

What Construction Workers Could Teach Other Industries About Mental Health Awareness



Photo credit: Fotolia.com

By Amy Morin

In the 14 years since I started my career as a psychotherapist, I've seen some shifts in the way society views mental health. Slowly, the stigma attached to mental illness seems to be decreasing. And each year during the month of May—Mental Health Awareness Month—I'm always happy to learn about organizations and industries who are working hard to promote workplace mental health.

Although the construction industry may be about the last place you'd expect workers to talk about depression or anxiety, they're becoming industry leaders in mental health awareness. They're doing some incredible work to reduce the stigma attached to mental health and they're saving lives.

The Construction Industry Recognized the Need

A lot of talk about workplace mental health focuses on office workers. There's a notion that employees who bring their work home with them might be at a greater risk of mental health problems, burnout, and high stress levels.

But stress affects more than just the high salaried executives. The working conditions for many blue collar workers also contributes to mental health problems.

Recently, the construction industry took notice. They realized that their workers weren't just at a high risk of mental health problems, but they're also at a high risk of suicide.

Here are the facts:

- Construction jobs are still made up predominantly of young males. Suicide is the second leading cause of death for men in the United States between the ages of 25 and 54.
- Men in high stakes and high skill occupations are almost 1.5 times more likely to die by suicide.
- People in occupations that don't require any education after high school are at a higher risk of suicide.

Of course, the culture that exists in most construction companies doesn't lend itself to talking about feelings either. Many construction workers pride themselves on being tough, which prevents them from admitting there's a problem and stops them from seeking help.

Seasonal unemployment, long hours, and exhaustion can also trigger mental health issues. Unfortunately, many workers go undiagnosed and untreated, making the construction industry in the top nine occupations at risk for suicide.

What the Construction Industry is Doing

The Construction Industry Blueprint was created to help managers put protective factors into place to reduce the risk of suicide. The blueprint offers strategies for employers for educating and supporting its employees.

■ Continued on page 4

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California Sub-Bid Request Ad

DESILVA GATES CONSTRUCTION

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

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

CANDLESTICK POINT / HUNTERS POINT SHIPYARD PHASE II REDEVELOPMENT PROJECT SUB-PHASES CP-02,03,04

Small Business Enterprise goal assigned is 50%

OWNER:

LENNAR / CP DEVELOPMENT CO LP;
HPS DEVELOPMENT CO LP
1 Sansome Street, Suite 3200,
San Francisco, CA 94104

BID DATE: JUNE 1, 2016 @ 5:00 P.M.

We hereby encourage responsible participation of local Small Business Enterprises/Local Business Enterprises, and solicit their subcontractor or materials and/or suppliers quotation for the following types of work including but not limited to:

WET UTILITIES (STORM DRAIN, SANITARY SEWER, LOW PRESSURE WATER LINE, HIGH PRESSURE WATER LINE)

Plans and specifications may be reviewed at the following locations:

- At the Construction Assistance Program (CAP) located at 690 Hudson Avenue, Trailer B, San Francisco, CA 94124 phone number (415) 549-7393.

- At our office located at 11555 Dublin Boulevard, Dublin, CA 94568 or reviewed and downloaded from the ftp site at <ftp://ftp%25desilvagates.com:f7pa55wd@pub.desilvagates.com> (if prompted the username is ftp@desilvagates.com and password is f7pa55wd).

Information is also available on the City and County of San Francisco's website at <http://mission.sfgov.org/ocabidpublication/#close> and on the OCII website at <http://mission.sfgov.org/OCABidPublication/BidDetail.aspx?K=10834>

The deadline for questions is May 17, 2016 at 5:00 PM. A pre-bid meeting will be held on May 12, 2016 at 10:00 AM located at Building 101, 101 Home Avenue, San Francisco, CA 94127.

Fax your bid to (925) 803-4263 or email it to gday@desilvagates.com to the attention of Estimator Garry Day. If you have questions for the Estimator, call at (925) 361-1587.

If you need support services and assistance in obtaining bonding, insurance, necessary equipment, materials and/or supplies or related assistance or services, for this project call the Estimator at (925) 361-1587. DGC is willing to breakout portions of work to increase the expectation of meeting the SBE/LBE goal.

