Professional Construction Estimators Association (PCEA) was chartered in 1956 with 35 members from various construction disciplines in Charlotte, North Carolina. Some of the Charter members remain active today. During our early years, members rallied together to exchange ideas, promote educational endeavors and high ethical standards, while simultaneously developing new friendships. Under the leadership of Charlotte’s early presidents, the members set forth many goals to promote and support the industry while expanding the voluntary association. As a result of these efforts, a second chapter was formed during 1958 in Greensboro, North Carolina (now called the Triad Chapter). The Raleigh-Durham Chapter (now called the Triangle Chapter) followed behind in 1963. Subsequent chapters were formed in Virginia, North Carolina, South Carolina and Georgia and Florida. Vern W. "Bill" Helms of the Charlotte Chapter was elected as our first National President in May 1975 during the first annual convention at Myrtle Beach, South Carolina. Since then, PCEA has grown to almost 1,000 members with twelve chapters in five states. Current goals include active expansion to other market areas. PCEA members have always been active in the promotion of construction education for the betterment of the industry. Each chapter individually coordinates, develops and establishes programs to assist and enhance the educational endeavors in their community while pursuing the educational goals of membership. PCEA Chapters support educational programs ranging from, but not limited to, scholarships to local students, endowed scholarships at several Universities, providing construction instructors, purchasing equipment for use in technical training and introducing construction as a trade to "at risk" students.
Regular Meeting Minutes
Meeting held at Casa Carbone, Raleigh, NC. Attendance: 10 members and 8 guests. Call to Order at 7:05 PM by President Ryan Degnan.

Secretary – Meeting Minutes will be posted on the website for review.

Treasurer – Kevin Sherron read June Treasurer’s Report. The Operating Account balance is $3,211.75 and the Projects Account balance is $38,921.33. The Treasurer’s reports were accepted as read.

1st Vice President – Ryan Plankenhorn with Resolute Building Co. turned his application for membership and initiation fee at the meeting.

Embroidered Guests
- Teresa & Amanda VonCannon – Tom VonCannon
- Perry Safran – Safran Law Firm
- Tim Hiltbrenner – Advanced Construction Concepts
- Russell Smith – Baker Renewable Energy – Bryant Durham Electrical
- Monique Young – One Accord Services
- Paul Lafierre - RCI

2nd Vice President: As always please send any program ideas and or newsletter articles to Tom for inclusion. Tom noted that the underlined sections of the newsletter are now interactive and will take you to pictures, movies, etc. regarding the topic.

Education – Ryan emphasized the Dependent Scholarship that is available.

National Director:
- The 2018 National Convention will be a cruise that leaves out of Miami, with stops in Key West and Cozumel.
- Central VA and Hampton Roads VA chapters are both considering closing.
- Next National Board Meeting is 8/25/17 in Charlotte.

Fundraising – This year’s Sporting Clays will be held at Drake’s Landing on October 20th. Information will be coming out soon.

Social – Are next meeting will be a Bowling Social in August at the Pleasant Valley AMF Bowling Alley Food and Drinks are provided.

Old Business – None

New Business – None

Program: This month’s months speaker was Perry Safran, with Safran Law Firm, and former member. Perry discussed some of the issues surrounding the Downtown Raleigh Fire in March. The use of Wood Structures in the downtown area, fire watch requirements, combustible material storage on jobsites, and the pressure on the Building Code committees to regulate wood construction. The program and the group discussion was very entertaining and informative.

Gold Roll - The gold roll was not won by Mark Blaha, with Code Electric. He would have won a total of $125.

Meeting adjourned at 8:30 pm.

Respectfully submitted,
Chris Kelley
Chapter Secretary
PCEA recognizes that one of the greatest problems facing our industry is a shortage of interested and well qualified employees at all levels. To that end, our mission is to extend Scholarships to persons interested in pursuing a career in the construction Industry.

The following Scholarships are funded by the PCEA Triangle Chapter fundraisers and events. (Please see a Faculty Representative at these schools to receive an application).

**PCEA Triangle Chapter 3 Scholarships:**

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**PCEA Member Dependent Scholarship**

The PCEA Member Dependent Scholarship is available to immediate family members of PCEA members in good standing. The recipient of this Scholarship does not have to be pursuing a degree in

North Carolina State University
University of North Carolina at Charlotte
East Carolina University
Wake Technical Community College
Vance Granville Community College

Members Corner

Dedicated to our members and family
Please keep the following members in your thoughts and prayers;
Our Soldiers and Sailors near and far
New Members

Welcome

Jaclyn Nixon
Mechanical Contractors, Inc.
nixon@mcihvac.com  919-576-4004

Ryan Plankenhorn,
Resolute Building Company
rplankenhorn@resoluteinc.com  919-576-4004
Up and Coming Construction Technology

Just as Uber changed the transportation business, Hangar is revolutionizing the drone industry for construction companies.

