

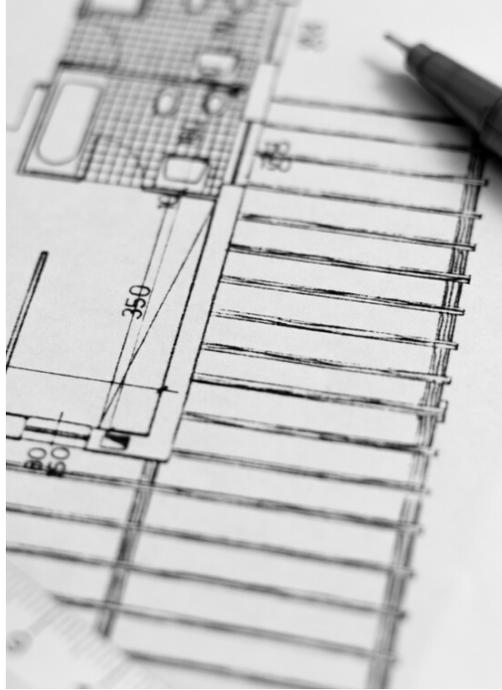
DECEMBER 2021

THE WINNIPEG SPECIFIER



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Golf Report 2021 * CSC EDU * CSC News *
* Holiday Safety Tips



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Check out this month's issue
here!



MEMBERSHIP IN CSC

In the construction industry's fast-paced environment, the need for and value of Construction Specifications Canada is greater than ever. CSC brings together individuals from all segments of the construction industry. All who have a vested interest in Canada's largest industry are invited to join CSC. When you join CSC you become a part of the only association that brings together professionals from all aspects of the construction industry.

DESIGN TEAM

CSC offers members of the Design Team the opportunity to meet with other members and exchange information. It also affords you the chance to help improve technology and its management, and the means to improve ways in which your ideals are translated into clear, concise and complete documentation.

BUILDING TEAM

If you are a member of the Building Team, Construction Specifications Canada offers you the opportunity to become involved in formulating specifications. Your valuable input into the programs can help generate time and cost savings as well as improve performance.

SUPPLY TEAM

The multi-disciplinary composition of CSC allows members of the Supply Team to meet with other members of the construction team. CSC programs in data filing and information retrieval are geared to present convenient and concise information on your products for proper evaluation and specification.

THE STUDENT

If you are a student of architecture, engineering or construction technology, CSC will provide you with greater exposure to and a better understanding of the Construction Industry, giving you an excellent opportunity if you plan a career in the construction field.

CONSTRUCTION SPECIFICATIONS CANADA

Construction Specifications Canada is a multi-disciplinary, nonprofit association dedicated to the improvement of communication, contract documentation, and technical information in the construction industry. CSC is a national association with chapters in most major Canadian cities.

Vision Statement:

The construction community's first choice for quality documentation, education and networking.

Core Value and Belief Statement:

Quality, Professionalism, Teamwork, Integrity, Openness and Innovation.

Mission Statement:

Committed to the ongoing development and delivery of quality education programs, publications and services for the betterment of the construction community.

Objectives:

To foster the interest of those who are engaged in or who are affected by the compilation or use of any forms of specifications or related documentation for the construction industry.

To publish literature pertaining to the construction industry.

To engage in activities to improve procedures and techniques related to the construction industry.

For More Information:

- Contact any member of the Executive.
- Attend one of our meetings.
- Visit the Association website at www.csc-dcc.ca
- Visit our chapter website at www.cscwinnipeg.ca
- Send your name and address to:

CONSTRUCTION SPECIFICATIONS CANADA
Winnipeg Chapter
1447 Waverley St., Winnipeg, MB R3T 0P7



Ken Rowson

Member of CSC for
28 years

A message from our **Chapter Chair**

Hello and best wishes to all of the Members of CSC Winnipeg.

Although we are still in a fight with the nasty Covid virus, I think we are all some what relieved to be in a safer situation compared to this time last year. With less restrictions to deal with and more vaccinations occurring, Christmas will certainly be more joyous than last year!

The CSC executive has actually held an in-person meeting and it was great to network again. We had many items to discuss as we are determined to deliver a similar networking opportunity to the membership. Plans are in the works, but I don't mind sharing with you some of the challenges the chapter executive faces. For example, a location to have a meeting. Many possible venues have changed policy and pricing as a result of the pandemic. Some of the previous venues we have used in the past are no longer available to us. The group is working hard to find an acceptable location. We also want to provide knowledge and value when we do finally get back to meeting again and I urge the entire membership to put forwards ideas, topics, or locations for meeting when the do start. You can send those to me at kwjrowson@gmail.com.

