



# THE OREGON PROFESSIONAL ENGINEER

Fall 2008  
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## Advertising & Publications Produced by PEO State Office

The State Office has taken over the advertising and publication of the PEO Newsletters and Directory. Our goal is to upgrade these publications.

Please contact the office if you have interest in advertising in the PEO publications.

The publications reach over 400 licensed engineers. Submit Press Releases to [peo@oregonengineers.com](mailto:peo@oregonengineers.com)

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## PEO Presidents Message



Another year has begun with the officers of the Professional Engineers of Oregon. I have accepted the duties as your President for the net year. Tamara Johnson is your new President-elect. We would like to thank Ron Polvi for his volunteer time leading the organization over the last year. Ron has started a number of activities and outreach programs that need to continue.

Job Shadow, MathCounts, Engineer's Week, and the CH2M-Hill Bridge contest bring Professional Engineers of Oregon in to the local schools. These programs need to continue to get students in to the engineering fields and in to PEO. This last year Engineer's week expanded in programs in Portland, Salem and Coos Bay. I encourage all chapters and individual members to get involved in these programs. Volunteers are always needed in these programs.

The National Society of Professional Engineers held its annual conference in Portland, Oregon this summer. This gave you a chance to visit with other engineers from throughout the country. The feedback from the attendees may mean another conference in the Northwest soon. This conference also discussed the support or not of the B plus 30 by NSPE. This would require a bachelors degree plus an additional 30 credit hours to be able to sit for the Professional Engineering license test. No vote was taken on this issue.

I plan to attend a monthly chapter meeting in each region and would encourage chapters to place their meeting information on the PEO web page. Obtaining speakers for monthly chapter meetings is always difficult. If there was some speaker contact information listed, other chapters could get the speakers to their meetings also.

The PEO annual meeting was once again included in the Joint Engineering Conference held in Bend in April. The conference committee did an excellent job in attraction a variety of speakers and vendors to the program. The River House is a beautiful, well run conference center. The next annual conference will be held in Corvallis at the CH2M-Hill Center on May 14-16, 2009. The program is being assembled now, so save those dates for another excellent conference.

Congratulations to Micheal Hardy on being elected to office of Vice-President of NSPE. Oregon now has a strong voice at the national level.

See you in Corvallis in May 2009.

Sincerely,  
Robert G. Paul P.E.,P.L.S.  
PEO President 2008-2009

# AVOIDING BURNOUT

Val Baldwin, CPC

Live Your Ultimate Life *Now!*

[www.valbaldwin.com](http://www.valbaldwin.com)

by Henry Neils, Reprinted from CareerBuilder.com

In some ways it was a typical breakfast meeting. The waitress was pleasant, the eggs were average, and the restaurant was full of busy people. My client held a cup of black coffee and the first few times he took a sip he managed to spill quite a bit of it. His trembling hand was just one of the symptoms of his burnout. That's why we were meeting. He wanted to know if I could help him.

I picked up a fork and explained that as long as I used it for eating, the fork would last indefinitely. However, if I began to use it to drive nails or dig trenches, it would soon break. The key was to use it for what it was designed to do.

The look in his eyes told me he got it, but I still went on to say that people are like the fork. When they do what they are not designed to do, they eventually break.

Sure enough, I had him take a MAPP (Motivational Appraisal of Personal Potential) Assessment and it showed that he was designed to work on projects where there was a definite goal. He derived immense satisfaction from reaching goals. He also needed to work by himself about half the time. He was a scientist and enjoyed lab time, doing calculations, and interpreting test results.

What his job required on a day-to-day basis was another story. His primary task was to supervise a dozen people and maintain operations. No goals. No projects. No time alone. Consequently, his job was sucking the life out of him.

Much credit for his recovery goes to his boss who was willing to change the job content to fit the design of a valuable employee.

So how do you know if you, a loved one, or someone who reports to you is suffering from burnout? Here are the early-warning signs.

1. Chronic fatigue - exhaustion, tiredness, a sense of being physically run down
2. Anger at those making demands
3. Self-criticism for putting up with the demands
4. Cynicism, negativity, and irritability
5. A sense of being besieged
6. Exploding easily at seemingly inconsequential things
7. Frequent headaches and gastrointestinal disturbances
8. Weight loss or gain
9. Sleeplessness and depression
10. Shortness of breath
11. Suspiciousness
12. Feelings of helplessness
13. Increased degree of risk taking

Fight burnout. Do what you were designed to do. If you are interested in taking your own MAPP assessment, you can do so easily, quickly and affordably online at [www.assessment.com](http://www.assessment.com). Check it out and get started on living your ultimate life!