Drones have become popular on construction sites, in fact, about 90 percent of the companies Hangar works with have their own drones. But until recently, they weren't being used for much more than taking a nice picture or video of the jobsite. Hangar is now making it possible for companies to not only get photos of construction sites but to also download and work with the data collected by the drones.

“They come to Hangar because they don't feel they are getting all the value they want out of their data,” Oren Schauble, vice president of marketing for Hangar, said.

Hangar developed the ability to repeatedly send the drone to the exact same spot to snap pictures, making it possible to see the project's progress in a specific area from the beginning to the end.

Now with one call companies can arrange to have a drone and operator come to the site as often as the company likes whether it be weekly, bi-weekly, or monthly. The photos collected by the drone are then combined with an aerial data software package to create usable data for companies.

Qualified Operators

Hangar's mission is to make drone use as hassle-free and effective as possible for companies. Instead of purchasing their own drone that may only be used once or twice a year, it may make more sense for companies to contract with an outside company. Hangar provides the drone and the commercially-licensed operators. They also take care of needed insurance and ensure all the legal requirements are being met while the drone is in use.

“We want to make it as easy as possible. Don't think about drones, imagine they don't even exist. It's about getting you the data without any other hassle required,” Schauble said.
Data Types

The operator brings the drone to the site as often as needed throughout the project, which allows hundreds of images to be captured.

It collects two types of data: one is a collection of pictures shot from overhead to create a 2D flat map from above, and the second is a collection of photos that allow the project to be viewed from 360 degrees. Once the footage is downloaded, project managers and supervisors can click on the photos and move the picture around to see the project from different angles. The high-resolution photos also make it possible to zoom in on different areas.

“The reason it’s so high resolution is because we’re not just taking a photo or two or a video, we take hundreds of photos and stitch them together into high-resolution images in the cloud so you can have really interactive data instead of just a plain photo,” Schauble said.

Hangar developed the ability to repeatedly send the drone to the exact same spot to snap pictures, making it possible to see the project’s progress in a specific area from the beginning to the end. Typically a company will choose two or three points it wants the drone to focus on, Schauble said.

“Because we can capture it with a high degree of accuracy it can actually be brought in for things like models and survey calculations,” he said.

As the data is collected, it is processed by Hangar so the construction company can access it from their computers, look at the project from different viewpoints, measure it, and use it in its workflow. The combination of the photographs with the software package have made it possible for various companies to do very detailed work such as counting how much steel is on the ground, calculating how much the volume of dirt changes from week to week, or measure distances, Schauble said.

Pre-construction and Special Needs

Typically the drone service is purchased after the project has begun, but several companies have purchased it for projects prior to construction. By having footage taken prior to the work beginning, companies have an opportunity to train crew members and to give everyone a closer look at the site and possible problem areas.

Companies are also using the service to do inspections if there is a spot the company is concerned about, Schauble said. For instance, if the company is concerned about an especially complicated rooftop, they could ask for a drone to be on-site on a specific day to check a hard to reach area.

Potential Cost Savings

The possibilities for this technology is continuing to grow. Hangar only began offering this service last September. Now that it has been used for various construction projects, new data uses continue to be found.

“Since it’s new there is no baseline yet about how much is saved, but we are really excited about the potential for the clients,” Schauble said.

Companies are finding it saves time by allowing everyone to look at data at the same time, even if they are in different locations. Companies are also finding new uses for the footage after the project is complete.

The potential uses of this data are expanding and how it can be used will be continually discovered.
DAQRI Smart Helmet

The DAQRI Smart Helmet is essentially a **hard hat with a visor** that displays work instructions. This allows you to see what you need to do in the context of your actual workspace. It also has recording, photography, and mapping capabilities.

https://www.cnet.com/products/daqri-smart-helmet/preview/

Compact Imager

Thermal imaging systems have been very helpful on jobsites to find water leaks, electrical hot spots, and insulation gaps in walls, but also very expensive. These machines were also bulky and impractical to lug around for the average contractor. Now, **compact, pocket-sized imagers** with touch screens and intuitive controls make this technology more efficient and attainable on the jobsite.

https://youtu.be/91Fc-cz2iAg?list=PLoGlGMhoF2SqQLKMYK8ECRpSE-dVcKoby&t=15

Inflatable Shim

Calculated Industries manufactures **Air Shims**, **inflatable shim bags**. These pouches can help you prop up a window in position, prop up a door during construction without scratching the floors, or level other appliances.

