

THE CONSTRUCTION COLLEGE ADVANTAGE



WESTERN STATES
College of Construction

MARCH | 2023

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From the Western States College of Construction Administration Team

Western States College of Construction (WSCC) is proud to release the first edition of *The Construction College Advantage*. We want to start off with a thank you to an exceptional team of program directors, faculty, staff, students, and industry partners. This newsletter highlights some of the achievements of our team.

The WSCC staff, partners, and sponsors have worked tirelessly to build the foundation of WSCC since its inauguration in 2020. WSCC is paving the way for registered apprenticeships across the country to gain accreditation through the American Council on Construction Education by serving as the first institution to receive such recognition. In this newsletter, you will find celebrations of our students, instructors, contractors, and projects in the community.

It is an honor to share the many significant achievements of our team. We are all deeply grateful for your hard work and commitment to excellence, which made these accomplishments, and so many others, possible. We are proud to be part of an exceptional team!

WSCC Administration,
Heather, Jordyn, and Mostafa

MELLISA VIGIL *Outstanding Apprentice*

My name is Mellisa Vigil and I'm an apprentice at Colorado Springs Sheet Metal Campus.

I chose my trade because I have a passion for building things. Since I was a kid, I helped build and remodel houses with my dad. As I grew older, I found myself admiring the architecture of buildings and wondering what it took to build them. I knew a member of the program and he asked if I wanted to join—it was perfect.

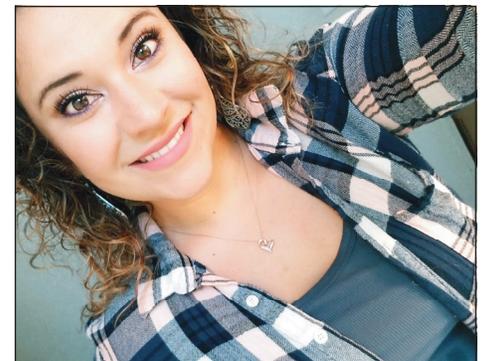
My favorite part of the program so far, is shop. When I was a first year apprentice, I did not like it one bit. Now, I can't wait until the 2nd half of class time when we get to go into the

shop and build.

As cliché as it sounds, every one of my instructors and foremen have had a great impact on me. No matter the question, struggle, or doubt I have, they all answer my questions and concerns in great depth. They assured me all is fine or will be fine when I doubt myself and/or my abilities.

In the next 5 to 10 years I see myself being a Journeyman working my way up to a Foreman, General Foreman and one day, a Project Manager or an Instructor.

My inspiration and who I look up to is my dad. He didn't raise me to be a "daddy's princess"—he raised me to



be his building side kick and fearless. Because of him, I now get to show off my skill and knowledge he taught me all these years and fine tune them. He's my motivator and my cheerleader. I want to make him proud.

In my free time, I like to hang out with my kids and play video games, get out and be active, craft things and bake cakes/cupcakes.

CONTRACTOR HIGHLIGHT

U.S. Engineering



U.S. Engineering has been in business for 130 years (since 1893).

Over the last two years, we have provided mechanical services to important organizations all along the Front Range. Some of the more notable customers we work with include confidential Aerospace Manufacturers, Data centers and Chip Manufacturers. Other notable projects include Shamrock Foods Storage Facility; Poudre School District Wellington Middle School/High School and Prospect Middle School/High School; Colorado State University Moby Complex Geo-X System; and Children's Hospital Colorado North Expansion and Addition.

At U.S. Engineering, we want everyone to feel free to be their full, authentic, best self. We want all team members to feel safe, valued and empowered to perform their best work. We recognize that a diverse team is critical to our growth, and we are committed to continuous evolution and improvement.

As we build better facilities, we also want to build better communities.



U.S. Engineering encourages our team members to get involved in the organizations they feel passionate about, and each year, we directly support organizations that focus on at-risk and low-income families, health care and medicine, youth programs and the arts.

In the past year our Rocky Mountain region golf tournament raised over \$72,000 for There With Care; our teams mentored young women students from STEMBlazers; we collected food and toys for several holiday drives; we partnered with the National Western Stock Show; we spent Martin Luther King Day volunteering at organizations recommended by our field teams; and we participated in many other community-oriented events and volunteering opportunities.

Our company is growing, and we see giving back to our communities

as more than a priority. It's our responsibility.

