



 **PROJECT HIGHLIGHT**

15 Craigside Residence

by Paul Aniya

On February 28th 2011, The 15 Craigside Residence, officially opened its doors and began operations as the newest retirement community in Honolulu. Craigside, in the heart of Nu'uuanu, is conveniently located just minutes away from downtown Honolulu. Designed by the Arcadia Family of Companies in collaboration with the United Church of Christ, the new 15 Craigside Residence offers lifetime residency with independent living residence units, access to health care services, meals, convenience services, personal assistance, 24 hour security, maintenance, housekeeping services and numerous programs and activities. The 13-story building includes in its common amenities a rooftop solarium and dance floor, library and internet kiosk, main lobby and seating area, private dining area, kitchen,



The 15 Craigside Team

theatre/multi-purpose room/chapel and indoor pool.

As with high-rise buildings in the Waikiki area, the 15 Craigside Residence project posed challenges with design, construction, space constraints and scheduling. These challenges could have cycled itself over and over again had it not been for the can-do team Koga Engineering & Construction, Inc. had formed with Nordic PCL. The Nordic project management staff consisted of **Larry French, Rod Cordeiro, Clyde Tojio and Lawrence Calpito**. There were many pre-planning decisions worked out in the early stages with Clyde and Lawrence in dealing with our space requirements for the basement excavations and earth retention systems. Those joint decisions in conjunction with satisfying Nordic PCL's staging and scheduling needs proved to be vital team building strategies that allowed the overall project staging to run smoothly. This earned



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 **MESSAGE**

From Our President

by Clay Asato

Aloha,
Recently everywhere you turn the news is negative. The European debt crisis and continued economic struggle in the U.S are creating the possibility of another recession. We were optimistic in the beginning of this fiscal year that things will start looking much stronger by now but our industry is still recovering slowly. There are projects on the boards and some have started, but the overall volume has shown only modest gains. While economists predict a small increase in the construction industry next year, we will continue to make changes to strengthen our organization and not lose focus no matter what 2012 brings. As we end our fiscal year, we are humbled that we endured this tough year. Thanks to all of our employees for your efforts and clients for your continued confidence in our organization.

Going Green. You hear the term a lot these days. In our industry, buildings are being certified as L.E.E.D (Leadership in Energy & Environmental Design) buildings. How extreme you want to be is a personal choice, but a simple concept that makes sense is eliminating waste (sounds like Deming). Use only what you need, recycle, and reuse whenever possible. Being environmentally responsible is not that difficult. Take a look at our Spotlight article on the last page that talks about how our employees at Koga Engineering & Construction, Inc. do their part to go green at home. Good job!

*Mālama ka 'aina – Respect the land.
Till next time...*

15 Craigside Residence

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mutual trust that helped the project and the relationship grow even further.

The 15 Craigside Residence crew was led by Koga Engineering and Construction Foreman John Hamada. John's persistent use of the Deming tools included constant team meetings and communication with the Nordic PCL team. The quality process of team meetings, flowcharting and Plan Act Study helped the Koga team as we ran into heavy difficulties in the offsite sewer system. Hard basalt rock and the existing Board of Water Supply water main were encountered just beneath the asphalt pavement on Nuuanu Avenue (see photo below). This was a renewed focus to our Deming process for me personally, as we needed to formulate new ways of addressing this problem. It is refreshing when you see one simple new idea that really works come forward when we just stick to our process...

Special thanks to all our O'ahu crew who were on that job at one point or another. They all showed their skills and performed when we really needed it.

Until next time, keep pressing for a safe, healthy and prosperous future. Aloha!



SAFETY

by Kristi Koga

Koga Engineering & Construction, Inc. is excited this quarter to train and update all of their employees on their warm up and stretching program. These types of programs are required by many construction companies to get circulation going as well as limber up the crew before they begin their strenuous work day. Previously, the program consisted of a 10 minute stretch prior to starting the day. All of the crews did a great job in accomplishing this task when it was implemented as a requirement in 2009. When asked about the current stretching program, Foreman Lee Iboshi responded, *"Yah, the boys like the stretching program... especially the laborers 'cause it helps them get ready for the day. Some Foremen even added on some of their own warm ups and stretches to the routine. It can be good fun."* The office crew handled the task by stretching alone at their desks. However, they were able to incorporate a group stretch into their team meetings to make it a once a week bonding activity.

Koga is "beefing" up the program by including a warm up component, revisiting the current stretches to ensure proper technique, adding some new stretches and adding an after lunch warm up to get the crew ready for the second half of the day. In addition to this improved daily routine, proper lifting techniques will be reviewed all in hopes to reduce soft muscle tissue and back injuries. Over time, the hope is that these exercises will raise workers' energy levels, mentally prepare the crews for their day and also improve flexibility, strength and range of motion. All of this can enhance a person's ability to do physical work without injury. To ensure the crews receive a thorough training and learn proper technique, Koga Engineering has hired Brad Krzykowski of **Beyond Fitness Hawaii**. Brad, a certified Personal Trainer, Health and Fitness Specialist and owner of Beyond Fitness Hawaii has developed this new and improved program especially for Koga and will also be doing the trainings for the crews. Mahalo to Brad and thank you to everyone at Koga for your participation!