Shim in a Bag

No, it’s not a blood pressure tester. It’s an **inflatable shim** sold by Calculated industries. What in the world would you do with an Air Shim? Well, you could hold a window in position (by yourself) while setting the permanent shims, or prop up a door slab during installation without scratching the hardwood floor. Use it to align base cabinets or level appliances. You could even trick your big, burly buddy by betting him that your 10-year-old can pick him up off the ground... you will win that bet because the Air Shim is easy enough for anyone to pump and it holds up to 300-lbs. Deflate it as slow as you want for uber precision adjustments.
Tech Adoption is the Make or Break Component of Your Software. Here are 5 Ways to Get Your Staff Onboard:

Of the original Fortune 500 Company ranking in 1955, less than 70 of those businesses are around today. One of the top reasons experts say they failed was due to lack of innovation, most notably failing to update technology and change with the times.

 Adopting new technology can be difficult for your superintendents, project managers, and/or dedicated quality control staff who are squeezed for time and are not too keen about changing the way they do their jobs. But what if they were offered a powerful software tool that would make their work easier, faster, and smarter? Chances are, if it requires a lot of time, effort, and learning new skills, they’re going to pass on it.

**Here are five surefire steps that will get you there:**

1. **Choosing the Right Software Company**

Before buying any new software, make sure the company has an excellent customer success program that will engage and empower you and your team for as long as you need them. Most technology adoption fails because of shoddy implementation and a lack of support from the software company. Educate and inform your workers about the benefits of the software and how it will not only improve their quality control processes, but also benefit them personally by allowing them more time and freedom.

2. **Identify Technology Advocates**

Get some peers to serve as leaders in implementing the new technology. These tech-savvy team members can help get their workers up and running and also serve as advocates for the new technology. When fellow coworkers are using a new technology, and are excited about it, the chances for user buy-in are much higher. Pairing up your senior employees with junior team members who are more tech savvy can also serve as a win-win mentoring opportunity..

3. **Adapt Your Training**

When it comes to training employees on new software you can’t always take a one-size-fits-all approach. Construction firms employ a host of people who have a wide range of technological skills. It’s important that the users’ abilities are taken into consideration before training takes place. Ask your staff what type of training they would prefer and then adapt it accordingly. The proper training is critical for successful implementation. Make sure you factor in the training and ramp-up time. If your staff are ill-equipped or feel unprepared, chances are they’re not going to use it.
4. Start with the Basics

We are all creatures of habit and many of us don’t like change, especially when it comes to having to learn a whole new way to do our job. If you want your most resistant team members to begin using your quality management software, you need to start them with the basics. Do not overwhelm them with a slew of tools—keep it simple. Choose the most impactful tools like drawings and daily logs, and then every few weeks introduce another tool.

5. Standardization is Essential

Keeping things consistent is essential for adoption to take hold. To ensure your software’s implementation and success, your business processes need to be standardized throughout your entire operation. When you begin the process of standardization, it’s important to listen to your employees to ensure that what you put in place will work for their needs and capabilities. Standardization is key in not only ensuring its successful implementation, but in getting the most out of your project management software.

The success of jobsite tech adoption involves many moving parts, but with the right processes in place, your firm will reap the rewards of a powerful software system.

IR Camera for Finding Structural Defects offered are latest technology based Test thermal imagers and find suitability for detection and analysis of structural defects like moisture damage, leaks and others without contact. Allowing early detection of structural issues that ensure early introduction of counter measures the equipment ensures maintenance of building quality as per defined standards. Further, the equipment allows for quick and efficient detection through use of infrared measurement and is suited for assurance of quality proof as well as implementation of defined construction measures.
HIRING IN THE NEXT SIX MONTHS
Two-thirds of contractors expect to employ more workers in the next six months. However, access to talent remains a challenge.

VARIANCE BY GEOGRAPHY
The Midwest (79%) and West (75%) have much higher percentage of contractors who expect to hire more employees in the next six months compared with the Northeast (48%).

WORKFORCE SKILL LEVEL
Most contractors have a moderate to high level of concern about the skill level of workers, with the majority (56%) expressing high concern.

DIFFICULTY FINDING SKILLED WORKERS
Nearly two-thirds (61%) of contractors report difficulty finding skilled workers.

VARIANCE BY COMPANY SIZE
Over two-thirds (69%) of small firms reported difficulty finding skilled workers, compared with 59% of midsize firms and 50% of large firms.

The Construction Work Force Gets Older

Between 1985 and 2010, the average age of all U.S. construction workers jumped from 36 to 41.5 years old. As these baby boomers continue to age out of the workforce, we are going to need a succession plan to begin developing new quality talent.

Although there are several self-proclaimed manuals, "How to Be a Good Project Manager in 10 Easy Steps", there are no silver bullets for becoming a good leader. So how do we go about training the leaders of tomorrow?

