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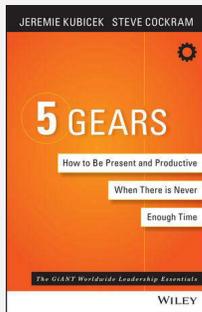
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Recommended Reading



5 Gears

By: Jeremie Kubicek &
Steve Cockram
Review By: Donna Rama

Using an analogy of gears in a car, the authors outline the mindset and capabilities we need to develop to positively impact the people in our personal and professional lives.

They present the view that constant distractions, technological advances and general busyness can overwhelm our ability to appropriately connect with, and be present for, the people around us.

Six straightforward gears or modes are laid out in the book. They include: recharging, connecting, socializing, multitasking, focusing and a responding. Sometimes we need to unplug and rest so we can recharge. Other times we need to be there for our families and friends without the distractions of work. Being social and adaptive is very important. And, while working hard and

September 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.

Quote of the Month

"Don't let the fear of losing be greater than the excitement of winning."

- Robert Kiyosaki

What to Consider with Concrete Composite Masonry

By: James Monahan



There are several factors to take into account when considering replacing a 3-wythe composite brick masonry wall with a brick and CMU composite wall assembly, including integrity, longevity and cost.

It's important for an owner, architect or engineer to know how well each wall will function over its lifespan. At some point, or simultaneously, each composite assembly will experience a variety of loads. In order to understand how a wall will perform, it's important to know how it works. The function of a composite wall is to have multi-wythe walls behave structurally as one wall. For the walls to function as one, they must have sufficient load transfer between each wythe. Each assembly has different components that provide shear transfer between wythes. Composite brick masonry assemblies rely on header bricks, wall ties and horizontal reinforcement, whereas composite CMU and brick assemblies rely on wall ties, collar/mortar joints and horizontal reinforcement. To learn more about specific bonding requirements and allowables, please refer to the Building Code Requirements for Masonry Structures. In order to understand what may cause a wall component to fail over time ...[Read More](#)

Benefits of Regular Inspections & Maintenance Plan

By: Joe Czaszynski

smart in various ways is often necessary, we must also learn to focus intensely and work quickly to attain maximum efficiency and productivity. Lastly, we must understand the need to back up, regroup, change direction or even apologize. Just as with a car, each gear or mode is useful and essential, but only at certain times. If we can effectively learn to engage and shift our gears at the right time and place, our personal and business relationships will thrive.

Recommended Restaurant



Malatesta Trattoria

649 Washington St., NY, NY

Review By: Donna Rama

Malatesta Trattoria is a cozy little Italian restaurant located on a quiet corner in the far West Village, just a short walk to Piers 40 and 45 in Hudson River Park. High ceilings, rustic wooden tables covered in paper, ceiling fans, handwritten menus and a friendly waitstaff combine to create a relaxed, charming and welcoming ambiance. Malatesta serves fresh, homemade pastas. The spinach gnocchi in Gorgonzola sauce is like heaven on a plate! The prices are very affordable for the area; entrees range from \$12 to \$23, and carafes of the house wine are \$18. Open walls and sidewalk tables make it a popular destination in the warmer months, so while the weather still allows, enjoy some al fresco dining at this wonderful trattoria. Be prepared however, it's cash only and reservations are a must.



Regular inspections and continued maintenance plans are the best and most practical ways to preserve the original design features, and retain the value of a building. Coatings or cement parging (stucco) is often used to cover up features that have deteriorated well past a simple maintenance repair. While this is an economical way to mask a deteriorated feature, the building loses its identity as a result. Regular or continued maintenance plans give owners and building associations the opportunity to prolong the life and quality of their building within a reasonable budget.

The design professional that performs the inspection will determine the conditions that must be dealt with immediately. However, the building owner must consider a time frame for fixing the issues that are not considered unsafe, but still require repair. If postponed, smaller repairs can sometimes turn in to larger and more costly repairs. For example, if the cornice of a building is not maintained, and neglected to the point where replacement is necessary, the supporting parapet under the cornice might need to be replaced as well. Water can enter through defects in the cornice and infiltrate and damage the parapet. The extent of this damage often cannot be determined until the cornice is removed.

Regular maintenance can also prevent...[Read More](#)

Seasonal Tips: Fall

By: Rebecca Reilly

For some great seasonal tips, check out our article from October 2015 below:



It's that time of year again! The leaves are changing; the air is crisp. Fall is a great time to prepare your building envelope for the harsh winter months in order to minimize future maintenance costs.

Building maintenance personnel should inspect all roofs for damage, paying extra attention to flashings. Cracked pourable



Hopper

Review By: Rebecca Reilly

By tracking the best time of year to fly to a particular destination, Hopper is a great tool for comparing online flight deals. Users simply enter their home airport and destination airport. The app generates a calendar with color coded dates - green indicates a great flight deal, yellow indicates a moderately priced flight, and red indicates a high priced flight. This calendar view makes it simple to choose trip dates based on the best priced flights. There's also an option to track flight prices. When prices for their intended destinations change, Hopper will send users phone notifications. Additionally, selected flights can be purchased directly through the app.

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sealer within pitch pockets that could be allowing water infiltration can be replaced quickly and inexpensively. Gutters, downspouts, drains and scuppers should also be regularly inspected throughout the fall season to ensure they are free of leaves and debris. All equipment on the roof, including any drain domes should be secured...[Read More](#)

Summer Internship Experience

By: Conor Rafferty



As I was beginning my first internship with Sullivan Engineering in May, I was not sure what exactly to expect. My arrival in the office on my first was accompanied with friendly greetings and a pleasant atmosphere. I felt that the staff members had great integrity, as well as passion for their professions. My goal for the summer was to act as a sponge, soaking up any and all information to carry into my future professional life.

Over the course of the summer, my professional development greatly increased. Both inside the office and out, I was treated with respect, as though I was an employee who had been with the company for years. Participating in weekly project management meetings, as well as progress meetings and field visits on site expanded my knowledge and competence. My view on the engineering field and aspects of the job are evident now, and I will use this insight as I proceed in finishing my college career and search for a full time position.

The opportunity to work for Sullivan Engineering was an incredible experience that I am very grateful for. I have gained valuable intuition into the engineering and building envelope field and look forward to keeping in contact with Sullivan Engineering for the years to come.

Photo of the Month



View of the Con Edison building at 14th Street and Irving Place

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 or via email at engineering@sullivanengineeringllc.com

Sincerely,

Brian Sullivan
Principal

SULLIVAN ENGINEERING, LLC

409 Minnisink Road, Suite 103

Totowa, NJ 07512

P: 973-706-8584

F: 973-860-0712

M: 973-997-5654

bsullivan@sullivanengineeringllc.com

www.sullivanengineeringllc.com