



Nuts & Bolts



A NORTHCON NEWSLETTER

❄️ DECEMBER 2014 ❄️

Did You know?

Northcon has some very ambitious employees and families that are very busy after their day job ends, pursuing their talents and dreams.

YANCEY RIGNEY

Superintendent, Charleston, SC



Seven years ago, a group of guys that Yancey Rigney was in a Bible Study with decided to cook Thanksgiving dinner for the community of Midland Park. That year they fed 260 people. Now with this tradition in place for 7 years, they had donations of \$5,300 this past Thanksgiving, which helped to purchase 75 turkeys and 60 hams allowing them the privilege of feeding 1,780 people. They are hoping to serve over 2,000 people next year. Yancey credits God for providing the money and the people who make this community outreach possible. Yancey Rigney, is our Superintendent at our Hanahan, SC office.

SARAH KUEST

Director of Finance & Accounting
Hayden, ID



Sarah and her daughter Shannen are published Authors.

Sarah is our Finance Director and her daughter is a full-time student. This pursuit began when Shannen moved out to go to college and mom (Sarah) wanted to still be connected and part of her daughter's life. And despite the challenges of working and school life, they figured out how to become published authors. Under the category of Paranormal Romance, they have written two books, each book is first from a two part series. The summary of the series is ~ This is where X-men meets Romeo and Juliet.

Sarah and Shannen write under pen names and they will be continuing their writing pursuits in another series under the category of Young Adult Science Fiction.

BRANDON SPRY

Project Manager, Hayden, ID



Brandon and his wife Randi are dedicated athletes.

They competed in the World Cross Fit Open Competition in March and April and in August completed the 31 Heroes Charity Workout of the Day (WOD) for the fallen 30 soldiers and 1 service dog of which 17 were seal team six members killed in action in Aug of 2010. This is the worst American loss of life in a single day while fighting the war on terrorism. It's a very high impact 31 minute workout. One minute for each of the fallen soldiers. All proceeds and donations go to help the families of the fallen soldiers.

Inside this Issue

From Randy's Desk.....	2
2014 Awards.....	3
ID/IQ Highlights.....	4
Stand-Alone Projects.....	5
Photo Contest Winners.....	6
Recipes.....	7
Tips & Map.....	8

INSIDE:
A MESSAGE FROM RANDY
ON
"A YEAR OF RECOVERY"



From Randy's Desk

A Year of Recovery

As another year flies by us all and draws again to a close, let me first start out this letter to all with a personal note:

Renay and I wish you and your families a truly wonderful Merry Christmas and a healthy and Happy New Year. Our wish would be that we could spend more time with each of you and know each of you on a more personal level.



2014 has been a year of recovery for both Northcon and the whole country in general, as many of you know. The past couple years have been tough business landscapes to navigate, with sequestrations, furloughs, slowdowns due to lack of government staff, shut-downs, new rules and regulation's, including National health care and just plain government turmoil including over sea's complications. This turmoil affects all of us in one way or another in the end. If you have a family member serving in our country's military, please express and accept our thanks for your whole families commitment to our Country!

Northcon has managed to adapt to these many issues over the last couple years and has remained focused on our missions. Due to the, roll up your sleeves and get it done hard work of all, attention to details at all levels, whether processing the mountains of paper work, working long hours submitting proposals and estimates or pounding nails on site—The Northcon Team has a very strong future moving forward as an nationally recognized "Industry Leader" with both our customers and our competitors! I thank each and every one of you for your efforts and dedication! You all should be proud of your company.

Through all the challenges Northcon faced in 2013 and early 2014, we recorded one of our best federal year-end results with over \$44M in new awards plus an additional \$3M in awards with our partners - we will have a great starting point as we enter 2015. In July, 2014 we mobilized a new Indefinite Delivery / Indefinite Quantity (ID/IQ) JOC contract at Fort Polk in Leesville, LA and continue to grow in the ID/IQ market. We look forward to moving forward with our growth plans as we target many new opportunities to expand our market presence. We must continue our pursuit of delivering the highest level of customer satisfaction and "keeping our promises" to our clients and partners. We must continue our

focus of making safety our primary core value. You, the employees of Northcon have shown you are up to meeting these challenges and we are confident we will continue with exceeding expectations in all that we do.

While it's near impossible to highlight all the people and different things going on across our operations in a newsletter we hope this gives a little insight to things you may or may not know about the people, places and events that make up the Northcon Team.

Again, thanks to all!

Randy

"There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect."

