President's Message

G’Day! CONSTRUCT, CSI’s annual convention, is just around the corner. If you are interested in attending CONSTRUCT 2015, here’s the link: http://www.constructshow.com I will be attending and hope to see some of you in St. Louis, Missouri. That being said, we will not be having a monthly meeting in September, and October will be dark as well. I would encourage you to attend some of the events AIA San Diego will be promoting for Archtoberfest. Please visit http://www.archtoberfest.com for more information on the month-long program and events.

Our longtime Treasurer has stepped down from his position. Brian Giguere has done an amazing job restructuring our billing, improving our payment processing, updating our banking, and the list goes on. A familiar face, Doug Wolthausen, has stepped in to fill those rather large shoes that Brian has vacated, and I want to thank both men for continuing to support not only CSI but our San Diego Chapter. We need and encourage you to become a bigger part of this group. Since Doug has taken on the Treasurer role, we have other vacant positions for which we would love you to put your name down.

Good luck! for those of you who have signed up for the continuing education exams this fall. I myself have my CDT and hope to sit for my CCPR next year. If you have any questions on the CDT or any other exam, please reach out to me or another member who has gone through the process so we can tell you how it has benefitted us professionally.

Racquel McGee, CSI, CDT 2015-16 SDCSI President

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♦ NO CSI SAN DIEGO DINNER MEETINGS IN SEPTEMBER (DUE TO THE NATIONAL CSI CONVENTION) OR OCTOBER!

♦ SEPTEMBER 30 to OCTOBER 3, 2015
CONSTRUCT2015

Location: The America’s Center
St. Louis, Missouri

♦ ENTIRE MONTH OF OCTOBER ...
ARCHTOBERFEST 2015: SAN DIEGO ARCHITECTURE & DESIGN MONTH

Features scores of public programs and events throughout October, many free or low cost and family-friendly, brought to life by the region’s leading organizations in the domains of architecture, design, planning and sustainability. Rediscover San Diego and its great places and spaces and plan your Archtoberfest (pronounced “Ark-toberfest”) participation by visiting www.archtoberfest.com.

♦ THURSDAY, NOVEMBER 10, 2015
4:30-7:30 PM

TRI-CHAPTER CSI TOUR OF RENTAL CAR CENTER (RCC) AND RELATED DINNER PRESENTATION

STAY TUNED FOR FURTHER INFORMATION

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DEADLINE for newsletter input: MONDAY, OCTOBER 12th

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In this issue I am reporting on two books. The first, *Tools of the Imagination*, was edited by Susan G. Piedmont, and the second one, *The Secret Lives of Buildings*, was written by Edward Hollis.

*Tools of the Imagination*, *Drawing Tools and Technology from the Eighteenth Century to the Present* is a slim little book (only 121 pages), but its visual impact is stunning. It includes beautiful photographs of antique drawing instruments, many of which went by the wayside in the 19th century. Ever heard of a perspectograph or a semi-elliptical trammel? The book charts the evolution of drawings and instruments from the use of paper for architectural purposes in the 1400s, to the development of perspective drawing by Fillipo Brunelleschi, to the invention of the modern pencil in 1662, and on to the introduction of blue printing in the late 1800s. Inventions that were made in the 20th century, such as the electric eraser and Rapidograph ink pens, are also described. In the essays that accompany the photographs, the authors discuss the impact of computer software on drawing. In the 1980s, 2D CAD software began to supplant hand drawings. But it has been the more recent introduction of the Building Information Model (BIM) software that has truly transformed architectural drawings from their 2D past to their 3D present and future. Today's drawing models contain all manner of building data (or at least hold the potential to include this data), in addition to providing three dimensional views of buildings and building components.

The book was written to accompany an exhibition of drawing instruments held in 2005 at the National Building Museum in Washington, DC. It was published by the Princeton Architectural Press.

### # # #

*The Secret Lives of Buildings*, *From the Ruins of the Parthenon to the Vegas Strip, in Thirteen Stories* was written by an English architect and teacher, Edward Hollis. When it was published in 2009, it won several non-fiction book prizes and many more favorable reviews, a few by American literary critics, for its unique presentation of architectural history describing how buildings evolve over the course of their lives. This is more than a collection of architectural histories. The personalities of the people involved in each building are described, along with a presentation of the social and political events of the times.

