



President's Message



Dave Bakke, President

In the January newsletter, my message was that 2017 was going to be full throttle. Six months into the year that has proven to be the case. Projects nearing completion, new projects starting, some started and finished, and more on the horizon point towards a blistering finish through 2017 with more work scheduled into 2018.

Challenges on every project continue to test us; weather delays, design issues, overextended

subcontractors, lack of skilled trade workers, material delays, etc. The combination of these challenges, accelerated schedules and the day-to-day unknowns that always come up are taxing to say the least.

I've said before, it is impressive how the people at Chambers always pull through. I know the field workers and workforce management are working overtime on multiple projects sprinting towards the end. Many of the office staff are in early, staying late and working weekends. The efforts everyone is putting in haven't gone unnoticed. Aside from the occasional expletive or tear shed expressing one's feelings, everyone maintains their composure and keeps a positive outlook when it matters most.

In the next few months Hyatt Place and River Road Elementary will be finishing up. These

two projects have been extremely difficult and are shining examples of how our people pull together when it really counts and how we continue to maintain our Core Purpose.

The Owner of the Hyatt was recently quoted *"If I didn't have somebody like them (Chambers) on a project this size, I probably wouldn't be sleeping as well as I am"*. This is a testimonial to our culture. We take care of our customers. This is something you should all be proud of, I know I am.

Speaking to everyone, thanks for all you do. You're why I do what I do.

Regards,
Dave B.



Oakway Center /Hyatt Place Hotel
3-story hotel on top of the Oakway Parking Structure

River Road Elementary School
62,000 sf 2-story elementary school

Yogi Tea
190,000 sf tilt-up concrete warehouse/office

Pastini Pastaria
3900 sf tenant improvement for a fully functional restaurant

Grain Millers Flaking Penthouse
New construction of a penthouse for flaking processes in the granary

The Child Center ICTS
New construction of single story wood framed structure

LTD- Maint. Building & Bus Lot
Construction of field maintenance building and improvements to existing bus lot

Yogi Tea Tenant Improvement
Tenant improvements of warehouse

Chinook Winds Casino Resort Parking Garage
New construction of post tensioned concrete structure

Check Out Our New Website!

www.chambersconstruction.com

The layout and content is all new and specifically designed to work with phones, tablets and of course laptops and desktops. The content and message are based on what our clients think of us. We interviewed multiple owners during the process and the writing for the site was tailored to reflect the unique qualities of Chambers Construction.

As an example, what we do for our clients is emphasized on every page:

We Build Relationships...

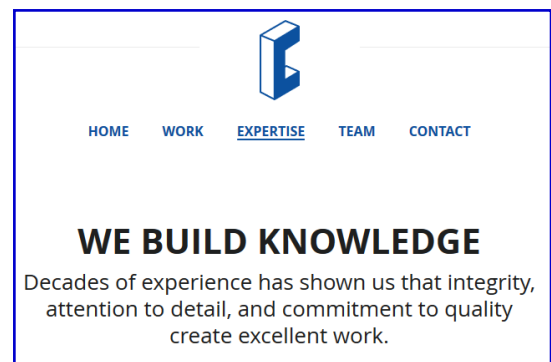
Nothing means more to us than knowing we've exceeded our customer's expectations.

We Build Legacy...

We pride ourselves on being versatile and capable of handling a broad range of project types and sizes.

We Build Together...

We know that the right team is critical to the success of your project.



Employee Spotlight

Gregg Wallsmith...

Gregg Wallsmith has been a carpenter for Chambers Construction for about 12 years. He performs all aspects of carpentry but is generally described as Chambers “best concrete former”. He really enjoys working for Chambers. He likes the atmosphere, that he gets to do a variety of different jobs, and feels Chambers treats their employees very well. He just finished up working at the Yogi Tea site and is currently prepping for his next project at Wah-Chang.

Gregg grew up as an Airforce kid so he moved around quite a bit. He graduated from Springfield High School and was in the Navy from 1982 to 1986. He was stationed in Virginia but spent most of his time on the USS Indiana aircraft carrier. He was able to see a lot of the Mediterranean and his favorite place he visited was Athens, Greece.

