



AGC Future Leaders Forum Newsletter

o 2011 | o May

Useful Tip of the Month: Reduce Interruptions

Not enough time in a work day? The biggest part of lost productivity in our already hectic day is due to “welcomed” interruptions throughout the day

Did you know that each distraction, no matter how little, accounts for a 15 minute productivity loss? This means each phone call, e-mail or fax in your inbox can distract you from the task at hand and will take at least 15 minutes before you start working at maximum productivity on the original task again. This does not include any time spent on the task that distracted you in the first place. Now we cannot just ignore our e-mails or phone calls but there are ways to strategically deal with these distractions.

The biggest time sucker of all time is that little “e-mail notification”. You know the one; outlook so kindly summarizes the e-mail on the lower right hand side of your screen and even has a subtle yet slightly annoying bell sound when you receive a new e-mail. There is rarely an e-mail so important that you need to respond immediately to it. Instead of checking your email several times an hour, schedule periodic points throughout the day where you review and respond to messages. Turning off this little reminder will save the average person one to two hours per day!



Unknown, . (n.d.). Nine reasons to call instead of sending email. *Recruiting software by BlackDog - Best tip of the month, 09/09*. Retrieved from http://www.go4recruitingsoftware.com/best-tip-of-the-month_091809.html

WELCOME NEW MEMBERS

~ Matt Oermann ~ Giles Conway ~ Clint Sirko

Join the FLF

~If you have questions or would like more information about membership with the Future Leaders Forum please visit <http://www.agccolorado.org>, or contact:



Lee Blum at:
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History of Denver Union Station

"PROJECT FACT SHEET DENVER UNION STATION HISTORY." *Denver Union Station Website*. N.p., 06 2010. Web. 2 May 2011. <<http://www.denverunionstation.org/>>.

On June 1, 1881, Union Station had its grand opening. Built by the Union Depot and Railroad, the total cost was \$525,000.

The original Union Station structure burned on March 18, 1894, when a fire was ignited by the electrical system of the ladies' restroom. The damage was considerable and the building's wooden tower was destroyed. Denver Union Station (DUS) was quickly rebuilt with a much lower roofline and a stone clock tower that replaced the wooden one. Showing national and local pride, Denver dedicated its famous Welcome or Mizpah Arch on July 4, 1906. Standing nobly for the next 25 years just west of Wynkoop Street, the arch was dismantled on December 7, 1931,

after being deemed a traffic hazard.

In 1914, the Denver Union Terminal Railway company tore down the stone clock tower and replaced it with the building's lower expanded center section that you see to this day position.

The 1920s and 1930s were the glory days of DUS. During that time, the station operated 80 trains a day. In the 1940s, many of those trains carried soldiers fighting in World War II. Presidents Theodore Roosevelt, William Howard Taft, Franklin Delano Roosevelt and Harry S. Truman along with First Lady Eleanor Roosevelt and Queen Marie of Romania are just a few of the famous people who came by train to Union Station. As a transportation leader, Denver Union Station had more travelers than Stapleton Airport up until 1958.

Fast forward to the late 1980s

when the Regional Transportation District (RTD) and the City and County of Denver (CCD) cooperated with the Denver Union Terminal Railway Corporation (DUT), the private owner of the station, to make much-needed improvements to the site.

Once again, the DUS is under construction for more exciting changes which include:

- Underground Regional Bus Facility - 1,100 feet long, 22 bus bays
- Relocated RTD light rail (LRT) – three tracks, two platforms with canopies
- Extended 16th St. Mall Shuttle and relocated turn around
- Commuter Rail (CRT) Train Hall – eight tracks, five platforms, 44,000 sq. ft. PTFE membrane canopy (similar to DIA's roof)
- Public plazas and pavilions
- Street improvements

FLF MEMBER NEWS



Congratulations

Justin Stein, on the birth of your son *Jackson Robert Stein*

and

Brad Schmahl, on being awarded one of the "Top 20 Under 40" in the February edition of ENR / Mountain States Magazine

Calendar of Events:

May: *Jobsite Tour –NREL / Denver Union Station*

June: *The Science of Setting Goals*

July: *AGC / CCA Joint Summer Event*

August: *Developing Soft Skills*

September: *Denver Chamber of Commerce / AIA*
**September 16th – *Clay Shoot at Kiowa Creek*

October: *FLF Strategic Planning Session*

November: *To Be Determined*

December: *FLF Christmas Party*

Steering Committee:

Justin Stein - Concrete Frame Associates *Chair*

Kurt Stitser – Golden Triangle Construction *Co-Chair*

Matt Paull – GH Phipps *Treasurer*

Baird Cook – US Engineering *Membership Chair*

Brendan Lynch - Saunders Construction *Membership Co-Chair*

Amy Powell – Golden Triangle Construction *Marketing Chair*

Shad Cloeter - The Weitz Company *General Membership*

Brad Schmahl - JHL Constructors *General Membership*

Richard Volk - RK Mechanical *General Membership*

Graham Coddington - Saunders Construction *Past Chair*

Lee Blum – AGC of Colorado *Staff Liaison*