

## President's Message

This should be an exciting and eventful year for the Northeast Region. Due to changes in the Institute governance model, this is the first year in which the Region Board elected the Region President and Vice President. It is the first year in which the Region is responsible for Chapter visitations. It is the first year in which the Institute is collecting a "Region Allocation" from all members in the Region, including non-affiliated members, and returning this "Allocation" to the Region to help finance the additional responsibilities that have been placed on the Region.

The new "Region Allocation" will certainly provide additional funding to the Region but this funding did not come without "strings". As indicated earlier, the Region is now responsible for making and financing "Chapter Visitation" which is a new expense for the Region. In addition, at the Institute Board Meeting in June 2009, the Institute Board adopted amendments to Institute Policy that expanded the duties of every Region including increased services to non-affiliated members, providing support, guidance and assistance to "monitored chapters", increased reporting of Region activities and periodic "self-evaluations" of the Region. These changes also amplified the need and value of Region Committee Chairs communicating with their Institute counterparts.

Over the past several years, the level of communication between the Region and Chapters, including communications with the Region Membership, has slipped. Your FY2010 Region Executive Committee has taken the challenge of reversing the previous trend and is promoting a significant increase in two-way communications with both Chapters and the membership. We are expecting Region Directors to be a part of this communication process and report on Region activities to their Chapters as well as bringing Chapter concerns to the Region leadership. We intend to increase the communications with Chapter Presidents with the Region Vice President specifically assigned this responsibility. We are also expecting Region Committee Chairs to increase the communications with their Chapter counterpart, many of whom serve on Region Committees by virtue of their Chapter position.

The Region Newsletter and the Region Website are only two pieces of the Region Communications Network. Other parts of this network include the sharing of Chapter Newsletters between Chapters, joint activity by two or more chapters, Chapter visits by Region Leaders and the annual Region Conference as well as a general increase in cooperation.

I am interested in hearing your thoughts, comments and suggestions on improving the Region operation as well as the services the Region can and should be providing to Chapters and members. If you have anything to contribute to this activity, please send them to me at [eustis@infionline.net](mailto:eustis@infionline.net).

Richard A Eustis, PE, FCSI, CCCA, CSC  
NE Region President

## Mark Your Calendars

**August 26-30, 2009**  
**NORTHEAST REGION**  
**CONFERENCE**  
**Lake George, NY**  
*Hosted by*  
**Eastern NY Chapter**

**August 2009**  
**NORTHEAST**  
**REGION**  
**BOARD MEETING**  
Lake George, NY

**August 2009**  
**NORTHEAST**  
**REGION**  
**ANNUAL MEETING**  
Lake George, NY



**Northeast Region  
FY 2010  
Leaders**

*Editor's Message*



**Were has all the summer gone...**

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In the blink of an eye the calendar page flipped and we welcomed in a new school year. It seems like we just did this....

And with the start of a new school year we also kick off a new year of chapter meetings and other new adventures with CSI. Seems fitting that these things coincide, being that they have education in common. And with that you will find that both these things also have something else in common—they both look to grow talent and mentor [emerging professionals](#).

This is the first newsletter of the year after the installation of our new officers, board members, and committee and task team chairs. So, I hope you all offer up your support and enthusiasm for this years leadership team. And being that they are all volunteers they get to work real hard for little reward and no pay....just like our real jobs.

It is also count-down time for the [Northeast Regions FY2010 Conference](#) hosted by the [Eastern NY Chapter](#) at the [Fort William Henry Resort](#) in beautiful [Lake George, NY](#) August 26-30, 2009. In the tradition of years past this will surely be a great opportunity to network, hone your technical skills, or just rekindle friendships. A fabulous venue has been selected that offers many opportunities for family. Why not make it a vacation?

I hope you enjoy this quarterly issue of **The Bridge**.

**Mike Debiak, CSI, CDT, PSP  
NER Newsletter Editor/  
Publications Chair**





## **The Time is Now!**

The Northeast Region of CSI will be holding its annual conference from August 26-30, 2009 in Lake George, New York.

### **Change Your View**

Join us for a conference loaded with interesting and informative technical sessions; as well as activities designed for fun and family. There is truly something for everyone.

Thomas Jefferson called Lake George the most beautiful water he had ever seen.