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**Welcome New Members...**

Harry Utti, PE  
Stephen L Hills PE  
David Chack-Tin Lin PE  
Shaun Patrick Martin Sr  
Matthew S Puglisi

**Welcome Student Members...**

Matthew S Puglisi  
Stefan Wold Arteaga  
Mary Elizabeth Mclean  
Josh K Goodall  
Kristina B Johansson  
Nicholas Royal Mortier  
Julie A Stewart  
Mark Schmidt  
Brianna Sue Ward

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**THE MATHCOUNTS PROGRAM** is a unique opportunity for business and the community to enrich math curricula throughout the state of Oregon. Funding partners at the state level assist MATHCOUNTS by making it possible for the program to reach more than 1000 students statewide each year.

The MATHCOUNTS organization creates and distributes curriculum materials and provides services for teachers, students and coordinators throughout the year. MATHCOUNTS also provides ongoing support for volunteers and conducts the State Competition each winter.

There are four levels of competition that MathCounts funds...

- ✓ **Local Competition**
- ✓ **State Competition**
- ✓ **Regional Competition**
- ✓ **National Competition**

What do the funds go towards?

- ✓ **Transportation of Students and Coaches**
- ✓ **Housing for Students and Coaches**
- ✓ **Meals at all the Competitions**
- ✓ **Prizes to Encourage Involvement**
- ✓ **Materials for the Competitions**
- ✓ **Awards and Plaques for the Winning Teams and Individuals**
- ✓ **Pin Exchange at the National Competition**
- ✓ **Logo T-Shirts for National Team**

**State Sponsor \$5000.00 ++++**

Free ad in The Professional Engineer  
Link on [www.oregonengineers.com](http://www.oregonengineers.com) MathCounts page  
Recognition at the Annual Convention of Professional Engineers of Oregon  
Recognition at the State Competition  
Logo on National Team T-Shirt

**Major Sponsor \$1000.00 +++**

Link on [www.oregonengineers.com](http://www.oregonengineers.com) MathCounts page  
Recognition at the Annual Convention of Professional Engineers of Oregon  
Recognition at the State Competition  
Logo on National Team T-Shirt

**Significant Sponsor \$500.00 ++**

Recognition at the Annual Convention of Professional Engineers of Oregon  
Recognition at the State Competition

**Friends of MathCounts \$100.00 +**

Recognition at the State Competition



**Thank you to Ron Polvi, PE for his service in as President of PEO in 2007-2008. He was presented his Presidents award at the October board meeting. (see below)He also serves as President of the Oregon MathCounts Foundation**



**Robb Paul 2008-2009 PEO President presenting the award to Ron Polvi**

## **OPPORTUNITY FOR PUBLIC INPUT:**

Those who would like to provide public testimony may attend a public hearing on December 16, 2008 at 10:00 a.m. The hearing will be located at the Building Codes Division, Conference Room A. Written comments may also be submitted to the contact below. The last day to submit written comments is 5:00 p.m. December 19, 2008.

### **Live broadcast via the internet:**

To view the public hearing live, click on "View live meetings"

### **Purpose of the rule:**

This proposed rule allows a General Supervising Electrician, General Journeyman Electrician, and a Class A Limited Energy Technician, if employed by an electrical contractor, to design, plan and layout the electrical portions of a fire protection system. This rule will exempt these license types from the engineering requirements of the Oregon State Board of Examiners for Engineering and Land Surveying (OSBEELS). This proposed rule would be effective January 1, 2009.

### **Citation:**

Adopt: OAR 918-261-0015.

### **History:**

Concerns regarding who can design, plan and layout the electrical portions of fire protection systems began to surface approximately five years ago. Prior to that time it was common practice for licensed electrical contractors to design and install noncomplex electrical systems, including the electrical portions of fire protection systems, without additional requirements for design or review by a registered professional engineer. These concerns were addressed by the Legislature in 2005 with the passage of House Bill 2596, which created an exemption in ORS 479.860 for certain electrical licensees from engineering requirements when designing noncomplex installations. In May of 2008, the OSBEELS issued a statement that attempted to clarify that "unless an exception to the engineering laws apply, the design of fire protection systems must be performed under the supervision and control of a registered professional engineer or licensed architect." After OSBEELS issued its statement, the division was contacted by representatives of both industry and local government, who requested the division clarify and address this issue. At the July 24, 2008 meeting of the Electrical and Elevator Board, the board provided input to the division regarding adopting a temporary rule that would allow licensed employees of electrical contractors to design, plan, and lay out the electrical portions of fire protection systems. A temporary rule was filed effective July 25, 2008. In October 2008 a committee meeting was held to review the temporary rule and discuss permanent rule language. These proposed rules will be discussed at the November 2008 Electrical and Elevator Board as well as with OSBEELS.