Ronald Regan




Contract:
\$24M JOC

Location:
**Fort Polk,
Louisiana**




Northcon Task Orders & Stand Alone Awards

- \$2.7M Repair Roof & Tenant Improvement, Glynco, GA
- \$1.9M Windows/Trim/ Brick Building, JBLM, WA
- \$1.5M Roofing Building 2050, Fairchild AFB, WA
- \$1.3M Repair Dorms, Fairchild AFB, WA
- \$1.1M Replace MAUs & HOW Water Pumps, Fort Polk, LA
- \$1.1M Multipurpose Athletic Field, JBLM w partner Renew Group
- \$1M Perimeter Fence, Fort Riley, KS

Spotlight on our Partner "Advon"



In order for Northcon to continue to be accessible to our key clients and to continue to pursue opportunities to grow and service the needs of our customers, Northcon is establishing strategic partnerships with various small business entities. Northcon has a rigorous approach to identifying and qualifying these partnerships. Northcon has recently established a partnership with a Service Disabled Veteran Owned Small Business (SDVOSB), ADVON out of Tallahassee Florida. ADVON is owned by Bill Graham, a Marine veteran and a previous owner of a

successful contracting business in the panhandle of Florida, Baycrest Construction. Bill sold his interest in the company but could not find the time to retire in the Florida Panhandle and started up ADVON in 2012.

Bill has extensive construction



experience in the education and health care market sector. ADVON was recently awarded a contract to participate in a \$700M MACC as a SDVOSB with NASA at the Stennis Space center in Mississippi.

Our team has submitted a proposal for a building renovation at Keesler AFB in Biloxi, MS. We

anticipate pursuing federal work in the SE and other selected areas of the country.



ID/IQ Highlights

LOUISIANA Fort Polk

We are proud to announce the winning of the \$24M Fort Polk Job Order Contract (JOC) that was awarded in March of this year.

Our Fort Polk office is run by our Senior Project Manager, Ms. Evelyn Hammons and Marty Reiman is the Regional OPS Manager. To date, we have been awarded 22 task orders, totaling over \$7.3M.



Pictured from left-to-right:

Top Row:

Dennis Johnson

Project Manager

Garth Freeman

Site Safety Health Officer

Steven Houser

Quality Control Manager

Robert Johnson

Supervisor

Peggy Meeks

Project Business Administrator

Bottom Row:

Evelyn Hammons

Senior Project Manager

About Fort Polk (from the JRTC & Fort Polk website)

The US Army Garrison Ft Polk is "Home of Heroes!" It is located in beautiful west central Louisiana, and is also the home of the premier joint training facility - Joint Readiness Training Center (JRTC). Their mission is to provide Installation support for power projection, combat readiness and mission execution for all tenant units as well as JRTC rotational units; provide quality services and facilities, all the while optimizing our resources, sustaining our environment and enhancing the overall well-being of the Fort Polk community – the best "hometown" in the Army!



WASHINGTON Fairchild AFB

This year, we have been awarded 10 task orders from our Fairchild MACC. We are running the program under our Regional OPS Manager, Greg McLeod and our FAFB Program Manager, Brandon Spry. We have a fantastic crew performing the work of QC Manager, Superintendents and Laborers. This year's projects total over \$9.6M and range from repair of HVAC and roofs, to asbestos abatement and renovation.

About Fairchild AFB (from Wikipedia):

Fairchild Air Force Base is located approximately 12 miles southwest of Spokane, Washington. The host unit at Fairchild is the 92d Air Refueling Wing (92 ARW) assigned to the Air Mobility Command's Eighteenth Air Force. The 92 ARW is responsible for providing air refueling, as well as passenger and cargo airlift and aero-medical evacuation missions supporting U.S. and



coalition conventional operations as well as U.S. Strategic Command strategic deterrence missions. Fairchild AFB was established in 1942 as the Spokane Air Depot. It is named In honor of General Muir S. Fairchild (1894–1950). A World War I aviator, he was the Vice Chief of Staff of the Air Force at the time of his death.



Stand-Alone Highlights

IDAHO Dept. of Fish & Game, Cd'A

Title: Hunter Educational Classroom & Office Building

Award Amount: \$890K

In-progress and scheduled to be completed 02/2015

Project Description:

This project consists of the addition of a single-story 6,000 SF building with a breezeway connection to the existing building.