At U.S. Engineering, our mission is simple: leave a legacy. A lasting, positive legacy. So we're proud that several U.S. Engineering team members in our Rocky Mountain region contributed to the creation of WSCC. Our teams worked with a coalition of mechanical, electrical, plumbing and sheet metal industry partners (MEP Alliance) and a bipartisan group of legislative leaders to pass Colorado House Bill 21-1306, which makes transferring credits earned in apprenticeship programs easier for students who wish to seek degrees in construction.

WSCC plays a vital role in the future of our industry. Our involvement allows us not only to help train individuals in the skilled trades, but also to pass our skills and values to the next generation.

JOHN CRACO

Outstanding Instructor

My name is John Craco and I've been with Plumbers Local 3 for 53 years, and teaching at the Denver Plumbing Campus for 20 years.

I realized one day that passing along some of the knowledge I had acquired over the years would be beneficial to

our new apprentices.

I don't want my students to try and memorize things, I want them to understand how things work and why they do what they do. If you understand why, then everything else makes sense. While I sometimes have to get after a student, I always end the class on a positive note. Being quite a bit older than my students, I also give them a little fatherly advice

on a variety of things. I always try to encourage them in subjects they feel weak on, such as math. I try to pass my life lessons along as well as just plumbing knowledge.

My free time is spent watching my grandchildren in whatever activity they do—which is about every sport you can think of. I also like to fish, and some years back coached baseball for about 20 years.

CONSTRUCTION TRADES EXPO

Thursday

March 9, 2023

6:00 PM

BUILD A BRIGHT FUTURE IN:

- Plumbing
- Pipefitting/HVAC
- Sheet Metal
- Electrical
- Carpentry

Lincoln High School
2285 S. Federal Blvd.
Denver, CO 80219



Career Exploration Event for High School Students



SPECIAL INVITATION TO STUDENTS & PARENTS

- Hands-On Demonstrations
- Intro to Trade Apprenticeships
- Guest Speakers
(Councilman Kevin Flynn & Denver School Board President Xochitl Gaytan)
- PIZZA



XOCHITL GAYTAN
Denver School Board President

THANK YOU TO OUR EXPO SPONSORS:



KEVIN FLYNN
Denver City Councilman
DISTRICT 2

VICTOR SUTACH

Outstanding Apprentice

My name is Victor Sutach and I am an apprentice at the Denver Pipefitter Campus.

While transitioning out of the Army, I took part in the Veterans in Piping program. While in the course I decided that pipefitting would be an amazing career to join.

One of my favorite parts of the program has been learning all of the different aspects of the trade, while being in both a shop and field environment. It is a great experience being able to apply all of the knowledge taught in the classroom to real life situations.

My third year welding instructor has had a very positive impact on my learning experience both in school

and also at work. He is always willing to help, answer questions, and provide guidance.

In 5 years I see myself as a well-rounded welder, with certifications in all common metals and processes. In 10 years I hope to be running work; being a force multiplier to the contractors, while also guiding and mentoring the new generation of Pipefitters.

I look up to the Journeymen I work with. They act as mentors, showing me the ins and outs of the trade while also exemplifying what professionalism and love for the trade means.

I spend my free time mostly outdoors, exploring all Colorado has to offer; whether it's taking my motorcycle or bike on the trails or my snowboard up to the slopes.

PROJECT HIGHLIGHT

There's No Place Like the Stock Show!

Murphy Company had the opportunity to build a boiler skid for the outdoor livestock washing stations used by participants before showing their livestock in the annual stock show.

Description of job from P.E.:

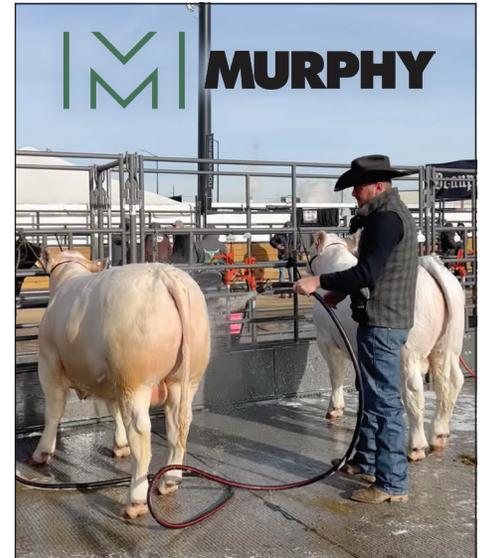
We utilized our Virtual Construction Group to draw and create fabrication drawings. I created a P&ID and gave them the dimensions of the 12' Conex that was used for this skid. The BIM group used the P&ID to draw up the system to fit in the Conex. We then proceed to build the skid in our shop utilizing pipe fitters, plumbers and an electrician. We delivered a fully

functional hot water skid to the client.