On behalf of the entire Chapter executive group, I want to thank you for your patience and your loyalty. Our membership has not dwindled, which was a concern. Now it is up to us to provide you with the benefits that comes with being a CSC member.

I want to take this opportunity to wish all of you a Safe and Happy Holiday season.

Ken Rowson FCSC
CSC Winnipeg Chapter Chairman

A message from our Chapter Director

Hello Chapter Members,

I hope everyone is doing well this holiday season and is able to take time to enjoy some well deserved relaxation during the break.

I can happily say that your CSC chapter executive has been busy this fall working towards hosting program events in the new year where we can finally get back to networking and providing education experiences.

Make sure to check out our new website www.CSC-DCC.ca for event updates and other information, such as who is currently on the executive board.

CSC's courses are still being hosted virtually which has proved to be a flexible and convenient learning experience for the students.

As we head into the new year, I'm excited for what 2022 will bring. I would like to thank everyone for their efforts and patience during these strange times. In the meantime, stay tuned for more newsletters, website updates, and more member education and networking content.

Lastly, we would like to hear from you. Let us know if there is any suggestions or questions you may have.

Happy Holidays!

Jesse Watson | C.E.T, CSC
Specification Writer



Jesse Watson
Member of CSC for
8 years



**WINNIPEG
CONSTRUCTION
ASSOCIATION**
Together We Build Manitoba

MANITOBA BUILDING PERMITS October 2021

According to Statistics Canada, building permit numbers through October 2021 are up more than 27% compared to the same time period in 2020.

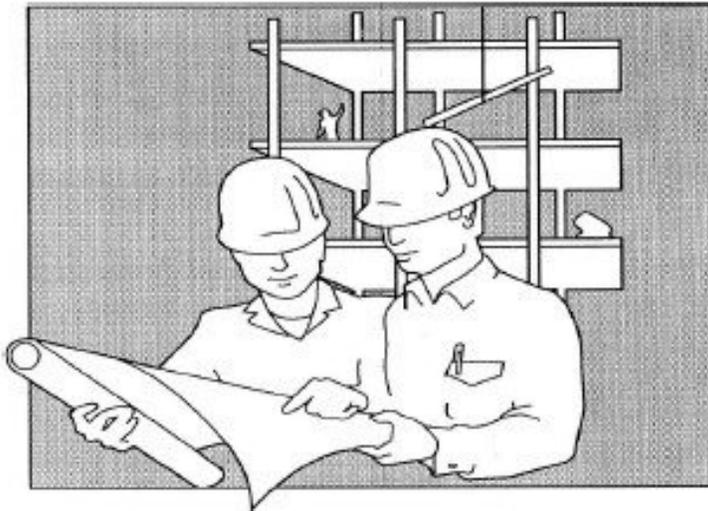
Non-residential permits continue to lag behind the residential side, although they are above 2020 numbers. In total, non-residential building permits are up over 5% with commercial permits (+22%) and institutional permits (+37%) both in the black. Industrial permits are down over 43% compared to 2020.

Residential building permits continue to exceed their 2020 pace and are up by more than 43% compared to October 2020. Multiple-family residential permits are up 35% while single family residential permits are up 49% compared to last year.

SEASONALLY ADJUSTED BUILDING PERMITS FOR MANITOBA - OCTOBER 2021

Sector	2021 Year-to-date	2020 Year-to-date	Change
Commercial	\$600,868,000	\$489,491,000	22.75%
Institutional	\$289,798,000	\$210,128,000	37.91%
Industrial	\$179,129,000	\$315,128,000	-43.16%
Total Non-Residential	\$1,069,798,000	\$1,014,744,000	5.43%
Multiple Residential	\$893,889,000	\$659,685,000	35.50%
Single Residential	\$1,178,671,000	\$789,136,000	49.36%
Total Residential	\$2,072,558,000	\$1,448,821,000	43.05%
Total	\$3,142,355,000	\$2,463,565,000	27.55%

WINNIPEG BUILDING PERMITS SUMMARY



PLANNING, PROPERTY AND
DEVELOPMENT DEPARTMENT

October 2021

This Month At A Glance:

Number of permits issued

Residential	448
Non-Residential	231
Total	679
Compared to this month last year	-16%

Value of permits issued

Residential	\$108,290,941
Non-Residential	\$47,375,679
Total	\$155,666,620
Compared to this month last year	+39%

