



SPECTRUM

Newsletter of the Puget Sound Chapter CSI

President's Message

Bill Littler, CSI

Am I the only one, or does life feel like we are ready to hit a new land speed record?

A friend of mine, Brian Renstrom, had on his bucket list to attend Bonneville Speed Week on the salt flats in Utah. He made the decision this past weekend to go and was thrilled to witness Danny Thompson hit 411 MPH to break the land speed record. Can you imagine?



Again, I wonder if I'm the only one who feels like we are going at breakneck speed but getting nowhere fast? The following are excerpts from an article written by Deborah Jian Lee and posted on Forbes.com:

Six tips for a better work-life balance:

These days, work-life balance can seem like an impossible feat. Technology makes workers accessible around the clock. Experts agree: the compounding stress from the never-ending workday is damaging. It can hurt relationships, health and overall happiness.

Work-life balance means something different to every individual, but here health and career experts share tips to help you find the balance that's right for you.

- 1. Let go of perfectionism** - The key to avoid burning out is to let go of perfectionism - Strive not for perfection, but for excellence.
- 2. Unplug** - From telecommuting to programs that make work easier, technology has helped our lives in many ways. But on the other hand, the workday never seems to end. *"There are times when you should just shut your phone off and enjoy the moment. Resilient people feel a*

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EVENTS CALENDAR **2016-2017**

Chapter Program Topics

September 15, 2016

How to Specify Floor Preparation to Receive Flooring

September 22, 2016

Tech Walk: Walking Tour of the Mark Tower

October 13, 2016

Update on Solar Power Generation

greater sense of control over their lives, while reactive people have less control and are more prone to stress."

3. Exercise and meditate - Even when we're busy, we need to make time for the crucial things in life. Exercise is an effective stress reducer. Dedicate a few chunks of time each week to self-care, whether it's exercise, yoga or meditation.

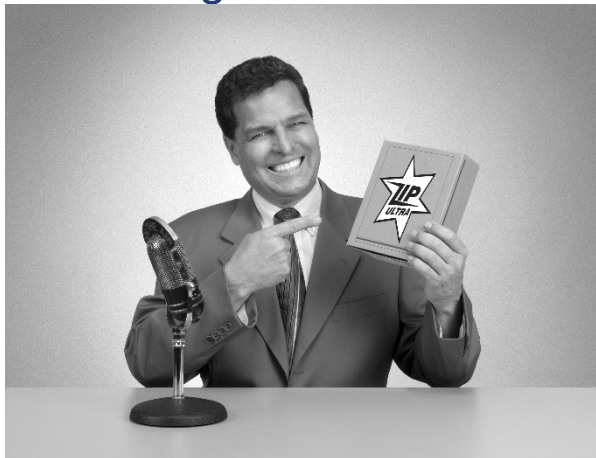
4. Limit time-wasting activities and people - First, identify what's most important in your life. Next, draw firm boundaries so you can devote quality time to these high-priority people and activities. If you find your time being gobbled up by less constructive people, find ways to diplomatically limit these interactions. Focus on the people and activities that reward you the most.

5. Change the structure of your life - Sometimes we fall into a rut and assume our habits are set in stone. Take a birds-eye view of your life and ask yourself: *What changes could make life easier?* Instead of trying to do it all, focus on activities you specialize in and value most. Delegate or outsource everything else.

6. Start small. Build from there - We've all been there: crash diets that fizzle out, New Year's resolutions we forget by February. It's the same with work-life balance when we take on too much too quickly. If you're trying to change a certain script in your life, start small and experience some success. Build from there.

Continue to work faithfully and diligently and always strive for excellence. But do take a look at your speedometer. Make sure you're not setting your own land speed record.

Chapter Meeting Quick Pitches



There are presently openings in February, March, April and May 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

November 17, 2016
Joint Meeting - SeaBEC, Building Envelope, Seattle Building Code Changes

December 8, 2016
Silent Auction Holiday Party

January 12, 2017
Insurance and Liability

February 9, 2017
Sound Environmental Product Selections

March 9, 2017
Specifications: How to Write and Review Them

April 13, 2017
Port of Seattle SeaTac International Projects

May 11, 2017
Understanding Acoustical Design

May 18, 2017
NW Region/West Region Conference

June 8, 2017
Awards Program

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opportunity to introduce our Chapter members to you, your products, or services.



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 - 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

September Chapter Programs

Sept 15th Chapter Dinner Meeting: How to Specify Floor Preparation to Receive Floor Covering

Location: Mirabella Seattle, 116 Fairview Ave N, Seattle

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

Cost: \$40 members/\$45 non-members/\$25 students/\$0 sponsored students (after 9/12/16, prices will be an additional \$10)

Welcome to fall and another exciting year for the Puget Sound Chapter CSI. We start off the season with a subject that is near and dear to everyone involved in producing adequate floor preparation specifications to result in quality surfaces to apply floor coverings. Dick Owen will lead off the program by discussing different types of floors including slab on grade, elevated metal deck with concrete fill, and elevated cast-in-place concrete that is conventionally reinforced or post-tensioned. The type of floor structure determines the amount of floor leveling required to produce surfaces adequate to receive floor covering.

Patrick Rooney, Director of Sales, Division 9 Flooring will discuss the floor preparation topic from a floor covering subcontractor's view. He will also point out the extent of floor preparation that he expects the

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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.

general contractor to perform and how much floor preparation he does in the process of installing the floor covering.