### **Contact:**

If you have questions or need further information, please contact Hearing Office Matt Barber at 503-373-1227, or Matthew.E.Barber@state.or.us .

### **Engineer Exemption Rule**

**Draft: 11-13-08**

**918-261-0015**

### **Exemption from Engineering Requirements for Design of Fire Protection Systems**

**(1) As used in this rule:**

**(a) "Fire protection system" has the meaning given that term in OAR 918-305-0110.**

**(b) "Customer" means:**

**(i) A person who purchases the design and the service of having the electrical portion of a fire protection system installed; or**

**(ii) An electrical contractor who purchases the design and the parts or equipment for the electrical portion of a fire protection system, and installs all or part of the system.**

**(2) A general supervising electrician, general journeyman electrician, or class "A" limited energy technician licensee who is employed by a licensed electrical contractor and acting both within the scope of the licensee's license and as a signing supervisor:**

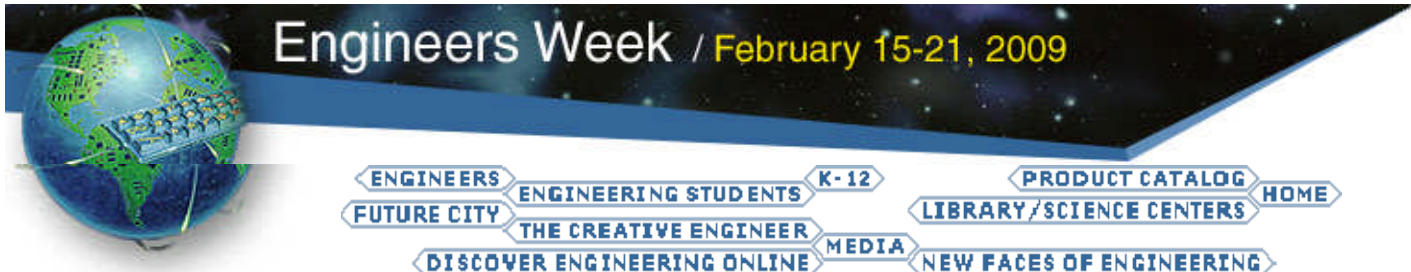
**(a) May design, plan, and lay out the electrical portion of a fire protection system for the licensed electrical contractor's customers.**

**(b) Is not subject to any requirements for an additional license, permit, certificate, or registration when designing, planning, or laying out the electrical portions of a fire protection system as authorized by this rule.**

**(3) The electrical design documents for a fire protection system that are prepared by a general supervising electrician, general journeyman electrician, or class "A" limited energy technician licensee under subsection (2) of this rule are exempt from ORS 671.025 and do not require the stamp of an Oregon registered architect or professional engineer.**

**(4) For the purposes of ORS 479.860(2), and the exemption created in subsection (2) of this rule, the electrical portion of any fire protection system is considered a noncomplex electrical installation.**

**Stat. Auth.: ORS 479.860 Stats. Implemented: ORS 479.860 Hist.: BCD 14-2008 (Temp), f. & cert. ef. 7-25-08;**



**Engineers Week** ([www.eweek.org](http://www.eweek.org)) - The site contains the nuts and bolts of how to organize and run a local Engineers Week program, with a special section for *Introduce a Girl to Engineering Day*, features the *New Faces of Engineering* and information for media. As Engineers Week becomes more global, this site is increasingly important in making materials and ideas accessible.

See [www.eweek.org](http://www.eweek.org), email [info@eweek.org](mailto:info@eweek.org), or call (703) 684-2852 for more information on each of these programs and materials to support them.

### JOB BOARD

To place a position on this site it is complimentary to member companies. Non-member companies there is a fee of \$150.00 per placement. To place a position please email [peo@oregonengineers.com](mailto:peo@oregonengineers.com). For more information please call 800-919-9552.

The **Oregon Department of Transportation** was established in 1969 to provide a safe, efficient transportation system that supports economic opportunity and livable communities for Oregonians. ODOT develops programs related to Oregon's system of highways, roads, and bridges; railways; public transportation services; transportation safety programs; driver and vehicle licensing; and motor carrier regulation.

#### **Environmental Engineering Program Coordinator**

The **Environmental Engineering Program Coordinator** serves as the Environmental Engineering Program Coordinator responsible for developing program strategy, goals and objectives to ensure compliance on a statewide basis. The salary range is \$4000-\$5908/month. This position is located in **Salem**.