We can't wait for the next generation of construction professionals to come in and learn how to be the good leaders we need. It has to start with us. We can start by analyzing the characteristics of great project leaders. And when it comes to pioneers of architecture, engineering, and construction, there is no shortage of emulatable figures.

Learning from History

James P. McHugh led from the front, putting his vision and team-building ability together to create some of Chicago’s most iconic buildings. He championed the use of innovations like fiberglass, concrete, and the climbing tower crane that are now staples in the construction industry.

Legendary architect, Frank Lloyd Wright had vision. He designed over 1,000 residential homes and pioneered an “outlandish” style of organic architecture that gave birth to the concept of living rooms, carports, and open floorplans.
Emily Roebling was tactful and well-spoken. During the construction of the Brooklyn Bridge her husband and chief engineer fell ill. To secure her husband’s job, she acted as his project manager – visiting the jobsite multiple times daily, delegating tasks to crews, and relaying information back and forth. She was described as an “invaluable woman of infinite tact and wisest counsel”.

The common thread between these three is that they have qualities we’d all recognize – drive, passion, commitment, to name a few. Identifying these qualities in talent on your jobsite can help educators and organizations develop the world’s next generation of construction leaders while assisting the existing supply to become even better at their jobs.

When looking for the next great construction leaders of tomorrow, here are 10 characteristics to look for:

1. Foresight
One of the biggest problems facing construction companies is how to stay competitive in the future. What are the latest trends? Where is the best technology? No one has the ability to perfectly predict the future, but a good leader will have the creativity to recognize what will be good for a company in the long term.

2. Inquisitive Nature
We all have a certain elasticity to change. But, great leaders ask questions. They become relentless about knowing how things work and how to improve them. They attend tradeshows, adopt new technology, and continuously educate themselves to get the answers they seek. By nature, this person needs to know as much information as possible.

3. Team player
Dictator should not be a word that is heard in the same sentence with this title. A good project manager commands authority naturally and respectfully, while being able to collaborate and listen to team members on all levels of the company.

4. Initiative
Initiative moves the world. In our industry, change happens fast so organizations need leaders who can think on their feet and take action without waiting for someone to tell them what to do. After all, this type of courage is what pushes teams and organizations to innovate, and to overcome competition.

5. Agility
As we know, in construction not everything goes as planned. Designs change, materials prices fluctuate, and occasionally, weather happens. At times like these, your fearless leader needs to be able to pivot quickly and responsibly. That is, first make sure objectives can still be met, and then find a new way to reach these goals.
6. Problem Solver

Good leaders don’t view risks or delays as objective deterrents. Instead, they are seen as a strategic enabler for their field and office teams to continuously improve their best practices and streamline their processes.

7. Communication

A successful leader will make sure that the project objective is clearly communicated throughout a project. Team members and vendors know exactly what they are supposed to be doing and are clear about how it must be accomplished. By the same token, they not only share their thoughts with the team, but they also empower those who work for them provide collaborative input.

8. Transparency

Being transparent is a powerful thing and technology is empowering leaders to leverage open work cultures. For leaders on the job site and in the office, this means it’s time to communicate openly. This means less emails and more personal engagement with their teammates by collaborating more frequently. This openness build trust, and sets a precedent that will transcend throughout an organization.

9. Delegate

The ability to delegate is one of the chief characteristics that separates great leaders from good ones. Delegating responsibilities demonstrates that a project manager or owner trusts his or her team members to get things done on their own.

10. Optimism

In order to persevere through the chaos that is involved with project management, a great leader will see this as a career and not a job. It should be an exciting challenge. Treat it like so by seeking additional training and education.

Our time is running out

We can't wait for the next generation of construction professionals to come in and learn how to be the good leaders we need. It has to start with us. The good news is that we don't have to figure it out as we go along; we have examples like James P. McHugh, Frank Lloyd Wright, and Emily Roebling.

We can look at what they've done and learn from what they've learned. And if we are diligent enough, we can recognize those same qualities in young talent and develop them to become the leaders of tomorrow. The more leaders you can develop, the stronger the business will be, and the less you will have to worry about your long term business goals.
Mr Safran, our July Speaker a long time PCEA Member was our July Speaker. He spoke about the Catastrophic Losses like the recent “Raleigh Big Burn”. He highlighted the need to have;
1) A Construction Company Policy in Place to protect against such losses during the construction phases.
2) Have Owner and employees buy-in and understanding of this policy
3) Consistently reinforce the need and utilization of this policy, by all parties.
4) Be proactive in minimizing hazards
5) Know your insurance policy, inclusions and exclusions
6) Work with your insurance company to establish cost and risk thresholds
7) What is a “Fire Watch”
8) What is the Fire Watch / Security Guard’s function
9) What is their liability
10) Using non-combustible Construction
11) Building Code vs Builders Risk
This is the essence of what PCEA is! Keeping and renewing relationships, creating new Relationships, Building stronger Relationships. I would hazard to guess that the conversations these three members were having was more along the line of renewing relationships. There were some pretty amusing stories shared before during and after Perry’s presentation. It is great to belong to PCEA. Where else can you get a “Dinner and a Show” Like This??

