

Mental Health Initiatives for Construction Professionals



Photo Credit by www.constructconnect.com

[Article was originally posted on www.constructconnect.com]

By: *Holly Welles,*

One in five Americans struggles with a mental health condition. Society has created a schema of those at risk for psychiatric disorders—women, teenagers, abuse victims and so on. It's not unusual for this schema to give less regard to men—even with changing mental health initiatives—because many people assume men are stronger and less vulnerable to mental health struggles.

This mindset has created several pockets of society where men either deem mental health issues unimportant or avoid seeking help out of fear. The construction industry is one of these pockets. While professionals are doing great work to increase physical safety on the jobsite, mental health concerns too often stay on the back burner.

What can the construction industry do to change attitudes about mental health? This male-dominated sector sees endless amounts of silent suffering due to preconceived notions, but some employers are fighting back against the stigma. Every con-

struction business can do the same by educating their employees and revising company policies.

The Reality of Mental Health Concerns

A Centers for Disease Control and Prevention (CDC) report across 17 states found the construction and extraction occupational group had the highest male suicide rate in 2012 and 2015. Men in positions that are both high skill and high-risk, such as site managers, are 1.5 times more likely to die from suicide. On the opposite end, low-ranking, uneducated workers are also at high risk for mental health issues and self-harm. From higher-ups to entry-level workers, the construction industry paints a grim picture concerning mental health.

Construction workers contend with long hours and exhaustion on top of seasonal employment schedules. Many of them don't have anything higher than a high school education, which can make finding work in the interim difficult. Lengthy bouts of unemployment can damage self-esteem, cause discouragement, and lead to both physical and mental health issues. Considering how many male construction workers pride themselves on

their masculinity and endurance, falling to a vulnerable state can be a tough blow.

Workplace culture complicates an already precarious situation, with many environments facilitating substance abuse and employee harassment. Those struggling may receive condemnation from their peers, which can push them to self-medicate instead of seeking a medical professional.

Increased Safety Measures

One of the first goals employers should aim for is implementing better safety strategies. Physical injuries don't only hurt the flesh—they can damage the psyche as well. Chronic pain and depression have high comorbidity rates, with 85% of chronic pain sufferers also experiencing severe depression. The onset of depression ties back into the sense of resilience many men carry. When manual laborers land in a position where they can't work up to par, they might beat themselves up about it and feel like they've failed.



California Sub-Bid Request Ads



Requests quotes from qualified and certified **DBE** Subcontractors, Suppliers, and Service Providers for the following (but not limited to) work:

Subs

Striping & Signage, Demolition, Asphalt Paving, Clear & Grub, CIDH, Biologist, SWPPP Prep, Erosion Control, Landscape, Reinforcing Steel, AC Dike, Cured In Place Pipe, Rumble Strips, Monument Sign, Bridge, Abandon Culverts, Guardrail, Asphalt Grinding, Construction Area Signs, Fencing, Electrical, Minor Concrete, Minor Concrete Structures, Sign Structures, Underground Work, Trucking, Water Trucks, Sweeping

Suppliers

CSP & RCP, HMA Material, RHMA Material, Tack Coat Material, Concrete, Aggregate, Misc. Metals, Traffic Control Materials, Erosion Control Materials,

FOR CONSTRUCTION ON STATE HIGHWAY IN YUBA COUNTY FROM MARYSVILLE ROAD TO THE YUBA RIVER BRIDGE

In District 03 On Route 20

Contract No. 03-0A5704 Federal-Aid Project ACNH- P020 (191)E

DBE Goal 13%

BID DATE November 20, 2019 @ 2:00 p.m.

