

# NEDAC NEWS

NED ALUMNI  
ASSOCIATION CANADA



IF YOU HAVE IDEAS FOR  
SOUVENIR 2014 AND CAN  
WRITE THEN COME  
FORWARD.

PLEASE SHARE ANY  
HISTORICAL OR LATEST  
NEWS ABOUT NED.

VOLUNTEERS FOR ANNUAL  
DINNER ARE NEEDED. SONS  
AND DAUGHTERS OF NEDAC  
MEMBERS ARE WELCOME

*A BRAIN TEASER ON LAST PAGE*

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## Professional Development Committee Seminar

“How to Obtain Professional Engineering License” was the topic of a successful seminar from the platform of NEDAC

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## Jan - e - Baharan

A program of Geet and Ghazal by NEDAC Maestro SHAH QARIN

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## Heart Bypass Surgery (*Plumbing by Doctors*)

Khaliq Najmi, enjoyed healthy habits and routines until this event came in his life. Medical science brought him back to a normal life.

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## Horse Riding can be a Good Retirement Hobby

How to Start, Where to Go, What Benefit, When suitable. Find answers to such questions from Ismat Kamal, P.Eng. About Horse Riding. Ismat Kamal has become an example for all senior engineers.

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## Six Storey Wood Frame Buildings Allowed

Ministry of Municipal Affairs and Housing has made changes to OBC so that Wood Frame Buildings can go up to Six Storey high.

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## What is Happening at NEDAC

Get Involved — Preparations for Annual Dinner, Membership Campaign and By Laws Amendments. It is the time for getting your thoughts to become part of NEDAC activities.

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## LEED Certification— Energy Efficient Buildings

Qambar Raza, P. Eng. Explains the details of LEED Certification in a very simple and attractive way. It is a must read for those who are interested in upgrading their skills

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## FASEELN LOGO by Junaid Akhtar, P.Eng.

Very touching Poetry from NEDAC's Star Poet

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## EDITOR'S NOTE



Here you have the second release of Newsletter of NEDAC in its new format. It is a sign of success of the new NEDAC Board. It also points our attention towards come back of NEDAC to its normal activities. It also shows us that if we focus on activities which bring people together and deal with the differences cool mindedly and respect for everyone, anything can be done. Essence is in the use of language, admiration for each other and ignoring each others mistakes.

The new format of the newsletter was appreciated by everyone who contacted our team through phone, email or meeting personally. This was encouraging for everyone in the editorial team but also for all the Board Members.

A change have been made. From now on the newsletter will be named by weather instead of Q1 or Q2. So this edition is named as Fall Edition. We will keep trying to improve and suggestions are always welcome.

NEDAC is in its full throttle now. A very successful entertaining program was organized by Social Committee Jan-e-Baharan and another was a Seminar by the Professional Development Committee on How to Get Professional Engineering License. These programs once again made NEDians realize the potential present in NEDAC and how necessary a platform like NEDAC is for NEDians.

The work on By-Law revision is in progress. The Preparation for NEDAC Annual Dinner have entered in their final stages. Our publications are getting full recognition from local media and you are getting newsletters.

Our members belong to an enlightened group of society. We understand how essential is the presence of new people in running day to day matters of NEDAC. Fresh and exotic thoughts develop a dynamic organization.

Especially for this Newsletter, a chronic shortage of fresh, interesting and useful input is always present. Please come forward. This publication is for you and it should have what you want. I assure you I will include your opinion.

AMAN SHABBIR SIDDIQUI, P.Eng.  
Editor

### **ONTARIO ANNOUNCES 45 COMMUNITIES TO JOIN HEALTHY KIDS COMMUNITY CHALLENGE**

OVER THE NEXT FOUR YEARS, THESE COMMUNITIES WILL DELIVER LOCAL PROGRAMS AND ACTIVITIES TO PROMOTE CHILDREN'S HEALTH FOCUSING ON HEALTHY EATING, PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE CHOICES, SUCH AS THE IMPORTANCE OF GETTING ADEQUATE SLEEP.

#### **QUICK FACTS :**

ADULT OBESITY IS ASSOCIATED WITH AN INCREASED RISK OF CHRONIC DISEASE. CURRENTLY 75 PER CENT OF OB ESE CHILDREN GROW UP TO BECOME OBESE ADULTS.

