



NEWS & VIEWS

. . . . what's happening at Wick

2nd Quarter, 2004

CURRENT PROJECTS

- **Southwest Recycling & Transfer Station
Mountlake Terrace, WA (Job 692)**

*Steve Norman, Project Manager
George Mason, Superintendent
Randy Lisman, Completion Supt.
Ian O'Reilly, Project Engineer
Kelly VanHooser, Admin. Assistant*

This Recycling and Transfer Station is now very close to completion, and in fact punchlist inspections are imminent. Here's a view from the air as of 06/15/04 (courtesy of Sky-Pix).



As you can see, snaking around the back of the site is the completed soldier pile wall. A close-up would reveal that it has been overlaid with structural shotcrete, hand carved in a free form style to look like natural rock, and painted/tinted with multiple colors to resemble an attractive natural rock. This will undoubtedly make those long waits in line at "the dump" a little easier – at least the first time through!

- **North Seattle Community College – Arts & Sciences 1st Floor Remodel, Seattle, WA
(Job 696)**

*Steve Hansen, Sr. Project Manager
Nathan Kirstein, Project Engineer
Les O'Dell, Superintendent
Rico Andrade, Completion Superintendent
Karen Moon & Nicole Batchelor, Admin. Assistants*

We're wrapping this job up as well. Here are a few parting shots.



Typical Science Lab Classroom



Art, Sculpture, etc. classrooms all have power available for each work station from the ceiling.

**New Bethel High School #3, Graham, WA
(Job 697)**

*Steve Hansen, Sr. Project Manager
Dana Malek, Superintendent
Dave Proctor, Project Engineer - Structural
Brett Bennett, Proj. Engineer - Arch., Mech., Elec.
Karen Moon & Nicole Batchelor, Admin. Assistants*

This \$29 Million, 177,000 SF project is almost 40% complete. With good summer weather, sitework is progressing well, including drainage and irrigation piping work by the landscaper, septic tank & drainfield installation, and placing of the field house foundation & floor slab by Wick.



Areas C & D on 06/29/04 - the last areas for steel erection, a phase of work which is now complete.



This photo taken on 06/22/04 shows Kidder Anderson and [Brian Michalek](#) forming the main stair at the Commons.

Roof decking, concrete stair & upper floor slab placing and finishing, metal framing & drywall, exterior veneer masonry, mechanical, fire protection, and electrical work are ongoing with levels of completion increasing from Area A through Area D.

Interesting Note: (see ►)
Wick Constructors' Job No. 682, completed in 2002, involved other renovations and an Auditorium Addition to Hazen High School.

**Hazen High School – Phase 3A, Renton, WA
(Job 699)**

*Duane Baker, Project Manager
John Carlson, Superintendent
Kelly VanHooser, Admin. Assistant*

On-site work for Hazen High School, Phase 3A, began on 06/22/04 and is on-track for completion by 08/20/04. The project team is challenged to perform extensive renovations to existing exterior facades throughout the campus, mechanical control system upgrades and unit ventilator replacements, in the allowed two-month duration.



Renovations include abatement of hazardous materials, cleaning and repair of brick and concrete, painting of concrete, replacement of 427 existing windows, replacement of hollow metal frames, doors & hardware, curtain walls & storefronts.

Qwest Projects

Wick has been completing smaller, time & materials jobs for Qwest under our 2003 – 2005 contract - everything from demolishing a water pipe at the Shelton Central Office, to adding two new HVAC units at the Renton Garage, and even fixing auditorium seating at the Bell Plaza Building.

Recently Completed:

- Bellingham C.O. Generator Installation & Soil Remediation
Duane Baker & Joel Chriscaden

Currently Underway:

- Seattle West HVAC Upgrades
Duane Baker & Dana True

This \$239,475 contract, awarded on 05/12/04, is scheduled for completion by the end of August. The scope of work involves installing two 12-ton air handler units in a new Mechanical Room and installing an exterior condenser to provide HVAC to the South section of the Central Office facility. In addition to equipment installation, the project includes associated electrical and control work, equipment foundations and housekeeping pads, louvers, ductwork, 2-hr rated horizontal shaft enclosing the ductwork, temporary protection and painting.

TWO NEW JOBS!