All Quotes Due Prior to Bid Date

Sukut Construction, LLC

4010 W. Chandler Avenue, Santa Ana, CA 92704

Contact: Rick Welshiemer

Phone: (714) 540-5351 • Fax: (714) 545-2003 • Email: estimating@sukut.com

Plans/specs are available for viewing at our office by appointment, via Sukut's FTP site, or may be obtained from Owner. Subcontractors must be prepared to furnish 100% performance and payment bonds and possess current insurance and workers' comp coverage. Sukut Construction will assist Qualified Subcontractors in obtaining bonds, insurance, and/or lines of credit. Please contact Sukut for assistance in responding to this solicitation. Subcontractors/Vendors will be required to sign Sukut's Standard Subcontract/Purchase Order. Copies are available for examination.

Sukut Construction's listing of a Subcontractor in its bid to the agency is not to be construed as an acceptance of all of the Subcontractor's conditions or exceptions included with Subcontractor's price quotes. Quotations must be valid for the same duration as specified by Owner for contract award.

Sukut Construction, LLC
An Equal Opportunity Employer

Request for Ethnic Minority-Owned
Subcontractors for
**Planning and Engineering Services for
the Mokelumne Aqueducts Delta Tunnel**
Bid Date: November 8, 2019 at 4:00 PM

RFP can be downloaded at:
[https://www.ebmud.com/business-center/
requests-proposal-rfps/](https://www.ebmud.com/business-center/requests-proposal-rfps/)

Please send proposals to
aifx@cowi.com by **October 25, 2019**
for the following technical services:

**Environmental/Regulatory Permitting,
Pipeline Engineering, Tunnel Engineering,
Tunnel Cost Estimating & Scheduling**

Please contact Annie Fougner at
510-839-8972 with questions or
for more information.

COWI North America, Inc.
1300 Clay St. Suite 700, Oakland, CA 94612
An Equal Opportunity Employer



SBE OUTREACH SERVICES

With 1.5 million businesses in our database, SBE is California's #1 source for diversity outreach.

Advertisements

Placed in the Small Business Exchange newspaper, SBE Today newsletter, and online at www.sbeinc.com

Faxed and Eblast Solicitations

Targeted mailings sent to businesses per your criteria.

Telemarketing

Telephone follow-up calls that follow a script of 5 questions you create.

Computer Generated Reports

Will fit right into your proposal, along with a list of interested firms to contact.

Contact Info:

795 Folsom Street, 1st Flr, Room 1124
San Francisco, CA 94107
Email: sbe@sbeinc.com
Website: www.sbeinc.com
Phone: (415) 778-6250, (800) 800-8534
Fax: (415) 778-6255

Publisher of
Small Business Exchange
weekly newspaper



Proven Management, Inc.

225 3rd Street, Oakland, CA 94607 • Phone: 510-671-0000 • Fax: 510-671-1000

PMI requests proposals/quotes from all qualified and certified Local Small Business (LSB), Minority Business Enterprise (MBE) Women Business Enterprise (WBE) subcontractors, suppliers, and truckers for the following project:

MARKET STREET ENTRY CANOPIES
BART CONTRACT NO. 15LK-140

Bids: 11/12/2019 @ 2pm
LSB GOAL - 23%

The work includes but is not limited to: Selective Structure Demo; Hazmat Abatement; CIP & Portland Cement Conc; Rebar; Unit Masonry; Mtl Welding; Str Stl; Mtl Decking; Metal Fab; Decorative Metal; Wood, Plastics & Composites; Ro. Carp.; Plastic Fab; Glass Fiber Molded Grating; Thermal & Moisture Protection; Roof / Deck Insulation; Modified Bituminous Roofing; Overhead Coiling Grilles; Glazing; Finishes; Plaster & Drywall; Tile; Terrazzo Flooring; Painting; Graffiti-Resistant Coatings; Specialties; Signage; Real-Time Information Display; Bird Control Devices; Fire Prot / Plumbing / HVAC; Electrical; Lighting; Communications; Electronic Safety & Security; Earthwork; Dewatering; Controlled Density Fill; Shoring & Underpinning; Excavation Support & Protection; Ext Improvements; Asphalt & Conc Paving; Utilities; Support & Protection of Utilities; Trenching & Backfilling for Utilities; Storm Drainage Utilities.