Dwelling Units

Constructed	391
Demolished	15

BUILDING TYPE ANALYSIS

■ Permit Activity by Building Type

BUILDING TYPE	VALUE IN \$000						NUMBER OF PERMITS ISSUED					
	MONTH			YEAR TO DATE			MONTH			YEAR TO DATE		
	2021	2020	Change	2021	2020	Change	2021	2020	Change	2021	2020	Change
Residential												
Single	33,824	24,065	41%	437,411	282,090	55%	97	88	10%	1,452	997	46%
Semi	3,736	2,292	63%	56,371	28,724	96%	17	9	89%	275	148	86%
Row	4,838	11,540	-58%	86,955	75,114	16%	14	33	-58%	339	357	-5%
Apartment	57,185	18,000	218%	670,057	298,118	125%	6	4	50%	78	46	70%
Alterations/Additions/Demos	8,708	10,858	-20%	130,135	158,131	-18%	314	342	-8%	2,705	2,248	20%
Total, Residential	108,291	66,756	62%	1,380,929	842,177	64%	448	476	-6%	4,849	3,796	28%
Non-Residential												
Alterations/Additions/Demos	22,879	41,602	-45%	458,446	426,100	8%	226	323	-30%	2,410	2,252	7%
Commercial	0	1,500	-100%	27,044	46,997	-42%	0	2	-100%	17	23	-26%
Industrial	175	300	-42%	32,932	53,065	-38%	3	4	-25%	25	23	9%
Office	0	0	0%	3,603	14,780	-76%	1	0	0%	7	11	-36%
Hotel/Motel	0	0	0%	17,500	0	0%	0	0	0%	1	0	0%
Public Buildings/Theatres	0	0	0%	1,416	10,637	-87%	0	0	0%	2	6	-67%
Institutional	24,322	1,500	1521%	86,615	36,186	139%	1	1	0%	13	13	0%
Total, Non-Residential	47,376	44,903	6%	627,556	587,766	7%	231	330	-30%	2,475	2,328	6%
Total	155,667	111,658	39%	2,008,485	1,429,942	40%	679	806	-16%	7,324	6,124	20%

■ Permit Value by Building Type and Community

BUILDING TYPE	YEAR TO DATE VALUE IN \$000					
	CITY CENTRE	ASSINIBOIA	LORD SELKIRK- WEST KILDONAN	EAST KILDONAN- TRANSCONA	RIEL	TOTAL CITY
Residential						
Single	32,324	80,543	35,062	79,613	209,870	437,411
Semi	1,795	1,120	31,571	6,110	15,775	56,371
Row	4,854	3,624	37,611	6,110	34,756	86,955
Apartment	204,014	11,500	116,822	130,500	207,221	670,057
Alterations/Additions/Demos	42,805	19,049	32,854	10,442	24,986	130,135
Total, Residential	285,792	115,836	253,920	232,774	492,607	1,380,929
Non-Residential						
Alterations/Additions/Demos	93,924	61,971	108,067	118,874	75,611	458,446
Commercial	11,555	0	0	985	14,504	27,044
Industrial	0	7,000	17,790	2,810	5,332	32,932
Office	1,500	0	0	2,103	0	3,603
Hotel/Motel	0	17,500	0	0	0	17,500
Public Buildings/Theatres	0	0	1,416	0	0	1,416
Institutional	93	24,322	23,100	0	39,100	86,615
Total, Non-Residential	107,072	110,793	150,373	124,772	134,547	627,556
Total	392,863	226,629	404,292	357,546	627,154	2,008,485
Total, 2020	300,734	189,413	254,541	158,013	527,242	1,429,942
Change	31%	20%	59%	126%	19%	40%

COMMUNITY ANALYSIS

■ Permit Activity by Community

COMMUNITY	VALUE IN \$000						NUMBER OF PERMITS ISSUED					
	MONTH			YEAR TO DATE			MONTH			YEAR TO DATE		
	2021	2020	Change	2021	2020	Change	2021	2020	Change	2021	2020	Change
City Centre	14,718	15,223	-3%	392,863	300,734	31%	138	155	-11%	1,282	1,127	14%
Assiniboia	46,070	11,611	297%	226,629	189,413	20%	186	146	27%	1,288	1,109	16%
Lord Selkirk-West Kildonan	20,341	22,931	-11%	404,292	254,541	59%	122	143	-15%	1,278	1,124	14%
East Kildonan-Transcona	23,760	24,862	-4%	357,548	158,013	126%	100	123	-19%	1,140	864	32%
Riel	50,778	37,032	37%	627,154	527,242	19%	133	239	-44%	2,336	1,900	23%
Total	155,667	111,658	39%	2,008,485	1,429,942	40%	679	806	-16%	7,324	6,124	20%

