

# Lundy Sponsors Ottawa Region Chapter of Canada Green Building Council

Lundy Construction is committed to developing and providing sustainable building solutions to Ottawa and the Eastern Ontario region. As part of our sustainable building initiative, Lundy has become a Silver Sponsor of the Ottawa Region Chapter of the Canada Green Building Council (CaGBC).

The Ottawa Region Chapter of the CaGBC is a non-profit whose mission is to foster the design, construction, renovation and management of sustainable buildings in Eastern Ontario and Western Quebec. Their mandate is to inform and educate owners

and practitioners in the local building industry, highlight local green building innovation to the community at large and collaborate with other organizations to encourage green building practices.

“We are extremely grateful for M.P. Lundy’s support,” says Lori Gadzala, Executive Director, Ottawa Region Chapter. “Using new technologies and construction techniques, Lundy Construction has already signaled their corporate commitment to reducing greenhouse gas emissions and improving building energy efficiency. Their support of the Ottawa Region Chapter will help provide new building



Sean Lundy presenting the sponsorship cheque to the Ottawa Region Canada Green Building Council (CaGBC).

educational initiatives that will further these corporate objectives.”

## Sean’s Corner... *continued from page 1*

Building a new facility or rejuvenating your existing facility to grow your business has significant returns.

### Owner benefits include:

- Greater property value
- Reduced operations and maintenance costs
- Energy savings and reduced carbon footprint
- Brand enhancement
- Ability to leverage financial incentives
- LEED certification
- Other opportunities – demand response, carbon credit monetization

### Occupant benefits include:

- Increased employee productivity
- Increased employee attraction and retention
- Reduced absences (sick time)
- Improved indoor air quality
- Increased sense of social responsibility

Starting the process now is critical if you want to get a jump on the competition when the economy picks up. As a leading sustainable building contractor in the Ottawa region, Lundy Construction has the experience to assist you in evaluating, designing and delivering your project. Let us show you how to limit your costs as you move through the planning process.

### One last thing...

As our economy seeks to find ways to mitigate the current economic challenges, we have developed our first application of Performance Contracting to finance a building sustainability/ rejuvenation project. We can show you how this approach allows building owners to benefit from moving the cost of an energy retrofit from capital expense to operating expense, using the guaranteed savings to secure third party financing. If you are interested in learning more, contact me at [sean@mplundy.com](mailto:sean@mplundy.com).

*Sean*

Visit us online at [www.mplundy.com](http://www.mplundy.com)



# Construction Break

Ideas & Information from Lundy Construction

Fall 2009

## Sean’s Corner Lundy’s Sustainable Building Initiative

In these uncertain economic times, it might not seem logical to suggest that now is an opportune time to initiate a construction project, however; there are a number of reasons why building now makes sense. Let’s consider the following:

- 1) **The U.S. and Canadian governments are attempting to stimulate job growth and spur the economy with tax and investment incentives.** These include incentives for sustainable construction projects, tax rebates for sustainable renovations and rebate programs that encourage spending on renewable and energy-efficient products.
- 2) **Green building technology has become cost competitive.** The potential life-cycle cost savings over the life of the building are often greater than your initial investment!
- 3) Though lending standards have tightened, **money is still available at low interest rates to those with good credit, and a sound, well-planned development can usually find funding.**

*continued on page 4*



Ground breaking ceremony for the Assunnah Muslim Association’s Islamic Center, with the Ambassador of Kuwait.

## Lundy New Project Updates

### Assunnah Muslim Association - Construction Manager

Phase I of the Islamic Center project, to be built at 1216 Hunt Club Road in Ottawa. Phase I is a 37,000 sf mosque accommodating approximately 1,500 worshippers.

*Contract Scope:* A main floor for worship and a lower level with washrooms, library, education space and community events.

### South African High Commission – General Contractor

A building rejuvenation project

*Contract Scope:* A new addition including interior renovations and upgrades to mechanical systems, as well as building envelope and site rejuvenation.

### Printing Facility - Construction Manager

New facility for the House of Commons ePrinting service

*Contract Scope:* Renovations to an existing warehouse structure to incorporate the requirements of a new printing facility that will serve the House of Commons. Additionally, Lundy Construction will oversee the design and construction of landlord work related to upgraded electrical service for the building and washroom renovations.