THE LIST OF ANNOUNCED COMMUNITIES IS AVAILABLE ON THE HEALTHY KIDS COMMUNITY CHALLENGE WEBSITE. PARTICIPATING COMMUNITIES WILL BEGIN IMPLEMENTING LOCAL PROGRAMS AND ACTIVITIES IN WINTER 2015.

THE HEALTHY KIDS COMMUNITY CHALLENGE IS BASED ON THE EPODE METHODOLOGY. EPODE BEGAN IN FRANCE AND HAS BEEN RECOGNIZED BY THE WORLD HEALTH ORGANIZATION AS AN INTERNATIONAL BEST PRACTICE IN OBESITY PREVENTION.

*NEWS RELEASE BY MINISTRY OF HEALTH AND LONG - TERM CARE.*

## PRESIDENT'S MESSAGE



Dear Fellow Alumni,

Our second ( 3rd Quarter) newsletter has been released with new and updated format. I appreciate the efforts of Aman Siddiqui for his hard work and dedication to make innovative efforts in our newsletter. Like before we have kept the ball rolling in taking NEDAC to a forward positive path. Reconciliation of NEDAC financial accounts of the previous board, NEDAC Professional Engineering Licensure seminar and Jan-e-Baharan Ghazal program are the major lime light of previous quarter.

I appreciate the efforts of our Board member Mr. Karamatullah for his hard work in putting the financial in order and reconciling the information provided to us from the previous board. NEDAC professional development committee under leadership of Fayyaz Siddiqui conducted their first technical seminar on P.Eng. License which was attended by a large gathering of NEDAC members.

Last but not least, Jan-e-Baharan Ghazal program was a great success where members and their guests enjoyed the typical Pakistani Geets and Ghazals played on Tabla –Harmonium in melodious voice of our members Shah Quarin Ahmed.

Preparation for “NEDAC 8th Annual dinner” event has already been kicked off. This year the event is scheduled for Nov. 28 2014 at Lakeshore convention Center, Mississauga. Ticket sale has been started and we are getting very exciting response from the members. We are working hard to bring some fresh ideas and change to the event to make it more interesting for the members. Please purchase your tickets at your earliest convenience to reserve your spot.

Weather is changing and so the colors of trees. Please stay safe and enjoy coming fall season with your family.

Best Regards.

S. IMRAN AHMED  
President, NEDAC



# SEMINAR BY PDC P.ENG. LICENSURE

Reported By

QAMBAR RAZA, P.Eng., LEED AP BD+C

The Professional Development Committee of NEDAC under the chairmanship of Engr. Fayyaz Siddiqui held its 1st Seminar of the year on 30th August 2014 at Noel Ryan Auditorium Mississauga. The main purpose of the Seminar was to help its member in particular & engineer committee at large to improve their professional skills, standing and effectiveness at workplace. Hence the selection of topic of seminar was “How to obtain Professional Engineering License in Ontario”.

The speaker of the seminar was Dr. Santosh Gupta who is Experience Requirement Committee (ECR) chairman, and serves on various committees and task forces including Discipline Committee and Legislation Committee. He is the Councilor of PEO Council appointed by the Lieutenant Governor. Dr. Gupta has been involved with PEO since 1976.

The event started at 1:30 p.m. with registration and net-



working session, followed by Recitation of the Holy Quran and Translation by Shaz Bukhari daughter of NED Engineer Irum Bukhari. Mr. Arshad Azhar, P.Eng. took the responsibility of the MC of the event. Mr. Fayyaz, Chair PDC, welcomed the attendees after which the presentation of Dr. Gupta started.

Dr. Gupta in his presentation highlighted the three main requirements on obtaining the P.Eng. License namely Academic requirement, Work Experience requirement



& Professional Practice Examination (PPE). The presentation was so professionally oriented that it became an interactive presentation as questions were raised during presentation and were well explained in detail by Dr. Gupta.



## SEMINAR BY PDC

*CONTINUED FROM PG. 4*

The Q & A session in the end added further richness to the seminar.

The Seminar concluded with a closing address by NEDAC President Mr. Imran Ahmed. PDC Chair Mr. Fayyaz also thanked the members of PDC committee comprising of Arshad Azhar, Irum Bukhari, Nazli Khan, Syed Qambar Raza, Najam Yaseen , Ifrahim Khan and Salman Sher for their effort to make the event successful.



