Specifier

Editor: Tracey Stawnichy

Construction Specifications Canada is an organization representing diverse interests in the construction industry and related professions. It is dedicated to improving the quality and flow of information between these interests, whether in the form of specifications, contract administration or marketing.

May 2025 Edition

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Annual Chapter Meeting

Date: Thursday, May 1, 2025 **Time:** 11:45am – 1:00pm **Place:** Matrix Hotel, 10640 – 100 Avenue NW, T5J 3N8

This is a CSC members-only event.

Please join us and share your perspective, communicate your opinions and concerns. Let your voice be heard!



Director	Andrew Brassington	780 222 6732		
Chair	Dylan Leclair	587 335 9552		
Vice-Chair	Position Open			
Secretary	Jessica Prosser	587 340 7169		
Treasurer	Catherine Osborne	780 423 6606		
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Chapter Liaison	Position Open		Chapter Sponsor	
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Engineer	Jamie Murphy	780 983 0288		
General Contractor	Position Open			
Interior Design	Corry Bent	780 995 1647		
Manufacturer/Supplier	Mike Lafontaine	780 907 4920		
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Specifications	David Watson	780 758 4147		
Website Administrator	David Watson	780 758 4147		
Trade Contractor	Kevin Kramers	587 232 0613	Meeting Sponsor	
Program	Cherisse Zerbin	780 920 4910		
Owner's Rep	Cam Munro	780 231 1739	\$50 for Individual (personal) Sponsor \$250 for Corporate Sponsor	
Sustainability	Position Open			

FOR FURTHER INFORMATION

Contact any member of the Executive, attend one of our Chapter Meetings, send your name and address to CSC Edmonton Chapter, PO Box 35093 Mid Town PO. Edmonton, AB T5J 0B7, or go to edmonton.csc-dcc.ca for additional contact information.

GOALS OF CSC

Construction Specifications Canada is a multi-disciplinary non-profit 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.

To this end, CSC pursues the study of systems and procedures that will improve the coordination and dissemination of information relevant to the construction process.

We seek to enhance the quality of the design and management aspects of the construction activity through programs of publication, education, and professional development, believing that by so doing, we can contribute best to the efficiency and effectiveness of the construction industry as a whole.

OBJECTIVES OF CSC

To foster the interest of those who are engaged in or who are affected by the compilation or use any forms of specifications 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.

The opinions and comments expressed by the authors do not necessarily reflect the official views of Construction Specifications Canada. Also, appearance of advertisements and new product or service information does not constitute an endorsement of those featured products or services.

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Announcements:

If you are interested in becoming a mentor or a mentee for CSC, please hit the link! <u>MentorCity - Mentoring Software</u>

Chair's Message



Dylan Leclair, CSC Edmonton | Chapter Chair

Hello, Edmonton Chapter,

Special thanks to all those who sponsored and attended out 2025 Infonet and Casino Fun Night. We had 125 people in attendance with 14 sponsors. The Edmonton Casino Party team, along with our hosts at the Matrix Hotel were some of the most entertaining and professional individuals we have hosted this event with, ever! Shout out as well to all the CSC volunteers and the 2025 Infonet Committee who helped with set up and organization. Without your continued dedication this event would not have been as successful as it was.

A recognition is in order for one of our Executive this month, Catherine Osborne, for completing the CCCA course and requirements to become a CCCA in the Edmonton Region. Completing the CSC designation programs and requirements is no small feat, so congratulations again, Catherine!

We have launched our 2025 Annual CSC Golf Tournament (website and Eventbrite) at Cattail Landing on June 26. We are looking forward to seeing as many of you as possible, so sign up ASAP.

With the ACM and Conference on the horizon for May, we are currently building our Fall Education offerings and Program for 2025-2026. If you have any suggestions for topics you would like to see presented, please reach out to Cherisse, our Program Chair. We are working on having all this available in the coming months with a package available in August that will outline the rest of the year.

Enjoy the May weather!

Membership in CSC

Dave Lawrence



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 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, CSC 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 a 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.

People and Places – Welcome to new and past CSC Edmonton Chapter Members!

Fresh Faces (New Members)

Alex Laight SOPREMA 15436 – 131 Avenue Edmonton, AB T5V 0A1 P: (780) 435-2800 E: alaight@soprema.ca

Yes, We've Moved (Contact / Mailing Address Update)

None this month.

Previous Members Re-Joining / Re-Activated

None this month.

CSC Education:



Kevin Osborne, CET

Principles of Construction Documentation

The PCD course 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.

