

AIA MIDDLE PA CHAPTER NEWSLETTER

Sheetz Kitchen Tour a Success . . . And Delicious!

Rick Cyman, AIA Middle Chapter President and Sheetz Architect, welcomed more than 22 members and guests to the Sheetz Brothers Kitchen facility in Claysburg, PA, in early October. Taking four years to complete from inception to move-in, Sheetz began shipping the first products from the kitchen in August, 2008.

Before touring the impressive facility, Rick talked about store development and expansion for the corporation. Presently located in six states, there are 360 locations and employment of 12,500 associates. With gross sales in 2009 of \$3.75 billion, Sheetz philosophy is to control — as much as possible — the supply chain to their stores. Management emphasizes Total Customer Focus (TCF) and a “Spirit of Innovation” to guide them.

Design of the stores falls into two major scenarios . . . a 4,000 sq. ft. store generally used for rebuilds, and a



◀ Rick Cyman welcomes group and gives brief Sheetz Corp store development overview.

5,000 sq. ft. design for new buildings. The construction time is about 18 weeks once the contractor moves onto the site until completion. We also learned some interesting facts during Rick’s presentation. Did you know that Sheetz sells about *86.1 million* MTO units in a year and around *21 million gallons* of gasoline per week? Amazing!! Also amazing was our lunch that came right from the Sheetz Kitchen facility.

Delicious!

Jarrod Sharpe, who has been a part of the Sheetz Brothers Kitchen facility from the beginning, was on hand to explain the development of the project and then conduct a tour of the facility. In order to get the best design, Sheetz enlisted two firms to provide a design to a predetermined point. While compensating both for their work, the Corporation then selected The Dennis Group, process engineers, to take their design to completion. Ground was broken in 2007, and the building was completed nine months later. The total project was \$36 million or \$200/ square foot. The cost was a little higher than originally programmed

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▲ Cold Area Food Preparation at Sheetz Kitchen Facility. Room temperature is 36 to 38 degrees F.



▲ Jarrod Sharpe, Kitchen Facility Manager, explains the construction and capabilities of “walk-on” ceiling.

See Sheetz Brothers Kitchen, Pg 3

NEXT MID POINTS

Deadline for articles and information for the next newsletter is:

January 4, 2010

Please contact Dee Columbus, Editor, tdta2000@comcast.net

STAY CONNECTED

Please send new member information and any changes and/or additions in your contact information including email addresses to:

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Please be sure to visit the AIA Middle PA Chapter website to view the following:

- Chapter Officers
- Calendars
- Newsletter Archive
- Executive Committee Minutes
- Membership Information
- AIA Links
- Sponsorship and Advertising
- Mission Statement
- Project Photos

Message From the President

Rick Cyman, AIA

Well, the year is coming to an end, which means our bi-annual chapter symposium is just around the corner. If you have yet to sign up, I encourage you to do so. This year, the response from the vendor community was excellent and the guest speaker line-up looks outstanding. In addition, if you are still in need of fulfilling your learning credit requirement, this is a convenient way to do so, especially if you need LEED credits. So, please come out and join your colleagues for a day of learning and camaraderie!

September 17th marked the ground breaking on our Habitat House. We are presently under roof and working to complete the mechanical rough-ins. The AIA volunteer day is planned for November 14th, so if you have some free time available, I hope you will consider signing up. The completion date is scheduled for November 30th so that the homeowner can move-in prior to the holidays. Furthermore, moving in by this time also gives the homeowner a chance to take advantage of an \$8,000 tax credit that is offered to first time homebuyers.

With the end of the year rapidly approaching, we will be starting to put together the schedule for 2010 in December. I am interested in hearing about any ideas you may have or events that you think may be beneficial to the chapter. On another note, we still have some open leadership positions available on the board. If you have some free time and would like to get more involved with the AIA, please give me a call. I look forward to hearing from you...

Rick

For more information and directions for the Habitat House Volunteer Day, see Page 8

AIA Associates Corner — 2009 Links

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Sheet Brothers Kitchen . . . Cont'd from Pg 1

due to additional storage space being constructed in the Distribution Center adjacent to the new Kitchen. In addition to the building itself, the facility also has a fleet of 35 vans and 15 box trucks which deliver product to the stores each day. The only exception are the stores in North Carolina which are on a 3-day delivery schedule because of the distance from the Kitchen. Sheetz has a cross dock facility in Roanoke, VA, to facilitate this need. The product lines include: 2 donut lines, cinnamon rolls, sub rolls/burger buns, and cookies and muffins. The RTE (ready to eat) production includes: 2 sandwich lines, cup filling lines (parfaits and mac 'n cheese); and condiment lines. The average daily production is: 60,000 Donuts; 5,600 cinnamon rolls, 32,000 rolls and buns; 50,000 cookies; 2,500 muffins; 13,000 grab 'n go; 14,300 breakfast sandwiches; 8,400 parfaits and mac 'n cheese; and 1,600 condiments. WOW!! And I'm sure we've all enjoyed at least one of these delicious products!