Gregg currently lives in Springfield with his significant other Ruby of 32 years. Hobbies they enjoy are camping, hunting and fishing. He gets to spend a great deal of time with his five grandkids swimming, rafting, and biking. He also enjoys yard work and working on cars. He is currently converting a 1979 Cadillac into a lowrider with hydraulics.

Gregg is looking forward one day to taking an Alaskan cruise and giving skydiving a try. Gregg is proud to say that he is a Serenity Lane graduate of 16 years. Thank you, Gregg, for all your hard work and dedication to Chambers Construction!



Congratulations to Horacio Garcia!

Horacio has been with Chambers Construction for more than 12 years and on June 21st he received his US Citizenship. So we cheered him on at the ceremony and celebrated our friend with a grand pizza party.



Aug/Sept Anniversaries

Darrell May	33
Jack Makarchek	32
Jon McCoy	28
Jerry Barr	20
Scot Moore	17
Stacy Ivey	17
Cassandra Dare	3
Todd McNally	2
Kevin Belden	2
Adam Hastings	2
Jenna North	1

Dave Hoffman's Retirement Party was well-attended, with many friends showing up to wish him well. Lots of laughs and memories were shared and a few tears to toast Dave on his successful 30 plus years at Chambers Construction.



Birthdays

Jason Londo	8/3
Mark Harrington	8/18
Chase Herrington	8/23
Pam Hansen	8/27
Crispin Nunez	8/27
Gregg Wallsmith	9/11

Employee Spotlight

Welcome...Tony Rodriguez



Chambers Construction is excited to announce our newest employee, Tony Rodriguez. Tony comes to our firm with over 20 years of experience in the construction industry. After 18 years and a number

of promotions from his prior company, Tony has decided to embark on his next adventure. As our newest Butler Steel Division Sales Manager, management is confident Tony's experience,

drive and personality make him the perfect fit for this new position and he will make a great contribution to our team. Tony loves Oregon Duck football and enjoys golf. He has been married for 22 years, they have a 20 year old son and the newest addition to his family is their nine month old granddaughter.

If you haven't had the opportunity to meet Tony, please introduce yourself and welcome him to our team. Tony can be reached by cell at 541-953-5461 or email trodriquez@chambers-gc.com



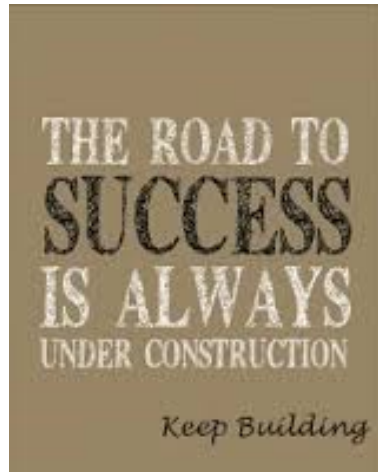
Kevin and Wyatt Belden, The Child Center



Mark Harrington, Grain Millers Flaking Penthouse



Brayden Duggar, Grain Millers Flaking Penthouse



Isaac Zornes, River Road Elementary



John Peters, River Road Elementary



Bark in the Park Walk: Greg Wallsmith, Scot Moore, Jenna North, Kim Cailteux and Shawn Hussey with family and fur friends.