More than 50 NEDAC members and guests attended the event. It is unfortunate that some of the NEDAC members, who are either in the process of obtaining a P.Eng license or planning to apply for the license in near future missed this golden opportunity due to other important commitments.

Light refreshments were served at the end and the attendees networked with each other; after which the event concluded at around 5 p.m.

### **Request from Professional Development Committee**

NEDAC members are encouraged to provide feedback to the PDC regarding **topics of interest** for the future Seminar.





## AN EVENING OF GEET & GHAZAL JAN - E - BAHARAN

Reported By

Mr. KRAMAT ULLAH

The social committee of NEDAC (NED Alumni Association Canada) under the leadership of its social secretary Engr. Islam Nabi, organized a program of Geet & Ghazal in a local restaurant in Mississauga. The program was named JAN -E-BAHARAN. The event was already popular among the NEDAC members that all tickets of the event were sold out within one week of its announcement. It was well attended mostly by NED Alumni, their families & their guests.

In the evening of 12th Sept 2014 the event took place at SAHARA BANQUET HALL , which was well decorated for this purpose with the seating arrangement beautifully set up for such occasions.

The ceremony started with the recitation of Holy Quran by Osaid Syed. Delicious dinner was served in the beginning of program so that everyone can enjoy Geet & Ghazal without any interruptions. Engr. Islam Nabi gave a brief description of pro-

gram which was divided into two parts, the first part consisting of Geet while the second consisting of Geet & Ghazal's by Engr. Shah Qarin Ahmed, a NEDAC member.



President NEDAC, Engr. Syed Imran Ahmed gave a brief description of the two successful events namely Picnic & technical Seminar had being carried out by



the present board in a very short period of 5 months. He also highlighted and praised the hard work & cooperation extended by all members of present board. He thanked all NEDAC members for their continued support and trust to the current Board. He also announced that Annual Dinner function of NEDAC will take place in Lakeshore Convention Center on 28th November 2014.



# JAN - E - BAHARAN

CONTINUED FROM PG. 6



Rasool Kaleemi was one of the leading pillars of NEDAC, whose contribution to NEDAC will be remembered for ever.

Shah Qarin Ahmed started the program with light Geets and Ghazals where were well supported by Tabla performance of Moosa Mall. The selection of Geet & Ghazal was so well and the melodious voice of Qarin glued audience to their seats. Each & every song was fully enjoyed & applauded by all audience including young & old. Audience sent their requests of their favorite songs and ghazals and Shah Qarin has to shorten the songs in order to fulfill all their requests.

The program lasted beyond midnight & everyone appreciated

Mrs. Asiya Khalid who was the master of ceremony of the first part of the event, gave a very colorful introduction of the singers namely Idrees Ansari, Syed Arif Ali & Tauseef Farouqi. Their songs were fully enjoyed & applauded by the audience.

The Master of ceremony of 2nd Part of program was Mrs. Munawar Kaleemi (wife of late Engr. Rasool Kaleemi) who with her talented wordings & beautiful presentation gave brief introduction of Engr. Shah Qarin Ahmed the main singer of the event. Her brief speech touched the heart of all NEDIAN's as late Mr.



the colorful evening which will be remembered for long in the history of NEDAC.

In the end Engr. Imran Ahmed thanked the guests & presented gifts to singers as a token for their energetic & colorful presentation.



**MY HEART BYPASS SURGERY  
EXPERIENCES & LESSONS LEARNT**

By  
KHALIQ NAJMI, P.Eng.

I am a healthy man of 72 Kg, 5'-8", who walks daily up to 2 Km to keep fit. I work at Nuclear Power Plant at Pickering with RCM Technologies and spend 8-9 hours on my job as a Design Engineering Lead. The nature of the work needs me to be on site most of the time, sitting in front of the computer.

During this (2013-14) harsh winter, and due to the construction of my basement, I missed at least three-four months of my physical exercise on treadmill.

Around April-May 2014, during my routine walk and garden work, I felt that something was bothering me in my upper chest area. It was not a pain; rather it was a tension like condition. I visited my family doctor and he suggested a stress test at KMH Cardiac Centre.

