

The

# READY-MIXER



## Virginia Ready-Mixed Concrete Association

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# newsletter

April 2005



## Southwest Virginia Council Completes Wind Cannon Demonstration

By Bob Nablo

Director of Industry Services,  
Western Region

**D**uring the **Better Living Exposition — 2005**, held at the Salem Civic Center, the Southwest Virginia Council demonstrated the strength of poured concrete and insulating concrete form (ICF) walls with the new VRMCA wind cannon.

The special media-only event was held March 31<sup>st</sup> and attracted the WSET-TV news crew, resulting in coverage that evening on the local 6 pm and 11 pm newscasts.

The Home Show was open to the public April 1-3 and several demonstrations were given each day. Additional television coverage by WSLs-TV was shown on April 1<sup>st</sup> during the 5:30 pm news.

Despite sporadic heavy rain, high winds, and cold weather, the show went on as planned. Audiences at the outdoor demonstration were unfortunately light.

However, the turnout for our tent booth display remained good, and many attendees mentioned that they had seen the newscasts of the wind cannon.

Slightly better weather on Saturday helped boost attendance, but by that evening the predictions of very high winds caused the tent displays to be taken down.

Sunday weather was fair, but windy again, and the cannon demonstrations were given for the final day.

The Southwest Virginia Council also hired a professional videographer to create a live video of the demonstration to be used at future smaller events where a full-scale show is not practical.

This video will be made available to other councils and should be ready for the upcoming VRMCA Spring Convention.

Thanks to committee members Robert Lindsey, Andy Faulconer, and Larry Tate for the hard work of setting up this complicated event.

Special appreciation also goes out to David and Barry Moxley of Moxley Construction in Axton and Tim Barnett of Bastion Greene Builders for donating the ICF forms and building the target walls.

One of the timber-framed walls and one of the ICF concrete walls were reserved for future use in a demonstration for architects and builders in the Danville-Martinsville area.



**Right: Wind Cannon penetrates 2x6 framed wall with television camera in the background.**



**Left: 2x4 timber projectile fails to penetrate concrete-filled ICF wall.**

## Don't Forget!

### VRMCA Spring Convention

May 15-17, 2005

Kingsmill Resort — Williamsburg, Virginia

## Got News?

Send your announcements and employee recognition information to VRMCA by email: [amy@easterassociates.com](mailto:amy@easterassociates.com) or fax: 434.979.2439

## ACI Class and Exam in Staunton/Harrisonburg

By Bob Nablo  
Director of Industry Services, Western Region

Another successful ACI Field Testing Technician class was held in the Staunton/Harrisonburg area in mid-March for approximately 26 students.

Richard Steele taught the classroom portion in Staunton and the practical exam was held at Massanutten Technical Center in Harrisonburg.

Once again the reliable VRMCA producer and supplier members helped as supplemental examiners for the practical exam, although several longtime examiners were unable to assist due to conflicts with the Con/Agg Exposition in Las Vegas.

Many thanks extended to Bill Crummett of Superior Concrete, Will Adams of Lehigh Cement, Duane Laughlin of Crider & Shockey, Robert Marek of Roanoke Cement, Stacy Dunsmore of F&R Labs and Ronnie Smith of The Virginia Department of Transportation. Keith Beazley and Bob Nablo of VRMCA also assisted as proctors.

The ACI certification class will again be held in the Staunton/Harrisonburg area this July.

## NAHB University of Housing Sets Curriculum for Building with Insulating Concrete Forms Course

By J. Keith Beazley  
Director of Industry Services, Central Virginia and Hampton Roads

The National Association of Home Builders (NAHB) has published the curriculum for the newly established course entitled "Building with Insulating Concrete Forms."

The course is taught by the NAHB and is sponsored in Virginia by the Virginia Concrete Advisory Council and the Home Building Association of Richmond. Our state will have the first presentation of the course in the United States.

The course is designed to help the homebuilder understand insulating concrete forms, judge whether ICF construction makes sense for the builder's own operation, and learn how to make the transition to ICF's, if it does make sense.

The curriculum for the eight-hour course is divided into five sections:

- Section 1 describes the advantages and costs of ICF construction.
- Section 2 describes the parts, materi-

als, and equipment of ICF construction.

- Section 3 explains design and planning considerations.