Leroy Wyant & Todd Keffer, River Road Elementary

Employee Spotlight

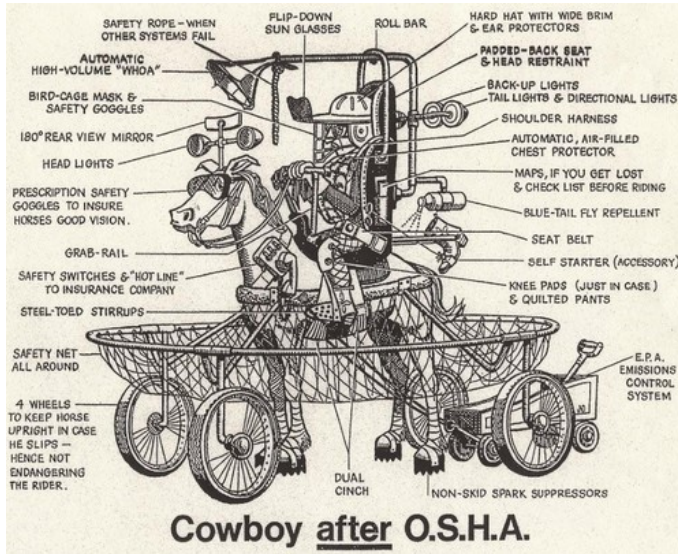
Celebrating Summer...

Celebrating Friends...

Celebrating Chambers...



Employee Spotlight



Welcome Chamber's Apprenticeship Employees...

If you see an orange or blue Chambers hard had on the jobsite, you could be looking at one of the first 3 apprentices hired in the recently announced company apprenticeship program. The color indicates the age group of the employee and what job duties they are legally allowed to perform for safety purposes. Orange signifies age 16-17, blue signifies 18 and over but new to the industry. Please check with a Superintendent or Mark Harrington before assigning one of these young men a task to perform.

We hope that you will share your expertise in construction, quality and safety with them. And of course, welcome them aboard!



Brayden Dugger, Wyatt Belden & Chase Herrington



Worker Hydration

Tips to keep workers safe, healthy and productive.

Water is an essential nutrient for all living things. It makes up 70 percent of our planet and 60 percent of our bodies. It keeps us functioning at optimal performance levels by regulating our core body temperature, carries key nutrients to vital organs and flushes internal toxins. We simply cannot survive without it.

Summertime brings sweltering temperatures outside and dryness inside caused by the constant flow of air conditioning, so working anywhere during this season can cause fatigue and dehydration. However, summertime isn't the only time to be concerned about these ailments.

Employees in construction typically function in hot environments throughout the year. As do workers who wear heavy protective apparel on the job, which causes them to sweat and lose the necessary water that the body stores.

In addition to health and safety concerns, multiple studies show that even mild thirst can decrease productivity at work by as much as 10 percent; and hand/eye coordination can weaken at just one percent dehydration. Therefore, it is essential to maintain proper hydration planning year-round.

Know the warning signs

Employees need to know when they are at risk for heat illness, which can progress from dehydration to heat exhaustion to heat stroke. Symptoms of dehydration include:

- Thirst
- Fatigue

And can be corrected easily by drinking fluids with electrolyte solutions.

Indicators of heat exhaustion include:

- Irritability
- Muscle cramps
- Nausea, dizziness or confusion
- Excessive perspiration
- Chills and heat sensations on the head or neck.
- Hot, dry skin

Heat stroke can result in loss of balance and muscle function:

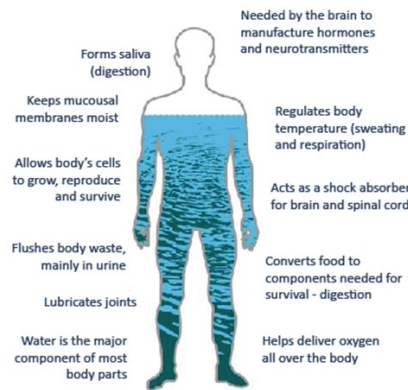
- Collapse
- Seizures
- Even coma

If you or someone you are working with begins to show any of these symptoms, seek immediate medical attention.

Urine color can be a useful indicator of hydration. When properly hydrated, urine should be a pale-yellow color. When dehydrated, urine color will be dark yellow.

The skin's ability to change shape and return to normal, is an easy way to check your hydration. Simply pinch the skin on the back of

What Does Water do for You?



your hand and hold for a few seconds. When you let go, if the skin takes a while to return to its normal position, you may be dehydrated.