### **Family-Friendly Lake George**

With numerous shops, the Million Dollar Beach, Water Slide World, a giant T-Rex at Goony Golf miniature golf course, a Great Escape amusement park, and, lest we forget, a wondrous lake surrounded by mountains, New York's Lake George was built with the family in mind.

<http://www.visitlakegeorge.com/>

[http://en.wikipedia.org/wiki/Lac\\_du\\_Saint\\_Sacrement](http://en.wikipedia.org/wiki/Lac_du_Saint_Sacrement)

[http://gorp.away.com/gorp/resource/statepark/ny/hik\\_geo.htm](http://gorp.away.com/gorp/resource/statepark/ny/hik_geo.htm)



NER CSI 2009 LAKE GEORGE

**Northeast Region  
FY 2010  
Leaders**

*Institute News*

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**Product Show Committee**

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**CSI Foundation**

**An investment in the Future of Design and Construction**

The CSI Foundation's mission is to conduct research, education, and recognition in the area of process improvement of the built environment life cycle. In so doing, the program scope for the Foundation includes live and online continuing education; research and development; special recognition and scholarship programs.

The CSI Foundation has conducted successful projects including:

- Developing GreenFormat ([www.greenformat.com](http://www.greenformat.com)) in partnership with the Pankow Foundation, BuildingGreen and CSI.
- Developing construction terminology and interfacing with the [International Framework for Dictionaries](#) in partnership with the National Energy Management Institute.
- Providing disaster relief and business recovery assistance to CSI members after the hurricanes of 2005.
- Providing support for student activities and participation at the CSI Annual Convention.
- Providing scholarship assistance to students affiliated with the CSI Central Pennsylvania Chapter.

The CSI Foundation maintains several endowment funds to support the mission of the foundation in advancing the construction industry. The CSI Foundation is a tax-exempt corporation as defined by section 501(c)3 of the IRS Code. Donations to CSI Foundation Funds are normally tax-deductible.

To donate to the foundation, visit the [CSI Store](#) on line to make a donation of \$25 or more.

Or, make your check payable to "CSI Foundation" and address it to:  
**The CSI Foundation, 99 Canal Center Plaza, Suite 300, Alexandria, VA 22314**

For additional information, contact CSI Foundation Coordinator Kelly Feldman at [kfeldman@csinet.org](mailto:kfeldman@csinet.org) or [800-689-2900](tel:800-689-2900) ext. 4783.

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## Curmudgeon's Corner; First Law of green design - conservation of energy

*by Sheldon Wolfe, RA, FCSI, CCS, CCCA*

*conserve: to avoid wasteful or destructive use; to use or manage wisely; to use only what is needed*

We were last left with a grass hut on a tropical island as an example of truly sustainable design, and the observation that the farther away we are from that island, the less sustainable our buildings become.

Even though sustainability cannot be achieved, it seems reasonable that green design would result in buildings that use as little energy and other resources as possible. Taken to the extreme, this would mean that those of us not fortunate enough to live in San Diego would live and work in well-insulated, windowless cubes. Obviously, this is unrealistic, and would be unacceptable. It is, however, no more outrageous than many of the award-winning buildings that are touted as examples of sustainable design.

I'm not an engineer, but my gut feeling is that a large glass box, with relatively little insulated surface, will use more energy than the same building with less glass and more insulation. With double or triple glazing and low-e coatings, it may be possible to force that box into performing efficiently, but is that being "sustainable"? If the same building with less glass will use less energy, it is the more sustainable of the two. I'm not talking about the windowless cube, just a building with good insulation.

Does "sustainable design" merely mean wasting energy efficiently? A quick look at the highly publicized LEED certified buildings certainly gives that impression.

Instead of comparing two otherwise identical versions of a given building, one using normal construction and one intended for LEED certification, we should be comparing the new building to one that most efficiently meets the program requirements. It makes no sense to compare a 5,000 square feet LEED certified outhouse with a tarpaper outhouse of the same size; we should compare it with the standard outhouse of twenty square feet. It isn't enough to make an efficient building; the design itself must conserve resources.

I suspect the "sustainable" buildings seen in magazines and on TV are sending the wrong message. While green enthusiasts claim certified buildings will save enormous amounts of energy and other resources, the buildings reported to the public often are examples of conspicuous consumption. They may meet LEED requirements, but are in fact ridiculously expensive or blatantly wasteful. How do these examples exemplify conservation?