Specifier 1

Specifier 1 is an intermediate level course that will take the individual beyond the concepts previously introduced in the PCD Course. Although some of the same topics are included, the depth of comprehension and explanation exceed that of the PCD course. The Specifier 1 is a prerequisite for the Certified Specification Practitioner (CSP) designation from CSC. Successful completion of the course may be credited toward the experience component requirements for the Registered Specification Writer (RSW) designation.

Technical Representative

The TR course provides 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.

Contact Kevin for all your education needs. kosborne@br2architecture.com

EDUCATION COURSES

Upcoming Classes:

Principals of Construction Documentation (PCD) – TBD Specifier – TBD Construction Contract Administration (CCA) – TBD Technical Representative (TR) – TBD

Upcoming Classes Online:

Principles of Construction Documentation (PCD) – June 2, 2025 / Sept 8, 2025 / Jan 5, 2026 Construction Contract Administrator (CCA) – TBD Specifier – TBD Technical Representative (TR) – TBD

Upcoming Virtual Classes:

Principles of Construction Documentation (PCD) – Sept 5, 2025 / Jan 9, 2026 Construction Contract Administration (CCA) – Nov 7, 2025 / March 6, 2026 Specifier (SP) – Nov 7, 2025 / Feb 27, 2026 Technical Representative (TR) – Nov 7, 2025 / March 6, 2026

Social Media:

Check us out:





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Articles of Interest

The Paradox of Effort: Why Hard Work Only Feels Valuable Sometimes

Sourced from: https://www.fastcompany.com / THE CONVERSATION

When deciding if something is worth the effort, whether you've already exerted yourself or face the prospect of work, changes your calculus. That's what we found in our new research, published in the Journal of Experimental Psychology: General.

When you consider a future effort, more work makes the outcome less appealing. But once you've completed the work, more effort makes the outcome seem more valuable. We also discovered that hiding behind this general principle of timing there are individual differences in how future and past effort shapes people's value for the fruits of their labor.

What's It Worth To You?

In our experiment, we gave participants a choice between a fixed amount of money and a household item – a mug – that they could take home if they exerted some amount of physical effort, roughly equivalent to walking up one, two, or three flights of stairs.

This setup allowed us to determine the value each person placed on the effort – did it add to or subtract from the value of the item? For instance, if putting in a little more effort made someone switch their decision and decide to go with the cash instead of the mug, we could tell that they valued the mug plus that amount of effort less than that sum of money.

We also manipulated the time aspect of effort. When the effort was in the future, participants decided whether they wanted to go with the cash or get the mug with some effort. When the effort was in the past, participants decided whether they wanted to cash in the mug they had already earned with effort.

As we had expected, future effort generally detracted from the value of the mug, but the past effort generally increased it.

But these general trends do not tell the whole story. Not everyone responds to effort the same way. Our study also uncovered striking individual differences. Four distinct patterns emerged:

- For some people, extra effort always subtracted value.
- Others consistently preferred items with more work.
- Many showed mixed patterns, where moderate effort increased value but excessive effort decreased it.
- Some experienced the opposite: initially disliking effort, then finding greater value at higher levels.

These changing patterns show that one's relationship with effort isn't simple. For many people, there's a sweet spot: A little effort might make something more valuable, but push too far and the value drops. It's like enjoying a 30-minute workout but dreading a two-hour session, or conversely, feeling that a five-minute workout isn't worth changing clothes for, but a 45-minute session feels satisfying.

Our paper offers a mathematical model that accounts for these individual differences by proposing that your mind flexibly computes costs and benefits of effort.

Why Violate the 'Law of Less Work'?

Why should timing even matter for effort? It seems obvious that reason and nature would teach you to always avoid and dislike effort.

A hummingbird that prefers a hard-to-get flower over an easy equal alternative might win an A for effort, but, exhausted, would not last long. The cruel world requires "resource rationality" – optimal, efficient use of limited physical and mental resources, balancing the benefits of actions with the required effort.

That insight is captured by the classic psychological "law of less work," basically boiling down to the idea that given equivalent outcomes, individuals prefer easier options. Anything different would seem irrational or, in plain language, stupid.

If so, then how come people, and even animals, often prize things that require hard work for no additional payoff? Why is being hard-to-get a route to value? Anyone who has labored hard for anything knows that investing effort makes the final prize sweeter, whether in love, career, sports, or lkea furniture assembly.

Could the answer to this "paradox of effort" be that in the hummingbird example, the decision is about future effort, and in the Ikea effect, the effort is in the past?