How to stay hydrated

- Drink cool, fresh water throughout the day, averaging about 24 ounces per hour. Do not wait until you feel thirsty to drink.
- Monitor how often you drink. By the time you feel thirsty, you are already dehydrated, so drink recommended fluids often (one cup every 15- 20 minutes).
- Avoid drinking alcohol or caffeinated, carbonated, sugary beverages like soda. These drinks are diuretics and will cause you to urinate more, which can increase dehydration.
- Electrolyte drinks should play an important part in your hydration program. Several studies have provided evidence that people will drink more of a flavored drink than an unflavored one. Also, the electrolytes (sodium and potassium) in these drinks help to replace those lost in sweat and aid in avoiding heat cramps that can occur up to several hours after working. There is also evidence that consuming a drink with sodium in it stops your thirst mechanism from being switched off.

- Include fruit in your lunch or snack break, as it can be a great source of both electrolytes and fluids. Bananas and dates have high levels of the electrolyte potassium, making them a great option for refueling. Watery fruits like cantaloupe, watermelon, pears, pineapple and grapefruit are more than 90 percent water.

- Once you are dehydrated, it's difficult to make up for that lost hydration. Drink before, during and after physical labor to replace body fluid lost in sweating.

- Anticipate conditions that will increase the need for water, including high temperatures, humidity, protective clothing and difficulty of work. If possible, schedule heavy work during the coolest parts of the day.

- If possible, wear light-colored, breathable clothing that allows sweat evaporation, which can help keep your body temperature down. Replace sweat-saturated clothing with dry clothing as soon as you can. Cooling vests with pockets for cold packs may also be beneficial.

- Consider possible underlying health conditions. Older individuals and those who suffer from conditions such as high blood pressure, diabetes and heart disease have different hydration requirements. Taking medications can also alter the body's tolerance to environmental factors.

- Consider the level of physical exertion. As the body performs a task, even a basic one like breathing, it loses hydration.

- Consider the work environment. Many indoor workers are exposed to extreme heat, leaving them susceptible to dehydration and heat stress.

- Consider the radiant heat coming from machinery and other power sources. It is very likely that any workers nearby are managing the heat by sweating – and therefore losing moisture. These individuals will need more fluid replacement.

Monitor each other and continually remind co-workers to drink every 15-20 minutes.



Vitamin D, the Sunshine Vitamin!

Sun exposure to the skin is the human race’s natural, intended, most effective and most neglected source of vitamin D.

Vitamin D sufficiency, along with diet and exercise, has emerged as one of the most important preventive factors in human health. Hundreds of studies now link vitamin D deficiency with significantly higher rates of many forms of cancer, as well as heart disease, osteoporosis, multiple sclerosis and many other conditions and diseases.

Because sunshine is a free commodity, mostly all health organizations advocate natural vitamin D production through regular, non-burning sun exposure.

- Humans make 90 percent of our vitamin D naturally from sunlight exposure to our skin – specifically, from ultraviolet B exposure to the skin, which naturally initiates the conversion of cholesterol in the skin to vitamin D3.

- Few foods naturally contain or are fortified with supplemental vitamin D. For example, an 8-ounce glass of whole milk is fortified with 100 IU (international units) of vitamin D – just 10 percent of what the most conservative vitamin D researchers now say we need daily. In contrast, sun exposure to the skin makes thousands of units of vitamin D naturally in a relatively short period of time.

- While vitamin D supplements are an alternative means of producing vitamin D when regular, non-burning sun exposure is not possible, oral supplementation of vitamin D is not nature’s intended means of producing this vitamin.

- While overexposure to sunlight carries risks, the cosmetic skin care industry has misled the public into believing that any UV exposure is harmful. No research has shown that regular, non-burning exposure to UV light poses a significant risk of skin damage.

Humans spend less time in the sun today than at any point in human history – which is why more than 1 billion people worldwide are vitamin D deficient.

Vitamin D comes from the sun

Sunlight is the best and only natural source of vitamin D. Unlike dietary or supplementary vitamin D, when you get your ‘D’ from sunshine your body takes what it needs, and de-metabolizes any extra. That’s critical – as vitamin D experts and many health groups now advocate 1,000 to 2,000 IU of vitamin D daily – five to ten times the old recommendations. Because too much ‘D’ from dietary supplements may cause the body to over-process calcium, nobody really knows for sure how much supplementary vitamin D is safe. On the other hand, sunlight-induced vitamin D doesn’t have that problem – it’s the way your body is intended to make it! So get outside, take a walk, and soak up some healthy rays!



itb+ IT Bytes

Helpful Construction Apps for iPhones and iPads

With the use of iPhones and iPads many great apps can make our lives easier.