**SEE JOB BOARD FOR MORE DETAILS ON THIS POSITION AND OTHERS...**

### LOCAL CHAPTER MEETINGS

Contact your local chapter officers or go on line to [peo@oregonengineers.com](mailto:peo@oregonengineers.com) for information on your next meeting. **SUBJECT AND SPEAKER SUGGESTIONS ALWAYS WELCOMED!**

**Martin Stipe, PE                      Mid-Willamette Chapter**

Oregon Department of Energy  
503-378-4926 – [marty.stipe@state.or.us](mailto:marty.stipe@state.or.us)

**Robin Warren, PE                      Rogue Valley Cht President**

Applied Geotechnical Engineering  
541-226-6658 – [robin.warren@agegc.com](mailto:robin.warren@agegc.com)

**William Wright, PE                      Southwestern Cht President**

541-267-2588 – [wrightcb@charter.net](mailto:wrightcb@charter.net)

**Hugh Currin                                      Klamath Basin Cht President**

OIT  
541-884-3023 – [hcurren@oit.edu](mailto:hcurren@oit.edu)

**Mark Herbert                                      Central Oregon President**

Kleinfelder Inc  
541-382-4707 – [mgerbert@kleinfelder.com](mailto:mgerbert@kleinfelder.com)



NSPE Fellow Membership Grade

The NSPE Fellow Program is a national program intended to recognize deserving professional engineers who have demonstrated long term professional service at the chapter, state and national levels of NSPE. The NSPE Board of Directors established the Fellow recognition program to honor those licensed members who have demonstrated exemplary service to the profession, the Society, and the community.

Involvement in NSPE must include holding at least one elected office at the chapter, state, or national level and must also include service at the national level of NSPE in order for nominees to be considered. National level service can include a number of activities such as committee/task force chair or member. While it is desirable to have held an office at the National level, importance is placed on long term active involvement. The Council of Fellows Executive Committee endeavors to treat each nomination on its own merits and tries not to restrict itself by generating a list of activities that would qualify.

It is desirable that nominees exhibit continuing effort over years in NSPE Involvement, Professional Activities, and Community Involvement.

Nominations are to be submitted to the NSPE Council of Fellows Executive Committee either through a state society of NSPE, through an NSPE Interest Group, through an NSPE Chartered Affinity Group, or through a member of the NSPE Board of Directors with NSPE Board endorsement. For the purpose of definitions, Interest Groups are defined as the 5 NSPE practice divisions and Chartered Affinity Groups are defined as those organizations with which NSPE has a written affinity group agreement (currently the National Academy of Forensic Engineers and the National Academy of Building Inspection Engineers). These definitions may be expanded over time with the addition of other NSPE interest groups and chartered affinity groups.

Nominations by an NSPE Interest Group, an NSPE Chartered Affinity Group or the NSPE Board of Directors do not count against a State society's quota.

Nominees *may not* submit a letter of recommendation on their own behalf.

The NSPE Board of Directors votes final approval of those nominees recommended for Fellow status by the NSPE Council of Fellows Executive Committee.

Instructions and guidance for completing the Fellow nomination form and the nomination form itself can be found at <http://www.nspe.org/AboutNSPE/fellowmembershipgrade.html>

Thank you in advance for your participation. If you know of someone that fits the requirement please contact the PEO office at 800-919-9552 or [peo@oregonengineers.com](mailto:peo@oregonengineers.com). The committee will be preparing and reviewing applications for final submittal to NSPE. This is a great honor. So please get nominations in by January 8<sup>th</sup>.

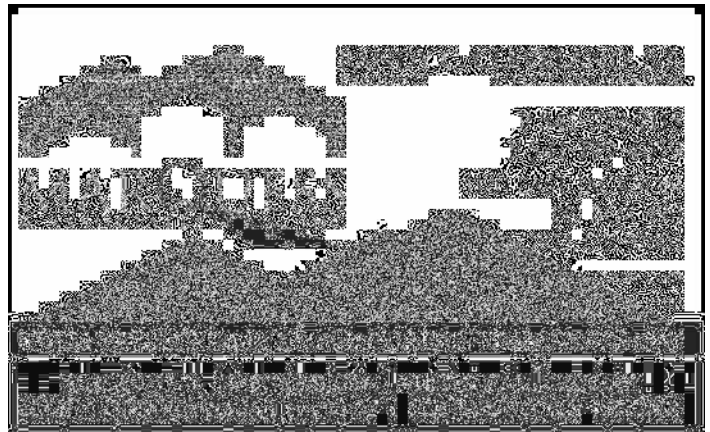
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