It’s always good to have Guest. Russel Smith will be rejoining the PCEA within the next month.
Pre-meeting Social - Discuss what works best on your project. Have Issues on a project? Discuss problems on a project, get the best advice from your peers. Discuss the job with your Subs, get direct one on one attention.

PCEA a perfect place to discuss and obtain first hand knowledge on specific issues from a wide base of Construction Professionals.

PCEA works!
One of the primary questions that have to be asked about an insurance policy is: who is an insured? Every policy has language that defines and limits who is eligible to find coverage there. On the CGL policy, the question of who is an insured requires some thought and more than a little looking around. Of course, the first named insured is always an insured. That’s kind of why they paid for the policy.

Once we find out who the named insured is, we have to find out what kind of entity they are. That will tell us who else is protected by this policy. Some of these automatic insureds have coverage based on what kind of entity the named insured is. There are several other individuals that will have coverage based on their relationship with the named insured. All of these individuals get coverage because they have some kind of connection to the liability exposures of the business.

The next category of insured shows up by endorsement. This is the additional insured. You may be familiar with this, but just in case you are not, the additional insured is always added by endorsement on the ISO CGL policy. The base policy provides coverage for the named insured and the automatic insureds, but all additional insureds require another form to be attached to the policy.

An additional insured is any individual or entity that is not afforded coverage on an insurance policy under normal circumstances. They don’t generally have any reason to be insured by a policy. A general contractor that doesn’t have a business relationship with a deli in your area has no liability exposure related to the deli. There isn’t even any relationship between them when the contractor stops in there for lunch this week. What happens when the deli owner calls the general contractor for a quote for some renovations? Now we might have a business relationship that creates an insurance relationship.

The deli owner (Frank) called the contractor (Jimmy) and asked for a quote to build out his second floor into more dining space. Jimmy’s quote is the best one for Frank so they agree to the work and Jimmy gets to it. Is there an intersection between liability exposures now? Yes, there is. If you answered no, read on and hopefully, you’ll come around to our point of view.

The presence of Jimmy and his crew increase Frank’s premises exposure. There’s more going on at his premises. Jimmy’s crew needs to come and go. They need to carry tools and materials up to the second floor. There are back stairs that come from the alley, so they usually avoid the lunch crowd. There are front stairs that need to be blocked off to keep customers out of the construction zone. Yep. The customers on the first floor can see what’s going on upstairs. It’s an open second floor. Jimmy parks two of his trucks in the back alley behind the deli. There is extra sound and dust in the air while the crew is working. You get the point. Frank has an extra liability that his CGL policy didn’t anticipate. When he called his insurance agent to tell him about the construction, that’s when his agent suggested that he ask to be an additional insured on Jimmy’s policy. He also mentioned that they may need to look at his property policy, but that’s an issue for another day.

This is where life gets complicated. This is where misunderstands can be created. Do you know what misunderstandings around insurance create? That’s right. Law suits. We don’t like those so we want to reduce misunderstandings. This is an opportunity to create clear, concise communication that erases misunderstandings.

Let’s start with why Frank’s agent made the recommendation. The additional exposure created at Frank’s deli is all because Frank is having work done there. All of the additional risks are because there are people there that aren’t normally there; they’re doing things that aren’t normally being done there. You can imagine all of the additional exposures of having construction done on the second floor of a restaurant that’s still open during the renovation. So why add Frank as additional insured to Jimmy’s policy? Jimmy’s policy provides him liability protection for his operations as a general contractor. All of the additional exposures at Frank’s are related to Jimmy’s operations. Frank wants to be protected in case his deli (or Frank personally) is sued for damages related to the construction.

As far as we can tell, Jimmy’s exposure at Frank’s should end when he finishes the job. Neither of them is all that concerned about what could happen a few years down the road after the job is finished. Besides, Jimmy is a quality contractor who stands by his work. Jimmy knows that Frank will need to be protected mostly while Jimmy and crew are working in the deli.

Frank’s agent may tell him to ask for a certificate of insurance from Jimmy. He explains to Frank that the certificate is evidence that Jimmy will be covered while the job is being done.
You cannot beat the heat, but you can learn to recognize the signs of heat related illness and survive. Before you or your co-worker hits the wall, learn and heed the signs of stress to the Human Body related to heat.
Summer can be both a blessing and a curse for the construction industry. The appeal of summer’s extended daylight hours is overshadowed by extreme heat and humidity—and, the dangers of heat stress and heat-related illness.

