



# The Specifier

Regina Chapter Official Newsletter

Committed to educate, connect and lead the design and construction community to achieve excellence in project delivery.

## Connections Cafe 2023

The CSC Regina Chapter's annual connections café took place on October 19th. A huge thank you to our organizers for the hard work and dedication to put this event together. Thank you to the staff at Hotel Saskatchewan and all of our vendors for creating another successful event. And especially to our CSC members and guests for your participation.



# UPCOMING EVENTS

Workplace Wellness Lunch & Learn  
November 23, 2023

## LUNCH & LEARN

## WORKPLACE WELLNESS

WITH JACQUIE CARTER

**LOCATION:**  
ATLAS HOTEL  
BENSON ROOM  
4177 ALBERT  
ST REGINA

**DATE & TIME:**  
NOV 23RD  
12-1PM

**PROGRAM:**  
DOORS OPEN  
11:45 LUNCH 12:00  
PRESENTATION  
12:15

Jacquie Carter has always been fascinated with personal growth, bodies, and possibilities which lead her down many paths including 28 years as a Massage Therapist. She has also explored many modalities ranging from Reiki, Restorative Yoga, and Access Consciousness to name a few.

Jacquie invites to look at stress and life in a different way, in a way that will leave you feeling more grounded, inspired, and with a greater sense of self. She will provide easy, pragmatic tools to learn how to deal with stress with ease. In order to be, have, and experience something different, we have to be willing to choose something different.



**TICKETS:**  
\$20 MEMBERS  
\$25 NON-MEMBERS

23  
NOV







In order for something to change, you need to change something, even if it is your own point of view; aka the angle from which you are looking at it.

Jacquie Carter has always been fascinated with personal growth, bodies, and possibilities which lead her down many paths including 28 years as a Massage Therapist. She has also explored many modalities ranging from Reiki, Restorative Yoga, and Access Consciousness to name a few.

Jacquie is someone that has had ease in seeing things, including stress, from a different perspective than most people. That different perspective is what makes it easy for Jacquie to coach and inspire others from a place of non-judgment, whether it be personally or professionally. You will be invited to look at stress and life in a different way, in a way that will leave you feeling more grounded, inspired, and with a greater sense of self. She will provide easy, pragmatic tools to learn how to deal with stress with ease. In order to be, have, and experience something different, we have to be willing to choose something different.

You will never become greater than who or what you have DECIDED you are!

Jacquie is always open to conversations and questions or for more info, [www.jacquiecarter.ca](http://www.jacquiecarter.ca)



**CSC Christmas Social  
November 30, 2023**



**2023 Christmas Social**  
Presented by the RCA Future Construction Leaders  
& Construction Specifications Canada  
*Nov 30, 2023 | Broken Rack Billiards*

The Future Construction Leaders and Construction Specifications Canada are excited to host their 2023 Christmas Social at The Broken Rack. Join us on Nov 30th for an evening of networking and pool to kick off the holiday season.

This event is free to attend for CSC and RCA members (Cash Bar only).  
Appetizers and one free drink will be provided.  
Space is limited so don't wait to register!



## Director's Message

The Executive Council met in Toronto on September 16<sup>th</sup> and 17<sup>th</sup>. This was David Graham's first meeting as Association president. It's been a year since I attended in person as the March meeting was held mostly on Zoom due to a winter storm. It was great to get back with all the Directors and find out what's going on in other Chapters.



[Read More](#)

## Getting to Know your New Executive Committee Member

### Marshall Tomlinson

**Year joined CSC Regina Chapter: 2014**

**Employer: P3A**

**Professional Designation: Contract Administrator**

#### What influenced you to join CSC Regina Chapter?

It is fun to meet with industry folks and get the heartbeat of the Regina (and Saskatchewan) construction environment!

#### What advice would you give to your younger self?

You don't know everything, relax, breath, and enjoy the ride!

#### What's your favorite sport to watch and which team do you root for?

Hockey, Toronto Maple Leafs!



## RCA Golf Tournament Sponsor



The Regina Chapter was a sponsor of the 2023 RCA golf tournament this summer. Pictured above are two of our executive members, Marshall and Brandi, at the CSC tee box.

 Striving for Excellence

**2024** **CONFERENCE**  
**MONTREAL • QC**

May 22-26, 2024

Save the dates for  
2024 National Conference

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## Membership & Executive Committee

Be part of the community and build a stronger Saskatchewan. Don't miss out on our activities!

Executive Committee  
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