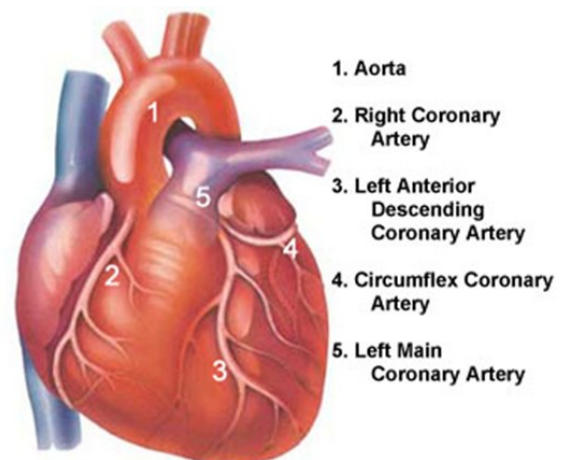
The stress test result came after a few days and it was positive. The next test was nuclear stress test, and the result of that test was also positive. Then I got an appointment from KMH management to see a cardiac physician at the same Centre. He checked all the reports and he himself called trillium Health Centre for an Angiography test on the very next day. The angiography test was conducted by expert staff of Trillium Centre on June 16, 2014. It took 15-20 minutes. Immediately after the test, the doctor asked me, "What you are doing?" I said, "I am working as an engineer." Then he responded, "I will suggest you go for bypass operation because your two arteries are 100% and 90% blocked and we cannot use Stent placement (Balloon) technique to open it".



THIRTY MINUTES BEFORE SURGERY

After that procedure, hospital management arranged an appointment with cardiac surgeon of Trillium Health Centre 03 July, 2014. I visited the surgeon's office at 1:00 pm; Dr. Shafqat Ahmed is an expert surgeon and a nice person. He described to me all the details of my proposed operation. He explained that two of my arteries were blocked and one branch was also blocked. To fix this problem, he will take only one vein from my left arm and complete the bypass in around two and a half hours. He further explained that my heart will not be closed during the operation (On pump surgery).

Rather, he will operate during my heart's live working condition (Off pump surgery). Most bypass operations are done by keeping the heart on temporary "heart Lung machine" for the duration of the operation. He showed me my working heart during angiography. On his laptop, he showed me which artery was closed. I asked him where the artery was. He told me that I could not see it clearly because there was no flow of blood through it. On the laptop, I saw the rest of my arteries that were working, flowing blood well.





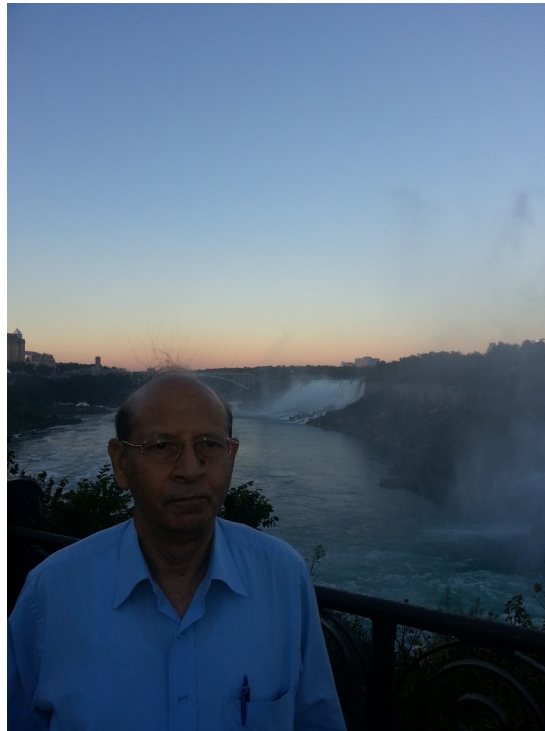
## MY HEART BYPASS SURGERY *CONTINUED FROM PG. 8*

I was scheduled for a Bypass on July 29, 2014, at 8:00 am and reporting time was 6:00 am sharp. After one day of training class at the hospital, I received instructions about such details as my pre-operation medicine, procedure for shower day before operation etc.

On July 29, I reported to Trillium Centre at 6:00 AM. After some paper work, a nurse came to me and checked basic information and gave me some tablets. After that, I don't know what happened to me.

On July 30, when I woke up at about 7:30 am or so, I saw a large room with one nurse sitting in the corner. She came to me to inquire about how I was feeling. I was feeling well. After a few hours, I was moved to my private room with all monitoring attachments. However, a few attached tubes were removed after a few hours.