■ Construction of Residential Dwelling Units

COMMUNITY	MONTH								YEAR TO DATE							
	Single	Semi	Row	Apt	Total	% of Total	2020	Change	Single	Semi	Row	Apt	Total	% of Total	2020	Change
City Centre	9	0	0	0	9	2%	4	125%	74	8	17	909	1,008	22%	607	66%
Assiniboia	35	4	0	20	59	15%	16	269%	204	6	13	20	243	5%	161	51%
Lord Selkirk-West Kildonan	10	12	10	16	48	12%	21	129%	127	142	108	600	977	21%	512	91%
East Kildonan-Transcona	15	0	4	84	103	26%	74	39%	322	34	24	541	921	20%	471	96%
Riel	27	2	0	143	172	44%	68	153%	707	87	140	598	1,532	33%	1,420	8%
Total	96	18	14	263	391	100%	183	114%	1,434	277	302	2,668	4,681	100%	3,171	48%
% of Total	25%	5%	4%	67%	100%				31%	6%	6%	57%	100%			
Total, 2020	86	10	34	53	183				989	150	303	1,729	3,171			
Change	12%	80%	-59%	396%	114%				45%	85%	0%	54%	48%			

■ Demolition of Residential Dwelling Units

SUMMARY	MONTH					YEAR TO DATE				
	SINGLE	SEMI	ROW	APT	TOTAL	SINGLE	SEMI	ROW	APT	TOTAL
Total	15	0	0	0	15	220	2	9	0	231
% of Total	100%	0%	0%	0%	100%	95%	1%	4%	0%	100%
Total, 2020	15	2	0	0	17	183	12	13	74	282
Change	0%	-100%	0%	0%	-12%	20%	-83%	-31%	-100%	-18%

■ Major Projects

ADDRESS	BUILDING PERMIT DESCRIPTION		VALUE (\$)
308 Edison AVE	Construct New	Row Housing	925,000
750 London ST	Construct New	Apartments	15,000,000
1885 Notre Dame AVE	Construct Addition	Medical Office	700,000
20 Frontier TRAIL	Construct New	School	24,322,000
467 Beaverbrook ST	Construct New	SFD & Att. Gar.	500,000
43 High Plain RD	Construct New	SFD & Att. Gar.	550,000
850 Keewatin ST	Interior and Exterior Alterations	Supermarket	1,500,000
450 Broadway	Alter Exterior	Public Bldg	3,200,000
87 Mira GATE	Construct New	Row Housing	1,200,000
182 Willow Creek RD	Construct New	SFD & Att. Gar.	508,000
104 Willow Creek RD	Construct New	SFD & Att. Gar.	1,050,000
90 Forbes RD	Partial Permit-Foundation	SFD & Att. Gar.	1,050,000
159 Valley Brook RD	Construct New	SFD & Att. Gar.	675,000
1978 St Mary's RD	Construct New	Apartments	10,000,000
155 Waterloo ST	Construct New	SFD & Att. Gar.	600,000
151 Waterloo ST	Construct New	SFD & Att. Gar.	750,000
307 Yellow Moon CRES	Construct New	SFD & Att. Gar.	665,848
1264 Liberty ST	Construct New	SFD & Att. Gar.	800,000
1325 Jefferson AVE	Partial Permit-Foundation	Residential Multi-Use	2,500,000
1585 Kenaston BLVD	Interior Alteration	Training Facility	2,921,103
23 Lyric LANE	Construct New	SFD & Att. Gar.	600,000
23 Glencrest PL	Construct Addition	SFD & Att. Gar.	700,000
1771 Inkster BLVD	Interior and Exterior Alterations	Misc. Structure	2,500,000
147 Valley Brook RD	Construct New	SFD & Att. Gar.	575,000
780 Tache AVE	Construct New	Apartments	28,425,500
318 Beaverbrook ST	Construct New	SFD	600,000
850 Cambridge ST	Structural Alteration	Apartments	561,410
2 Ken Oblik DR	Construct New	Apartments	1,000,000
1584 Wellington CRES	Construct New	SFD & Att. Gar.	1,200,000
1485 Portage AVE	Interior Alteration	Retail Store	1,200,000
2200 Logan AVE	Construct Addition	Warehouse	1,722,000

GET TO KNOW YOUR **CSC** WINNIPEG CHAPTER EXECUTIVE



Name: Ken Rowson
Chapter Position: Chairperson

Time volunteering with CSC: 29 Yrs.
Favorite holiday treat: Chocolate clusters with coconut and peanuts.
Favorite winter activity: Walking bird's hill park with my wife and Millie the dog.



Name: Jesse Watson
Chapter Position: Chapter Director

Time volunteering with CSC: 9 Yrs.
Favorite holiday treat: Terry's Chocolate Orange.
Favorite winter activity: Snowboarding.



Name: Michael Sagriff
Chapter Position: Vice Chair/Website

Time volunteering with CSC: 5 Yrs.
Favorite holiday treat: Nanaimo Bars
Favorite winter activity: Hockey



Name: Brad Cove
Chapter Position: Architectural Officer

Time volunteering with CSC: 15 Yrs.
Favorite holiday treat: Turkey Dinner.
Favorite winter activity: Dreaming about golf (knees can't handle curling, hockey and volleyball anymore).