- A state, city, and university that publicly promote green design, yet collectively decide that several single-purpose sports facilities are justified - one each for professional football, baseball, hockey, and basketball, one for university football, and two for university hockey.
- A 15,000 sq. ft., \$29 million home; with "enough pools, water gardens, misters, waterfalls, strategic landscaping, etc., to drop the site temperature by 2-3 degrees, thus reducing cooling costs."
- An energy-efficient, 3,500 sq. ft. home on 60 acres, for two people.
- An urban home remodeled to achieve LEED platinum certification, at a cost of \$1.2 million dollars.

The green community celebrates each of these, but what is the message to the public? That green design is for the wealthy, and glitzy, gimmicky design takes precedence over real conservation.

I know that's not true, and I'm certain there are many buildings, LEED certified or not, that do use substantially less energy than their predecessors, and don't look much different from surrounding buildings. Unfortunately, they aren't sexy enough for the press - or, apparently, USGBC - to promote. The *real* message is that even though green design costs more up front, it's worth the price, and it doesn't have to be weird.

Until we see more examples of economical and practical green design, it will continue to be seen as something only for the rich and famous.



## Curmudgeon's Corner; Attention deficit disorder

*by Sheldon Wolfe, RA, FCSI, CCS, CCA*

*fad: short-lived fashion, something that is embraced very enthusiastically for a short time, especially by many people; passing fashion; craze; an interest followed with exaggerated zeal*

Since the green design movement appeared, I have been curious about how long it would last. As alluded to in my introductory column, I already have experienced a couple of energy crises in my life. Recent "crises" generally are recognized to have occurred in 1973, 1979, 1990, and 2004. In each crisis, oil prices increased dramatically, resulting in discussion, and sometimes implementation, of price controls, windfall profit taxes, reduced speed limits, and gas rationing.

Consumers blamed everyone and everything: the President, congress, republicans or democrats or both, foreign governments, automobile manufacturers, oil companies, and anyone or anything related to oil - except their own consumption. "I'll walk before I pay fifty cents a gallon for gas!" was later replaced with "...before I pay a dollar a gallon," soon followed by "a buck fifty," and more recently by "two dollars" and "three dollars." Each time, we modified our habits by driving slower, avoiding unnecessary trips, ride sharing, and so on. And each time, all of that was forgotten as soon as the cost of oil dipped long enough for us to accept what only recently had been intolerable prices.

In our current crisis, we have seen the same sequence of events. Gasoline went over three dollars per gallon, and we all started saving again. We complained because Detroit had failed to give us the economical cars we needed, even though we had been buying ever larger and less economical vehicles at a rate that was a clear mandate for more of the same. And as soon as prices dropped, sales of SUVs and other gas guzzlers began to climb again.

Driving wasn't the only thing that was affected. In each crisis we also saw increased interest in underground housing, super insulated buildings, geodesic domes, solar collectors, heat pumps, composting toilets, windmills, fluorescent lights, water saving plumbing fixtures, backyard gardens, and more. And as soon as oil prices dropped, all of these innovations were forgotten.

Part of the problem is that we're lazy; we grab anything that makes our lives more convenient, regardless of environmental cost. Another part of the problem is that we are fed a steady diet of new, improved, better, faster, cleaner, whiter, brighter, cooler, more stylish products and things to do, and we are no longer interested in yesterday's news.

What will happen to green design? I suspect we'll soon tire of hearing green this and sustainable that - they already make me want to scream - and the companies that now are doing all they can to convince us of their environmental commitment will jump onto the next fad, even if it is counter to what they are now doing.

This time, fortunately, at least some of the principles of green design have become requirements of federal, state, and local government, and the longer green stays in our consciousness, the more permanent those changes will be. But will the current economic slump be seen as a reason to return to old practices? Given the choice between increasing the cost of building by requiring better construction, or relaxing requirements to save money for the average taxpayer, will our elected representatives think first of the next election?

It's easy to believe that logic will prevail, but political decisions rarely are based on logic or science. We have shown a remarkable ability to ignore even those things that can be shown to save money immediately or in a short time, when they are inconvenient or un-cool. Need an example? How about high-mileage cars, more insulation, better windows, and better HVAC systems? All have been available for many years, yet we persist in choosing less efficient alternatives.

After ignoring their obligation to building owners for decades, architects now are taking an interest in efficient buildings. Let us hope that interest continues, and isn't displaced by the next architectural fad.



