



## SPECTRUM

Newsletter of the Puget Sound Chapter CSI

### Upcoming Chapter Programs

#### December 7th Tech Talk: "Green Your Specs"

PSC CSI and [Healthy Materials Collaborative](#) are joining forces to hold a **FREE** two-part "Green Your Specs" workshop in downtown Seattle, sponsored by (in alphabetical order): [Applied Building Information](#), [Cascadia Windows & Doors](#), [Mohawk](#), [Owens Corning](#), and [PPG](#).

We're lucky to be in the Seattle area where people and companies are leading the industry in sustainable design. Join us to hear three of this industry's leaders, Beth Stroshane (Managing Partner at [Applied Building Information](#)), Chris Hellstern (Living Building Challenge Services Director at [Miller Hull](#)) and Ed Palushock (Senior Associate at [Perkins+Will](#)) present what "greening their specs" means to each of them and their companies, how they decided to approach this task, and the specific strategies and techniques they used to do so. Then, as a group, our organizers will lead the workshop through an activity to identify additional strategies for finding and capturing sustainability criteria and products. You will walk away from this session with digital tools, strategies and resources you can use to update your own specifications. Bring your Division 01 sustainability criteria section.

#### Register Today!

#### December 14th Dinner Meeting and Silent Auction

Again this year we are conducting a silent auction to raise funds for Northwest Harvest. This promises to be a fun evening with a wide assortment of items you can bid on. All the auction items are donated by our members so contact [Dick Owen](#) by **Tuesday, December 12** with your auction item describing the item and value. You can donate as many items as you want, just bring them to the auction.

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#### In This Issue...

1. December Chapter Programs
2. President's Message
3. Save the Date!
4. Quick Pitches
5. Time for Change?

#### EVENTS CALENDAR 2017-2018

##### Chapter Program Topics

**December 7, 2017**  
Tech Talk: Green Your Specs Workshop Part 1  
**December 14, 2017**  
Dinner Meeting and Silent Auction  
**January 11, 2018**  
Joint Dinner Meeting  
**January 18, 2018**  
Tech Talk: Green Your Specs Workshop Part 2  
**April 10, 2018**  
2018 ProSpec

**BOARD OF  
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Typical auction items include tickets to ball games, plays and other events, vacation rentals, tools, homemade goodies, gift baskets, beer/wine/spirits, art and craft work, books, oddities and things you just want to get rid of. If your item is too large to bring, just bring a picture of the item. Bring cash or a check made out to N W Harvest to pay for what you are successful in buying (we have no way of taking charge cards). This evening promises to be a very merry event for all and guests are welcome!

## Register Today!

## President's Message

*Bob Mandy, CSI, AIA*

STOP! ...Or maybe just *slow* the insanity that has become our day to day lives.

As we age, time seems to pass more quickly, and yet the rate of human advancement and accomplishment is progressing faster than ever- some days I can't keep up. Is it just a figment of the imagination? Think about the world we lived in 10 years ago. What has changed?



Without careful management, an 'always on' technology culture can cause our work lives to start interfering with our personal lives. Do you find that your stress levels soar when there's no WIFI, or that you panic when you can't get signal? Maybe it's time to think about how technology is affecting your work-life balance. In 2001, Futurist Ray Kurzweil wrote, "We won't experience 100 years of progress in the 21st century- it will be more like 20,000 years of progress (at today's rate)." Just think about how rapidly things have changed in the past 10 years - wireless internet, smart phones, GPS, Facebook, Twitter and Instagram - and then try to imagine how vastly different things will be in the year 2100, or even 2027. Today, it seems nearly everyone is gazing at their glowing, handheld computer. Many would admittedly be lost without one.

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Now, as we navigate our increasingly complex lives through the holiday season and have come to realize that Thanksgiving has already come and gone, let's take a step back.

There are countless benefits associated with being grateful. Gratitude has been linked to increased levels of happiness and life satisfaction. Giving thanks is one of the most powerful means available to you to increase your well-being. I want to take a step back, take a deep breath and look at life from this perspective. Gratitude is a mindset and a lifestyle. It includes being grateful not just for material things, but also for our experiences, and for the people around us. It is the people I have met and the experiences I have shared over the past several years that have allowed me to step into the presidential role of our Chapter. I want to thank all of you for giving me the best year in CSI.

Look for and find the time in your busy and complex life to show gratitude yourself. What must you put in place in order to make the time to look around and take stock of all that is truly remarkable in your life? Remember how fortunate you are to have friends, family, and maybe even a roof over your head. It's easy to complain about things like money, jobs, and relationships (or the lack thereof), but in actuality, we're so vastly fortunate that many of us don't even take time to consider our great fortune. Even if life is seemingly overwhelming, redirect by taking a deep breath and smile. Understand that the negative things in life can be seen as learning tools. These are the moments that help us to realize how truly precious and important life is, and force us to step back, slow down, and realize just how lucky we all are. Thank you! I welcome all of you to the December meeting. Let's celebrate, reflect and give back.