Bonding, insurance, lines of credit and any technical assistance or information related to the plans & specifications & requirements for the work will be made available to interested LSB, MBE, WBE certified suppliers & subcontractors.

Assistance with obtaining necessary equipment, supplies, materials, or related assistance or services for this project will also be offered to interested LSB/MBE/WBE certified suppliers, subcontractors, truckers. PMI is signatory to the Operating Engineers, Carpenters, and Laborers Collective Bargaining Agreements.

100% Payment & Performance bonds will be required from a single, Treasury-listed surety company subject to PMI's approval. PMI will pay bond premium up to 1.5%. Subcontractors awarded on any project will be on PMI's standard form for subcontract without any modifications. For questions or assistance required on the above, please call.

We are an Equal Opportunity Employer



California Sub-Bid Request Ads

DESILVA GATES CONSTRUCTION

11555 Dublin Boulevard • P.O. Box 2909
Dublin, CA 94568-2909
(925) 829-9220 / FAX (925) 803-4263
Estimator: JACK SHEWMAKER
Website: www.desilvagates.com
An Equal Opportunity/
Affirmative Action Employer

DeSilva Gates Construction (DGC)
is preparing a bid as a Prime Contractor
for the project listed below:

CALTRANS ROUTE 99 - STATE HIGHWAY IN MERCED COUNTY IN AND NEAR ATWATER FROM 0.4 MILE SOUTH OF BUHACH OVERCROSSING TO 0.8 MILE NORTH OF WEST ATWATER OVERHEAD

Contract No. 10-3A7204,
Federal Aid Project No. ACNH-P099(646)E
Disadvantaged Business Enterprise Goal
Assigned is 17%

OWNER:
STATE OF CALIFORNIA
DEPARTMENT OF TRANSPORTATION
1727 30th Street, Bidder's Exchange, MS 26,
Sacramento, CA 95816

BID DATE: OCTOBER 30, 2019 @ 2:00 P.M.

DGC is soliciting quotations from certified Disadvantaged Business Enterprises, for the following types of work and supplies/materials including but not limited to:

AC DIKE, BRIDGE, CLEARING AND GRUBBING/DEMOLITION, CONCRETE BARRIER, CONSTRUCTION AREA SIGNS, ELECTRICAL, EROSION CONTROL, FENCING, MBGR, MINOR CONCRETE, MINOR CONCRETE STRUCTURE, PCC PAVING, ROADSIDE SIGNS, RUMBLE STRIP, SIGN STRUCTURE, STRIPING, SWPPP/WATER POLLUTION CONTROL PLAN PREPARATION, TEMPORARY EROSION CONTROL, UNDERGROUND, VEGETATION CONTROL, TRUCKING, WATER TRUCKS, STREET SWEEPING, CLASS 2 AGGREGATE SUB BASE MATERIAL, HOT MIX ASPHALT (TYPE A) MATERIAL, ASPHALT OIL BINDER.

Plans and specifications may be reviewed at our offices located at 11555 Dublin Boulevard, Dublin, CA or 7700 College Town Drive, Sacramento, CA, or at your local Builders Exchange, or reviewed and downloaded from the ftp site at <ftp://ftp%25desilvagates.com:f7pa55wd@pub.desilvagates.com> (if prompted the username is <ftp://ftp%25desilvagates.com> and password is f7pa55wd) or from the Owner's site at www.dot.ca.gov/hq/esc/oe/weekly_ads/all_adv_projects.php

Fax your bid to (925) 803-4263 to the attention of Estimator Jack Shewmaker. If you have questions for the Estimator, call at (925) 829-9220. When submitting any public works bid please include your DUNS number and DIR number. For questions regarding registration for DIR use the link at: www.dir.ca.gov/Public-Works/PublicWorks.html

If you need DBE support services and assistance in obtaining bonding, lines of credit, insurance, necessary equipment, materials and/or supplies or related assistance or services, for this project call the Estimator at (925) 829-9220, or contact your local Small Business Development Center Network (<http://californiasbdc.org>) or contact the California Southwest Transportation Resource Center (www.transportation.gov/osdbu/SBTRCs). DGC is willing to breakout portions of work to increase the expectation of meeting the DBE goal.