At our discretion, 100% Payment and 100% Performance bonds may be required as a subcontract condition. This will be a PREVAILING WAGE JOB and subject to the Project Labor Agreement (PLA). DGC is an equal opportunity employer.

DESILVA GATES CONSTRUCTION

11555 Dublin Boulevard • P.O. Box 2909
Dublin, CA 94568-2909
(925) 829-9220 / FAX (925) 803-4263
Estimator: Zack Harwell
Website: www.desilvagates.com
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DeSilva Gates Construction (DGC)
is preparing a bid as a Prime Contractor for
the project listed below:

CITY OF HAYWARD –

FY 2016 PAVEMENT REHABILITATION PROJECT, PROJECT NO. 05204, DISADVANTAGED BUSINESS ENTERPRISE AND WOMEN BUSINESS ENTERPRISE

OWNER:

City of Hayward Department of Public Works
777 "B" Street, Hayward, CA 94514-5007

BID DATE: May 31st, 2016 @ 2:00 P.M.

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

Adjust Iron, Cold Plane, Construction Area Sign, Crack Sealing, Emulsion Supplier, Minor Concrete, Paving Fabric, Striping, SWPPP Prep/ Water Pollution Control Plan Prepare, Trucking, Water Trucks, Street Sweeping, Hot Mix Asphalt (Type A) Material

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@desilvagates.com and password is f7pa55wd) or from the Owner: City of Hayward Department of Public Works, 777 "B" Street, 2nd Fl., Hayward, Ca 94541, Ph. 510-583-4730.

Fax your bid to (925) 803-4263 to the attention of Estimator Zack Harwell. 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 employer.

DESILVA GATES CONSTRUCTION

11555 Dublin Boulevard • P.O. Box 2909
Dublin, CA 94568-2909
(925) 829-9220 / FAX (925) 803-4263
Estimator: Steve Lippis
Website: www.desilvagates.com
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DeSilva Gates Construction (DGC)
is preparing a bid as a Prime Contractor
for the project listed below:

CALTRANS ROUTE 132

CONSTRUCTION ON STATE HIGHWAY IN SAN JOAQUIN COUNTY NEAR VERNALIS FROM 0.4 MILE EAST OF ROUTE 580 TO STANISLAUS COUNTY LINE Contract No. 10-068204, Federal Aid Project ACNHP-P132(050)E Disadvantaged Business Enterprise Goal Assigned is 10%

OWNER:

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

BID DATE: JUNE 9TH, 2016 @ 2:00 P.M.

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

AC Dike, Biologist Consultant, Clearing and Grubbing/Demolition, Concrete Barrier, Construction Area Sign, Crack & Seal, Electrical, Erosion Control, Fabric/Geosynthetic Pavement Interlayer, Inertial Profiler, Metal Beam Guardrail, Minor Concrete, PCC Paving, Roadside Signs, Remove Guardrail, Rumble Strip, Sign Structure, Striping, SWPPP Prep/ Water Pollution Control Plan Prepare, Underground, Trucking, Water Trucks, Street Sweeping, Class 2 Aggregate Base Material, Hot Mix Asphalt (Type A) Material, Rubberized HMA (Gap Grade) Material

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@desilvagates.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 Steve Lippis. 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 employer.



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11555 Dublin Boulevard • P.O. Box 2909
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 (925) 829-9220 / FAX (925) 803-4263
 Estimator: GARRY DAY
 Website: www.desilvagates.com
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DeSilva Gates Construction (DGC) is preparing a bid as a Prime Contractor for the project listed below:

YERBA BUENA ISLAND INTERIM GRADING FOR WATER TANK AREA

Sub-Phase 1YA and 1YB, San Francisco, CA
 Small Business Enterprise Goal Assigned is 41%

OWNER:
 TREASURE ISLAND
 COMMUNITY DEVELOPMENT, LLC
 c/o LENNAR URBAN
 1 Sansome Street, Suite 3200,
 San Francisco, CA 94104

BID DATE: JUNE 9TH, 2016 @ 2:00 P.M.

We hereby encourage responsible participation of local Small Business Enterprises/Local Business Enterprises, and solicit their subcontractor or materials and/or suppliers quotation for the following types of work including but not limited to:

CLEARING AND GRUBBING/DEMOLITION, EROSION CONTROL, STRIPING, UNDERGROUND UTILITIES, TRUCKING, WATER TRUCKS, STREET SWEEPING, GEOGRID MATERIAL.

