

August 2011 Newsletter

August 2011 President's Message By: Stephen Smith

As I start my first president's message I have had one subject on my mind and due to the fact that this subject was brought up at two recent meetings, I decided to write about it.

For about as long as I have been in the business of architecture and construction, I have been lifting weights. This summer will be 30 years and counting. As I jokingly have stated over the years - "It's become a nasty habit." I quickly noticed the health benefits but I also discovered that lifting relieves the daily stress that builds up. People have inquired over the years about becoming bored and losing interest in lifting. However, I could see the results in the mirror and my mind was relatively stress-free. If I had kept doing the same exercise, at the same angle, with the same number of sets and repetitions, my body would have been bored. My body would eventually hit a plateau with no growth.

One way in which I learned to avoid this condition, required me to implement a process that in bodybuilding is called "muscle confusion." Muscle confusion involves routinely changing your workouts to avoid the repetitive ruts where you become comfortable and you don't push your body. There are many ways to provide muscle confusion and some of these include: mixing up your exercise routine by reversing the order of your routine, changing your exercises, using less weights with more repetitions or using more weight with less repetition. You can also throw in some form of exercise outside the gym, for example, walking, bicycling, volleyball, basketball, softball, etc. By mixing it up, your body doesn't get use to a specific repetitive routine and you can focus on pushing your body to another level.

Now how does this relate to CSI? During our chapter planning session on July 22nd, it was noted that several of our committees were made up of only one or two individuals that have been members of that "committee" for several years. All committees need growth with new members to help provide new stimulus. All committees need a succession plan where members are mentored by the chair to grow into leadership. We need to get chapter members that have not participated in any committees to become more involved with our organization. Getting new members involved will provide that muscle confusion which would help our chapter grow to a new level. There are several people in CSI with a lot of experience who are more than willing to provide the guidance to those interested.

Step out of your comfort zone and push yourself to another level. By pushing yourself, you then provide the stimulus for the committee and the chapter to grow.

Get involved and join a committee! Read about the committees and what each does.

The Reference Library Product Tradeshow Products IMPACT on DESIGN Thursday, August 18, 2011

The Reference Library Product Tradeshow Products IMPACT on DESIGN being held on Thursday, August 18, 2011 from noon to 5:00 pm at the Sheraton Wild Horse Pass. Come see the 92 table top exhibits with new products! It's a FREE show!

RAVOC: Reactivity-Adjusted VOC Content

By: Dunn-Edwards Paints

Reactivity-adjusted VOC content (RAVOC) ratings are a much better way to measure Volatile Organic Compounds (VOC), and Dunn-Edwards is now revising product labels to include RAVOC ratings along with standard VOC content. Architectural coatings have long been regulated to limit their VOC solvent content, with the intention of improving outdoor air quality. Airborne VOCs in the presence of nitrogen oxides from combustion promote the formation of ozone, a main ingredient of urban smog. VOC content, generally measured as grams of VOC per liter of coating, has become the primary indicator of environmental acceptability for coatings. This approach of measuring VOC has serious limitations because it does not consider VOC reactivity.

What is VOC 'reactivity'?

'Reactivity' means the ability of a VOC to promote ozone formation. Thousands of different VOCs, some natural and some man-made, can be found in the air. Most natural VOCs are emitted from biogenic sources such as trees and vegetation. The primary man-made sources of VOC are motor vehicle exhaust, unburned gasoline, and solvents. On the continental scale, over 60% of the VOCs emitted into the atmosphere come from natural sources. Emissions from architectural coatings account for less than 1% of total VOCs. Different VOCs have different degrees of reactivity. Some may be up to 100 times more reactive than others. Current regulations limit the amount of VOC solvent in coatings without regard to reactivity (while exempting a few compounds that are designated as 'negligibly reactive'). Consequently, VOC content alone says very little about the potential air quality impact of a coating.

How does RAVOC work?

RAVOC ratings adjust the VOC content to reflect the potential air quality impacts of the specific VOCs used, relative to the average mix of all VOCs in the air. For example: If the VOC content of a product is 100 g/L, and the RAVOC rating is 50 g/L, this tells you that the VOCs used in this product have only half the air quality impact of an equivalent amount of average VOCs. RAVOC ratings are calculated using Maximum Incremental Reactivity (MIR) values developed by Dr. William P.L. Carter at the University of California, Riverside. The validity and usefulness of MIR values are widely accepted in the scientific community, and both U.S. EPA and the California Air Resources Board have used MIR values in reactivity-based rules for aerosol coatings.

