

GMF Quarterly



As iron sharpens iron, so one man sharpens another. - Proverbs 27:17

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Lower your risk, reduce your costs: Build with Structural Steel

By: Chris Moore

Every building professional wants to reduce their risk and control their costs, especially in these economic times. Increasingly, they also need to be sensitive to the environmental impacts of their project.

Building with structural steel is one very effective strategy toward meeting these goals and ensuring a successful project delivered on time and on budget:

Reduce your risk. Manage your costs:

Structural steel is *the* most economical Building framing material. Project costs are lowered as a result of reduced labor and equipment requirements, lower foundation costs, and lower ongoing building maintenance expenses.

Reduce your risk. Manage your costs. *Accelerate your project:*

Structural steel is fabricated off-site under controlled conditions, ensuring a high quality product and reducing the number of costly fixes at the jobsite. This also allow for just-in-time delivery, accelerating over all project schedules.

Reduce your risk. Manage your costs. *Maximize your revenue:*

Structural steel provides owners with buildings that generate revenue earlier, maximize the amount and use of floor space, are easy to modify, easier to sell, and are aesthetical pleasing.

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All I Want for Christmas is My Two Front Teeth... Those Were the Days

By: Jessica Gutowski

Christmas time is here already and some of us barely got a chance to finish left over's from Thanksgiving. With all the advances in technology and generational gaps it is hard to keep up on the perfect gift for family, friends and our friends' kids. Here are some hot items on the market this year.

Boys Ages 6-10

Transformers: \$ Based off the newest Transformer movie, these plastic toys morph from car to robot. Autobots are the good guys and Decepticons are the bad guys.

Spy Gear: \$\$ Spy gear takes cops and robbers to a whole new level. Kits have night vision goggles or laser beams to detect movement. There are a variety of kits available or you can purchase several items individually.

Detectolab: \$\$ Become a private detective and learn how to solve mysteries with a microscopes and science kit. It not only is a fun activity, but a learning experience too.

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Lower your risk, reduce your costs: Build with Structural Steel

By Chris Moore

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Reduce your risk. Manage your costs. Leverage technology:

Structural steel leads the construction industry with a fully integrated supply chain using advanced technology at a stages of design and construction. This technology has been proven to reduce or eliminate errors, improve safety and lower project costs.

Reduce your risk. Manage your costs. Build sustainably:

Structural steel has a recycled content of over 93% an steel is the most recycled material on the planet. At the end of a building's life 100% of the steel frame can be recycled or reused, reducing the need for landfills and mining. Green buildings are easier to lease and sell, and have lower operational and maintenance costs.

Need more information? Save the date! SteelDay 2010 will be held on September 24, 2010 and we invite, encourage and challenge building professionals to visit structural steel facilities and attend seminars across the nation to learn more about how working with the structural steel industry can reduce their exposure to risk and help them control and manage costs.

Learn more at www.SteelDay.org.

Holiday Recipe

Gingerbread Cookies



Ingredients

For the cookies:

- 3/4 cup packed dark brown sugar
- 1 stick salted butter, softened
- 2 large eggs
- 1/4 cup molasses
- 3 3/4 cups all-purpose flour, plus more for dusting work surface
- 2 teaspoons ground ginger
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt

For the icing:

- 1 cup confectioners' sugar, sifted
- 1 to 2 tablespoons milk
- Red and green food coloring, as desired
- Assorted sprinkles, as desired

Directions

Using a mixer on low speed, cream the brown sugar and butter in a large bowl until thoroughly combined. Mix in the eggs and molasses. Sift together the flour, ginger, baking soda, cinnamon, nutmeg and salt in another bowl. Add the dry ingredients to the butter mixture and mix with a spoon. Wrap the dough in plastic wrap; place in the refrigerator until firm, about 1 hour. Preheat the oven to 350. Let the dough sit at room temperature for about 15 minutes, until pliable. Line 1 or more cookie sheets with parchment paper. Take about 1/2 cup dough at a time and roll on a floured surface until - to 1/4-inch thick. Cut out shapes with 5-by-3-inch gingerbread boy and girl cookie cutters. (Re-roll the scraps.) Using a spatula, transfer the cookies to the prepared cookie sheets, leaving space between them. Refrigerate the cookies for 20 minutes, then bake until they just begin to brown at the edges, 18 to 20 minutes. Cool slightly, then remove to a wire rack to cool completely. Meanwhile, make the icing: Combine the confectioners' sugar and milk in a bowl. Leave white or divide among bowls and add food coloring. Decorate cookies with icing; use a pastry bag to pipe eyes, mouths, buttons and bow ties. Top with sprinkles.

All I Want for Christmas is My Two Front Teeth... Those Were the Days

By: Jessica Gutowski
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Girls Ages 6-10

Bead Kits: \$ Create your own unique kit by going to any bead store and pick out colors and string or buy a kit with everything in a neat carrying case.

Taylor Swift CD: \$ Taylor Swift is country's newest icon. The songs relate to young ladies all over the world and the music most age groups enjoy. Be prepared to hear every song on repeat for the next month.

Bend-a-Roo's: \$\$ Most famous on television infomercials, Bend-a-Roo's are rope like pieces of plastic which stick together. Children can make nearly any design out of them.

iCarly for Nintendo DS: \$\$ Based off the popular Nickelodeon television show iCarly. Create your very own webisodes from skits from the show. Also you can make the skits your own!