Our new findings explain seemingly contradictory phenomena in everyday life. In health care, starting an exercise regimen feels overwhelming when focusing on upcoming workouts, but after establishing the habit, those same exercises become a source of accomplishment. At work, professionals might avoid learning difficult new skills, yet after mastering them, they value their enhanced abilities more because they were challenging to acquire.

What Still Isn't Known

Sayings like "No pain, no gain" or "Easy come, easy go" populate our language and seem fundamental to our culture. But researchers still don't fully understand why some people value effortful options more than others do. Is it physical aptitude, past experiences, a sense of meaning, perception of difficulty as importance or impossibility, moralization of effort, specific cultural beliefs about hard work? We don't know yet.

We're now studying how effort shapes different aspects of value: monetary value; hedonic value, as in the pleasure one gets from an item; and the aesthetic value, as in the sense of beauty and artistry. For instance, we're investigating how people value artful calligraphy after exerting different amounts of effort to view it.

This work may shed light on curious cultural phenomena, like how people value their experience seeing the Mona Lisa after waiting for hours in crowds at the Louvre. These studies could also help researchers design better motivation systems across education, health care and business.

Cornell Researchers are Developing Flexible "Sun-Tracking" Material

Sourced from: https://www.dezeen.com / Ellen Eberhardt

A team of researchers at Cornell University led by designer Jenny Sabin is developing a flexible solar material called HelioSkin that is integrated with sun-tracking capabilities similar to the biomechanics of sunflowers.

Supported by the National Science Foundation's Convergence Accelerator program, the HelioSkin project is developing a flexible, lightweight solar-collecting fabric for retractable roofs, stadiums, or the

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exterior of a skyscraper.

A team of researchers at Cornell University are developing a flexible, photovoltaic material that could cover the exterior of skyscrapers.



Renderings of the material in particular use cases show a white, latticed material stretched taut above stadium roofs and over tent poles along a pathway in a park.

The material is composed of a tensile fabric underlayer topped with a tessellated mechanical "bio-inspired" skin. Photovoltaics in this second layer would respond to and track the sun's path across the sky, similar to the movement of sunflowers or other plants, known as heliotropism.

Led by Jenny Sabin, the team includes Cornell University professor of physics Itai Cohen, associate professor in the School of Integrative Plant Science Adrienne Roeder, and Arizona State University professor Mariana Bertoni.

"Tracking the light is really efficient," said Roeder in a video on the project. "We know that benefits sunflowers. It enhances their growth to be able to track the light, and so we want to capture that for solar cells."

"In HelioSkin, we have a morphing skin that can do some light tracking to get that increased efficiency."

The material would mimic heliotropism to harness solar power more efficiently.



Although the group aims to produce the material for commercialization on larger projects, it plans to roll out a three-year pilot project that will test the material on a smaller scale.

It will first test the material as a backyard canopy that can "potentially provide light and power outdoor appliances" before scaling up for use in parks.

The team also aims to make solar infrastructure more aesthetically

appealing to encourage its use among homeowners, noting that some are hesitant to embrace the "ugly" PV panels installed on roofs.

"Sustainability is about performance and function, but equally, it's about beauty and getting people to get excited about it, so they want to participate," said Sabin.

"The grand goal is to inspire widespread adoption of solar for societal impact."

The Evolution of Public Bathhouses: From Necessity to Experience

Sourced from: https://www.archdaily.com / Jonathan Yeung

Historically, public bathing was a fundamental necessity for hygiene, giving rise to communal bathhouses in regions where private bathrooms were a rarity. In Japan, for instance, sento bathhouses emerged during the early Edo period, serving as essential facilities when most households lacked their own bathing spaces. Similarly, in other parts of the world where plumbing and water management were considered luxuries, shared public baths became vital components of urban life. Over time, these spaces evolved beyond their functional role, becoming venues for socializing, relaxation, and a temporary escape from daily routines.

However, in the modern era, private bathrooms have become ubiquitous in contemporary homes, effectively addressing the hygiene concerns that once made public bathhouses indispensable. With the rise of alternative social spaces – cafés, fitness centers, bars, and jazz lounges – the traditional communal bath no longer serves the same essential function. While some may still appreciate the social aspect of public bathing, the inconvenience of changing clothes and getting wet in front of strangers can deter many from engaging in the experience.

As a result, today's public bathhouses have shifted their focus, offering experiences that extend beyond mere hygiene. Depending on cultural and regional influences, contemporary bathhouses now integrate elements such as music, bars, wellness programs, and connections to nature. By curating unique experiences that cannot be easily replicated at home, these modern bathhouses continue to remain relevant, occasionally causing a growth in the desire for public baths, adapting to contemporary lifestyles while preserving the communal spirit of their origins.