Plans and specifications may be reviewed at our office located at 11555 Dublin Boulevard, Dublin, 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@desilvagates.com](ftp://ftp%25desilvagates.com) and password is [f7pa55wd](ftp://ftp%25desilvagates.com)) or from the Owner.

Information is also available on the City and County of San Francisco's website at <http://mission.sfgov.org/OCA-BidPublication/BidDetail.aspx?K=10892>

Fax your bid to (925) 803-4263 to the attention of Estimator Garry Day. 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 SBE 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 SBE/LBE 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 employer.



11555 Dublin Boulevard • Dublin, CA 94568-2909
 Phone: (925) 829-9220
 Estimator: ALAN MCKEAN
 Website: www.desilvagates.com
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Golden Gate Constructors (GGC) is preparing a bid as a Prime Contractor for the project listed below:

TAXILANES H & M REALIGNMENT AT SAN FRANCISCO INTERNATIONAL AIRPORT, Contract No. 10005.61,

Local Business Enterprise Requirement is 20%

OWNER:
 CITY AND COUNTY OF SAN FRANCISCO –
 San Francisco International Airport,
 Jason G. Yuen Architecture and Engineering Building,
 676 N. McDonnell Road, Conference Room C,
 San Francisco, CA 94128

BID DATE: MAY 25, 2016 @ 2:00 P.M.

We hereby encourage responsible participation of Local Business Enterprises, and solicit their subcontractor or materials and/or suppliers quotation for the following types of work including but not limited to:

CEMENT TREATED BASE SUPPLIER, CLEARING AND GRUBBING/DEMOLITION, ELECTRICAL, FENCING/BLAST DEFLECTOR FENCE, HAZARDOUS MATERIAL, MINOR CONCRETE, MINOR CONCRETE STRUCTURE, PCC PAVING, SLURRY SEAL, STRIPING, SURVEY/STAKING, SWPPP/WATER POLLUTION CONTROL PLAN PREPARATION, UNDERGROUND, TRUCKING, WATER TRUCKS, STREET SWEEPING, AGGREGATE BASE MATERIAL, HOT MIX ASPHALT MATERIAL.

Plans and specifications may be reviewed at our office located at 11555 Dublin Boulevard, Dublin, 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@desilvagates.com](ftp://ftp%25desilvagates.com) and password is [f7pa55wd](ftp://ftp%25desilvagates.com)) or from the Owner.

Fax your bid to (925) 803-4263 to the attention of Estimator Alan McKean. 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 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). GGC is willing to breakout portions of work to increase the expectation of meeting the LBE requirement.

At our discretion, 100% Payment and 100% Performance bonds may be required as a subcontract condition. This will be a PREVAILING WAGE JOB. GGC is an equal opportunity employer.



Gallagher & Burk, Inc.

344 High Street • Oakland, CA 94601
 Phone: (510) 261-0466 • FAX (510) 261-0478

Estimator: Mike Gates
 Website: www.gallagherandburk.com

Gallagher and Burk, Inc. is soliciting for L/SLBE for the following project:

CITYWIDE PREVENTIVE MAINTENANCE RESURFACING

PROJECT NO. C427720

L/SLBE GOAL: 50%

OWNER:
 CITY OF OAKLAND
 250 Frank H. Ogawa Plaza, Room #101,
 Oakland, CA 94612

BID DATE: June 2nd, 2016 @ 2:00 P.M.

We hereby encourage responsible participation of Local & Small Local Business Enterprises, and solicit their subcontractor or materials and/or suppliers quotation for the following types of work including but not limited to:

Adjust Iron, Bonded Wearing Course, Cold Plane, Crack Sealing, Minor Concrete, Monuments, Roadside Signs, Striping, Trucking, Water Trucks, Street Sweeping, Hot Mix Asphalt (Type A) Material.

100% Performance and Payment Bonds may be required for full amounts of the subcontract price. Surety company will have to be approved by Gallagher and Burk, Inc. Gallagher and Burk, Inc. will pay bond premium up to 2%. Subcontractors must possess current insurance and worker's compensation coverage meeting Gallagher and Burk, Inc.'s requirements. Please call if you need assistance in obtaining bonding, insurance, equipment, materials and/or supplies. Plans and specifications are available for review at our Dublin office.

