



# SPECTRUM

Newsletter of the Puget Sound Chapter CSI

## Upcoming Chapter Programs

### January 11 Dinner Meeting: Snoqualmie Pass I-90 Upgrade Project

*By: Dick Owen*



Welcome to the new year! Our January 11, 2018 meeting will be a joint meeting with the Washington State Chapter of ACI, the American Concrete Institute. Many of you have driven across Snoqualmie Pass and noticed the highway improvement construction on the east side of the pass. By attending the January meeting, you can find out from the builders exactly what is involved in these massive construction projects. Our presenters will be Philip Larson and Jeff Anderson, both Project Managers with Guy F. Atkinson Construction, the contractor working for the Washington Department of Transportation. They will discuss their projects and answer any questions you may have. Plan on attending and reserve your spot early as seating will be limited!

**[Register Today!](#)**

**January 2018  
Volume 57  
Issue 7**

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#### **EVENTS CALENDAR 2017-2018**

**Chapter Program  
Topics**

**January 11, 2018**

**[Joint Dinner Meeting](#)**

**January 18, 2018**

**[Tech Talk: Green Your Specs Workshop Part 2](#)**

**April 10, 2018**

**[2018 ProSpec](#)**

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## January 18 Tech Talk: "Green Your Specs" Part 2



Take what you learned in [Green Your Specs Part 1](#) and join us for an informal Happy (Two) Hour. Bring your Division 01 sustainability criteria section and any other sections you've been working on, and sit down with experts in this field (including architects, specifiers, sustainability consultants, and contractors) for a one-on-one peer review. Chat with other attendees about the strategies you've discovered, the issues you've come across, and the industry in general. Enjoy an open selection of wine, beer, and cider as we all talk specs and sustainability.

[Register Today!](#)

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## President's Message

*Bob Mandy, CSI, AIA*

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

Articles must be submitted

First, I would like to give a shout-out to all who contributed to raising funds at our 2017 Annual Silent Auction, benefiting Northwest Harvest. This December, our Chapter raised \$1,515.00. Special thanks go out to Dick Owen, and to all who pitched in to make it a successful event and an enjoyable evening for all who attended.



Civilizations around the world have been celebrating the start of each new year for at least four millennia. New Year's Day is one of the oldest holidays still celebrated, but the exact date and nature of the festivities has changed over time. The New Year's celebration originated thousands of years ago in ancient Babylon as an eleven-day festival starting on the first day of spring. During this time, many cultures used the sun and moon cycles to decide the "first" day of the year. It wasn't until Julius Caesar implemented the Julian calendar that January 1st became the common day for celebration. The content of the festivities also varied and still varies depending on spiritual beliefs. While early celebrations were more paganistic in nature, celebrating the Earth's cycles, Christian tradition still celebrates the Feast of the Circumcision of Christ on New Year's Day. Roman Catholics also often celebrate Solemnity of Mary, Mother of God, a feast honoring Mary. However, in the twentieth century, the holiday grew into its own celebration and has mostly been separated from association with religion. New Year's has become a [holiday associated with nationality, relationships, and introspection.](#)

The origin of making New Year's resolutions rests with the Babylonians, who reportedly made promises to the gods in hopes they'd earn good favor in the coming year. They often resolved to get out of debt. Sound familiar? Many of us are making that same resolution today. Resolving to change and to improve yourself and your life is an almost unavoidable part of the transition to a new year. Though it's a well-documented fact that most New Year's resolutions fail, we continue to make them! I was fortunate to have the opportunity to speak with an expert on human behavior, Dr. Craig Sawchuk, a clinical psychologist at Mayo Clinic in Rochester, MN. We discussed why keeping resolutions is so difficult. According to Dr. Sawchuk:

*It takes a village to make change. Change is hard. We tend to be creatures of habits and routines. People have established responsibilities and competing demands that often get in the way*

by the 15th of the month for the next month's edition. Email submissions to [office@pscsci.org](mailto:office@pscsci.org).