The Hayden office took a field trip to see the progress of the project



The new building will match the existing building

WASHINGTON USACE Seattle District ■ JBLM

Title: East Division Multi-purpose Athletic Field

Award Amount: \$1.1M—Awarded to our partner, Renew Group

In-progress and scheduled to be completed April, 2015

Project Description: This project is a Design-Bid-Build for the Construction of an Athletic Field consisting of about 83,400 SF of artificial turf and about 30,000 SF of grass at JBLM, WA. The construction includes some seat walls and some minor fencing, as well.



Location of new Athletic Field

Highlights about Joint-Base Lewis-McChord



The following is taken from the JBLM website:

JBLM provides state-of-the-art training and infrastructure, responsive quality of life programs, and fully-capable mobilization / deployment operations for the Army, Navy, Air Force, and Marines. They Manage resources efficiently and equitably to support mission readiness and execution for the well-being of service members, families, and civilians. They sustain and protect the environment as a fully-integrated community partner in the lower Puget Sound, with a highly-trained and motivated workforce. JBLM was formally established as one of 12 joint bases worldwide on Oct. 1, 2010.

Photo Contest Winners!



1st Place:

Picture taken by
Tammi Kennedy
Hayden office
❧
Picture taken
in Maui



2nd Place:

Picture taken by
Steve Houser
Fort Polk office
❧
Picture taken of
Rock Lake



3rd Place:

Picture taken by
Amanda Henderson
Fort Gordon office
❧
Picture taken of baby's
first trip to the beach

*Thanks again to
all who
participated!
And stay tuned
for the next
company-wide
contest
coming to local
Northcon office
nearest you!*

The "HOLY HALIBUT" Recipe



Provided by our very own Ellard Comstock, Northcon, Las Vegas office.

Guaranteed to make anyone who doesn't like fish change their mind.

Ingredients:

One ten ounce fresh halibut fillet (works with bass as well)
Two tablespoons of your favorite Cajun spice
One large onion
One red bell pepper
One yellow bell pepper
McCormick's Montreal Steak seasoning
¼ stick butter or margarine (garlic/herb if available)
White wine
One lemon (optional)

Instructions:

Preheat grill to medium/high heat.
Place the two tablespoons of Cajun spice into a bowl.
Place fillet into bowl & press into spice.
Remove & dust off excess spice or just season to taste. Recipe is almost as good without the Cajun spice.
Sprinkle the other side of the fillet with the Montreal Steak Seasoning.
Place onto a piece of aluminum foil large enough to wrap around the fillet, onion & bell pepper & seal.
Place butter onto the fillet over as much surface area as possible (do not try to spread)
Cut onions into rings about 3/8 inch wide & place 4 or 5 onto the fillet
Cut bell peppers into rings & place two or three of each type of bell pepper onto the fillet
Fold up edges of the foil & pour about three tablespoons of white wine around fillet complete fold & seal
Cook on grill for 7 to 8 minutes on each side. Garnish with lemon slices & serve.
Goes great with horse radish mashed potatoes (look for that recipe in the next newsletter) & any kind of steak for a fun surf & turf meal.



January To Do List



- #1: Go thru Closets and then make a trip to the Goodwill or other place of charity
- #2: Vacuum under all couch cushions & furniture, after all the holiday parties—you never know what you may find!
- #3: Clean out the refrigerator—lots of holiday food & leftovers have accumulated & are now taking up lots of room!
- #4: Download all your pictures from your camera, then print

Recipe for Game Night



The Best Cheeseburger & Secret Sauce Recipe



INGREDIENTS:

Burger:

- 1 lb. ground beef (use 85/15- if you want a fattier meat to make a juicier burger!)
- Sesame seed buns
- 1/2 cup Monterrey jack cheese, grated
- 1/4 cup BBQ sauce
- Seasoned salt to taste
- Cracked black pepper
- Onion powder

Secret Sauce:

- 3/4 cup of mayo
- 1/4 cup ketchup
- 1/4 cup relish
- 2 tablespoons Worcestershire sauce
- Seasoned salt

INSTRUCTIONS:

1. Combine the ground beef, grated cheese, BBQ sauce, and seasonings. Shape patties that are about 1 inch thick. With the 1 pound of ground beef, it should make 5 large patties.
2. Turn grill up to high and let it get hot.
3. Reduce heat to medium-high and place the burgers on the grill. Allow this side of the patty to cook for about 4-6 minutes, but make sure it doesn't burn. Then flip the burger over and cook until done.
4. For the sauce: Combine all ingredients and whisk until well mixed. Taste and adjust ingredients to your liking.
5. Assemble the burgers and serve with the special sauce, avocado, lettuce, tomato, cheese, pickles, and your other favorite hamburger toppings!