Are RAVOC ratings required for paint?

No, RAVOC ratings are not required on paint labels at this time. Dunn-Edwards, however, voluntarily provides this information to better inform consumers about the relative air quality impacts of different product choices. We believe that the disclosure of RAVOC ratings will become a standard practice in the paint industry.

Use this link, <http://www.engr.ucr.edu/~carter/SAPRC/NOxMIR.pdf>, for more information about Maximum Incremental Reactivity (MIR) values developed by Dr. William P.L. Carter at the University of California, Riverside, CA.

Tim Garver, CSI, CDT, LEED AP, Affiliate Member, AIA Arizona Representative to the Architectural Profession
Honoring 30+ years of service.

DUNN-EDWARDS PAINTS CELEBRATES GRAND OPENING - LEED GOLD!

The World's first LEED-certified paint manufacturing plant here in Phoenix!

The ribbon-cutting ceremony was held Friday June 3, 2011 with Dunn-Edwards President, Karl Altergott, introducing us to the new facility. Hot off the press was the news that this facility attained Gold LEED certification -congratulations Dunn-Edwards!

With Phoenix Mayor, Phil Gordon and City Councilman, Michael Nowakowski (pictured) welcoming this newest addition our city, we then were treated to a behind-the-scenes tour and learned more about how our paint is made.

Dunn-Edwards is the leading manufacturer and supplier of architectural and industrial coatings in the Southwest with a commitment to be "Greener byDesign." A wonderful luncheon followed.



Dunn-Edwards President,
Karl Altergott



Information and photographs courtesy of
Cindy Lewton, ASID
Communications Director, ASID AZ North



Phoenix Mayor, Phil Gordon and
City Councilman,
Michael Nowakowski

CSI National Convention Construct 2012 - Phoenix

The CSI National Convention will be held in Phoenix in 2012. Brian McClure at Brian.McClure@Stantec.com and Gary Campbell gcampbell@assaabloydss.com have agreed to co-chair this convention for the Phoenix Chapter. Our chapter will be asked to help in the following events during the convention.

- Fundraising
- Exhibit Booth
- Marketing
- Registration
- Spouse/Guest Program
- Student Activities
- Technical Events/Tours

We will need committee chair people and volunteers for these events. Please contact Brian or Gary if you are interested in chairing or volunteering for any of these events and they will include you in that event committee.

We are organizing to give everyone time to consider how they would like to help in making this a very successful convention and reflection of Phoenix and Arizona. With 18,000 attendees expected, it is sure to be a very exciting convention!

Our committee will be meeting monthly to discuss and have direction in our involvement with CONSTRUCT 2012.

Visit the Chapter's CONSTRUCT2012 webpage for more information!

2011 Imagination Cube Competition

Sponsored by the Phoenix Chapter, Construction Specifications Institute, this award recognizes imaginative investigation and creative design that explore the potential of a building product(s). A different building product/manufacturer is chosen each year from within the CSI's membership and the companies they represent. This year's product/material sponsor is MAGNUM Companies.

CSI Phoenix Chapter Committee Descriptions By: Angie M. France

Our chapter has many committees that are vital to its success. Please read over the descriptions and select a committee you want to get involved with. Contact the committee chair for details.

Academic Liaison

Interface with the local colleges and universities to present CSI-oriented educational opportunities, and to develop and support student chapters of CSI at those institutions.
Committee Chair: Ron Geren (602)569-9645 Ron@SpecsandCodes.com

Awards

This committee recognizes the talent, achievements, and notable contributions to the construction industry that support the purpose of CSI. It is essential to recognize those members and others who contribute time and effort generously. An award that conveys gracious and grateful recognition of extraordinary effort will encourage continuing contributions. An awards program intensifies member's interest, gains new members, develops new talent, and stimulates interest in CSI's growth. Members that possess good writing skill (for the purpose of writing the application of awards) and those strong in public relations are encouraged to join this committee.
Committee Chair: Carlos Murrieta (480)991-0800 CMurrieta@SSPWAarchitects.com

