



Mechanical, Inc. QUARTERLY

Trusted Since 1898



Dan Cushman, PSF Lead Engineer; enjoys fishing in Baja, Mexico.

Volume 13 Published by PSF Mechanical, Inc.

Summer Projects

Projects that PSF will be working on this year:

NW School '05 Addition

- Scope: Plan & Spec
- Architect: Mahlum
- General: Lease Crutcher Lewis
- PSF PM: Tom Neely
- Engineer: Abacus

Bush School Remodel

- Scope: Plan & Spec
- Architect: Miller Hull
- General: GLY
- PSF PM: Will Thompson
- Engineer: Keen Engineering

Weyerhaeuser NBI Building One

- Scope: Design & Install HVAC
- Architect: Lance Mueller
- General: GLY
- PSF PM: Will Thompson
- PSF Eng: Eddie Shahwan

Nordstrom Topanga

- Scope: Design & Install HVAC
- Architect: Callison Architecture
- General: Bayley
- PSF PM: Will Thompson
- PSF Eng: Joe Dorman

Design Assist: an evolving delivery method

There is a continued evolution of the delivery methods for commercial and industrial mechanical engineering, mechanical contracting and construction services.

One current trend is to use the "DESIGN ASSIST" method of delivery of services. This method has evolved from a blend of the traditional "PLAN & SPEC" method and the "DESIGN BUILD" method of providing design and contracting services.

In the DESIGN ASSIST model, the construction team is brought on early in the project to provide an accurate cost model and constructibility review. The contractor is a fully participating team member with the design team of architects, mechanical, electrical and structural engineers plus the general contractor and owner's representative.

The owner benefits from this team arrangement by utilizing some of the DESIGN BUILD process, yet maintaining a full design team. Each member of the DESIGN ASSIST team contributes valuable input to the overall project and owners needs. This is truly a synergistic approach where the best of design expertise, construction experience, and problem solving experience can provide solutions to not only expected design and construction issues, but also to be in a position to resolve otherwise unforeseen design and construction issues and conflicts. The owner is assured of non-conflicting input in an environment of cooperation and eagerness in a non-competing venue to provide the best in design and construction.

Continued on page 2

PSF Open House

PSF is hosting an open house! Come and meet our fabulous team and see what, where and how we do what we do! We'd love to meet you and give you a tour. Plenty of food and drink will be waiting. Please RSVP with Karen George by 9/9/05 - Karen is that friendly voice that greets you when calling our office.

When: Thursday, September 15, 2005
4:30PM-7:30PM

Where: PSF Mechanical, Inc.
9322 14th Avenue South
Seattle, Washington 98108
206-764-9663



PSF Mechanical, Inc.



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Design Assist *(Continued from Page 1)*

The contractor's team, consisting of engineers, cost estimators, project managers and production managers provide input to the design team regarding constructability of schematic or design development documents. Their early input is vital to minimizing future MEP conflicts. In addition, the DESIGN ASSIST team provides valuable engineering ideas as well as accurate cost models based upon project experience and pricing from qualified manufacturers and vendors. By being part of the design effort, the DESIGN ASSIST team member can identify long lead equipment early in the project allowing for better vendor pricing, and the right delivery options to meet the project's schedule needs. PSF Mechanical is assured of the

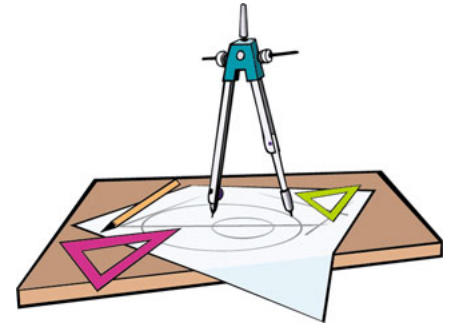
most competitive pricing for major equipment from vendors and manufacturers due to long-term relationships.

PSF Mechanical has been a leader in the PLAN and SPEC market as well as in the DESIGN BUILD market for over 100 years. PSF Mechanical eagerly embraces the evolving DESIGN ASSIST delivery method. This is not a new venue for PSF Mechanical; we have provided accurate cost estimating, constructability reviews, and engineering to support our clients for many years.

Along with our winning team of Engineers, Project Managers, Field Foreman, Shop Fabricators, and Cost Estimators we provide the best in mechanical engineering design and drafting services. PSF Mechanical is truly an active

participant in the DESIGN ASSIST delivery method. Early DESIGN ASSIST coordination results in successful projects by reducing installation time and minimizing costs related to construction change requests.

PSF welcomes the opportunity to provide these services on future projects.



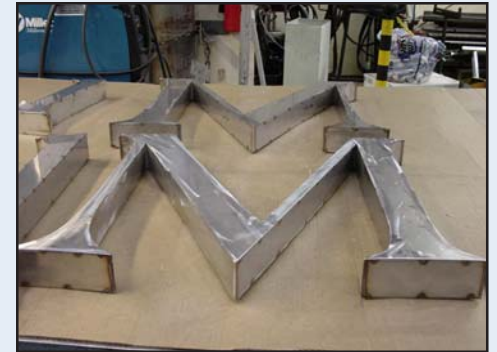
From Design to Fabrication...



John Welch, Shop Superintendent, inputs design of signage for McMurray MOB.



Tamara Carter welds stainless steel lettering.



Completed product ready for polishing.