## Curmudgeon's Corner; Convention report

*by Sheldon Wolfe, RA, FCSI, CCS, CCCA*

*snob: one who disdains people or things considered inferior*

I recently saw a comment referring to this year's convention as "great". My initial inclination was to agree, but it got me thinking about what a given convention might mean to different attendees. My first convention was in 1990, and I have been to most of them since. I enjoyed every one, but, as you might expect, some were more memorable than others. For me, five conventions stand out: Chicago '90, San Diego '91, San Francisco '94, Dallas '01, and Las Vegas '02.

The 1990 Chicago convention was my first. About fifteen members of the Minneapolis-St. Paul Chapter chartered a bus and rode down together, and some of us shared rooms. The keynote speakers were Studs Terkel and Willard Scott, and programs included Editing On-Screen, Integration of CAD Drawings and Specifications, and CSI Format for Mechanical and Electrical Specifications. I couldn't believe the show floor; I felt like a kid in a candy store! This was the pre-Internet era, and everything was distributed on paper, so every booth was stocked with boxes of literature. By the time I reached the end of the first aisle I knew I wouldn't be able to get everything back to the hotel. An experienced conventioneer came to the rescue, telling me to take only the most interesting brochures, as the exhibitors were happy to send literature. (See my March 2003 TechNotes at <http://snipurl.com/nk1gy> for a few interesting scans of 1990 memorabilia.)

When I went to San Diego in 1991 I expected and got more of the same. There are two reasons it's on my favorites list: It was my first visit to California, and I found out why everyone wants to go there; and I received my first Institute award that year, for creating a keyword index to the Manual of Practice. Also, it was the first time I was invited to an exhibitor-sponsored dinner, this one on a double-deck boat tour of the harbor. As I watched the daylight fade and the moon rise, I wished I had brought my family along, and vowed to bring them to a convention.

1994 was another year of great memories because of San Francisco itself, and because I brought my family. Since then, my wife has always accompanied me, and one or both of our children managed to go along a few more times. I think this was the year I became aware of how many members I knew in other chapters, and meeting them became a major part of attending conventions.

The 2001 convention in Dallas was a high, with a couple of Institute awards. The best thing was that it was the one and only time my wife attended the opening ceremonies, where awards were presented at that time. I was president-elect for my chapter that year, so my wife and I hosted the chapter hospitality suite. One night we must have had fifty people in the room! Finally, there was Las Vegas in 2002, where I received my Fellowship. It was our biggest family trip, with both children, their spouses, and my wife's mother. We stayed in a great two-story apartment across the street from the Hilton, with an outdoor pool and no slot machines.

Looking back, it's easy to see that the relative greatness of a convention depends a lot on what happens there. I'm sure this year's first-timers, award recipients, and new Fellows will long remember Indianapolis, while those who have been to many conventions may not. Although one thing or another has occasionally been less than expected, I have never been to a bad convention. This year, as usual, I found information about a number of new or changed products that I put to use immediately, again demonstrating the value of the exhibit hall.

Another thing I have learned from CSI trips that you shouldn't be too ready to snub a host city. The location definitely can improve the convention experience, but the programs and exhibits are useful regardless of where we go. I admit I have on occasion had reservations because of things I had heard - I didn't want to go to LA (too much traffic, too much smog), and I had little interest in going to Las Vegas because I'm not a gambler. In each case, I'm glad I went, as both cities were amazing, and each had something unique to offer.

I had been to Indy before, for a bi-region conference in 2002. Even though I am a Hoosier by birth, I had no expectations one way or the other, as all the time I spent in Indiana was either in the Fort Wayne area or near Columbus. We had a heck of a good time at that conference, and I was impressed by all the city had to offer. There is even more there now than seven years ago, yet many museums, the zoo, a beautiful canal parkway, and other attractions are within walking distance of each other. If you didn't go this year because Indianapolis wasn't sophisticated enough for you, you missed a great experience. Don't make the same mistake next year.

*The 2010 convention will be at the Philadelphia Convention Center, 11-14 May. © 2009, Sheldon Wolfe*



# Curmudgeon's Corner; tough times

*by Sheldon Wolfe, RA, FCSI, CCS, CCCA*

*submerge: to be engulfed in or with something*

I don't understand the sudden interest in people entering the workforce. We've had them ever since Joe Caveman kicked his kids out of the cave and told them they had to work for a living, and we will have them until we enter the world of Matrix. When I graduated from college - after walking ten miles each day, into the wind, uphill, both ways - I decided where I wanted to work, paid them a visit, filled out an application, and had an interview. The time being the mid-'70s, I then went to the next office on my list, and so on until, three months later, I found a job - and it wasn't with an architectural firm.