This system is a fully contained Hot Water Skid that used a Raypak boiler, boiler pump, system pump, storage tanks and self-regulating tempered water mixing valve, all power from within the skid. The skid has quick connections for water and power on the outside of the Conex which allow for quick installation. The skid provides 80° F water to 40 livestock wash stations.

We had a plumber in the field to connect the skid to the site utilities.

Bonnie Birge, P.E.



SKYLAR UPTON

Outstanding Apprentice

My name is Skylar Upton and I am with Plumber Local 3 Apprenticeship Program. Family friends told me about the the opportunities in the plumbing trade when I was trying to decide on a career path.

I love the hands-on learning the Local provides and the knowledge of the instructors. I have been exposed to a ton of people who have positively impacted my apprenticeship. Not only have I gained from the wealth of knowledge of the teachers, but countless others in the fields who have helped guide me.

I want to go as far as I can in this field In 5 years I hope to be a General Foreman, and in 10 years, a Superintendent.

My inspiration is my wife. She is the strongest person I know and my biggest supporter.

In my free time I love being outside, whether that be camping or whatever. I also try to spend as much time with my dog as I can.



5 Tips to Reduce Stress

Construction is considered a high-stress job for many reasons including long hours, physical labor, weather conditions, high demand, etc. Here are a few tips to help manage everyday stress:

1. Take care of yourself: eat healthy, exercise regularly, get plenty of sleep and give yourself a break when you feel stressed out.
2. Make time to unwind: take time to do hobbies and activities you enjoy.
3. Foster healthy relationships with friends and family.
4. Find ways to include humor and laughter in your life.
5. Breathe: taking deep breaths has been proven to decrease stress, lower blood pressure and increase calm.

HEALTH & WELLNESS CORNER



LEADING THE CHANGE

In early 2020, a proposal was submitted by the Rocky Mountain Mechanical Contractors' Association (RMMCA) for the American Council for Construction Education (ACCE) to include workforce education programs in their accreditation process. At the 2020 Annual Meeting, the ACCE Board of Trustees established the Construction Workforce Education (CWE) Committee with the goal of developing an accreditation process for construction workforce programs, such as apprenticeship programs, to recognize the importance of those programs in the realm of construction education. The CWE Committee is composed of industry professionals and educators. The Chair is Mr. Bill Good, Roofing Alliance, bgood1414@gmail.com, and the Vice Chair is Dr. Mostafa Khattab, Western States College of

Construction, mostafa@westernstatescollege.org.

During 2020 and 2021, these standards, with an initial focus on Registered Apprenticeship Programs (RAPs), were created and approved. The Western States College of Construction (WSCC) and its Registered Apprenticeship Programs were the first pilot program to test the new standards. The site visit occurred in the Fall of 2021 and the Board accepted the recommendation of the visiting team to accredit WSCC and its RAPs in December 2021.

For more information about ACCE and workforce accreditation process, please visit: <https://www.acce-hq.org/>.

Leadership Lessons We Can Learn from Geese

Over the years, studies have shown that there are a lot of lessons we can learn from geese when it comes to leadership. It is important to develop the skills of a good leader in different ways, all of which impact your ability to lead well in the current environment. Here are a few examples of Geese Leadership Wisdom.

1. Geese fly together, they share a common goal and direction

Geese fly in a perfect V formation. Studies have shown that flying in this way and using this kind of "teamwork" adds 71% more flying range for the geese than if they flew on their own.

The lesson – people who share a common goal and direction can get where they are going much faster and much more efficiently, because they benefit from the momentum of the group.

2. Leave no Goose behind, they stand by their flock in good times and bad

When a goose gets sick or wounded, two other geese drop out of formation and then follow it down to help and protect it. They stay with the goose until it dies or is able to fly again.

The lesson – stand by each other in difficult times. It's easy to always be part of winning teams, but when things get difficult and people are facing challenges, that is when your relevance as a teammate comes to the fore.

3. Geese rotate roles, they encourage the leader and empower others to lead

For the lead goose in the formation, 'drag' is high. When the lead goose in the formation tires, it rotates back into the formation and another goose takes its place. The lead goose then immediately feels the advantage of lifting power from the bird immediately in front of it.

The lesson – it is important to share the load amongst team members. We should not only be able to admit when help is needed, but we should also work to empower those around us to take the lead too. Everyone has different skills and capabilities and sharing the load gives others a chance to shine. Expecting one person to take on all the work is unrealistic; people work better when interdependent with one another.



Source: AJRecruitment.com