- Section 4 explains the logistics of construction ICF walls.

- Section 5 goes through the business and marketing considerations for a business that begins offering houses built with insulating concrete forms.

Homebuilders completing the course will be able to decide whether building with concrete forms makes sense for their business.

They will also be able to explain the benefits and costs of ICF homes, gain the ability to prepare their own construction operation or secure subcontractors to build efficiently with ICF's, and organize and promote their ICF business effectively.

ICF construction can provide useful logistical advantages to the builder compared with conventional wood-frame construction.

Offering ICF construction can provide

valuable marketing benefits to the builder.

The public is increasingly aware of the advantages ICF offer building occupants and owners, and these people are requesting ICF construction.

Weighed against these reasons are the costs and effort required to learn a new building system.

The completion of this course by our builder customers will continue to keep our region and state on the fore-front of ICF building and sets us apart.

The course will be taught by the NAHB in Richmond on May 25 at the Sheraton Richmond West Hotel.

The Virginia Concrete Advisory Councils will have a supply of forms for the registration of participants and information details for lodging requests.

The Advisory Council is also encouraging and promoting this event to Homebuilder affiliate chapters throughout the state.



## Virginia Ready-Mixed Concrete Association

Hampton Roads Advisory Council  
in association with  
Hampton Roads AIA

## "Hampton Roads Insulated Concrete Form Symposium"

The Hampton Roads Advisory Council is sponsoring an ICF Symposium, which is designed for participation by architects and design professionals. The symposium will offer five learning credits to attendees. The agenda will be:

- 1) Introduction to ICF Construction
- 2) ICF Construction: An Alternative to Traditional Solutions
- 3) ICF Commercial Construction: Florida Projects
  - a) Armed Forces Reserve Center, Pinellas Park, FL
  - b) J.W. Marriott Exhibition Hall, Grande Lakes Resort, Orlando, FL
- 4) ICF Construction and the Environment (LEEDS)
- 5) Home Safety Demonstration with the new VRMCA Wind Cannon, Designed by Clemson University

The symposium will be conducted in association with the Hampton Roads AIA.

This is the second symposium offered by the Hampton Roads Council. Last year's topic was Tilt-up Construction. The symposium's topic for 2006 will be Municipal Concrete Paving.

These symposiums are well-attended and attract the principal members of architectural firms. Don't miss out on this educational opportunity!

Tuesday, May 3, 2005

9:00 a.m. to 2:30 p.m.  
Holiday Inn Executive Center  
5655 Greenwich Road  
Virginia Beach, Virginia 23462

Return check and form to:

**Hampton Roads Concrete Advisory Council**  
c/o Lee Flemming  
Lafarge North America  
100 Pratt Street  
Chesapeake, VA 23324  
757-647-9409 \* 757-543-2669 (f)  
[lee.flemming@lafarge-na.com](mailto:lee.flemming@lafarge-na.com)

**Attendees @ \$25 per Person**

**Registration fee includes:**

**Symposium, Five Learning Units, Luncheon, Wind Cannon Demonstration, Tabletop Displays, and Door Prizes**

Full payment must accompany registration form or other arrangements can be made.

Cancellations must be received at the Association office no later than Thursday, April 28, 2005 for a refund.

## Force Protection Equipment Demonstration

By Hessam Nabavi, R.A.  
Director of Industry Services, Northern Virginia

The Northern Virginia Concrete Advisory Council and the Insulating Concrete Form Association have teamed up for the second time to participate in blast demonstration of the ICF building system during the Force Protection Equipment Demonstration (FPED V) at Quantico Marine Corps Base in Northern Virginia on April 26th, 27th and 28th of 2005.

This event has been sponsored by the Department of Defense, Department of Energy, and the National Institute of Justice.

FPED is the premier show in North America, addressing the anti-terrorism/force protection market.

The FPED exhibition and demonstration gives leaders and decision makers the opportunity to become familiar with commercial off-the-shelf force protection equipment for procurement and testing.

Two years ago in FPED IV, after the demonstration, the ICF reaction boxes received a lot of attention by high ranking military personnel and procurement officers of the US Government.

It was learned that

several ICF companies had secured projects, by using the information collected during the demonstrations.

A US Department of Homeland Security training facility and a military building in Afghanistan are among these projects.

