



# Jefferson County Home Builders Association's Building Community Newsletter

October 2003  
Volume 2, Issue 7

## Landmark keeps clearing new ground

Landmark Excavating's tagline, "We Move the Earth" is one Marty Kithcart created many years ago for his grandfather's business.

Nels Johnson, one of the Nordland Johnsons, had an excavating business in Jefferson County for 51 years.

"The first time I was on a CAT was when I was 2 years old. I started operating a trackloader when I was 10," Marty recalled.

It was a special opportunity to be able to grow up working with his grandpa. When you work with your elders as a kid, "You learn a good trade, and you learn to appreciate what your parents or grandparents are going through to support you," Marty explained.

At 17 or 18, Marty went to work for Bill Leavitt. Marty learned much more than he had ever expected he would, during his stint at Leavitt Trucking & Excavating.

"Bill taught me a lot. He helped me straighten out. He taught me how to work on equipment and how to manage a business," Marty said. "As I started to learn the management stuff from Bill, it made me want to go back to school and get my GED."

Since 1994, Marty has been rearranging the face of Jefferson County as Landmark Excavating.

Cairn Greens, Inc. is the Kithcart's corporate name, and aptly chosen. Cairn is derived from an ancient Irish word for a heap of stones piled up as a landmark.

Marty relies heavily on Diane, his wife and business partner. Diane, a former grocery store owner, does Landmark's books and



**Thirty years after his first CAT ride, Landmark Excavating's owner, Marty Kithcart, still loves moving dirt with big machines.**

has a great head for business.

Four children make sure the Kithcart home stays lively.

Somehow, Marty also finds time to be a volunteer firefighter and emergency medical technician for Jefferson County Fire Districts 1 (Chimacum) and 3 (Port Ludlow).

Four Landmark employees (in addition to Marty and Diane) keep Landmark's heavy equipment moving all around the county.

Landmark crews clear land, make roads and driveways, and dig foundations. They trench for sewer, water and power lines, and install some. They also build rockeries, retaining walls and sea walls.

Landmark is one of two licensed installers in the county for Glendon septic systems. Marty also installs other systems.

"I've been around excavating my whole life and I enjoy it," said Marty, now 32. "I wouldn't want to do anything else."

Marty and Diane joined the Jefferson County Home Builders Association because Bill Leavitt said they should.

"Bill kept on me about it, so I figured it had to be something good," Marty grinned.

Our September newsletter welcomed the Kithcarts as new members. Three days later, Marty got a call from a gentleman, who said, "I saw your name in the Home Builders' newsletter, as a new member, and I thought I'd ask for an estimate on a job."

Bill Leavitt must've been right about Marty joining the JCHBA — the networking's already paying off.

# Certified wood use harvested Oct. 16



The topic for the Oct. 16 JCHBA dinner meeting is the Washington SmartWood Forestry Certification Program, a market-based conservation strategy designed to encourage landowners to practice environmentally and socially sound forestry.

Certified products are highly attractive to a growing number of consumers concerned with the environmental consequences of their purchases.

The SmartWood Network

connects certified producers, manufacturers and retailers.

Supplying speakers for our meeting is the Northwest Natural Resource Group, a "nonprofit conservation organization dedicated to facilitating environmental and economic vitality throughout the Pacific Northwest by finding innovative solutions to complex environmental problems and supporting community development options based on sustainable natural resource management."

## WANTED: Voters for JCHBA elections

Elections for the JCHBA's 2004 officers will be held at our Oct. 16 dinner meeting.

The 2003 board of directors has agreed to serve once again.

The request in last month's newsletter brought in one new nomination for the JCHBA board, Fred Kimball, owner of Kimball Woodworks and a partner in Kimball Landis, LLC.

### BALLOT

**President: Marianne Moe**

**Vice President: Rick Tollefson**

**Secretary: Dan Dankert**

**Treasurer: Rick Gore**

**Board members: Bob Little, Bill Irwin, Kevin Miller, and Fred Kimball**

The JCHBA welcomes new volunteers. Nominations will be accepted from the floor on Oct. 16.

Also on the ballot will be a \$25 dues raise, effective Jan. 1, 2004. The increase is to compensate for the NAHB's raise in membership dues.

The NAHB's \$30 increase is to be spread over three years. The first hike was on April 2003; another is due January 2004.

Jefferson County Home Builders Association's  
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### Your company here!

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**Sponsor this newsletter. We'll feature your company on the front. Call 379-8784.**

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**Voluntarily-adopted ergonomics programs have reduced ergonomics-related injuries 28 percent over the past decade without intrusive bureaucratic "help".**

## Be an informed voter

Once again, you will soon have your chance to cast your ballot for — or against — an assorted number of politicians and issues. I'm not going to tell you how to vote for our local elections. All that I ask is that you be informed. Ask questions, read the newspapers, go to the political forums, and vote.

I will take a stand on I-841. It's a stand I take on behalf of all of you in this industry. Support the BIAW's effort to repeal the ergonomics rules.

