

JUNE 2008 MEETING:

Nacimiento Water Project, Lake Intake Construction

The San Luis Obispo County Flood Control and Water Conservation District (District) is implementing the Nacimiento Water Project, a 45-mile raw water conveyance system to deliver 15,750 acre-feet annually from Lake Nacimiento to participating agencies including the City of Paso Robles, City of San Luis Obispo, Atascadero Mutual Water Company, the Templeton Community Services District, and County Service Area 10, Zone A. When finished, the project will include three tanks, three pump stations, and a multi-port intake at the lake. The first element of the water transfer system will be an underground lake tap and intake facility that will provide for an intake pump station.

At this month's ASCE luncheon, the Project Engineer and Contractors will make a presentation on the construction of the intake structure for the Nacimiento Water Pipeline Project. Speakers will include John R. Hollenbeck, Project Manager with the District, Brett Campbell, the Project Manager for the James W. Fowler Company, the contractor for this work, and Bob Lewis, Resident Engineer with Jacobs Engineering Group Inc., the construction management firm for the overall Nacimiento Water Project.

Be sure to join us at AJ Spurs in Grover Beach on June 19th for what is sure to be an exciting and informative presentation on the single largest project that SLO County has ever undertaken, the Nacimiento Water Project.

JUNE 2008 MEETING

LOCATION:

AJ Spurs
1760 El Camino Real
Grover Beach, CA

DATE & TIME:

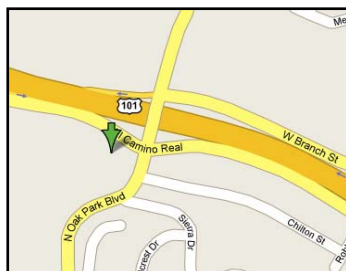
Thursday, June 19th
12:00 pm (Noon)

MENU:

Food will be your choice of Tip Serlion, BBQ Chicken or Vegetarian Plate and will include a beverage, soup, beans, salsa, salad, rice pilaf, bread and a rootbeer float.

RESERVATIONS:

Please sign up by 1:00 pm Friday, June 13th, at the Branch web site www.ASCESLO.org. For questions, contact Erin Westmoreland at (805)544-7407 or by email at erinw@cannonassoc.com. The cost is \$20 for members or guests and \$10 for student members.



PRESIDENTS PERSPECTIVE:

Managing Stress as an Engineer

Being an engineer can be a stressful job. We have the responsibility to protect and maintain the safety and welfare of the public in all the decisions that we make throughout the day. The public sector is always trying to find the best way to utilize public funds and meet the needs of their constituents. The private sector is always trying to provide their clients with the best product while trying to maintain a positive bottom line. We are all trying to juggle multiple balls in the air without letting them drop. Regardless of whether you work in the public sector or in the private sector, my guess is that you experience the stress of being an engineer each and every day. Since we as engineers are in positions that are responsible to protect the welfare of the public, this alone can be a stressful endeavor. For this reason, I thought I would share a few helpful hints on how one can identify the stress in ones life and better manage it so that it does not lead into chronic illnesses such as coronary heart disease or peptic ulcers.

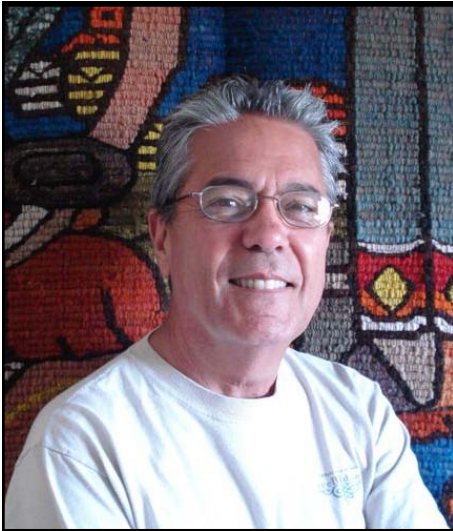
First, become familiar with the different events and the amounts of stress they promote. Second, practice recognizing the stress level when one of these events happens. Third, think about the meaning of the event for you and identify your feelings. Fourth, think about the different ways you can adjust to the event. Fifth, take your time in arriving at decisions. Sixth, anticipate life changes and plan for them well in advance whenever possible. Seventh, pace yourself. It can be done even if you are in a hurry. Eighth, look at the accomplishment of a task as a part of ongoing daily living; avoid looking at such an achievement as a stopping point. Congratulate yourself and push ahead. Last, recognize that your internal mechanism of coping with stress is directly tied to how your health and well being will be influenced by it.

