

# SULLIVAN ENGINEERING LLC

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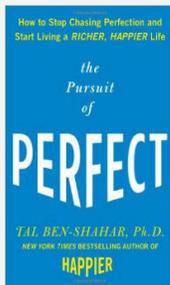
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## Recommended Reading



### The Pursuit of Perfect

By: Tal Ben-Shahar  
Review By: James Monahan

The Pursuit of Perfect by Dr. Tal Ben-Shahar provides an in depth analysis of how we balance perfectionism and what he refers to as "optimalism" throughout our lives. He describes optimalism and perfectionism as two categories of behavior that most people fall into when dealing with various aspects of their lives.

In the business world for example, perfectionists are always working towards their next promotion or raise, never being satisfied or enjoying the fruits of their labor. Optimalists can share the same lofty career goals; however, they are more likely to recognize and enjoy their accomplishments once they have achieved them.

## May 2016 Newsletter

### Greetings!

The following is the latest edition of the Sullivan Engineering newsletter. This newsletter is being provided as a courtesy, based on our professional relationship. As always, your feedback and suggestions regarding this newsletter as well as requests for future topics are appreciated. Please feel free to email us at [newsletter@sullivanengineeringllc.com](mailto:newsletter@sullivanengineeringllc.com).

## Quote of the Month

*"I find that the harder I work, the more luck I seem to have."*

- Thomas Jefferson

## What to Expect: Asbestos Abatement on an Exterior Restoration Project

By: Rebecca Reilly



Due to health concerns and the large cost of abatement, asbestos containing materials (ACM) are a major concern to building owners. These materials can be found in roofing materials, tiles and insulations that were fabricated and sold between 1930 and 1985. Asbestos containing materials are typically classified into two categories: friable and non-friable. Since non-friable ACM does not easily crumble and distribute airborne particles, they are considered less harmful to people. Building materials such as roofing and window sealant are considered non-friable. Various types of insulation including:

The author teaches us that in order to feel joy, we must first experience and deal with our pain. He demonstrates how we must recognize and accept our emotions rather than repress our feelings, as society has conditioned us to do. The three distinct yet interrelated aspects of perfectionism are: the rejection of failure, the rejection of painful emotions, and the rejection of success.

When we experience and accept our failures, we develop a greater appreciation of what it takes to be successful. An optimist uses failure as a learning tool as he moves forward towards his goals. While perfectionists dread any hurdles or setbacks between their current state and their desired destination, optimists embrace failures, obstacles and challenges as valuable life lessons along their journey.

Dr. Tal Ben-Shahar discusses the intense stress and unrealistic expectations that we saddle ourselves with on a daily basis. He implores us to allow ourselves the much-needed breaks we deserve. The author's mission is to help readers open their eyes to the way they are living so they can search for ways to improve. At the end of each chapter, Dr. Tal Ben-Shahar provides tools such as: meditation practices, writing exercises, and "time-ins" to encourage reflection on the content. This book might make you realize how hard you are on yourself, and that life is an adventure and an odyssey.... so enjoy the ride.

**Recommended  
Restaurant**

fireproofing, soundproofing and pipe covering are examples of friable ACM.

Asbestos testing is required in New York City whenever work is to be performed on an existing building. If asbestos containing materials are being disturbed during a construction project, the [Contractor](#) removing the materials must be registered with the NYC Department of Environmental Protection (DEP), and the asbestos containing debris must be disposed of in specific designated DEP facilities. Additionally, if the amount of ACM being disturbed is more than 10 SF or 25 LF, air monitoring is required for asbestos abatement. An air monitoring company will use a sampling pump to test the air and ensure the levels of asbestos do not exceed the maximum allowance outlined by the DEP. Asbestos abatement and air monitoring is often an unforeseen cost, and building owners should include additional funds in project budgets in the event that ACM is encountered.

On a typical exterior restoration project with ACM, the contractor is typically required to remove all asbestos before pulling the permit and beginning work. In some cases however, it is not practical to remove all of the asbestos before replacing the materials. For example, if asbestos containing sealant exists at all of a building's windows, it's not practical to...[Read more](#)

## Owner's Representation & Peer Review

*By: Kevin Duffy*

Since the financial crisis of 2008, many building owners have become increasingly budget conscious, and are looking for creative ways to ensure that projects come in on time and under budget. To achieve this goal, some building owners retain another firm to conduct a peer review, while others hire a specialized firm to act as an owner's representative. Although it seems counterintuitive to hire an additional company as a way to cut costs and ensure scheduled project completion dates are met, this is not always the case.