The information (to the right) about the rules was taken from L&I's Web site: [www.lni.wa.gov/wisha/ergo/default.htm](http://www.lni.wa.gov/wisha/ergo/default.htm). Go to that Web site. Read the rules. See if you can understand the rules. See if you can comply with the rules. See what you are going to have to do in order to comply with the rules.

As one whose fingers get icy cold and elbow pains from too many hours on a mouse, I totally support using ergonomic measures to preserve employee health. But, L&I's rules are not the way. They are cost prohibitive — and way too intrusive.

Vote yes on I-841.



Sandy Hershelman  
Executive Officer

**Thank the Kithcarts for this newsletter!**

# Ergonomics Initiative-841 is on ballot

Initiative 841, BIAW's measure to abolish the ergonomics regulations adopted by Washington State's Department of Labor and Industries (L&I), will appear on the Nov. 4 general election ballot.

I-841 also prevents the state from taking any action until the federal government has adopted a national ergonomics rule.

In 2001, the U.S. Congress voted to repeal an ergonomics rule being considered by the federal government because the rule was too costly, too restrictive and lacked scientific justification. BIAW sources say this rule was less restrictive and less expensive than

Washington State's.

More than 260,000 voter signatures were gathered in BIAW's successful attempt to get the initiative on the ballot. The measure also has the endorsement of more than 300 associations and businesses statewide.

L&I adopted the ergonomics rule, in 2000, despite overwhelming opposition from the business community. The L&I rule states workers may spend no more than four hours per day performing actions considered to be ergonomic hazards, such as repetitive motions, lifting, gripping, working with the arms above the head,

squatting or kneeling.

Washington is the only state with an ergonomics rule. Experts estimate complying with the rule would cost businesses \$725 million the first year alone.



## Think you're exempt from L&I's ergonomics rule? Not if you fall into the "caution zone"

As it stands, if you have employees working in a "caution zone" job, you must comply with the Department of Labor & Industry's ergonomics rule.

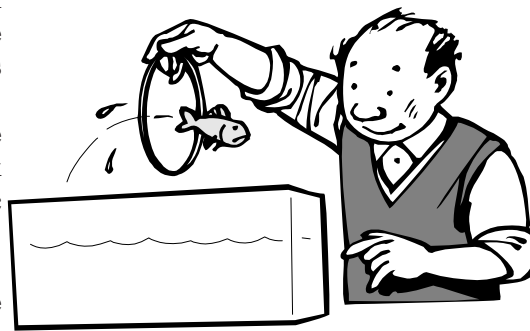
A "caution zone job" is one where an employee's typical work activities include any of the specific physical risk factors listed below.

### Awkward Posture

1. Working with the hand(s) above the head, or the elbow(s) above the shoulder, more than two hours total per day
2. Working with the neck or back bent more than 30 degrees (without support and without the ability to vary posture) more than two hours total per day
3. Squatting more than two hours total per day
4. Kneeling more than two hours total per day

### High Hand Force

5. Pinching an unsupported object(s) weighing two or more pounds per hand, or pinching with a force of four or more pounds per hand, more than two hours total per day (comparable to pinching half a ream of paper)
6. Gripping an unsupported object(s)



weighing 10 or more pounds per hand, or gripping with a force of 10 or more pounds per hand, more than two hours total per day (comparable to clamping light duty automotive jumper cables onto a battery)

### Highly Repetitive Motion

7. Repeating the same motion with the neck, shoulders, elbows, wrists, or hands (excluding keying activities) with little or no variation every few seconds more than two hours total per day
8. Performing intensive keying more than four hours total per day

### Repeated Impact

9. Using the hand (heel/base of palm) or knee as a hammer more than 10 times per hour more than two hours

total per day

### Heavy, Frequent or Awkward Lifting

10. Lifting objects weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day
11. Lifting objects weighing more than 10 pounds if done more than twice per minute more than two hours total per day
12. Lifting objects weighing more than 25 pounds above the shoulders, below the knees or at arms length more than 25 times per day

### Moderate to High Hand-Arm Vibration

13. Using impact wrenches, carpet strippers, chain saws, percussive tools (jack hammers, scalers, riveting or chipping hammers) or other hand tools that typically have high vibration levels more than 30 minutes total per day
14. Using grinders, sanders, jig saws or other hand tools that typically have moderate vibration levels more than 2 hours total per day (Employers may assume that hand tools vibrating less than 2.5 meters per second squared ( $m/s^2$ ) eight-hour equivalent are not covered.)

# FSC certification: What is it? How to get it?

*Northwest Natural Resource Group*  
*Speakers: Chris Stafford, architect*  
*and David Schlieps, remodeler*

**RSVP by Oct. 15**  
**379-8784**

**Thursday, October 16**  
**6:30 p.m. cocktails**  
**7 p.m. dinner**  
**Fiesta Jalisco**

(a.k.a. "No longer Nancy's Place")



**Business owners:**

**Come and cast your votes. It's our annual meeting!**

## **JCHBA Officers**

**President: Marianne Moe**  
360-731-0643

**First Vice President: Bob Little**  
385-5606

**Secretary: Dan Dankert**  
1-888-323-7646

**Treasurer: Rick Gore**  
385-6883

**Board Members:**  
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Kevin Miller  
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Home Builders Association

