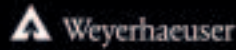


introduction

THE TRIED AND TESTED HAVE PARTNERED WITH THE BOLD AND INNOVATIVE.

Welcome to iLevel™, a new business from the three most respected names in residential framing: Trus Joist, Structurwood and Weyerhaeuser. We've made the latest product technologies and design services available under one roof, helping you manage costs while minimizing jobsite waste. Go to iLevel.com today, or call 1-888-iLevel8 (1-888-453-8358).



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ABC Arrow Building Center "Dependability from the ground up" Division of Consolidated Lumber Company

Fourteen stocking locations, twice-a-week inner-company shuttle delivery, and an Integrated Network System allow us to have the availability of the building materials you need for your project. Our system also allows you to purchase these materials at any of our locations using your existing Arrow Building Center account.

- **Amery, WI**
843 State Rd. 46 N
715-268-8161
- **Hudson, WI**
876 County Rd. U
715-386-2371
- **Rice Lake, WI**
2120 W Knapp St.
715-234-6932
- **Big Lake, MN**
14813 162nd Ave. SE
763-262-1440
- **Hastings, MN**
755 31st Street E
651-437-8555
- **Milltown, WI**
101 Industrial Ave.
715-825-3287
- **River Falls, WI**
188 County Rd. U
715-425-7245
- **Stillwater, MN**
2000 Tower Drive W
651-439-3518
- **Kasson, MN**
102 1st St. SW
507-634-2471
- **Hayward, WI**
15914 US Hwy 63
715-634-8941
- **Red Wing, MN**
170 Cannon Bottom Rd.
651-388-6741
- **Spooner, WI**
102 Pine St.
715-635-2199
- **Webster, WI**
7454 Elm St. W
715-866-4345
- **Chippewa Falls, WI**
500 E. Park Ave.
715-723-4716



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A **NEWSLETTER** for the
Professional Builder & Remodeler.

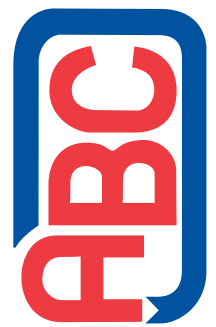
THE CONTRACTOR

MAY 2008

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VOLUME TEN NUMBER TWO

Arrow Building Center
"Dependability from the ground up"
Division of Consolidated Lumber Company



Building Codes Seen Driven By Green "Awareness"

The "greening" of America has taken root and local builders may find in the not-too-distant future green building practices included in building codes. According to a survey by McGraw Hill Construction, it's projected that one in 10 homes will be built "green" by the end of the decade.

In a separate survey of communities with populations of greater than 50,000, it was found that one in seven have green building programs. According to the American Institute of Architects (AIA) report, since 2003 the number of cities with green building programs has risen sharply from 22 to 92, an increase of 418 percent!

In February, the National Association of Home Builders (NAHB) www.nahb.org launched its residential green building standards that

will complement the U.S. Green Building Council's commercial (LEED) version. It's anticipated that the standards will be adopted by the International Code Council and become the residential green building construction method in most state housing codes.

Common practices utilized in the green process include site selection (incorporating the natural features of the site); material selection (engineered wood products rather than conventional lumber); insulation (increasing wall, ceiling and attic requirements) windows (installing Energy Star windows; appliances (selecting energy efficient products with the Energy Star label); and plumbing (installing low-flow features on toilets and showerheads and installing energy efficient water heaters or tankless water



"It's anticipated that the standards will be adopted by the ICC and become the residential "green" building construction method in most state housing codes."

heaters). Talk to us when you have questions.

What We Can Learn From Brett Favre

Most people in Wisconsin (for that matter, most people in the country) were shocked to hear the news that Green Bay Packers quarterback Brett Favre was retiring after 17 seasons. Indeed, Sundays are going to feel a little empty for the people of Wisconsin, or for any Green Bay Packer fan, come this next season.

Arguably, Brett Favre was one of the greatest quarterbacks of all-time: two Superbowl appearances, a Superbowl ring, three MVP awards, and countless passing records. But what sets Brett Favre apart from the competition is not so much his accomplishments on the field, but how he conducted himself off the field. And here, I think, is a lesson for all of us. Brett not only practiced good sportsmanship on the field but also in life and as well in business.

Brett Favre endeared himself to the people of Wisconsin and throughout the country because he came across as a “real” person, not an untouchable sports celebrity, but somebody we could all relate to on some level, even if we’ve never experienced a quarterback blitz.