From Luxury to Lifestyle: The Rise of Everyday Wellness Bathhouses

Operators of spas and public bathhouses are witnessing a shift in how people perceive and engage with wellness. Increasingly, wellness is no longer seen as a luxury or an occasional indulgence but rather as an intentional, regular practice. This shift has led to a growing demand for accessible, community-centered spaces that provide opportunities for daily healing within the neighborhood— offering a respite from the stresses of work and home life. Rather than requiring the high costs associated with massage parlors or private spa treatments, public bathhouses serve as a more affordable alternative, creating a welcoming space for relaxation and renewal within one's own neighborhood.

At Sense of Self Bathhouse, a diverse range of bathing experiences redefines traditional notions of wellness. Moving beyond the standard heated pools, the facility offers mineral baths, steam rooms, saunas, a vegetated air-bath courtyard, and a series of temperature-controlled plunge pools. Through thoughtful spatial planning and design, the bathhouse eliminates excessive corridors and transitional spaces, ensuring a seamless flow between different functions. By integrating changing areas into circulation zones and strategically placing pools and baths in close proximity, the layout maximizes efficiency, centralizes the plumbing system, and enhances the overall user experience. In doing so, Sense of Self Bathhouse exemplifies how contemporary public baths can evolve to meet modern wellness needs while maintaining a strong connection to their communal roots.

The Contemporary Bathhouse: Music, Art, and Community in Water

Some contemporary public bathhouses are redefining their role by fostering a sense of community beyond bathing. By incorporating elements such as bars and live DJ sets, these spaces merge relaxation with social engagement, creating a modern alternative to traditional nightlife. Unlike pubs or clubs, where socializing often revolves around alcohol consumption, these bathhouses offer a

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healthier, more immersive setting – one where the act of submerging in water itself provides a mental and physical reset. The change in environment allows visitors to detach from their daily routines, even if just for 15 minutes, offering a brief but impactful escape from the stresses of everyday life.

At Koganeyu, this reimagined sense of community is further enhanced through careful design and artistic collaboration. Beyond adding a bar and DJ booth, the bathhouse sheds its outdated image – moving away from the perception of being old, dark, or overly traditional. Instead, it emerges as a dynamic and youthful space, energized by material choices such as stainless steel, beige-toned tiles, and birch-like plywood. To reinforce this transformation, artists Yoriko Hoshi and lichiro Tanaka were invited to create contemporary artworks that contribute to the bathhouse's new identity. No longer just a functional facility, Koganeyu becomes a vibrant cultural hub – one that seamlessly blends relaxation, art, and social interaction in a contemporary reinterpretation of the public bathhouse experience.

Beyond the Built: How Public Baths Blur the Line Between Architecture and Landscape

Beyond serving as communal wellness hubs, public bathhouses present a unique opportunity for architecture to explore the relationship between the built environment and nature. Many of these bathhouses become destinations in their own right, carefully designed to merge with their natural surroundings – whether nestled within striking landscapes or seamlessly integrated into their topography. As a design discipline, architecture has long sought to dissolve the boundaries between human-made structures and the natural world. But how can architects further this dialogue through the spatial and experiential qualities of a bathhouse? Can water itself, as both an element and a medium, serve as the ultimate bridge between architecture and nature? And when immersed in water, does the human mind enter a liminal space—a state of being that transcends the division between the built and the organic?

The Retreat at Blue Lagoon Iceland exemplifies this seamless integration of architecture and nature. Designed by BASALT Architects, the 10,000m² complex appears and disappears within its breathtaking volcanic landscape, at times submerged beneath the earth, at other moments emerging from the milky blue geothermal waters. Thoughtfully curated openings within the structure frame views of the surrounding terrain, immersing visitors in nature while maintaining the comfort of a controlled architectural environment. The deliberate interplay between natural and artificial elements – lava rocks, mineral-rich waters, and the building's sculpted forms – creates a sensory ambiguity, blurring the line between what is organic and what is constructed. In this setting, the human body becomes an active participant, fully engaged in an experience where architecture, water, and nature coalesce into a singular, fluid entity.

Concrete Structures Absorb 14% of Cement's Carbon Footprint, Japanese Researchers Find

Sourced from: https://architect.com / Niall Patrick Walsh

Researchers from the University of Tokyo and Nagoya University have found that concrete structures in Japan capture and store approximately 14% of the carbon dioxide emissions released during cement production. The research, which the team believes offers insights into mitigating the environmental impact of one of the world's most carbon-intensive industries, was recently published in the Journal of Cleaner Production.