To prepare for FPED V, eleven ICF reaction boxes were built by 11 ICF manufacturers in early March of 2005 in Northern Virginia.

Concrete for this process was provided by Aggregate Industries, Cardinal/Virginia Concrete, Colonial Concrete, Crider and Shockey, Inc., Newington Concrete and Titan Virginia Ready Mix.

The ICF reaction boxes are scheduled to be transferred to Quantico, Marine Corp Base on April 22, 2005.

For additional information regarding FPED V, please check: [www.fped5.org](http://www.fped5.org).

For questions about attending the FPED V, please call Hessam Nabavi, Director of Industry Services in Northern Virginia at: 703-966-6743.



## National Alcohol Screening Day

On April 7, National Alcohol Screening Day (NASD) celebrated its seventh year. Since it began in 1999, the event has grown to include one-quarter million participants at thousands of sites across the country.

Sites registered for 2005 included more than 500 college campuses and more than 100 military institutions. The event offered adults a chance to be screened for alcohol problems in health care settings.

Nearly three in ten U.S. adults are "risky drinkers," who regularly or occasionally exceed screening guidelines.

Among risky drinkers, more than seven percent of U.S. adults met diagnostic criteria for alcohol disorders in 2002. NASD, held in April as part of national Alcohol Awareness Month, is a program of the nonprofit Screening for Mental Health in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services and the National Highway Traffic Safety Administration (NHTSA).

For information on alcohol-impaired driving, visit [www.nhtsa.gov](http://www.nhtsa.gov).

**For safety related links, please visit the safety committee section of the VRMCA website: [www.vrmca.com/about/safety.aspx](http://www.vrmca.com/about/safety.aspx)**



## Reminder!

### Mike Cox Memorial Tournament

Sponsored by:

Hampton Roads Concrete Advisory Council

Wednesday, April 27, 2005

Deer Run, Newport News

### VRMCA STAFF PROFILE: SHANE FOWLKES



Q: Name?

A: Shane Fowlkes

Q: Title?

A: Web Applications Manager

Q: Where is your birthplace?

A: I was born in Richmond, Virginia

Q: How long have you been with the company?

A: I have been an employee since June of 2004. Previously, however, I served as an outside web consultant for the company for nearly five years.

Q: What are your job responsibilities?

A: I develop and support websites, databases, and internet marketing initiatives.

Q: What brought you to Richmond?

A: I have always lived in Richmond. It is where my career began.

Q: Do you have any family?

A: I have my four-year old daughter, Meghan.

Q: What is the best thing about living in Richmond?

A: The convenience and the location.

Q: What is the best part of the job?

A: I am constantly being faced with new challenges.

Q: What did you do before this job?

A: I was an Information Technology Consultant for the Commonwealth for five years.

Q: Do you have any hobbies?

A: I like spending time with my daughter and taking her to gymnastics. I also enjoy cooking, outdoor activities, such as fishing, camping and hiking, and I'm a huge movie buff.

Q: Do you prefer UVa or Tech?

A: Neither. I'm a VCU fan.

Q: What would be the perfect day off?

A: A full day of surf fishing and relaxing on the beach.

### 2005 VRMCA ADVISORY COUNCIL REGIONALS

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## Theme for 2005 Virginia Concrete Conference: "Count on Concrete to Enhance Transportation Investments"

By J. Keith Beazley  
Director of Industry Services, Central Virginia and Hampton Roads

The opening address of the 2005 Virginia Concrete Conference was presented by Phillip Shucet, VDOT Commissioner. Shucet stressed that the conference and the partnerships that private industry and the Department form are paramount in the success of the department's program and the concrete conference was one of the best methods of advancing these relationships.

The Commissioner also stated that he has seen a new and heightened interest in the General Assembly and the executive branches of government for a new direction for VDOT and he will be asking our industry to be involved in this new direction.

The conference had a record number of attendees (220 people). It held a general session and special sections on pavements and bridges.

The conference has informed attendees in the past, as well as this year, on the new developments in concrete methods of construction, admixtures, and developments in cements.

A special highlight this year was the Federal Highway Administration's (FHWA) Mobile Concrete Laboratory, which is a full sized eighteen wheel truck with the latest in concrete testing equipment and methods.