Maps & Locations

- Google Earth
- Galileo—off line app if you don’t have service.
- Around Me—Quickly find out information about your surroundings. Gas, food, hospital and banks, etc.
- Waze—Traffic and navigation.

There are a few construction apps that if you have them on your iPhone or iPad may keep you from carrying other equipment.

iHandy Carpenter

(5 carpentry tools in a single app)

- 0-180 degree protractor
- Ruler with inches and centimeters
- Plumb bob level
- Bubble level
- Surface level



CM Pro Calculator

- Calculate dimensional math and conversions
- Includes right-angle tools, compound miters, and costs per unit
- Use customizable formats for each estimate
- Easily convert between all standard measuring formats
- Includes a trigonometry mode
- User guides in both Spanish and English

Misc.

- Snapseed—photo editing.
- SwiftKey—Adapts to the way you type. Spend less time correcting typos and more time saying what you mean.
- iHandy Translator Pro—language translator
- EverNote Scannable—scan easily and save or share
- Wunderlist—to manage lists, to do, materials, etc.

If you have any questions about how to utilize these apps, contact Kim Hutchens at khutchens@chambers-gc.com or 541-214-6868.



Did you know the company matches the first 50% of your contribution to your retirement up to 4%? How much is 4%? It's 4 pennies of a dollar! With the company's contribution you can grow your 4 pennies to 6 pennies toward your retirement. Can you afford 4 pennies going in to your retirement fund? Can you afford not to save for retirement? Contact Stacy Ivey to get started saving for your retirement.

Trivia

What is the name of the wrench that has a register displaying the amount of rotational force being applied?

Send your guesses by 8/15/17 to Pam Hansen at phan-sen@chambers-gc.com or call her at 541-868-8521 to be entered into a drawing for a \$25 gift card.

Congratulations to Brian Anderson for winning last issue's question with the correct answer of "Planer" 6 people submitted the correct answer, with Brian's name drawn for the prize.

New BackSaver Tool Available for Use



Employees attending the World of Concrete earlier this year were introduced to and ordered the Hilti BackSaver Hammer Drill Attachment.

It allows the user to stand to help prevent back injury. It allows drilling dowel bars more easily and enables the user to apply more pressure while using less energy.



INNOVATION IDEAS

We encourage employees to submit their ideas to Tana Baker via her email at tbaker@chambers-gc.com or mail them to her at the office, or send them in with a superintendent's paperwork.

50 Years with Travelers Bond!



Travelers has been a leader in the surety industry for more than 100 years, with an A++ rating from A.M. Best and has provided surety credit for our company since 1967 – 50 years! A bonding relationship that old is very rare, even more so with a company like Travelers, ranked #1 for many years. They got that way by being picky about who they bond – many companies have come and gone with Travelers throughout the challenging cycles we see in our industry. Chambers has qualified for a healthy bonding capacity for 50 years with Travelers because of our reliability, our long list of successfully completed projects, our record of managing risk and our history of producing high-quality work.



Travelers recently presented the company with this commemorative plaque celebrating 50 years together. Chambers is one of 56 accounts with Travelers for 50 years or more, of their more than 4,000 active accounts country-wide.

Project Spotlight

Uof O Central Kitchen



Chambers' team of Brian Erickson, Dennis Montgomery and Brian Anderson completed the UO Central Kitchen design-build project in April 2016. Built on land purchased by the University of Oregon decades ago, the LEED standards-based kitchen centralizes services for the university's growing student housing population. As the first-ever design-build project undertaken by University of Oregon, the building features advanced energy threshold design to promote sustainability within its state-of-the-art kitchen and bakery. The facility provides space for food preparation and distribution for the numerous dining areas with University Housing's residence halls and for all catered meals provided by University Catering across the UO Campus.