Keeping Up With Mal

Out here in the boonies called Hawai'i Kai Retirement Community, there is a lot of FREE TIME to think about things such as, *"WHAT IS THE MEANING OF LIFE?"* One thing that has puzzled me for many years, is the preponderance of "lefties" in our family.

Doing the math, from our parents down to the youngest grandchild, there is a total of 18 of us. Of this total, 8 are left handed, or 44%. Isn't that amazing! The latest lefty to come forth is Levi Saburo White, son of Kristi and Jason, both of whom are righties. At dinner the other night, Levi grabbed the spoon with his left hand and started to dig into his miso soup with rice. His parents have told me that he is still in the "exploration" stage so we will have to see what transpires over the next year or so.

Now don't get me wrong, I have nothing against left handed persons. I for one experienced this after my accident that caused me to

use my left hand more than usual. I found out that the world is not made for lefties, and I think that there should be a revolt by the lefties of the world to correct this great injustice. For example, when you turn on the starter for your automobile, have you ever tried to do it using your left hand? Or, have you tried to cut a piece of paper using a scissors with your left hand? (I have heard that there are left handed scissors out there, but do you really see them around?) While washing your hands, unless you want to use hot water, you have to use your right hand to turn on the cold.

Well, that's it for now. In the next issue, I may explore the question as to how people become left handed. Dum-dee-dum dum.

All pau.

Koga Bits & Pieces

PROJECT NAME

GENERAL CONTRACTOR/CLIENT

O'AHU

Alapai Transit Center Renovation	Designer Built Systems, Inc.
Campbell High School 8 Classroom Bldg.	Layton Construction
Cancer Research Center	Albert C. Kobayashi, Inc.
Pearl Harbor Fitness Center	Kiewit Building Group, Inc.
Regional SATCOM Center WAAF Waterline	ERRG, Inc.
Repair BEQ Bldg 229 - Whitmore	Hawaiian Dredging Construction Company, Inc.
Holomua Condo	Nordic PCL Construction, Inc.
Ammo Road Repair	Hal Hays Construction, Inc.

KAUA'I

Kaua'i Algae Farm	Hawai'i BioEnergy, LLC
Pipeline Replacement Wailua & Kuamo'o Road	DOW Kaua'i
Pa'anau Village Housing Ph II	Shioi Construction, Inc.
Easter Seals Service Center	Kaua'i Builders Ltd.

BIG ISLAND

Lanakila Housing	Alan Shintani, Inc.
Hilo High School Gymnasium	F&H Construction & Subs
La'ilani Rental Housing Cesspool	DAGS
Waikoloa King's Land - Ph II	Pacific Construction, LLC
Puakō Interim Improvement	University of Hawai'i

Condolences from the Koga Ohana on the recent passing of:

Lionel "Buddy" Azevedo, father of William Azevedo (Koga Big Island Foreman)

August 2011, 79 years old



Kaua'i Algae Farm



La'ilani Cesspool Conversion, Big Island



Ulupono Street Night Crew



Pacifica Crew

The Newsletter of
**Koga Engineering &
Construction, Inc.**

Volume 22
Number 4
October 2011

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Going Green at Home

Small changes at home may seem minimal in the grand scheme of things. However, if everyone does their small part to "go green" we can together create lasting environmental effects. Doing so also ensures that clean air and water are available for generations to come. Here are suggestions from some of our Koga employees who are making a difference, one small (and inexpensive) step at a time.

Alvin Fujioka, Project Manager, offers these suggestions from his experiences at home. "Have a worm bin to discard organic matter. Catch rain water from gutter to water plants. Use a ceiling fan instead of the air conditioner. Throw newspaper and cardboard in the City & County dumpster, but take aluminum cans and bottles to the recycling center (to supplement income...nah just kidding)."

The girls in the main office "go green" at home by using the toaster oven instead of the regular oven; opening the blinds for sunlight instead of turning on the lights; hanging laundry on the clothes line and unplugging all electronic devices that aren't being used.



Koga's Vice President of Kaua'i, Andy Ragasa offers these tips. "Recycle EVERYTHING, not just bottles, plastics and cans that return a deposit. Papers, newspapers, cardboard, plastic containers from household supplies, glass containers and green waste should all be recycled. Cuttings from lawn mowings should go back onto the lawn instead of bagging them." Andy has also enlisted his kids by training them early. He says that his oldest daughter is now actually the "go green" expert. "She's very sensitive about polluting the environment. She gets upset when people are just sitting in their cars in the parking lot with the engine idling!" Lastly, Andy adds that "Our landfills aren't bottomless pits so we need to be sensitive about minimizing the amount of trash that goes there. It's really not that hard of a thing to do. Just like riding a bike, once you know how to do it, you never forget! My whole family is into recycling and reusing."

Here are more inexpensive tips for your homes.

- Switch to compact fluorescent bulbs whenever you need to replace an incandescent bulb.
- Run the washer, dryer and dishwasher only with full loads, saving on both water and electricity.
- Install a low-flow shower head.
- Dispose of hazardous wastes properly and do not contaminate soil or the groundwater in your neighborhood.