At our discretion, 100% Payment and 100% Performance bonds may be required as a subcontract condition. This will be a PREVAILING WAGE JOB. DGC is an Equal Opportunity/Affirmative Action Employer.

DESILVA GATES CONSTRUCTION

11555 Dublin Boulevard • P.O. Box 2909
Dublin, CA 94568-2909
(925) 829-9220 / FAX (925) 803-4263
Estimator: JACK SHEWMAKER
Website: www.desilvagates.com
An Equal Opportunity/
Affirmative Action Employer

DeSilva Gates Construction (DGC)
is preparing a bid as a Prime Contractor
for the project listed below:

CALTRANS ROUTE 101 - CONSTRUCTION ON STATE HIGHWAY IN MENDOCINO COUNTY NEAR HOPLAND FROM 0.7 MILE SOUTH OF GEYSERS ROAD TO HOPLAND OVERHEAD

Contract No. 01-466304,
Federal Aid Project No. ACNH-Q101(359)E
Disadvantaged Business Enterprise Goal
Assigned is 14%

OWNER: STATE OF CALIFORNIA
DEPARTMENT OF TRANSPORTATION
1727 30th Street, Bidder's Exchange, MS 26,
Sacramento, CA 95816

BID DATE: OCTOBER 22, 2019 @ 2:00 P.M.

DGC is soliciting quotations from certified Disadvantaged Business Enterprises, for the following types of work and supplies/materials including but not limited to:

HMA DIKE, ADJUST IRON, ASBESTOS COMPLIANCE PLAN, COLD PLANE, CONCRETE BARRIER, CONSTRUCTION AREA SIGNS, CRACK SEALING, CRASH CUSHION, ELECTRICAL, EMULSION SUPPLIER, FABRIC/GEOSYNTHETIC PAVEMENT INTERLAYER, LEAD COMPLIANCE PLAN, METAL BEAM GUARDRAIL, ROADSIDE SIGNS, RUMBLE STRIP, STRIPING, SWPPP/WATER POLLUTION CONTROL PLAN PREPARATION, TEMPORARY EROSION CONTROL, TRAFFIC CONTROL SYSTEMS, VEGETATION CONTROL, TRUCKING, WATER TRUCKS, STREET SWEEPING, EROSION CONTROL MATERIAL, IMPORTED BORROW, HOT MIX ASPHALT (TYPE A) MATERIAL, RUBBERIZED HMA (GAP GRADE) MATERIAL, SEGMENT CORRECTION.

Plans and specifications may be reviewed at our offices located at 11555 Dublin Boulevard, Dublin, CA or 7700 College Town Drive, Sacramento, CA, or at your local Builders Exchange, or reviewed and downloaded from the ftp site at <ftp://ftp%25desilvagates.com:f7pa55wd@pub.desilvagates.com> (if prompted the username is <ftp://ftp%25desilvagates.com> and password is f7pa55wd) or from the Owner's site at www.dot.ca.gov/hq/esc/oe/weekly_ads/all_adv_projects.php

Fax your bid to (925) 803-4263 to the attention of Estimator Jack Shewmaker. If you have questions for the Estimator, call at (925) 829-9220. When submitting any public works bid please include your DUNS number and DIR number. For questions regarding registration for DIR use the link at www.dir.ca.gov/Public-Works/PublicWorks.html

If you need DBE support services and assistance in obtaining bonding, lines of credit, insurance, necessary equipment, materials and/or supplies or related assistance or services, for this project call the Estimator at (925) 829-9220, or contact your local Small Business Development Center Network (<http://californiasbdc.org>) or contact the California Southwest Transportation Resource Center (www.transportation.gov/osdbu/SBTRCs). DGC is willing to breakout portions of work to increase the expectation of meeting the DBE goal.