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Join CARAT and Nor-Cal FDC for the launching of the ***Creating and Accessing Supplier Diversity Opportunities for Small Business Program and Awards Reception***

**Insights from Mr. Osayahde Nesbitt
CalTrans, District 4 Small Business Program**

INDUSTRY OPPORTUNITIES REPORT

An executive summary and abstract of CARAT's "Insights and Perspectives on California Small Business Supplier Diversity" report will be available for those in attendance.



Where?

FAZ RESTAURANT/
BUILDING ATRIUM
1111 Broadway
Oakland, California
Near Oakland City Center
BART

When?

WEDNESDAY
May 25, 2016
6:00 p.m. - 8:00 p.m.

Nor-Cal FDC



Northern California Small Business
Financial Development Corporation



What Construction Workers Could Teach Other Industries About Mental Health Awareness

Continued from page 1

The blueprint is available online and is filled with useful tips to help construction managers change the culture of their workplace so they can reduce the stigma associated with mental health problems.

Supervisors are given scripts to help them talk to someone they believe might be at risk of suicide. Additionally, they're given ideas about how they can lead the conversation and mental health.

They're making suicide prevention a top priority in the industry. By educating employees, offering resources to support them, and intervening when a problem exists, it's likely they're saving lives.

What You Can Do In Your Organization

Don't assume mental health problems aren't an issue in your organization. The National Alliance on Mental Illness estimates one in four adults experiences a mental illness. Here's what you can do in your organization:

- Start a conversation about mental health. Talk about issues like stress management in your meetings. Be willing to mention the importance of self-care and living a healthy lifestyle. Your employee's emotional state has a big impact on their productivity and overall life satisfaction.
- Help employees detect mental health problems early. Many mental health problems go undetected, which causes people to suffer in silence.

Encourage employees to access free online screening tools and provide in-service trainings with mental health professionals. Statistics show most people will seek treatment once they recognize they may have a problem.

- Support employee's efforts to get help. Ensure an employee can get to therapy once a week during work hours and provide the workforce with an employee assistance program. With treatment, 65% to 80% of individuals with mental illness see improvements, so make sure you support people's efforts to get the help they need.

Source: <http://www.forbes.com>

California Sub-Bid Request Ads



Graniterock

120 Granite Rock Way, San Jose, CA 95136
 Phone (408) 574-1400 • Fax (408) 365-9548
 Contact: Bryan Jones
 Email: estimating@graniterock.com

REQUESTING SUB-QUOTES FROM QUALIFIED SBE SUBCONTRACTORS/SUPPLIERS/TRUCKERS FOR:

Regnart Creek Erosion Repair Project

Contract No.: C0615

**Owner: Santa Clara Valley Water District
 Engineers' Estimate: \$700,000.**

BID DATE: June 1, 2016 @ 2:00 PM

Items of work include but are not limited to: Crushed & Broken Stone, Landscaping, Concrete & Cement, Reinforcing Bar Section, Fencing, Construction Staking, Clear & Grubbing, Shaped Bedding, Highway Planting, Soil Amendments, Hydroseeding, Erosion Control, Reinforcing Steel, Drainage Pumping Equipment, Land Surveying, Demolition, Granite Rock Company 'Graniterock' is signatory to Operating Engineers, Laborers, Teamsters, Carpenters and Cement Masons unions. 100% performance and payment bonds will be required from a qualified surety company for the full amount of the subcontract price. Bonding assistance is available. Graniterock will pay bond premium up to 1.5%. In addition to bonding assistance, subcontractors are encouraged to contact Graniterock Estimating with questions regarding obtaining lines of credit, insurance, equipment, materials and/or supplies, or with any questions you may have. Subcontractors must possess a current contractor's license, insurance and worker's compensation coverage. Subcontractors will be required to enter into our standard contract. Graniterock intends to work cooperatively with all qualified firms seeking work on this project.

We are an Equal Opportunity Employer



Kiewit

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

Requests sub-bids from qualified Subcontractor, Consultants, and/or Suppliers seeking to participate in the City of Auburn, 2016 WWTP Secondary Treatment Improvements Project in Auburn, CA.

