

Core Competencies

P&M offers specialized and value added integrated project delivery services, project management and program controls services. Clients include owners, architects, engineers, and construction contractors. Our staff bring extensive background as a general contractor with expertise in alternative as well as traditional design-bid-build project delivery.

P&M has the capacity and expertise to successfully manage complex utilities and energy related capital improvement programs drawing from P&M's decades of collective experience managing programs with co-location of P&M staff with public agencies and organizations such as: Puget Sound Energy, Seattle Public Utilities and King County Wastewater division.

Professional Services:

- Project Management
- Cost estimating (conceptual through detailed)
- Planning, scheduling, and constructability reviews
- Risk workshop facilitations, risk assessments and stochastic analysis including contingency and management reserve analysis
- Cost management
- Earned value management
- Claims analysis and change management
- Document controls, coordination and project administration
- Project review & assessment

Differentiators

- Extensive real-world implementation of project risk identification, risk mitigation and project life cycle risk management.
- Integration of risk management into project planning and controls processes.
- Thorough knowledge of the unique complexity of planning, cost estimating and delivering wastewater, energy and utility projects.
- Extensive experience as the Lead estimator for the majority of major capital projects for King County Wastewater Treatment Division.
- Extensive experience providing project controls and schedule management of energy and utility projects.
- Majority of P&M consultants have extensive background as general contractors in the commercial, energy and power industries.
- Experience working with owners project management platforms and augmenting with P&M specialized expertise and technology to provide flexible and scalable solutions as well as "outside the box" solutions.
- Providing integrated program controls and management teams and systems to achieve customer stated project goals and to provide unique project solutions.
- P&M has experience in multiple market sectors, enabling the application of industry best practices to benefit the program delivery.
- Fostering collaborative relationships by listening and learning about client needs and performing with utmost character and ethics. P&M staff keeps this at the forefront of their minds as they conduct their business with all stakeholders.
- Certifications in industry best practices such as: Project Management Institute; Association for the Advancement of Cost Engineering; American Society of Professional Estimators; Risk Management Professionals; Information and Image Management.

Recent Representative Projects



PSE - Project Management, Scheduling & Cost Estimating Services

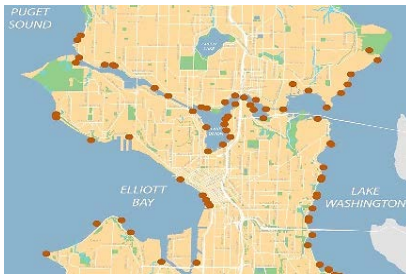
P&M provides project management and program controls support with scheduling & cost estimating support to Puget Sound Energy (PSE)

Puget Sound Energy is a WA state energy utility providing electrical power and natural gas primarily in the Puget Sound region of the northwest United States. The utility serves electricity to more than 1.1 million customers in Island, King, Kitsap, Kittitas, Pierce, Skagit, Thurston, and Whatcom counties; and provides natural gas to 750,000 customers in King, Kittitas, Lewis, Pierce, Snohomish and Thurston counties. The company has a 6,000-square-mile electric and natural gas service area.



Seattle Public Utilities Project Controls IDIQ Services

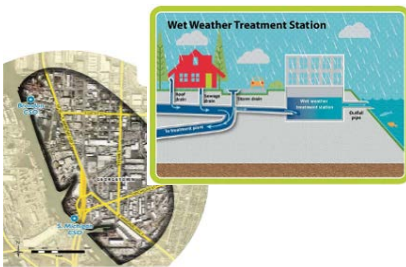
P&M provided project planning and controls on selected projects; developed project management plans (PMP's); monitored and controlled on-going PMP's; supported systems integration, enhancements, and process development; and provided project performance reporting. P&M won 2 subsequent contracts renewals.



Seattle Public Utilities Combined Sewer Overflow (CSO) Program Management

P&M provided integrated cost and scheduling management, independent cost estimate (ICE) reviews, improved cash flow planning and budget accuracy, and continuous process improvements efforts.

The program included planning, preliminary engineering, design, construction, and commissioning of CSO storage tanks, system retrofits and green infrastructure.