We're in a similar situation now; lots of empty desks and more applicants than jobs. Is it realistic to expect employers to go out of their way to beg someone to work? Unless you have a very special skill or talent, I'm not sure why they would even in good times, but this year, and for some time to come, it's not a seller's market.

From the employer's perspective, people just out of school - especially architects - aren't all that valuable. They may have book learnin', but few have practical knowledge or useful experience. Many years ago, after hiring a couple of people from the local architecture mill, I turned to the Dunwoody Institute, a vo-tech whose graduates were productive within a couple of days. I know, there's a difference between a "big D" *Designer* and those who "only" produce drawings. But if you are more concerned about staying in business than getting on the cover of a magazine, you don't need a lot of *Designers*. The majority of design firms and contractors are successful because they concentrate on producing good buildings that work, rather than trying to achieve star status.

## emerging professionals

What are emerging professionals, and why do we suddenly have them? From what I can tell, they are nothing more or less than recent graduates or other people new to a profession. Do we really need a committee to study this to death and come up with a five-page definition? Isn't this just a new name for something we've always had? I think kids don't go outside to play enough; turns out they have NDD - nature deficit disorder. Like all good architects, the stacks of paper on my desk are my filing system, and I have one deadline after another. Guess what - after all these years, I just learned that I have SWS - stacking work syndrome. Tired of bad websites? You probably suffer from MRS - mouse rage syndrome. Looking for a job? You're an emerging professional!

Perhaps all we're seeing is manifestation of the natural tendency to seek out others in similar situations, which now is aided greatly by the many means of communicating and forming virtual groups. In the good old days, just like today, we hung out with each other in college and for a while after graduating, but the only way it could be done was to physically meet or to stay in touch with newsletters. Today, we can communicate instantly, form virtual groups, meet in cyberspace, and tweet each other to death.

Shortly after getting my first job as a specifier, my boss took care of all the needs I had as an emerging professional - he suggested I join CSI. He didn't really say I had to, though in those days most of us took suggestions from our employers a little more seriously than seems common today. He didn't beg me, either; he assumed I should have enough responsibility for my own career to look into it and take advantage of what CSI offered. But he cared enough to point me in the right direction.

One interesting aspect of being a professional is that "emergence" has no end. Dedicated professionals will find that after emerging comes submerging - becoming immersed in their profession. You don't know half what you need to know when you graduate, and the longer you work the more you will realize how little you know, until you finally accept that you will never know all that you should. Also, being a professional isn't limited to those jobs that require a license. Any person who is committed to learning a job and doing it as well as possible is a professional, whether that job is architect, engineer, specifier, mason, glazier, or roofer.

So what is it we expect CSI to do for emerging professionals? Most CSI members I know already are willing to help anyone who has a problem, and many do so regularly. Although someone may come up with a great scheme for helping people new to a construction profession, in the end it will depend on those individual members who make themselves available to help. And that is as it should be; each of us is responsible for "paying forward" the help we had when we entered and as we matured in our professions.

As Teddy Roosevelt said, "Every man owes part of his time and money to the business or industry in which he is engaged. No man has a moral right to withhold his support from an organization that is striving to improve conditions within his sphere."



## Emerging Professionals

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### **I'M BRINGING SEXY BACK**

#### *Them Other Boys Don't Know How to Act*

by Leslie H. Schlesinger, CSI-I, CDT, SCIP Affiliate, Charlotte Chapter, CSI

My mother always told me, "You never get a second chance at a first impression". If you could use one word to describe CSI, what would it be? I bet that fresh, new, or even sexy didn't even come *close* to crossing your mind. Most people within the industry get the impression that CSI is just a bunch of old specifiers. Is that the kind of first impression we want to make?

It's about time this old specifier gets a face-lift, and you – the Emerging Professional, are up for the challenge! Maybe you're the only Emerging Professional in your Chapter, maybe you have a small posse or even a whole committee; what ever your status is, your ready to be noticed, ready to get others involved, ready to bring sexy back.

