



SPECTRUM

Newsletter of the Puget Sound Chapter CSI

President's Message

Bill Littler, CSI

February - The Month of Love.

We all know (or at least should know) that February is the month of love. Valentine's Day, landing smack dab in the middle of the month, is all about love. But what is love? How do we define it?

The word "love" can be used in many different contexts:

I love you.

I love pizza.

I love your new car.

I love my job.

The same word "love" is in each statement, but each being defined differently. The challenge here is the English language - it does not offer different words to describe all the variants. In other languages, such as Greek, there are different words for love that each carries its own usage and definition.

The handicap for those of us who speak the English language is not just the limitations of the language, but the fact that we have to interpret what others mean when they use the word "love." This makes the use of the word "love" (or almost any word for that fact) subjective rather than objective. This subjectivity is based on numerous variables - upbringing, education, experiences, etc.

To help give us all a better understanding of "love" and how we each define it, Dr. Gary Chapman wrote the NY Times Best Seller - "The Five Love Languages." Though this book was initially written to help in "how to express heartfelt commitment to your mate," I believe what he communicates has a much broader application. It speaks to how each of us internalizes feelings of affection or appreciation. This was



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2. Quick Pitches
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4. Memorial Foundation
5. Affiliate Events

EVENTS CALENDAR 2016-2017

Chapter Program Topics

- February 9, 2017**
Specifications: How to Write and Review Them
- February 15, 2017**
Tech Talk: Specs 101
- March 9, 2017**
All You Wanted to Know About Project Insurance
- April 13, 2017**
Port of Seattle SeaTac International Projects
- May 11, 2017**
Understanding Acoustical Design
- May 18, 2017**
NW Region/West Region Conference

the impetus for the companion book - "Five Languages of Appreciation in the Workplace"

Those 5 Languages of Appreciation in the Workplace are:

1. Words of Affirmation - uses words to affirm people
2. Acts of Service - actions speak louder than words
3. Receiving Gifts - people like "things" to feel appreciated
4. Quality Time - giving someone undivided attention
5. Physical Touch - appropriate touch (pats on the back)

When we want to express appreciation to others, we automatically assume that they "speak" the same language we do. Then when we share our appreciation and they don't respond as we had hoped, we're stumped. However, when we understand that those around us internalize gratefulness/appreciation/love differently, we recognize our need to learn different "languages."

One person may be thrilled to be given an award (receiving gifts), when another person would be just as happy to go to lunch with them (quality time). Some find great value in a hand-written note of gratitude from the boss (words of affirmation), when someone else may just want a pat on the back - literally (physical touch).

So when you want to communicate appreciation to others - at home, in the workplace, in organizations - make sure to take a moment to understand the language they "speak" and communicate in kind.

As a postscript - I would highly recommend both of the books referenced above:
"The Five Love Languages" and "The Five Languages of Appreciation in the Workplace."

Chapter Meeting Quick Pitches

June 8, 2017
Awards Program

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There are presently openings next Fall for 10-minute Quick Pitches for our chapter meetings. The cost is \$150. Any member or non-member can present. If interested, contact Dick Owen for questions or to reserve your date. This is a great opportunity to introduce our chapter members to you, your products, or services.



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- For Specification Sections:
 - 08 42 29 Automatic Entrances
 - 08 42 33 Revolving Door Entrances
 - 08 42 43 ICU/CCU Entrances
 - 08 71 00 Door Hardware
 - 08 74 00 Access Control Hardware
 - 28 13 00 Access Control
 - 28 16 00 Intrusion Detection

February Chapter Programs

February 9th Dinner Program: Specifications: How to Write and Review Them

Location: Ivar's Acres of Clams, Pier 54, 1001 Alaskan Way S, Seattle, WA 98104

Date + Time: Thursday, February 9, 2017

Social Hour: 5:00-6:00 pm, Dinner: 6:00-6:30 pm, Program: 6:30-8:00

COMMUNICATIONS AND MARKETING COMMITTEE

Linda Arvesen CSI

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Spectrum is published monthly as a benefit for members of the Puget Sound Chapter CSI.

Articles must be submitted by the 15th of the month for the next month's edition. Email submissions to office@pscsci.org.