King County Georgetown Wet Weather Treatment Station

P&M provided cost estimating and scheduling. The estimating services included review of the planning level LTCP estimates and development of engineer's cost estimates from conceptual through final design while scheduling services included development and update of project and construction schedules at various design levels. The project entailed comprehensive engineering and consulting for the design, environmental compliance, construction, permitting and commissioning of the wet weather treatment station.



SPU & King County West Ship Canal

P&M, as an independent cost estimator (ICE), developed alternative conceptual cost estimates for three CSO underground tanks for comparison to the West Ship Canal CSO Tunnel project.

Our estimators performed independent cost estimate reviews of the engineer's estimate at 10% and 30% design stages.



King County WTD Project Controls IDIQ Services

P&M was initially selected in 2009 to provide project controls and cost engineering for various capital design and construction projects for WTD. P&M was again awarded the subsequent contract in 2010 for another 3 years.

Services included development/update of cost estimating guidelines and trending methodology; asset management estimating methodology and EVM tool; risk management procedures and risk assessment; independent development and review of cost estimates; CPM scheduling; and cost controls.



King County South Magnolia Combined Sewer Overflow

P&M provided Lead Cost Estimating and Scheduling services from options analysis through final design. Scheduling included development and update of project and construction schedules. The project involved design of a new CSO facility that includes a 1.5 million underground storage tank and a gravity sewer pipeline (3,000 In. ft.) using Horizontal Directional Drilling (HDD) process.



King County West Point Oxygen Generation and Dissolution System (OGADS) & Liquid Controls Replacement

P&M provided lead cost estimating services from options analysis through final design for both projects. The OGADS project does modify the oxygen generation facility and the oxygen dissolution system, including the surface aerators, motors, and generators.

For the Controls replacement, the project entailed replacement of the West Section Plant Liquid Controls system with an Ovation SPCS (Supervisory Process Control System). The SPCS installation and commissioning included Electrical and Instrumentation & Controls.



OTHER PROJECTS:

- King County WTD Engineering Services Work Order for East Section Wastewater Treatment Facilities
- King County WTD Master Plan for Resiliency and Recovery Planning & Engineering Service
- King County WTD Generator Installation
- King County MEP Engineering Services
- King County WTD Interbay Forcemain & Odor Control
- King County SWD Closed Landfill
- King County SWD Black River Pump Station
- King County WTD WP MW Switchgear Replacement
- King County WTD WP Mixed Liquor
- King County SWD NE Recycling and Transfer Station
- King County WTD SP Influent PS Seismic Upgrades
- King County WTD Construction Management Services for Kent/Auburn Conveyance System Improvements
- King County WTD Medina Odor Control
- King County WTD Project Formulation Program
- King County WTD South Plant Biogas Estimate Review
- King County WTD Small Generator
- King County WTD Elliot West CSO Control Facility
- King County WTD Raw Sewage Pump (RSP)
- US Navy Seaplane Whidbey Island Wastewater Treatment
- King County North Mercer and Enatai Island Interceptors
- SPU Bitter Lake Water Reservoir
- King County DNR Planning & Conceptual Analysis

Market Sectors:

- Mass Transit
- Aviation / Airports
- Harbor/Marina Terminals & Facilities
- Transportation / Infrastructure
- Wastewater
- Power Plants & Energy Utilities
- Public Utilities
- Manufacturing

Awards:

2013 WTS Puget Sound Employer of the Year:
Small Business Category

Primary Contact:

Hreinn Thormar, President / COO
Teresa Thormar, Chair
Tel: 253.248.0038 E-mail: main@pmsvs.com

- DUNS No. 131846532
- NAICS: 541330, 561110, 237990
- Cage Code: 3HU74
- King County (SCS Firm # 174)

P&M has strong record as an equal opportunity employer with diverse inclusion of woman and minorities in its consultant key staff and ownership!

PLANNING & MANAGEMENT SERVICES, INC.

32001 32nd Ave S, Suite 325, Federal Way, WA 98001

Phone: (253) 248 0038 Fax: (253) 248 0037 www.pmsvs.com