**"No duty is more urgent than that of returning thanks".** (Unknown)

**"Look around, look around at how lucky we are to be alive right now."** (Lin-Manuel Miranda, Hamilton: The Revolution)

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## Save the Date: January 11, 2018 Dinner Presentation: Joint Meeting with ACI Washington

Please keep an eye out for registration to open up on the Puget Sound- CSI website: [www.pscsci.org](http://www.pscsci.org). As this will be a

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AIA, NCIDQ, LEED, AP

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Visit [www.pscsci.org](http://www.pscsci.org) to subscribe or to view current and back issues.

### LINKS

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joint meeting with ACI, we are expecting another sell out crowd! It is going to be an exciting meeting:  
The Snoqualmie Pass Corridor project is a highly visible and complex project involving a number of upgrades, realignments, removal of snow sheds and new structures representing a major upgrade to the Snoqualmie Pass roadway system.

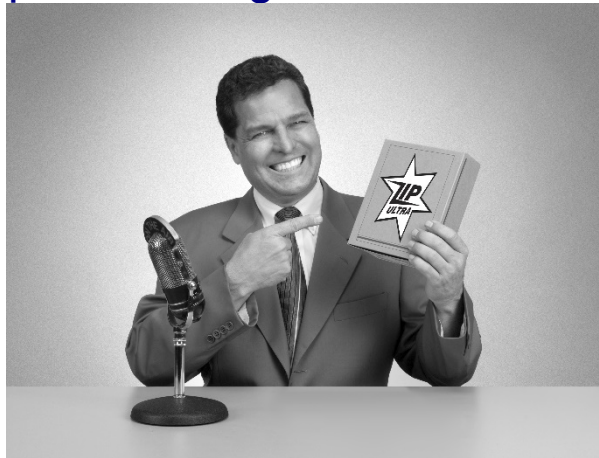
The project creates unique concreting scopes, as well as volumes and complexity of concrete construction in all seasons over multiple traffic phases and creates a unique passage way for wildlife. This is not an ordinary highway rebuild project.

Major Project Teams: Snoqualmie Pass I-90 Corridor.

Presented by Philip Larson, Project Manager, Guy F. Atkinson Construction


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## Chapter Meeting Quick Pitches




We currently have Quick Pitches openings for the February 8, April 12, and May 10 Chapter meetings. The Chapter charges \$150 for 10 minutes of time to present to those in attendance. A table to display your products during the social hour will be provided. Contact [Dick Owen](#) to reserve your date.

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## Time for Change?

Sheldon Wolfe, RA, FCSI, CCS, CCCA, CSC

When I became a specifier, in 1985, all of the projects I worked on used the "traditional" design-bid-build (DBB) delivery method. And when I started my current job at BWBR in 1996, all we used was DBB. That shouldn't be a surprise because, at the time, there was nothing else, at least in the building construction industry.

The Design-Build Institute of America (DBIA) was founded in 1993, coincidentally the same year that USGBC appeared. At the time, DBIA made what seemed to be overly optimistic

projections of a future dominated by design-build (DB), with a corresponding decrease in design-bid-build. That prediction is nearing fulfillment, though perhaps at a slower rate than first expected.

Despite the growing popularity of DB, my office has been involved in only a few these projects. Even so, we rarely do DBB projects. Instead, we now use almost entirely one of the CM (construction manager) delivery methods. [Read More](#)

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### About CSI

CSI is a national association of specifiers, architects, engineers, contractors, facility managers, product representatives, manufacturers, owners and others who are experts in building construction and the materials used therein. They are dedicated to improving the communication of construction information through:

- A diversified membership base of allied professionals involved in the creation and management of the built environment. Join us.
- Continuous development and transformation of standards and formats.
- Education and certification of professionals to improve project delivery processes.
- Creation of practice tools to assist users throughout the facility life-cycle. Join a CSI Practice Group.

CSI is governed by a Board of Directors, a nationally elected body that provides long-range strategic leadership. The Board is composed of nationally elected CSI officers, including the board chair, president-elect, two vice presidents, the secretary, and the treasurer; elected representatives (directors) from each of CSI's 10 regions; and a director at large. CSI's CEO is a corporate officer.

For more information about or to join CSI, visit [www.csinet.org/joincsi](http://www.csinet.org/joincsi), or call 800-689-2900.

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