A senior surgeon visited me daily at 10:00 am starting the next day. His name was Dr. G. Bhatnagar, and he is a very experienced and dedicated doctor. On Friday Aug 1st, a nurse tried to administer a special medicine through I.V, but due to pain, I refused to accept it at the time. On Saturday Aug 2nd at 12:00 PM, I felt that



TWO MONTHS AFTER SURGERY

something was not normal and I felt palpitation. My son was with me on the day. He came to me and inquired how I was feeling and I said I am not feeling good. Immediately, a male nurse entered the room and after asking the same question, immediately gave me a tablet, then a small injection and I got a little relaxed. Then the nurse called the doctor and they arranged the same medicine with dilute solution through I.V.

I was back to normal after a few hours. In fact, my heart beat shot up. The next day, Dr. G. Bhatnagar came to visit. He explained to me that after the bypass operation,

my heart felt comfortable to run and pump more and more blood after a long time of blockage, so we provided some medicine to maintain its beat (pumping speed) at a required level. In other words, the heart said, "Oh, I have lots of space to pump more blood so why not run at a higher speed", but then the Doctor said to heart (through medicine), "Hey, Mr. Heart, don't run at your own speed but follow our instructions and keep it like that for 80-90 minutes.

I started my walking exercise three days after the operation which is still continuing.

### **Lessons LEARNT:**

Those who are 50+ must maintain a regular walking exercise up to 2 Km daily. It should be either outside or indoor tread mill.

Reduce salt intakes up to 50-75%.

Reduce fat and fatty food, not more than once in a month.

Try to avoid tension of all type. Follow your family Doctor's Instruction.

Control diet, increase vegetable, white meat, and fish. Avoid red meat, fatty milk, and chocolate etc. Check and monitor blood pressure, cholesterol, sugar, stress and weight on regular basis.

## HORSE RIDING CAN BE A GOOD RETIREMENT HOBBY

By

ISMAT KAMAL, P. Eng.

Many of us wish to carry out numerous things during our lives but are unable to fulfill our hearts' desires due to various reasons, financial limitations and time constraints. During the greater part of our lives, most of our time and energy is spent on earning the bread and butter and to make ourselves financially stable which leaves very little time for sports and recreational activities.



Once you retire, you have plenty of time and resources at your disposal to pursue the desires you had kept on postponing in the past.

Sometime after my retirement, I got the idea of learning horse riding after watching my nine year old granddaughter skillfully riding a full sized horse. In the past, horses were an essential means of transportation and pleasure riding. With the advent of motorized transportation, this traditional mode had gradually died down leaving very few people knowing how to ride a horse?

As the proverb goes that the old fashion returns, the horse riding has returned but not as essential means of transportation but as a traditional sport at stables, recreational centers and resorts. There are quite a number of horse stables and farms in Ontario where horses breeding, grooming and training for horse racing and sports takes place.

I registered myself for learning horse riding at a place closest to my house in Mississauga known as Meadowlarke Stables, located on 2800 Meadowpine Blvd., North of Highway 401 at the Winston Churchill Boulevard Interchange in Mississauga. The fee was not much. It cost me \$ 257.64 for 8- one hourly lesson per

week. This included the rent for the helmet and the boots. The classes were available either in the mornings or in the evenings. I choose the evening classes from 8 to 9 pm. An extra half an hour over the training hour was used for preparing the horse, its brushing and cleaning, placing the saddle and bridle on the horse.

### SOME TIPS ABOUT HORSE RIDING

- ◇ Be Patient
- ◇ Don't hold the reigns to tight
- ◇ Start with an experienced horse
- ◇ Don't hold your breath
- ◇ Keep your back straight— Don't slouch
- ◇ Don't shout if horse takes off or spooks
- ◇ Keep the hands still while holding reigns
- ◇ Refrain mounting a horse in confined area
- ◇ Loosen up— tensing up will cause you to bounce
- ◇ Be sure to have a qualified instructor



## HORSE RIDING

*CONTINUED FROM PG. 10*

There were three categories of training – beginners, intermediate and higher level. In the higher level training, you learn how to carry out horse jump against a handcap in front of you. Classes normally took place on Mondays, Thursdays and Fridays.