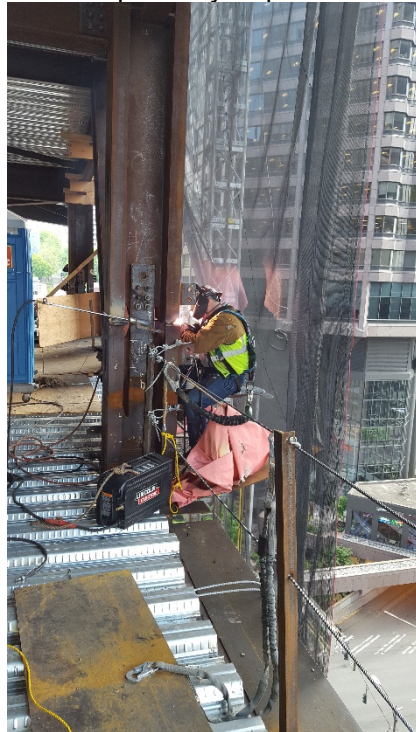
This promises to be an interesting meeting with lots of questions from those who attend, so plan on attending our first meeting of the 2016-2017 season and please feel free to bring a guest as they are always welcome.

Sept 22nd Tech Walk: Walking Tour of The Mark Tower

Location: 5th & Columbia

Date and Time: September 22nd at 3:30pm

Cost: Free. Registration required by September 15th.



Seattle's skyline is rapidly changing! Join General Contractor JTM Construction in a rare tour of one of the new towers under construction. The Mark is a 44 story office and hotel tower with a design inspired by Audrey Hepburn. By mid-September the project will be topped out in steel and we expect to access up to Floor 25 for the tour. The building was designed by ZGF Architects and the hotel interiors were designed by Philippe Starck.

SAFETY INFORMATION: Closed-toed boots are required. Bring your own PPE if you have it. Because the building is under construction, you will be required to sign a liability form prior to entrance. We highly suggest you wear clothes you don't mind getting dirty.

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

LINKS

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Join CSI





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 recommendations 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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Materials Matter Series

Location: Seattle City Hall - Bertha Knight Landes Room. 600 4thAvenue. Seattle, WA 98104

Dates:

October 14: [Healthy Planet: Materials + the Environment](#)

November 4: [Healthy People: Materials Science + Human Health](#)

December 2: [Tools of the Trade: Assessment + Implementation](#)

January 13: [Just Do It: Strategies for Projects](#)

February 3: [Beyond Transparency: Materials Disclosure + Practice](#)

Times: 8:00am-12:45 pm

CEs/HSWs: 20 available.

Registration: [Click here to register](#); Share your CSI partner affiliation for approximately a 50% discount. Early Bird Registration closes October 7th; prices increase by 15% after the early bird closes. Final registration date is October 11th at 5:00pm PST. Note: Registration for Materials Matter is for the complete 5-session series.

Get up to speed on healthy, sustainable materials!

Join us for Materials Matter, a [five-session series](#) delivering comprehensive, high-level knowledge and strategies for assessing and selecting healthy, sustainable materials. Sessions will delve into the impact of materials on the environment and human health; the tools and data useful for assessing and prioritizing materials; and the strategies for integrating informed decision-making into projects and practice. Speakers will reveal the perspectives of project team members and other partners connected with materials and share the learnings and approaches of successful projects.

This series offers guidance on navigating the complex landscape of disclosures and transparency in order to assess and reduce the environmental and health impacts of products. Sessions will include presentations, panels, case studies, and activities. Participants will walk away from each session with action items for integrating the curriculum into their work.

Materials Matter is co-presented by AIA Seattle and the Puget Sound Chapter CSI.

Changes to Bylaws

By Julie Oxford

A few changes to the Bylaws of the CSI Puget Sound Chapter have been proposed. The most significant change occurs in Article VI Section 5 stating, *online balloting is permitted*. Membership online voting will make it easier for all to participate. Please review the proposed changes to the Chapter Bylaws here, "[Proposed By Law Changes](#)". We will vote on the proposed Bylaw changes in October. If you have any questions or concerns please reach out to Julie Oxford.

ProSpec - Get Your A\$\$ in Gear Campaign!



Registration for ProSpec 2017 will start late September. The ProSpec Committee is challenging all exhibitors to register early to receive 2016 pricing. Register by December 31st, 2016 to receive a Standard exhibit table for \$1300; Premium table for \$1900, or Sponsorship package for \$2600. CSI members will receive a \$100 discount. Starting January 1, 2017, prices will go up \$200 per level.

The Keynote speaker has been selected and will be announced in the next newsletter. He is an internationally recognized Seattle design leader and owner of a Seattle-based firm.

PSCCSI Meeting Programs 2016-2017

We are excited to announce our Chapter Program topics for the coming year. Mark your calendar now!

September 15: How to Specify Floor Preparation to Receive Floor Coverings

October 13: Update on Solar Power Generation

November 17: Joint Meeting with SeaBEC, Building Envelope Seattle Building Code Changes

December 8: Silent Auction Holiday Party

January 12: Insurance and Liability

February 9: Sound Environmental Product Selections

March 9: Specifications: How to Write and Review Them

April 13: Port of Seattle SeaTac International Projects

May 11: Understanding Acoustical Design

June 8: Awards Program



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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