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#### LINKS

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*of making and sustaining healthy changes. We tend to know what we need to improve on, but the big question is how to go about making the change in order to be successful. As much as we like to think human motivation is internally driven, we are actually built for external motivation. To make change happen, find external accountability, like teaming up with friends and colleagues, and continue to change up the routine as our brains like novelty. It takes about 3 weeks to form a new habit.*

From personal experience, I fully agree that change is hard. I also believe how we frame a situation or challenge is important. I thought it was fitting for me to take another look at the list of goals I've set for our chapter from my August message. I would like our chapter to focus on several areas over the coming year including the following:

- Education-technicalities, innovation, applications
- Membership, outreach, emerging professionals
- Optimizing meeting venues and format
- Expanding our social media presence
- Expanding partnerships with other professional organizations
- Having fun!-Lots of it.

While progress is being made in most areas, there's still much work to be completed. There are many great individuals currently involved in taking steps toward the chapter's advancement. This spring, I plan to prepare a progress report to share with you all. It is not too late for you to get involved and collaborate with your colleagues in this important work. Please contact me directly or anyone on the Board if you are interested in being a volunteer.

Together, let's make 2018 the year of change and continue advancing our chapter! Wishing you all a happy, healthy, and prosperous New Year!

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## Save the Date - February 7 Tech Walk

A recent email to the Specifier Share Group linked to a video of a "super cool gyp board machine" that several contractors in Seattle are currently using. It's a revolutionary system that makes creating intricate shapes and assemblies from drywall much more affordable. Projects that require a lot of manual cutting or that have complex curves have always been time-consuming. Now even the most challenging assemblies can be completed more efficiently with less finishing, less labor and fewer materials.

Our tour will be held at and is sponsored by Mehrer Drywall, a 45+ year old family-run company. They employ approximately 185



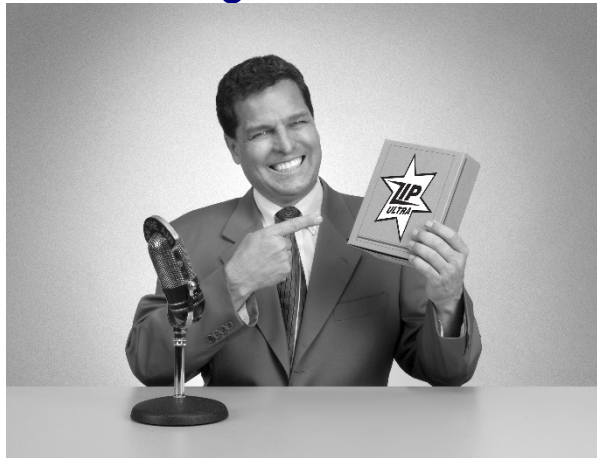
metal framers, drywall tapers, acoustical mechanics, stockers, drivers, and office personnel.

Check out the video

here: [https://www.youtube.com/watch?v=5f\\_U7v4aH40](https://www.youtube.com/watch?v=5f_U7v4aH40)

[Learn More](#)

## 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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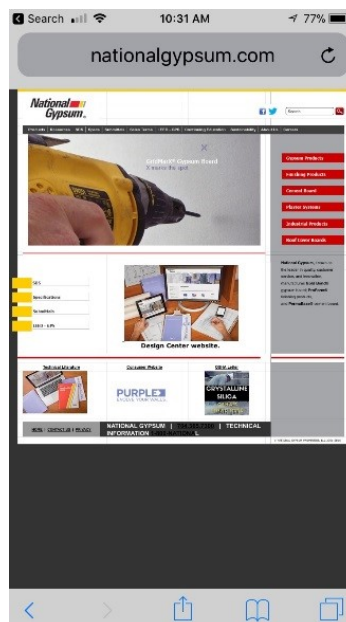


## Wayward Websites

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

There's often a lag between the time something new comes along and the time it is fully incorporated into our lives or work. When websites first came online, in the mid-'90s, they had obvious potential but companies weren't sure what to do with them. As I recall, many of them focused on the history of the company, stocks and market activity, and various other things useless to most visitors. The content was what the company owner thought was interesting; it was not what the prospective customers needed.

At the time, there wasn't much in the way of instruction for web designers and there were few rules about how to make a website work or what it should be. An architecture firm in my area had a beautiful website, graced by one the firm's most impressive projects. The problem was, it took forever to load. I analyzed the code and the files, and discovered they were using a huge image file. They apparently didn't know that there usually is no discernible



difference between an image file of a few kilobytes and the same image in a two megabyte file. [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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