The most well known of the 13 examples is the Parthenon which, as we know, was designed by Ictinus & Callicrates and constructed between 447 and 432 BC under the direction of Pericles. By 391 AD, the Christians had destroyed part of the temple and then they did it again in 1200 AD. By 1816, when Lord Elgin plundered it for the British Museum, it had been used longer as a Christian Church than it had been for its original purpose as a temple to the Greek god, Athena. Subsequent restorations caused more damage and, today, it suffers from air pollution to the extent a museum was recently completed at the foot of the Acropolis to house and preserve some of its more significant statuary.

The multi-use history of Ayasofya (also known as Hagia Sofia) in Istanbul is similar to that of the Parthenon. It began life as a Christian Church, constructed by Constantine in AD 360, and was converted to a mosque in the 15th century after having been rebuilt several times to repair earthquake damage. In 1929, it was converted to a museum as it remains today.

The evolution in the construction of a gothic cathedral is described in the examples of Gloucester Cathedral and the Cathedral of Notre Dame de Paris. Even though the purpose for their construction didn’t change, their designs often did as construction progressed. Gothic cathedrals took so long to construct, and were built without drawings, so that by the time construction was completed, the end result was different than the intentions of the stone masons who began the construction. Medieval construction was based upon the traditions of the stone masons involved, their collective adaptation rather than the genius of a single “architect.” It was sometimes experimental, relying on margins of

(continued on page 5)
Tell Me Again, Part 1
by Sheldon Wolfe, RA, FCSI, CCS, CCCA, CSC

I’m sure you’ve heard the Army way of presenting information: Tell them what you’re going to tell them; tell them; tell them what you told them.

While that may be a practical way of doing some things, it has no place in construction documents. For those, we have a different rule: Say it once in the right place. I think it’s safe to say that specifiers believe this rule, though convincing those who create the drawings is difficult; the result often is that the specifications may state things but once, while it’s common for drawings to repeat things many times, and it’s also common for drawing notes to repeat what is stated in the specifications.

So what’s the big deal? Why not repeat things? I believe the intent is good, and that everyone working on drawings or specifications simply wants to make sure the contractor knows what is needed. That’s the theory, but what really happens? In the next couple of articles, we’re going to look at unintentional redundancies.

Let’s start with specifications; it’s quite common for a specification section to say the same thing twice. Here’s an example I have used when teaching specification writing classes. It’s from a specification I found online, but the same problems are found in manufacturers’ specifications and in commercial guide specifications.

2.02 Materials
A. Flat roof board insulation: Extruded polystyrene board to ASTM C578, Type IV, rigid, closed cell type.
   1. Thermal resistance (ASTM C518): R-5 per 1 inch of thickness.
   2. Board size: 24” x 96”.
   3. Board thickness: As indicated on the Drawings.
   5. Water absorption: 0.7% by volume maximum.

That looks pretty good, right? Not really. Here’s the problem: Much of the information in the numbered paragraphs is already required by ASTM C578, and is, therefore, redundant.

2.02A. ASTM C578 – Standard Specification for Rigid, Cellular Polystyrene Thermal Insulation, is, as the title states, for rigid polystyrene insulation. The standard states that the insulation shall “have essentially closed cells.” The standard also states the following requirements for Type IV insulation:
   - R value: 5 per inch.
   - Compressive strength: Minimum 25 psi.
   - Water vapor permeance: Maximum 1.1 perms.

The stated water absorption is a bit of a mystery; ASTM C578 allows only 0.3 percent, while the specification allows 0.7 percent. I can’t tell if this is a typo, or if it’s measured by the same standard.

If we remove the redundancies, along with 2.02A.3 – a needless statement – we’re left with this:
A. Flat roof board insulation: ASTM C578, Type IV.
   1. Board size: 24” x 96”.
   2. Edges: Square.

And that could be further reduced to a single statement.

The usual objection I get is, “So what? What’s a few extra words? They’re correct, aren’t they?”