But --- you're facing a problem --- you can't get Emerging Professionals to join your CSI Chapter. Here are a few helpful ideas to get others motivated:

1. Ask you Board if you can start an Emerging Professionals Committee. What's the purpose of having a committee with only one Emerging Professional? You have to start somewhere! Even if you are the only Emerging Professional, you can ask other members to join. Working with a diverse team can help the "seasoned Professional" understand what we, as Emerging Professionals, are like and how we think, while we can learn from there many years of experience in CSI.
2. Get ready for your first Emerging Professionals program! Ask every member to list all the Emerging Professionals, Interns or young Architects, in their office, and then use this list to help determine what type of program you are going to offer. Good advertising is the key... always use the 'F'- word... that's right... FREE. Some of my other favorite 'F'- words to use when advertising an event are FRESH and FUN.
3. Spice up the Chapter meetings! This can be a great way to get people involved and/or fundraise for an Emerging Professionals event. Some examples include raffles, funniest tie contest, best work joke, shooting hoops (mini- goal and foam balls) for a prize, and many more. Try to think outside the box when coming up with ideas. You can also spice things up at your Chapter meetings by inviting Emerging Professionals from other organizations like AIA or USGBC to join the meeting for FREE. Make sure to coordinate this with your Board, as some meetings include a cost for food.

Advertise, advertise, and more advertising! The best way to get the word out about your new Emerging Professionals committee is to let people know. If you have a newsletter, write up a short article about what you are planning to do that month, and who to contact if a member knows an Emerging Professional. Talk to your web-publications committee about adding a separate page or space for information related to events or programs.

These are just a few ideas for getting and keeping Emerging Professions involved in your Chapter. Make sure to get those "seasoned Professionals" involved on your committee, as they are most influential on your current members, and can provide you with the tools you will need to be successful.

It is disappointing to think that some Chapters might not have *any* Emerging Professionals to start a committee. I want to challenge these Chapters to find a "seasoned" member willing to take this on until you have you have found an Emerging Professional to lead. Good Luck!

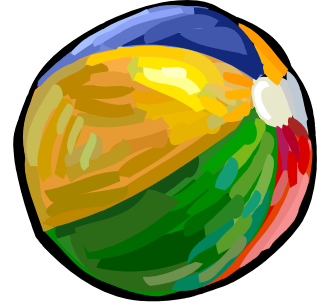
Even if you hate it... rate it!

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For fun if the sun...  
**Think safe.**



*By Mike Debiak, CSI, CDT, PSP, NER Newsletter Editor*

The CSI mission statement provides guidance to the organization and expresses our intent: Advance the process of creating and sustaining the built environment. What better way to follow that theme than living and working in our built environments safely.

With the summer season upon us, and quickly racing away, we are all excited about enjoying the warm weather, sunshine, and water sports—or just plan goofing around in the kiddie pool (admit it, if you haven't done it you have at least thought about it). Any way you choose to spend the time you need to think about how to enjoy it safely. Where's the fun if you can't look back fondly and reminisce about the good times.

#### Pool Safety

- Fences and walls should be at least 4 feet high and installed completely around the pool.
- If your house forms one side of the barrier to the pool, then doors leading from the house to the pool should be protected with alarms that produce a sound when a door is unexpectedly opened.
- Keep rescue equipment by the pool and be sure a phone is poolside with emergency numbers posted.
- Aboveground pools should have steps and ladders to the pool and removed when the pool is not in use.
- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim.
- Never leave a child unobserved around water. Maintain "reach supervision" for young children that is, always being within arms reach of a child in case an emergency arises.
- Never swim alone or allow anyone else to swim alone.
- Keep a cordless phone by the pool so if an emergency arises, it won't be necessary to leave the scene.
- Enclose the pool on all four sides with a self locking, self closing fence.

#### Sunscreen is Crucial

- Use a sunscreen with a minimum SPF of 30.
- Make sure a shelter is available to provide an escape from sunlight.
- Wear large-brimmed hats, which can shade the face, ears, neck and shoulders.
- Wear clothes when possible and remember that sunlight can penetrate light-colored clothes and mesh.
- Drink plenty of water, sports drinks and decaffeinated beverages. Caffeine is a diuretic and contributes to dehydration.

#### Sun Stroke

Working, playing, or exercising in hot weather without drinking enough fluids is one if not the main cause of heat stroke. By not replacing lost fluids over a period of days or weeks, or even within the time frame of a few hours, heat stroke can occur. Without the right amount of fluids, the core body temperature (the temperature of its internal organs) rises rapidly, and the body is unable to perform necessary functions.