<http://www.epa.gov> / <http://www.sba.gov> / www.californiaucp.org

Subcontractors and Suppliers for the following project:

**2016 WWTP Secondary Treatment Improvements Project
 Project No. SP05
 Owner: City of Auburn**

Bid Date: June 16, 2016 @ 3:00 P.M.

Disadvantaged Business Enterprises (DBEs)

Minority Business Enterprise (MBE), Women Business Enterprise (WBE), Small Business Enterprise (SBE), Small Business in a Rural Area (SBRA), Labor Surplus Area Firm (LSAF), or Historically Underutilized Business (HUB) Zone Businesses wanted for the following scopes, including, but not limited to:

Asphalt Paving, Aggregates, Blasting, Concrete, Concrete Pumping, Concrete Ready-mix, Concrete Reinforcement Supply & Install, Precast Concrete, Cast in Place Concrete, Clear & Grub, Conveying System, Grouting, Demo, Dewatering, Access Doors & Windows, Electrical, Equipment, Erosion Control, Grading, Filter Fabric, Finishes, HVAC, Masonry, Metals, Paintings & Coatings, Piping & Valves, Quality Control, Saw-cutting, Surveying, Shoring, Specialties, Street Sweeping, SWPPP, Temp Facilities, Thermal & Moisture Protection, Cathodic Protection, Pre-Engineered Metal Buildings, Storage Tanks, Wood & Plastics, Trucking & Hauling.

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 CUCP, MBE, SBE, SBRA, LSAF or HUB Certified DBE business suppliers and subcontractors. Assistance with obtaining necessary equipment, supplies, materials, or services for this project will be offered to interested certified suppliers and subcontractors.

**Subcontractor and Supplier Scopes are due
 June 10, 2016 and Quotes**

NO LATER THAN June 15, 2016 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 <http://www.kiewit.com/districts/northern-california/overview.aspx> to register your company to be able to receive bidding information, Plans and Specifications

Performance Bond and Payment Bonds may be required for Subcontractors and Supply Bond for Suppliers on this project.

Clean Water State Revolving Fund Provisions apply
 Buy American Iron & Steel (AIS) requirements apply

**An Equal Opportunity Employer
 CA Lic. 433176
 DIR # 1000001147**



Kiewit

Kiewit Infrastructure West Co.
 4650 Business Center Drive Fairfield, CA 94534
 Attn: Victor Molina - victor.molina@kiewit.com

Requests sub-bids from qualified California Department of General Services (DGS) certified Small Business Enterprises (SBE) and Micro Small Businesses, Subcontractors, Consultants, and/or Suppliers seeking to participate in the Santa Clara Valley Water District, Lower Berryessa Creek Flood Protection Project - Phase 2 in Milpitas, CA.

<http://www.pd.dgs.ca.gov>

Subcontractors and Suppliers for the following project:

**Lower Berryessa Creek Flood Protection Project - Phase 2
 Project No. 40174005**

Contract No. C0614

Owner: Santa Clara Valley Water District

Bid Date: June 1, 2016 @ 2:00 P.M.

Disadvantaged Business Enterprises (DBEs)

wanted for the following scopes, including, but not limited to: AC Paving, Aggregates, Articulated Concrete Block, Anti-Graffiti Coating, Minor Concrete, Certified Soil Scientist, Clear & Grub, Concrete, Concrete Pumping, Concrete Supply, Concrete Reinforcement Supply & Install, Precast Concrete, Cast in Place Concrete, CIDH Concrete Piles, Dewatering, Earthwork, Erosion Control, Fences & Gates, Flood Gates, Grouting, Irrigation, Landscaping, Joint Sealant, Metals, Noise & Vibration Monitoring, Pedestrian Bridge, Pipe Supply, Potholing, Quality Control, Shoring, Slope Protection, Soil Remediation, Street Sweeping, SWPPP, Temp Facilities, Traffic Control Trucking & Hauling, Waterstops, Water Truck, Well Abandonment.

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 DGS certified, SBE and Micro SB suppliers and subcontractors. Assistance with obtaining necessary equipment, supplies, materials, or services for this project will be offered to interested certified suppliers and subcontractors

**Subcontractor and Supplier Scopes are due
 May 6, 2016 and Quotes**

NO LATER THAN May 10, 2016 at 5 PM.