With cement production responsible for about 8% of global carbon dioxide emissions, the team was prompted to explore ways to reduce the material's carbon footprint. As the primary product of cement, concrete naturally absorbs carbon dioxide throughout its lifecycle through a process known as carbonation; a reaction that can contribute to the deterioration of reinforcing steel in buildings but also enables concrete structures to act as carbon sinks.

Led by Professors Ippei Maruyama and Hiroki Tanikawa, the research team conducted a comprehensive material stock-flow analysis, tracing the lifecycle of Japan's concrete structures from 1870 to projected trends in 2070. The method accounted for the material flow of cement production, accumulation in buildings and infrastructure, and eventual disposal or recycling. By analyzing factors such as surface-to-volume ratios, environmental conditions, and Japan's seismic building standards, the study offered a precise estimate of carbon dioxide uptake in concrete over time.

The findings indicate that from 1870 to 2020, Japan's concrete structures absorbed 137.1 million tons of CO2, equivalent to 7.5% of emissions from cement calcination. In 2020 alone, 2.6 million tons of CO2 were sequestered, representing 13.9% of that year's emissions from cement production. Researchers project a slight increase in CO2 uptake through the 2020s before declining to around 2.3 to 2.4 million tons annually by 2070.

"Studies on the detailed assessment of the total CO2 absorbed by concrete structures on the national scale are of great importance," Professor Tanikawa said about the research. "Concrete buildings and infrastructure keep on absorbing CO2 as long as they are exposed to the air. Concrete structures act as carbon sinks, even though they absorb less CO2 than forests. With this in mind, we should take good care of buildings and infrastructure around us so that they have a long service life."

ASSOCIATION LINKS

- Alberta Construction Safety Association (ACSA)
 - www.acsa-safety.org
- Alberta Building Envelope Council North (ABEC) www.abecnorth.org
- Building Information Modeling (BIM) Forum https://bimforum.org/
- Biomimicry Guild
 https://biomimicry.net/
- Canadian Green Building Council (CaGBC)
 www.cagbc.org
- CCDC Documents
 ccdc.org
- International Construction Information Society (ICIS) www.icis.org

- Architecture 2030 www.architecture2030.org
- BuildingSMART Alliance (Canada Chapter of BuildingSMART) https://www.buildingsmart.org/community/ch apter-directory/buildingsmart-canada/

BuildingSMART International (formerly IAI) https://www.buildingsmart.org/

- Biomimicry Institute www.biomimicryinstitute.org
- Building Transformation (CanBIM) https://www.buildingtransformations.org/
- Construction Specifications Canada
 (CSC) www.csc-dcc.ca
- MasterFormat

https://crmservice.csinet.org/widgets/master format/numbersandtitles.aspx

ASSOCIATION LIAISONS

Alberta Association of Architects (AAA) <u>http://www.aaa.ab.ca/</u>

Alberta Painting Contractors Association (APCA) www.apca.ca

Alberta Wall & Ceiling Association (AWCA) http://awca.ca

American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) <u>http://www.ashrae.org/</u> Alberta Roofing Contractors Association (ARCA) http://www.arcaonline.ca info@arcaonline.ca

The Canadian Wood Council (CWC) http://www.cwc.ca

Portland Cement Association https://www.cement.org/

Interior Designers of Alberta https://www.idalberta.ca/ Association of Professional Engineers, Geologists, and Geophysicists of Alberta (APEGGA) http://www.apegga.org/

Association of Science and Engineering Technology Professionals of Alberta (ASET) <u>http://www.aset.ab.ca/</u>

Building Owners and Managers Association (BOMA) <u>http://www.bomaedmonton.org/</u> / Consulting Engineers of Alberta (CEA) <u>http://www.cea.ca/</u>

Edmonton Construction Association www.edmca.com

Terrazzo, Tile & Marble Association of Canada (TTMAC) http://www.ttmac.com/



Edmonton Specifier

Bulletin Board

Message from the Executive:

We in the Executive are looking for creative-minded individuals who can take on a position and follow through with ideas...if this is YOU, send a message to edmonton@csc-dcc.ca and we will be quick to get back to you!

Open Positions Include:

Vice Chair Sustainability Contractor's Rep

You don't need to be a member of the Committee to come and participate in our monthly Chapter meetings but watch out if you do! You may find yourself holding a position...maybe even as Chapter Chair...



The Executive

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