Some of the best ways to manage stress is to ensure that you are eating properly, exercising regularly, and getting plenty of rest. With these helpful hints, I am hoping that each of you can manage your stress effectively and bring positive change to the engineering profession. With summer ahead of us, I hope everyone enjoys the beauty of the area that surrounds us here on the Central Coast. I hope to see you at our next meeting.

~ Kari Wagner

Visit the ASCE-SLO Website at:
www.ASCESLO.org

MEET THE MEMBER - CALVIN FERNANDES



It is my pleasure to introduce this month's featured ASCE member Calvin Fernandes. When I called Calvin, he attempted to reverse the interview and find out about the recent changes to the new masonry code. After I explained my expertise with structures was limited to sand castles, he allowed me to interview him. Calvin has a son Adam (31) and daughter Jenna (28) and currently lives in Atascadero where he has established a strong name for his own structural engineering business, Fernandes Engineering.

Calvin was born in Newark California, but was raised in Gustine. At 20 years old he moved to San Francisco where he studied choir and music at SF State for several years. Calvin has managed to carry his passion for choir to this day. He is a part of the Cuesta Master Chorale and performed in the chorus for the opera Carmen.

At the age of 30 while working as a courier truck driver in San Francisco, he began attending architectural lectures. After listening to a talk on the architect Bernard Maybeck, Calvin was inspired to see some of his designs around the bay area. As he began to look out of his courier truck more and more examining his surroundings, Calvin realized he had a fascination for the structural arts and moved south to

become an architectural student at Cal Poly.

Although architecture sparked his enthusiasm, he found that his true interest lay in the engineering of buildings. In 1977, Calvin graduated from Cal Poly with a degree in Architectural Engineering. Straight out of school he began work in Menlo Park at the structural firm, Cabak, Randall, Jasper, & Griffiths (CRJ&G). In 1980 he received his PE and after six years at CRJ&G, he moved to begin work as a plan checker in Atascadero.

For 15 years, Calvin plan checked a wide variety of CE fields from grading and septic to his expertise - structural. Oftentimes engineers with no structural background would attempt to sneak something by. He laughs remembering a plan where the upper vertical reinforcement of a retaining wall had no connection to the footing.

While at Atascadero he began private contract plan checking for both the city of Paso Robles and Santa Barbara County. Calvin found it interesting plan checking bazaar homes for movie stars, and buildings designed by high profile people such as Richard Meier, the Getty Museum architect. "Sometimes the designs were so esoteric and innovative that you couldn't understand them, but you can check their approach, check their loads, and make them prove what they are doing makes sense."

In 1998 he established Fernandes Engineering, a local structural firm. He is currently working on several concrete block buildings that will be used to restore classic cars. Through his company he discovered that SIPs gave him fits! Calvin used SIPs, or "structurally insulated panels," to construct the entirety of a large home. They are energy efficient and are composed of two plywood panels sandwiched together around a foam core. Although they make sense, they can give a structural engineer quite a

headache if the owner chooses to use them for floor and roof systems.

Come find Calvin at the next ASCE meeting, and hopefully you can provide him with more help regarding the new masonry code than I could!

~ Daniel Parker-King

ADOPT-A-HIGHWAY CLEANUP

This Branch has a continuing commitment to our Adopt-a-Highway section on US 101, northbound between Los Osos Valley Road and Madonna Road. An expedition to clean our highway (the shoulder, actually) is scheduled for the morning of Saturday, June 21, 2008. All members, adult friends, and adult hangers-on are welcome.

We will assemble at the SLO City Maintenance yard, on Prado Road near US 101, to begin the cleanup at 9:00 AM. Reminder to wear long pants and closed toe shoes. We will provide the hard hats and vests, but we don't have enough safety glasses - so if you could, please bring your own or a pair of sunglasses.