Name: Dwayne Penner
Chapter Position: Engineering Officer

Time volunteering with CSC: 29 Yrs.
Favorite holiday treat: Chocolates.
Favorite winter activity: Ice Fishing.



Name: James Fulcher
Chapter Position: Manufacturer/Supplier Officer

Time volunteering with CSC: 4 Yrs.
Favorite holiday treat: Nuts & bolts.
Favorite winter activity: Building a rink on Big Whiteshell Lake and skating with the family



Name: Ryan Epp
Chapter Position: Landscape Architecture Officer

Time volunteering with CSC: 4 Yrs.
Favorite holiday treat: Homemade shortbread cookies, with a side of eggnog.
Favorite winter activity: River trail skating with the family.



Name: Brenda Thompson
Chapter Position: Education

Time volunteering with CSC: 7 Yrs.
Favorite holiday treat: Confetti Squares.
Favorite winter activity: Beach vacation.



Name: Norbert Schuster
Chapter Position: Facility Manager Officer

Time volunteering with CSC: 6 Yrs.
Favorite holiday treat: Home baked cookies!
Favorite winter activity: Hike & picnic, then hot tub!



Name: Kelly Pickard
Chapter Position: WCA Liason

Time volunteering with CSC: 2+ Yrs
Favorite holiday treat: Butter Tarts or Nuts and Bolts or Turkey or Sugar Cookies.
Favorite winter activity: A hot vacation or watching my sons hockey.



Name: Terri Randall
Chapter Position: Trade Contractor Officer

Time volunteering with CSC: 15 Yrs.
Favorite holiday treat: Homemade butter tarts.
Favorite winter activity: Sitting in the hot tub with the outdoor fireplace lit.



Name: Zeb Hudon
Chapter Position: General Contractor Officer

Time volunteering with CSC: 3 Yrs.
Favorite holiday treat: Turtles.
Favorite winter activity: Hockey.



Name: Kat Kreftsun
Chapter Position: Membership

Time volunteering with CSC: 3 Yrs.
Favorite holiday treat: Holiday Sangria.
Favorite winter activity: Skating (with Tim Hortons hot chocolate).



Name: Elizabeth Veloso
Chapter Position: Program

Time volunteering with CSC: 10 Yrs.
Favorite holiday treat: Sugar Cookies.
Favorite winter activity: Watching holiday movies.



Name: Jason Moses
Chapter Position: Treasurer

Time volunteering with CSC: 6 Yrs.
Favorite holiday treat: Speculaas.
Favorite winter activity: River skating.



Name: Sarah Panasiuk
Chapter Position: Newsletter

Time volunteering with CSC: 3 Yrs.
Favorite holiday treat: Chocolate crinkles (cookies).
Favorite winter activity: Any outdoor adventure with my 3 year old.



Name: Maureen Doyle
Chapter Position: Interiors Officer

Time volunteering with CSC: 1 Yr.
Favorite holiday treat: Mom's Shortbread Cookies.
Favorite winter activity: Sitting by the fire reading a good book after walking my dog.



Name: Mile Rendulic
Chapter Position: Owner Officer

Time volunteering with CSC: Unavailable.
Favorite holiday treat: Unavailable.
Favorite winter activity: Unavailable.



Name: Mike Garlinski
Chapter Position: Connections Cafe

Time volunteering with CSC: 21 Yrs.
Favorite holiday treat: Homemade shortbread cookies and milk.
Favorite winter activity: Skating on the Red, or the St. Vital Duck Pond rink with friends and family.



Name: Gord French
Chapter Position: Sargeant-at-Arms

Time volunteering with CSC: 40 Yrs.
Favorite holiday treat: Eggnog.
Favorite winter activity: Driving looking at xmas lights.



Name: Ryan LeBaron
Chapter Position: Golf Tournament Organizer

Time volunteering with CSC: 12 Yrs.
Favorite holiday treat: Baileys
Favorite winter activity: Snowboarding



Name: Ryan Cullen
Chapter Position: Secretary

Time volunteering with CSC: <1 Yr.
Favorite holiday treat: Rye.
Favorite winter activity: Curling.



Winnipeg Chapter 2021/2022 Programs & Events



The CSC Winnipeg Chapter is currently working on putting together programs and events for our members. Keep an eye on your inbox for updates on our programs and events.

We are open to ideas! If you know of a presentation or webinar that would be of interest to our CSC community please let Elizabeth know.