### Commercial Warehouse – Design Builder

Complete demolition and reconstruction (including foundations) of a warehouse/workshop facility that was destroyed by fire in late 2008

*Contract Scope:* 10,000 sf replacement building, divided into three units, with the same parking/site plan layout as the original building.



Assunnah Muslim Association contract signing.



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## Choosing The Right People For Your Successful Team

A team, like a ship, needs the right balance to reach its destination. When you're recruiting people to work toward a common goal, pick the right variety of styles:

- 1) **Achievers.** Look for people who are results-oriented. They like to solve problems, explore opportunities and implement processes.
- 2) **Intelligence gatherers.** These are folks who excel at asking questions, collecting data and generating creative ideas.
- 3) **Analyzers.** You want people who are skilled at defining problems, who know what's succeeded and failed in the past (and why), and who can set criteria to evaluate your progress and results.
- 4) **Leaders.** You can't do it all yourself. Enlist people who understand priorities. They should be able to evaluate the information your efforts produce and make decisions based on the right data.

## Not Just For Teenagers Anymore



Slightly over half of all U.S. adults (53%) play video games, according to a study from the Pew Internet & American Life Project. Twenty-one percent play daily (or almost daily). Although kids under 18, not surprisingly, are the most common players (97%), 23% of people 65 years and up report playing games, too. But stereotyping the player as a geeky guy may be dying out: 50% of women are video gamers, compared with 55% of males.

And they'll have lots of games to choose from. Research firm Parks Associates predicts that video game revenues will reach \$4.4 billion by 2010. That's up from revenues of \$1.1 billion in 2008.

## Keeping Up With Change

Look quick! Everything's changing, and the pace is faster than ever. To survive and thrive, the skill you need to master is resilience. Susan Dunn, a clinical psychologist, has observed that people who can bounce back after failure and confront new obstacles without losing their nerve generally do these essential things:

- **Learn from experience.** Resilient people reflect on what happens to them—good and bad—so they can move forward without illusion.
- **Accept setbacks and losses.** You've got to face the reality of what happens in order to get past it.
- **Recognize emotions.** Resilient people don't hide from their feelings. They identify what they're feeling and express their emotions appropriately.
- **Keep time in perspective.** Past, present and future are separate. Don't mix them up (by letting what's in the past determine your choices in the here and now, for example).
- **Think creatively and flexibly.** Look for new ways to solve problems and face challenges.
- **Take care of yourself.** Resilience is based on good physical and mental health. Get enough rest, eat sensibly and spend time with people who support you.
- **Ask for help.** Resilient people don't try to do everything themselves. Accept that you'll need to ask others for assistance, and learn how to do so graciously and effectively.

## Quotations...

"Success is getting what you want; happiness is wanting what you get."  
—Dave Gardner

Rule No. 1: Never lose money.

Rule No. 2: Never forget Rule No. 1.  
—Warren Buffet

"Our strength is seen in the things we stand for; our weakness is seen in the things we fall for."  
—Theodore Epp

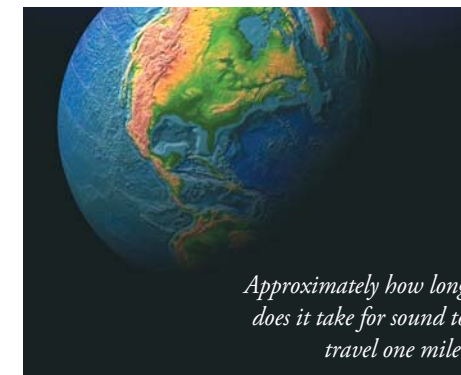
"Advice is like snow. The softer it falls and the longer it dwells, the deeper it sinks into the mind."  
—Samuel Coleridge

"The society which scorns excellence in plumbing as a humble activity and tolerates shoddiness in philosophy because it is an exalted activity will have neither good plumbing nor good philosophy: neither its pipes nor its theories will hold water."  
—John Gardner

"A positive attitude will not solve your problems, but it will annoy enough people to make it worth the effort."  
—Herm Albright