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

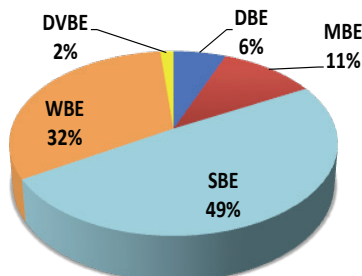
All subcontractors that are registered in our SBN database will receive an invitation to bid. Please visit <http://www.kiewit.com/districts/northern-california/overview.aspx> to register your company and to be able to receive bidding information, view plans and specifications.

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

**An Equal Opportunity Employer
 CA Lic. 433176
 DIR # 1000001147**

AUDIENCE PROFILE Small Business Exchange, Inc.



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Harris County, Texas Sub-Bid Request Ads

Highlights From New Census Population Estimates

Seven of the nation's fastest-growing cities are in Texas, according to new data. See how population changes in your city compare to others.

By Mike Maciag



The Census Bureau published new population estimates on Thursday, providing an updated snapshot of the size of U.S. cities.

Of cities with at least 500,000 residents, Denver registered the most growth, expanding 2.8 percent over the 12-month period ending last July. Last year's estimated gain of 18,582 residents mirrored that of recent years. Austin, Texas; Charlotte, N.C.; Fort Worth, Texas; San Antonio; and Seattle also all recorded annual increases exceeding 2 percent.

While slight, Chicago was the only city with more than a million residents to lose population. Detroit lost about 3,100 residents over the 12-month period -- an improvement over annual declines of 9,700 and 8,700 the past two years.

Most areas with the strongest gains are concentrated in the southern U.S. and parts of the West Coast. The Sun Belt, in particular, is experiencing an uptick in migration after a slowdown following the recession.

Texas is home to seven of the top 10 fastest-growing cities with populations of 100,000 or more:

City	1-year change	2015	2014
Frisco, Texas	6.3%	154,407	145,189
Pearland, Texas	5.3%	108,821	103,348
Murfreesboro, Tenn.	4.4%	126,118	120,849
College Station, Texas	4.1%	107,889	103,636
McKinney, Texas	3.8%	162,898	156,898
Midland, Texas	3.7%	132,950	128,158
Carrollton, Texas	3.6%	133,168	128,515
Odessa, Texas	3.4%	118,968	115,001
Irvine, Calif.	3.4%	256,927	248,401
Gilbert, Ariz.	3.4%	247,542	239,415

SOURCE: Governing calculations of July 2014-2015 Census estimates



2636 South Loop West Freeway, Suite 300 | Houston, TX 77054
 TEL: (619) 814-3706 | dbird@pulice.com
 FAX: (713) 595-4921
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Invitation to Bid from certified: Subcontractors, Material and/or Suppliers, and Professional Services for:

Elysian Street Bridge – Project No. C 508-1-351

OWNER: State of Texas – Department of Transportation
 LOCATION: Harris County, TX
 QUOTE DEADLINE: June 3rd, 2016 @ 2:00 PM CDT
 SBE GOAL: 8.0%

Plans and Specifications are available free of charge online at:
<https://pulice.sharefile.com/d-sc8a3a2970634b94a>

The project generally consists of the following:

Construction and replacement of an existing bridge, facilities, and approaches; to include grading, cement stabilized base, concrete pavement, asphaltic concrete pavement, retaining walls, bridges, drainage structures, signing, pavement markings, illumination, signal, and bike trail.

Quotes for Services & Supplies requested for the following items for bid including, but not limited to:

AC PAVING	AGGREGATE	BARRICADES	BARRIER RAIL	CIDH
CONCRETE	CONCRETE PAVING	DEMO	ELECTRICAL/SIGNAL	EROSION CONTROL
FENCE	FLATWORK	LANDSCAPING	LIME	PAINT
PRECAST	PRECAST BOX CULVERTS	RCP/CMP	REINFORCING STEEL	RETAINING WALLS
SHORING	SIGNAGE	STEEL CASING	STRIPING	STRUCTURAL STEEL
SURVEYING	TRAFFIC CONTROL	TRUCKING	WASTE MANAGEMENT	WATER PIPE/VALVE

Opportunities for quotations will be needed throughout the life of the project. Terms and conditions should be made part of the quotations. 100% performance and payment bonds may be required for the full amount of the subcontract price. Pulice Construction, Inc. will assist with obtaining bonding, lines of credit, and insurance by encouraging the subs and vendors to work with state supportive services programs. Responsive subcontractors must possess a current contractor's license, insurance, and worker's compensation coverage complying with Pulice Construction, Inc. requirements and will be required to sign a standard Subcontract Agreement. All subcontractors need to be registered with the Department of Industrial Relations.