If you have any questions, please contact Jeff Werst at jwerst@co.slo.ca.us. Thank you for donating your time for this public service.

MEMBER CORNER

Congratulations to Ed Sullivan, Ph.D., P.E., M.ASCE and past president of ASCE-SLO. Dr. Sullivan has been selected as the 2008 recipient of the Frank M. Masters Transportation Engineering Award. This prestigious award is presented by the Society to recognize contributions to the planning, design, or construction of transportation facilities. The award was for Dr. Sullivan's innovative research and implementation studies on road pricing. Congratulations!!!

**JOHN WARNER MATTINA, 2008 ASCE SLO
BRANCH SCHOLARSHIP RECIPIENT**

After a competitive review process, JW Mattina was selected to receive this year's ASCE SLO Branch Scholarship of \$1,500. JW's ability to balance academics with professional activities, and his approach to his future career were exemplary. The ASCE SLO Branch received four outstanding applications for the 2008 ASCE SLO Branch Scholarship. All of the candidates had excellent SCE involvement and career goals and aspirations in civil engineering, and are to be commended for their achievements.

A special thanks goes out to the sponsors of this year's scholarship program:

- Andrew Descary
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ASCE WEBINAR SURVEY
www.doodle.ch/wbf9mp3mm5igcbss

Dear ASCE San Luis Obispo Members,

Each year, the ASCE San Luis Obispo Chapter offers training for its members. This year we have a choice between three Webinars. Follow the Doodle link below and complete the poll to select the Webinar(s) you are likely to attend. You may select one, two or all three Webinars. Note: This poll is not a sign-up for the Webinars, but rather a vote to see which is most popular and consequently which one will be offered. Training selections are needed by Friday June 27.

Webinars:

- **“Speaking to Make Good Things Happen: Preparing, Presenting and Following Up”**
~ Tuesday, August 5 (9:00 – 10:30am)
- **“Developing Effective Teams”**
~ Wednesday, September 3 (9:00 – 10:00am)
- **“What An Engineer Needs To Know To Survive and Thrive Soft Skills, People Skills, and Leadership Traits”**
~ Thursday, September 4 (9:00 – 10:00am)

The location for this year's training is to be determined; depending upon the number of people we expect to attend. The cost to attend is \$10 per person, non-refundable.

Vote here: www.doodle.ch/wbf9mp3mm5igcbss

Thank you for your input and participation.

Sincerely,

Jeff Spannbauer, PE
VP ASCE San Luis Obispo

OTHER LOCAL EVENTS

If you have an event you would like posted at no cost, contact Syllas Cranor at 781-5260 or at scrantor@co.slo.ca.us.

The local chapter of the **American Public Works Association** meets on the second Wednesday of the month, every other month. For details, contact Jay Walter at jwalter@slocity.org.

The Central Coast Branch of the **Institute of Transportation Engineers** holds monthly meetings throughout the tri-county area. Contact Richard Marshall at 781-5252 or rmarshall@co.slo.ca.us for details.

The Central Coast Branch of the **California Land Surveyors Association** usually meets the second Thursday of each month. Contact Rochelle Vierra at 549-3461 or Rochelle_Vierra@dot.ca.gov for more information.

Cal Poly's **Society of Civil Engineers (SCE)** welcomes local professionals to its regular meetings held alternate Wednesdays at 7:00 pm in Room 13-118. For further information, contact Kari Wagner (kariw@WallaceGroup.us) or Jeff Spannbauer (jeffs@cannonassoc.com).

The Central Coast Chapter of the **International Code Council** meets the first Thursday of the month at Margie's Dinner. Contact Sylvia Aldana at 781-4671 or saldana@co.slo.ca.us for information.

The **American Institute of Architects** meets the 3rd Wednesday of each month at Vista Grande Restaurant (Cal Poly). For information, call Jeff Emrick at 549-8658.

Engineers Without Borders meets on the second Wednesday of each month at Noon. For further information, contact Natalie Ergish at 547-5605 or Secretary@ewb-slo.org.

The **Central Coast Geological Society** meets every second Tuesday. For information, contact Lou Blanck at 542-4626.

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