At our discretion, 100% Payment and 100% Performance bonds may be required as a subcontract condition. This will be a PREVAILING WAGE JOB. DGC is an Equal Opportunity/Affirmative Action Employer.



Kiewit

Kiewit Infrastructure West Co.
4650 Business Center Drive Fairfield, CA 94534
Attn: Victor Molina • norcal.bids@kiewit.com
Fax: 707-439-7301

Requests sub-bids from qualified California Department of General Services (DGS) certified Local Small Business Enterprises (LSB), Local Micro Small Businesses having a primary business office in the counties of Alameda, Contra Costa and San Francisco and California Unified Certification Program (CUCP) certified Minority/Women Business Enterprise (MBE/WBE) Subcontractors, Consultants, and/or Suppliers seeking to participate in the construction on the Market Street Entry Canopies Project in San Francisco, CA.

<https://cucp.dot.ca.gov/cucp>
<http://www.pd.dgs.ca.gov>
www.bart.gov/oc

Subcontractors and Suppliers
for the following project:

Market Street Entry Canopies
Contract No. 15LK-140
Owner: BART

Bid Date: November 12, 2019 by 2:00 P.M.

**Disadvantaged Business Enterprises (DBEs)
and Local Small Businesses (LSB)**

Minority Business Enterprise (MBE), Women Business Enterprise (WBE), Local Small Business Enterprise (LSB), wanted for the following scopes, including, but not limited to:

AC Paving, Bird Control Devices, CCTV, Concrete - Minor, Concrete Reinforcing, Concrete Supply, Concrete Cast in Place, Concrete Pumping, Demo, Drywall, Electrical, Flooring, Hazardous Abatement, Joint Protection, Masonry, Metals, Metal Decking, Openings, Painting & Coatings, Piping, Plumbing, Quality Control, Roofing, Security, Signage, Structural Steel, Temp Facilities and Traffic Control.

Bonding, insurance and any technical assistance or information related to the plans or specification and requirements for the work will be made available to interested DBE, MBE, WBE and LSB certified suppliers, service providers and subcontractors. Assistance with obtaining necessary equipment, supplies, materials, or services for this project will be offered to interested certified suppliers, service providers and subcontractors.

**Subcontractor and Supplier Scopes are due
November 8, 2019 and Quotes**

NO LATER THAN November 11, 2019 at 5 PM.

Plans are available for viewing at our office at our address below and through SmartBidNet (SBN).

All subcontractors that are registered in our SBN database will receive an invitation to bid. Please visit <https://www.kiewit.com/districts/northern-california/overview.aspx> to register your company and to be able to receive bidding information, view plans and specifications.

You can view the plans in our office during regular business hours by appointment.

Performance Bond and Payment Bonds may be required for subcontractors and a suppliers bond for suppliers.

Project Stabilization Agreement (PLA) applies for SF Bay Area Rapid Transit District

Subcontract work shall be signatory to the applicable local union or willing to sign a one-time agreement.

An Equal Opportunity Employer
CA Lic. 433176
DIR# 1000001147

SMALL
BUSINESS
EXCHANGE



California Sub-Bid Request Ads

Shimmick Construction Company Inc.

8201 Edgewater Drive, Suite 202 • Oakland, CA 94621
Phone (510) 777-5000 • Fax (510) 777-5099
An Equal Opportunity Employer

LSB and M/WBE Subcontractor/Supplier Bids Requested For:

San Francisco Bay Area Rapid Transit District
Market Street Entry Canopies
Contract No. 15LK-140

BID DATE: November 12, 2019 at 2 p.m.

Fax all quotes to 510-777-5099 or email to northwest.estimated@shimmick.com

Requesting certified LSB and M/WBE Subcontractor and Supplier Quotes on:

Architectural, Concrete-Building, Demo, Drill-Bond, Earthwork, Electrical, Erosion Control, Flatwork, Rebar, Roofing, Signs, Steel-Erection, Structural Steel, Survey, Traffic Control, Trucking, Utility Work, Welding, Architectural Items, Pipe-Copper Stainless, Pipe-PVC, Ready Mix, Steel-Fab, Valves & Fittings

Please visit www.bart.gov/about/business/procurement for more information. You may also contact Natasha Inglis at ninglis@shimmick.com for access to the documents.