Firms specializing in owner representation are often hired if the building owner has limited experience in the construction industry, or if his time is better spent handling other company business. Owner's reps usually monitor design to ensure that the owner's vision is achieved. They may create or review the project budget, including soft costs such as engineering and permitting fees. They monitor construction related activities to ensure that the contractor is being paid based on the amount of work that has been performed to date.

More recently, owner's reps have been asked to perform additional services such as: assisting with the due diligence process, or negotiating construction contracts rather than merely enforcing them. Poor owner's representation can lead to conflict within the project team, or a project that is not performed to the owner's standards. According to an article from [Engineer News Record \(ENR\)](#), "Owners also are leaning heavily on ORs to act as corporate watchdogs for compliance



### **The Penny Farthing**

[www.thepennyfarthingnyc.com](http://www.thepennyfarthingnyc.com)  
103 3rd Avenue, NY, NY  
Review By: Kevin Duffy

Named after an old-fashioned Victorian era bicycle, The Penny Farthing near Union Square is a great place to meet friends, grab a bite to eat, or relax with a couple of drinks after work. They are open for lunch and dinner every day and cater weekend brunches. The exposed brick and beautiful wood accents create a rustic charm. The spacious layout offers plenty of seating. The bar is long and lit with trendy Edison light bulbs that enhance the wood ceiling beams. There are four large screen TVs dedicated to sports coverage, and in the warmer months, patrons can enjoy the outdoor café.

The service is extremely friendly and helpful. Despite how busy it was at the time, the wait staff ensured our glasses were never empty. The friendly bartenders offer generous pours. The menu features a nice variety of pub grub and comfort food, and I highly recommend the Buffalo Mac-n-Cheese. The Penny Farthing is the perfect choice for a good, cheaper selection of food and drinks, especially in Manhattan.

**Recommended  
Application**

and even ethics." This means that an owner's representative is responsible for all communication between the design team and the construction team, and must mediate any issues that arise. Therefore, it's imperative that owner's reps exemplify professionalism and integrity in everything they do.

Building owners sometimes choose to have a third party perform a peer review to help ensure their project's success. While an owner's representative is typically knowledgeable of the construction industry as a whole, a firm performing a peer review specializes in a specific aspect of design. Additionally, the reviewer must not be involved in any of the design or feasibility studies being performed for the owner. According to the American Council of Engineering Companies (ACEC), "The peer review should help minimize future exposure that could result in claims." which means the review should point out potential future change orders during the construction process, along with potential life cycle maintenance issues. The ACEC also recommends that the peer review be well documented in the form of checklists that indicate exactly what was reviewed and the reviewer's findings.

If an Owner's representative and/or peer review firm is retained, it is critical that all scope of services be reviewed and discussed by the Owner with the full team to ensure that all parties are on the same page. Furthermore, direct communication between the entities should be allowed/required to prevent delays and misinterpretations. Lastly the Owner's rep or peer review firm must take great care to avoid interfering with the Architect or Engineer's ability to provide their services...[Read More](#)

## Photo of the Month



View of Downtown Manhattan from a roof terrace on Cliff Street

If you have any questions regarding this newsletter or any other topics that we have discussed please feel free to contact us at 973-706-8584



## **Venmo**

*Review By: James Monahan*

Have you ever been in the awkward position where of having no cash to pay someone back or to split a bill? Venmo solves this by allowing you to digitally transfer money with other Venmo users. Just download the app and designate the bank account or credit card of your choice. Now to send money, all you have to do is type the person's name and the amount, and click send. You also have the option of writing a memo to the person you are sending money to. After creating an account, Venmo can pull other Venmo users from your phone contacts and your social media accounts.

There are no fees for sending money, and it only takes 1 business day for money sent to you to transfer from your Venmo account into your personal banking account. Splitting a bill at dinner has never been easier, and I'm sure your server will appreciate not having to divide up the check amount among many different credit or debit cards. Ordering lunch at the office with no cash is no longer a problem when you can simply Venmo your coworkers. And if your colleagues don't have Venmo, encourage them to sign up. If you're ready to simplify your life just follow

or via email at [engineering@sullivanengineeringllc.com](mailto:engineering@sullivanengineeringllc.com)

**Sincerely,**

Brian Sullivan  
Principal

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