Ages 11-17 Girls

Twilight Books/Gear: \$-\$\$ This PG rated vampire, love series is a must for every young lady. There are a series of four books and the first two movies have been out in theatres. The younger ladies are more into the posters and fan gear.

Ages 11-17 Boys

Electric Scooter: \$\$\$ Electric scooters are a big hit this year. They are less maintenance than a gas powered scooters and they can reach speeds up to 10 mph.

Girls & Boys of Any Age

Movie Theatre Gift Card \$-\$\$ Buy a gift card to the local theatre and the present is sure to be used. They can use it at the food court or on tickets.

Apple Gift Card: \$-\$\$ They can use the gift card to buy music or movies off apple.com.

Ipod Touch/covers \$-\$\$\$ The IPod Touch puts all your music in one place and allows free wi-fi connection. Covers come in a wide variety of colors and styles and can fit any price range.

Most of these items can be purchased at any store where toys are sold. One easy way is to do your shopping on-line. Good luck completing your shopping list and happy holidays.



About the Author

Chris Moor
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Chris has over 24 years experience in the steel construction industry. He began his career at a major structural steel fabricator (in Manchester, England) learning all aspects of the steel fabrication business from several perspectives including the shop floor, detailing, project management, site management and erection.

As his company moved into the world of 3-dimensional modeling and steel detailing (in 1993) Chris was part of the original implementation team and this eventually led to a career move into the construction software industry where he remained for over 12 years.

During those 12 years, Chris worked with advanced 3D, BIM, fabrication management and estimating solutions for detailing, engineering, fabrication and construction management organizations. He has extensive experience ranging from the technical, practical issues of implementing and supporting software through to sales and marketing management, product management and strategic executive roles as a global director.

He has worked with some of the biggest and some of the smallest organizations in the steel industry across the U.S. and elsewhere.

Chris joined the AISC in summer 2006 to head up the Industry Mobilization program. This program is a marketing effort geared toward increasing the use of structural steel in building projects. Essentially, the goal is to coordinate all the various stakeholders in the steel industry—fabricators, detailers, erectors, and service centers—in a marketing effort to promote structural steel to more architects, engineers, construction managers, and building owners than have ever been reached before. Chris's experience in the steel construction business is a central part of the success of this program.

Born in Manchester, UK (and supporting the *Manchester City* football club) Chris has spent most of his adult life in the U.S., working in various parts of the country since 1994. After several years in Atlanta, he has settled in Tampa, Florida with his wife Karin and son, Piers.



This Quarter's Technology Tip

What you need know about USB Drives.

- 1). They go by several names: Thumb drives, flash drives, flash memory, SanDisk drives. The most official name would be just "USB Drive"
- 2). They have much greater storage capacity than old fashioned floppy disks and are easier to carry than CD's.
- 3). They plug into the USB ports on any computer.
- 4). There are two "speeds": USB 1.0 and USB 2.0 (2.0 is faster and all new USB drives are 2.0)
- 5). They come in these standard sizes: 128MB, 256MB, 512MB, 1GB, 2GB. For reference a 3.5" floppy disk holds 1.44MB and a CD holds 700MB. That means it would take 355 floppy disks to equal one 512MB USB drive.
- 6). Prices for USB drives range from \$29-\$129. If a 512MB USB drive costs about \$40 that equals about \$.08 per MB. For those of you on a tight technology budget you might want to compare that to the price of an old fashioned 3.5" floppy diskette holds 1.44 MB's and could cost you about \$.30 per MB

Sports Talk

BCS Bowl Predictions Projections

By: Jason Davis

Estimator

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Jan.1 – Rose Bowl

(#7 Oregon v. #8 Ohio State)



What a way to kick off the bowl season! Both Oregon and Ohio State are solid programs that play good football. Oregon's tremendous speed on offense has allowed them to put a lot of points on the board while Ohio State's defense has kept them in their toughest games. I look to both teams performance vs. USC for this prediction: Ducks win 31-20

Jan.1-Sugar Bowl

(#4 Cincinnati v. #5 Florida)



Based on the BCS ranking, this game is going to be an upset. Cincy is undefeated and that is great for them, but they haven't played the same caliber opponents that UF has. The Gators have one loss to a Bama team that is clearly the best in the nation. Gators win 37-10

Jan.4-Fiesta Bowl

(#3 TCU v. #6 Boise State)



Is it just me or is Boise State the most annoying team in the country. Just my opinion but you have to beat somebody to be somebody. The Broncos eeked out an early win over Oregon and then didn't really play any other quality opponents. On the other side, TCU routed Utah and BYU and beat a solid Clemson team. Horned Frogs win 24-14

Jan.5-Orange Bowl

(#9 GA Tech v. #10 Iowa)



Iowa has had a good season (for Iowa), they lost to Northwestern and Ohio state but beat Penn State and a slew of other mediocre teams. GA Tech lost to in state rival Georgia and a Miami team who somehow figured out how to stop the triple option. Tech's ability to move the ball and score will beat Iowa's decent defense. Yellow Jackets win 40-28

Jan.7-BCS Championship

(#1 Alabama v. #2 Texas)



This game has the potential to be one of the most lopsided National Championships in recent history. Two undefeated, big name football schools, one (Bama) with some big wins over high quality opponents (like the smack down of UF) and the other with some close call wins over lower ranked opponents (one second left field goal over Nebraska). Texas has a long way to go to be at the same level as Alabama. Tide wins 35-18