The beginners' training was undertaken within an indoor horse arena while second and third stage training was done outside in open area. During the eight lessons the student is able to learn how to walk and control the horse, gallop to a faster pace, mount and dismount the horse. Every time a different horse was assigned. On the training day, the name of the horse assigned was shown in the Notice Board. The horses, that I rode, were named as Samson, Midnight, Buffy, etc. Most of them were retrieved race horses which were retired and were destined to be butchered.

When you physically sit on the back of the horse holding the reins in your hands and the horse slowly starts to move forward majestically, you feel like a John

Wayne or a King of medieval times. Similarly when you are brushing the horse body, the horse looks at you with great love and affection, you are fascinated with the sweet animal.

I thoroughly enjoyed every moment of my beginners training. I did not register for the intermediate classes as I thought that I have learnt sufficient basic horse riding skill. I can now handle and ride a horse comfortably. With more riding practice and experience, I can become a good horse rider. In conclusion, I must say that this was an enjoyable experience which I should recommend to everyone. It makes a great difference to ride a living creature as compared to a lifeless automobile.



## FAMILIES OF NEDIAN'S ENTERING NEW PHASE

All NEDAC members are encouraged to inform the Editor of Newsletter about any changes in their families with a Photograph



Yasir Khalid, The son of Mohammad Khalid, General Secretary NEDAC Board 2014 , got married on September 28, 2014 in a graceful ceremony in Mississauga. Many NEDians attended the Valima. May Allah have His Blessings to the newly married couple

### **DICE ENERGY EXHIBITION AT N.E.D. UNIVERSITY ON DEC. 23RD. 2014**

#### **DISTINGUISHED INNOVATIONS, COLLABORATION AND ENTREPRENEURSHIP**

DICE-Energy is joint collaborative project of DICE Foundation and NEDUET and is a part of DICE Program focused initiatives. Its objectives are:

- ◇ To establish a strong linkage b/w Academia and Energy Industry and provide a common platform for both academia and industry to interact, collaborate, and share innovative ideas and concepts in order to grow indigenous Energy Industry in the country.
- ◇ To create a positive and favorable image of Pakistan Energy Industry in the eyes of foreign Energy OEMS, suppliers and vendors.
- ◇ To expedite the process of technology revolution in Pakistan by motivating both academia and industry to acquire, promote and utilize state-of-art technologies/high-tech software for the rapid development of innovative Energy products.

If you want to be part of this Exhibition then go to the link : <http://dice.neduet.edu.pk/>



# INFORMATION

By

KHALIQ NAJMI, P.Eng.

## Six Storey Wood Frame Buildings Allowed

In Ontario, changes have been introduced in Building Code, which permits Wood Frame Buildings can be built six storeys high that was limited to four storeys up till now.

### Quick Facts:

- Changes to the Building Code allowing up to six-storey wood-frame buildings start Jan. 1, 2015.
- Ontario's mid-rise wood frame construction requirements offer the highest degree of public and fire-fighter safety in Canada.
- Most European Union and several North American jurisdictions allow wood-frame buildings up to six

storeys. In British Columbia, over 50 wood frame buildings have been built since its building code was changed in 2009.

- More demand for mid-rise wood buildings may help generate new demand for forestry products, which currently supports more than 150,000 direct and indirect jobs in more than 260 communities across Ontario.

New safety requirements for wood frame buildings, that include building stairwells with non-combustible materials and roofs that are combustion resistant, now make Ontario's regulations the most rigorous in Canada.

## WHAT IS HAPPENING AT NEDAC

### 1– Preparations for NEDAC Annual Dinner: Contact Email: [mishink@hotmail.com](mailto:mishink@hotmail.com)

The preparations for NEDAC Annual Dinner are on their climax. Ticket Sales have started . If NEDAC members have any suggestions, please contact Social Secretary or any other office barrier of NEDAC board and give your opinion so that it can be made part of the program.

### 2– Membership Campaign: Contact Email: [fayyaz01@yahoo.com](mailto:fayyaz01@yahoo.com)

Membership Campaign is reaching its final days under the chairmanship of Vice President FAYYAZ SIDDIQUI to bring all the NEDians in Canada in the folds of NEDAC.

It is a call for NEDians who are still not the members, to join NEDAC. We at NEDAC need you. This is the best way to build a platform for our future generations to come close and have another family. This is one of the strongest links for keeping our kids sticking to our culture and values.