Calling

The Phoenix Chapter CSI has a calling committee. It is comprised of approximately 12 members. They have volunteered to make calls to a portion of the total membership roster. Each month, the Chairperson gives each committee member a description of the upcoming meeting with any changes in telephone numbers for their group. The committee member is responsible to call each member of their group, describing the meeting and taking RSVP's or giving the RSVP number to the member. It is a great way to stay in touch and to encourage attendance.
Committee Chair: Louise Rehse (602)278-7499 Louise@TheReferenceLibrary.com

Certification

This committee is dedicated to encouraging and facilitating the certification of the members through the CDT, CCS, CCCA and CCPR exams.

Committee Chair: Ron Geren (602)569-9645 Ron@SpecsandCodes.com

Education

This committee develops programs to benefit all membership classifications - professional, industry, associate, and student. This committee establishes and maintains annual allocations. Committee members with professional education experience combined with knowledge of written construction documents are encouraged to join this committee.

Committee Chair: Jill Anderson (602)258-7499 Jill@thereferencelibrary.com

Jolene Jones (602)268-8600 JJones@Twenty1Tec.com

Fundraising

Every organization needs funds to operate from. This committee's task is to present a variety of opportunities for our members to participate in. The challenge is to make these options as interesting and as exciting as possible while providing value to our members. Do you have a special knack at fundraising; have you been involved in a successful fundraising activity for another organization? This just may be your niche.

Committee Chair:

Money, Money, Money...

Committee Chair, Chapter Treasurer: Teri Hand (602)418-1268 THand@Tnemec.com

Golf Tournament

This committee raises money to assist the Phoenix Chapter in many endeavors throughout the year. Raffle ticket sales and an annual golf tournament account for the bulk of these funds. Twenty five percent of all funds collected are placed in a fund, for special donations, in honor of an Architect and friend to this community, Ken Lockhart. New members are invited to join this committee and get involved.

Committee Chair: David Spice (480)894-9858 DSpice@DASProducts.com

Membership

Membership is the backbone and driving force from which the Institute derives its strength and key to the success of all Institute activities. Membership provides the Institute with the human and financial resources necessary to achieve its goals. This committee develops and implements a marketing plan to recruit and renew chapter members. This committee also leads/participates in orientation programs for new members. Everyone is encouraged to join this committee. Everyone can recruit, recruit, recruit.

Committee Chair: Alan Minker (602)432-5267 AMinker@GAF.com

Programs

This committee establishes, maintains and schedules programs to benefit the membership and construction industry which are compatible with the purposes of the Institute. Any program ideas are welcome by this committee.

Committee Chair:

Media Communications

This committee publishes the chapter newsletter, roster and special publications. Public relations are also somewhat related. Any member with experience in print journalism, strong

writing skills or any desire to help with these publications are strongly encouraged to join this committee.

Committee Chair: Tim Garver (602)714-7280 Tim.Garver@DunnEdwards.com

Technical

This committee has an extensive history of planning and oversight of technical activities within CSI. This management of published technical documents and keeping them up to date with industry practices and standards is truly one of the “grassroots” programs within the Construction Specifications Institute. Currently the Technical Committee is working on projects related to the building envelope and energy codes. The committee meets regularly on the second Tuesday of every month, from noon to 1:00 pm at HDR, 3200 E Camelback, Phoenix, AZ (bring your own lunch). Please consider joining us as a new member. Your ideas and input are most valuable.

Committee Chair: Brian McClure (602)707-4799 Brian.McClure@Stantec.com

CSI Phoenix Introduces New Forums Page By: Webmistress/Editor

At the encouragement of the Technical Committee, the chapter has set up a new CSI Phoenix Forums page on the chapter web site. Eight topics have been set up initially to get the conversations rolling.

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- General
- Codes
- Roofing
- Building Envelope
- Membership Benefits
- Paint and Coatings
- Moisture Control
- Construction Documents

The Forums are open to members and non-members. Our goal is to involve the construction community in positive dialog about crucial issues.

[Click here to read instructions for accessing and contributing to the Forums](#)

Please log in today and contribute!