Protecting construction crews (and potentially saving lives) from heat illness starts with safety officers and project managers taking a proactive approach. Workers also need an annual refresher on the signs and symptoms of heat exhaustion and heat stroke, and what to do if someone on the team starts to feel sick.

“Folks tend to get complacent,” says Kathi Dobson, safety director at Alberici Constructors Inc. in St. Louis and chair of the National Association of Women in Construction-OSHA Alliance.

“If they never had any kind of heat stress, they might think they’re immune to heat exposure or stress. You really have to take a look at the workforce and remind them that you’re exposed to the heat. There’s sun. There’s not a lot of wind. The humidity is high. And, you’re working outside.”

Dobson, also a registered nurse and certified safety professional, says the issue of heat illness is huge in the construction industry.

“At some time in this year, almost everyone in the country is going to have a heat wave and unseasonably warm weather,” she says. “And, I think that not every company and not every project manager really plans for what to do.”

**Recognizing the Heat Illness**

The U.S. Occupational Safety and Health Administration has an ongoing heat safety campaign aimed at protecting outdoor workers. Anyone working outside, exposed to the heat, is at risk for heat illness.

When working in a hot environment, the body has to maintain a stable internal temperature and get rid of excess heat through circulating blood to the skin and sweating, according to OSHA.

Cooling off is difficult when the outside air temperature is close to or warmer than the body’s normal temperature. Blood circulated to the skin cannot lose its heat, leaving sweating as the main way to cool off. But, sweating is only effective if the humidity level is low enough to allow for evaporation, and if lost fluids and salts are replaced.

The body stores excess heat that it can’t get rid of, increasing the core temperature and heart rate. This can result in loss of You play on a tightrope when you’re working with people, because you don’t really know.”
concentration, sickness, and fainting. Signs that someone is experiencing heat exhaustion or heat stroke include:

- Dizziness
- Headache
- Weakness
- Cramps
- Nausea
- Vomiting
- Fast heart beat
- Red, hot, dry skin
- High temperature
- Confusion
- Convulsions
- Fainting

Dobson says people often react differently to heat. In her experience, she says headaches, nausea, and vomiting are the most commonly cited symptoms.

She also explains that some people are more at risk than others. They include people new to working outdoors, older workers, those who are overweight, or have pre-existing conditions, like diabetes, or respiratory, cardiac, or endocrine conditions.

A general rule is to seek medical attention if anyone starts to feel sick on the jobsite. Dobson urges workers to keep an eye on one another and trust someone when they say they don’t feel well.

“Get him up and get him evaluated, because unless you're a medical doctor, you have no way to check his internal temperature,” she says.

**Reporting Instances of Illness**

According to OSHA, in 2014, more than 2,600 outdoor workers suffered from heat illness, and 18 died from heat stroke related to the job.

Dobson says she thinks those numbers are probably low, especially considering the millions of construction workers in the country. But, she didn’t have construction-industry specific heat illness data. It all depends on the severity of cases, and how companies categorize and report instances of heat illness, she explains.

An instance of someone not feeling well, but after a rest and drinking some water, they feel better and go back to work wouldn’t necessarily be reported. However, any instance requiring a hospital stay or a lengthy time away from work must be recorded and reported.
Monitoring workers for signs of illness

OSHA law requires employers that expose workers to high temperatures create a heat illness prevention program that includes:

- Providing workers with water, rest, and shade
- Allowing workers to gradually increase workloads and take frequent breaks to build tolerance to working in the heat
- Planning for emergencies
- Training workers on prevention

Planning for Prevention

Dobson emphasizes two aspects in preventing heat illness: creating a plan to work in the heat and educating workers on the signs and symptoms of heat illness.

On the planning side, this may including adjusting work schedules to allow for more breaks during hot weather and adding extra staff to rotate during break time so there’s no lag in work.

Setting up tents or canopies as cooling stations gives workers a place to rest and recharge. Mist fans are another element that can help crews cool off. Having plenty of water available and accessible on the jobsite is also essential. OSHA recommends that workers drink water every 15 minutes.

Allocating time and resources to protect workers from the heat should be part of the bidding and scheduling process of any project that will run through the summer months, Dobson suggests.

“The biggest thing that we fail to do is we don’t think about it,” she says. “When we bid a job, we know we need small tools and what those tools are going to be, and you need so many nuts and bolts to make connections on the structural steel. You know that if you're going to have 50 guys, you need 50 hard hats.”

Heat safety should be just as important in the estimating and bid process, she says.

Acclimatization, or building a tolerance to heat gradually, is also important in heat illness prevention. But, the tight schedules of most construction projects don’t always allow for it.