Winnipeg Chapter
1447 Waverly Street
Winnipeg, MB R3T 0P7
Website: www.winnipeg.csc-dcc.ca



Golf Report 2021

After seeing Manitoba rally and vaccination numbers facilitate loosening of restrictions after a long lockdown, CSC was extremely excited to be able to proceed with our annual Golf Tournament, which was hosted at the Glendale Golf and Country Club in Winnipeg, Manitoba. The tournament took place in the midst of a heat wave, on July 13, 2021, however the heat did not dampen the fun!

Despite the uncertainty of what guidelines would be in place, we had strong turnout of golfers with 58 participants, comprised of 54 men and 4 ladies.

To fall in line with provincial guidelines, dinner was hosted outside with a serving approach to provide the safest environment for all participants, with the kitchen and serving staff doing a fantastic job for a second year in a row. The Winnipeg Construction Association was generous enough to provide each golfer with a water bottle and cooling towel that was received at dinner.

As dinner was served, all scores were tabulated and the group was split into eight flights, with each golfer receiving a prize. This year we wanted to try and give back to the industry that was likely hit the hardest throughout the past year and a half, and decided to purchase prizes from a variety of local restaurants to show our support.

There were some incredible golf scores tabulated by the group with the overall low scores for both Men's & Women's each receiving a trophy recognizing their accomplishment, which should be noted were both back-to-back winners!

Dan Schille – Low Men's Score
Terri Randall – Low Women's Score

While very much typical year to year, the generous support of our sponsors made this event possible and we can't thank them enough! We have recapped the generous sponsors below;

Golf Cart Premium Sponsorship – Winnipeg Construction Association
Happy Hour Premium Sponsorship – R.D. Sales

Prize Hole Sponsorship – Duxton Windows & Doors
Prize Hole Sponsorship – Brock White Canada
Prize Hole Sponsorship – Quik-Therm Insulation Solutions
Prize Hole Sponsorship – AccessSMT Holdings Ltd.
Prize Hole Sponsorship – Dupont Canada
Prize Hole Sponsorship – Penn-co Construction Canada (2003) Ltd.

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1447 Waverly Street
Winnipeg, MB R3T 0P7
Website: www.winnipeg.csc-dcc.ca

Hole Sponsorship – Flynn Canada Ltd.

Hole Sponsorship – Void Form Products Inc.

Hole Sponsorship – FT3 Architecture Landscape Interior Design

Hole Sponsorship – LM Architectural Group

We wanted to thank everyone involved in this year's tournament from the sponsors, to the participants & course staff. We look forward to coming back even stronger next year!

Looking forward to seeing everyone out again next year, please stay safe and have a great summer!

Zeb Hudon & Ryan Lebaron, Golf Organizers

Congratulations!

Congrats to the recent graduates of the
online Specifier Course:

Julia McIntyre

Kevin Seger

Kat Kreftsun

Ron Toth

Casie Chou

Kim Murray

***Education is the passport to the future, for tomorrow belongs to
those who prepare for it today.***

~ Malcolm X



Online Principles of Construction Documentation (PCD)

Start Date: January 17 (14 weeks)

Cost: \$875 + Taxes and Fees

Online Technical Representative (TR)

Start Date: January 17 (14 weeks)

Cost: \$875 + Taxes and Fees

[Register for the online PCD or TR course](#)

Principles of Construction Documentation (PCD) (Pre-requisite course) The PCD is an introductory course that will enable the student to have a better understanding of construction documentation (specifications, drawings and schedules), products, bidding procedures and contracts. It is also a prerequisite to all the other CSC education courses. Having the experience and knowledge will give you leverage in the fast paced construction industry. The course will also provide a solid base for future skills acquisition, job efficiency, position advancement, and pay increases in a convenient and easy to follow format.

The **CSC Specifier (SP)** course is a comprehensive overview of the construction specification profession in Canada. At the completion of the course, students will have a solid grasp of a specifier's role, legal issues including contracts, bidding and disputes, writing style used in the profession and how to close out a project. A wide range of professional scenarios are explained, often using real-life examples. The CSC Specifier course continues from where the PCD course ends and is a more in-depth education on the special techniques and skills required to write the procurement and contractual requirements of: Division 00; the administrative, procedural and temporary requirements of Division 01; and the technical specifications of Divisions 02 – 49. Completion of this course is mandatory in the process of becoming a Certified Specification Practitioner (CSP), or a Registered Specification Writer (RSW).

The **Technical Representative (TR)** course will provide a better understanding of contract documents and bidding procedures, product representation, professionalism, and ethics, and will provide a new depth of understanding and explanation of concepts beyond what was previously introduced in the PCD course. The course is designed for the individual involved in the supply section of the construction industry such as manufacturer representatives, agents or distributors of products. The student will have successfully completed the PCD course. This course is a requirement for the Certified Technical Representative (CTR) designation.