Visit www.pscsci.org to subscribe or to view current and back issues.

LINKS

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Spokane Chapter CSI

Willamette Valley Chapter CSI

Capital Chapter CSI

Idaho Chapter CSI

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Join CSI

pm

Cost: \$40 members/\$45 non-members/\$25 students/\$0 sponsored students (after 2/6, prices will be additional \$10)

If you have found yourself either writing or reviewing specifications in the last month, this is a presentation for you. This includes product manufacturers who are approached to assist with full specifications or little bits of language. This includes building envelope or LEED consultants who find specification writing in their scope. This includes contractors who are trying to figure out how to provide input during pre-construction. As staff profiles change at large and small firms, people who never planned on writing or reviewing specifications find themselves facing the task. Even if you write and review specifications everyday, come join the discussion and walk away with a few new strategies and share your knowledge on the subject.

Learning Objectives:

1. Discover what Scooby Doo and Specifications have in common.
2. Review the structure, audience and intent of specifications.
3. Answer; What do Coordinated Documents mean?
4. Map out why each paragraph is there.
5. Know when you need expert help.



Beth Stroshane is Managing Partner of Applied Building Information LLC, an independent specifications consulting firm based near Seattle, Washington. Prior to starting the practice in 2013, she wrote specifications for large architecture firms in the Seattle area. Beth works on a wide range of projects: she produces specifications for new buildings and renovations of existing facilities, serves public and private clients, and participates in design/bid/build, design/build, and negotiated contracts. Currently Beth is writing specifications for a Living Building Pilot project in Fremont. She is also active in CSI and speaks nationally at industry events.

Register Now!

February 15th Tech Talk: Specs 101



Location: 925 4th Ave, 4th Floor Board Room
Date + Time: Wednesday, February 15th, 2017 from 12:00-1:00pm
Lunch: Bring your own
Credits: 1.0 LU
Cost: Free

The more you know specs, the more fun they are! Join Beth Stroshane (Managing Partner at Applied Building Information and one of our chapter's favorite presenters) as she demystifies specifications and gives tips and tricks to help you read, edit, coordinate and write specifications. Learn how they're organized, how to use them as a learning and design tool, and how to get your products in one.

Register Now!



The Puget Sound Chapter CSI has a separate organization, the Puget Sound CSI Memorial Foundation, established in 2007, whose

purpose is to provide scholarships, fellowships, and grants to promote educational programs serving the interest of the Puget Sound Chapter of the Construction Specifications Institute, the construction industry, and related endeavors, which support the objectives of CSI. The Foundation is administered by a volunteer board composed of willing past presidents of the Puget Sound Chapter. Brad Williamson is the current president of the Foundation Board. Any individual or organization can contribute tax deductible donations to the Foundation by sending a check made out to the Puget Sound CSI Memorial Foundation and mailing to the Puget Sound Chapter office: 2150 N. 107th St., Suite 205, Seattle, WA 98133-9009, Phone: (206) 382-3393 (The Foundation is a 501(c)(3) organization). Donations in the past have been used for scholarship awards to candidates selected on the basis of recommendation by the Foundation Board and by Chapter members. The Foundation is always interested in your fund raising ideas and financial support to promote the Foundations objectives.



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Affiliate Events

Materials Librarian Summit: "A Date with Your Material World"

When: February 14, 2017 11:30-1:00pm

Where: 925 4th Ave, 4th Floor Multi-Purpose Room

Credits: 1.0 LU

Cost: Free!

Please join the Healthy Material Collaborative in a Valentine's Day discussion on how to promote healthy, sustainable materials in our materials libraries! Come to learn about healthy materials, related product certifications, and how they impact the design process; develop strategies and initiatives for more healthy material options; and create a unified voice when speaking to manufacturer's representatives regarding healthy materials. Walk away with a communication toolkit for healthy materials, a materials librarian network, and (potentially) heart shaped foods.

RSVP by Friday, February 10th, 2017.

Register Now!

2017 Northwest Region and West Region Conference

When: May 18-20, 2017

Where: Seattle, WA

[Learn 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 president, 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 executive director/CEO is a corporate officer.

For more information about or to join CSI, visit www.csinet.org/joincsi, or call 800-689-2900.

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