event Registration Form ★ April 15th
Please RSVP by April 8th 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.

Associated Builders & Contractors of Western Washington
399 114th Avenue NE, Bellevue, WA 98004
800.640.7789 or 425.646.8000 ★ Fax 425.455.5701

ABC Green Council Earth Day Project: Park and Trail Enhancement

NEEDED:
Volunteers, plant donations, split rail fencing, topsoil, or monetary donations to purchase required items.

WHEN:
April 22, 2010
10 am - 2 pm
City of Kent, park location to be announced soon.



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

ABC Green Council Earth Day Project Sign Up Form | April 22, 2010

Questions? Contact Kim Trautman at 800.640.7789 or kim@abccwestwa.org

Company: _____ Phone: _____

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

I would like to volunteer

I would like to make a donation (item or monetary): _____

Check Enclosed/In the mail (please make checks out to ABC Green Council)

Visa/MC/Amex# _____ Exp. _____

Cardholder's Name _____ Signature: _____

Cardholder's Address _____



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

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U.S. POSTAGE
PAID
BELLEVUE, WA
PERMIT NO. 266

ABC - Working for You! March - April 2010

Look inside for:

March 2010

3/1-3/3 Safety Seminar: OSHA 30-Hour
2/9-3/25 **ABC's School of Construction Management
Spring Session**
3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty
3/4 **ABC Green Council Roundtable: Exploring Green
Innovation Series: Pacific Plaza Building - Tacoma**
3/4 **ABC's Young Professionals Group Joint Social
"Creating New Connections" with Rebuilding Together
Seattle's Young Professional Society
at FX McRory's - Seattle**
3/11 Safety Seminar: Aerial Scissor Lift Train the Trainer
3/16 Legal Bites & Bagels: Look Before You Leap:
Changes to the Contract
3/16 Safety Seminar: Arc Flash Training
3/18 **North End Breakfast: Federal Contracting -
Is It Right for You? - Mt. Vernon**
3/18 Workers' Comp Workshop: Basic Claims Management
3/19 Safety Seminar: First Aid/CPR Four-Hour Refresher
3/22 **Excellence in Construction Entries Due by 4 pm**
3/24 **Member Dinner Meeting: Reducing Waste + Improving
Efficiencies + Increasing Value to the Customer = LEAN**
3/25 Safety Seminar: Fall Protection, General - Bellingham

April 2010

4/6 Safety Seminar: Trenching/Excavating
4/7 Workers' Comp Breakfast: Heat-Related Illness
4/8 Safety Seminar: Driver Safety
4/14 Safety Seminar: Accident Investigation
4/15 **Free South End Networking Event - Tacoma**
4/20 Legal Bites & Bagels: Five Steps for Effective Marketing
and Business Development
4/20 Safety Seminar: Lead/Silica/Asbestos Awareness
4/21 Safety Seminar: Forklift Train the Trainer
4/22 **ABC Green Council Earth Day Community Service
Project**
4/22 Workers' Comp Workshop: Advanced Claims
Management - Bellingham
4/28 **2010 Excellence in Construction Awards Showcase**