Seattle Golf Club - Support Facility

PSF recently completed a small design/build project for Sellen Construction and the Seattle Golf and Country Club in Shoreline. Over the

- Scope: Design/Build HVAC
- Architect: CHA Architects
- General: Sellen
- PSF PM: Will Thompson
- PSF Engineering Team
- Electrical: Nelson Electric
- Plumbing: Stirrett Johnson

years, Seattle Golf Club has expanded, remodeled and modified their existing facility. The most recent addition was a support facility. This new building is complementary to the main clubhouse--having similar "turn-of-the-century" architecture.

Multiple split system heat pumps provide for the HVAC comfort and zoning needs of the occupied areas, while the storage and cart charging areas are ventilated individually.

Challenges for this type of facility

were typical - not much space for the mechanical trades to work with, and multiple uses in a relatively confined space. Maintaining the integrity of the architecture and staying within the owner's budget were naturally on the agenda.

PSF would like to thank Sellen Construction for including us as a member of the Design/Build team for this 8,500 square foot two-story project, along with Nelson Electric and Stirrett Johnson, Inc.

Tech Talk - Green Building Design



**Eddie A. Shahwan, P.E., LEED® AP
Project Engineer**

Education and Special Training:

- BSME - University of Evansville, IN, 1989
- Bellevue Community College, Bellevue, Washington
- AutoCAD Version 10-2000 HVAC Design
- University of Washington - Air Conditioning Design
- P.E. State of Washington
- LEED Accredited Professional

Understanding LEED (Leadership in Energy and Environmental Design)

In the last three decades we have become aware of how building and mechanical equipment can detrimentally affect the environment, causing significant impact. Energy efficiency, recycling efforts, improving indoor quality, and water conservation are all factors that when integrated into design, produce high-performance buildings and friendly environments. This, in essence, is an improvement to environmental, economic and health benefits. Green Buildings have been built nationwide using a standard called "Leadership and Environmental Design" or LEED.

Understanding LEED is an important step toward reducing negative environmental impacts and achieving superior economic performance. Becoming a knowledgeable practitioner and consumer of green design and construction represents a positive leadership direction in energy and environmental design. Therefore, by using recycled materials, ensuring better ventilation, reducing water and energy use, in addition to other standards, we produce green design accomplishments. Recently many designers, builders, and owners have worked together to follow Green Building design and LEED. For instance, building orientation and thermal improvements are

considered to optimize HVAC equipment size and selection. Innovative HVAC systems and system components are being utilized on several projects. Day lighting is used to allow for high quality, energy-efficient lighting and improved productivity in the space. Control systems to optimize savings with new efficient technologies are adopted in new and remodeled buildings. ENERGY STAR transformers are also being installed. Water conservation is achieved by employing high efficiency water fixtures, such as waterless urinals and composting toilets, along with sensors and flow restrictors.

Green Building allows us to continue to grow our communities into more cost efficient and energy efficient designs. High-performance green buildings not only reduce utility costs, but also increase workers productivity, reduce absenteeism, and reduce potential liability from indoor air quality problems.

Green Building design projects may cost a premium up front, but the cost is offset by the energy, water, and employee related savings. Therefore going Green pays a multitude of dividends.

PSF History...Did you know????

PSF Mechanical, Inc. was established in 1898 and is headquartered in Seattle, Washington. The company has played an important part in Seattle's history and continues to contribute to the city's changing skyline as well as the skylines of cities across the United States. The company is known for its contribution to the building industry.

At the onset of World War I, April 6,

1917, PSF converted its entire business to industrial work in support of the war effort. Manufacturing of lifesaving apparatus for ships, such as lifeboats and life rafts was being done. Metal fabricating for area shipyards producing ventilation and duct equipment for war ships was in high demand. PSF has survived by being innovative and changing with the times.



An example of PSF's early ductwork - cowlings for warships in 1917.



Summer fun at 2004 PSF picnic.

Marshall Nichols Joins PSF



PSF is pleased to welcome Marshall as a Project Manager

Marshall is a native of the Northwest and graduated from the University of Washington with a Bachelor of Science in Mechanical Engineering. His experience in the Design/Build Industry is diverse; from field engineering and estimating, to the designing of mechanical systems.

Marshall's knowledge of local codes and understanding of mechanical systems allows him to focus on customer needs. His goal is to finish your project on time and in a cost effective and professional manner.

Marshall recently returned from Quick Pen Estimating training in Denver, CO, where he gained the skill set for quick and accurate project take-offs.

Education and Special Training:

- University of Washington, BSME
- HVAC Engineering, Keith Elder, University of Washington
- Keith Elder Design & Application Seminar of Hydronics Systems, ITT Bell & Gossett, Chicago, IL
- Engineering in Training License #23326
- Electrical Administrator (WA State)
- Quick Pen Estimating

Representative Projects

- 23rd & Jameson, Seattle, WA
- Overlake Hospital TI's, Bellevue, WA
- YMCA TI, Korum, WA
- Boys & Girls Club TI, Tacoma, WA
- Interstate Distributors, Tacoma, WA
- Pet Doctor TI, Tacoma, WA
- Union Bank of California TI, Seattle, WA
- McMurray MOB, Seattle, WA
- Slavic Church (kitchen hood design), Tacoma, WA

Like to get on our mailing list? Send your name and address or email address to: sales@psfmech.com

Or, simply write to:
PSF Mechanical, Inc.
 9322 14th Avenue South
 Seattle, WA, 98108

For more information or key contacts list, visit our web site at www.psfmech.com

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