The **Construction Contract Administrator (CCA)** course is designed for those individuals involved in construction administration, including Contract Administrators, Property Managers, Architects, Engineers, Interior Designers, Specification Consultants, Building Authorities, and Bonding and Insurance Agencies. This course is a requirement for the Certified Construction Contract Administrator (CCCA) designation. s



COMING SOON

2022 GOLF TOURNAMENT

There may be snow on the ground, but we are already planning the annual CSC Winnipeg Chapter golf tournament. Stay tuned for more information coming in the new year!



News & Events

JOIN US IN 2022

CSC | Re-Energizing the Future

2022 | **CONFERENCE**
NIAGARA FALLS • ON

May 25 – 29, 2022

NIAGARA FALLS CANADA

www.csc-dcc.ca

The banner features a background image of two men standing on a rock in front of the Niagara Falls. The man on the left is older with a white beard and sunglasses, wearing a blue and white striped polo shirt. The man on the right is younger, wearing a blue polo shirt. Both have their arms raised in a celebratory gesture. A large red banner with white text and maple leaf icons spans across the bottom of the image.

MEET THE CSC PRESIDENT

KIMBERLY J. TOMPKINS
CSC President

A photograph of two women smiling for a selfie. The woman on the left has short, wavy blonde hair and is wearing a black sleeveless top. The woman on the right has long dark hair, wears glasses, and a white t-shirt with a grey backpack. They are in an indoor setting with industrial-looking structures in the background.

MEET THE CSC
PRESIDENT



Are You Making These Christmas Safety Mistakes?

You hang a few “indoor” lights outdoors

Many holiday lights manufactured today are intended for both indoor and outdoor use, but you may come across some that are location specific. Indoor lights aren't as resistant to moisture, which may cause electrical shorts and damage in wet weather.

Christmas safety tip: Many products tested for safety in North America are labelled with a UL tag (for Underwriters' Laboratories, a certification company that inspects such products). Indoor lights have a tag marked with a green UL. Outdoor lights are marked with a red UL.



You keep poinsettias in reach of your kids and pets

This one is actually not as risky as you might think. Despite its “poisonous” reputation, the plant is only mildly toxic. A 50-pound child would need to eat more than 500 poinsettia leaves to reach potentially toxic levels, and no deaths have been documented from consumption. A child may get queasy or throw up after eating, say, five poinsettia leaves—but not much more will happen. (Plus, the leaves taste unpleasant, so it's unlikely many would be consumed.) The plants may cause drooling, vomiting, or diarrhea in cats and dogs, but medical treatment is rarely necessary unless symptoms are severe.

Christmas safety tip: To be safe, keep poinsettias out of the reach of pets and young children, but there's no need to banish your favourite holiday plant.





You use the top rung of a ladder to hang Christmas lights

“Whoever draws the Christmas shift usually has a story to tell,” says Dr. Louis Francescutti, an emergency-room physician in Edmonton at Alberta’s Royal Alexandra Hospital, and a professor and injury researcher at the University of Alberta. According to the Canadian Institute for Health Information, ladder injuries are so common that between 2015 and 2016, they sent more than 15,000 Canadians to hospital.

Christmas safety tip: If you’re using a ladder outdoors, do so during daylight hours, and clear away snow or ice before setting it down. Follow the advice outlined by the Infrastructure Health and Safety Association’s safe-practice guide: Never stand on a rung higher than fourth from the top, and don’t climb up or down while carrying anything. Instead, place lights or other items in a container and raise and lower them by rope while maintaining three-point contact with the ladder: one hand and two feet, or two hands and one foot. Make sure you have a spotter, too.



You leave lit candles and stovetop items unattended

Christmas trees are, of course, a fire hazard, but the biggest cause of home fires, by far, is cooking, accounting for 20 per cent of fires in 2007. Another culprit? Candles. Fire statistics collected in Alberta during the holiday season (Dec. 15 to 31) over a five-year period from 2005 to 2009 showed that candle fires doubled compared to the rest of the year.

Christmas safety tips: Never leave stovetop items unattended, and don’t allow candles to burn in an empty room. When you do light candles, keep them far from the tree and other flammable items, such as wrapping paper.





You blame your heart pain on indigestion

The risk of heart attack spikes during the holiday season. Part of the problem is that some cardiac symptoms are similar to those of indigestion—another seasonal risk—and many people would rather blame their discomfort on gluttony than interrupt a party for a visit to emergency. “If you’ve lived your whole life without indigestion and all of a sudden you’re suffering from it, you need to think that it could be your heart,” warns Dr. Beth Abramson, a Toronto cardiologist and spokesperson for the Heart and Stroke Foundation of Canada. (Learn more about the heart attack symptoms that are frequently misdiagnosed.)