Pulice Construction, Inc. will analyze and consider each quote received, including those that are broken down into economically feasible units to facilitate bidding. Quotes must be valid for the same period of time as specified by Owner for contract award. Any conditions or exceptions in Subcontractor's quote are expressly rejected unless accepted in writing.

Pulice Construction, Inc. is committed to ensuring that subcontractors and vendors have the maximum opportunity to successfully perform on this project, and to making good faith efforts to utilize small, minority, women's, and local business enterprises.

Other Highlights

- Only a few cities outside the southern and western U.S. ranked among the fastest growing. Population estimates for Ankeny, Iowa, rose 6.5 percent, while Leesburg, Va., grew 3.3 percent.
- Phoenix will likely become the nation's fifth most populous city when next year's Census estimates are released. The city trails Philadelphia by only 4,417.
- Nashville is now Tennessee's most populous city, overtaking Memphis.
- Seven jurisdictions surpassed the 100,000-population milestone: Davie, Fla.; Greeley, Colo.; Hillsboro, Ore.; Jurupa Valley, Calif.; Renton, Wash.; San Angelo, Texas; Vista, Calif.
- Two cities saw their populations drop below 100,000: Erie, Pa.; and Kenosha, Wis.
- The average year-over-year change for all cities with 100,000 or more residents was +1 percent.

NOTE: Some state and local agencies publish their own figures that differ from the Census Bureau's estimates. The Census Bureau computes its estimates by applying a distributive housing unit method to county-level populations. Vital statistics are not collected for cities, only for counties. Read the methodology.

Source: <http://www.governing.com>

California Sub-Bid Request Ads



McGuire and Hester

9009 Railroad Avenue • Oakland, CA 94603
 Phone: (510) 632-7676 • Fax: (510) 562-5209
 Contact: John Gasiorowski

Sub Bids Requested From Qualified SBE Subcontractors & Suppliers for
Santa Clara Valley Water District - Lower Silver Creek Flood Protection & Creek Restoration
Location: San Jose, Santa Clara County • Project No. 40264008
Bid Date: June 8th, 2016 @ 2:00PM

McGuire and Hester is seeking qualified subcontractors in the following trades: SWPPP, biologist, noise/vibration monitoring, survey, quality control, welding, signs, striping, street sweeping, fence, shotcrete, traffic control, construction area signs, dewatering, trucking, vacuum potholing, clear & grub, arborist, prefabricated steel bridge, furnish steel piles, CIDH piling, reinforcing steel, electrical/utility relocations, anti-graffiti coating, hoisting/crane, service, concrete pumping, CCTV inspection services, railing, precast, pipe & grates, misc. metals, concrete ready-mix, wood lagging, asphalt, aggregates, tubular handrail, erosion control, irrigation, landscape.

We will pay up to and including one and one-half percent (1-1/2%) of your bonding cost. Certification assistance is available, as well as viewing plans and specs.

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O.C. Jones & Sons, Inc.

1520 Fourth Street • Berkeley, CA 94710 • Phone: 510-526-3424 • FAX: 510-526-0990
 Contact: Jean Sicard • An Equal Opportunity Employer

REQUEST FOR DBE SUBCONTRACTORS AND SUPPLIERS FOR:
Hwy 132 Repair Pavement and Install ITS Elements • San Joaquin County near Vernalis
Caltrans #10-0G8204 • BID DATE: June 9, 2016 @ 2:00 PM