Who could forget the memorable Monday Night Football game, when Brett Favre seemed to play



*Arrow Building Center
President David Majeski*

above himself just days after the tragic death of his father; or how he publicly addressed his addiction and recovery; or how he stood with his wife in her fight against cancer; or how his family suffered the loss of their homes in the wake of Katrina.

And yet, despite personal struggles, he went out and played every game with dignity and honor; his commitment to his team and job is undeniable: the most consecutive starts by a quarterback, a record that will be difficult to break.

The business of building is tough these days, there’s no question. But there are positive signs on the horizon. We must maintain a commitment to our work and customers, faith in ourselves, and persevere in the face of adversity. Brett Favre played a game, but he did it with integrity. We can do the same in the business of building.



Companies That Walk The Green Building Talk

Arrow Building Center is proud to work with companies that follow green building practices and initiatives. When it comes to windows, **Marvin** and **Andersen** are two companies in particular with sound environmental principles.

Both companies produce products that meet ENERGY STAR® requirements. But their environmental conservation initiatives don’t stop at producing energy efficient products; both companies take into account the entire production process.

Marvin has introduced initiatives that rethink its value chain, improve resource productivity, and lower environmental costs. **Marvin** promotes sustainable forestry management both at home and abroad.

Andersen was the first company in Minnesota to achieve an EPA XL permit, and only the 13th nationally. This 10-year multi-media permit includes goals and commitments made by **Andersen** for superior environmental performance in the areas of air, water, and waste requirements.

Installing energy efficient windows is a basic green building practice. The concept is called “passive solar design” and it incorporates windows (many of them) to capture, transmit and hold the heating power of the sun inside a building envelope.

To learn more about passive solar design visit the websites at www.efficientwindows.org and www.nfrc.org. Proper selection of windows and practical design can be an effective energy saving solution.

When The Discussion Turns To “Green” Engineered Wood Often Leads Off

When it comes to discussions about “green” building practices, wood (especially engineered wood) is often a focal point. The reason for this is that wood represents a disproportionate percentage of all materials used in residential construction. A typical 2,085 square foot single-family home uses about 13,127 board-feet of framing lumber. So naturally, when the discussion turns to building a “green” home, the topic of engineered wood often leads off.

But what is it about wood, and specifically engineered wood, that makes it a “green” building product? For beginners, wood itself in its raw form is considered “green” because it is a naturally renewable building material that benefits the environment. A young forest produces 1.07

tons of oxygen and absorbs 1.47 tons of carbon dioxide for every ton of wood. As the forest matures, though, the absorption rate drops off. But harvesting a mature forest sequesters the carbon in the wood, meaning it will not be released into the atmosphere. For example, that same single-family home has approximately 28.5 tons of carbon



dioxide sequestered, roughly the equivalent to seven years’ worth of emissions from a small car!

Technological innovations continue to dramatically improve the efficiency of wood product manufacturing. Modern sawmills produce more than twice the amount of usable lumber and other products per log than they could a century ago. Engineered wood products make far more efficient use of the available resource today than ever before. By-products from other production processes, such as wood chips or unusable bits of wood, can be recycled and reused in engineered wood products.

Engineered Wood Q&A

Can I combine engineered wood I-joists with lumber rim joists or headers?

Wood I-joists are manufactured using relatively dry materials so shrinkage and dimensional changes are minimal. For this reason, wood I-joists should not be used in combination with lumber rim joists or headers because of the difference in shrinkage and compressibility.

How much, if any, bracing is necessary to the underside of an engineered I-beam to prevent floor

bounce?

Add bracing to the underside of the I-beam to prevent floor bounce. Use 1" x 4" strapping. A block every 8' in long runs also adds stability.

What are the recommendations for panel spacing?

An 1/8" spacing at all panel ends and edge joints is recommended unless otherwise indicated by the manufacturer. The 1/8" spacing recommendations are based on typical 4' x 8' panels installed under and for normal conditions. If larger panels are used

or if severe moisture conditions are anticipated, increased spacing may be required.

Can I use 16d framing nails on narrow I-joist flanges?

Don’t use 16d framing nails on narrow I-joist flanges. Use a nail gun and use smaller shaft nails. Don’t overdo it when it comes to nailing.

The APA has just released the 2007 “Engineered Wood Construction Guide.” The guide is offered in its entirety or as sections covering floor, wall and roof construction. Visit the “publications library” at APA’s website www.apawood.org.