### 3– By-Laws Amendment Process: Contact email: [chamansa@hotmail.com](mailto:chamansa@hotmail.com)

The process of amendments in the NEDAC by laws is in its full swing. The By-Laws Committee under the Chairmanship of General Secretary MUHAMMAD KHALID is active in getting things ready for the Amendments.

It is time now to take NEDAC to new levels. For this to achieve, by laws need New Approach. All NEDAC members may contact committee chair to give their opinion and stay in touch with the committee.

# WHAT IS LEED; HOW TO GET CERTIFIED

By

QAMBAR RAZA, P.Eng., LEED AP BD+C

Sustainable design is getting more and more attention and focus amid the industrial revolution era in which constant utilization of non-replenish able resources is casting question marks on the ability of the future generations to meet their requirements.



Building green is becoming more and more important as our resources decline and with the rising price of oil and natural gas, saving energy is a big concern. The use of green construction in home and business developments has started really taking off as the public is getting more and more aware of the advantages of making developments environmentally friendly.



## How do we define a GREEN BUILDING?

In 1987 Brundtland Commission defined sustainable development for the United Nations as: *Development that meets the needs of the present without compromising the ability of future generations to meet their own needs*”.

### Triple Bottom Line



A green building minimizes negative impacts, while maximizes the positive impact relating to the triple bottom line: **People, Planet (environment), Profit (economy).**

In order to promote sustainable design, a number of rating systems have been developed,

LEED is without a doubt the most recognized system in the world.

LEED stands for ‘Leadership in Energy and Environmental Design’. It is a green building certification program developed by USGBC. It is an internationally recognized third-party certification program. LEED promotes a holistic approach by providing third-party verification that a building or community was designed and built using strategies aimed to achieve sustainability in design, construction and operation.

USGBC U.S. Green Building Council is a market & member-driven not-for-profit organization that promotes Green buildings and communities that are environmentally responsible, profitable and healthy places to work. USGBC is responsible for developing LEED rating systems; publishing the LEED reference guides; providing and developing LEED based education and research projects.

CaGBC Canada Green Building Council is dedicated to promoting the LEED rating system in Canada. Their mission is to lead and accelerate the transformation to high-performing, healthy green buildings, homes and communities throughout Canada.

GBCI Green Building Certification Institute independently administer accreditation for LEED professionals and certification responsibilities for Green Building. It develops and manages the credential maintenance program (CMP).

## Why LEED Certification?

According to USGBC, it is estimated that buildings in United States are responsible for:

- 39% of CO2 emissions
- 40% of Energy consumption
- 13% water consumption
- 15% of GDP per year

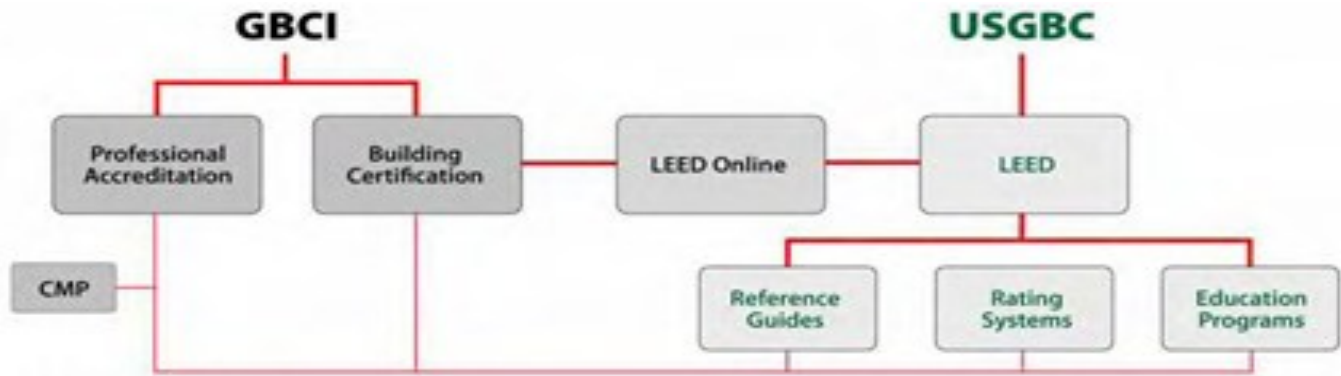


# WHAT IS LEED;

*CONTIUED FROM PG. 13*

By

QAMBAR RAZA, P.Eng., LEED AP BD+C



According to CaGBC, buildings generate up to 35 per cent of all greenhouse gases, 35 per cent of landfill waste comes from construction and demolition activities, and 80 per cent of all water is consumed in and around buildings.