Computer Mouse Tips From Shayne :)



Most computer users don't take full advantage of the computer mouse, so below are some very helpful tips for you to try!

SELECT WITH DOUBLE & TRIPLE CLICK

Any word can be selected by double-clicking the word. If you want to highlight the whole paragraph or sentence, click the mouse button three times on any word.

Also if you double-click and then drag your mouse it will highlight one word at a time.

ZOOM IN & OUT

Zoom in and out on a web page, Word document, Excel spreadsheet, etc. by holding down the Ctrl key and scrolling up to zoom in and down to zoom out.

USE THE MOUSE SIDE BUTTONS

Many new computer mice also have buttons on the side of the mouse. These buttons can be programmed to do anything, however, by default the left-thumb button can be used to go back on a web page. This makes browsing the Internet more enjoyable since you do not need to move the mouse cursor to the browser back arrow button in order to go back a page.

CTRL KEY & MOUSE CLICK

While holding down the Ctrl key you can left-click to select multiple objects or highlight multiple different sections of text.

Why Have a Safety Program?



By Ron Parker STS, CHST @ www.warriors4safety.com

Do you remember the good ole days when there wasn't a safety program, or if there was, it was in name only? Remember when a worker could walk beams without any fall protection? Also remember when little or no protection was used. I could go on for quite a while but I am sure you get the picture. A safety program not only protects the workers but protects companies responsible for the project and the client as well.

LET'S DISCUSS REASONS FOR A SAFETY PROGRAM:

●MORALE●

A good safety program can boost morale. When a worker feels the company and its' management really cares they feel they can make a difference. Studies show where morale is high fewer incidents/accidents happen. Also where morale is high there are fewer absences which can produce more productivity and quality of work.

●WORKER BUY IN●

This goes along with morale. When a good safety program is implemented it is easy for workers to "buy in" to the program thus producing lower injuries. Studies show that companies who implement an effective safety program can reduce their injury and illness rates by 20 percent and a return of \$4 to \$6 for every dollar invested.

There should be no argument that workplace safety is important. However, sometimes it is unintentionally overlooked. This leaves workers on the job site exposed to risks. To have a good safety program, proper safety training is important. Safety training can give the tools workers need to understand and self implement a safe working environment. Management should not only allow but demand that safety training be allocated for training. There are many companies that specialize in training but a well trained and experienced safety professional is an asset to any company and could be used to accomplish safety training.

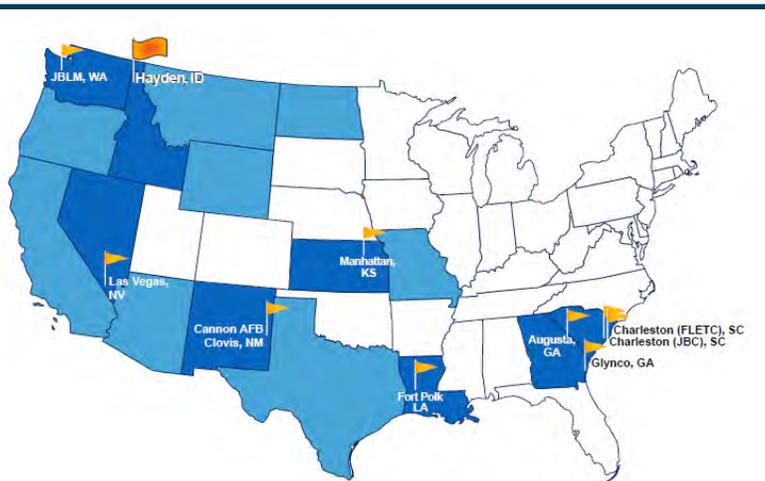
●REPUTATION●

A company with a reputation for having a good safety program and for having quality work will be given a positive nod when bidding a job.

●FINANCIAL●

Properly executed safety programs can impact the bottom line directly or indirectly. All companies want to and should make a profit when the job is complete. With a successful safety program, worker's comp claims, insurance costs and legal fees are minimized which is a sample of indirect costs. Loss of manpower and productivity caused when attention is put toward investigating a happened incident is also a sample of indirect cost.

Northcon Location Map



-  Northcon Corporate Headquarters
-  Northcon Field Offices
-  Other Northcon Performance States

Corporate Office:

10615 N. Government Way
Hayden, ID 83835
Ph: 208-772-6003
Website: www.northconinc.com