The tour was a treat not only for the eyes, but for our noses as well. Needless to say, the aromas coming from the kitchen were delightful. In order to keep up with demand, the kitchen's production schedule is 7 days/week, 365 days/year including holidays. So no need to fear, whenever those hunger pangs hit, there's a Sheetz store nearby with a variety of food to satisfy our desires. Thanks to Rick and Jarrod for an interesting and **delicious** look at one of our areas innovative facilities.

For the Good of the Order

Comments on the Profession of Architecture by Tom Columbus Jr., AIA, LEED AP

LEED AND A/E INSURANCE RATES

The insurance industry is currently holding steady with regards to premiums and the new enhanced LEED AP system. It seems a wait and see attitude is prevailing (at this point in time anyways) for individuals electing to become a LEED AP+. The new USGBC standards for LEED AP's offer this enhanced designation to LEED AP's that elect to take another test that specializes in one of five areas: Building design and construction; interior design and construction; residential projects; neighborhood development; or operations and maintenance. In addition to the test, there are requirements for experience, plus adherence to a code of ethics, plus continuing education, (Get it? +,+). The higher standard of care in a particular specialty is not prompting higher insurance premiums and higher perceived risk, which, to some firms, may help in the decision making of prompting their employees to attain the LEED AP+ designation.

Business Cents

Occasional comments on the business of design by J. Richard Fruth, AIA

Recent visits to the medical profession reinforce what I thought that I knew about good design and service.

After a fall, I needed to see my medical group for diagnosis. This didn't start off well with the usual wait and dropped calls before I could talk to a nurse. But then it quickly improved. I was able to see the PA [physician's assistant] within the hour. I arrived at the medical group reception was a series of small transaction desks with soft walls separating you from the next desk. A water feature provided screening noise and the staff spoke loud enough for me to hear but not so loud as to be heard in the entire waiting room. I arrived and was promptly taken to an examination room. After a thorough exam the PA wrote orders for an X-ray and told me to go across the hall to the next suite, tell them I had arrived and a picture would be taken. Then I was to bring the film back to the PA's suite. There was practically no wait at the imaging suite considering that this was not a scheduled visit. Soon I had the film in my hands and it was back to the PA. Again very little wait and a short follow up exam with the PA and I was on my way home. The whole visit took less than 90 minutes.

Unfortunately there was a referral to the orthopedic group. That experience was not at all the same. The orthopedic group had one long counter staffed with three persons who were answering the phones, talking to the medical staff and receiving me, the customer. You could hear the entire conversation from the far side of the waiting room. I know because that's where I sat waiting. What I felt was a long time for a scheduled appointment. I got into the exam room which couldn't have been further from waiting and I had an ankle injury. Then came another long wait. I ended up seeing the specialist about an hour after my scheduled appointment.

There are two lessons here about what we design and how we provide the design experience. Architecture should be for the user – in this case the medical patient expects privacy, the practitioner expects efficiency. The architect's job is to meet both demands – that was achieved at the medical group and missed at the specialist's office.

We should also provide our services with efficiency – be on time, respect privacy and make the process as efficient as possible.

Architectural design and professional service is all about the same thing. Meet the users needs, creatively solve competing demands and be efficient in how you do it – that's the business cent.

Think about it.

AIA PA Announces New Timing for ARE Testing

AIA Pennsylvania is pleased to inform you that the PA State Architects Licensure Board recently announced that candidates pursuing their license to become an Architect may take all divisions of the ARE concurrently with their experience requirements through the Intern Development Program (IDP). Therefore, interns no longer need to wait until they complete their IDP before they can begin the written examination process.

At the request of our members, AIA Pennsylvania successfully lobbied for this change throughout the past year. For additional information on examination and licensure requirements, contact the Pennsylvania State Architects Licensure Board:

State Architects Licensure Board

P.O. Box 2649, Harrisburg, PA 17105-2649

Phone (717) 783-3397 Fax (717) 705-5540

ST-ARCHITECT@state.pa.us

<http://www.dos.state.pa.us/bpoa/cwp/view.asp?a=1104&q=432449>

Major Changes On The Way For LEED Movement

Adam R. Fernsler, P.E., LEED, AP.

As momentum builds for the Leadership in Energy and Environmental Design (LEED) movement by US Green Building Council (USGBC) major changes are in the near future for the entire program.

With the adoption of LEED 2009, the Green Building Certification Institute (GBCI) will have the option to revoke or revisit the level of a project's certification in the event of non-compliance with a minimum program requirement.