Subcontractors and Suppliers interested in this project may contact Jerry Blazek by email at jblazek@shimmick.com.

100% Performance and Payment bonds with a surety company subject to approval of Shimmick Construction Company, Inc. are required of subcontractors for this project. Shimmick Construction will pay bond premium up to 1.5%. Subcontractors will be required to abide by terms and conditions of the AGC Master Labor Agreements and to execute an agreement utilizing the latest SCCI Long Form Standard Subcontract incorporating prime contract terms and conditions, including payment provisions. Shimmick Construction's listing of a Subcontractor is not to be construed as an acceptance of all of the Subcontractor's conditions or exceptions included with the Subcontractor's price quote. Shimmick Construction requires that Subcontractors and Suppliers price quotes be provided at a reasonable time prior to the bid deadline to enable a complete evaluation. For assistance with bonding, insurance or lines of credit contact Scott Fairgrieve at (510) 777-5000.

Pipe & Plant

Pipe and Plant Solutions, Inc.
225 3rd Street, Oakland, CA 94607
Contact: Andrew Florita
Phone: (888) 978-8264 • Fax: (866) 977-2642
Email: afiorita@pipeandplant.com

Pipe and Plant Solutions, Inc. is requesting sub-bids from qualified MBE/WBE/OBE/SBE/LBE/DVBE subcontractors, suppliers, manufacturers & truckers for: Contra Costa County Public Works Dept., 255 Glacier Drive, Martinez, CA

Project: 2019 FULL TRASH CAPTURE
Project#: 0662-6U4120

Bid Due Date: 10-22-2019 at 2 pm

For the following (but not limited to) work: **traffic control, construction area signs, clearing and grubbing, trucking.**

If you are interested in bidding on this work or know someone who is, please contact Andrew Florita at (888) 978-8264 Fax: (866) 977-2642 Plans, Specs, and Requirements for the project are available for review at our office in Anytown or at the Contra Costa County Public Works Dept. 255 Glacier Drive, Martinez, CA., 94553 and are available for purchase online at www.cccounty.us/pwprojects.

For assistance in obtaining bonds, line of credit, and/or insurance for this project, please contact Andrew Florita at the noted phone number.

Mental Health Initiatives for Construction Professionals

Continued from page 1

Increased safety measures protect against physical and mental damage, and they make for a better atmosphere within the worksite. Few people desire to go to a job where they feel directly endangered every day. The construction industry has a higher rate of fatal injuries than most other sectors, but individual employers can lower these statistics by implementing better safety protocols.

Employers must train workers on safe driving techniques, loading and unloading, equipment maintenance and personal protective equipment. A poll found that 25% of workers didn't receive any training regarding protective gear such as hard hats, goggles and face masks. This training negligence would have detrimental effects within any workplace—construction is no exception.

Open Communication of Mental Health Concerns

Employers should encourage open communication about mental health concerns among workers. Employees need safe and productive environments where they can share their struggles without facing criticism or discouragement. Psychological screenings should be a readily accessible service for those seeking a diagnosis.

The Construction Industry Blueprint provides a guide for managers and employers on how to talk

to their workers who might be at risk for suicide. The blueprint includes scripts for starting fruitful discussions and giving presentations on the importance of mental health. It also provides checklists for employers to measure the quality of their company's mental health initiatives and make improvements where needed.

Some workers may choose to enroll in therapy. In this case, employers need to provide flexible scheduling for workers to attend appointments during workdays. Many therapist offices close at or before regular nine to five working hours, which can make starting therapy a challenge for those with rigid schedules. Employee assistance programs with on-site counselors and therapists can serve as a convenient alternative.