Studies shows that in North American spend, on average 90% of their time indoors where pollutant levels can be 2 to 100 times higher than outdoor levels. Green buildings save energy, consume less water, generate less waste and provide higher level of indoor quality and comfort.

Therefore, making green building is a source of significant economic and environmental opportunity and can have a significant impact on larger environmental goals.

Since 2002, the Canada Green Building Council (CaGBC) and LEED Canada have been redefining the buildings and communities where Canadians live, work and learn. Over the past 11 years, the CaGBC has certified over 1000 LEED buildings in Canada and registered over 4000, the second highest number in the world.

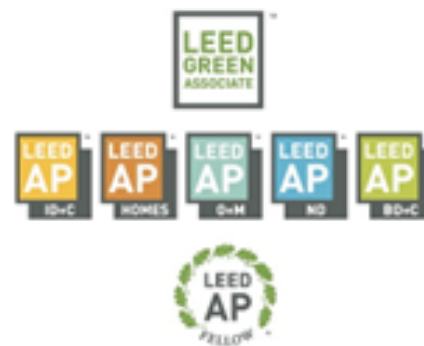
LEED works because it recognizes that sustainability should be at the heart of all buildings – in their design, construction and operation.

### How to get certified?

4 level of Building Certification based on the points scored for sustainability features of the building can be achieved.



The professionals are accredited based on their knowledge of Green building technologies as under:



- LEED Green Associate
- LEED AP with Specialty
- LEED Fellow

The complete details regarding LEED accreditation and certification can be found on CaGBC website.

Reference material is taken from CaGBC & USGBC websites.



# GHAZAL 'FASEELAN LOGO'

By

JUNAID AKHTAR, P.Eng.

## غزل

گرد میرے جو اٹھاؤ گے فصیلیں لوگو  
 مجھ کو مل جائیں گی اڑنیں کی سمیلیں لوگو  
 میں تو ویرانے میں مر کر بھی رہوں گا اُلفت  
 میرے مُردے سے چمٹ جائیں گی چھیلیں لوگو  
 میں اُٹھا لوں گا اگر سر پہ سمندر کوئی  
 میری ہاتھوں سے نکل جائیں گی جھیلیں لوگو  
 کیا مراحل میری تکمیل کے پورے ہوں گے؟  
 ہاتھ پیروں میں جو ٹھک جائیں گی کیلیں لوگو  
 تم نے چیخوں کی گواہی پہ سزا تو دیدی  
 کچھ خموشی سے بھی لے لیتے دلیں لوگو  
 تم اگر تشنہ لبی کرب و بلا تک لاؤ  
 ریت صحرا میں لگا دے گی سمیلیں لوگو  
 اُس کی آنکھوں کو بھی محفوظ کیا ہے دل میں  
 میں نے رکھ دی ہیں سمندر میں یہ جھیلیں لوگو  
 ایک چھوٹی سی مجھے ایک! کرن تو دیدو  
 چاند کرنے لگا اختر سے اپیلیں لوگو

جنید اختر



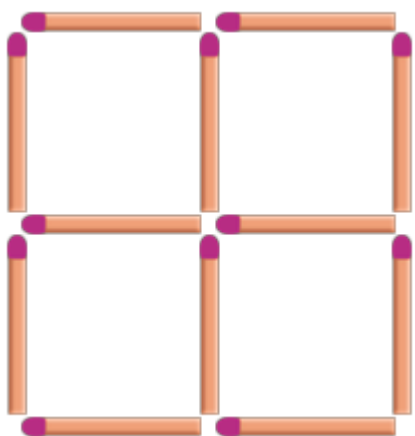
# BRAIN TEASER

By  
ISLAM NABI KHAN.

## Matchstick Picture Logic Puzzle Solution

If you look at the figure given, you will find a square formed with match sticks. This figure comprises of five squares. Can you move the matchsticks such that the resulting figure consists of ten squares?

Please note that, you can just drag the matchsticks and can't rotate them and also you have just four moves. How will you do it?




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### Solution

If you look at the answer figure, you will understand which matchsticks to move and in what manner.