(cont’d on page 5)
They are, but why are the requirement restated? Doing so adds nothing; more important, one could argue that because only those performance criteria are stated, the specifier doesn’t care about the other things required by ASTM C578, such as density, flexural strength, dimensional stability, oxygen index, the test temperature for the R value test, or acceptable defects. Part of the problem is that specifiers often state requirements that don’t matter, simply because they’re in a manufacturer’s specification.

The usual counter is, “Of course we want all that, too. The contractor has to provide it because it’s part of the standard.” If that’s the argument, then why list any of the properties required by the standard?

Another argument is that specifying those properties makes it easier to review submittals. I suppose that’s true, but again I ask, what about the other properties?

Another problem with restating parts of the reference standard is that doing so introduces another possibility for conflict. In this case, it’s quite possible that the specified water absorption is a typo. Another possible problem arises when a person unfamiliar with the standard changes the Type, say, from Type IV to Type V, and doesn’t change the compressive strength.

Virtually any reference standard contains a multitude of requirement, some stated, some incorporated by reference. Their value lies in the fact that requiring compliance with them automatically makes the entire standard part of the contract documents. Selectively restating selected parts of those standards is not only unnecessary, but it suggests that the few things cited are the only ones that are important.

Another redundancy in specification sections is created when a manufacturer’s instructions are included in the section. A simple “Comply with manufacturer’s instructions” makes those instructions part of the contract documents. It also avoids problems created by incorrect copying, and by changes in the manufacturer’s instructions.

Further complicating the issue is the fact that different manufacturers may well have different instructions. If a specification section is based on Really Great Coatings Super Stuff, which is applied at 30 mils, but you get Coatings-R-U, which goes on at 60 mils, the specification is simply wrong. You could address the problem by specifying requirement for one product, followed by “Or other as required by manufacturer” but why not take it a step further, and simply require compliance with the manufacturer’s instructions?

Of course, your personal experience may have been that you want something other than what the manufacturer requires. If that’s the case, you may be justified in changing the manufacturer’s instructions. Be aware, though, that if something goes awry, the contractor may well blame the problem on you.

Next time, we’ll look at how specifications frequently repeat requirements stated in Division 00 and in Division 01.

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Agree? Disagree? Leave your comments at http://swconstructivethoughts.blogspot.com/

Buch Notes

safety and rules of thumb from past experience. It was also influenced by patrons who changed as time passed and who brought new ideas to a project. This is illustrated in the construction of Notre Dame where, when construction started in the year 1160 AD, it was intended to have only small windows. By the time construction had advanced to the point where the windows were finished, new church patrons had arrived and thought the interior was too dark. More and larger windows were needed. In an effort to provide more light, the windows were rebuilt larger, resulting in the need for more strength in the exterior walls to replace the wall stone that was removed. The additional strength was provided by the famous “arcs boutants,” the flying buttresses, that Notre Dame is famous for.

The Secret Lives of Buildings continues with similar fascinating insights into the histories of nine other monuments in the history of architecture. Some of these are the Basilica of San Marco in Venice, The Alhambra in Granada, the Berlin Wall, and the Western Wall in Jerusalem. The book was published in 2009 by Henry Holt & Co with 370 pages.
7 Habits of People with Remarkable Mental Toughness

You don’t have to be born mentally tough. Here’s how you can develop the vital trait.

by Jeff Haden

First, the definition:

"The ability to work hard and respond resiliently to failure and adversity; the inner quality that enables individuals to work hard and stick to their long-term passions and goals."

Now the word:

Grit.

The definition of grit almost perfectly describes qualities every successful person possesses, because mental toughness builds the foundations for long-term success.

For example, successful people are great at delaying gratification. Successful people are great at withstanding temptation. Successful people are great at overcoming fear in order to do what they need to do. (Of course, that doesn’t mean they aren’t scared—that does mean they’re brave. Big difference.) Successful people don’t just prioritize. They consistently keep doing what they have decided is most important.

All those qualities require mental strength and toughness—so it’s no coincidence those are some of the qualities of remarkably successful people.

Here are ways you can become mentally stronger—and as a result more successful:

1. Always act as if you are in total control.

There's a quote often credited to Ignatius: “Pray as if God will take care of all; act as if all is up to you.” (Cool quote.)