We are soliciting quotes for (including but not limited to): Trucking, Lead Compliance Plan, Construction Area Signs, Traffic Control System, Type III Barricade, Portable Changeable Message Sign, Portable Radar Trailer, SWPPP, Storm Water Annual Report, Sweeping, Treated Wood Waste, Bird Exclusion Devices, Asbestos Surveying, Sample and Analysis, Adjust Utilities to Grade, Cold Plane AC, Clearing & Grubbing, Shoulder Backfill, Subgrade Enhancement Geotextile Class A1, Rubber Mat, Erosion Control, Hydromulch, Straw, Compost, Sand Cover (Seal), Asphaltic Emulsion (Flush Coat), Precoated Screenings, Preparing Inertial Profiler, Preparing Grinding, AC Dike, Rumble Strip-Ground-in, Asphalt Rubber Binder, Concrete Pavement, JPCP, Data Core, Tack Coat, Individual Slab Replacement, Crack and Seat, Isolation Joint Seal (Silicone), CIDH Concrete Pile, Structural Concrete, Paving Notch Extension, Joint Seal, Sign Structure, Roadside Signs, Concrete Backfill, Crash Cushions, Channelizers, Reinforced Concrete Pipe, Minor Concrete, Delineter, Object Marker, Midwest Guardrail System, Concrete Barrier, Transition Railing, End Anchor Assembly, Striping & Marking, Communication Conduit, Microwave Vehicle Detection System, Electrical and Construction Materials

100% Performance & Payment Bonds may be required. Worker's Compensation Waiver of Subrogation required. Please call OCJ for assistance with bonding, insurance, necessary equipment, material and/or supplies. OCJ is willing to breakout any portion of work to encourage DBE Participation. Plans & Specs are available for viewing at our office or through the Caltrans Website at www.dot.ca.gov/hq/esc/oe/weekly_ads/index.php.



SWINERTON BUILDERS

INVITATION TO PREQUALIFY FOR CSUF – TOCA PROJECTS
DUE DATE FOR PREQUALIFICATIONS

Requesting completed prequalification forms from Subcontractors by Monday June 6, 2016

OUTREACH GOALS: 8% DVBE Requirement, 30% SBE Goal

PROJECT INFORMATION AND DESCRIPTION:
 CSUF TOCA – ANTICIPATED PROJECTS:

Student Health Center East & West Building Lobby Renovation:

The work consists of renovation of 5082 sq. ft. located in the Student Health and Counseling Center East and West building and site development of approximately 14,000 sq. ft. The project renovate existing spaces to provide additional offices and shard lobby serving the two building, as well as exterior elements to connect the building, supplement waiting areas.

University Hall Financial Aid and DSS Renovation:

The work consists of renovation of approximately 6,590 sq. ft. on the first floor of the existing University Hall for Financial Aid and Disabilities Services Support. Project renovation of existing office spaces.

TRADES

CSI Divisions 1 thru 32 –
 TBD per Project Requirements / Scope

REQUIRED SUBMITTALS

Swinerton Prequalification
 Project List including CSU/ Swinerton projects completed within the past 5 years

List of two projects completed in California within the past 5 years

Personnel Labor Rates- Apprentice though Project Manager with escalation through 2 years.

Subcontractors will be scored on the following: Past

Projects Completed, Bond Rate, EMR, Personnel Rates, DVBE, SBE Certifications.

Subcontractor must get Prequalified with Swinerton Builders to bid

If interested in prequalifying, please contact Nancy Figueroa at nfigueroa@swinerton.com or 213.869.3400 for the prequalification forms.

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D&H Construction is requesting subcontractor and supplier bids for a project at
350 Ellis Street in San Francisco, CA.

Scope: Rehabilitation of a 13-story, 96-unit apartment building with Type I construction. The work will consist of hazmat abatement, upgrades (bath, kitchen, flooring), a common area and office remodel, new windows, roofing, upgrades for HVAC, new fire sprinkler install, electrical upgrades, landscaping, site work, and minor addition at the rear yard.

Requirements: Project Labor Agreement, prevailing wage requirements, HUD Section 3, and City and County of San Francisco First Source hiring.

Job Walk: Tuesday, May 24, 2016, 10:00AM

Bid Due Date: Friday, June 3, 2016, 2:00PM

Bid Documents: Bid documents available at <https://app.box.com/s/sk1nt4khp6d0f41ua1yjlwibovt9d7up> (free download) or the San Francisco's Builders Exchange.



Phone: 510.237.7883, ext. 110 or 105 • Email: bids@dh-construction.com
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