Using Technology to Set Limits

Most people recognize when their body is at its physical limits, but realizing it within the mind can be more challenging. Many people either disregard mental distress or acknowledge its existence but push through it anyway. The concept of resilience—although helpful at its core—has led some to think that mental toughness means ignoring bodily signals.

That's why some construction companies have integrated activity trackers to help employees monitor their physical responses while working. These

trackers allow workers to address physical issues they didn't recognize before. This technology has resulted in employees eating better, taking more breaks and practicing calming breathing exercises between tasks.

By monitoring their stress, heart rate and blood oxygen levels, workers can gain insight into how their jobs affect their well-being. They can make healthier decisions regarding workloads and pacing and request more flexible schedules. More construction companies can benefit from supplying their workers with the necessary energy-tracking tools for analyzing data and setting personal limits.

Safeguarding Mental Health in the Construction Industry

Comprehensive mental health care has a long way to go across many industries, but construction companies are actively making improvements to keep their workers safe. Earning a living is paramount for survival, but it shouldn't come at the cost of anyone's wellness. Thankfully, more people are recognizing this fact and making the appropriate changes.

SOURCE: <https://www.constructconnect.com/blog/mental-health-initiatives-for-construction-professionals>

The history behind 3 famous U.S. bridges

[Article was originally posted on <https://blog.buildingconnected.com>]

By *Tony Faccenda*,

From the tallest buildings to the most spectacular glass facades to Major League Baseball ballparks, construction creates all kinds of inspiring structures. What our customers and the rest of the industry are able to accomplish never ceases to amaze us.

Brooklyn Bridge (New York)

Built: 1883

Cost: \$15.5 million

History:

- The Brooklyn Bridge was designed by John Augustus Roebling, who spent 15 years trying to sell the idea. In 1867, the New York State Senate finally passed a bill to build a bridge going from Brooklyn to Manhattan.
- Construction of the bridge began in 1869. To build the two towers, they floated two caissons, giant upside-down boxes made of southern yellow pine, in the East River. The stone towers were built on top of them until they sank to the bottom of the river. The towers are made out of limestone, granite, and Rosendale cement.
- Even though it's considered a suspension bridge, the Brooklyn Bridge used a hybrid cable-stayed/suspension design. It became a National Historic Landmark in 1964 and was named a National Historic Civil Engineering Landmark in 1972.

Golden Gate Bridge (San Francisco)

Built: 1937

Cost: \$100 million

History:

- The Golden Gate Bridge was designed by Chicago-based engineer Joseph Strauss and his team. It cost \$35.5 million to build.
- The bridge is 1.7 miles long and 90 feet wide. Construction started in 1933 and was opened to the public in 1937. They had to excavate 3.25 million cubic feet of dirt to build the bridge's 12-story-tall anchorages.
- Painted "International Orange," the Golden Gate Bridge is believed to be the most photographed bridge in the world and was named one of the seven civil engineering wonders of the United States by the American Society of Civil Engineers.

Bixby Creek Bridge (Big Sur)

Built: 1932

Cost: \$199.8 million

History:

- Before the Bixby Creek Bridge was built, during the winter months, residents were virtually cut off from going inland because of blockages on Old Coast Road.
- It took two months to construct a 250-foot high falsework with 300,000 board feet of timber to build the arch. Due to high winds, the falsework was difficult to raise, and at

one point construction had to be halted due to storms.

- Concrete was used to build the bridge because it would reduce construction and maintenance costs, and the color would also blend into the natural rock formations. It's still one of the tallest single-span concrete bridges in the world.