The same premise applies to luck. Many people feel luck has a lot to do with success or failure. If they succeed, luck favored them, and if they fail, luck was against them.

Most successful people do feel good luck played some role in their success. But they don’t wait for good luck or worry about bad luck. They act as if success or failure is totally within their control. If they succeed, they caused it. If they fail, they caused it.

By not wasting mental energy worrying about what might happen to you, you can put all your effort into making things happen. (And then, if you get lucky, hey, you're even better off.)

You can't control luck, but you can definitely control you.

2. Put aside things you have no ability to impact.

Mental strength is like muscle strength—no one has an unlimited supply. So why waste your power on things you can't control?

For some people, it's politics. For others, it's family. For others, it's global warming. Whatever it is, you care, and you want others to care.

Fine. Do what you can do: Vote. Lend a listening ear. Recycle, and reduce your carbon footprint. Do what you can do. Be your own change—but don't try to make everyone else change.

(They won’t.)

3. See the past as valuable training and nothing more.

The past is valuable. Learn from your mistakes. Learn from the mistakes of others.

(cont’d on page 7)
7 Habits of People with Remarkable Mental Toughness

Then let it go.

Easier said than done? It depends on your perspective. When something bad happens to you, see it as an opportunity to learn something you didn’t know. When another person makes a mistake, don’t just learn from it--see it as an opportunity to be kind, forgiving, and understanding.

The past is just training; it doesn’t define you. Think about what went wrong but only in terms of how you will make sure that next time, you and the people around you will know how to make sure it goes right.

4. Celebrate the success of others.

Many people--I guarantee you know at least a few--see success as a zero-sum game: There’s only so much to go around. When someone else shines, they think that diminishes the light from their stars.

Resentment sucks up a massive amount of mental energy--energy better applied elsewhere.

When a friend does something awesome, that doesn’t preclude you from doing something awesome. In fact, where success is concerned, birds of a feather tend to flock together--so draw your successful friends even closer.

Don’t resent awesomeness. Create and celebrate awesomeness, wherever you find it, and in time you’ll find even more of it in yourself.

5. Never allow yourself to whine. (Or complain. Or criticize.)

Your words have power, especially over you. Whining about your problems always makes you feel worse, not better.

So if something is wrong, don’t waste time complaining. Put that mental energy into making the situation better. (Unless you want to whine about it forever, eventually you’ll have to make it better.)

So why waste time? Fix it now. Don’t talk about what’s wrong. Talk about how you’ll make things better, even if that conversation is only with yourself.

And do the same with your friends or colleagues. Don’t just serve as a shoulder they can cry on. Friends don’t let friends whine; friends help friends make their lives better.

6. Focus only on impressing yourself.

No one likes you for your clothes, your car, your possessions, your title, or your accomplishments. Those are all things. People may like your things--but that doesn’t mean they like you.

(Sure, superficially they might seem to like you, but what’s superficial is also insubstantial, and a relationship not based on substance is a real relationship.)

Genuine relationships make you happier, and you’ll only form genuine relationships when you stop trying to impress and start trying to just be yourself.

And you’ll have a lot more mental energy to spend on the people who really do matter in your life.

7. Count your blessings.

Take a second every night before you turn out the light and, in that moment, quit worrying about what you don’t have. Quit worrying about what others have that you don’t.

Think about what you do have. You have a lot to be thankful for. Feels pretty good, doesn’t it?

Feeling better about yourself is the best way of all to recharge your mental batteries. ■
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SD Sustainable Design Symposium & Eco-Design Tour

October 16 - October 18

Event Navigation
- « Frank Lloyd Wright's Legacy in San Diego: the Taliesin Apprentices Exhibition – Opening Reception
- WIA @ Monterey Design Conference »

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- Introduction to Permaculture Design (designing with nature and natural patterns)
- Efficient Water Systems (greywater & rainwater catchment)
- Superadobe Construction as taught by the California Institute of Earth Art & Architecture
- Acoustic Design inspiring Health, Well-being & Rejuvenation – Integratron
- Holistic Health & Sustainable Lifestyle – Yoga, Nature, Mindfulness