The weather doesn’t help either. Low temperatures, especially if coupled with snow shoveling, can be deadly. Cold conditions can slow blood flow to the heart by tightening blood vessels, while exercise increases the heart’s need for blood and oxygen. Therefore, you may be in a situation where the supply of blood to the heart is reduced during a time of increased need—a recipe for a heart attack. “When you’re shovelling and breathing in cold air—especially if you’re overweight and out of shape or have risk factors for heart disease—

Christmas safety tips: Even doctors can’t be sure, based on observation alone, when someone is having a heart attack. While pressure on the chest is the most common symptom, a heart attack doesn’t have to be of the dramatic Hollywood variety. “Sudden chest, neck, throat, jaw or arm discomfort, or shortness of breath or nausea that comes out of the blue needs to be taken seriously,” says Abramson. Family history of heart problems, high blood pressure, high cholesterol, smoking, diabetes, and being overweight increase your risk. “There are quick and simple tests that can be done in an emergency room to confirm whether you’re having a heart attack,” says Abramson. When in doubt, play it safe by heading straight to the hospital.





You take on more responsibilities than you can handle

Expectations can run high during the Christmas season. There are events to attend, gifts to buy, food to prepare, decorations to put up, people to entertain—all of which requires waiting in lines, spending money and squeezing more into your schedule. A study conducted by the American Psychological Association showed that 38 per cent of people experienced elevated stress during the holidays. It's not just you!

Christmas safety tips: Simplify. Stop accepting every invitation and trying to see everyone during the holidays. Otherwise, you'll burn out. And don't try to out-dazzle everyone with extravagant dinners, over-the-top decorating and expensive presents. The holiday season shouldn't feel like a competition. Another useful insight? Start your shopping early. Keep a running list in your wallet or phone of the people for whom you plan to buy gifts. That way, you can take advantage of sales throughout the year and avoid the stress of overspending.

You have more than two alcoholic drinks per day.

You came, you saw, you drank. If you don't usually overindulge in alcohol, your body is in for a shock: A painful hangover.

Christmas safety tips: Holidays and alcohol seem to go hand in hand. Catherine Hardman, executive director of Choices for Change, an alcohol, drug, and gambling counselling centre based in Stratford, Ontario, offers this advice:

Alternate alcoholic drinks with non-alcoholic ones.

Forget the one-drink-per-hour guideline for preventing hangovers. Though it's a good way to keep an eye on your holiday drinking, it's not reliable since people metabolize differently. Hardman states that low-risk drinking guidelines state no more than two standard drinks on any day, and no more than nine per week for women and no more than 14 for men.

Agree to be the designated driver. "That gives you an out," says Hardman, "and people also respect that." Moreover, you'll have a holiday to remember—for all the right reasons.



Your turkey is almost undercooked

According to Ben Chapman, who works with Ontario's University of Guelph's Food Safety Network, "Undercooked turkey is one of the top 10 foods that make people sick." But it's not just the turkey: Stuffing absorbs the juices inside the bird, so it has to be as thoroughly cooked as the meat. Eggnog is also notorious for making people sick if it's left unrefrigerated for too long or made with raw eggs, which can contain salmonella bacteria. Edmonton's Dr. Louis Francescutti is all too familiar with holiday food misery. "An entire family came in with food poisoning," he says. "They all needed intravenous rehydration." (Here's how to tell the difference between food poisoning and a stomach bug.)

Christmas safety tips: The Food Safety Network advises cooking an unstuffed turkey to 170 F (77 C) and a stuffed one to 180 F (82 C). Alternatively, cook the stuffing separately. Stuffed or not, always roast a turkey in a 325 F (160 C) oven. Never start cooking it in one place, then transport it to another and finish cooking there.



You open packages and gifts recklessly

Every holiday season, Dr. Francescutti treats patients who need their hands or fingers stitched up after they've lost a vicious battle with clamshell packaging—the hard, molded plastic that is sealed around the toy, tool, or product you're anxious to get at. "It's mostly fathers I see who are trying to open packages for others—a little too quickly sometimes," he says. Dads are also more likely to grab imprecise implements, such as penknives, to tackle the packaging, resulting in a nasty wound when the plastic bites back.

Christmas safety tips: Dr. Francescutti recommends that an adult place the product on a countertop and carefully run a sharp utility knife around the packaging, with the sharp end pointing away from the person. To safely discard this plastic—with its razor-sharp edges—avoid tossing it into a bin or bag someone might try to compact by hand later. Instead, check if it can be recycled, then ~~toss~~ directly in the bin.



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Thank you to Zeb Hudon for sharing some pictures of current projects that Penn-Co Construction is currently working on.



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