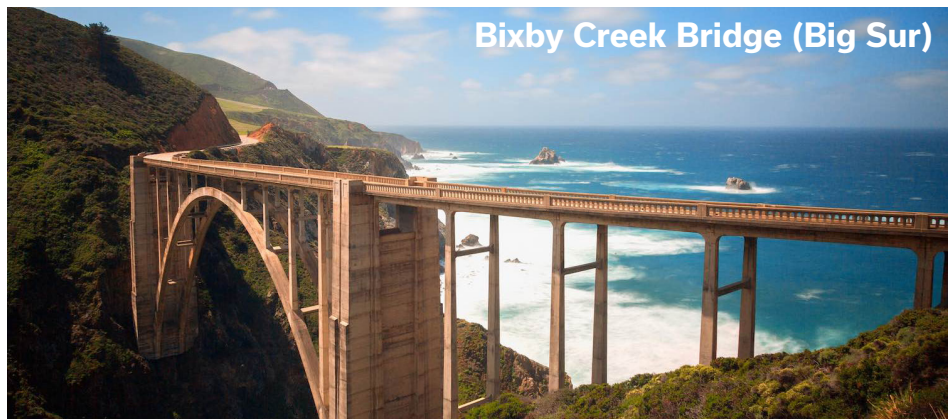
SOURCE: <https://blog.buildingconnected.com/the-history-behind-3-famous-u-s-bridges/>



Brooklyn Bridge (New York)



Golden Gate Bridge (San Francisco)



Bixby Creek Bridge (Big Sur)

THE BUSINESS OUTREACH COMMITTEE (BOC) A CONSORTIUM OF BAY AREA TRANSPORTATION AGENCIES

FREE

MEET THE PRIMES NETWORKING EVENT 2019

TUESDAY, NOVEMBER 5, 2019

Joseph P. Bort MetroCenter
 (Conveniently located across from Lake Merritt BART Station)
 101 8th Street, Oakland, CA 94607



Registration: 12:30 p.m. – 1:00 p.m.



Networking: 1:00 p.m. – 3:00 p.m.

RSVP AT: <https://boc2019meettheprimes.eventbrite.com/>



Plan to market your products and services to BOC agencies and primes in the areas of construction, professional services, architecture, engineering and other businesses. Bring your business card, capability statement, resume and project experience. Plan to make a connection with one or more prime contractors!

Receive valuable information from resource partners including **FREE DBE Supportive Services**.

PARTICIPATING PRIMES / Please see the RSVP page for a full list of exhibitors.

AECOM	Hill International, Inc.	STV Incorporated
Balfour Beatty	HNTB Corporation	The Dutra Group
Granite Construction Company	McGuire & Hester	WSP
Hatch Mott MacDonald	Swinerton	

RESOURCE PARTNERS



SBA's participation is not an endorsement of product, service or entity.

PRESENTED BY



The BOC serves our disadvantaged and small business communities. It is the policy of the member agencies participating in the Business Outreach Committee that small businesses owned and controlled by socially and economically disadvantaged individuals are provided equal opportunity to participate in the construction, professional service and procurement activities of their agencies.

Tutor Perini/O & G Joint Venture (TPOG)



SEEKING DBE FIRMS

FOR SUBCONTRACTING OPPORTUNITIES ON THE WESTSIDE
PURPLE LINE EXTENSION SECTION 2 PROJECT

OWNER: LOS ANGELES COUNTY METROPOLITAN TRANSPORTATION AUTHORITY (LACMTA)



INTERESTED IN WORKING WITH TPOG?

TPOG issues Notice of Interest (NOI) Emails to all Tutor Perini/O & G Joint Venture registered vendors notifying them of upcoming 1st tier opportunities on the project. All CUCP certified DBEs vendors based in Southern California are already registered with TPOG. Please contact us if your firm is not receiving TPOG Notices of Interest by sending a note to:

Nareg@moderntimesinc.com

BONDING, LINES OF CREDIT, AND INSURANCE SUPPORT SERVICES:

TPOG is willing to assist DBE Subcontractors and suppliers in obtaining access to bonds, lines of credit and insurance. Please email Nareg Bostanian for your requests for assistance.

TPOG is soliciting in good faith all interested subcontractors as well as certified DBE firms. If you are interested in bidding or have any questions in relation to the scope, please email DBE Project Coordinator: Nareg Bostanian or visit the website below. <http://www.tpogjv4purpleline.com/index.html>