Job 700 – Issaquah 9th Grade Campus

George Mason – Superintendent
Terry Lavin - Project Manager
Dave Pederson and Dave Proctor – Proj. Eng.
Karen Moon, Admin. Assistant

This new \$20 Million+ project has been awaiting resolution of some unexpected permit issues, but will be going full speed very soon. It includes a 110,000 SF, two story school building, with all site development and off-site improvements

Job 701 – North Hill Elementary School, Des Moines, WA

Les O'Dell – Superintendent
Steve Norman – Project Manager
Ryan Rudolph, Project Engineer
Kelly VanHooser, Admin. Assistant

This \$14 Million+ contract includes demolition of existing site buildings, hazardous materials removal, site clearing, grading and earthwork - all for construction of a new two story, 71,550 SF school for the Highline School District.

BIDDING

No projects on the current bid schedule - We're busy enough right now, don't you think?

ACTIVITIES

The summer picnic is planned for Saturday, July 17, 11:00 to 5:00 at Idylwood Park on Lake Sammamish. Contact Kristin in the main office if you have any questions or a late breaking RSVP.

Social Committee Members: Laura Rupert, Nate Kirstein, Kristin Betancourt, Ryan Rudolph, Dave Pederson and Mike McCorvy.

WICK GIVING

2004 Relay For Life/Mt. St. Helens Challenge –

Wick Constructors is supporting the efforts of Keith Johansen (Johansen Mechanical), and others, to raise funds for the American Cancer Society via a climb of Mt. Rainer in July and the annual Relay for Life which took place at Monroe High School on June 11-12. Wick has contributed \$500 on behalf of the company. If anyone wants to lend their personal support to this cause and would like more details, please call Karen Moon at the main office.

And, while we're on the subject, did you know that together, Wick Constructors and its employees, pledged \$6,486 to United Way during our last campaign?

BIRTHDAYS

July:	07/05	Jerry Cook (692)
	07/19	Les O'Dell (701)
	07/23	Kit Bratlien (Office)
	07/25	Steve Norman (Office)
	07/28	Monte Coffin (692)
August:	08/02	Laura Rupert (Office)
	08/03	Brian Michalek (697)
	08/08	Brett Bennett (697)
	08/11	John Carlson (699)
	08/18	Andy Martinsen (Office)
	08/20	Rico Andrade (696)
	08/24	Allen Drake (692)
	08/24	Dan Murphy (699)
	08/28	Terry Lavin (Office)
	08/28	William Galloway (696)
Sept.:	09/03	Joel Chriscaden (Qwest)
	09/11	Duane Baker (Office)
	09/30	Kristin Betancourt (Office)

WICK ANNIVERSARIES

July:	Ralph Weatherholt (692) – 1 Year
August:	Kelly VanHooser (Office) – 3 Years Dana Malek (697) – 5 Years Karen Moon (Office) – 22 Years Michael Norton (699) – 5 Years Robert Clark (697) – 5 Years
Sept.:	George Mason (700) – 23 Years Michael Drake (Qwest) – 13 Years Robert Huizinga (692) – 1 Year Kristin Betancourt (Office) – 3 Years

SAFETY

Oh, My Aching Back!

Do you know how to prevent pain and injury?

Back injuries are all too common – both on and off the job – and many injuries result in long-term pain or turn into permanent disabilities. But, the good news is that most back injuries are preventable. Here are some back-saving tips that you can use at work and at home:

- **Lifting and carrying.** Minimize the weight being lifted and lift with your legs, not your back. Then, grip and carry the load close to your body, moving your feet rather than twisting your body when you need to turn.
- **Work-savers.** Whenever possible, use materials-handling equipment, like hand trucks, dollies, hoists, etc. – especially with heavy loads. And remember, pushing is easier than pulling.
- **Sitting.** Sit up straight with your back pressed against the back of the chair, feet flat on the floor, and knees bent at a 90-degree angle. Change position every so often.
- **Driving.** Keep the seat forward to prevent having to stretch your feet to the pedals or your hands to the wheel. A lumbar support pillow may give added comfort for long trips or if you drive many hours a day.
- **Sleeping.** The best position is on your side with your legs slightly bent. Or try sleeping on your back with a pillow under your knees. A firm mattress can relieve muscle strain .
- **Computer use.** Position your monitor so that the top of the screen is slightly lower than eye level. Arrange your work area to minimize reaching and bending.