The conference is jointly sponsored by VDOT, the Federal Highway Administration,

the Virginia Ready Mixed Concrete Advisory Council, ACPA, and the Precast Concrete Association.

Planning committee members from the VRMCA are Marie Derby, of Essroc Cement, Bob Long, of ACPA, and Keith Beazley. Bob Nablo, of VRMCA, served as a moderator in the general session.

The closing remarks by Andy Mergenmeier, VDOT materials engineer, also stressed the importance of the conference in the relationships that industry and VDOT must develop to become successful and that this year's conference was most beneficial in the development of this close-working relationship.

Plans are being developed of the conference for next year at this time and if you have a topic that would be of benefit, please contact a committee member.



Bob Nablo (right) introduces speaker David Nuckols (left) of Site-Blauvelt Engineers.



VHWA Concrete Trailer Exhibit.

## VRMCA Website Gets Texas Attention

By Bob Nablo  
Director of Industry Services, Western Region

We never know how far our promotional efforts may reach, but one recent phone call from a homebuilder in Texas suggests that VRMCA may have nationwide readers!

Dave McCoy, a Texas resident building his own ICF home, recently contacted the VRMCA office asking questions about ICF construction and proper concrete placement. He was directed to Bob Nablo and left a message asking for "emergency help."

Bob was unavailable in a meeting, but because of the "emergency" called Roy Heaps of Titan America, a VRMCA Technical Committee member, and asked him to return the call.

Roy found that what seemed like an emer-

gency to a concerned home owner was actually a case of poor construction and concrete placement by an inexperienced contractor. Roy eased the homeowner's fears, and then asked, "Why did you call us?"

It turned out that McCoy is a former military officer and current airline pilot who had learned about ICF homes and decided to build a 6,000 square foot home for himself.

Unfortunately, he selected a builder unfamiliar with ICF techniques and when things started to go wrong he looked for advice.

While researching ICF he had read that military facilities were using concrete wall construction, so he called military friends in

Virginia for help.

Their comments and further Internet research led him to the VRMCA website, and to our ICF information!

A follow-up call by Nablo determined that the project was moving ahead. McCoy stated that he knew it seemed unusual for a Texas builder to ask a Virginia association for site-unseen advice, but that we were available, quick to respond and knowledgeable.

VRMCA may not always be able to help in situations such as these, but it is good to know that homeowners and builders notice our website!

## MEETING NOTICE

National Association of Homebuilders  
University of Housing Builder Course

"Building With Insulating Concrete Forms"

in Association with the Virginia Concrete Advisory Council



Wednesday, May 25, 2005

8:00 A.M. to 5:00 P.M.

Sheraton Richmond West Hotel

6624 West Broad Street

Richmond, Virginia



Registration Fee - \$100.00 per Person  
Send check to Home Building Association of Richmond



## ACI Certification for Concrete Field Testing Conducted in Fredericksburg

By J. Keith Beazley  
Director of Industry Services, Central Virginia and Hampton Roads

The VRMCA ACI Certification class was conducted in Fredericksburg the last week in March and 20 individuals completed the examination.

The practical component of the exam was held in the Fredericksburg VDOT District Headquarters. Claude Riffe, District Materials Engineer, and Alex Teklu, Assistant Materials Engineer were the coordinating managers in conjunction with the testing laboratory.

The proctors for the examination were: Thomas Manning, of Titan America, James Morris, of Rowe Concrete, Joshua Mason, of Newington Concrete, Douglas Shaffer, of Crider & Shockey, Marie Derby, of Essroc Cement, Ronnie Smith, of VDOT, Bob Nablo, of VRMCA and Keith Beazley, of VRMCA.

Titan America furnished the concrete for the testing and delivered on a busy Good Friday weekend. Without the help of these dedicated individuals the certification could not have been completed.

The ACI Certification Program is held in Northern Virginia, in Warrenton and Fredericksburg to offer the members in Northern Virginia an opportunity to certify their employees and contractor base.

The schedule for the classes and location for each test is located on the VRMCA website ([www.vrmca.com](http://www.vrmca.com)) for the balance of the year.

# NOTE:

Applications for the  
Virginia Ready-Mixed  
Concrete Association  
Scholarship Program  
must be submitted by  
May 15, 2005.



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