“We don’t have the opportunity to give people a chance to get used to the hot weather,” Dobson explains. “This is a real challenge.
July and August are historically the hottest months in our part of North Carolina. High outside air temperatures are a contributing factor to heat related illness. Construction workers because of the extreme physical nature of our work, being exposed to high outside temperatures and in untempered building sites, are conducive to heat related illnesses.

Geography of Heat Related Illness in North Carolina

Credit: Maggie Sues
Instead of the regular Monthly Board Membership Meeting

The August Membership Meeting is turning Social

PCEA Triangle Chapter Bowling Social
6:30 PM
AMF Pleasant Valley Lanes,
5501 Commercial Avenue, Raleigh, NC

To register, visit www.pcea-triangle.org

PCEA Triangle Chapter invites you to join your Friends and colleagues for an evening of fun and fellowship.
Bowling the Rules
The bowling alley can intimidate anybody who steps into it for the first time. The sound of cheering groups of people may distract first-time bowlers. In fact, the sight of experienced bowlers whirling their balls down the lane may cause them to dart for the exit. Everybody can relate to this fluttering feeling. It makes ordinary people cringe; however, it should not prevent first-time bowlers from having a good time. Bowling is a sport that requires knowing the rules of the game, its terminology, etiquette, and technique in order to develop proficiency at it. It also requires a good attitude.

Prepare to pay for rental fees that cover the cost of the lane, shoes, and bowling ball before arriving at the bowling alley. The first two steps are easy enough, but choosing the bowling ball may throw first-timers for a loop. While this step can get complicated for experienced bowlers, it really involves finding the appropriate ball that fits the middle finger, ring finger, and thumb. In addition, select a bowling ball with a manageable weight. The wrong ball could fall off before hitting the lane, which can cause injury or damage to the lane or nearby equipment. It could also cause imbalance, which could lead to missed strikes, spares, and even gutter balls.

It is time to play. Carry the ball over to the assigned lane to start the game. Remember to keep a calm, cool demeanor and respect those in the bowling alley. Most first-time bowlers notice the large digital screens, seats, and slippery wood floors that lead to a set of cone-shaped pins. The objective of the game involves sending the bowling ball down a long stretch of wood floor, also called a lane, in order to knock down those pins. An ordinary bowling game consists of a ten-pin setup, usually in the shape of a triangle. Beware of the metal gutters on each side of the lane. Every bowler hates those things because they affect score keeping.

Score keeping in bowling requires basic addition to total the number of pins that each player knocks down. Each bowler is given two opportunities to knock down all ten pins. If a bowler knocks down all ten in the first round, then it is counted as a strike. A strike is represented by an "X" in score keeping. If a bowler knocks down all of the remaining pins, then it is counted as a spare. A spare is represented by a "/" in score keeping. Each pin that a bowler knocks down counts as one. If a bowler fails to knock down any pins at all, then it is counted as zero. This includes balls that end up in the gutter. Each of the bowlers repeats this process for ten rounds, or ten frames, while tallying up their points. Bowlers who knock down all ten pins for three consecutive frames earn a "turkey." If a proficient bowler accumulates a longer string of strikes, then he or she has earned a "bagger." A bowler with strikes across all ten frames has bowled a perfect game. As a general rule of thumb, most experienced bowlers use the arrows marked on the lane as a guide for aiming the ball. This helps with gaining strikes and spares to earn the most points. The bowler with the most points wins the game.

Bowling Ball

Bowling involves more than tossing a ball down a slippery lane. Seasoned bowlers know that choosing the right ball and grip style plays an integral part in the mastery of the sport. Grip style refers to the way a bowler holds a ball. A strong, firm grip allows the bowler to release the ball in a way that will allow it to travel along the lane to its destination. Bowlers mainly choose between two different grip styles, including the conventional and fingertip grip. The conventional grip involves placing the middle and ring finger in the two upper finger holes, and the thumb in the thru hole.
Bowling Lanes

Studying bowling lanes can vastly improve a player's skill level. In short, bowling lanes are the playing field of the sport. Therefore, it only makes sense to understand each lane's specifications, including its dimensions, gutter size, and oil pattern. Bowling lanes are constructed from maple wood or laminated surfaces. A typical bowling lane may reach 63 feet in length and 42 inches wide. The lane's surface may have range fingers, or target arrows, that allow the bowler to aim for the pin he or she would like to knock down first. The majority of lanes also have a foul line to keep bowlers from walking too far into the lane. On each side of the lane lies a 9-inch wide gutter which may have a flat or rounded design. The lanes may also have different oil patterns, such as house, chameleon, scorpion, shark, viper, and cheetah. Each oil pattern challenges the bowler to earn their pinpoint accuracy, which can only come with proper stance adjustment. Identifying and knowing these parts of the lane can make the next game run smoothly.