Located between Moss Alley and Columbia and 17th and 19th, it replaced two working kitchens on campus. The design-build process was adopted to ensure that all tools for bringing the project within budget were available to the team. Chambers Construction teamed with Robertson|Sherwood Architects for two rounds of a selection process that underscored the budget challenge ahead for the UO. Once working with the University's User Group for the project, Brian Erickson and Brian Anderson working with the design team, used dozens of value engineering pricing budgets to show the client practicable options for their production kitchen. The result is a highly efficient commercial kitchen, an attractive wood-sided building exterior that fits within the vernacular of the east campus neighborhood, and a truck circulation pattern designed to take advantage of an improved alley so that deliveries don't overwhelm residential traffic.

Kitchen activities generate an excess of heat during peak operating hours and large coolers and freezers can add significant energy loads as well. Our close work with the mechanical design-build subs ensured that all LEED and Advanced Energy Design Guidelines were met to reduce operational costs and maximize yearly savings for the University. Achieving the energy and programming goals for the project within the budget set by the UO would not have been possible without the design-build process or the experience of Chambers' Brian Erickson, Brian Anderson and Dennis Montgomery and Robertson|Sherwood Architects as a design-build team through the end of construction.

With features of advanced energy threshold design as well as a state-of-the-art kitchen and a full bakery, the UO's catering and central kitchen will be able to continue to bring award-winning food to campus dining venues and to catered events for the UO and Eugene communities. *"We are incredibly proud of the high-quality, exceptional food our chefs create, often with local and sustainable ingredients,"* said Tom Driscoll, director of dining services and associate director of housing. *"In this new high-tech kitchen, we can provide campus and the Eugene community with even more options that will delight and inspire."*



Thanks to Ryan Briggs, Jerry Barr, Ron Miner, Todd Keffer, Kevin Manning, Paul Larose, Ron Hartman, Todd McNally, Steven Serjeant, Shawn Hussey who all contributed to the success of this project!

Looking Back...

Spring Hill Country Club



After an extensive interview process in 1999, Chambers was selected by the Spring Hill Country Club Board to provide construction services for the new Spring Hill Country Club in Albany, Oregon. The architect for this project, S. Vic Jones & Associates (Dallas, Texas), specialized in upscale clubhouses and had travelled all over the United States designing golf courses. Client expectations at Spring Hill Country Club were very high and the final project outcome was one that the entire team was extremely proud of.

The 2-story, 21,000 square foot

wood framed structure required attention to membership amenities and an emphasis on high end finishes throughout the public areas of the building, and were delivered by Chambers' industry standard CM/GC construction processes.

We provided all of the rough and finished carpentry with our Eugene crews for the entire facility. Dave Bakke, Walter Daffe, Dennis Barrett and Randall White were part of our team meeting all building challenges sent our way from the design team. The designs included extensive custom moldings and trims with difficult shapes to make, a board of director's room with wood paneled walls, finely detailed trim, cabinets and display cases. Our team's expertise brought the architect's vision to reality.

The club includes a full-scale kitchen and fine dining room, executive

board rooms, locker rooms, showers, restrooms and exercise/workout area. The project also included a pro shop, a bar-and-grill restaurant on the ground level, and an outdoor Olympic-sized swimming pool. Dave and Dennis' attention to detail and ability to work with all involved in the work was a major part of our success on this project.

The site remained fully operational to its members while the new clubhouse was under construction as Chambers coordinated the requirements of the course without impact to the construction schedule or the member experience. Additionally our early contribution of extensive value engineering investigations by estimating brought costs down \$600,000 and in line with the membership's budget.

A complete team effort delivered a highly successful project that had very exacting standards needed to be met. The new clubhouse has spectacular views of the course out the extensive A-framed windows, the exact design-character the membership wanted and a truly impressive level of craftsmanship throughout.



3028 Judkins Road, #1 Eugene, OR 97403
Ph: 541-687-9445 Fax: 541-687-9451
www.ChambersConstruction.com CCB #114258