"We admire the wisdom of people who come to us for advice."  
—Jack Herbert

**SPEED BUMP** Dave Coverly



## Knowledge of Dubious Value

- 1) In 1982, what became the first Coke derivative marketed by the Coca-Cola Company?
  - a) Diet Coke
  - b) Cherry Coke
  - c) Caffeine-Free Coke
  - d) New Coke
- 2) Which musical act has released five "diamond" albums (10 million+ copies), more than any other group?
  - a) The Beatles
  - b) Pink Floyd
  - c) Elvis Presley
  - d) Led Zeppelin
- 3) Which import car model celebrated its 40th consecutive year on the U.S. market in 2008?
  - a) Volkswagen Beetle
  - b) Honda Civic
  - c) Toyota Corolla
  - d) Porsche 944
- 4) On Earth, approximately how long does it take for sound to travel one mile?
  - a) 0.5 seconds
  - b) 1 second
  - c) 5 seconds
  - d) 19 seconds
- 5) The U.S. Census Bureau is a division of what Cabinet department?
  - a) Commerce
  - b) Health & Human Services
  - c) Housing & Urban Development
  - d) State

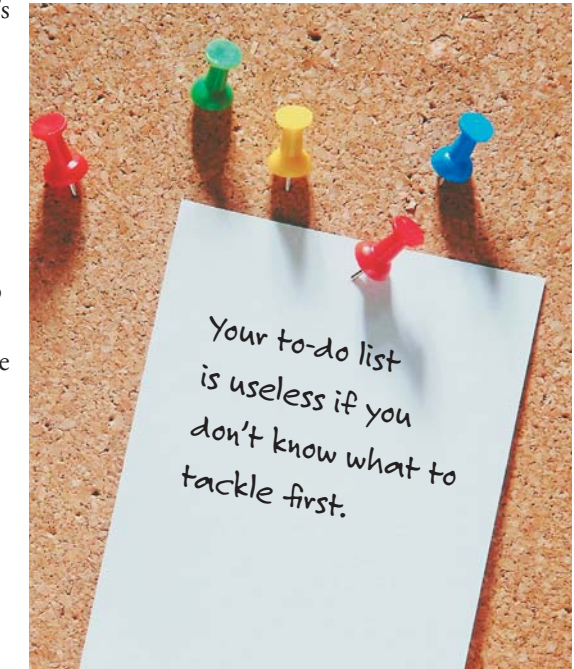
—from *mental\_floss*

Answers: 1) a 2) a 3) c 4) d 5) a (As a result, you can gauge the distance between the flash and the tumble.) 5) a

## How To Get More Work Done—Today

Do you ever leave work and wonder what you accomplished that day? Lack of productivity has many causes. Here are some of the more common ones that you can easily eliminate:

- **Lack of priorities.** Your to-do list is useless if you don't know what to tackle first. Talk with your supervisor to identify what's really important. If you're the person in charge, devote some time to deciding which tasks add the most value to your organization so you don't waste time on nonessentials.
- **Procrastination.** Time disappears quickly when you put off necessary tasks. Try breaking them down into small segments so they're easier to get started on—especially for large-scale projects, which can intimidate many people into delaying action. Schedule unpleasant tasks early so you can get them out of the way and focus on other jobs.
- **Interruptions.** You can't shut yourself off completely from co-workers and your boss, but you can minimize time-wasting interruptions. Close your door if you have one; if not, hang a "Do Not Disturb" sign on your cubicle, or wear some headphones that block noise. Let people know you sometimes need to concentrate, but that you're available in case of legitimate emergencies.



## What Will You Sacrifice During Difficult Times?

Even during tough economic times, some things are too important to give up. For American consumers, according to a survey conducted by BIGresearch for *STORES* magazine, those things include the Internet, which 80.9% of survey participants aren't willing to sacrifice, and cell phones (64.1%). Among other necessities: cable TV (60.5%), discount clothes shopping (43%), and haircuts and coloring (40%). However, shoppers are willing to scale back on such items as luxury handbags (92.2%), satellite radio (90.9%), and maid service (90%).

## Want To Make New Friends?

Mayo Clinic researchers say building friendships and creating thriving social circles is a key component of good health, even in adult life. In the clinic's *HealthQuest* newsletter, doctors recommend eight ways for adults to meet new friends:

- 1) Take your pet for walks and make conversation with folks who stop to chat.
- 2) Join a hobby group.
- 3) Become a volunteer in community groups or at a hospital, church or school.
- 4) Go back to school. Take a course or two.
- 5) Shape up while meeting new people in an exercise class.
- 6) Get active in a cause or goal you believe in, such as a "fight against cancer" organization or political candidate's election committee.
- 7) Go out to lunch with a co-worker or social acquaintance at least once a month.
- 8) Ask a small favor of a neighbor or co-worker, and do the same for him or her.