Bowling Facts

Bowling has proven to be a safe sport that everyone can enjoy. Many people overlook its extensive history, which is jam-packed full of interesting and intriguing facts. Aside from the seriousness of the game, many people believe that bowling provides exciting opportunities to unwind and have a good time. In fact, bowling can prove rewarding for those who love the sport. In 2011, roughly 70 million people bowled at least once, which is a testament of America's involvement in the sport. Bowling also gained in popularity among the Japanese and the rest of the world.

Etiquette

Every sport has common etiquette rules. Bowling etiquette rules are very important because the bowlers are so close together. Following some of the rules we have listed below will allow you and other bowlers to enjoy their bowling experience.

1. Always yield the right away to the bowler on your right. If you are on the approach and the bowler to your right is on the approach, step back and allow them to bowl first.

2. Do not eat or drink in the bowling area or on the approach because you are bowling on hardwood floors and they can become slippery. Any fluid on the floor could cause a fall or injury to a bowler.

3. Be prepared to bowl. Do not have others waiting for you when it is your turn.

4. Do not linger on the approach. Once you have completed your throw, exit the bowling area allowing the next bowler to set up.

5. Never use anyone else's bowling equipment without their permission

6. Be respectful to surrounding bowlers. Some people enjoy bowling as a leisure, but others play the game for competition. This could mean they have the possibility to win money. Respect each individual bowler and allow them to concentrate so they can achieve that strike.
Bring your own Bowling Ball or use theirs, Bowling shoes are included for use if you can't find yours. Snack Platters provided by PCEA. Lane Fees paid by PCEA. Additional food and beverages are available onsite. An opportunity to socialize with your fellow members and guest.
A full Grill service is available onsite.
PCEA—Triangle Presents
5th Annual "Meat, Skeet, Greet" FUNDRAISER
&
Sporting Clay Spectacular

Hosted by the Professional Construction Estimators Association - Triangle Chapter

OCT. 20th - DRAKE LANDING
1:00 - 2:00 PM - Registration & Practice
2:00 PM - Event kickoff
4:30 PM - Steak Dinner catered by Drake Landing

➢ $150 person - includes Ammo, Clays, Snacks and Dinner!
➢ All ammo and sporting days must be provided by Drake Landing. (Please include Shell Gauge with Registration)
➢ Prizes will be awarded individually
  ❖ Founder supports PCEA-Triangle Programs and Scholarships
➢ Can you offer more support? On site, you can
Purchase Practice Tickets - $5 for five shots

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Complete this Form and mail (along with payment) to PCEA-Triangle, PO Box 18701, Raleigh, NC 27619

Please make checks to PCEA-Triangle Chapter;
Registration and payment by credit card is also available online @ http://www.pcea-triangle.org

Questions, Call Rick Embrey @ 919-572-7102 or rick@mr-dirt.com

Money and form must be received Friday, October 7th

Name __________________________ Company __________________________ E-Mail __________________________
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Typically the dominate eye for a right handed person is your right eye, while a South Paw the dominate eye may be your left eye.

Typically is the key word. This however is not always the case. Progressive sight loss in either eye, glasses, or stance preference may change what feels comfortable for you. Good target acquisition uses the most dominate eye and a fluid motion for the weapon being raised to your shoulder to engage your target.

To acquire a correct sight picture you first must determine which eye is your dominate. Practice this technique to determine which eye better focuses on the target. Form a forward facing stance with this triangular hand position centered on the target. Which eye better views the target?

Practice placing your weapon and acquiring a good sight picture must become natural. Practice is the only way to train your muscles to make this action feel comfortable and natural. Next which barrel and choke is the right tool for you.
Your reaction time to determine a clear line of fire, identifying your target and acquiring a sight picture will determine the best choke to use in making a clean hit on your game or your clay skeet.

The time it takes to go through this process will impact your success. Practice is the best way to quicken this process where it becomes fluid and natural.

From: Lyman Shotshell Handbook 2nd Edition
Have you ever wondered how a barrel “Choke” affects your shot pattern? Below you will see examples of a choke pattern.
What do you See?

Reptile? Mammal? Plant?
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126 American Way, Fletcher, NC 28732
828-376-3727
331-2 Metro Circle, Wilmington, NC 28401
910-762-4002

Steve Newbern
Commercial Sales Manager
3101 Hillsborough Road
Durham, North Carolina 27705

Contact Info:
Office: 919-286-5561
Fax: 919-286-0103
Cell: 919-622-6493
Email: snewbern@talbertbuildingsupply.com
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PERRY R. SAFRAN
ATTORNEY
PSAFRAN@SAFRANLAW.COM
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