The USGBC has recently launched a new Building Performance Initiative for all buildings that have previously achieved the LEED certification. This initiative is to develop a comprehensive data collection and analysis methodology that will be shared to reduce gaps in the anticipated performance. Many factors affect the daily performance of buildings. This process is intended to provide guidance for the correction of program shortfalls.

USGBC will be conducting summit meetings in the US this fall for the review of the data collection agenda and analysis methodology. Ultimately, the results of the input will be submitted at the First Annual Building Performance Summit in Arizona in November.

Under LEED 2009, all newly constructed buildings will be required to submit energy and water usage data for the first five years as a condition of certification.

Architects beware! Future Architect-Owner Agreements for LEED projects should clearly identify and assign responsibility for the maintenance and submission of required data, allocate the risks associated with failure to supply required documentation, and address the consequences of decertification.

LEED projects, unfortunately, start with a predictive model which may vary from the actual performance if for no other reason than because usage is almost impossible to accurately predict.

The performance data requirement could lead to the down-certification or decertification if buildings are not achieving their predicted performance.

To be forewarned is to be forearmed. Today, there are firms engaged in environmental and energy law who can come to our rescue. A good start would be to attend the 2009 Symposium. Anthony Potter, Esq, will be presenting "Risks and Rewards in a Greener PA".

You cannot afford to be uninformed.

SYMPOSIUM UPDATE

It's Not Too Late!

There's still time to register for the 2009 AIA MPC Symposium. Register online at www.aiamiddlepa.org or download a hard copy of the registration brochure at the site.

It's that easy! Don't miss the chance to earn continuing ed credits, network with colleagues, see the latest in architectural products and services and win great prizes. Visit www.aiamiddlepa.org for more info or contact Anne McGrath, event coordinator, at 814.539.1317 or annefmcgrath@verizon.net.

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Call-Out Box

Register online at www.aiamiddlepa.org or download a registration form at the site and mail it in. For more info, **contact** Anne McGrath, event coordinator, at 814.539.1317 or annefmcgrath@verizon.net.

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Your Symposium Investment Pays Off

When you register for the 2009 Symposium, here's what you can expect from your investment:

- Up to five AIA-approved HSW continuing ed credits
- Up-to-the-minute news on LEED certification and IBC changes
- An insider's look at the only existing building in PA to earn LEED platinum status – and the only one in the country outside of California
- Great networking opportunities with colleagues from large firms, solo practitioners, niche firms and public sector organizations
- Exhibition Fair featuring 30 companies, including eight first-time exhibitors
- Great prizes and giveaways

Visit www.aiamiddlepa.org to register online or download a registration brochure.

More Symposium News . . . See Page 7

Symposium Welcomes New Exhibitors

There will be at least 30 exhibitors at this year's Symposium – a 15% jump from the 2007 event. And we're pleased to welcome seven first-time exhibitors!

Our exhibitors will be giving away great prizes, including gift cards, sportswear and golf gear, baskets of cheer, office furniture and much more. At your request, we've increased the time you can spend with exhibitors. Please be sure to take advantage of this great opportunity. Our exhibitors include:

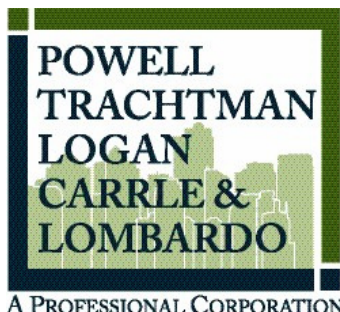
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Symposium Special Thanks



Special thanks to ***CAD Research*** and ***Powell Trachtman Logan Carrle & Lombardo*** for helping to sponsor this year's Symposium.





AIA Middle Pennsylvania

HABITAT FOR HUMANITY VOLUNTEER DAY

Saturday, November 14, 2009

If you are available between 8am & 4pm,
please come out and lend a helping hand.

(Lunch will be provided)

Please call or email Tyne if you plan to participate: 814-947-5366 or tpalazzi@sheetz.com



Directions:

329 West Street
Everett, PA 15537

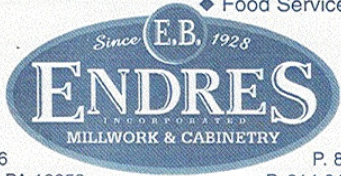
- From I-99 exit onto **Rt. 30 East** toward **Everett/Breezewood**.
- From Rt. 30 East take the **Everett Exit**.
- Follow the road until the 1st Signal light, make a **Left** onto **North Spring Street**.
- Follow this road until you come to **3rd Street**, make a **Left** turn and go to the top of the hill and around a curve. You will see the construction sign on the Right.
- Turn **Right** at the 25mph speed limit sign.



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